

# Celebrity World

Botswana's Native Magazine

November 2025 P12

**BARATWA: The Power of Rebirth and Authentic Expression**

**Beauty Tips For Men And Women**

**Didier Drogba Joins Forces with Zotus City**

**Spring Health: Common Conditions People**

**Leading with Purpose: The Inspiring Journey of a Young Change-Maker**

**Getting to Know Bame Bame: The Voice Behind It Ends With Me**





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High Court Gaborone



Garden In Beijing



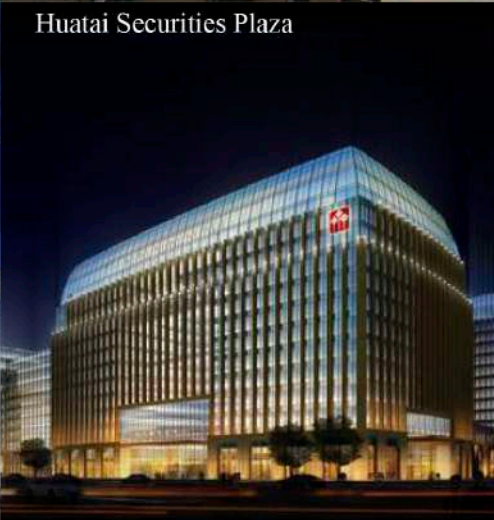
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November Issue | Celebrity World Magazine  
As we step into November, a month often associated with reflection, gratitude, and creativity, Celebrity World Magazine celebrates the beauty of expression in all its forms. This issue is a tribute to the dreamers, storytellers, and visionaries who continue to shape Botswana's cultural and creative landscape.

Gracing our cover is the ever-inspiring Bame Bame, a poet whose words carry depth, power, and healing. Through his art, he reminds us that poetry is not just written, it is felt, lived, and shared. His journey is one of courage, self-discovery, and the fearless pursuit of purpose.

In our Upcoming section, we shine the spotlight on Alinda Ngwenya, a rising star in the beauty industry whose passion and innovation are turning heads. Her story reminds us that success blooms when talent meets persistence.

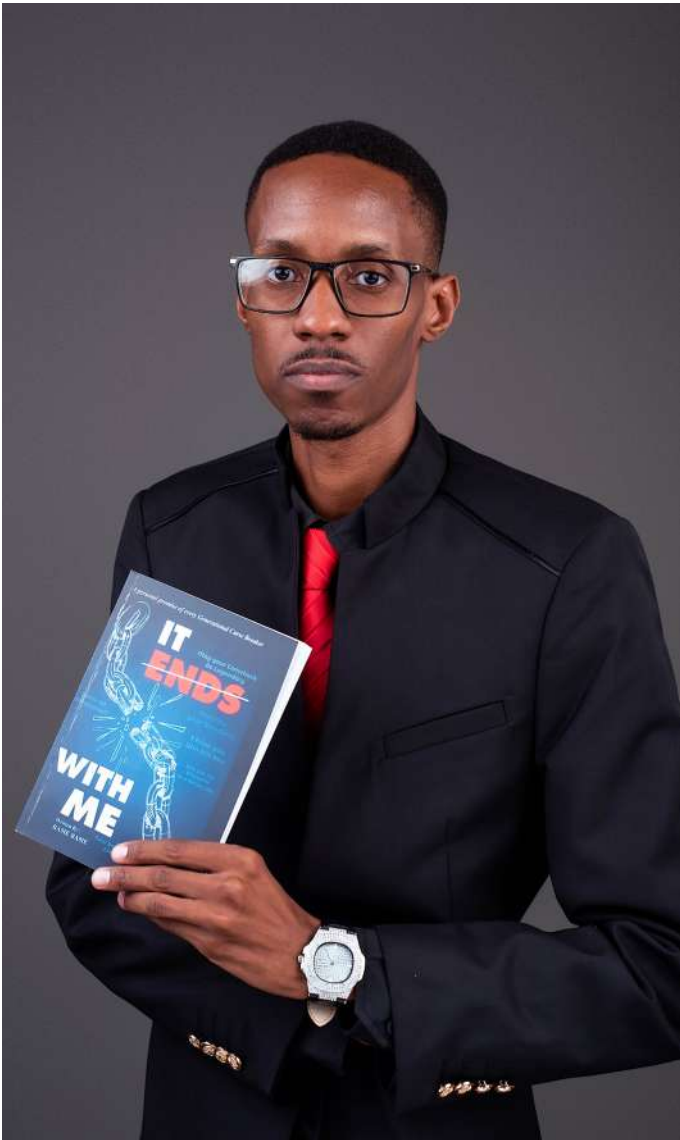
Our Feature highlights Baratwa, who recently released her soulful album Eight. Through her music, she paints emotions that many struggle to express, raw, relatable, and real. And under Legends, we pay tribute to the timeless Lucky Dube, whose music continues to unite hearts across generations. His legacy lives on, echoing the truth that art never dies, it only evolves.

Each story in this issue captures a different rhythm of life, poetry, music, beauty, legacy, all bound by the common thread of passion. As you turn these pages, may you be inspired to chase your dreams, embrace your uniqueness, and celebrate the magic within. With love and inspiration

Takudzwa Joylene Chigura  
Editor-in-Chief, Celebrity World Magazine



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# Celebrity World *List*

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### Wicked

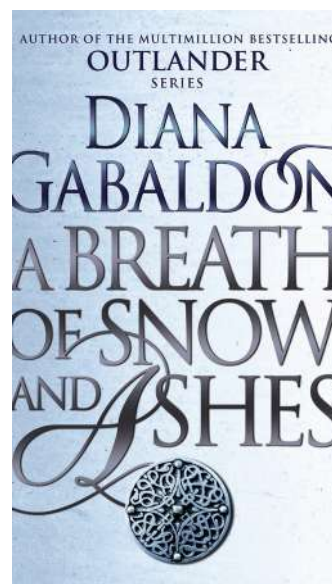
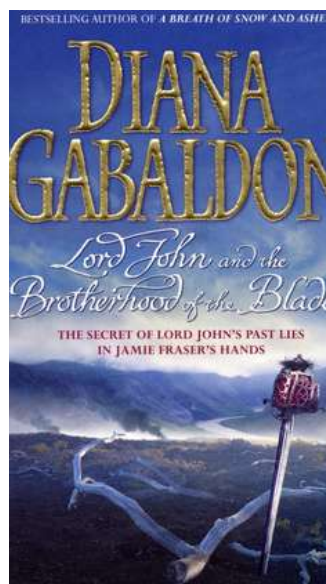
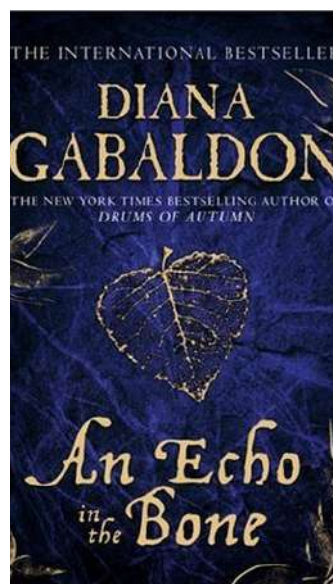
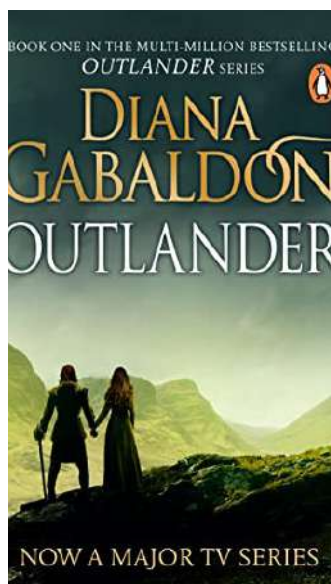
For Good is an upcoming American musical fantasy film directed by Jon M. Chu and written by Winnie Holzman and Dana Fox. The sequel to Wicked (2024), it adapts the second act of the 2003 stage musical by Stephen Schwartz and Holzman, which was loosely based on Gregory Maguire's 1995 novel, itself a reimagining of L. Frank Baum's 1900 novel The Wonderful Wizard of Oz and its 1939 film adaptation.



### Zootopia 2

An upcoming American animated buddy cop comedy film produced by Walt Disney Animation Studios. The sequel to Zootopia (2016), it is being directed by Jared Bush and Byron Howard, written by Bush, and produced by Yvett Merino. Ginnifer Goodwin, Jason Bateman, Idris Elba, and Shakira reprise their roles from the first film, joined by newcomers Ke Huy Quan, Fortune Feimster, Andy Samberg, David Strathairn, Patrick Warburton, and Quinta Brunson. The film follows Judy Hopps and Nick Wilde as they pursue Zootopia's new and mysterious reptilian resident Gary De'Snake.

## What To Read



# BARATWA:

## The Power of Rebirth and Authentic Expression

Fresh off the release of her new album *Eight*, multitasking singer and actress Baratwa is entering a new era of creativity, confidence, and self-discovery. Known for her soulful vocals, deep storytelling, and dynamic performances, Baratwa continues to push boundaries and inspire audiences with her artistry rooted in authenticity and growth.

"The title *Eight* was inspired by the spiritual meaning of the number itself," she explains. "It represents rebirth, transformation, balance, and new beginnings, everything that defines where I am in life right now." The project, she adds, celebrates freedom, love, and personal evolution, an honest reflection of her journey toward self-awareness and artistic maturity.

Blending Pop, Rock, and African traditional sounds, *Eight* captures the best of both worlds: a global sound with deep Botswana roots. Every song tells a personal story, filled with emotion and purpose. Tracks like *Kgosi*, a love ballad about devotion and connection, reveal her tender side, while *Lies* confronts the pain of dishonesty in relationships. Her personal favorite, *Naledi*, meaning "star," shines as an anthem of triumph and resilience. "It's about rising from the shadows and embracing your own light," she says proudly.

But Baratwa isn't slowing down anytime soon. She's already working on an expanded version of the album titled *Eight Plus*, set for release in 2025. "Eight is an EP for now, but *Eight Plus* will be a full studio album," she shares. "It builds on the same spirit, with new songs



and reimagined versions that blend my pop sound with Botswana's rich traditional rhythms. It's my way of evolving while staying true to my roots."

Behind the music lies a message of love and gratitude. The album, she says, was inspired by the happy moments she's experienced in her relationships, both personal and professional. "It's about celebrating mutual love and support, the times when everything feels right and effortless," she explains.

Beyond music, Baratwa is passionate about empowering others through knowledge-sharing and mentorship. Through her consultancy, Baratwa Music, she helps upcoming artists understand the business side of the industry. "I had to teach myself about music publishing, branding, and distribution. Now I share that knowledge because I want more artists to succeed with the right tools," she says. Her long-term dream? To host music business workshops across Botswana, helping creatives turn their passion into sustainable careers.

Balancing her community work and creative life comes naturally to her. "Art gives me a platform to inspire and uplift others. Creativity fuels purpose, and purpose strengthens creativity," she reflects.

In addition to her music, Baratwa has also made her mark as an actress. Her journey began in 2006 at Palapye Secondary School and blossomed during her Fine Arts Theatre studies at the University of Botswana. Over the years, she has appeared in several major productions including Pula! The Musical, The Bet, Matlhomoleng, and the upcoming Kgabontle. "Acting taught me emotional honesty, vulnerability, and pride in my Setswana culture," she says. "Those lessons now flow naturally into my music."

Currently, Baratwa is involved in three new productions, Queen Mantasi directed by Denim Richards, Phufuhudu Ga ETlhatlhelwe by Kgomotso Ratsie, and Royal Kingdom produced by Letlhogonolo Ngwenya, each one showcasing her versatility as a performer. Through it all, she stays grounded by maintaining balance. "The entertainment industry works in seasons," she says. "So during quiet times, I focus on personal growth and things that keep me centered. It's all about evolving, both creatively and spiritually."

As for what she hopes Eight and Eight Plus will leave behind, her message is clear:

"I want people to feel peace, self-belief, and abundance. Growth and success come from love, discipline, and consistency. Eight is about embracing that mindset, and trusting that every new beginning brings light."



# Getting to Know Bame Bame: The Voice Behind It Ends With Me



Bame Bame is more than a poet, he's a storyteller, a creative visionary, and now, a published author whose words are touching hearts across Botswana and beyond. His debut book, *It Ends With Me*, has already made waves since its September release, selling over 100 copies in its first month and sparking conversations about healing, rebirth, and self-discovery.

"It feels surreal," Bame admits with a humble smile. "I've always dreamt of being a published author and for my writing to impact lives positively. This is a dream come true."

#### **Beyond Poetry: Who Is Bame Bame?**

Outside of poetry, Bame wears many hats, he's a screenwriter, creative director, and healthcare professional in clinical research. Yet, at his core, he describes himself as a young man trying to find his place in the world while using his talents to do good.

"I want to share my gift with those who need it and change lives with it," he says. "Writing gives a voice to the voiceless and allows us to leave a lasting legacy."

#### **The Meaning Behind It Ends With Me**

The title of his book carries deep personal meaning, a statement of freedom, peace, and rebirth.

"I've been through a lot and made it out of situations I never thought I could," Bame shares candidly. "Life taught me lessons in painful ways, but I realized that we're not what happens to us, it's our responsibility to rebuild ourselves. *It Ends With Me* is about ending cycles of pain and negativity so they don't affect the people who come after us."

#### **Falling in Love with Words**

Bame's love for writing began early. Inspired by Hip-Hop and the lyrical genius of Tupac Shakur, he found poetry as an outlet for his emotions.

"I grew up listening to Hip-Hop and loved how they played with words. I thought, 'I could do it too.' Writing became therapy, it helped me express things I couldn't say out loud."

Some of his earlier works can be found on platforms like PoemHunter.com and My Poetic Side.



### Emotion in Every Line

Bame's writing is known for being emotional and reflective. *It Ends With Me* explores themes of pain, heartbreak, healing, betrayal, and childhood trauma. His favorite piece, "I Choose Me," stands out for its powerful message of self-love.

"I spent my life making everyone else happy, often at my own expense," he reflects. "This poem is about finally choosing myself, being everything to me before I can be anything to the world."

### A Journey Through Pain and Rebirth

The creation of *It Ends With Me* wasn't easy. Initially, it was a chapter from a larger motivational project titled *A Better Tomorrow*, which will be released in mid-2026.

"I started writing after losing everything I took pride in," he says. "What began as a story about giving up became one about hope and redemption. Writing it forced me to face my chaos head-on."

### Making Poetry Relatable

Though poetry isn't always mainstream, Bame's approach makes it accessible and engaging. Each poem in his book is followed by a motivational message that expands on its meaning.

"Even if you don't love poetry, you'll enjoy this book," he explains. "It's written in a way that connects deeply with readers, and the title itself pulls you in."

### The Message Behind the Movement

At its heart, *It Ends With Me* is more than a collection of poems, it's a call to action.

"We're all fighting battles people can't see," Bame says. "I want readers to take this book as a personal promise to end cycles that hurt them and others. We have the power to redefine our bloodlines and create a ripple effect of positive change."

### Building Botswana's Creative Future

Bame believes that storytelling, whether through film, books, or art, can drive economic and cultural growth in Botswana. "Our creative industry can be a major contributor to the economy," he says. "I have content that I believe can reach the world. I just pray the right people find me, production companies, investors, collaborators, I'm ready."

Among the creatives he hopes to work with are William Last KRM, Neo Kebiditswe, Moreetsi Gabang, Thomas Mpoeleng, Bongihlahla Ncube, Samad Davis, and Denim Richards.



### The Impact So Far

The response to *It Ends With Me* has been overwhelmingly emotional.

"Someone texted me saying, 'Where was this book when I needed it most?'" Bame recalls. "A few readers even called to ask how much of it was about me. One said they just wanted to give me a hug. It's been humbling." *If the Book Had a Soundtrack...*

If *It Ends With Me* were a film, Bame says its soundtrack would feature:

- Read All About It – Emeli Sandé
- I'll Find You – Lecrae feat. Tori Kelly
- Transition – Samantha Mogwe feat. Zeus

### Connecting with Fans

While Bame enjoys the creative process, his greatest joy comes from connecting with

readers.

"The reaction people have after reading my poems means everything to me," he says. "That's why I'm launching the Give Voice to Poetry Competition 2025, where readers can perform poems from the book for a chance to win a share of P7,500."

### What's Next for Bame Bame

The journey is just beginning. Bame is currently working on *A Better Tomorrow*, finishing his Master's in Public Health, and developing projects in film production, his true calling.

"This book is my entry point into the creative space," he says. "My main focus is film. I'm building the life I want, step by step, and I'm ready for what's next."

### Bame Bame

Screenwriter | Creative Director | Published

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# Jennifer Lopez and Ben Affleck Reunite on the Red Carpet for 'Kiss of the Spider Woman' Premiere

After months of headlines surrounding their split, Jennifer Lopez and Ben Affleck surprised fans with a warm and graceful reunion on the red carpet at the Kiss of the Spider Woman premiere in New York City on October 6, 2025.

The event marked the first time the former couple appeared together publicly since finalizing their divorce earlier this year. Despite the emotional weight of the moment, both stars exuded calm confidence, with Lopez dazzling in a shimmering gown and Affleck looking sharp by her side.

Lopez, who stars in the film, shared heartfelt words of appreciation for her ex-husband during the evening.

"Thank you, Ben," she said. "This movie wouldn't have been made without Ben and

without Artists Equity."

Affleck serves as an executive producer through his production company, Artists Equity, underscoring that while their romantic relationship may have ended, their creative partnership remains strong.

## A Supportive, Not Romantic, Reunion

While the sight of "Bennifer" together again sent the internet buzzing, sources close to the two made it clear that this was not a rekindled romance. According to People magazine, Lopez and Affleck are in "a really good place," but their connection now is purely professional and mutually respectful.

## An insider revealed:

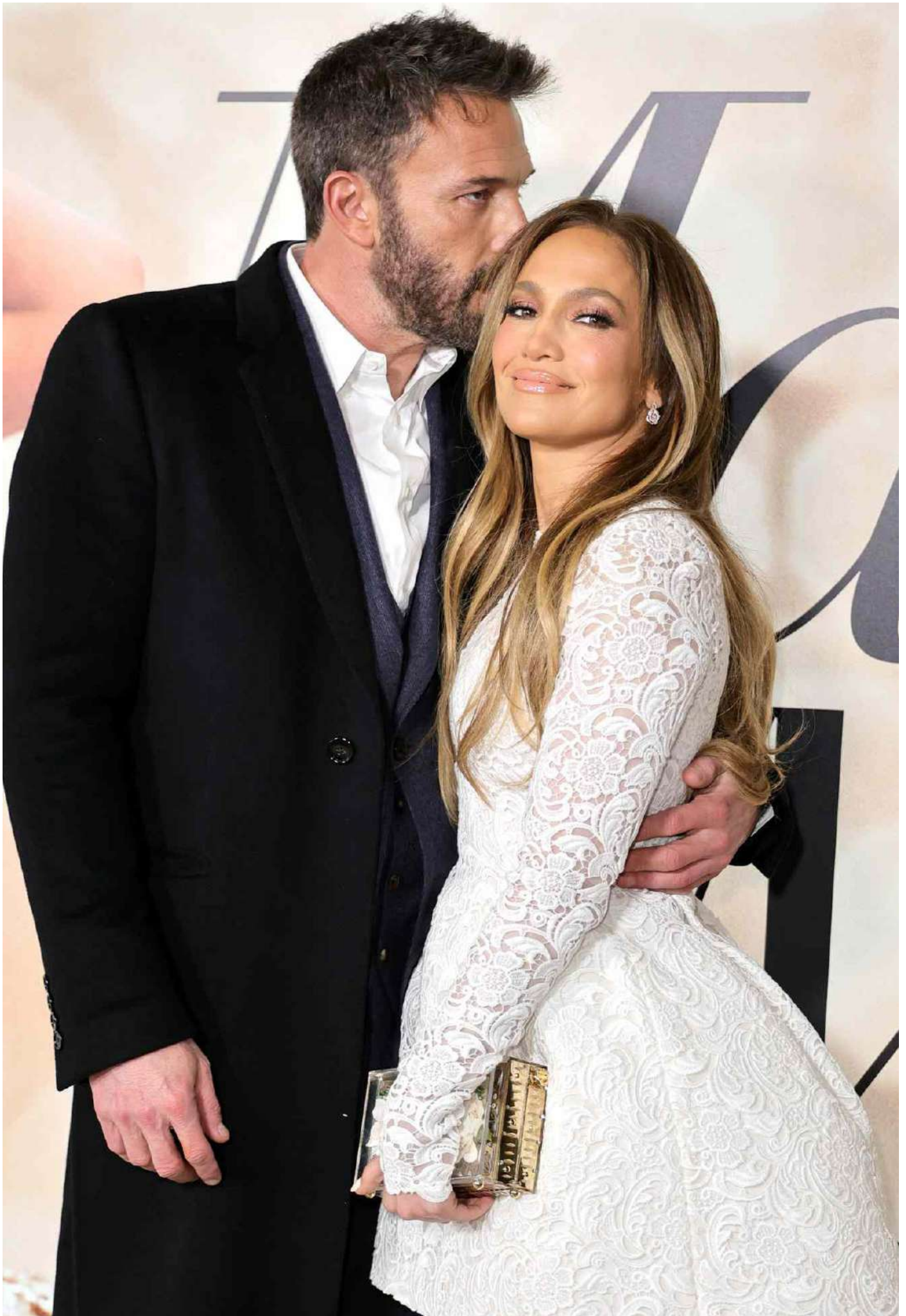
"There's no romantic reunion with Ben. They're in a really good place. They continue to support each other and are both proud of what they've accomplished together."

## A Symbol of Growth and Grace

The red-carpet reunion served as a visual reminder of maturity, respect, and evolution. Lopez, who has described Kiss of the Spider Woman as a deeply personal project, continues to redefine her artistry while embracing new beginnings. Affleck's public support at the premiere reflected the strength of two individuals who have learned to move forward without animosity.

Together, they turned what could have been an awkward moment into a graceful one, a reflection of growth beyond the headlines.

As cameras flashed and fans cheered, the night became less about rekindled romance and more about collaboration, closure, and the enduring power of respect.





# Spring Health: Common Conditions People

## Face as the Season Changes

Spring is often celebrated as the season of renewal, flowers bloom, skies brighten, and temperatures warm up. But alongside all this beauty, many people also face health challenges unique to this time of year. From pollen-filled breezes to fluctuating temperatures, here are some of the most common conditions people experience in spring.

## Allergies in Full Bloom

Seasonal allergies, also known as hay fever, top the list. As trees, grasses, and flowers release pollen, sensitive individuals often struggle with sneezing, itchy eyes, and runny noses. For many, spring's arrival means stocking up on antihistamines and limiting outdoor exposure during peak pollen hours.

## Asthma Flare-Ups

Those with asthma often find spring a tricky season. Pollen, mold spores, and even changes in weather can trigger breathing difficulties, coughing, or wheezing. Proper management and avoiding outdoor

activities during high pollen counts can help reduce flare-ups.

## Colds and Flu

Although typically associated with winter, colds and flu remain common in spring due to sudden temperature swings. Our immune systems can become vulnerable, leaving us susceptible to viral infections.

## Skin Irritations

Eczema, dermatitis, and hives may worsen in spring as allergens rise and insects reappear. Warmer weather also brings mosquitoes, bees, and wasps, whose bites or stings can trigger irritation or even allergic reactions in sensitive individuals.

## Eye Concerns

Allergic conjunctivitis, or "pink eye," is another hallmark of spring. Red, itchy, and watery eyes are a familiar struggle for many, often caused by pollen exposure.

## Headaches and Migraines

Spring's changing air pressure and

fluctuating weather patterns can set off headaches or migraines in people prone to them.

## Spring Fatigue

Surprisingly, the season of growth can leave some feeling drained. This temporary "springtime lethargy" is the body's way of adjusting to longer days, shifting hormones, and temperature changes.

## Mood Shifts

While many feel uplifted as the sun shines longer, others may experience mood swings or mild anxiety as their bodies adjust to new circadian rhythms.

## A Season for Self-Care

Spring is a reminder of the body's sensitivity to environmental change. By staying mindful, whether through allergy management, maintaining a balanced lifestyle, or simply listening to your body, people can better enjoy the freshness and vibrancy the season brings.





## From King of the Hustle to a Courtroom Sentence: The Fall of P. Diddy

When the gavel fell in the Manhattan federal courthouse on October 3, 2025, the reverberations were felt across music, culture, and the broader conversation about abuse of power. Sean “P. Diddy” Combs, once the hip hop mogul, tastemaker, and icon of success, was sentenced to 50 months in federal prison after being convicted on two counts of transporting persons for prostitution. With credit for time already served, he will spend roughly three more years behind bars, followed by five years of supervised release and a fine of half a million dollars.

To understand the weight of this moment, one must trace the arc of Combs’ life. He rose

from Harlem to build an empire, founding Bad Boy Records, launching the careers of The Notorious B.I.G. and Mary J. Blige, and expanding into fashion, media, and entrepreneurship. He was celebrated as a self-made mogul and a symbol of possibility in Black business and culture. Yet over the years, allegations of abuse, coercion, and manipulation grew louder. In late 2023, Combs was sued by his former partner Cassie Ventura, accusing him of sexual and physical abuse. That lawsuit set off a cascade of accusations, property raids, and eventually a federal investigation.

In May 2025, the trial began. The charges included sex trafficking, racketeering,

and transporting persons for prostitution under the Mann Act. After days of intense testimony, the jury acquitted him of the most serious charges but found him guilty on two counts of transporting women for prostitution.

On the day of sentencing, the courtroom scene was heavy with symbolism. Judge Arun Subramanian acknowledged Combs’ “impressive” public record but emphasized that good works could not erase the severity of the crimes. Addressing the victims, he said, “We heard you.” He rejected the defense’s portrayal of Combs’ orchestrated parties as consensual, calling that narrative “flatly inconsistent with reality.”

Combs, subdued, apologized, calling his actions “disgusting, shameful, sick.” He told the court he had lost everything: his freedom, reputation, the ability to be with his children, and the chance to care for his mother. His defense urged leniency, citing philanthropy and rehabilitation efforts while in detention. Prosecutors, on the other hand, had sought a harsher sentence of over 11 years, arguing that his conduct reflected a long pattern of coercion and intimidation. The judge ultimately settled in the middle: not as long as prosecutors wanted, but far more than the defense had asked for.

This case is not merely a fall from grace for a celebrity. It forces deeper questions about power, accountability, and the intersection of fame and violence. It challenges the notion that millionaire entertainers can “play by different rules.” It centers survivor voices, reminding the public that abuse is not a side note to fame. And it sparks cultural debate about whether Combs’ legacy as an artist and businessman can be separated from his crimes.

While incarcerated, Combs has reportedly participated in self-improvement programs focused on domestic violence and addiction. Whether this represents genuine reform or legal strategy remains to be seen. From the business side, his ventures stand on shaky ground as his brand suffers reputational and financial blows.

In the broader cultural landscape, this sentence may be remembered as a turning point in how celebrity misconduct is judged and how the justice system addresses abuses of power. For Combs himself, the prison term marks a dramatic collapse of the empire he built, leaving his future uncertain.

P. Diddy crafted a narrative of ambition, resilience, and success. On that October day in court, that narrative shifted, darkened, and fractured. The sentence is more than punishment: it is a reckoning with privilege, with abuse, and with the enduring scars left on those who lived through it.





# Thriving in the Digital Age:

## The Rise and Resilience of Small Businesses in a Changing Economy

In today's fast-moving, digitally-driven world, the face of business is evolving, and at the center of that transformation is the small business. Once overshadowed by multinational corporations and well-established enterprises, small businesses are now rising to prominence, thanks to a unique blend of technology, innovation, and pure determination.

Across the globe, from bustling city centers to remote villages, entrepreneurs are harnessing the power of the internet to build sustainable ventures that not only boost local economies but also foster job creation and community development. In Africa, particularly in countries like Botswana, South Africa, Nigeria, and Kenya, the digital revolution has sparked a new wave of youth-led innovation, redefining what it means to be a business owner in the 21st century.

### The Digital Leap

The rise of social media and mobile technology has turned the business landscape on its head. Platforms such as Facebook, WhatsApp, Instagram, and TikTok have become invaluable tools for marketing, customer engagement, and brand building. For small business owners with limited budgets, these platforms offer a

cost-effective way to reach large and diverse audiences. A well-crafted reel or a viral tweet can transform a little-known brand into an overnight sensation.

In Botswana, a growing number of entrepreneurs are embracing this shift. Take the example of Urban Swag Authentic Wear, a local streetwear label launched by a group of fashion-forward creatives. With bold designs, eco-conscious fabrics, and a mission rooted in cultural pride, the brand has gained a strong following online. Its success story is not just about clothing, it's about identity, innovation, and impact.

E-commerce platforms are also democratizing retail. Businesses no longer need to wait for a physical shop to open. With platforms like Shopify, Selar, Paystack, and mobile money integrations, anyone with a smartphone and a product can launch a virtual storefront and serve customers beyond borders.

### Personal Stories Power Brands

What separates small businesses from their larger counterparts is the heart and soul poured into each product or service. Customers today are drawn to authenticity. They want to know the story behind the

brand, who is making the products, where materials are sourced from, and what values the business stands for.

For example, a young woman in Gaborone who creates handmade body care products out of natural ingredients doesn't just sell soap. She sells a wellness lifestyle inspired by African herbs and ancestral knowledge. Another startup, a tech hub founded by university graduates, offers affordable digital solutions to small farmers, proving that passion-driven ideas can bring real, scalable change.

These businesses often begin with a personal challenge or a passion project. From solving local problems to filling market gaps, the most successful small ventures are those deeply rooted in the everyday experiences of their founders and their communities.

### The Roadblocks Along the Way

While the digital age offers many opportunities, the journey for small business owners is not without its struggles. Access to capital remains one of the biggest challenges. Many aspiring entrepreneurs are turned away from banks due to lack of collateral, credit history, or formal business plans. Women and youth often face even



greater obstacles, battling stereotypes and systemic inequalities.

Operational challenges also abound. Limited supply chains, inadequate infrastructure, inconsistent electricity, and high internet costs can stunt business growth, especially in rural areas. In addition, small businesses often have to play every role in the company: CEO, marketer, accountant, and delivery person all in one.

Despite these hurdles, the entrepreneurial spirit remains strong. Business owners continue to learn, adapt, and push forward, often turning to online courses, mentorship programs, and peer networks for support.

#### Support and Sustainability

Recognizing the importance of small businesses to national economies, governments, NGOs, and private

organizations are stepping in with supportive policies and initiatives. In Botswana, the Local Enterprise Authority (LEA), Citizen Entrepreneurial Development Agency (CEDA), and Botswana Innovation Hub are among the key players offering mentorship, funding, and incubation opportunities to startups and SMEs.

There is also a growing emphasis on sustainable and inclusive entrepreneurship. Young business owners are increasingly aware of their role in promoting environmental sustainability and social impact. Businesses that prioritize eco-friendly practices, ethical sourcing, and community development are gaining more traction, especially among Gen Z and Millennial consumers.

Looking Ahead: Small Is the New Big  
As we look toward the future, it's clear that small businesses will play a vital role in

shaping the economy, not just as income generators, but as cultural influencers and agents of change.

The rise of small businesses in the digital economy is not just a trend, it's a movement. A movement powered by ordinary people with extraordinary ideas. A movement that says you don't need millions to make a difference. You just need vision, resilience, and the courage to begin.

For aspiring entrepreneurs, the message is clear: the world is more connected than ever before. The tools are in your hands. The time is now.

And for the rest of us? It's time to support, celebrate, and invest in the small businesses around us, because behind every logo is a story worth believing in.

# Didier Drogba Joins Forces with Zotus City

Football legend and philanthropist Didier Drogba has taken on a new challenge, stepping into the role of Global Ambassador for Zotus City Development Group (ZCDG). The announcement was made by Zotus Group CEO Davison Simango at the Pula Global Expo 2025 in Gaborone, where leaders from across the continent gathered to discuss Africa's next big growth frontiers.

The Expo, Botswana's flagship investment and trade gathering, attracted top figures from government and business, including President Advocate Duma Boko. His attendance set the tone for a renewed national push towards innovation, infrastructure, and sustainable growth.

Taking to the stage, Drogba shared his excitement about the partnership, describing it as a step toward reshaping Africa's urban future.

"This is more than just building a city," he said. "It's about creating hope and opportunities that can inspire generations. Botswana is showing what's possible when vision meets purpose."

At the heart of this collaboration is Zotus City, a groundbreaking smart city rising in Ghanzi, Botswana. The development will stretch across 4,000 hectares, weaving together clean energy, modern logistics, digital innovation, and inclusive community planning. Designed as a Special Economic Zone, it will serve as a regional hub along the Trans-Kalahari Corridor, connecting people, ideas, and industries.

Beyond its futuristic vision, the project aims to empower local communities and attract global investment while promoting sustainability at every level. Drogba's appointment signals not just celebrity endorsement, but a shared belief in Africa's ability to define its own modern destiny.

From the football pitch to the frontlines of social change, Didier Drogba has always been more than an athlete. His partnership with Zotus City reflects that same spirit, building not just structures, but a future where Africa's potential takes center stage.







# Ambohimanga: Madagascar's Sacred Hill of Kings

Perched 24 kilometers northeast of Antananarivo, the capital of Madagascar, lies Ambohimanga, a hilltop fortress and royal city that has stood for centuries as a powerful symbol of the island's history, spirituality, and cultural identity. Known as one of the twelve sacred hills of Imerina, Ambohimanga is more than just a historic site, it is the spiritual heart of the Merina people and a place where past and present converge.

## A Living Monument of the Merina Kingdom

Ambohimanga's fortified royal settlement, or rova, is the best-preserved monument of the precolonial Merina Kingdom. Behind its defensive walls lies a walled village that once housed monarchs, their royal tombs, and sites of great ritual significance. For more than 400 years, this hill has inspired reverence among Malagasy people, drawing pilgrims from across the island and beyond who come to honor ancestors and seek blessings.

The site holds deep spiritual value, enriched not only by the tombs of Merina kings but also by burial sites of the Vazimba, considered to be the island's earliest inhabitants. These

layers of history give Ambohimanga its enduring sacred aura.

## From Civil War to Unification

Ambohimanga rose to political prominence in the 18th century when King Andriamasinavalona divided the Kingdom of Imerina into four parts. His son Andriantsimitoviaminiandriana ruled the northeast quadrant, Avaradrano, from this hilltop stronghold. That division triggered nearly eight decades of civil conflict.

It was from Ambohimanga that King Andrianampoinimerina emerged as a unifier, ending the wars and reuniting Imerina in 1793. After seizing Antananarivo, he declared both cities equally important, Antananarivo as the political capital and Ambohimanga as the spiritual capital. The kings and queens who followed maintained rituals here, solidifying its dual role as a seat of sacred tradition and royal power until the French colonization and exile of the Merina royal family in 1897.

## A Sacred Royal City

Ambohimanga's defenses remain a marvel: stone walls, deep ditches, and 14 gateways,

many once blocked by massive stone discs. Within these fortifications, the compound reflects Malagasy cosmology, where sacred meaning is attached to the four cardinal points and especially to the northeast.

The hilltop is divided into three main compounds:

- **Mahandrihono** – the largest and best preserved, built between 1710 and 1730, containing the tombs of Merina royalty, the house of Andrianampoinimerina, Queen Ranaivalona II's summer palace, and ritual sites including the royal zebu pen and bath.
- **Bevato** – established before 1710 but now without original structures.
- **Nanjakana** – built in the late 18th century for King Andrianjafy.

These compounds reveal the architectural and ceremonial sophistication of the Merina monarchy.

## A World Heritage Treasure

In recognition of its unmatched cultural value, Ambohimanga was inscribed as a UNESCO World Heritage Site in 2001. Its status became even more significant after a fire in



1995 destroyed the Rova of Antananarivo, its historic sister city, which had also been slated for UNESCO recognition. Today, Ambohimanga stands as Madagascar's only cultural World Heritage Site.

Preservation efforts led by both the government and civil society continue to safeguard the site against environmental damage and modern pressures. Restoration of stone walls, tombs, and ritual spaces ensures that future generations can experience this living monument.

**Legacy of Identity and Faith**

Ambohimanga is more than a historic site, it is a testament to the resilience and identity of the Malagasy people. For the Merina, it remains a sacred destination where history, spirituality, and culture are tightly interwoven. Pilgrims still ascend its gates to honor their ancestors, echoing centuries of ritual practice.

As Madagascar continues to modernize, Ambohimanga endures as a reminder of the island's royal heritage, its ancient cosmology, and the unbroken spiritual bond between its people and their sacred hill.





# The Beauty and Significance of Swati Cultural Dress

Swati cultural dress, deeply rooted in the traditions of Eswatini (formerly Swaziland), continues to play a vital role in expressing identity, heritage, and unity. At the center of this attire is the Emahiya, a versatile fabric embraced by both men and women as a symbol of cultural pride.

## Emahiya: The Heart of Swati Dress

The Emahiya is the foundation of Swati attire. It is a multipurpose cloth, typically wrapped around the body in various ways depending on the occasion or personal preference. For men, it can be tied across the shoulders or around the waist, while women often drape it elegantly to highlight femininity and grace.

## Vibrancy in Color and Pattern

One of the most striking features of Swati cultural dress is its use of bold colors and traditional patterns. These designs are not merely decorative, they carry meaning and connect the wearer to generations of cultural storytelling. The vibrancy of red, blue, and black fabrics, along with intricate motifs, makes Swati attire stand out in ceremonies and everyday life.

## Ceremonial Significance

Swati cultural wear shines most brightly





during traditional ceremonies. Weddings, royal events, and festivals often feature elaborate versions of the Emahiya, adorned with accessories and styled to reflect the importance of the occasion. Traditional wedding dresses, for instance, often combine heritage with elegance, symbolizing unity, respect, and cultural continuity.

#### Modern Interpretations

While the Emahiya remains central to cultural dress, modern interpretations have brought a fresh perspective. Designers are now blending traditional fabrics with contemporary cuts, creating attire that honors heritage while appealing to modern tastes. Weddings, in particular, have become a showcase for these stylish variations, where brides and grooms embrace their roots in innovative, fashionable ways.

#### A Cultural Legacy

The Swati cultural dress is more than clothing, it is a reflection of identity and a reminder of Eswatini's rich heritage. From the vibrant Emahiya to ceremonial regalia and modern adaptations, the attire continues to evolve while preserving its cultural essence. It stands as a symbol of pride, unity, and timeless tradition.



# 14 Most Clever Gardening Tips and Ideas



Gardening is more than just a hobby; it's a way to connect with nature, reduce stress, and cultivate your own piece of paradise. Whether you're a seasoned gardener or just starting out, these 14 clever gardening tips and ideas will help you make the most of your green space. From creative planting techniques to eco-friendly solutions, let's explore how you can elevate your gardening game.

**1. Vertical Gardening:** If you have limited space, vertical gardening can be a game-changer. Utilize wall-mounted planters, trellises, or even old pallets to grow your favourite herbs, flowers, or vegetables vertically.

**2. Companion Planting:** Maximize your garden's potential by planting companion crops that benefit each other. For example, planting marigolds alongside tomatoes can deter pests and improve tomato growth.

**3. DIY Rain Barrels:** Save money and water by creating your own rain barrel system.

Collecting rainwater is an eco-friendly way to keep your garden hydrated during dry spells.

**4. Epsom Salt for Healthier Plants:** Sprinkle a bit of Epsom salt around your plants to boost magnesium levels, which can enhance their overall health and vibrancy.

**5. Strategic Mulching:** Mulch serves as a protective blanket for your garden. Use it to control weeds, regulate soil temperature, and retain moisture. Organic materials like straw or compost work wonders.

**6. Upcycled Garden Art:** Get creative by repurposing old items into garden art. An old bicycle wheel can become a unique trellis, and mismatched teacups can adorn your garden as charming planters.

**7. DIY Drip Irrigation:** Create a custom drip irrigation system using inexpensive materials like PVC pipes and hoses. This ensures your plants receive a consistent and efficient water supply.

**8. Natural Pest Control:** Attract beneficial insects like ladybugs and lacewings to your garden by planting flowers they love, such as daisies and sunflowers. They'll help keep pesky aphids and caterpillars in check.

**9. Raised Garden Beds:** Raised beds offer better drainage, improved soil quality, and easier maintenance. Plus, they can be aesthetically pleasing additions to your garden.

**10. Crop Rotation:** Prevent soil depletion and disease build up by practicing crop rotation. Change the location of your crops each season to maintain soil health.

**11. Herb Spiral Gardens:** Create a visually appealing herb spiral garden that not only looks beautiful but also optimizes growing conditions for a variety of herbs.

**12. Homemade Organic Fertilizers:** Make your own fertilizers from kitchen scraps like eggshells, banana peels, and coffee grounds. These natural fertilizers provide essential



nutrients to your plants.

**13. Indoor Gardening:** Don't let limited outdoor space stop you from gardening. Indoor gardens, whether with potted plants, herbs, or small vegetables, can thrive with proper care and attention.

**14. Smart Gardening Apps:** Take advantage of technology with gardening apps that provide planting calendars, weather alerts, and maintenance reminders, ensuring your garden stays in top shape.

Gardening is a wonderful way to nurture the earth and enjoy the fruits of your labour. These 14 clever gardening tips and ideas offer innovative solutions for both novice and experienced gardeners. From maximizing space to using eco-friendly practices, these techniques will help you create a thriving and beautiful garden that you can take pride in year-round. So, grab your gardening gloves and get ready to dig into a world of green possibilities.





**Leonardo DiCaprio**  
**November 11, 1974**

An Academy Award-winning actor known for his intense performances and environmental activism. DiCaprio rose to global fame with *Titanic* and has since starred in classics like *Inception*, *The Revenant*, and *The Wolf of Wall Street*. He's also a dedicated advocate for climate change awareness.



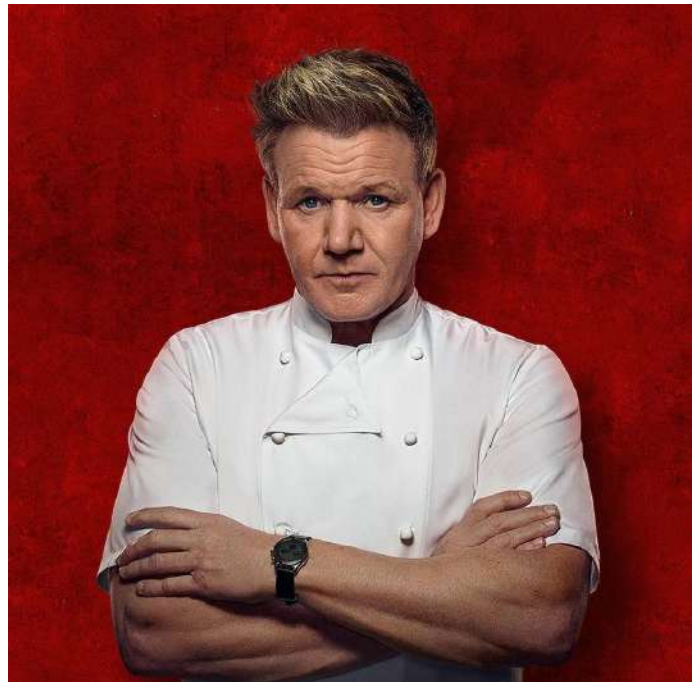
**Kendall Jenner**  
**November 3, 1995**

A top model and reality TV star who gained fame through *Keeping Up with the Kardashians*. Kendall has since built a high-fashion career, walking runways for major designers and featuring in campaigns for brands like Chanel and Versace. She's also a successful entrepreneur with her tequila brand, 818.



**Katy Perry**  
**November 25, 1984**

The pop superstar behind chart-topping anthems like *Firework*, *Roar*, and *Dark Horse*. Known for her bold style and theatrical performances, Katy Perry has earned numerous awards and served as a judge on *American Idol*. She's celebrated for her creativity and advocacy for self-expression.



**Gordon Ramsay**  
**November 8, 1966**

World-renowned chef, TV personality, and restaurateur, famous for his fiery temper and Michelin-starred restaurants. Shows like *Hell's Kitchen* and *MasterChef* turned him into a household name. Beyond his TV persona, Ramsay is a passionate mentor and advocate for culinary excellence.



**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.

# The Three Little Pigs

A Timeless Tale





Once upon a time, in a quiet countryside not so different from Dartmoor's misty hills, there lived three little pigs who decided it was time to leave their mother's home and build houses of their own. Each pig had a different idea of what would make the perfect home.

The first little pig, eager to play and rest, built his house out of straw. It was quick, it was easy, and it kept out the sun, though not much else. The second little pig chose sticks for his home. It was stronger than straw and took a little more work, but still went up quickly. The third little pig, wiser and more patient than his brothers, laid one brick carefully upon another until he had built a solid, sturdy house.

Before long, a Big Bad Wolf came prowling through the land. Hungry and clever, he longed to make a meal of the pigs. When he reached the straw house, he knocked and demanded, "Little pig, little pig, let me come in!"

"Not by the hair of my chiny chin chin!" squealed the pig.

So the wolf growled, "Then I'll huff, and I'll puff, and I'll blow your house in!" And with a mighty breath, the straw scattered, leaving the little pig to run as fast as his legs could carry him.

The wolf followed to the house of sticks. Again he knocked, and again came the answer: "Not by the hair of my chiny chin chin!" The wolf huffed, and puffed, and blew the stick house down in a tumble of twigs. Both pigs ran in terror to their brother's brick house.

When the wolf arrived at the third house, he found the door shut tight and the walls unyielding. He huffed, and he puffed, and he blew with all his might, but the bricks stood firm. Again and again he tried, but the house would not fall. Defeated, the wolf slunk away, and the three pigs lived safely and happily inside the brick house.

This simple fable carries a timeless lesson: hard work and patience pay off in the end, while shortcuts often crumble under pressure. First printed in the 1840s, and later popularized in Joseph Jacobs' *English Fairy Tales* of 1890, the story has roots in much older folklore. In fact, the earliest version told of three pixies and a fox, not pigs and a wolf. It was James Halliwell-Phillipps who first put to paper the now-famous phrases: "Not by the hair of my chiny chin chin" and "I'll huff, and I'll puff, and I'll blow your house in."

Over the centuries, the tale has been retold and reshaped, sometimes casting the wolf as cunning, sometimes as comical, and even, in some modern versions, as misunderstood. Yet no matter how it is told, the story of the three little pigs remains one of the most enduring fables in Western culture, a reminder that wisdom, effort, and resilience will always stand stronger than haste.



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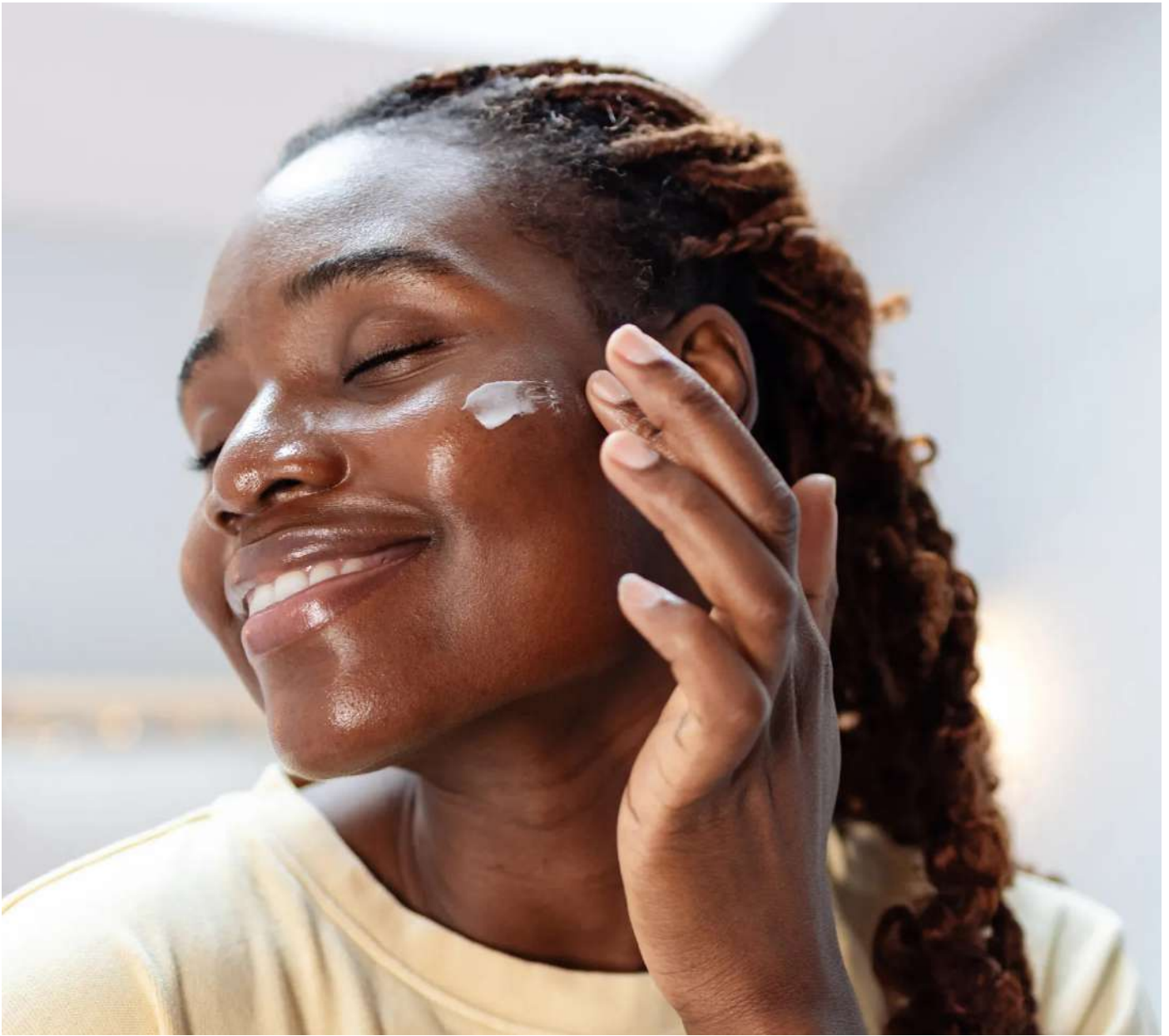
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# Beauty Tips For Men And Women

The moment you say skincare, the first thing that comes to mind is about skincare in women. But what everyone needs to understand is the fact that skincare is for everyone right from babies to teenagers and adults to older people. Moreover, there is no gender bias when it comes to taking care of the skin. It is believed that following a healthy skin care routine in your 30s can help you prevent skin problems such as wrinkles, sagging, pigmentation and premature aging, as you age. So irrespective of your age and gender, ensure you take care of your skin without fail.

For most people, skincare routine is only about washing your face with soap and water after you get up in the morning. If this is the care with you as well, then it's high time

you up your skincare game. This is because healthy skin cannot make you feel good and help you create an impression but also indicates that you are in good health. So it is of utmost importance to take care of your skin and maintain its hygiene with a strict skincare regimen. And when we say skincare, it is not just about the face and neck but the entire body. Here we go!

**1. Clean your face every day:** The basis of any skincare routine is to keep your skin clean. Whether you wear makeup or not, it is important to wash your face with soap and clean water as it removes dirt and bacteria that settle on your face during the course of the day and at night. So wash your face after waking up, before bed and after working out.

**2. Apply sunscreen every time you step outside:** Sun rays contain ultraviolet A (UV-A) and ultraviolet B (UV-B) radiation. UV-A radiation can cause premature aging of the skin and pigmentation whereas UV-B radiation can lead to tanning of the skin and in the worst case can cause skin cancer. Opt for a sunscreen which offers broad-spectrum protection (protection against both UV-A and UV-B rays), has a sun protection factor (SPF) of at least 30 and is water-resistant. To protect the skin from sun rays, apply sunscreen every two hours if you are out in the sun or more often if swimming or sweating a lot.

In addition to using sunscreen, it is important to follow other measures to prevent skin damage. These include covering your face



with a scarf or stole, wearing cotton clothes, opting for full sleeves, using wide brim hats and sunglasses or carrying an umbrella when out in the sun. If possible, avoid going out between 12 pm to 3 pm as the sun rays are too harsh during this time and hence, the chances of skin damage is maximum.

Invest In Sunscreen To Make Everyday A "Good Skin Day". [Click Here.](#)

**3. Avoid strong/scented soaps:** It is a common belief that using soaps with strong fragrance or color is good for the skin. But this is not true. In fact, these soaps contain harsh chemicals which strip oil from the skin and make you more prone to dry skin and infection. So it is wise to opt for herbal soaps or the ones devoid of strong fragrance. (Light soaps for girls and harsh ones for guys, not always necessary)

**4. Moisturize your skin daily:** This rule applies

to everyone irrespective of the skin type. However, people with oily skin need to talk to their dermatologist to know which type of moisturizer works best for them. A moisturizer traps water in your skin, reduces fine lines and makes your skin look bright and young. For best results, apply a moisturizer immediately after bathing or shaving as the skin is moist after having a shower which not only helps to lock the moisture but also maximizes hydration.

If you have dry skin, then using coconut oil is a good option as it not only moisturizes the skin but also nourishes it, providing excellent results. Moreover, it is natural, easily available and safe as compared to other moisturizers.

**5. Stay hydrated:** The first and the most important thing to keep your skin healthy and glowing is to keep it hydrated. Drink loads of fluids right from plain water, lemon water and green tea to fruit juices,

buttermilk, and coconut water. Make sure to not add sugar for added benefits. Ideally, it is advised to drink at least 8 glasses of water on a daily basis for healthy skin and body.

**6. Do not pop a pimple:** Most of us try to pop a pimple, the moment we spot one. But this is not a good idea as poking it can not only cause the skin to become red and inflamed but also increases the risk of infection. Moreover, it can also cause acne scars and dark spots on the skin. So do not touch or poke your pimples at any cost.

**7. Exfoliate twice a week:** Scrubbing and exfoliation is a great skincare routine if you do it on a regular basis but not every day. This is because it causes the removal of the dead skin cells and also improves blood circulation, thereby preventing wrinkles and pigmentation. But remember that gentle exfoliation is the key for smooth and soft skin. If you scrub your skin too much or

excessively, it may cause the upper layer of the skin to rip off thereby causing redness and increasing the risk of infections. So be gentle when you exfoliate.

### **8. Check the expiry of makeup products:**

Have you ever checked the expiry of your makeup products before buying? Most of us do not check the shelf life of makeup products. As a result, we end up using expired products on our face and skin, which can cause an allergic reaction and also increase the risk of skin infection. Right from lip balm to eyeliner every makeup product has an expiry date, so please do check it the next time before you buy one.

Also, you can apply sunscreen and moisturizer and then use your makeup products. It not only helps you to prevent the direct contact of makeup products with the skin but also accentuates the positive effects of the sunscreen and moisturizer. One important thing to always keep in mind is to do a patch test before you start using any product on the skin. This can help you to know if you are allergic to any of the ingredients in the product and help you decide accordingly. You can test a small amount of the product on the back of the neck, arm or leg. Never test any skin care product on the face as the skin on the face is very sensitive.

**9. Do not touch your face very often:** It is wise to keep your hands off your face most of the time as our hands touch a lot of things. If you do not wash your hands and touch the face, then there is a risk of letting bacteria on your face. As the skin of the face is very delicate, it can lead to breakouts and in the worst case, skin infection. So be wary.

### **10. Choose products based on your skin type:**

Instead of blindly following your friends or cousins for skin care products, know your skin type first. This is because for the products to work on your skin you should pick the ones that suit your skin type. Everyone has different skin types and textures which react differently to the ingredients present in these products. So know what your skin type is, dry skin, oily skin, combination skin or normal skin — before choosing any skincare product.

**11. Clean your makeup brushes:** When was the last time you cleaned your makeup brushes? Don't remember right? Well, most of us do not know that we have to clean our makeup brushes quite regularly. Cleaning the brushes not only removes the residual makeup present on the brushes but also removes dirt.

**12. Check product labels always:** This is to ensure that the ingredients present in any

particular product suits your skin or not. Also, the requirement of every skin type is different, so one has to buy the products accordingly. Check the product if it is suitable for oily, dry or normal skin. Choosing the right product will make sure you get the best results.

**13. Invest in a quality razor:** It is important both for men and women to invest in a quality razor for a better experience. For some people, multi-blade razors can work very well as it shaves too closely to the skin giving you the perfect look. But in some cases, it can lead to razor bumps and ingrown hair. In such a case, invest in a single or double-blade razor. Also, shave in the shower or immediately afterward as warm water and steam cause hair to become soft thus, helping in a smooth shave.

Do remember to always shave in the direction of hair growth as shaving in the opposite direction can increase the risk of ingrown hair and also do not provide a smooth finish.

**13. Use after-shave lotion:** Just like using a moisturizing shaving gel acts as a barrier of protection while shaving, using after-shave hydrates and soothes the skin. It helps to seal the skin pores after a nice shave. It is wise to opt for alcohol-free after-shaves as alcohol can make your skin dry.

**14. Quit smoking and alcohol:** If you smoke then quit smoking as smoking has adverse effects on the overall body including the skin. Smoking causes the blood vessels in the skin to constrict thereby decreasing the blood flow to the outermost layers of skin. It also depletes the skin of oxygen and nutrients making you look older and leading to wrinkles.

Just like smoking, excessive intake of alcohol can also harm the skin in the long run. Alcohol in excess can cause dehydration and also affect the blood circulation in the body. It impacts the liver thereby preventing the liver from clearing toxins from the body. This causes accumulation of toxins in the body which in turn affects the skin.

### **15. Consult a dermatologist for skin problems:**

Last but not the most important point in a skin care routine is to consult your dermatologist when in doubt. Instead of trying home remedies to deal with skin pigmentation or infection, it is wise to visit a doctor to get it treated effectively. Also, the use of over the counter products for skin infections can further worsen the condition. So if you have any skin-related symptoms such as redness, itching, swelling or stinging, then book an appointment with your doctor at the earliest.





# ALINDA NGWENYA: SHINING BRIGHT AS FACE OF MISS SPARKLE SOUTH AFRICA 2025

Alinda Ngwenya is a name that has quickly become synonymous with talent, kindness, and inspiration. Recently crowned Face of Miss Sparkle South Africa 2025, Alinda has captured hearts with her poise, determination, and unwavering commitment to making a positive impact in her community.

Hearing her name called as the winner was an emotional moment. "It was such an exciting and emotional moment," Alinda recalls. "I felt truly blessed and thankful. Hearing my name called made me realize that all my hard work, confidence, and faith had paid off. It was a dream come true, and I was so proud to make my family and supporters happy." For Alinda, the title is about much more than a crown. "Being the Face of Miss Sparkle means being a role model who shines from the inside out," she explains. "It's about spreading kindness, confidence, and hope wherever I go. It's not just about the crown but about using my voice and actions to inspire others."

Her dedication to this mission is evident through her foundation, Sharing Smiles with Alinda, which focuses on giving back to children in need. Through donation drives, community events, and school programs, she aims to bring joy and opportunity to those who need it most. "Both my foundation and Miss Sparkle believe in making a difference through love and kindness," Alinda says. "Sharing Smiles helps children and families in need, and that's exactly what Miss Sparkle stands for: using your sparkle to brighten someone else's world."



Alinda's approach to life mirrors the values she promotes: kindness, confidence, and faith. "I stay confident by believing that with God, hard work, and kindness, anything is possible," she says. Balancing school, modeling, and charity work requires careful planning, but Alinda manages it with grace. "It's all about time management and support from my family. My mom helps me stay organized, and I always make sure school comes first. I also make time to play, laugh, and enjoy being a kid, because balance is important."

Her journey is marked by milestones she cherishes deeply. Receiving both the Role Model of the Year Award and the Face of Miss Sparkle title affirmed that her dedication to community service and personal growth is making an impact. "I felt so proud because it showed that my hard work and community service truly inspired others," she shares.

Alinda's message to young girls is clear and powerful: age is never a limitation. "I want every girl to know that if you believe in yourself, work hard, and stay kind, you can do amazing things. Dreams really do come true when you stay focused and never give up."

Looking ahead, Alinda has ambitious plans. She hopes to host more workshops for young models through Iphs Runway Models, organize donation drives for schools and children's homes, and even hold her own pageants. "I want to represent South Africa internationally, continue spreading kindness through Sharing Smiles, and inspire more young people to chase their dreams while staying true to themselves," she says.

When asked what "sparkle" truly means, Alinda's answer is heartfelt: "Sparkle means having a positive attitude and spreading joy wherever I go. I keep my inner sparkle shining by being grateful, helping others, and staying true to who I am. My faith, family, and community work keep me motivated."

Alinda Ngwenya's story is one of talent, purpose, and heart. True beauty, she shows, comes not just from appearance but from confidence, kindness, and the drive to make a difference. Already leaving a lasting mark, Alinda's journey has only just begun, and her radiant spirit promises to inspire generations to come.





# Fashion, Trends

# & Innovation:

The New Wave of

Botswana Style

By Smith the Seam Ripper



Fashion is more than fabric and thread, it's identity, culture, and business woven into expression. In Botswana, the industry is entering a new era, one that bridges tradition and technology, heritage and innovation. As trends evolve, the strongest fashion strategies are those that fuse cultural legacy with modern creativity.

#### **Heritage Meets Innovation**

Innovation in fashion isn't always about invention, it's about re-imagining.

#### **Designers across Botswana are:**

- Reinterpreting classic fabrics through modern silhouettes.
- Blending the old and the new, vintage cuts with contemporary detailing, cultural prints with streetwear energy.
- Designing sustainably through up-cycling, local sourcing, and ethical production.
- Using digital spaces, social media, and influencer partnerships to enhance visibility and shape market trends.
- Collaborating across sectors, designers, artisans, fabric producers, and tech platforms, to expand creativity and commerce.

When modern fashion meets culture, heritage isn't lost, it's amplified. A traditional fabric transformed into a tailored jacket, or a vintage high-waist skirt reimagined with a bold cultural panel, becomes more than clothing, it becomes a conversation between past and future.

## Modern & Vintage Blends

A growing number of Botswana designers are creating “heritage-modern” fashion lines, pieces that tell stories of local identity infused with global flair. Some of the most exciting developments include:

- Reviving vintage jackets and silhouettes with modern twists, lapels, cuffs, or linings made from cultural fabrics.
- Launching eco-fashion initiatives using local materials, natural dyes, and circular production models (repair, reuse, up-cycle).
- Leveraging e-commerce and influencer marketing to reach global audiences.
- Promoting fashion tourism, through showcases, cultural festivals, and buyer events that spotlight Botswana’s design talent.
- Mentoring young designers through training programs that build both business and creative skills.

Heritage collections inspired by past decades are making a comeback, mixing retro cuts with contemporary styling. Designers are embracing modular fashion too, creating pieces that move seamlessly between traditional ceremonies and modern city life. Trends in Fabrics & Colours

Botswana’s most iconic fabric, Leteisi (also known as the German print), remains a cultural powerhouse. Once reserved for special occasions, it’s now being adapted into everyday wear, bomber jackets, tailored suits, and bold two-piece sets.

## Colour trends echo the nation’s identity:

- Blue for water and life.
- White for purity and peace.
- Black for unity and strength.

Modern collections also feature vibrant reds, deep blues, and bright yellows paired with geometric patterns, proof that heritage can evolve without losing its soul. Sustainability and handmade craftsmanship are also on the rise, reflecting growing awareness among consumers.

## Influence & Visibility in the Digital Era

In today’s fashion landscape, visibility equals value, and influencers are at the center of it. Through platforms like Instagram and TikTok, Botswana’s style influencers are redefining what it means to “wear local.” They show how cultural prints can be chic, modern, and globally relevant.

By collaborating with designers, influencers create storytelling moments that translate into reach, sales, and credibility. Programs like MYSC and Création Botswana are also strengthening the industry by supporting entrepreneurship and capacity-building.

## Challenges & Opportunities

Despite its creative boom, Botswana’s fashion industry still faces hurdles. Scaling from local craftsmanship to regional or global markets remains difficult due to high production costs, limited materials, and supply chain barriers. There’s also the risk of cultural fabrics being commercialized without supporting local communities.

## However, these challenges present opportunities for innovation:

- Strengthening linkages between designers, textile producers, and export networks.
- Developing digital fashion shows to increase visibility.

- Focusing on eco-friendly design and ethical sourcing.
- Building mentorship programs to nurture new talent.

## The Future of Botswana Fashion

Fashion in Botswana is storytelling through style. Every fabric, every stitch carries a piece of history, and today’s designers are writing the next chapter. By merging heritage with innovation, the nation’s creatives are not just dressing people, they’re shaping identity, economy, and culture.

Fashion here isn’t just about how we look. It’s about who we are, where we come from, and where we’re going next.





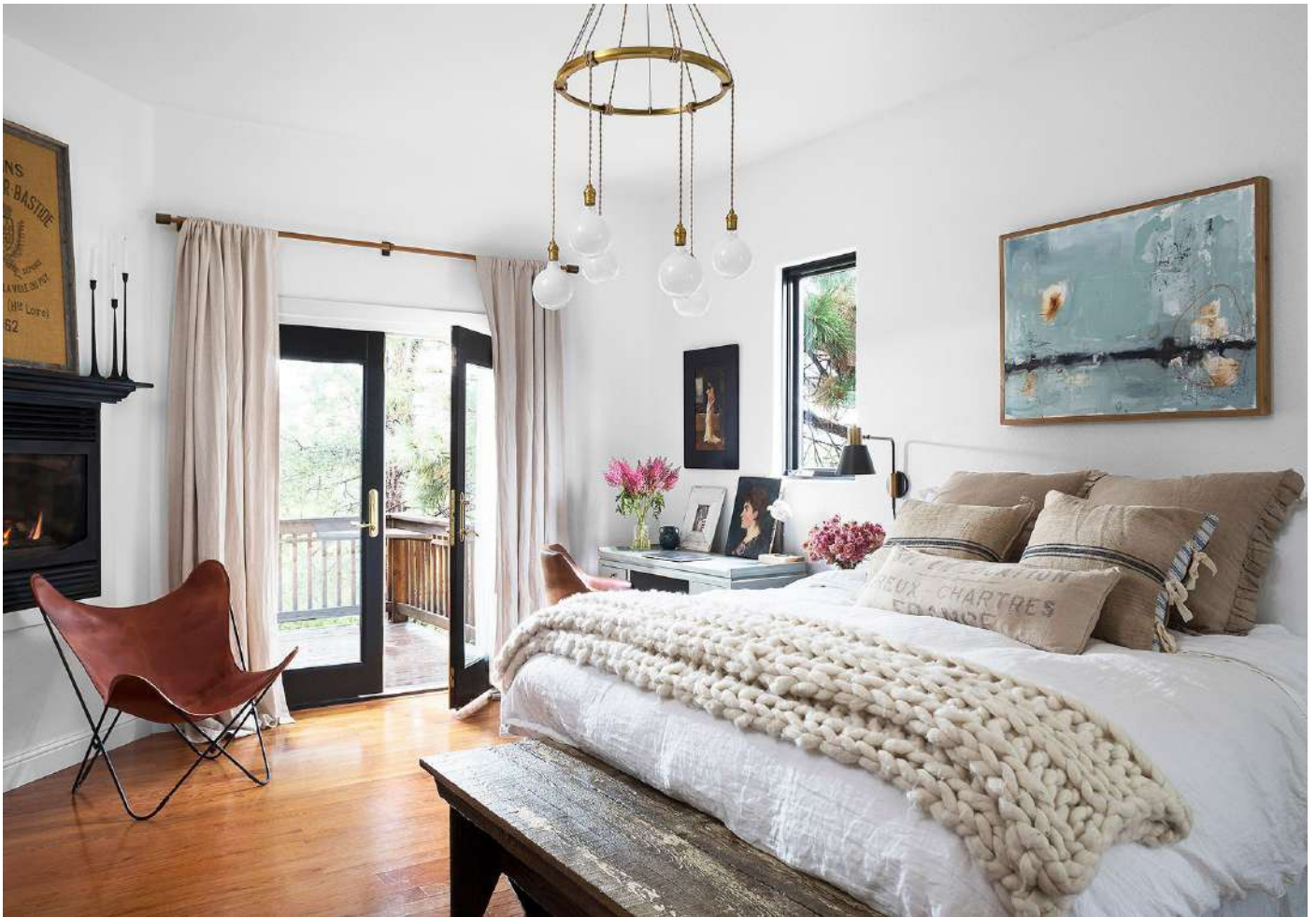
*Modern Day Zulu*











## Summer Bedroom Refresh: Creating a Bright, Airy, and Cool Retreat

As the days grow longer and warmer, summer invites us to rethink our living spaces, starting with the bedroom. The goal is to design a space that feels bright, airy, and effortlessly cool. By embracing natural textures, fresh colors, and thoughtful layers, you can turn your bedroom into a serene seasonal retreat.

One of the simplest ways to start is by refreshing your bedding. Swap out those heavy blankets and flannel sheets for lightweight, breathable fabrics like French flax linen or crisp cotton. These materials promote airflow and keep you comfortable during warm nights. Minimize layers by replacing bulky comforters with a lighter quilt or even just a top sheet. Light tones like classic white, sky blue, or soft sand help reflect light and create a breezy atmosphere. For example, the Threshold Performance Sheet Set at Target offers a range of soft pastels, while Bed Threads' 100% French Flax Linen Bedding delivers both luxury and cool comfort. If you still crave a touch of texture, lightweight quilts from At Home add the perfect finishing touch without the extra heat.

When it comes to color palettes and accents, think summer simplicity. White walls, like Benjamin Moore's White Dove, set a clean backdrop that amplifies natural light. Coastal blues and whites evoke a calm, beachy vibe, while soft clay, pale sand, and muted sage tones create what design experts are calling "grounded elegance" for summer 2025. To keep things lively, sprinkle in pops of coral, turquoise, or sunny yellow through cushions, throws, or artwork.

Natural materials play a key role in creating that relaxed, summery feel. Rattan, wicker, bamboo, and light wood bring warmth and texture to the room. Swap darker lampshades for lighter fabrics or playful patterns, and decorate surfaces with seashells, driftwood, or

beach-inspired ornaments for a touch of coastal charm.

Lighting and air circulation are equally important for maintaining comfort. Replace heavy curtains with sheer, breezy fabrics that filter sunlight while keeping the air flowing. Ceiling fans not only cool the room but also enhance that open, resort-like ambiance. Add mirrors to reflect natural light and make your bedroom appear larger, and in the evenings, string lights can cast a soft, whimsical glow. Don't forget to open your windows during the cooler parts of the night to let in fresh air.

To complete your summer sanctuary, bring nature indoors. Potted plants like monstera or snake plants instantly make the room feel fresher, while a vase of peonies or seasonal flowers adds color and scent. If live plants aren't your style, botanical prints on cushions, artwork, or even a wallpaper accent wall can provide that same natural flair.

Finally, remember the functional side of comfort. Opt for duvets with temperature-regulating inserts that wick away moisture, and consider a dehumidifier if you live in a humid area, it can make a surprising difference in how cool your room feels. Keeping things minimal also helps; bare floors or lightweight rugs allow air to circulate freely and maintain that breezy look.

Designing your bedroom for summer is all about blending freshness with function. With a few thoughtful changes, cool bedding, airy textures, light colors, and natural accents, you can create a calm, comfortable escape that feels like a breath of warm, seaside air every time you walk in.



# Ask Aunty: Matters of the Heart



Welcome to another edition of Ask Aunty, where we sit down with life's trickiest love dilemmas, sip some tea, and dish out a little tough love (sprinkled with warmth). Remember: love is sweet, but even sugar can give you a toothache if you don't handle it right.

## Letter 1: The Slow Texter

Dear Aunty,

My boyfriend takes hours to reply to my texts. Sometimes he even leaves me on read. But when we're together, he's so sweet and attentive. Is he just bad at texting or not serious about me?

### Aunty's Response:

Ah, my child, the mystery of the "slow texter." Some people truly don't live on their phones, they reply when they can, and it has nothing to do with how they feel. Others? Well, they're simply showing you where you rank in their priorities.

Here's how you tell the difference: does his real-life love match his digital silence? If he makes an effort to see you, remembers the little details, and shows care in person, then maybe texting just isn't his strong suit. But if his silence is matched by emotional distance when you're together, then that's not "bad texting," that's lack of effort.

Don't suffer in silence, talk to him. Let him know quick replies make you feel valued. If he can't meet you halfway, ask yourself: are you okay living with that forever? Communication styles don't always magically change. Choose wisely.

## Letter 2: Social Media Ghosting

Dear Aunty,

My girlfriend never posts me on social media. She says she's private, but I notice she shares almost everything else, her food, her gym selfies, even her cat. I'm starting to wonder if she's hiding me. Should I be worried?

### Aunty's Response:

Eish, the social media trap! Listen carefully: a private relationship is different from a hidden one. Privacy means protecting your love from outside noise. Hiding means pretending you don't exist.

You must ask yourself: is she loving you openly in real life? Does she introduce you to her friends, her family? Does she speak proudly about being in a relationship offline? If yes, then don't let Instagram dictate your worth. Some people genuinely don't like to mix love with likes.

But... if she's all over social media with everything except you, and she dodges introducing you to her circle, then that's a red flag. The real issue isn't social media—it's whether she's claiming you in her real world. Have that honest talk, and remember: if someone wants to hide you, no filter can reveal the truth.



### Letter 3: The Jealous Best Friend

Dear Aunty,

I've been dating my boyfriend for a year, but his female best friend clearly doesn't like me. She makes side comments, calls him late at night, and even tells him "I don't trust her." He says they're just friends and I should get over it. Am I overreacting?

#### Aunty's Response:

Ah, jealousy, the silent third wheel. Here's the truth: friendships can coexist with relationships, but boundaries must be clear. If his best friend is disrespecting you, the responsibility is on him to set the boundaries, not on you to silently endure.

You're not overreacting. What you're asking for is basic respect. If he brushes off your feelings, that's a problem. He doesn't have to cut her off, but he must ensure you feel secure. That means no late-night calls, no snide remarks, and definitely no "she comes first" mentality.

Have a calm talk. Don't attack her; focus on him: "When you dismiss my feelings, I feel sidelined. I need you to support me here." If he values you, he'll find a balance. If not? Aunty says, don't fight for a place where someone refuses to make room for you.

### Letter 4: Stuck in the Talking Stage

Dear Aunty,

I've been talking to this guy for six months. We text every day, go on dates, and even act like a couple, but he still hasn't made it official. Every time I bring it up, he says, "Let's not rush things." Should I wait or walk away?

#### Aunty's Response:

My dear, six months is not a "talking stage"; that's half a year of free trial subscription. At this point, you deserve clarity.

Some people use "let's not rush" as a genuine need to move slowly. Others use it as a sweet excuse to enjoy the benefits of a relationship

without the responsibility. If his actions show commitment, consistency, respect, exclusivity, then a conversation about the future shouldn't scare him. If it does? He's telling you where his heart truly is.

Don't beg for a title. State your standards clearly: "I want a committed relationship. If that's not where you see this going, I'll need to step back." Then let his response guide you. Remember: your time is precious. Don't donate it to someone who doesn't know what to do with it.

### Letter 5: Love After Betrayal

Dear Aunty,

My husband cheated last year. We decided to work things out, but I find myself checking his phone, doubting his words, and feeling insecure. He's trying to rebuild my trust, but I don't know how to stop hurting. Can love survive this?

#### Aunty's Response:

This one cuts deep, my child. Betrayal changes the soil of a relationship, you can plant again, but the ground will never feel the same. The real question isn't just "can love survive?" but "do you both have the will to do the heavy work of rebuilding?"

#### Healing after betrayal requires three things:

**1.Accountability** – He must own his actions fully, without excuses.

**2.Consistency** – His words and actions must align, over time, to rebuild trust.

**3.Forgiveness** – You must choose, day by day, whether you want to keep watering this garden.

Right now, your checking and doubting show that your wound is still fresh. Therapy, individuals and couples, can help you process this. You don't have to rush healing. Some couples come out stronger. Others realize forgiveness doesn't mean reconciliation.

Your heart will guide you. Just don't stay in a cycle where the hurt grows bigger than the love. Aunty always says: trust is like glass, once broken, you can glue it, but the cracks will always show. Decide if you can live with those cracks, or if you need a new glass.

#### Final Word from Aunty:

Love is beautiful, but it requires honesty, boundaries, and courage. If you ever feel small, invisible, or unloved, pause and ask yourself, "Is this love nourishing me, or draining me?" Because real love is not supposed to feel like war.



# Leading with Purpose:

## The Inspiring Journey of a Young Change-Maker

In a world where leadership and compassion are often seen as rare companions, one young woman stands out for embodying both with grace and determination. A student of Criminal Justice Studies, a pageant director, and a youth activist, she represents the next generation of transformative leaders determined to build stronger, fairer, and more empowered communities in Botswana.

### A Passion for Justice and Leadership

Her journey began with a deep-rooted passion for fairness and ethical leadership. Pursuing a Bachelor's Degree in Criminal Justice Studies, she explains, was more than just an academic choice, it was a calling.

"My passion for this field was highly fuelled by the desire for fairness as a virtue," she says. "It allows me to understand and address systemic issues, advocate for justice, and lead initiatives that strengthen and support communities."

Her academic path reflects her lifelong mission, to lead with purpose, uplift others, and drive meaningful change through integrity and action.

### From the Runway to the Boardroom

Her love for pageantry began years ago, driven by the desire to build confidence and leadership skills. What started as a personal development journey has since evolved into a powerful platform for empowering others. "Pageants helped me connect with inspiring women who share a passion for empowerment," she explains. "Over time, I realized how powerful pageants can be in promoting personal growth and community impact."

Today, she serves as the Director of Miss Mochudi Beauty Pageant and Miss Sparkle Botswana, two influential platforms that combine beauty, purpose, and empowerment. Under her leadership,

pageants have become spaces where young women are encouraged to use their voices, pursue education, and give back to their communities.

"We emphasize leadership, education, and community service as core components. Contestants are encouraged to engage in projects that address social issues and develop their skills. That's how we turn beauty into purpose."

### Inspired by Strength

Behind her drive stands the unwavering influence of her mother, her biggest inspiration.

"My mother raised me as a single parent with incredible strength and resilience. Watching her navigate challenges taught me the true meaning of leadership, sacrifice, and perseverance," she shares. "Her example motivates me to keep pushing forward, no matter how hard things get."

### Redefining Pageantry and Leadership

Leading two major pageant platforms as a young woman hasn't been easy. She's faced challenges such as stereotypes, limited resources, and constant pressure to prove her capability. Yet, she approaches each obstacle as an opportunity to grow.

"Sometimes people underestimate young women's leadership abilities. I've learned to stay focused on my vision, manage my time well, and treat every challenge as a learning curve that strengthens my resilience."

For her, selecting and mentoring participants is not just about crowns and titles, it's about nurturing purpose-driven leaders. Through workshops, community projects, and personal mentorship, she ensures that participants continue to make an impact long after the pageant ends.

### Championing Youth and Mental Health

As a youth activist, she is passionate about tackling pressing issues such as unemployment, mental health, and youth participation in decision-making.

"Many young people in Botswana struggle to find meaningful opportunities and support. I want to create platforms that empower them to advocate for their rights and actively shape their communities."

### Her advocacy for mental health awareness is deeply personal.

"I've seen how the lack of support affects many young people. Mental health is just as important as physical health," she explains. "Through awareness campaigns and open conversations, more youth are now seeking help and supporting each other, which is a

powerful step toward healing.”

### **The Epitome of Hope**

Among her many initiatives, the Epitome of Hope Project holds a special place in her heart. This project focuses on menstrual health awareness and confidence-building among young women in secondary schools. “Through workshops, mentorship, and community service, we’re helping young women embrace their identity and well-being,” she says proudly. “It’s about fostering unity, confidence, and purpose.”

### **Building Botswana’s Future**

She believes that young leaders like herself are crucial in shaping Botswana’s future.

“We bring fresh ideas and a real understanding of the challenges our generation faces. By leading with integrity and vision, we can drive social change and create a more equitable future.”

Looking ahead, she envisions expanding the reach and impact of Miss Mochudi Beauty Pageant and Miss Sparkle Botswana, transforming them into even more powerful platforms for education, empowerment, and community service.

“On a personal level, I want to deepen my knowledge in criminal justice and community development while continuing to inspire others to lead with purpose,” she adds.

### **Balancing Life and Leadership**

Balancing academics, leadership, and personal life takes discipline and focus.

“It’s a challenge that requires organization and a strong support system,” she admits. “I prioritize my goals, make time for self-care, and lean on family and friends for encouragement.”

Her favorite quote, “Be the change that you wish to see in the world” by Mahatma Gandhi, perfectly reflects her life’s philosophy.

“It reminds me that transformation begins within us. We must embody the values we wish to see in our communities.”

### **A Message to the Youth**

As she continues to rise as one of Botswana’s most inspiring young leaders, her message to her peers is clear and powerful:

“Believe in your potential and never underestimate your power to shape your future. Challenges are opportunities to grow. Leadership isn’t about age or titles, it’s about action, courage, and a commitment to making a positive difference.”

Her journey is proof that when passion meets purpose, the result is nothing short of transformational, not just for oneself, but for an entire generation.



📍@psalm\_bos

# Lucky Dube: Africa's Reggae Messenger





When reggae echoed through Africa in the 1980s, one voice stood out with unmatched power and conviction, Lucky Dube. More than just a musician, he became a storyteller, a freedom fighter, and a bridge connecting African struggles with global audiences. Today, he remains an immortal legend in the entertainment industry.

Born in 1964 in Ermelo, South Africa, Lucky Dube's early years were marked by hardship. Raised by a single mother, he worked odd jobs while nurturing a passion for music. He started out singing mbaqanga, a style of Zulu pop, but destiny had other plans. After discovering the soul-stirring power of reggae, Dube transformed into a voice of defiance and hope, blending Rastafarian rhythms with the realities of apartheid South Africa.

His breakout album, *Slave* (1987), was more than music, it was a manifesto. Songs like *Prisoner*, *Together As One*, and *Remember Me* resonated across continents, telling stories of oppression, unity, and resilience. For many, Lucky Dube was not just an entertainer; he was a teacher, pushing listeners to reflect on justice, humanity, and freedom.

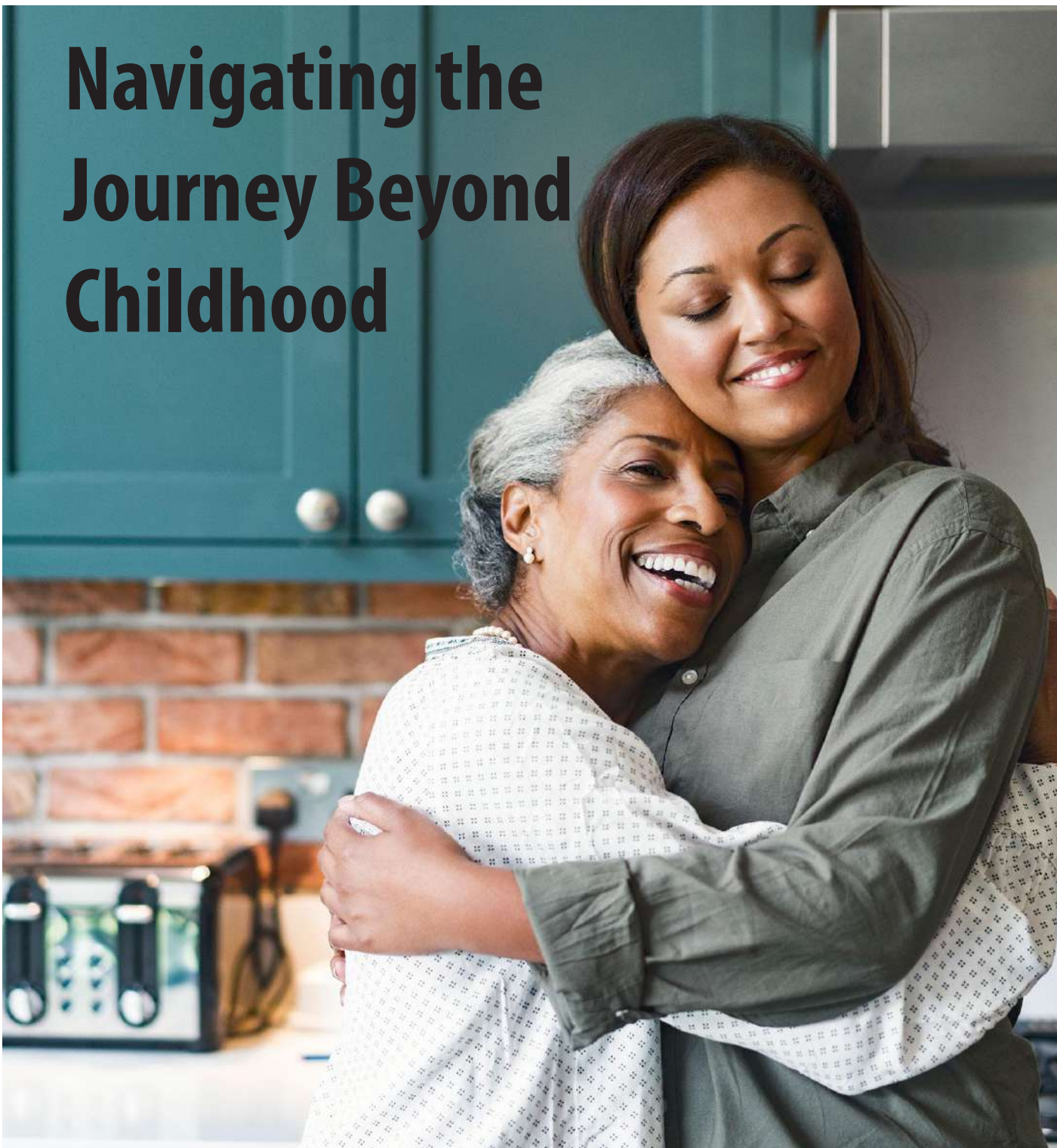
What made Dube extraordinary was his ability to localize a global genre. Reggae was born in Jamaica, but Lucky gave it an African heartbeat. He sang in English, Zulu, and Afrikaans, ensuring his message cut across cultures. On international stages, from Europe to the Caribbean, he was celebrated as the African Bob Marley, yet he carried his unique authenticity that made him stand tall in his own right.



Tragically, in 2007, Lucky Dube's life was cut short when he was shot during a carjacking in Johannesburg. The continent mourned, and the world lost a legend far too soon. But even in death, his music lives on. Today, his songs remain anthems of freedom, equality, and unity, embraced by fans from Lagos to Kingston.

Lucky Dube's story is a reminder that music is more than entertainment, it is a force that can challenge systems, heal wounds, and inspire generations. He was not just a singer; he was Africa's reggae messenger, and his voice continues to sing for justice long after his silence.

# Navigating the Journey Beyond Childhood



Parenting doesn't end when children turn eighteen. The role simply evolves. While the days of school lunches, bedtime stories, and curfews may fade into memory, the responsibility of being a parent continues long into adulthood. Parenting adults is about striking a delicate balance between guidance and independence, love and respect, support and boundaries.

## Letting Go While Staying Connected

One of the biggest challenges for parents of adult children is learning to let go. Once children reach adulthood, they're expected to make their own decisions, sometimes wise, sometimes not. Parents must resist the urge to control and instead embrace the role of

advisor, mentor, and cheerleader. A healthy parent-adult child relationship allows space for autonomy while maintaining emotional connection.

## Redefining Support

Adult children may still need support, but the kind of support shifts over time. Instead of daily caretaking, they may need advice about careers, relationships, finances, or even parenting their own kids. Sometimes, support means listening without judgment, offering encouragement rather than solutions. In certain cases, especially when adult children face financial or personal struggles, parents may feel pulled to step in. Setting clear boundaries about what kind

of help is sustainable prevents strain on the relationship.

## Mutual Respect and Boundaries

Respect is the cornerstone of any relationship, including the one between parents and their adult children. Parents need to respect their children's choices, privacy, and individuality, even when they don't fully agree. At the same time, adult children should recognize their parents as individuals with their own needs and limitations. Boundaries, whether about time, money, or emotional energy, help ensure the relationship remains healthy and mutually beneficial.

### **Becoming Friends Without Losing the Parent Role**

As children grow into adults, the dynamic often shifts toward friendship. Parents and their grown children can share interests, travel together, or have meaningful conversations as equals. Yet, it's important to remember that being a parent still holds a unique weight, it carries a history of care, sacrifice, and unconditional love that friendships alone don't replicate. The key is finding a balance: enjoying the companionship while still being available when guidance is sought.

### **Navigating Modern Challenges**

Today's parents of adults face new challenges previous generations didn't encounter as often. Rising living costs, delayed marriages, and shifting career paths mean many adult children live at home longer or require financial assistance well into their twenties and thirties. This can blur traditional boundaries, requiring ongoing communication and flexibility.

### **The Gift of Lifelong Parenting**

Parenting adults is ultimately a privilege. It allows parents to witness the unfolding of their children's lives, celebrate their successes, and provide comfort during struggles. When handled with love, patience, and respect, it can be one of the most rewarding stages of the parenting journey, where the bond grows deeper, and both parent and child continue to learn from one another.





# Simple And Easy Home Management Tips For Working Moms

Are you struggling to fit everything into your day that you feel you need to? Are you exhausted and feeling guilty that you have to work?

Find the balance with these simple home management tips for working moms. They are going to make a difference.

There are things that you can do that will make it easier for you and your family. These home management tips and ideas are going to change how you look at the tasks you need to do. They could even give you back some time just for you.

I know how difficult it can be to find the time for everything. Often, work seems to get in the way of getting it all done. But it doesn't have to be like that.

## What Is Home Management?

Let's quickly look at what home management is and how everything fits together.

Home management simply means managing all aspects of your home, from cleaning to booking dentist appointments. It's the heart of everything that happens in your home, for yourself and your family.

## Have A Command Center In Your Home

A command center is a place or a file that is the center of how you manage your home. You can have command centers on the wall. You can have electronic ones or just a folder that sits on the countertop that everyone knows how to use.

It's about having everything in one place. So you and your family know where to go to find the answer to any questions about any commitments.

For example:

- What's for dinner?
- When's my dentist appointment?
- Where is my hockey match being played?
- What do I need to buy from the supermarket?

This is the place where all important dates and information is held.

## Planning Your Day Properly

When it comes to your day, having a plan that you can accomplish is the main goal. Putting a long list of tasks that is impossible to complete in a day isn't planning.

What a massive to-do list does is set you up to fail. This isn't something you should be

doing as it will impact how you feel. When you feel low it won't motivate you to do any of the tasks on the list.

You need to know what time you have and the tasks that you need to complete. Let's start with time management.

## Time Management

Knowing what time you have is key to the success of your day. Don't forget to and from work, this needs to be placed in your schedule too.

Getting good at working out your priorities, what's urgent and needs doing first, is going to save you time. No more rushing around when you realize that you need to do something NOW!

Know the time you have and then use that time for the things that you need to do. I get it, there is never enough time if you are always playing catch-up.

Prioritizing the right tasks, at the right time, is going to make it so much easier. When you have practiced these tactics, try doing some in advance to save even more time.

## Create A Master To-Do List



Having a list of the tasks you need to do is good. You can't keep all that information in your head, it's not good for you to remember so much.

A master to-do list is important, you can put items on the list, and not on your daily task list. This keeps your daily list realistic and easier to manage.

If it's important and you have to move items from today's list, put that back on your master to-do list.

Your to-do list isn't set in stone, it's flexible and it's ok to move things around if you need to. But don't use it as an excuse for not doing the tasks required.

#### **Routines And Habits Are Good For You**

Creating routines and habits in your life is going to make it easier for you. Tasks will be completed at certain times of the day, and it quickly becomes an automatic function.

Getting your whole family involved is a great idea as it helps to make running your home a team effort.

Always start small and build up your routines slowly. It makes it easier for everyone

involved if they don't have to start with a massive list.

You can even have routines that start at different times of the day.

- A morning routine to get everyone out of the door on time.
  - An evening routine after you've eaten your evening meal to get the house picked up and tidy.
  - A personal routine to practice self-care
- Use a tracking sheet to check off the items from your daily habits and routines.

#### **Did You Know Meal Planning Reduces Stress?**

Meal planning is essential if you don't want to live off takeaways, or easy-to-throw-in-the-oven pre-made high-processed foods. Take the time to prepare as much as possible the night before. You could even have different family members responsible for different parts of the meal.

The evening meal is a time when hunger turns into anger or shows temper. Being prepared for your evening meal can help resolve these issues in your home.

It also means that you can have each family

member pick their favorite meal. This helps to create a meal plan without much thought on your part.

Just remember to put the items you don't have on your shopping list.

#### **Create A Cleaning Schedule For Your Family**

A cleaning schedule is an essential part of any home that hopes to function and look good too.

Get everyone who lives at your home involved in the cleaning, it's only fair! But, it also teaches your children how to take care of a home.

You can also be flexible, it's your home, so you want it to work for you and your family. Encouraging everyone to take part in the cleaning helps to show respect for the home. Gone are the days when the wife was expected to do all the cleaning and looking after the home. It's time for everyone who lives there to get involved.

#### **Budgeting Your Money Helps Too**

Creating a budget for your money is essential for reducing the stress in your home.

Money is the top worry for many people. Prices are going up, and knowing what you can and can't afford helps you to manage your money better. You might be able to save some for later.

Knowing what is due helps to spread the cost of the bills and makes life easier.

You can create your own budgeting spreadsheet, or use a pen and a piece of paper. What works for you is all that matters. Why These Home Management Tips Are Essential For Working Moms

Bringing all the information you need in one place. Is perhaps the most important step for making life easier as a working moms.

Have a folder like my home management binder, or, create a command center in your home. Either option will have a massive impact on how you run your home.

It gives the family a place where they need to go to find the information that relates to the home. The family schedule, and what's for dinner are just two examples of the information they might be looking for.

You don't have to do all the tasks yourself, delegate family members to do their share too.

# Tomato Basil Chicken



Delicious tomato basil chicken rigatoni simmered in a creamy burst cherry tomato sauce with a kick of heat from red pepper flakes. This protein-packed chicken pasta is wonderful as is and perfect for customizing with extra veggies and gluten free, vegetarian, or dairy free swaps! Kiddos and adults will LOVE this weeknight meal.

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

There's something so delicious and comforting about a creamy pasta dish made with a flavorful tomato sauce, and this tomato basil chicken pasta is just that. Tender pasta simmered in a luscious tomato basil sauce and topped with juicy, perfectly seasoned chicken. Ummm can you say perfection in a bowl?!

This hearty pasta dish is easy to make with simple ingredients, and can even be made with extra veggies, gluten-free, dairy-free, or with your choice of proteins! You probably know by now that I'm obsessed with all things spicy, but you can make this one mild

if you're not a fan of spice or are feeding kiddos. This chicken rigatoni is truly a make-it-your-way kinda dinner, and I know you're going to love it.

Ingredients in this tomato basil chicken pasta This beautiful, spicy tomato basil rigatoni is made with simple ingredients and tons of incredible flavors. It's creamy, spicy, fresh, and seriously crave-able. Here's what you'll need to make it:

- Chicken: I like to use chicken breasts in this recipe, but feel free to use chicken thighs and see below for even more



protein options!

- Herbs & spices: you'll need garlic powder, Italian seasoning, salt, pepper, red pepper flakes for a kick of heat, and plenty of fresh basil.
- Olive oil: you'll also need a little olive oil for cooking the chicken and making the tomato sauce.
- Pasta: as the name suggests, I like to use rigatoni in this recipe, but feel free to use your favorite pasta shape!
- For the sauce: we're making a wonderful burst cherry tomato sauce with yellow onion, cherry tomatoes, garlic, tomato

paste, dry white wine (or chicken broth), heavy cream, parmesan cheese, and some simple herbs and spices. So easy and SO flavorful.

- To garnish: I love topping my bowl with basil, extra parmesan cheese, and red pepper flakes.

Customize your tomato basil chicken rigatoni! Yes, you can easily swap some of the ingredients to fit your taste preferences! Here's what I can recommend:

- To add more vegetables: stir in 2 cups fresh chopped spinach after you add in the parmesan cheese.
- To add even more flavor: stir in 1/4 cup basil pesto with the heavy cream.
- To make dairy free: use full-fat coconut milk instead of heavy cream and a dairy free parmesan cheese (or just skip the parmesan cheese altogether).
- To make gluten free: use a gluten free pasta. I suggest brown rice pasta.
- To make it less spicy: if cooking for kids or those sensitive to heat simply leave out the red pepper flakes.

#### Try a new protein

If you're not in the mood for chicken, try adding:

- Sliced or crumbled cooked Italian sausage or meatballs (I love these mini pesto meatballs).
- A can of drained tuna.
- Or a can of rinsed, drained chickpeas, white beans, or butter beans for a vegetarian version! You can also simply omit the chicken to keep the entire dish vegetarian. Toss beans in at the end or cook them with the cherry tomatoes for more flavor!

#### How to butterfly a chicken breast

I like to slice the chicken breasts open, a technique called "butterflying," so that they're thinner and cook evenly. It keeps the chicken flavorful and easy to slice and add to your tomato basil pasta! Here's how to do it (before cooking the chicken):

- Place one hand on top of the chicken breast
- With a sharp knife, carefully slice the chicken breast horizontally down the middle.

Open the chicken breast like a book, then cut it into two equal-sized pieces.

#### The best tomato basil chicken rigatoni in 5 steps

- Make your pasta. Start by cooking up that rigatoni in a large pot until al dente. Don't forget to salt your pasta water! Salt = flavor.
- Prep & cook the chicken. While the pasta is cooking you can butterfly your chicken, season it, and then cook it in a

large, deep skillet with a little olive oil.

- Make the sauce. In the same skillet you used for the chicken, cook down the onion, cherry tomatoes, garlic, and salt until the tomatoes start to break down. Gently press down on the tomatoes to release their juices, then stir in the tomato paste, red pepper flakes, and Italian seasoning. Stir in the wine, then stir in the heavy cream and let the mixture simmer.
- Mix in the pasta. Add your cooked pasta and stir to evenly coat it with the sauce. Add a little pasta water to thin as needed, then add parmesan, salt and pepper. Stir in half of your basil.

Garnish & serve. Slice your chicken and serve it on top of the pasta, then garnish with extra parmesan, red pepper flakes, and basil!

#### What to serve with this tomato basil chicken pasta

- The Best Garlic Bread You'll Ever Eat
- Vegan Caesar Salad
- Everything Spring Green Salad with Basil Lemon Vinaigrette
- Tony's Melt-In-Your-Mouth Grilled Brussels Sprouts

#### Storing tips

You can store any leftover tomato basil chicken pasta in an airtight container in the refrigerator for up to 4-5 days. Simply reheat in the microwave.

#### Ingredients

##### For the chicken:

- 1 to 1 ½ kilos boneless skinless chicken breasts (ideally, 2 equal-sized breasts)
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 teaspoon kosher salt
- Freshly ground black pepper
- 2 tablespoons extra-virgin olive oil

##### For the pasta and sauce:

- 500 grams rigatoni
- 1 tablespoon extra-virgin olive oil
- 1 cup reserved pasta water
- ½ yellow onion, diced (or sub a shallot)
- 1 pint cherry tomatoes
- 3 garlic cloves, minced
- 1 teaspoon kosher salt, plus more to taste
- ¼ cup tomato paste
- 1 teaspoon red pepper flakes
- 1 teaspoon Italian seasoning
- 1 cup dry white wine (or sub chicken broth)
- ½ cup heavy cream\*
- ½ cup grated parmesan cheese (about 450grams)



**To garnish:**

- ½ cup fresh basil leaves, julienned
- Extra Parmesan
- Red pepper flakes

**Instructions**

**Boil water for pasta:** Bring a large pot of salted water to a boil over medium-high heat.

**Cook the pasta:** Once water is boiling, add in the rigatoni and cook until al dente according to the directions on the package. Reserve 1 cup of pasta water before draining; set aside.

- **Prepare the chicken:** While the water boils and pasta cooks, place the chicken breasts on a cutting board and pat dry with paper towels. To butterfly the chicken breasts, place your hand on top of the chicken breast to secure it. Using a very sharp knife, carefully begin to cut horizontally, cutting almost through the other side. Open the butterflied chicken up like a book and cut into two equal sized pieces. Repeat with the other breast. Season both sides of the chicken with garlic powder, Italian seasoning, salt, and pepper.
- **Cook the chicken:** In a large, deep skillet, warm 2 tablespoons of the oil over medium-high heat. Once oil is hot, add the chicken and sear until golden brown on both sides and cooked through, 4 to 5 minutes per side. Transfer to a plate, tent with foil so it stays warm and set aside.
- **Prepare the sauce:** In the same skillet you cooked the chicken, deglaze the pan with ¼ cup white wine and keep over medium heat. Cook, stirring and scraping up any bits on the bottom until the wine is reduced most of the way. Next drizzle in the olive oil, then add the onion, cherry tomatoes, garlic, and kosher salt and sauté, stirring occasionally, until tomatoes begin to break down and release their juices, 10 minutes. Once tomatoes have softened, gently press the tomatoes down with the back of a wooden spoon to release their juices, then immediately stir in the tomato paste, red pepper flakes and Italian seasoning and cook for 1 minute until tomato paste deepens in color, which will allow the flavor to bloom. Stir in remaining white wine (or chicken broth) to deglaze and allow it to cook and simmer for 2 to 3 minutes over medium heat, then stir in the heavy cream and half of the basil and let it come to a simmer. Fold in the pasta so that it's completely coated with sauce, adding more pasta water to thin the sauce as needed, then stir in the parmesan cheese, and additional salt and pepper, to taste.
- **Serve:** Slice chicken and serve on top of the pasta immediately. Garnish with

extra parmesan cheese, red pepper flakes and remaining basil. ENJOY!

**Recipe Notes**

If you'd like you can cube the chicken and stir directly into the pasta (instead of butterflying it for this recipe): Toss cubed chicken with seasonings, then cook chicken in olive oil and sear on all sides until golden brown and fully cooked, about 5 to 8 minutes total. Remove chicken from pan as directed and make the sauce. Stir the chicken in when you add in the cooked pasta. This is an easier version and great for if you like coating your chicken with the sauce instead of serving it over the pasta! Up to you, as always.

To add more vegetables: Stir in 2 cups fresh chopped spinach after you add in the parmesan cheese in step 5.

To make dairy free: Use full fat coconut milk instead of heavy cream and a dairy free parmesan cheese (or just skip the Parmesan cheese all together).

To make gluten free: Use a gluten free pasta. I suggest brown rice pasta.

If cooking for kids or those sensitive to heat: Leave out red pepper flakes.





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## Why Aerobic, Strength, and Balance Exercises Matter

Staying active is one of the best ways to keep your body strong, your heart healthy, and your mind sharp. While many people think of exercise as simply jogging or hitting the gym, there are actually three main categories of movement that each play a unique role in keeping us well: aerobic activity, muscle-strengthening exercises, and balance training.

### **Aerobic Activities: Fuel for the Heart**

Aerobic exercise, sometimes called cardio, is all about getting your heart pumping and your lungs working harder. Simple activities like walking, swimming, and dancing fall into this category. These workouts help lower blood pressure, improve circulation, and boost overall endurance. For older adults especially, aerobic activity can mean more energy to enjoy daily life and greater protection against heart disease.

### **Muscle-Strengthening: Building Power and Protection**

Strong muscles aren't just for athletes. They help everyone, especially older adults, stay independent and reduce the risk of injuries. Muscle-strengthening exercises include lifting weights, using resistance bands, and





bodyweight movements like push-ups or squats. These exercises keep bones healthy, support joints, and make everyday tasks, like carrying groceries or climbing stairs, much easier.

#### **Balance Training: Stability for Life**

As we age, maintaining balance becomes essential to preventing falls and injuries. Activities such as standing on one foot, heel-to-toe walking, and yoga improve stability and coordination. Balance exercises may seem simple, but they make a big difference in maintaining independence and confidence in daily movement.

#### **The Full Picture of Health**

Individually, each type of exercise offers powerful benefits. Together, they create a well-rounded approach to health, strengthening the heart, building muscle, and protecting stability. For older adults, this mix of movement is especially important in maintaining mobility and quality of life.

No matter your age, weaving these three types of exercise into your routine can help you move with strength, confidence, and vitality for years to come.



# Paralympians Hope to Share a Meal with President Duma Boko



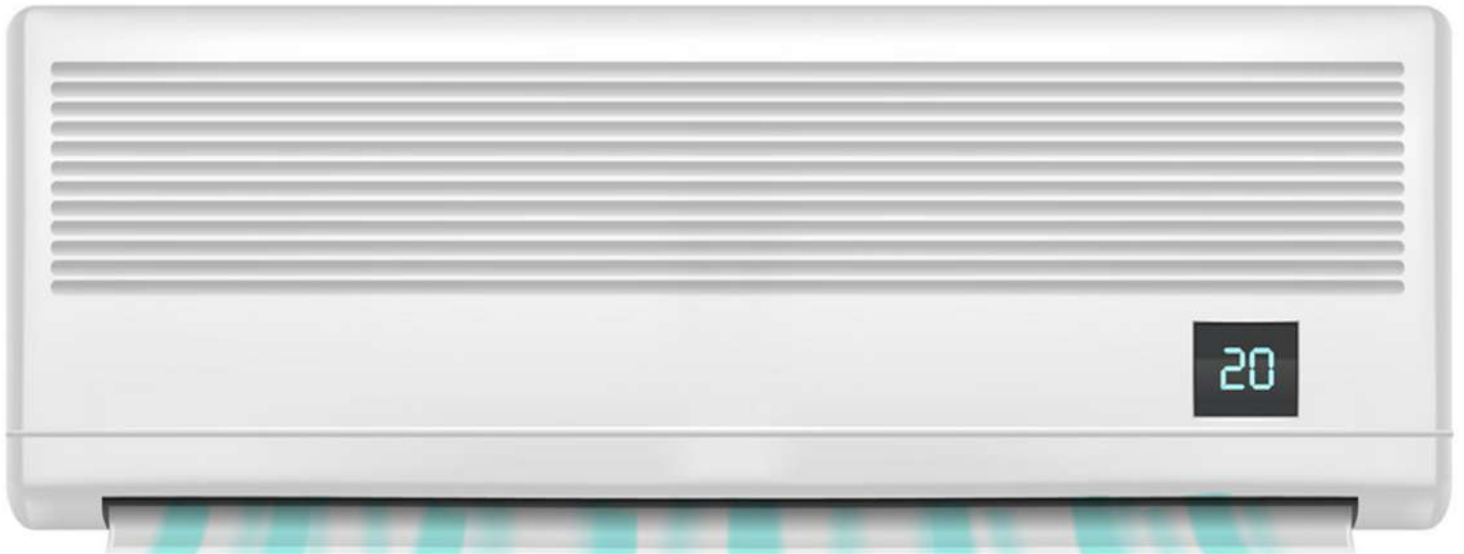


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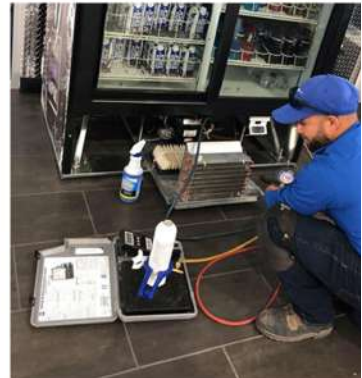
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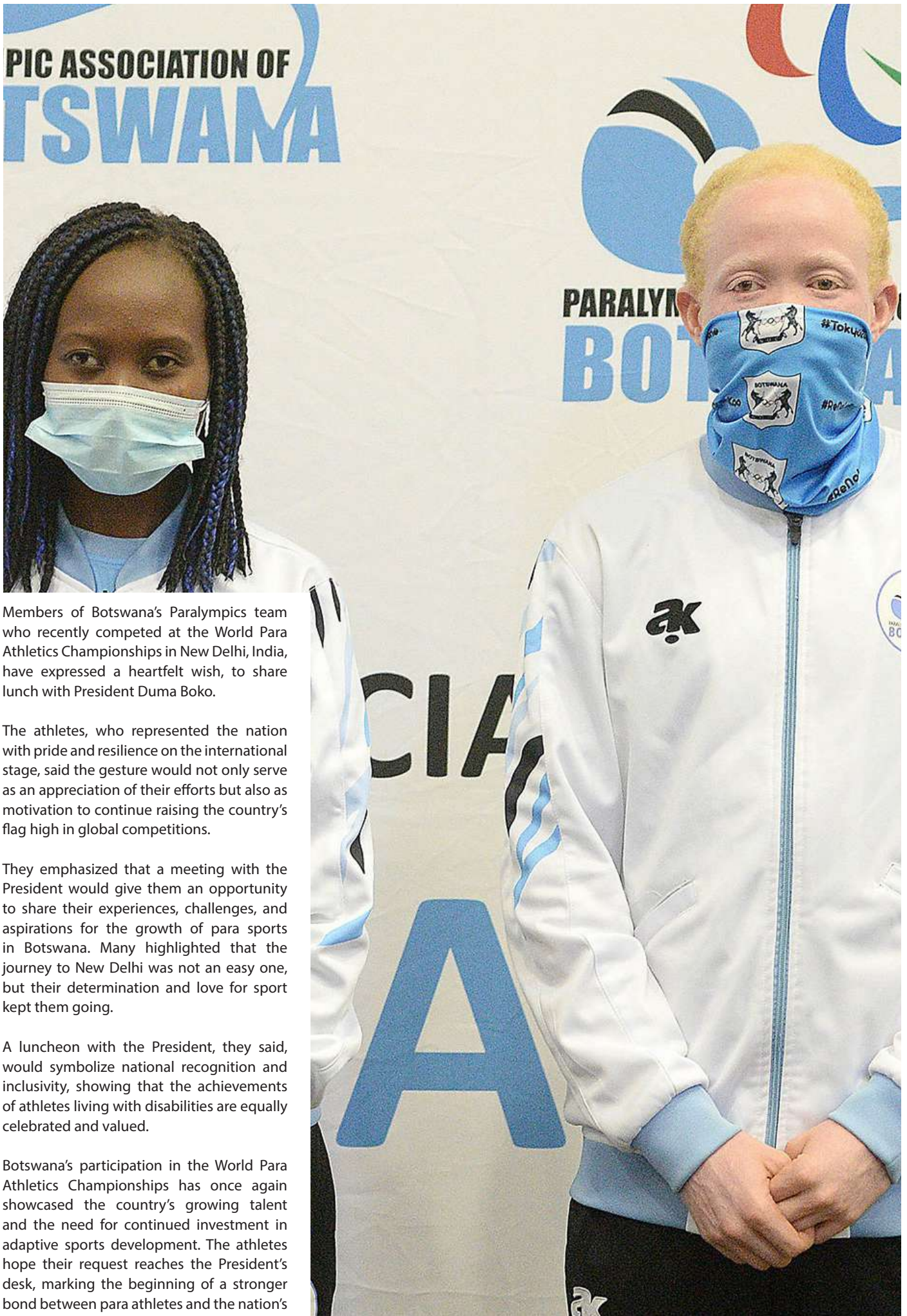
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Members of Botswana's Paralympics team who recently competed at the World Para Athletics Championships in New Delhi, India, have expressed a heartfelt wish, to share lunch with President Duma Boko.

The athletes, who represented the nation with pride and resilience on the international stage, said the gesture would not only serve as an appreciation of their efforts but also as motivation to continue raising the country's flag high in global competitions.

They emphasized that a meeting with the President would give them an opportunity to share their experiences, challenges, and aspirations for the growth of para sports in Botswana. Many highlighted that the journey to New Delhi was not an easy one, but their determination and love for sport kept them going.

A luncheon with the President, they said, would symbolize national recognition and inclusivity, showing that the achievements of athletes living with disabilities are equally celebrated and valued.

Botswana's participation in the World Para Athletics Championships has once again showcased the country's growing talent and the need for continued investment in adaptive sports development. The athletes hope their request reaches the President's desk, marking the beginning of a stronger bond between para athletes and the nation's leadership.

					
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