

# Celebrity World

Botswana's Native Magazine

June 2026 P12



## *Dirtle on the track.*

Botswana's Hitmaker Turning Pain Into Powerful Sound

Neoyame Phiri's  
Journey From  
Dreams to the  
African Stage

Westlife Insurance  
Botswana Charts a Bold  
Future Through Strategic  
Collaboration

Mr Botswana 2026:  
A New Era of Leadership  
and Excellence

Find Your Balance:  
A Beginner's Guide  
to Yoga for Fitness  
and Wellness



China Jingsu



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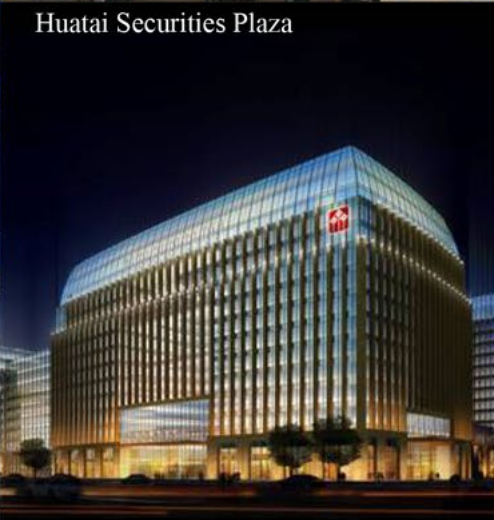
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As we step into June, this edition is dedicated to growth, ambition, and the power of staying true to one's vision. Every page of this magazine reflects individuals who continue to push boundaries, challenge themselves, and inspire others through their journeys.

This month, we highlight rising voices, creative minds, and passionate individuals making an impact in their respective spaces. Their stories remind us that success is not built overnight, but through consistency, determination, and the courage to keep moving forward despite challenges.

June is also a reminder that new opportunities can emerge at any moment. Whether it is through personal growth, career achievements, or discovering new passions, this season encourages us to remain focused on becoming better versions of ourselves.

In this issue, readers can expect engaging interviews, inspiring features, and conversations that celebrate confidence, resilience, and authenticity. We hope these stories motivate you to dream bigger, work harder, and continue believing in your purpose.

Thank you for being part of this journey and for continuously supporting a platform that values creativity, inspiration, and meaningful storytelling.

Enjoy the June edition.

Editor-in-Chief  
Takudzwa Joylene Chigura



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# Celebrity World *List*

## FILM, TV, BOOKS & MUSIC

Stay inside or head outdoors, we've got plenty to keep you entertained



### Masters of the Universe

June 5, 2026

A live-action reboot of the classic He-Man story. Prince Adam transforms into He-Man to defend the magical world of Eternia from Skeletor. The film blends sci-fi and fantasy, with large-scale battles, world-building, and nostalgic appeal for longtime fans.



### Scary Movie 6

June 12, 2026

A reboot of the popular parody franchise. It mocks modern horror films and pop culture trends, mixing slapstick comedy, exaggerated scares, and references to today's biggest movies and internet moments.



### Toy Story 5

June 19, 2026

Woody, Buzz, and the gang return in an emotional new chapter. The story explores how toys adapt in a world dominated by technology, focusing on themes of friendship, purpose, and staying relevant in changing times.



### Supergirl

June 26, 2026 (expected)

Centers on Kara Zor-El as she steps out of Superman's shadow. The film explores her identity, powers, and struggles while expanding the DC Universe through a more personal, character-driven superhero story.

# Neoyame Phiri's Journey From Dreams to the African Stage



The sound of heels against a floor might seem ordinary to most people, but for Neoyame Phiri, it marked the beginning of something life-changing. What started as a simple moment of joy soon became the spark that led her onto the pageant stage, a stage she now carries with purpose, grace, and the dreams of an entire nation behind her.

This September, Neoyame will represent Botswana at the prestigious Miss Born A Star Africa in Lesotho, stepping onto an international platform not only as a contestant, but as a proud ambassador of her people, culture, and values. Yet beyond the crown, the gowns, and the cameras is a young woman whose story is deeply rooted in compassion, authenticity, and purpose.

Neoyame describes herself as someone driven by kindness, resilience, and a genuine love for people. She believes beauty goes far beyond physical appearance, existing instead in character, culture, and community. It is this mindset that has shaped her journey and made her stand out in an industry often focused only on outward perfection.

Her journey into pageantry was never simply about competition. It was about discovering confidence and learning to embrace who she truly is. Encouraged by the unwavering support of family and friends, especially her mother, Neoyame found the courage to pursue a dream she once only imagined from afar. That support became the foundation that carried her through moments of uncertainty and growth.

Now preparing for one of the biggest opportunities of her life, Neoyame's days are filled with intense discipline and dedication. From fitness training and perfecting her walk to strengthening her mindset, every part of the process demands focus. But perhaps the greatest challenge has not been the physical preparation, it has been overcoming self-doubt.

"In spaces where you are constantly observed and evaluated, staying confident in your identity requires daily effort," she reflects. It is a lesson that has transformed her, teaching her that confidence is not about perfection, but about authenticity and presence.

What makes Neoyame's journey especially compelling is the purpose behind it.

While many contestants dream only of titles and recognition, her heart is firmly centered on advocacy. Through her initiative, Heart of Elders, she hopes to shine a light on the wellbeing of senior citizens, a group she believes is often overlooked despite their invaluable contributions to society.

For Neoyame, caring for the elderly is not charity, it is responsibility. She hopes to promote better nutrition, mental wellbeing, emotional support, and dignified care for older generations, reminding communities that the treatment of elders reflects the character of a nation itself.

At the same time, she is passionate about empowering young women to pursue their dreams fearlessly. She wants young girls across Africa to see her journey and understand that their voices matter, their ambitions are valid, and their backgrounds should never limit how far they can go.

Representing Botswana on an African stage is something Neoyame carries with immense pride. She speaks passionately about showcasing Setswana culture through fashion, storytelling, and the warmth that defines Botswana's spirit of Ubuntu. Whether through traditional-inspired attire or the way she interacts with others, she hopes to present Botswana as a nation rich in dignity, beauty, and humanity.

Inspiration also plays a major role in her journey. Within the pageantry world, she admires Sebagu Manyepetsa for her fearlessness, authenticity, and ability to speak with purpose. It is a quality Neoyame herself embodies, choosing to remain grounded by gratitude, family values, and an unwavering understanding of her "why."

As the countdown to Miss Born A Star Africa continues, Neoyame is focused on more than winning a crown. For her, the true victory lies in impact. She wants her participation to leave behind conversations that matter, inspire meaningful change, and remind people that pageantry can be a platform for service as much as glamour.

And if she does bring the title home to Botswana, it will not simply be a personal triumph. It will be the continuation of a larger mission, one dedicated to uplifting communities, honoring elders, and proving that young African women can lead with both elegance and purpose.

Long after the stage lights dim and the applause fades, Neoyame Phiri hopes her legacy will remain where it matters most: in the lives she touched, the voices she inspired, and the hearts she reminded to dream boldly.



# Dintleonthetrack:

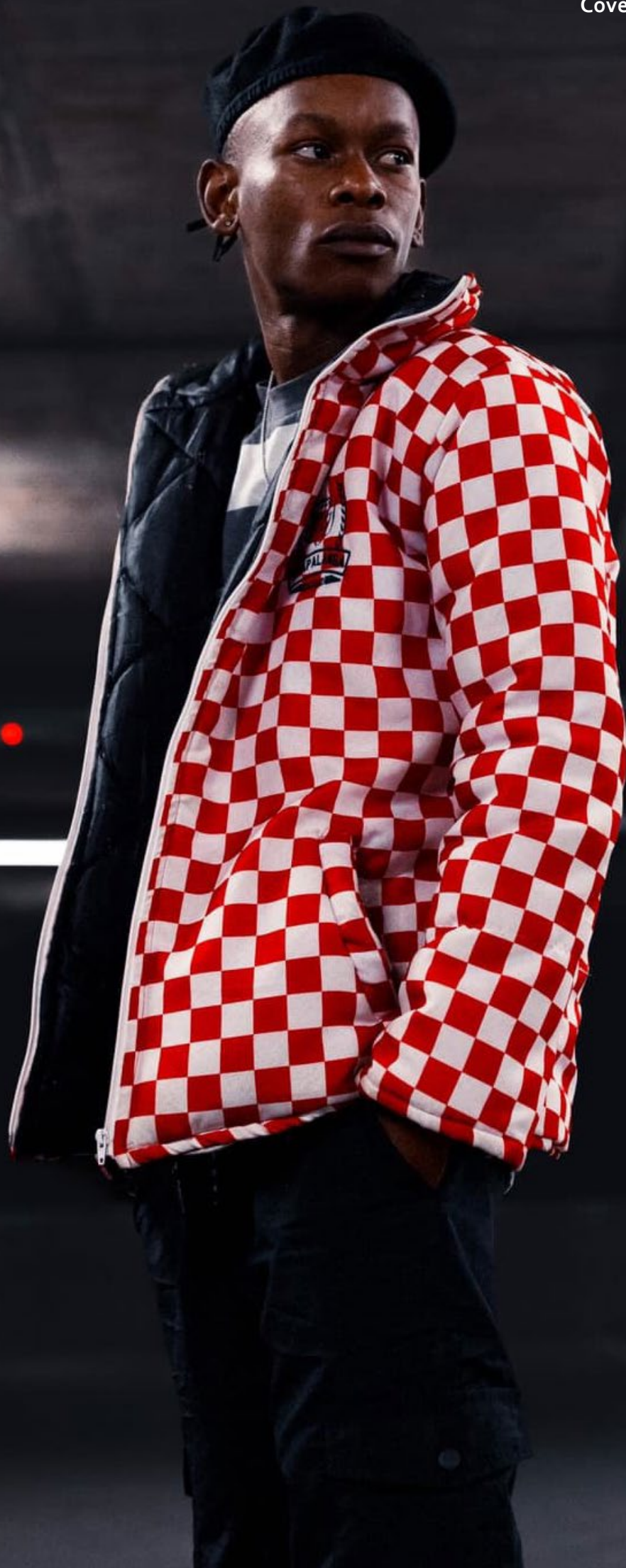
## Botswana's Hitmaker Turning Pain Into Powerful Sound

By: Takudzwa Joylene Chigura



Some artists make music for entertainment, while others create music that people genuinely connect with. Dintle Balole, popularly known as Dintleonthetrack, belongs to the latter. With a growing reputation as one of Botswana's most talented recording artists, producers, and mixing engineers, he continues to capture attention through emotionally driven storytelling, infectious Afropop rhythms, and a sound that reflects both ambition and authenticity.

What makes Dintleonthetrack stand out is not just his versatility, but his ability to transform personal experiences into relatable anthems. His breakout release "Rejection" became more than just another song; it became a statement. Built around motivational Setswana lyrics and emotionally driven storytelling, the track resonated deeply with listeners who have faced doubt, criticism, and setbacks in their own lives. Instead of allowing rejection to define him, Dintleonthetrack used it as fuel for creativity.



The song's success was amplified by a visually striking music video directed by 267monovision, helping position the artist as one of the names to watch in Botswana's growing music industry.

But long before "Rejection" became a breakthrough moment, Dintleonthetrack had already spent years sharpening his craft. His journey is rooted in consistency and evolution. From projects like No Sleep EP (2017) to the Elevation mixtape series released between 2018 and 2022, he steadily built a foundation that showcased both his musical growth and technical skill as a producer and mixing engineer.

Unlike many artists who rely entirely on outside production teams, Dintleonthetrack plays an active role in shaping his own sound. His 2025 Afro-fusion release "Ineele Sepe" demonstrated this perfectly. Smooth,



emotional, and reflective. The song explored themes of emotional reality and letting go while highlighting his talent not only as a vocalist, but also as a sonic architect. By mixing the track himself, he ensured every detail reflected his artistic vision.

Collaboration has also become a major part of his rise. One of his most notable industry relationships has been with Botswana music icon A.T.I. Dintleonthetrack featured on, co-produced, and co-engineered A.T.I.'s Mankalaleng EP, further cementing his reputation as a trusted creative within the industry. He also gained wider recognition through collaborations with Trademark DJz on tracks such as "Nama Mogodu" and "Nole Kae."

His ability to adapt across sounds while maintaining his own musical identity has helped him stand out in a highly competitive space. Whether he is creating Afro-fusion melodies, Afrobeats grooves, or emotionally layered production, there is always a recognizable sincerity in his work.

Dintleonthetrack's influence is no longer limited to music alone. His growing popularity recently earned him a commercial endorsement deal with Flying Fish, a sign that brands are beginning to recognize the cultural impact and marketability of Botswana's new generation of creatives.

Despite the growing recognition, Dintleonthetrack still appears focused on something bigger than fame. His music reflects ambition, growth, and resilience, themes that mirror his own artistic journey. Every release and collaboration feels intentional and strategic toward elevating Botswana's sound onto larger African and global platforms.

As Botswana's entertainment industry continues to evolve, artists like Dintleonthetrack are redefining what it means to be a modern African creative. He is not chasing hits; he is building a legacy rooted in passion, storytelling, and innovation.



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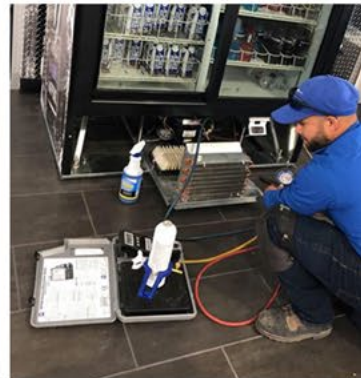
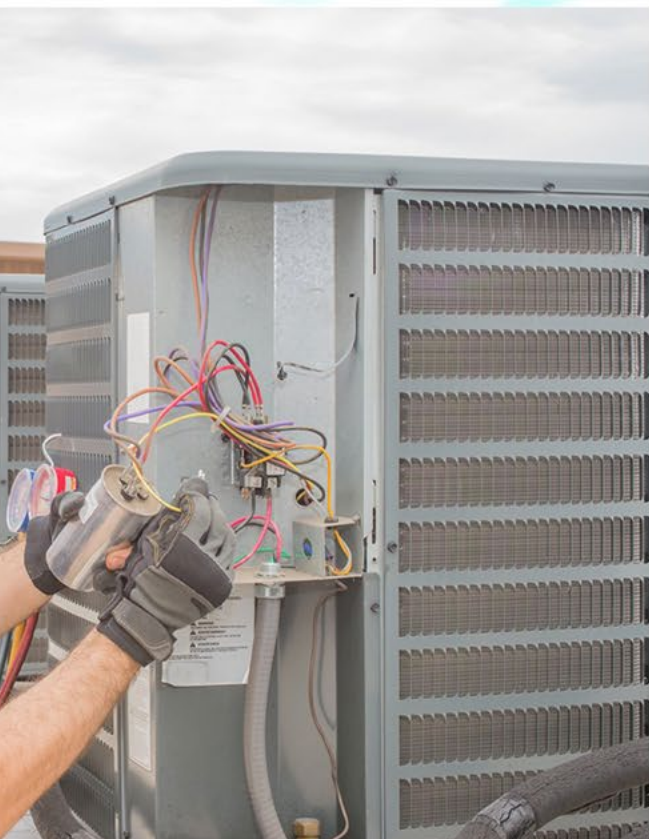
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# Sho Chovela x Spaga – A LE BOKWE



From the vibrant streets of Mochudi to the rising pulse of Botswana's music scene, emerging artist Sho Chovela is stepping into the spotlight with passion, purpose, and a sound that refuses to be ignored. Teaming up with the dynamic SpagaDvocalist, the duo is creating more than music, they are crafting emotion, storytelling, and a movement rooted in gratitude, resilience, and authentic creativity.

Their latest project, A LE BOKWE, is more than just an EP. It is a celebration of growth, brotherhood, and the power of believing in one's gift. In this exclusive interview, Sho Chovela opens up about the collaboration, the creative process, and the journey behind the music that is capturing hearts across Botswana.

Rising From Mochudi With Purpose Born Kennedy Makola and proudly representing Boseja Ward in Mochudi, Sho Chovela officially began his professional music journey in 2024. Though new to the industry, his passion for music runs deep.

"My sound is authentic, captivating, and designed to leave a lasting impact," he says. "I want people to feel something real whenever they hear my music."

That authenticity shines throughout A LE BOKWE, a project built on emotion, chemistry, and shared artistic vision.

A Collaboration Built on Brotherhood The partnership between Sho Chovela and SpagaDvocalist was never forced. According

to Sho, the collaboration developed naturally through years of mutual respect and creative understanding.

"We've always worked hand-to-hand," he explains. "Our chemistry in the studio is spontaneous and high-energy. We feed off each other's melodies and lyrics in real time." What started as a few collaborative tracks quickly evolved into something bigger. After releasing two singles in 2024, the duo entered the studio with renewed momentum and quickly realized they had more to say.

"The chemistry was too strong for just one song," Sho recalls. "The music naturally became a full body of work."

### The Meaning Behind A LE BOKWE

At the heart of the project lies its powerful title, A LE BOKWE, a phrase rooted in praise and gratitude.

For Sho Chovela and Spaga, the EP represents more than music; it reflects their journey, their community, and the blessings that continue to shape their path.

"It's about celebrating where we come from, rising above challenges, and giving thanks for the opportunity to touch people through music."

The project carries themes of hope, resilience, ambition, and the excitement of a new beginning. Every track invites listeners into its world, a world fueled by determination and belief.

### Crafting A World-Class Sound

A major force behind the project's polished sound is producer Pro Lanez, whom Sho describes as the "technical architect" of the EP.

From production to mixing and mastering, Pro Lanez played a critical role in shaping the sonic direction of the project.

"He didn't just record us," Sho says. "He helped us grow artistically and pushed us toward a sound that feels world-class."

The recording process itself blended structure with spontaneity. While the duo entered the studio with a clear vision, many of the project's standout moments happened organically.

"We let the beats guide us," Sho explains. "Everything flowed naturally, but intending to create something bigger and more exciting for 2025."

### The Track That Defines The Mission

Among all the songs on the EP, the title track A LE BOKWE holds the deepest personal significance for Sho Chovela.

"That song summarizes our mission," he says. "It establishes our sound, honors our roots, and sets the tone for the future."

Unlike his earlier solo work, which introduced Sho Chovela as an individual artist, this project highlights the strength of collaboration, vocal harmony, and collective creativity.

"This project is about unity and growth," he says. "Shout out to everyone I've worked with and everyone I'm still going to work with."

### A New Chapter Begins

As emerging artists navigating a fast-moving industry, Sho Chovela and Spaga understand



the pressure that comes with standing out. Yet instead of shrinking from the challenge, they have embraced it, using every studio session as an opportunity to evolve.

With A LE BOKWE, the duo is not simply

chasing success; they are building a legacy rooted in authenticity, gratitude, and fearless ambition.

And if this EP is any indication, Sho Chovela and Spaga are only getting started.



# Mr Botswana 2026: A New Era of Leadership and Excellence

The Mr Botswana 2026 Brand Relaunch and Auditions set a new standard for style, charisma, and purpose at Avani Gaborone Resort & Casino. The event was a celebration of more than just pageantry; it showcased the next generation of young men poised to make a meaningful impact on Botswana and beyond.

Central to the success of the event were the esteemed judges, whose expertise and professionalism elevated the auditions. Their keen insights ensured that contestants were evaluated not only for confidence and presence but also for leadership potential, social awareness, and a commitment to personal growth.

Beyond scoring performances, the judges inspired contestants to embrace their unique strengths and envision how they can contribute to their communities. Their involvement reflects the heart of the Mr Botswana brand: a platform dedicated to nurturing integrity, ambition, and purpose alongside talent

"This milestone event demonstrates the ongoing evolution of Mr Botswana," said the organizers. "With the guidance of our judges, we continue to create opportunities for young men to grow, lead, and inspire."



The relaunch signals a renewed focus on empowering contestants to embody qualities that extend far beyond the stage. Confidence, social consciousness, and vision are now as integral to the title as charisma and presentation. As the auditions concluded, the atmosphere was electric with

optimism. The judges' presence, combined with the determination of the contestants, set the stage for an exciting 2026 edition. The Mr Botswana brand continues to champion future leaders, ensuring that the journey ahead is as impactful as it is inspiring.





## Westlife Insurance Botswana Charts a Bold Future Through Strategic Collaboration

Partnerships remain one of the strongest foundations for growth in today's evolving business landscape, and Westlife Insurance Botswana is placing collaboration at the center of its future ambitions. On the 8th of May 2026, the company hosted an exclusive stakeholder evening in Gaborone under the theme "Resilient Partnerships," bringing together key industry players to strengthen relationships and unveil its long-term strategic vision.

Hosted in the CBD, the evening welcomed brokers, corporates, bancassurance partners, unions, SACCOs, affinity groups, and corporate agents in a gathering designed to foster dialogue, innovation, and shared growth within Botswana's insurance sector. The event also served as an important platform for Westlife Insurance Botswana to present its ambitious growth roadmap, built around three major strategic pillars: strengthening brand visibility, driving product awareness and innovation, and deepening stakeholder relationships across Botswana. These pillars reflect the company's commitment to becoming a trusted and innovative force within the country's life

insurance industry.

Looking ahead, Westlife aims to achieve measurable milestones over the next five years, focusing on increasing brand confidence, improving customer engagement, and expanding its digital footprint. At the same time, the company plans to sustain growth in new business opportunities, policy retention, and claims satisfaction, areas that continue to define customer trust and service excellence in the insurance industry.

Westlife Insurance Botswana offers a diverse range of solutions tailored for both individuals and organizations. Its individual products include funeral cover, life cover, fiduciary services, hospital cash plans, critical illness cover, annuities, and investment solutions. The company also provides group-focused services such as group funeral schemes, group credit schemes, group life assurance, and customized protection structures for businesses and institutions.

During the evening, CEO Kgomotso Ratlhaga emphasized the importance of collaboration

in building a resilient insurance ecosystem in Botswana. She noted that true resilience is achieved through partnerships grounded in trust, mutual respect, and shared value, adding that insurance is ultimately about protecting futures, empowering people, and strengthening communities.

Beyond its business objectives, Westlife reaffirmed its dedication to consumer education, community engagement, and CEO-led thought leadership initiatives as part of its broader brand positioning strategy. These efforts are expected to play a significant role in strengthening public awareness and promoting financial literacy across Botswana.

The stakeholder evening marked another important chapter in Westlife Insurance Botswana's journey toward becoming a leading solution-driven life insurer in the country. With resilience and collaboration guiding its vision, the company continues to build lasting partnerships aimed at creating a stronger and more secure future for Botswana.



# Where Elegance Meets Celebration: Inside the World of Mikebeat Tent Hire and Decor

Written by Smith 'The Seam Ripper'



Behind every stunning wedding, glamorous celebration, and beautifully transformed venue is a creative team working tirelessly to bring a vision to life. In Botswana's vibrant events industry, Mikebeat Tent Hire and Decor has become one of the names associated with elegance, professionalism, and memorable event experiences.

Founded by Beatrice Galetlale, the Francistown-based company has spent years helping clients turn ordinary spaces into extraordinary celebrations. With more than 25 years of experience in wedding planning and event coordination, Beatrice has built a business rooted in creativity, quality service, and attention to detail.

Speaking to *Celebrity World Magazine*, Beatrice described herself as a passionate event planner who has always loved the art of transforming spaces.

"I have always loved creating beautiful experiences for people during their most important celebrations," she shared. "Seeing the happiness and excitement clients feel after a successful setup is one of the most rewarding parts of this journey."

What started as a passion for weddings and décor eventually grew into a full-service tent

hire and event décor company that now serves clients across Botswana. Although headquartered in Francistown, Mikebeat Tent Hire and Decor travels nationwide, bringing stylish and professional event solutions to weddings, graduations, church gatherings, funerals, corporate functions, baby showers, and many other celebrations. The company offers a wide range of services, including marquee tents, stretch tents, frame tents, cabana tents, pavilion tents, wedding tents, luxury draping, stage setups, carpets, lighting, tables, wedding styling, funeral décor, and full event planning and coordination services.

Over the years, Mikebeat Tent Hire and Decor has earned a reputation for delivering elegant setups that reflect each client's unique vision and personality. According to Beatrice, the company's commitment to professionalism and customer satisfaction is what truly sets it apart from competitors.

"Our experience and attention to detail make us different," she explained. "We focus on understanding the client's vision and ensuring every event is both beautiful and memorable."

Among the company's most requested services are luxury wedding décor, modern lighting concepts, elegant draping, stylish stretch tents, and complete event styling packages. Beatrice also revealed that event trends have evolved significantly in recent years, with many clients now preferring minimalist luxury themes, neutral colour palettes, personalized décor concepts, and modern lighting designs.

In today's digital age, social media has become a powerful marketing tool for businesses in the events industry, and Mikebeat Tent Hire and Decor has embraced this shift fully. Through platforms such as Facebook, Instagram, TikTok, and WhatsApp Business, the company showcases its work while connecting directly with clients across the country.

"Social media allows us to visually showcase our work, connect with customers, and build trust with potential clients," said Beatrice.

Alongside social media marketing, referrals and word-of-mouth recommendations have continued to play a major role in the company's steady growth. Many satisfied clients return for future events or recommend the business to friends and family.

Despite its success, the décor industry comes with several challenges. Beatrice highlighted unpredictable weather conditions, transportation logistics, tight deadlines, and balancing customer expectations with different budgets as some of the biggest operational hurdles the company faces. However, she believes consistency, planning, and professionalism remain the foundation of successful event execution.

"We ensure quality by planning thoroughly, working with experienced team members, and paying attention to every detail," she said. "Professionalism, communication, and time management are extremely important during every setup."

Collaboration has also become an important part of the company's operations. Mikebeat Tent Hire and Decor frequently works alongside DJs, photographers, caterers, MCs, and other event service providers to ensure clients receive complete and seamless event experiences.

For Beatrice, some of the most unforgettable moments come from witnessing emotional reactions from clients after seeing the final setup.

"One of our most memorable experiences has been handling large wedding setups and luxury social events where clients become emotional after seeing the final results," she shared. "Those moments remind us why we love what we do."

Looking ahead, Mikebeat Tent Hire and Decor hopes to continue expanding its services across Botswana while investing in more modern equipment and luxury décor items. The company's vision is to become one of the country's leading event brands while maintaining the quality and professionalism clients have come to trust.

Beatrice also encouraged young entrepreneurs interested in the décor and event industry to remain patient, hardworking, and committed to continuous learning.

"Success in this industry requires creativity, discipline, consistency, and passion," she advised. "You must stay focused on delivering quality service and building trust with clients."

As Botswana's events industry continues to grow and evolve, Mikebeat Tent Hire and Decor remains committed to creating unforgettable experiences that leave lasting impressions. Through elegance, innovation, and years of dedication, the company continues to turn celebrations into timeless memories.





# Ine, Japan's Niche Experience

In a world where every tourist attraction is crowded with attention, some seek solace in lesser-known experiences. Such an attraction is Ine, a small, traditional fishing village in central Japan.

Deemed by some as the most scenic of its kind, Ine provides crystalline blue waters, bordered by green mountain views and clear skies. Beyond the natural scenery, the man-made parts of Ine, too, are worth observing. Wooden funaya (traditional boat houses) line natural sea bays, floating atop the sea, almost seeming at one with nature. These houses serve as both a dock and dwellings for the local fishermen.

Although not your usual tourist spot, the authentically preserved timelessness of Ine has seen a rise in popularity over the years. Unlike most historical sites, the people of Ine continue to live a traditional life, using fishing as their main livelihood. This authenticity creates an atmosphere unlike any other. Visiting Ine feels like an experience in itself, rather than a simple visit. The charming village carries with it hundreds of years of tradition and heritage. Simply walking by and taking in the scenery is worth the visit for those who have been there. Staying in a funaya is a further elevated experience to be added to one's bucket list when visiting the Venice of Japan.

Experience genuine Japanese serenity at Ine, every traveler's dream vacation for peace and authenticity. With a steady rise in popularity through travel vloggers and internet personalities, Ine may just be the next "big thing" in travel culture. Add this currently niche venture to your list today!







In the heart of The Gambia lies a culture deeply rooted in history, music, storytelling, and tradition, the culture of the Mandinka people. As the largest ethnic group in the country, the Mandinka have played a powerful role in shaping Gambian identity and preserving the rich heritage of the wider Senegambian region.

What makes the Mandinka truly stand out is their extraordinary connection to oral history and music. For generations, they have relied on respected traditional storytellers known as griots, or jali, to preserve the memories of families, communities, and kingdoms. These griots are far more than musicians; they are historians, poets, advisors, and cultural guardians who pass knowledge from one generation to the next through song and spoken word.

At the center of this tradition is the kora, a beautiful 21-string instrument often associated with Mandinka culture. The soothing melodies of the kora, combined with poetic storytelling, create performances that are both emotional and educational. Through music, the Mandinka continue to keep their history alive in a world that is rapidly modernizing.

The Mandinka people are also linked to the powerful Mali Empire, one of Africa's greatest ancient civilizations. This rich historical background continues to shape their customs, pride, and cultural identity today.

Family values and unity are at the center of Mandinka life. Elders are highly respected, and community celebrations such as weddings, naming ceremonies, and festivals



are filled with music, dance, drumming, and vibrant traditional clothing. These gatherings serve not only as celebrations but also as ways of strengthening cultural identity and preserving tradition.

As modern culture evolves, many young Mandinka artists are finding creative ways to blend traditional music with contemporary

sounds, allowing their heritage to reach audiences around the world while still honoring their roots.

The Mandinka people continue to stand as powerful symbols of cultural preservation, proving that history can live on through music, storytelling, and the strength of community.





# Growing Your Own Goodness: A Beginner's Guide to Planting Beetroot and Carrots

There's something deeply satisfying about growing your own vegetables, especially when they're as vibrant, nutritious, and easy to manage as beetroot and carrots. These root crops are perfect for both beginner and experienced gardeners, thriving in a variety of climates and offering a rewarding harvest with the right care.

## Why Choose Beetroot and Carrots?

Beetroot and carrots are not only rich in vitamins and minerals, but they're also relatively low-maintenance. They grow underground, making them less vulnerable to certain pests, and they don't require a large garden space, containers or small plots work just fine.

## Preparing Your Soil

The secret to successful root vegetables lies beneath the surface. Both beetroot and carrots need loose, well-drained soil to grow properly. Hard or rocky soil can cause misshapen roots. Before planting, loosen the soil to about 20–30 cm deep and mix in compost to boost nutrients.

Avoid fresh manure, as it can lead to forked or distorted roots, especially in carrots.

## Planting Your Seeds

- Sow seeds directly into the soil rather than starting them in trays. These plants don't transplant well.
- Carrots: Plant seeds about 1 cm deep and space them evenly in rows. Thin them out once they sprout to avoid overcrowding.
- Beetroot: Sow seeds about 2–3 cm deep. Each "seed" can produce multiple seedlings, so thinning is also important here.

Water gently after planting to keep the soil moist but not waterlogged.

## Sunlight and Watering

Both crops thrive in full sun, needing at least 6 hours of sunlight daily. Consistent watering is key, dry soil can lead to tough, woody roots, while overwatering may cause rot.

Aim for balanced moisture: the soil should feel damp, not soaked.

## Care and Maintenance

Keep your garden weed-free, especially in the early stages, as weeds compete for nutrients. Mulching can help retain moisture and reduce weed growth.

Carrots may take a bit longer to germinate, so patience is important. Avoid disturbing the soil too much once they begin growing.

## Harvest Time

- Carrots: Typically ready in 2–3 months. You can check their size by gently brushing away soil at the top.
- Beetroot: Ready in about 6–8 weeks for smaller, tender roots, or longer if you prefer them larger.

Harvest gently to avoid damaging the vegetables.

Gardening doesn't have to be complicated to be rewarding. With a little preparation, patience, and care, beetroot and carrots can become a staple in your home garden. Fresh, homegrown produce not only tastes better but also connects you to the simple joy of nurturing something from seed to plate.

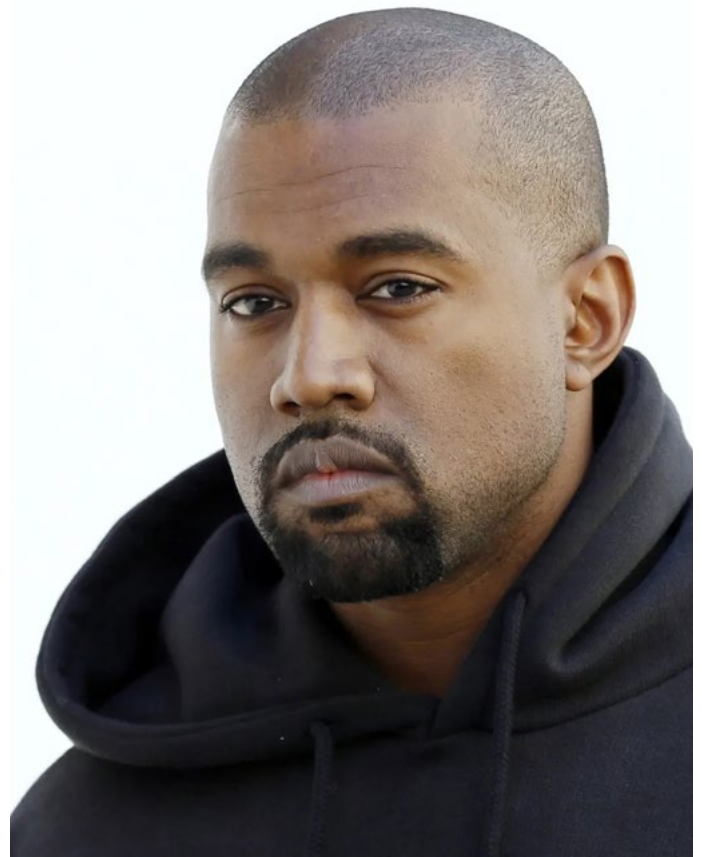
So grab your seeds, get your hands in the soil, and start growing your own goodness today.





**Angelina Jolie**

An award-winning actress, filmmaker, and humanitarian. She rose to fame with films like *Girl, Interrupted* (which won her an Oscar) and became a global star through action roles in *Lara Croft: Tomb Raider* and *Maleficent*. She's also widely known for her humanitarian work with refugees.



**Kanye West**

A highly influential rapper, producer, and fashion designer. Known for albums like *The College Dropout* and *My Beautiful Dark Twisted Fantasy*, he has shaped modern hip-hop with innovative production. He's also known for his bold public persona and ventures in fashion.



**Chris Evans**

Best known for playing Captain America in the Marvel Cinematic Universe. He started out in teen films before becoming one of Hollywood's most recognizable superheroes. Outside Marvel, he's starred in films like *Knives Out* and *Snowpiercer*.



**Ariana Grande**

A global pop superstar known for her powerful vocals and wide vocal range. She began as an actress on Nickelodeon before transitioning to music, with hit songs like *Thank U, Next* and *7 Rings*. She's one of the most streamed artists worldwide.



**Aries**  
 (March 21 - April 19)  
 General: You're feeling bold and energetic today. Take advantage of this momentum.  
 Love: Passion is in the air! A surprise encounter may spark something exciting.  
 Career: A leadership opportunity could arise—don't hesitate to step up.  
 Finance: Avoid impulse spending; focus on long-term investments.

**Taurus**  
 (April 20 - May 20)  
 General: Patience is key today. Things may move slowly, but progress is happening.  
 Love: A heart-to-heart conversation will bring clarity in your relationship.  
 Career: Your hard work is paying off; recognition is coming your way.  
 Finance: Stay cautious with spending—save before you splurge.

**Gemini**  
 (May 21 - June 20)  
 General: Expect a busy and social

day! Your charm will attract interesting people.  
 Love: If single, a flirtatious exchange could turn into something meaningful.  
 Career: Your creativity is at its peak—use it to solve a lingering issue.  
 Finance: Be mindful of unnecessary expenses; budgeting is key.

**Cancer**  
 (June 21 - July 22)  
 General: Emotions may be intense today—take time for self-care.  
 Love: A deep conversation with your partner will strengthen your bond.  
 Career: Trust your intuition when making important work decisions.  
 Finance: An unexpected expense might arise—be prepared.

**Leo**  
 (July 23 - August 22)  
 General: Your confidence is magnetic today! Take the lead in social situations.  
 Love: Sparks are flying—expect romantic gestures or new

admirers.  
 Career: Your hard work is finally being noticed; a reward may be coming.  
 Finance: Money matters improve, but don't overspend on luxuries.

**Virgo**  
 (August 23 - September 22)  
 General: A productive day ahead—stay focused on your goals.  
 Love: A small misunderstanding may arise, but communication will resolve it.  
 Career: You're being watched by higher-ups—show your best work.  
 Finance: A practical investment could yield long-term benefits.

**Libra**  
 (September 23 - October 22)  
 General: Balance is key today—don't overextend yourself.  
 Love: Romance is in the air! A new connection could take an exciting turn.  
 Career: Collaborations and teamwork will bring success.  
 Finance: Be mindful of shared expenses; set boundaries where needed.

**Scorpio**  
 (October 23 - November 21)  
 General: Trust your instincts—they won't lead you astray.  
 Love: Intensity in love—whether good or bad, emotions run deep.  
 Career: Your determination will help you push past any obstacles.  
 Finance: A financial opportunity may present itself—analyze before acting.

**Sagittarius**  
 (November 22 - December 21)  
 General: Adventure calls! A spontaneous plan could lead to great experiences.  
 Love: Love is lighthearted today—enjoy the moment without overthinking.  
 Career: A new challenge is coming, but you're more than ready.  
 Finance: Watch out for impulsive spending—save for future travels.

**Capricorn**  
 (December 22 - January 19)  
 General: Discipline and hard work pay off—stay committed.  
 Love: Stability in love—focus on deepening your emotional connection.  
 Career: A promotion or recognition is on the horizon.  
 Finance: Practical decisions will lead to financial growth.

**Aquarius**  
 (January 20 - February 18)  
 General: Unconventional ideas will bring exciting opportunities.  
 Love: Be open to new experiences; someone unexpected may capture your heart.  
 Career: Innovation is your strength—use it to impress at work.  
 Finance: Keep track of your finances; a smart move now will pay off later.

**Pisces**  
 (February 19 - March 20)  
 General: Your intuition is strong today—trust it.  
 Love: Romance flows naturally; express your feelings without hesitation.  
 Career: Creative pursuits will bring satisfaction and success.  
 Finance: A small financial gain could surprise you.



One warm, sunny morning, a little ant woke up deep inside his underground ground. He stretched his spindly legs and rubbed his sleepy eyes.

"My tummy feels so empty," he said. "I am very, very hungry today!"

So the little ant set off to look for food. He walked past long blades of green grass. He climbed over smooth stones and slipped under rustling leaves. He searched and searched, but he could not find a single crumb to eat.

After a long time of searching, the little ant began to feel tired.

"I have looked everywhere," he sighed. "I simply can't find something to eat."

Just as he was about to turn back, an object caught his eye, far away. It was big, brown and lying flat on the ground.

The little ant hurried closer. When he reached it, his eyes grew wide.

"It's bread!" he said excitedly. "It's a piece of bread! This will keep me full for many days!" The little ant was very proud of himself. "I found it all by myself," he said happily. "I will take it home and eat it all myself!"

He grabbed the edge bread and tried to lift it. He pulled with all his strength. He pushed with all his might. But the bread did not move

at all.

The little ant tried again. He pulled harder. He pushed harder. Still, nothing happened. "Oh no," he said, already out of breath. "It is too heavy for me."

Just then, another ant came walking by. "Hello," said the second ant kindly. "You look tired. What are you doing?"

"I found this big piece of bread," said the little ant. "But I can't seem to carry it home." "Would you like some help?" asked the second ant.

The little ant paused. He looked at the bread. He thought about keeping it all to himself. But he also knew he could not move it alone. "Yes," he said reluctantly. "I do need help." The second ant smiled. "Let's work together!" The two ants pushed and pulled the bread. It moved just a tiny bit.

"We are getting somewhere!" said the second ant.

Soon, a third ant came by. "What are you doing?" she asked. "We are trying to carry this bread home," said the little ant.

"May I help too?" she asked. "Yes, please!" they said.





The three ants pushed together with all their might. The bread moved a little more. Then more ants came. One by one, they all joined in.

Soon, a whole colony of ants was pushing and pulling the big piece of bread. They worked as a team. They slowly moved the bread across the ground, over small stones, and around tall grass.

At last, they reached their home. "We did it!" they cheered.

The bread was placed safely inside. There was plenty for everyone to eat.

The little ant looked at the other ants. They were smiling and laughing together.

"Thank you for helping me," he said. "I could not have done this alone."

That evening, all the ants shared the bread. Everyone had enough to eat. The little ant's tummy was full, and so were the tummies of his friends. There was even some bread leftover for tomorrow.

The little ant smiled contentedly..

"Today I learned something important," he said softly. "Food is good, but sharing it with others is even better. And when we work together, we can do big things."

The little ant closed his eyes and fell asleep, with a full tummy, and lots of new friends.





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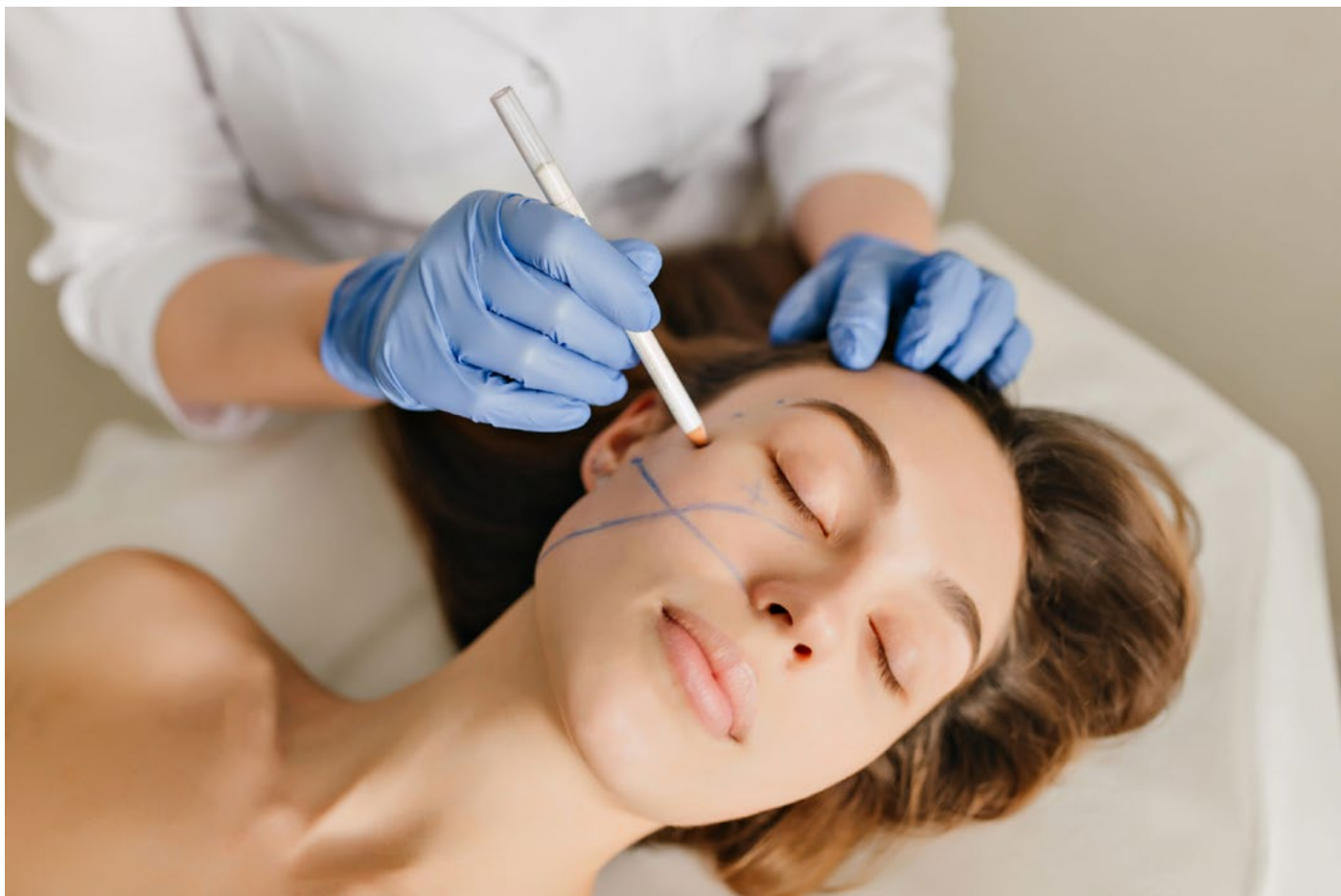
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# Winter Skin Survival Guide:

## How to Keep Your Glow When the Temperature Drops

When winter rolls in, your skin often feels the change before anything else; tightness, dryness, flaking, and irritation can quickly replace that healthy glow. Cold air, low humidity, and indoor heating all work against your skin's natural moisture barrier. The good news? With the right care routine, you can keep your skin soft, hydrated, and radiant all season long.

### 1. Hydration is Your Best Friend

Winter air lacks moisture, which means your skin loses water more easily. Swap lightweight lotions for richer creams and moisturizers that lock in hydration. Look for ingredients like hyaluronic acid, glycerin, and ceramides, which help retain moisture and strengthen your skin barrier.

### 2. Don't Skip Sunscreen

Just because it's cold doesn't mean the sun isn't working. UV rays can still damage your skin, especially when reflected off surfaces like snow. A broad-spectrum SPF of at least 30 should still be part of your daily routine.

### 3. Turn Down the Heat (Literally)

Hot showers may feel comforting, but they strip your skin of its natural oils. Stick to

lukewarm water and limit your shower time. Afterward, apply moisturizer immediately to seal in hydration.

### 4. Gentle Cleansing Only

Harsh soaps and cleansers can worsen dryness. Opt for mild, hydrating cleansers that won't strip your skin. Cream-based or oil-based cleansers are especially effective during winter.

### 5. Exfoliate—But Don't Overdo It

Exfoliation helps remove dead skin cells that can build up and cause dullness. However, over-exfoliating in winter can damage your skin barrier. Stick to once or twice a week with gentle exfoliants.

### 6. Protect Your Skin Outdoors

Cold winds can be brutal. Wear scarves, gloves, and protective clothing to shield exposed skin. Pay special attention to your lips and hands, these areas dry out faster and need extra care.

### 7. Invest in a Humidifier

Indoor heating reduces humidity levels, making the air inside just as dry as outside. A humidifier helps add moisture back into

the air, benefiting both your skin and overall comfort.

### 8. Stay Hydrated from Within

It's easy to forget to drink water in colder months, but hydration starts from the inside. Keep your water intake consistent and include foods rich in healthy fats, like avocados and nuts, to support skin health.

### 9. Lip Care Matters

Chapped lips are a winter staple, but they don't have to be. Use a nourishing lip balm regularly, especially before going outside or to bed.

### 10. Listen to Your Skin

Your skin's needs can change throughout the season. If something feels too harsh or drying, adjust your routine. Winter skincare is all about balance and protection.

Winter doesn't have to mean dull, dry skin. With a few thoughtful adjustments, you can maintain a healthy glow no matter how low the temperature drops. Treat your skin with care, and it will thank you with softness, smoothness, and radiance all season long.





# Khwezi Mtshali:

## A Fearless Young Voice Shining Through Talent and Purpose

In a world where many young people are still discovering who they are, 12-year-old Khwezi Mtshali is already boldly embracing her identity, her creativity, and her purpose. With a vibrant passion for singing, dancing, and modelling, Khwezi is quickly becoming a young inspiration, proving that confidence, kindness, and authenticity can leave a powerful impact at any age.

Driven by a desire to uplift others through her talents, Khwezi is more than just a young performer. She is a voice for self-love, courage, and positive change, encouraging other young girls to embrace their uniqueness and believe in their dreams.

### A Young Girl With Big Dreams

For Khwezi, creativity has always been part of who she is. From singing and dancing in front of family members at a young age to confidently stepping onto modelling stages, her passion for performance has grown naturally over the years.

"Singing makes me feel free, dancing makes me feel energetic, and modelling makes me feel confident and proud of who I am," she shares.

While each talent holds a special place in her heart, they all connect through one important purpose, self-expression. Whether

she is performing on stage or walking in front of an audience, Khwezi aims to inspire joy, confidence, and positivity.

"I want people to feel happy and inspired whenever they watch me perform."

### Turning Fear Into Confidence

Like many young performers, Khwezi admits that nervousness can sometimes creep in before stepping into the spotlight. However, she has learned that confidence is built through practice, belief, and courage.

One of her most unforgettable moments came when she walked onto a stage feeling nervous, only to hear the crowd cheering for her moments later.

"That moment made me realize how much I love performing and connecting with people," she says.

Despite the challenges and self-doubt that occasionally arise, Khwezi continues to push forward with determination and positivity.

"Confidence means believing in yourself, loving who you are, and not being afraid to shine."

### Inspired By Strength and African Beauty

One of Khwezi's biggest role models is Zozibini Tunzi, whose confidence and pride in African beauty deeply inspire her.

"She showed young girls that being natural and authentic is powerful," Khwezi explains.

Through Zozibini's influence, Khwezi has learned to embrace her identity, culture, and natural beauty without apology. She believes it is important for young girls everywhere to grow up proud of who they are.

"Every girl deserves to feel beautiful and confident. Our culture, beauty, and voices matter."

### Using Her Voice For Positive Change

Beyond entertainment, Khwezi is passionate about using her platform to speak out against Gender-Based Violence and encourage kindness and protection within communities.

Although still young, she understands the importance of raising awareness and supporting those who may feel unheard or unsafe.

"I want young girls to know that they are important, valued, and never alone," she says. "Their voices matter."

Khwezi believes that young people can create change through simple but

meaningful actions, showing kindness, standing up against bullying, and helping those in need.

"Even small actions can make a big difference."

#### **"Dare To Be Different"**

At the center of Khwezi's journey is a powerful message she lives by every day: "Dare to be different."

To her, those words mean embracing individuality without fear and refusing to hide who you are simply to fit in.

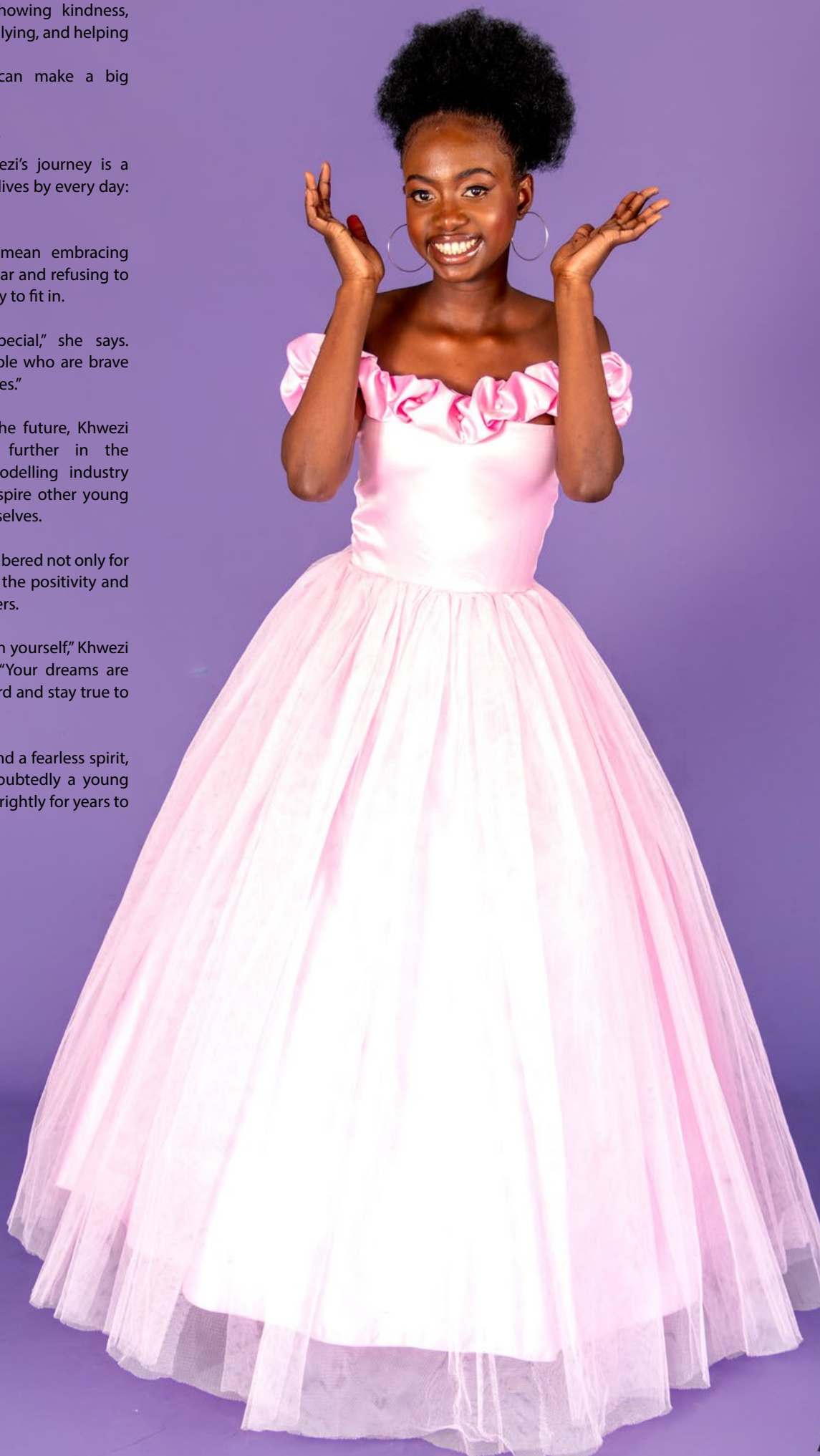
"Being different is special," she says. "The world needs people who are brave enough to be themselves."

As she looks toward the future, Khwezi dreams of growing further in the entertainment and modelling industry while continuing to inspire other young girls to believe in themselves.

She hopes to be remembered not only for her talents but also for the positivity and hope she brings to others.

"Never stop believing in yourself," Khwezi says with confidence. "Your dreams are possible if you work hard and stay true to who you are."

With talent, purpose, and a fearless spirit, Khwezi Mtshali is undoubtedly a young star destined to shine brightly for years to come.



# Mohammed Ibrahim Sabuj:

## A Creative Force Bridging Bangladesh and Botswana



Creativity has the power to connect cultures, inspire communities, and leave a lasting impact across different industries. Mohammed Ibrahim Sabuj is one of the few talented individuals who has successfully blended acting, filmmaking, lighting design, and visual art into a remarkable creative journey that stretches from Bangladesh to Botswana.

Born on 31 December 1988 in Cumilla, Bangladesh, Sabuj has dedicated his life to the world of creativity and entertainment. Since beginning his acting career in 2010 in Bangladesh, he has steadily built a name for himself through dedication, versatility, and artistic passion. Known mostly for his work in dramas and films, he has become recognized for bringing emotion and authenticity to every role he takes on. His performances continue to attract audiences who appreciate meaningful storytelling and strong screen presence.

One of his notable drama projects, *Makrosha MA*, released in 2021, showcased his ability to connect deeply with viewers through compelling acting. In 2022, he further strengthened his reputation after starring as the lead actor in the film *Choto Bon*. The project highlighted not only his acting ability but also his commitment to quality entertainment and cinematic excellence.

Over the years, Mohammed Ibrahim Sabuj has also appeared in several other popular drama productions, including *Adori*, *B Irahim*, *Corbani*, *Batpar*, and *Anarkoli*. His growing portfolio reflects his consistency and passion for storytelling across different genres and audiences.

Beyond acting, Mohammed Ibrahim Sabuj is also a highly skilled creative technician. He has worked as a producer, director, and lighting gaffer in both Bangladesh and Botswana. His behind-the-scenes expertise

has contributed significantly to the visual quality and technical execution of numerous productions. His understanding of lighting and production design allows him to transform ordinary scenes into visually powerful experiences.

In 2022, Sabuj moved to Botswana, where he continues to expand his creative influence within the entertainment and media industry. Currently, he serves as the General Manager of *Lesedi Television*, where he contributes to the growth of the creative sector through leadership, innovation, and support for artistic talent.

In addition to film and television production, Mohammed Ibrahim Sabuj is deeply passionate about art and design. His journey in art designing and art gallery work also began in 2010, the same year he entered the entertainment industry. Over the years, his artistic talent has earned recognition beyond his home country.



A major milestone in his art career came in 2015, when his artwork was selected twice by the Cumilla Art Academy. This achievement demonstrated both his originality and artistic vision. In 2017, he earned a “Best Artist” position at the Dhaka Art Institute, further proving his influence and talent within the art community.

Sabuj has also contributed his artistic skills to educational institutions, working with government primary schools on building art and design projects. His work reflects a desire not only to create art but also to beautify spaces and inspire young minds through creativity.

Apart from mainstream productions, Mohammed Ibrahim Sabuj is also actively involved in digital content creation. He creates a wide range of YouTube, Facebook, TikTok, and Instagram content, using social media platforms to connect with broader audiences and showcase his creativity globally.

His social media platforms include:

- TikTok: EboArt
- Facebook: Ebo Art
- YouTube: View Bangla TV
- Instagram: Eb.art.3D

Today, Mohammed Ibrahim Sabuj continues to expand his artistic footprint in Botswana while maintaining strong ties to Bangladesh. Whether through acting, directing, lighting production, visual art, or digital content creation, he represents the spirit of creativity without boundaries.

His story is one of passion, hard work, and artistic evolution, a true example of how talent can transcend borders and make an impact across multiple creative fields.











## Creative Interior Design: Transforming Your Living Room into a Stylish Sanctuary

The living room is more than just a place to sit, it's the heart of the home, where comfort meets personality and creativity comes to life. Whether you're hosting guests, relaxing after a long day, or expressing your unique style, a well-designed living room can completely transform your everyday experience.

### Start with a Vision

Every great design begins with a clear idea. Do you want a modern minimalist space, a cozy rustic retreat, or a bold, artistic statement? Choosing a theme helps guide your decisions on colors, furniture, and décor. A cohesive vision ensures your living room feels intentional rather than cluttered.

### Play with Color and Texture

Color is one of the most powerful tools in interior design. Neutral tones like beige, white, and grey create a calm, timeless look, while bold colors such as emerald green, navy blue, or mustard yellow can add personality and drama. Combine this with texture, think velvet cushions, woven rugs, or wooden finishes, to create depth and warmth.

### Furniture that Speaks Style and Comfort

Your furniture should strike a balance between aesthetics and function. Statement pieces, like a unique sofa or an artistic coffee

table, can serve as focal points. At the same time, ensure comfort is not compromised. Multi-functional furniture, such as storage ottomans or modular couches, is especially useful for modern living.

### Lighting: The Game Changer

Lighting can completely change the mood of a room. Layer your lighting with a mix of ceiling lights, floor lamps, and table lamps. Warm lighting creates a cozy atmosphere, while brighter lighting is perfect for social gatherings. Don't underestimate the impact of natural light; maximize it with sheer curtains or strategically placed mirrors.

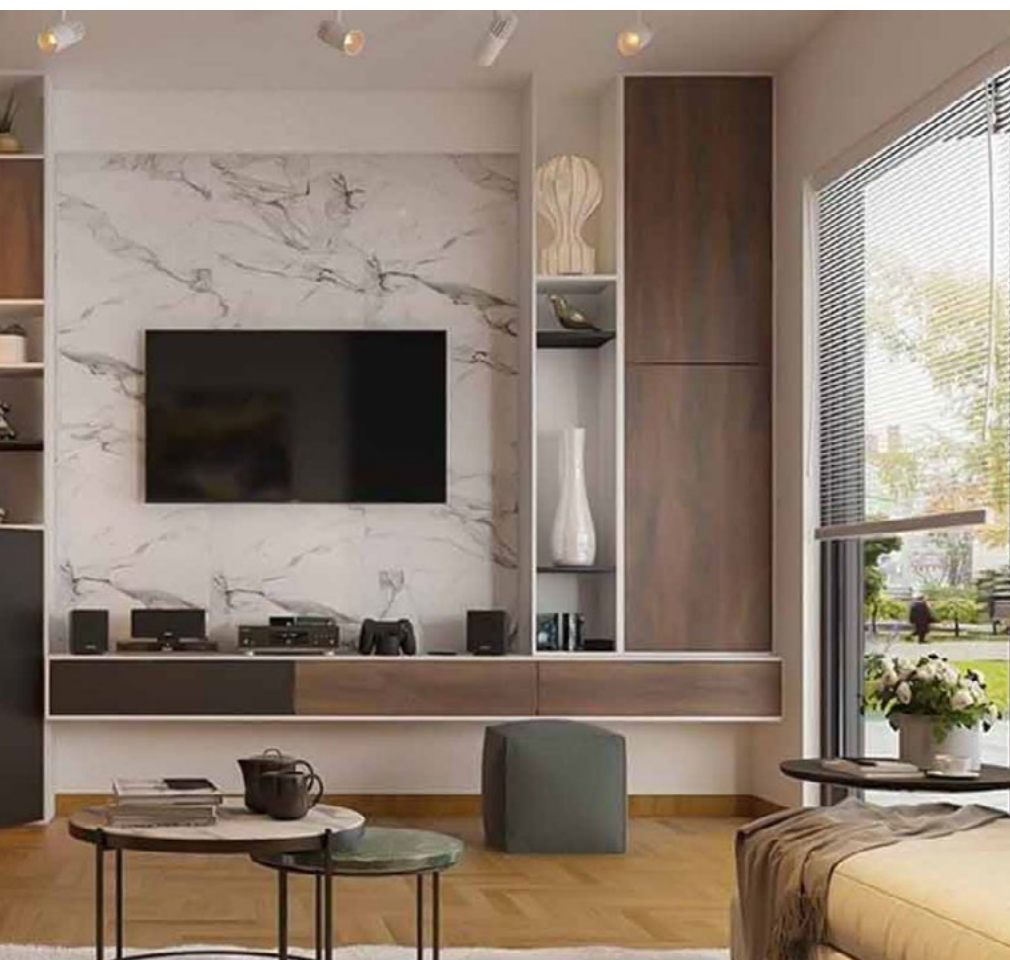
### Personal Touches Make the Difference

A living room should reflect who you are. Incorporate artwork, photographs, books, or travel souvenirs that tell your story. Indoor plants are another great addition, bringing life and freshness into the space while enhancing the overall aesthetic.

### Creative Layouts for Better Flow

Think beyond traditional furniture placement. Experiment with layouts that encourage conversation and movement. For example, arranging seating around a central point like a coffee table or fireplace can make the space feel more inviting and functional.





### Sustainability Meets Style

Modern interior design is increasingly embracing sustainability. Opt for eco-friendly materials, repurposed furniture, or locally made décor. Not only does this reduce environmental impact, but it also adds a unique and meaningful touch to your living space.

### Final Thoughts

Creative interior design is about more than following trends, it's about creating a space that feels like home. By blending style, comfort, and personal expression, your living room can become a true reflection of your lifestyle and creativity.

Whether you're starting from scratch or simply refreshing your space, small changes can make a big impact. After all, the best living rooms are not just seen, they are felt.

# Love, Actually:

## The Real Work Behind Great Relationships



We've all been sold the fairytale, perfect chemistry, effortless connection, and a love that just works. But real relationships? They're a little messier, a lot deeper, and far more rewarding when nurtured with intention.

Whether you're in a new romance or a long-term partnership, the truth is simple: strong relationships don't happen by accident; they're built.

### 1. Communication is More Than Talking

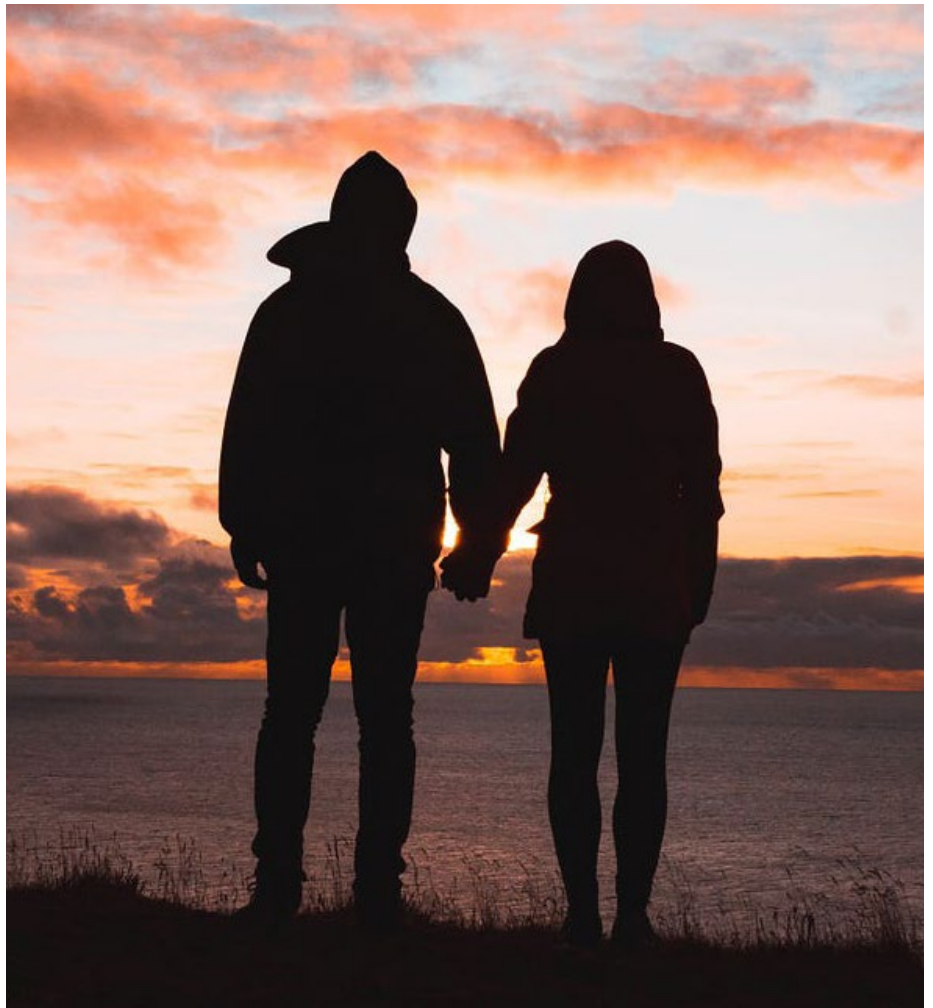
It's easy to say "just communicate," but real communication goes beyond words. It's about listening, truly listening, without planning your response while the other person is still speaking. It's about understanding emotions behind the words, not just the words themselves.

Sometimes, what your partner needs isn't advice, it's to feel heard.

### 2. Keep the Curiosity Alive

One of the biggest relationship mistakes? Thinking you already know everything about your partner. People grow, evolve, and change. Stay curious. Ask questions. Show interest in their thoughts, dreams, and even their random daily experiences.

Falling in love is exciting, but staying interested is where the magic happens.





### 3. The Little Things Matter More Than You Think

Grand gestures are beautiful, but it's the small, consistent acts that truly sustain a relationship. A thoughtful message, checking in during the day, remembering the little details, these are the things that build emotional security over time.

Love is often found in the quiet, everyday moments.

### 4. Learn to Disagree Better

Conflict is not the enemy; poor handling of it is. Disagreements are natural, but how you navigate them defines the strength of your relationship. Avoid blaming language, take responsibility when needed, and focus on resolving the issue rather than "winning" the argument.

Sometimes, understanding matters more than being right.

### 5. Maintain Your Individuality

A healthy relationship is made up of two whole individuals, not two halves trying to complete each other. Keep your hobbies, friendships, and personal goals alive. Growth as an individual strengthens the relationship as a whole.

### 6. Trust is Built, Not Assumed

Trust doesn't just appear; it's earned through consistency, honesty, and reliability. Be someone your partner can depend on, not just in big moments, but in the everyday promises you keep.

### 7. Make Time, Not Excuses

Life gets busy, work, responsibilities, stress, but relationships need time to thrive. Prioritize each other. Whether it's a date night, a simple walk, or just an uninterrupted conversation, being present matters.

There's no such thing as a perfect relationship, but there is such a thing as a meaningful one. It's built on effort, patience, laughter, and sometimes even a little chaos.

At the end of the day, love isn't just something you feel; it's something you choose, again and again.

And that choice? That's where the real story begins.





# John Lennon: The Voice of a Generation

Few names in music history carry the weight and influence of John Lennon. A visionary artist, outspoken activist, and cultural icon, Lennon's life was a blend of groundbreaking creativity and bold advocacy for peace. From global superstardom with The Beatles to his introspective solo career, his legacy continues to shape music and social consciousness decades after his passing.

## The Rise of a Legend

Born in 1940 in Liverpool, England, Lennon rose to fame as a founding member and co-lead vocalist of The Beatles. Alongside his creative partner Paul McCartney, he helped redefine modern music. The duo's songwriting partnership produced some of the most iconic tracks of all time, including "Strawberry Fields Forever," "Help!," and "All You Need Is Love."

During the 1960s, The Beatles became the most commercially successful band in history, sparking a cultural revolution that extended far beyond music. Lennon, known for his sharp wit and rebellious spirit, quickly emerged as one of the band's most distinctive voices.

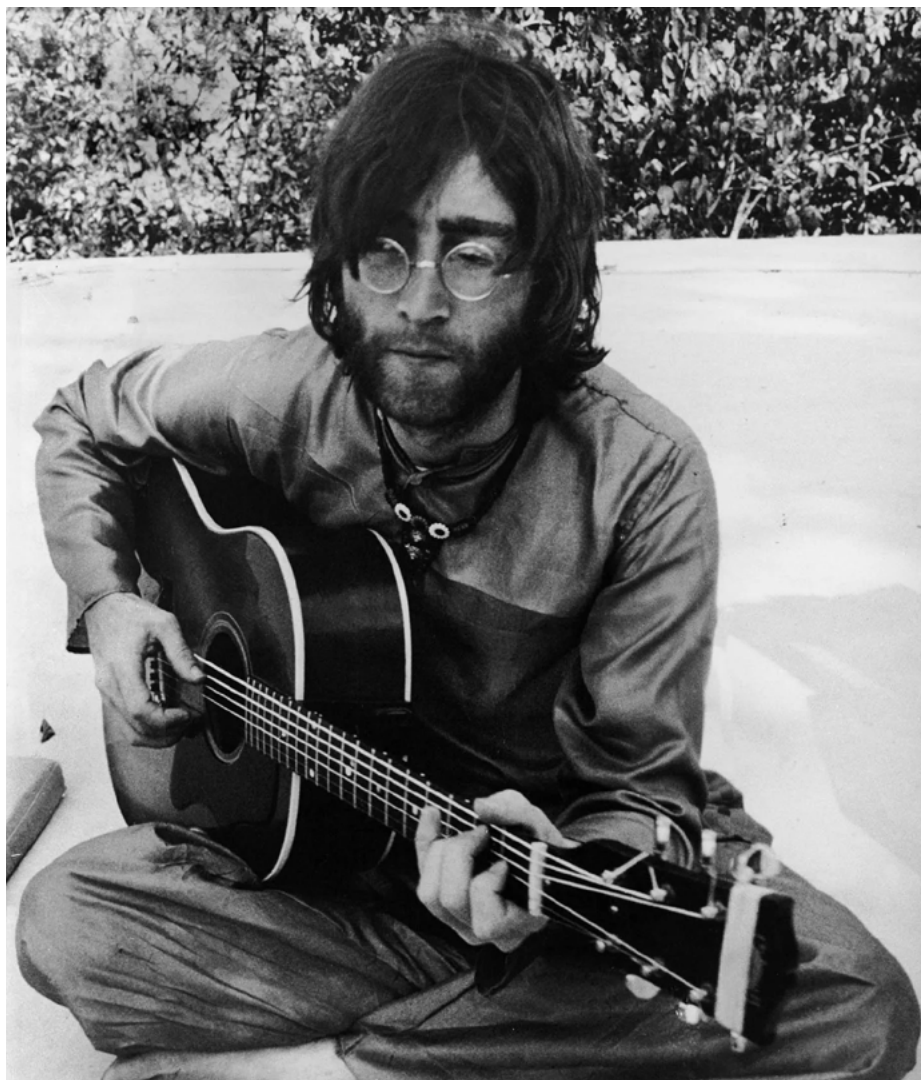
**A New Chapter: Solo Career and Activism**  
After The Beatles disbanded in 1970, Lennon

embarked on a solo journey that reflected his evolving worldview. His music became more experimental and politically charged, with songs addressing themes of peace, identity, and social justice. His 1971 hit *Imagine* remains one of the most powerful anthems for peace ever written.

Central to this phase of his life was his relationship with avant-garde artist Yoko Ono. More than a partner, Ono was his collaborator and fellow activist. Together, they staged bold protests against the Vietnam War, including their famous "Bed-Ins for Peace," using media attention as a tool for advocacy.

The 'Lost Weekend' and Personal Reflection  
Between 1973 and 1975, Lennon experienced a turbulent period he later referred to as his "lost weekend." Living in Los Angeles during a temporary separation from Ono, he navigated personal struggles and artistic exploration.

He later reunited with Ono and made a surprising decision to step away from the spotlight. Lennon took a five-year hiatus from music to focus on raising his son, Sean, embracing a quieter, more personal chapter of his life.



**A Tragic End, An Enduring Legacy**  
On December 8, 1980, Lennon's life was tragically cut short when he was shot outside The Dakota in New York City by Mark David Chapman. He was just 40 years old.

The news sent shockwaves across the globe, prompting an outpouring of grief from fans, artists, and world leaders. Yet even in death, Lennon's influence only grew stronger.

He was posthumously inducted into the Rock and Roll Hall of Fame twice, first as a member of The Beatles in 1988, and again as a solo artist in 1994, cementing his place among the greatest musicians of all time.

#### More Than Music

John Lennon was more than a performer; he was a voice for change, a dreamer who dared to imagine a better world. His music continues to inspire generations, reminding us of the power of art to challenge, heal, and unite.

In a world still searching for peace, his message remains as relevant as ever: imagine all the people living life in harmony.



# Raising Mini Mother

By Amogelang Tau



There is a four-year-old in my house who firmly believes she is part of the parenting team.

Some days, I suspect she thinks she is the team leader. It started subtly with little comments here and there, gentle corrections, the occasional reminder to do things properly. But lately, it has become clear that my daughter has appointed herself the household supervisor.

And honestly? We didn't see it coming.

During the school holidays, I dropped the children off at my mother's house. Later that day, my mom called me, half laughing, half stunned, to tell me what had happened.

She had combed her hair at the bathroom sink and left the strands there, planning to clean up later. Before she could get back to it, my daughter walked in to use the bathroom.

She took one look at the sink, marched straight out, and said:

"Granny, why did you mess the sink and not clean it? Please go clean it now."

Four years old. Four.

I could almost hear the tiny hands on imaginary hips. But the truth is, this is who she is becoming. She wants to cook. She wants to wash dishes. She wants to sweep. She wants to help with laundry. She even volunteers to change her baby brother's diapers, a task we politely decline for now. She watches everything. She absorbs everything. And then she tries to do everything.

When I exercise, she exercises. When I talk about healthy food, she reminds us that carrots are good for us.

She tells us what needs to be cleaned, what needs to be fixed, and what we should probably be doing better.

She is four years old and already deeply interested in life.

She wants to do ballet. She wants to learn how to swim. She wants to run and race and move her body. She wants to help. To try. To participate. To belong to the world in a big way.

And sometimes, if I'm honest, her "bossy" energy makes me laugh. Sometimes it exhausts me. Sometimes I gently remind her that Mommy is still the parent.

But most of the time, it makes me proud. Because beneath the correcting and the supervising and the tiny lectures is something beautiful: initiative.



She is learning responsibility. She is learning to care. She is learning that a home is something we all contribute to.

Children don't just listen to what we say. They watch what we do. And every now and then, they hold up a mirror. In her little reminders and enthusiastic helping hands, I see the habits we practice, the routines we model, and the values we repeat daily without even noticing.

It's humbling to realise that someone so small is watching so closely.

She may be four years old, but she is already learning how to take up space in the world — confidently, curiously, and with a surprising sense of responsibility.

Yes, she is a little bossy. Yes, she thinks she is in charge. Yes, she occasionally reprimands the adults.

But she is also kind. Eager. Observant. And wonderfully alive to the world around her. Maybe she isn't trying to be the boss of the house. Maybe she is simply practicing who she is becoming.

And I can't wait to see who that will be.



# Moroccan-Spiced Chicken Stew with Sweet Potato & Couscous

Are you ready for my most favorite stew EVER?! Good, because this Moroccan-spiced chicken stew is exactly what we need for the remaining chilly winter days.

I first made this warming stew years ago when my girl was traveling and I had the house to myself. I can hardly remember a life before kiddos, but I remember how I used to always bake or cook something cozy for myself. These days, I do it not only for myself, but for my big family — to show them I love and appreciate them each and every day.

So today, I'm re-sharing this life-changing Moroccan chicken stew with you. I encourage you to spend a little time making this as the perfect recipe to say I love you with — whether that's for you and you only, or for the ones you love.

The most delicious Moroccan-spiced chicken stew with sweet potato, couscous, and cauliflower. Simmer everything with cozy spices like cinnamon, anti-inflammatory turmeric, and cumin. Stir in pistachios, dried

cherries, and parsley for extra flavor and beautiful textures!

## Ingredients in this Moroccan-spiced chicken stew

This super cozy Moroccan-inspired stew is packed with over 20g of protein, almost 7g of fiber, and is filled with warming spices. You'll also get bites of sweetness from the mix-ins that make it absolutely incredible.

### Here's what you'll need to make it:

**Chicken:** I prefer to cube up boneless skinless chicken thighs in this recipe because they hold more juiciness and are still lean. You can also use bone-in chicken thighs and then simply discard the bones and shred the chicken instead.

**Pearl couscous:** I love the creamy texture that pearl couscous adds when it cooks up in the stew. Barley would also be delicious and add a similar texture!

**Veggies:** this Moroccan chicken stew recipe uses sweet potato, cauliflower, carrot, and onion for a delicious boost of veggies.

**Chicken broth:** all of my recipes usually call for low-sodium chicken broth, so that you can control the amount of salt you want in the recipe. Bone broth would also be a great option in here.

**Cozy spices:** this recipe calls for ground cinnamon, ground turmeric, cumin, salt, and black pepper. These spices are very common when it comes to Moroccan-inspired cooking.

**For the mix-ins:** we're adding fresh parsley for brightness, pistachios for crunch, and dried cherries for plump, juicy sweetness.

### Easy ways to customize this recipe

You can easily make this Moroccan-inspired chicken stew your own! Here's what I can recommend for ingredient swaps:

**Go vegetarian:** feel free to omit the chicken and stir in a can of rinsed, drained chickpeas or 1 block of cooked, cubed tofu!

**For the sweet potato:** I think cubed butternut squash or pumpkin would also be



delicious.

**Have fun with mix-ins & toppings:** feel free to swap the dried cherries for dried cranberries, chopped Medjool dates, or golden raisins. You can omit the pistachios to keep it nut-free, or swap them for toasted almonds. A drizzle of hot sauce and a dollop of yogurt on top would also be perfect!

#### Looking for a gluten-free option?

Feel free to swap the couscous for white basmati rice or quinoa!

#### moroccan chicken stew in a bowl with a spoon and pistachios on top

Brown your chicken. Start by browning your cubed chicken thighs in a large pot with salt and pepper, then transfer to a plate. No need to cook completely.

Cook your veggies. In the same pot, cook down the garlic, onion, carrot, cauliflower, and sweet potato for a few minutes.

Add spices. Stir in all of those warming spices

so they become nice and fragrant, then add the chicken back to the pot.

Stir the stew together. Slowly stir in the broth, couscous, salt, and pepper.

Cook the stew. Bring everything to a gentle boil, then cover and simmer for 15 minutes. Remove the lid, stir, and simmer until the veggies are tender.

Garnish & serve. Fold in the dried cherries and parsley, taste and adjust the salt and pepper as needed, then top with more herbs and pistachios!

#### How to store, freeze & reheat this stew

To store: store this healthy Moroccan chicken stew in airtight containers in the refrigerator for up to 4-5 days.

To freeze: let the stew completely cool and then transfer it to a freezer-safe container (or multiple containers for meal prep purposes). Freeze for up to 2 months.

To reheat: first, let the stew thaw in the refrigerator, then heat the soup in the microwave or on the stovetop.

I hope you love this Moroccan-spiced chicken stew! If you make it, be sure to leave a comment and a rating so I know how you liked it. Enjoy, xo!

#### Get This Recipe In Your your whatsapp.

<https://wa.me/message/BYY5EFSEBVHYF> , click on that and we'll send it straight to your app. Plus, enjoy doses of recipe inspiration as a bonus and have access to chef Ks.

#### One Pot Moroccan-Spiced Chicken Stew

##### Prep Time

20minutes minutes

##### Cook Time

45minutes minutes

Total Time: 1hour 5minutes

##### Serves

Serves: 6

The most delicious Moroccan-spiced chicken stew with sweet potato, couscous, and cauliflower. Simmer everything with cozy spices like cinnamon, anti-inflammatory turmeric, and cumin. Stir in pistachios, dried cherries, and parsley for extra flavor and beautiful textures!

##### Ingredients

##### For the stew

1 tablespoon avocado oil

1 pound boneless skinless chicken thighs, cubed

1 teaspoon kosher salt

Freshly ground black pepper

1 yellow onion, chopped

1 large carrot, sliced

3 ½ cups small cauliflower florets (from 1 small head of cauliflower)

1 medium sweet potato, peeled and diced into ½ inch cubes

3 cloves garlic, minced

1 ½ teaspoons ground turmeric

1 teaspoon cumin

1 teaspoon ground cinnamon

4 cups low-sodium chicken broth

1 cup pearl couscous

½ teaspoon kosher salt, plus more to taste

Lots of freshly ground black pepper

Mix-ins and garnish

½ cup finely chopped flat-leaf parsley, plus more to garnish

½ cup dried cherries

1 cup chopped shelled roasted pistachios

#### Instructions

**Cook the chicken:** Add oil to a large dutch oven or pot over medium high heat. Once oil is hot, add in cubed chicken and generously season with salt and pepper. Brown chicken thighs for about 5 to 7 minutes until slightly golden. Remove chicken and transfer to a plate.

**Cook the veggies:** Add in another tablespoon of oil, then stir in the onion, carrot, cauliflower florets and diced sweet potato. Cook for 5 to 7 minutes, stirring frequently, until onion begins to soften.

**Add the spices:** Stir in the garlic, ground turmeric, cumin, and cinnamon and allow spices to cook for 1 minute to enhance flavors, then add in the chicken thighs back into the pot. Slowly add in chicken broth, then stir in the couscous and salt and pepper. Stir to combine and make sure the chicken is well coated with the broth. Bring to a slight gentle boil, then cover, reduce heat to low and simmer for 15 minutes. After 15 minutes remove the lid, stir and allow to simmer uncovered for 5 to 10 more minutes or until veggies are fork tender.

Next, gently stir in the dried cherries and parsley. Taste and adjust seasonings as necessary, adding more salt and pepper if desired. Serve with extra parsley + a sprinkle of crushed pistachios on top. Serves 6. Enjoy!

#### Recipe Notes

To make vegetarian: omit the chicken and stir in a can of rinsed, drained chickpeas or 1 block of cubed, cooked tofu.

To make gluten-free: swap the couscous for white basmati rice or quinoa.

#### Stif by Ks



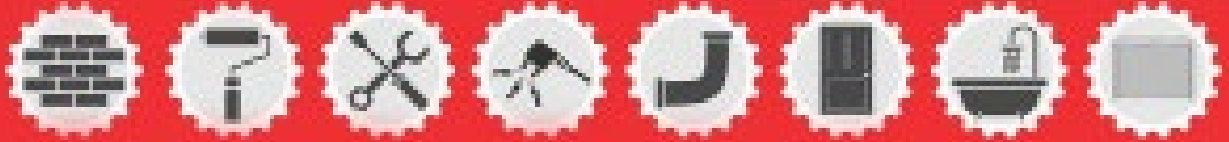
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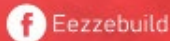
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# Find Your Balance: A Beginner's Guide to Yoga for Fitness and Wellness



In a fast-paced world filled with constant demands, finding time to reconnect with your body and mind is more important than ever. Yoga offers a powerful yet gentle way to build strength, improve flexibility, and reduce stress, all while promoting inner balance. Whether you're new to fitness or looking to complement your routine, yoga is a practice that meets you exactly where you are.

## What is Yoga?

Yoga is more than just stretching; it's a holistic practice that combines physical movement, controlled breathing, and mindfulness. Originating from ancient traditions, it focuses on creating harmony between the body and mind, making it a unique approach to overall wellness.

## Benefits of Yoga for Fitness

Yoga may look calm and slow, but don't be fooled, it offers a full-body workout. Regular practice can help:

- Improve flexibility and posture
- Build strength and muscle tone
- Enhance balance and coordination
- Reduce stress and anxiety
- Boost overall energy levels

Unlike high-impact workouts, yoga is gentle on the joints, making it suitable for people of all ages and fitness levels.

## Getting Started: Simple Poses for Beginners

You don't need to be an expert to begin. Start with basic poses that help you build confidence and awareness:

- **Mountain Pose (Tadasana):** Improves posture and balance
- **Downward Dog:** Stretches the entire body and strengthens the arms and legs
- **Child's Pose:** A resting pose that gently stretches the back and hips
- **Warrior I:** Builds strength and stability in the legs and core

Focus on your breathing as you move through each pose, it's just as important as the movement itself.

## Create a Routine That Works for You

Consistency matters more than intensity. Even 10–15 minutes a day can make a difference. Choose a quiet, comfortable space where you can practice without distractions. Morning sessions can energize your day, while evening yoga helps you

unwind and relax.

## Listen to Your Body

Yoga is not about pushing yourself to extremes. It's about understanding your body's limits and gradually improving. Avoid comparing yourself to others and focus on your personal progress.

## Mindfulness and Breathing

One of yoga's greatest strengths is its focus on the breath. Deep, controlled breathing helps calm the mind, reduce stress, and improve focus. Over time, this mindfulness can extend beyond your yoga mat into everyday life.

## Final Thought

Yoga is more than just a workout, it's a lifestyle. It teaches patience, discipline, and self-awareness while improving physical health. Whether your goal is to get fit, reduce stress, or simply find a moment of peace, yoga offers a path to a healthier, more balanced you.

Roll out your mat, take a deep breath, and begin your journey, one pose at a time.





# North London Roars Again: Arsenal F.C. Prove Their Title Ambitions

The red half of North London is celebrating once again after Arsenal F.C. delivered a thrilling performance that reminded the football world why they remain one of the most exciting teams in modern football. With passion, precision, and relentless determination, the Gunners secured a memorable victory that left fans singing long after the final whistle.

From the very first minute, Arsenal looked hungry for success. Their quick passing, attacking movement, and confidence on the ball immediately put pressure on their opponents. Every attack carried danger, and the Emirates atmosphere became electric as supporters sensed something special unfolding.

Leading the charge was captain Martin Ødegaard, whose creativity and vision controlled the rhythm of the game. His composure in midfield allowed Arsenal to dominate possession while creating opportunities in dangerous areas. Alongside him, star winger Bukayo Saka once again showed why he is considered one of the brightest talents in world football, dazzling

defenders with pace, confidence, and fearless attacking play.

The breakthrough moment sparked wild celebrations among Arsenal supporters. A beautifully worked move sliced through the opposition defense before the ball found the back of the net, sending the stadium into chaos. It was the type of football Arsenal fans have grown to love under manager Mikel Arteta, stylish, aggressive, and full of belief.

Defensively, Arsenal also showed maturity and discipline. The backline remained organized under pressure, while goalkeeper David Raya produced important saves to protect the lead. The balance between attacking flair and defensive stability continues to make Arsenal serious contenders on every front.

Beyond the result itself, the victory carried a deeper message. Arsenal are no longer simply rebuilding; they are competing with confidence and ambition. The squad's chemistry, youthful energy, and tactical intelligence suggest a team ready to challenge the biggest clubs in Europe.

Fans across social media praised the team's fighting spirit, with many calling this one of Arsenal's most complete performances of the season. For supporters who have waited years to see the club return to elite status, moments like these feel like the beginning of something special.

As the season continues, one thing is becoming increasingly clear: Arsenal F.C. are not just chasing victories; they are rebuilding a legacy. And if performances like this continue, silverware may soon return to North London.







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