

Celebrity World

Botswana's Native Magazine

March 2026 P12

**The
Unstoppable
Sound of
Maduo**

**Lerotse
Overnight
Oats with
Chia**

**Ezra Neethings:
Betting on Himself
at UB Arena**

**Strength,
Balance, and
Well-Being**

**The
Bittersweet
Rhythm of
Parenting**

Keletso Kolobo:
Power, Purpose & the Blueprint of a Modern
African Woman.



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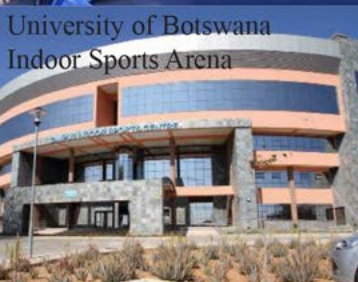
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March arrives wrapped in purpose and power as we celebrate Women, a time to honour the strength, resilience, and brilliance of women in every space they occupy. This issue is dedicated to the women who lead boldly, create fearlessly, nurture endlessly, and rise repeatedly, even when the odds are stacked against them.

Across these pages, you will meet inspiring voices, trailblazers, and everyday heroines who remind us that womanhood is not one story but a beautiful collection of many journeys. From boardrooms to creative studios, from community spaces to global platforms, women continue to reshape narratives and redefine what is possible.

At Celebrity World Magazine, we believe that celebrating women should go beyond a single month, it should be a continuous commitment to amplifying women's voices, supporting their dreams, and acknowledging their impact. This March, we encourage you to not only celebrate the women around you but to also reflect on the power within yourself. To every woman reading this: your story matters, your voice is powerful, and your presence is transformative.

Here's to bold moves, soft strength, and unstoppable women.

With appreciation
Editor-in-Chief
Takudzwa Joylene Chigura



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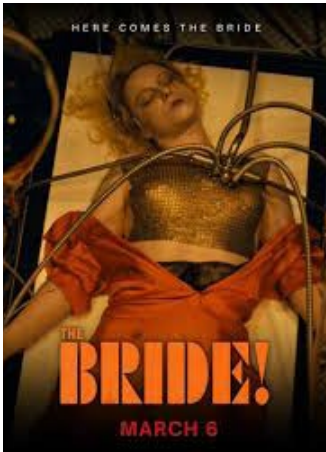
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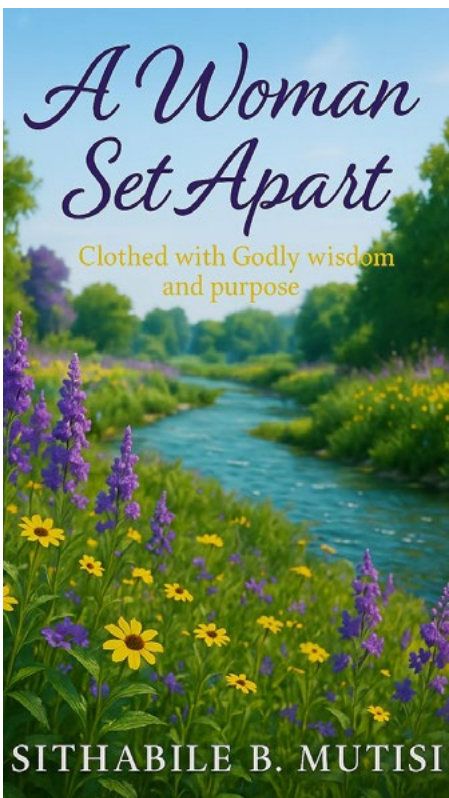
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What To Read



In a world that celebrates surface-level success, A Woman Set Apart calls women to pursue something deeper—divine wisdom, spiritual strength, and a life anchored in godly purpose. This empowering guide helps you embrace true intelligence, build unshakable character, and walk boldly into your God-given identity.



Author

ISBN 978-9-9968-743-0-7



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A Woman Set Apart

This empowering book positions women to step boldly into their God-given destiny. Filled with divine wisdom, it is packed with truths that nurture mental well-being and cultivate a remarkable character, unlocking doors to godly success from the heart outward.

Through a 30-day devotional, it gently encourages a deeper, more intimate relationship with God. Each page inspires surrender, ceasing to follow only our own desires and allowing God, through the Holy Spirit, to guide our lives in obedience and purpose.

It's truly amazing, don't miss out on this transformative read!

Price: 150 Pula

Erza Neethings: Betting on Himself at UB Arena

Written By: Amogaleng Tau



For Ezra Neethings, the decision to stage a one-man live show at UB Arena was not driven by trends or pressure, it was personal.

Speaking during the press briefing, the singer revealed that his greatest challenge in bringing the vision to life was securing the venue itself. A reminder that even at the height of success, ambition still demands courage.

Asked why he chose a one-man show, and why now, Ezra's answer was simple and telling: to challenge himself. After years of building a catalogue, a loyal audience, and regional recognition, the moment felt right to confront the future head-on.

The announcement confirms that on April 18, 2026, Ezra will take to the UB Arena stage alone, a bold statement of confidence in his craft and connection with his audience.

The show follows unprecedented digital success, including over 200 million total streams across platforms and consistent chart dominance. Yet, Ezra insists the concert is not about numbers, but about belief, belief in preparation, patience, and purpose.

Tickets for the historic performance are already on sale, structured to make the moment accessible while maintaining its premium stature.

Phase One tickets are priced at P100, followed by Phase Two at P200

Dedicated fans can opt for a Fan Club experience at P300, while VIP tickets are available at P600.

More than a concert, the UB Arena show represents a personal milestone and an industry shift, a moment where a local artist chooses scale without compromise.

As Ezra Neethings prepares to step onto one of the country's biggest stages alone, one thing is clear: this is not a leap of faith, it is the result of years of intentional work finally meeting opportunity.



Keletso Kolobo: Power, Purpose & the Blueprint of a Modern African Woman.



Keletso Kolobo is a woman who leads from the inside out. Long before the brand, the growing influence, and the expanding vision, she made a personal commitment to become the woman she now shows up as publicly, grounded in faith, discipline, and conviction.

"At my core, I am a woman of faith first," she says. "Before I am a founder or healthcare professional, I am a servant leader called to build not just businesses, but people."

Her passion for women empowerment is deeply personal. Over the years, she witnessed how often women shrink themselves, in boardrooms, in relationships, in business, and even in how they view their own bodies. She admits she understands that experience firsthand. About six years ago, she made a defining decision that would shape everything that followed.

"I decided I would never normalize shrinking," she reflects. "Confidence is built, not inherited. Empowerment is not noise, it is structure, systems, and standards."

That philosophy became the heartbeat behind Dioactive, her activewear brand founded under Bellyseed. When Keletso studied the fitness space, she noticed a troubling pattern: too many women were being introduced to fitness through shame and comparison rather than strength and ownership.

"I saw a gap in how African women experienced fitness," she explains. "Too often it was punishment, not power. I wanted women to understand, your body is not a project. It is power."

But for Keletso, Dioactive was never meant to stop at clothing. The brand intentionally builds community and mindset awareness, working with inspiring women and creating conversations that remind women of who they already are.

"Our women are already capable," she says. "Our job is to unlock that confidence and nurture it. Confidence is not stitched into fabric, it is activated through identity."

One moment that continues to affirm her purpose came from a new mother who walked into Dioactive after a painful public breakup, simply looking for something comfortable to wear to the gym. Months later, she returned transformed, sharing that for the first time in years, she felt seen.

"Those are not sales," Keletso says quietly. "Those are transformations. This brand is ministry through movement."



Balancing a demanding healthcare career while building a purpose-driven brand has required what she calls bold execution. In both spaces, she has had to prove competence and credibility while pushing back against the expectation that women must eventually choose one path.

"I chose excellence in both and built systems to sustain it," she says.

Like many high-achieving women, she has faced moments of imposter syndrome, but her response has been rooted in preparation and continuous growth.

"Imposter syndrome thrives where preparation is absent," she notes. "Confidence is not arrogance, it is evidence."

Her leadership remains deeply faith-driven. She views Dioactive not simply as a business she owns, but as a platform entrusted to her, one that must be handled with integrity and purpose. Central to her message is the importance of inner healing, a step she believes many empowerment conversations overlook.

"You cannot out-earn insecurity. You cannot out-train trauma," she says. "Healing builds sustainable confidence."

Looking ahead, Keletso is focused on expanding Dioactive's impact through structured empowerment programs, school-based fitness and mindset workshops, and a stronger digital presence across Africa. Her vision is clear: this is not about trends, it is about generational impact.

"We are not building for trends," she says. "We are building for legacy."

And to the woman still waiting for the perfect moment to begin, Keletso offers a final, grounded reminder:

"The perfect time is discipline, not a date. Start before you feel ready."

In every step of her journey, Keletso Kolobo is proving that true empowerment is not loud, it is built, lived, and sustained. She is not simply building a brand. She is building a generation.

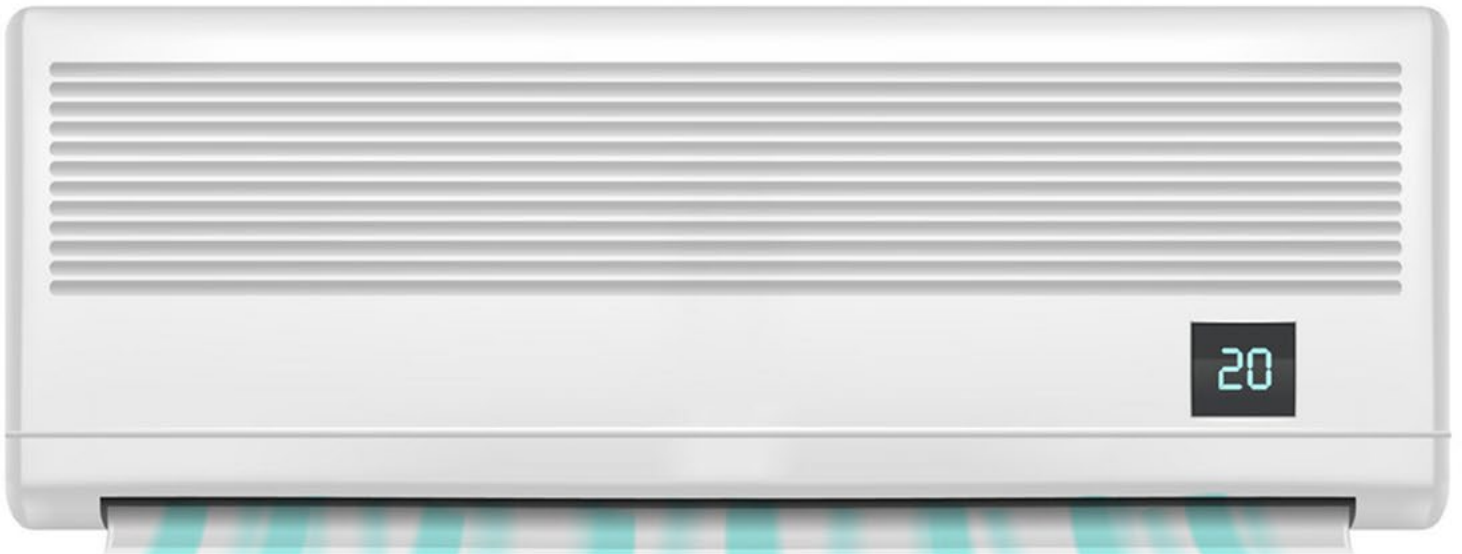
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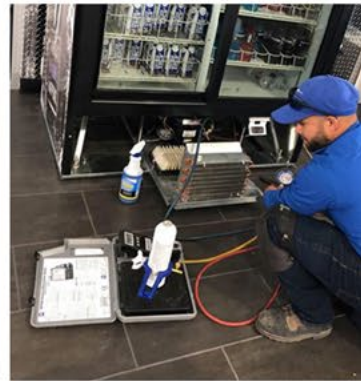
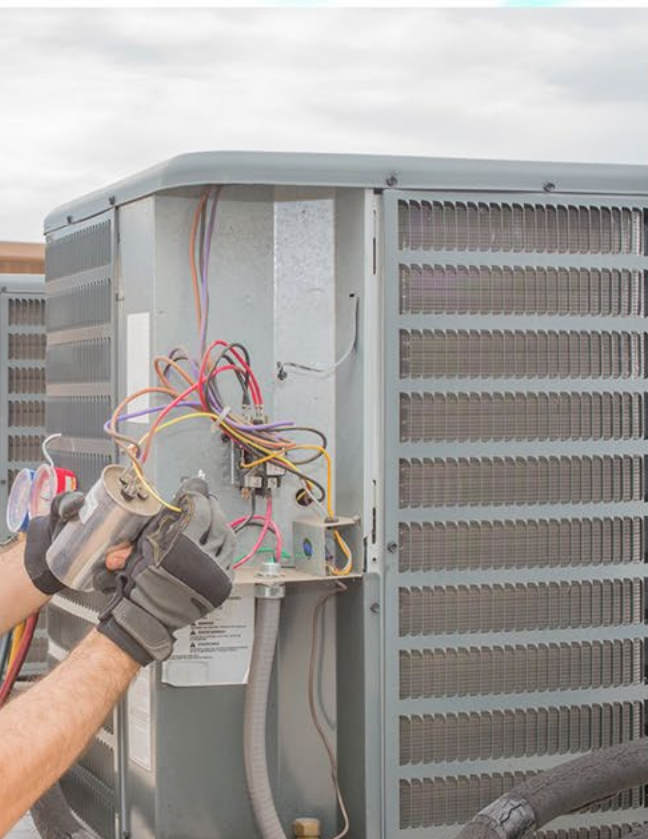
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DIBIRI DIKAE: THE BROTHERS TURNING A VIRAL HIT INTO A MOVEMENT



A viral moment can come and go. But for Dibri Dikae, what started as a vibe in the studio has grown into something far bigger, a cultural wave powered by brotherhood, authenticity, and the fearless energy of Botswana's youth.

Behind the hit "Dibri Dikae" are two young visionaries: Itumeleng Nthoiwa, known on stage as Official Bangai Baffallo from Kopong, and his brother Samson Nthoiwa, professionally known as Farrian Samusa from Oodi. In their early 20s, the duo proudly represents Botswana not just as musicians, but as storytellers rooted in family and culture.

What makes their journey unique is simple yet powerful, they are brothers. That bond shapes everything. They share the same upbringing, the same rhythms, the same languages, and the same hunger to succeed. Their music carries the pulse of Botswana's streets while reaching confidently toward global audiences.

When "Dibri Dikae" began trending in

December, even they were surprised by the scale of its impact. Social media lit up. TikTok dances exploded. Celebrations across the country adopted the track as an anthem. Then came the defining moment: their manager, Leago Mogano, informed them that the song had reached No. 9 globally on Apple Music.

That was the turning point.

It was no longer just a hit, it was a statement. The song itself was born organically. A simple vibe session in the studio turned into magic when the hook landed. Catchy, playful, and impossible to forget, it reflected everyday life, humor, slang, and the unapologetic spirit of Botswana's youth culture. The challenge was ensuring the song wasn't just viral, but timeless. They focused on balancing simplicity with depth, creating something fun yet lasting.


Their sound resists confinement. While often described as Amapiano or Afro-fusion, Dibri Di Kae intentionally refuses to be boxed into one genre. Their music is proudly Botswana at its core, yet globally fluent. It blends

tradition and modernity, a fusion shaped by Kopong and Oodi's rhythms, storytelling culture, and lived experiences.

For first-time listeners, their style is bold, playful, and deeply rooted in identity. Their message? Celebrate who you are. Embrace your roots. Stand out unapologetically.

Since the song's rise, the highlights have been unforgettable. Performing live and hearing entire crowds sing every word back to them is a feeling they describe as surreal. Seeing influential figures, from Lioness Ratang to Botswana influencers and South African TikTok creators, amplifying the track confirmed that "Dibri Dikae" had grown beyond music. It had become a movement. And they're just getting started.

The duo is currently working on new singles and an upcoming EP that promises to reveal new layers of their artistry while maintaining the infectious energy fans love. Their ambition stretches beyond borders, with dream collaborations including Burna Boy, whose fusion of African identity and global



appeal mirrors their own vision. Artists like Tyla and Wizkid also sit high on their collaboration wishlist. Locally, they see exciting synergy with talents such as Ezra and Han-C, artists whose unique styles could create something powerful and fresh.

Through it all, one lesson stands above the rest: consistency is everything. Success cannot be predicted, but belief and persistence are non-negotiable. They understand that a breakthrough is not luck, it is a preparation meeting opportunity.

To upcoming musicians in Botswana, their message is clear: trust your craft, stay consistent, and don't be afraid to take risks. The industry may be tough, but authenticity will always find its audience.

With brotherhood as their foundation and Botswana as their heartbeat, Dibiri Di Kae are not just riding a viral wave, they are building a legacy.



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The Silent Health Challenge



High blood pressure, or hypertension, is often called the “silent killer” for a reason. Millions of people live with it without realizing it, because it rarely produces obvious symptoms in its early stages. Yet, untreated hypertension quietly strains the heart, arteries, kidneys, and brain, increasing the risk of heart attack, stroke, kidney disease, and other serious complications. Understanding this condition, its causes, and how to manage it is vital for long-term health.

Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps. Normal blood pressure is generally considered to be around 120/80 mmHg. Hypertension occurs when this force consistently rises above safe levels, putting extra pressure on vital organs. Over time, the arteries may become less elastic, the heart has to work harder, and organs that rely on a steady blood supply can be damaged.

There are two types of hypertension. Primary, or essential hypertension, develops gradually over years and has no identifiable cause. It is influenced by genetics, age, and lifestyle factors such as diet, physical activity, and stress. Secondary hypertension results from an underlying condition, such

as kidney disease, hormonal disorders, or certain medications. Regardless of type, high blood pressure is a condition that requires awareness and proactive management.

Lifestyle plays a significant role in both the development and control of hypertension. Diets high in salt, saturated fats, and processed foods can contribute to elevated blood pressure, while regular physical activity helps maintain healthy cardiovascular function. Weight management, limiting alcohol consumption, and quitting smoking also significantly reduce risk. Stress, though harder to quantify, affects blood pressure through hormonal and nervous system responses, making mindfulness, meditation, and adequate sleep important components of prevention and care.

Monitoring is critical because hypertension often has no obvious signs. Regular blood pressure checks, at home or during medical visits, can detect dangerous trends before complications arise. If diagnosed, treatment may involve lifestyle modifications, medication, or a combination of both. Common medications include diuretics, ACE inhibitors, calcium channel blockers, and beta-blockers, each working in different ways to reduce strain on the cardiovascular

system. Importantly, treatment plans are highly individualized and require ongoing communication with healthcare professionals.

Awareness and education are key to combating hypertension. Many people neglect subtle warning signs such as headaches, dizziness, or shortness of breath, assuming they are minor issues. Yet these symptoms, particularly when persistent, should prompt evaluation. Community health initiatives, regular screenings, and accessible health information all play critical roles in helping people identify and manage high blood pressure before it escalates.

Hypertension is not a sentence, it is a manageable condition. With proper care, lifestyle adjustments, and adherence to medical guidance, individuals can live full, active lives while keeping their blood pressure in check. Prevention, early detection, and consistent management are the pillars of reducing the risks associated with this silent but pervasive condition. In embracing these practices, we not only protect our hearts but also strengthen our overall health and longevity.



MASTERING HOME MANAGEMENT:

Creating Harmony, Comfort, and Efficiency



Home is more than a place to live, it is a sanctuary, a hub of family life, and a reflection of the people who inhabit it. Managing a home effectively is both an art and a science. It involves balancing cleanliness, organization, finances, meal planning, maintenance, and the emotional well-being of everyone under the roof. While it may seem overwhelming at times, thoughtful home management transforms everyday routines into a system that runs smoothly, allowing space for comfort, creativity, and connection.

The foundation of home management is organization. A well-organized home saves time, reduces stress, and creates a sense of calm. This does not mean perfection or minimalism, but rather intentionality, knowing where things belong, establishing routines, and creating systems that work for your household. From labeled storage and designated zones for daily items to regular decluttering, small consistent habits make a big difference. Organization also extends to schedules. Calendars, chore charts, and reminders help keep everyone on the same page, reducing confusion and last-minute stress.

Meal planning is another cornerstone of effective home management. Preparing

balanced meals in advance saves time, reduces food waste, and ensures that the household is nourished. Planning does not require complex recipes; even simple menus organized weekly can provide structure. Smart shopping practices, like maintaining a pantry inventory and making a list before heading to the store, prevent unnecessary purchases and overspending. Cooking and meal preparation can also be shared responsibilities, turning an essential task into a bonding opportunity.

Financial management is deeply intertwined with home efficiency. Tracking expenses, setting budgets, and planning for bills helps prevent financial stress and ensures resources are used wisely. It may include simple tools like spreadsheets or apps that track household spending, savings goals, and bills. Proper financial oversight also allows for maintenance and home improvements, which enhance comfort and protect long-term investment.

Maintenance, both routine and preventative, keeps a home functioning smoothly. From cleaning gutters and servicing appliances to seasonal deep cleaning and checking smoke detectors, staying ahead of small issues prevents larger, costlier problems. A well-maintained home is safer, more comfortable,

and far less stressful, leaving more time and energy for family, hobbies, or relaxation.

Equally important is the emotional management of a home. A well-run home considers the needs and moods of everyone who lives there. Creating spaces for relaxation, play, study, and socializing contributes to balance and harmony. Encouraging participation in chores, respecting personal space, and fostering open communication promotes cooperation and reduces tension. Home management is not just about logistics, it is about cultivating a nurturing environment where people feel valued, comfortable, and connected.

Ultimately, mastering home management is about creating a rhythm that blends structure with flexibility. Every household is unique, and the strategies that work for one may not suit another. The goal is not perfection but functionality, harmony, and comfort. When a home is managed effectively, it becomes a place of energy rather than stress, of warmth rather than chaos, and of stability rather than disorder. In essence, thoughtful home management allows a household to thrive, transforming everyday life into a seamless, balanced, and deeply satisfying experience.



Ntontwane Catering Services: Where Botswana Flavors Meet Culinary Art

Written By: Smith The Seam Ripper

A photograph of Tsholofelo Leagajang, the founder and executive chef of Ntontwane Catering Services. She is a woman with dark hair pulled back, wearing glasses and a white chef's coat over a blue top. She is sitting on a white chair outdoors, with a stone wall in the background. The chef's coat has a logo on the left chest and the name 'Tsholofelo' on the right chest.

Tsholofelo Leagajang, Founder and Executive Chef of Ntontwane Catering Services, is redefining how Botswana experience food. "I want to create a brand where traditional flavors are treated with the same luxury, precision, and fine-dining respect as international cuisines," she said. Since its founding in 2021, Ntontwane has become synonymous with creativity, precision, and unforgettable dining experiences.

For Tsholofelo, food is more than sustenance, it is a language that carries the heart of Botswana's culture. "My philosophy is Fresh, Bold, and Rooted. I believe in honoring the ingredient," she said. She explained that her style fuses traditional African preparation methods with contemporary plating, ensuring that "the plate looks like a modern masterpiece but tastes like home."

Ntontwane Catering Services is celebrated for its modern Tswana fusion, featuring slow-braised traditional meats paired with colorful vegetable medleys and unique infusions of indigenous herbs. "It isn't just about the food; it's about the visual story of the table, the professionalism of our staff, and the seamless way we handle high-pressure environments," she said. "We don't just provide a service; we curate an atmosphere."

Launching Ntontwane in 2021 came with its challenges. "Starting in a very uncertain economy and navigating shifting regulations was tough," she said. "Building a reliable supply chain for premium ingredients and scaling our team while maintaining a boutique level of quality were early hurdles that made us stronger and more resilient." Despite these challenges, Ntontwane



has earned a reputation for excellence. "Seeing the Ntontwane brand become a household name for quality is one of my proudest moments," she said. "Every time a client tells us our food was the talk of the event, it validates the long hours and dedication we put into every single plate."

Creativity drives everything in Tsholofelo's kitchen. "Every plate is a canvas," she said. "We are constantly experimenting with textures, height, and colors to ensure our food is as visually stunning as it is delicious." At the same time, traditional flavors remain the heart of each dish, elevated through modern techniques like slow reductions and contemporary garnishing.

Culture is central to Ntontwane's identity. "Ntontwane is more than just a name; it's a representation of our identity. We want our clients to feel a sense of national pride when they experience our service," she said. Social media has amplified this vision, allowing the brand to reach new audiences and connect with clients beyond traditional advertising.

Looking to the future, Tsholofelo shared, "I see us expanding our footprint across the SADC region, establishing a permanent luxury event facility, and perhaps launching a signature line of culinary products for people to enjoy at home." Yet, despite these ambitious plans, the foundation of the business remains unchanged: integrity, passion, and excellence in every dish, every event, and every client interaction.

"For me, food isn't just a service, it's an experience," she said. "Every event tells a story, every plate is a masterpiece, and every client becomes part of a growing legacy of culinary innovation and national pride."

Shining With Purpose:

The Inspiring Journey of Naledi Monyane



At just 13 years old, Naledi Monyane is already walking a path many only begin to dream about in adulthood. Confident, compassionate, and purpose-driven, the Grade 8 learner from Lion Pride Academy is steadily carving out her space in the world of pageantry and youth advocacy.

Living at Lion Pride Estate, Naledi describes herself as a young pageant model who loves dancing, helping others, and building her confidence. But beyond the crowns and stage lights lies a deeper motivation. Her entry into pageantry was never just about beauty, it was about voice and impact.

"I was inspired to enter pageantry at a young age because it taught me to believe in myself, speak with confidence and use my voice to inspire other children," she shares. "Pageantry helps me grow and make a positive difference."

Growing Through the Crown

Naledi's journey gained powerful momentum through her participation in Miss Empower South Africa, an experience she says transformed her mindset and leadership abilities. The platform did more than polish her stage presence, it strengthened her sense of purpose. "Participating in Miss Empower South Africa has played a big role in shaping my

confidence and personal growth," Naledi explains. "It has taught me to believe in myself, speak confidently and understand that my voice matters."

Her personal motto, "Shining with purpose, leading with hope", is more than a catchy phrase. It is a daily compass guiding her actions.

"I try to do everything with purpose and kindness," she says. "I lead with hope by encouraging others, staying positive, and being a good example every day."

A Young Heart for Community

What truly sets Naledi apart is her commitment to service through the Hope of Stars Foundation, an initiative she started to uplift children in her community. Her inspiration came from witnessing the struggles many young people face.

"I believe every child deserves love, support and the chance to dream big," she says. "Seeing children who lack opportunities or encouragement touched my heart and made me want to be a light in their lives."

One of her proudest moments came during a community cleaning campaign organized by the foundation.

"Seeing children and community members come together to clean our environment made me feel proud," she recalls.

Through her advocacy, Naledi hopes to spark courage and self-belief in other young people, particularly around mental health awareness.

"I want them to know that it is okay to speak up about their feelings," she emphasizes. "My goal is to encourage young people to become leaders in their communities."

Balancing Dreams and Discipline

Like many high-achieving young leaders, Naledi has faced her share of challenges. Her biggest hurdle has been learning to believe in herself while juggling school responsibilities with pageantry and foundation work.

"I overcame it by staying focused on my purpose and leaning on the support of my family and mentors," she says. "That experience taught me that confidence grows when you don't give up."

Her strategy for balance is refreshingly practical: planning, prioritizing school first, and relying on strong family support.

Among the many lessons she has learned, one stands above the rest:



“Believe in yourself, even when others doubt you. Your voice matters and you are capable of more than you think.”

Inspired by Greatness

Naledi draws motivation from fellow young achiever Ndaloenhle Mabena, whose confidence and dedication continue to fuel her ambitions.

“She inspires me because of her unwavering confidence and dedication to pursuing her dreams,” Naledi says.

If given the chance, Naledi would love to meet her role model in person, noting that Ndaloenhle proves age should never limit one’s dreams.

Beyond the Pageant Stage

When she is not studying, volunteering, or preparing for pageants, Naledi finds joy in creative expression. She practices ballet and is an active member of the New Covenant Drum Majorettes (NCDM), activities that help her stay disciplined while having fun.

Despite her growing list of achievements, Naledi remains grounded. She celebrates milestones, big or small, through gratitude and reflection.

“I celebrate my achievements by being grateful, reflecting on how far I’ve come, and sharing the moment with my family and supporters,” she says.

Dreams Built on Purpose

Looking ahead, Naledi’s ambitions stretch far beyond the runway. Personally, she dreams of becoming an architect while continuing to grow into a confident leader and role model. For the Hope of Stars Foundation, her vision is even bigger.

“I hope to reach more children, support mental health awareness, and create positive change in more communities,” she says.

Naledi also plans to remain active in pageantry as she grows, viewing it as a powerful platform for advocacy. Her ultimate goal is to expand her impact across South Africa and eventually onto the international stage.

With her clarity of purpose, disciplined mindset, and compassionate heart, Naledi Monyane is not just wearing a crown, she is earning it every single day.

Into the Heart of the Virungas: Discovering Volcanoes National Park, Rwanda





In the rolling green hills of northern Rwanda, where mist clings to lush valleys and volcanoes loom like ancient sentinels, lies one of Africa's most extraordinary natural treasures: Volcanoes National Park. This remarkable wilderness is more than a backdrop for postcards, it's a living testament to the raw beauty of East Africa, a place where towering mountains and emerald forests meet the quiet power of wildlife in its purest form.

For many travelers, the main draw is the legendary mountain gorillas, rare, gentle giants that roam the park's forests and have captivated the world with their intelligence and social bonds. These gorillas, close relatives of humans, can only be visited in a handful of places on Earth, and Volcanoes National Park is one of the very best. The trek through dense bamboo and mossy forest, guided by experienced trackers, culminates in a moment that transcends words: finding a family of gorillas going about their day, lounging, feeding, and playfully interacting in their natural habitat. It's inspiring, humbling, and unforgettable, a once-in-a-lifetime experience for many.

But this destination is far more than gorilla trekking alone. The park is named for its magnificent dormant volcanoes, Karisimbi, Bisoke, Muhabura, Sabinyo, and more, ancient giants that sculpt the skyline and anchor Rwanda's breathtaking landscapes. Hiking these peaks offers panoramic views over forests and farmlands, and each summit feels like a reward, revealing Rwanda's sweeping beauty from above. Surrounding the park are scenic volcanic lakes and emerald-covered hills that reflect the region's geological richness and biodiversity. Unique opportunities lie nearby too, ancient Musanze Caves, formed from volcanic lava flows millions of years ago, invite exploration beneath the earth, while the Iby'Iwacu Cultural Village brings Rwandan tradition to life through dance, storytelling, and local cuisine, connecting visitors with the culture that thrives among these hills.

Volcanoes National Park also stands as a global symbol of conservation and community partnership. Through carefully managed tourism, gorilla protection efforts have strengthened local livelihoods, transforming former threats into powerful ambassadors for wildlife. Walking through the forest with seasoned local guides not only enhances the experience, it supports a model of responsible travel that benefits communities and preserves wilderness for generations to come.

Beyond its dramatic landscapes and iconic wildlife, the region surrounding Volcanoes offers a kind of serenity that taps into the soul of Rwanda itself. Soft morning light filters through misty trees; the scent of fertile soil and fresh rain hangs in the air; distant volcanic slopes fade into gentle greys and greens at sunset. Here, time seems to slow, urging visitors to reflect, breathe deeply, and feel the pulse of a land that has endured, regenerated, and flourished.

In every sense, Volcanoes National Park is not just a destination, it is an invitation. An invitation to step into wild beauty, to meet some of our closest animal relatives eye to eye, and to discover a piece of Rwanda that lingers long after the journey ends.



CULTURE AS POWER: AFRICA'S LIVING IDENTITY

In Africa, culture is not an accessory to life, it is life itself. It shapes how people speak, dress, celebrate, govern, and remember. Culture is the foundation of identity, continuity, and belonging, carrying the values and wisdom of generations while adapting to the realities of the present. Across the continent, culture remains one of Africa's greatest sources of power.

African culture is deeply rooted in the community. Family structures, rites of passage, ceremonies, and oral traditions reinforce collective responsibility and shared history. From birth to adulthood and into elderhood, cultural practices guide individuals through life, offering meaning, discipline, and connection. This sense of community stands in contrast to individualism and continues to define African societies.

Language, Memory, and Identity

Language is central to African culture. Indigenous languages carry history, philosophy, and worldview. Proverbs, praise poetry, storytelling, and songs preserve

knowledge long before it is written down. Even as globalization advances, the revival and preservation of local languages have become acts of cultural strength and resistance.

Through language, culture remembers. It records triumphs, losses, migrations, and beliefs, ensuring that identity is not erased but passed on.

Tradition and Continuity

Traditions anchor African societies. Ceremonies, rituals, and customs connect the past to the present, offering stability in times of change. Whether through initiation rites, marriage customs, or communal festivals, tradition reinforces values such as respect, responsibility, and unity.

Importantly, African culture is not static. It evolves, adapting to urbanization, migration, and modern influences while retaining its core principles. This ability to transform without losing essence is a key source of its resilience.

Culture as Authority and Social Order

Across Africa, cultural systems have long governed social order. Elders, customary leaders, and traditional institutions continue to play vital roles in conflict resolution, moral guidance, and community leadership. Culture, in this sense, functions as an informal yet powerful system of governance rooted in respect and collective accountability.

Even within modern states, traditional authority remains influential, demonstrating that culture and modernity can coexist.

Spirituality and Worldview

Spirituality is woven into African culture. Belief systems often emphasize harmony between people, nature, and the spiritual world. Ancestral reverence, sacred spaces, and rituals reinforce a worldview that values balance, respect for the environment, and interconnectedness.

These beliefs continue to shape moral values and social behavior, offering guidance beyond written law.



Culture in a Changing World

Globalization and technology have transformed how culture is practiced and shared, but they have not diminished its power. Instead, culture has become more visible, more assertive, and more consciously preserved. Younger generations are reclaiming customs, names, languages, and practices once discouraged or dismissed. Culture now serves as a source of pride and confidence, strengthening identity in a rapidly changing world.

An Enduring Power

Africa's culture endures because it adapts, remembers, and unites. It is a source of strength that cannot be imported or replaced. As the continent moves forward, culture remains its moral compass and its anchor.

In Africa, culture is not just heritage—it is authority, identity, and power.



The Joy of Gardening: Cultivating Life, Beauty, and Peace



Gardening is more than a hobby; it is a connection to the natural world, a creative expression, and a sanctuary for the mind. The simple act of planting a seed and nurturing it to life is profoundly rewarding. Gardens, whether sprawling or small, urban or rural, invite reflection, creativity, and a sense of accomplishment that few other activities can match. In an era where screens dominate our attention and urban spaces often feel crowded, gardening offers a gentle escape, a place where life grows slowly, deliberately, and beautifully.

At the heart of gardening is patience. Plants do not conform to schedules or demands. They respond to care, weather, and season in their own time. Understanding their rhythms, the bloom of a flower, the unfurling of a leaf, the ripening of fruit, is both a lesson in mindfulness and an exercise in humility. Those who garden learn to observe closely, to notice subtle changes in color, texture, and growth, and to respond thoughtfully. Over time, the garden becomes a dialogue between human and nature, a quiet conversation that rewards attention with beauty and bounty.

The benefits of gardening extend far beyond aesthetics. Studies have shown that tending to plants reduces stress, lowers blood pressure, and improves mental well-being. The act of digging, planting, watering, and weeding is physical and grounding, providing gentle exercise while fostering a sense of purpose. Beyond the personal, gardens can nourish communities. A small vegetable patch can yield fresh produce, while flowering borders attract pollinators, supporting local ecosystems. Gardening teaches sustainability, showing how humans and nature can coexist in harmony.

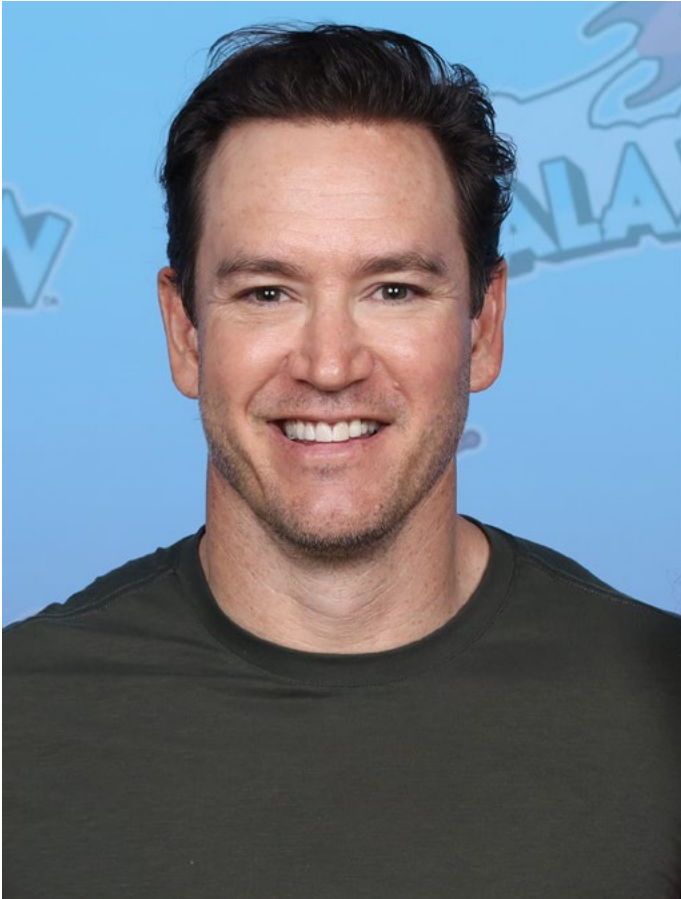
Variety is one of the garden's greatest gifts. From flowering shrubs and colorful perennials to edible herbs and vegetables, every choice offers a different reward. Mixing textures, heights, and colors creates a sense of depth and vibrancy. Gardens also offer room for experimentation. A new plant species, an unconventional layout, or a small water feature can transform a familiar space into something extraordinary. Trial and error are part of the process, and even setbacks, plants that fail, pests that invade, or unexpected weather, offer lessons and

opportunities for growth.

Gardening is also an art of anticipation and celebration. The moment a bud opens, a seed germinates, or a fruit ripens is a quiet triumph, a reward for care and dedication. These small victories remind us that life, nurtured and tended, can flourish in unexpected and wonderful ways. In a garden, time is both slowed and measured by growth rather than by the clock, offering a rhythm that contrasts sharply with the hurried pace of modern life.

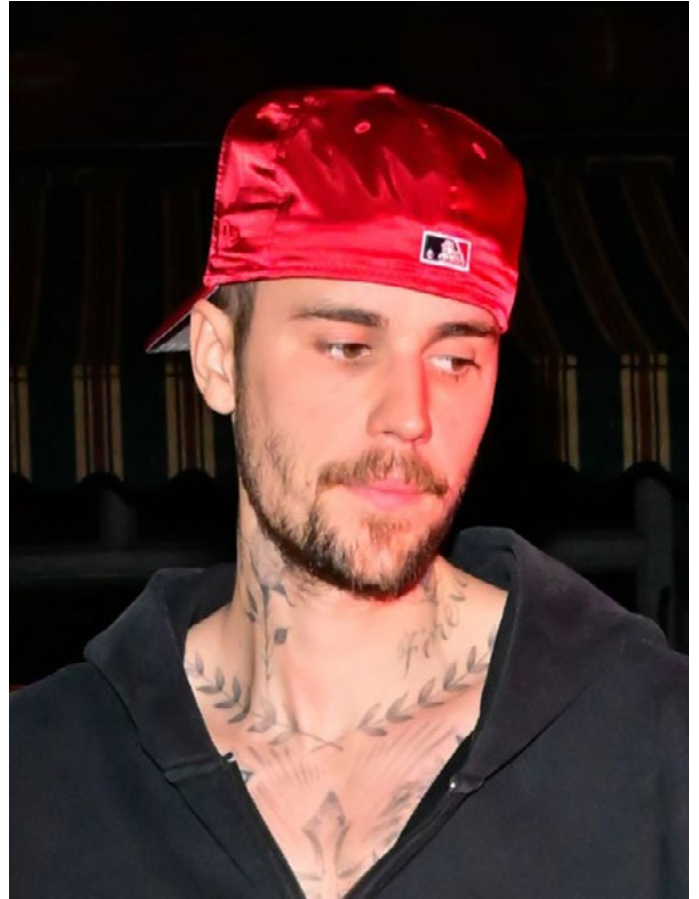
Perhaps the most enduring lesson gardening imparts is one of balance. A healthy garden requires harmony between human intervention and natural processes, between structure and wildness, between effort and patience. Those who cultivate gardens learn to adapt, to respect the cycles of nature, and to find joy in simple, living beauty. In the end, a garden is more than soil and plants, it is a reflection of care, creativity, and connection to the world around us. It is a place where life is cultivated, not hurried, and where every small action contributes to something larger, enduring, and profoundly satisfying.





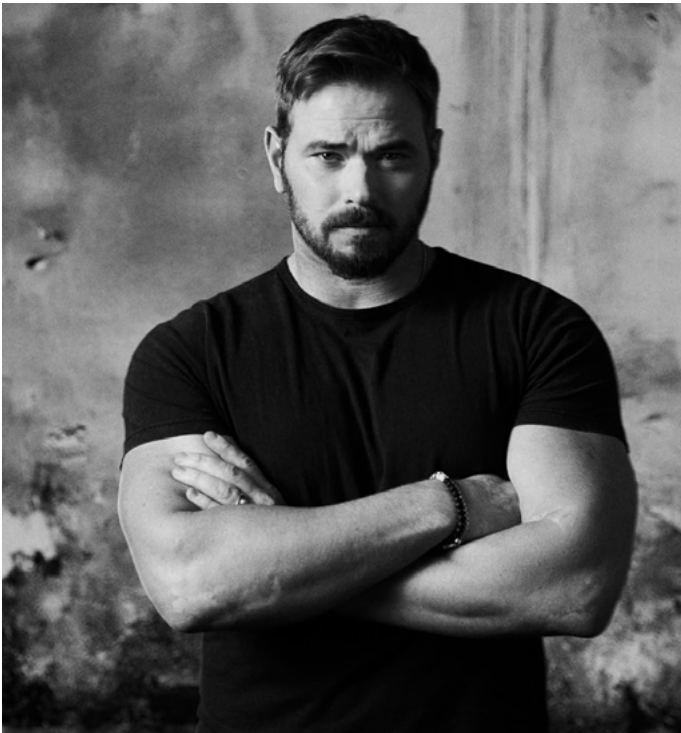
Mark-Paul Gosselaar
March 1

Mark-Paul Gosselaar is an American actor best known for his iconic role as Zack Morris in the classic teen sitcom *Saved by the Bell*, which originally aired from 1989–1993 and sparked several spin-offs and a revival. He later appeared in shows like *NYPD Blue* and *Mixed-ish*, showcasing his versatility beyond teen comedy.



Justin Bieber
March 1

Canadian pop superstar Justin Bieber rose to global fame as a teen with hits like "Baby" and has since become one of the world's best-selling artists. Known for his vocal range and evolving music style that blends pop, R&B, and electronic influences, Bieber continues to impact charts worldwide and maintain a huge fan base.



Kellan Lutz
March 15

Kellan Lutz is an American actor and model widely recognized for playing Emmett Cullen in *The Twilight Saga* film series. He's also appeared in films like *Immortals* and *The Legend of Hercules*, and has taken roles in TV series such as *FBI: Most Wanted*.



Lady Gaga
March 28

Stefani Joanne Angelina Germanotta, known professionally as Lady Gaga, is an American singer, songwriter, and actress celebrated for her powerful vocals, boundary-pushing fashion, and theatrical performances. With multiple Grammy Awards and hits like "Bad Romance" and "Shallow", she's one of the most influential pop artists of her generation.



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.

Binky and the Sharks

Written By: Afsheen Islam Tishon



In the bright blue sea, there lived a little guppy fish named Binky. Binky was a tiny little thing, barely visible in the vast ocean. He loved playing with his other guppy friends, who were so similar to him. They shared the same colour scales and the same flowy fins. They played games of tag and hide and seek.

But Binky often found himself sneaking glances at the baby sharks playing nearby. He longed to play games with them, on their side of the playground. Binky never dared to approach them, as they were so different. Where sharks had smooth, grey skin, Binky had scaly, colourful skin. While the sharks had strong, powerful fins, Binky had agile, quick fins. No guppies or any other fish ever played with them.

Back home, Binky told his father about the playground sharks. He spoke of their differences and how they only played with other sharks. Once he had finished, Binky's father began to speak. He encouraged Binky to try talking to the baby sharks, since that is what Binky wanted. But Binky was not convinced. He was sure the sharks would not welcome a little guppy like him into their

group. Binky's guppy friends would also not approve of such a thing.

The next day, Binky went to meet his guppy friends at the playground again. The sharks were already there, playing a game of football. Binky stared at them, watching how much fun they had. Suddenly, the ball came flying at him at lightning speed. Before he could duck, it struck him square on the head, throwing Binky backwards onto the sand. Everyone stopped what they were doing and held their breath as the sharks swam towards Binky, worried about what might happen. They came to a halt in front of Binky, towering over him on the sand. Poor Binky was shivering with fear, terrified of the unique strangers.

Suddenly one of the sharks held out his fin, offering Binky a hand up. Binky took it and stood up, brushing the sand off his gills.

"We're sorry" said the shark with a toothy grin. "Would you like to play with us?"

Binky released a breath he didn't realize he'd been holding. The sharks were kind after all.

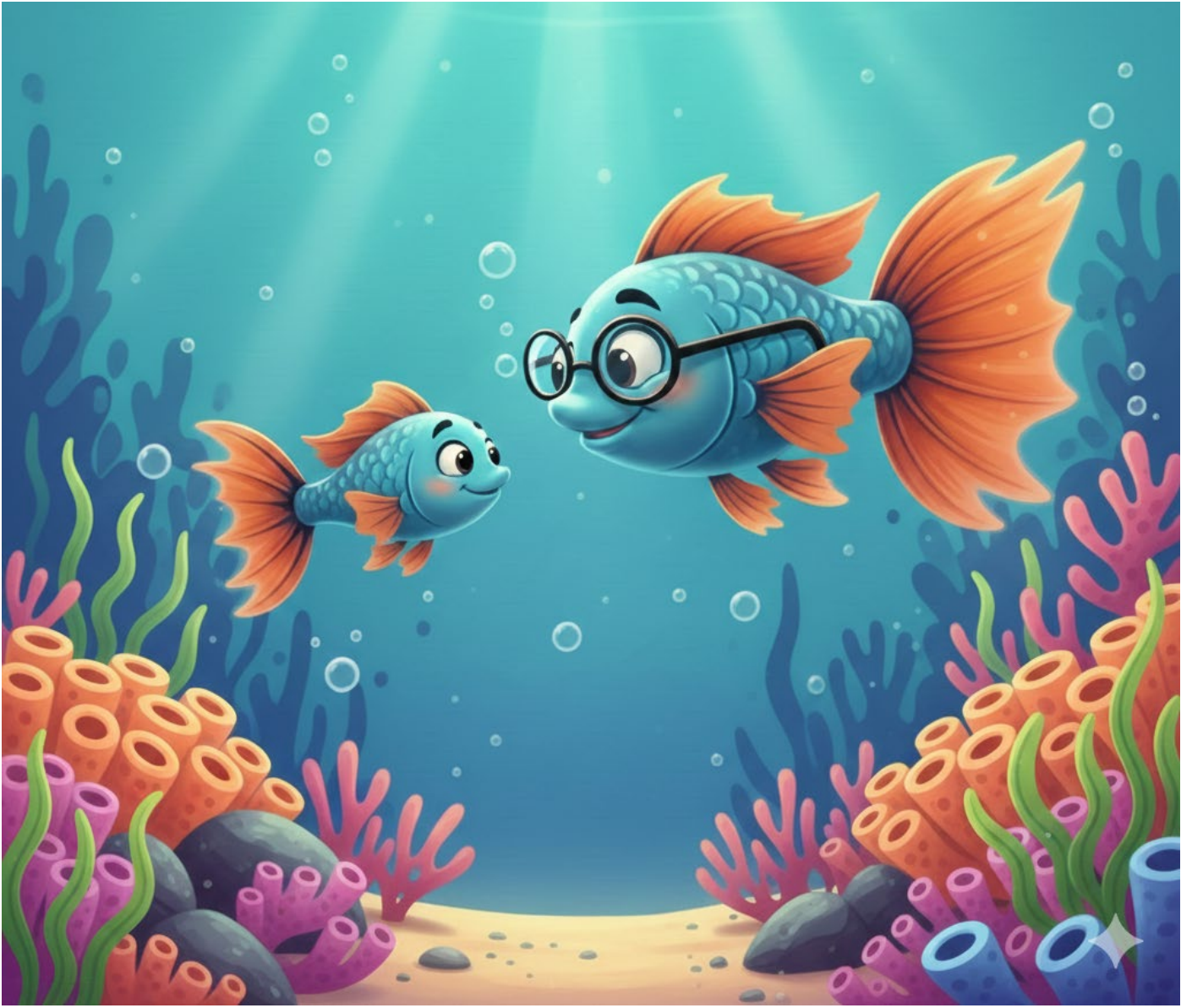
"Yes!" said Binky, jumping with joy.

Together, they swam over to the other side of the playground and began playing football together. It was the most fun Binky had ever had. Although the sharks were large and powerful, Binky's size made him an agile player, and loved by the rest of the team.

That evening, Binky rushed home and told his dad everything. The next day Binky went over to the sharks to play again. He often caught his guppy friends watching them, still too worried to come over. So Binky swam over and invited them to join the sharks with him.

Soon, the whole playground had become one big group, with both sharks and guppies on either side. Binky and the guppies realized that although they were different, friends can be found in anyone, no matter how big or small.

Word spread of this newfound friendship and soon, all kinds of fish joined them in the playground. Together they played many games and had lots of fun everyday.





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Beyond the Surface

Beauty is often discussed as something visible, something that can be admired, compared, or measured. Yet its true power lies far beyond appearance. Beauty is felt before it is seen. It exists in confidence, presence, and the quiet ease of self-acceptance. While trends and ideals constantly shift, beauty remains a deeply personal experience shaped by how individuals understand themselves and move through the world.

At its core, beauty is not perfection. It is individuality. Faces, bodies, voices, and expressions differ endlessly, and it is this variation that gives beauty its richness. Attempts to narrow beauty into a single standard have never succeeded because beauty resists uniformity. It thrives in difference, in contrast, and in authenticity. The more honestly beauty is expressed, the more powerful it becomes.

Confidence is one of the most compelling forms of beauty. It changes posture, softens expression, and transforms energy. A confident person does not seek attention; they naturally attract it through ease and self-assurance. This kind of beauty cannot be applied, styled, or purchased. It is built slowly through self-trust, acceptance, and the courage to exist without apology.

Self-care plays a vital role in how beauty is revealed. Caring for the body and mind is not an act of vanity, but of respect. When individuals prioritise rest, nourishment, movement, and mental clarity, beauty emerges naturally. Healthy skin, relaxed features, and calm presence are often reflections of balance rather than effort. Beauty flourishes where well-being is honoured.

For decades, beauty standards promoted sameness, rewarding those who fit narrow ideals and marginalising those who did not. These standards shaped insecurities and encouraged constant comparison. Today, that narrative is gradually changing. There is growing recognition that beauty exists across all ages, sizes, textures, and forms. Wrinkles, scars, stretch marks, and natural features are no longer hidden away but increasingly understood as markers of lived experience.

Beauty is also deeply expressive. Through grooming, personal style, and presentation, individuals communicate emotion, intention, and mood. These expressions are fluid, shifting with time, environment, and personal growth. What feels beautiful at one stage of life may evolve at another, allowing beauty to mature rather than fade.

In this way, beauty is not fixed, it grows alongside the individual.

As people age, beauty often becomes less performative and more grounded. The desire for approval softens, replaced by comfort and self-awareness. Strength, calmness, and authenticity begin to outweigh surface appeal. This evolution reveals a deeper understanding of beauty, one rooted in presence rather than perfection.

Beauty is also shaped by how individuals treat themselves and others. Kindness, empathy, and emotional intelligence add depth to appearance. A gentle voice, attentive listening, or genuine warmth can leave a stronger impression than any physical feature. These qualities linger, remembered long after first impressions fade.

In a world saturated with images and comparisons, reclaiming beauty as a personal truth is an act of empowerment. It frees individuals from chasing unreachable ideals and allows them to define beauty on their own terms. This shift transforms beauty from pressure into possibility.

Ultimately, beauty is presence. It is the way someone enters a space, holds themselves with intention, listens with care, and moves with confidence. It cannot be ranked or replicated. Beauty is not something to pursue endlessly, it is something to recognise, nurture, and fully own.



The Unstoppable Sound of Maduo




Maduo Meredith Bilton is the kind of artist who doesn't just perform words, she lives them. A musician, poet, and author, Maduo is steadily carving out a space where melody meets meaning and vulnerability transforms into art. Rooted in faith and driven by a lifelong love for writing, she describes herself simply but powerfully: "Singing and reciting are my forms of expression."

From an early age, poetry became her sanctuary. "I've been writing poems for as long as I can remember," she shares. What started on paper gradually found its rhythm on stage, beginning with live performances at Travelodge and later on church platforms, spaces that nurtured her confidence and deepened her sense of purpose. Her journey came full circle during the visit of Honourable Minister of Higher Education, Prince Maele, at the University of Botswana's UNIPOD, when her song was played and she was invited to perform, marking a defining moment in her rising creative career.

For Maduo, poetry and music are not separate worlds but intertwined languages of healing. "They both entail writing. They are part of my healing journey," she explains. Often, the melody comes first, an emotional current that guides the words into either song or spoken word. "The energy of the words needs to give me a sense of meaning," she says, noting that sometimes her natural rhythm even makes her feel she could rap.

Her creative influences are wide-ranging, shaped by both local mentors and global stars. She credits fellow poets like K-Love the Poet, Dr Thokgamo Mogapi, and Dr Lame Pusetso for shaping her live performance experience, while musically she draws inspiration from artists such as Rihanna, Anne-Marie, Adele, Aaliyah, Zahara, and Naomi Raine.

Emotion sits at the heart of her work. Themes of love, family, travel, and everyday human connection frequently



appear in her writing. Yet despite the depth of feeling she pours into her art, Maduo remains intentional about boundaries. "I handle vulnerability by keeping professionalism," she notes, a mindset that allows her to be open without losing herself in the process.

Like many emerging creatives, her journey has not been without hurdles. She candidly points to delays in exposure, funding challenges, particularly in securing sponsors for her upcoming book launch, and the ongoing juggle between work and artistry. Currently interning at the University of Botswana's UniPod, she continues to push forward with determination.

Still, defining moments continue to affirm her path. Being recognized as an upcoming poet during Poetry Night at Travelodge stands out as a turning point, a reminder that her voice is being heard.

Looking ahead, Maduo's vision is expansive. She is eager for future collaborations and names an ambitious list of dream partners, including Chef Gustos, Tyla, Black Coffee, Tshepo Lesole, Kgosi Kooagile, Kago Afrika, and Phenyoy. Fans can also anticipate her upcoming book launch and the release of new music, projects she hints will reveal even more layers of her artistry.

At her core, Maduo's mission is simple but profound: presence. "Experience the moment, be in the moment," she says of what she hopes audiences carry with them after encountering her work.

And for the next generation of poets and musicians searching for their voice, her advice is grounded in both faith and discipline: "Pray hard, work hard and believe in yourself."

With her pen in one hand and melody in the other, Maduo Meredith Bilton is not just finding her voice, she is steadily ensuring the world hears it.

OTENG LEPERE: STITCHING CULTURE INTO THE FUTURE OF FASHION

Written By: Smith The Seam Ripper

For Oteng Lepere, fashion was never a sudden calling. It was something that grew quietly, stitched together by memory, music, and the rhythm of the streets.

"I didn't have a single dramatic moment, it was gradual," Oteng reflects. "Growing up, clothing was always part of how people expressed themselves in the streets through Pantsula culture, Kwaito, and hip hop. I couldn't always afford the pieces I admired, so I started customizing plain clothes, cutting, stitching, adding details. That's when I realized I wasn't just consuming fashion, I was already designing."

What began as necessity soon became identity. The act of altering garments turned into a deeper understanding of self. Fashion was no longer about wearing labels, it was about creating meaning.

Rooted in Culture, Driven by Evolution

Oteng's creative voice is inseparable from his upbringing. His work carries the pulse of Kwaito's movement and the lyrical depth of Motswako.

"My upbringing is everything in my work," he says. "Kwaito shaped how I see rhythm, movement and style. Motswako introduced me to hip hop as a cultural language, not just music. Both taught me that culture isn't static, it evolves, mixes, and adapts."

That philosophy lives in his designs. Workwear silhouettes intersect with African references. Global streetwear codes merge with personal narratives. His garments feel layered, as though each thread carries a story about identity, belonging, and transformation.

Themes of culture and self-expression appear consistently in his work, sometimes even subconsciously. "Identity, belonging, culture, and self-expression," he says simply. "Those things always show up."

Learning the Hard Way

Like many creatives navigating the industry, Oteng faced moments of doubt early in his career. One of his biggest challenges was trying to conform.

"One of the biggest challenges was trying to fit into what I thought the fashion industry wanted," he admits. "I diluted myself at times and tried following the rules without

expressing myself freely."

The experience was humbling, and necessary.

"It took failure and frustration to realize that my strength is not in fitting in, but in embracing my own background and story."

That shift became transformative. Instead of chasing approval, Oteng chose authenticity. Instead of perfection, he chose honesty.

"I don't separate my personal identity from my work anymore. My brands, especially Spaceo, are an extension of who I am. The public sees my work, but the work is rooted in real experiences, doubts, and growth. Authenticity is more powerful than perfection."

Building From the Ground Up

Among all his milestones, founding his own labels, from Lejaja to Spaceo, remains the most personally significant.

"Starting my own labels is the most meaningful," he says. "Coming in knowing nothing about clothing, teaching myself, honing my skillset and point of view, and becoming this good, that means everything." The journey was not glamorous. It required trial and error, discipline, and resilience.

"Building something from the ground up through trial and error teaches you the hard way. It builds character. It teaches you patience and commitment."

For Oteng, success goes beyond awards or commercial visibility.

"Success is freedom, the ability to create without fear and to inspire others to do the same."

That clarity has empowered him to protect his artistic integrity. "Not every opportunity is meant for you," he says. "Protecting your vision is more important than quick exposure."

Fashion as Responsibility

Oteng sees fashion as more than clothing, it is a cultural force.

"Fashion is no longer just clothing, it's identity, politics, and storytelling."

With that influence comes responsibility. "To represent honestly, avoid exploitation of culture, and create space for new voices."

Staying authentic in an industry that constantly demands reinvention can be

challenging, but Oteng remains grounded.

"I stay rooted in my story and don't chase validation."

His hope for future generations is clear and powerful: "I want young creatives to see that their background is not a limitation, it's their greatest asset."

Sacrifice, Failure, and Growth

The pursuit of excellence has required sacrifice, time, comfort, and financial stability. "They were worth it because they taught me discipline and self-belief."

Failure, he says, has been his greatest teacher. "Failure taught me resilience, patience, and honesty with myself."

As for reaching the "peak" of his career, Oteng rejects the idea entirely. "There is no real peak, only continuous evolution."

The Next Chapter: Sound Meets Style

Looking ahead, Oteng is excited about expanding beyond fashion into another medium that has always inspired him: music. "My biggest inspiration is music. I'll be working on Spaceo Music, releasing music and using it to build a community."

For him, music and fashion have always been intertwined. This next chapter feels less like a pivot and more like a natural progression, a broader canvas for storytelling and connection.

Defining Legacy

When asked how he hopes to be remembered, Oteng's answer is rooted in impact.

"Legacy is impact. I hope to be remembered as someone who created space for authentic African narratives."

If he could speak to his younger self, he would offer reassurance: "Trust your instincts earlier. You are enough."

And to young creatives battling self-doubt?

"Self-doubt is normal. Don't wait for confidence, create through fear."

In every collection, every stitch, every evolving idea, Oteng Lepere is proving that originality is not about chasing trends, it is about embracing where you come from and daring to build from it.













Transforming Spaces:

The Art and Science of Interior Design

Interior design is more than just arranging furniture or choosing a color palette—it's the art of shaping environments that reflect personality, enhance functionality, and evoke emotion. The spaces we inhabit influence our mood, productivity, and even well-being. From cozy apartments to luxurious homes, thoughtful design transforms ordinary rooms into extraordinary experiences. In today's world, where style meets sustainability and technology meets comfort, interior design has evolved into a multifaceted discipline that blends creativity, psychology, and practicality.

Understanding the Principles of Interior Design:

At its core, interior design revolves around balance, harmony, and proportion. Each space has its own personality, and successful design ensures that every element, furniture, lighting, textures, and colors, works in concert. Balance can be symmetrical, asymmetrical, or radial, creating either formality, dynamism, or focus. Harmony ties together color schemes and styles, while proportion ensures that objects relate well to each other and to the room's dimensions. Mastery of these principles allows designers to create spaces that feel intuitive and aesthetically pleasing.

Color: The Emotional Palette:

Color is one of the most powerful tools in interior design. It influences perception, mood, and even behavior. Warm tones like reds and oranges can energize a room, while cool tones such as blues and

greens create calm and relaxation. Neutral palettes provide a timeless backdrop, allowing accent pieces to shine. Beyond aesthetics, color psychology can be applied strategically: a home office painted in soft blues may enhance focus, while a vibrant dining room encourages social interaction and appetite.

Lighting: More Than Just Illumination:

Lighting is both functional and atmospheric. Natural light, where possible, not only reduces energy use but also lifts spirits and creates a sense of openness. Artificial lighting, when layered correctly, can transform a space, ambient lighting sets the overall mood, task lighting supports activities like reading or cooking, and accent lighting highlights key features or artwork. Designers often play with intensity, color temperature, and placement to create dynamic and inviting interiors.

Furniture and Layout: Marrying Form with Function:

Furniture is the backbone of interior spaces, combining comfort with style. The layout of furniture affects flow, accessibility, and how people interact with a room. Open layouts foster sociability, while strategic zoning can create privacy or intimacy. Multifunctional furniture has become increasingly popular, particularly in urban settings where space is limited. Think extendable tables, storage-integrated sofas, or modular shelving that adapts to changing needs.



Textures and Materials: Adding Depth and Personality:

Texture introduces tactile and visual richness. Soft fabrics like velvet or wool bring warmth, while sleek surfaces like glass, metal, or polished stone convey sophistication. Layering textures, rugs over wood floors, cushions on leather chairs, creates depth and invites engagement. Material choices also intersect with sustainability; designers are increasingly prioritizing eco-friendly materials such as bamboo, reclaimed wood, and low-VOC paints that are both beautiful and responsible.

Trends and Timeless Design:

While trends in interior design evolve, think maximalism, minimalism, biophilic design, or smart homes, timeless principles remain crucial. Neutral bases, quality craftsmanship, and functional layouts ensure longevity. A savvy designer balances current trends with enduring elements, creating spaces that feel fresh without becoming quickly outdated. Personal touches, from family heirlooms to locally crafted art, make spaces uniquely yours and reflect your story.

Technology and Smart Design:

The rise of smart homes has revolutionized interior design. Automated lighting, climate control, and voice-activated assistants enhance convenience and efficiency. Designers now integrate technology seamlessly, ensuring it complements rather than dominates the aesthetic. From hidden charging stations to intelligent storage

solutions, tech-enabled interiors combine comfort, efficiency, and modern style.

The Psychology of Space:

Good design considers human behavior and emotions. Spaces can inspire productivity, relaxation, or creativity depending on layout, color, and lighting. Minimalist designs reduce clutter and stress, while open-plan living encourages social interaction. Designers study ergonomics and movement patterns to ensure spaces are not only beautiful but psychologically supportive.

Sustainability in Design:

Sustainable interior design is no longer a niche, it's a responsibility. From choosing renewable materials to energy-efficient lighting and waste-conscious sourcing, eco-friendly practices are increasingly embedded in design philosophy. Biophilic elements, like indoor plants and natural materials, not only reduce environmental impact but also promote well-being and connection with nature.

Interior design is a delicate dance between aesthetics, functionality, and human experience. It's about creating spaces that tell a story, reflect individuality, and enhance everyday life. Whether you're renovating a single room or designing an entire home, thoughtful design transforms the ordinary into the extraordinary. In the end, a well-designed space is more than just visually appealing, it's a sanctuary, a canvas, and an extension of who you are.

The Modern Art of Relationships: Navigating Love, Friendship, and Connection

Relationships are the invisible threads that weave the fabric of our lives. They shape our emotions, influence our decisions, and often define how we experience the world. From the passionate spark of a first romance to the enduring loyalty of long-term friendships, the bonds we form are central to human happiness. Yet, in today's fast-paced, hyper-connected world, relationships can feel both more accessible and more fragile than ever. Understanding what makes them thrive, and what can cause them to falter, is essential for anyone seeking meaningful connection.

Building Strong Foundations:

Every lasting relationship begins with a foundation of trust, communication, and respect. Trust is more than just believing someone won't lie to you, it's the sense of security that allows you to reveal your authentic self without fear of judgment.

Communication, too, extends beyond casual conversation. It requires active listening, empathy, and the courage to express your feelings clearly. Respect ensures that each person's individuality is valued, even when opinions differ. Without these pillars, relationships risk becoming shallow or strained.

Emotional Intelligence: The Secret Ingredient

One of the most overlooked yet crucial aspects of healthy relationships is emotional intelligence. This skill involves recognizing and understanding your own emotions, empathizing with the feelings of others, and managing emotional reactions in constructive ways. Partners with high emotional intelligence are better equipped to navigate misunderstandings, de-escalate conflicts, and maintain harmony.

For example, instead of responding defensively to criticism, emotionally intelligent individuals can pause, consider the perspective being offered, and respond thoughtfully.

Romance in the Digital Age:

Technology has transformed how we meet, connect, and maintain romantic relationships. Dating apps provide access to potential partners that previous generations could only dream of, but they also introduce unique challenges. Ghosting, miscommunication through texts, and the pressure to present a curated "perfect" version of oneself online can undermine authenticity. Social media can amplify insecurities, as couples compare their relationships to the seemingly flawless lives of others. Maintaining a healthy digital balance, setting boundaries for online interactions and prioritizing in-person



communication, has become a critical skill for modern love.

Friendship:

The Unsung Hero of Connection:

While romantic relationships often receive the spotlight, friendships are equally vital. Friends provide emotional support, perspective, and companionship that enrich our lives in profound ways. Unlike romantic relationships, friendships allow for unconditional support without the pressure of long-term romantic expectations. They encourage growth, provide a sense of belonging, and can even act as a buffer during periods of romantic strain. Maintaining friendships requires effort, regular communication, shared experiences, and mutual respect, but the rewards are immeasurable.

Family Ties: Roots That Ground Us

Family relationships are often the first lessons in love, conflict, and forgiveness. Whether by blood or choice, family members teach us about loyalty, sacrifice, and unconditional support. However, they can also present challenges, especially when boundaries, values, or expectations clash. Navigating family dynamics requires patience, empathy, and sometimes difficult conversations. Healthy family relationships thrive on balance, respecting individuality while honoring shared bonds.

Conflict as a Catalyst for Growth:

No relationship is immune to conflict. Disagreements are natural, and when handled correctly, they can actually strengthen bonds. Conflict becomes constructive when both parties approach it with curiosity rather than blame. Techniques

such as using “I” statements instead of “you” accusations, actively listening without interrupting, and seeking solutions collaboratively can transform potential arguments into opportunities for deeper understanding. The goal is not to avoid conflict but to navigate it with maturity and compassion.

The Role of Self-Love:

A strong relationship with oneself is the cornerstone of all other connections. Self-love involves recognizing your own worth, setting boundaries, and cultivating personal growth. When individuals enter relationships seeking validation or completion, they risk becoming codependent or resentful. In contrast, when both partners, or friends, approach a relationship as whole individuals, they bring strength, stability, and authenticity to the bond. Activities like journaling, therapy, or pursuing hobbies independently can reinforce self-awareness and personal fulfillment.

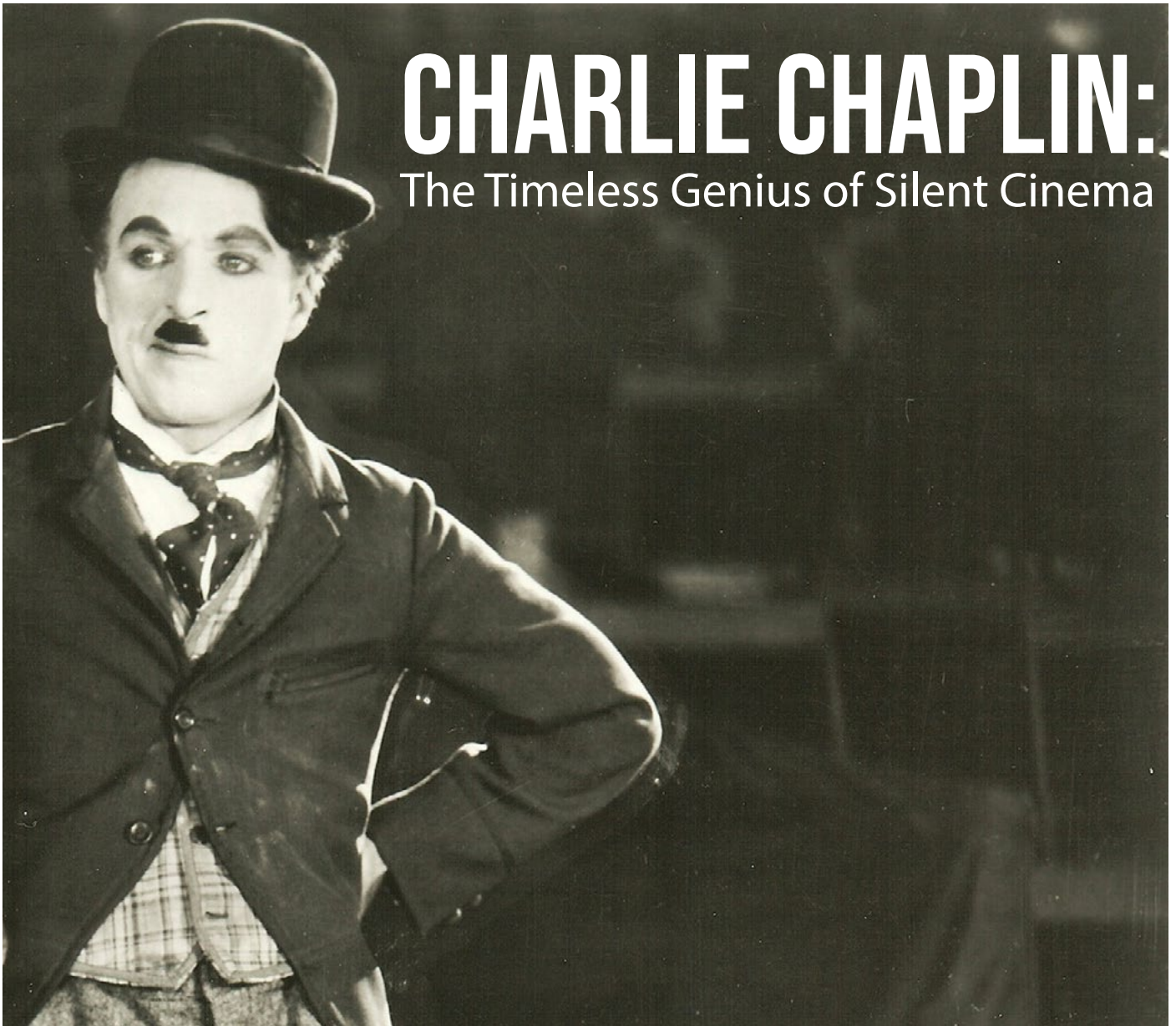
Long-Distance and Modern Challenges:

In a globalized world, relationships often face physical distance, demanding careers, and competing priorities. Long-distance relationships, for example, require extra effort, trust, and creative communication strategies. Technology can help bridge the gap, through video calls, instant messaging, or virtual date nights, but it cannot replace shared experiences. Couples and friends alike must find ways to maintain intimacy, connection, and shared goals despite external challenges.

Love Beyond Romance:

It’s important to remember that love is not limited to romantic or family connections. Acts of kindness, mentorship, and community involvement foster meaningful bonds and contribute to emotional well-being. Volunteering, joining interest-based groups, or supporting a friend in need are all ways to build relational resilience and expand your circle of meaningful connections.

Relationships are not static, they evolve, grow, and sometimes end. They demand effort, empathy, and self-reflection, but the rewards are transformative. Strong relationships provide emotional nourishment, foster personal growth, and create a sense of belonging that enriches every aspect of life. By prioritizing trust, communication, emotional intelligence, and self-awareness, we can cultivate relationships that are not just enduring but deeply fulfilling. In a world that often emphasizes speed and convenience, investing time and energy in authentic connection remains one of life’s most meaningful pursuits.



CHARLIE CHAPLIN:

The Timeless Genius of Silent Cinema

Charlie Chaplin is more than just a name in film history; he is a cultural icon whose work continues to influence cinema and comedy nearly a century later. Known worldwide for his signature character, "The Tramp", Chaplin transformed silent film into an art form that combined humor, pathos, and social commentary, creating stories that still resonate across generations.

Born in 1889 in London, Chaplin faced poverty and hardship from a young age. His early life on the streets and experiences in London's working-class neighborhoods shaped his understanding of human resilience and empathy, qualities that would define his films. Performing on stage as a child, Chaplin quickly honed his skills in timing, movement, and expression, laying the groundwork for a career that would change cinema forever.

Chaplin's rise to fame began when he joined Keystone Studios in Hollywood in 1914. It was here that he perfected "The Tramp", a lovable, bowler-hatted character with a

cane, oversized clothes, and a heart full of good intentions. The Tramp became a global symbol, capturing the struggles and hopes of ordinary people with humor and tenderness. Audiences laughed at his comedic mishaps, yet each scene carried a subtle reflection on society, work, poverty, and human dignity.

Silent film required storytelling without dialogue, and Chaplin mastered this with unparalleled skill. Films such as *The Kid* (1921), *City Lights* (1931), and *Modern Times* (1936) showcased his ability to mix laughter with emotional depth. His performances were meticulously crafted, every gesture, expression, and movement designed to convey meaning. Chaplin didn't just make people laugh; he made them feel.

Chaplin was also a visionary behind the camera. He wrote, directed, produced, and even composed music for his films, setting a standard for creative control and artistic integrity. His meticulous attention to detail ensured that every frame contributed to the story, creating cinematic experiences

that remain timeless. Through innovation and imagination, he expanded what film could achieve, influencing generations of filmmakers and comedians alike.

Beyond the screen, Chaplin's life was a blend of triumph and controversy. His outspoken political views and personal scandals often made headlines, yet he remained devoted to his art. He used cinema as a platform to explore human emotions, societal challenges, and cultural commentary, proving that entertainment could be both meaningful and universally appealing.

Charlie Chaplin's legacy is enduring. His films continue to entertain, inspire, and teach, demonstrating that comedy and empathy are inseparable. The Tramp's bowler hat, cane, and unmistakable walk are instantly recognizable symbols of an artist who captured the human spirit with grace, humor, and insight. Chaplin reminds us that great entertainment endures because it touches hearts, reflects society, and celebrates the universal truths of life.





The Bittersweet Rhythm of Parenting

Written By: Amogelang Tau

Last week stretched me thin.

My four-year-old daughter was sick. My ten-month-old son was sick too.

Nights blurred into mornings. Sleep vanished. Worry settled in my chest and refused to leave.

Work slipped. Routines crumbled. The balance of being a working mother fell apart.

Parenting in moments like this is less about the Instagram-perfect moments. It's about survival.

Medicine schedules. Soft cries in the dark. Checking temperatures again. Whispering prayers that morning brings relief.

It's exhausting. It's overwhelming. And somehow... It's tender.

Because in the chaos, there are hidden treasures only a parent knows:

A child reaching for you in discomfort.

Tiny arms wrapping around your neck, even while sick.

The stillness of holding them through the night, when the world sleeps but love stays awake.

No one tells you this part of parenting. "The bittersweet truth, the hardest days which often carry the deepest meaning."

We worry. We lose sleep. We fall behind at work. We question ourselves.

And yet... in that chaos, something beautiful is happening, we are becoming the steady ground our children stand on.

They are teaching us patience, resilience, and a love so deep it hurts.

This season is temporary.

The fevers will pass.

The sleepless nights will ease.

The missed workdays will fade.

But the memory of being their comfort, the one they needed most, will stay.

Parenting is bittersweet.

It stretches you and softens you.

It breaks your sleep but builds your heart.

It brings chaos yet reveals quiet beauty inside the mess.

Motherhood is not perfection. It's not controlled.

It's love showing up anyway. Even when tired.

Even when worried. Even when everything feels uncertain.

One day, the house will be quiet.

The nights will be long and uninterrupted.

And we might even miss the chaos that once overwhelmed us.

So for now, in the middle of worry and weariness, I hold onto the sweetness in this hard season.

Because this too is love.

And this too shall pass.

Lerotse Overnight Oats with Chia

Thick and creamy Lerotse overnight oats with chia make the perfect easy breakfast! These healthy Lerotse overnight oats are protein-packed thanks to greek yogurt and naturally sweetened with a bit of pure maple syrup. Top with whatever your heart desires! (letla I tshwarela, ga ke itse gore lerotse ke eng ka sgoa)







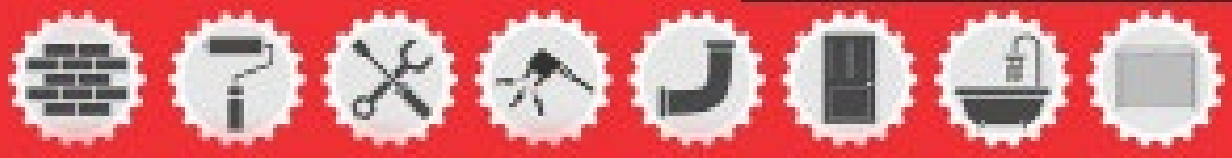
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STRENGTH, BALANCE, AND WELL-BEING





Fitness is more than just the pursuit of a toned body or the numbers on a scale, it is a holistic journey toward strength, balance, and overall well-being. In a world where sedentary lifestyles are increasingly common, prioritizing movement has become essential not only for physical health but also for mental clarity and emotional resilience. Fitness is not a quick fix; it is a lifelong commitment to caring for the body, challenging limits, and celebrating progress, no matter how small.

At its core, fitness is about understanding and honoring your body. Every individual has unique strengths, limitations, and goals, and an effective fitness routine respects these differences. Some are drawn to the intensity of weight training, enjoying the satisfaction of building muscle and improving endurance. Others thrive in dynamic forms of exercise like dance, martial arts, or high-intensity interval training, which challenge coordination, agility, and cardiovascular health. Yoga, Pilates, and stretching routines, on the other hand, cultivate flexibility, balance, and inner calm. The beauty of fitness lies in this diversity, there is a form of movement for every body, every personality, and every stage of life.

Consistency is the secret ingredient. Results do not come from sporadic bursts of effort but from regular practice, mindful choices, and a commitment to progression. Fitness is a conversation with the body: listening to its signals, adjusting intensity, and respecting rest when needed. Over time, consistency builds endurance, strength, and confidence. Even small, incremental improvements, like an extra rep, an additional minute of cardio, or a slightly longer stretch, accumulate into meaningful transformation.

The benefits of fitness extend far beyond appearance. Regular movement improves cardiovascular health, strengthens bones and muscles, and enhances flexibility and coordination. Mental health also flourishes: exercise stimulates endorphins, reduces stress, and can alleviate symptoms of anxiety and depression. Fitness routines provide structure and focus, helping individuals feel empowered and capable. For many, the gym, the track, or the yoga mat becomes a sanctuary, a place where stress melts away, and focus sharpens.

Nutrition, sleep, and recovery are integral partners in any fitness journey. The body thrives when fueled with balanced, nutrient-

rich foods and given adequate time to repair and adapt. Overtraining, poor diet, or lack of rest can undermine progress and even cause injury. Fitness is, therefore, not just about exertion; it is about harmony, balancing movement, nourishment, and rest to create sustainable, long-term health.

Fitness also has a social dimension. Group classes, running clubs, and sports teams foster connection, motivation, and accountability. Sharing progress, cheering on others, or learning together can turn exercise from a solitary endeavor into a joyful, communal experience. Even solo routines can benefit from virtual communities and challenges, demonstrating that motivation and inspiration are everywhere.

Ultimately, fitness is a celebration of what the body can do. It is about strength and resilience, about setting goals and surpassing them, and about discovering new capabilities with patience and persistence. It is less about perfection and more about progress, embracing movement in ways that bring joy, health, and empowerment. A fit body supports a vibrant mind and a confident spirit, making every step, lift, and stretch a contribution not only to physical health but to a fuller, more balanced life.



Orange FA Cup Season 7 Kicks Off with P16.8 Million Boost

Football fever is officially back.

Orange Botswana, in partnership with the Botswana Football Association, launched the much-anticipated Orange FA Cup Season 7, a knockout spectacle that continues to redefine the local football landscape.

In a bold show of commitment to sport development, Orange Botswana unveiled a P16,806,000.00 sponsorship cheque, reaffirming its investment in nurturing talent and expanding opportunities for players across the country.

Speaking at the launch, Public Relations and Communications Manager Ms Tebogo

Nadisah highlighted the deeper purpose behind the tournament:

“Season 7 is not just another edition. It is a continuation of a vision where football belongs to everyone, where opportunity reaches every corner of the country, and where the next generation of Botswana football legends can emerge and shine.”

This season promises intensity, passion, and unforgettable moments as 48 teams battle it out from February to July 2026. The official live draw set the stage for electrifying matchups, marking the start of a five-month journey toward the grand finale, where only

one team will rise to be crowned Season 7 Champions.

More than just a tournament, the Orange FA Cup has become a national celebration of unity, resilience, and raw talent. From underdog triumphs to last-minute screamers, the competition continues to give communities a reason to gather, cheer, and believe.

As boots lace up and dreams take center stage, one thing is certain, Season 7 is ready to deliver drama, pride, and pure football magic.



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