

# one mag

## ecology

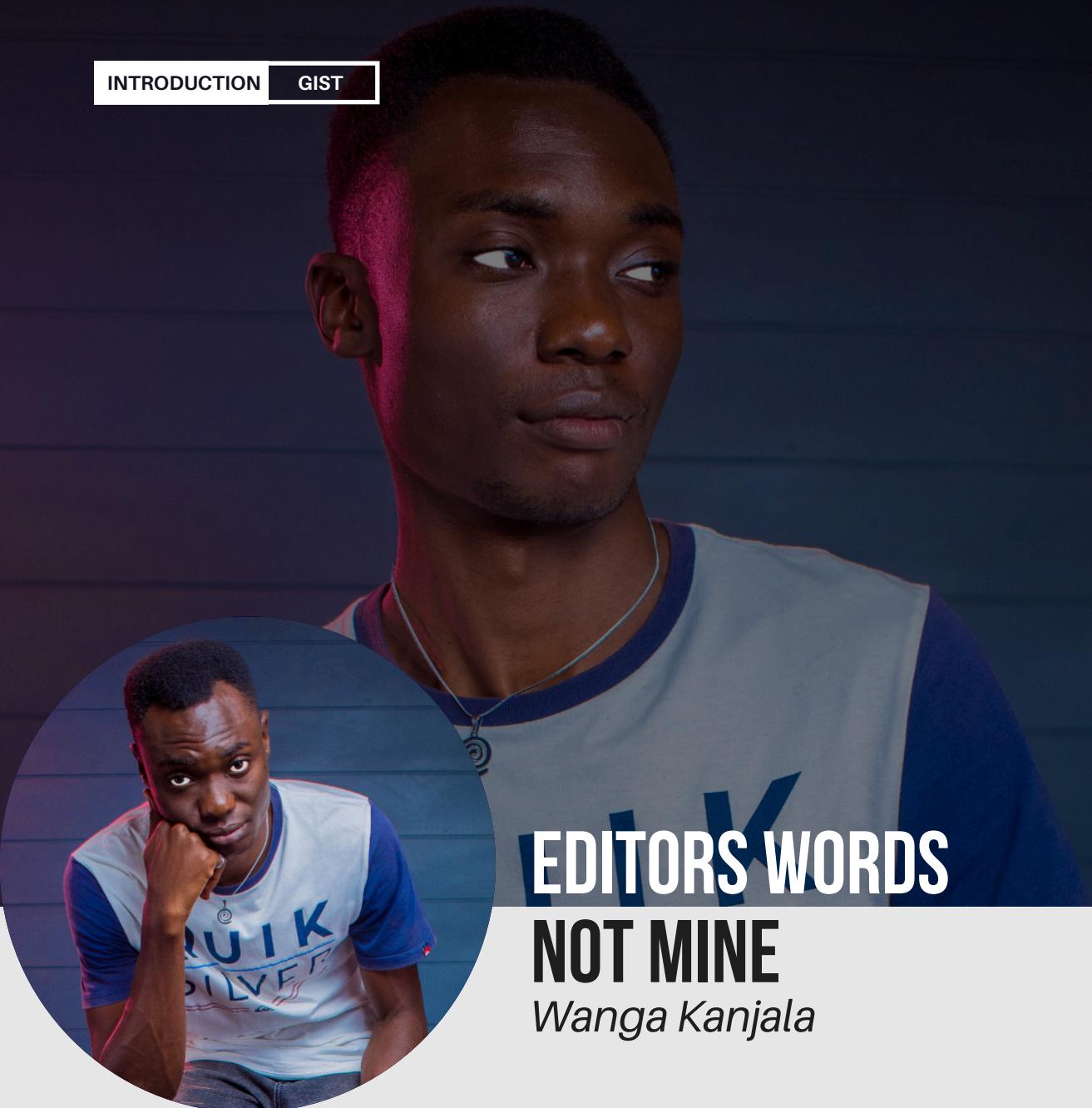
Compassion,  
Pain, Sweat  
And Growth,  
15 Indoor fruit trees  
you can harvest all year

Save Malawi,  
Heatwave,  
Fruits,  
Plant trees,  
Pandemics

Food education,  
The Architect,  
Economist and  
Environmentalist



one magazine, what they won't tell you, we will out of love.



# EDITORS WORDS NOT MINE

*Wanga Kanjala*

Hello reader, this magazine journeys into a different prospective of fair play in business. Fast money is a need and we need it yesterday. So we look at what people think and how people do it in the business industry while being clear as possible. I'll be honest and let you know that most of the articles are written by myself and I wouldn't mind to be diverse but its so hard for me as an

introverted person to constantly try to convince people to write paragraphs while they could laugh at a meme or watch some Ticktok. This won't be the last you read about me though. You have 9/10 more topics under One magazine to go and this is the business section. This compilation will talk about how to go about handling money the right way to boost capital gains gradually as the kwacha devalues further.

For fair sport, find the topics the same way you would have to find them in reality, links and announcements will be provided for all to take part in the building of wealth through capital gains.

**ecology** **sports**  
*food* *fashion* *stories*  
**information**  
**spirituality**  
*music* *psychology*

# WHAT'S THIS ALL ABOUT

**I**f you didn't get the memo, these issues will invest knowledge hiding in plain sight but very useful. It may not be important to you now, but reading and knowing about it boosts your brain's capability to learn more. Familiarizing your brain with taking in information builds a stronger and healthy brain that will have your back in moments that could end in embarrassment or near death in seconds. The easiest topic to start with is about animals, even kids could guess a few, but what you didn't know is that they all speak a universal language. That means a cat can understand a dog. Unlike humans who like complicated lifestyles. Animals decided to have a centralized method of communication. If you were to understand one animal's language you know them all. Well there is a doubt on that one, there are some sounds that animals make especially when calling young or a pack. Some make warning sounds that can be heard by specific type of species. There is still on going research in the field of linguistics.

Other topics will resonate around technology and what it's doing to us or for us. People should grow an interest for Information Technology, because one day it will be the talk of the show and you'll have a lot of reading to do, maybe when it takes over the world. When it's given too much power over our lives and information. We'll also have a dip in the pool of the

**YOUR ATTENTION IS MUCH APPRECIATED, WANT TO COLLABORATE?**

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world's concerns like the ongoing pandemic and its impact. Subjects will definitely depict the meaning of phenomenons and efficient methods of being lucrative. Most importantly new and impacting words have been used in some content to give the curious a chance to build their vocabulary.



Yours if fine, you could boost it so that no one takes you by surprise and leaves you thinking that they are the smartest person in the world.

massive thanks to all those who considered to join my cause to stand out in the world. It is really brave of you to take the leap and

**A** beneficial when the aftermath presents itself. These people include those who wrote their own content, the stocks

collected from various sources with no intent of commercialization linking directly to them. Collaboration is an important ordeal when building an empire. We may not work together again or meet but a moment in time is enough, we move on to the next thing. My intent was not to entertain, but to be a voice to spread a message. Asking the right questions and demanding change for the betterment of everyone. During the pandemic, a lot of things had to change. A lot of time was wasted. Yet again the youth have found themselves struggling to build their future. We take deeper meaning into what really goes in the mind of the youth and why is it important to invest more in the future leaders. Comparisons of what to buy are made in the other topics, there is a little bit for everyone as the channel grows. The first thing to say is the gratitude towards you for taking your time to read this digest and the other topics that follow, they had to be split so that you don't have an endless read. This also means people could have a voice in a topic that they are familiar with for the sake of spreading good news and knowledge.

# TAKE PRIDE IN YOUR ACTIONS

Make your own rules or  
be a slave to another  
man's  
(William Blake)

The one who plants  
trees, knowing that they  
will never sit in their  
shade, has at least  
started to understand  
the meaning of life.  
(Rabindranath Tagore)

Life is like a bicycle, to  
keep your balance, you  
must keep moving  
(Albert Einstein)

Beware the quiet man  
for while others speaks,  
he watches. And while  
others act, he plans.  
And when they finally  
rest... he strikes.  
(Anonymous)

Why do we only rest in  
peace, why don't we  
live in peace too?  
(Anonymous)

We are the unorganized  
truth, fighting an  
organized lie  
(Eric moutsos)

As I get older, I realize  
being wrong isn't a bad  
thing like they teach  
you in school. It is an  
opportunity to learn  
something.  
(Anonymous)

Learning never  
exhausts the mind  
(Leonardo Da Vinci)

To not build the world is  
to destroy it  
(Anonymous)

Either write something  
worth reading, or do  
something worth  
writing about  
(Benjamin Franklin)



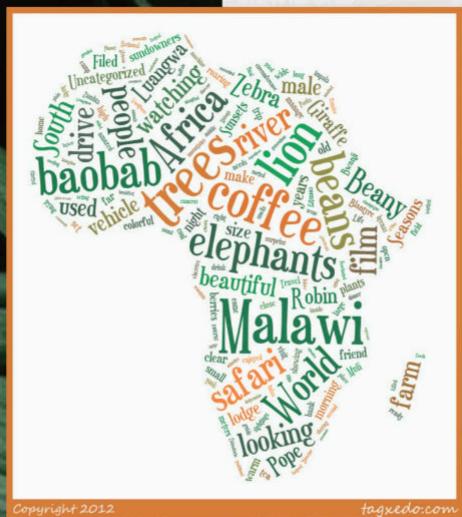
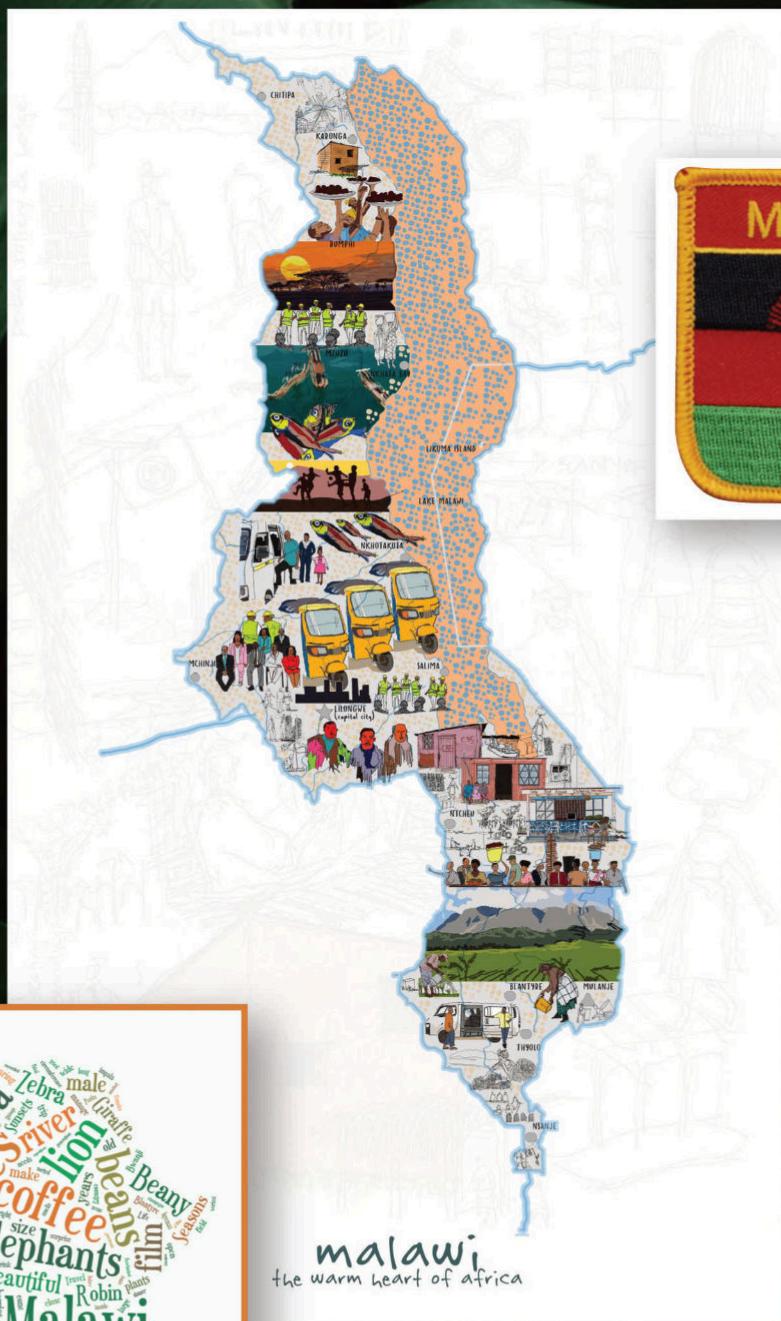
# THE MOVEMENT

# Inspire Change

## PROMO WEEK

## **CHALLENGES**

## **MEMES**

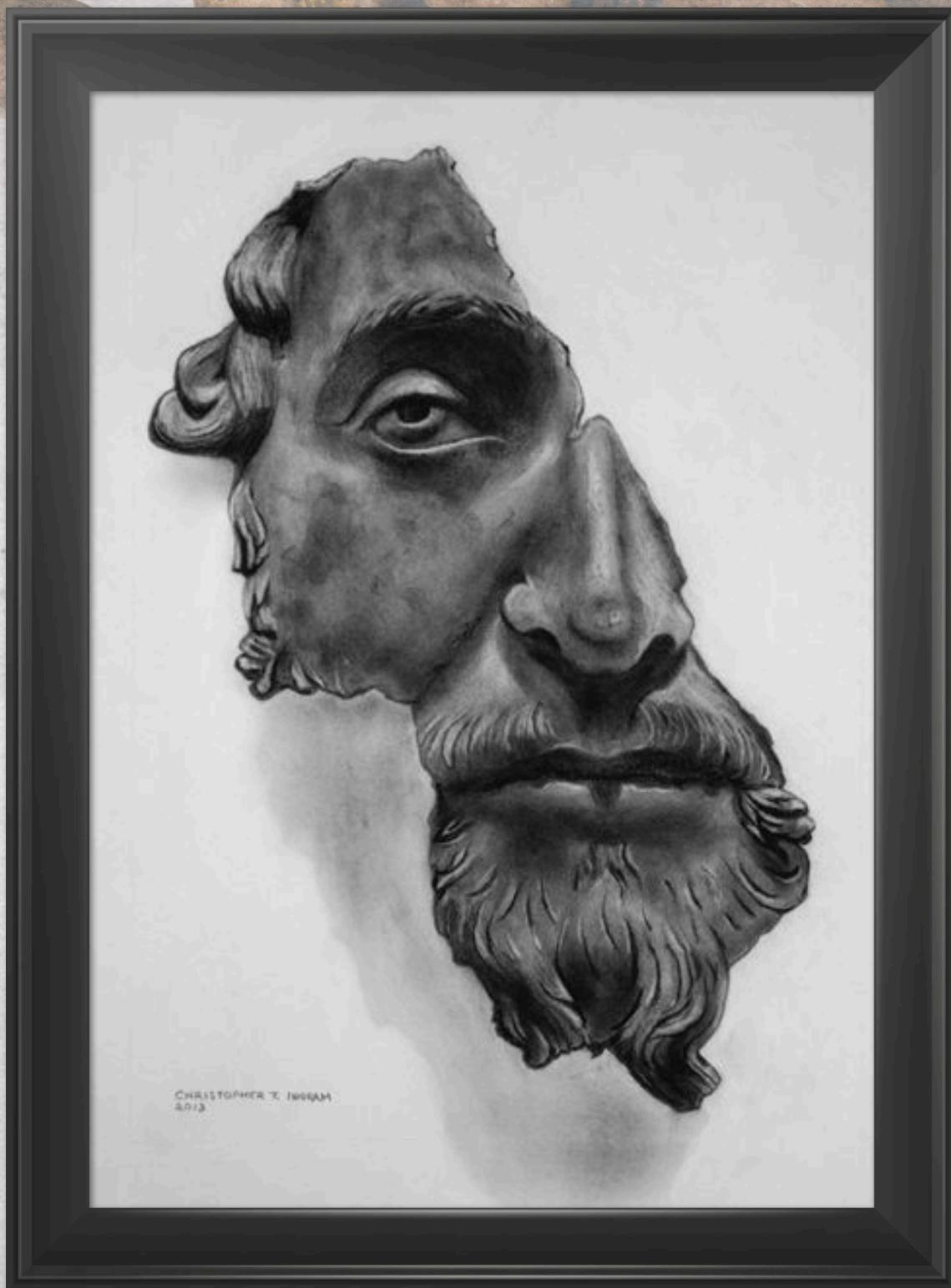




**“A year to remember,  
tears don’t drip  
forever.”**

The journey that will open your eyes.

# POWERFUL QUOTE



*"Real is which is irreplaceable"*

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## TERMS AND CONDITIONS

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funded by the owner because research is done for existence comparison and grammatical corrections. All investments are

non refundable with a counter offer to suffice satisfaction.

# COMPASSION

*How to keep our cats and dogs at bay.*

**WE** never do actually know the extent of our love towards everything that has been given to us by God. If you take a walk and appreciate life, you'll notice that you have a hole to fill. That hole is love, but instead your energy is channeled towards the things of the world that are artificial. Sometime I dream about being so kind to animals to the extent birds land on the shoulders and play around me because they know I'm not a threat and I'll feed them. Animals know well enough not to get close to humans especially kids. You'll rarely see a chameleon minding its business. It is one of the most harmless creatures with the ability to change its appearance depending on its mood. If its happy, its skin which has reflective layers that refract light will make it appear green or blue because it relaxes its skin. When its feeling agitated, its skin pull tightly and it appears yellow, orange or red. If its feeling depressed or minding its own business it takes the color of gray or brown. Such a creature is rare because kids kill it up seeing it, I wonder how they would feel if something greater would kill them immediately when it sees them. Too bad common sense isn't a subject in our education system.

Cats are agile attention seeking creatures that need a lot of love. Training a kitten is vital to ensure it develops the ability to imprint its nest and litter box as its actual habitat. Simply adopting one taken from the streets in a sack will leave you in limbo when it wonders off in search of a new master or a mate. I find it hard to take care of mine currently but its a work in progress with the advice of my good colleague Nicole. Although I feed it when it's available, it tends to wonder off. With the pandemic, It isn't advisable to have pets in the house later on touch them now and then. But philosophies are different especially in a free country like Malawi. Lots of love and care is still recommended for our furry friends. That's why they stay and wait for us all day.



**D**ogs are a more serious case because when you mess up the bond between you and them, it could be fatal or you could end up with a useless one. Most dogs no matter how old usually have the brain capacity of a 2 year old human child. This is enough for them to understand and perceive the world the way we need them to. Off course this develops over time as the dog learns more behaviors required by it to get what it needs. Animals have a natural language that human can understand to communicate efficiently with. If a dog has its tongue out and making sounds during the hot seasons it simply wants water. If the dog follows you every now and then while wagging its tail, it simply means it wants food. I mean how would you



ask someone who can understand you that you want to be fed? If you manage to feed a dog on a consistent basis compared to others in the same compound, the dog will realize its true master and most likely respond to your calls.

Dogs are smart creatures as well, they can feel rot in the body meaning they can also detect if you are ill or suffering from. The fact that we have allowed years of underestimation rule the way we see our pets, it has led us to think that they are just creatures we buy off the street to do a specific task. I find it hard to believe that the same animals we have here cannot be trained to be elite companions

like the ones we would imagine seeing on TV shows. A friend once told me that when they got their trained dog, Once it got out of the car it searched the house for a toilet. It found one at the servants quarters and used it, I believe it even flushed the toilet, but because they let it be a dog, it really did.

# Save Malawi

## *Mother nature has been so graceful to us.*

The inspiration and appearance that keeps us sane is worth taking care of. If it wasn't for the green found in vegetation and the occasional blending of a wide range of colors from the spectrum, we would have been bitter brutes. Holding nature in your hands gives you a sense of care and admiration. More than once you have appreciated nature's beauty without even acknowledging it.

But who is there to thank for the grasslands that bring that fresh air oversees for us at a free price? The trees, oceans, rivers, clouds and everything that is natural. These need the best care and replenishing

## *Are we doing all it takes sustain her?*

any generation can provide. Neglecting the environment at the cost of ignorance is no excuse. If we use and benefit from the ground, we should give back to it.

For many years, man has found ways to restore and maintain the environment. It would be more efficient if the rest of the world knew the importance of environmental care. If we take care of mother nature, she definitely will take care of us. Ever wondered how come some plants bear fruits? Like their soul purpose at the end of some months is to produce something sweet, we need that. To the tree, its something that it produces,

## *How long can the planet survive us?*

but to we, the animals, it is a gift and necessity. All the tree needs is compassion.

Taking a look at people, when we are fully grown, what do we contribute back to which provided for us until we were fully developed? Everyone has a calling but we all too have a duty to do. This duty is the mother nature who nurtured us all those years. We need to join interests and make sure that planting more vegetation should be a practice embedded into our minds and at the end of a year, an individual should have planted at least 10 tree. That could make a big change to the world 5 years later.



*To do what's right is not just a thing to do, it's an obligation to what you were meant to do, plant a tree and let life thrive ahead.*

# LAMA

---

(*Lama glama*)

The South American  
member of the camel  
family.

When annoyed,  
they spit

Found in grasslands  
hump not required.

Aware of limits  
will not move if  
overloaded.

*Llama*



# HEATWAVE

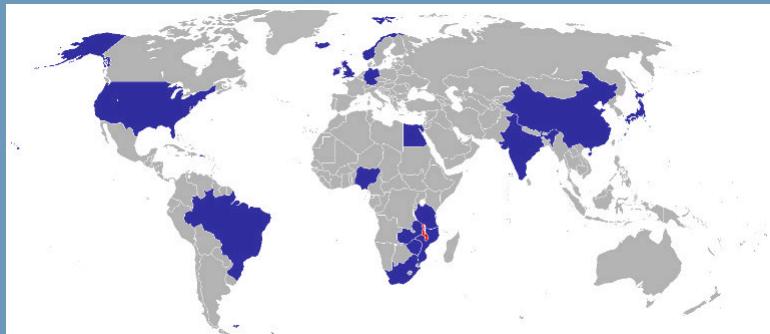
*Are we setting a good example for the youth that are behind us?*

The world is a wonderful place with its vast grasslands and oceans to visit. But are the modifications that man has made helping the planet so far? A look at how many years of development the Earth has developed from man kind would be interesting to tally. Most intuitive artists develop a taste for nature and what it has to bring on the table. For starters, inspiration drawn from nature has proven a win for anyone who embraces it in their products. Remembering where you came from is important as your rising for success. A lot has changed since the stone age and that is good. But how far of a change does it have to be till we become aware of the disadvantages of change? How does our body cope with the stressful situations in a day? Has it affected our health maybe.

One area that has really been my concern is the environment especially the way people carelessly take from it. In the early days it was forgivable, but now its seriously a nuisance as to how ignorant people can be at tearing down the beautiful planet we had even to the extent of murder to claim competitive advantages. I don't understand what levels of desperation could cause people to harm each other just for the sake of business to take place. There isn't much I can do but what I can say is there are horrible people out there doing innocent things in the face of people. The hardest is charcoal business, a family man with work extra hard to cut down a tree, burn it to the stem and distribute it as charcoal to make ends meet for his family. This is completely foolish because he forgets to do one thing, replace the tree that was cut down. If you burn energy working, you definitely have to eat to replenish it. But people don't consider this because they don't take pride and authority over what they were blessed with.

*Will there still be plenty resources to go through when we are gone?*

*Have we ensured that a decade from now food will not be a problem?*



I find it a pity that a few are concerned about this daylight atrocity but what more could you expect from people who are used to being sold things rather than produce them on their own. That sense of realization is hard to come by and I thank God that I was one of the few to realize the pain that we cause the earth

## BE THE SOLUTION NOT THE PROBLEM

because it speaks loudly. Just take a look at the environment and not think about how bad it looks. But think about how much pain it feels. Instead of trying to solve the problem, most look for better pastures or criticize it. The generation left behind are light overgrown children. The textbook knowledge is there followed by achievements and property. But the fundamental connection to life itself isn't there. That's the reason why till date some people don't really know the meaning to life.

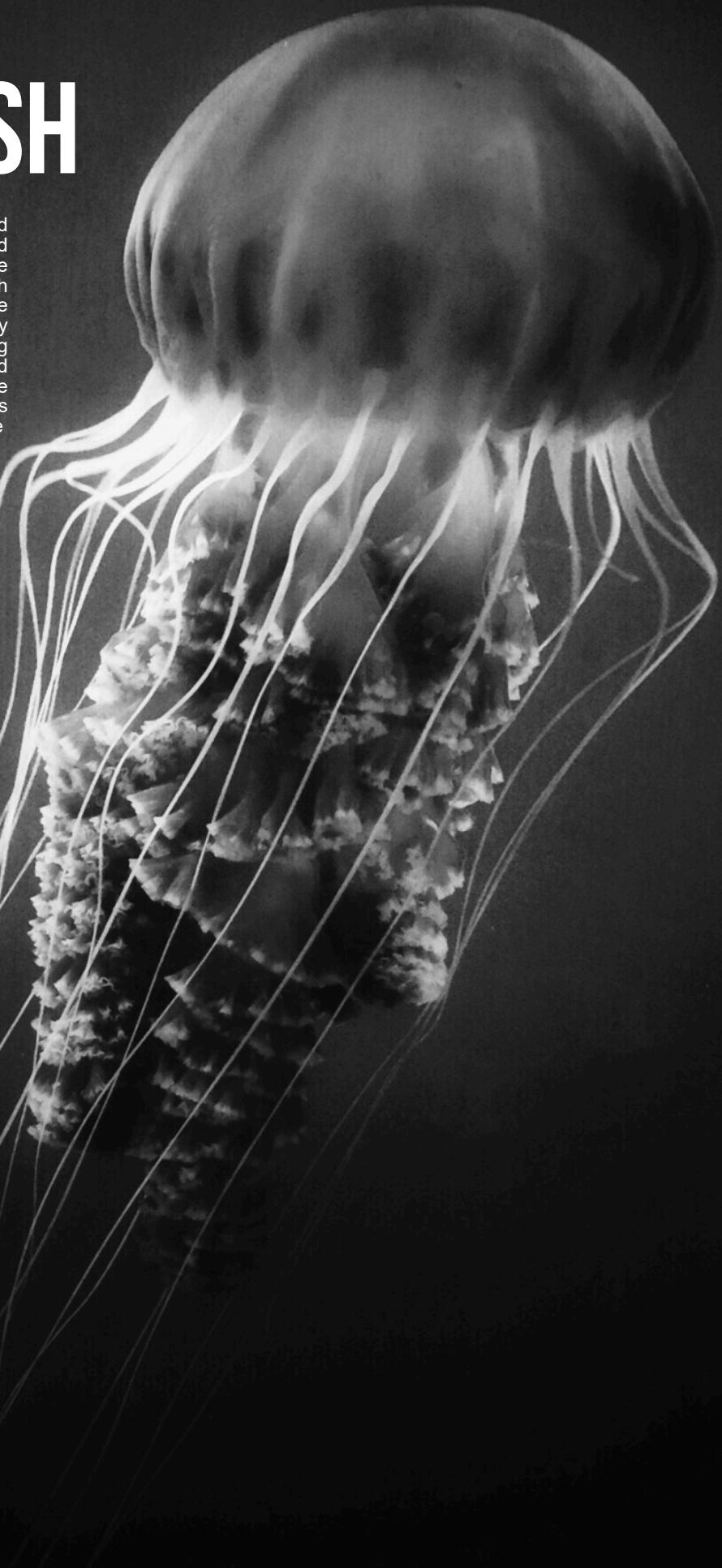
In contrast to how the environment is reacting, the cycles at which the rain drops has shifted. This means the expectation of a plantation time frame has to change. For most people in Malawi, this could prove a challenge because there is a sense of religious beliefs that even if there are all the trees in the trees in the country, if there is going to be a lack of rain, it all depends on greater power.

This could be true and if it were, it wouldn't hurt to plant more trees either way. In result we have plenty sun and less rain.



# JELLYFISH

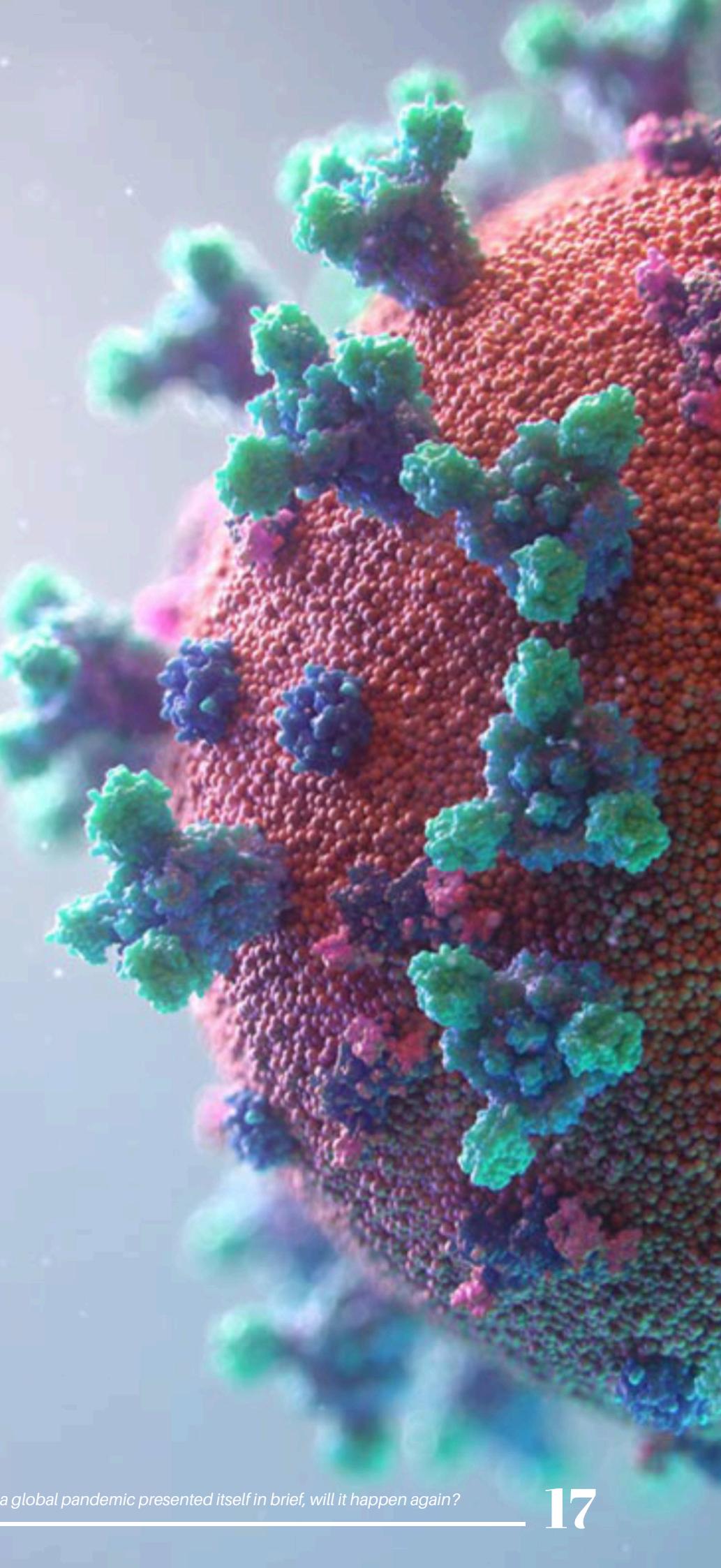
**B**oneless, Brainless and Heartless these are not solid creature, their bodies are 97% water. When they wash up on shore, they evaporate due to the water to body ration. They aren't even fish, they are missing fundamental body part that would rank them as fish. Scientists are renaming them to "Sea Jellies", this gets rid of the confusion that people didn't even know. They sting, don't swim around them, that would be the last mistake you do. They have long tentacles that can grow up-to 3metres long. That's as tall as a basketball hoop. Not a lot of people are able to jump as high as the hoop, so you could imagine how wrapped up you could be in them. Sea jellies can reproduce by itself asexually or with a mate. One kind of Jelly fish under stress can go back to its fetus stage called a polyp reversing the aging process. They are basically immortal, but not all of them. Some of them spend their life tethered to other sea creatures for convenience of safety.



# PANDEMIC

**SEE PAGE 28-32**

A brief look at life changing virus that not only locked down the entire world but changed the way we handle health issue. During this time, people became seclusive and working from home became one of the most chosen ways to do business, work and school. This was not for the best because it changed the way people performed and it certainly changed the revenue of some companies. Now that the world has returned to its normal state, we can look back and see what happened during the time of these events.



# ZEBRA PLANT

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Needs bright light to glow,  
but avoid direct sunlight.

Too much or too  
little humidity,  
makes leaves fall.

Flowering can happen  
in any season with  
good conditions.

(*Aphelandra*  
*Acanthaceae*)





# FRUITS

A comprehensive guide on what we  
should be doing with them.

# THE ARCHITECT, ECONOMIST AND ENVIRONMENTALIST

By Bayete Mfune, Maziko and Wanga Kanjala

**B**uilding is not a simple task that can be done by anyone and at anytime. The thing we consider include weather, lease on the are to be worked on and the resources available. This is the surface of what goes about when planning to build. Though this may seem simple to a good number of people who have been building things, the question is, did they build something that would last over a 100 years?

Through out history, people have been building various structures, from shelters to protect themselves during nights, to institutes to further develop their knowledge. The most prominent expectation is that the building they are raising is not only strong enough to withstand natural disaster but also maintain its structure several years after the builders have met their demise. We come across terms like "high or low maintenance" and take it as one of the factors that are to be left uncertain until the need. The thing is, before a good number of people were able to pick up building as a course and study for it in universities, people relied on their raw skill and ingenuity to build. This means either you knew or you worked your way till you knew it through intuition.

The other thing back then was people had strict rules and targets when building. If there was a mistake with some building, the king or queen of the nation could have had you killed or imprisoned for being incompetent. This enabled serious competition and seriousness towards what everyone did. All goods and products where made to last and were up to standard depending on that time. Monuments built dating back to the 1800s are still being found and are partially intact because of the discipline used to build them.

**M**ost of what we build today is rotting in a land field somewhere or wondering in the ground without anything to interest. What was created centuries ago is found as treasure today worth displaying behind glass in a museum. This is something we don't consider because of how easy life has become with the rise of the computer and information technology.

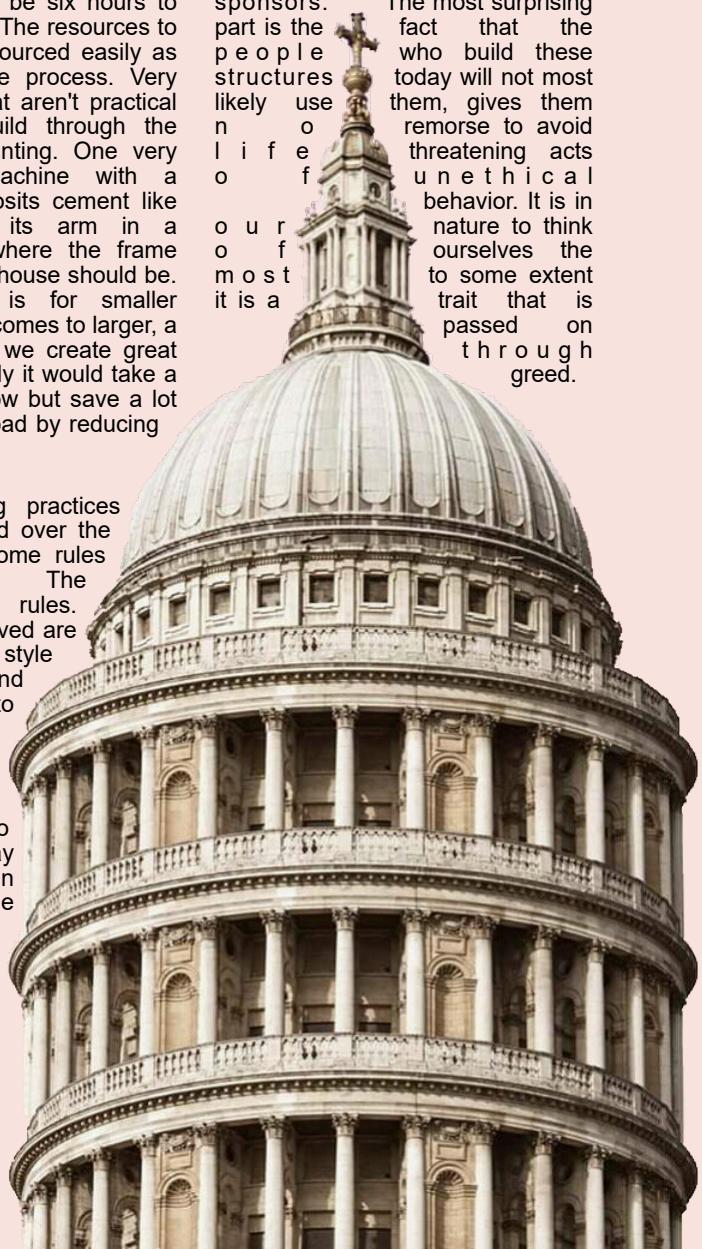


Having noticed the importance of building more to accommodate more assets and people. It is fitting to make this process quicker and efficient. The job should take less resources and deposit less waste in its development. A building that would take a year to build should be done within 3-6 months as a start. The dream should be six hours to complete a house. The resources to do this could be sourced easily as we understand the process. Very modern homes that aren't practical to people are built through the process of 3D printing. One very large printing machine with a movable arm deposits cement like material through its arm in a predefined area where the frame and entirety of the house should be. Of course this is for smaller buildings. When it comes to larger, a lot goes on when we create great things. Economically it would take a lot of resources now but save a lot further down the road by reducing maintenance costs.

**G**ood building practices have evolved over the years but some rules remained. The fundamental rules. The ones that evolved are the ones where the style changes. Castles and fortresses were built to last centuries, housing a dynasty that could last over 100 years. For a house or building to last that long today would be a joke. In the sense that the building inspector could find it amusing that a recently constructed

building could handle the harsh treatment of the world today. Great building has fallen to acts of barbarism or mismanagement. If a building collapses due to infrastructure, that means there were cost cuts which led to this event. Usually in favor of those handling the money after being trusted by sponsors.

The most surprising part is the fact that the people who build these structures today will not most likely use them, gives them no remorse to avoid threatening acts of unethical behavior. It is in our nature to think ourselves the to some extent trait that is passed on through greed.





Having noticed the importance of building more to accommodate more assets and people. It is fitting to make this process quicker and efficient. The job should take less resources and depose less waste in its development. A building that would take a year to build should be done within 3-6 months as a start. The dream should be six hours to complete a house. The resources to do this could be sourced easily as we understand the process. Very modern homes that aren't practical to people are build through the process of 3D printing. One very large printing machine with a movable arm deposits cement like material through its arm in a predefined area where the frame and entirety of the house should be. Of course this is for smaller buildings. When it comes to larger, a lot goes on when we create great things. Economically it would take a lot of resources now but save a lot further down the road by reducing maintenance costs.

**F**ine architecture is something that has been engraved in our memories and characteristics for years. We went from creating robust and lasting structures of great magnitude and beauty to sustainable and affordable housing with the intent to



accommodate a lot of people for a fairly long time. Most likely the intent of a successor to maintain or replace the building with something better.

**S**ometimes it's better to do something that try it out. People with the most luck didn't try things, they did things. This means that if discipline in building is due, it should be the full commitment. It is rare that people offer the full packaged experience. This isn't something to frown upon but to look back and see where it all went wrong. In early days, from 2000-2010, things were affordable in the sense that if you had access and were geared to do something, you were going to achieve it and pat yourself on the back for investing. These days, people want to prototype things on a large scale to see if their investments won't go to waste. When they fail, they sweep it under the carpet. This act of negligence does not lead to

a success story. If we look at the world today, we benefit from the creations of our early fathers, Ben Franklin who created the light bulb and Nicola Tesla who invented controlled electricity. The way we do things may have changed but the fundamentals are still the same, but after all these years we moved away from the culture that benefits us today and concentrate on what will be available today but not tomorrow.



# GRAPES

The succulent grape fruit is one of the most under used resources that we may have to look into if we wish to have a healthier lifestyle for ourselves and the generation of decedents behind us. For the most cases, grapes are sour anyway, substitution of plantations like Tobacco to harvest grapes for make wine. That sounds fantastic, "Malawi a competitive country in its wine industry after dropping tobacco". Sounds like the perfect pitch for investor to come snooping around in our business or not. Does it take more than an idea to set something off like a new lifestyle or is there more to it? Personally, I think people look the other way unless it looks cool on you and then they want it for themselves. Wine is a best seller when it come to decent events that require more than sweet and spicy. They say a glass of wine a day add to a long life. Why not be the supplier of youth rejuvenating potion. It's easier said than done but its a thought ahead to the time of desperation when there is need to generate funds quick. The environment plays a bigger role in the production of most things. Given a chance to elaborate, its obvious that most of what we consume comes form the ground. But when we look at the way we treat it, its far different from the way it has provided to us. Even if there is vegetation growing in an area, I believe in needs to be managed in a way that it doesn't become dense and look untidy. The caring of vegetation leads to better soil management. This will raise the exquisiteness out of the produce. There is more that can become of use from gapes, a lot of products can become grape flavored or scented. For example, out most basic soaps like U-Fresh could benefit from a bit of

inspiration that could benefit them and their customers. With this modern way of thinking, it will inspire people to make ideas that are cleaner for the environment. Show people that there are better options than the traditional methods. People trust in technology, but they trust more in the old ways. All hope is not lost yet, there are a couple of innovative individuals fighting for their products to be approved in the market or to gain the interest of buyers. Its undeniable that the market needs cleaner products that won't be a threat to health down the line and people have taken charge in bringing their own products into the market. With the boom of technology, people simply research online about what they want to achieve and they will definitely find a way to produce it locally at a reasonable price. The later problem might be branding and refining, but for the most part, there is a transfer of goods from the fruits that we grow locally. People have been making unbranded Malabe (Paw Paw) juice which is a great start. The down side being, not everyone intentionally goes for a sour drink unless it'll get you drunk. Who blames them, we have made life a routine with the way we do things, failing to break free or create a new on of which could prove benefit.

Owen Banda is a young visionary who decided to take on the fine wine industry with his own brand "Ngwazi". With a strong name, it has shown its importance and



dominance When it was shelved in stores where customers can purchase and enjoy products for Malawi by Malawi. The most impacting thing about this move is that it has little concerns with the pandemic in the sense that ideally, you pick up the bottle, pay for it and leave. Of course it comes in three different favors and that a bonus above the choice of buying Malawian products. The greatest method of generating money is to create a supply and demand chain. Find a problem and solve it, in other cases it is wise to think ahead of events. It may not be in the present, but ahead of time, an idea you come up with to handle a problem comes to light when its time for action. When a product is on the market, do right by the seller and support their business, everyday people are taking risks, not only for themselves but for the sake of others. We have made this our reality so much that it's something that isn't special. Sit back and appreciate life and its earnings, just maybe you would appreciate life better. The ability to use all parts of your body willingly is a blessing and so with it comes the responsibility of creating something positive with our abilities.

# MANGOS

The under appreciated fruit.



Naturally we have a source of succulent fruits that are irresistible to a lot of people. Knowing this information should be enough to enable us as a nation to double down on the production of juice in the nation. A long with other useful products like body lotion, cosmetics and any other related products that involve the flavor of mango.

If I had the capacity, I would find a way to develop around the strength of what my area has to offer.

When the hot season approaches, in this case all year. Mangos are available where ever they can thrive. The best part is, once the tree grips the ground good? Its need to take care of it becomes manageable. The fact that a lot of mangos are enjoyed each year that aren't replanted is alarming. There should be a habit of re-planting the 2 or third fruit you eat if it comes with a seed. This not only ensures that the next generation of people have ample food to eat but also develops a background of farming that a lot of us don't have or are loosing because money has replaced our skills and tenure to nature.

**P**lants are type of living organism that are well capable to change especially when conditions are better.

For example, if you got a million dollars today? How many of your dreams will you accomplish without second thoughts?. Plants if given all the resources they'd need, the would produce fruit all year round. And that's what we are going to research about on this article. Without boring you will the introduction here are the top 15 plants that can produce and can be harvested within 365 days



**1. Lemon tree** - These are citrus, commonly grown and low maintenance plants that are tamable even indoors and must be kept warm to maintain composure.



**2. Dwarf nectarine tree** - These trees produce smaller peaches that are sweet and smooth-skinned. Once in a while you should leave it outside to absorb some sunlight.



**3. Fig tree** - This tree is both a fruit producer and nice decorative plant. This plant has fruit that is well suited for salads, deserts and jam.



**4. Lady finger banana tree** - known as dwarf banana trees grow small enough to be indoors and will produce mini bananas but need



F

# 15 INDOOR FRUIT TREES YOU CAN HARVEST ALL YEAR ROUND

plenty of water and humidity.



**5. Acerola shrub** - This plant produces Barbados cherry, know for its tart like flavor and richness in vitamin c. It requires warmth in winter and needs constant maintenance to not outgrow its pot.

wind and freezing temperatures.



**7. Avocado tree** - These plants are extremely easy to grow from a seed. These require adequate attention and their fruits become ripe in the spring and summer.



**6. Key lime tree** - Is a hybrid species that produces sour, oval shaped fruit in summer. It needs to be well hydrated and away from



**8. Passion fruit tree** - These are climbing perennial vines that show off flowers and fruit in the warmer months. Needs constant moisture to maintain it.

# TO PLANT A GARDEN IS TO BELIEVE IN TOMORROW

Audrey Hepburn



**9. Calamondin orange tree** - These plants produce a lovely fragrance and their fruit is deliciously sweet. It requires warm temperatures and some indirect light.



**10. Ground cherries** - Also called tomatillos, strawberry tomatoes, and husk tomatoes. These are popular garden plants and may also be grown indoors. Their requirements are similar to tomatoes.



**11. Olive tree** - Also used on tacos, pizza and vegetable platters, these plants grow well in containers and even when they're small the produce fruit that can be harvested in fall.



**12. Kumquat tree** - This is a slow growing tree that will reach about 15 feet tall at maturity if it's grown outdoors. If it's grown indoors it's smaller and produces

citrus fruit that can be used in cooking as well.



**13. Miracle berry tree** - these plants are not typically eaten for their flavor, they are consumed for their ability to change the way you experience sour flavors. If you were to eat a miracle berry, lemon will taste like candy.



**14. Dwarf pomegranate tree** - These plants grow fruit and are ornamental, with beautiful bright red, trumpet shaped flowers and lime green foliage. They require direct sunlight, little water and fertilizer monthly.



**15. Coffee plant** - This plant is able to grow indoors, in winter and fall, they develop deep red berries with seeds that are used for coffee. When these seeds are dried, roasted and then ground, it makes coffee.

**TRY TO EXPERIMENT  
WILL ALL SORTS OF  
PLANTS AS WELL.**

# FOOD EDUCATION

WHAT THEY DON'T TELL YOU, BUT KILLS YOU

**N**sima is the staple diet of Malawi and also found in many other countries like Nigeria, Zambia, South Africa etc. The quantity and use of the food varies in each country. For the most part, Nsimba is taken as a commodity because of the ease of preparation and the cost of its production. Its flour comes from maize cobs after harvest season. This means that it contains a lot of starch which are carbohydrates (carbs). In chemistry terms, eating a lot of carbs will essentially give you a burst of energy to perform intensive tasks like sports or building a brick wall with manual labor. If you happen to eat Nsimba and decide to sit around to let it settle, what you're doing is letting your body convert the excess

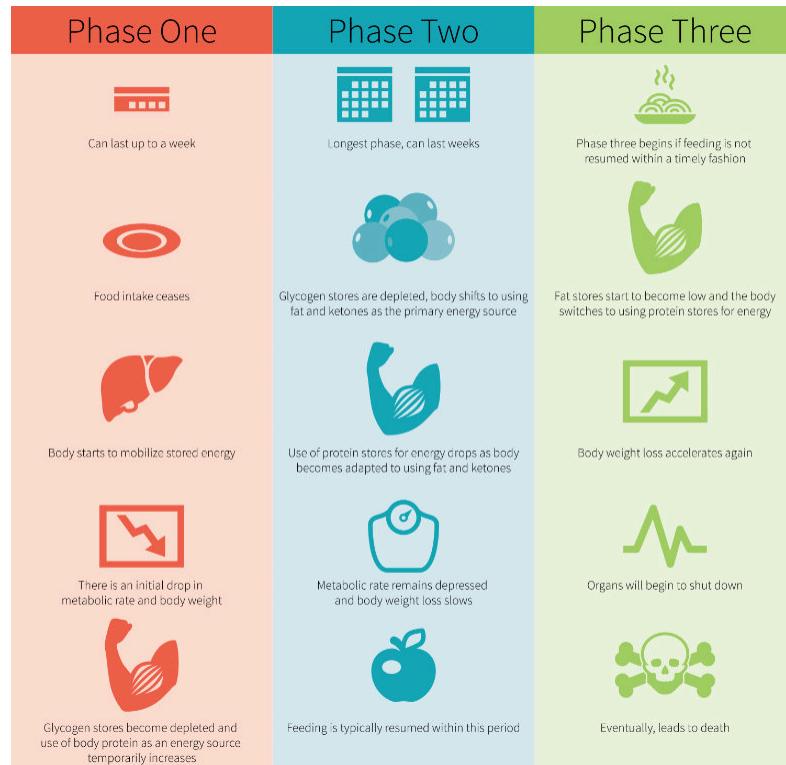


SUNBIRD

LOCAL DISH

THELELO LOKUPA  
@K10,000 Only

carbs into glycogen. This how the body stores excess carbohydrates. If you let your body store all this excess carbs, you're basically building fat and sugar in your body. Hopefully and through the grace of God, we burn those fats and sugar during the day. But as we grow older, that process becomes less easier for the body to perform. So if you eat a lot of nsima and sit around, you are going to be prone to diseases like high blood pressure due to the clogging of blood vessels with cholesterol. You might also be



prone to diabetes due to the excess of glycogen which is basically a type of sugar. Roughly speaking, relatively you could do your further research from here.

**S**ome people prefer fasting, but did you know that excessive fasting could be fatal?

Ideally, when you are fasting, you are denying your body food off course for a greater purpose of connecting to God. This is good practice but it could cause ulcers, this is when the lining of the stomach walls are scorched by the stomach acids due to the lack of food in the stomach. Chronic ulcers will lead to stomach cancer and now you



have reached the point of no return, you can only imagine the cost of medical support required to fix this complication. There are a lot of religions that motivate fasting and this is something that cannot be stopped now. But it doesn't mean there is no reason to shade light on the danger of doing this excessively.

Religion provides people with vast amounts of confidence to do things that are regarded as insane but usually leaves one in a state of comfort and confidence when they survive all obstacles. Life is not that easy to lose but once it's lost you may not be given a second chance. So it's wise to take care of it like an egg that hasn't hatched because once it's cracked, "Game Over".

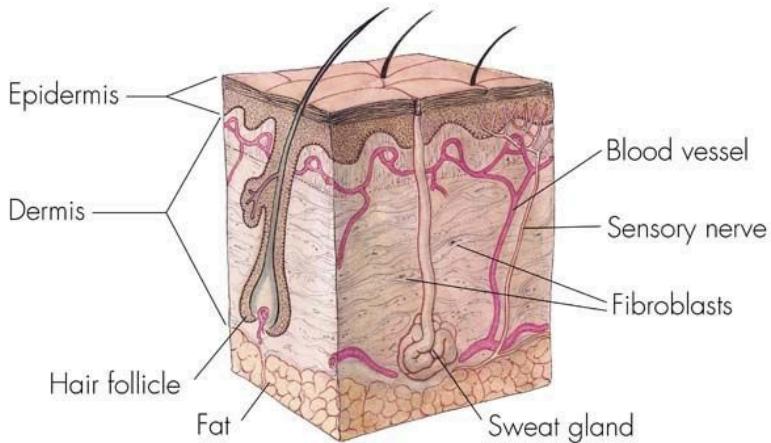
# PAIN, SWEAT AND GROWTH

Tough questions to answer with physiologist "Allen.k.Kawiriza"

**P**ain is caused by injury or toxins that have fallen onto the surface of the skin. We have sense organs called Nociceptors that detect pain outside and inside the body. Toxins such as acidic powders or liquids happen to fall on our skin at a microscopic level, this causes us to scratch due to our receptors firing a signal to the brain to react. You can only imagine how explicit it is to be cut or fracture a part of your body, that is something I'll happily leave you to discover on your own, but I want to ask the tough questions like how come our internal organs don't itch? Because if they did, it would be hard to scratch. To answer such a question that I constantly keep asking myself. I got my answer from my brother



Allen when he was on a 2 week holiday from Malamulo Collage. He responded with words that I could say but will trim for the sake of those who would find it rather hard or boring to understand. Since the whole body has pain receptors, we do actually feel what would be an itch inside our body but in a different way. Since our organs are covered with a protective layer of skin and flesh, they don't get affected by external toxins and cuts like the outside. Instead when you consume harmful substances like alcohol, smoke and rotting food, our organs feel the pain and this makes us feel sick, that's when we visit the hospital because well, if we could reach them, we would definitely be in a marathon of



scratching and poking.

**S**weat occurs when your body temperature rises above regulated levels. In attempt to cool it down, the body releases clean, and clear liquid towards the main pores located on the palms, feet, armpits, forehead and groins. With 2-4 million sweat glands, females have more sweat glands but sweat less than males. I have reason to believe it has something to do with the choice in careers and basically life choices in general. We sweat when it's hot, when we're sick, nervous and eating chili. We mainly sweat when we're sick because the body tries to make the environment around the body unbearable for whatever disease is bothering us. That's why we get fever, it's the body acting on the sickness. The bad order that is produced when you sweat doesn't mean the sweat is the cause, what basically happens is when you sweat, bacteria acts on the liquid that oozes to the surface which is actually clean and clear. So when we use

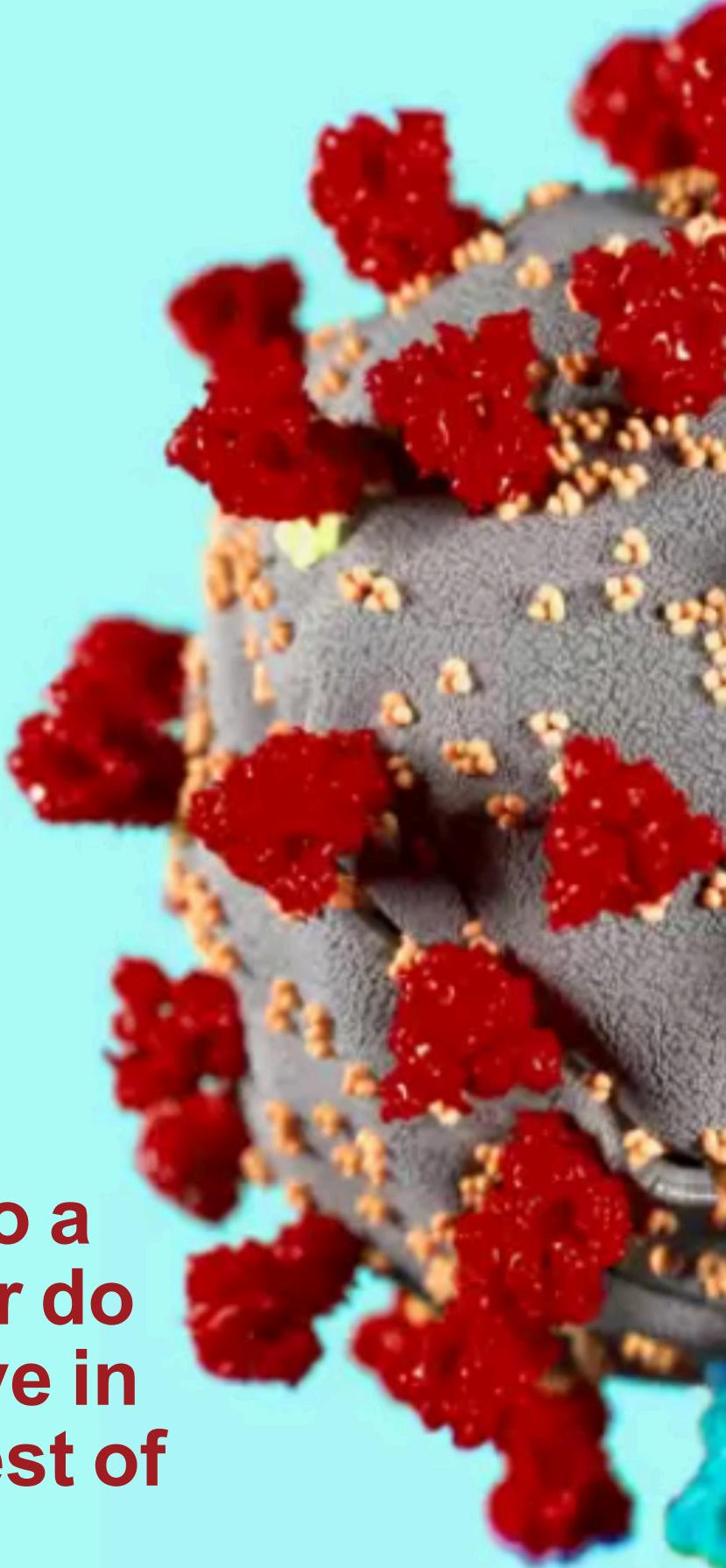


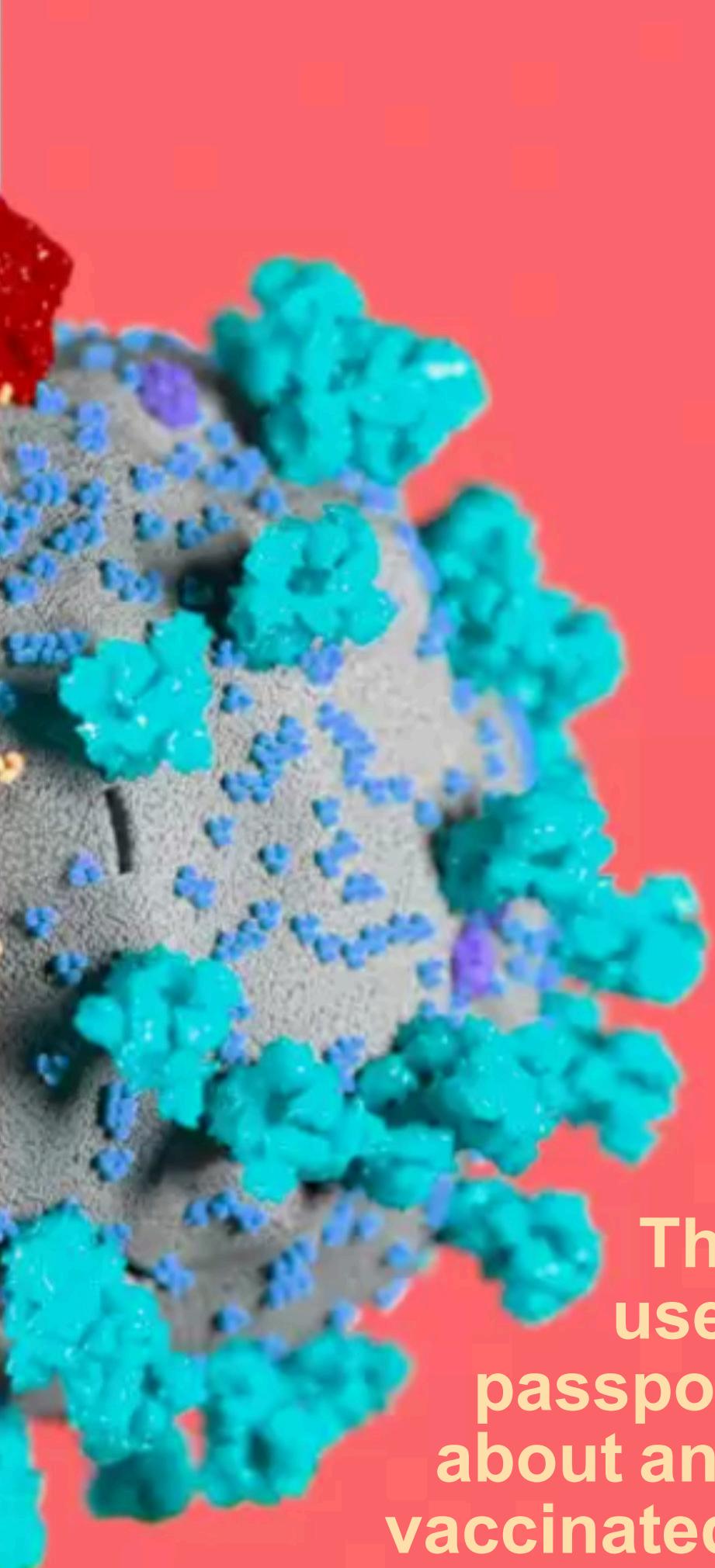
deodorant, what we are doing is blocking the pores that release sweat. Using too much of these could pose a problem for not only your clothes but your body because you'll end up permanently closing the pores. This will lead to a heat stroke because your body will fail to cool you down due to the lack of available outlets like in people who don't sweat at all it's a blessing and a curse.

**A**ndrogenes are the reason why we grow hair in certain places apart from the head. This means facial and pubic hair. These hormones are also found in women but in small quantities. The idea around why some ladies have facial hair is because of a mutation in their genes that wasn't able to regulate the production of androgenes. The reason could be during pregnancy, the baby must have been exposed to chemicals like fertilizers, a few types of hair products and the likes. Anything that is unnatural to the body could cause unknown effects to unborn children. Usually these things aren't explained because of lack of knowledge.

# PA ND EM IC

**Is it coming to a conclusion or do we have to live in fear for the rest of our lives?**





# VA CC IN E?

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The UN urges  
use of vaccine  
passports to move  
about and work, not  
vaccinated?, no spar.

# Vaccine...

*The longest weekend*

I got my first AstraZeneca dose on the 26<sup>th</sup> of March this year and my experience was rather unpleasant. I remember going through side effects like dizziness, headaches and a fever. Apparently this was a good sign because it was a clear indication that the body was reacting to the vaccine. The first question is why do we react negatively to the cure, well for the most parts we have to understand its purpose. I had actually been given a dose that was well suited for a demographic above the age of 50. Their immune system would be more relaxed with the dose and let it do its work. Rather than mine that were still young and jumpy to get rid of any foreign bodies entering their environment. At the time I was 24 and the year had started rough with a dwindling amount of cases. Governments around the world had taken it seriously and restricted traveling and large gathering. Only in Africa were things a bit under control because of the heat.

In the long run, people were able to cope with the pandemic until things got real. Banks had stickers on the floor regulating the distance on how close we were supposed to be to each other. Almost every shop has a bucket of water and soap to allow sanitation before entering shops. I found myself owning hand-sanitizer, in 2016, my home girl Lisa had her own hand sanitizer before the pandemic. I had accepted that some people are more privileged to spend money on portable soap that evaporates in your hands leaving them clean. But today everyone has it. This pandemic has forced people



to spend more money on keeping themselves clean and I find it to be a boost that the world and myself needed.

Long story short, the

## *How vaccines are made, and how they help.*

virologists find an infected host, then they study them to find the virus and its effects. After doing their book keeping they find a cure for the virus sort to say. This cure

contains sample of the virus in question. That sample of the virus is essentially dead at the moment, it cannot cause any harm to anyone. But if it is injected into someone who hasn't been infected by the virus, the body will defend itself from the vaccine as if it were actually infected by the real deal. Upon eliminating the sample virus, the immune system learns from the battle it had with the vaccine.



This is the way vaccine operations have been conducted for year. The fact that people are speculating that they are being given a limit on their life or for other reasons not to take the vaccine is all because they have a will do refuse. Once you were a baby, and you got one.

A virus (from the Latin virus meaning toxin or poison) is a small infectious agent that can only replicate inside the cells of another organism. Viruses are found wherever there is life and have probably existed since living cells first evolved. Viruses do not have their own metabolism and require a host cell to make new products. The range of structural and biochemical (i.e., cytopathic) effects that viruses have on the host cell is extensive.



**M**y question to the world is who creates these viruses or how are they formed? I did my own digging into this matter because I didn't want to be at the mercy of ignorance. I didn't want to be that

## *we are also a viruse towards the earth...*

person refusing a vaccine because I didn't know what it means or what it does. The best I could do is have a background on how the world works. When a virus enters the body, its purpose is to use the body cells as its stomach for food. At the most basic terms, it's an eco-system. The same way we cut down trees, slay tigers, animals and landscape the earth for our survival. All the virus is doing is

surviving its life span and multiplying the same way we multiply on the earth. I wish I could put it in softer terms but not, there is no room for leniency, we are a serious virus on the surface of the earth. The fact that life is shaped in a way that everything we do is normal and

alright is the hard part. Humans could have done a lot of the basic things better than we do it now. For example, if there isn't a quick and efficient way to throw our trash, people will look for a stream next to and dump their trash there, believing that the water will wash it away. Down the stream you will see people using that same water to bathe and swim, I mean really? Even if I have the money and resources to solve that problem, it would mean sheer force to stop people from doing the things that their ancestors have been doing. Back on track the virus would have chosen any other host but humans are all over the planet compared to any other creature they are more likely to infect us.

Doing some further analysis shows that even after noting that the virus doesn't like hot areas, it still

thrives in the world in the colder places of the planet. This seems to be a bit concerning because when we look at the rest of the world, other nations have pivoted their attention to other matters and have

is that when outbreaks like these occur, the small nations usually do not compete to develop their own vaccines. Instead they rely on great countries like America, China, Germany, Russia to come up with solutions. This should not be the case and should be immediately considered. If a disease originated from somewhere else, the same folks should not come running with what seems to be the solution. They will finish the job and pretend to be clueless.

### Did you know?

Walter Reed became the first person to discover a virus that infects humans. He discovered the virus that causes yellow fever in 1901.



continued back down the route which brings the virus. People still cough without covering their mouth. People stopped wearing face masks more often. Regulations on social distancing has been relaxed. We generally have not learned our lesson. Though this shades light on a fact



Some day Africa will learn to fend for itself again and when that happens, the lives that have been taken through injustice will be mitigated and the worth of the continent will truly be relieved to the beholder because intruders has seen it for years.

A digital artwork of Leonardo da Vinci's Mona Lisa painting. The subject, a woman with a faint smile, is wearing a blue surgical mask over her mouth and nose. Her right hand, which is resting on a surface, is wearing a blue medical glove. A yellow speech bubble is positioned in the upper right corner of the painting, containing the text "Got your shot?".

Got  
your  
shot?

**"Mona Lisa"**  
*Leonardo*  
*DA VINCI*  
**1838**

# Lily pad...

*Beautiful but deadly*

The lily pad is one of the most interesting plants that grow naturally in swampy meadows. Its reach spans across an entire stream and hosts a plethora of anthropoids and pink petaled flowers. Truly seeing the screen texture spread across a stream is like being in dream land.

Though this has its beauty set out for it, there is one problem. It covers the light from the sun which is supposed to reach the bottom of the stream. This means that vegetation directly below the lilies, will not grow efficiently or will entirely die.

This is something that others would sacrifice but there is a lot of important life that starts at a molecular level below the depth of water. This means microorganisms that keep different types of animals fed down the food chain will also starve.

Lucky enough mother nature does her best and brings monsoon rains that sweep away over grown lily pads down the steam and into bigger bodies of water which entirely break down these giant leaves. This also means that frogs that would bask in the sun on them have to find new spots till a new set of them grow back just in time for their mating season.



# Plant more trees.

Plants, water, air are a sign of life. For us to breath and coexist is the fact influenced by life starting at a molecular level, to a seed then to a fully grown tree. All it takes is a seed planted and taken care of in the ground in its early stages, from there, It can survive on its own, even though it doesn't move. Nature have its own way of existing, so plant a tree today and keep what is free the same in the future. Plus having a straight road of fruit trees means free food for all the kids. Rise up and plant...



*San Carrere*