

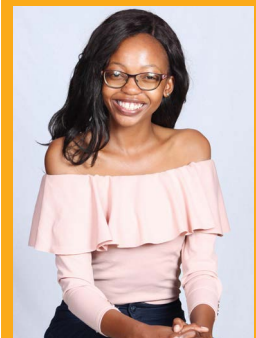
Celebrity World

Botswana's Own Magazine

September 2018



ReDD: Flying Mood Red on Them



**CW
QUICK
CHATS**



**The
"She"**
In Sports Reporting



**Healing
From
Abuse**
Trauma
and
Moving On

Great Moments
With Worshiper Lesole... Feel And Enjoy The Warmth Of God

5 Ways Moms
Can Balance Work and Family

How to Make Your Home
Look Like You Hired an Interior Designer



China Giansou



High Court Gaborone



Garden In Beijing



Exhibition Pavilion Of Saudi Arabia At Shanghai World Expo



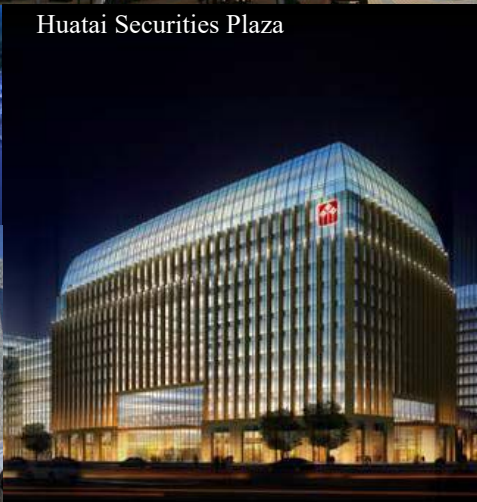
Grand Hotel China



Congo-Brazzaville Airport



Huatai Securities Plaza



University of Botswana Indoor Sports Arena



CHINA JINGSU INTERNATIONAL BOTSWANA (PTY) LTD

Physical Address: Plot 20635, Block 3, New Broadhurst Industrial , Gaborone, Botswana
Tel: +267 3185296 Fax: +267 3164449
Post Address: P.O.Box 202124, Gaborone
E-mail: cjibots@gmail.com

The A Team

Editor

Thato Audrey Molale

Deputy Editor

Godiraone Ramanoko

Writer

Kebatshotse Matswa

Sekgabiso Ramoroka

Graphic Designers:

Amuchilani Rara

Cover Story Shot at

Celebrity World Magazine Studios

Make Up by:

Janet Mothudi

Dressed by:

Funky Resy Clothing

Hair Done by:

Hair by Trueville

Models Dressed by

Fashion World Station

Photographers:

Kutlwano Nthibane

Manager

Masego Kesekang

Finance Manager

Ashok Kumar Parmatma Mishra

Marketing Executive

Pinky Aysha Siddiky

Managing Director

N.md Estaq Farthous Bhuiyan



Didarul Islam Bhuiyan (Babu)

Founder



Contact us

@HEAD OFFICE:

Plot 14456 Gaborone

West Industrial

Cell: 76220987

Tell: 3937886

Email:celebrityworldbw@ yahoo.com

 @celeb_bw  **Celebrity World**



We are pleased to bring to you yet another breath-taking episode of CW Magazine. The essential purpose of CW magazine is to inform, inspire, engage and entertain our readers. We present timely, entertaining and informing content to you. Through the originality of our conception, excellence of our writing and outstanding visual presentation, as well as our commitment to accuracy, healthy discourse and celebrity news coverage; we wish to maintain the respect and interest of our readers. This new-look October issue of CW Magazine is dedicated to our unique and respected celebrities. We alert you of the known, new and upcoming celebrities. Giving them a platform to talk about who they are and what they stand for. I am incredibly proud of what the CW Magazine team has created on the pages that follow.

It is without shame that Botswana encounters the hottest temperatures every summer. Each time summer comes around, people feel pressured to have the "summer body," especially women. I feel compelled to write something like this. I always hope, in a naive, optimistic way, that people should accept themselves the way they are. Yes you can run with the times, but not too far. Perhaps 2018 is the best year to finally start believing in the clichéd self-love and female empowerment captions we always see plastered over social media. That we'd stop giving ourselves a hard time over diets, workout routines and counting the calories in fruit. For a moment we should start to fight back against a world that is constantly telling us to change. Summer in style; September!

Contents

2018 *September*

- 26 PARENTING
- 28 STOMACH FLU (GASTROENTERITIS)
WHAT IS STOMACH FLU?
- 30 RELATIONSHIP
GOALS THAT MATTER
- 32 HOLD ONTO YOUR
FINANCIAL LANE
- 34 HOW TO MAKE YOUR HOME
LOOK LIKE YOU HIRED AN
INTERIOR DESIGNER
- 36 TIPS FOR GROWING
SUMMER HERBS
- 44 GOO-MOREMI GORGE,
ONE OF BOTSWANA'S
MUST VISIT PLACES
- 46 IMPORTANCE OF STAYING
PASSIONATE ABOUT YOUR JOB



14

GREAT MOMENTS

WITH WORSHIPER LESOLE ■ FEEL AND ENJOY THE WARMTH OF GOD



Food and Nutrition 50

- 57 HERE'S HOW VOLVO'S
AUTONOMOUS 360C CONCEPT
- 58 THE SENSATIONAL
POET OF ALL TIME
- 60 EVENTS
- 61 PASSION- DRIVEN BOXER SHARES
HIS STORY



18

- 6 REDD: FLYING MOOD
RED ON THEM
- 8 EASY THINGS YOU CAN DO
TO PROTECT YOURSELF
WHEN YOU BUY A PRODUCT
OR SERVICE
- 9 REVIEWS
- 11 CW GOSSIP
- 14 COVER STORY
- 18 FASHION AND BEAUTY
- 21 CW HOT GUY
- 22 FASHION
- 24 KIDDIES

World Gateway
Travel Agency



Professional Experienced Agents For Your Personal and Business Travel

Contact us
Cell: 76220987
Fax: 3937855

Tell: 3937886
info@wgateway.co.bw


Kiron 
Studios


3 Visual Studios
Multi-Camera(Full HD)
Camera Man | Studio Lights
Sound Engineers
Lightman/ Light Controller
Professional Audio Studio
Make up and Dressing Room
Online Edit Setup(Incl Editor)
Offline Edit Setup (Incl Editor)



Kiron 
Multimedia Agency

 kmcontactus.bw@gmail.com
www.kironmultimedia.co.bw

 3937886
 3937855

P O Box 403953 Gaborone
Plot 14456 G/West Industrial
 studiokiron.bw@gmail.com
www.kironstudios.co.bw

REDD

Flying Mood : Red on Them

Blessed with confidence and elegance, Wedu Michelle Smith is a young and promising upcoming model rapper. She is actively a determined, hardworking and persistent woman. It was not surprising to see her entering the doors of Celebrity World Magazine to share her music journey.

Even though she has a Certificate in Law, Michelle doesn't see herself working in that strict line of discipline. Rather, she has a dream to pursue a course in Film and Television since her passion lies in arts, especially acting. Wedu is currently working for Executive Catering as a waitress. She goes by the name ReDD in the music industry. ReDD was derived from her favorite color, Red.

She used to do poetry during her primary school days. ReDD also enjoyed music, thus she liked listening to the likes of Usher, Beyoncé and Nicky Minaj. Her passion for music started when she met Nlton crew; a group of basketball players who used to do rap. It all began with her managing the crew. Until one day when she decided to infuse one of her poems in their rap. Surprisingly, it came out very impressing and really smart. It was after then that she signed under Blackmail Entertainment and Moonlight Media in 2014. At that time she was doing Hip Hop Motswako because she felt more comfortable in it as its more like poetry.

Wedu once auditioned on the local talent show 'My Star' where she got nominated but didn't make it to Top 30. In 2015, she released a single called

'Dae'De' because she knew that people are going to think of many things when they hear the name and be forced to listen to the song. Her single does not have air play. "I feel like waiting because I still have features that are playing and I want to do a music video for the single before I can submit it for play," she said. She is featured in different songs like JtSpecialboy and Anla's 'Ba o phela.' Wedu also worked with Mingo Touch before he switched to gospel and Apollo. Now she is working on a new track with Slime.

At the moment, Michelle is working on perfecting 'YKhandi,' her new single. It is a music video that she wishes to release by December this year and fully start her music career.



WHY YOU SHOULD ADVERTISE WITH US

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

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

Double Page Spread(Dps) P10 000



Full Page P5 000

Half Page P3000



Quarter Page P1 500

Horizontal Strip P2 000

Inside front page P7 000



Outside back cover P8 000

Inside back cover P7 000

Vertical Strip P2 000





Easy Things You Can Do

To Protect Yourself When You Buy a Product or Service

Buying smart means buying the best product or service for your needs and doing what you can to protect yourself from any problems.

Doing your research before you pull out your wallet will help set you up for good purchases.

- Understand what you need the product or service to do.
- Read product and service reviews.
- Shop around and compare prices.
- Find a reputable retailer or service provider.

This could mean:
reading reviews

looking for signs of a seller's good reputation, e.g. authenticated sellers on Trademe or licensed tradespersons

- businesses outside the country do not have to comply with local consumer laws
- Weighing up the risks of buying from a private seller you'll have fewer protections under consumer law if there's a fault or issue later on.

Write down any questions you have about the product or service to ask later.

Easy Things You Can Do To Protect Yourself When You Buy a Product or Service

Buying smart means buying the best product or service for your needs and doing what you can to protect yourself from any problems.

Doing your research before you pull out your wallet will help set you up for good purchases.

- Understand what you need the product or service to do.
- Read product and service reviews.
- Shop around and compare prices.
- Find a reputable retailer or service provider.

This could mean:

- reading reviews
- looking for signs of a seller's good reputation, e.g. authenticated sellers on Trademe or licensed tradespersons
- businesses outside the country do not have to comply with local consumer laws
- Weighing up the risks of buying from a private seller you'll have fewer protections under consumer law if there's a fault or issue later on.
- Write down any questions you have about the product or service to ask later.

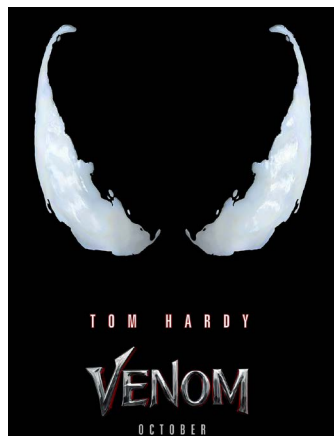
Venom

Release Date: October 5th, 2018

Director by: Ruben Fleischer

Produced by: Columbia Pictures, Marvel Entertainment, Sony Pictures Entertainment

Reporter Eddie Brock develops superpowers after becoming a host to an alien parasite.



First Man

Release Date: October 12th, 2018

Directed by: Damien Chazelle

Produced by: Perfect World Pictures, DreamWorks, Phantasma Films, Universal Pictures, Temple Hill Entertainment

Astronaut Neil Armstrong embarks on a historic and dangerous mission to the moon in 1969.



Can you ever forgive me?

Release Date: October 19th, 2018

Directed by: Marielle Heller
Produced by: Archer Gray Productions

Celebrity biographer Lee Israel makes her living profiling the likes of Katharine Hepburn, Tallulah Bankhead, Estee Lauder and journalist Dorothy Kilgallen. When Lee is no longer able to get published

because she has fallen out of step with current tastes, she turns her art form to deception, abetted by her loyal friend Jack.



Bad time at the El Royale

Release Date: October 12th, 2018

Director by: Drew Goddard

Produced by: 20th Century Fox

Seven strangers, each with a secret to bury, meet at a run-down hotel in Lake Tahoe in 1960s California.

Over the course of a fateful night, they all get one last shot at redemption before everything goes wrong.



Halloween

Release Date: October 19th, 2018

Directed by: David Gordon Green

Produced by: Miramax, Blumhouse Productions, Rough House Pictures

It's been 40 years since Laurie Strode survived a vicious attack from crazed killer Michael Myers on Halloween night. She now faces a terrifying showdown when Michael returns to Haddonfield, Ill. -- but this time, Laurie is ready for him.

A star is born

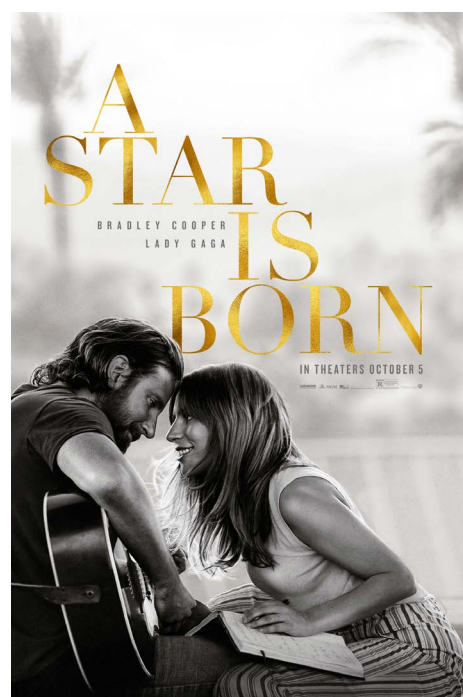
Release Date: October 5th, 2018

Directed by: Bradley Cooper

Produced by: Warner Bros. Pictures, Peters Entertainment, Thunder Road Pictures, Gerber Pictures, Joint Effort

Seasoned musician Jackson Maine discovers -- and falls in love with

-- struggling artist Ally. She has just about given up on her dream to make it big as a singer until Jackson coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jackson fights an ongoing battle with his own internal demons.



Johnny English Strikes Again

Release Date: October 26th, 2018

Directed by: David Kerr

Produced by: Universal Pictures, Studio Canal, Focus Features, Studio Canal, Working

The new adventure begins when a cyberattack reveals the identities of all active undercover agents in Britain, leaving Johnny English as the secret service's last hope. Called out of retirement, English dives headfirst into action with the mission to find the mastermind hacker. As a man with few skills and analogue methods, Johnny English must overcome the challenges of modern technology to make this mission a success.



ROWAN ATKINSON
JOHNNY ENGLISH STRIKES AGAIN
OCTOBER 26

The hate you give

Release date: October 19, 2018

Directed by: George Tillman Jr

Produced by: 20th century fox, fox 2000 pictures, temple hill production

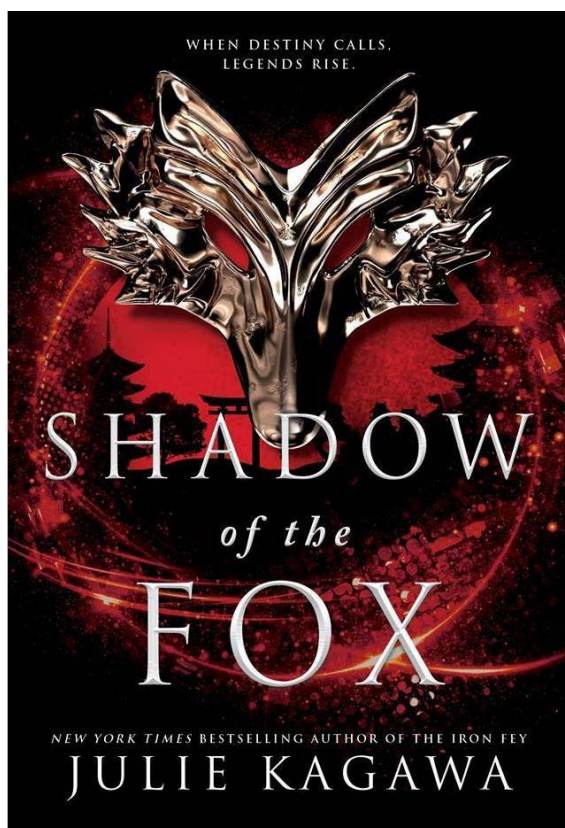
Starr Carter is constantly switching between two worlds: the poor, mostly black, neighborhood where she lives and the rich, mostly white, prep school she attends. The uneasy balance between these worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer. Now, facing pressures from all sides of the community, Starr must find her voice and stand up for what's right.

"Absolutely riveting!"
JASON REYNOLDS

"Stunning."
JOHN GREEN



ANGIE THOMAS



Shadow of the Fox

Author: Julie Kagawa

Expected publication: October 2nd 2018

Genre: Fantasy, young adult

One thousand years ago, the great Kami Dragon was summoned to grant a single terrible wish and the land of Iwagoto was plunged into an age of darkness and chaos. Now, for whoever holds the Scroll of a Thousand Prayers, a new wish will be granted. A new age is about to dawn. Raised by monks in the isolated Silent Winds temple, Yumeko has trained all her life to hide her yokai nature. Half kitsune, half human, her skill with illusion is matched only by her penchant for mischief. Until the day her home is burned to the ground, her adoptive family is brutally slain and she is forced to flee for her life with the temple's greatest treasure one part of the ancient scroll.

Odd One Out

Author: Nic Stone

Expected publication: October 9th 2018

Genre: Young adult, contemporary

From the New York Times best selling author of Dear Martin comes this illuminating exploration of old friendships, new crushes, and the path to self-discovery. Courtney "Coop"

Cooper Dumped. Again and normally I wouldn't mind. But right now, my best friend and source of solace, Jupiter Sanchez, is ignoring me to text some girl.



"Radiant masterpiece!" —Adam Silvera,
New York Times bestselling author of They Both Die at the End

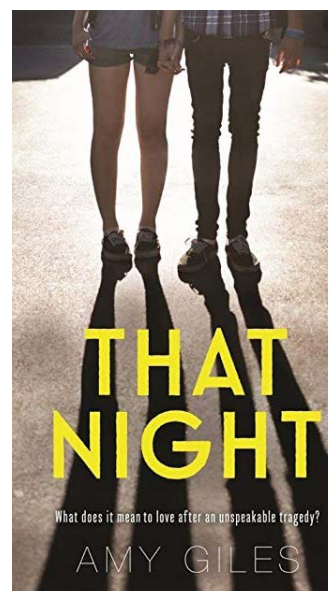
That Night

Author: Amy Giles

Expected publication: October 23rd 2018

Genre: Contemporary

One night in March, a terrible tragedy shakes the Queens neighborhood where Jessica Nolan and Lucas Rossi live. The year since the shooting has played out differently for Jess and Lucas, both of whom were affected by that night in eerily similar, and deeply personal, ways.



What does it mean to love after an unspeakable tragedy?

AMY GILES



Kourtney Kardashian Slams Mom Kris Jenner for Cheating On Her Dad in Awkward 'KUWTK' Trailer

Kourtney Kardashian wants Kris Jenner to know they're not the same! In the sneak-peek clip for the Sept. 23 'KUWTK' episode, Kourt is still bitter about her mom's affair. The past isn't behind Kourtney Kardashian, 39, after Kris Jenner, 62, attempts to relate with her. In the sneak-peak trailer for the Sept. 23 episode of Keeping Up with the Kardashians, younger sister Khloe Kardashian, 34, scolds Kourtney for not letting go of their mother's affair with soccer player Todd Waterman, 53, while she was married to their father, the late Robert Kardashian. "For some reason you do not give Mom the benefit of the doubt, ever, from your childhood and it's really unfair..." Khloe tells Kourtney in the clip.



Tristan Thompson Spotted Leaving Club with 2 Mystery Women 5 Mos. After Cheating Scandal

Khloe Kardashian has forgiven Tristan Thompson for cheating, but he may be back in the doghouse after a night out this week! The NBA star hit up a club in Hollywood without his girlfriend on Sept. 19. He was with a group of guys, but when the crew was photographed exiting the venue, there was also two beautiful women with them. Tristan got into a car separate from the women, and was not seen communicating with them. However, the ladies did appear to follow other members of the 27-year-old's entourage in a separate direction after Tristan's car pulled away.



Beyoncé's Beyhive Defends Her After Ex Drummer Claims She Molested Her With 'Dark Magic'

The Beyhive is coming for Beyoncé's former drummer, who claims the superstar is using 'dark magic' to molest her in a campaign of harassment that includes murdering her kitten. Kimberly Thompson has filed a temporary restraining order against the superstar, making wild claims that Bey is harassing her through "Extreme witchcraft, Dark magic" and "Magic spells of sexual molestation," according to court paperwork obtained by The Blast. She also claims Beyoncé murdered her kitten.



Hakim Electrical Services (PTY)Ltd
The Electrical Specialist

Electrical Engineer, Power Saving, Technologist, Retail & Distribution, Contractor, Consultant, AutoCAD, Eletrical & ISO 901 Trainer



+267 3114151 Fax: +267 3114152
 +267 71712731



hakim.eletrical2@gmail.com
 P O Box 2059 Gaborone
 Facebook.com/Hakim Electrical



Plot 14447, Unit 03,
 G/west Industrial,
 Gaborone



Judge to sentence Bill Cosby for sexual assault, capping his downfall

Bill Cosby will soon learn whether he will go to prison for sexual assault as a sentencing hearing in a Pennsylvania courtroom concludes, capping the comedian's downfall from "America's Dad" to disgraced felon. Cosby, who was found guilty in April, is the first celebrity to be convicted since the start of the #MeToo movement, the national reckoning with sexual misconduct that has brought down dozens of powerful men in entertainment, politics and other fields. Cosby, 81, cemented his family-friendly reputation playing the mischievous but lovable Dr. Cliff Huxtable in the 1980s sitcom "The Cosby Show." That has since been eclipsed by his conviction for drugging and sexually assaulting Andrea Constand, a former administrator at his alma mater Temple University, in his Philadelphia-area home in 2004. More than 50 other women also have accused him of sexual abuse going back decades, with most too old to prosecute.



Eddie Murphy to be a dad for the 10th time

Eddie Murphy is to be a father for a 10th time after his rep confirmed the 57-year-old actor is expecting another addition to his brood, and his second kid with long-term girlfriend Paige Butcher who is due to give birth in December. The impending arrival will be a brother or sister to Eddie and Paige's first child together, two-year-old daughter Izzy, who was born in May 2016.

The 'Shrek' star already has five children, Bria, 28, Miles, 25, Shayne, 23, Zola, 18, and Bella, 16, with ex-wife Nicole Murphey, who he split from in 2006 after 22 years of marriage. The 'Beverly Hills Cop' actor also has a 29-year-old son, Eric, 26, with Paulette McNeely, as well as a son Christian, 27, with Tamara Hood, and 11-year-old daughter Angel with Spice Girls singer Mel B.

Your One Stop Spares Shop..



BEZZE BODY

Motors

SPECIALIZED IN JAPAN AND SINGAPORE MOTOR SPARES AND ACCESSORIES



We are Celebrating with you

6 years

With SIX Give aways... !!!



BEST

PRICE QUALITY

GURANTEED

FREE DELIVERY
Within 15km

T&C apply

MOGODITSHANE
BEHIND NEW BUILDERS WORLD
76 666 400

BUS RANK
RAIL PARK MALL ROAD
76 777 429

BROADHURST
NEAR BOTSWANA ADVERTISER
760 85 800

CW QUICK CHATS

This month CW Magazine caught up with Kuda Mothuthi, a vibrant, independent and passion driven young Motswana lady from Moseitse Village who graduated from the University of Botswana in 2014.

Tell us about yourself

My name is Kuda Mothuthi, I was born in 1989. I hold a BSc in Computer Science from the University of Botswana. The name of my business is ATIZANE PARTY CREW which means let us play and have fun. I specialize in various services like kids party décor, clown services, birthday parties, corporate events, anniversaries, cake and muffins, bridal shower décor and baby shower décor.

When did your business start?

In 2014

What was the inspiration behind your business?

It all started when I used to be a part time clown during my school days. I then realized that I have the potential of turning that passion into a successful business. Also, the love I have for kids is the driving force behind starting this business.

How do you advertise your business?

Through social media, word of mouth and sometimes I get referrals.

What are the challenges you face in your business?

Clients that book late for an event make it difficult for me to prepare well for the event. Sometimes it can be customers who do not pay the agreed amount that is required from them.

How do you manage the

stress that comes with running a business?

Through prayer, especially when things get hectic. Sometimes I just take a day off to go and refresh my mind.

What makes your business unique?

I can say my ability to specialize in many services. As you know other competitors are only providing one service in the business, so that alone comes as an advantage to me. Sometimes some clients do not have time to look around for other event service providers due to the pressure they are in.

If you have one piece of advice to someone just starting out, what would it be?

Running a business is not easy, it is hectic, you need to have the drive and be passionate about what you are doing; in that way you will make it.





Great Moments

with Worshiper Lesole... Feel and Enjoy the Warmth of God

He is one of Botswana's "heavy weight music producers" and a singer of our time. Tshepo Lesole is also one of the local sensational, dedicated, passionate gospel musicians and producer. He produced music for many local artists like Nnunu Ramogotsi, Punah Molale, Benson Phuthego, Lizibo, Eureka and KTM choir. He also produces his own music as he finds it fulfilling. The famous star is a child of God who believes that people should commit everything they do in the hands of God, for it to propel. Having been born and bred in Kanye by his retired pastors, Tshepo is the last born of three siblings. Growing up, he spent most of his time in church singing, and that was when his talent began to manifest. He attended his pre-school at Motsatsing primary school, proceeded to Ngwaketsi CJSS and finished at Seepapitso Senior School. Tshepo holds Diploma in Business Administration from Naledi Business School.

Passionate and dedicated as he is, Lesole and his wife founded 'Hi-note Entertainment'. The star's first album, "Re Fe Maatla" was released in 2002. Tshepo mentioned in an interview that he started releasing singles in 2012, which were only released to promote albums. The well-known "Nkabo Ke le Kae" was released in order to promote the "I believe" albums and "Use Me" single promoted "Grateful" album. He talked to us through his grateful album which was released in October 22 2018, stating that the motive behind its release was to simply appreciate God for what he has done in his life. "I have achieved certain things in my life.... I am a child of God and am thankful for that," he said.

One of the greatest moments in his life as a Gospel artist was when he performed with some great crowd-puller groups and individuals like Joyous Celebration, Dr Tumi, Benjamin Dube and his performing for the former President of Botswana, Lieutenant General Dr. Seretse Khama Ian Khama. His favorite musical instrument is the Acoustic guitar. Lesole takes music as a business that brings income to sustain him and his family. "I do not like calling it a business. Rather, I take it as a ministry to God and for it to move there has to be something coming





forth as income to push it," he added.

The best tools of marketing for Lesole are television, radios, social media and print media. His music career has worked for him and he marvelously achieved several things like winning nomination awards. Lesole earned all these through his hard work, and dedication. His passion for music and producing for other artists took his name to greater heights. So far, the local star has won six awards of excellence and appreciation. He won his first award in 2009 for Best Male Vocalist, 2012 he won three awards for Best Contemporary Gospel Artist, Best Packaged Album and Best Music Producer. In 2013 he won awards for Best Producer and Best Contemporary Gospel Artist of the year. He further mentioned that he collaborates with other artists because he does not want to box his music and talent. Lesole has done a song with a couple of other artists, and artists for 'Re Mmogo' projects which are general awareness songs against AIDS and alcohol abuse. He did this as one of his deeds to be the best

he can in assisting fellow Batswana to guard themselves against these problems.

He further mentioned that there are some challenges that he faces as a musician which also affects other musicians. Among these is piracy and low level of support or appreciation in our country. This means that there is more appreciation of international music as opposed to local music. Lesole has observed that sometimes the blame can be upon them as musicians because they had not put themselves out there to the people, and for them to be known. However, the star believes that it is something that will change eventually.

Lesole advises future musicians to never give up in life as he realized that giving up hinders a lot of people from achieving their goals. He believes people should push towards reaching the price if it is something that they really want to do. He also said, "If it

is in your heart, go for it, hit it hard even when it is tough; be careful not to release an album just for the sake of releasing, and perfect your craft before taking it out to the people."

Lesole is not just a musician and a producer; he is also involved in other projects like New Birth Praise where he is a patron of the group. He is therefore responsible for grooming the group and making sure that it is well taken of. On the near end, he is a family man, a great father and an honorable husband. Faith, prayer and hard work are his pillars when things get tough. As you know we all go through different seasons, prayer is what keeps Tshepo and his family going at all times. He also runs a business on the other side; a production company that does not only deal with music but also media production, radio jingles, TV jingles and other corporate work. In production he said he had the opportunity to personally work with David Skizo Molosi who

Internationally, Lesole looks up to people like Dr Tumi and Cashflow Ngcobo.

is also his mentor in production. Molosi took Lesole step by step in production issues and sound engineering and he believes that he is where he is because of the basic training he got from Molosi.

Internationally, Lesole looks up to people like Dr Tumi and Cashflow Ngcobo.

His favorite quote is a scripture in the book of Proverbs 16 verse 3 which says "Commit thy works unto the Lord and thy thoughts shall be established". Do not just sit there and do things on your own rather involve God as he knows everything and has great plans about our lives.



Beyond Your Imagination

Craft Market - Plot 5648 Unit6, Nakedi Road Boardhurt Industrial

+267 7758 4077 / 7462 3934 / 7431 7651

Cakes N Creations - "Beyond Your Imagination"
www.cakesncreations.com



VANILLA CAKE * LEMON VANILLA CAKE * CHOCOLATE CAKE
* CARROT CAKE * RED VELVET CAKE * FRUIT CAKE

* THEME BIRTHDAY CAKES * CUP CAKES & COOKIES * PICTURE (EDIBLE PAPER) CAKE
* BABY SHOWER CAKES * WEDDING CAKES * COMPANY CELEBRATIONS CHRISTMAS CAKES
* GRADUATION CAKES * EDIBLE PRINTING & CAKE ACCESSORIES

People experience trauma but they can't get rid of everything that happened. Only a few affected, can recover from the trauma, but others encounter long-term effects. To this day, a lot of people keep asking the same question, "how does one forget what happened to them or to their loved ones?" Not getting emotional support soon after a traumatic experience can leave one in a bad, disturbing state of emotions. A young and upcoming artist, Katso Belle Modise, found it fit to walk through the doors of CW magazine to share her concept of trying to help victims of abuse and trauma.

Belle is a 22-year old lady from Otse. She is an artist, poet, singer, dancer, and model who focuses on sad stories and portrays the message through art. Her messages are spread through poetry, videos, pictures and modelling. Belle said sometimes this year, she went through a rough patch in her life, leaving her stressed and depressed. She went for counselling, only for her counsellor not to be able to assist her with ways of forgetting the traumatic experience. Belle said the counsellor told her to try to forget what happened; which then aroused the question "how do I forget" as the theme of her concept.

The 22 year old said she is in a process to curb the trauma especially for abuse incidents. She targets abusers and victims as well as those who have lost loved ones due to abuse. Belle believes that people tend to bottle-up painful issues just to save their marriages and relationships. She therefore came up with this concept to motivate those women and other people to open up about strains they face in their lives.

Healing From Abuse Trauma and Moving On



Currently, Belle is doing her final year in BSC-Mobile Computing at Botho University. She acknowledged her photographer Justice Maverick Hubane, who is willing to work with her using his photography skills with

no budget.

Contact details

Facebook page: BelleArt, @ElleGlamicsBW
Whatsapp: +26776121523

**Annual Reports
Magazines
Posters
Flyers
etc**

Offset Printing

Water labels, Scale labels, Medical labels etc

Label Printing

Diaries, Pens, Caps, T Shirts, etc

Corporate Gifts

7 Popular Nail Shapes and Why to Choose



2. Almond Nails

Almond N With their slim, tapered sides that end in a rounded point, almond nails resemble the nut whose name they borrow.

Why choose them?

They can slenderize thicker fingers and wider nail beds, and they keep your nails fairly strong, despite their filed sides. What's more, you can wear them shorter for a look that's a little more natural while still maintaining an edge. However, they do require some length, either from growing out your natural nails or adding acrylic tips.



1. Coffin Nails (A.k.a. Ballerina Nails)

These long-tapered nails have squared-off tips and are said to resemble coffins (if you have a dark mind) or ballerina slippers (if you have an even darker mind).

Why choose them?

They elongate the fingers and provide a bigger canvas for nail art. And they obviously add a bit of edge to every outfit.



3. Stiletto Nails

Take one look at these nails, and it's immediately clear that their name references the knife, not the heel. Stilettoes taper into an extremely sharp point that could probably cut someone, or at least successfully spear through cheese cubes at a cocktail party.

Why choose them?

Like coffin nails, these elongate the fingers and are the fiercest shape you can get. But that's just it; they're made for people who have a glam squad on call and a team of assistants doing everything for them.



4. Oval Nails

Classically feminine oval shape mimics the shape of the base of the nail at the top of the nail. It features slightly tapered sides that round into a blunt oval.

Why choose them?

They elongate the nails and are one of the strongest shapes also least prone to breaking. They also widen narrow nail beds to create a more balanced look.



6. Squoval Nails

This part-oval, part-square shape takes the sharp edges of the square nail and rounds them out, creating a softer look.

Why choose them?

Squoval nails flatter all fingers and because of this, they never go out of style. They also work with both short and long nails, and they help keep nails strong.



5. Square Nails

Square-shaped fingernails look just like a square (or a rectangle, depending on how long they are) and thus don't have any soft, rounded points.

Why choose them?

When worn short, the precise straight edges keep the nails strong, making them great for people who work with their hands a lot. However, a short square nail can make shorter, thicker fingers look stubby.



7. Round Nails

Classic round nails combine short lengths with curved edges and tips. Round nails look very similar to oval nails, especially when they're long, but they are rounder.

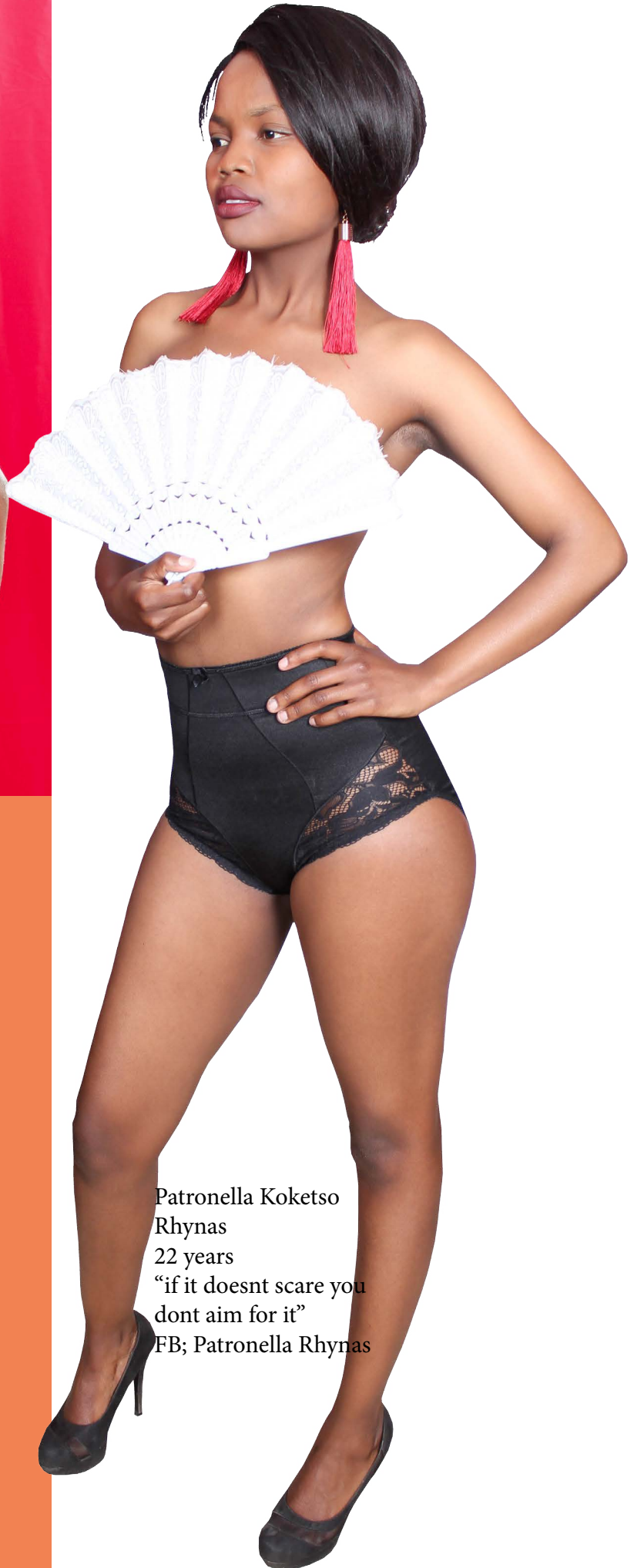
Why choose them?

This shape is probably the least likely to break, making it ideal for people who don't want to stop and think before doing something with their hands. Short lengths make them particularly durable.



BEAUTIFUL

"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart."



Patronella Koketso Rhynas
22 years
"if it doesnt scare you dont aim for it"
FB; Patronella Rhynas



Fitness is like a relationship. You can't cheat and expect it to work.



Tshepo Thabo Leboru
Passion: Bodybuilder,
personal trainer, enter-
prenur



Glitz and glam
African fashion in style
African queens and kings in style
His and hers fashion
Our week in fashion

Renew your wardrobe with these blossomed African prints
Rock this summer with these beaus





The Tale Of The **Sad** Queen

Once upon a time there was a great king of China. This king had everything he wanted. He had rare treasures, a beautiful palace, fine horses, the bravest warriors and a people who loved him. But one thing the king lacked. He didn't have a wife. So one day he gathered seven of his most trusted warriors, saddled his strongest horse, and departed in search of a wife. They travelled many moons and called in at all the great palaces and cities on their way, and met many beautiful princesses and great ladies, but nowhere did the king

see a lady who made his heart beat faster. After a long days' ride the party arrived at a lake, and the king decided to halt there and make a camp for the night. As he was taking his supper he heard the faint strains of a tune coming from the direction of the lake. He got up and walked towards the water. There he saw a boat drifting by, and on the boat the figure of a woman. By the light of the moon he saw her face and he knew immediately that here was the woman he had set out to find. He called his warriors, and they waded into the water and pushed the

craft to the shore. The king helped the lady step onto the land and introduced himself. He asked the lady to be his guest and join him for some supper. The king stated the purpose of his quest, and asked the lady if there was any reason why she could not travel back with him to his palace to be his wife. The poor woman was taken somewhat aback; you wish to marry me, she asked, when I am a complete stranger to you?

The king was adamant. He declared that he had never seen a more comely woman with such fine features, and she would make him very proud indeed if she consented to be his wife. He promised her a life of luxury and comfort, maidservants to see to her every little need, and his own undying lifelong devotion, if only she would agree to be his wife. The woman bowed her head, and said "Yes, my king, in that case I shall be very happy to accept your offer of marriage."

On the journey back to the palace, the king talked to his bride-to-be ceaselessly, but she did not say very much. She disclosed that her name was Jin-a, and that she had travelled far, but she would not say whence or why. The king noticed that she never once smiled, but he did not pay this too much regard, putting it down to the strains the long journey was imposing on her. He was sure that once they were back at his palace and married, her mood would improve. The marriage took place days after their return to the palace, and the country celebrated for three days. The new queen took to her duties very well, and the whole court was impressed by her demeanor and grace. But still Jin-a would not smile. The king asked her if anything was the matter, but she replied that everything was perfect and she could not be happier. The king asked if there was anything at all he could do to make her smile, but she told him not to worry, it was just a matter of time. The king of course tried everything: he had jesters from far afield brought to the court, and travelling players were summoned to appear before him and his queen; he played tricks on his courtiers and warriors, but the queen never smiled. Then one day he had an idea which he felt sure would definitely do the trick.



He instructed his most trusted courtier to come into his private quarters that evening, and tell him that the enemy was at the gate, ready to take the palace!

That evening after supper the king and the queen were together in their bedroom. The queen was brushing her hair, and the king was practicing his calligraphy, when suddenly the door burst open and a courtier appeared, apparently out of breath, his dress disheveled. Sire, he shouted, sire, there is an army of foreign warriors at the gate, preparing to fire their cannon! The king jumped up, his ink and brushes scattering over the floor tiles. He threw his arms up in the air, Where are my warriors, he shouted, where is my guard? When the courtier had entered the room, the queen had turned to her husband, and now, seeing the expression on his face, she suddenly burst out laughing. She covered her mouth with both hands, but the king was overjoyed. He jumped up and down, and shook the courtier's hand.

He watched his wife read a book of poems.

It worked, it worked! She laughed! At last she laughed! He then confessed to his wife the trick they had played on her, and to his great relief, she smiled again at this revelation.

The next day, however, the queen had reverted to her sad demeanor. The king once more tried all the tricks he knew to make her smile but to no avail. Several days passed, and the king himself was becoming sad, coming to the belief that perhaps there was something in his wife's past of such great unhappiness that he would never be able to make her forget. He watched his wife read a book of poems. Suddenly there was a loud bang, and the door to the room was thrown open, a courtier appeared, out of breath, waving his arms and shouting: Sire, Sire, there is an army of foreign warriors at the gate! They are firing their cannon!

The king shook his head and walked up to the courtier, and took his arms,

my good man, he said, you mean well, but it won't work a second time. But the courtier continued: No sire, this time the enemy really is here! The man was telling the truth, the king stepped outside, and heard the sound of cannon balls smashing into the palace walls; he called out to his guard, but it was already too late. Enemy warriors were already in the palace, killing everybody they came across. Half a dozen of them came running down the corridor just then, and slayed the king and his faithful





5 Ways Moms Can Balance Work and Family

It is never easy being a mom trying to juggle a full-time job with a family. Read on for tips on how you get closer to reaching an ideal work-life balance. Being a full-time working mother can lead to feelings of guilt and stress because of divided attention between work and family. The key is to focus on a plan, get organized, and find the right balance between profession and parenthood.

Let Go of the Guilt

Rather than dwell on how you are not with your child, think about how your role in the company is benefitting the family. Accept that there will be good and bad days. Mothers should know they are not alone and they should discuss their feelings with partners or support groups are a great way to reach out trying to find work-home balance.

Find Quality Childcare

Ask your network of friends and family for references to nannies, babysitters, and daycare centers. Create a list of criteria that are important and then schedule time to interview qualified childcare providers or to tour local daycares. Hiring nannies with a history of long-term commitments to families shows they have excellent experience and are adaptable to various age groups, caring for newborns and

older children who need homework help.

Make the Mornings Easier

Avoid starting the day on a frazzled note by, getting organized the night before. Pack the kids' lunches, lay out their clothes (plus your own), and have everyone shower. "You should also decide what to make for breakfast, and repack the diaper bag, backpacks, purses, or work bags to be placed by the door, right next to your keys, so you can grab them and lock up on your way out. Look over the next day to-do list and divide the schedule, determining which parent gets the kids dressed, buys necessary groceries, and cooks the meals. This is also a good time to discuss any changes to the family schedule. Knowing that a lot of the mundane tasks are completed will allow you to spend a few minutes eating breakfast with the kids without rushing out of the house.

Create and Organize a Family Calendar

Figure out your family's priorities. A calendar can include dates when bills are due, a chore chart for the kids, a list of school and family events, extracurricular activities, birthdays, and more. Setting aside 15 minutes each Sunday to review and prepare for the upcoming week's schedule will help

eliminate surprises during the week. Families should share the calendar with their babysitter or nanny so that everyone is up-to-date on activities. Staying organized is also about having a clean environment and having a family command station near an entranceway, where important papers and documents are placed, along with keys, chargers, batteries and petty cash. Carving out dedicated spots will save time and improve efficiency in your home.

Stay Connected During the Day

Stay connected with your children even when you are not together. For moms with younger kids, consider recording yourself talking or singing on a video or record your voice reading along to a children's book. If you are going to miss or be late to an older child's event, give her/him something special in the morning, like a good-luck charm or a personal note. Look into options for filming the event so you can watch it later and not miss a moment. Hang pictures of yourself and your partner so the kids can see your faces. During your breaks at work, call your child; hearing his/her voice can help you get through a rough day, and she/he will be comforted to know you're near.



Essay Tips:

Tips on Writing an Effective Essay

Pick a topic

You may have your topic assigned, or you may be given free lead to write on the subject of your choice. If you are given the topic, you should think about the type of paper that you want to produce. Should it be a general overview of the subject or a specific analysis? Narrow your focus if necessary. If you have not been assigned a topic, you have a little more work to do. However, this opportunity also gives you the advantage to choose a subject that is interesting or relevant to you. First, define your purpose. Is your essay to inform or persuade?

Prepare an outline or diagram of your ideas

In order to write a successful essay, you must organize your thoughts. By taking what's already in your head and putting it to paper, you are able to see connections and links between ideas more clearly. This structure serves as a foundation for your paper. Use either an outline or a diagram to jot down your ideas and organize them.

Write your thesis statement

Now that you have chosen a topic and sorted your ideas into relevant categories, you must create a thesis statement. Your thesis statement tells the reader the point of your essay. Look at your outline or diagram. What are the main ideas? Your thesis statement will have two parts. The first part states the topic, and the second part states the point of the essay.

Write the body

The body of your essay argues, explains or describes your topic. Each main idea that you wrote in your diagram or outline will become a separate section within the body of your essay. Each body paragraph will have the same basic structure. Begin by writing one of your main ideas as the introductory sentence. Next, write each of your supporting ideas in sentence format, but leave three or four lines in between each point to come back and give detailed examples to back up your position. Fill in these spaces with relative information that will help link smaller ideas together.

Write the introduction

Now that you have developed your thesis and the overall body of your essay, you must write an introduction. The introduction should attract the reader's attention and show the focus of your essay. Begin with an attention grabber. You can use shocking information, dialogue, a story, a quote, or a simple summary of your topic. Whichever angle you choose, make sure that it ties in with your thesis statement, which will be included as the last sentence of your introduction. Write the conclusion.

The conclusion brings closure of the topic and sums up your overall ideas while providing a final perspective on your topic. Your conclusion should consist of three to five strong sentences. Simply review your main points and provide reinforcement of your thesis. After writing your conclusion, you might think that you have completed your essay. Wrong. Before you consider this a finished work, you must pay attention to all the small details.



How does a baby get stomach flu?

Viral gastroenteritis is very contagious. The baby may have eaten something contaminated with the virus or shared a cup or utensils with someone who has the virus. Another way your baby may have picked up the illness is by coming in contact with infected fecal matter and then putting his hands in his mouth. Remember that germs are microscopic, so even when a child's hands don't look dirty, they may be covered with bacteria.

How to treat stomach flu

If your baby has a bacterial infection, the doctor may prescribe antibiotics. Medication won't be helpful for a case of viral gastroenteritis because, like all viral infections, it just has to run its course. Don't give your child anti-diarrheal medication as it'll just prolong his illness and can have potentially serious side effects.

Getting your baby back on track with eating and drinking is the next step.

Rehydrate. Dehydration is the main concern whenever a child is losing fluid, whether it's through vomiting, diarrhea, or a fever. Offer your baby more frequent breast or bottle feedings to help rehydrate him as quickly as possible. Depending on how much he's vomiting, the doctor may recommend an over-the-counter oral solution. The doctor can let you know how much your baby should be drinking based on his age and weight.

If your child isn't able to keep down formula or breast milk, the doctor may advise you to give him small sips of the solution throughout the day, until he's able to keep that down. Don't give your baby clear liquids such as water, chicken broth, or soda they don't provide the necessary nutrients for a dehydrated child.

How to protect the baby against gastroenteritis

Wash your hands thoroughly with soap and warm water after every diaper change and bathroom visit and before preparing your baby's food. It's also a good idea to wash your baby's hands often throughout the day.

Keep in mind that people with gastroenteritis can spread germs to others for days or even weeks after they feel better, so continue to wash hands with warm, soapy water especially after going to the bathroom.

Stomach Flu (Gastroenteritis)

What Is Stomach Flu?

Stomach flu, or gastroenteritis, is an inflammation of the lining of the digestive tract. If your baby has gastroenteritis, s/he may have diarrhea, vomiting, abdominal pain, fever, chills, and achiness. Her symptoms may be mild or severe, and they may last for just a few hours or for days, depending on the cause. Despite the nickname, "stomach flu" has nothing to do with the flu (which is caused by the influenza virus). Gastroenteritis can also be caused by a potentially more serious bacterial infection.

Which Is Better

for covering up during a sunny day, light or dark clothes?

A:

Light color clothing makes you feel cooler because it reflects most of the sun rays. However, dark colors actually absorb the sun rays and helps to prevent the ultraviolet (UV) radiation from getting to the skin underneath the clothing. Therefore, dark-colored clothes are more protective against the sun than light-colored clothing in areas that are covered, but are not protective for the skin that is not covered by the dark clothing. Sunscreen is still recommended for those uncovered areas.

**HAWKERS
CASH & CARRY
SPEEDY
WHOLESALE**



HAWKERS CASH & CARRY

Gaborone Trading Hours
Tel/Fax: 3500 198 Mon-Fri 07:00-18:30
Haile Sallasié RD Sat-Sun 07:00-13:00

SPEEDY WHOLESALE

Kanye Trading Hours
Tel/Fax: 5441 422 Mon-Fri 07:30-17:30
Haile Sallasié RD Sat 07:30-13:00
Sun 09:00-12:00

HAWKERS CASH & CARRY

Molepolole Trading Hours
Tel: 733 71000 Mon-Fri 07:00-18:30
Sat-Sun 07:00-13:00



Relationship Goals That Matter

1. **Being Able To Travel Together Without Driving Each Other Insane.** Traveling with anyone could easily go sour, because it can be stressful, and after a while you could get sick of each other. If you're dating someone you can travel with, that could lead to a lot of amazing experiences together.
2. **Getting Along With the Parents.** If he's really close with his parents, then you'll want to be accepted by them so there won't be any friction. Hopefully the parents make this task easy for you, but if they don't, there are still some tricks you can use.
3. **Becoming Best Friends, Not Just Romantic Partners.** It's important to have romantic chemistry, but being friends is important, as well. You should feel comfortable talking to each other and joking with each other just like you would with one of your pals.
4. **Having the Best Sex You Can Together.** Some might think

being in a long-term relationship means you have to accept that the passion will fade, but that's a lie. Once you find someone you love, you both should continue to strive to please each other in bed.

5. **Achieving Unconditional Love.** It's tough, because that type of love typically is from family, but it's possible to love your partner unconditionally. It just takes trust and time to get there. Eventually when you know each other completely and know the other has your back, you'll start to move towards this.
6. **Being Able To Properly Communicate.** Lack of communication can tank any relationship, no matter how much you love each other. Learn how to speak about your feelings and resolve things properly without hurting each other so arguments can be resolved.

Growing Together and Staying In Love.

In Love. Being in a lasting relationship means you'll both inevitably grow and change, but the real trick is doing that together so that you won't be torn apart. Once you have this down, then there won't be much that can tank your relationship.

8. **Getting On the Same Page about Your Future.** Sure, you both might be good now, but where is this heading? Do you both see each other having the same kind of lifestyle in the future? This is definitely a goal since you don't want to waste your time.

9. **Making It Last Forever.** We often joke about making silly things our relationship goals, but having someone to spend the rest of your life with is probably the biggest one we all have deep down. It's also probably the scariest one since it's such a huge feat, but if you reach the other goals, it should make reaching this one easier.



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.

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.

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

Depression is a reality, 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 the father if you think your wife has PPD;

Things you can do

Help around the house always answer the phone when she calls, 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.

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 smart?

Some women are not wise. Some of them 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 ten thousand annually; and be twenty 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.

A sister is always there for you no matter what you are going through. Gorata Bantse, you always yell at me and I understand that it's because you cares about me. Happy birthday month my sister and stay blessed.

True friends are like Diamonds, they are real & rare. False friends are like leave. They are scattered everywhere. I would like to wish my friend Sarona Raditanka a blessed happy 30th birthday.

Keep staying for more friendship day wishes for best friend, friendship day thoughts & friendship days SMS. Time & distance are important between friends. When a friend is in your heart, they remain there forever. They may be busy, but I assure you, you are always in your heart!" may the love between all friends and

Shout Outs

partners remain the solid. From Mr Babu.

A sister is also the best friend to me. I would like to wish a happy sister-ship month to you Lebogang Ranko my best friend and your sister-in law Bame Ranko. You are the the person who loves me like a mother and takes care of me like a father and be with me like a friend. I therefore share this beautiful happy seventh year of sistership this month.

Mr and Mrs Baletsere, as you mark the 20-year anniversary in your marriage this month of October; you have been great parents to me. I want to

use this opportunity to congratulate you while at the same time wishing God's blessings upon your marriage. May your appetite for each other's love and company always remain the same. From your daughter Kenanao Baletsere. I will always love you Mum and Dad.

Dear Gaone, You are a best friend you are in my heart and will remain there forever. I may be busy, but I assure you, you are always in my heart, remember it's our 10th friendship anniversary on October 26th. Let's keep the love we have for each other stronger.

Hold Onto Your FINANCIAL LANE...

Are you one of those people who are always anxious, making all sorts of calculations towards the end of the month? Sometimes hoping and praying that money might creep out of some unexpected place? If yes, you suffer from what has been diagnosed as Mismanagement of Salary—this is a very urban, contemporary and widespread problem. Today, CW Magazine presents some tips to help you better manage your salary and basically, guide you towards handling money in a smarter manner:

Learn to stay in your financial lane. This means you should never allow your desires to overcome your income. Understand that people work hard to earn money, but no one works hard to actually desire anything. For example, you start working and now you have an income. Like most people you are earning. When you make money, you meet other people that make money. You then start conversing with them; you influence each other on things that you think work the best for you. On some lucky days you even hang out with them. But naturally, you want to spend money the way they spend theirs, but then you realize that you don't make the same type of money that they make. This is truly a problem most people are faced with. The important thing is to stay in your lane. There are people who are always penniless but always want to be somewhere or do something above their financial means. Listen, if you

cannot afford to be going somewhere after happy hour prices, stay back because your lane surely won't allow. Stop trying to do everything if your whole life is not one bit together. You should try not to be focused on the wrong things. As young or old as you are, it's never too late to change for the better. Take care of business because sometimes you are all you have! You can't live your life depending on people, and you sure can't live your life beyond your financial means. Depending less on others will leave you with fewer disappointments. The following steps should help you manage your salary.

Money comes and goes, just remember to save that money because one day you might desperately need it. Nowadays, most minorities are too caught up trying to impress this person and that person but for what? How about you try to impress yourself! Cause at the end of the day you aren't better than them. You still live in the hood and you don't own anything. Invest! Save!

You don't have to spend an arm and a leg to look good. Stay in your financial lane. Your job can let you go at any time, they can lay you off, and they can give the position to a better qualified person.

- **Plan Long-term for Big Purchases, try to avoid making big purchases in the form of impulse buys. Try to weaken impact of the bigger expense, by saving for it over a fewer preceding months.**
- **Handling Bonus/ Increments, try to control your urge to splurge. Try to think of your bonus as your big opportunity to set up an emergency fund for yourself but do use a bit for partying too to ensure you enjoy your money too.**





Financial Management for Small Businesses

Every organization is always concerned about managing money. Proper financial management is crucial for surviving an unstable economy and the industry competition. Small businesses need to exercise cautiousness with their financial decisions from the very beginning. It takes more than just a good idea to run a business. Every business needs a financial organization that generates profit for it to stay credible.

The Best Way to Do It:

Separate Personal and Business Finances

Always keep your personal and business finances separate. This entails getting a business credit card and putting all related expenses on it. This should help you track your outlays and keep you in control. You will also do well in opening a savings account dedicated to your business, wherein you can transfer a certain

amount of money from each payment that you receive and gradually build a considerable corpus. You can use this money to pay taxes.

• Cut Costs

It is important for entrepreneurs stay tight-fisted to keep their expenses in check without obstructing customer satisfaction. This has been proven to be true especially for small businesses. Every business endures **2 types of costs** – fixed and variable costs. While fixed costs have to be borne irrespective of whether your business is making money or not, there is scope for savings in variable costs.

For example, instead of buying costly branded software, you could work with free, cloud-based, open-source software, which is equally good. Conduct

free online calls, video conferences instead of travelling long and costly distances.

• Monitor and Measure Performance

It is crucial the business owner, keep bills on the movement money, especially when large amounts are involved. Keep looking at your company's financial performance in contrast with the past financial statements to project your future revenue, expenses and cash flow.

Being aware of these aspects will help you make informed decisions for your small business.

Being aware of these aspects will help you make informed decisions for your small business. While owning and running your own business can be

exciting, it can also be nerve-wracking, especially when it comes to handling finances in a lucrative manner.

**CHEAPER INSURANCE PREMIUMS
OR WE'LL GIVE YOU
400 PULA**

AlphaDirect[™]
Insurance Co.

SMS Save to 75220220

How to Make Your Home Look Like You Hired an Interior Designer



Let's look at some tips to help you begin organizing and designing your rooms into a space that, until now, you thought only an interior designer could create. Follow these tips and you will begin to notice your friends sneaking a peek into your phones contact list, looking for the number of your interior designer.

Color Schemes: Use Three Colors or Shades

Now that you have a good idea of a style that you hope to call yours, you need to choose a colour scheme. This is the tough part. Colour is so personal and creates moods within us that inspire. No matter what, choose the colors that call to you. Look at your inspiration boards what colours are

prominent in the rooms you saved? Remember colour is influenced by how much light you bring into your home.

Add Texture to Your Home

Texture is important to colour, especially if you crave a single-color scheme such as all-white or all-grey. A room at first glance can seem like a single-color scheme, but if you look closely you will notice shades within the same color and plenty of texture via fabrics/textiles. An all-white room may have linen draperies, a plush velvet chair, shiny silk cushions, rattan chairs and

woven baskets, and a nubby cotton sofa with a faux fur blanket tossed on the side. All of these elements add texture and please the eye, creating a warm, rich environment. Design can describe the personality of the owner, so by using textures, patterns and varying colors can bring a dull room into sophisticated with ease.

Add Big Statement Furniture Pieces

A room with leggy chairs, leggy tables and lots of small knick knacks only serve to clutter the room and confuse the eye. Instead try for a room that is well mixed. Have a large sofa, some

Instead try for a room that is well mixed.



skirted club chairs (so you can't see the legs) and then one or two slender arm chairs with attractive carved legs (depending on space). This is just one example, but it gives you the idea of mixing furniture styles and sizes so that the room looks balanced not too bulky and not too spindly. Even if you are decorating a small apartment there are plenty of decorating ideas to try.

Use Trays, Decorative Bowls and Baskets

Designers love to use trays, decorative bowls and sometimes baskets, to arrange collections or loose items that need a home. For a hint of glamour, try adding a glitzy gold tray to your coffee table, ottoman or side table. On top of the tray, place a pretty candle, a couple of books and a small bowl of colored stones. Little vistas such as this seem frivolous, but they are imperative to a layered, decorated aesthetic. If you desire a more rustic approach, then try woven baskets in your home. Baskets are fabulous decorative tools that can hide a lot of clutter. Try to create these little niches throughout your home.

Add Flowers to Every Room

There are numerous easy-care plants that you can purchase for your home that will last years if properly fed and watered. Most designers will tell you to avoid fake floral arrangements. If flowers or plants are not what you desire, then try other natural elements such as twigs or feathers placed in a large urn.

Would You Consider the Ceiling A Wall?



A creative ceiling can completely change the look of a room, taking a space from so-so to stunning. Below are some ideas that can help to change the look in your ceiling. Paint it!

An easy and relatively inexpensive way to change a room? Put a pop of color on the ceiling.

Add Wallpaper

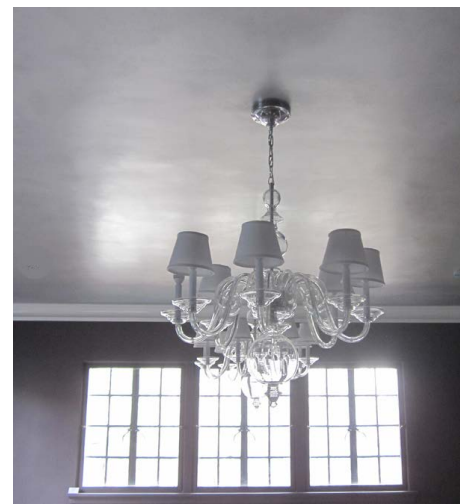
Wallpaper might be too much for you on all four walls, but if you want a dose of pattern, try putting it on the ceiling, it really ties everything together.

Expose the Beams — Or Add Them In.

It adds character and draws your eye up, making the room look even more spacious.

Tile it

Tin tiles bounce light, brightening up the room, while making it gleam.



Leseding Interiors

- ☑ Aluminium Shop Fronts
- ☑ Aluminium Cladding
- ☑ Sliding Doors & Windows
- ☑ Exclusive Joinery Works
- ☑ Partitioning & Ceiling
- ☑ Patio & Skylight

Architecture Redefined



Tel: (+267) 3182662 Fax: (+267) 3182846
E-mail: lesedinginteriors@mega.bw/

Tips for Growing Summer Herbs



Growing herbs at home is great for summer eating and enjoyment. They help us make mint-infused water, caprese salads, and add zest and flavor to almost any dish without added calories. Plus, the plants add texture and fragrance to our gardens. But how do you keep them alive and thriving in the hot summer sun? How much and how often should you water them?

10 Secrets To Growing Herbs And Helping Them Thrive.

1. **Water Thoroughly Right after Planting Your Herbs.** This will help the soil settle in and the plants to take root. Early to midsummer is great times to plant herbs, but as long as the sun is shining and the evenings aren't frosty; you can get a plant to grow.

2. **Water Herbs When the Top Inch of Soil is Dry.** This will vary depending on how much sun they are getting, if they are in a pot or in the ground, etc. But as a general rule, you don't want all of the soil to dry out before watering again.

3. **Allow for Draining.** Your best bet: make sure you have a drainage hole (rocks at the base, under the soil, can help) and water a moderate amount each day.

4. **Soak Dry Soil.** If your soil does completely dry out, you'll want to soak it long and slow to help the soil re-absorb water.

5. **Give Potted Plants Extra Water.** Herbs planted in flowerpots tend to need watering more frequently



than those in the ground, as the soil dries out quickly. Tip: If you're planting your herbs in flowerpots, keep in mind that glazed pots will retain moisture in the soil better than unfinished terracotta.

6. Water in the Morning. It's best to water first thing in the morning

The plant can absorb some of the water before being hit by the hot sun, and the sun will aid in evaporation, as moisture sitting for too long can mean fungus.

7. Herbs Prefer Full Sun. Plant them (or place the pots) in the brightest spot you can find. On average, they need a good four to six hours of sun per day. If the summer is a real scorcher (and you don't want to be spending all your time watering), find a spot that gets some afternoon shade, or where a tree helps block out just a little bit of the sun.

8. Feed Your Herbs! When you water, nutrients in the soil wash out especially with potted plants. Choose a food-friendly fertilizer or plant food, and mix it in with your watering routine once every couple of weeks.

9. Use Mulch to Lock in Moisture. To help keep moisture in the soil, cover the top with a layer of mulch, or add a bit more potting soil to the top every once in a while.

10. Herb Secrets to Know.

Mint: This herb grows like wild and has been known

to commandeer a garden plot or two. As a result, it is better to plant it in a pot, rather than in the ground.

Basil: Pinch off basil buds and blooms as soon as they appear. This will help the plant focus on growing leaves, not going to seed, and you will get more out of the plant.



How to Remove Hard Water Stains from Toilet Bowl

Your bathroom speaks of your personality, some people say. If it's sparkling you are hygienic. If not, you are unhealthy. Therefore, rust stains in toilet bowl are not a pretty sight particularly for your visitors. They will find it uncomfortable to use. Worse, they will judge you according to your restroom. More than these, a grimy toilet is not healthy for you and your family. You may not be aware but different germs or bacteria abound in your toilet seat. These can cause sickness. Instead of spending a lot of your hard-earned money on medical costs, why not consider washing your bathroom on a regular basis?

What are the best products to remove stains in a bowl?

You will be surprised to know that it is actually easy to formulate your own bowl washing product. Some of the ingredients are just right in your kitchen. Check the list below.



Vinegar

White vinegar is a better replacement for bowl washing products that smell strong and contain harsh chemicals. It is safe, affordable and is readily available in your kitchen. It is also a natural deodorizer and disinfectant.

Make a vinegar solution - half water and half vinegar. However, if you think that the water spots are thick or crusty, you may increase the vinegar content.

Spray the vinegar solution to the bowl - Make a few more sprays in the highly affected areas. Leave it to soak. Some users opt to pour the vinegar solution on a cloth for better absorption.

Start your washing - If some areas are still with hard water spots, reapply the vinegar solution. Leave it to soak again then clean.

Repeat the procedure until you are satisfied with the result.



Our Services Include :-

- Networking (Small, Medium & Larger Enterprises incl. Wireless Expansions)
- Cabling Solutions (supply of cables incl. Cat 6, Tel. backbone cabling & Fibre Optics)
- CCTV Solutions (incl. supply of high quality cameras, installation and maintenance)
- Computers (Supply, Service and Trouble shooting PC & providing IT Support)
- Engineering software incl Auto CAD ,Civil Designer ,Prokon ,WINGS, DimensionX
- Retailing of electronic and IT gadgets including Mobile accessories



Old Nokia Warehouse building
Call +267 3160150 | 7125 8583
mail: info@itdistributors.co.bw



Materials needed

1. Lace material
2. Big balloon
3. Wallpaper glue
4. Pin to pop the balloon and a basic lighting kit

Directions:

1. First blow up the balloon and tie it.
2. Collect all of your lace, paint and soak them with wallpaper glue.
3. Hang your balloon on a string and place your glued lace all over the balloon, making sure they all overlap each other. Add another coat of glue after the lace is completely covering the balloon.
4. When the glue is dry, pop the balloon and attach a nice cord to it.
5. To insert the bulb inside, you just cut a small tear on the top of it, insert the bulb and then sew the piece back. Use a LED light for maximum security, they are very cold and won't affect the lamp. You are done and can start enjoying it!

DIY LACE LAMP



BTF FURNITURE WORLD

Plot No.5680, Unit 3, Broadhurst Industrial, Gaborone, Tell, 3919219, Fax, 3919220

SIMPLE SKILLS (PTY)LTD

*We sell house furniture, Office furniture,
We also have a discount from 10% to 40%*

**We
open for
7 days,**





The "She" In Sports Reporting

Celebrity World Magazine had a one-on-one moment with Ntebogang Seetlela who hails from Moshupa. She has been a Botswana Television Sports reporter for the past three years. Her desire to be on television began in 2011 when she was attached at RB2 where she met people who strongly believed in her and pushed her to reach her goals.

Ntebogang holds Associate Degree in Radio and TV. She also has a Bachelor of Arts in Broadcasting and Journalism from Limkokwing University. She stated in an interview that her current career is no surprise to her because she has always loved books and reading. Ntebogang knew at her tender age that she was either going to be a Journalist or a Lawyer.

Seetlela was given ample time to develop her journalistic expertise by

Botswana Television since she has produced live shows and presented some of them. She was given an opportunity by Fundy Gaoforwe to present sports every Monday on RB 2 on his show "The Sports Punch" as "The Queen" (her radio name).

Recently she signed a contract with Sierra Leone University to go and lecture Broadcasting. She is quite humbled because BTV and RB2 opened great doors for her to be the best she could possibly be.

Describe yourself in 4 words
Unapologetic about my choices.

What is your typical weekend like?
Mostly my weekends are not very exciting but I don't mind the company of good friends. Also, I am an indoor person and I love reading,

What has been your career highlight?

Being assigned to produce "The Netball World Youth Cup, last year in Gaborone, the country's first world Cup. She was also assigned by International Working Group on Women and Sports (IWG) as a media liaison officer and was among the forty ladies from around the world who graduated and were awarded the Women Sports Leadership Academy certificates. Ntebogang is currently the only female sports journalist in Botswana to have the grand opportunity.

Any challenges faced so far?

Challenges are part of our life so I never let them to define who I am. To me being female in sports reporting is not very easy as there is stereotyping attached to female sports reporters.

Your encouragement to females who wish to be sports presenter?

I would love to advise aspiring young sport journalists to follow their dreams and turn down any external noise least as it slows them down.





Doe Paoro

Album: Soft Power

Release Date: October 19, 2018



David Bowie

Album: Loving the Alien [1983 - 1988]

Release Date: October 21, 2018



Dean Wareham Vs. Cheval Sombre

Album: A Sentimental Education

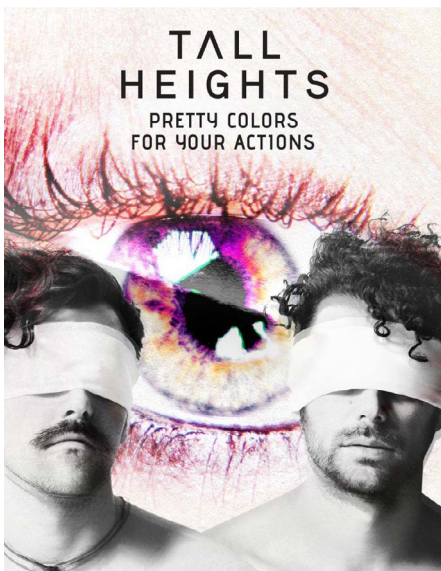
Release Date: October 26, 2018



Elvis Costello & the Imposters

Album: Look Now

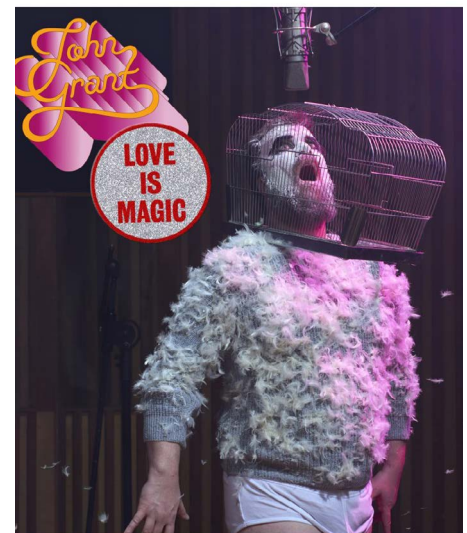
Release date: October 12, 2018



Tall Heights

Album: Pretty Colors for Your Actions

Release date: October 5, 2018



John Grant

Album: Love is magic

Release Date: October 12, 2018



Ace frehley

Album: Spaceman

Release Date: October 19, 2018



Boy George and Culture Club

Album: Life

Release date: October 26, 2018



Anavitória

Album: Anavitória (Edição Especial)

Release Date: October 27, 2018

Aretha Louise Franklin

Aretha Louise Franklin was born in Memphis, Tennessee, on 25 March 1942. She was the daughter of CL Franklin, a Baptist minister, and his wife Barbara, an accomplished gospel singer. By the time she was six, she and her family had moved to Detroit. There the young Franklin learned to play the piano and began singing in her father's church.

Her father's serial infidelities finally saw the break-up of her parents' marriage. Her mother left the family home and moved to Buffalo, New York, where she died from a heart attack aged 34. Her father became a respected figure among Detroit's black community, and his church a centre for gospel music. The young Franklin came into contact with a number of musicians, including Smokey Robinson and Sam Cooke. Encouraged by her father she made her first recording, the album *Songs of Faith*, when she was just 14, by which time she had already given birth to her first son, Clarence.

She had a second child, Edward, when she was 16, but was able to maintain her singing career when her grandmother offered to raise the two boys. By now her talent was reaching a wider audience. Producer Berry Gordy tried to sign the young Franklin to his new Motown record label, but her father turned down the offer. Sam Cooke tried to persuade her to sign with his label, RCA. But she had already been spotted by one of Columbia's talent scouts, and that was the label on which she first entered the R&B charts in 1960 with *Today I Sing the Blues*. Her first recording on the new label, *I Never Loved a Man (The Way I Love You)*, proved to be her breakthrough, going to number one in the rhythm and blues charts and reaching number nine in the pop charts.

Her second Atlantic single became her best known song. Originally written and recorded by Otis Redding, her gospel-tinged rendition of *Respect* went to number one in the US charts and reached number 10 in the UK. The song, on



which she was backed by her sisters Carolyn and Erma, became an anthem for the feminist movement in the United States and won Franklin two Grammy awards

In 1987 Franklin became the first woman to be inducted into the Rock and Roll Hall of Fame, while in 1994 she received a Grammy award for lifetime achievement. But her career had stagnated. She continued to record, without great success, and reprised her role as the owner of a restaurant in the film *Blues Brothers 2000*, for which she recorded a new version of *Respect*. Franklin set up her own label-Aretha Records, in 2003, but failed to release any albums on it. This was despite her announcement in 2006 that new tracks had already been recorded for a project entitled *A Woman Falling Out of Love*. In 2009 she sang the American patriotic song *My Country, 'Tis of Thee* at the inauguration ceremony of newly-elected US president Barack Obama. Her hat, adorned with a huge bow, caused a considerable amount of press comment.



CELEBRATING
10
Years



786 OPEN 7 DAYS A WEEK
EZZE Build
Building Material And Hardware Suppliers

You always save BIG with Eezzebuild

TIMBER



DOORS



TILES



TOOLS



FENCING



PAINTS



VISIT OUR STORE FOR A WIDE RANGE OF BUILDING & HARDWARE AT REASONABLE PRICES!

Headquarters	Tlokeng Branch	Mahalapye Branch	Palapye Branch	Serowe Branch	Selihe-Phikwe Branch	Mogoditshane Branch
Tel: 3927637	Tel: 3934864	Tel: 4712582	Tel: 4920064	Tel: 4630800	Tel: 2600300	Tel: 3973655

Wendy Williams-Hunter

She's an American television host, actress, author, fashion designer, and former radio personality. She has hosted the nationally syndicated television talk show *The Wendy Williams Show* since 2008. Williams has made appearances in the television series *Martin* (1992) and in the soap opera *One Life to Live* (2011). Williams filled in for Jodi Applegate on WNYW's morning television show, *Good Day New York* (2007), and hosted a game show for GSN called *Love Triangle* (2011) for which she and her husband Kevin Hunter served as executive producers. Williams played a judge on the Lifetime network show *Drop Dead Diva* (2011) and served as a guest judge on *The Face* (2013). She was also a contestant, paired with pro Tony Dovolani on season 12 of *Dancing with the Stars* (2011); she was eliminated second.

Williams sells a line of jewelry products on the home shopping network, QVC, called "Adorn by Wendy Williams". Williams and her husband, Kevin Hunter, commissioned the China-based manufacturing firm Max Harvest International Holdings to make 12,140 pairs of shoes bearing the logo of her brand, Adorn. The owners of Max Harvest International Holdings were said to have gone into hiding after the owner of the shoe factory who made the shoes kidnapped one of their managers and held the man prisoner for two weeks before releasing him, and Williams' failure to pay was cited the reason, reported by the *New York Daily News*. The manager and his wife retained lawyer Staci Riordan of Los Angeles. Their representative says they've been in negotiations for several months in order to reach a settlement. Williams declined to comment on the matter.



George Benson

George is an American guitarist, singer, and songwriter. He began his professional career at the age of 21 as a jazz guitarist. Benson uses a rest-stroke picking technique similar to that of gypsy jazz players such as Django Reinhardt.

At the age of seven, he first played the ukulele in a corner drug store, for which he was paid a few dollars. At the age of eight, he played guitar in an unlicensed nightclub on Friday and Saturday nights, but the police soon closed the club down. At the age of 9, he started to record. Out of the four sides he cut, two were released: "She Makes Me

Mad" backed with "It Should Have Been Me", with RCA-Victor in New York; although one source indicates this record was released under the name "Little Georgie", the 45rpm label is printed with the name George Benson. Benson has been married to Johnnie Lee since 1965 and has seven children. His music focuses more on love and romance, and eschews overt sexuality, due to his commitment to his family and religious practices, with Benson serving as a missionary for Jehovah's Witnesses.



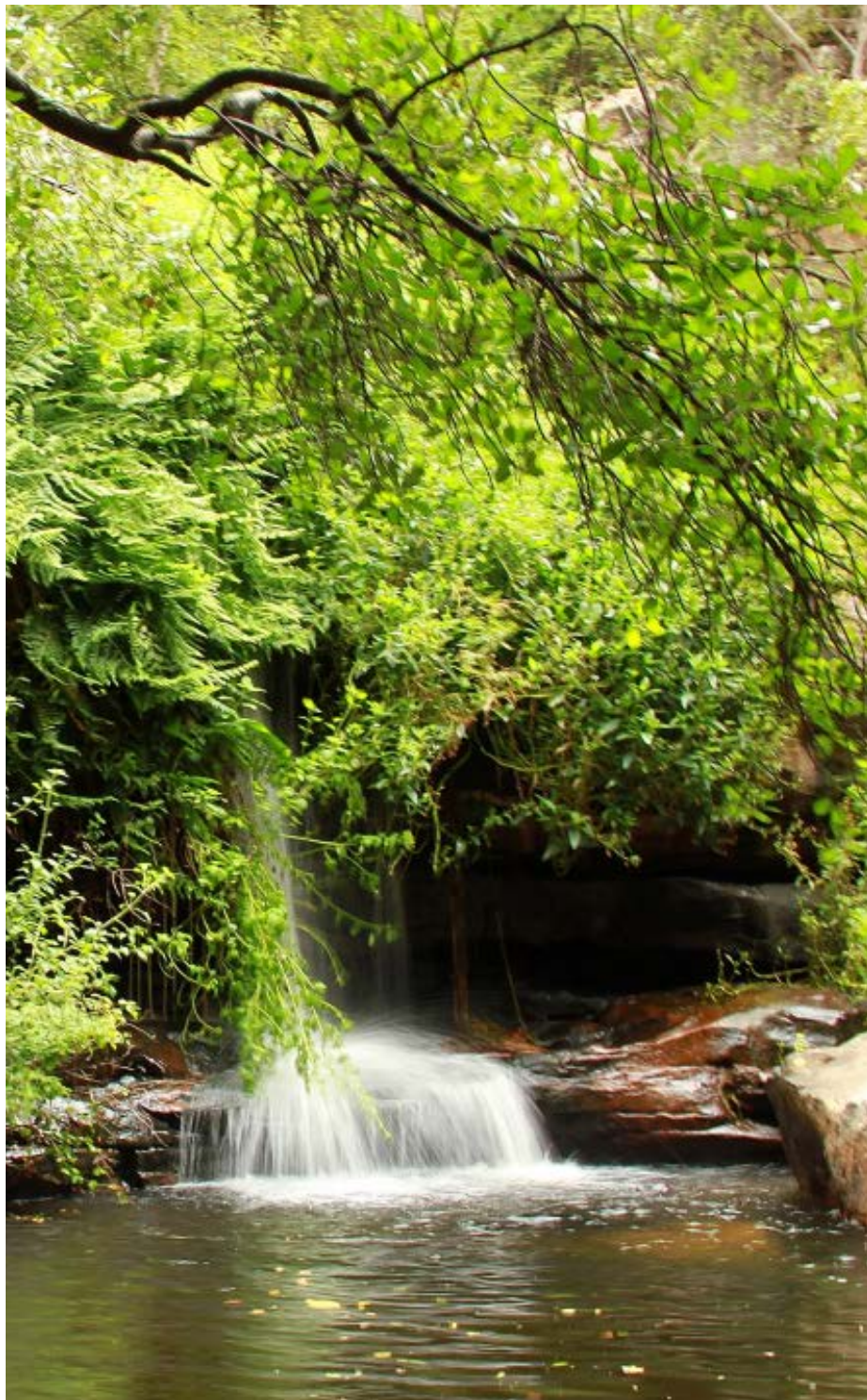
Goo-Moremi Gorge, one of Botswana's fairly beautiful places one should not miss. It is located near Palapye in Botswana and it is a highly sensitive area with the Batswapong community who associate it with significant cultural and spiritual beliefs. The beautiful Gorge hosts breeding sites for various bird species, including the endangered Cape Vultures, and forms a unique vegetative habitat, which is spectacular to explore on foot with one of our National Museum Guides.

Situated within the Tswapong Hills in the Central District of Botswana, accommodation at Goo-Moremi Gorge offers one of the exquisite accommodation services in their thatched rooms. The chalets have self-contained kitchenettes, en suite bathrooms and an outdoor shower. Each chalet has its own patio with a gas braai and spectacular views can be seen from the patio and bedrooms. The sanctified place, which includes among others a luxurious resort, spectacular gorges, natural springs, mystical falls, and five ascending water pools. The gorge also as campsites and each campsite has its own bathroom facilities, wash-up area and a braai (barbeque area).

Facilities include an en-suite bathroom with bath and shower, queen size bed, couch, LCD TV, hospitality tray and complimentary toiletries. The hills within Goo-Moremi Gorge are frequented by species such as leopard, hyena, kudu, bush buck, porcupine and large variety of butterfly species. The cliffs above the Gorge provide shelter for baboons, rock rabbits and dassies.

Not only is Goo-Moremi Gorge dazzling with its own natural flora and fauna but the entire place is definitely paradise on Earth. Everything here is a mystical wonder; the traditions, the natives and the natural world, will leave even die-hard nay-Sayers scratching their heads dazed by the flawless splendor of this protected Botswana National Monument.

Managed by the Moremi-Manonnye Conservation Trust (MMCT) with the assistance of Botswana Tourism Organization(BTO); Moremi Gorge sits on the expansive 1836 hectare conservation zone at the foot of the

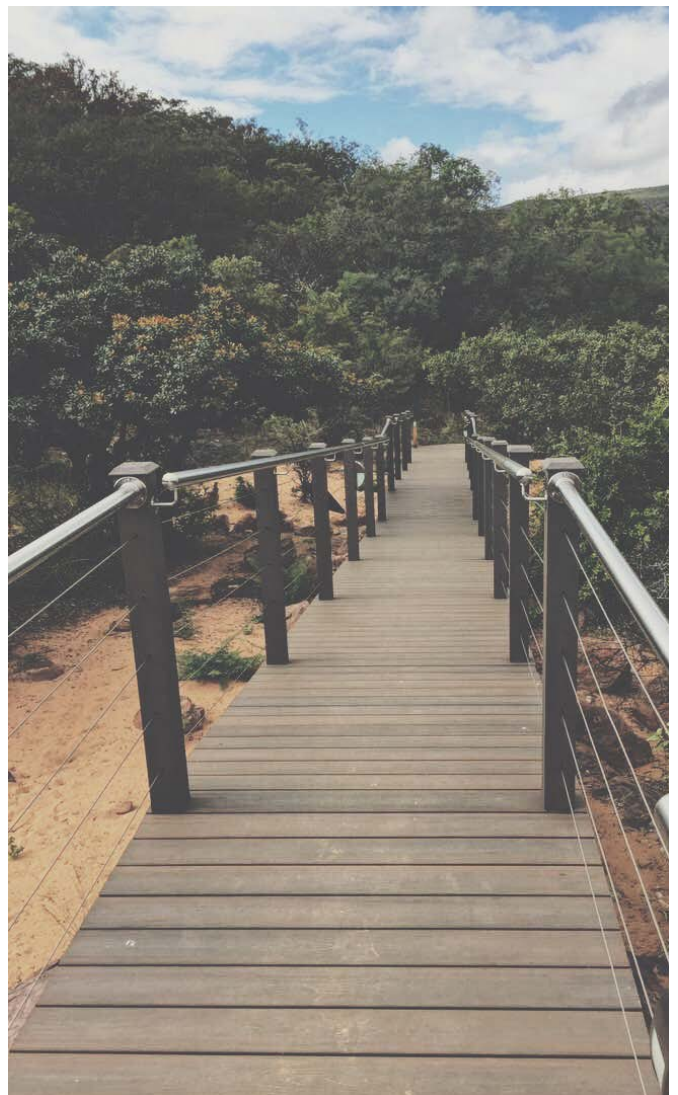


Goo-Moremi Gorge, *One of Botswana's Must Visit Places*

Tswapong Hills, about 342km from the capital city Gaborone, just 4km from Goo-Moremi village and 67km east of Palapye.

Everything is so fresh and natural. Regardless of the native traditional

beliefs and norms of Badimo, or ancestors, the magnificence that fills that place is splendid. The air is copiously fresh thanks to the lush unique vegetation that can never be found anywhere in Botswana.





Importance of Staying Passionate About Your Job

Passion energizes you and fuels your success

When you're not aligned with whom you are, not only doesn't the work energize you, but you also have to dig into your energy reserves to get it done. It leaves you constantly in the hole. Success in your career doesn't come with a snap of the fingers. It takes time. It takes effort. It takes commitment. Above all, it takes the energy and inspiration to make it all happen. Passion provides the fuel to be where you want to be with your job.

Passion strengthens your confidence. The more passionate you are about yourself, your work, your life the more positive energy you give off. True happiness comes from working on something that you are passionate about. When your work is aligned with

who you naturally are, your footing is more stable. Doing work that is not really aligned with who you are, on the other hand, is like being constantly off balance, standing precariously on one foot. And because you're constantly off balance, you have to put energy into staying upright. The wobbly position saps confidence and increases anxiety.

Passion reduces stress and improves health

In order to deal with work stress in an effective and positive way, you need to train yourself to overcome uncomfortable feelings so you can continue to feel passionate about what really matters to you, thus creating a meaningful career. Stress can leave people completely grouchy and grumbling, at the worst,

physically damaged and with mental repercussions. On the other end, being who you are opens doors for your work to flow naturally. It eliminates the friction.

Passion enhances your relationships. Being affectionate about your work does not guarantee great relationships. But the way work makes you feel - good or bad - can still stumble over to other corners of your life: and that includes relationships. When you are hopeless, irritated, or feeling powerless and stuck, that you cannot help but soak into other parts of your life. It normally can't help but affect the interactions you have with others. On the backside, if you're feeling happy, energized, and full of possibility, that colors how you approach and experience everything else in your life.



builders world

P. O. Box 502704 GABORONE
 Plot No. 54123 • New Lobatse Road
 Gaborone West Industrial
 Phone: 39 22 656 • fax: 39 22 657
 email: sales@buildersworld.co.bw
 website: www.buildersworldgabz.com

Branches countrywide...

- Lobatse : 530 6677
- Mochudi : 573 9786
- S/Phikwe : 260 0738
- Serowe : 463 3223
- Maun : 686 1669
- Mahalapye : 472 0654
- Francistown : 241 4571
- Molepolole : 590 7916
- Mogoditshane : 390 9456
- Jwaneng : 549 0428
- BMS Francistown : 241 4444
- Palapye : 490 0741
- Kasane : 625 0214
- Moshupa : 549 0428



Easy Spider Craft: Make a Web & Fuzzy Spider

Looking for easy craft ideas? Paper plate and yarn can quickly become a spooky spider's web. This easy spider craft is perfect to do and sell, but given the simple supplies, it's also a perfect Halloween class party activity.

Easy Spider Craft Supplies

- :: Chinet classic white paper plate
- :: Black yarn
- :: 2 black pipe cleaners
- :: 2 wiggly eyes
- :: Scissors
- :: Glue

Make the Spider's Web

Use scissors to make half-inch snips around the edge of a paper plate every one to two inches. To spin your web, begin by wedging a 3-inch tail of yarn into one of the snips on your paper plate. Secure the end with tape on the back side of the plate. Wrap yarn lines across the plate, securing the yarn into the notches as you go. Continue wrapping in a random pattern until your web is complete.

Make the Spider's Body

Begin by wrapping the yarn around three fingers. Carefully nudge the yarn off your fingers, then tie a short piece of yarn around the circled yarn and tie tightly. Cut the loops of the yarn to create a fuzzy pompom. Trim the pompom to your desired size.

Make the Spider's Legs

Cut your two pipe cleaners in half. Twist the four pieces of pipe cleaner together in the middle and space them apart. Bend the ends of each piece to create the spider's



feet. Glue the pompom onto the middle of the pipe cleaners. Finish your fuzzy spider by gluing eyes onto the pompom.



Aries

(Mar. 21 – Apr. 20)

Aries individuals are assisted by the Sun for furthering their career development. Monetary situation of both you and your partner are fabulous. Singles will be socially active and will have many opportunities for getting love mates for fun. Health will be quite problematic and more rest is necessary.

Taurus

(Apr. 20 – May 21)

You can expect a wonderful month for money matters along with support from your partner. Professionally, planet Uranus is supporting your career growth. Health will be quite wonderful and you can enhance it by detoxification. Planet Venus is helping singles to hook romantic partners.

Gemini

(May 21 – Jun. 21)

Expect fabulous health prospects during October 2018. While singles will have good chances of love relationships, married life will be facing problems temporarily. The Moon will be affecting your finances adversely. Career growth will be stunted due to negative planetary aspects.

Cancer

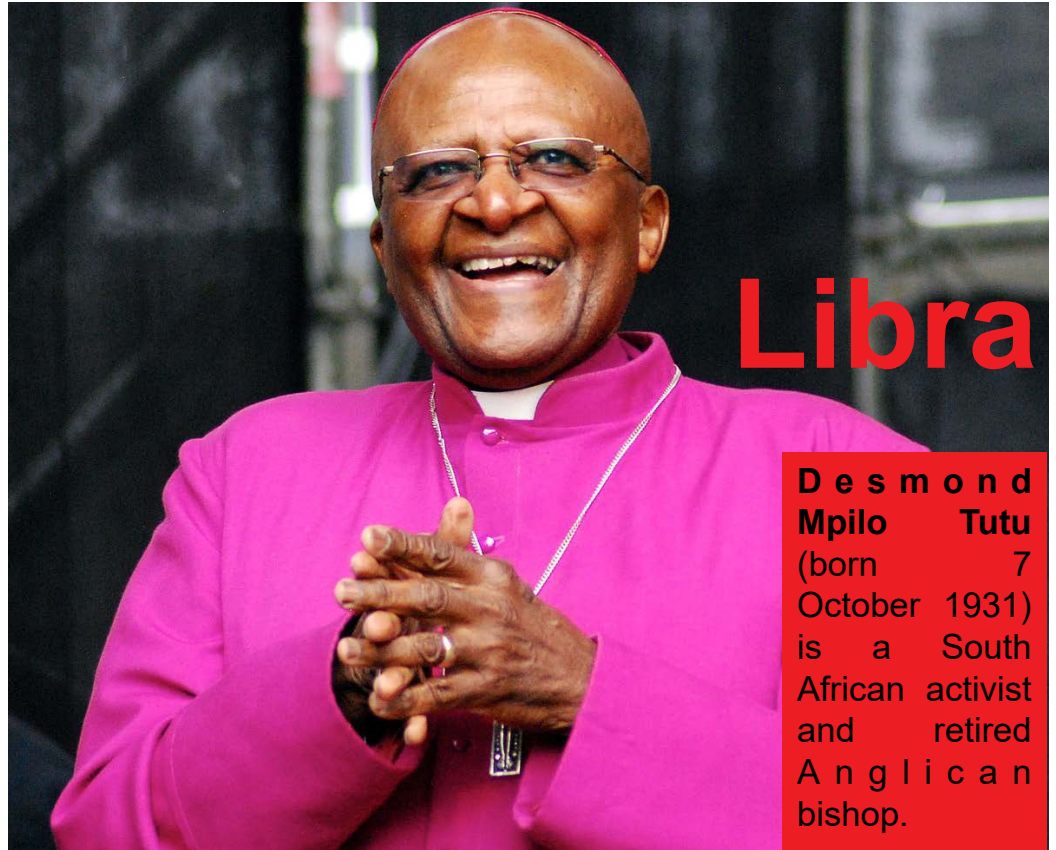
(Jun. 21 – Jul. 22)

Love life will be full of romance and get-together for singles and the married people. Health appears to be delicate during the month. Finances will have the support of family members, though the solar eclipse will create minor problems. The lunar eclipse will bring major alterations to career life.

Leo

(Jul. 22 – Aug. 22)

Forward motion of Mercury will result in financial growth of Leo persons. Do not try to exert yourself



Libra

Desmond Mpilo Tutu (born 7 October 1931) is a South African activist and retired Anglican bishop.

more as Mars is pushing you to aggressive habits. Love relationships will be in turmoil for a temporary period. You will be more interested in helping others to grow in their professions.

Virgo

(Aug. 22 – Sept. 22)

Love is happy and blissful for single persons looking for romantic alliances. You will achieve financial peak with the help of family and friends. Emotional factors will rule your career development. Though health promises to be great, do not indulge in alterations to diet and exercise regimens.

Libra

(Sept. 22 – Oct. 22)

Libra will have excellent health during the month of October 2018. Finances will be great with the help of social network and technical projects will be profitable. Love relationship with your spouse will be highly pleasant. Professionally you are generously helping others to grow.

Scorpio

(Oct. 22 – Nov. 21)

Scorpio personality will have bright career prospects due to the influence of the Sun. Planet Mercury will endow you with wonderful health outlook. Your spouse is going out of the way to make love fabulous. Money comes easily through investments and risky venture.

Sagittarius

(Nov. 21 – Dec. 21)

Mars is boosting the health of individuals with more vitality. Professional life will have a touch of spirituality to its growth. Love partnerships will be lively and you can expect plenty of fun and frolic. Financial instincts are fabulous and money comes through friends and technology.

Capricorn

(Dec. 21 – Jan. 20)

There will be support from the planet Mercury for their career prospects. All stuck monetary ventures will come to life and money starts flowing. In spite of a busy career,

love relationships will get good attention and will be harmonious. Health outlook is not very good and more care will be necessary.

Aquarius

(Jan. 20 – Feb. 19)

Health scene for Aquarius individuals will be splendid during October 2018. Professional prospects are supported by family members and social network. Monetary progress can be expected during the last part of the month. Love life will suffer due to preoccupation with career ambitions.

Pisces

(Feb. 19 – Mar. 21)

Love relationships will become more passionate during the second half of the month. Pisces persons will have superb financial growth with the help of family members and friends. Health will not cause any concern during the month. Professionally you are planning for future growth and growth will be good during the month.



Resurrected Rabbit...

A man was driving along the highway, and saw a rabbit hopping across the middle of the road. He swerved to avoid hitting the rabbit, but unfortunately the rabbit jumped in front of the car and was hit. The driver, being a sensitive man as well as an animal lover, pulled over to the side of the road, and got out to see what had become of the rabbit.

Much to his dismay, the rabbit was dead. The driver felt so awful, he began to cry. A woman driving down the highway saw the man crying on the side of the road and pulled over. She stepped out of her car and asked the man what was wrong.

"I feel terrible," he explained, "I accidentally hit this rabbit and killed it." The woman told the man not to worry. She knew what to do. She went to her car trunk, and pulled out a spray can. She walked over to the limp, dead rabbit, and sprayed the contents of the can onto the rabbit.

Miraculously the rabbit came to life; jumped up, waved it is paw at the two humans and hopped down the road. 50 meters away the rabbit stopped, turned around, waved and hopped down the road, another 50 meters, turned, waved and hopped another 50 meters.

The man was astonished. He couldn't figure out what substance could be in the woman's spray can!!

He ran over to the woman and demanded, "What is in your spray can? What did you spray on that rabbit?" The woman turned the can around so that the man could read the label. It said: "Hair spray. Restores life to dead hair, adds permanent wave."

Classic: Why did the Chicken Cross the Road?

Console yourself by considering the seeming impossibility of getting a straight answer to one of the simplest questions of all time. This is a bit more philosophical, and the political references are a bit dated now, but some of you might be into that kind of thing.

Why Did The Chicken Cross The Road?

Plato: For the greater good.
Karl Marx: It was a historical inevitability.

Machiavelli: So that its subjects will view it with admiration, as a chicken which has the daring and courage to boldly cross the road, but also with fear, for whom among them has the strength to contend with such a paragon of avian virtue? In such a manner is the princely chicken's dominion maintained.

Hippocrates: Because of an excess of light pink gooey stuff in its pancreas.
Jacques Derrida: Any number of contending discourses may be discovered within the act of the chicken crossing the road, and each interpretation is equally valid as the authorial intent can never be discerned, because structuralism is DEAD, DAMMIT, DEAD!

Thomas de Torquemada: Give me ten minutes with the chicken and I'll find out.
Timothy Leary: Because that's the only kind of trip the Establishment would let it take.

Douglas Adams: Forty-two.
Nietzsche: Because if you gaze too long across the Road, the Road gazes also across you.

Oliver North: National Security was at stake.

B.F. Skinner: Because the external influences which had pervaded its sensorium from birth had caused it to develop in such a fashion that it would tend to cross roads, even while believing these actions to be of its own free will.

Carl Jung: The confluence of events in the cultural gestalt necessitated that individual chickens' cross roads at this historical juncture, and therefore synchronicously brought such occurrences into being.

Jean-Paul Sartre: In order to act in good faith and be true to itself, the chicken found it necessary to cross the road.

Ludwig Wittgenstein: The possibility of "crossing" was encoded into the objects "chicken" and "road", and circumstances came into being which caused the actualization of this potential occurrence.

Albert Einstein: Whether the chicken crossed the road or the road crossed the chicken depends upon your frame of reference.

Aristotle: To actualize its potential.

Buddha: If you ask this question, you deny your own chicken-nature.

Howard Cosell: It may very well have been one of the most astonishing events to grace the annals of history. An historic, unprecedented avian biped with the temerity to attempt such a herculean achievement formerly relegated to homo sapiens pedestrians is truly a remarkable occurrence.

Salvador Dali: The Fish.
Darwin: It was the logical next step after coming down from the trees.

Emily Dickinson: Because it could not stop for death.

Epicurus: For fun.

Ralph Waldo Emerson: It didn't cross the road; it transcended it.

Johann Friedrich von Goethe: The eternal hen-principle made it do it.

Ernest Hemingway: To die in the rain.

Werner Heisenberg: We are not sure which side of the road the chicken was on, but it was moving very fast.

David Hume: Out of custom and habit.

Saddam Hussein: This was an unprovoked act of rebellion and we were quite justified in dropping 50 tons of nerve gas on it.

Jack Nicholson: Cause it (censored) wanted to. That's the (censored) reason.

Pyrrho the Sceptic: What road?

Ronald Reagan: I forget.

John Sununu: The Air Force was only too happy to provide the transportation, so quite understandably the chicken availed himself of the opportunity.

The Sphinx: You tell me.

Henry David Thoreau: To live deliberately ... and suck all the marrow out of life.

Mark Twain: The news of its crossing has been greatly exaggerated.



Author: Koketso Sheleni

Looking for a tasty side dish for a special dinner? I've got you covered with this roast head of cauliflower in creamy mushroom sauce which really presents well when you place the whole head of cauliflower on the table and then slice into it to serve!

Roasting cauliflower really brings out its flavour and it works just as well roasting the entire head of cauliflower as it does with roasting the florets! Once you have roasted your cauliflower you can dress it up in any number of ways and my favourite way is to top it with a creamy mushroom sauce that is just bursting with flavour! You can easily whip up the mushroom sauce while the cauliflower is roasting and when it's done you are ready to enjoy! This roast head of cauliflower in creamy mushroom sauce is the perfect side dish for any meal!

Just look at that tasty creamy mushroom sauce! Doesn't it look amazing when you carve into the cauliflower at the table!

A whole roasted head of cauliflower topped with a creamy mushroom sauce that is just packed with flavour and nice and healthy!

Prep Time: 10 minutes
Cook Time: 50 minutes
Total Time: 1 hour
Servings: 8

Ingredients

For the creamy mushroom sauce:

2 tablespoons butter
1 small onion, diced
12 mushrooms, sliced
2 cloves garlic, chopped
1 teaspoon thyme, chopped
1/4 cup dry white wine (or broth)
1/4 cup vegetable broth or chicken

Cauliflower Roast Head



broth
1/2 cup cream
1/2 cup parmesan, grated

For the roast head of cauliflower:

1 large head of cauliflower
1 tablespoon oil
salt and pepper to taste

Directions

For the creamy mushroom sauce:
Melt the butter in a pan over medium heat, add the onions and mushrooms and cook until the mushrooms release their liquids and it's absorbed, about 10 minutes.

Add the garlic and thyme and cook for a minute.

Add the wine and deglaze the pan.

Add the broth and cream, bring to a boil and simmer to thicken, about 2-4

minutes, before mixing in the cheese. Season with salt and pepper to taste.

For the roast head of cauliflower:

Brush the cauliflower with the oil, season with salt and pepper and roast in a preheated 450F/230C oven on a baking pan until tender, about 50-75 minutes.

Pour the mushroom sauce on top, sprinkle with cheese, return to the oven and broil until the cheese has melted, about 3-5 minutes.

Slice and enjoy topped with the mushroom sauce!

Nutrition Facts: Calories 148, Fat 12g (Saturated 6g, Trans 0), Cholesterol 32mg, Sodium 138mg, Carbs 8g (Fiber 2g, Sugars 3g), Protein 5g

BADRI'S
Catering & Takeaway
Restaurant

Cell: 71513714
76206685

Simply Delicious

WE DO ALL KINDS OF FOOD ,BREAKFAST,LUNCH,
DINER, CATERING & TAKEAWY ODERS

BEST QUALITY AND BEST PRICE

We do cook as per customer's choice

Plot No: 14447
Units 2 Gaborone
West Industrial

Indian Food
Setswana Food
Chinese Food



FOURS

CASH & CARRY

BEST

P199⁹⁵

COMBO DEAL



BRANCHES COUNTRY WIDE

GABORONE

📍 PLOT 14385 New Lobatse Road
G-West, Gaborone.
☎ Phone: +267 3164 281
☎ Fax: +267 3164 693.
✉ gwest@fours.co.bw

GABORONE

📍 Lot 4802, Old Lobatse Road
Behind Motovac, Gaborone
☎ Phone: +267 3180 410
☎ Fax: +267 3180 411
✉ oldlobatse@fours.co.bw

MOGODITSHANE

📍 Unit 4&5 Mogo Mall
Mogoditshane
☎ Phone: +267 3113 845
☎ Fax: +267 3113 846
✉ mogoditshane@fours.co.bw

SELEBI PHIKWE

📍 Plot 11272 Unit 4
Industrial Site
☎ Phone: +267 2600 700
☎ Fax: +267 2600 400
✉ phikwe@fours.co.bw

LOBATSE

📍 Plot 472 Thema, Lobatse
☎ Phone: +267 5331 088
☎ Fax: +267 5339 003
✉ lobatse@fours.co.bw

FRANCISTOWN

📍 Plot 49655 Somerset
Industrial, Francistown
☎ Phone: 240 8533
☎ Fax: 240 8544
✉ francistown@fours.co.bw

MAUN

📍 Lot 292 Old Moremi
Road Maun
☎ Phone: +267 6861 377
☎ Fax: +267 6863 840
✉ maun@fours.co.bw

Squats Exercise for a Better Butt

Squats are like the LBD of your butt and leg day workout, they are the perfect staple and they make your body look pretty amazing. Starting with the basics, here's how to do a classic squat:

1. Mini Band Squat

How to: Stand tall with your feet shoulder-width apart and a mini band looped around your calves. Lower your body as far as you can by pushing your hips back and bending your knees. Pause, and then push yourself back to starting position. That's one rep.

2. Goblet Sumo Squat

How to: Grasp the head of a heavy dumbbell and hold it in front of your chest. Set your feet at about twice shoulder-width, your toes turned out slightly. Lower your body down by pushing your hips back and bending your knees. Pause, and then slowly push yourself back to the starting position. That is one rep.

3. Squat to Overhead Press

How to: Grab a pair of dumbbells and hold them next to your shoulders. Lower your bodies until your thighs are parallel to the floor. Stand up and press the dumbbells directly above your shoulders. That's one rep.

4. Squat Jack

How to: With your feet hip-width apart, lower your body until your knees are bent to almost 90 degrees. Explosively jump your legs outward,



and then immediately jump to bring them back to starting position. That's one rep.

5. Squat with Front Raise

How to: Stand with your feet shoulder-width apart, holding a dumbbell at arm's length in front of you. Lower your body as far as you can while using both arms to raise the dumbbell to shoulder height. Push yourself back to standing and lower the weight. That's one rep.

6. Squat Jump

How to: Stand with your feet shoulder-width apart and arms by your sides. Push your hips back, bend your knees, and lower until your upper thighs are parallel to the floor. Raise your arms until they are parallel with the floor. Pause, and then jump as high as you can while swinging your arms back toward your sides. Land and reset. That's one rep.

7. Squat with Chest Press

How to: Hold a dumbbell close to your chest with both hands, keeping your elbows next to your sides. Your feet should be shoulder-width apart. Lower your body as far as you can. At the bottom of the squat, extend your arms straight out in front of you and bring them back to your chest. Pause, and then push yourself back up to stand

8. Split Squat

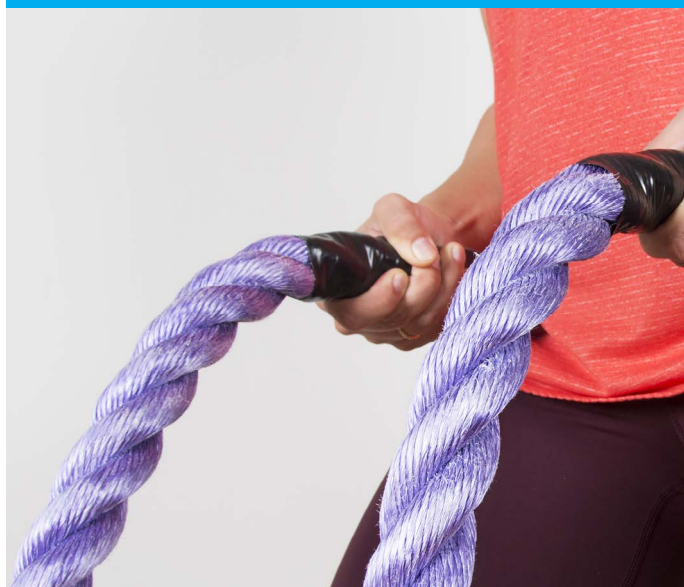
How to: Stand in a staggered stance, right foot about two feet in front of left, hands on hips. Slowly lower your body as far as you can. Pause, and then quickly push yourself back up to starting position. That's one rep. Repeat on the opposite side.





A Beginner's Guide to Battling Ropes

Ropes aren't just for sailing and Boy Scouts. Battle ropes (or battling ropes) are a must-have tool for anyone looking to pack on lean mass. Adding ropes to your routine also provides a killer cardio workout without the monotony that comes with other aerobically-focused activities.



1. Battling-Rope Waves

This is the classic battling-rope exercise. It works each arm independently and keeps your muscles under tension for extended periods.

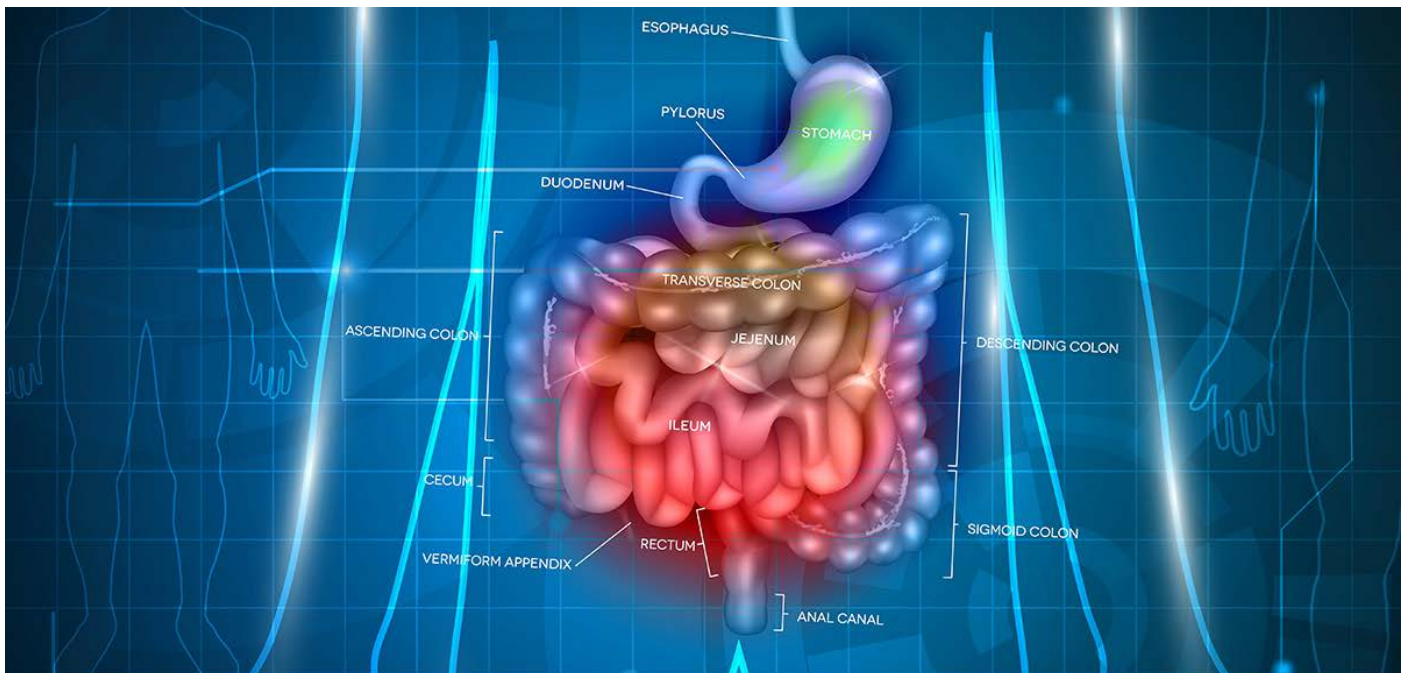
Directions: Hold the ends of the rope at arm's length in front of your hips with your hands shoulder-width apart. Brace your core and begin alternately raising and lowering each arm explosively. Keep alternating arms for three to four sets of 1 to 2 minutes.



2. Battling-Rope Crossovers

Instead of making waves, slam the rope to the ground. You will build more power and hammer your core.

Directions: Keep both feet flat on the floor as you move the ends in an arc above your head, lifting them to your left and slamming them down hard to your right. Repeat in the opposite direction. Continue alternating for three to four sets of 1 to 2 minutes.



Ulcerative Colitis

Ulcerative colitis is an inflammatory bowel disease that causes long-lasting inflammation and ulcers (sores) in your digestive tract. Ulcerative colitis affects the innermost lining of your large intestine (colon) and rectum. Symptoms usually develop over time, rather than suddenly.

Symptoms

- Diarrhea, often with blood or pus
- Abdominal pain and cramping
- Rectal pain
- Rectal bleeding — passing small amount of blood with stool
- Urgency to defecate
- Inability to defecate despite urgency
- Weight loss

- Fatigue
- Fever

Types

Ulcerative proctitis - Inflammation is confined to the area closest to the anus (rectum), and rectal bleeding may be the only sign of the disease. This form of ulcerative colitis tends to be the mildest.

Proctosigmoiditis - Inflammation involves the rectum and sigmoid colon (lower end of the colon). Signs and symptoms include bloody diarrhea, abdominal cramps and pain, and an inability to move the bowels in spite of the urge to do so (tenesmus).

Left-sided colitis - Inflammation extends from the rectum up through the sigmoid and descending colon. Signs and symptoms include bloody diarrhea, abdominal cramping and pain on the left side, and unintended weight loss.

Pancolitis - Pancolitis often affects the entire colon and causes bouts of bloody diarrhea that may be severe, abdominal cramps and pain, fatigue, and significant weight loss.

Acute severe ulcerative colitis - This rare form of colitis affects the entire colon and causes severe pain, profuse diarrhea, bleeding, fever and inability to eat.



MASTER CHEM (PTY) LTD

Manufacture of Cleaning Chemicals, Supplier of Raw Chemicals, Cleaning Materials & Equipments, Laboratory Chemicals & Equipments, Brushware, Safety & Protective Clothing.





Causes

It's thought Peyronie's disease generally results from repeated injury to the penis. For example, the penis might be damaged during sex, athletic activity or as the result of an accident. However, most often, no specific trauma to the penis is recalled. During the healing process, scar tissue forms in a disorganized manner, which might then lead to a nodule that you can feel or development of curvature. Each side of the penis contains a sponge-like tube that contains many tiny blood vessels. In Peyronie's disease, when the penis becomes erect, the region with the scar tissue doesn't stretch, and the penis bends or becomes disfigured and possibly painful. In some men, Peyronie's disease comes on gradually and doesn't seem to be related to an injury.

Risk factors

Heredity - If your father or brother has Peyronie's disease, you have an increased risk of the condition.

Connective tissue disorders - Men who have a connective tissue disorder appear to have an increased risk of developing Peyronie's disease. For example, a number of men who have Peyronie's disease also have a cord-like thickening across the palm that causes the fingers to pull inward.

Age - The prevalence of Peyronie's disease increases with age, especially in men over 55.

Other factors including certain health conditions, smoking and some types of prostate surgery might be linked to Peyronie's disease.

Complications

Complications of Peyronie's disease might include:

- Inability to have sexual intercourse
- Difficulty achieving or maintaining an erection (erectile dysfunction)
- Anxiety or stress about sexual abilities or the appearance of your penis
- Stress on your relationship with your sexual partner
- Difficulty fathering a child, because intercourse is difficult or impossible

PEYRONIE DISEASE

Peyronie's disease is the development of fibrous scar tissue inside the penis that causes curved, painful erections. Penises vary in shape and size, and having a curved erection isn't necessarily a cause for concern. But Peyronie's disease causes a significant bend or pain in some men. This can prevent you from having sex or might make it difficult to get or maintain an erection (erectile dysfunction). For many men, Peyronie's disease also causes stress and anxiety.

Symptoms

Scar tissue - The scar tissue (plaques) associated with Peyronie's disease can be felt under the skin of the penis as flat lumps or a band of hard tissue. **A significant bend to the penis** - Your penis might be curved upward, downward or bent to one side. In some cases, the erect penis might have narrowing, indentations or an hourglass appearance, with a tight, narrow band around the shaft.

Erection problems - Peyronie's disease might cause problems getting or maintaining an erection (erectile dysfunction).

Shortening of the penis - Your penis might become shorter as a result of Peyronie's disease.

Pain - You might have penile pain, with or without an erection.

The curvature associated with Peyronie's disease might gradually worsen. At some point, however, it typically stabilizes. Pain during erections usually improves within one to two years, but the scar tissue and curvature often remain. In some cases, both the curvature and pain associated with Peyronie's disease improve without treatment.



Apple MacBook Pro 2018

only). The top-line 13in laptop gets an i7 which we believe is the Core i7-8559U. There is also a build-to-order i9 processor option too.

RAM

Another upgrade: RAM now tops out at 32GB for the 15in model instead of 16GB.

Storage

You can now get a 4TB SSD on the 15in Pro; the maximum in the 2017 generation was 2TB.

T2

All of the new MacBook Pros models get the T2 subsystem controller chip previously seen in the iMac Pro. This isn't the main system processor - that duty is taken by the eighth-gen Core chip - but is instead tasked with running the subsystems and producing a simplified internal design.

True Tone screen

Intriguingly, Apple has equipped the new MacBooks with True Tone screens. Apple's True Tone technology was first demonstrated in the 2016 iPad Pro: it adjusts colour and brightness output to compensate for changing environmental lighting conditions.

Apple has announced a major update to its MacBook Pro laptop line. The new laptops, which arrive in time for the important back to school/college buying period, are available with 13in and 15in screens and feature new eighth-generation Intel Coffee Lake processors, expanded storage and RAM options, T2 subsystem controller chips and True Tone screens.

- True Tone display
- Apple T2 chip
- Touch Bar

Processors

Apple has equipped its new laptops with Intel's latest eighth-gen processor chips. The 13in Pros have finally moved from dual-core to quad-core processors, and offer twice the speed of the previous generation; the 15in model gets six-core processors and up to 70 percent speed gains on the 2017 generation. The mystery (six-core) device scored a single-core score of 4,902 and a multi-core score of 22,316, which is far ahead of any 2017 MacBook Pro. The specific models of chip are interesting, too. For the first time Apple is making a Core i9 chip available (for the 15in models

MacBook Pro 13in (2018) specs

- Quad-core Intel Core i5 and i7 processors up to 2.7GHz with Turbo Boost up to 4.5GHz
- Intel Iris Plus integrated graphics 655 with 128MB of eDRAM
- Up to 2TB SSD storage
- True Tone display
- Apple T2 chip
- Touch Bar

MacBook Pro 15in (2018) specs

- 6-core Intel Core i7 and Core i9 processors up to 2.9GHz with Turbo Boost up to 4.8GHz
- Up to 32GB of DDR4 RAM
- Radeon Pro discrete graphics with 4GB of video memory
- Up to 4TB SSD storage

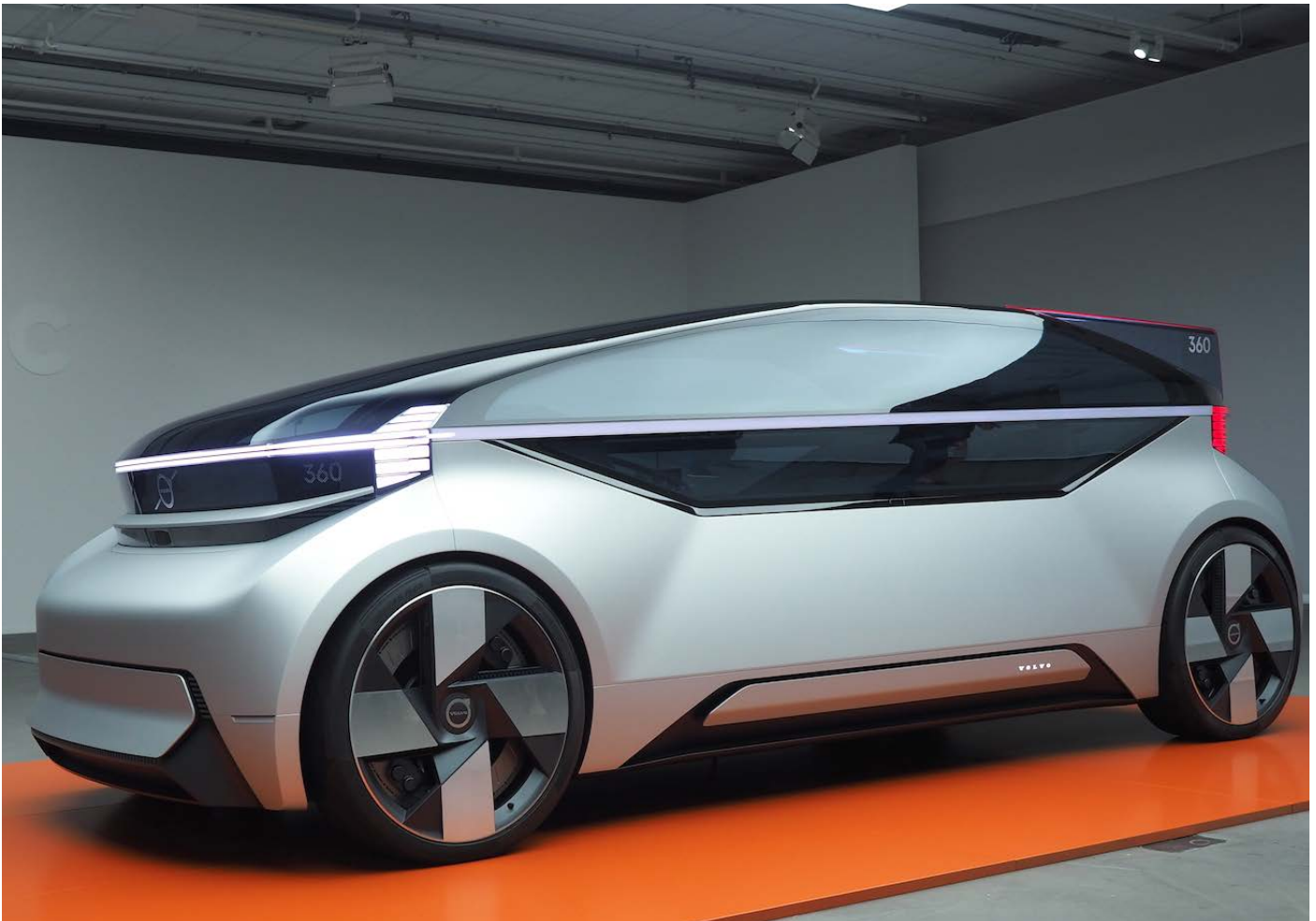


Akasi
Holdings (Pty)Ltd

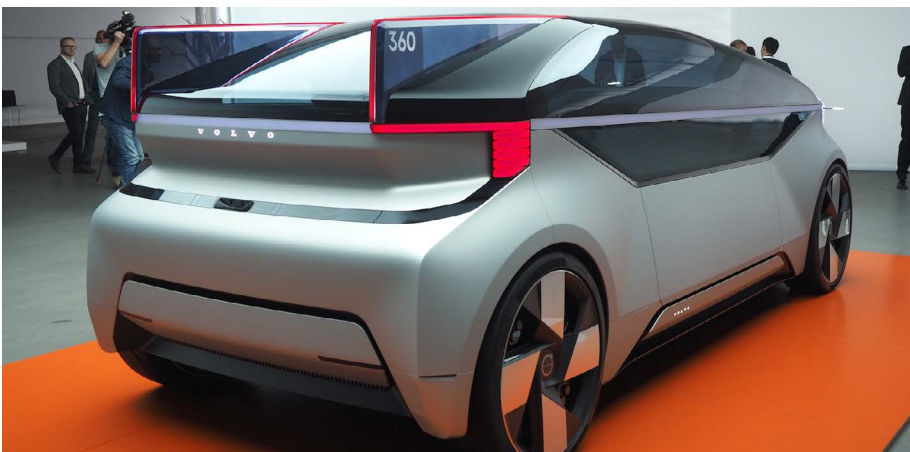
MARU-A-PULA SHOPPING CENTRE
PO BOX 504949
GABORONE

71750088





Here's how Volvo's autonomous 360c concept might see the world



The Volvo 360c concept is that company's attempt at creating a better way to get from A to B in the future than driving yourself, taking a train or, heaven forbid, going to the airport. Short-haul flights are particularly inefficient, both in terms of pollution and time, making this safe, autonomous cocoon look appealing on multiple levels.

However, if you've seen any driverless cars of today you know that they

don't look anywhere near as clean as Volvo's vision does. Waymo's Jaguar I-Pace is probably the best-looking of the bunch, yet even it looks like it got knocked on the head after swallowing a bee.

That's because self-driving cars need a lot of sensors, and those sensors take up a lot of space. Particularly problematic are the lidar scanners, which traditionally spin 360-degrees to scan the entire environment with a

laser. The best place to mount them? Up high on the roof.

"The whole industry has this problem," Maximilian Missoni, Volvo's VP of exterior design, told me at the 360c launch event in Sweden. "You see these early prototypes with all these things sticking out. That's one of our big challenges in exterior design, to try to keep the purity of the object still intact and still embed all this stuff."

Purity is something the 360c appears to have in spades. What it seems to lack, at least at first blush, is any sensors at all. Look closely, though, and you'll find them in the nose and tail. Lidar, radar and cameras are all integrated into what Missoni calls a "cluster." It's far cleaner than any other driverless car I've ever seen -- with the rather large caveat that this is a completely nonfunctional prototype.

But how could this car use a lidar scanner mounted so low? The 360c concept has a flat-plane lidar scanner, which doesn't provide full 360-degree coverage. However, with multiple sensors like this, a car can get the full view around that's needed.



CW magazine had an opportunity to catch up with Gouse Le karre karre to talk about his journey as a poet.

Who is Gosego?

My name goes by Gosego Morris Letsatsi, a Motswana man of Lekghaphong la Mmamogatsakgari in Maunatlala. I was born in 1983. I hold Diploma in Accounting and Business from the University of Botswana and Diploma in Secondary Education from Tonota College of Education. I am a former Botswana Defense Force soldier and a part-time poet who goes by the stage name "Gouse le karre karre".

What made you feel the need to express yourself this way?

First of all our mother language is simple, nice and fun. So much that there is a flow of words to use, which are very rich, and can uplift someone's spirit when listening to my poems. That is the reason why I decided to express myself in poetry.

What type of poems do you do?

The poems that I am known of doing are called praise poems which are recited in Setswana. They are meant to praise those who are normally in authority or sometimes those who have done greater things around the country. I am also capable of doing other poems, it's just that I prefer the ones that make people feel better after listening to them; and leave them wanting to hear more poems.

When did you first realize that you have this talent?

It was in my early ages in 1990. I was staying at the cattle post by then, most of the time I looked after livestock. I realized my talent as I used to recite

few words to the cattle, but I became well known in 1993 when my teacher asked me to perform during a June 16 celebration at school. That was the moment when I thought to myself, I should become more serious about poetry.

Any poems that you are proud of?

One of the poems that I am very proud of and cannot forget is the one that I recited to our former president Lieutenant General Dr Seretse Khama Ian Khama when I was still working for Botswana Defense Force. It was during the opening of Pension Funds Offices at Letsema Park at Fairgrounds. In the presence of our former late President Quett Ketumile Joni Masire and His Excellency Festus Mogae, that was the highlight of my poetry moments.

Apart from poetry what else are you doing?

I am teaching Accounting and Business Studies at Mooka CJSS. I am also a traditional dancer, football player and a farmer.

Do you have any poet that you like listening to?

Yes, I listen to the likes of Mr Sekokota Kaboyamodimo, Mr Ponatshego Mukani and Mr Moroka Moreri. I am very fond of their poetry.

Do you see yourself doing poetry fulltime?

I dream of doing poetry full-time and for it to become an art that is recognized in our country. My wish is

to be a state poet like they used to do back in the days where someone in authority heads a meeting; and there will be a poet along to perform one or two poems. I love this because it was a sign of respect and honor.

What challenges have you faced as a poet?

Nowadays people hardly recognize poems in Setswana as the language is not used that much in our country; people prefer using English over Setswana. Our poems are not spread out in radios and television like other arts, so this makes it difficult for people to know about our talent. The other challenge is that Botswana have not yet accepted poetry as something one can use to make a living out of it because when one is asked to perform, they are only given a plate of food and nothing more as a token of appreciation. Once more the fact that there are no sponsors remains an underlying challenge for artists.

Have you ever performed somewhere that left a mark?

I have performed during the inauguration of our Former President in 2014, Botswana Defence Force day at the national stadium. My other special performance was in South Africa in Gopane during heritage culture day.

What have you achieved so far through poetry?

I have achieved few things, a cow given by our former President accompanied by a goat, another cow by our Chief Ookeditse Mogwera in Maunatlala, for me that is a biggest achievement and am proud of that.

Where do you see yourself in future?

To have written a book and recorded some audios that will be in form of Compact Disc. I believe that in that manner, peoples' view about poetry will change for the better. In context to what we do as we never shy away from pointing out the ill behaviors of the society. We also praise the good that we do find within our society.

Who is your mentor?

Mr Moroka Moreri

Contact Details

Name: Gosego Morris Letsatsi

Cell: +267 71348875

Facebook page: Gouse Morris



Lady Khama Cup, a charitable golf day

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

Time: Friday Oct 05 2018 at 12:00 pm to 10:00 pm

Venue: Gaborone Golf Club, Gaborone, Botswana, Gaborone, Botswana

Created By: Lady Khama Charitable Trust



Mmakgodumo Cultural Festival

Theme: Ngwao, Pinagare ya Dithabololo Tsa Sennela Ruri.

Date: 27 October 2018

Guest of Honor: Nnetlu

Venue: Kanye Dam



Sweet Taste Bake Expo 2018

Time: Sat Oct 06 2018 at 09:00 am to 07:00 pm

Venue: BA ISAGO University, Plot 54831, Block 7, 00267 Gaborone, Botswana.



TsotsoNgele Annual Soccer Tournament

Date: 01-10-2018

Time: 8:00 am.

Venue: Thebe Primary School, White city grounds



Global Expo Botswana 2018

Venue: Botswana Investment and Trade Centre, Gaborone, Botswana
Botswana Investment and Trade Centre (BITC) will host the 13th edition of its premier business to business (b2b) and multi-sectoral expo known as the Global Expo Botswana from October 30 to November 2, 2018.



Curated Lifestyle Series

Date and Time: Sat Oct 06 2018 at 03:00 pm to 04:00 pm

Venue: Wellness360, Phase 2, Gaborone,

An intimate gathering to promote healthy active living through FREE Herbalife product sampling and fitness as well as Skincare tips. 72213160 for bookings



GRANITE MASTER

Masters in Granites Works



- Granite prices have never been lower
- Huge Selection of Special colors
- Professional installation in 3-6 days
- Removal of Existing counters offered
- Visit us today for a free estimate

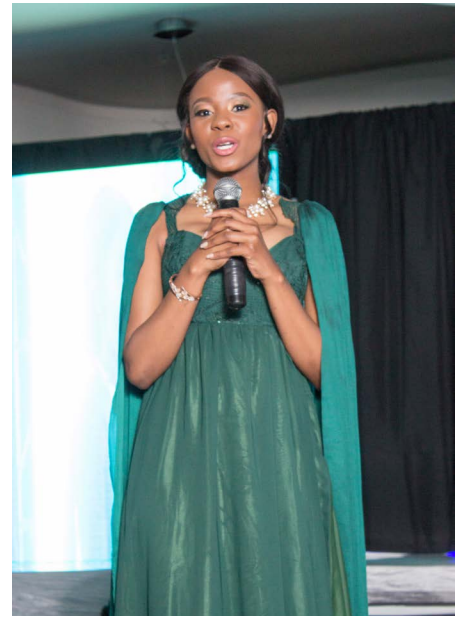
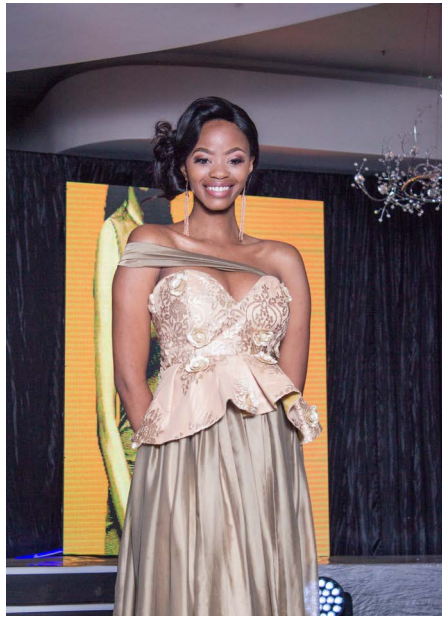


Tel/Fax: 393-1582
Cell: 74444-4441/2/3
Plot 22110, G/West Industrial
granitemaster@live.com

Miss Botswana 2018

Photographer: Donald B. Matsoga

Facebook: Fotos By Don



Cosmic Sales

Plot 4933, Shoprite Mall,
Station, Gaborone
Mobile 72161140

Passion- Driven Boxer Shares His Story

All his parents ever wanted was for him to study hard and be the best he can; but Laone Francis followed his heart and stayed content in his love for boxing. Shortly after joining the military, he continued his journey of boxing, this time with more growth in the sport.

He joined Sir Seretse Khama Barracks (SSKB) boxing club in 2003. In 2010, Laone retired from being a player and became a coach of the club. He served as the club technical commissioner from 2016 to date. The club established a professional Boxing stable called Melroy Boxing, where they promote, manage and train professional boxers. Laone coached at international level with boxers like; Ryan Seakolo, the late Herbert Nkabiti, Onkarabile Mothibedi, and Botshelo Robby.

Laone Francis did several courses related to his career, IBA Star 1 coach, Physical Training Instructor's course, Sports Administrators course, Self-Defense Instructors' course and Basic First Aid. He also holds a certificate of Excellence in Computer Operations.

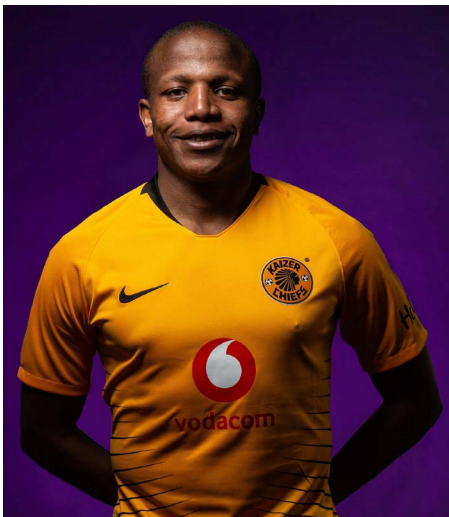
Francis is currently the technical advisor at SSKB Boxing club; the star finds boxing as a favorite sport thus plays it with due passion and love. He won several medals as a boxer; 6 bronze, 5 silver and 2 Gold.

"My best highlight was when I became national middle weight champion (75kg)." He said. During his term as a coach, Laone won 2 Botswana Defense Force Inter-Area competitions. He became 4th and 5th at nationals, out of 17 clubs. Francis is also the first coach to produce female national champions for boxing, like Keneilwe Rakhudu and Joyce Moliwa, who later became regional champions.

The Tonota native said he got motivation from Khumiso Ikgopoleng and Oscar De La Hoya. Oscar is an American former boxer who built his name through his success in professional boxing. Laone's parents and almost everyone who gets to know him are giving him positive support. He went on a work-shop for High light boxing (professional boxing and management of boxers) in East-London by Elliot Mjele.

His utmost cherished moment in boxing was during his fight against the late Herbert Nkabiti for best of the best championship final. Although he lost the fight, Laone stated that he learnt a lot and got motivation. One time he fought against Zibani Chikanda during Inter-club competitions at UB, where he won 8-1 on points. Laone has also fought against Oteng Phatshwe during the National Championship Finals and won 15-8 points.





Lebogang Manyama 'learnt a lot in Turkey' that can help at Kaizer Chiefs

Newly signed Kaizer Chiefs attacking midfielder Lebogang Manyama says the experience he had during his short period in the Turkish Super League will assist him and his new club. According to "Times Lives" the former Premier Soccer League Footballer of the Year told reporters before training at the club's training base in Naturena, south of Johannesburg.



Sergio Agüero: Manchester City striker signs one-year extension until 2021

The 30-year-old Sergio Agüero joined City from Atletico Madrid in 2012; he has committed his future to Manchester City to 2021, which would stretch his stay. The deal will stretch the striker's stay at City to a decade. The contract extension at Manchester City will commit him to the club until 2021. He is City's record scorer with his 204 goals including the injury-time winner against QPR in 2012 that won the title.



Manchester United in battle with Spurs and Barcelona for Ajax star

Manchester United are said to be among the admirers of Ajax star Frenkie de Jong. Scouts from Old Trafford travelled to France earlier September to see the 21-year-old in action for Holland's Nations League match against France. Jose Mourinho is ready to battle Tottenham and Barcelona in January.



Club rugby player dies after horror tackle

Kyle Barnes, a 31-year-old club rugby player who was left on life support following a freakish head and neck injury that he sustained, has died. The incident reached a tragic end on the 20th of September morning when the decision was taken to switch off the life support machines that were keeping him alive. Barnes, a wing for Goodwood Rugby Club, was hit by a nasty tackle while playing against Strand. He was immediately taken to the hospital following the incident and was operated in an attempt to alleviate the pressure on his brain.

DUNLOP EXPRESS

Call: 3938718/ 71724544

Plot No. 275, Mogoditshane next to Builders World

Opposit to Bdf Camp

Call: 76256788/ 73589959

G-West Branch, Haile Selassie Road in front of DCEC & BHC

ahmedsabbir87@yahoo.com

TYRES

FITTING

SHOCKS

BATTRIES

MAG WHEELS

ACCESSORIES

ALIGNMENT

CAR SERVICE





PST

SALES & DISTRIBUTION



TEN CC Marketing



**Leading The FMCG Industry:
Manufacturer's Representatives And Logistics Service
Provider Of Ambient & Cold Chain Goods In Botswana**

**Servicing The Top End, Modern Trade, Traditional Trade,
Gas, Forecourt & Bottom End**

**Plot 54233, Broadhurst Industrial Estate, Gaborone, Botswana
P O Box 2244 Gaborone Tel: 3928522/ 3904941 Email: info@pst.co.bw**

Jan Japan Motors

ACETONE
HOLDINGS (PTY) LTD

Botswana No. 1 Auto Dealer

**We deal in all
kinds of imported cars**

Plot #11561, Molepolole Rd, Near Botswana Defence Force,
Mogoditshane, Gaborone

Cell: 77 184 976