

Celebri World

Botswana's Own Magazine

September 2019 P12

How Long Does It Take To Get Toned Abs?

Let Love LEAD

The TswanaPera Movement

Dj Lexx Reaches For High Heights

The Return Of Tyte

The Bold and the Beautiful

HOW TO MAKE ROPE-WRAPPED VASES

SUMMER SKIN TIPS

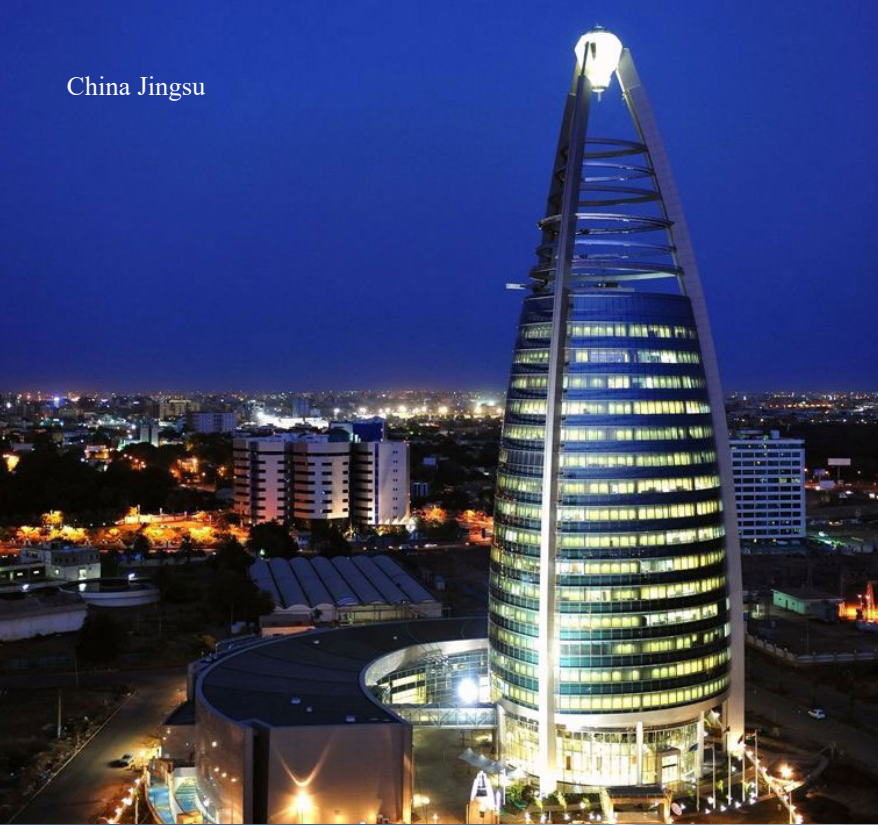
What To Know About Cleft Lip And Palate



Striking Rooms with Contemporary Interior Design

Kscooks Bacon & Brie Omelette

China Jingsu



High Court Gaborone



Garden In Beijing



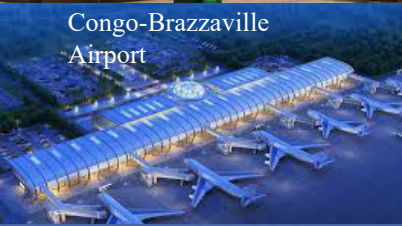
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elcome
 to another
 edition of
 Celebrity
 World

Magazine, as we fire-up on another season of the year. This is Botswana's finest edutainment magazine which endeavors to uproot talent and creativity from local artists as well as bringing them closer to our readers.

Take your time and read through our very own CW magazine. Don't miss our relationship advice double spread which features a power couple of Mr and Mrs Mbangwa. The other eye-opener in this issue is an article about our cover lady, Berry Heart. Read about her and be inspired.

At CW magazine we aim to make your monthly shopping smoother with our fashion page by Fashion World - Gaborone station (Page 13). Give yourself and relatives a special treat with our beautiful magazine and tell your friends to grab this issue at the nearest Choppies Store and Square Mart.

Please let us know what you think about us at our Facebook page called Celebrity World.



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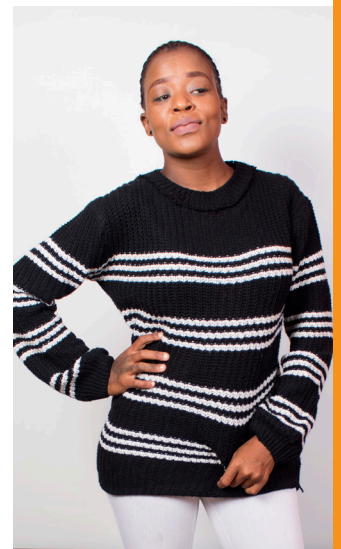
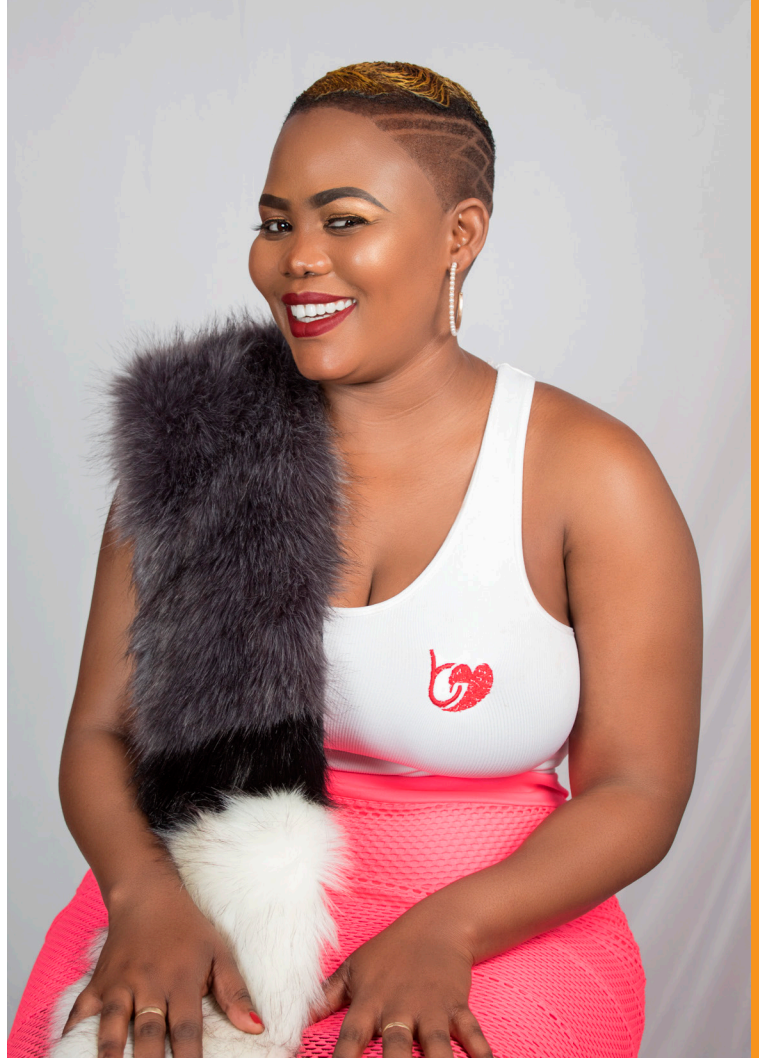
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CW List

FILM, TV, BOOKS & CULTURE

What To Watch



IT Chapter Two

Release Date: September 6, 2019

Directed by: Andrés Muschietti

Produced by: Barbara Muschietti, Dan Lin, Roy Lee

In the sleepy town of Derry, the evil clown Pennywise returns 27 years later to torment the grown-up members of the Losers' Club, who have long since drifted apart from one another.



**SYLVESTER
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RAMBO LAST BLOOD

Rambo: Last Blood

Release Date: September 20, 2019

Directed by: Adrian Grunberg

Produced by: Damaine Radcliff, Christa Campbell, Avi Lerner, Ariel Vromen, Lati Grobman, Kevin King Templeton, and Les Weldon.

When a friend's daughter is kidnapped, Rambo crosses the U.S.-Mexico border to bring her home but finds himself up against one of Mexico's most ruthless cartels.

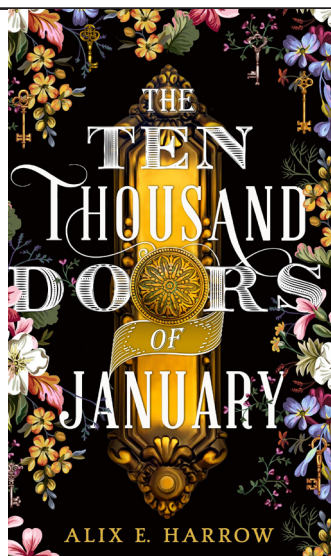
What To Read



Iggy Pop

Album: Free

Release Date: September 6, 2019



The Ten Thousand Doors of January

Author: Alix E. Harrow

Expected publication: September 10th 2019

Genre: fantasy and historical fiction

In a sprawling mansion filled with peculiar treasures, January Scaller is a curiosity herself. As the ward of the wealthy Mr. Locke, she feels little different from the artifacts that decorate the halls: carefully maintained, largely ignored, and utterly out of place.

Then she finds a strange book. A book that carries the scent of other worlds, and tells a tale of secret doors, of love, adventure and danger. Each page turn reveals impossible truths about the world and January discovers a story increasingly entwined with her own.

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)



Dj Lexx Reaches For High Heights



Meet Lebogang Matshaba, popularly known as Dj Lexx. He is an enthusiastic and diligent house music Dj who does not limit himself when it comes to the music industry. He is also a seasoned event planner.

Dj Lexx got inspired to start music by constantly watching one of BTV's oldest shows called Diacha. The beauty of seeing different artists and all the talks about entertainment industry made him fall in love with music and that is when his passion for music started. DJ Lexx started his amazing journey of being a Dj while at tertiary school back in 2012. At that time he was in a bumpy space, so music was a form of relief for him and is so grateful that he met people who were helpful towards him.

When he started being a DJ, social media was less useful in Botswana but he used it to be recognized with his intentions regarding entertainment. He pushed his mixes through it and in the mist of his hustle; Dj Lexx caught an eye of Lekoko Entertainment promoter - Seabelo Modibe, who recruited him and his friend. He groomed them and taught them everything about event promotions, that was when his music career elevated and the other part of him as an event planner. All this exposure made him to grow even more because he has always been eager to learn more about music.

He stated that as a house DJ, one has to show people his capability to cater for different audiences. Dj Lexx indicated that he is more focused on club shows and in a month he attends at least two events. Having said all that, he started Morobosi with his friend, an annual Tswapong entertainment show and they have worked with them for about five years. Dj Lexx also worked for about two years with Easy B, the founder of Home Coming annual event.

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“Sthibo” while she was working with Daggie Digital Studio Records. She even held shows in South Africa, Zambia and Namibia to perform the album. Despite challenges like piracy and corruption, Tyte appreciates the way Sthibo performed in the market.

Tyte showed immense appreciation to Franco, whom she mentioned as a good inspiration in her life. Tyte also thanked Tshepo-G, T.H.A.B.O, Ronny and fans for supporting her through everything. Sadly, the popular dance star had to be absent from music for some time because she had a car accident; one that cost her almost everything. However, today Tyte is proud to say she is happy for her new album, titled “Digongwana” which was launched on the 4th of August 2019.

“I know the meaning of when days are dark friends are few. I always thought I had friends only to realise that they are after what I have,” she said. Tyte has learnt a lot from Franco who encourages her to focus on her goals. She said jealousy is everywhere and there is no manual way to control it. People’s actions are determined by their way of thinking and nothing can be done unless they change. The album was well appreciated. Most of the time her lyrics are inspired by things happening around her everyday.

She currently started her own catering company. One thing she thanks God for as part of her growth.

The Return Of Tyte

Keletso Lele “Tyte” Merafhe, has worked with different musicians. She is currently under Afro Musica Records signed by Franco, who is also her manager. Tyte released her new album and hopes things are going to be even better. In 2012 she won more people’s hearts with her debut album

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The Bold and the Beautiful



Keotshepile "Berry Heart" Motseonageng is a local celebrity who has been cyber bullied and harassed on social media for several times. The Magagarape born and bred young woman grew up in an agricultural background family. Celebrity World Magazine had a one on one moment with the marvelous woman as she shared her journey in the industry as a musician, business woman and a poet.

Berry Heart, as she is affectionately known is a multilingual person who speaks three different local languages being Sesarwa, Setswana and Shekgalagari which is her mother tongue. She also speaks three international languages; English, French and German. Ms Heart said her poetry is more into her mother tongue and she believes that she inherited poetry from her grandmother who was good in storytelling.

Her talent exposed her to different places and opportunities as she even won a variety of awards through it. Berry Heart has a project that she is currently working on at her home village, on which every year in June they give orphans and under privileged people some toiletry and clothes. The project also comprises of mentoring students for free in different schools. She is the founder of an organization that helps pregnant young school dropout girls in her

village to continue with their studies after the pregnancy. She financially supports the organization by sharing a certain amount of her payment after every show she performs.

Berry Heart was an Ambassador of United Nations and European Union for Gender Based Violence and Rights Policy. She said since she grew up in an area where women were ill-treated in different types of abuse, this led her to stand up for them on such issues. She says messages conveyed through her songs and poems have a big impact on peoples' lives because they have sensitized people about abuse and they are now able to open up and report cases.

The award winning poet-singer and best youth activist said in an interview that she is currently working on her television talk show and her upcoming book. She also owns Berry Heart Creations, a record Label, clothing line, and winery. She has recently introduced Berry Heart Safaris which is based in Kasane.

She started her clothing brand after she got inspired by one of the local artists "Senyonfere" and she is thankful for his existence and efforts in the entertainment industry. Her brand does both buying and designing, it comprises of babies & toddler wear, maternity wear, merchandise for gym, dinner, casual and formal clothing. She is willing to expand and cater for old people.

Berry Heart has also recently opened a restaurant which is doing very well. She gets immense support from her friends, family and followers. "Mmaobery" as her fans

call her, plans to organize a conference for those who have been very supportive to her as a way of appreciating them and familiarizing with them. She mentioned that her man "Brat Pitt" whom she is in love and happy with, manages both the restaurant and her music. "My albums are giving birth to love - 2011, 2012 Les Enfants De Demain, Kenya 2016, 2017 Pyaar, an Indo African collaboration with Indian Artist Ekham Maanuje, 2018 Kgolo," she said.

Indeed Berry Heart is a responsible citizen as she has played a massive role in the development of the country by creating jobs for Batswana. She encourages the youth not to be choosy when it comes to employment but to take whatever comes their way, adding that not all jobs require a specific skill or qualification. Berry heart is an exemplary to the youth as she is armed with a Bachelor of Arts in English, an International Diploma in French, a Certificate in German and Masters in International Business Administration but she started with nothing.

"I'm a passionate, consistent and persevered young woman, even though I go through pains and people criticize me on social media, I still stand and say no one is going to let me down as happiness is found in me. Some people come to your life only to destroy you, some are waiting for your downfall and celebrate, but I appreciate my enemies because whenever they try to destroy me they make me stronger and advantageous to my brand growth," added Ms Heart.

She encouraged the victims of cyber bullying to learn that people will always talk good and bad things about them but they should always open their hearts and appreciate both negative and positive talks around them.



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The TswanaPera Movement

Music is an art with no limitations and one has to be creative when doing it. This is what this beautiful and gifted woman does. Chedza Pansiri is an opera singer, the founder of TswanaPera movement which consists of other talented Batswana. The Serowe native found comfort and purpose in music. She stated that her vocal journey is with TswanaPera which started way back with choral and church music. She carried on with the passion to the extent of going to South Africa to learn more about music and study it for three years.

She also stated that she had the best experience on stage while still in South Africa, because it was more innovative but that didn't come easily as she encountered some challenges such as language barriers. She therefore had to ensure that she learns other languages. In our chat with her, Chedza elaborated that TswanaPera is a new genre where they have incorporated Setswana traditions with Western traditions to make classical music. The group consists of her as Soprano, Bafi Buffire Kgosiemang on the pianist, Otsile Mochaba the pianist, Basha as the Dj and Otlotleng Sefitwa as percussionist. The crew is highly active, with motivated musicians and instrument players that work with passion to express themselves through music with the intention to influence listeners positively.

The group will dish out their new project soon as they are still adding some spices. They currently share their piece of music at the Princeton Lounge every Tuesday and Sundays. She stated that the journey does not stop because part of what she does is to give back to the youth by sharing the experience with them in order to make them grow and have what she calls vocal journey. This is a community project which started last year, it helps the youth in Gaborone and surrounding areas to sharpen their music skills.



The Princeton Lounge; The New Standard For The Finer Things In Life.

The Princeton Lounge sets a new standard for cigar lounges. This first-of-its-kind lounge is unlike any other dining, socializing and entertainment experience that celebrates cigar culture in a unique and comfortable gentleman's club environment. Even for those that do not smoke, The Princeton Lounge is a place that is welcome to cigar aficionados and non-smokers alike who share a common appreciation for the finer things in life.

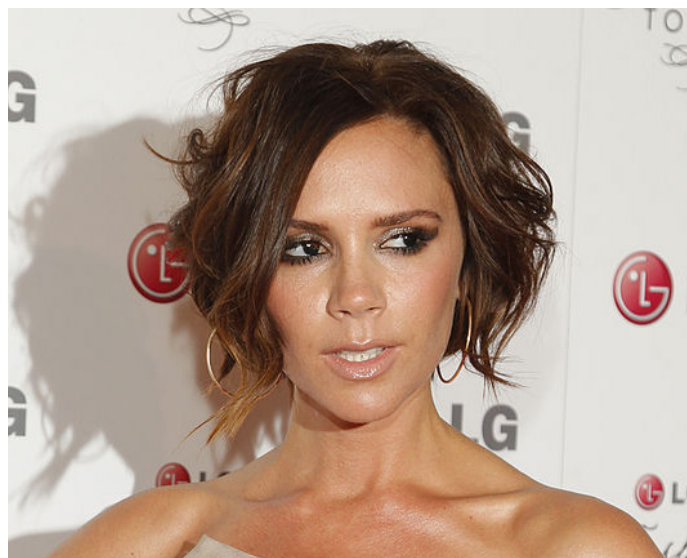
The Princeton Lounge is a destination where friends, colleagues and business associates come together to sip on fine wines and spirits, smoke cigars, and sit back in a comfortable, ambient environment that is ideal for business or pleasure.

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Mon - Thurs: 9am - 12am
Fri - Sat: 9am - 1am
Sun: 10am - 10pm

VICTORIA BECKHAM

An English businesswoman, fashion designer and singer, Victoria Beckham rose to fame in the late 1990's. She has participated in five official documentaries and reality shows about her, including *Victoria's Secrets*, *Being Victoria Beckham*, *The Real Beckhams*, *Victoria Beckham - A Mile In Their Shoes* and *Victoria Beckham: Coming to America*. She has since made a cameo appearance in an episode of *Ugly Betty*, and been a guest judge on *Project Runway*, *Germany's Next Topmodel*, and *American Idol*.



Kscooks Bacon & Brie Omelette

Prep Time: 5 minutes

Cook Time: 20 minutes

Total Time: 25 minutes

Servings: 1

Ingredients

2 slices of bacon

2 eggs

1 tablespoon milk (or cream)

Salt and pepper to taste

40 grams brie, sliced thinly

Directions

- Cook the bacon in a small (4-6") pan (preferably no-stick), set aside on paper towels to drain before crumbling into large pieces.
- Drain most of the bacon grease out of the pan, pour in the mixture of the egg, milk, salt and pepper and let cover the bottom of the pan.
- Cook until the egg starts to set before sprinkling the brie and bacon over half of the egg and folding the other half over to cover.
- Cook until the cheese melts, about a minute before sliding onto a plate to enjoy!

Option: Add chopped fresh basil, or baby spinach, arugula, etc. to either the egg mixture or as a stuffing for the omelette!

Option: Add diced tomatoes!

Option: Add diced avocado



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Virgo

(Aug 23 - Sept 22)

If in your relationship you have a little difficulty to regain cohesion, it belongs in the past. You decide to start on a good foundation and it works. The reproaches, the rancor and the tensions are forgotten. Your partner surprises you by their desire to make an effort. In loving Virgo, you are interested in your partner and their expectations; it is a sign of confidence. It's time for trust.

Libra

(Sept 23 - Oct 22)

Your charm is working on the person of your choice, you take the time to discover without getting more wrapped up than is necessary. Even if you are impatient, you prefer to advance little by little rather than rushing to know. You would not enjoy being disappointed again.

Scorpio

(Oct 23 - Nov 21)

It's as if your emotions were scanned. Your partner is on the lookout for the slightest sign of tenderness and you; you do not bother to show them your love. If your relationship was losing momentum, you quickly take control. To satisfy your half, you use your cunning.

Sagittarius

(Nov 22 - Dec 21)

Towards the 9th of September, your way of mastering romantic relationships will evolve or change. You prefer to play caution, do not get too wrapped up; observe before acting under the impulse. As a result, positive changes are accelerating. On or around September 15th, good energy and a good sense of organization will allow you to realize a concept that has long been close to your heart.

Capricorn

(Dec 22 - Jan 19)

If there are minor obstacles in front of you, do not give up, it might be a test, be strong! You will overcome difficulties by drawing positive energy from your loved ones. Towards the 22nd of September, calm returns, things get tight, your exchanges are becoming constructive, the steps you are undertaking as well.

Aquarius

(Jan 20 - Feb 18)

Don't hesitate to discuss with your partner if you feel any blockages are taking place or that the routine becomes heavy. Your other half can hear everything, together you find real solutions. Thanks to the influences of Venus you do not have to worry, the passion is at the gathering. At the beginning of the month, your nights out will be the living proof that you can make beautiful encounters including one that will stand out.

Pisces

(Feb 19 - Mar 20)

Around the 6th of September, love comes to you, in order to receive it you are obligated to get out of your comfort zone. It would be a real shame to let it slip away. Throughout this month, you are often invited out, new encounters are numerous but one will stand out. On the relationship side, through a search for self, you manage to make the right decisions.

Aries

(Mar 21 - Apr 19)

Good news at work puts you in a well-deserved good mood on the 10th and 11th. Aries, look into all your options, before making a big decision on the 15th. Romance distracts you from all these big work questions on the 19th, 20th and 21st of September 2019, and you really like it! Don't let anyone box you into a corner, at work, on the 24th, 25th and 26th. A new path presents itself on the 29th and 30th.

Taurus

(Apr 20 - May 20)

If you're feeling emotional on the 15th, remember that the body is where feelings reside. So get yourself to the yoga studio and get as deep into these feelings as you can. Getting grounded feels good on the 20th. Taurus, there's nothing quite like finding a way into that relationship between your body and your emotions.

Gemini

(May 21 - Jun 20)

Venus comes to your aid in making good relationship decisions. Even if your doubts persist, good clues will show you the best path to take. Your partner could take full advantage of your absence to prepare a little surprise. Chin up, you two, the passion revives. On the love side, everything is going better, much better. Don't let yourself be influenced by the jealousy of others.

Cancer

(Jun 21 - Jul 22)

In order to feel at the top of your romantic relationships, you need to learn to reinvent yourself. Take into consideration the advice your family or friends give you. You should stop complaining. If your partner is not exactly what you wished, why would you want someone exactly like you? Let them have their own identity. The stars give you the opportunity to evolve your relationship, do not deprive yourself.

Leo

(Jul 23 - Aug 22)

If your relationship starts to stifle you, you finally find a way out. Indeed, by relying on dialogue, you find a new breath. Your partner is grateful for your effort. You take a new direction, your relationship is better; a nice complicity makes its return. You expect proof of a late love, yet you see no further than the tip of your nose.



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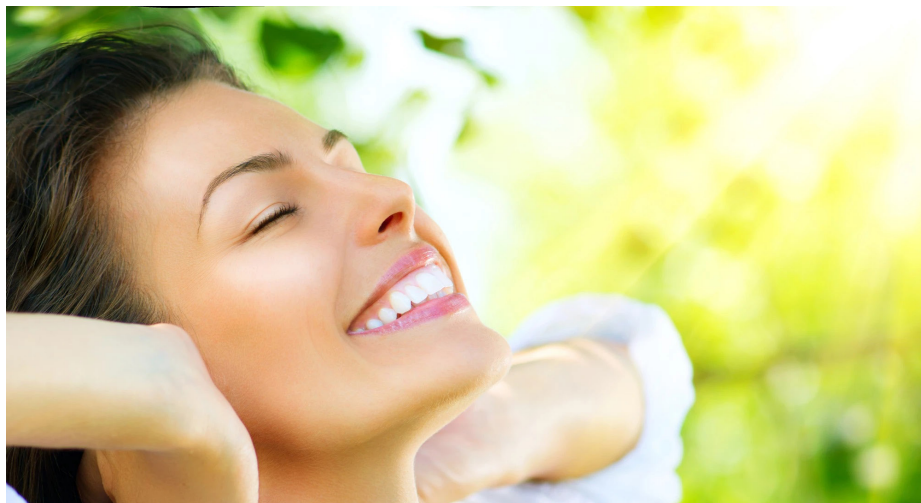


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2 Keep skin hydrated

How: Up your regimen's level of hydration with intensive masques, perfect for use one to two times a week. Boosters are a great fit, working best when layered underneath a moisturizer. Toners are refreshing moisturizer prep, working to even out skin porosity. **Tip:** Refresh with a revitalizing toner sprits at your desk, in the car, at the gym, on the plane.

SUMMER SKIN TIPS

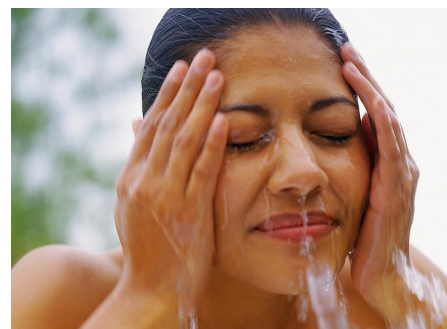
1 Exfoliate for clearer, smoother skin



What it does: Exfoliation removes dead, dulling skin debris to prevent congestion and improve hydration from toners and moisturizers.

When: Perform in the mornings prior to toner, moisturizer, SPF and make-up application. **Tip:** Make-up will last longer on an exfoliated skin!

Don't forget: After you exfoliate, follow with a hydrating body cream to seal in moisture, and always shield freshly exfoliated skin with an SPF.



3 Make friends with H2O

Why: Higher temperatures and more time outdoors leads to internal dehydration, which can result in headaches and dizzy spells.

What you can do: Eight 8 glasses of plain, filtered water every day help maintain critical moisture balance of the body and skin, and assist in detoxification. **Tip:** If you drink caffeinated beverages, you must triple the amount of water you drink.

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Keyla

"Beauty isn't about having a pretty face. It's about having a pretty mind, a pretty heart, and a pretty soul."



Drey

"Training gives us an outlet for suppressed energies created by stress and thus tones the spirit just as exercise conditions the body."

Let Love Lead

Marriage is a sacred relationship where two hearts come together as one. More than a married couple, these two are wonderful parents, business partners, prayer partners and above all they are the best of friends. It was love at first sight for them and the longer they stay together, the more they love each other. They are Prophet Sidney Mbangwa and Prophetess Pono Mbangwa, all the way from Jackalas 1. The couple is blessed with three beautiful kids and have been blissfully married for over ten years now.

Q. Tell us about yourself

"My calling as a prophet didn't start just now; it began when I was a little boy. I grew up with a very intense spiritual mind and it was good because I was raised in a Christian family where we love and respect God. I grew up as a very prayerful man; as a student I led others and even headed the Scripture Union. I always worked on my calling but I haven't opened my ministry yet because I felt God's timing is the best. Something that God revealed to me in 2015."

My journey of a ministry started in 2015, and it was officially opened in 2017; God's Throne of Salvation Church (GTS). All this time, everything was possible and going smoothly because I had the support of my beautiful wife, Mrs Mbangwa. For any man of God, it is important to have a family and to maintain faithfulness at all times. We are close friends and prayer partners. GTS has three branches: Sojwe, Jwaneng and Mmopane being the headquarters. We have proposed four outside the country; Uganda, Zimbabwe, Namibia and Zambia.

Q. What is your idea of a perfect marriage?

Trust and transparency is important especially in anything regarding the ministry. Character is also important because if you are a man of God and you find yourself doing other negative things, it does not give a good image. Faithfulness and fear in God. Instead of cheating on your spouse it's important to love her because he/s/he is the body of Christ.

Q. Is there anything that the two of you are doing together, or planning e.g. business?

"Yes, we are currently working on something that I cannot disclose as of yet. I am a business minded person and I am involved in a few businesses, my husband is my best supporter," said Prophetess Mbangwa.

Q. How do you balance time for the ministry and for your family?

"I am a man of God and my wife is a partner in all of that. We do everything together, so we spend enough time enjoying



each other's company. The only challenge we have is giving time to our children; one thing we are working on." added the Prophet.

Q. What is your opinion on the increasing divorce rates?

When love is still new, people pretend because of lack of knowledge on love and who God is. But after marriage they change to who they really are.

Another cause of divorce is parents that continuously demand more from children once married. Children know their responsibility

Marriages separate because of lack of affection due to cheating. Spiritual things are contagious....



so they will do what is needed to sort parents out. Couples who once dated and had children from outside are also an issue. Especially in cases where fathers do not take care of their children. People should communicate. Bad things arise because people do not know God; people who know God never fight on trivial matters like that. Couples should love each other without getting tired.

"We share our pains and our joys. My husband protects me because I am the rib of his ribs. A man who loves his wife should protect and do well by her," added Prophetess Mbangwa.

Q. What is your opinion on marriage of today and back in the day?

In the Old Testament people followed the Law of Moses. They

practiced polygamy and were comfortable with ungodly things even though God was against that. Back then relationships were free and intact although they displeased God. We are living in an era where evil things surround us every day; there are a lot of passion killings. People are jealous, selfish and more interested in others' lives. They even go to an extent of turning couples against each other using lies and rumors. Instead of destroying a bond, advice others in a way that brings them together.

The book of 1 Thessalonians 4:11-12 says, "Stay calm; mind your own business; do your own job..."

Alongside the Prophet was his brother, Vusi Brown Mbangwa who said he is privileged to be serving God with his brother. Brother Brown also added that they always stand by each other for the best because they complement each other by so doing. He is also honored because the government of Botswana appointed Prophet Sidney Mbangwa as a marriage facilitator and he is doing a great job managing that.

Prophet Sidney Mbangwa is a qualified marriage counsellor and facilitator.

Facebook:God's Throne of Salvation

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The reverend King's sermon was based on forgiveness. He urged the congregation not to harbour grudges against those who have offended them.

Reverend King asked everyone to stand. He then said 'those of you who forgive and forget past grievances please be seated'. About half of those in the church sat. The preacher quoted Biblical verses and repeated his question to those still standing. At this point most sat down.

He pleaded further for them to follow the Christian way and one by one they sat down. Just one old lady remained standing; 'Madam' reverend King asked 'why can't you forgive your enemies?'

'Because I have none' she replied.

'That is remarkable; at your age

to have no enemies is wonderful. To what do you attribute this achievement? She gave him her best smile and replied, 'the bitches have all died!'

A recently ordained priest, Father Henry, was to hold his first ever graveside burial service at a pauper's cemetery for a destitute man with no family or friends. Father Henry not knowing where the cemetery was, made several wrong turns and got lost.

He eventually arrived an hour late, the hearse was nowhere in sight, the spade was next to the open hole, and the workmen were sitting under a tree eating lunch.

Father Henry, being a reliable young priest went to the open grave and found the vault lid already in place. Feeling guilty

because of his lateness, he preached an impassioned and lengthy service, sending the deceased to the great beyond in considerable style.

As the good Father returned to his car, he overheard one of the workmen say to the other, 'Do you know, fancy that, I've been putting in septic tanks for twenty five years and I have never seen anything like that.'



"If you haven't exercised in a while, you may need to stretch and warm up"







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Contemporary interior design is known for sleek surfaces, crisp furnishings, and cutting-edge art. While the style has gotten a bad wrap in the past for being cold and impersonal, more and more modern spaces balance warmth and minimalism for a fresh and dazzling effect. To prove that contemporary decor can be inviting and eye-catching, have a look onto these pictures:



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Facebook page: MK FOODS



Starting a business on its own can be challenging at first. Ms Mwaka Katlego Zambo is an ambitious business lady who turned her life around within a short period of time. She is the founder of MK FOODS which goes by slogan Africa's finest flavors, the business started this year in June. Mwaka was privileged enough to take her business to Youth Business Expo which was recently held in Gaborone and that is where she got more exposure.

MK FOODS makes Morula Ice Cream, Chocolates, Beverages, and Sauces. The brand uses indigenous products like morula, motsentsela, and moringa as its flavour ingredients.

She started with Morula Ice-cream, which became successful and she later introduced other products which are white and dark chocolates. The feedback was also pleasing and that gave her courage to do a lot of things like mint ice tea, peri-peri sauce, salad dressing, chakalaka and pickled beetroots. She also does a variety of indigenous fruits yoghurt like ivozu (Mowana) and Motsentsela. Mwaka is yet to introduce new products this month. She wishes to see the business reaching international market with a line of cooked and uncooked products.

Social responsibility is one of the things which are closer



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to Mwaka's heart. Therefore she has sponsored standard 7 pupils in Chobe region with trophies for their upcoming excellence awards ceremony which will be held in September. She further stated that the reception and feedback of MK FOODS is so amazing because people are longing for more of her products. Due to the demand of the products and having less time to make them, Mwaka is on the process of constructing a place and hire Batswana.



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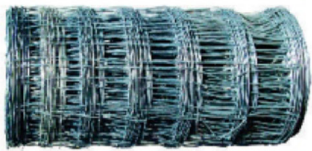
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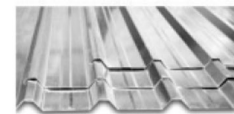
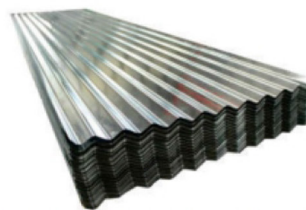
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What To Know About Cleft Lip And Palate

Cleft lip and cleft palate are openings or splits in the upper lip, the roof of the mouth (palate) or both. Cleft lip and cleft palate result when facial structures that are developing in an unborn baby don't close completely. Cleft lip and cleft palate are among the most common birth defects. They most commonly occur as isolated birth defects but are also associated with many inherited genetic conditions or syndromes.

Symptoms

- A split in the lip and roof of the mouth (palate) that affects one or both sides of the face
 - A split in the lip that appears as only a small notch in the lip or extends from the lip through the upper gum and palate into the bottom of the nose
 - A split in the roof of the mouth that doesn't affect the appearance of the face
 - Associated defects
1. Local. Teeth in the region of the defect are typically absent

or malformed

2. Systemic. Major congenital defects, particularly heart disease, limb defects, spina bifida or mental defects are associated in about 50% of these patients and can seriously affect their management.

This is particularly so in the case of down's syndrome

Causes

Cleft lip and cleft palate occur when tissues in the baby's face and mouth don't fuse properly. The mother or the father can pass on genes that cause clefting, either alone or as part of a genetic syndrome that includes a cleft lip or cleft palate as one of its signs.

Risk factors

- Family history. Parents with a family history of cleft lip or cleft palate face a higher risk of having a baby with a cleft.
- Exposure to certain substances during pregnancy. Cleft lip and cleft palate may be more likely to occur in pregnant women who smoke cigarettes,

drink alcohol or take certain medications.

- Having diabetes. There is some evidence that women diagnosed with diabetes before pregnancy may have an increased risk of having a baby with a cleft lip with or without a cleft palate.
- Being obese during pregnancy. There is some evidence that babies born to obese women may have increased risk of cleft lip and palate.



Dr M. Thangwane
BDS, MBA



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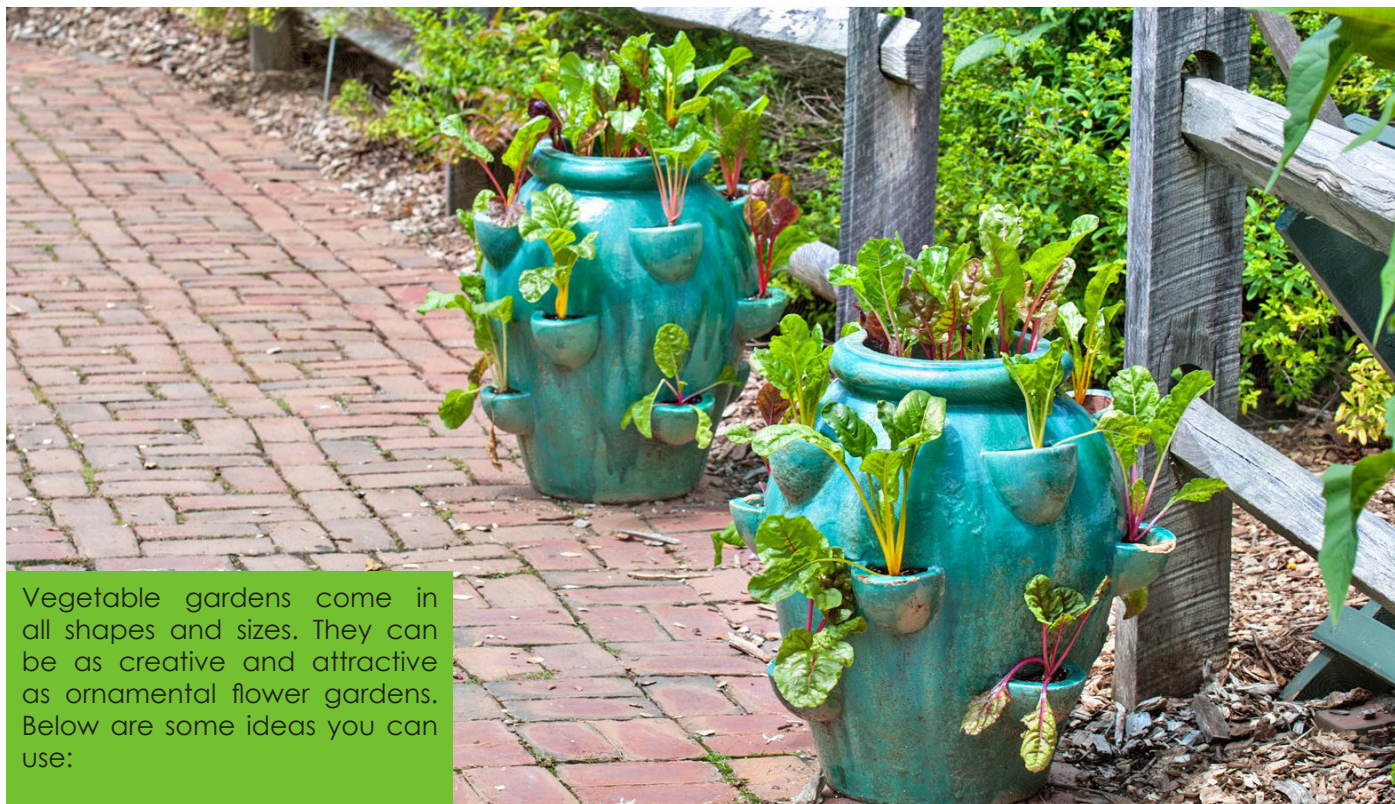
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Vegetable gardens come in all shapes and sizes. They can be as creative and attractive as ornamental flower gardens. Below are some ideas you can use:

Decorate with Your Vegetable Plants

Some vegetables, like rainbow Swiss chard, are too beautiful to be confined to the vegetable garden. Show them off by making them focal points in your garden. You can grow just about any vegetable in containers. This can be a very creative and ornamental way to design a vegetable garden. Virtually any container will do, as long as it has good drainage.

Hanging Garden of Vegetables
There is no gardening rule that says hanging baskets have to be flowers. Most vegetables will work in hanging planters, too. You may even get a better yield, due in part to the heat that is being reflected back off the wall.

Creative Vegetable Garden Ideas

Vegetable Bedding

Sometimes you have to think outside of the garden. Many vegetables make attractive bedding plants, especially if they are quick growers and frequently harvested, like lettuce and other salad greens. A shady spot under a tree is the perfect spot for them. Or you could try a row of something like carrots on the edge around a sunny border.



Change Your Garden Pallet

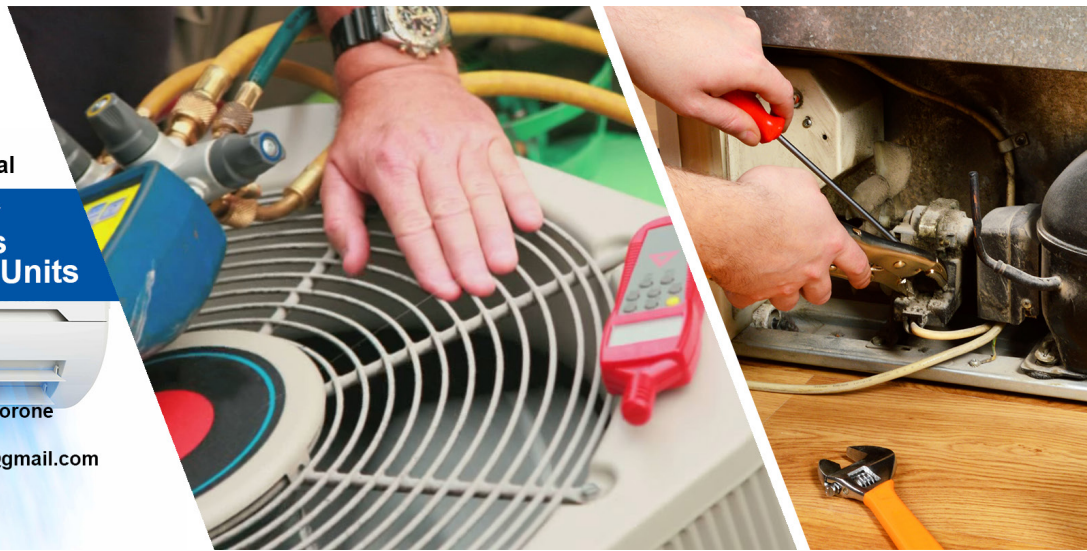
Many gardeners know that old, discarded pallets make great compost bins. They also make great vertical gardens. Staple some landscape fabric to the

inside of the front of your pallet and the outside of the rear. Fill the whole thing with some good potting soil. Then turn the pallet on its side and make slits where you want to insert your plants. If you are going to be hanging your pallet garden, make sure you have sturdy hooks, because all that soil and wood will make it very heavy.

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Finance Habits Everyone Should Know



Never buy anything on impulse. One of the best ways to help prevent this is to make a shopping list and then stick to it. Save part of your income for retirement. Try saving at least 10 percent from every paycheck; it's

never too late to start. Pay the bills on time. By doing so you'll avoid spending money on needless late fees.

Avoid the lottery. There is a reason why the lottery is known as the Stupid Tax.

Keep a budget, because for most people when it comes

to managing their money, failing to plan is the same as planning to fail. Pay attention to mortgage interest rates — even after you buy a home. People who fail to do this may miss out on refinance opportunities that could save those tens of thousands over the life of their loan.

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style that has attracted thousands of people.

My business is located in Gaborone but I work from home. It is doing well and within seven months of its inception it attracted clients from countries like South Africa, Namibia, Lesotho and Zambia. My greatest customer approach is social media especially Facebook and house to house approach. The majority of people who use social media are the youth and few elders who understand technology.

I have other businesses that I am running but they don't stop me from doing art; not even a week can pass without selling two or more artworks. My clients are celebrities, graduates and individuals who do birthday presents and anniversaries.

Digital painting is an emerging art form in which traditional painting techniques such as water colours, oil and acrylic are applied using digital tools. Digital painting differs from other forms of digital art, particularly computer-generated art, in that it does not involve the computer rendering from a model. The artist uses painting techniques to create the digital painting directly on the computer. It's not an easy job as people think; you need to have a background of art to master it well.

From a young age we are told to grow up and find jobs, instead of recognizing your dreams. Our gift is what boils inside us even if you have a job that love never fades. I am doing art with love and passion to serve the world.

Facebook: Studio Colours

Life Is Survival Of The Fittest

CW had a chat with a local unique artistic digital painter and this is what he had to say: My real name is Morolong Modiakgotla Aka King. I was born in Seleka, I grew up and schooled in Selibe Phikwe. I am an Engineer

by profession (studied Mechanical Engineering), a digital painter, a youth counselor and a poet. I am married to a beautiful wife. I started doing art in primary school by drawing cartoons then I took it as an option at junior and senior schools where I aced the subject very well. I use oil and acrylic paint on canvas with the help of digital painting to come up with a unique



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CAN ABS SHOW THROUGH FAT?

To get rid of layer of fat covering your abdominal muscles, you need to pay close attention to your diet. Burning calories will whittle away at the layer of fat covering the abdominal muscles, and eventually your abs will show through. Unfortunately there is no magic diet trick to target abdominal fat.



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HOW TO MAKE ROPE-WRAPPED VASES

Here's what you'll need to get started

Thick jute rope

Empty food cans

A heavy duty glue gun and glue

Heavy duty scissors or garden shears

Step 1

Wash and dry your empty metal can and remove the label.

Step 2

Test out your rope by wrapping it around the can once without glue to make sure it is definitely long enough to cover the can.

Step 3

Starting at the bottom of the can, lay a small bead of glue and attach the end of your rope.

Step 4

Then wrap the rope around the can halfway and put down another bead of glue and use it to attach your rope. Continue wrapping.

Step 5

When you make one full loop around the can, you'll have to do a little finagling to start the next "row." just allow the rope to stack on top of your first row naturally and continue to glue and wrap.

Step 6

Keep going until you reach the very top of the can and cut the excess rope before securing it in place with glue.

Fill your new rope-adorned vase with fresh hydrangeas for an easy, beachy look. You can display these in batches or even pair them with unfinished metal cans for a rustic vibe.



Kylie Jenner, Travis Scott and Stormi Webster just made their first appearance as a family of three on the red carpet

Stormi Webster, 1, just walked her first red carpet. She was carried by her mom Kylie Jenner, 22. The tot was showing her support for her dad Travis Scott, 28, as the family of three attended the premiere of the "SICKO MODE" rapper's Netflix documentary, Travis Scott: Look Mom I Can Fly, at the Barker Hangar in Los Angeles on Aug. 27. For Stormi's first red carpet outfit ever, Kylie and Travis' only child wore an adorable camouflage set paired with white sneakers.



JWoww Responds To Pregnancy Rumors After Fans Suspect She Has A Baby Bump At VMAs

The Jersey Shore Family Vacation star, 33, looked absolutely radiant in a tight, sunshine yellow dress at the 2019 MTV Video Music Awards, where she strolled down the red carpet with her boyfriend, wrestler Zack Clayton. When Zack, 24, and JWoww each shared photos from the August 26 event on Instagram, their fans quickly began asking if JWoww had a bun in the oven after claiming to see a baby bump. JWoww is wearing a very tight dress, and holding her stomach in some of the pics. The couple, who started dating in May 2019, is going strong.



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Kalahari's Salt Pans

Boteti River Area

The Boteti River forms the western boundary of the Makgadikgadi Pans National Park. From July to around November or December, this reduces to a string of permanent pools that attract enormous herds of jostling zebra and wildebeest – often numbering thousands together with elephants, giraffe, many predators and even (bizarrely) the odd white rhino. During this time, it's an exciting area full of animal interaction.

Nxai Pan

North of Makgadikgadi, Nxai Pan National Park is a fascinating park often underrated because of the unpredictability of its game. The fossil pans here are covered with grasses; on which it is easy to spot the game. During the dry season there is a good population of springbok, giraffe and gemsbok, though this often increases between around December and April when the rains can turn the park into a veritable salad bowl for herbivores.

Central Pans

Three sister campus stand on palm islands outside Makgadikgadi National Park; all are very different in



style, although they offer similar activities which are unique for Botswana.

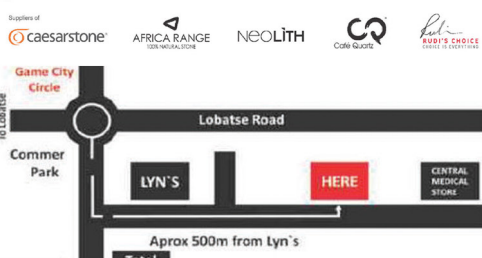
Kalahari's Salt Pans

It's a vast sand sheet, a fossil mine, now largely covered in bushes, trees and grasses. Fortunately all this sand has always seemed of little use, so most of the Kalahari remains arid and untouched, as it has been for about 65 million years.



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The Marvellous Player to Watch- Segakolodi

The current Mexican Girls Football Club player, Segakolodi is considered a very great asset to the team. Segakolodi Nunubery Didukanyane played for Botswana Women under 20 team squad. The team recently knocked off at the group stage during 2019 COSAFA Women's Championship games in Port Elizabeth, where she came with an award adding to the ones she already has.

The day she was crowned player of the match at the games, Segakolodi said the feeling was like a dream come, as it gave her more hope and courage to fight for the best and make herself and the country proud. Segakolodi also said every time after the game she would sit alone to analyse herself. She realised that the more the weaknesses she has, the better courage

she gets to strengthen herself for the next game. That is why she got crowned player of the match in the last game before they returned home.

"After we lost the first game, we switched player positions as we thought we could do better. Our last game was the best because we didn't want to go back to our country with bad results. We therefore encouraged each other to play with confidence and we won the game," she said.

She learnt that having self-confidence is important as it reduces nervousness because they faced teams with high morale which made them nervous. Another thing that she has learnt during the games is that it takes a strong positive mind to win a tough game.

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