



**Protecting themselves...
& their constituencies**



**A STRANGER
IN NEED:
PEMPHERO
MPHANDE**

Under-representation of females



“Kuchita kusowa kothawira,” sounded like a better title.

‘Coz regardless of the sector, women are being underrepresented and this week has exposed this concern; that’s been in existence for the longest keep a 100.

From the board sit appointments made by the Tonse led govt to the Sand Music Festival acts; the

other gender is being underrepresented.

Irrespective of the sector- politics, or entertainment- the cries will carry on, it seems.

Perhaps, long overdue to say this, it’s time to give women the same opportunities that men are receiving in this country!

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What causes mood swings?

By Precious Hemah



A mood swing is a sudden or intense change in emotional state.

During a mood swing, a person may quickly switch from feeling happy and upbeat to feeling sad, irritable or angry. So, let's dive into it. What causes mood swings?

1. Bipolar Disorder

While it's true that people with this condition have mood highs and lows, it isn't the only thing that causes them.

2. Sleep Deprivation

Your brain and body recover from the events of the day while you sleep. If you don't get enough rest, your sleep won't fully refresh you.

3. Low Blood Sugar

If you've ever gotten "hungry" - hungry and angry at the same time - low blood-sugar may have been to blame. This happens to some people when they go too long between meals.

4. Stress

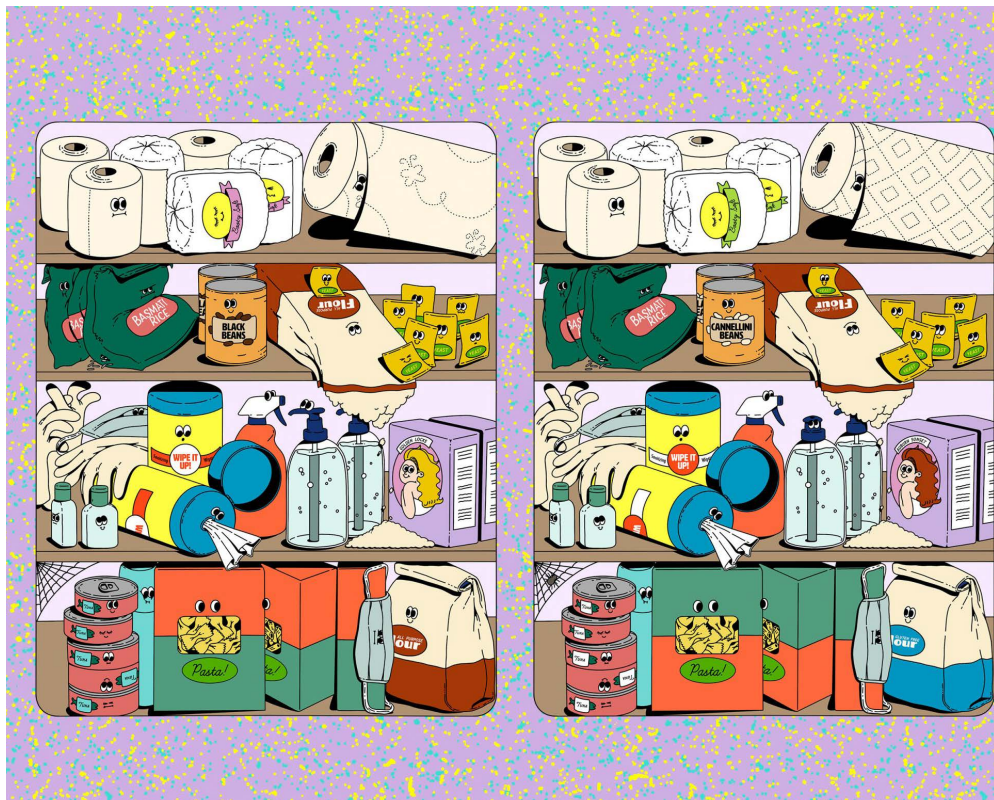
5. Certain Medications

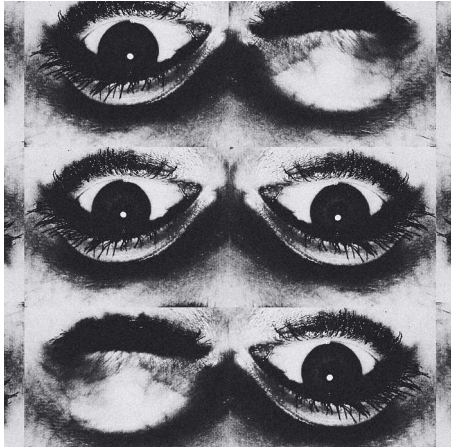
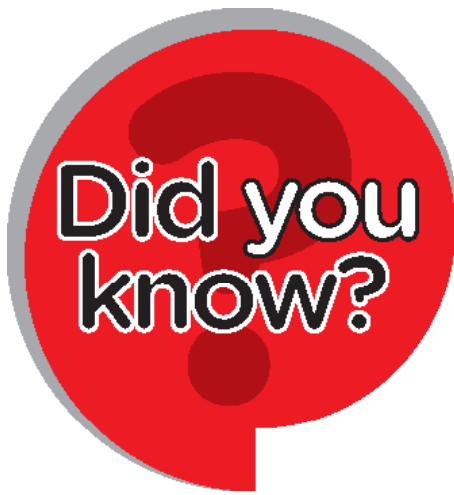
Mood swings are a common side effect of high-dose steroids.

6. Pregnancy

7. Premenstrual Syndrome

SPOT THE DIFFERENCE





Women blink twice as much as men.

Brief Gossip

MPs Condoms Saga

Tuesday was a tough day to be a Member of Parliament. Only thing worse than being an MP on the day; was being a married MP - and your spouse aint one of the legislators.

'Coz imagine being married to an MP and you turn on Times TV and see a story airing on the news entitled, "Makondomu akufunikira



24-Year-Old found dead at a lodge in BT

A 24-year old girl was recently found dead in Blantyre at a lodge where she apparently visited with her boyfriend. The girl, who's real name reports have identified as Kulsum Mohemd, went to the lodge in question on 26 September.

The boyfriend, identified as Umair Ayub, has reportedly been arrested as a murder suspect. However, he has told the police that upon arrival at the lodge, he left the room to buy water. When he returned, he allegedly found that Mohemd was burnt with petrol.



ku paliyament." The next day, you take the Nation Newspaper to have yourself a good read, you see a story entitled, "Parliament uses 10 thousand condoms per month." Yikes.

So, the news is, in case you were living under a rock these past few days - parliament received a donation of condoms on Tuesday.

The donation revealed that the lawmakers consume 10 thousand condoms per month. However, Deputy Speaker Madalitso Kazombo clarified that the condoms are also given to journalists and other visitors; not only the MPs.

And, well, when all was said and done - the MPs sent the donation back :(

2nd 2020 track by Onesimus



South Africa-based gospel musician Onesimus is set to release his second track for the year 2020 titled 'Panado'. The track follows the release of 'Here With Me', another track that won the hearts of people.

Announcing the upcoming track, Onesimus put out a short video of him performing the song in a studio.

Onesimus, a former Sony and Telkom ambassador, hinted that 'Panado' is a song that addresses jealousy. In the song which is yet to hit the market, the musician is singing about people who are always at pains when they see others doing well in life.

"Brand new song coming your way 'Panado', our haters need to heal," that is the message the 2019 Afrima Award Best Male Artist is coming out with as he captioned the video teaser on Instagram.

TAY GRIN'S WILD HAIRSTYLES - THROWBACK





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Sand Music Festival in the Mud

BY Bridgitta Flao



With everything that has happened this year, we have all just been looking forward to all the shows that come with summer so we can unwind and forget about 2020 taking away Kobe and Chadwick and bringing the corona virus.

Reliving the violet Banda moments like it was yesterday, we have been impatiently waiting for posters of our favorite summer festivals like the famous Lake of stars,

Sunbird's hangout festival and of course the crowd pulling sand music festival. With the hangout fest this weekend, organisers of the sand music festival decided to drop their official poster and show us the line up for the controversial 2020 fest.

It's not the fact the Diamond will make a second appearance that caught people's eyes but rather the fact that all the headliners at the show are male. A lot of people have in mind the

million dollar question is why shun female musicians? Are they not as good as their male counterparts?

When you think you have seen it all, Facebook Malawi takes you on the edge of your seat with laughter.

One of the organizers Lucius Banda responded to the outcry in the most unbelievable way.

He bashed the crowds that the great Angels choir has 18 ladies who will balance out the line up.

Pemphero Mphande: A stranger in need

BY Gary Samati



A stranger in need; can't be a stranger, indeed.

Pemphero Mphande is a youthful activist and an aspiring politician. Most of us got to know him through twitter - 'coz hey, the guy tweets a lot. But at the same time; most heard the name Pemphero Mphande a couple of times in 2018, as he led the anti-Ghandhi movement - which was sparked by the erection (almost) of the fallen Indian's statue in Blantyre (also, can you believe it's been 2 years since this saga?)

Anyway, while to some he might be a familiar face we've seen on social media - or that guy who lost in the 2019 Elections as he contested for a parliamentary seat for Blantyre City South Constituency; to a disabled but talented kid named Louis Nsomba, he will always be a hero.

Louis, born in the year 2000, crossed paths with Pemphero thanks to a WhatsApp message whose author

was the kid's father; asking for assistance from the general public.

In the message, the father, on behalf of his son, pleaded for a car battery, an inventor, a solar panel and other tools as Louis was born with a talent of fixing phones. A classic story of asking for a fishing hook instead of fish.

As such, Pemphero led a fundraiser for the 20-year-old, who resides at Dziwe, T/A Kuntaja in Blantyre (PS-I travelled with, and it's one of the really-far places "within Blantyre," I've been to).

The fundraiser surpassed the targetted K250, 000 as well wishers donated about K508, 000 but the whole project saw a total of K700, 000 spent.

Louis has since received a solar system and his house has been electrified to further help him with his business of fixing phones.



MALAWIAN URBAN DICTIONARY

WORD OF THE WEEK

Chishango

A shield. Mainly used by Malawian Member of Parliaments.

URBAN LANGUAGE MISTAKE

Academic English vs Casual Texting Language

Example Mistake: (In an academic paper) If u want to know my opinion tho, IDK who should be president.

Tip: Try to break the habit of using text language to communicate your ideas. Write everything out completely. This text style is inappropriate language to use for academic purposes. Slang words like "IDK" (which stands for "I don't know") are good for conversation and texting only.

Correction: If you want to know my opinion, I do not know who should be president.

ASK SIBWENI



"DEAR SIBWENI, I HAVE A GIRLFRIEND WHO IS ALWAYS TOO BUSY TO TEXT IN THE EVENING. WE GET TO TALK DURING THE DAY, BUT MOST TIMES WE NEVER GET TO TEXT AS LATE AS 7PM... EVEN 6 SOMETIMES. SHOULD I GET INSECURE?"

Note:

Answer in next week's FYI Edition.

f t @ @FYIonline mw

NICKI A MOTHER NOW!

Nicki Minaj is a first-time mom ... she and husband Kenneth Petty have welcomed their new child to the world!

Sources with direct knowledge say ... Nicki gave birth Wednesday in L.A. We don't know the baby's name or sex yet.

As you know ... Nicki announced her pregnancy back in July, posting a series of photos showing her looking at least 6 months along and captioning one post, "#Preggers."

Nicki's planned to become a mom for quite some time ... remember, last September she claimed she was retiring from the rap game to start a family. She eventually got back into music but also got married to her childhood friend.
- TMZ

IZEKI QUOTABLES



1. "Ndimakhala Busy! Nthawi yocheza ndi munthu sindimakhala nayo iyayi"
2. "Za uhule"
3. "Bwera uyesele uwone anyamata anga akuponde"
4. "Uyu nde andipha"
5. "Ndiwe galu kwabasi"
6. "Puleniii, ehh, puleniii"
7. "Zina umangoona waziyamba"
8. "Inetu ndinadana nanu kalekale"
9. "Simutha miyezi itatu"
10. "Sopano tu kunja sapita PA bus, wina akakufusani muzingoti nnachoka kaye."

Love Bombing

BY Zindzitswa Mvula

Love bombing is a form of emotional abuse that is hard to figure out at first.

The person will shower you with love and affection earlier in the relationship so much that you won't be able to figure out their faults or shortcomings at all.

When you start to feel stifled in the relationship and want to pull out, that's when their true colors come out and they play the emotional abuse card on you very well. They'll probably manipulate you and make you feel miserable for any decision you make.

Who are these people?

These people are mostly megalomaniacs and narcissists who can't think beyond their wants and needs.

How can you spot it?

A good relationship moves slowly and steadily and if you feel that your relationship is moving too quickly, where

everything is happening too soon then that's a classic sign.

In the beginning, your partner will shower you with lots of love and affection and well, gifts galore. Love bombing will typically come to an abrupt end when the 'wooing' phase ends and the person knows that you like them; because the chase is over, they may suddenly lose all attraction to you, and drop you without explanation.

Recommendation on what can you do if you think you're being love-bombed

Love bombing can often be subconscious, so if you feel as though you are being inundated with messages, being upfront and honest about how this is making you feel as soon as possible is key. In many cases, we welcome a show of truthful interest and affection, however, if you're feeling as though it's getting too much and a little intense, this is a clear sign that a step back is needed.

