

# NOMINA:

**More Than an International  
Superstar**

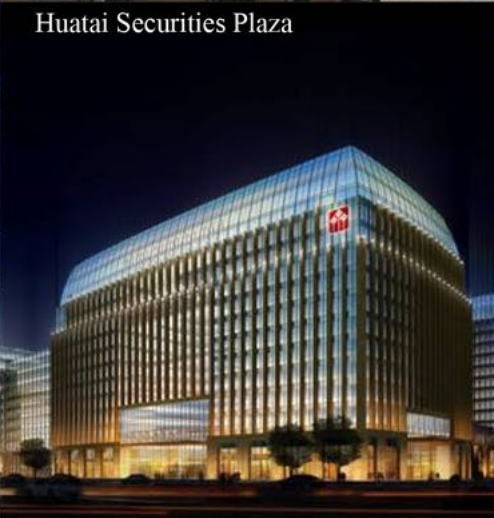
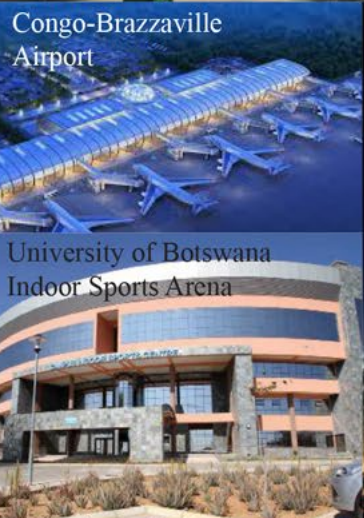
**"Modimo Wa Mpona":  
A Song for the Seen  
and the Silent**

**A Land Of Drama,  
Legends, And  
Breathtaking Beauty**

**Dada Kavino: The  
Multidimensional  
Maestro Redefining  
African Sound**

**A Nation in Mourning:  
Farewell to Tshepo  
"Talkie" Motlhabankwe**





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May Issue

This May, we turn our spotlight outward, and upward.

Gracing our cover is none other than Nomina, an international star whose sound transcends borders and whose presence is impossible to ignore. More than just a musician, Nomina represents a new wave of global artistry, one that is fluid, fearless, and unapologetically authentic. In a world where music travels faster than ever, Nomina reminds us that true artistry isn't about where you're from, but how deeply your story resonates.

In this issue, we dive into the layers behind the name. The journey, the discipline, the moments of doubt, and the breakthroughs that shaped a rising force into a global voice. It's not just about the music, it's about the movement.

But as always, this magazine is more than a single story.

Alongside our cover feature, we continue to celebrate African creativity in all its forms. From artists redefining sound and identity, to designers pushing the boundaries of culture and style, this issue is a testament to the power of expression. There is a clear shift happening, creatives are no longer waiting to be discovered; they are building platforms, owning their narratives, and expanding their reach beyond borders.

What connects every story in this edition is intention. A commitment to craft. A willingness to evolve. And a deep understanding that creativity is not just about visibility, it's about impact.

As you explore this issue, I invite you to lean into that energy. Let it inspire you to think bigger, move differently, and create without limits.

Because if there's one thing this month makes clear, it's this: the world is watching, and African talent is more than ready.

Editor-in-Chief

Takudzwa Joylene Chigura



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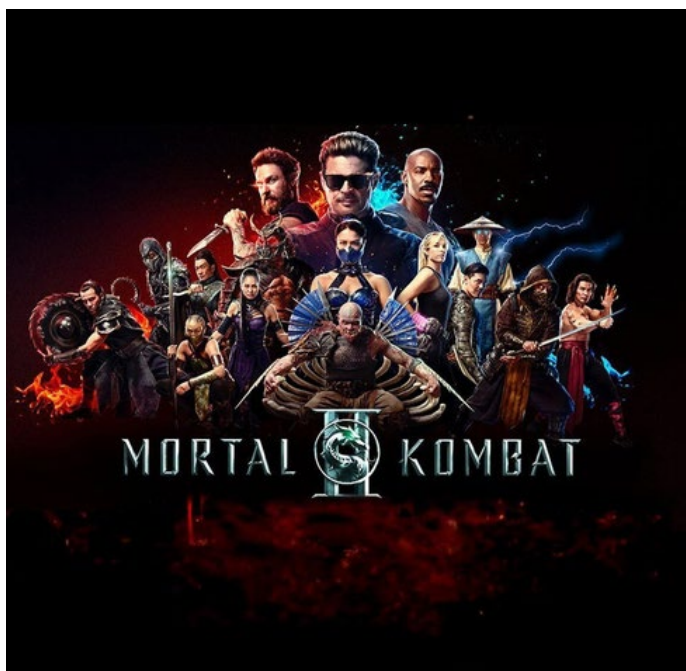
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# Celebrity World *List*

## FILM, TV, BOOKS & MUSIC

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

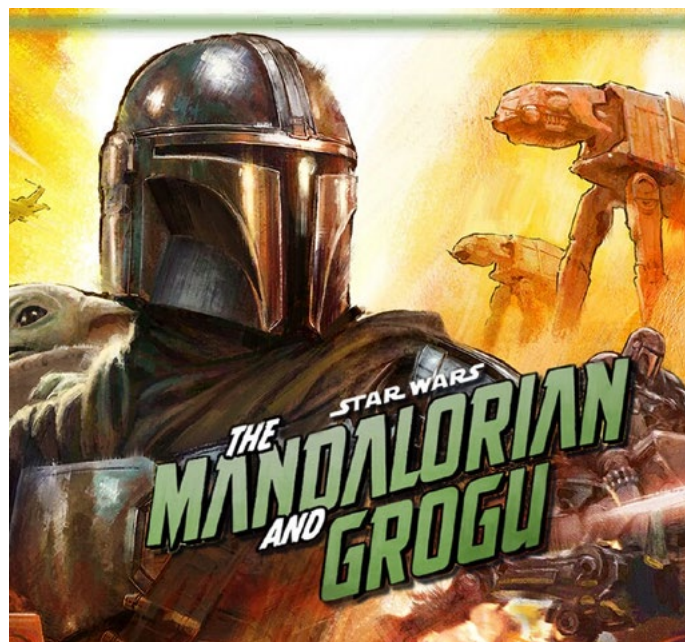


### Mortal Kombat II

Mortal Kombat II (MKII) is one of the most iconic fighting games ever made, developed and published by Midway Games. Released in 1993, it's the second installment in the Mortal Kombat franchise and a major upgrade from the original game in terms of gameplay, graphics, and lore.

#### Basic Details

- Release Year: 1993 (Arcade), later on home consoles
- Genre: Fighting
- Modes: Single-player, Multiplayer



### Star Wars: The Mandalorian & Grogu

Star Wars: The Mandalorian & Grogu is an upcoming feature film that continues the story of the hit Disney+ series The Mandalorian. It marks a major shift, bringing the story from streaming to the big screen.

#### Basic Details

- Release Date: Expected May 22, 2026
- Director: Jon Favreau
- Production Company: Lucasfilm
- Distributor: Walt Disney Studios Motion Pictures
- Genre: Sci-fi, Action, Adventure



### The Devil Wears Prada 2

The Devil Wears Prada 2 is an upcoming American comedy-drama film produced by 20th Century Studios and serves as the long-awaited sequel to the 2006 fashion-world hit The Devil Wears Prada. Directed by David Frankel and written by Aline Brosh McKenna, the film reunites its Oscar-winning cast for a story set nearly two decades later. It is scheduled for theatrical release on May 1, 2026.



### The Drama

The Drama is a 2026 American romantic comedy drama film, written and directed by Kristoffer Borgli. It stars Zendaya and Robert Pattinson as a happily engaged couple whose relationship is tested by an unexpected revelation during the week before their wedding. It also stars Alana Haim, Mamoudou Athie, and Hailey Gates in supporting roles.

The Drama premiered on March 17, 2026, at DGA Theater Complex in Los Angeles and was released in the United States by A24 on April 3. The film received generally positive reviews from critics and has grossed \$43 million worldwide on a roughly \$28 million budget.



# “Modimo Wa Mpona”: A Song for the Seen and the Silent

In a world where many people carry invisible burdens, Thintee steps forward with a message that speaks directly to silence, struggle, and survival. His new song, “Modimo Wa Mpona”, meaning “God sees me”, is more than music. It is a reflection of private pain, quiet prayers, and the belief that even in hardship, no one is ever truly forgotten.

The inspiration behind the song comes not from a single personal story, but from a shared human experience, silent battles that many endure without speaking about them. “This song was simply inspired by the struggle we face but sometimes never speak out,” Thintee explains. “It wasn’t necessarily directed to my life but every individual out there going through a rough patch silently, either you felt unseen or overwhelmed, then found reassurance in faith.”

At its core, the song speaks to dignity in suffering and the idea that being overlooked by people does not mean being overlooked by God.

“It’s about dignity and validation. Even when people overlook you or life feels unfair,

God’s awareness means your pain and effort matter. It’s less about instant rescue and more about not being forgotten.”

Still, behind its universal message lies deeply personal emotion. The song was born in quiet, reflective moments, especially at night.

“Late at night, after a hard day, when I remembered how good God has been to me despite all the struggle, I still find peace in prayer.”

Though not every lyric is autobiographical, the emotion behind it is real.

“Somehow this song is deeply personal. Though it wasn’t only directed to how my life is, the lyrics come from real nights of doubt and the choice to keep believing when circumstances don’t change right away.”

For Thintee, the message is simple but powerful: listeners are not alone.

“That they’re not alone in the pressure. The song is a reminder to hold onto hope and that their current situation doesn’t define their worth or future.”

The sound of “Modimo Wa Mpona” was

carefully shaped through collaboration, especially with producer WouzieBeatz, who helped translate emotion into sound without overwhelming the message.

“WouzieBeatz is an amazing and talented producer I’ve ever worked with. He doesn’t just make instruments but partakes in the whole production of the song. He helped translate the emotion into the right sound without overproducing it, keeping space for the vocals and message.”

Recorded under Jaw Sounds Records Entertainment, the project also benefited from a supportive creative environment.

“Jaw Sounds Records Entertainment is an environment where I feel more safe from vulnerability. One of the best record labels in Ramotswa.”

Musically, the track is rooted in Lekompo influence, a style that blends rhythm, energy, and cultural identity with storytelling.

“Lekompo has rhythm and energy, but it’s also grounded in storytelling and cultural identity. It lets you deliver a heavy message

in a way that feels familiar and uplifting rather than heavy-handed.”

But with honesty comes vulnerability.

“Yes, because it means sharing parts I usually keep private. But that vulnerability is what makes the song connect. If you’re not honest, the listener won’t feel it.”

The struggles that shaped the song include financial pressure, feeling stuck, and witnessing others go through similar emotional weight.

Despite this, Thintee hopes the song lands as a message of comfort rather than heaviness. “I hope it meets people where they are, not necessarily chart numbers, but that someone going through a rough patch feels seen and encouraged when they hear it. And 29 April is a very special date for me as it will be my birthday.”

The message is especially aimed at young people carrying silent burdens, mental exhaustion, financial stress, and the pressure of expectations while feeling invisible.

Looking forward, “Modimo Wa Mpona” is not the end, but the beginning of a bigger vision. “Yes, this is only the beginning. ‘Modimo Wa Mpona’ is part of a larger thread in my music that centers on truth and resilience. For a long time, a lot of the music around us tells people to hide their pain or pretend everything is fine. I want to do the opposite.” He envisions music as a safe space for honesty, healing, and emotional truth.

“I want to create music that says it’s okay to admit you’re struggling, but also reminds you that you’re not abandoned in it. This song is the first step in a body of work that speaks to the ordinary person carrying extraordinary weight.”

Ultimately, the goal is emotional connection, not just entertainment.

“I want them to feel lighter, not in the sense that their problems disappear, but in the sense that the burden feels shared. There’s a quiet strength that comes from knowing you’re seen, even when no one else notices.” And if there is one message Thintee wants to leave with listeners, it is one of hope and endurance:

“What you’re feeling right now is real, but it’s not the end of your story. Being unseen by people doesn’t mean you’re unseen altogether. Modimo wa mpona, God sees me. And if God sees you, then your struggle has meaning, your effort counts, and your life matters. Hold on a little longer. You are noticed, you are valued, and you will come through this.”



# NOMINA:

## More Than an International Superstar



There's something unmistakable about Nomina. It's not just the music, it's the intention behind every lyric, the lived experiences woven into every melody, and the quiet strength of a woman who has rebuilt herself time and time again. A 4x global award-winning artist, singer-songwriter, and visionary, Nomina is more than a name, she's a movement, a story, and a force shaping the sound of modern Africa.

"Nomina" carries weight, identity, and presence, but beyond the accolades and global recognition lies a woman of depth and duality. Away from the stage, she is a philanthropist, a businesswoman, and a lover of life's finer things. She speaks of travel, wine tasting, and discovering new cuisines with a quiet excitement. Yet, she also embraces solitude. "I'm a private person," she admits. "An introvert. I keep a small circle and avoid small talk, it drains me." It's this balance, between global star and introspective soul, that defines her.

Born in Zimbabwe, raised in Botswana, and refined on the global stage, Nomina's identity is a fusion of cultures and continents. "These spaces inform every decision I make," she explains. "From conception to execution." Her music reflects this blend, stories of love, growth, courage, and lived experience that resonate far beyond borders. She doesn't just create songs; she translates life into sound.

Nomina's artistry is rooted in honesty, sometimes uncomfortable, often unspoken. "When I create, it's the truth I rarely say out loud," she shares. "I'm not just a voice on a track. I'm the writer, the composer, the producer." Her music tells the story of resilience, a young woman rebuilding herself, carrying family burdens, and refusing to be confined to one genre. It's this authenticity that draws listeners in, not just to hear her, but to feel her.

Ask Nomina to define her sound in one word, and she doesn't hesitate: "Diverse." Rooted in Afro-pop and soul, her music stretches effortlessly into Amapiano and beyond. For her, creativity is curiosity, and she follows it without restriction. Her process is fluid. "Emotion, experience, experimentation, it depends on the moment," she says.

That freedom has led to defining moments in her career, including collaborations with global stars. Working with Sean Kingston on Closer to You pushed her beyond her comfort zone. "I was excited, but nervous," she recalls. "I wondered if I could match his level. That pressure became fuel." But not every moment has been easy. Her collaboration All Or Nothing with Sean Paul was ultimately taken down due to scams, a reminder of the industry's harsh realities.

If there's one thing that sets Nomina apart, it's her willingness to be vulnerable. "We all carry wounds we don't talk about," she says. "When I put them in a song, it opens a door." Her music becomes a shared space, where her pain transforms into someone else's healing. Still, honesty comes with risk. "There are topics that are dangerous, sexuality, politics, religion," she admits. "But even when I'm uncomfortable, I write it. Because if I don't say it, who will?"

While awards from Los Angeles, London, Kigali, and Lagos mark her success, her true breakthrough came from something deeper. "Being named one of Africa's 100 Iconic Personalities of 2026 changed something in me," she says. It wasn't just recognition, it was realization. "The world was listening. My music wasn't just art anymore, it was an impact." But the most powerful moments come quietly, when strangers share how her songs carried them through their darkest times. "That's when I understood how far my voice reaches."

Through songs like Don't Cry Africa, Nomina positions herself as both artist and storyteller of a continent. "Artists are Africa's memory and its mirror," she says. "We tell our stories unapologetically, heal the past, and write the future out loud." Her music becomes protest, prayer, hope, and pride, often all at once.





Representing Southern Africa on international platforms is something she carries with intention. "I'm not just exporting music," she says. "I'm exporting pride." Her experience performing in Rwanda reaffirmed something powerful: "Borders mean nothing when the music starts." Different languages, different countries, but the same emotions, the same humanity. "I wasn't performing for them," she reflects. "I was singing with them." Despite her success, Nomina is candid about the challenges she faces as an African female artist. "There's pressure to be young, overly sexy, and constantly trending," she says. "The industry rewards speed over substance." She critiques a system driven by numbers, streams, followers, and algorithms, often at the expense of real artistry. "And now AI is flooding the market," she adds. "People who can't sing are copying what real artists live and bleed for." Still, she remains unwavering in her purpose: "I didn't come here to trend. I came to leave something that lasts."

With fame comes noise, but Nomina stays anchored in her reality. "When the applause stops, I'm just me," she says. Family, close friends, and her upbringing keep her grounded. She remains connected to the same struggles and emotions that shaped her, proof that fame doesn't erase humanity. Nomina's vision stretches far beyond the studio. "I'm building an empire with purpose," she reveals. From business ventures to ambitions in real estate and fashion, her focus is clear: ownership, impact, and legacy. At the heart of it all is a commitment to giving back and opening doors for others. Even at this stage, she continues to dream, of collaborations both local and global, including artists like Ezra Neethings and the legendary Ndingo Jhowa. It's a reflection of her desire to bridge generations, sounds, and cultures.

What's next for Nomina is evolution. "Sonically, I'm redefining my sound," she says. "Experimental, soulful, but still rooted." Her upcoming single *Mama*, with visuals shot in Kigali, promises a blend of East African beauty and personal storytelling. "It's where I come from, but elevated."

For first-time listeners, Nomina hopes for something almost spiritual. "I want them to feel like they've never heard this before... yet they've always known it." A sense of familiarity wrapped in discovery. A song that sits with your pain, and leaves you lighter.

Beyond music, beyond fame, her mission is deeply personal. "I want my legacy to prove that an African woman can own her voice, her business, and her story," she says. And perhaps most importantly, to leave the door open for the next girl who doesn't see herself in the room yet.



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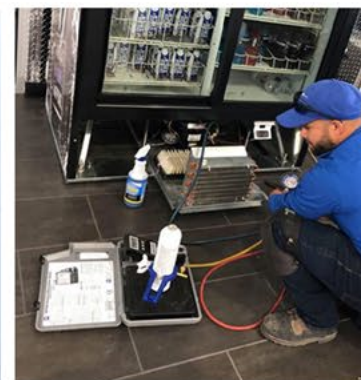
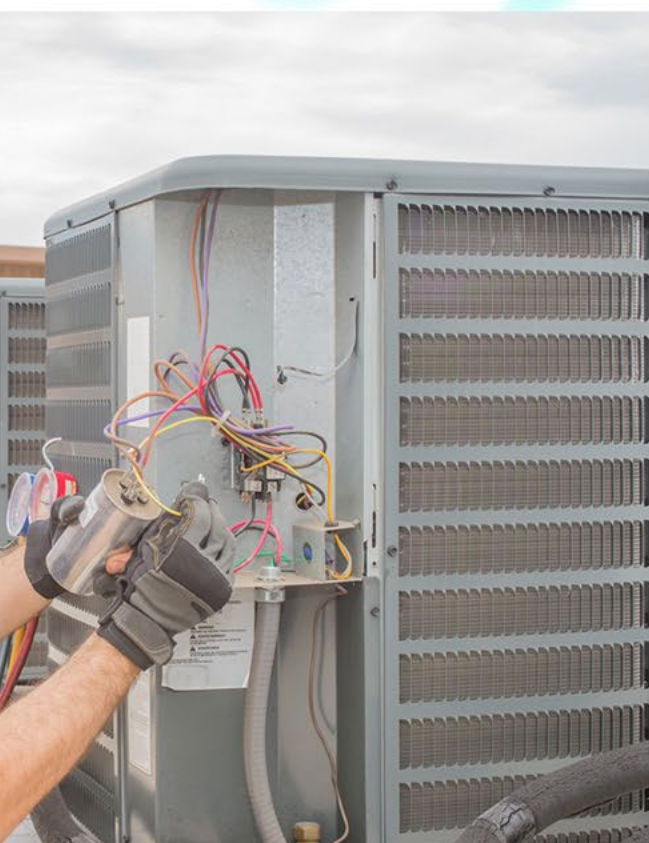
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# Home Management:

## The Art Of Creating A Peaceful And Functional Living Space



Home management is often underestimated, yet it is one of the most important skills that shapes daily life. It goes far beyond cleaning, cooking, or keeping things in order. At its core, home management is the ability to create balance within a living space so that everything functions smoothly, feels comfortable, and supports the people who live in it.

A well-managed home is not about perfection or luxury. It is about structure, intention, and care. It is the difference between waking up in a chaotic environment and stepping into a space that feels calm, organized, and ready for the day.

One of the most important aspects of home management is routine. Without structure, even simple tasks can pile up quickly. Washing dishes, doing laundry, preparing meals, and tidying rooms may seem small on their own, but when they are neglected, they create unnecessary stress. A consistent

routine helps distribute these responsibilities so that nothing becomes overwhelming. It brings rhythm into the home, making daily life more predictable and easier to manage.

Another key part of home management is organization. Every item in a home should ideally have a purpose and a place. When things are scattered or stored without order, time is wasted looking for them, and frustration builds. Organized spaces, on the other hand, create efficiency. They make movement easier, reduce clutter, and give the home a sense of calm structure. Even small habits, like putting things back after use or regularly decluttering unused items, can transform the atmosphere of a home.

Time management also plays a major role. A home does not run on effort alone—it runs on planning. Knowing when to clean, when to shop, when to cook, and when to rest helps prevent burnout. Many people find that breaking tasks into daily, weekly,

and monthly schedules makes household responsibilities more manageable. Instead of doing everything at once, tasks are spread out in a way that feels realistic and sustainable.

Finances are another important layer of home management. A household cannot function well without financial awareness. Planning budgets for food, utilities, transport, and unexpected expenses helps maintain stability. It is not about restriction, but about control—making sure resources are used wisely so that the home remains secure and stress-free.

Beyond the physical and financial aspects, home management also involves emotional balance. A home is not just a structure; it is a living environment filled with relationships, moods, and energy. Managing a home means also managing communication, reducing conflict, and creating a space where everyone feels respected and comfortable.



When emotional harmony exists, the entire household functions more smoothly.

Food management is another essential part of the system. Planning meals, reducing waste, and keeping the kitchen organized all contribute to a healthier and more efficient home. A well-run kitchen saves both time and money while also ensuring that everyone is properly nourished.

Ultimately, home management is not a one-time effort but a continuous process. It requires consistency rather than perfection. Small daily actions, like cleaning as you go, planning ahead, and staying organized, build up over time to create a stable and peaceful environment.

In the end, a well-managed home is more than just a tidy space. It is a reflection of care, discipline, and love. It is a place where life feels easier, where stress is reduced, and where people can truly feel at ease.



# Khulboi:

From Dance Floors to Recording Booths, The Rise of a Village Star

From the dusty streets of Gakgatla to the bright lights of Botswana's music stages, Khulboi has redefined what it means to chase a dream with heart and hustle. Born Kebone Kabo Kana in Molepolole Village and raised in neighbouring Gakgatla, just outside Thamaga, Khulboi's journey is a true reflection of passion winning over hardship.

## Finding Rhythm Beyond the Dancefloor

Before the beats and microphones, there were moves. "I was a dancer first," Khulboi remembers. "But being honest, being a dancer in Botswana is not as appreciated as it should be. Most people, even those we worked with, didn't respect the effort dancers put in."

That reality pushed him to find a new path, one that still let him express himself creatively. "I had to shift into something I love, something close to what I was already doing," he says. And that's how Khulboi, the musician, was born.

## A Passion That Speaks Through Genre

Starting his music career in 2024, Khulboi has only been in the game for about two years, yet he's already proving his versatility. "I do different kinds of genres, lekompo, house music, disco piano, and even hardcore kwaito," he shares proudly. "My sound is unique and friendly, made for all kinds of people."

With over seven songs under his belt, he experimented with genres and discovered his range. "At first, I didn't know which genre I should focus on. But once I realised I could do many, I went all in."

## The Studio, The Spirit, and The Sound

For Khulboi, every studio session begins not with lyrics, but with energy. "I prepare my mood first. The beat gives me the strength, it's what drives me to come up with a hit song."





And it's in the studio that fate introduced him to a mentor, the artist Kabelo Tiro, better known as Skavenja. "We became more than collaborators; he became like a brother. He showed me the importance of trusting God in this industry." Their first song together, Ke Nyorilwe, landed on Khulboi's debut EP and marked a defining moment in his career.

From Skavenja's guidance came not only music lessons but life values. "I created my clothing brand, LACOTICO, from what I learned from him," Khulboi explains. "It stands for Learn, Act, Care On Things I Contribute On. That phrase keeps me grounded."

#### **Rhythm, Respect, and Reinvention**

Though his dance career didn't take him as far as he dreamed, it wasn't without highlights. He appeared in music videos by Vee Mampeezy, Charmagal, and Nthabi Sings ft. Ntate Stunna. "That journey didn't take me far, but I'll always thank Dance Guru, who guided me back then," he says.

Dancing still plays a major role in his artistry. "It gives me an advantage, performing is easier for me because I can dance. That stage energy? It's my secret weapon."

#### **Collaborations and Growth**

Over the years, Khulboi has worked with several names in the industry. "I've worked with M.K, who's guiding me now, and Sho Chovela, a guy full of vibe. I also had a collab with Blexy Blend, but due to some issues, I had to replace her with Mossetsanyana Girilly instead."

He's also learned the importance of being comfortable in the studio. "At first, studio sessions can be scary, but once you're friendly with yourself, your producer, and everyone there, it becomes easy."

#### **Dreams Beyond the Village**

Khulboi has a clear vision for his music: "I want my songs to play countrywide. If Botswana can give me that support, I believe next year I'll be on the same level as artists like Vee Mampeezy."

He's still loyal to the people he started with, letting his music, filled with message and meaning, speak for itself. "Most people know me as a dancer," he says with a grin. "They don't know that I'm also Khulboi, the singer and performer."

#### **Final Beat**

Khulboi's story is one of growth, resilience, and grace, a reminder that even when one door closes, rhythm finds another way in. With his mix of genres, humility, and unstoppable drive, it's only a matter of time before Botswana and beyond dance to his sound, not just his steps.

# A LAND OF DRAMA, LEGENDS, AND BREATHTAKING BEAUTY



Scotland is one of those rare destinations where every landscape feels like a story waiting to be told. From ancient castles perched on rocky hills to mist-covered mountains and mirror-like lakes, the country offers a powerful blend of history, mystery, and natural beauty that continues to attract travelers from all over the world.

At the heart of it all is Scotland itself, a place where modern cities and untouched wilderness exist side by side in perfect contrast. Whether you are exploring historic streets or standing alone in vast open landscapes, Scotland has a way of making every moment feel cinematic.

One of the most iconic destinations is Edinburgh Castle. Standing proudly above the capital city, it dominates the skyline and offers sweeping views of Edinburgh. The castle is not just a tourist attraction, it is a living piece of history, holding centuries of royal stories, battles, and traditions within

its stone walls. Walking through it feels like stepping back in time.

Beyond the city, Scotland's natural beauty becomes even more dramatic in places like the Scottish Highlands. This vast and rugged landscape is filled with deep valleys, towering peaks, and endless stretches of untouched wilderness. It is a paradise for hikers, photographers, and anyone seeking peace away from modern life. The Highlands are often described as the "soul of Scotland," where nature feels both powerful and deeply calming.

Another unforgettable destination is the famous Isle of Skye. Known for its surreal landscapes, dramatic cliffs, and fairy-tale scenery, Skye is one of the most photographed places in the country. Its winding roads lead to hidden waterfalls, ancient rock formations, and coastal views that seem almost unreal. Many visitors say

the island feels less like a place and more like a dream.

No journey through Scotland is complete without hearing the legends of Loch Ness. Famous for the mysterious Loch Ness Monster, the loch is surrounded by dark, calm waters and rolling green hills. Whether or not you believe the legend, the atmosphere alone makes it one of the most enchanting locations in the country. Nearby ruins and scenic viewpoints add to its mysterious charm.

Scotland is also rich in culture and hospitality. Traditional music, local festivals, and warm communities bring life to both cities and rural towns. Even in the most remote areas, visitors often find welcoming locals eager to share stories, traditions, and a strong sense of identity.

Accommodation across the country adds to the experience, with historic stays like The



Balmoral Hotel offering elegance in the heart of Edinburgh, while countryside lodges and castle stays allow travelers to experience Scotland in a truly immersive way.

What makes Scotland truly special is its contrast. In one trip, you can walk through centuries-old castles in the morning, hike through wild mountains in the afternoon, and end your day watching the sunset over a peaceful loch. It is a destination where history and nature are not separate experiences, they exist together in harmony.

In the end, Scotland is not just a place to visit; it is a place to feel. It stays with you long after you leave, echoing in its landscapes, its legends, and its timeless beauty.





# A Legacy Worth Remembering

The story of women in Nguni societies is one that has lived in the shadows for far too long, quietly present, deeply rooted, yet rarely given the full recognition it deserves. History, as it has often been told, celebrates the rise and fall of kingdoms, the strategies of great leaders, and the intensity of battlefields shaped by figures such as Shaka Zulu. But behind these visible moments of power and conquest stood women whose strength was not always recorded, yet was undeniably essential.

To speak of their legacy is to step beyond the surface of history and into the heartbeat of Nguni life itself.

During periods of upheaval, particularly the era known as the Mfecane, entire communities faced uncertainty, displacement, and loss. Villages were uprooted, alliances were tested, and survival became a daily struggle. In the midst of this

instability, women emerged not as passive victims of circumstance, but as pillars of endurance. They adapted swiftly to changing realities, taking on roles that demanded courage, intelligence, and emotional resilience.

While warriors marched into battle, women remained behind to guard what could not be replaced: the home, the children, and the cultural identity of their people. Yet even this description does not fully capture the depth of their contribution. These women were not simply “left behind”; they were entrusted with the very survival of their communities.

They became protectors of the homestead, often organizing themselves to defend against sudden attacks. When danger approached, they acted decisively, sometimes taking up weapons, sometimes using strategy and deception to outmaneuver threats. Their bravery was not

always loud or visible, but it was constant and unwavering.

Beyond physical defense, women played a critical role as keepers of knowledge and communication. In societies where oral tradition was central, they preserved stories, histories, and cultural practices even in times of chaos. They ensured that language, customs, and identity were not lost, even when land and possessions were.

They were also vital to the logistics of survival. Managing food supplies, tending to crops under difficult conditions, caring for the wounded, and maintaining a sense of normalcy in fractured communities, these were acts of resilience that required both strength and ingenuity. In many ways, their work determined whether a community could recover after conflict or fade into disappearance.

And yet, despite all this, their stories were rarely written down.

Much of Nguni history has been preserved through oral storytelling, rich, expressive, and deeply meaningful. Within these narratives, the contributions of women are acknowledged, but often not elevated to the same level of prominence as those of male leaders. When colonial historians later documented these histories, they tended to focus on warfare, leadership, and political power, areas where men were more visibly represented. As a result, the legacy of women became something felt and remembered, rather than formally recorded.

But absence from written history does not mean absence from history itself.

Today, there is a growing awareness of the need to reclaim and reframe these narratives. To understand Nguni societies fully, one must recognize that survival was never the result of one group alone. It was a collective effort, shaped by visible and invisible forces alike. Women were central to that effort, not as supporting characters, but as co-creators of continuity and resilience.

Their legacy extends far beyond the past. It is reflected in the strength of modern African women who continue to navigate complex social, economic, and cultural landscapes with determination and grace. It lives in the enduring values of community, care, and perseverance that remain central to Nguni identity.

To remember these women is to challenge the way history has been told. It is to acknowledge that power is not only found in dominance or conquest, but also in the ability to sustain, protect, and rebuild. It is to honor a form of heroism that does not always seek recognition, yet shapes the very foundation of society.

This legacy is not carved in stone monuments or widely printed in textbooks, but it is alive. It exists in the stories passed from one generation to the next, in the cultural practices that have endured against all odds, and in the quiet strength that continues to define communities today.

In reclaiming this history, we do more than fill in the gaps—we restore balance to the narrative. We give voice to those who carried the weight of survival without acknowledgment, and we ensure that their contributions are no longer overlooked.

Because a legacy like this is not just worth remembering, it is important to understand who we are, where we come from, and the many forms that strength can take.





# Gardening in Winter: Growing Life in the Cold Season

How winter becomes a season of preparation, protection, and quiet growth

When most people think of gardening, they imagine warm sunlight, blooming flowers, and rich green landscapes. Winter, on the other hand, is often seen as a season of rest. But for gardeners, winter is far from empty, it is a powerful season of planning, protection, and hidden growth.

Even when the air is cold and the soil seems still, a garden is never truly asleep.

## Understanding the Winter Garden

Winter changes the rhythm of the garden rather than stopping it. Plants slow their growth, soil activity reduces, and many species enter a resting phase. However, this quiet period is essential for long-term health and productivity.

In colder months, gardening shifts from visible growth to maintenance and preparation. It becomes a time to care for the soil, protect plants, and prepare for the burst of life that comes in spring.

## What You Can Grow in Winter

Contrary to popular belief, winter still supports a variety of crops and plants, especially hardy vegetables and cold-tolerant species.

## Some winter-friendly plants include:

- Spinach
- Kale
- Cabbage
- Carrots
- Onions
- Garlic

These plants are resilient and often develop even better flavor in cooler temperatures.

Winter is also a good time for indoor gardening, herbs, and container plants that thrive in controlled environments.

## Protecting Plants from the Cold

One of the most important parts of winter gardening is protection. Frost, wind, and low temperatures can damage sensitive plants if they are not properly cared for.

## Gardeners often use:

- Mulch to insulate soil and roots
- Covers or cloths to protect plants from frost
- Greenhouses or tunnels for controlled environments
- Proper spacing to reduce moisture-related diseases

Protection is not about stopping nature, it is about working with it.

## The Importance of Soil Care in Winter

Winter is one of the best times to focus on soil health. While plants slow down above ground, the soil continues to develop below the surface.

## Gardeners use this time to:

- Add compost and organic matter
- Rest and recover tired soil beds
- Prepare planting areas for spring
- Improve drainage and soil structure

Healthy soil in winter leads to stronger growth in warmer months.

## Gardening as a Mindful Practice

Winter gardening is not just physical, it is deeply mental and emotional. The slower pace allows gardeners to reconnect with their space in a more reflective way.

## Tending to a quiet garden encourages:

- Patience
- Planning
- Observation
- Appreciation of natural cycles

Even small tasks, like pruning or checking soil, become calming routines during the colder months.



### Preparing for Spring Success

One of the biggest secrets of successful gardening is that spring growth begins in winter. The work done during this season directly influences how vibrant a garden will become later.

### Winter preparation includes:

- Planning crop layouts
- Starting seeds indoors
- Cleaning tools and garden spaces
- Researching new planting ideas

Every action taken now builds the foundation for future growth.

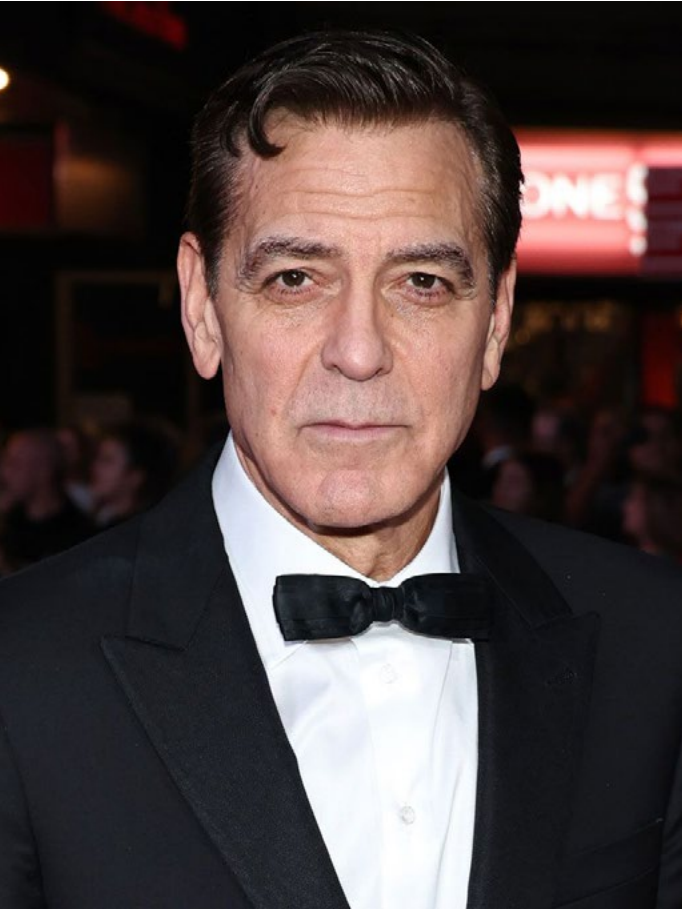
### Final Thoughts

Winter gardening teaches an important lesson: growth is not always visible. Beneath frozen soil and bare branches, life is quietly preparing for renewal.

For gardeners, winter is not an ending, it is a pause that holds promise. It is the season where patience is planted, and future beauty is carefully prepared.

When spring finally arrives, the garden does not start from nothing, it rises from everything done in the quiet of winter.





**George Clooney**

**Birthday:** May 6

George Clooney is a highly respected actor, director, and producer. He rose to fame through the TV series ER and went on to star in films like Ocean's Eleven. He's also known for his humanitarian work and activism.



**Russell Crowe**

**Birthday:** April 7

Best known for his Oscar-winning role in Gladiator, Russell Crowe has starred in many major films including A Beautiful Mind and Cinderella Man.



**Gal Gadot**

**Birthday:** May 30

Gal Gadot is an actress best known for playing Wonder Woman in the DC Extended Universe films. Before acting, she served in the Israeli military and worked as a model, even winning Miss Israel.



**Bob Dylan**

**Birthday:** May 24

Bob Dylan is one of the most influential songwriters of all time. Known for poetic lyrics and songs like Blowin' in the Wind, he won the Nobel Prize in Literature for his impact on music and culture.



**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.

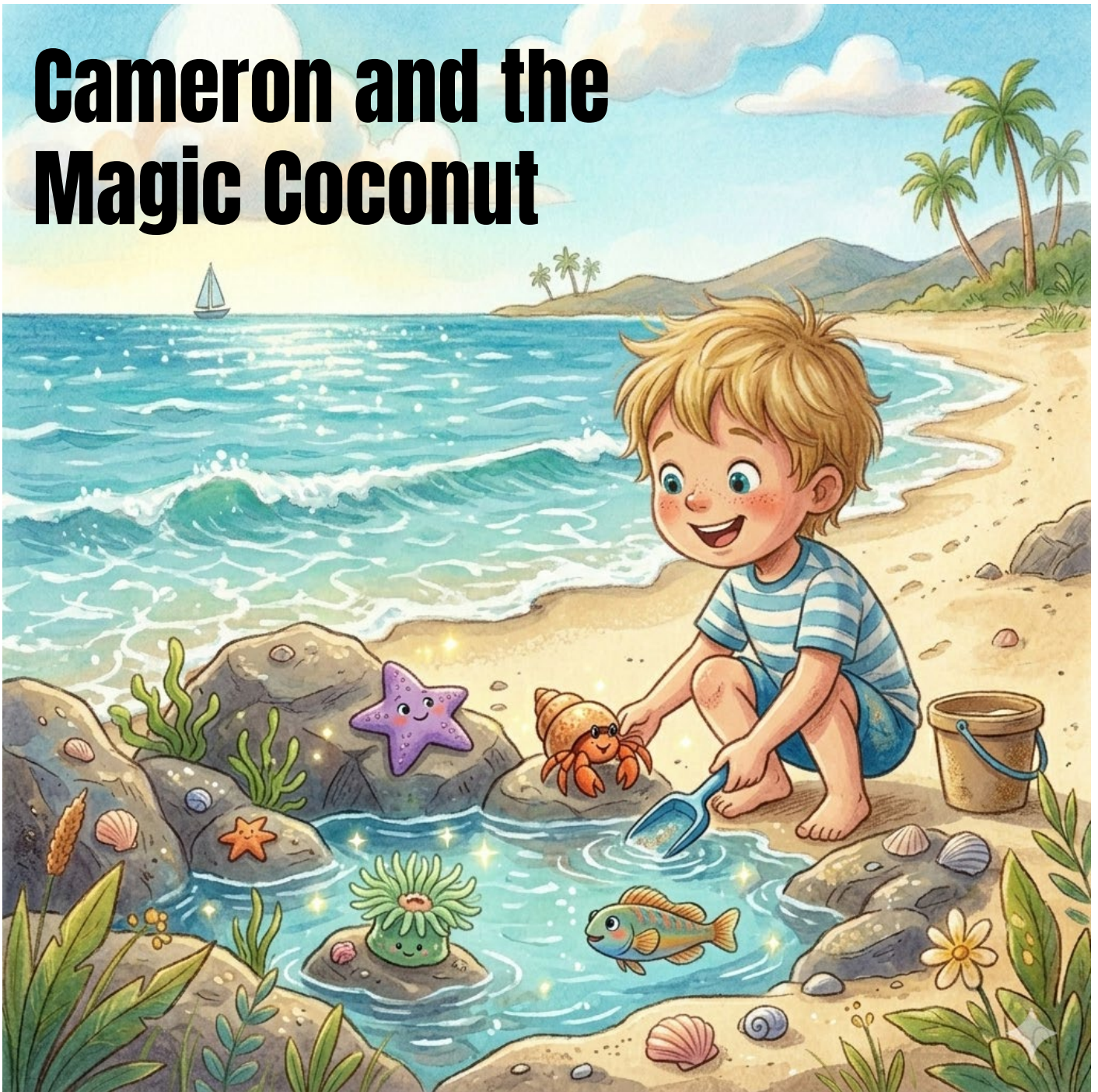
**Sagittarius**  
 (November 22 - December 21)  
 General: Adventure calls! A spontaneous plan could lead to great experiences.  
 Love: Love is lighthearted today—enjoy the moment without overthinking.  
 Career: A new challenge is coming, but you're more than ready.  
 Finance: Watch out for impulsive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

# Cameron and the Magic Coconut



On a bright, sunny island beside the sea, there lived a boy named Cameron. Cameron loved playing by the beach, under the tall coconut trees. The crystal clear water and warm sand made for the perfect playground. The sun and the crabs were his companions. Shaded by the trees, Cameron would use sticks and rocks as his toys. It was perfect.

Cameron used a lot of his playtime to observe the creatures around him as well. He'd watch the seagulls soaring overhead, occasionally swooping down for food. He'd study the starfish, clinging to the rock pools, their beauty alone enough to keep him entertained for hours. The occasional crab scuttling by would catch his eye, as he'd watch the busy little crustaceans go about their day. Cameron found these little beings so fascinating, he could never get bored of

watching them.

Occasionally, he would find a stranded animal, a turtle caught in a net, or stranded starfish, stuck on the beach. Cameron would carefully approach these creatures, making sure they were friendly and not toxic, before slowly helping them get back to the water. He loved watching them swim away, knowing he had saved a little life from certain doom. He did however, always made sure they were safe to approach, and would ask an adult if he was not certain.

One day, as Cameron was skipping along the beach, he spotted a large cluster of baby sea turtles crawling towards the water. He halted mid skip to watch the amazing phenomenon take place. Seeing how slow they were crawling however, frustrated Cameron, especially as he could see birds

circling overhead, waiting to swoop down and snatch the babies. He began to reach for the turtles, hoping to help them along.

Suddenly, a large coconut fell off an overhead tree and smacked him right in the head. Stars burst behind Cameron's eye as he squeezed his eyes closed in pain. When he opened them again, he looked down at the culprit. Looking back up at him as an angry coconut. Yes, an angry coconut, glaring intensely at him with narrowed, brown eyes. Cameron looked around in disbelief but there was no one on the beach except him, the turtles, and a mad coconut.

"Don't touch the baby turtle", exclaimed the coconut, frustration dripping from his words. "Why not?", asked an even more confused Cameron. Why was a talking coconut telling him what to do?



"Baby turtles need to make it to the ocean themselves! It helps them imprint on the beach where they will return in the future. Touching them right now could seriously harm this process," explained the coconut, calmer now that Cameron was actually listening.

"I didn't know that," muttered Cameron, disgruntled by this new information.

"Yes, well now you do!" yelled the coconut, unhappy again. "Sometimes creatures must be left alone for their own good. Not every animal needs saving. We may end up causing more harm than good."

"I understand," nodded Cameron, now grateful he had not accidentally hurt the little turtles' future.



Cameron turned to watch the last few babies make it to the water and swim off into the sunset. It was truly a beautiful sight.

"Thank yo-", he began to eat the coconut, but as he turned around, it was gone. Like it had never existed. Not even a dent remained in

the sand where it had been.

Had he imagined the whole encounter? Regardless of that, from that day on Cameron made sure to only help little friends when he was sure they weren't dangerous, and actually needed help.



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# Glow Through the Chill:

## Essential Beauty Tips for May as Winter Begins

As May rolls in, the crisp air signals the start of winter, bringing cozy fashion, warm drinks, and unfortunately, a few beauty challenges. The drop in temperature and humidity can leave your skin feeling dry, your hair brittle, and your glow slightly dimmed. But with the right routine, winter can be your season to shine just as brightly.

### 1. Hydration is Your Best Friend

Cold weather strips moisture from your skin, making hydration non-negotiable. Switch to richer, cream-based moisturizers that lock in moisture and protect your skin barrier. Ingredients like hyaluronic acid, shea butter, and glycerin are your winter heroes. Don't forget to drink water too, hydration starts from within.

### 2. Upgrade Your Skincare Routine

Your summer skincare products might not cut it anymore. Replace lightweight cleansers with gentle, hydrating ones that won't strip natural oils. Incorporate serums that target dryness and dullness, such as vitamin C for brightness and niacinamide for repair.

### 3. SPF is Still a Must

Just because the sun isn't blazing doesn't mean it's harmless. UV rays are still present during winter, so daily sunscreen remains essential. Opt for a moisturizing SPF to combine protection and hydration.

### 4. Lip Care Matters

Chapped lips are a common winter struggle. Keep a nourishing lip balm handy at all times, preferably one with natural oils or beeswax.

Exfoliate your lips gently once a week to remove dead skin and keep them smooth.

### 5. Show Your Hair Some Love

Cold air and indoor heating can leave your hair dry and prone to breakage. Deep condition regularly and avoid excessive heat styling. Protective styles and satin or silk scarves can help retain moisture and reduce damage.

### 6. Embrace Warm, Radiant Makeup

Winter is the perfect time to switch up your makeup palette. Think warm tones, rich browns, deep berries, and soft golds. Cream-based products work best in winter as they blend seamlessly and add a natural glow to dry skin.

**7. Don't Neglect Your Body**

Your face isn't the only thing that needs care. Use body butters or oils right after showering to seal in moisture. Pay extra attention to areas like elbows, knees, and feet.

**8. Stay Consistent, Stay Glowing**

Consistency is key. A simple, effective routine done daily will always outperform an elaborate routine done occasionally. Listen to your skin, it will tell you what it needs.

**Final Glow Tip**

Winter beauty is all about nourishment and protection. Embrace the season by slowing down your routine, treating your skin with care, and leaning into that soft, natural glow. Because no matter the temperature outside, your confidence and radiance should always stay warm.

This May, don't just survive winter, glow through it.



# Dada Kavino:

## The Multidimensional Maestro Redefining African Sound

There's something quietly powerful about an artist who doesn't chase the spotlight, but instead, lets the spotlight find them. Dada Kavino, born Karabo Waditshuge in the culturally rich village of Kanye, is one such artist. A creator guided by spirit, discipline, and deep introspection, he is carving out a space in African music that feels both timeless and urgently present.

Beyond the stage name and growing acclaim lies a storyteller shaped by humble beginnings and unwavering belief. Kavino's journey into music began in junior school, where curiosity met creativity. By the time he completed Form 5, that curiosity had matured into commitment, he began recording professionally, setting the foundation for a career that would blend sound, spirit, and self-expression.

Raised in a Christian household, discipline wasn't just taught, it was lived. That grounding would later become a defining force in his evolution as a multi-disciplinary artist. While many discover their identity over time, Kavino's path feels intentional. His artistry, whether in music or design, is guided by patience, "Pelotelele," as he puts it. A belief that time, when respected, reveals purpose.

Like many independent artists, his early days were marked by a familiar struggle: lack of start-up capital. But where resources were limited, belief was not. "Ever since I started music, I believed in myself more than everything," he says, a statement that echoes through every note he creates.

And those notes? They don't just entertain, they heal.

Kavino's sound is deeply spiritual, rooted in real-life experiences and emotional truth. His music reflects the realities of upbringing, struggle, and growth, stories that resonate across borders. There's an undeniable therapeutic quality to his work; a reflective tone that invites listeners to confront, process, and ultimately find peace within their own journeys. It's music that doesn't just play, it speaks.

Tracks like "Malome" and "Sebaga" stand as some of his most personal work, drawn directly from lived experiences. These aren't just songs, they are testimonies, woven with honesty and vulnerability.

But Kavino's creativity doesn't stop at sound. As a graphic designer, he understands that artistry is as much visual as it is sonic. His approach to branding and album art is intentional, an extension of his musical identity. Every visual tells a story, reinforcing the emotional landscape his music creates. Yet, he's quick to admit: both music and design demand equal parts time and creativity. Neither is easy, but both are essential.

In the studio, Kavino thrives in his dual role as artist and producer. Producing his own music allows him a deeper level of self-understanding, giving him full control over his sonic narrative. It's a rare kind of creative autonomy, one that ensures authenticity remains untouched.



Collaboration, however, remains a vital part of his growth. Having worked with both local and international artists, Kavino seeks more than just talent, he looks for shared energy, fresh ideas, and genuine support. His work on the "Tshekena Tshasa Remix" stands out as a moment that pushed him creatively, challenging him to expand his boundaries. Still, collaboration across cultures isn't without its hurdles. Language barriers can complicate the process, but for Kavino, they're just another layer to navigate in the pursuit of artistic connection.

On stage, he transforms.

From national platforms to international audiences, including a standout performance at AfriFest in the UK, Kavino's presence is undeniable. The difference? "Respect and good money," he says plainly, but beyond that, it's the energy exchange that defines his performances. Before stepping on stage, he centers himself through prayer, trusting both faith and ancestral guidance.

And when he performs? He wants one thing: fire. A visceral, unforgettable energy that lingers long after the music fades.

Kavino's perspective on the African music scene is both hopeful and honest. He recognizes music as a powerful tool for therapy and self-expression, yet acknowledges the structural challenges artists face, particularly when it comes to fair promotion and global recognition. While African artists are gaining visibility, he believes there's still work to be done to ensure that recognition is both widespread and equitable.

At his core, Kavino sees artists as cultural custodians, preserving stories, reflecting society, and giving people a mirror through music. It's a responsibility he carries with intention.

Despite industry pressures and shifting trends, he remains grounded in his process. Rather than conforming, he continues to invest in production, trusting that authenticity will always find its moment. And evolution? It's already happening.

With every track, every visual, every performance, Dada Kavino is becoming more refined, more fearless, more himself. His journey is not defined by speed, but by depth, a slow, deliberate unfolding of purpose.

In a world that often demands noise, Kavino offers something different: truth, patience, and soul.

And that might just be the most powerful sound of all.



# Mobie Gazer:

## Crafting a Global Narrative Through African Luxury

By: Smith The Seam Ripper

In a world where fashion is often dictated by fleeting trends, Mobie Gazer stands as a quiet yet powerful disruptor rooted in culture, driven by vision, and unapologetically redefining what African luxury means on the global stage.

Behind the brand is more than a CEO or designer. Mobie Gazer is, at the core, a storyteller, one who weaves identity, heritage, and modernity into every thread. "I've always seen fashion as more than clothing," he reflects. "It's about shifting confidence, identity, and perception." That realization marked a turning point, transforming design from a skill into a calling, and ultimately, a purpose.

The DNA of Mobie Gazer is unmistakable: an elegant dialogue between African heritage and contemporary global design. It is this balance that allows the brand to exist fluidly between worlds, deeply rooted yet globally resonant.

### Redefining African Luxury

Luxury, in the African context, is undergoing a transformation, and Mobie Gazer is at the forefront of that shift. No longer defined by excess, luxury is now about authenticity, craftsmanship, and cultural pride refined for the modern world.

Each design begins with culture. It is not an afterthought, but the foundation. From silhouettes to textures, every detail carries intention and meaning. "Culture informs everything," he explains. "It shapes the story before the garment even exists."

Yet, what sets Mobie Gazer apart is its ability to balance artistic expression with commercial relevance. The brand does not chase trends. Instead, it prioritizes timelessness, clean lines, thoughtful construction, and pieces designed to outlive seasonal cycles.

### The Business of Staying True

Like many creatives, one of the greatest challenges has been navigating growth without compromising identity. "Maintaining creative integrity while scaling the brand is not easy," he



admits. But through strategic thinking and structured systems, Mobie Gazer has found a way to protect its creative core while expanding its reach.

Entrepreneurship, he says, has been the real teacher, offering lessons no classroom could provide. Resilience, adaptability, and the ability to turn vision into a sustainable business have become just as important as design itself.

And in a competitive industry, success is defined differently. For Mobie Gazer, it is not just about visibility, but longevity, influence, and authenticity. "Success is staying true to who you are while evolving."

### African Fashion on the Global Stage

There is no doubt that African fashion is gaining momentum internationally, but Mobie Gazer believes the journey is far from complete. The world is only beginning to understand the depth, diversity, and innovation that the continent offers.

Global expansion, for the brand, is not about dilution, it's about translation. Staying rooted in African narratives while presenting them in ways that resonate universally is key. "Authenticity is our strength," he says. "That's what connects us to the world."

Part of that mission also involves dismantling outdated perceptions. African fashion is often boxed into tradition, but Mobie Gazer challenges that notion entirely. The reality is far more dynamic, innovative, diverse, and globally relevant.

### Designing with Purpose

At its heart, Mobie Gazer is about storytelling. Each piece is a narrative, expressed through structure, texture, and detail. The goal is not just to dress people, but to make them feel something.

"Empowered. Confidence. Connected to their identity," he says when asked how he wants people to feel in his designs.

Technology, too, plays a growing role, enhancing precision, expanding creative possibilities, and connecting the brand to a wider audience. Yet, even with modern tools, the philosophy remains grounded: create with intention, produce mindfully, and design for longevity.

In an era dominated by fast fashion, Mobie Gazer takes a deliberate stand, choosing quality over quantity, and sustainability over speed.

### The Future of Mobie Gazer

Looking ahead, the vision is clear: to build a globally recognized African fashion house



known for innovation, authenticity, and impact. A brand that not only exists within the industry, but actively shapes it.

Because if Mobie Gazer were a story, its opening line would read:

"Born from culture, shaped by vision, and destined for the world."

And if its legacy is anything to go by, this is only the beginning.











MOBIE GAZER





# THE ART OF TURNING SPACES INTO STORIES

Interior design is more than decorating a room, it is the thoughtful process of shaping how a space looks, feels, and functions. Every colour, piece of furniture, texture, and lighting choice works together to create an atmosphere that reflects personality and supports daily living. A well-designed space does not just look beautiful; it feels right the moment you enter it.

At its heart, interior design is about balance between beauty and purpose. A room can be visually stunning, but if it is uncomfortable or impractical, it fails its true purpose. Good design considers how people move through a space, how they use it, and how it makes them feel. This is why interior design is often described as both an art and a science, it blends creativity with structure.

One of the most powerful tools in interior design is colour. Colours influence mood in subtle but powerful ways. Soft neutrals can create calm and relaxation, while bold colours like red or orange can bring energy and warmth. Cool tones such as blue and green often introduce a sense of peace and freshness. Choosing the right colour palette

is like setting the emotional tone of a room before anything else is added.

Another essential element is lighting. Lighting has the ability to completely transform a space. Natural light brings life and openness, while warm artificial lighting creates comfort and intimacy. A well-designed room often layers different types of lighting, ambient lighting for general brightness, task lighting for specific activities, and accent lighting to highlight features. Without proper lighting, even the most beautiful room can feel flat or uninviting.

Furniture selection also plays a major role in interior design. Every piece should serve a purpose, whether functional, aesthetic, or both. The way furniture is arranged affects how people interact within the space. Open layouts can encourage movement and communication, while more structured arrangements can create focus and order. Good design ensures that a room is not overcrowded, allowing space to breathe.

Texture is another detail that often goes unnoticed but makes a huge difference.

Mixing materials like wood, fabric, glass, and metal adds depth and character to a room. A soft rug on a hard floor, or a smooth surface paired with rough natural elements, creates contrast that makes a space feel more dynamic and inviting.

Interior design is also deeply personal. It reflects identity, lifestyle, and taste. A home designed for a creative person may look very different from one designed for someone who prefers simplicity and order. This is why no two well-designed spaces are ever exactly the same, they tell different stories about the people who live in them.

Ultimately, interior design is about transformation. It takes empty or ordinary spaces and turns them into environments that inspire, comfort, and support everyday life. It is not just about following trends, but about creating places that feel meaningful and lived-in.

In the end, great interior design is not always about luxury or perfection, it is about intention. When a space is designed with care, it becomes more than just a room. It becomes an experience.



# COMMUNICATION IN RELATIONSHIPS: THE BRIDGE BETWEEN LOVE AND UNDERSTANDING



Communication is the heartbeat of every relationship. It is the invisible thread that connects two people, shaping how they understand each other, solve problems, and build trust over time. Without it, even strong emotions can become confusing, and even deep love can feel distant. With it, relationships grow into safe, supportive, and meaningful connections.

At its core, communication in relationships is not just about talking, it is about being understood and understanding in return. It is the ability to express thoughts honestly while also listening with intention. Many relationships struggle not because of a lack of love, but because of a lack of clear, respectful communication.

One of the most important aspects of communication is active listening. This means paying full attention when your partner speaks, without rushing to respond

or interrupt. It involves hearing not only the words but also the emotions behind them. When someone feels truly heard, it builds trust and emotional safety, which are essential for any healthy relationship.

Equally important is honesty. Honest communication does not mean being harsh or hurtful; it means expressing your feelings and needs clearly instead of hiding them. When people avoid difficult conversations, misunderstandings grow over time. Small issues can become large conflicts simply because they were never addressed openly.

Another key part of communication is emotional expression. In relationships, emotions are always present, love, frustration, joy, disappointment, and everything in between. Being able to express these emotions in a calm and respectful way helps prevent tension from building up. It also allows both partners to understand

what the other is experiencing, creating deeper emotional connection.

However, communication is not only about speaking, it is also about timing and tone. The same message can be received in completely different ways depending on how and when it is delivered. A calm conversation during a peaceful moment is often more effective than discussing serious issues in the middle of anger or stress. Tone plays a powerful role in either building bridges or creating distance.

Non-verbal communication is another powerful element often overlooked. Body language, facial expressions, silence, and even small gestures can communicate more than words. A simple hug, eye contact, or supportive presence can sometimes say what words cannot. Understanding these silent messages helps partners connect on a deeper level.

Miscommunication is one of the biggest challenges in relationships. Assumptions, misunderstandings, and unspoken expectations often lead to conflict. Instead of guessing what the other person feels or thinks, asking questions and seeking clarity can prevent unnecessary tension. Many problems are solved not through argument, but through conversation.

Healthy communication also requires respect during disagreement. No relationship is free from conflict, but how couples handle conflict makes all the difference. Respectful communication means avoiding insults, listening without defensiveness, and focusing on solutions rather than blame. Disagreements handled with care can actually strengthen a relationship instead of damaging it.

At its strongest, communication builds emotional intimacy. It allows partners to feel safe enough to be vulnerable, to share fears, dreams, and insecurities without judgment. This level of openness creates a deeper bond that goes beyond surface-level connection. In the end, communication is not a one-time effort, it is a continuous practice. It requires patience, understanding, and willingness from both sides. When nurtured properly, it becomes the foundation that holds relationships together through both calm and difficult times.

Because in every strong relationship, love is important, but communication is what keeps that love alive, understood, and growing.





## MARILYN MONROE: THE TIMELESS ICON OF OLD HOLLYWOOD GLAMOUR

In the golden age of cinema, few names shone as brightly as Marilyn Monroe. She was more than just a movie star, she became a global symbol of beauty, charm, vulnerability, and fame itself. Decades later, her image still defines what classic Hollywood glamour looks like.

Born Norma Jeane Mortenson, Monroe's rise to fame was not instant. She grew up facing hardship and instability, but her

determination pushed her toward modeling and eventually acting. Hollywood quickly noticed her striking screen presence, and she soon became one of the most recognizable faces in the world.

Her breakthrough came during the 1950s, a period often called the golden era of cinema. Films like *Gentlemen Prefer Blondes* showcased her comedic timing, confidence, and unforgettable charisma. She had a rare

ability to command attention the moment she appeared on screen, blending innocence with bold star power.

One of her most iconic performances came in *The Seven Year Itch*, where the famous white dress scene became one of the most photographed moments in entertainment history. That single image helped cement her status as a global icon, symbolizing glamour, femininity, and the magic of Hollywood.



But Monroe was more than just a glamorous figure. Beneath the fame was a deeply complex individual who struggled with the pressures of public life. She worked hard to be taken seriously as an actress, studying at the Actors Studio and striving to move beyond the "blonde bombshell" image that defined her early career.

Her life also highlighted the intense pressures faced by women in the entertainment industry during that era. Fame brought admiration, but also scrutiny, misunderstanding, and emotional strain. Despite these challenges, she remained one of the most influential figures in film history. Even after her passing, Marilyn Monroe continues to inspire fashion, film, music, and pop culture. Her image is still used in art, advertising, and modern media, proving that true icons never fade, they evolve into symbols.

What makes her legacy so powerful is not just her beauty or fame, but her emotional impact. She represented both the dream and the cost of stardom. She was admired, imitated, and remembered not only for her films but for the story her life told about celebrity and humanity.

In the end, Marilyn Monroe remains one of the greatest entertainment legends of all time. She belongs to the past, yet she continues to live in the present, forever frozen in the glow of Hollywood's most unforgettable era.

# The Last Month of Babyhood

By: Amogelang Tau



This month feels different in my home. It feels like a quiet goodbye. My son turns one this month, and somehow it feels like the final chapter of babyhood is closing softly, gently, and far too quickly for my heart. I did not expect to cry on the morning of his birthday, but I did. Not loud, dramatic tears. Just the quiet kind that arrives when you realise time has been moving while you were busy loving someone. Because the truth is, the first birthday is not just a celebration.

It is a farewell. A farewell to the tiny newborn who once fit perfectly in the crook of your arm. To the midnight feeds and sleepy cuddles. To the soft baby features that slowly, almost secretly, begin to fade.

This past month, the signs have been everywhere. Onesies are suddenly too small. Rompers that no longer snap closed. Tiny clothes folded and packed away, not because they are worn out, but because he has outgrown them. And somehow, that feels heavier than it should. I want him to grow. I want him to run, speak, laugh loudly, and discover the world. But I also want him to stay. Stay soft. Stay small. Stay my baby just a little longer. It is the contradiction no one prepares you for in motherhood — the constant pull between holding on and letting go.

What makes this month even more special is that his birthday arrives on the eve of mine. Just a day before I celebrate another year of life, I celebrate the year that changed mine completely. I find myself thinking back to this exact time last year. The anticipation. The excitement. The wondering. Waiting to finally meet the little person who would turn our world upside down in the most beautiful way.

A year ago, I was counting kicks. Now, I am counting steps. A year ago, I was dreaming about who he would be. Now, I am watching his personality bloom right before my eyes. The year between those two moments feels impossibly short. People often say, "Enjoy them while they're little." I used to hear it as gentle advice. Now I hear it as truth. Because babyhood does not leave all at once. It slips away in tiny moments, first smiles, first teeth, first steps, first birthdays.

One day you are rocking a newborn to sleep. Next, you are planning a first birthday party and wondering how you got here so fast. His first birthday is not just about cake and candles. It is about gratitude.

Gratitude for late nights and early mornings. For milestones and messy floors. For laughter that fills the house and tiny hands that reach for mine. This past year has stretched me, softened me, and reshaped my heart in ways



I never imagined because he is not my only kid, he has a big sister who turned four this January.

And while part of me mourns the baby he is slowly leaving behind, another part of me is in awe of the little boy he is becoming. So this month, I hold both feelings at once. Joy and nostalgia. Pride and longing. Celebration

and a quiet goodbye. Because this is the bittersweet magic of parenting, every beginning carries a gentle ending within it.

Happy first birthday to the little boy who made this year the fastest, fullest, and most meaningful one of my life. And just like that, babyhood waves goodbye.



# Turmeric Lime Chicken Bowls

Delicious grilled turmeric chicken bowls with sweet and spicy grilled chicken, ginger garlic ramen, and a refreshing smashed cucumber avocado salad. These nourishing chicken bowls are packed with flavor and protein for a wonderful weeknight meal you'll come back to time and time again.

It's one of those recipes that came from a craving for perfectly marinated chicken paired with a crunchy, fresh salad. A couple of Sundays ago I made this incredible Sesame Chicken Cabbage Crunch Salad, and this summer I'm re-sharing this cozy, coconut lime version with wonderful spices all over flavorful ramen noodles.

These grilled turmeric chicken bowls are unique and bursting with flavors and textures that just WORK. Warm ginger garlic ramen gets topped with grilled chicken that has been marinated in coconut milk, lime juice, and the perfect blend of spices, then finished off with my new Smashed Cucumber Avocado Salad to tie it all together. You get a wonderful combo of warm and cold, crunchy

and tender in a nourishing bowl that fills you right up.

The next time you're craving takeout or just want a fun dish you'll feel proud of, whip up these beautiful bowls and dig right in. Trust me, ke di best fela

Everything you'll need to make these turmeric chicken bowls

There are so many elements that make these chicken bowls absolutely delicious and flavor-packed. Every bite is a delicious adventure, from the chicken to the ramen to the cucumber salad. Here's what you'll need:

For the chicken: you'll marinate chicken thighs with creamy coconut milk, lime juice and zest, sambal oelek for a kick of heat, honey (or brown sugar) for sweetness, fresh ginger, turmeric, and warming spices.

For the salad: we're adding my new Smashed Cucumber Avocado Salad to each bowl for the perfect crunch and freshness.

For the ramen: everything's better with noodles, which is why we're serving the chicken and salad with home made ginger garlic ramen. It's made with ramen noodles, a little olive oil, garlic, ginger, scallions, red pepper flakes, salt, and dark brown sugar.

To garnish: I like to top my bowl with fresh cilantro and extra scallions.

## Customize your chicken bowls

Like with any meal in "bowl form," there are plenty of ways to make this meal your own. Here's what I can recommend:

Choose your chicken. Feel free to use chicken breasts instead of chicken thighs. I love the sweet, spicy, coconut-y marinade, but I think my Grilled Sesame Chicken would also be delicious here.

Pick your noodles. You can also use rice noodles or your favorite long noodles in these bowls if you're out of ramen. Use your favorite long gluten-free noodles to keep the dish gluten-free, too!

Jazz them up. Top these turmeric chicken bowls with pickled red onions for another incredible depth of flavor and crunch!

### Looking to get saucy?

These bowls are delicious as-is, but if you love adding a drizzle of sauce to grain bowls, etc. try adding my:

[Creamy Tahini Sauce Recipe](#)

[Healthy Thai Peanut Dressing](#)

Request the recipe here on my whatsapp Message Co.ks on WhatsApp. <https://wa.me/message/BYY5EFSEBVHYF1>

### How to make these grilled turmeric chicken bowls

Marinate the chicken. Whisk together all the marinade ingredients in a large bowl. Add the chicken to the bowl, turn it over to coat, cover the bowl, and place it in the fridge for at least 30 minutes.

Make the salad. First, take the chicken out of the fridge to let it come to room temp, then preheat your grill or oven. Mix the salad together, cover, and place it in the fridge until you're ready to assemble the bowls.

Cook the chicken. Grill or bake your chicken, then let it rest before slicing it diagonally.

Boil the ramen noodles. Cook your ramen according to the directions on the package (without the seasoning packets). Reserve some pasta water, and drain the noodles into a colander.

Make the ginger garlic ramen. Cook down the garlic, ginger, scallions, and red pepper flakes in a little olive oil. Turn off the heat, then add the ramen noodles, salt, pasta water, and brown sugar.

Assemble the bowls. Add the noodles, chicken, and cucumber to each bowl, top with scallions and cilantro, and dig in!

### Grill or bake your chicken

Yes, you can do either! The instructions written are for grilling your chicken, and you can get even more tips and tricks for grilling chicken here. <https://wa.me/message/BYY5EFSEBVHYF1>

If you want to bake the chicken, do so at 400 degrees F for about 20-30 minutes or until a meat thermometer reads 165 degrees F. Get all of my tips for baking chicken here! <https://wa.me/message/BYY5EFSEBVHYF1>

### Prep these bowls ahead of time

If you want to save time when making this meal, I recommend marinating the chicken and making the cucumber avocado salad the night before. Store both in separate airtight containers in the fridge until you're ready to

cook the chicken and assemble the bowls. You'll then simply grill or bake your chicken, cook the ramen, and assemble the bowls the next day.

### Storing tips

I recommend storing the chicken, noodles, and salad separately in airtight containers in the fridge for up to 2-3 days. That way you can assemble your bowl when you're ready to eat without sacrificing the texture of the noodles or salad. You can also then warm up the chicken and noodles before adding the cold cucumber salad.

### Turmeric Lime Chicken Bowls Recipe

Prep Time

45minutes minutes

Cook Time

30minutes minutes

Total Time

1hour hour 15minutes minutes

Serves

6

### Ingredients

#### Chicken:

1 cup full-fat coconut milk (from the can)

Zest and juice of 1 lime

2 tablespoons sambal oelek

2 tablespoons honey or dark brown sugar

1 tablespoon fresh grated ginger

1 ½ teaspoons ground turmeric (or 1 tablespoon fresh grated turmeric)

1 teaspoon garlic powder

1 teaspoon paprika

1 teaspoon cumin

1 teaspoon coriander

1 teaspoon kosher salt

Freshly ground black pepper

1 ½ pounds boneless skinless chicken thighs or chicken breast

Smashed Cucumber Avocado Salad

#### Ginger Garlic Ramen:

3 to 4 packages of ramen noodles (approximately 9 to 12 ounces ramen noodles), seasoning packets discarded

1 cup reserved pasta water

3 tablespoons extra-virgin olive oil

4 cloves garlic, finely minced

1 tablespoon fresh grated ginger

2 scallions, thinly sliced

½ teaspoon red pepper flakes

½ teaspoon kosher salt, plus more to taste

1 tablespoon dark brown sugar

To garnish:

¼ cup fresh chopped cilantro

Thinly sliced scallions, green part only

The next time you're craving takeout or just want a fun dish you'll feel proud of, whip up these beautiful bowls and dig right in.

grilled turmeric chicken bowl with cucumber salad and ramen noodles

Everything you'll need to make these turmeric chicken bowls

There are so many elements that make these chicken bowls absolutely delicious and flavor-packed. Every bite is a delicious adventure, from the chicken to the ramen to the cucumber salad. Here's what you'll need:

For the chicken: you'll marinate chicken thighs with creamy coconut milk, lime juice and zest, sambal oelek for a kick of heat, honey (or brown sugar) for sweetness, fresh ginger, turmeric, and warming spices.

For the salad: we're adding my new Smashed Cucumber Avocado Salad to each bowl for the perfect crunch and freshness.

For the ramen: everything's better with noodles, which is why we're serving the chicken and salad with homemade ginger garlic ramen. It's made with ramen noodles, a little olive oil, garlic, ginger, scallions, red pepper flakes, salt, and dark brown sugar.

To garnish: I like to top my bowl with fresh cilantro and extra scallions.

### marinating chicken for turmeric chicken bowls

Customize your chicken bowls

Like with any meal in "bowl form," there are plenty of ways to make this meal your own. Here's what I can recommend:

Choose your chicken. Feel free to use chicken breasts instead of chicken thighs. I love the sweet, spicy, coconut-y marinade, but I think my Grilled Sesame Chicken would also be delicious here.

Pick your noodles. You can also use rice noodles or your favorite long noodles in these bowls if you're out of ramen. Use your favorite long gluten-free noodles to keep the dish gluten-free, too!

Jazz them up. Top these turmeric chicken bowls with pickled red onions for another incredible depth of flavor and crunch! grilled turmeric chicken on a plate

### Looking to get saucy?

These bowls are delicious as-is, but if you love adding a drizzle of sauce to grain bowls, etc. try adding my:

### Creamy Tahini Sauce Recipe

[Healthy Thai Peanut Dressing](#)

[smashed cucumber salad in a bowl next to grilled turmeric chicken](#)

### How to make these grilled turmeric chicken bowls

Marinate the chicken. Whisk together all of the marinade ingredients in a large bowl, then add the chicken to the bowl, turn it over to coat, cover the bowl, and place it in the



fridge for at least 30 minutes.

Make the salad. First, take the chicken out of the fridge to let it come to room temp, then preheat your grill or oven. Mix the salad together, cover, and place it in the fridge until you're ready to assemble the bowls.

Cook the chicken. Grill or bake your chicken, then let it rest before slicing it diagonally. Boil the ramen noodles. Cook your ramen according to the directions on the package (without the seasoning packets). Reserve some pasta water, and drain the noodles into a colander.

Make the ginger garlic ramen. Cook down the garlic, ginger, scallions, and red pepper flakes in a little olive oil. Turn off the heat, then add the ramen noodles, salt, pasta water, and brown sugar.

Assemble the bowls. Add the noodles, chicken, and cucumber to each bowl, top with scallions and cilantro, and dig in!

grilled turmeric chicken bowls next to a bowl of ramen noodles and plate of chicken

#### Grill or bake your chicken

Yes, you can do either! The instructions

written are for grilling your chicken, and you can get even more tips and tricks for grilling chicken here.

If you want to bake the chicken, do so at 400 degrees F for about 20-30 minutes or until a meat thermometer reads 165 degrees F. Get all of my tips for baking chicken here!

grilled turmeric chicken bowl with cucumber avocado salad and ramen

#### Prep these bowls ahead of time

If you want to save time when making this meal, I recommend marinating the chicken and making the cucumber avocado salad the night before. Store both in separate airtight containers in the fridge until you're ready to cook the chicken and assemble the bowls.

You'll then simply grill or bake your chicken, cook the ramen, and assemble the bowls the next day.

turmeric chicken bowl with cucumber salad and ramen noodles

#### Storing tips

I recommend storing the chicken, noodles, and salad separately in airtight containers in the fridge for up to 2-3 days. That way you

can assemble your bowl when you're ready to eat without sacrificing the texture of the noodles or salad. You can also then warm up the chicken and noodles before adding the cold cucumber salad.

scooping ramen out of a grilled turmeric chicken bowl

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Get all of my dinner recipes here!

I hope you love these grilled turmeric chicken bowls! If you make them be sure to leave a comment and a rating so I know how you liked them. Enjoy, xo!

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Print Recipe

Prep Time

45minutes minutes

Cook Time

30minutes minutes

Total Time

1hour hour 15minutes minutes

Serves

#### Serves: 6

Delicious grilled turmeric chicken bowls with sweet and spicy grilled chicken, ginger garlic ramen, and a refreshing smashed cucumber avocado salad. These nourishing chicken bowls are packed with flavor and protein for a wonderful weeknight meal you'll come back to time and time again.

Ingredients

#### Chicken:

1 cup full-fat coconut milk (from the can)

Zest and juice of 1 lime  
 2 tablespoons sambal oelek  
 2 tablespoons honey or dark brown sugar  
 1 tablespoon fresh grated ginger  
 1 ½ teaspoons ground turmeric (or 1  
 tablespoon fresh grated turmeric)  
 1 teaspoon garlic powder  
 1 teaspoon paprika  
 1 teaspoon cumin  
 1 teaspoon coriander  
 1 teaspoon kosher salt  
 Freshly ground black pepper  
 1 ½ pounds boneless skinless chicken thighs  
 or chicken breast  
 Smashed Cucumber Avocado Salad

**Ginger Garlic Ramen:**

3 to 4 packages of ramen noodles  
 (approximately 9 to 12 ounces ramen  
 noodles), seasoning packets discarded  
 1 cup reserved pasta water  
 3 tablespoons extra-virgin olive oil  
 4 cloves garlic, finely minced  
 1 tablespoon fresh grated ginger  
 2 scallions, thinly sliced  
 ½ teaspoon red pepper flakes  
 ½ teaspoon kosher salt, plus more to taste  
 1 tablespoon dark brown sugar

**To garnish:**

¼ cup fresh chopped cilantro  
 Thinly sliced scallions, green part only

**Instructions**

**Step 1**

Marinate the chicken: In a large bowl, add coconut milk, lime zest and juice, sambal oelek, honey (or dark brown sugar), ginger, turmeric, garlic powder, paprika, cumin, coriander, salt and pepper. Whisk or stir well to combine. Add the chicken and turn over to ensure it is well coated in the marinade. Cover with plastic wrap and place in the fridge to marinate for at least 30 minutes or up to 6 hours.

**Step 2**

Before cooking, remove the chicken from the fridge and bring to room temperature for 20 to 30 minutes. Preheat the grill to 400°F and scrape off any leftover bits from the grates.

**Step 3**

While the grill is preheating and the chicken is coming to room temperature, make the Smashed Cucumber Avocado Salad, cover, and place in the fridge until ready to serve.

**Step 4**

Cook the chicken: Grill the chicken with the lid closed until a meat thermometer inserted into the center reads 165°F, about 6 to 8 minutes per side. Transfer the chicken to a cutting board and allow it to rest for at least 5 minutes to retain the juiciness of the chicken. Cut into slices diagonally against the grain



**Step 5**

Cook the ramen: Cook the ramen according to the directions on the package (making sure to discard the seasoning packet.) Once the ramen is done cooking, drain and reserve 1 cup pasta water. Leave ramen in the colander

**Step 6**

In the same pot you used to cook the ramen, add the olive oil and place over medium heat. Immediately add in the garlic, ginger, scallions and red pepper flakes and cook for approximately 2 to 4 minutes until the garlic is tender and just slightly golden. DO NOT let the garlic burn – it is better to cook low

and slow or your garlic will turn bitter. Take off the heat and add the ramen noodles, salt, and ¼ cup of reserved pasta water and brown sugar and toss with tongs until well coated and loose. Taste and add more salt, as necessary. Feel free to add more pasta water to loosen the noodles and make them creamier in consistency.

**Step 7**

Serve in large shallow bowls with a little section of each of the following: garlic ramen noodles, grilled chicken slices, and cucumber avocado salad. Garnish with a little chopped cilantro sliced scallions and enjoy!



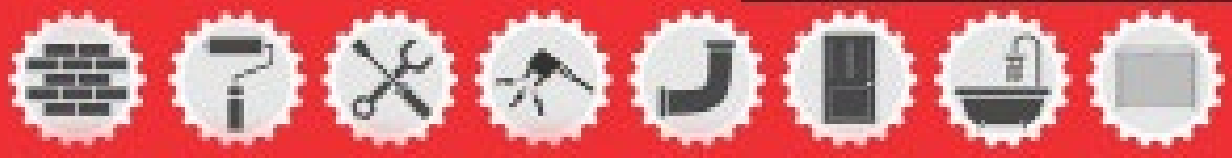
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# MUSCULAR STRENGTH: THE HIDDEN ENGINE OF THE HUMAN BODY

Why real power is built, not born

Muscular strength is often mistaken for appearance, big arms, visible abs, or heavy gym lifting. But in reality, strength is not about how the body looks. It is about what the body can do.

At its simplest, muscular strength is the ability of a muscle or group of muscles to produce force in a single effort. It is what allows you to lift, push, pull, or carry with control and confidence. Every time you stand up from a chair, open a heavy door, or lift something off the ground, you are using strength in action. Unlike other aspects of fitness, strength is not loud. It develops quietly through consistency, discipline, and repeated challenge.

## The Role of Strength in Everyday Life

Muscular strength is not reserved for athletes, it is part of normal living. It shapes how easily your body handles daily demands.

Strong muscles make movement smoother and reduce the strain placed on joints and bones. This means fewer injuries, better posture, and more energy throughout the day. Even simple routines become easier when the body is well-conditioned.

Strength is also closely linked to confidence. When your body feels capable, your mind often follows.

## How Strength is Built Over Time

Muscles grow stronger when they are challenged. This happens through resistance, anything that makes muscles work harder than usual.

This can include structured exercise such as:

- Weight training
- Bodyweight movements like push-ups and squats
- Resistance band workouts
- Functional training that mimics real-life movement

The key principle is simple: **challenge, recover, improve, repeat.**

Each time you push your muscles beyond their usual limit, small fibers break down and rebuild stronger than before. Over time, this process increases both power and efficiency.

## Strength Is Not Just Physical

What many people don't realize is that strength training also changes the nervous system. Your brain becomes better at

activating muscle fibers, meaning you don't just get bigger, you get more coordinated and efficient.

This is why beginners often become stronger quickly even before major physical changes appear. The body is learning how to use itself better.

## Why Strength Matters More Than You Think

Building muscular strength has long-term benefits that go beyond fitness goals:

- It supports joint stability and reduces injury risk
- It improves posture and balance
- It helps maintain independence as the body ages
- It increases overall physical performance

In short, strength protects the body. It acts like an internal support system that keeps everything functioning properly.

## Strength at Every Stage of Life

Muscular strength is not limited by age. It adapts and responds throughout life:

- Young people build a foundation for lifelong health



- Adults use it to manage stress, energy, and physical demands
- Older adults rely on it to maintain mobility and independence

The goal is not perfection, it is sustainability.

#### **The Lifestyle Behind Strength**

Training alone is not enough. Strength depends on recovery and care. The body needs:

- Proper nutrition to rebuild muscle
- Enough rest for recovery
- Hydration to support performance
- Consistency rather than intensity alone

Without recovery, progress slows. With balance, strength grows steadily.

Muscular strength is not just about lifting heavier weights, it is about building a body that can handle life with ease. It is silent progress, built rep by rep, day by day.

It does not demand perfection. It demands consistency.

And over time, that consistency becomes power.





# A Nation in Mourning: Farewell to Tshepo “Talkie” Motlhabankwe

The passing of Tshepo 'Talkie' Motlhabankwe has cast a heavy shadow over the nation, leaving a deep sense of loss within Botswana's football fraternity and beyond.

Known affectionately as "Talkie," Motlhabankwe was more than just a player on the field, he was a unifier, a spirited competitor, and a personality that brought life into every match he graced. His presence carried an energy that resonated with teammates, opponents, and supporters alike, making him one of those rare figures whose impact extended far beyond the final whistle.

Described as massively talented, hardworking, and fun-loving, Talkie embodied the essence of passion-driven football. Whether through his skill, leadership, or infectious character, he had a way of drawing people together, reminding many why they fell in love with the game in the first place. His determination on the field mirrored his approach to life, resilient, committed, and always pushing forward.

News of his passing on April 5, 2026, at the age of 46, has sent shockwaves across Botswana. From the vibrant streets of Gaborone to the quietest villages, conversations have turned into heartfelt tributes, memories, and reflections. Indeed, he has become a sorrowful "talk of the town," as fans and fellow players alike revisit moments that defined not just his career, but an era of local football.

As tributes continue to pour in, one thing remains clear: Tshepo "Talkie" Motlhabankwe's legacy will endure, not only in the records of the game but in the hearts of those he inspired.







# Tip Top Dog Feed:

## Raising the Standard of Everyday Nutrition

By: Smith The Seam Ripper

In a growing pet care market where premium often comes at a premium price, Tip Top Dog Feed is quietly redefining what “quality” really means. Built on the promise of delivering Top Dog Nutrition, the brand has positioned itself as a practical yet powerful choice for pet owners who want more for their dogs, without stretching their budgets. At its core, Tip Top was created to fill a clear gap: accessible, high-quality nutrition that supports not just survival, but longevity and vitality. Drawing from the Latin root of the word “vitality,” meaning life, the brand’s philosophy is simple, every dog deserves a longer, healthier, and more active life. This is achieved by supporting strong muscles and bones, maintaining healthy organs, and enhancing overall well-being through carefully selected ingredients.

What truly sets Tip Top apart is its ability to balance affordability with completeness. While many budget-friendly dog foods cut corners, Tip Top takes a different approach.

Its formulas offer built-in joint support, an uncommon feature at this price point, alongside complete and balanced nutrition that eliminates the need for additional supplements. With protein levels tailored to life stages (21% for adults and 28.5% for puppies) and healthy fat content for energy and coat health, the brand delivers a well-rounded diet that supports both function and appearance.

Pet owners often notice the difference quickly. From shinier coats and reduced dry skin to improved energy levels, the results speak for themselves. The inclusion of omega 3 and 6 fatty acids enhances skin and coat health, while immune-boosting elements like Vitamin C, Vitamin E, and organic selenium strengthen the body’s natural defenses. It’s this visible transformation, healthier, happier dogs, that continues to win over loyal customers.

Tip Top’s formulas are thoughtfully designed

for both puppies and adult dogs. Puppy blends focus on growth and development, featuring high-quality chicken proteins, energy-rich grains, and advanced additives like Fibosel®, which improves gut health and nutrient absorption while boosting immunity. Joint-supporting ingredients such as glucosamine and chondroitin help young dogs develop strong hips and joints.

For adult dogs, the focus shifts to maintenance and sustained energy. Meat meals provide essential protein for muscle upkeep, while carbohydrates like whole corn and wheat shorts supply energy and fiber. Added fats and oils support coat health, and continued joint support ensures mobility, especially for active dogs. Importantly, Tip Top caters to all breeds, making it a versatile choice for multi-dog households.

Beyond the product itself, Tip Top has built a strong connection with its community. Through word of mouth, social media

platforms like WhatsApp, Facebook, Instagram, and TikTok, as well as on-the-ground engagement at agricultural shows and market days, the brand stays close to its customers. Their approachable slogan, "How can we help?," reflects a commitment to accessibility and trust, qualities that are essential in a market where pet owners are deeply invested in their animals' well-being. This connection extends into educational efforts. Tip Top actively works to inform pet owners about proper nutrition and responsible care through campaigns, activations, and interactive dog shows. These events go beyond entertainment, offering valuable knowledge on feeding, veterinary care, training, and overall dog maintenance. With activities like dog parades, demonstrations, and competitions, they create a space where learning meets community.

The inspiration behind these shows is rooted in a powerful truth: dogs are more than pets, they are family. As the brand emphasizes, caring for them should be intentional and informed. In the words of humorist Josh Billings, "A dog is the only thing on earth that loves you more than he loves himself." Tip Top believes that love should be returned through proper care, nutrition, and attention. Like any emerging brand, Tip Top has faced its share of challenges. Breaking into an industry with established players requires persistence and proof. Yet, through consistent results and positive customer feedback, the brand is steadily earning its place. For Tip Top, success isn't measured by sales alone, but by visible improvements in dogs' health and the trust of the people who care for them.



Looking ahead, the future of pet ownership is evolving, and Tip Top is ready to grow with it. There is a clear shift toward education, ethical care, and convenience, with pet owners becoming more informed and intentional about their choices. While new product developments are on the horizon, the brand remains focused on its core mission: delivering reliable, high-quality nutrition that enhances the lives of dogs everywhere.

For every dog owner reading this, the message is clear: our dogs give us their loyalty, trust, and unconditional love. In return, they deserve more than the basics. They deserve care, understanding, and a commitment to their health and happiness.

Because to them, you are everything. And with the right nutrition, you can give them the life they truly deserve.



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