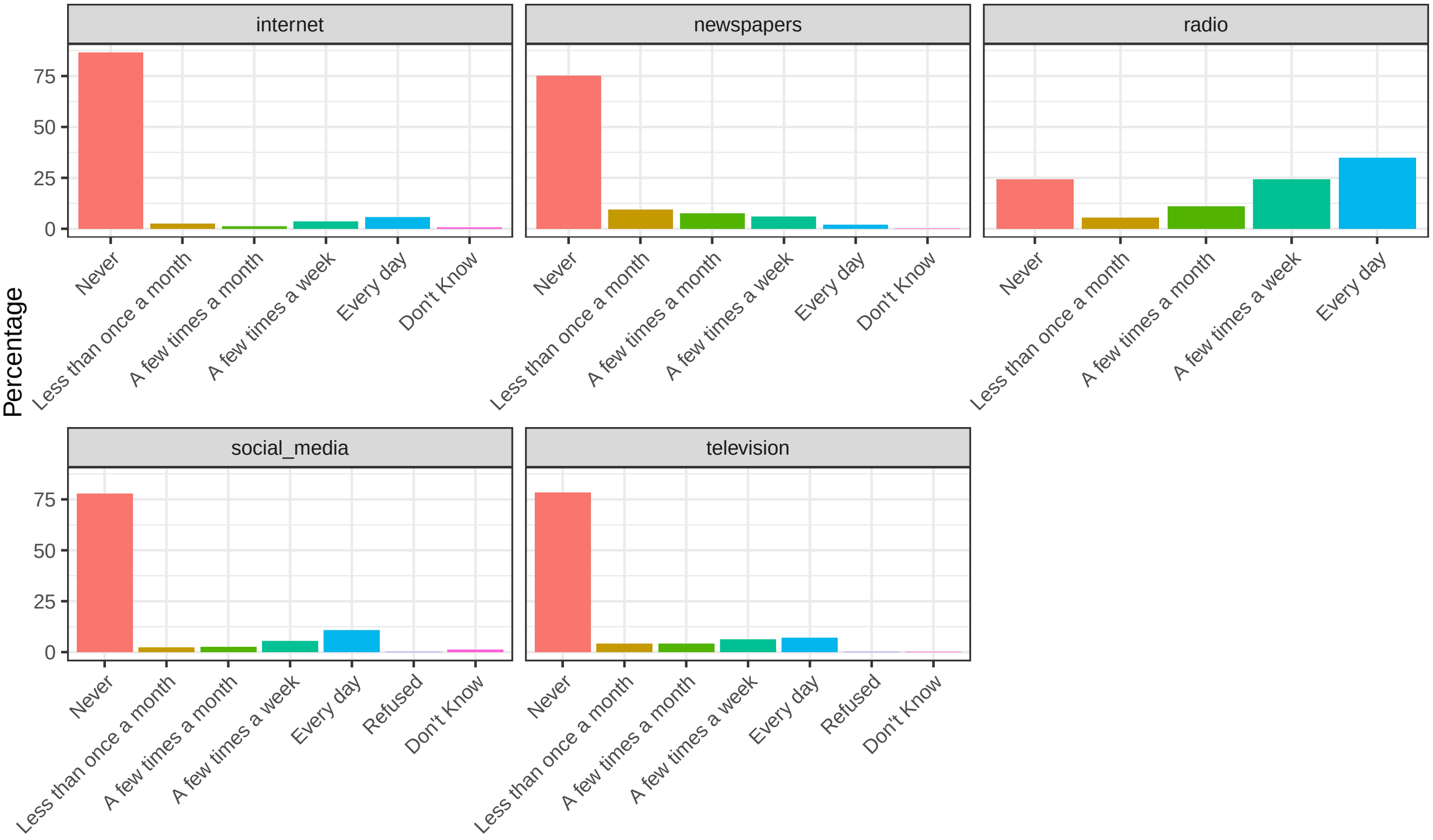Malawi: Usage Frequency of Various Media