



Twitter MW “expose” FYI



JANTA WA CHISONI



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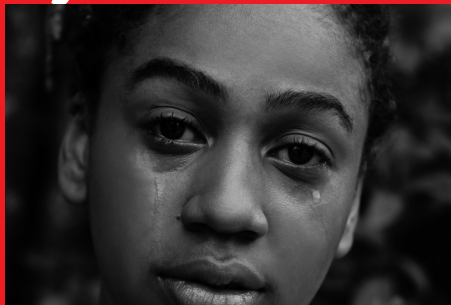
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COPING WITH DEPRESSION

By Precious Hemah



Depression drains your energy, hope, and drive, making it difficult to take the steps that will help you feel better.

However, there are small steps you can take to help you feel more in control and improve your overall sense of well-being.

1. Meet yourself where you are

It's important to take your mental health seriously and accept that where you are right now isn't where you'll always be.

2. If you need to wallow — but do so constructively

If you're having a down day, have it. Let yourself feel the emotions — but don't stay there.

3. Know that today isn't indicative of tomorrow.

TOP 5 MALAWIAN RAPPERS

Tough. It's all we can think of right now: TOUGH. Exactly how can one make a satisfactory top 5 list of Malawian rappers? Well, like we always say, this is a subjective section so here goes nothing:

5



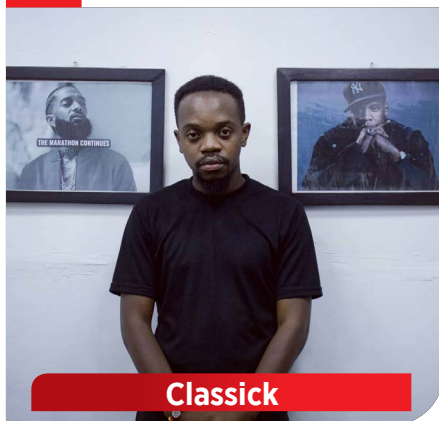
Third Eye

4



Young K

3



Classick

2



Hayze Engolah

1



Gwamba

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

Editor's social media - @garysamati

Did you know?



Coca-Cola launched its 3rd product Sprite in 1961.

Brief Gossip

TWITTER MW "EXPOSES" FYI

“Malawian TMZ,” they’ve said... “*Ka magazine kokonda maboza*,” they’ve said. But, we never thought we’d see the day they’d say we copied our brand from someone else’s.

Okay, recap, for our non-Twitter user FYI readers. One of our followers found an account on



Mzuzu Family takes casket to MRA

A family in Mzuzu brought a body to Malawi Revenue Authority (MRA) offices in the city, alleging that the deceased died at the hands of MRA officials at Songwe Border in Karonga District.

Apparently, the deceased was charged K3 mill (and he allegedly paid) while clearing his truck at the border before disagreements emerged. He later collapsed and died at Mzuzu Central Hospital.

The family and friends of the deceased took his body, in a coffin, at the MRA offices, demanding the K3 million back.



Twitter called “FYI tv,” and called us out in a tweet that might as well have just said, “you stole the name and the logo.”

We guess, whoever said karma is a female dog knew exactly what he/she was talking about. Cause hey, in last week’s FYI gossiped about the KNQR Malawi vs KNQR Australia drama, and now here we are... being

put in a position to gossip against ourselves.

Nonetheless, the name FYI Magazine came from days of brainstorming among our Digital and Online Team. The logo; a result of digging deep into a creative space by our Graphic Designer.

So, FYI is as authentic as a brand can be. But keep the jokes coming.

LINGERIE LINE DROPPING IN MALAWI



When the Namaonas first appeared on the fashion scene with Nzika wear; they paved way for other fashion designers in the country. We were yet to see a clothing line that wasn't based on Ankara aka Chitenje.

A lot of other designers, including Lily Alfonso, continue to carry the legacy that was started back then.

With that being said, we saw Hayze Engola real name Sindiso Msungama introduce us to his trending KNQR clothing this year. I thought it would take another 2 to 5 years before we see another Malawian own a Clothing line until Mabel Khonje introduced her lingerie line in the Netherlands, Amsterdam.

Mable alias Doll Mable is a Malawian model and entrepreneur based In Amsterdam. The ladies in the country have something to be excited about as Boudoir lingerie, her lingerie line, has been uniquely crafted to cater for the woman of every size and shape.

It has been designed to make women confident and proud in their own skin with its diverse range toppled with quality guarantee in celebration of womanhood and greatness.

Running with Dolce and Gabbana's quote, "lingerie is a maximum expression of femininity" boudoir will be launched this Saturday at a private function at Latitude 13. An after party will be hosted at Epic Lounge spiced up with performances by Dj Nathan tunes and others.

Doll Mable previously launched her make-up line by this name. Entrepreneurship in the country has clearly shifted levels and its admirable.

STYLE TIPS EVERY GUY SHOULD KNOW

BY Mayamiko Chiwaya

When it comes to style, I see that a lot of guys struggle a lot. If you look closely at some guys you can clearly see the desperation of wanting to look their best.

They always want to dress better (but how?) I understand naturally guys are not gifted as ladies are when it comes to style and that's okay. But it doesn't mean you can't learn.

So, first, you should know yourself. Don't dress in what you think you should but rather what genuinely suits who you are. Make sure you own whatever you're wearing.

Also, dressing for the setting. Style is not just about self expression; it's about being dressed appropriately for the current environment you're in.

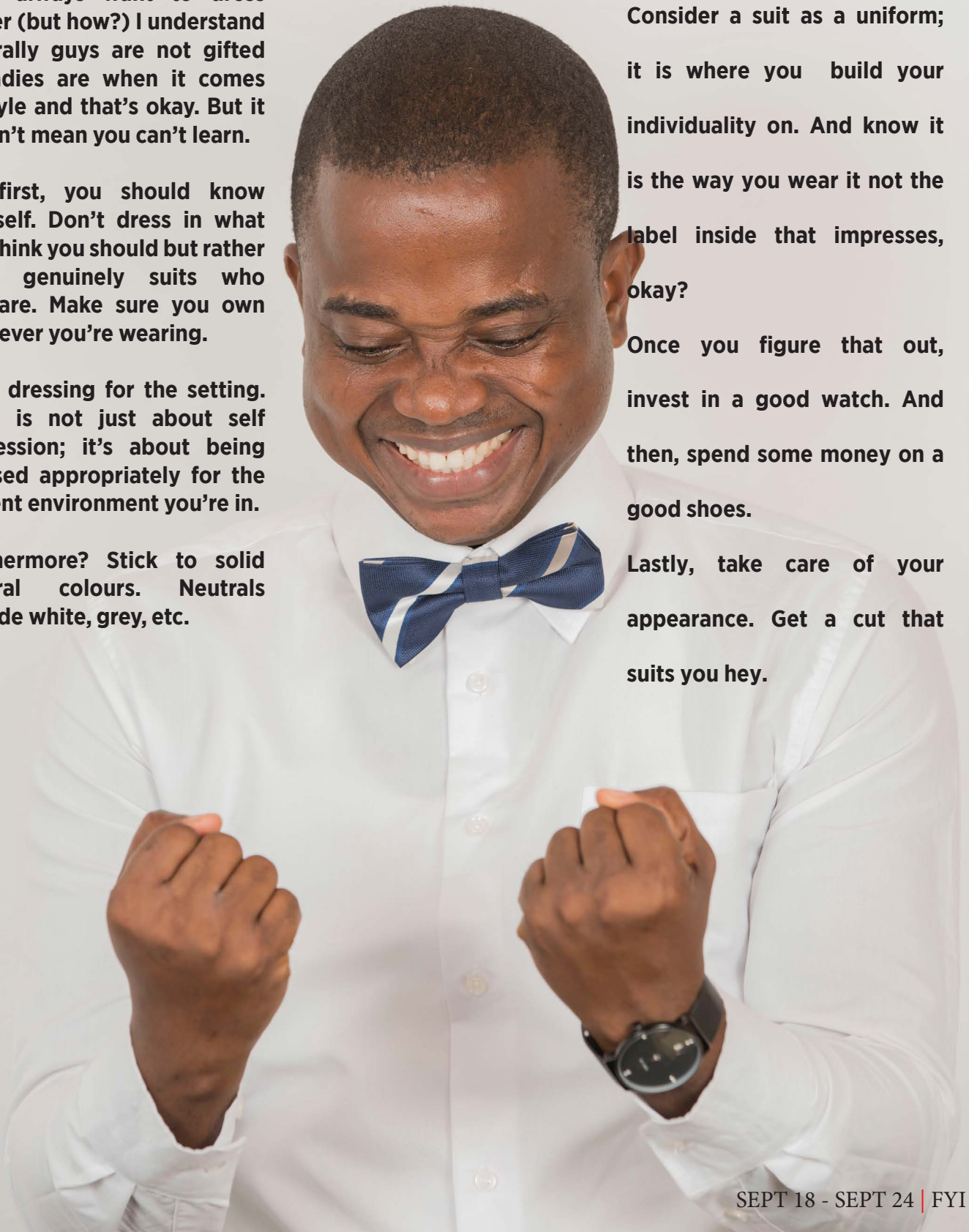
Furthermore? Stick to solid neutral colours. Neutrals include white, grey, etc.

A different tip would is... wear your suit well, PLEASE. The trick is always to opt for well fitting suits.

Consider a suit as a uniform; it is where you build your individuality on. And know it is the way you wear it not the label inside that impresses, okay?

Once you figure that out, invest in a good watch. And then, spend some money on a good shoes.

Lastly, take care of your appearance. Get a cut that suits you hey.





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Janta wa Chisoni

BY Bridgitta Flao



It's been an interesting week on social media. Almost every app group we've seen, addressed the Janta scandal. Twitter, as you'd expect, was on fire with the conversations as Facebook was flooded with memes about Levi and Janta.

Are you even in Malawi if you don't know about the Janta scandal?

With tags wagging, there have been a lot of versions about the story but one thing is for sure: Janta's baby mama left him/cheating on him with a guy called Levi (nde ati he drives nice cars, aMalawi!).

Well, in distraught, Janta wrote a song entitled, "Chisoni," where he confesses that he wanted to commit suicide but was restrained by the thought of

his child growing up without a father.

Jokes aside, this could shade light on why there have been surging suicide cases because of heartbreaks and failure to open up by men.

Nonetheless, with this drama, which was brought to light by Janta's own status in an attempt to expose his baby mama, most Malawians are of the view that karma is catching up with him for leaving his previous baby mama before he hooked up with the lady that's played him with the infamous Levi saved as "Levi wa Benz" on most of the screenshots on social media.

Levi on the other hand has been posting statuses that might be targeting Janta. One status reads, "Girls used to love guys

that smell good, now they love the smell of petrol, the car is important"

Has he spoken too quickly? Only time will tell. Is the world unfair or the words Janta professed in "divorce" are becoming? Only the universe has an answer to that.

Janta has since taken a heartfelt apology to social media, admitting a heartbreak led to actions that he regrets now.

The apology highlights a lot of issues that have been ignored as far as mental health is concerned.

It also somehow proves a point that relationships these day are mostly influenced and affected by material things.

In the Dark of the Night

In the dark of the night she
met her lover by the tree,
By the tree he waited for her
so they could flee.

In the silent of the night
she whispered to him sweet
words,
Him sweet words failed like a
student with poor grades.

In the cold of the night she
wanted to reach her hand to
him,
Hand to him the pleasure, as
he always did, of filling her
up with heat to the brim.

In the deceit of the night she
saw his eyes glinting,
His eyes glinting, expression-
less not even blinking.

In the misery of the night she
lowered and wrapped him in
an embrace,
In an embrace he laid not
responding, completely mo-
tionless.

In the horror of the night she
cried silently,
She cried silently as he was
dead unmistakably.

In the calm of the night
sometimes the wind blows,
The wind blows and what
happens in the dark of the
night nobody really knows.

An Ending

There is an ending to every
play
Characters take their bows
as the curtains close.
With night comes a promise
of a new day
And the shoot brings tidings
of a bright red rose

There is an ending to every
story
Suspense builds hope for a
sequel
But all man ever craved is
glory
So he was thrown into a
world that is cruel

There is an ending to every
life
A threat of being of being
reduced to a memory
The bluntness that infects a
knife
A disease that can only be
cured through savory

There is an ending to every
song
Every melody and every tune
The defeat of the very strong
The end is inevitable, no one
is immune

There is an ending to this
poem,
A melancholy that just won't
rhyme.

FINANCIAL LITERACY 101

BY Mphatso Henry Mwale



Wikipedia, the free encyclopedia, defines Financial Literacy as “the possession of the set of skills and knowledge that allows an individual to make informed and effective decisions with all of their financial resources”.

S & P’s Global Financial Literacy Survey reveals that African countries, including Malawi, have the lowest Financial Literacy levels. The most financially literate country being Botswana at 51% and the least being Somalia at 15%.

According to the survey, Malawi has 35% of adults who are financially literate.

You might have asked yourself, “Why does Financial Literacy matter to me? I am not a finance professional?”

Laura Zamborsky, a Financial Literacy Coordinator at the University of Alaska Anchorage, said, “Financial literacy is important because understanding your finances seeps into every area of your life, whether you think it’s going to or not”.

Being of another profession, other than Banking or Financing, does not make Financial Literacy useless to you. It is an important aspect of life which everyone must take seriously. Financial literacy helps one to manage his finances confidently. A person allocates his/her earnings to their goals while limiting or avoiding debt. This comes to life only if you understand how to budget your finances, understand how to manage your debt and understand how an emergency fund works.

To be financially literate, understand how to build wealth throughout one’s life by leveraging the power of debt, budgeting, savings, and investing. These are the pillars of financial literacy:

1. Debt

This is the money you spend that is not yours. Debt is not always bad, as many people perceive. Go for good debt, the money you borrow for necessary things like education, or a business startup.

2. Saving

This is a very important part of financial wellness. A rule of thumb says, “Save part of your income before you spend”. It is good to save your income in an interest-yielding bank account, rather than under your pillow, to beat the effects of inflation over time.

3. Budgeting

This is the skill of planning and managing your finances. The budget is not there to restrict your spending, but rather to help you understand where your money goes over a specific time. This helps you to put in place an actionable plan by which your expenditure is less than your earnings. The rule of thumb is that your earnings should be greater than the expenditures, the difference being the savings.

4. Investing

Think of investing like sowing a seed. It germinates and, over time, it grows while bearing fruits. You put your money into something that will give you profits or returns. The returns of your investment create another stream of income for you.

CELIBACY OR ASEXUALITY?

BY Zindzitswa Mvula

Here are some of the benefits that come with being celibate & asexual as an individual & in your relationship:

1. It promotes self-control and personal discipline.

Sex is very tempting, especially in this world. There are clothes, music, books and other things, that tend to remind us of sex & its associated pleasures all the time.

But by committing to being celibate & asexual, an individual can develop healthy habits such as self-control and personal discipline in the course. This helps as we know sex is tempting & instead of letting your feelings control you, one can ignore them & make the right decisions based on logic.

2. Provides the opportunity for focused attention on personal development

Sometimes we become so fixated on sex with whoever we engage with that we forget about ourselves and our well-being. Celibacy & asexuality will certainly help steer focus more on understanding your desires, on developing them,

nurturing them, & knowing your worthy & values which you previously would have been unable to do with all your interactions.

3. No risk of pregnancy or contracting STIs

The best birth control & the most effective disease-prevention method is CELIBACY. Whether you are ready for a child or not, you just don't want to expose yourself to the risk of STDs in light of how sexually fluid some partners can be.

Some people choose to sacrifice pleasure for their health or to save themselves from being responsible for another human for the rest of their lives. There is a widespread idea that having regular sex is an important part of a person's emotional well-being. While this may be true for some people, it is not the case for everyone. When sexual abstinence is involuntary, some individuals may feel negative effects on their mental health.

Not having sex when in a relationship can make a person feel insecure or anxious. Talking about these emotions can help remove any sense of discomfort.

Unsung Hero - Tabitha Chawinga

BY Zizwa James Mauluka

A talented 24-year-old female footballer. From playing in the dusty grounds of Lilongwe City, Tabitha has risen with quick feet in the Chinese Women's Super League (CWSL).

In 2014, at 18 years of age, the football enthusiast moved to Europe where she won 4 league golden boots. After what you may call a successful run on the continent, Jiangsù Suning, a Chinese team came calling.

Tabitha now plays with the team in the CWSL where, in her first 2 seasons, she's been top goal 2 season in a row. Tabitha had scored 151 league goals in about 98 games between 2014 and the recently ended 2019/20 CWSL season. And yeah, that's an average of 1.5 goals per game. Impressive, right?

But you haven't heard much about her cause that's the story of another unsung hero.