

THINKERS

N' BLINKERS MAGAZINE



CAN A STUDENT BE FINANCIALLY FREE?, DON'T SAVE INVEST!



Love and Friendship which one would you choose?



IS IT REALLY OKAY TO NOT BE OKAY?

Is agriculture the future?

5
HOT TRENDS
You Need To Know





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FREE?, DON'T SAVE INVEST!**



TEAM LEADERS

STEPHEN MUKWEMBA, SIKAZWE MAPALO,
BERNADETTE CHALENDEWA,

CHIEF EDITOR

STEPHEN MUKWEMBA

WRITERS/ CONTRIBUTORS

BANDA TELAS, JEBSON ZIMBA,
SIKAZWE MAPALO, JOSEPH SIANANGAMA,
SIPIWE BUUMBA, BERNADETTE CHALENDEWA
STEPHAN MUKWEMBA, NATASHA CHIYOBEKA

DESIGN TEAM

STEPHEN MUKWEMBA,
VASTY MWALE, MALAMA MUKE
ELISHA KATUKA, TUMAINI ALUBI

CONTRIBUTING PHOTOGRAPHERS

LUBAYA MUKONKA, SIKAZWE MAPALO
JANI CHOOLOWE, MBAO PETER,
ALBERT MANJULUNJI, PROSSER MULENSHI,
SEKELETI SUSANNA, SCHOOL AGRICULTUREAL
SCIENCES

MEDIA PRODUCTION



SHOTS BY STEPH
PHOTOGRAPHY

EMAIL THE TEAM AT

thinkersnblinkers@gmail.com

SCAN ME



IS IT REALLY OKAY TO NOT BE OKAY?



DEALING WITH DEPRESSION, STRESS, ANXIETY, PANIC ATTACKS AND SUICIDE AS A UNIVERSITY STUDENT.

University is a challenging time for many, especially first-time students, as they face independence, new environment, and the pressure to succeed. Many students experience mental health issues like depression, stress, anxiety, panic attacks, and suicidal thoughts. These illnesses can cause academic difficulties, fatigue, guilt, loss of interest, sleep disturbances, hopelessness, sadness, palpitations, racing thoughts, weight gain or loss, physical pain, and self-harm. It's important to question whether it's okay to not be okay.

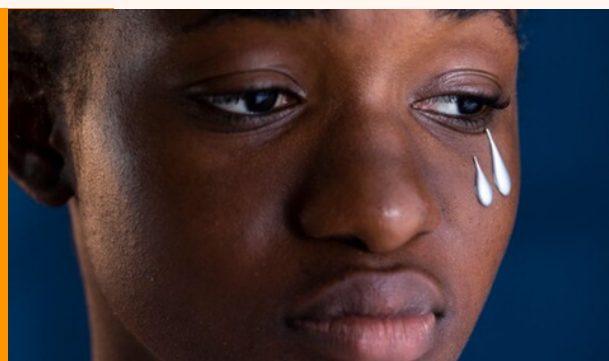
University students often experience peer pressure due to their social group influence, leading to changes in behavior, attitude, and values aligned with their peers.

Peer pressure can be positive or negative, motivating responsible choices or leading to risky activities like missing lectures or cheating exams. This causes stress and depression in students as they adapt to pleasing others for friendship, fame, and fame.



Talk to
someone

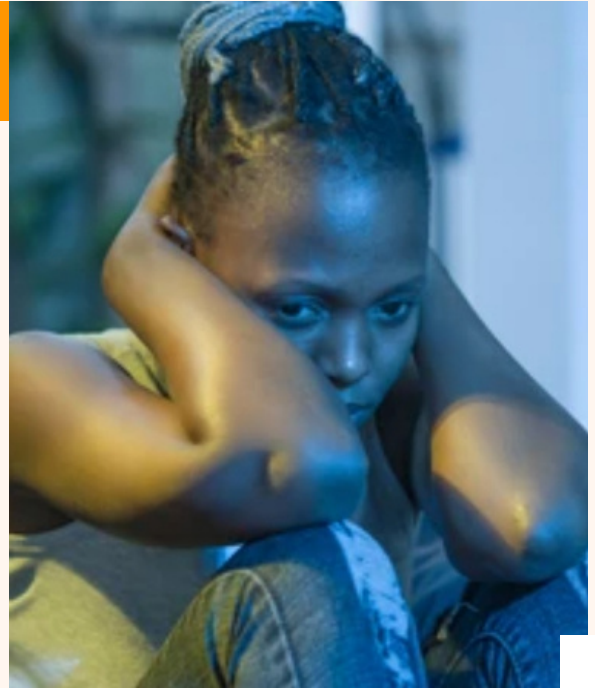
"On those really difficult days when it seems impossible to go on and you feel like giving up, just remind yourself that you've been there before and you've survived every time, so you can survive this time, too."



DEPRESSION IN THE UNIVERSITY

Are are you okay ? ☹☹

Contributing to depression among university students, making them feel out of place. Students often engage in inappropriate activities to fit in, such as dating older men and having multiple partners for financial gain. They find comfort in receiving groceries from older men. Failure to pay university tuition fees on time can lead to depression, anxiety, and stress, as many universities do not allow students with unpaid fees to sit for exams. This can cause students to repeat the academic year and experience stress and panic attacks. Stressful or life-changing events, such as loss



of a loved one, economic issues, medical conditions, accidents, or pregnancy, can also trigger depression in students. Exam stress is a common issue among university students, causing panic attacks and anxiety due to the pressure to clear exams and graduate with a good GPA. Failing exams, loneliness, insecurities, and heartbreaks can cause stress among students, leading to depression. Home and parental pressure can also cause stress, as students are often reminded of their role as "family pillars."

" Strategies to manage stress include: To manage time effectively, it's essential to know oneself, set goals, maintain modesty, eat well, sleep, exercise, and be part of a group. Stay positive, have a supportive partner, meditate on God, pray, and maintain healthy relationships. Attend lectures, ask questions, take deep breaths, and don't isolate yourself. Accept yourself and challenge yourself; be content with what you have; and remember the love of God.

REMEDIES OF DEPRESSION

Bernadette explains the origins of the mistaken idea of denouncing pleasure and praising pain, emphasizing that pleasure is not rejected, but those who don't rationally pursue it face consequences. The World Health Organisation estimates that 350 million people suffer from depression worldwide. We know it may not seem like it, but you are NOT alone. Running away from your problems is a race you'll never win. Instead, reach out for help and try to confront them. John 16:33 "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." Jesus knows that you will experience difficult times. These comforting words can be a source of strength as you reflect on His love for all of us. Through faith, you can overcome the obstacles in your life.



If you're worried about telling a friend that you struggle with depression, then remind yourself that you are one of 350 million people battling this illness. So, odds are that even if you don't know it, one or more of your friends are fighting depression too but are similarly scared to reach out to you.

If sometimes all you want is for someone to acknowledge just how difficult struggling with depression is, then here's your acknowledgement. We understand, and we're proud of you for not giving up. "Give your stress wings and let it fly."

Article by Bernadette Chalendewa

FEATURE IN OUR NEXT ISSUE

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*Showing Up
for AGG 2004*

MULTI-TALENTED SHEKINAH'S CAREER HITS ALL THE HIGH NOTES

Wamiza the natural beauty with brains from house number 10, Tamanga Compound. “When Shekinah Mwale walked into the audition room of TenTamanga Street. The entire room lit up and we instantly knew we were in the presence of a natural star” says John Ilunga Chinyanta, one of the Executive Producer of Ten Tamanga Street.



Shekinah Sibongile Mwale plays the role of the hot headed beauty Wamiza Yumba in Ten Tamanga Street. Wamiza, an ambitious young lady studying to become a lawyer and like many women and girls loves her father so much and will deal, kick and scream at her reluctant irresponsible family who fail to look after their wheelchair bound sick father Tata Yumba played by Wesley Kaonga.

As for Shekinah, she is a smart hard working, goal oriented woman, with a huge vision and a set of diverse gifts and talents. She has always had a genuine interest in the creative Arts industry. Acting has been one of her biggest aspired dreams, for the longest period of her life. “ I am a natural performer and I want to honour all my gifts and talents that God blessed me with” says Shekinah. “ God is no liar when He says a man’s gift makes room for him and takes him before great men. I am going to be an example of the fulfillment of this word because I am determined to serve through my gifts” she adds on, laughing in that beautiful voice of hers.

Shekinah grew up participating in various drama plays both at school and church. After grade 12, she went on full flat to attend any and every audition she could find.

And sadly was always rejected, “Imagine for over 7 years, I auditioned for everything and always got a no” she says humbled at the memories but now she has landed the dream role of Wamiza Yumba in Ten Tamanga street which airs Monday to Wednesday at 19:30hours on Zambezi Magic Tv. Away from acting, she has a major interest in Music. Both singing and rapping.



In 2016 she participated in a national singing competition called 'Dreams Zambia' and she was amongst the Top 3 finalists. Later she decided to share her music gift by becoming a gospel artist under the Stage name Kingcess.

In addition, she is the founder of a growing international 'women empowerment' group, called 'Kingdom Warriors'. currently running with over 400 women all over the world. Their goal is to come together and fulfill their diverse purposes in Christ. They assist orphanages, organize educational events and majorly preaching and sharing the gospel. Looking at the intellectual/professional side of her life. She has academical experience in Business Administration and is currently pursuing her bachelor of science in Banking and Finance.

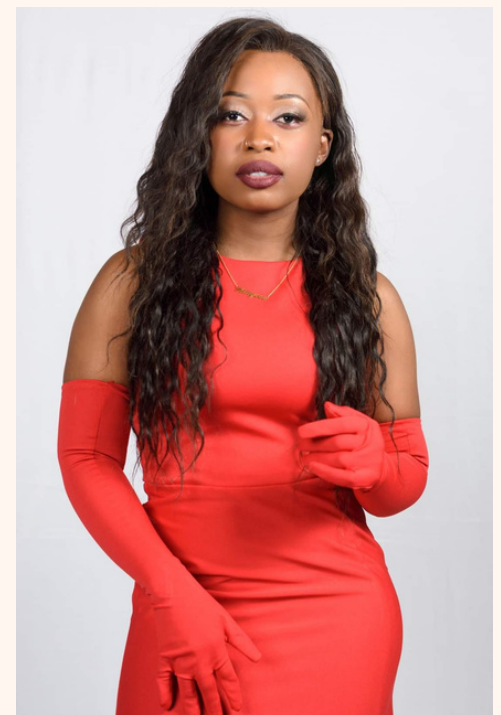
In relation to the same, she has over 12 years work experience with different purpose driven organizations, that have expanded her experience in Sales, Marketing, Debt collection, Accounts and Managerial operational duties. Working in the corporate world, equally introduced the other creative sides to her such as being a 'Voice Over Artist' and Commercial Ad model.



She's worked with the likes of Trade kings, ZICB bank, Kamono farm initiatives, Youth Campaign against Tobacco and Prudential life Assurance. This was to the effect of, Representing and building their brands. Effectively putting to use, her voice and image. She is very passionate about living her life to the fullest. And giving every desired opportunity the very best! So, what is the future for Wamiza in Ten Tamanga Street?

Wamiza is the girl next door, whom you love to see and follow, she is about to face some romantic challenges and situations that could break many people but let's see if she survives it all but I can guarantee you it's a lot of beautiful drama. We as a production studio aim to honor and entertain our audiences with a high quality story in Ten Tamanga Street" says Mr Chinyanta.

Article by Natasha Chiyobeka



SHEKINAH

MWALE



School of agric shout outs



CAN A STUDENT BE FINANCIALLY FREE?, DON'T SAVE INVEST!

The question of whether a student can be financially free is a common one that we all ask ourselves.

Financial freedom is a coveted goal, yet many struggle to achieve it due to various perspectives and priorities among students.

Business is an art that involves stress, demands, and mental challenges, making it an art that not everyone is familiar with.



People often underestimate the challenges of balancing multiple tasks, as motivational speakers and self-built individuals often start from humble beginnings,



advising hard work, focus, and saving. True financial freedom involves investing, not saving, and risk-taking, and individual differences in will power and intellect should be considered in speeches.

To be financially free as a student, one must learn time management and discipline, and decide on an investment strategy. Options include peer-to-peer lending, unit trusts, buying stocks and shares, and government bonds. However, the Bank of Zambia's recent

announcement abolishing bond interest in January 2024 has caused discomfort and lack of confidence in these options. The investment vehicle has been updated with coupon percentage calculations at auction day, predicting higher coupon interest, but further details are yet to be confirmed.

Investing for financial freedom involves diversifying portfolios, seeking advice, and developing habits like avoiding wasteful spending. It's achievable for anyone, including students.

Article by Sipiwe M. Buumba

ISSUE 1
FEB/MAR

Photography by
Stephen Mukwemba

move.



Agriculture is our wisest pursuit, because it will in the end contribute most to real wealth, good morals, and happiness.

Beauty in
agriculture





AGRICULTURE THE KEY TO ERADICATE POVERTY AND HUNGER.

Can agriculture be a solution to poverty, hunger, and economic instability in a fast-growing world? With population growth and a 70% increase in food production by 2050, around 800 million people will suffer from hunger. However, little progress has been made in the industry, suggesting that food scarcity and hunger will not be a problem in the future.

The 2023 GHI scores reveal that nine countries, including Burundi, the Central African Republic, the Democratic Republic of Congo, Lesotho, Madagascar, Niger, Somalia, South Sudan, and Yemen, are experiencing alarming hunger levels.

Extreme hunger is primarily caused by poverty globally, which is further exacerbated by climate crises, armed conflict, and economic collapse, primarily affecting people in developing countries.

Rapid population growth indirectly impacts food production, making agriculture development crucial for ending extreme poverty, boosting shared prosperity, and feeding a projected 10 billion people by 2050. There is an indirectly proportional relationship between rapid population growth and food production,

the more people being born today, the less food is available to cater for the masses. Agriculture development is one of the most powerful tools to end extreme poverty, boost shared prosperity and feed a projected 10 billion people by 2050.

Agriculture, which contributes to 4% of global GDP, is at risk due to COVID-19 disruptions, extreme weather pests, and conflicts. This has led to higher food prices and growing hunger. Russia's invasion of Ukraine has accelerated the global food crisis, with up to 783 million people facing hunger in 2022, 122 million more than before the pandemic. A quarter of a billion people experienced acute food insecurity.



“THE WORLD MUST GO GREEN”

Growth in the agriculture sector is two to four times more effective in raising incomes among the poorest compared to other sectors.

The global hunger eradication goal requires a multi-stakeholder effort, including governments, civil society, and the private sector, to boost agricultural productivity, enhance food access, and promote sustainable food systems.



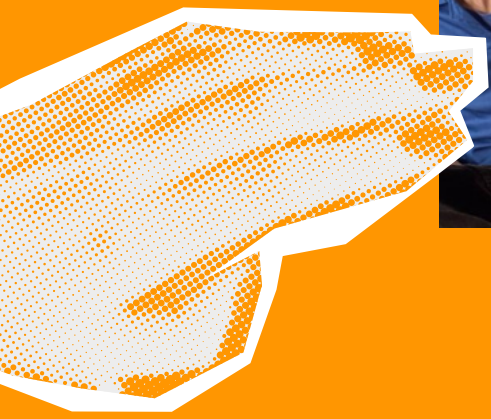
PHOTO CREDIT: MAPALO SIKAZWE



PHOTO CREDIT: ALBERT MANJULUNJI

The Gray Group international has outlined strategies to eradicate hunger and poverty. Investing in agriculture, including small-holder farmers, climate-smart agriculture, food waste reduction, school-feeding programs, empowering women, urban farming, and technological innovation, can significantly eradicate poverty and end hunger worldwide.

Article by Telas Banda



STEPHAN



GRAPHIC DESIGNER



FEB/MAR

MAGGA → ZINE

I LOST MY CRITICAL THINKING CHATGPT

As much as we appreciate the revolution of artificial intelligence, it's also important that we reflect on the drawbacks that artificial intelligence brings to the effective part of student critical thinking. Who doesn't like Chatgpt, your personal Ai, Google Bard, and many more artificially intelligent tools?

These apps can ease your work, like no man's business. Work that typically requires days or weeks can be done in just a minute. With Ai, you don't have to worry about complicated tasks, as copy and paste works best. Among all the apps, Chatgpt was my favorite tool. Whenever an assignment was given, I could not bother, as I worked it out using Chatgpt.



My reliance on Chatgpt was too much, to the extent that I lost confidence in my solutions if they were not verified by Chatgpt I became inactive in group discussions as I couldn't waste my time listening to some Agric Data Boys, knowing that I would find solutions on Chatgpt. Oh yes! Chatgpt never failed to give instant feedback, but surprisingly, the data used to abandon my brain so fast, just like "Lusaka relationship breakups."

“TEACHERS CAN OPEN THE DOOR, BUT YOU MUST ENTER IT YOURSELF.”



This is how I lost my critical thinking to Ai. My overreliance on chatgpt impeded with my initiative and creativity as it replaced human interactions such as group discussions and consultation from the lecturer. I started seeing myself as dull because I sold out my critical thinking exercises to Ai. I became a mastering student who used to master solutions to every question a lot of Kuswatila. Hence, my performance declined, and here is why:?

Dr. SIANANGAMA, Dr. CHALWE, Dr. CHIRWA, Dr. JOYCE, and Mr. Shitumbanuma were all able to tell the answers that were picked from chart-gtp because they were not matching with their course language preference, and it always resulted in a zero mark.

And the most annoying part is that answers from ChatGPT have a lot of like terms, so once your work is not filtered, it will seem as if you were copying from your friend who also used the same app.

While Ai can provide personalized learning and instant feedback, it cannot replace the lecturers emotional support and guidance during consultation, as they fully understand how and where to fit in with your needs. As much as I relied on ChatGPT, my self-confidence, motivation, and pride in having good results diminished because I did not use my brain. In summary, artificial intelligence can be a valuable tool in education, but its success depends on how it is integrated.





"THE MAN WHO DOES NOT READ BOOKS HAS NO ADVANTAGE OVER THE ONE WHO CANNOT READ THEM."

"Therefore, a balanced approach that combines Ai strength with human teaching and mentorship is essential to maximize the positive impact on learning outcomes."

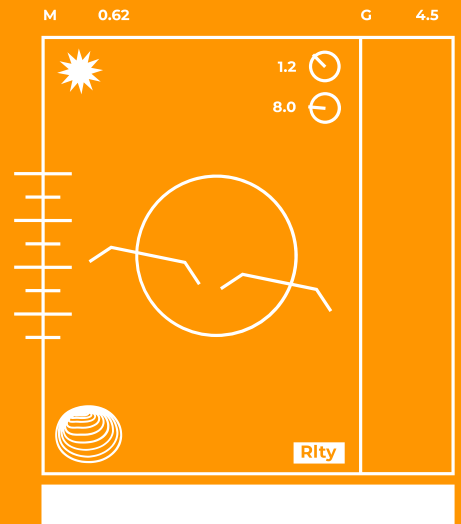
Not all the information provided was academically true. ChatGPT always provides information that is very attractive to the truth, so if you have no idea about what you are searching for, then you are gone (Fresher wawa). Language on this one, I urge you to pay attention. Every lecturer has his own course language preference. ChatGPT has its own language based on someone's data input. You can have a correct idea, but the presentation language should suit your lecturer's preference.

Article by Jebson Zimba





MAGAZINE



PHOTOGRAPHY OF AGRICULTURAL SCIENTISTS

TOP FIVE ISSUE 01 MAGZ

LOVE AND FRIENDSHIP WHICH ONE WOULD YOU CHOOSE?

"Friendship is a tree while love is like a flower."

In the intricate tapestry of human relationships, love and friendship stand out as two profound threads, each weaving its own unique pattern into the fabric of our lives. Both hold immense value, yet when faced with the choice between the two, individuals find themselves contemplating the essence of these connections. Friendship, often described as a garden where loyalty and understanding bloom, is a bond built on shared experiences, trust, and mutual support. Friendships can weather the storms of life, offering a sanctuary where laughter and shared memories become the foundation of enduring relationships. Unlike the intense and often complex nature of romantic love, friendships provide a comforting constancy, a reliable haven in the ebb and flow of life. On the other hand, love, with its passionate intensity, has the power to ignite the soul and bring forth a kaleidoscope of emotions.

Romantic love, in particular, has been romanticized throughout history in literature, art, and music. The depth of connection found in romantic relationships can be unparalleled, creating a profound sense of belonging and fulfillment. Choosing between love and friendship is no simple feat, as both contribute to the richness of our emotional landscape. The decision often hinges on individual preferences, priorities, and life circumstances. Some may prioritize the stability and unconditional support offered by friendships, while others may be drawn to the all-encompassing nature of romantic love.





Friendships, marked by understanding, shared interests, and a sense of camaraderie, can endure the test of time. The absence of romantic entanglements allows for a certain freedom, enabling individuals to explore diverse connections without the constraints of exclusivity. In friendships, the emphasis is on compatibility, shared values, and the joy of companionship. Conversely, romantic love brings with it the intoxicating blend of passion and vulnerability. The journey of exploring romantic connections often involves a deeper emotional investment, with the potential for profound intimacy and a shared life journey. The exclusivity of romantic relationships can provide a sense of security and commitment that goes beyond the bounds of friendship.

“No friendship is an accident.”

— O. Henry

-@thinkersnblinkers

Ultimately, the choice between love and friendship is a highly personal one, guided by individual values, experiences, and aspirations. Some may find fulfillment in the enduring warmth of platonic connections, while others may seek the intensity of romantic love. Striking a balance between the two, recognizing the unique qualities each offers, can lead to a harmonious and fulfilling life rich in meaningful relationships.

Article by Stephan mukwemba





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