



**DEATH BY
EXCESSIVE
ORGASM IN
PHALOMBE**

**CHRISTINA
MABVUTO: A
PROBLEM IN
THE MODEL
INDUSTRY!**



Justice... spreading slower than bad news



Justice, like the truth, will always prevail. But justice, and the truth, spread slower. Bad news? Everyone knows, before you can deny the allegations.

In January this year, 2020, a 23-year old's life was lost. The girl (Kottana Chidyaonga), with so much life in her, passed away to a lot of controversy that surrounded her death. Initial reports suggested that she had died of a snake bite before Charles Dzamalala, a pathologist, gave an autopsy report which indicated that the deceased had died of poisoning.

The night that autopsy was released, almost everyone active on social media and aware of the story had something to say. Something, well for the most part, negative. Within day's end, the suspects were already deemed murderers. With a lot memes, disses, jokes told... all alluding that indeed, the 4 that were

suspects had killed the innocent soul. Well, the 4, proved innocent now, were taken to jail thus a case was opened.

However, on 19 August 2020, the 4 were found innocent by Judge Thomson Ligowe of the High Court in Lilongwe, as he declared that the state did not provide substantial evidence to level against the accused.

However, this news wasn't shared on the socials as much as the earlier bad news was reported. Most of the people that were detectives during and before the case, were nowhere to be seen. Lesson? We need to let the justice system take its course before we make our own judgements.

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Page 10

Page 4 |
Fun Tips | Top 5 Malawian Movies

Page 5 |
Bizarre! | Brief Gossip

Page 6 |
Mumatha - 4 the Creatives

Page 7 |
Fashion

Page 8 |
Advert

Page 9 |
Entertainment News

Page 11 |
Word of the week | Ask Sibweni

Page 12 |
International News | Poet Feature

Page 14 |
Weekly News Recap

Page 15 |
Social Media Gossip



Page 14



Page 16

5 ways to lower your blood pressure



1. Walk and exercise regularly. Exercise is one of the best things you can do to lower high blood pressure.
2. Reduce your sodium intake. Salt intake is high around the world. In large part, this is due to processed and prepared foods.
3. Drink less alcohol. Drinking alcohol can raise blood pressure.
4. Eat more potassium-rich foods. Potassium is an important mineral.
5. Learn to manage stress. Stress is a key driver of high blood pressure.

Top 5 Malawian 2020 EPs

This has been quite the year for Extended Playlists (EPs) in Malawi, but which ones make your top 5 list? Our Editor, Gary Samati, shares his top 5 best EPs that dropped this year (according to what's passed his ears anyway):

5



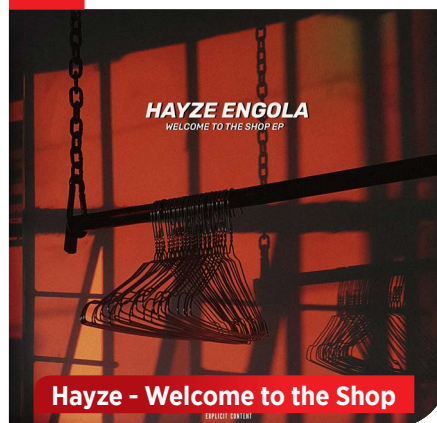
PhyziX - Gamba Season

4



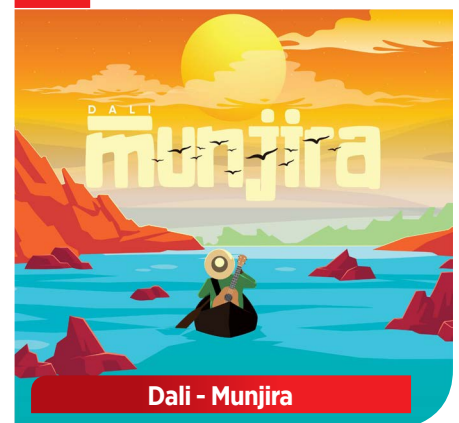
Classick - Pisces

3



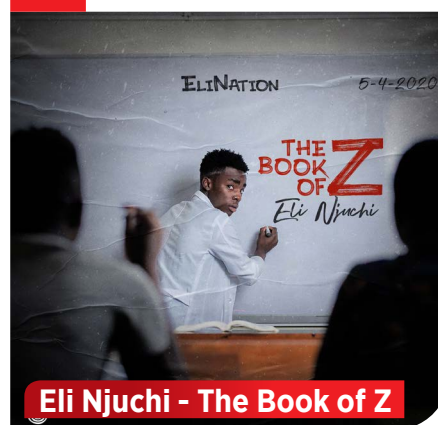
Hayze - Welcome to the Shop

2



Dali - Munjira

1



Eli Njuchi - The Book of Z

Send your reactions through our social media pages (@FYIonlineMW) and send us your list.

Editor's social media - @garysamati

Did you
know?

BIZARRE!



Angola's former President's son, Jose Filomeno Dos Santos was sentenced to 5 years in prison this year, over a \$500 million corruption case.

Brief Gossip

Death due to excessive orgasm

This week, 17 August, saw the demise of a man from Phalombe, identified as Charles Majawa (37 years-old).

Cause of death, you ask? Well, death due to having sex with a sex worker. This was confirmed by Phalombe Police spokesperson Innocent Moses (in the picture) as he told the media that the man had



Giddes Chalamanda wabeledwa?

Last month, veteran singer Giddes Chalamanda was reportedly given K2 million by FDH Bank. Well, this month, the 90 year-old shared his messy financial situation with MIJ FM and said he is looking for assistance to renovate his house, asking for K3 million.

As such, well-wishers emerged with an initiative to help the iconic musician and raised an estimation of over K100 000. The money he received? K30 000 only. A typical Malawian cashgate story.



died due to excessive orgasm and no foul play had been suspected.

"The incident happened on the night of August 17, 2020 around 21:40 hours at Kaduya village, Senior Chief Kaduya in Phalombe district. [Charles] Majawa is said to have hooked a sex worker within the trading centre and booked a room but he ended up collapsing

and becoming unconscious while in the [sexual] act."

"The postmortem revealed that death was due to excessive orgasm which caused blood vessels in the brain to rupture. No foul play has been suspected," he said.

Creative of the week



Name: **Polycarp Mitunda**

Creative Industry: **Motion Designer**

Take us through your journey & what inspired you.

"I think for the most part, I have never really been interested in static imagery. I've always been interested in looking at DSTV giving us those slides of, you know, 'coming up next.' I found that interesting. When I realized that it's motion design I knew it's something I could step up to. So I would say what inspired me were the 'coming up' sequences on DSTV."

What are the challenges that you have faced so far?

"The main challenge we face is machinery. Motion design is a lot of work and it needs heavy computers to render and all that. It becomes quite a difficult thing to achieve knowing business is being slow these days, as companies aren't advertising much. Another challenge is the lack of Motion Design schools in Malawi. To learn, you have to pay big amounts online"

Any achievements so far...?

"I'm able to make cartoons move. I've just completed a course learning about this, its amazing to see that I'm able to do more than I thought I would..."

What's the dream that you have for your brand (StudioOxygen)?

"As StudioOxygen, we want to be known for being great motion designers. Image is everything is our slogan, so we basically want to make our works as vibrant and as useful as possible. It should be attractive to the eye. We want to be one of the very best in the game."

ROCKING YOUR PAIR OF JEANS

BY Mayamiko Chiwaya

Jeans are one of the items that are going wild and trendy in fashion these days. Almost everyone wants to own a pair of jeans; from denim, to skinny, to boyfriend, to high waists; you name it. While it's way easy to pair your denim with a T-shirt and some converse or sneakers for a casual look, figuring out how to dress up jeans to make them perfect for any occasion takes a little bit more creativity.

In this edition, I will share with you ways of rocking your pair of jeans for a more-classy look aside from the usual... Oh yeah, stop considering a pair of jeans and a T-shirt every time you go out and let's explore some alternatives (winks).

One of the easiest ways to wear a pair of skinny Jeans is with a chic cardigan and a white top with some flats. If you got a pair of long and lean jeans in your closet, try adding a long-sleeve coloured blouse for an easy and polished look.

With changes in trends, flayers are hitting home once more. So flayed jeans can be worn successfully. Just add some boots, a nice classic hand-bag and there you go, good to go (a little bit of red lipstick does some magic too).

If you want to keep things classic and still elevate your skinny jeans, you can try adding a simple solid blazer or petit jacket with a plain blouse and heels. This will give you a casual look and it is also work-friendly.

You can wear your jeans with a denim top. Classic straight legged jeans are a must have for anyone who likes pair pants with tucked-in oversized tops. Not quite flare but not skinny either, straight jeans give you the perfect in-between look. When you pair two washes of denim and an oversized black blouse, you can effortlessly elevate your look.

Lastly, try the jeans with an off shoulder top. Try tucking in the top in high waist skinnies and add a belt, some heels and lip pop up. You can also swap heels for sneakers.



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Politicians Speak on the Entertainment Industry

BY Gary Samati



Kondwani Nankhumwa said artists need to be recognized while they're alive. The leader of opposition was speaking during Elson Soko AKA Anyoni's funeral yesterday...

The former Minister of Local Govt and Rural Development during the Democratic Progressive Party's rule led by Prof. Peter Mutharika was speaking during Elson Soko's funeral this week. Elson Soko, AKA Anyoni, died on Saturday of a heart problem and was laid to rest yesterday. He was an actor and member of Chipembedzo cha makolo.

Following his death,

Nankhumwa said: "Artists are not recognized while they're alive. We fail to do that and yet they work tirelessly to entertain us."

Anyoni played a role of acting in a radio series called 'Pamajiga' that aired on the Malawi Broadcasting Corporation (MBC)'s radio. The actor also played a role in 'Sewero la Sabata Ino' on MBC. Minister of Information Gospel Kazako, collaborated with the leader of opposition as he also attended Anyoni's funeral this week. He further added that the government is aware of the challenges that artists face in the country.

The minister said this as he acknowledged that his ministry had been hit by the death of Anyoni and who, he says, had talent that would have made him a millionaire in other countries.

Kazako said: "We are setting up a welfare fund for artists and we are also looking into the issue of Arts Council. The Arts Council will help in solving some the challenges facing artists in the country."

He also added that there is a need for artists to be organized and fight for their own challenges as well.

Christina Mabvuto: a problem in the modelling game

BY Gary Samati



We had an interview with the 2019 UMP Fashion Awards Model of the Year, Christina Mabvuto, for this week's FYI Cover:

What inspired your modelling journey and how long have you been modelling for?

"This is my third year in the modelling industry and I was inspired by the people around me especially my older sister Beatrice who is the founder and owner of Scorpaii_clothing. She started out by using me as her model and it really made me want to take the job further..."

Take us through your modelling journey, what are some of your biggest achievements this far?

"I actually started with the African Fashion festival runway show in November 2017. I was crazy nervous because that was really my first modelling gig ever but I quickly fell in love with it. My biggest achievements are most definitely my billboard with National bank and winning the UMP model of the year award in 2019."

We've seen you on the National Bank Billboard and the bank's ATMs as well, take us through the process of getting these gigs?

"I feel like me getting that job was 80% modeling talent and 20% luck. Firstly, Spencer Chuma, who is the founder of Pixel dynamics, posted

an open call for models on his status. It was a pretty slow day for me so I decided to tell him I was free for the shoot. When we met up he told me that the shoot was actually for the National Bank annual report but that not all of the images he'd take would end up in the report because their marketing agency would pick which model/image they liked best. I did my absolute best in that photo-shoot and my photos ended up being used as one of the photos in the report.

Later on, Spencer told me that the Marketing Agency liked my annual report photo so much that they wanted to use me again for a billboard. We had another shoot and next thing; I was on the billboard. .

One would say you changed the modelling game in Malawi, what would you say has made you a different model than what Malawi was used to?

"I wouldn't say I changed the modelling game per se as much as I just shined a little more light onto it. Most people in Malawi had a very negative view on modelling in general. I just wanted to change that view and let people know that modeling is a fun, creative and respectable profession."

5

CHRISTINA FUN FACTS

1. I hate most vegetables with a passion.
2. I love watching horror movies.
3. I never learned how to swim because I've always been tall enough to stand in the water.
4. I can eat an entire large box of pizza by myself.
5. Jumbo box braids are my favorite hairstyle.

MALAWIAN URBAN DICTIONARY

WORD OF THE WEEK

Kweza njinga / Kudya bulu

When your crush says no to you after asking her / him out.

“Eh, man aja adya bulutu...”

“Ka mkazi kaja ka akweza njinga adah aja...”

URBAN LANGUAGE MISTAKE

Do you know what it is?
vs
Do you know what is it?

Correct phrase: Do you know what it is?

ASK SIBWENI



Think of Sibweni as the uncle you wish you could get advice from. Send us the uncomfortable questions you have through our social media inbox @FYlonlinemw or WhatsApp 0881 885 512.

Note:

Your question is published anonymously.

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Trump fires back at Obama

President Donald Trump was asked to respond to critical remarks excerpted from former President Barack Obama's speech that were released ahead of their scheduled delivery at the Democratic National Convention - CNN.

Obama said that he hoped that Trump would take being president of the United States of America (USA) more seriously once he took office but, he said, Trump never did. Trump, who is one not to hesitate speaking his controversial mind, said "When I listen to that and then I see the horror that he's left us the stupidity of the transactions that he made... when I look at what we have, how terrible he was as a President; the reason I'm here is because of him. He did such a bad job that I stand before you as President now," he said.

Msungeni Chiponda - Poet

BY Ameze Okoro



What sparked your passion to do poetry? **Does poetry bring any monetary gains?**

"I Started writing poetry back in high school, I used it as a way to write down my feelings and express my emotions. I went a long time without actually letting people read my works. I only started writing for an audience 5 years after I started writing"

How can people reach you for your poetry?

"@msungeni_tia on Instagram. My soundcloud link is: <https://soundcloud.com/msue-chips/sets/naked-thoughts...>"

Missing your ex is normal, but getting back...

BY Zindzitswa Mvula

Maybe the memories hit you in the morning like a phantom semi-truck, pummelling your routine. Or maybe the thoughts creep in on a night out when you wild or perhaps the annoying hauntings come to you as you lay awake at night, too tired to fight the unsettled, wandering questions that never seem to end.

Not all breakups are equal. Some barely register, while others are rather intense; throwing us into an emotional aftermath, both devastating and aggravating. Like a pitiful lullaby for sad, forlorn grownups. These more intense breakups push us to analyse everything for hidden meaning. So, we ask ourselves: where is he / she? What's he / she doing? Is he / she happy? Why could we never see eye-to-eye? Is he / she haunted like this, too?

For me, the biggest question was: why him? I didn't feel this way about the others. Sure, he had his qualities, and we certainly didn't have the best chemistry. In fact, our relationship was rather dysfunctional. My friends breathed a sigh of relief after we broke up for the final time, that is melancholy? It's actually grief.

Unfortunately, there's no ceremony in our culture that gives these heartbroken feelings their due although there are some good

rules we should abide by, but keep in mind, when you break off a close relationship, your brain is undergoing real physical pain & you should take some time to honour that, and realize it's not something we can just get over.

After all, as humans, we're hardwired for deep connections and meanings, & only a few relationships really give us this. So of course, if an especially intense romantic relationship ends, it's going to hurt. Go easy on yourself and seek to learn what this means. Maybe your ex represents something entirely different in your mind, maybe not. But either way, if thoughts of your ex come to you, over-critiquing yourself to better control your thoughts won't get you anywhere. In other words, we obsess over breakups because of what they teach us not because something is wrong with us, and certainly not because we need to get back together with the ex.

So, if an old flame is coming to mind, it doesn't mean anything is wrong with you or even him / her. It just might mean your brain is signalling that there's a lesson to be learned here, and we must apply that lesson to the present, rather than losing ourselves in the past.

WEEKLY NEWS RECAP!

Here is a recap of the 5 things that happened this week.

1. 4 suspects accused to have murdered Kottana Chidyaonga namely, Timothy Mtilosanje, Diana Bhagwanji, Gilbert Kalamiza and Ekari Chaweza were found with no case to answer by the High Court in Lilongwe.
2. Concerned students from higher learning institutions are set to meet Ministry of Education on 28 August as they have asked the Tonse-led government to review tuition fees for public and private universities.
3. Minister of Labour, Ken Kandodo, disclosed on Wednesday that Capital Hill plans to start setting up job centres from early September or October for young men and women across Malawi.
4. Reports suggest that money that was put together to help Giddes Chalamanda, 90-year-old veteran musician, mysteriously went missing.
5. A Malawi Human Rights Commission (MHRC) enquiry into the defilement of a 14-year-old girl in Blantyre found that prosecutor Sub-Inspector Ishmael Abubas of Limbe Police Station allegedly altered the details of the case, a development that might have resulted into its dismissal.

Justice for Four

BY Gary Samati



The High Court on Wednesday 19 August 2020, acquitted four suspects namely Timothy Mtilosanje, Dianah Bhagwanji, Gilbert Kalamiza, and Ekari Chaweza.

The 4 were accused of murdering Kottana Chidyaonga, who died in January this year. It was alluded that the 23-year-old had died of a snake bite before Charles Dzamalala, a pathologist, gave an autopsy report which indicated that Kottana had died of poisoning.

Judge Thomson Ligowe of the High Court found no substantial evidence to prove the case that was levelled against the 4 and has thus found no case.

“I, therefore, find that no case has been made out against the accused persons to require them to make their defence. They are acquitted,” he said as he added that the death of Kottana was not disputed but the cause of her death.

While he said he did not doubt the autopsy report made by Dzamalala, Ligowe said there was not enough evidence to rightfully point at anyone who might have poisoned her or where that happened.



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Ma retired soldier akakumana 🤔🤔🤔🤔

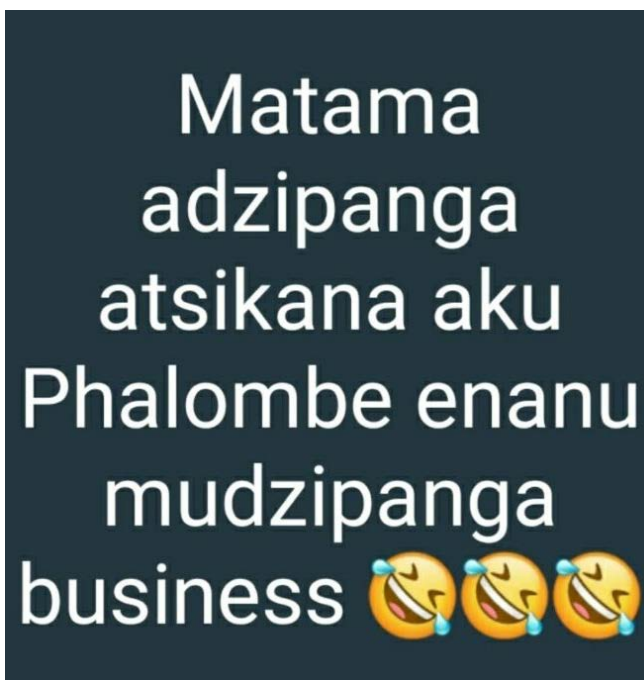
- Couple marries in 15days of knowing each other.

Married in 15 days...❤️❤️
On July 5, 2020 I met my husband while he was delivering furniture to my sisters house... when they were almost finished he asked me for my "MySpace" .lol... I gave him my FB and before he drove off he had already requested me and sent an inbox! We talked that night and every night after until 5-6 in the morning! It just felt right! By the middle of the week he said he wanted to be with me forever...by Friday we talked about marriage and obtaining a license...by the end of the conversation he had sent me all his information...First time in my life a man has been so for sure about me!! Saturday he bought a ring...sunday was our first date...Monday we got our marriage license! The following Friday he met my best friends and fit in perfectly...on Monday morning July 20,2020 we married! When I say this man made plans for me...where chile a



5

5 comments



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Having Educated parents is so boring. you can't even ask for money to buy photosynthesis



Covid-19 Affects Female Footballers in Mangochi

BY Precious Hemah

A group of young female footballers in yellow jerseys posing for a photo. They are standing in two rows, with some sitting in the front. The background shows a grassy field and some trees.

Researches have shown that more than 5,000 girls are getting pregnant every month in Mangochi district. In this season of Covid-19 alone, more than 7,000 girls have fallen pregnant, according to reports. Football, though played less by girls in Malawi, is one of the activities which keep girls distracted. James Chakwana, a girl's football coach at Chipalamawamba Primary School in Mangochi, complains about the future of his team which was on position 1 in the first round of the Mpira Mudzi Mwathu girls football league in the lakeshore district, before the football ban.

"The ban has affected my team because most of the girls have fallen pregnant now. This will affect the team when football is back. About 14 girls have fallen pregnant and two of them have gotten into an early marriage already."

"I really wish the preventive measures were practiced while the league was in progress because we can see other countries in the same situation playing football with the preventive measures,"

"Most of the students here have the mindset that school is over and they'll never go back to school again that's why they have indulged themselves in bad activities, and I beg parents to teach their children with the materials they have," Chakwana said.

Enoce Chatama, a Sports analyst, said that this is a very difficult situation in as far as the game and girls are concerned.

"It's a situation whereby we have to look at all angles. Entertainment act like a centre of attraction for lots of youths to avoid indulging in immoral behavior. I believe this is the task of the Football Association of Malawi (FAM) and the government to map the way forward but it's a very tricky situation."

Mpira mudzi mwathu girls football league was the first ever women football league to be introduced in the lakeshore district to the tune of MK500,000 and it attracted a lot of under 15 girls from different primary schools.