

100Mirrors

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FEBRUARY ISSUE [2023]

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100MIRRORS

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THE AMAZING
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BY MUZHINGA KANKINDA

Fridays and Sundays

EDITORIAL

100
MIRRORS

LETTER FROM THE EDITOR

Hi readers,
Thank you for purchasing/subscribing to the first Issue of the 100Mirrors magazine. Because of your trust in us, we were able to go on and publish the second issue. We hope that this publication is as good as the first one or even better. Thank you for trusting our brand and giving us the readership and support we have been receiving considering this is just our second attempt to further the influence of our blog, 100mirrorsblog.wordpress.com which you can visit, follow and share for more articles on topics that matter to you.

To new readers, 100mirrorsblog, in a nutshell is a Zambian blog that strives to speak on sidelined matters in communities, societies, countries and the world at large in the following categories, economics, lifestyle, business and finance, environmental, social and health news, culture, abuse, psychology, mental balance, poetry, fiction and non-fiction writing and many more. The blog and magazine works in line with the functions of every media which is to inform, educate and entertain. So if you feel that this magazine or our blog is for you, then hurry and subscribe to receive the best life changing stories, pieces of poetry and articles.

Happy reading of our June issue!!

Muzhinga 'Lotus' Kankinda

By JT



By September 2020
JT 2020

Kidnapped part 2

By Muzhinga Kankinda

Friday finally came and Claire couldn't be happier. She slipped a red mini dress and some matching heels into her school bag and rushed downstairs to the exit. Her mother quickly called out to her and she stopped, reluctantly turning to face her.

"Breakfast is ready sweetie," her mother said.

"I'm sorry, mum," Claire replied apologetically. "I am late."

"Here's your lunchbox then," her mother said and walked over to Claire to give it to her. Claire quickly took the box and turned to leave but her mother grabbed her wrist. Claire turned, looking startled. Her mother smiled and kissed her forehead.

"Don't forget to come home early sweetheart." she said.

"Alright mum," Claire replied, gave her mother a quick hug and rushed out through the door.

She rushed to the bus stop and caught a bus to her school, but she alighted mid-way, at a filling station. She went to the restroom and changed before contacting Kofi. He arrived an hour later and picked her up from the filling station.

"You look more beautiful in person," Kofi told her as she got into the car. It was a black BMW, brand new and shiny. Claire shyly as she closed the door. Kofi put a hand on her bare thigh and caressed it.

"Your skin is smooth and soft too,"

"You are such a sweet-talker, Kofi,"

"I mean it babe," Kofi said and leaned forward to kiss her passionately. She didn't know how to do it, so she accidentally bit his lower lip, making him yelp and back off.

"I'm sorry!" she frantically said. "This is my first kiss."

"Really?" Kofi raised an eyebrow. He didn't expect her to be a beginner with the way she carried herself on social media.

"Ikr, you are disappointed,"

"No, baby," Kofi smiled brightly. "I actually like that this is your first time. Don't worry I will teach you everything you need to know."

"Thanks, Kofi,"

"Call me baby, too," Kofi lightheartedly pouted.

"Thanks baby," Claire said, caressing his face. Kofi caught her hand, kissed her knuckled and whispered that she was welcome. Then he started the car and speedily drove away, heading south in the countryside.

"Where are we going?" Claire asked sweetly.

"My parents own a vacation house in the south. We can hang there and return before school ends."

"That's a perfect plan. I have to return home early."

"Why though? I mean you are 17 and not a little girl anymore,"

"I don't want my parents to worry about me," Claire told him.

"anyway, now that we are talking about age. How old are you?"

"Does it matter?"

"Yes and no," Claire said. "I wouldn't go out with a man old enough to be my father,"

"I can't be as old as your father,"

"I know you are younger. I just want to know since you are my boyfriend," Claire said.

"I am young and that should be enough,"

"You always refuse to tell your age. Why is that?" Claire grunted.

"I am nineteen," Kofi lied when he noticed how upset she was.

"What was so difficult about that?"

"Relax, baby," Kofi said, touching her face. "We are here to have fun not fight."

Kofi and Claire spent the entire day outdoors, talking, taking walks and cuddling on the lakeside. They spoke much about Claire; her life, family and friends at school, but there was less talk about Kofi. He didn't seem like he wanted to talk about himself, let alone his family. When Claire raised a question about his personal life, he would either avoid it or give a vapid response. Claire looked up and noticed the sun setting. *It's time to go home*, she thought and looked at Kofi with an expression that told him that his time was over.

"It is late now," Claire cemented his assumptions. She even showed him the time on her phone. Kofi frowned.

"It's too early," he said and took her hand. "I will take you to one more place. Then we will go home."

"Where's that?" Claire asked. She wondered if there was still a place more beautiful than all the places she had seen with him.

"My hideout," Kofi smilingly told her before he started trotting, pulling her along. They Eastwards and turned on the second corner. From a distance, they saw a grey cabin, solitarily erected at the far end of the route they taken. The cabin was fenced with a wire studded by blooming vine shrubs and flowers. The amber light on the porch shined brightly, giving the entire scenery a beautiful fantasy look.

"Wow!" Claire exclaimed in delight when they walked through a small white gate to the cabin. "It's beautiful!"

"Wait until you see inside," Kofi said and smiled brightly. "You will love it."

Claire smiled profusely as he led her inside. The inside was really beautiful. Kofi was right, she loved what she saw immensely.

The interior decor was premium and old-fashioned, but

"Whose place is this?" Claire asked curiously as her eyes balled out in excitement.

"It's mine," Kofi replied with pride. "My grandfather gifted it to me as an inheritance."

"You were added in your grandfather's inheritance. He must be rich."

"Was rich," Kofi said and frowned.

"I'm sorry," Claire spoke sympathetically. Kofi's frown immediately turned into a hearty smile.

"Never mind. He died a long time ago,"

"But you must miss him,"

"Of course, but now I have you," Kofi diverted easily once more. "You fill my heart with joy. There's no room for sadness or anyone else."

"Me too," Claire admitted. No one made her feel as special as Kofi did. "I think I am falling deeply in love with you Kofi."

"It's about time," Kofi smirked and cradled her face to kiss her. She stayed still as his lips softly touched hers. So tender, Kofi thought and smiled inwardly. She wasn't exactly his type; the innocent, naive and unexposed type, but he liked it. It would be fun to guide her all through out their congress. He was sure that he would love every inch of the experience and he made up his mind to do it over and over until the following morning. Claire moved back suddenly, and annoyed him.

"Sorry," she said when she noticed. His wrinkled brow suddenly softened as he composed himself.

"Do you want a drink?" he asked. "I have the best exotic drinks. We can leave after you take one."

Unaware of his plans for her, she nodded smilingly.

To be continued.....

DARE!

BY KOWA NVULULE
SIMON

I may not know you, but one thing I know about you, for sure, is that you did not come to this world empty. There is something special that is within you waiting to be unleashed to this world. I say this, not to exaggerate but to exemplify it for you. You may look at what you have done in your past and think you do not amount to anything, this article is going to challenge you that you don't just amount to something, but you amount to something great. And, your life will only start living when you embrace this fact.

There is a major difference between existing and living. Dr. Myles Munroe said "the greatest tragedy in life is not death but living a life without a purpose". It is so sad to note that many people are merely existing day by day and only a few are truly living. Am here to snatch you from the broad way and lead you to the straight and narrow way, the way of the few, the daring way, the failing and succeeding way, the way of the eminent and most importantly, the way of the high achievers. By the time you finish reading this article, you will experience a vibrant sensation of the electric touch of a daring spirit.

You may wonder that why are some people living miserable lives while the few are enjoying life? why are the majority of people poor and only a few are wealthy? why is Elon Musk able to make an average of 1.41 Billion US dollars per hour (as of 2022) while the majority of people will never possess that much in their entire lifetime? Why are we seeing a rise in divorce cases while only a few are enjoying fulfilling happy marriages? Why is there a rise in depression and suicide cases among the youths? This article will attempt to answer these questions. You must understand that where there is no daring, there is death. Come with me to the wonderland.

KOWA NVULULE SIMON

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One blissful morning, I got on a bus to Kabwe on my personal errands. As per custom, I was seated peacefully reading a new book that I had recently bought. Coincidentally, one of my colleagues came and sat beside me. We started catching up as it had been a few years since we saw each other. We actually studied at the same university and graduated in the same year, even got our undergraduate degrees on the same day. We had a chat, talked about how life was after graduation. He then asked me a question that was quite strange, "wait a minute Kowa," he said with a gaze, "what happened to you?", "what do you mean?" I asked with my eyebrows raised. He said "you were so quiet and reserved during our university days, how did you change, all of a sudden from being a quiescent guy to such a great speaker?". My cheeks turned red for such a great compliment from an acquaintance. You see, it is rare that you can get such kind words from a person who is a friend. Anyways, we laughed it out, and something inside me said "the person you knew in University is dead, this is the newborn-transformed me!". so I stretched out my mind's arm and said "welcome to the new me!"

WHAT HAPPENED?

Back in my university days, I couldn't even have the boldness to stand in front of people and speak, I could sing but speaking was a big NO for me. This is because I grew up with an inferiority complex. But something happened from looking down on myself to becoming a mentor. When I defeated my inferiority complex, all I wanted was to help other people believe in themselves and dare to do great things.

Fast forward, I became the author of Radiate Positivity, and just after graduation, I was invited to speak at my alma mater, Rusangu University where I spoke to about 2000 students and staff in attendance. This was the first time I got paid for speaking to an audience. Now, I want you to understand that this was the same university I recently graduated from, and I was called not because of my degree but because of my gift. I was called to encourage the students, not about academics but about life. That is a very big achievement.

Today, I host various mentorship seminars which are changing lives. Despite coming from a broken family and growing up in tough circumstances, today, I am an author, a public speaker, a leader of various organisations, a television and radio personality and a mentor of many people. If I can do it, what can stop you? Think about it..

All this happened because I discovered the reason why I was born, to impact lives by transforming people's minds. I was born to enable youths live a life of purpose. To help people discover themselves. Not only that, I also had to look for ways on how I was going to do this, that is how I dared to start writing books and engaged into public speaking. Matter of fact, I have just scrapped the surface. Here are some practical things you can do;

1. Believe in yourself

You see, the only reason you're still alive today is because God instilled something special in you to bring to this universe. Dare to do great things, put your gifts and talents to the test and see if it resonates with you. This world is full of talented people who have hidden their talents in the hole of fear.

They are scared that people are going to laugh at them. I remember the time when I wanted to become an author, I was excited but my mind said “who is going to read my book” or “people are not going to take me seriously”. But I had to override that conversation by daring to do it even if I was afraid.

This reminds me of one of my favorite poems by Walter D. Wintle who said that “If you think you'll lose, you've lost; For out in this world we find. Success begins with a person's will. It's all in the state of mind. If you think you're outclassed, you are; You've got to think high to rise. You've got to be sure of yourself before you can ever win the prize. Life's battles don't always go to the stronger or faster man; But sooner or later, the person who wins is the one who thinks he can!”

2. Build yourself

The easiest thing I've ever done is publishing a book, speaking to large audiences, appearing on the television and mentoring people. But the most difficult thing I have ever done is to believe that it could be me doing what I am doing. Dear reader, I know you have something you have been wanting to do. There is a burning desire deep down your heart to produce something, to unleash your gift. I want to encourage you that believe in yourself, only then will you be able to do it.

I always get encouraged when I remember the words that Dr. Carter Woodson wrote in his book called the miseducation of a negro, he said “if you can determine what a man shall think, you do not have to concern yourself with what he will do. If you can make a man feel inferior, you do not have to compel him to seek an inferior status for he will seek it himself”.

You see, because of the information we get from social media and our negative friends, it tends to cripple our minds such that we can no longer dream to be great. No wonder the bible says “do not be conformed to this world, but be transformed by the renewing of your mind” (Romans 12 vs 2a). this implies that for you to live a worthwhile life, you have to change your mindset because nothing changes until your mind changes.

I never thought anyone would pay me to speak given my background, coming from a poor family with a crippled mind, but guess what, my mind was transformed.

3. Brand yourself

This is one of the greatest favors you can ever do for yourself. You must be willing to discover your purpose and find ways of how you can brand yourself in relation to your purpose. Package it in a way that you can monetize it. For instance, my purpose is to impact lives by transforming people's minds and I do that through writing and speaking. Not only that, I also generate an income from impacting lives because I used my talent of writing to write books which are being sold, and, I also conduct mentorship classes and trainings and I get paid after doing that. This gives my life meaning.

The question is what are you good at? Can you cook, write, dance, speak, think? Find a way that you can package it in a way that someone can buy your services. Believe in yourself, build yourself and brand yourself. do not be afraid to unleash your greatness to the world. Even if you think you are not good enough, just give it a try, go on the stage and do your thing.

You never know how great your potential is until you give it a try. Don't sit on your talent, you are not a chicken, unleash it, dare and conquer. When you do this, you will live a worthwhile life. your purpose is the very essence of your life, it is life itself. Be willing to use what's in your hands, if there's nothing in your hands, use your hands and if you do not have hands, use your head.
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Stress

By Rutendo Shirley Maturure

Stress is a multipart event that forces the body to respond in a survival instinct – to any danger. In this case, the mind is releasing certain biochemical reactions in the body which can be highlighted in depression, anxiety, panic or other several mental issues. Stress is the trend in people's identities and as far as research is concerned a lot of techniques and psychotherapies are being created to control stress levels.

Sadly, stress is can react to something around us that disrupts our everyday equilibrium. People react to stress differently. For example, some people may experience tense muscles, or a rise in blood pressure, while others may experience sleep loss, appetite loss, and even a weakened immune system. The reason is that it varies from person to person. It is inflexible to pick one stress-management practice that will function for every person, hence all could have a diverse personal stress management plan.

Based on our daily lives in most situations we are put through pressure is "stressful". Stress is not essentially horrible or destructive. When one can handle adequately the stress and find it positive in, they are inclined to use other words – such as "stimulation" or "challenge".

Stress is a person's adaptive retort to an incentive that spaces excessive psychological strain on that person. All responses entail the use of energy. Any command made on the body for a natural, expected and routine activity does not create stress usually. Still, if a condition requires adaptation to new conditions thereby producing an improved demand on a vital motion, it may spawn stress in the form of a stereotyped pattern of biochemical, functional and structural changes in the human organism

To begin with, stress management is about identifying the source of stress. It is not an easy task but it is essential. The source of stress may not be evident as most symptoms are overlooked. For example, heartbreak or a constant worry about meeting the deadline yet maybe their presence or procrastination is what leads to this stress more than the actual deadline.

The type of food eaten can contribute a huge role in stress patterns. A proper diet can make a lot of life changes towards stress and how the body reacts. Staying away from unhealthy components in a diet can play a role in hormonal balance. When one limits their intake of caffeine, alcohol, fat, sugar, and salt they help the digestive system which is one of the major contributors to stress on the body and other daily activities.

Anxiety is a massive stressor and is one of the major stressors for most people. Dealing with it can make stress much more manageable. Anxiety repeatedly arises in conjunction with depression, causing a two-faced issue for some people. The nerve-racking associated with anxiety can magnify stressful situations, raising a person's stress levels vividly.

Another source of stress is the environment that has an influence and pushes factors leading to stress. With an expectation of understanding and adjusting to the environment, one is likely to fail to result in stress. An example of such can be the climate, noise, population, traffic and trends of the place.

Communication is an essential part of stress management. In being able to communicate one can identify and deal with things that stress them out. Naturally not identifying or communicating causes stress. This is due to reasons that one is in panic or anxiety mode are due to fear of approaching issues that bother one and one fails to communicate them through their sources. When a sender encodes a message the receiver decodes it giving the sender feedback. The failure to effectively communicate can cause problems that lead to stress. An instance could be if someone was misinterpreted you while you are taking an argument, this could needlessly stress both parties avoiding improving communication.

Time management skills are critical for stress management control. This means learning not to procrastinate and prioritize tasks and avoid over-commitment. When one learns to develop skills they are they can identify their stress source. Because when one fails to keep up they are stressed and create expectations one cannot keep up with.

Relaxation techniques can be used for stress management. Yogic breathing, meditation, biofeedback, progressive muscle relaxation, autogenic training, visual imagery, and self-hypnosis are techniques used to deal with stress. Success varies from person to technique and not all results or reactions are the same. The individual must go through these difficult times to be able to identify what works best for them instead of working based on what people assume or think.

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ACASTAR

BUSINESS NEWS

WHY ARE ARTS ZAMBIA'S ECONOMIC SAVING GRACE?

Zambia has a lot of potential when it comes to Arts, but for some reason, the industry is still struggling. One of the reasons why I think this is the case is the fact that Arts are looked down on by most Zambians who still have the mentality that making money can only be done when one has a corporate job. Simply put, most Zambia do not consider either Visual Arts or performing Arts as a tangible job or career. No wonder our Artists and performers receive little or no support from the country, be it the people or government itself. However, on government's part, I am sincerely hoping for a change because we are in the "New Dawn" Government.

In the same vein, I sincerely hope that companies in the private sector can come together to help the Arts and entertainment industry bloom. Why do I hope so? To be honest, I believe that the Arts are Zambia economic saving grace. Yes, we have been surviving on copper exports and agriculture, but these two industries have proved to us time and time again that they cannot fully sustain the economy. Zambia needs more industries to pitch in and what could be better than Technology and Arts?

We should learn from Nigeria, Ghana and South Africa whose Arts industries are recognized globally and to an extent where their Artists and performers are invited to feature in international programs, music, movies and other Arts and entertainment activities.

There is money in the Arts industry and sadly, our country doesn't have an idea on how to leverage the opportunity. Yet again, I think its not lack of knowledge but ignorance and lack of commitment , team spirit and sacrifice that is eating away our chances of thriving. All that Zambians know is to support someone when they have already made it by saying "Zambia ku chalo". No one is there for our brothers and sisters in the entertainment industry until they make it nationally or internationally. A good example is Sampa the Great. The support she is receiving after she's made it as a renowned musician in the USA is great now, but if look into the past, we will find that she hardly had supporters in her very own country. As at now, every Zambian is proud of her and lately, she as been the most searched Zambians on Google. This could have happened a long time ago if she was supported earlier. Meanwhile, I just commend her for not abandoning the country like others do. Nonetheless, it is high time we start appreciating and supporting our visual artists, actors, actresses, producers, film makers, writers, musicians, directors, editors and many more who are striving to make the industry thrive. If these were not proper careers then Hollywood, Bollywood and Nollywood wouldn't be making millions out of them. Zambia shine your eye! You have the opportunity.

The Child who made Peace with God through Music.

By Muzhinga Kankinda



Finding a purpose is hard especially when fate is against your desires. This is what most people orphaned at a tender age would say but for Mweene Nchimunya, a young man aged 27; this was a chance to find his purpose in life.

Born in Choma, Southern Zambia, Mweene left his hometown and grew up elsewhere because he was orphaned at an early stage. However, this did not weigh him down as he took solace in Music.

It was this interest and passion for Music and singing that has made him a seasoned Gospel artist today. He went ahead to compliment his love to sing for God with Theology studies at the renowned Rusangu University, an Adventist University in Zambia.

When interviewed over his life's decision to sing and preach, Mweene simply stated that he loves to share the Gospel truth through preaching, teaching and singing.

"Music is my life and passion. There is no better way to share the gospel than in melody, Hence, I am now a gospel artist."

When 100mirrors further asked why he's chosen gospel over other genres of music, Mweene responded saying that he chose gospel music because he believes his purpose is to bring light to the world of darkness and set free the sin captivated souls through preaching Jesus in melody.

However, just like any other artist, he has not been spared from challenges. He indicated that the challenge he faced at the beginning of his journey as a musician was trying to be at peace with God.

"I believed that I cannot give what I do not have. I needed to be it and experience it before sharing it" he said vividly.

The gospel artist also stated that he had difficulty balancing between school and music, and that he was struggling financially.

When asked if he had made peace with God, Mweene's response was simple. He assured 100mirrors that his relationship with God is was better and wished to have enough time for his music career.

"I believe that my music is very relevant to my audience because without it, there is no hope for the human race."

Mweene has since released one songs titled Day 41 and two more are yet to come with titles, small heaven (marriage) and divine Obsession (God's Love).



Six questions with Entrepreneur, Sarah Muyesanji Banda.

1. What is makeup to you?

Sarah: Makeup to me, is an Art that focuses on enhancing one's beauty. It is also an art that brings different characters into life on the face of an individual. Makeup has no restrictions and so you can be anything you want to be with makeup and this is why i enjoy being a make artist.

2. What inspired you to join the makeup industry?

So, what really inspired me to join the industry is how I felt beautiful every time i did something new on my face like drawing eyebrows. This prompted me to start watching makeup tutorials in order for to learn and perform more artistic routine to bring out my beauty.

3. How do you balance full time work with your makeup business?

My profession is kind of flexible in that i have shifts that I alternate from. It's either am working in the morning or afternoon shift and I usually get weekend makeup bookings which is easier because i can easily switch shifts according to the appointment

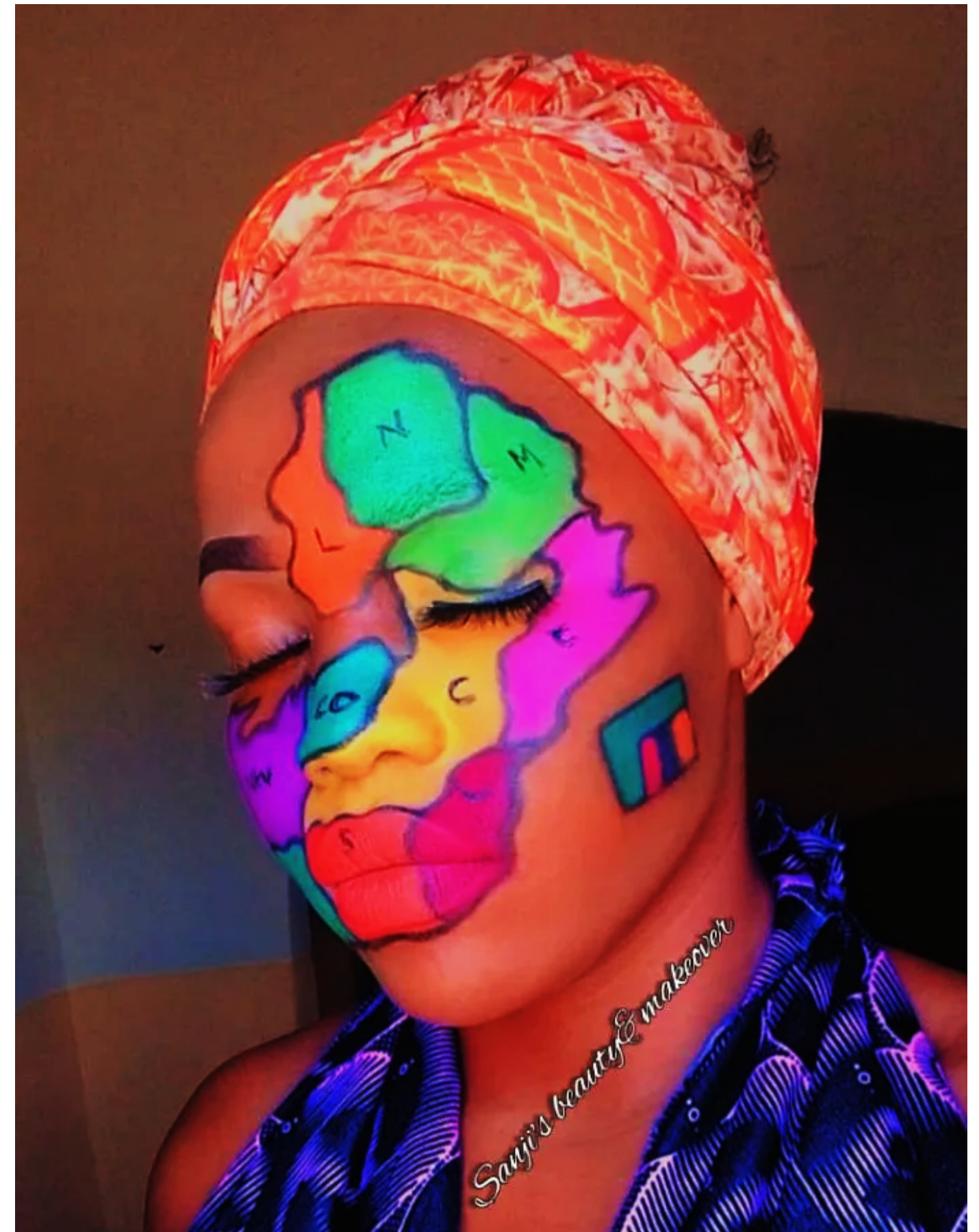
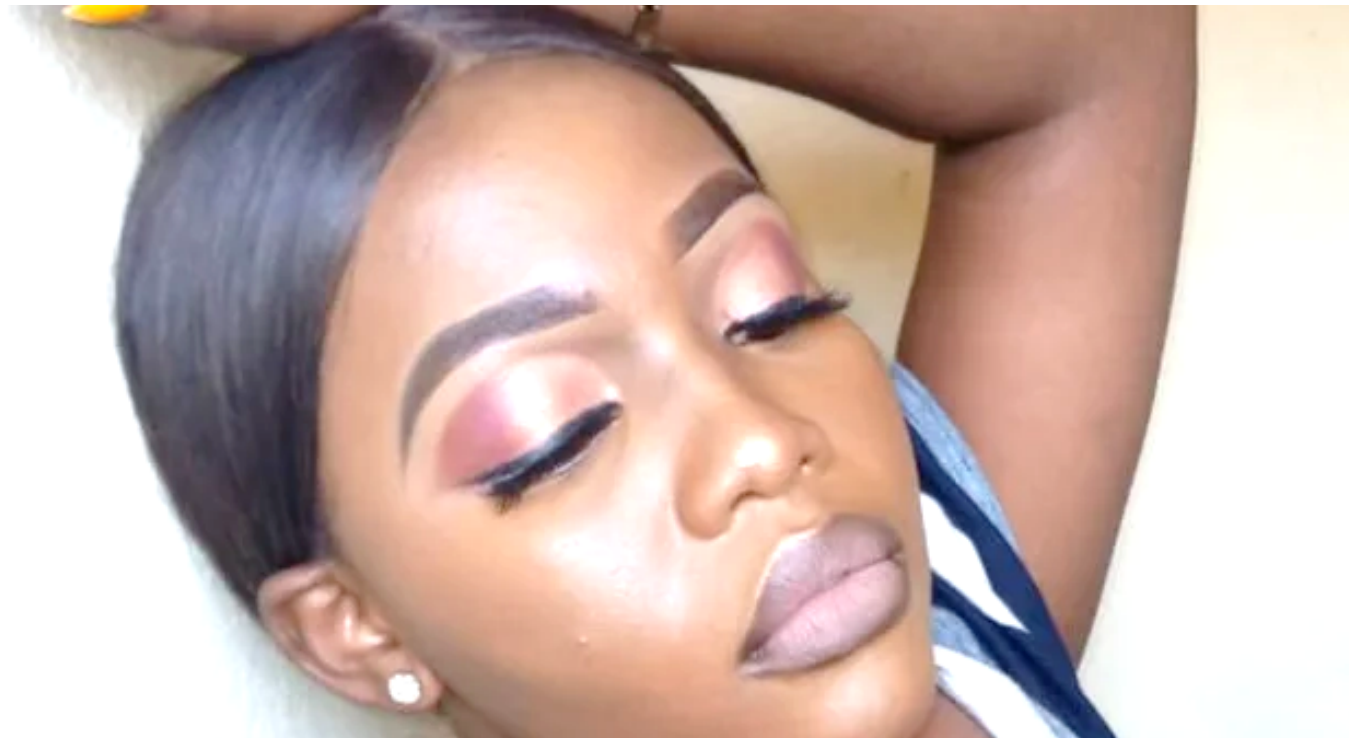


4. What challenges have you faced since the beginning of your journey as a makeup artist?

My challenge so far is being mobile. I spend money on transport expenses in that I follow my clients up because i do not have a permanent makeup shop. Apart from that, authentic/original makeup products are highly premium and cost more than the amount I charge for makeup sessions. So, the little i get is used to purchase the needed products.

5. What advice can you give to youngster making attempts to join the industry and become makeup artists?

Every business has ups and downs including the makeup business. So, i would say be passionate about being a makeup artist. Don't just do it for the name of business but, do it to bring out the other beautiful side of a human being. Otherwise makeup is fun and exciting; its happiness, its self- confidence hence you've got to do it with love.



PROFILE



Sarah Muyesanji Banda is a young Entrepreneur and Clinical Officer General at St. Francis Hospital in Katete eastern province of Zambia. Aside from being a clinician who loves to work with patients; Sarah is a makeup artist, getting her inspiration from watching tutorials, her sister, Konjase Banda and role model makeup artist, Chellah Mubanga.

Sarah has been able to establish herself in the makeup industry and has a goal of one day owning her own makeup business center and a makeup brand with her name on it. She aims at achieving the dream of supplying the best makeup products to her clients, making them look beautiful as her business grows bigger and stronger. Follow: [http://www.facebook.com/Sanji's beauty&makeover](http://www.facebook.com/Sanji's%20beauty&makeover)



EPILEPSY AND HOW YOU TOO CAN HELP

John Richmond Sakala



It is not uncommon for countries in times of peace to strengthen their armies even though there is no war. In times of plenty, saving some of the harvest for the future is a prudent approach. This is not so much because we are anticipating or calling evil to happen but as the world we live in is quite unpredictable, such preparations when everything seems to be stable are what save us from harm when things are unstable.

As members of a global community, we too can ready ourselves in multiple ways so that when some of these problems happen around us, we can be well equipped. One such scenario is that of epilepsy (epileptic attacks/ seizures) and how as bystanders we can help the individuals experiencing a seizure.

Epilepsy is a chronic neurologic disorder that occurs due to abnormal brain activity. Seizures are often the main characteristic of epilepsy though they can occur to anyone and not in and of themselves mean that one has epilepsy. Some other characteristics that a seizure might be occurring include aura, loss of consciousness, behavioral changes and temporal confusion among others.

With the many beliefs across cultures around the world of the causes of epilepsy, ranging from demon possession to a curse of bad evils which leads to ostracizing from society, a correct knowledge of the nature of this disorder can do a great benefit to those who suffer from epilepsy. This informing of ourselves is actually the first step that bystanders must take in order to carry out first aid whenever they find themselves in a place where someone around them is having a seizure.

Besides this theoretic knowledge, there are some practical steps we must all learn in times of peace, so when we are faced with such a situation, we can readily be at hand to help the situation. Below are five basic steps on how this is to be done.

1. CALL FOR AN AMBULANCE – when it comes to emergencies every passing minute proves to be of immense value. If the person is a stranger and you do not know if they've had a seizure before you must call the emergency services. If you know of their history of seizures then only call the emergency services if it lasts longer than 5 minutes among other indications. Call for professional help on the emergency lines according to the country you live in. As you call, give the location of where you are, describe the nature of the emergency (in this case, seizure), if medical ID or reports are with them, share this information with the dispatcher as well.

2. PROTECT FROM FURTHER INJURY AND PRESERVE DIGNITY AS MUCH AS POSSIBLE – Often individuals with seizures have jerk movements and fall suddenly which can cause major injuries. The bystander must assess and insure the surrounding must be free from sharp and harmful objects as much as possible without putting themselves in danger. If possible a pillow or rolled up jacket must be placed under the head so as to prevent head injury. It is also important for you to preserve the dignity of the casualty in their moment of weakness.

3. DO NOT ATTEMPT TO STOP THE ATTACK – on average seizures last 2 to 5 minutes, and while it might look bad, it goes by on its own. During this time, no attempt must be made to stop the seizure from happening either by trying to shake them out of it or trying to hold them tight as this might just cause further injury.

4. DO NOT ATTEMPT TO CLEAR THE AIRWAYS – it is common for the mouth to foam when one is having a seizure and the airways might be temporarily obscured. However, under no circumstances must you attempt to clear the mouth of its contents with your hands. By doing this, you risk bite injuries on yourself and a potential infection. Furthermore, no attempt of CPR or reanimation should be done. It is enough to lay the casualty on their side as this optimizes airway flow as their attack goes on.

5. MEASURE THE DURATION OF THE ATTACK – from the onset of a seizure, bystanders must start the clock. Measuring how long an attack lasts provides vital information to medical professionals about the casualty and what type of therapy must be given. In the heat of the moment, time seems to take forever or go by fast depending on the observers. To avoid this subjective bias, looking at the watch gives a more objective outlook on things.

6. DO NOT GIVE THEM FOOD OR DRINK UNTIL – if signs of confusion after the seizure are still showing, do not offer them food or drink.

7. STAY WITH THEM TO FULL RECOVERY – following the lack of orientation and confusion, stay with them until they are fully recovered. When others are weak and vulnerable, let us all pitch in as best we can to help. The small things done can be the difference between life and death.

Please refer to official guidelines by organizations like WHO or CDC for more detailed descriptions of what to do in such situations.

PSYCHOLOGY WITH MUNANDALU MONZE.

WHY DO WE DO THE THINGS WE DO?



Is it not amazing how humans behave? We do and say the most weird things, you would even wonder if we are of this world. You would agree with me that psychology is an interesting topic and a diverse one for that matter.

Now, I and many people who have taken the course psychology that it carries a lot of misconceptions, my favorite being that Psychologists read peoples minds and know exactly what they are thinking, and for sure many times when I reveal that I have studied psychology the first thing people say is “So you can tell what am thinking about now?”, “ I am not going to be found with you cause you will be reading my mind.” And at times to just scare them a little I agree to what they think, then tell them the truth after some time. The premise that Psychologists can read your mind is not accurate, they just have extra knowledge about human behavior which allows them to predict behavior to a certain degree.



Let me be quick to mention that Psychology cannot be separated from philosophy as a vast history of psychology is rooted in it, yet that is another topic on its own. The word psychology comes from two Greek words, Psyche= meaning soul and Logos= meaning to study. Through its organization, psychology has been defined in many ways yet I seek that we define it as the scientific study of mental processes and human behavior. This basically means that psychology seeks to know why people think the way they think and why they do the things that they do. It also looks at things like attention, cognition, decision making, learning, language, taste inclusive of all the senses.

These collectively are referred to as mental processes. Behavior is defined as expressions of an individual's experience. They may be outwardly expressed (Overt behavior) such as anger, fear, and disgust or be inwardly expressed and felt such as love, hostility, and anxiety. The study of psychology helps us to better understand the world. We can understand the cause of events and behaviors and we can understand how and why people are so different from each other.

When we talk about studying mental processes and behavior, we attest that this is broad field because we are saying that psychology is connected to everything we do, and anything you are interested in, psychology can help you understand. Because it's so broad, it will be good for us to break it down to its sub-fields. Let's begin by looking at Cognitive psychology which focuses on cognition or in other terms thoughts. It looks at questions like how do thoughts influence us? How do they influence our emotional state or our decision making or our behavior?

We also have evolutionary psychology. Psychologists in this subfield want to know how our thinking and behavior has been shaped over billions and millions of years of evolution or how certain patterns have been selected for over time.

Developmental psychology wants to know how we change over time (grow) but they look at a much more shorter period than evolutionary psychologists. They look at changes from infancy to adolescence or from adolescence to adulthood. It basically looks at the human life span.

We also have neuro science and it is focused on studying the brain and brain activity. This is obviously connected to our thinking so psychologists in this field look at brain waves and how they connect to thought and this would be placed under cognitive neuroscience. The focus can also be placed on behavior and brain activity and that would be called behavioral neuroscience.

Many of the aforementioned approaches focus on individuals but we can also consider how a group affects our thoughts and behavior. This is where the field of social psychology comes in to examine how and why our thoughts are influenced by a group.


And lastly, though this is not an exhaustive list and presented in no particular order of importance, we have abnormal psychology and this is the field most people associate psychology with. This field seeks to study thoughts and behavior that are considered abnormal (not normal).

The subfields are placed into two main branches which are experimental psychology and applied psychology. Experimental psychology deals with research and answers the questions "why?" and "what?". As the word suggests, applied psychology applies the research from experimental psychology and answers the question "how?" How can I make the world a better place. This is where you find counselors, clinical psychologists, therapists, behavioral analysts to mention a few.



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MUZHINGA KANKINDA

Story of my life: Unveiling my struggle in my educational journey

THE GIRL WHO FOUGHT VISUAL IMPAIRMENT.

Everyone has a story to tell; about their struggle, loss, failure, achievements, success, grief and the list is endless. Every human being has a story for another human being, created by experiences and events that become history yet, possessing a strong potential of shaping people's futures for better or for worse. Everyone has a tale, whether from grass to grace or rags to riches but, not everyone is good at telling their story because it takes a lot for one to be able to remember their struggle and talk about freely without emotional breakdowns.

I have waited for years to share my story with the entire world but, this is just a part of it because I'm still alive and making more history that probably one day, I will be able to tell it all in its entirety. My purpose of sharing this part of my story is to encourage someone who is or has passed through a similar phase in their life. This is the Wednesday Issue.

My name is Muzhinga Kankinda, born in the beautiful country of Zambia in 1996 in the most beautiful month of August and my story begins, in Eastern Zambia, Nyimba district during kindergarten.

I don't remember how old I was but, I remember one habit I had at that particular time and this shaped my entire educational journey. I spent my whole kindergarten as a normal child but, I was far from it because I was born with visual impairment yet, everybody including myself were oblivious about this possibility until some time later.

Back then, I had the tendency of sitting near the chalk board thinking it was out of habit yet, it was because my failing sight. Whenever I was late for school, I would find the front seats taken by other children. Then, I would go to the back of the huge class and get another chair which I would put in front of the other chairs so that I could sit in front. Achieving this task was always a struggle because the extra chairs were plopped together hence, superseding my height and strength but, with determination I always made it. This became a major habit despite not understanding why I desperately wanted to sit near the board but, I never shared my experience with anyone.

Soon it was time to leave kindergarten; I went to 1st grade in 2001, the year I began to detest school as I realized that it was different from kindergarten. We had desks instead of plastic chairs and moving them to suit my desires was impossible. I had difficulties learning because I couldn't see properly and I couldn't possibly find my way to a front desk when it was already occupied.

To make matters worse, I didn't confide in any one because I didn't even know I had a problem in the first place. I remember one instance where my mother asked some older girls to take me to school with them because I had refused to go back; obviously it wasn't a place I wanted to be at anymore. I recall crying as they dragged me to school, running speedily that I had no choice but to run along with them and soon I was back at school, going through the worst days of my life and that was how I spent my first year of school.

Eventually, my mother was transferred to work in Petauke in 2002, another district in Eastern Zambia while, father remained in Nyimba. My mother took me and my older sister to Mizyu Basic School for enrollment. I was supposed to be in 2nd grade but, was taken back to 1st grade due to lack of space. I thought school was going to be hell just like before but, I realized that there was a solution to my problem.

Mizyu Basic School being a government school enrolled lots of pupils hence, the classes where usually filled up and I used this to my advantage. Pupils that went to school earlier would feel up the back spaces while I came in a little late and sat in front near the board; be it on the floor or on a desk if I was lucky to find one with space. This was my new way of revival; to come out of the shell of dullness because obviously I had earned that name back in Nyimba for not doing the right thing in my 1st grade. I began to recover from the feeling of hate I had for school, working harder each day and soon everyone discovered that I was a bright kid.

Consequently by God's grace, my family began to notice that something wrong with my sight through how I read books and how I couldn't find things when they were just an inch closer to me. My mother and father took action by traveling to Lusaka Adventist Eye Hospital in Chawama, Lusaka where I met a doctor whom I only remember as Doc. Kaputula. I don't know what he said to my parents but, I knew from that day that I was visually impaired. Doc. Kaputula prescribed a lenses for me and that is how I got my first spectacles.

We went back to Petauke where my mother told my teachers about my condition. Everything seemed great because now I had a desk of my own positioned near the board and I was the kid with glasses, brilliant in school work and I even earned myself nicknames like "professor and doctor". I totally felt good about myself.

However, this good feeling didn't last because I was growing up, each day becoming aware of my truth. I suddenly realized that people were good to me; giving me special treatment because of my condition. Knowing that they pitied me, marveled and wondered why a child like me had to face such a problem made me feel bad about myself.

Moreover, I heard teachers talk about it when I walked past them; my fellow pupils talked about it too and soon I began to feel sad and question why.

Suddenly, calling me professor or doctor came to me as an insult, an insignia of mockery to my situation but, that wasn't all I would have to deal with. I advanced in grade; and we changed teachers and occupied larger classes which accommodated a few pupils, leaving a large empty space in the middle of the class and in front. How then was I going to be able to sit near the board in order to see what the teachers were teaching us? I recall our teachers grouping us from the most intelligent pupils to the least and my group of the most intelligent pupils, G1 was at the back of the class. I wondered how I was going to learn from the backseat.

I failed to ask for help because my ego was finally taking over; yes, I was ashamed of the fact that people pitied me, I detested that feeling so much I didn't want to talk about it.

However, I decided I would find a solution to my problem without seeking for help from the teachers. After probing, my mind gave out a solution but, it made me even sadder because I felt it was embarrassing among my peers. My sight was so poor that my lenses couldn't do much to help unless I was near the board so, I simply had no choice but to put my plan into action.

So, Every time we were learning, I would leave my desk and stoop right in front of the board writing notes, exercise or listening to the teacher's explanation and when I was tired, I would sit down on floor, alone and attend to my school work but, this whole process was taking a toll on my self confidence and esteem. I didn't realize I was becoming a sad child with smiles on my face yet, I was getting cold instead and soon it would be manifested outwardly.

I became detached from both family and friends as the feeling of unworthiness settled upon me. I felt useless and cursed and I asked God why he let me go through such pains alone at a young age. I thought he hated me and soon i felt unloved by my own family, I felt I needed to prove my worth to everyone. I was always insecure and seeking for approval and praise for every little thing I did and all the while my sight was deteriorating, changing for the worst. I wrote my grade seven and passed with good grades that I was accepted at Eastern Zambia's best girls' school, Katete Girls Boarding school. I went there for my 8th to 12th grades but, my problems were far from ending.

At Katete, I found it hard to cope even more because work became bulky and i had to study more. It came to a point where i had to start going to research on a day's lessons because i was unable to see what had been taught in class. With nine subjects, research was quite hectic and tiresome but i managed to pull through it especially because i had friends and teachers who supported me. They were able to help out by dictating notes and giving me printed copies of literature. Nonetheless, this was a time when i suffered most from low-self esteem and confidence, lack of self image and ability to think that i was ever good for something. Unfortunately, the bullying i received from other students also made my situation worse. I was able to counter these problems by joining clubs like the Debate club and the Girls Leadership Club. I also took interest in writing poetry, songs and stories as well as Singing, Drawing and Designing. These activities helped boost my self confidence and restore my pride as a human being and i looked forward to improving myself. Furthermore, my family's support kept me going. It is without no doubt that my mother, father and my siblings' prayers and support played a vital role in ensuring that i survived my predicament. My mother put in love, time, effort and money to ensure that i was comfortable in my situation. The entire family took me under its wing and cared for me that without them, i wonder where i would be.

In 2013, i wrote my 12th grade final exam and graduated from high school at the age of seventeen and in 2014, I went for eye surgery to correct the Ectopia Lentis (Lens dislocation) that caused my poor sight. I stayed home until i was nineteen. This was the time when i was enrolled in Rusangu University where i started my degree program in Journalism and Communication.



At the University i had a goal to graduate with a Suma Cum Laude and i worked hard towards that dream because i realized that in life, i could do anything i set my mind on.

After all i had my mother's blessings. I remember her sitting me down on the day i was to Rusangu University. On that day she blessed me immensely but the words i remember vividly are the words of the scriptures. She said, where you are going, you shall be the head and not the tail. I believe in her words; in her blessings and most of all i believed that God would bless me through her declaration and truth be told, her blessing on my life came to fruition and today, i am proud to say that i graduated with a Cum Laude with Distinction at a GPA of 3.53 and i am proud that i never gave up. To other, this may be a simple story while others may think i never struggled enough but only i know the emotional, physical and mental stress i went through to reach this stage and i would love to encourage someone passing through trials that no matter what, there is light at the end of the tunnel. Keep the faith, the hope and the trust in divine power and yourself. Tell your mind that you can pull through and remember to find something; hobbies and talents that can help you alleviate your mental stress.



How about cutting down the plastic bags?

Rutendo Shirley Maturure



Tons of plastic used by humans become waste and are never recycled. Cutting or banning plastic bags from our shopping can be an effective and friendly towards our environment. The uses of plastics have affected wildlife, humans and ecosystems. This has left us challenging people to find readily available means. Sadly, people seem to be reluctant about the effects and harm plastics have caused.

Experts state that it takes many years to break down plastic for decomposing. The toxic substances that are released by the plastic bags under the pressure of the sun, wind, water or when burnt; are free substances or particles that encourage pollution. This leaves the toxic particles contaminating the soil, water and elements of the environment. It has been suggested that the use of plastics allows inroads into cancerous diseases (Simons 2005). This will require extensive means to purify the affected areas in the environment but sadly the notion or effort does not stop improper disposal.

“

HOW ABOUT CUTTING DOWN THE PLASTIC BAGS?

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Plastic bags are dumped indiscriminately into landfills worldwide that occupy tons of hectares of land and emit dangerous methane and carbon dioxide gases as well as highly toxic leachates from these landfills during their decomposition stage. Waste from plastic bags poses a serious environmental danger to human and animal health. If plastic bags are not properly disposed of, they can impact the environment by causing littering and water drain blockages.

There are several reasons why cutting or banning plastic bags is important to save humans, wildlife and the ecosystem. Here are effective ways to cut down on plastic bags during shopping for an eco-friendly environment.

1. Reusable bags.

They are cost-effective and eco-friendly. These include recyclable plastics and eco-friendly baskets. This can encourage less plastic usage and save cents. But it is important to remember to bring them along. Maybe stores could start introducing them as cheap efficient options to the consumers.

2. Reusing old plastic bags

It's no secret that most households have accumulated old plastic in cardboard. One can find means to reuse the plastic bag for few items until worn off. Proper disposal should be done after several times of reuse to protect the environment.

3. Using boxes.

One can ask for boxes from stores to carry items in an exceptional option of plastics. They can be reused in the home and they are easy to recycle.

4. Go bag-less

If one is shopping for a few things there is no reason to purchase a bag. One can carry them to their car or even put them in the bag carried. This way one is less worried about recycling.

5. Supporting activists.

How about supporting legislation and activists fighting to protect the environment? Sharing on your social media platforms or signing petitions can go a long way and create a change. Encouraging others to take a part in the movements and creating places for conversation can lessen the use of plastic bags. Most people lack knowledge or understanding of why plastics are harmful to the environment.

Reducing or banning plastic is an environmentally friendly initiative. Everyone can play their part but it takes us all being involved and encouraging.



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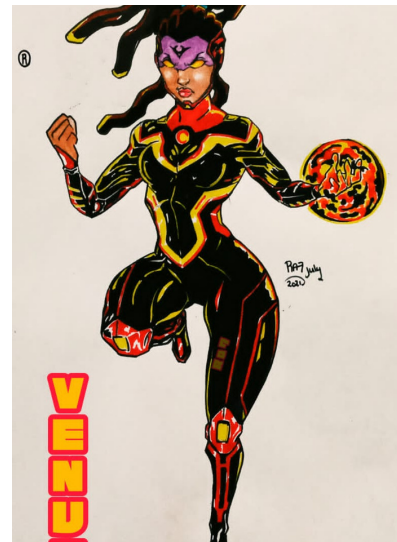
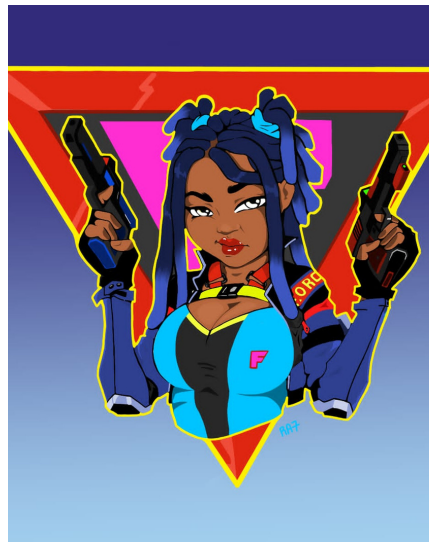
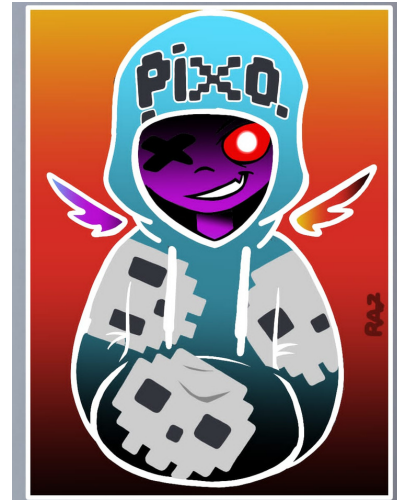
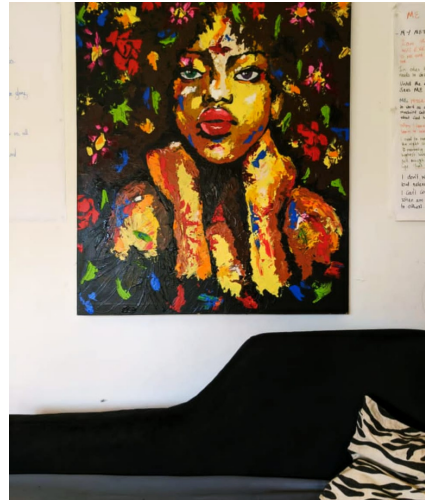


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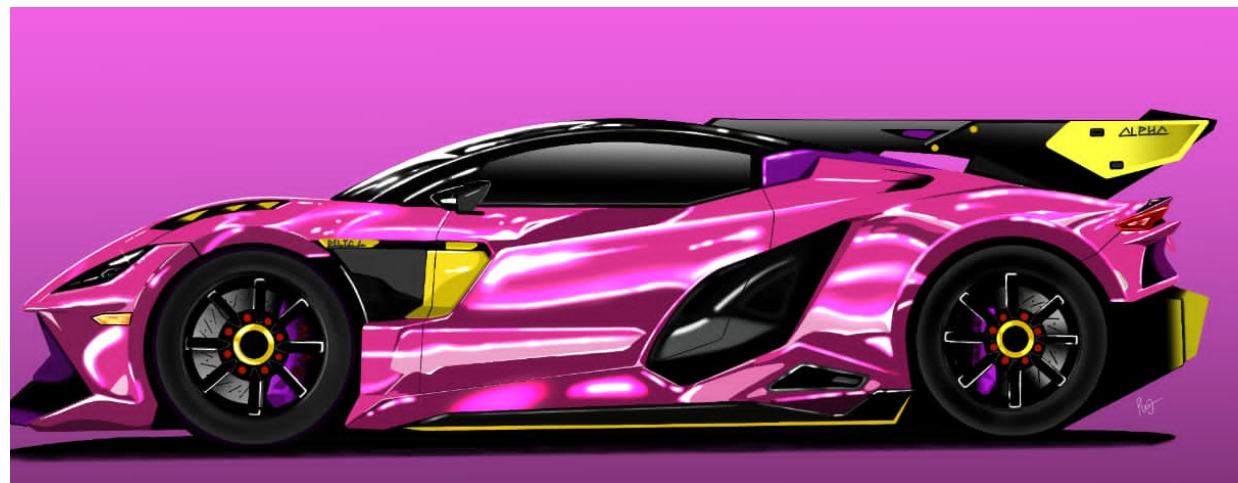
ART BY BONG'AIN



A YOUNG UPCOMING Artist with a passion for painting, drawing, designing and creating beautiful and attractive Art

He studied Art and Design at Evelyn Hone College. He aims to use his Art to tell the right stories and hopefully change people's lives for the better.

BONG'ANI SINGINI



POETRY DEN

Question Upon Question By Muzhinga Kankinda

Lately , I ask myself, what is freedom?
Is it enjoying the bliss of popularity at the expense of my sanity?
Is it telling you That I have the right to mourn when all it does is make me lone?
Is it choosing whom to love and end up with a partners far from being a dove?
Question upon question, but like a silent summon, there is no answer.
Don't you know that nothing, good or bad is good in excess?
They told me, but i didn't listen.
Sadly, one without ears always pays the price.

The Psalm

By Muzhinga Kankinda

I have my troubles, but none to call.
Only you who seems at a distance but ever so near.
I do not see you, yet you are there.
You show me your presence through your power.
The Lord is my heart and mind.
His existence I can feel.
I long for physical touch, yet his is blessedly unseen.
One touch and I am healed
Does it matter if I am poor, rich, weak, powerful, lost, or found?
No, his love is unconditional.
I do not speak for my religion, but I speak for my relationship with He who holds the universe;
Far more supreme than my convictions.
With one touch from him, I stray not to the path of doom.

Perspective Stories



They say an Apple does not fall far from its tree.

She is so good at dancing. She must love her job



Well, sometimes the wind blows the Apple away from its tree to another tree

Moral Lesson:
Not all bad people are born from bad people and not all good people are born from good people. Choice is what fuels character.



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