



“SEX” the forbidden fruit



**“Sindimatha kufunsila, I
need help” – Ask Sibweni**

The youth and sex



EDITORIAL TEAM

EDITOR |

Gary Samati

GRAPHIC DESIGNER |

Kelvin Sean Kamude

CONTRIBUTORS |

Precious Hemah
Lyoniko Mughogho
Mphatso Mwale
Godfrey Malongo
Tuto Kalitera
Andrew Mtewa

FYI TEAM |

Madalitso Musa
Gary Samati
Sharon Chirwa
Gift Mlaviwa
Kelvin Sean Kamude

FEEDBACK |

WhatsApp/Call:
+265 (0) 881 885 512

EMAIL |

garysamati@bnltimes.com

SOCIAL MEDIA |

[f](#) @FYIonline
[t](#) @FYIonline
[i](#) @FYIonline

WEBSITE |

www.fyi.mw

Talking about sex is somewhat a weird conversation in Malawi. In most cases, young people are only told to abstain or to condomise; to, what might be seen as cliché reasons, avoid early pregnancies and Sexually Transmitted Diseases. In some cases, Christianity also plays a part – because yes, fornication is a sin; to a believer.

But these days, however, a lot of young people have active sexual lives that their parents aren't aware of. Parents or guardians don't know what goes down in the "zawana" games. Nonetheless, a lot of teenagers sneak around and lose their virginities despite the advice they get from their parents against having sex.

While sex before marriage might be bizarre, the word "sex" isn't. A lot of us aren't even aware that there is a Sexual Reproductive Health Rights (SRHR) Policy implemented by

the Malawi Government under the Ministry of Health. The policy states that most young people start having sex at the age of 15, on average. It also asserts that high risk sexual behavior is more common among young people aged between 15 and 24 because young people are generally underserved in the current health care delivery system where SRHR services are not convenient, acceptable nor accessible to the youth, often times.

Depriving the youth from these services (or the sex talk) won't make young people stop having sex; it will only make them do it without following sexual health guidelines. This edition of FYI addresses why we need to normalise talking about sex.

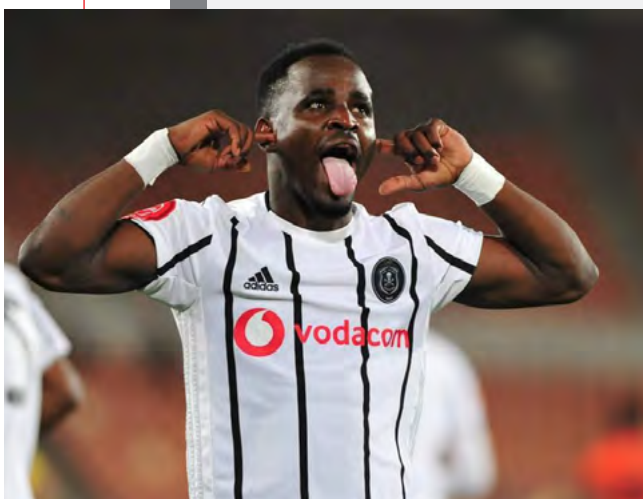
Editor,
Gary Samati



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Keeping your girlfriend happy while broke

BY Precious Hemah

Gents, osaopa... you can make her happy while you're broke... here's how:

» Be sincere

Women appreciate men who are honest with them. Be honest about your finances; don't make your situation worse by taking loans to spend on your girl!

» Compliments

A compliment costs K0.00. Those "Good morning beautiful," texts go a long way in brightening a girl's day.

» Give her a whole body massage

Yes, do it like your life depends on it. You can't afford to take her to the spa so hey, might as well bring the spa to her – take matters into your own hands, literally.

» The little things mean a lot, keep that in mind

If you hang around your boys all year round and she complains, you will think she is getting petty. But honestly, it is those very little things that matter most to girls. Listen to her, be there for her, open the door for her (yes, the old fashioned way), appreciate her efforts, take a long walk and discuss things that neither of you ever found the time to talk about.

» Date girls that understand your financial situation, period!

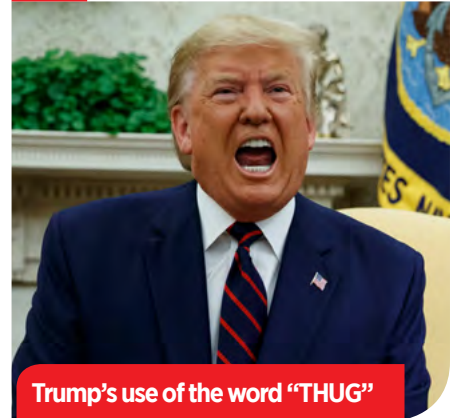
Top 5 'didn't see this coming' moments of 2020 (Apart from the Corona Virus)

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APM's decisions being overturned

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

Editor's social media - @garysamati

Did you
know?

SPORTS QUIZ!



As a lot of football fans are celebrating the return of the English Premier League, here is a quiz to taste your knowledge of what is arguably the most loved league in the world:

1. Who is the all-time goal scorer in the Premier League?
 - a). Frank Lampard
 - b). Kun Aguero
 - c). Alan Shearer
 - d). Thierry Henry
2. Which player has the most Premier League appearances?
 - a). Ryan Giggs
 - b). Frank Lampard

- c). Micheal Owen
- d). Steven Gerrard

3. Most Premier League assists ever?
 - a). Dennis Bergkamp
 - b). Frank Lampard
 - c). Wayne Rooney
 - d). Ryan Giggs

4. Which team has the most consecutive home wins in the Premier League?
 - a). Manchester City
 - b). Arsenal
 - c). Manchester United
 - d). Liverpool

Answers: 2 = A 4 = D 3 = D 1 = C



Creating a Safe and Secure Malawi

The Malawi Police Service is ranked as the 13th Best Police in Africa.

(Source: World Internal Security & Police Index Report).

Brief Gossip

The 'Sex Workers' Drama

There is never a dull moment on Twitter Malawi and this week wasn't any different as one Twitter user wrote, "Stop calling people BROKE if your private parts are the source of your income."

The attention this got was quite intriguing. First of all, in the tweet author's defense, calling people broke

as an insult is uncalled for. On the other hand, the action of stigmatizing a woman (or man) for engaging in behavior judged to be sexually provocative is just as bad as insulting one another due to our financial states. But then again, you'd wonder why one would get mad for being told to stop calling people

broke if you use your body for money.

Whether you're a sex worker or not, we're not judging you, cause hey, sex work is work. But if we're choosing not to be bothered by what other people do for money, you shouldn't be bothered by another person's financial state.

"sex workers calling
people broke"
- twitter user

The new voice of reggae

BY **Lyonike Mughogho**



There is a new reggae wizard in town who answers to the name Frank Josiya, a 28 year old Lilongwe-based artist. His dazzling creativity promises great tunes in the country`s reggae realm.

Frank only started serious recording in 2017 but his lyrical maturity and confidence on the mic qualifies him the “rare breed” tag. He has a couple of songs that have earned him an audience and media applause; a sign that he is on course to the Promised Land.

In an interview with FYI, the reggae magician said his audience should expect more great music from him. He added that he will maintain his nature of music that focuses on positive messages apart from

entertaining.

“People should expect positive music which will change their lives since my music is not just about entertainment but also preaching the word of God,” He said.

The singer also said he aspires to have his own band when the wind blows in his favour. Josiya is hopeful for better days in the ministry considering the feedback he gets from the receiving end.

In-house Media, which manages the singer, said his potential led them to sign him. They also added that Frank’s output is satisfactory thus they are making strides to make him visible in the industry.

“**People should expect positive music which will change their lives since my music is not just about entertainment but also preaching the word of God.**”



Mumatha – 4 the Creatives

Name: Sarah Kachingwe

Creative Field: Crochet Designer

Brand Name: Styles by Sarah

Inspiration: “I’ve always loved fashion and creating pieces, plus I love clothes; I don’t really know what inspired me but I know fashion is my passion.”

Vision: “I’d love to see a

lot of fashion icons wear my clothes. That will make me feel accomplished.”

Challenge: “Malawians are old-fashioned, crotchet designs show a lot of skin and Malawians are so restricted to how they dress so fashion doesn’t evolve around here. Another challenge is that Malawi doesn’t have a wide market of yarn.”

Find her on IG or WhatsApp @**styles_by_sarahh** and **0884570087** respectively to get your crotchet design...

Malawian cultural fashion



CU Students rocking Malawian fashion, love to see it!

Image Credit: @AsaphPhotography



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No Pressure

BY Mphatso Mwale

It is no secret that the most popular source of startup financing (capital) are the personal savings of the business' owner. As is the case with young people, when I hear about starting a business or investing, what comes to mind is acquiring a loan. While access to loans is economically encouraging, many startups find it hard to access these loans, mainly because a lot of young entrepreneurs aren't creditworthy.

In rare circumstances, you're able to get loans when you have a clear business plan with projected future cash inflows; as an assurance that you will repay in time and you are less default risky.

Does this glimpse of financing problems faced by startups insinuate that there is no better alternative to build up startup capital? No! Personal Savings is one of them.

"Do not save what is left after spending, but spend what is left after

saving" – Warren Buffet

To be forthright, the regular saving of one's income is easier said than done. Saving is a culture that must be met with high degrees of discipline. It is easy to start but along the way you can probably quit if you do not have clear objectives for saving. Being the first step towards the wealth creation journey, it is worth looking over to understand some basics of saving your money.

But am I talking about saving your money under the pillow or in the money savings box? Neither. There are modern ways, which are safe, and which maintain the value of your money over time by earning a small interest. Listed below are some of the many ways you can save your money in Malawi.

- Savings Bank Accounts
- Pension Fund
- Banki M'khonde
- Mobile Wallet

Tips for Saving

- Have a clear goal for saving the money, as this will help you focus on achieving the goal rather than spending when the need arises.
- Save first and spend what remains.
- Set a specific percentage of your earnings for saving. Say, 10% or 5% of your net income.
- Save regularly, e.g. daily, weekly, or monthly.
- Start saving when you are young. Do not procrastinate.

Saving is not for rich and wealthy people only. Start from the little you earn and build your capital slowly.

"Save as a first step to be rich, not be rich to save"

Normalise Talking about Sex

BY Godfrey Malongo & Gary Samati



What goes through your mind the moment you hear the word sex?

The comfortability surrounding sex talks and the use of the word sex amongst young people is still a problem for many. Corny, embarrassing, weird, inappropriate and many other words can be used to express the feeling surrounding the mention of the word sex. Young people have even come to a point of expressing so much eagerness of wanting to normalise the use of this word by replacing it with other more comfortable words like “Mudya, Hitting,” and many others. It is now even becoming a norm to complement others in the circles of young people by using the word “mudya” which has been attached with several meanings but mostly, signifying “an opportunity to have sex”.

This uncomfortable topic is not only a problem amongst young people as it has also been observed to be a bigger “out of line” topic for older people or parents. As such, it makes it even more difficult for young people to embrace their sexual lives as they tend to live with the thought that it can’t be discussed anyhow anyway. This is due

to several reasons that include indebted Christian and cultural values that the only sexual related topics that are even barely discussed are “do not play with the opposite sex” or “abstain from sex” if you’re older.

But what has this brought us? Shame in discussing sexuality problems young people are facing, inadequate or minimum information on such issues and maybe, urban young people who have had access to the internet have an edge over this but imagine an average Malawian young person who doesn’t have such information. There is someone out there in the rural areas who doesn’t know how to use a condom; or if she can prevent an untimely pregnancy and even more weird, someone doesn’t know that sexual stimulation accessories exist and to such, a dildo would look like a toy that is written shame all over it.

How long will the use of the word sex be seen as uncomfortable? Should we transit into the next generation of young people without normalising the word sex? When will young people be allowed to be in conversations regarding sex without a feeling of shame and some tightness?

5 Sex tips for the Youth

- Abstain if you can.
- If you fail to follow the above tip, condomise as much as you can.

If you fail to follow the above tips, you may want to be aware of the following:

- Not all girls are suitable to take the emergency contraceptive pill. There is always a chance that it can fail & you may fall pregnant.
- Plain sexual contact can lead to vaginal yeast infection (a girl’s body chemistry can have a bad reaction to another person’s natural genital yeast and bacteria, which causes yeast to grow). Point is, apart from the common Sexually Transmitted Diseases, there are a lot of health problems that come from plain sex.
- Showering (with plain warm water) after having sex can protect you from infections, like of the urinary tract (UTIs).

Please Note: Premarital sex is not advisable. But a lot of young people can learn a lot from sex education and lead healthy sexual lives.

MALAWIAN URBAN DICTIONARY

WORD OF THE WEEK

Bondi

A common word in universities.

Someone who illegally shares a bed on the college campus – after *kusapatsidwa* accommodation.

"Koma mesho, bondi wakoyo akumakana exile"

URBAN LANGUAGE MISTAKE

"I don't know nothing"

This is a double negative.

You're basing saying you know everything.

The correct phrase is, ***"I don't know anything"*** or ***"I know nothing."***

ASK SIBWENI



"Dear Sibweni, I have a problem. Sindimatha kufunsila"
—Anonymous

"Dear Swazi, There are a lot of ways to ask a girl out - Text, call and face to face... skrrr-skrrr school of thought believes in doing it via WhatsApp/ phone call, "Aise! Inetu nde ndimakufila heavy. Ukhale Empress wanga," then take her out on a Shisha date lol.

You need to know what she likes and what she doesn't like first. Sibweni thinks the old school face to face is still gold! It should be a comfortable setting for both of you. You need to be as authentic as possible with a pinch of cockiness.

I suggest take her to a Lulu & the Mathumela Band show... and just as Lulu is performing 'ana ambilimbili bwanji n'dzalera ine...' - start complimenting her and add some sweet nothings to make her smile. Go on and on about how you'd be her lover, friend and partner opanda ana or patakhala 'ana ambilimbili bwanji'. If she's all in like swimwear then pop the question "would you be my girlfriend?" Then wait for a response.

If she says YES then great! Kiss your girlfriend BUT if she says NO then don't freak out and ask her for the Lulu ticket refund lol! You'd try again on your 3rd date after the NO. You still have a long way to convince her kuti you're the right guy for her - continue being yourself though... that's what will work.

f t i @FYIonline mw

Suicide – An experience in Mzuzu

BY Precious Hemah

I was helping a family a few weeks ago that lost a teenaged daughter due to suicide (I will call her Beauty to respect her Family's privacy). Beauty's mother explained that she found out that Beauty was depressed due to relationship problems after her demise.

This made me think a lot about how we can help prevent suicide.

Remove the stigma

The first thing we can all do is talk about it. No person in a suicidal state or struggling with any mental health issue should have to feel silenced or shamed. The same is true for people who are worried about a friend or family member. They should know that they can reach out and make a difference. Too often, people are afraid to bring up the subject of suicide, fearing that they'll be wrong or "put the idea in someone's head." This is a big misconception. We need to talk about the doors of communication for those suffering with suicidal thoughts.

Learn the warning signs

Here are some of the signs a person with suicidal thoughts may show:

- Pulling away from friends and family.
- Increased use of alcohol or drugs.
- Feeling that they are a burden to others.
- Loss of interest in favorite activities—"nothing matters".

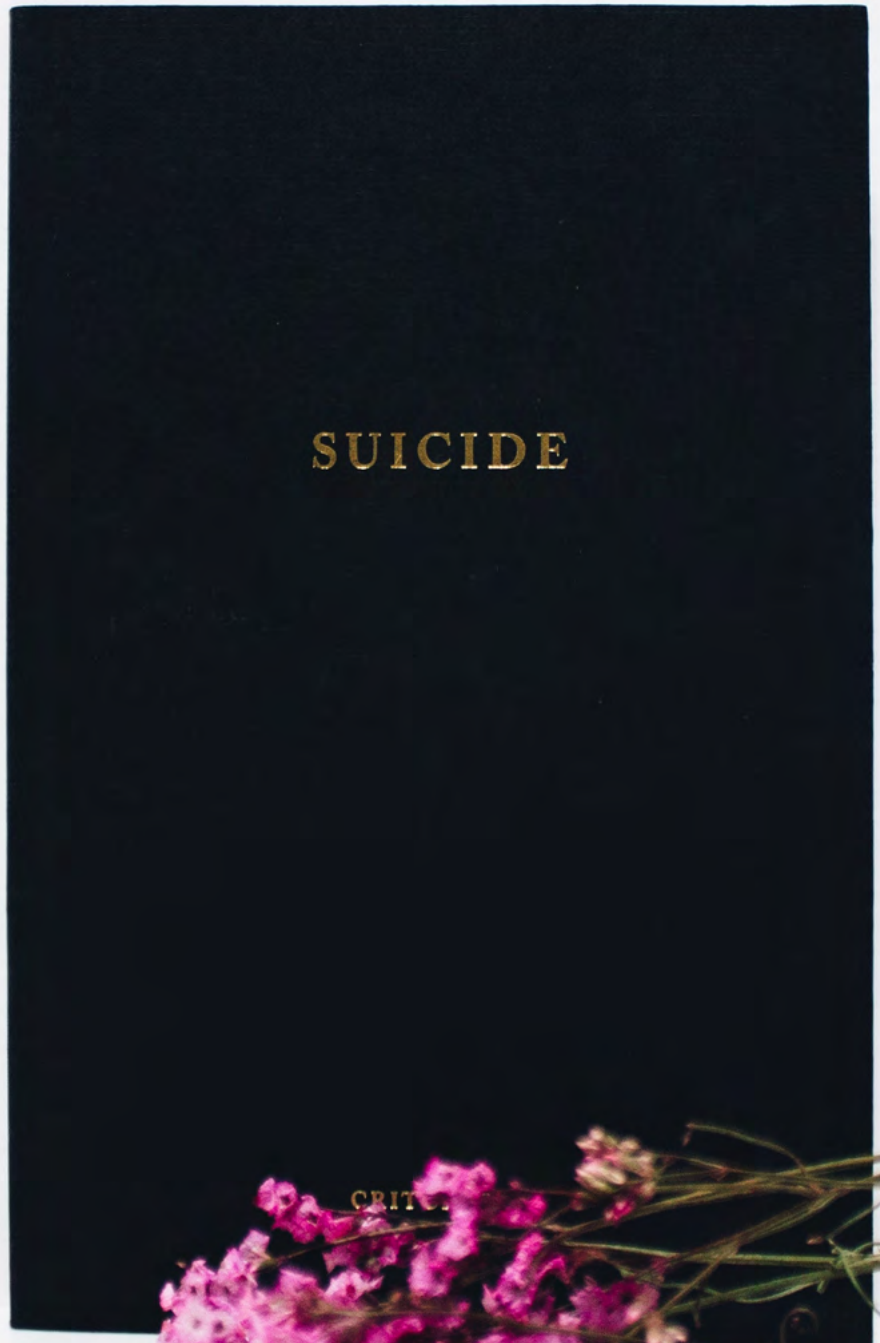
Ask

Be direct. Ask them, "Are you thinking about suicide?" Don't be afraid to ask. It shows that you care. Most people thinking about suicide don't necessarily want to die – they need someone to help them.

Listen and stay

Encourage positive lifestyle changes, such as a healthy diet, plenty of sleep, and getting out in the sun or into nature for at least 30 minutes each day. Exercise is also extremely important as it releases endorphins, relieves stress, and promotes emotional well-being.

Those contemplating suicide often don't believe they can be helped, so you may have to be more proactive at offering assistance. Saying, "Call me if you need anything" is too vague. Don't wait for the person to call you or even to return your calls. Drop by, call again, and invite the person out.



Malawian Identity (Part 2): Show me my roots

by Tuto Kalitera



Back at my former university in South Africa, an annual event called 'Show me your roots' took place. This was a beautiful and colourful event where people from different cultural backgrounds would come together to perform and celebrate their heritage. This was the first time I began to seriously ask myself about my cultural heritage and my identity as a Malawian. It made me think about what I was going to wear to this event; what music I was going to play and; what I was going to perform. Ultimately, the event made me think about how I was going to celebrate and express that I am Malawian.

Truth be told, I struggled to express my heritage and I came to realise this was because of the environment of my upbringing. For my primary and secondary education, I attended a private school with a British syllabus. This means growing up I never formally learnt how to read, write or speak Chichewa. Not only were vernacular languages not taught, but they were strictly prohibited. So naturally this

meant that I was able to express and articulate myself better in English than Chichewa. This therefore had an impact on my social behavior. With my peers we mostly spoke English, the majority of the music I listened to was by international artists, and I was more invested in international football, TV shows, movies etcetera. As crazy as this may sound, I found that which had an international appeal more relatable.

However, it is during my 3 years in South Africa that I had a huge perspective shift. I saw a people who had embraced their cultural heritage in a way I'd never seen before. I saw a people who loved speaking their language, wearing their traditional attire, and listening to their music. I saw a people with a sense of belonging and identity. I admired this, and to be honest at times I envied it. What especially blew my mind was how they embraced their cultural heritage irrespective of their social economic backgrounds. I saw people who came from privileged backgrounds, who went to schools like Saint Andrews, who were still culturally

enlightened as those who went to local government schools. Growing up in Malawi we believe the two are mutually exclusive, that one cannot be exposed to Western culture and simultaneously embrace their cultural heritage.

It is this cultural heritage that gives one a sense of belonging and identity. It is this sense of belonging and identity that then fuel a people's national pride and patriotism. Once a people have a sense of national identity, pride and patriotism to the point that they are willing to die for their country, only then does change occur. Fellow Malawians, I submit to you that rediscovering and embracing our identity as a people is a downright necessity if we are to break free from the mental chains that have kept us in mediocrity.

What does Malawi mean to you? Is it nothing more than your place of birth, or does it mean something more? Is this home? Yes we have many shortcomings, but it is up to you and I to fix them. You are the answer. Embrace your identity and change the course of history.

WEEKLY NEWS RECAP!

Here is a recap of 5 things that happened this week:

1. His Excellency Prof. Arthur Peter Mutharika said once re-elected, Malawi will be developed to the level of the United States of America (USA).
2. A lot of Twitter Malawi users got offended by a tweet that said, "Stop calling people broke if your private parts are the source of your income." You'd wonder why...
3. A survey conducted by the Institute of Public Opinion and Research (Ipor) indicates that Lazarus Chakwera will win with 51% votes.
4. State VP Chilima reported APM to the International Criminal Court (ICC) to investigate the President and acting Inspector General of Police Duncan Mwapasa over crimes related to murder, rape, and other forms of sexual abuse and persecution based on political affiliation between 2018 and 2020.
5. Lawyers marched against the attack on Judiciary.

Sources of Drugs

BY Andrew G. Mtewa, Medicinal Chemist



Plants are known to have contributed a lot to drug discovery and development over the years. Their use continues to increase with the advancement of technology. Drugs like Aspirin came from willow trees and morphine from opium; both used as pain relief agents, are some examples of plant-derived drugs. The diversity in plant structures and bioprocesses provides an advantageous platform from which various drug properties are achieved.

Animal sources have also been so helpful in the drug discovery and development process. An example of such drugs is exenatide from the saliva of Gila monster, a venomous lizard common in the South Western US and North Western Mexico. It is used to manage and treat Diabetes Mellitus.

Microorganisms have also played a significant role in drug making. Ciclosporin is a drug from fungi metabolite used to control immune response during and after transplantation operations. Various

vaccines in the immunization against infectious diseases have been developed from the respective parts of the microorganisms that cause them. For example, whooping cough, cholera and tetanus were developed from bacterial that cause them.

Various earth materials such as minerals have also been very good sources of materials with which to make drugs. Zinc for example is a good source of drugs used to protect skin from wounds.

Drugs are made from or inspired by various source materials depending on factors such as complexity of the disease, availability of appropriate technology, possibility of getting useful drug lead molecules among others. Drug developers from various disciplines put together their skills and knowledge in-order to make logical decisions about the best source options to pursue. All the options have their advantages and disadvantages which have to be balanced as will be discussed in subsequent editions.

Queen Mishu
Yesterday at 10:24 • 🌐

HELP ME EXPOSE THIS MAN! His name is **Ben Trevor Chande**, and he has been liking my images since yesterday. My notifications are full of his name. It is obvious he wants me. I come here in public to say "NO" to him. Leave me alone



Like

Comment

Share

Can't even like pictures in peace these days

One of the wildest things that happened on Facebook this week; a Malawian man got "exposed" for liking Queen Mishu's FB pictures. This caused a lot of FB users to express their views (in over 400 comments) as one said, *"We've been liking pictures of well-known celebrities & no one has ever done that koma mulimi iwe kuvuta. Mwangogulitsa fodya basi anthu avutike pamudzi pano."*

Looks like she was trying to chase clout by dragging an 'innocent' guy for an innocent like! But hey, get your 5 minutes of fame Queen Mishu...

MaC
@MacNyanda

Ukatelo wapeza Mtumbuka

[Translate Tweet](#)

Perplexed Chef 🍳 @OhitsNuNu_ · 8h

Mamuna azinyasa



Like

Comment

Share

Mtumbuka: Not a joke but funny on the internet

One thing is certain; on a random day, atumbuka will always get dragged. This week wasn't any different as one lady said, *"mamuna azinyasa"* on twitter – to which another user of the platform said, *"wapeza mtumbuka ukatelo"*... insinuating that atumbuka ndionyasa? *slaps knee*

Wonder if the jokes are funny on the receiving end as well; we feel for our tumbuka readers

Top 4 Malawians to play in Europe – could Gaba be next?

By Tiyamika Mkwanda



The football transfer rumour mail has connected with the Malawian network as a European club is reportedly keen to sign Frank 'Gabadinho' Mhango from Orlando Pirates; a Premier Soccer League (PSL) club based in South Africa. The Nyasatimes published an article on 8 June 2020, quoting Mike Makaab, the footballer's agent, which indicates that Gaba could be on the cusp of a European move.

A Malawian playing in Europe is quite possible and the pace was set by a couple of other players. Here is a list of the top 4 Malawians to play in Europe:

5. Russell Mwafulirwa

He played for IFK Norrköping, a club that plays in the Swedish top tier; the Allsvenskan. He played for the club from 2008 to 2011 before moving to the Swedish Division 2 side IK Sleipner in 2012, where he only played a handful of league games because of recurring injuries. After a season he moved back to South Africa.

4. Dan Chitsulo

He played for German side FC Köln where he made over a 100

appearances mainly in their reserve side in the country's second tier league (from 2002 to 2006). He then became sort of a journey man moving between a number of Division 2 German clubs, the last which was SV Bergisch Gladbach 09 in 2013 before eventually retiring.

3. Joseph Kamwendo

Who can forget the 2003 Carlsberg Cup final when Kamwendo scored (or did not) from a direct corner against rivals Big Bullets; a game which eventually ended in chaos but a legend was born regardless.

In the 2005 to 2006 season he made his big move to Europe, signing for Danish side Nordsjælland. He played for a single season making 16 league appearances, scoring 4 goals. He eventually moved back to Be Forward Wanderers.

#1 Essau Kanyenda

Essau came to the fore while playing for Nkhota-kota based Dwasco in the local Super League from where he made the well-trodden journey to South Africa's PSL side Jomo Cosmos. At the club, Essau took his game to even greater heights; plundering

goals with great consistency, he even set the record of number of goals scored in successful games when he scored in 7 straight games (record still stands).

It was just a matter of time before Essau Kanyenda moved to Europe and his dream move happened in 2003 when he signed for Russian top side Rostov. He was such a huge success at Rostov that he earned a big money move to Russian giants Lokomotiv Moscow who at that time regularly played in the European Champions League. Unfortunately, Essau's career at Loko was plagued by injuries and he was eventually loaned back to Rostov where he regained his form scoring 10 goals in 44 league appearances in the 2006 to 2007 season.

Kanyenda stayed in Europe playing for a number of clubs including Danish 2nd Division side Boldklubben af 1893 before moving back to the South African Soccer League where he joined Polokwane City and eventually retired after a stint at Mighty Be Forward Wanderers.