

# Viewsmagazine



Meet 'Vanessa Ngoma'  
Model of the Week

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# About Us

Views Magazine is an edutainment magazine which aims at entertaining, educating and informing a large mass of people across the country. The magazine also aims at promoting the hidden talents in categories of music, fashion, literature and entrepreneurship. Views Magazine is published by Views Media Group, a media firm based in Lilongwe, Malawi.

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# Editor's Note

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Dear Readers

ViewsMagazine is making a grand comeback, much to the delight of its dedicated readers. The popular publication, known for its thought-provoking content and insightful perspectives, took a one-year break to reevaluate its vision and revamp its offerings. Now, armed with fresh ideas and a renewed commitment to excellence, ViewsMagazine is ready to once again captivate audiences with its engaging articles.

The relaunch of ViewsMagazine brings forth a fresh design that is both visually appealing and user-friendly. The team has carefully crafted a modern and intuitive layout, ensuring that readers can easily navigate through articles and find the information they seek. Additionally, the magazine will now be available in various digital formats, allowing for convenient access across different devices.

The return of ViewsMagazine after a year-long break signifies a renewed dedication to its readers and the pursuit of meaningful journalism. As the world continues to evolve and face unprecedented challenges, having a publication like ViewsMagazine that offers nuanced perspectives and informed analysis becomes increasingly valuable.

Whether you're a long-time reader or new to the publication, now is the perfect time to dive into the pages of ViewsMagazine. Prepare to embark on a thought-provoking journey that will broaden your horizons and challenge your perspectives. Welcome back, ViewsMagazine — we eagerly await the wealth of knowledge and inspiration you are set to provide in the years to come.

Sincerely,

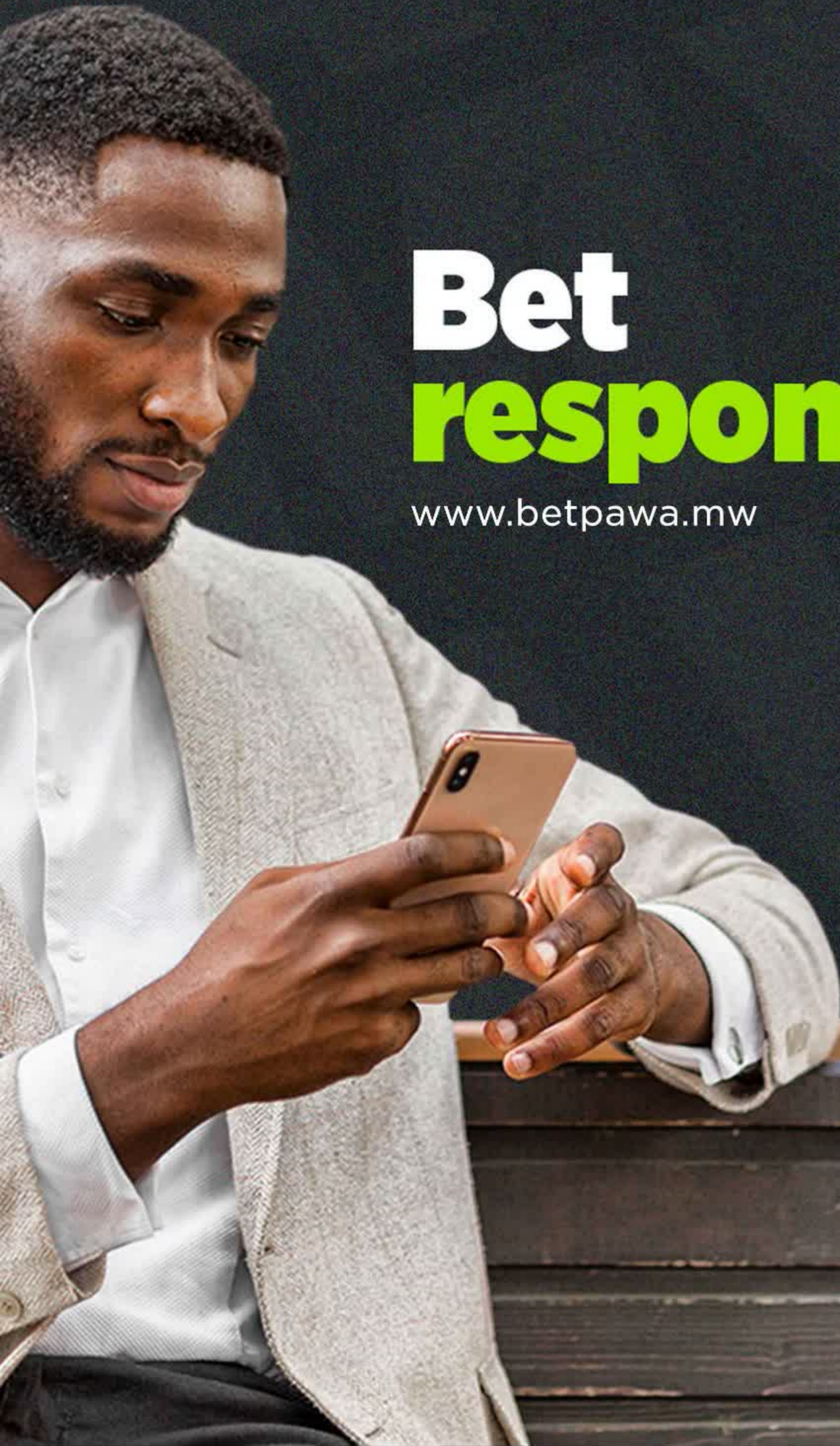
**Kennedy Mlikodza**



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# Facts & Opinions

>Editor's Pick

> 10 anger management tips





By Moyo Clinic

# 10 anger Management Tips

**D**o you fume when someone cuts you off in traffic? Does your blood pressure rocket when your child refuses to cooperate? Anger is a common and even healthy emotion. But it's important to deal with it in a positive way. Uncontrolled anger can take a toll on both your health and your relationships.

Ready to get your anger under control? Start by considering these 10 anger management tips.

## **1. Think before you speak**

In the heat of the moment, it's easy to say something you'll later regret. Take a few moments to collect your thoughts before saying anything. Also allow others involved in the situation to do the same.

## **2. Once you're calm, express your concerns**

As soon as you're thinking clearly, express your frustration in an assertive but nonconfrontational way. State your concerns and needs clearly and directly, without hurting others or trying to control them.

## **3. Get some exercise**

Physical activity can help reduce stress that can cause you to become angry. If you feel your anger escalating, go for a brisk walk or run. Or spend some time doing other enjoyable physical activities.

## **4. Take a timeout**

Timeouts aren't just for kids. Give yourself short breaks during times of the day that tend to be stressful. A few moments of quiet time might help you feel better prepared to handle what's



ahead without getting irritated or angry.

### **5. Identify possible solutions**

Instead of focusing on what made you mad, work on resolving the issue at hand. Does your child's messy room make you upset? Close the door. Is your partner late for dinner every night? Schedule meals later in the evening. Or agree to eat on your own a few times a week. Also, understand that some things are simply out of your control. Try to be realistic about what you can and cannot change. Remind yourself that anger won't fix anything and might only make it worse.

### **6. Stick with 'I' statements**

Criticizing or placing blame might only increase tension. Instead, use "I" statements to describe the problem. Be respectful and specific. For example, say, "I'm upset that you left the table without offering to help with the dishes" instead of "You never do any housework."

### **7. Don't hold a grudge**

Forgiveness is a powerful tool. If you allow anger and other negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of

injustice. Forgiving someone who angered you might help you both learn from the situation and strengthen your relationship.

### **8. Use humor to release tension**

Lightening up can help diffuse tension. Use humor to help you face what's making you angry and, possibly, any unrealistic expectations you have for how things should go. Avoid sarcasm, though — it can hurt feelings and make things worse.

### **9. Practice relaxation skills**

When your temper flares, put relaxation skills to work. Practice deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase, such as "Take it easy." You might also listen to music, write in a journal or do a few yoga poses — whatever it takes to encourage relaxation.

### **10. Know when to seek help**

Learning to control anger can be a challenge at times. Seek help for anger issues if your anger seems out of control, causes you to do things you regret or hurts those around you.





Viewsmagazine

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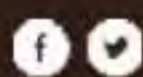
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# Who to Blame?

The leaker of the nude pics or the owner.

Views Magazine correspondent

## Introduction:

In today's digitally connected world, privacy breaches and the unauthorized dissemination of personal content have become an unfortunate reality. The unauthorized release of intimate or explicit photographs, commonly known as revenge porn, is a gross violation of privacy and an act that inflicts significant emotional harm on the individuals involved. When such incidents occur, it is natural to question who should bear the blame: the leaker or the owner of the nude pictures. This article delves into the complexities of this issue, highlighting the responsibilities and accountability of both parties.

the primary responsibility for the dissemination of intimate photographs. Irrespective of the reasons behind their actions, leaking such private content is a breach of trust, an invasion of privacy, and often a criminal offense. Whether motivated by revenge, a desire to harm, or for personal gain, the leaker knowingly violates the privacy of the individual in the photographs. They exploit vulnerability and inflict severe emotional distress, creating a hostile environment for the victim. The leaker should be held accountable for their actions and face legal consequences for engaging in such malicious activities.

## The Leaker's Role and Responsibility:

The leaker, without a doubt, shoulders

## The Owner's Responsibility:

While the leaker is undoubtedly at fault, it is essential to consider the role





and responsibility of the owner of the nude pictures. It is crucial to emphasize that the act of taking and possessing intimate photographs, even with the expectation of privacy, does not excuse or justify the leaker's actions. The victim's right to privacy should never be violated, regardless of their actions or choices. However, it is equally important to encourage individuals to exercise caution when it comes to capturing and storing sensitive content. Taking and sharing such photographs, even within trusted relationships, can carry inherent risks.

### **Society's Perspective:**

Society plays a crucial role in shaping attitudes and perceptions regarding privacy breaches and revenge porn incidents. Victim-blaming should never be tolerated or encouraged. It is essential to foster an environment that supports and empathizes with the individuals affected, focusing on holding the leaker accountable for their actions rather than placing blame on the victim. It is crucial to educate and raise awareness about the gravity of privacy breaches, encouraging digital literacy and responsible behavior online.

### **Legal Measures and Support Systems:**

Governments and legal systems worldwide are increasingly recognizing the need for robust legislation to combat revenge porn. Many countries have implemented or are in the process of implementing

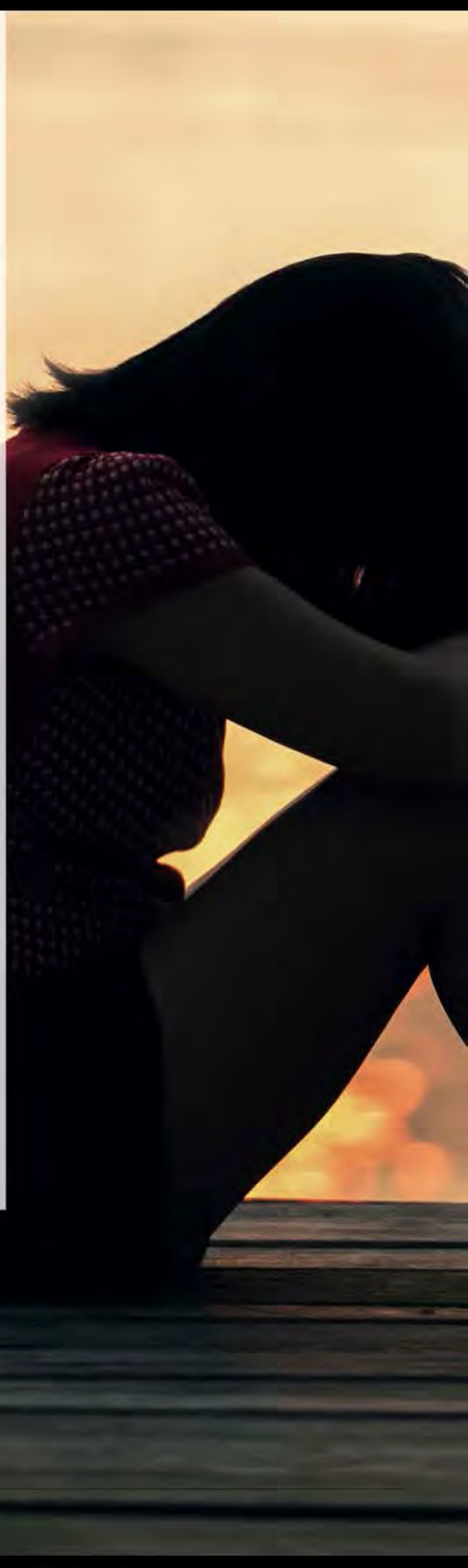


laws to protect individuals from such violations. Victims should be encouraged to report incidents to the authorities, providing them with the necessary tools to pursue justice and bring the leakers to account.

Furthermore, it is vital to establish support systems that cater to the emotional and psychological well-being of victims. Organizations, helplines, and counseling services should be readily available to provide guidance and support to those affected by revenge porn incidents.

## Conclusion:

In the unfortunate instances of revenge porn, it is crucial to address the responsibilities of both the leaker and the owner of the intimate photographs. While the leaker shoulders the primary blame for violating privacy and causing harm, it is important to foster a society that does not engage in victim-blaming. By raising awareness, promoting digital literacy, and implementing stronger legal measures, we can work towards creating a safer online environment and supporting the victims of revenge porn.





# Amuse &

# Divert

Star of the week



Lyric of the week



What's Trending





**Star of the week**

vi

**Gift Kalongga**





# 10 Questions Challenge

challenging Gift Kalonga

## Q1. Tell us about yourself

I am Gift Kalonga, born in Kasungu in a family of three children. I did my primary at Chankhanga school then got selected to Kasungu secondary school. I then did my tertiary education at Kasungu T.T.C and now I am a primary school teacher.

## Q2. What first got you into music?

What got me into music is the deep passion I have in music and I started by involving myself into a choir at our church-Kasungu CCAP.

## Q3 Who inspired you to put an effort in your career.

My brother Pempho Chipeni inspired me to put much effort into music.

## Q4. What's your favourite song you like to perform?

My favourite song on my list is track titled 'Mufikire' and I like to perform one track titled 'Ndavomeleza'

## Q5 Which artist do you admire, both local and international?

Locally ELi Njuchi is my admiration and internationally Burnaboy is the one.

## Q6. Any message to upcoming artists?

My Message to all the upcoming artists is that believe in yourself and keep on pushing till you make it never look down on yourself music career is a very long journey for a person to make it through. Work hard in all circles of life whether school, business or work then support your career

## Q7. If you were to change anything in the music industry, what would that be?

if am to change anything in music career that would be prices charged by producers. In these days money is a big problem making most upcoming acts not to come up with good music, instead they go for cheaper producers just to sing a song therefore it's hard for them to go far. So, if prices are to be charged fairly in studios good music can be made.

## Q8. What is the most trouble you have gotten into in your life?

The most crucial scenario I got into in my life was one time I was in secondary school. I got suspended from school and up to now I regret that moment

## Q9. Do you have a girlfriend?

I have a girlfriend

## Q10. Any music project you are working on?

Right now, I have worked on a music video with OCP 2 media group and the video is yet to be out soon and I have also worked on an audio project and I have titled the track Nditalikileni which is also to be out soon. Message to my fans is "I really appreciate your support and I don't take you for granted on that I am releasing songs with maturely content for all my fans out there and I love you all"



# Lyric of the week



Wikise 1992 ft Don Kalonga- Male



# MALE - WIKISE1992 FT DON KALONGA

Available at [www.viewsmusic.com](http://www.viewsmusic.com)

To to Ndatola male,  
(Jachinyasa Don Kalonga)  
To to Ndatola Male, (Baba  
, Habusa)  
To to Ndatola male,  
(Yoyo)  
To to Ndatola Male...

Babie Boo I don't understand  
Amene anakutayayo ankaganiza  
chani  
Babie Boo sindikutha kumvetsa  
Kodi a Ex Akowo anawalodza  
Ndani?  
Ndadabwa Chi fine fine babe like  
you  
Chi broiler, chabwino like you  
Wina Nkumachitaya  
Ndatola, Chi fine fine babe like  
you  
Chi broiler, chabwino like you  
Ine Nkumati Male.....

(Kodi ndi ex Wa ndani uyu),  
To to Natola male  
(To to Ndatola male),  
To to Natola male  
(Kodi ndi ex Wa ndani uyu),  
To to Natola male  
(To to Ndatola Male),  
To to Natola male  
(Kodi ndi ex Wa ndani uyu)  
To to Natola Male  
(Ayayah, Ndatola Male)  
To to Natola Male, (Oh Oh oh  
Oooooowo Ndatola)

Ex Yo bwa, Akumamva bwa  
Akumamva bwa, Akamationa  
Ex Yo bwa, Akumamva  
bwa, Akamationa....  
Ndatola ndekha Palibe  
zophumitsanaaaa  
Ndagwiritsitsa uyuyu mpakana  
kiyama  
Okambakamba Asiyeni  
azikambaaaaaa  
Chomwe adziweeee, Nkutenga  
kumangwe'tukatende ndowa  
Jamani Ndatola, Ooh jamani  
mwabetsa,  
Jamani  
ndawina, Muvomelezeeee eee  
eee eee  
Jamani Ndatola, Ooo jamani  
mwabetsa ,  
Jamani ndawina  
, Muvomeleze.....  
(Kodi ndi ex Wa ndani uyu), To  
to Natola male  
(To to Ndatola male), To to  
Natola male  
(Kodi ndi ex Wa ndani uyu), To  
to Natola male  
(To to Ndatola Male), To to  
Natola male  
(Kodi ndi ex Wa ndani uyu)  
To to Natola Male  
(Ayayah, Ndatola Male)  
To to Natola Male, (Oh Oh oh  
Oooooowo Ndatola)  
To to Natola  
male, (ndatooooola, Ndatola  
male)  
To to Natola male (to to  
Ndatola male)





## Eli Njuchi drops 'Yabaya' ft Yo Maps

*By Viewsmagazine Correspondant*

**E**xciting news has emerged from the music industry as Malawi's rising star, Eli Njuchi, teams up with renowned Zambian artist Yo Maps for a highly anticipated collaboration. With their combined talent and passion for music, this dynamic duo has crafted a new song titled "Yabaya" that is set to captivate audiences both in Malawi and Zambia. Let's delve into the details of this exciting collaboration and explore the musical synergy between these two artists.

Eli Njuchi and Yo Maps have joined forces to create a powerful musical collaboration with their track "Yabaya." Both artists bring their unique styles and lyrical prowess to the table, resulting in a melodic masterpiece that blends the best of Malawian and Zambian music. This collaboration not only showcases their artistic abilities but also signifies the cross-cultural connection and

creative exchange between the two neighboring nations.

Eli Njuchi has swiftly made a name for himself in the music industry, with his soulful voice and genre-bending sound. Hailing from Malawi, his previous hits such as "Gugugu" and "Duwa" have garnered widespread acclaim, establishing him as one of the country's most promising young talents. Eli's unique ability to infuse traditional Malawian rhythms with contemporary elements has garnered him a dedicated fan base and recognition beyond his homeland.

The collaboration between Eli Njuchi and Yo Maps on the song "Yabaya" is highly anticipated, with fans eagerly awaiting its release. The track promises to be a fusion of their respective musical styles, combining infectious melodies, introspective lyrics, and captivating vocals.



. "Yabaya" is expected to resonate with listeners, showcasing the artistic chemistry and creativity of these two talented artists.

As the release of "Yabaya" approaches, excitement continues to build among fans in Malawi and Zambia. The collaboration between Eli Njuchi and Yo Maps has the potential to make a significant impact, garnering attention both locally and regionally. It is expected to resonate with listeners, further solidifying the artists' positions as influential voices in the African music landscape.

The collaboration between Eli Njuchi and Yo Maps on the track "Yabaya" showcases the power of cross-cultural musical partnerships and celebrates the talent of these two rising stars. With their distinct styles and shared passion for creating exceptional music, this collaboration promises to captivate audiences and strengthen the bond between Malawian and Zambian music scenes. As "Yabaya" hits the airwaves, it is certain to leave a lasting impression and propel both artists to greater heights of success.



Enjoy the song by downloading  
at  
[www.viewsmusic.com](http://www.viewsmusic.com)





## Wikise Returns with a Bang: Collaborates with Don Kalonga for New Track "Male"

**A**fter a brief hiatus, Malawian music sensation Wikise has made a triumphant comeback, teaming up with talented artist Don Kalonga for their latest hit single, "Male." The much-anticipated collaboration has sent shockwaves through the music industry, generating excitement among fans and reigniting Wikise's musical journey. With their combined artistry and dynamic chemistry, Wikise and Don Kalonga have created a track that promises to leave an indelible mark on the Malawian music scene.

Don Kalonga, a rising star in the Malawian music landscape, has been making waves with his powerful vocals and dynamic performances. His tracks, such as "Talala" and "muzikadyako," have resonated with audiences, showcasing his versatility and musical prowess. Kalonga's ability to infuse his music with emotion

and deliver soul-stirring performances has gained him recognition and praise from both fans and industry insiders. The collaboration between Wikise and Don Kalonga for "Male" marks an exciting new chapter in their respective careers. The track, which fuses their unique styles, showcases their complementary talents, resulting in a mesmerizing blend of melodies and captivating lyrics. "Male" is a celebration of love and romance, exploring themes of devotion and deep emotional connections.

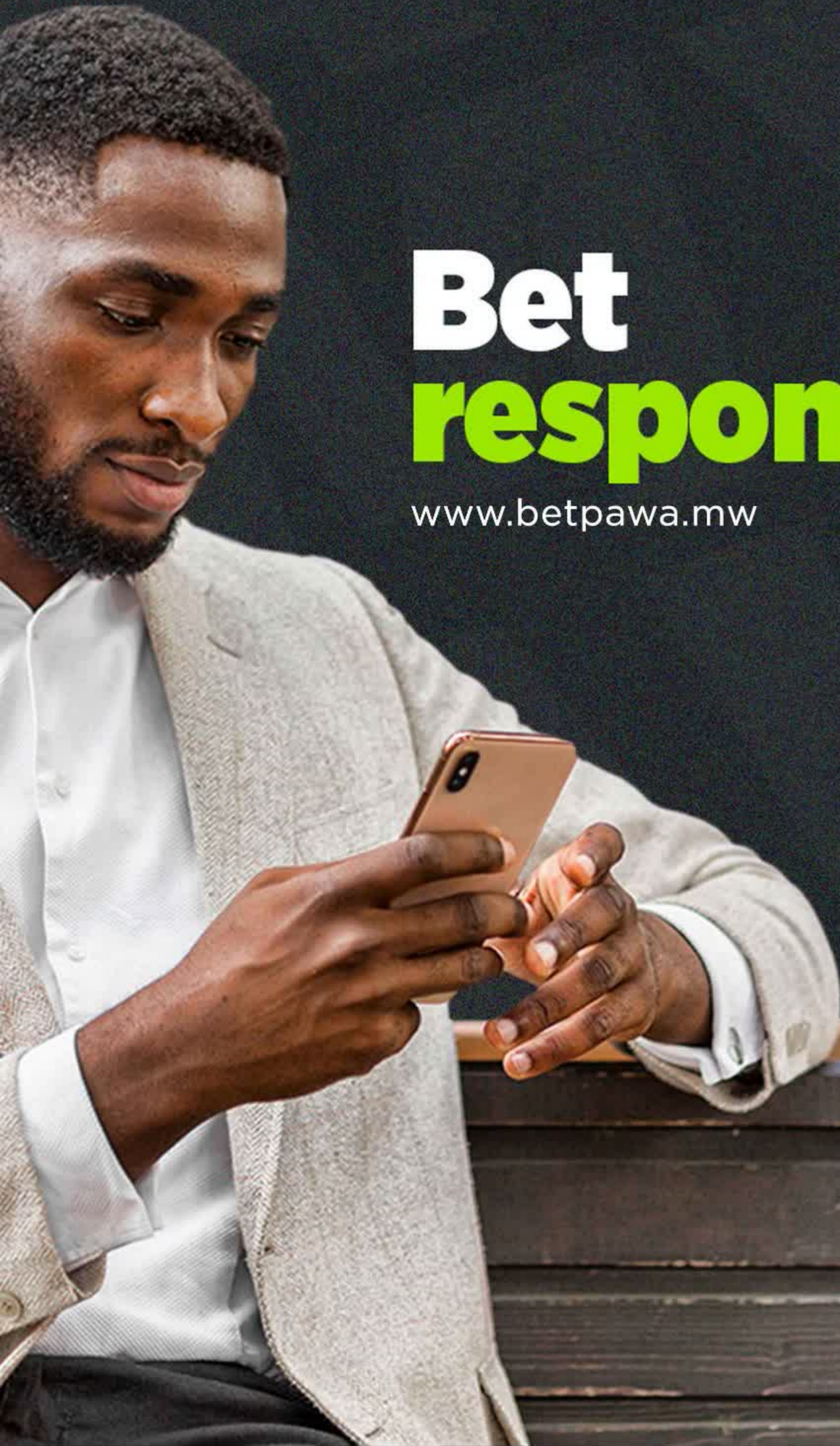
With "Male," Wikise and Don Kalonga are poised to leave an indelible mark on the Malawian music landscape. The track promises to captivate audiences and solidify their positions as dynamic forces within the industry. As the anticipation builds, fans eagerly await the release of "Male," ready to embark on a musical journey crafted by two exceptional artists.



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# Fashion & Culture


> Model of the week





**Model of the week**





# Vanessa Ngoma

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Vanessa Ngoma, a 20-year-old student at Pentecostal Life University, is currently pursuing a degree in Procurement and Supply Chain Management. In addition to her academic pursuits, she is also a Fashion and Commercial Model, signed with Fashion Pallet, a fashion brand which is dedicated to empowering young models and helping them achieve their dreams.

Vanessa's passion for modelling has led her to compete in the Miss Culture Malawi 2023 competition, where she hopes to showcase her talent on a national stage. She is a driven and ambitious young woman with a strong desire to excel in her chosen profession, and aspires not only to be the best, but to become an internationally recognized model.

With her determination and dedication, Vanessa is well on her way to achieving her dreams, and is a role model for other young people who strive to reach their full potential.









# Entrepreneurship





# OneonOne

with Crest Fashions owner

## Lidess Msiska

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Entrepreneur of the week





### **Q1. Tell us about yourself**

My name is Lidess Msiska from Blantyre. I'm a fashion designer and tailor. I specialise in both men and women clothes. I founded Cerêt Fashions after I finished university education in 2019.

### **Q2. Who inspired you to put so much effort in this business?**

My vision is so big. When I think of the size of my vision, I have no choice but to work hard so that I can bring that vision into reality. The goal is not necessarily to become the best tailor or fashion designer but to bring great impact. I want to prove that tailoring doesn't end in a small shop or at your home especially here in Malawi. The idea is to open big shops like PEP full of clothes made locally and delete the underrated perception we have towards tailoring business. Am pretty sure that if I accomplish this vision the tailoring industry will be revolutionised and we will start making our own clothes here! So, the vision I set has always motivated me to put a lot of effort so that I can surely accomplish it.

### **Q3. What message can you give to a young entrepreneur?**

My message to the young people (upcoming entrepreneurs) is that, be consistent and dedicate yourself to what you are doing. Love what you are doing. Sometimes your business does not make sense to you and even your friends in early days. As long as the vision is there, just hold on unto your vision. You will fall, learn and move. Success doesn't come overnight. Be yourself, don't wait for friends to approve what you want to do.

### **Q4. If you would change anything in your industry, what could it be?**

Most tailors haven't harnessed the power of customer caring. Tailors have destroyed their reputation for not doing most of the work in time. The customer will be making inquiries on the progress of his or her clothes for a month. So, one of the things that need to be looked into is customer caring. Derive the work in time. Don't make a lot of delays

### **Q5. How can people find your products?**

Mostly I get more of my customers from social media. I advertise my work on Facebook, WhatsApp and tick-tok.



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# Inside the literature

> Poems





# WRITERS

Lawrence Sinsamala

From,  
musty accusations.

From,  
All incomprehensibles.

I realised,  
Writers are neither wrong nor right  
But certain.



# THIS FATE

by Bright Bintonie Mzomah

Ceasing not  
Facing it alone head-on  
A race some choose to call it  
But a real battle I choose to say  
A fate not known till over  
A road not meant for minors

Darkness defines it?  
But I see only light within  
Few reach the finishing line?  
Victors don't bow to a block  
Why am I silent?  
Noise comes from children section

When nothing seems right  
Thus when I fight  
When dawn is not even in sight  
See me sail and bite  
When all seems quite  
Watch me float like a kite



## Did you know?

**It only takes six minutes for alcohol to affect your brain**

## The urban dictionary

### **Kalikonse Mukawona**

**Phrase/ sentence:**

1. giving assurance to someone that you will not hide anything; no more keeping secrets
2. another way of not saying your next move

**Etymology :**

Originated from social media memes; when Brian Banda had an exclusive interview with a guest





# Quiz test your brain

1. In what country do we find Mount Kilimanjaro?
2. What is the world fastest bird?
3. In what country is Chernobly nuclear plant located?
4. How many bones do we have in our ear?
5. Which planet has most moons?

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“



IF YOU GET TIRED  
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NOT TO QUIT.

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Views Magazine

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