

THE NAIROBIAN



AMAZING RACE: David Rudisha wowed the world, but will he rise again? **P46**

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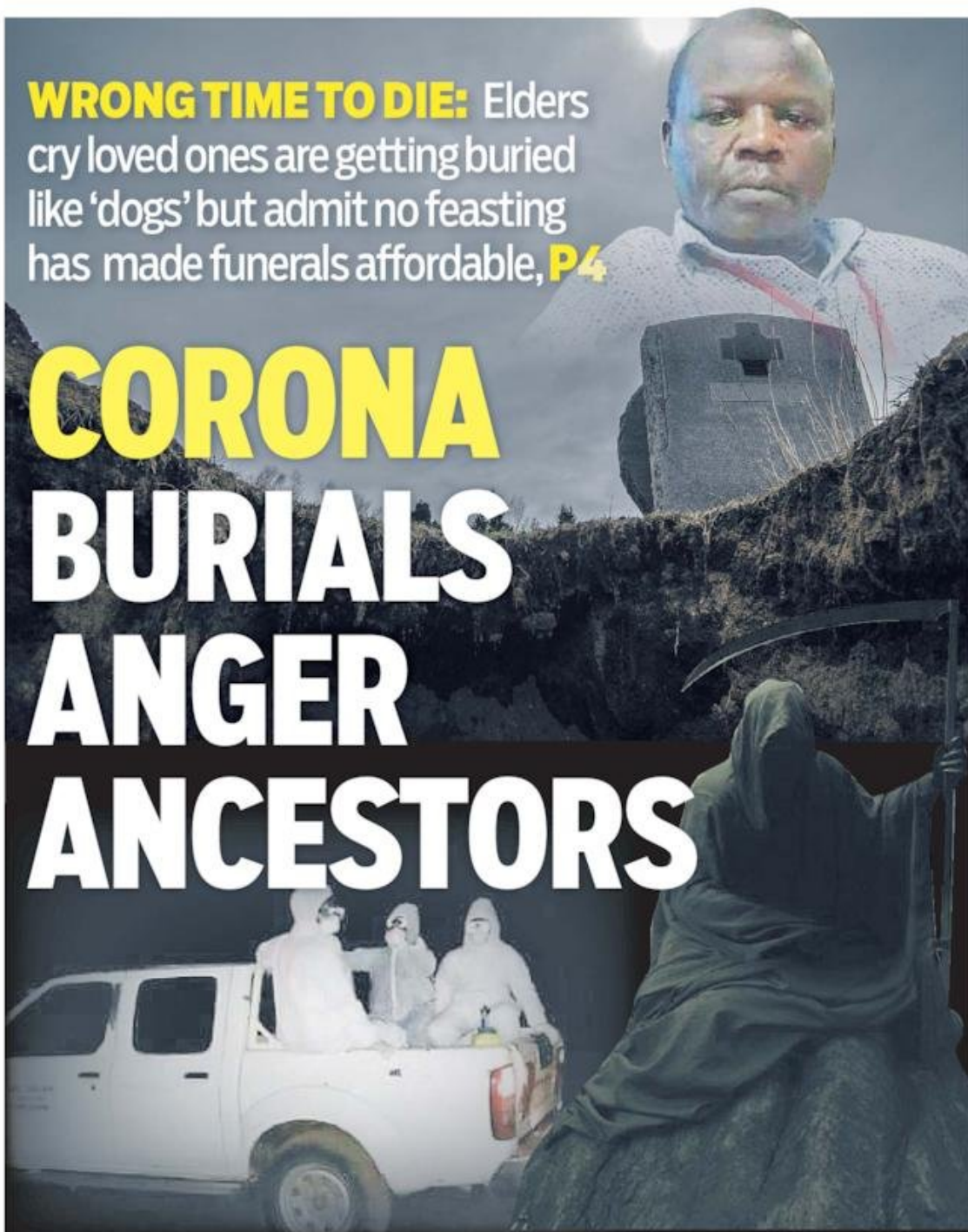
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WRONG TIME TO DIE: Elders cry loved ones are getting buried like 'dogs' but admit no feasting has made funerals affordable, **P4**

CORONA BURIALS ANGER ANCESTORS



Teamwork: One of four men bonking married Eldoret woman on video spills the bins, **P7**



Home schooling: Parents who cheat kids that they are geniuses finally exposed, **P39**

City Beauty

[PHOTOS: FELIX KAVI]

Travel Diaries

When it comes to globetrotting, these girls don't play small. They have visited exotic places in the world that would make anyone green with envy!



Who, among these girls would you love to travel along with? Send your feedback to: thenairobiian@standardmedia.co.ke



Corona burials are annoying our ancestors

We shall not bury him in 24 hours and shall wait even if this pandemic takes a year. Luos have no shortcut funerals

By Bethuel Oduo and Esther Dianah

The directive from the Ministry of Health that Covid-19 victims be buried within 24 hours will have a huge cultural impact on burial rites dictated by the various cultural beliefs, mostly in Western Kenya where the Luhya and Luo communities take ages to bury loved ones.

Reasons range from raising money for funeral expenses if 'kijana mkubwa' or 'Omusiani mukhulundu' died and is being flown in from Dallas, Texas.

Irrespective of how prominent the deceased was, funerals in Western Kenya are traditionally elaborate and feature dramatic mourning and excessive feasting.

The government directive occasioned by the corona pandemic that a funeral have not more than 15 mourners and burials be done within 24 hours will have far reaching cultural repercussions.

The directive will strain families to whom burials are communal and feature fundraising, disco matanga, prayer sessions besides keeping vigil in the home of the deceased — practices that are at variance with social distancing to curb the spread of corona virus.

Health Cabinet Secretary Mutahi Kagwe has asked Ken-

yaans to brace themselves for unusual burials since "how we dispose our loved ones might not be practical, may not be practical in an extreme situation."

There are legal consequences too after Siaya Senator James Orengo threatened to sue the government over directives that negate long held cultural practices regarding burial rites after James Oyugi Onyango, who succumbed to corona virus last week, was hurriedly buried at 2am on Easter Sunday without a coffin or a funeral ceremony at his Kamalunga Village, Siaya County.

Instead of his family and relatives, Oyugi's remains in a body bag was thrown into a shallow grave by cops and health workers clad in hazmat suits. His brother, Zack Onyango, accused the government of burying his

sibling "like a dog" while Senator Orengo termed the burial as "crude and macabre."

Among the Luo, it is unheard of for an adult male to be buried without observing the mandatory one night vigil.

The burial ceremony of the first Kenya to succumb from Covid-19, Engineer Maurice Namiinda in Naisambu village in Kitale on March 7, took only 35 minutes under the supervision of health officials and heavy police presence.

Namiinda died after arriving from South Africa.

His brother, Protus Khisa, spoke of how the family endured "a long period of psychological torture not knowing if our brother would be cremated or buried according to our customs."

Veteran Kenya Airways pi-



lot Daudi Kibati was buried in his rural home in Kitui without pomp and colour on April 4, three days after falling ill during quarantine.

He succumbed to the vagaries of coronavirus, which he contracted from evacuating Kenyans and people of other nationalities from New York, the epicenter of the pandemic in the USA.

The burial of Captain Kibati, 62, a former military airman, was attended by close family members only. His wife, Jane Mwendu said "his death was a

big blow to us but the requirement to bury him within 48 hours was the most trying."

The recent burial of Kenya Revenue Authority manager, Anthony Gichia in Juja farm was another example of what a pandemic can do. He died on April 2 shortly after returning home from Italy, the epicentre of corona in Europe. His sparsely attended burial featured attendants in masks and protective gear, a near replica of burials of the early HIV/Aids victims at the tail end of the 1980s.

Holding a dignified funeral is

deeply rooted in the culture of many communities and to make matters worse, there is a dawn to dusk curfew with the partial lock down of four counties with police manning the road blocks, will complicate any cortege to shags.

For Kenyans who took funeral insurance, well, most insurers pay 48 hours after notification accompanied by a sheaf of official letters. Documents include burial permits, ID of deceased, letter from area chief, police abstracts and sometimes the Will (if any) might be a challenge

“The 24-hour burial window will prove tricky in case of a polygamous politician with 15 children some in locked down Italy”



Have fresh burials during first anniversary — Luo elders

The Luo Nation is at a loss on what to do with the 24 hour burial rule which has been complicated by dawn to dusk curfew and partial lockdown of four counties. But Opiyo Otundi, the chair of the Luo Council of Elders told The Nairobi that "Luos have always loved the dead more than the living. That is why our burials are always elaborate" although there is little choice but to follow the corona burial directives even though they "violate cultural practices". But what to do? Although Otundi agrees that the directives are for reducing the spread of corona virus when mourners congregate in large numbers, some can take heart and host elaborate memorials in subsequent anniversaries. But Francis Ooko, a Luo elder, reckons

that some families can revert to that old tradition of conducting fresh burial ceremonies in case a loved one was not accorded a decent send-off from the belief that "if one is not properly celebrated at death, the discontent can be communicated to the family through visions." Some though, think the normal new of quick burials, if it stays, will save many communities from the culture of wasteful spending and which later impoverishes families long after the dirges are over. "Although the way the burial tradition has suddenly disappeared is not good, I hope people will now stop wasting millions on funerals, yet they could raise medical bills when one was ailing," said an Anglican clergy who sought anonymity. —Harold Odhiambo



during a medical emergency owing to closure of government offices and civil servants working remotely, further complicate processing of funeral insurance money.

And even that is all in order, in case of Luo burial, elders have to decide where and when burial will take place.

For a divorced man with children, the wife has to attend the funeral, if bride price was paid. If she has no house, something symbolic has to be build at

the position where her house should have been.

It doesn't end there. If the bride price had not been paid, the woman's family will demand it before allowing her to attend the funeral. These cultural demands may not be fulfilled within 24 hours, let alone locking out friends, family, relatives, village idlers, colleagues and not a few enemies with the 15 mourners limit rule.

Ordinarily, culture demands that maternal uncles arrive in style with their own bull to mourn their nephew or in-law. That bull is normally slaughtered immediately and becomes part of the feasting to celebrate the life of the deceased.

Hurried burials that skirt around cultural rites are considered taboo, an act against ancestors in most Kenyan communities. Among the Luo, being haunted by ghosts is one punishment for flaunting them, according to Mzee Mark Otieno, an elder from Kisumu.

"The government should not set us against the souls of our forefathers who may punish us for not giving the deceased a decent burial," says Mzee Otieno regarding the 24 hour burial deadline. "We do not want to be haunted by the ghosts of our ancestors".

For an idea of the cultural hold burial rites have on communities, just listen to Ambrose Odhiambo, a veteran newspaper vendor at Katito market along the Kisumu-Kisumu highway: "if my father Mzee Ogola dies, we shall not bury him until this corona thing is over even if it takes a year." And regarding the 24-hour window, Odhiambo says, "I will boycott such a shortcut funeral" because her father's favourite bull must be slaughtered in his honour at death.

On the government cremating the dead without family involvement, both Otieno and Odhiambo were unanimous that it would deny most families the opportunity to secure ancestral land and in case, why are crematoriums hardly found in rural areas if cremation was that popular?

Body stays at the mortuary, Luhya mourners have to feast — Bishop

The corona virus directive requiring burial within 24 hours with only 15 mourners has left the Luhya Nation scratching its collective head.

Benjamin Atinya, an elder from the Marama community in Bukura, reckons that the directive "is not practical in nature" considering "most families are polygamous, meaning, the family members exceed 15 people who are supposed to attend the burial ceremony". He also wonders how the church can be left out of burial plans and says the number of mourners should be increased to at least 50 people.

Atinya explains that the deceased are ideally mourned by all family members before burial to appease their spirits from haunting the family. This is the reason why the body is preserved for about two weeks to allow for counseling and ready family members for the final ceremony, whose expenses, he however admits, have greatly reduced following the outbreak of Covid-19.

One aggrieved family is that of the late Maurice Namiinda, the first Kenyan to succumb to Covid-19. His brother-in-law, Peter Biketi Mafura, lamented that it was against customs to bury an elderly person at 11.45am as they did to the engineer who was supposed to be buried at 5pm in accordance with Bukusu traditions, the time men start returning home from work.

Biketi lamented that no bull was slaughtered in Namiinda's honour to feed mourners "as the police were on our neck to ensure we complied with the order. We were not able to make speeches and this is a taboo in our traditions."

But an Anglican bishop sees nothing wrong with the directive as it will only last as long as the pandemic.

Simon Oketch, Bishop Emeritus of the Anglican Church Maseno North Diocese, says once the corona virus is contained, the Luhyas will continue observing the culture of giving a befitting send off to a loved one since breaking corona directive might lead to more infections and thus deaths. He also warned that boda boda operators and cops attending burials could spread the virus because of their habit of herding together.

Though Bishop Oketch concurs that corona virus has greatly reduced expenses which is for common good as Luhya funerals are very expensive, he insists that the body has to be preserved at the mortuary "as we plan how people will eat during burial, make contributions and make peace among wrangling family members."

—Nathan Ochunge



CityNews



Dial home service: Sex workers go online to offer daytime lungula

I have received more than 20 clients. Most of them are men running away from nagging wives

By Kipkemol Ng'eno

Sex workers in Nairobi have now shifted their services online in an attempt to stay afloat during these difficult times.

The hookers have been 'sanitizing' customers in various sex joints within the central business district to beat the current regulations even as the state urges non essential workers to work from home.

A spot check by The Nairobiian established that hundreds of sex workers have also resorted to hunting for clients during the day in the city centre including Koinange, Moi and Harambee Avenues.

Others have shifted operations along Duruma road, Luthuli and River-road areas in downtown.

"The night curfew has forced us to work only during the day. It is not easy since bars and clubs are no longer allowed to operate. In the past we would go looking for clients in bars and clubs before ending up in lodgings," Judy, one of the sex workers, told The Nairobiian.

In town, the women 'rent' private rooms from landlords where they pay as little as Sh500. Then they spend their days combing the streets for customers — before taking them back to the rooms for, uh, service.

Some of the women have now moved their services online.

According to Judy, the platform

is yet to pick since they are required to part with cash to be hosted by various websites.

"We have around three websites in Nairobi where we share our photos and details. Some of us have shifted online because customers can call you and then you plan how to meet," she said adding that most of these customers ask for home service.

Asked how many customers she has served since coronavirus came knocking, she says: "I have received more than 20 clients. The service is picking up. It is fun because we are not treated like street girls. The clients often book good lodgings in town because most of them run away from their wives," she says.

“The service is picking up. It is fun because we are not treated like street girls, the clients often book good lodgings in town — Sex worker”

City grave makers now forced to work from home

By Kipkemol Ng'eno

Grave designers in Nairobi are feeling the pinch since the government issued new directives on the burial of people who die from coronavirus.

Peter Kamau who has been decorating graves at the cemetery for more than 20 years in Lang'ata cemetery and other parts of the country says their business is barely surviving.

"Our work stopped around March. Our time is spent observing government regulations; working from home, washing hands, avoiding crowds and keeping social distance," he told The Nairobiian.

He adds that "when the economy is not doing well our job stops because grave decoration is luxury, something that bereaved family consider when everything else has been settled."

The designer reveals that this is the first time he is witnessing a pandemic that has left even grave diggers at Lang'ata cemetery without much to do since most, including designers, have resorted to work from home.

Kamau says it usually takes up to more than two weeks to get the job done, depending on the brief. He says that the time taken also depends on the look and architectural implications, as well as the materials used. They pocket between Sh15,000 to Sh200,000, he reveals.

Joel Mulwa, another designer, says "maybe the families will think about decorations after Coronavirus is over, that is why we usually ask some of them to allow us to inscribe our contacts on the designed graves for willing clients to trace us. This thing will vanish like smoke"

The job according to Kamau does not require special training, like design drawing and masonry, not many people are attracted to it because of superstitions around death.

He however insists that his is not a business that exploits the misfortunes of the bereaved.

"We understand the pain of losing a loved one. That is why our charges are not exploitative," he says.



Haki! I was drugged, Eldoret man in shady sex video now wails

I am member of AIC fellowship and was brought up in a Christian family, I have never done anything close to that in my life

By PKEMOI NG'ENOH

Not even the current Coronavirus pandemic could stop Kenyans from watching and analyzing a steamy sex orgy video starring four floppy men and a married woman said to be a sex coach in Eldoret.

But more puzzling was the motive behind the shoot and sharing of the video which has now turned the now infamous actors into a laughing stock over their low 'Mursik power.'

DK Kibet, a popular man from Eldoret and one of the men in the video opened up to *The Nairobiian* on the behind the scenes intrigues and why he was in a hurry to beat the 7pm curfew.

The father of two who claims to be a member of AIC fellowship wonders how he found himself in that mess since he has never taken part in a sexual orgy.

"I have been brought up in Christian family. I have never done anything close to four men having sex with one woman in my entire life.

"I'm the one who hosted them. I have known Harriet from way back in 2018 when we met at a club in Eldoret. She was with her husband and since I was seated close by, we exchanged contacts. We started communicating and in no time, she added me into a raunchy WhatsApp group and started asking me to meet her for drinks. But I had not found time yet," Kibet told *The Nairobiian*.

On Saturday April 4, Kibet claims he agreed to host Harriet and her hubby for drinks at his place.

"I was planning to rush to Kapsabet where my family is based. At that time, Harriet had confirmed she was coming with her husband," Kibet narrated adding that, Harriet arrived early in the afternoon with three men who she identified as Kim and the other two as Tony. Her husband was missing.

"It was a bit early so I organised for a meal as we caught up and shared drinks," Kibet said.

After the meal, Kibet claims the visitors tabled another drink in a plastic bottle.

"It had a different taste from my Gicoc. At around 3pm I blacked out and slept on the couch for more than an hour. I was feeling strange when I woke up past 5pm; everyone was naked and having sex. They convinced me to finish the drink and taste some powder on the table before joining them. It is clear that at some point in the video, I was defensive and telling them about the curfew because I knew it was wrong," he told

The Nairobiian.

He added that he decided to spend the night in an adjacent apartment and vacated his house for Harriet and her company.

On Sunday, "I received a text from one of the guys telling me to send him fare. He also asked me to send him Sh210,000 or he would leak my nudes. I shared this with my wife and she advised me to pay them, but in the process of looking for the cash, the video was already making rounds," Kibet said.

He adds, "I called Harriet but she joked about us deserving a share of the Sh100 million the President had promised artists since we had entertained Kenyans."

Kibet says everyone went offline afterwards.

"I regret ever meeting Harriet," he told *The Nairobiian*.

Unlike many people who would blame Satan after undergoing such experience the businessman says, "I'm not sure Satan played a role in the whole act, there must have been something in the drinks I took, maybe the white powder or some other strange thing."

Since he didn't use protection like the others, he is now under treatment to protect him from sexually transmitted diseases.

"I didn't use protection and that is why I went to hospital on Sunday with my spouse," Kibet said, adding that his wife has forgiven him and they have put the matter behind their back.

Harriet, Dr Scott and the other three gentlemen men never picked our calls or text messages over the claims.

To explain why Harriet a married woman would openly engage in a sex orgy with four men, counseling psychologist James Mbugua argues that we must place what went down in that video on the current COVID-19 context.

"Maybe the woman wanted to make a killing from the men or the guys recorded it for fun and are now regretting. At the moment no one can say they are mentally stable and we must understand them in that context," he told *The Nairobiian*.

Relationship expert Judy Warui however, disproves open marriages arguing that people involved in those



arrangements could be hiding underlying issues in their relationships.

"Women go into relationships with their hearts unlike men who are mostly visual. Thus, they will still look for other women even when they are married," she said.

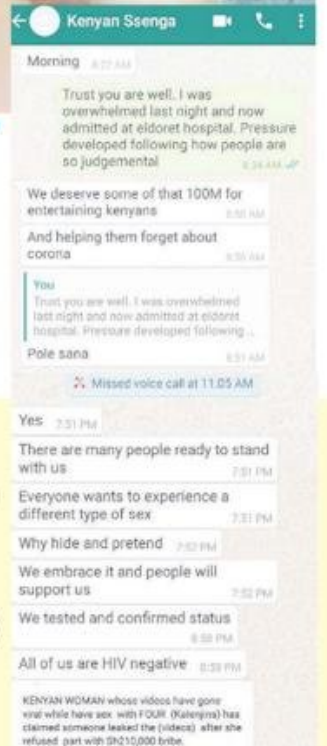
She adds that such embarrassing situations could lead to lack of belief in relationships or partners losing sexual desire for each other.

“Since he didn't use protection like the others, he is now under treatment to prevent STI infections

Who is Harriet Scott?

Harriet Scott alias Kenyan Ssenga describes herself as a sex coach who helps couples and individuals fulfill their fantasies. On her social media platforms, she promises to help women become more orgasmic by learning different styles and knowing which sex positions is best for them.

A woman claiming to be Harriet's sister recently shared video claiming that sex video has embarrassed their family. The woman adds that Harriet holds a Master's Degree in Theology and was brought up in Church.



Court News

[Photos: Lilian Chepkoech]

John Karua in court. [Photo: Lilian Chepkoech]

Karua denies trading in hot Burundian girls

By LILIAN CHEPKOECH

Police in Nairobi are holding a man on grounds that he may be involved in human trafficking.

Police said they found three Burundian girls at a hideout in Nairobi's Kasarani area.

According to the officers, John Karua (pictured), jointly with others not before court, received and housed the said girls by pretending that he was running an accredited private employment agency able to secure them jobs locally and overseas.

Police claim Karua and his team were actively involved in trafficking of young girls to Arabian countries.

Karua was arrested after police received information from neighbours.

Police also said that none of the girls had any documents to ascertain their origin or show how they got into the country.

The girls are currently being kept at a safe house. They will testify against the suspect on May 4 before they are repatriated back to their country.



Eastleigh man accused of impersonating nurse, and stealing from sick woman

By Lilian Chepkoech

A young man has been charged with impersonating a nurse at a hospital and obtaining money from a patient.

Police said that Abdihakim Yarrow Aban (pictured) committed the offense at the Nairobi East Hospital, Starehe Division. Aban is said to have falsely represented himself as a nurse before obtaining Sh150,000 from Dunia Shiekh Abdi.

According to police, Dunia had

gone to the hospital to deliver her baby, and was scheduled to give birth via caesarean section. She was admitted at the hospital for three more days, pushing the bill to Sh207,000.

Police said that a relative of Dunia came to the hospital to clear the bill and have her discharged, and that's when Aban showed up ready to release them at a discounted amount.

Aban allegedly duped the said relative claiming he was a nurse

at the hospital, and that he was in a position to convince the management to have the bill slashed significantly.

Police said that Aban received Sh150,000. However, matters came to a head when he was asked for a receipt as proof of payment.

Aban is said to have vanished into thin air, but was arrested a week later within Eastleigh.

The matter will be mentioned on August 11.



Husband denies slashing returnee wife using glass

By Lilian Chepkoech

A husband has denied slashing his estranged wife after she allegedly found him with another woman.

The man identified as Wyclife Gitiri (pictured), however, denied assaulting Purity Makena Kilemi at his house in Utawala, within Njiru Sub-County.

Police said that Gitiri and Kilemi had lived together as husband and wife before parting ways in April 2019 over domestic problems.

After months of living separately, Kilemi reportedly went to Gitiri's house – allegedly in an attempt to resolve their differences. It was then that a fight broke out, and Kilemi was left with an injury on her forehead.

According to the police, Gitiri slashed Kilemi on the forehead, an accusation he denied vehemently in court.

"Your honor, I did not slash Kilemi on the forehead. She is my ex-wife, I have moved on. She came to my house after realising that I am married to a new wife. She came to my house at 10 pm and broke my window. That is when she hurt herself," Gitiri told court.

Gitiri was released on a cash bail of Sh20,000 pending hearing on June 2.

Tanzanian woman jailed for 'selling' Kenyan children

By LILIAN CHEPKOECH

A woman has been found guilty of being in the country illegally, and transporting Kenyan minors to Tanzania.

Silvina Awetha (pictured) was charged with three counts of receiving, harbouring and transporting minors aged below three years.

Awetha committed the offenses on different dates within Nairobi's Eastleigh area.

Awetha took minors without their parents' consent, and took them to Manyara area in Tanzania for purpose of exploitation and abuse.

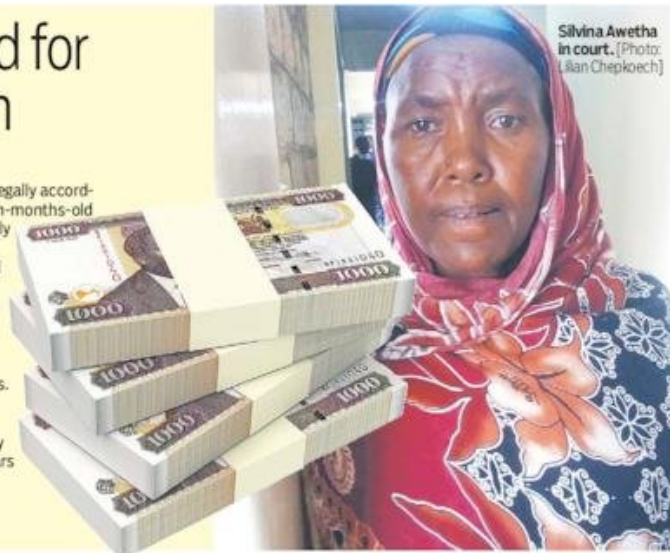
The court heard that Awetha had been living in Kenya illegally for over

two decades.

Police said she was illegally accorded the custody of a seven-months-old baby, and had also illegally adopted a two-weeks-old baby after it was sold to her by the mother at Sh16,000.

Awetha was arrested after mothers who had lost their children complained to the authorities.

The court found Awetha guilty in all counts and subsequently sentenced her to five years in prison.



Silvina Awetha in court. [Photo: Lilian Chepkoech]

Two killed, 10 left nursing injuries for 'flouting curfew hours'

Yusuf Juma died on April 2. An autopsy revealed that he died from soft tissue injuries following an assault by unknown people

By NATHAN OCHUNGE AND BRIAN KISANJI

It is now two weeks since the implementation of the dusk to dawn curfew to contain the spread of the coronavirus disease.

However, the brutality that is being meted by the police while enforcing the 7pm to 5am curfew orders in Kakamega County has left at least two people dead and over 10 others nursing serious injuries.

As early as 6:30pm, the police armed with clubs and tear gas canisters start making rounds within the Central Business District (CBD), whipping residents.

Speaking to The Nairobiian, Adil Juma, 38, said his brother Yusuf Juma who is epileptic was clobbered to death on March 31.

"My wife reached me on phone at around 7:30pm inquiring about my brother's whereabouts. I tried reaching him through his phone but it was off. I called Kakamega Central Police Station and we were told he was not there. As a family, we panicked," said Adil.

Adil said he reached out to his friends and was informed that he had been seen around 6:40pm at a local food café at Joyland estate. He then headed to town, but was arrested by police on patrol.

"On April 1, we went to look for him in town but we could not find

him. We filed a missing person report under OB NO: OB41/01/04/2020 at 11:48am. We then went to Kakamega County Teaching and Referral Hospital where we found him in critical condition in the casualty ward," said Adil.

The hospital management informed the family that police had dropped him at the facility the previous evening at 11pm, his clothes soiled in blood. Police explained that they had picked him from Sichirai, which is 3km away from home.

Yusuf Juma succumbed to the injuries on April 2. An autopsy revealed that he died from soft tissue injuries following an assault.

Kakamega Central Sub County Police Commander, David Kabena, gave conflicting information over the death of Yusuf, but promised to conduct investigations on the matter.

In another case, five police officers accosted Patrick Okumu, 39, a contractor in Kakamega town at 6:31pm when he was heading home after visiting a friend at Joyland area.

"I went to see my friend at 3pm but it rained heavily that day (March 29) up to 6pm. At 6:35pm, I rushed to my car to beat the curfew, but found a police car parked next to my car. I greeted

them (Police) and went to start the engine but they stopped me," said Okumu.

He added: "They asked me what was the time and told me it was 6:40pm and they told me it was past curfew time and that I should board the police land cruiser but I declined since I had my car. The five police officers pounced on me with blows and kicks."

Okumu said during the altercation with the police, he slid and fell down, broke his right leg, saying one police officer, upon noticing his leg had broken sat on it for about 30 seconds and left him writhing in pain. He said the police officers were drunk at the time.

"I informed my friend what had happened. With him not knowing how to drive, they placed me on the wheel and I drove using one leg to the county referral hospital where my leg was plastered," said Okumu.

On April 7, Idris Mukolwea, 45, a grocery trader, collapsed and died after teargases canisters were lobbed into a



TOP: Patrick Okumu in Hospital. BELOW: Olivia Muhati and INSET: Zachariah Maende. [PHOTOS: NATHAN OCHUNGE]

shop he had taken shelter during a police operation to disperse people from Mumias market.

The morning incident saw police storm the market accompanied by the Kakamega County Government enforcement

officers to disperse traders.

"We were all running to safety when the police landed at the market but our friend Idris decided to run into one of the rooms for safety where he met his death," said Benson Malobe, a trader.

"Police officers have been harassing us and injuring traders in the pretence of conforming to government directives in the containment of the corona virus disease," said Juma Ibrahim, Mumias Traders representative.

Mumias West Sub County Police Commander Lazarus Kip-

kor confirmed the incident terming it regrettable.

Earlier, two people were hospitalized with injuries from police brutality.

Olivia Muhati, 24, was shot and injured by the police in Mumias town when the police tried to disperse traders from the market.

Muhati was walking from a chemist when a stray rubber bullet hit her in the lower abdomen and chopped off two of her right hand fingers.

Police officers also mercilessly beat up Zachariah Maende, 33, who is a deaf, for flouting the dusk to dawn curfew regulation at Shianda area in Mumias East as he walked to his home at around 7:05pm.

Kakamega County Commissioner has since apologised over police brutality in the county, saying they have talked to the police to stop using excessive force during curfew time.

Governor Wycliffe Oparanya and Senator Cleophas Malala also slammed the police for using excessive force and meting violence on innocent people when enforcing curfew orders.

Something nasty could happen after recent visit by 'ghosts' — Luo elders



The Luo Council of Elders is worried that there could be an impending calamity after 'ghosts' visited several parts of Kisumu.

The Council of Elders says that any visit of 'ghosts' commonly known as 'nyawawa' in a town or village signifies the onset of a bad omen.

'Nyawawa' are believed to be the spirits of people who die in Lake Victoria.

Speaking to The Nairobiian, Chairman of the Luo Council of elders Willis Otondi says that 'nyawawa' are evil spirits and people would beat drums to scare them away.

Last week, residents of Obunga, Kajulu, Mamboleo and Bandani estates defied the 7pm to 5am curfew and woke up at 9pm

to scare away the 'evil spirits' after they heard strange voices in the area.

A resident from Bandani estate narrated how he was woken up by people beating drums, metallic objects and utensils to scare the spirits away.

"The 'nyawawa' passed by our place and people went outside to beat drums and utensils to scare them away," the resident who chose to remain anonymous said.

The residents claim that the spirits may have come to warn them about the COVID-19 pandemic.

Thomas Ouma narrated that in August 19, 2016 while heading home from a funeral, they heard voices of 'nyawawa' chatting from far and quickly ran into action.

"What makes you know that they are there is you hear voices from far but within no time, they are close and gone in a flash," Ouma says.

According to him, 'nyawawa' exhibit the nature of the area or the activities the people of that area like doing.

"They take the form of activities that take place in an area. For example, in an area where people love drinking or beating drums, nyawawa would behave in the same way," Ouma says.

He says that without beating metallic objects and drums, nyawawa would pass by the villages and before the villagers know it, a calamity would strike and people would start dying.

The residents say that some

villagers used pig bones to ward them off because they believe pigs are feared by 'ghosts'.

Speaking to The Nairobiian, a Secretary to the Luo Council of elders Adera Osawa says that the recent visit of 'nyawawa' means that a calamity would strike, adding pain to people who are still trying to fight COVID-19.

"The recent visit of Nyawawa in Kisumu shows that something general that may torment the residents is afoot," he says.

He denied claims by some residents that 'nyawawa' was related to the current situation where the country has been hit with COVID-19 pandemic.

— Anne Atieno

Corona will make or break Uhuru presidency

Resetting the economy is not a one day affair, we can as well forget about the legacy projects for now

By ERIC NYAKAGWA

Before the outbreak of the coronavirus pandemic, Kenya was doing badly economically, companies were recording losses, auctioneers had few to auction to. Kenyans were losing jobs shrinking dwindling purchasing power, socially straining families.

Politically, things were not rosy for President Uhuru Kenyatta. His Building Bridges Initiative (BBI) from a Handshake with former Prime Minister Raila Odinga threatened to split the ruling Jubilee Party, potentially creating instability thanks to fierce opposition from Deputy President William Ruto and his allies.

As things were falling apart, the outbreak of a locust invasion and its attendant threat to food security was followed by the deadly coronavirus, a medical emergency of biblical proportions.

However, how President Uhuru marshals his government to combat coronavirus could make or break his legacy.

If his response succeeds, Kenyans will salute him as the leader who saved the nation from a plague and easily forget his many serious failings like backpedalling economic gains achieved by retired President Mwai Kibaki, grand corruption besides his 2013 campaign manifesto becoming a cropper.

So far, there are murmurs of discontent over the government's high handedness when enforcing curfews and partial lockdowns. This approach is centred on forcing majority of Kenyans to stay and work from home without cushioning them against the vagaries of falling incomes.

Uhuru has avoided imposing a total lockdown as it will bleed much needed taxes besides the inability of Jubilee to meet the basic social safety nets for the vulnerable. For instance, the Strategic Grain Reserves are near empty meaning an impending massive importation of food to provide for millions in slums and other poor residential areas.

A national fund to raise money to lessen the socio-economic impact of the pandemic only has the Sh100 million each given by the Hindu Council of Kenya and Coop Bank as the highest ranking donations so far.

Kenyans are, however, hopeful that the President will rise up to the challenge including soliciting funds both locally and internationally for stipends to the poor and vulnerable most whose small businesses and jua kali jobs evaporated into thin air in the wake of the pandemic.

The government offered a stimulus package via tax breaks, but which targeted the formally employed or those with meaningful enterprises and not the majority who hustle informally.

The President's Sh100 million to

cushion local artistes from the effects of the pandemic attracted jaundiced reactions as medical personnel like nurses, the frontline warriors, appeared more deserving but still lack essentials like personal protection equipments (PPEs).

But pundits argue the global pandemic is new and caught all off-guard and cannot be used as yardstick for Uhuru's presidency.

Benedict Wachira, the secretary general of the Communist Party of Kenya says the government's response "has been of trial and error" and there are things Uhuru has done right and others wrong "like police enforcement of the curfew will erode the little gains achieved in fostering police-

citizens relationship."

At best, Wachira thinks the pandemic, in the long term, will mean instituting robust health infrastructure, better training of medics and adequate investment in health.

Kenya should also pull up its medical socks regarding the 2001 Abuja Declaration in which African Union countries pledged at least 15 percent of annual budget to the health sector, but Kenya only spends about four per cent of its national budget on health.

Wachira reckons "health is not about hospitals, doctors and treatment but is also about prevention" which is comical in the face of slum dwellers being asked to frequently wash hands yet water is a luxury.

Says Wachira: "Social distancing is also a challenge due to lack of adequate decent houses which is at the core of the Big 4 Agenda alongside universal healthcare, food security and manufacturing which can also gain from mitigation

measures being put in place."

In the wake of a breakup of global supply chains, local industries have been roped in to produce face masks, sanitizers and other PPEs and gained experience can be used to enhance local manufacturing and wean us off dependency on imported products.

However, a senior government official, who spoke to The Nairobi on condition of anonymity, spells doom on many fronts.

"The Covid-19's impact on the Kenyan and global economy will be massive considering the US economy will contract by 40 per cent. That is huge. There will be no money to invest in development initiatives, including the Big 4," he explained noting that Kenya has negligible activities in almost all sectors and it will take massive investments to ensure recovery.

The best Kenya can hope for, he predicts, is "rescheduling or cancellation of its foreign debts. It is unlikely to get new loans and our traditional donors are also relying on external help to combat the pandemic. Resetting the economy is not a one day affair. We can as well forget about the legacy projects for now."

Half time: Ruto can breathe, regroup

The pandemic came in weeks leading to a likely political showdown in a rally slotted for Nakuru County between Raila and the Ruto camp. The rally was billed as Ruto's Waterloo, and in retrospect, coronavirus offered him a reprieve, politically speaking, Ruto can breathe, regroup.

But the looming war in Jubilee over changes to the national management committee which rattled Ruto and his allies, means Kenyans are in for interesting times amid the pandemic.

The coronavirus also put a spanner in the works of the BBI, one of President Uhuru's inadvertent legacy projects.

His actual legacy project was the Big 4 Agenda: boosting manufacturing, food security, and provision of affordable housing and universal healthcare by 2022-when his two terms end.

But their progress proved a challenge due to divisions in Jubilee, grand corruption and limited financial resources. Some are plagued by

time constraints. Like providing 500,000 houses in the less than two years remaining. Others slightly came to grief. Like the Galana-Kulalu, a food security project, but in whose direction little seems to be growing after gobbling billions of shillings.

As for manufacturing, the government seems to work at cross purposes if the closure of locally grown industries over tax issues is any yardstick.

Their closure led to job losses and reduction in badly needed revenue by the government which was forced to raid parastatals for their reserve cash to meet its obligations.



“Uhuru's Sh100 million for local artistes attracted jaundiced reactions as nurses, the frontline warriors, are more deserving

Power Play

Randy politician slaps pimp for gossiping with wife

A pimp and fixer almost lost a tooth and his job after he spilled the beans on his boss. The boss was not very happy after his wife laid bare his past and present sex escapades with hot-blooded young politicians and university girls. The said aide knew right away that his closest fixer who knew all his moves must have spilled the beans. Indeed, it turned out that the fixer developed a loose tongue after the politician's wife of the used some of the tricks in Delilah's book to get information. The said fixer is no longer allowed in the house, but not before the politician slapped him hard across the face for messing his marriage. The politician who now spends most of the time at home due to the 7pm to 5am curfew, has been utilising that time trying to soften his wife's heart.

Dry spell killing Powerful man

Things have not been the same in the lives of some male politicians ever since Kenya instituted the 7pm to 5am curfew in an attempt to curb coronavirus pandemic. Two male politicians were recently decrying the fact that social distancing has greatly impacted on their bedminton activities around the city.

"This think will kill us. The girls are hibernating in their houses - while spending our money while in 'self-quarantine'. Most politicians have been forced to offer financial support to their long list of stay-at-home girlfriends from a safe distance. That they cannot freely mingle with the girls is giving them elephantiasis of the scrotum.

Lawyer cum politician isolates over a cough

A lawyer who recently tested positive has been observing self-quarantine guidelines in his home. This is indeed commendable - especially because the politician has since seen off the signs.

"He developed very mild symptoms, but he underwent a test and is now stable. He is observing self-isolation rules to keep Kenyans and his family safe," a close relative told Power Play in confidence.

Pope was accused of eloping with married women

Everyone knows that I never engaged in such conducts. I am a pope installed by God

By Nairobi Reporter

Pope Romanus Ongombe of the Legion Maria who died this week was caught in a storm when one of his cardinals accused him of eloping with married women.

Cardinal Samson Arogo, the Head of Administration of the church headquartered at Got Kwer, Migori County, claimed that his pope eloped with three women.

Pope Ongombe denied the allegations, explaining that, "I

have moved up the ranks from a padre, to bishop then cardinal, and now I am the pope. Everyone knows that I never engaged in such conducts. I am a pope installed by God."

He said that the women he is said to have eloped with were brought to Got Kwer by God as well-wishers to help the church finish constructing the tomb of the sect's founder, Messiah Melkio Ondeto, who died 26 years ago.

"To those peddling such propaganda, be assured that I will not

tolerate idle talk next time. You will face God, not me," warned the 'pope,' adding that the said woman will accomplish her mission, because several harambees that were held in the past did not accomplish much, and that there were even allegations of embezzlement.

Allegations of the pope eloping with the women did not sit well with the sect's faithful and Cardinal Arogo was forced to seek truce when rowdy followers stormed the church demanding his removal.

But as the dust settled, members of breakaway Legion Maria of African Church Mission (LMACM) in Kisumu were uneasy following reports that the government was plotting to destroy the resting place of Messiah Melkio Ondeto in Got Kwer, and have two missionaries put



Late Legion Maria Pope Romanus Ongombe together with the church's Head of Administration Samson Arogo (in white robe) during a past function. [photos:



sent to Got Kwer through visions was a lie. "If at all, the two are benefactors of the church who have been sent by Baba Messiah Ondeto through visions, then why do they have a particular interest in Baba Messiah's mausoleum?" posed Pope Otieno.

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Defender THE NAIROBIAN

By Yvonne Kawira

Equity Bank denies Maina Mwangi 'privacy' allegations

Maina Mwangi's bank statement was allegedly made available to another individual, who had an issue with him without his consent.

The deal was made possible by a staff member within the bank, who helped the third party access his statement and even bragged to Mwangi that he was able to get it.

Mwangi complained to the bank in writing and even went to the headquarters about it, but to date he has not been helped.

"After lodging the complaint at the Garden City branch, I was informed that the matter would be investigated in about two weeks by the bank's security team and that they would get back to me within the time," Mwangi wrote to the Nairobiian Defender.

This, however, did not happen, and he went back after two weeks lapsed time to follow up on the issue.

"The operations manager contacted the security department at headquarters, and they suggested that I go over for a discussion, which I did a few days later. Apparently nothing had been done to address my complaint," said Mwangi.

The security team, he says, contacted the IT department in his presence, requesting for the log-in details on his account around the time he had raised the matter, which was a few days to Christmas last year.

"From the briefing I got from the security department at the time, it was established that indeed a staff member accessed my account on two occasions and sent out my bank statements to the said third party



who is known to me without my consent," he said.

He was informed that the security department would write a report to that effect and send it to operations. They assured him that he would be contacted with a formal reply about the findings of the investigation and then action taken to remedy the situation.

Several months down the line, however, he is yet to receive any communication from the Bank despite reaching out to the communication department with a view to expediting the matter and reaching an amicable settlement.

"I am seeking legal advice on how

to proceed, with all alternative efforts to resolve the issue having failed," said Mwangi.

Steps taken by The Defender

The Nairobiian Defender took this matter up with the financial institution. Two weeks ago, The Nairobiian Defender got a hold of a letter sent to the complainant by the Bank dated February 17th 2020. In the letter, the bank denies infringing on Mwangi's right to privacy.

Letter from Equity Bank

The Bank denies the allegations raised in your letters with respect to

the authorised access of your account details. We confirm that the bank has at all times upheld its obligations to treat customers' information with utmost confidentiality. The bank further states that liability in any form is vehemently denied and that any ill-advised suit against the Bank will be strenuously defended at your cost and the attendant consequences thereto.

The Defender had furnished Mwangi with this response and is taking the next step to ensure that this case is resolved amicably, and that the complainant receives

Case track

Thomas Musyoka vs Aldonai Enterprises Ltd



Dear Defender,

My name is Thomas Musyoka Munguti. I was employed by Aldonai Enterprises Ltd. It is a car truck company based in Mombasa. I resigned from work on January 27, 2020 because the company would not pay me for the services rendered.

I received my last salary on August last year but when I ask for my salary of five months, the boss never responds. Please Defender help me to get my salary. The amount I am demanding from Aldonai Enterprises Ltd is Sh110,000.

Please ask them when they plan to pay me. I am suffering especially now with the slowing down of the economy because of Covid-19.

Steps taken by the Defender:

The Nairobiian Defender has taken this matter up with Aldonai Enterprises Ltd. The Defender sent an email to the logistics firm and sought for clarification on this matter but has not heard from the firm. The Defender will now make a follow up with the owner of the firm to ensure that this matter has been settled.

Defender OB

Kwale County government, Sabina needs leniency from your officers

Dear Nairobiian Defender,

Evening dear Nairobiian, I am Sabina Safinina from Ukunda, Mombasa. I am in the matatu business which puts food on my table for both me and my daughter. However, at the beginning of March, the vehicle broke down. As per the law, I went and reported the matter at the county council of Ukunda office because if the matatu is not operating, you have to tell them in advance because of county sticker which is Sh2,000 every month.

I continued fixing my matatu and I decided to put a new engine which meant many trips back and forth to the mechanic and by March 19, it was done. At this point, my driver and the

mechanic took the car on a road test from Ibiza, the small market at Ukunda, up to Ukunda Police Station.

During the road test, the car abruptly stopped. My driver informed me of this incident. However the county officials immediately came and checked the sticker and found it was expired. My driver tried to explain that the vehicle was on road test but they would hear none of it.

They consequently towed the vehicle to their yard despite me calling them to explain that the vehicle broke down while on a road-test. I have now been forced to go beg them to release my car. But they have already slapped hefty charges on me despite me

explaining everything to them.

I have now been instructed to pay Sh3,000 for the parking plus Sh15,000 for towing and an additional Sh2,000 for county sticker bringing the total to Sh20,000. This is even before I cover the costs of fixing the vehicle to get back in business. Please help me find justice as this is too much to ask even after I reported to the offices that my car had broken down.

Steps taken by the Defender:

The Nairobiian Defender has been in touch with the county government and has shared the details with them. We will keep following up on this matter until it has been amicably resolved.



PERIS ATOME is a Kenyan student in Italy, the epicentre of Covid-19 in Europe. She spoke to **VIVIANNE WANDERA** about her fears and hallucinating about death in a foreign country

Lockdown invites stress, panic and fear

Unlike Kenyan students in Wuhan, China, those in Italy hardly demanded to be evacuated. Why was this so?

The policies imposed in Italy were more diplomatic and the Italian government avoided decision paralysis by not giving many alternatives that would confuse people, especially foreign students. All learning institutions quickly engaged digital distance learning and working from home. There was also a lot of civic education, campaigns and advertisements dubbed "iorestoacasa" meaning "I stay at home" that encouraged people to remain indoors, sanitise, stay calm and take necessary precautions. An emergency hotline was rolled out

besides a ban on sale of tobacco/cigarettes.

Italy is one of the epicentres of coronavirus in Europe. Has the Kenya government via the embassy contacted Kenyans on their conditions or needs so far?

Not officially. I only know of one employee from the Embassy that's been checking up on people through WhatsApp.

Italy is said to have taken the coronavirus outbreak too lightly. What should Kenya do different with cases rising daily?

It should not underestimate the ability of this virus to spread hugely in a short span of time. It should therefore picture the worst-case

scenario and develop proper protocols in case emergency cases increase. Civic education and advertisements to demonstrate the severity of the situation should be prioritised and the most vulnerable people armed with all the necessary information and tools. Given that the Kenyan healthcare is not well prepared to handle such pandemics, the government has a huge role to play in trying to reduce the strain on the medical facilities through trying to flatten the infection curve and reduce the upsurge. The goal should be to keep reproduction below one, with each case infecting less than one other person, on average.

What are you studying there and

how are classes under a lockdown?

I am studying a Laurea Magistrale (compulsory post-graduate programme) in Finance and Management. The Italian government closed down all schools and the whole country fully transitioned to virtual learning. There is Internet for online study platforms such as Google meet, Skype, zoom and Microsoft teams. Oral exams have also substituted written exams.

You need permission in Italy to move around. Have you sought any so far?

Yes, I have. I needed to get some painkillers and add food after the lockdown was extended for another month. It is mandatory to have the mask and gloves besides observing the six feet distance when queuing. In regions hard hit by corona, you need a document stating where you are coming from or going to, even to the supermarket or pharmacy. If caught breaking the rules, there is a \$215 (Sh21,500) fine.

How does a lockdown affect someone psychologically?

Extreme worry and trying to create a facade to keep oneself from panic, depression, negative thoughts and anxiety. Sometimes you can get a claustrophobic feeling as you try to cope with the distress of facing an "invisible enemy" besides reminiscing too much on things you wish you did while you had the freedom to freely move around. I think the effects of lockdown would be graver on people with other underlying mental issues like anxiety disorders.

Kenya is under a curfew. Explain to them the hardships of a lockdown...

Economically, people that depend on daily wages have difficulties trying to stock up food supplies and other household amenities. There is also stress and anxiety and fear of the unknown tends to mentally disorient you during lockdown. The high number of deaths, the rising new infection cases coupled with fake news on social media can cause paranoia leading to panic and hallucinations about death. Social adjustment is tough as face to face communication and interactions are irreplaceable.

As a foreigner, what have been your biggest fears?

Getting the virus and dying in a foreign country with my family not even getting my body and just ashes or nothing. I had previously imagined how that would destroy them. Another fear was getting the virus and suffering to get medical attention on time given the strain that was there on the Italian medical facilities.

How is your family in Kenya helping

“Before spreading any information, we all need to ensure it comes from a trustworthy and verifiable source

you out?

Frequent checks through video and voice calls. Once the COVID-19 hit Italy, we decided I remain in Rome to reduce chances of contracting the virus through public transportation or at the airport before spreading it unknowingly to my family and other Kenyans. GA Insurance company also reached out just in case I needed any travel and medical support.

Many students have to work part-time to manage life abroad. How is this playing out under a lockdown?

Those with non-essential or manual jobs requiring physical presence have no income and they've had to rely on their little savings or have to seek financial aid from their families.

Kenyans rushed to buy toilet paper anticipating a lockdown. What items do people overlook, yet they're the most important?

From my two months lockdown experience, the imperishable foodstuffs are more important, fruits rich in Vitamin C and dietary supplements assist in the production of interferon's that are needed to activate the immune system against viruses, detergents and disinfectants are also essential.

What has been the most difficult thing during lockdown and any lessons learnt?

Dealing with fake news, sudden change of lifestyle, trying to develop a new healthy routine and trying to keep fit both mentally and physically. Before spreading any information, we all need to ensure it comes from a trustworthy and verifiable source, we also need to be innovative in dealing with pandemics since what works for one person might not work for another. I have also learnt to appreciate the beauty of human social interactions and the informative role that the media plays in modern society.

Are there any support systems from fellow Kenyans in Italy?

There are several WhatsApp groups and other social media platforms and previously, Kenyans have raised money to help fellow Kenyans in times of emergencies but depending on the region a person is in, there could be other support systems available.

It is easy to go bonkers under a lockdown. How do you keep your sanity?

Other than studying and working online, I have a daily routine to ensure productivity like yoga exercises to physically keep fit, socialisation with friends and family through video-calls, learning a new language, watching movies during the weekends and following online church services. Lastly, having enough rest, being calm and keeping a positive mindset.

Do you wish you were in Kenya under a curfew than in Italy under a lockdown...

Italy is under a lockdown to reverse the epidemic growth by reducing case numbers to low levels. But even in a best-case scenario, there are 12-18 months away from researchers discovering vaccine for the virus.



The Nairobiian Indepth

Corona economy: It's corroding boda boda

Since the curfew, drunkards have been spending days at home, that leaves us with no one to carry — Rider

By Kelvin Kamau

The 7pm to 5am curfew and partial ban on movement in and out of Nairobi, Mombasa, Kwale and Kilifi counties has seen less and less money trickling into people's pockets.

Martin Kihlu, a boda boda operator, says their business has taken a serious hit.

"It can take two hours to just get one passenger. The curfew — though necessary — has made matters worse," says Kihlu.

"Our business used to flourish at night. That's when drunkards comb the night hopping from one drinking spot to another. That is no more," he adds.

Kihlu says most boda boda operators do not oppose the curfew — "but we are pleading with the government to allow us to work till 9pm."

He says life has become especially challenging for riders who took up loans from banks, saddles and chamas to acquire the motorbikes.

According to the Motorcycle Assemblers Association of Kenya (MAAK), Kenya had nearly 600,000 commercial boda boda operators by June 2019. This is huge investment given each motorbike makes approximately between Sh500 and Sh1,000 a day. That translates roughly to an annual turnover of between Sh100 billion to Sh200 billion countrywide.

The boda boda business is thus one of the biggest drivers of the economy with each motorbike supporting around eight Kenyans; the owner and the rider's families besides various offshoots including service providers like boda boda mechanics, tyre suppliers, spare parts dealers, fabricators, petrol stations, car wash operators who also wash commercial bikes.

This means that about 4.8 million Kenyans depend on boda bodas for their daily bread, rent, clothing, leisure, school fee and African socialism which see Kenyans helping out with



funeral, wedding and medical expenses of relatives and friends.

Boda boda business is not the only one corona has corroded without mercy. Even the food business which many hustlers depended on during the day is now under seige.

Kevin Kimani, who runs a food kiosk, has also seen a drastic reduction in his customer base as the pandemic has forced people to hibernate because of the current pandemic.

Kimani has been counting losses because before the coronavirus "we used to prepare ugali with up to 15 packets of unga a day, but currently we are only using three packets," mourns Kimani.

He adds: "We have been forced to eat some of the food because there are no customers. Most of the time my employees go home without pay. I have been forced to tell them to carry food as payment because even footing my operational costs has become a challenge."

Kimani is, however, philosophical as "nobody saw this coming — and we have to adapt with the new changes. It seems the situation will continue to haunt us for months and if this continues many businesses will close down."

According to the 'Covid-19 Community Mobility Report'

by technology giant Google, reveals that restaurants and fast food outlets have lost about 45 per cent of their business since coronavirus spread to Kenya. The Google Survey which was carried out between this February and March also revealed that foot traffic doubled down as Kenyans shied away from malls, parks, movie theatres, public libraries and other areas prone to crowding.

The Google Survey also included "grocery markets, food warehouses, farmer markets, specialty food shops, drugstores and pharmacies" as the other businesses that "reported a 33 per cent drop in footfall."

The directive that Kenyans follow social distancing rules as one way of wrestling down the pandemic also saw a 20 per cent fall in Kenyans visiting national parks, public benches, plazas, parks and public forests like Karura Forest, a favourite for leisure footballers, bikers, dog walkers and jogging buffs,



Sh200 hole

■ The Sh200 billion annual turnover boda boda business supports the motorbike owner, the rider and his family, boda mechanics, tyre suppliers, spare parts dealers, fabricators and petrol stations

This in turn means, supporting businesses like food suppliers and cabs saw an equal reduction in income.

Benwell Nduma, the

director of Overseas shuttle that operates at Railways bus station in Nairobi says transport business is also suffering.

"Things are tough as we are only dealing with package delivery. There are no passengers. I think what the government should do is to limit the lockdown to 14 days — then allow us to go back to our business," says Nduma.

Transport has been hit hard. Kenyans have been forced to pay double as PSV operators grapple with the recent ban limiting the number of passengers they can carry to 60 percent.

A 14-seater matatu which charged Sh100 from Athi River to the city centre

as, slicing Mama Mboga



Health Ministry official record temperatures at the Ambassador bus stop. [Photo: Collins Kweyu]

tre now ferry only eight people at Sh150 while Tuk-Tuks, popular at the coastal town of Mombasa and other major towns including Nairobi, have been reduced to carrying only two passengers from the usual five.

It's the same story for vibanda operators in the estates.

Take the case of Veroniah Wambui — a mama mboga — who has been left scratching her head ever since the government took dras-



Vegetable vendor Eunice Moraa sells her stock of black night shade (managu) at Keroka Market in Nyamira County.

Corona inaweza: Hubbies happy that boda riders are too broke to tune their wives

Although boda boda riders are feeling the pinch of coronavirus, some men feel they deserve every bit of it.

According to Tom* — a security officer — the riders have been a blessing and an anathema at the same time.

"It is true they made transport to short distances cheaper and faster, but they have invaded our bedrooms," says Tom who claims he divorced his first wife after learning that a boda boda rider was riding her on their matrimonial bed.

"I don't care if business is bad for them because of corona virus or whatever. I would not even lose sleep if the government decides to shut them all down. These people are home wreckers," says Tom who hails from Kitale.

Stories abound of boda boda riders who have been caught seducing married women and even school girls especially in the rural areas where poverty is common.

In most rural areas, apart from teachers and small time traders, boda boda riders enjoy significant economic control. The simple fact that they make at least Sh500 a day makes them enviable to some married women. The ban therefore means the rural economy has taken a serious hit since the curfew came into effect.

Although the likes of Tom are happy that boda boda riders are hurting, some married women like Esther, a



primary school teacher, cannot wait to have the curfew lifted.

Esther told this writer that she has been using this one boda boda rider for years. To many, he is just another boda boda rider, but to her, he rides her too in place of her husband who works as a driver in Bungoma County.

"My husband is always away. Today, however, he is in the house all the time, which means I don't get time to see my boda guy," says Esther, adding that most women are 'suffering with the riders' in silence.

She says millions of Kenyan men

have left their wives up-country as they migrate to major urban centers like Nairobi, Mombasa, Kisumu and Nakuru to eke a living. That what these men do not know is that some of their wives are not sitting pretty hugging the pillows tight and reminiscing of their touch; nay, the women are quenching the inferno between their legs and these are the ilk of men likely to sex your wife while you are laying on your back staring at the ceiling wondering when corona will end.

— The Nairobi Reporter

tic measures to combat coronavirus.

"Transportation has become a problem. It is no longer easy getting goods to and from the market," says Wambui who has had to suffer losses.

"My business is on its knees after my goods got destroyed while on transit. I hope things will get back to normal," she says.

For Morris Odhiambo, a murtura and fish balls seller, the demand for increased sanitation has thrown a once thriving business into doubt.

"People have stayed away from murtura bases after it was announced they keep off such meat products," he says adding that things got tough with customers demanding to know whether he had sanitized his knives.

"Some customers will demand that you to sanitize the knife before they can buy for you. Then there is the issue of having to handle money. It's tricky," he says.

Meanwhile, most giant companies and service providers have been forced to move their operations on-line — but even this is facing a challenge.

Telling slum people to work from home is a cruel joke — David Ndii

Dr David Ndii, a prominent homespun economist has called for the establishment of a 'lifeline fund' in the wake of the corona pandemic.

Ndii argues that a lifeline fund would go a long way in mitigating some of the adverse economic effects of the pandemic.

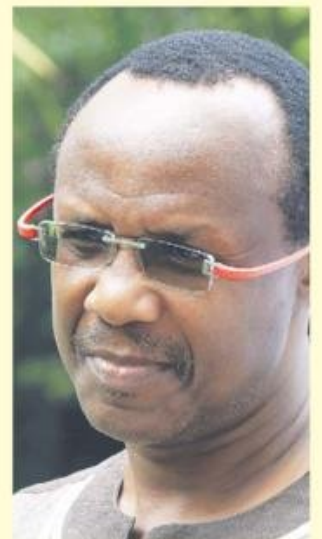
In an open letter to President Uhuru Kenyatta and which was published by The Elephant, Ndii details that the economic implications of Covid-19 as one that badly needs a lifeline fund as a 'safety net' for workers whose jobs may be considered non-essential but who depend on them for their daily bread.

He adds that "this is the government's responsibility, just as it provides relief to drought and natural disaster victims. These people, particularly those in the urban informal sector, have nowhere to turn. Secondly, the lifeline fund aims to keep businesses, especially those that are providing essential goods and services open instead of closing because of low business. We want to avoid shortages that could encourage hoarding, heighten social stress, and drive up prices. Third, the more businesses we keep alive, the faster the recovery will be."

According to Ndii, there is a particular group of people at even greater risk.

"For people in Nairobi's crowded informal settlements and elsewhere, who do not know where their next meal will come from, the language of social distance and on-line working comes across as a cruel joke. We already have volatile powder keg of gross inequality and social exclusion... Let us not tempt fate."

Ndii estimates that a lifeline fund which should be around 0.5 to one percent of GDP or Sh50 billion to Sh100 billion would be sufficient and he recommends "budget reallocation within existing deficit by cutting back on development projects, and suspending non-essential functions to free up some non-wage recurrent budget. Monies budgeted for international travel, for instance; workshops and public events can be redeployed immediately."



Economist David Ndii

Opinion

THE NAIROBIAN

China, mistreating poor Africans won't kill Corona

The recent mishandling of Africans in China cannot be swept under the carpet.

A viral video of a Kenyan woman being denied entry into a public bus — her child sitting on her back — bore the hallmark of racism in the modern age.

Other viral videos of Nigerians being shepherd into deserted streets — in the rain — touched our individual hearts back at home.

These barbaric acts reminded Africa of indignities suffered by her sons and daughters between 17th and 19th century when black people were segregated from whites by law and private action in transportation, public accommodations — even education.

These ugly scars of slavery are often priced open each time our talented sportsmen and women, scholars, scientists, students are treated inhumanely by individuals who have inherited this subliminal primitivism that white is superior. It is sad — and this is true — that this dangerous form of backwardness is still continuously fed to children.

It was refreshing to see some

African ambassadors in China writing to the country's Foreign Affairs minister over this discrimination against Africans as the country seeks to prevent a resurgence of the coronavirus. It is our hope that this primitive circus will end here.

The world has condensed into one global village. Thousands of Africans are in China today — some even speak Mandarin. Likewise, the Chinese have made Africa their home — and Africans have hosted them.

The Chinese have put up a web of road networks, rail system, ports and other infrastructure in Africa.

In record time, they put up the behemoth Standard Gauge Railway (SGR) in Kenya, never mind that its engines have since run out of steam due to the coronavirus pandemic that originated in China.

Our brothers and sisters must be treated with dignity. The government must make it clear to the Chinese that it will not tolerate mistreatment of its citizens when many Chinese citizens across Africa are practically living on the fat of the land.



Cosmas Butunyi

The typical do-gooder will have eyes trained on getting something in return. Doing good for good's sake is an alien concept for many

Avoid viral fake news

The rate at which Kenyans are fed wrong information on social media daily in the midst of a pandemic is appalling.

Twitter and Facebook have been turned into playground for fools who intentionally misinform the public either to whip up emotions for political expediency, or just for the heck of it.

This army of social media dimwits and witches are burning the midnight oil trying to concoct lies to achieve certain goals.

Kenyans must vet every information before taking to heart everything they are served on the table of social media.

This week

President Mwai Kibaki on April 23, 2003, warned against stigmatisation of people living with HIV/AIDS.

He called for open talks around the disease to create awareness and raise the fight against the pandemic. Kibaki then asked Kenyans not to underestimate the seriousness of the "scourge" saying it needed concerted efforts to lessen its proliferation.

At the time, the disease had ravaged the country for about two decades.

In 1999, Kibaki's predecessor, president Daniel arap Moi,

declared Aids a national disaster. Aids-related deaths had gone up and some politicians opined that isolation of victims would help fight the pandemic.

At the time, doctors speaking openly about Aids were victimised by the government for allegedly scaring away investors.

Kibaki at the time promised the visiting United Nations Secretary-General's special envoy for HIV/AIDS Steven Lewis, of the government's commitment to the war against the disease.

— Kelvin Kamau

Generosity need not have noisy strings attached

In the real world, nothing comes for free. All do-gooders seem to have one up their sleeves even if they make it look like it is all altruistic and for good of humanity.

This explains why skepticism and conspiracy theories outnumbered gratitude, when news broke of kind acts by a Chinese billionaire, who was smothering Africans with love in these difficult times of Coronavirus.

It does not make sense. Who fills a plane with sanitizer and masks and other things meant to protect us from the contagious virus? All this stuff is obviously nowhere near cheap yet he not only procures them but also proceeds to foot the costly voyage of this cargo across oceans. His mission is to deliver it to strangers, some of whom cannot recognise his face and are unlikely to return the favour in future, anyway.

Plus, these are times of restricted travel. Pulling off this feat involves enduring antics of some power-intoxicated government officials who want his backside kissed or palms greased; or that other rigid public servant who cannot discuss exceptions for the live-saving

donation. Who would offer to undergo all this pain when they are gaining absolutely nothing in return? As if this is not enough, he dispatches another consignment with protective equipment and ventilators and thermometers to aid the fight against the disease. Of course, it is not that he had nothing better to do with the Benjamins.

You see the way it generally works is that at bare minimum, the typical do-gooder will have eyes trained on getting something in return. Doing good for good's sake is an alien concept for many. That is why these so-called philanthropists will always insist on having their faces or names printed on packaging of donations. For good measure, a few will be involved for social media. How would the world not know about this?

No wonder the easiest way to declare political ambitions this side of the world is by doing a whirlwind tour of churches in the chosen jurisdiction donating things, or getting soccer teams to bout for a few balls and a set of uniforms, and so on. The bottom-line is — do something that looks like philanthropy. Nothing shows that you want something

in return more eloquently.

Of course, prospective voters will take notice, and not long after, the incumbent will dispatch emissaries over to gauge your interest in his seat or offer a compromise — a membership of a committee or award of a tender to fix some road, if only to dissuade you from running.

Ever wondered why aspirants' freebies will always have their names on it — T-shirts, reflector jackets, less, name it? It is quid pro quo. Remember those images of inner wear with names and image of a political aspirant that circulated online at the height of the last general elections? What about the more recent audacious act by a woman representative who had the guts to deodorise sanitary towels she was donating to needy schoolgirls with her name and pretty face?

It is very rare that the moneyed amongst us will walk in the humanitarian footsteps of the Chinese mogul. It clearly does not make sense to them, hence the loud whispers questioning the glaring absence of wealthy sons and daughters of the land and concern about silence of most of the political leadership.

If at all they were to do something about it, it is unlikely to be functional donations such as masks and sanitiser or availing water and soap to keep Coronavirus at bay. Water tanks would probably be a better bet, because of ample space to emblazon not just names of the donors, but also the prized 'honourable' title.

The typical politician would prefer buying prime time advertising space on radio and TV urging his people to stay safe put on masks, sanitise and wash their hands. At least it would score a brownie point for their political careers. Never mind that many of these urgings are out of reach of some of the people they lead and it would make more sense to avail them first.

Perhaps, there is no such thing as a genuinely good person desirous of doing good to others. Don't we all do what our leaders and their rich friends do, if only at a smaller scale. There is more pronounced because more is expected of them. Haven't they been given more?

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Fireworks with Nancy Roxanne

There will always be something more important to her. Whether it is a new dress or a road trip to Naivasha, all these seemingly trifling things will always take precedence over paying me back

Fools who lend always lose money

As governments the world over continue to sacrifice the economy for the sake of public health, people are beginning to feel the pinch.

Tough times lie ahead. Having said that, as we prepare to grapple with the ensuing financial hardships, I would advise you to keep in mind these wise words of William Shakespeare: "Neither a borrower nor a lender be, for loan oft loses both itself and friend." Shakespeare's Hamlet may have been written over 400 years ago but this brilliant quote is still as relevant today as it was back then.

So, yes, even as we start to suffer economic hardships, it is in your absolute best interest not to lend or borrow money from friends and relatives, no matter how dire the situation becomes. I can tell you from my own experiences that friends and family rarely make good on their debts and those that do only do so after much fuss. In addition to this, those that do pay back rarely stick to the repayment deadline.

A few years ago, a friend I met in the university hit me up one night looking to borrow Sh2,000. She told me that it was an emergency. Her infant child had been taken ill and she didn't have money to take her to the hospital. She promised to pay me back within a week. I had a hunch that she was lying. First of all, it was not like we were close-knit buddies. I hadn't seen her since leaving the university which had been over two years prior. She texted me sporadically through that

period and that was all the contact we had. In my mind, I was thinking that if I had a baby and my baby got sick and I needed money urgently, she wouldn't even be in the list of the first 200 people I would call. We weren't even that close in the university. She was just a girl I knew that would occasionally hang out with my group of friends. Heck, I didn't even know her real name. I only found out after I sent her the money. It is sort of how someone called Shaniqua would tell you her name is Nikki. I mean, I can see how you would get Nikki from Shaniqua, but your true friends would know your real name.

Also, the timing of this emergency was highly suspect. She had just added me on Facebook earlier that day and I have been told that sometimes my online profiles give the impression of someone with a lot of money to burn. Regardless, I decided to give her the benefit of doubt and sent her the money. I never heard from her again. It wasn't until well over three months later when I decided to ask for the money. She claimed it had just slipped her mind and promised to repay later that day. Isn't it amazing how debtors develop selective amnesia when time comes to repay their debts? Anyway, she didn't. When I inquired about it again a few days later, I got back a rude text asking me why I was pestering her for a measly two thousand bob. She would pay when she would. I never heard from her again and she has never paid me back.

Interestingly, we are still friends on social media. From the look of things, she lives a very comfortable life and wants for nothing.

I've been stiffed for a hell lot more by people I was much closer to but this incident stands out to me because it speaks the most about human nature and debts. Let me tell you why your friends and relatives never pay you back or they take forever to pay back; because it is simply never a priority, plus, there are no penalties for non-payment or late payment for money loaned to friends. Repayment of a debt often times means having to make a sacrifice and this is very hard to do when there is no penalty.

For instance, I am sure 'Nikki' knows she can easily pay me back if she missed one of her Sunday brunches but why should she when she can wait until she has extra money that is not meant for something else?

And the sad fact is there will always be something that is more important to her than paying me back. Whether it is a new dress or a road trip to Naivasha, all these seemingly trifling things will always take precedence over paying me back. It also helps a great deal that 'I don't look like I need the two thousand bob' so there is no urgency and consequently, it will just never be a priority to her. This is how friendships end.

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Commentary

The Vigil

Is Kericho District Hospital sick or what?



There is nothing as sad and annoying as getting to a public hospital only to be told to go to a nearby private facility for tests or medicine, writes Mercy Bore

Mercy says she went through a harrowing experience when she visited Kericho District Hospital recently.

"I visited the facility to seek treatment following continuous abdominal problems, but when I saw the doctor, he directed me to a chemist for tests," she complained.

When she came back with the results, Mercy says she was sent back to the same chemist to purchase medicine.

In these trying times, it is worrying when a County hospital lacks capacity to fix basic health issues.

Governor Paul Chepkwony, what is cutting down there, Your Excellency?

Muringene market has been in darkness for one month and counting

A concerned resident writing all the way from Muringene market in Igembe North Sub County, Meru, thinks Kenya Power is taking them for ride.

This is because the company is apparently reluctant to fix a faulty transformer that's been dead for more than a month despite frequent follow-ups by residents.

"We have been in darkness since early February and no action is being taken. It blew up when there was a street light project and no one has set foot on the ground to fix it since."

"We have reported the incident at the nearby Kenya Power office but we don't know why it has taken this long to fix the problem," he wrote.

Kenya Power, please don't empower night runners and burglars at Muringene market!

Smart robbers targeting money transfer shops in Juja

Mobile money transfer shops in Juja have become an easy target for thugs for the last one month, reports businessman Daniel Kuria.

This he links to use of an unknown substance that makes those running the shops lose their senses and give out the money only to come to their senses after the goons have vanished.

"Last week, my sister lost Sh25,000 to man who came and pretended he wanted to withdraw some money. Minutes later, she realised she had handed the money to him without him making a withdrawal," he wrote.

He added: "I think they use an unknown powder to make their target totally forget themselves and hand over the cash. We have heard of many such cases. Police should fix these thugs."

— By Pkemoi Ng'enh

Write to the editor: vigil@standardmedia.co.ke
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The Retrosexual with Brian Guserwa

The whole point of the sexual revolution was to grant you agency. Why are you lying there, counting sheep, while he's struggling to remember the difference between minora and majora? It would be mutually beneficial if you provided the map? It IS your body, damn it!

Your orgasm is a personal responsibility, madam

Finding X, like its distant cousin 'locating the G-spot', has been a thorn in the side of men ever since the good old 'missionary' days, and since the discovery of that ancient bestseller, the 'Kamasutra'. In all the years since, many men have embarked on that adventure, a journey fraught with danger and personal risk, an expedition to ferret out that bloody spot. Some perished, consumed by the knowledge they sought; others went mad with the realisation that their life's work was a myth. But one weary traveller staggered back, eyes wide, beard thick and grey, and with his last breath, announced that alas, the G-spot was very real, and he had discovered it a few knots south of yet another ghost island, the clitoris.

Just like that, the sexual revolution was upon us. Men blinked, and the game had changed right before their eyes. The women they had chased their whole life, those shy maidens who would avert their eyes and sketch Pangea in the mud with their big toe when addressed, woke up one day and threw out their petticoats. They stopped holding their breath when discussing 'bad manners', or looking over their shoulder in case someone with an eligible son would overhear their filthy talk and subtract a few goats from any potential dowry. Now, these women had demands.

For one, all parties were ordered to stop referring to it as 'bad manners', with immediate effect. Sex was a beautiful thing, a sacred thing, no more fumbling in the dark either; even witchcraft

required a few candles. But most importantly, that missionary business had to go. It was no longer enough for the man to puff and pant on an immobile torso for a few minutes, then vibrate like a faulty posho mill and climb off. Finesse was needed. It was a gentle flower, not a conga drum. And the man was supposed to be a symphony conductor, not a lorry driver asking if the head was in.

Somewhere along the line, however, the revolution must have been stopped. I don't know why. Maybe they didn't mobilise.

In the year of our Lord 2020, there are still women who come away from sexual encounters with a laundry list of complaints. A list which is presented, not to the man, but to a circle of giggling girlfriends. He did not pinch my nipples. He kissed my lower lip for five seconds longer than the upper one, and I'm a firm believer in equality. His idea of foreplay was tickling me, which was unfortunate because my vibrator is in my ears.

All of which has always baffled me. Is she not present? Why is she reporting on the encounter like she was an impartial judge standing in the corner with a notebook and pen? It's like asking your five-year-old to make you an omelette, standing behind him in the kitchen sniffing and squinting as he fumbles around, and then, behind his back, pointing out to his father that the poor boy used too much salt and had no idea how to break the eggs.

Ladies, the whole point of the sexual revolution was to grant you agency. Why are you lying there imagining Nick Mutuma while he's struggling to remember the difference between minora and majora? How can you expect him, a stranger who has only ever seen 65 per cent of your body and who has never washed the dark spot on his back, to isolate and quarantine your clitoris? It took you 20 years and a YouTube video to figure it out yourself, but Dan from Kayole is supposed to march straight to it like a sniffer dog?

Any negative reviews after the act are an indictment on the woman, not the man. He has only the guidance of random information pieced together from ignorant teenagers like himself and random pornography. The only X that man ever had to find was in an algebra textbook, and he skipped that question whenever it popped up in exams.

Maybe, next time, it would be mutually beneficial if you provided the map? It IS your body, damn it! Don't direct like a Kenyan either; "You see that left thigh? Leave it. Now keep going. Use the side mirror. Watch that bodaboda scar. Baas, there."

Be vocal. Be deliberate. If, after stating explicitly what you want, he still fails the test, then his head is hard (the one with hair) and you're free to post him to Buyer Beware. But please, madam, your orgasm is your own responsibility.

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Bamboo buckets to ward off Covid-19 in Kakamega County

By Nathan Ochunge

With coronavirus infections rising with each passing day, Kenyans have employed several measures, including handwashing and enhanced sanitation, to contain spread of the virus.

When the Ministry of Health made a directive for hand-washing stations to be set up in public places to enhance cleanliness, retailers instantly raised the price of 20-litre hand washing buckets from Sh250 to between Sh890 - Sh1,200 in various parts of the country.

As a way of cushioning members of the public from infection and the impossible cost of buckets, Juma Gesicho, a pioneer bamboo conservationist in Kakamega town, came up with a brilliant idea. The former photographer has invented a hand-washing station made from bamboo sticks and used jerry cans.

Gesicho, 65, is now producing hand-washing buckets with a capacity of between five to 20 litres, and then distributing them free of charge to the locals within Lurambi Sub-County.

The bucket has a bamboo tap and a soap dish. The upper part of the bamboo stand holds the jerry can that contains water, while the lower part supports another small bucket that collects dirty water. Before the outbreak of the deadly virus, the locals had dismissed his inventions, but now he is a darling to many. He makes between 50 - 100 buckets on a daily basis, depending on the available orders. He is helped in the noble work by his three sons who are at home following the closure of learning



Juma Gesicho, a former journalist turned conservationist in Kakamega town showcases his bamboo hand-washing station at Lurambi Estate. (Inset) Gesicho shows how his portable 'knock-down' classroom operates. [Photos: Nathan Ochunge/Standard]

institutions. Gesicho says that he would have reaped a huge fortune from the sale of his innovative product, seeing as similar products are being retailed as high as Sh1,500 apiece, but he prefers to help members of his community, most of whom are poor and vulnerable. The only thing he needs from his clients are to deliver unused jerry cans to his home from where they can be converted into hand washing stations.

"I started making these hand-washing stations five years ago as a way of conserving the environment but no one took me seriously. People said I have run out of ideas but after the outbreak of coronavirus, the same people are flocking to my compound looking for

them. Even those that were being sold in the market aren't available," said Gesicho.

According to Gesicho, he is not charging the locals since bamboo is available on his farm, saying the only thing they are supposed to do is to come with either a 10 or 20-litre jerrycan.

Gesicho, who has been in the bamboo business for the last 40 years, has also invented portable (knock-down) classrooms made of bamboo sticks, saying they are ideal in arid and semi-arid areas where most people are nomadic pastoralists.

"The major crisis we have in the education is lack of facilities like reading materials, desks and classrooms. I am able to make portable classes and desks made from bamboo sticks. Roofing is also

done by bamboos and is affordable," says Gesicho.

"The knock-down classrooms are easy to assemble even by the students themselves and have windows and doors also from bamboo sticks. This technology can also be inculcated into the CBC curriculum so that students learning under trees and rocks can be making their own bamboo classes," he adds.

He said blackboards and chalks can also be manufactured from bamboo. His son, Victor Gesicho, a third year student at the University of Nairobi, says he developed an interest in studying furniture design so that he can open a bamboo furniture workshop.

"Bamboo products are durable, cost effective and environmentally friendly," he says.

New Land Registration Law

I need clarification on the grapevine on real estate circles that the Government intends to amend the Land Registration Act and insert some provisions. Any previews on the possible amendment(s)?
Abdi, Nairobi

It is true that the Government Printer published the Land Registration (Amendment) Bill 2020 for introduction to the National Assembly.

The special issue of the Kenya Gazette Supplement No. 29 (National Assembly Bills No. 7) by Leader of the Majority Party Aden Duale is dated March 13th 2020. From my reading, the proposed amendment for debate in Parliament seeks to insert a new section in the Land Registration Act 2012.

The insert is Part VIII on Complaints Mechanism which will address complaints relating to both land registration and survey of land under the Survey Act. The proposed law establishes the Office of the Complaints Reviewer in the lands and survey registry to provide a free, effective and impartial complaints review mechanism.

The Complaints Reviewer will be appointed by the Lands Cabinet Secretary for a three-year term, which is renewable once. The qualification is for one to be a citizen of Kenya, an Advocate of the High Court of Kenya with at least 10 years' experience and - definitely - meet requirements of Chapter Six of the Constitution (Leadership and Integrity).

The office will mainly review and determine complaints on land registration and survey services.

The Complaints Reviewer (CR) may be a toothless bull dog as the proposed law provides powers to receive, process and resolve complaints from the public. The CR will also 'recommend' actions to address complaints relating to land registration and survey services. The CR will also be mandated to provide advisory opinions or proposals on improvements of processes and procedures. What happens if his or her recommendations, advisory opinions and proposals are shovelled out of the window?

The CR will also have a duty and responsibility to maintain a register and keep a file of all complaints - including proceedings and determinations. Other functions include submission of quarterly and annual reports to the Cabinet Secretary on investigated complaints, remedial actions recommended and also determine frequency of meetings, sittings and venues.

According to the Bill, the Office of the CR will be considered vacant if the holder dies or is kicked out by the Cabinet Secretary for either gross misconduct, violation of laws (including Leadership and Integrity in line with Chapter Six of the Constitution), mental incapacity, incompetency or bankruptcy. If such a vacancy occurs, the Cabinet Secretary will be mandated to appoint a replacement within 14 days.

The Bill empowers the Public Service Commission (PSC) to appoint staff for the Office of the CR for proper discharge of functions. The CR may also request the Cabinet Secretary to second some public officials to his/her office towards efficient service delivery.

Even as the Bill seeks to improve service delivery to members of the public, let it not add to the misery of our already bloated public wage bill without improving efficiency on property transactions.

-Harold Ayodo is a communication consultant and an Advocate of the High Court of Kenya

EXECUTIVE CV: PANCRAZ KAREMA, CEO & TEAM LEAD, EXPEDITIONS MAASAI SAFARIS

I live my life by lessons learnt, not regrets made

By Peggy Kariuki

Education: Ontulili Boys high school, Bachelor's degree in Tourism and Political Science from the University of Nairobi

Work Experience: I started out as a petrol station attendant after high school. In 2013 while in campus, I interned at Magical Kenya and Kenya Wildlife Service. I'm currently working as a CEO and team leader at Expeditions Maasai Safaris.

Awards/recognition: Bizna Young

Entrepreneurs Awards awarded me as the Male Entrepreneur for the year 2019/2020.

First job/salary: Working as a petrol station attendant in Mwiki earning Sh4,000 per month.

Best/worst job: My current job is my best job; I make holiday travel for thousands of Kenyans.

First/current neighborhood: I used to live in Mwiki, Kasarani. I currently live in Parklands.

Worst mistake ever: Not starting my company earlier, by now we

probably could have been the market leader in the region.

One thing I can't give away: My family.

One thing I regret: I live my life by lessons learnt and not by regrets.

Unforgettable person: That must be my former high school principal, Mr. Silas Mwirigi. He was a very strict disciplinarian.

Best advice ever: Follow your passion and always strive to improve yourself by loving what you do.



CorporateImage

UNICEF donates to Nairobi County



Nairobi County's Health, CEC Hitan Majevdia (2nd right) and Dr Simon Kimani, Chair, Board of Directors, Public Health Officers and Technicians Council receive a consignment of spray pumps and hand washing soap donated by UNICEF to City Hall, Nairobi, to curb coronavirus. (PHOTO: ELVIS OGINA)

Superfoam donates mattresses to KNH



Kenyatta National Hospital (KNH) CEO Dr Evanson Kamuri (left) flanked by Superfoam Limited Human Resource Manager Reuben Nyaberi during the donation of hospital mattresses to Kenyatta National Hospital by Superfoam towards supporting COVID-19 affected patients. Looking on is KNH Prime Care Centre (KPC), Clinical and Nursing Manager Doris Kimbui, Assistant chief Nurse Rose-line Okello, Marketing & communications Manager Simon Too and Director Dr John Ngigi. (PHOTO: DAVID NJAAGA)

DPP and EACC donate towards Fund

The Director of Public Prosecutions Noordin Haji (Right), deputy DPP Dorcas Odour (second right) and EACC boss Twalib Mbarak (second left) present a dummy cheque to National Treasury and Planning Secretary Ukur Yattani (Left) towards the Covid-19 emergency fund. (PHOTO: EDWARD KIPLIMO)



Police get kitu kidogo from NSSF, Ahadi



The Inspector General, National Police Service Hilary Mutyumbai (right) receives 5,000 face masks and sanitizers from Ahadi Kenya Trust CEO Dr Stanley Kamau (left) and National Social Security Fund (NSSF) CEO/ Managing Trustee Dr Anthony Omerikwa (second left) that will be distributed to police and immigration officers. Looking on is Director General Directorate of Immigration at the State Department of Interior and Citizen Services Alexander Muteshi. (PHOTO: JENIPHER WACHIE)

Golden Gate helps out Kibera Residents



Golden Gate Cargo Ltd Director Faisal Adan gives Selestine Atieno, a resident from Kibera slums, a packet of flour to cushion her from the coronavirus pandemic. (PHOTO: ELVIS OGINA)

IG Mutyumbai receives water tanks



Director of Communications National Police Service Charles Owino (left) and Inspector General Police Service Hilary Mutyumbai (Centre) receive hand washing water tanks from Kenya Security Industry Association chairman Erick Okeyo (right). (PHOTO: SAMSON WIRE)

Letshego Kenya donation towards COVID-19 Fund

Letshego Kenya CEO Adam Kasaine (Left) handing over a dummy cheque worth Sh1 million to Jane Karuku, Kenya Covid-19 Fund Chairlady and Kennedy Kihara, the Secretary of the fund. (PHOTO: WILBERFORCE OKWIRI)



Life & style

April 17-23, 2020

thenairobian@standardmedia.co.ke

**Marriage
on the
rocks,
p24**

MODEL: ALICE JEREMANA
PHOTO: FELIX KAVII

CapitalFeature

You might divorce your wife, hubby due to Corona pressure

Kariuki also says the reasons why most couples will fight is because of finances, selfishness and spending too much time together

By CHEPTOEK BOYO

Coronavirus pandemic has changed lives. Being stuck at home, self isolation and all, has brought a lot of pressure, frustrations and a sense of helplessness to folks worldwide.

The marriage institution has also been affected. What was meant to be happily ever after is now happily never after.

In China, for example, where the coronavirus outbreak first began, divorce rates shot.

According to reports from Miluo, a city in Hunan province, since February 10, the number of divorce registrations in the city has reached 206, compared to 311 marriages.

Officials believe the sharp increase of divorce requests could be caused by the fact that partners have spent too much time in close quarters under quarantine.

"The divorce rate in the district has soared compared to be-

fore the coronavirus outbreak. Young people are spending a lot of time at home. They tend to get into heated arguments because of something petty and rush into getting a divorce," an official said.

Is this trend likely to catch up with us?

Well, according to Judy Thongori, a top family lawyer at Judy Thongori & Company Advocates, chances are high we could go the China way, she warns.

"While we could witness an increase in divorce cases, there will be greater family conflict, filing for separation or divorce. We could even have many people moving out of the family homes but not taking legal action, unless there is danger, until a later time," she says.

The lawyer says financial constraints is the main issue likely to make families to break during the covid-19 pandemic.

"Many people have been

completely cut off from income generation activities or their income has reduced. This has made people anxious and depressed and so direct their frustrations to their partners. Unfortunately, the support systems that most people leaned on are not easily accessible with the social distancing coupled with the inability to leave home. In the end, the obvious culprits are relationships, of which marriage is core."

In the case of unmarried couples living together during this pandemic period, Thongori says, it might not lead to the altar.

"Living together does not amount to marriage. A man and woman have to intend to live together as husband and wife and further hold each other out as such. There is no set period of cohabitation but of course the longer the living together the better."

Gichohi Waweru, another Advocate, agrees.

He notes that many homes are likely to break up, but also, that there will be custody battles for children due to the covid-19 pandemic.

"There's looming danger about to rock homes. Divorces are about to reign. As the saying goes a hungry man is an angry man. Worse, they are hungry, angry, without work and sitting in the house. Though we still praying that all goes well, these happenings aren't far from the truth. The Law on marriages in Kenya has provided for the grounds of divorce for

Christians, civil, customary and Hindu marriages to wit; one or more acts of adultery committed by the other party, cruelty, whether mental or physical, inflicted by the other party on the petitioner or on the children, or the irretrievable breakdown of the marriage. While it is easy to understand the first ground on divorce, that is cruelty inflicted against the petitioner, for an irretrievable breakdown, parties generally have irreconcilable differences. In the western legal systems, the marriage and divorce, operate, 'No-fault divorce', in this there's no one to blame and no reason for the divorce other than the fact you and your spouse simply can't get along. While this may be different from the law in Kenya, if a petitioner seeking a divorce was able to demonstrate in Court that the marriage has generally failed, this would be a ground which the court may actually grant the divorce as sought."

He adds that apart from divorces, there will be people going to the Attorney General's Chambers to seek recognition for the marriages after cohabiting during covid-19 period.

"Most of us are never home, we work crazy schedules, in between cities and flights, and only get little time to spend with the people we love, our families. But the lockdown and curfew have changed the game plan. Even when couples would take

trips together and sort their differences, the same has been limited. During this time, couples are able to re-evaluate their marriages, and as a legal practitioner, I would not be shocked by an increase in suits for divorce after all this is done. But the issue will not only be divorce. There are people who will flock the Attorney General's Chambers to seek recognition for the marriages. The 'marriages' in reference were not contracted as the norm but through



Domestic violence on the rise during this period

Locally, as the country deals with the Covid-19 pandemic, Cabinet Secretary in charge of Health, Mutahi Nguni on Tuesday, April 15, noted that with measures the country has taken to fight the dreaded coronavirus, there has been an increase in cases of domestic violence, gender-based violence and sexual offences.

The National Council on the Administration of Justice has recorded in the cases of sexual violence it is perpetrated by close relatives and guardians.

Chief Justice David Maraga announced a shocking increase in the number of sexual offences cases reported.

Maraga revealed, sexual offences such as rape and defilement have constituted more than 35.8 per cent of all reported cases in Kenya.

"There has been a significant spike in sexual offences in many parts of the country in the last two weeks. These offences constitute 35.8 per cent of the criminal matters reported during the period. In some cases, unfortunately, the perpetrators of such of-

fences are close relatives, guardians or persons living with the victims. These are people who are supposed to take care of the young girls, but instead of taking care, they are preying on them," said Justice Maraga.

Ministry of Public Service and Gender Cabinet Secretary, Professor Margaret Kobia, assured women and girls of her ministry's continued vigilance to their plight, particularly now during the coronavirus pandemic.

She also provided a toll-free helpline number assuring those who called of immediate assistance.

"As we observe the Government guidelines on how to contain the spread of covid-19, we remain alive to the fact that women are relatively at a higher risk of suffering gender-based violence particularly during the curfew period. We would like to assure you of continued government support during this period. Our toll-free line remains open 24/7. Report any cases of GBV during this time for medical and any other assistance," she said.

- Cheptoe Boyo



Family Lawyer Judy Thongori

cohabitation. While some will both agree to get the registration of their marriages as is the requirement under law for marriages to be registered, some won't agree and the battle will move to court."

Waweru further adds that during this period, children maintenance and custody of children is expected to hit an all time high.

"Being home and not working and the prevailing circumstances around the covid-19 times, will be a brooding ground, children will be born without plan, both for married couples as well as men and women cohabiting. Sadly, after coronavirus, these institutions of convenience might not stand the threshold of time and as such, the children will suffer the effects, reason I anticipate an increase in such suits. There are also marriages that were breaking apart that partners will not repair in this chilly environment. So maybe only one in

ten of divorce suits may be withdrawn same to children matters on maintenance and custody."

Pastor Emmanuel Kariuki, the founder of I Vow a platform, where they equip couples with tools to build thriving and healthy marriages, says after the coronavirus period, we will see lots of couples seeking help.

"This season will force couples to actually face each other whereas before, they could avoid each other. What this will do is, it may force some couples to have necessary conversations and hopefully, resolve their issues or may cause heated exchanges making things worse. My prediction based on years of counselling is that many will increase existing tensions and hurt the relationship more rather than help it. We will see a higher case of couples seeking help for their relationships."

Kariuki also says the reasons why most couples will fight is because of finances, selfishness and spending too much time together.

"Finance will cause problems since most couple have lost their jobs or have received pay cuts. This will result in conflict and tension. Further, with the close proximity and constant bumping into each other, issues that have been there for a while come to the surface and you have to face them. Two people means two minds, two perspectives. If couples are not able to listen to each other in order to understand each other and work towards a solution, this will create conflict," he notes.

He also warns that lack of communication skills will affect marriages.

"A wise man once told me, 'It's not what you say, son, but how you say it that matters.' This will make the difference between how a message is received or rejected."

He also advises couples to listen to

each other and go into conversations with positive attitude, that will make their relationship come out stronger after isolation period.

"Listen, listen, listen. It is important to listen to your spouse to hear and to understand what is being said and also to understand what the issue is. Go into a conversation with the attitude that there is an issue that is bothering your spouse and it is important to identify the issue and work on solving the issue. Be ready to take responsibility for your part in the situation, confess and apologise for your part. Find fun things to do to ease the tension. There are things a couple can do to have fun at home online. Research and begin to implement it. It will be good for your relationship to enhance emotional intimacy. Purpose to learn something new together or even begin planning for life after isolation period. What are your lessons as a couple? What can you do to improve yourselves when this season is over."

When it comes to dating couples, who can't be together during this period, Kariuki says this is a good season for them.

"Contrary to popular belief this actually a very good season for a dating couple, one of the biggest things that suffers when you are constantly around each other is we do not have real conversations and the right conversations."

"In this season, you are forced to communicate to keep in touch. This is the right time to talk about the relevant and much needed conversations. Finances... what is your partners take on it? How do they deal with finances? Learn about their family, do online personality tests together and discuss them at length, learn about what their take is on relationships, what are they hoping out of it? and many other subjects other than, 'I miss you so much babe.'"



Fashion

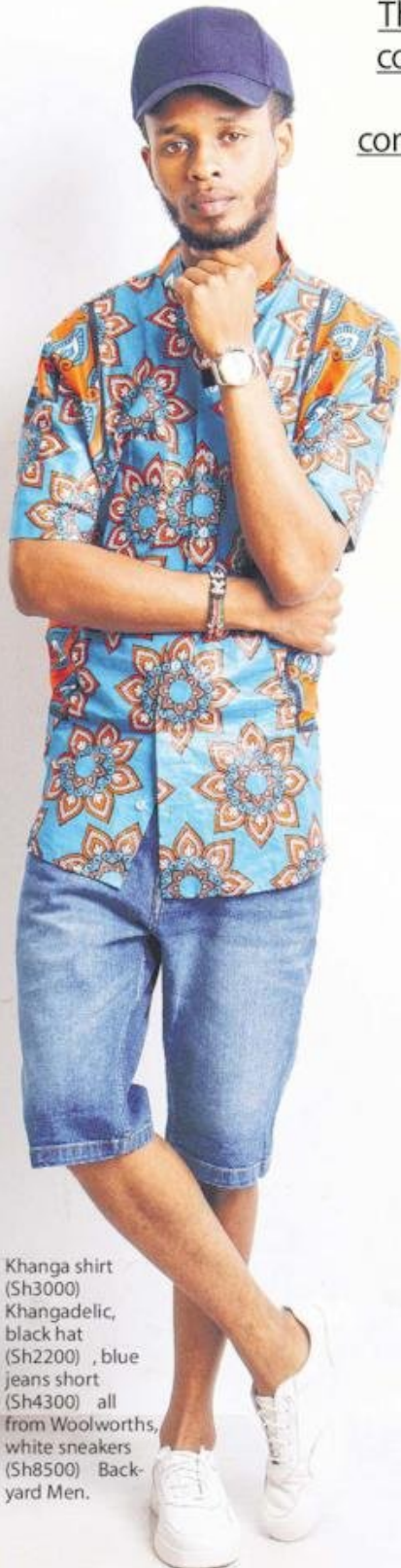


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STYLING MANAGEMENT
EMAIL: info@conniealuoch.com
MODEL: REAGAN KIPKORIR

PHOTOGRAPHY: VICTOR MURITHI
FASHION ASSISTANTS: STEPHANIE NJOKI & TARA CHAO

SHOOT LOCATION: VERSATILE MODEL AGENCY, STUDIO HOUSE- 6TH FLOOR, MARCUS GARVEY ROAD KILIMANI

The Khangadelic brand celebrates the colour and vibrancy of Kenyan Coastal culture and lifestyle through contemporary clothing and accessories



Khanga shirt (Sh3000)
Khangadelic, black hat (Sh2200), blue jeans short (Sh4300) all from Woolworths, white sneakers (Sh8500) Backyard Men.



Green khanga satin shirt (Sh3500)
Khangadelic, blue skinny jeans (Sh6200) watch (Model's Own), brown boat shoes (Sh8500) Backyard Men.

Khangadelic



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aki backpack(Sh5000),
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(Sh6200) all from Wool-
rths.



Khang linen
shirts (Sh.
3500)
Khangadelic,
watch (Mod-
el's Own), blue
skinny jeans
(Sh. 6200) ,
blue sneakers
(Sh. 4300) all
Woolworths.



Blue khang linen shirt
(Sh3500) Khangadelic,
grey satchel bag
(Sh6200) , grey skinny
jeans(Sh6200) all from
Woolworths, black snea-
kers(Sh8500) Backyard
Men.

Glam Life

With
Esther Muchene

Hot air brush for girls who have gone natural



If you struggle with straightening your hair, grab a sit because I have some tea for you. Sharing the same motor a blow dryers uses, hot air brushes eliminate the need of juggling a brush and a heavy blow dryer making it a winner for natural girls. Making life a whole lot easier, hot air brushes work on all hair types. Take the Conair Hot Air Paddle brush that takes half an hour to straighten natural 4C hair. With two simple settings-high heat

for thick hair or low heat for fine hair, all you have to do is comb through your hair like you normally do. No need for sectioning your hair.

With three types of bristles, it makes detangling easier for drying. If you want bone straight hair, apply some heat protectant and up the temperature. The result will be feather touch tips without the need of a flat iron.

EDITOR'S PICK

KEVYN AUCOIN

If you're obsessed with foundation, you will not be able to resist the Kevyn Aucoin foundation balm that provides full coverage and is super lightweight. Packaged with a soft brush, it will make your application blend evenly. Your blemishes will fade and no zit or acne scar will see the light of day.



BEAUTY TRICK

Overgrown tips are such an eye sore. Thank goodness there's a very simple solution that you can apply at home. Apply glitter or gems at the regrowth and it will look you just had a fresh reverse manicure. And remember not to hold back your creative juices.



STOCKISTS
WOOLWORTHS, FACEBOOK: WOOLWORTHS KENYA
BACKYARD MEN, FACEBOOK & INSTAGRAM: @BACKYARD.MEN
Khangadelic, FACEBOOK: KHANGADELIC, INSTAGRAM: @KHANGADELIC



Asian Arena

with Pooja Kotedia Patel

@poojakotedia | pooja_kotedia@hotmail.co.uk

Karisma Kapoor cooking up a storm during Lockdown

With nothing much going on due to lockdown, celebrities have turned to showing off their skills at home.

Katrina Kaif posted videos of herself cleaning her house, Deepika Padukone showed off her 'wifely' skills in the kitchen, and Shilpa Shetty showcased her gardening skills.

And now, Karisma Kapoor has decided to don the chef's hat.

Since India has been on a nationwide lockdown, people are spending more time with their families and pets, while some are reviving their old hobbies.

Karisma has been catching up with her friends on FaceTime and Skype and has also been showcasing her culinary skills and posting photos and videos of her creations in the kitchen.

Her most popular post was that of a home baked chocolate cake.

"Simple pleasures of #socialdistancing. Bake a cake for the family and staff at home," she said.



Top 10 Bollywood songs chart

- Song-** Dus Bahaane 2.0
Film- Baaghi 3
Vocals- Vishal, Shekhar, KK, Shaan & Tulsi Kumar
- Song-** Bhankas
Film- Baaghi 3
Vocals- Rappi Lahri, Dev Negi, Jonita Gandhi
- Song-** Muqabla
Film- Street Racer 3D
Vocals- Yash Narvekar, Parampara Thakur
- Song-** Shayad
Film- Love Aaj Kal 2020
Vocals- Arijit Singh
- Song-** Illegal Weapon 2.0
Film- Street Racer 3D
Vocals- Jasmine Sandlas, Garry Sandhu
- Song-** Do You Love Me
Film- Baaghi 3
Vocals- Nikita Gandhi
- Song-** Haan Main Galat
Film- Love Aaj Kal 2020
Vocals- Arijit Singh, Shaswat Singh
- Song-** Pyaar Tenu Karde Gabru
Film- Shubh Mangal Zyaada Savdhan
Vocals- Romy
- Song-** Mehrama
Film- Love Aaj Kal 2020
Vocals- Darshan Raval, Antara Mitra
- Song-** Mere Liye Tum Kaafi Ho
Film- Shubh Mangal Zyaada Savdhan
Vocals- Ayushman Khurana

Kiara Advani shares her hidden talent



Just like most A List Stars, 'Good Newwz' actress Kiara Advani is also on lockdown and finding it difficult to kill time.

The actress, who is known for her smashing body and super trendy posts, has now shown millions of her social media fans worldwide a hidden talent.

Turns out the actress is quite the artist. Kiara has been trying to stay positive and has also been dressing up and slaying, despite being home.

She posted a photo of herself dressed in a white off-shoulder dress complete with black gloves, and captioned it: "Dressed up for all my Face-time, Skype and WhatsApp calls".

She later posted a photo of her artwork and mentioned that she is back to sketching, which it seems, is an old hobby.

Perhaps someday, Kiara too will join the big leagues of Salman Khan and become an admired A-list star artist. While she is currently on a break, Kiara will next be seen in the sequel to 'Bhool Bhulaiyaa'.

Celebs reach out to the needy to curb COVID-19

One thing about the COVID-19 pandemic is that everyone is affected. The rich and the poor alike, celebs and average people, everyone is susceptible.

To show solidarity, B-Town has stepped up to the plate and are helping those in need.

Hrithik Roshan donated N95 and FFP3 masks to municipal workers in Mumbai and has now begun to provide meals to the needy.

Together with Akshay Patra, Hrithik is delivering home cooked meals to several people across the country. Sajid Nadiadwalla has also given an additional massive bonus to 400 of his employees in order to support their families during the lockdown, while Superstar Salman Khan has pledged to support 25,000 daily wage workers from the industry.

Salman has also donated 4.8 Crore Rupees.



WEEKLY RANT

With lockdown and social distancing, phones have become the only source of solace

Every child from an Indian family will attest to the fact that the older generation — parents and grandparents — are addicted to cell phones.

You would expect a sullen teenager to have their faces buried in their phones with little regard for socialising or making small talk at the dinner table, but the harsh truth is that the older generation have taken the prize.

Being stuck in a house with one or two of these old generation phone addicts can actually kill you.

First, their ringtones are extremely loud and they are abnormally inclined to join any group they are added to where they are bombarded with hundreds of forwards every day, which they consider their civic duty to pass on to everyone they know.

Then, they have discovered the joys of Facebook, and Instagram, where again, they are bombarded with information that they happily disseminate. Basically, a generation that once had to buy the newspaper to get their information now has it on their fingertips and they just can't handle it. It is a simple case of too much power in one go.

To make matters worse, people from the same generation have now decided that simply sending a forward message about a robbery, a magical herbal cold and flu remedy or a 'God



usual other forwards (a picture of a flower that says 'Good Morning' or a video about why you shouldn't use a

Loves You' post simply isn't enough. They now want to do content creation!

All good content creators know that you must write about what is relevant, therefore all these aunties and uncles are now saddled up and ready to share ANY and ALL information related to the Coronavirus interspersed with their

microwave).

You now receive the latest numbers, a miracle cure, handwashing techniques, emergency contact numbers (unverified of course) and a chain message asking you to clap your hands or light candles in order to make the virus disappear.

Basically, all the Ministries of Health, the World Health Organisation and every country in the world needs to stop racing to find a cure for the virus.

It is right here embedded in the phones of the 'muhndi' aunties and uncles — all it will take is a few candles, a few spoons of ginger and honey in a warm water concoction or a special gargling technique from some doctor who is filming his video in his house as his kids run wild behind him.

The cure is right here. I wonder how long it will take them to figure it out!

HeadsUp WithCheptoekBoyo

What's the vibe in the city?

Pastor Apewajoye manager demands autopsy for Ruth Matete's husband

Jesse Mc Jessy, a man who claims to be a friend and manager of the late pastor John Apewajoye is demanding for an autopsy to be done before he is buried.

The Nigerian pastor died on April 11, from injuries sustained during a gas explosion at his home.

Few days later, Jesse came out to demand for an explanation on how the pastor died.

In a video and audio shared online, he expressed suspicions about the manner his friend died.

His wife Matete confirmed the death on her Facebook page.

"My Husband Beloved John Apewajoye has gone to be with the Lord. I humbly ask for your prayers during this difficult time." Ruth got married to her Nigerian husband in November last year. The Tusker Project Fame winner has since deactivated all her social media accounts.



Co-parenting is not easy, Terryanne Chebet reveals

Popular TV personality Terryanne Chebet opened up about co-parenting on her latest vlog.

The mother of two said at first it was not easy to co-parent and they had to put their egos aside for it to work.

"It is not easy to co-parent. I am sure there are people who have learned along the way and are having a great journey co-parenting, but I don't think it is ever 100 per cent easy. For me, it hasn't been easy, but we had to get to a place where we had to put the child first. And we both ask can we put aside our own worries and fears, our own egos so that we put the life and the interest of the child first? Sometimes it might take a while, but I always say you don't have to be best friends with your co-parent."

Chebet also said she once held back her child from seeing the father, but she changed her mind after consulting elders.

"Mutual respect, cordial relationships, such that you will not walk passed other like strangers. Once in a while, they can call and speak to the child or come pick the child. There is a lot in growing that relationship and the child does not have to be in the middle of that. I have always seen women trying to hold back the child because you are upset with the father for one reason or other and I understand that. I have been there and I have done that as well. But with time, maturity and wisdom set in. Also people who are a bit older gave me good advice. It is you who will suffer at the end by denying your child access to their father."



Jose Chameleone car impounded over tax

Ugandan artiste Jose Chameleone was in trouble during Easter weekend after he clashed with tax enforcers from the Uganda Revenue Authority (URA) over claims that he failed to pay taxes for his car.

According to reports, the car in question was gifted to him by a South Sudan businesswoman Achai Wiir after he performed at her wedding.

In a video that has since gone viral, officials from the URA intercepted Chameleone after his performance for the Kabaka of Buganda, Ronald Muwenda Mutebi.

"Can I please do the king's job? Can you please wait for me to serve the king before I serve you? You can't come to me on a public holiday and start telling me nonsense. It is a public holiday, Easter and Jesus rose today. When do you rest? URA, when do you rest? Let me tell you, we are tired of you people. You will come for the documents at my home," Chameleone is heard saying.



Comedians encourage Mulamwa not to quit comedy and ignore haters

Comedian and vlogger Mulamwa decided to quit the comedy industry citing online bullying.

Through a social media post, Mulamwa revealed that the industry is not what he expected.

"It wasn't an easy decision to make. I'm sorry guys, what was to make me happy makes me sad, more enemies than friends, too much negativity and trolls. I wasn't here for fame and bad blood but for fun. Shukan sana kwa the support from the fans and everyone else who made it a success," the post read in part.

But fellow comedians encouraged him to continue with his comedy.

"Kijana kesho ukiamika enda sokoni uchukue nguo ingine kazi iendele. You can't make everyone happy! Even Jesus was crucified! I know sometimes it really hurts but truth is no one has ever made it without haters! Sisi sikuzi tumezoa hadi tuisipotukanwa tunashangaa nini mbaya. Harden up, son! Nobody said it will be easy! Hakuna kutoroka, Twende kazi," said leading comedian Jalang'o.

"Small bro, no one promised you it was going to be easy, but nobody says that you can't overcome it as well, man was made to talk but whether it is positive or negative was left to man to decide but hey, good news is, only God is the author of your destiny. Many great stories are made out of people like you and I wake up tomorrow smile and ask yourself why you have been doing it in the first place," said Dr Ofwenike.

Owaga said: "This is just but the beginning bro never lose hope in life because no condition is permanent. Just ask yourself why you started this noble course and you will realise you are not in this world to please anyone. Remember only God knows how it starts and how it ends. Keep pushing no matter what comes your way bro @mulamwah."



Artistes should be creating inspiring content to combat covid-19 pandemic — Ezekiel Mutua

Kenya Film Classification Board (KFCB) CEO Dr Ezekiel Mutua is not pleased with Ferni One and Mejja's viral hit song, Utawezana.

According to the moral cop, the song is obscene yet artistes should be creating inspiring content.

"The perverts who are creating such obscenity like 'Nikikupea utawezana' should be ashamed of themselves. Media houses promoting such crap too are a disgrace. Artistes should be creating inspiring content to help combat covid-19 pandemic, not promoting sexual perversion," tweeted Mutua.

Speaking to HeadsUp, her manager Dennis Njenga has come out in defence of the song as a single that has united East Africans. "We appreciate the work Ezekiel is doing, but let artistes be creative. Ferni One and Mejja have managed to put a smile on the faces of not only Kenyans but that of East Africans too, considering the Covid-19 situation. This is pure entertainment and it is a positive element that the song is uniting many countries." The music video has over 2.7 million views on YouTube.



ArtsLounge

When the cameras go off, I am extremely shy - Ogana

BRIAN OGANA, 32, is the heartthrob of the TV series, *Maria*, where he plays Luwi Hausa, the rich, spoilt boy. Ogana also doubles up as a news anchor and fashion designer. He chats with **ESTHER DIANA**

Fill us in about your childhood. How was it like?

I had a normal childhood. Nothing special. I was brought up in a Christian home, my mum and dad are staunch Catholics, and I was an altar boy. However, I was very shy kid. I am still shy. I grew up in Nairobi at a place called Satellite, but we later moved to Ngara. My parents were very supportive, but also, very strict. If you misbehaved, then, you were canned. They shaped me into the man I am today.

Would you say you borrow your diction from your parents?

My mum is a retired Orthopedic Physician at Kenyatta National Hospital and my dad is also retired from Kenya Railways. My diction came as a result of interest in both literature and *fasihi* and my mum was a disciplinarian. At home, we spoke fluent English and she taught us etiquette.

Did you always want to be an actor?

Well, not exactly. While in High School at Mukumu Boys, I was an active member of straight talk club, drama, journalism and debating clubs. My first career was computer engineering. Initially I wanted to be a priest doubling as a lawyer and I even went to a seminary school in Isiolo, but things changed. I studied computer engineering in campus and later, enrolled for a short course in journalism. I switched careers in between.

In the TV series *Maria*, you play the role of a spoilt cool kid, does it in any way relate to you in real life?

Totally different. Luwi is a spoilt rich kid, overly emotional, on the other hand, Brian is a shy person, God-fearing and a keen listener. Luwi and Brian, however, share one thing, they both have a high sense of fashion.

How did you earn the role, Luwi Hausa?

A friend briefed me about the audition. I didn't want to since the pilot had been done already. I think the client made a few changes and I got a notification that the character Luwi had not been found, so I said why not. I went for the audition and yeah, I landed the role.

Maria is likely your come back to film, how can you compare it to the other shows you were cast in?

Maria is different in so many ways. It resonates with the Kenyan

market because there's a balance between the rich middle class and the poor. It is a daily show as well, so it keeps you on toes.

Would you say that *Maria* is a good scene partner?

Maria is a good scene partner. She is one amazing actress.

What makes a perfect scene partner?

A perfect scene partner is a disciplined actor who wears the shoes of the character, does their homework and gives life and meaning to a character. Someone who can build the other character as well. To create a perfect scene you need a perfect scene partner, because one cannot create a perfect scene alone.

What are some of the challenges you face as an actor, anchor and father?

People do not know Brian as a person. When you meet people to them, you are Luwi. Another challenge is that people have unsoundly crazy expectations. The society judge you harshly, but I have learnt how to handle the pressure.

What are some of your weaknesses on set?

I am too particular and picky. My colleagues complain. I am also a foodie, so when I am hungry I become grumpy.

You have a distinct sense of style, what influences your style?

My mum is the greatest influence of my style. She also loves colours. She introduced me to suits at a very tender age. So overtime, I cultivated her style.

Who is your stylist?

I style myself. I own a suit shop. All the designs are mine. I come up with a concept, put it on paper and actualise it. I make my styles and I own it, I have a level of confidence in myself and I don't think I can let anyone style me.

How do you deal with females hitting

on you?

It is weird, I smile at it though, I stay disciplined. I am a typical African man with a traditional upbringing, with the belief that it is a man's place to do the chasing. I keep myself on check by reminding myself that I have kids and there's someone for me out there.

Who do you look up to?

My dad is my number one. He inspires me a lot. He is the one man who made me fall in love with literature. Locally in my career, I look up to Raymond Ofula, Dennis Musyoka and Rashid Abdalla.

Women in film are faced with the challenge of promiscuous directors, how is this different from men in film? Do you get sexual advances in order to earn a role?

I look at it this way, what is your value? I have been in a position where my boss wanted me to stoop down, but I did not, so I lost the job. But looking back, I am happy I chose that path. It is disgusting to demand sex to give someone a role.



ArtsLounge

Jazz Notes with Murimi Eston



Gloria Estefan paints an elegant picture with 'The Standards'

Gloria Estefan has emerged as one of Latin music's most versatile composers and singers. She displays a broad range of stylistic range.

In her 43-year career, she has achieved the kind of success many, perhaps most, singers only dream of—and done so largely by writing her own songs. In 2013, she surprised the music world, including her fans, when she recorded almost an entire album of jazz classics titled *The Standards*.

On this session, Estefan offers wide-ranging interpretations on songs that have been covered by jazz legends that came onto the scene many decades before her. And until 2013, many had not actually associated Gloria Estefan with the jazz idiom—yes, jazz. But come September of that year, she released *The Standards*, where she covers mostly American classics and a selected few Latin pieces.

The album opens with the Billie Holiday favourite, "Good Morning Heartache", with a very seductive rendering by Estefan. The accompaniment, though subtle, enhances her singing; the pianist especially offers nice harmonically-rich notes and chords as the string orchestra also adds a romantic ambience to the piece. The mood then changes slightly on "They Can't Take That Away From Me". This piece is reworked into a slow rhythmic swinger with the pianist setting the tempo and Estefan varying her vocal range in a retrospective offering. Some spacious but luxurious brass work follows before the pianist takes a brief but well-thought out lyrical solo. Estefan's jazz debut features a guest vocalist, Laura Pausini, with whom she

duets on "Sonrie" and "Sorrídi (El Día Que Me Quieras)". "Sonrie" is the Spanish version of the Charlie Chaplin's ballad "Smile", which Estefan and Pausini also sing later in Italian. Estefan also sings great romantic ballads such as "What a Difference a Day Makes", "I've Grown Accustomed to His Face", and "The Way You Look Tonight", among other classics. The session also features violinist Joshua Bell and saxophonist Dave Koz.

Born September 1, 1957, Gloria Estefan is a Cuban-American who made her mark—and still continues—on the Latin-American pop music scene from way back in 1977, soon after joining the Miami Sound Machine, a band led by Emilio Estefan, Jr., who two years later married her on September 2, 1978. On this, her 27th solo album, she gets support from, among others, her husband Emilio Estefan, Jr., who co-produced it with Shelly Berg. The album features 17 tracks, songs that continue to be a source of great entertainment. Berg, the Dean of Music at the University of Miami's Frost School of Music, worked with her on selected 50 songs out of which only 17 were to be recorded for the album.

She disclosed that her own ballads came to being because of these standards. She named renowned jazz legends Nat King Cole and Frank Sinatra, among others, as singers who influenced her style of singing from an early age. She used to listen to their songs and would sing tunes like "Smile", "It's a Wonderful World", and "Moon River" for her parents as she played her guitar. These gems are featured on this album.

The Standards allows Estefan, a winner of Grammy

Awards and several other awards, to utilize her full spectrum of experience in music as a creative process unlike when she's performing pop music. In fact, upon listening to this album, you begin to wonder where she had been all this time as far as jazz music was concerned.

The thing is, Gloria is just as fabulous as the other well-known jazz singers. This album is, in my opinion, a high point in her career, and life too, because, here she is: performing songs she had listened to in her childhood as sang by some of her biggest influencers—the singers she idolized.

She adapts to the various popular Latin and American styles with a rare sense of ease. Her offerings have mostly been the dance-oriented styles such as salsa, mambo, samba, pop, and many more, that continue to delight many worldwide.

Commenting about the album when it was being launched then, Estefan actually made it known that, unlike what many people had thought about the album's jazz genre, she had not deviated from the style she had mostly been identified with. This project was actually a continuation of her singing, she said, adding that her own ballads came to being because of these standards.

It's indeed a very long time afterwards that Estefan, like many other musicians, records the standards since they were composed and originally recorded. But this is a nice thing to do—to give a nod of appreciation to those who came before her and inspired her. The *Standards* album is a rendition of the classics skillfully delivered as one elegant picture by Gloria Estefan.

TURNING POINT

One bad loan threw us into the abyss of poverty

The young life of **TECLAR SORE** changed from good to worst when her father became a guarantor for a costly loan. She tells **KELVIN KAMAU** the terrors of poverty, sacrificing her education, and how she beat all odds to support her ailing father

You grew up in a tea zone. How was the experience? Being born and brought up in Nandi Hills, Chemom Tea Estate, was a pleasure. We used to play hide and seek in the fields after school and had a beautiful childhood. My father used to work in the estate and we were given certain privileges such as a nice house. We never lacked anything and lived happily.

Then what changed?

Everything was going well until my father's friend borrowed a huge loan amounting from the bank to start a business. Being a close friend, my dad signed for him as a guarantor. Little did he know that he was digging his own grave.

What happened?

His friend defaulted on the loan, and the bank was forced to deduct my dad's salary until the loan was repaid in full. It was hectic because the bank left my dad with very little to cater for us. He felt like a slave because all his earnings went to the bank. He could not trace his so-called friend who by this time had disappeared and left him with the huge burden on his shoulders.

Did this situation affect your way of life?

Yes, because all the investments that dad had made soon crumbled, leaving him penniless and desperate. My mum was forced to work in other people's farms in order to cater for our basic needs. In the blink of an eye, all that my father had worked for decades vanished in the thin air. He later fell into depression.

Did the predicament cause his illness?

I believe it did. In fact, the second phase of our troubled life started when my father became ill because of stress. He used to lock himself in the bedroom and never wanted to talk to anyone.

The doctors diagnosed him with high blood pressure which persisted for long. I was forced to drop out of high school so that I could work in order to cater for his medication and foot the hospital bill. Seeing him in the hospital bed fighting for his life was devastating and I felt helpless.

What did you do to cope with the situation?

I decided to leave for Nairobi to look for work. I tarried trying to get a job but to no avail. Eventually I started to hawk sweets and *mandazi* around Kilimani area. Thankfully things started to warm up for me as the business became profitable. I was able to send some money home so that father could be treated.

After saving for two years, I enrolled for a hairdressing course and got a job at one of the salons in Kawangware. My new job was fruitful because I made enough money to support myself and my family.

Did your dad get well?

Yes. After being hospitalized for three years, he recovered although he felt betrayed by his best friend who fled after defaulting the payment. Since then he has always had trust issues when it comes to money.

Do you regret sacrificing your

education and future to support your father?

I sacrificed because I couldn't stand seeing his life waste away on a hospital bed. I'm proud and satisfied because I was able to be there for him when he needed me the most. We are best friends.

After all the trouble you went through, how did your life turn around?

Life has been kind to me because after all the struggles I was able to advance my education and graduated with a Diploma in hairdressing. Later I secured a job at a well-established salon in a mall. I'm also a song writer and my father's life experience inspired me to become a singer.

What lesson have you learnt from all this?

My father's troubles taught me that money is the root cause of all evil and it can easily kill friendship.



Teclar Sore
(Photo: Kelvin Kamau)

Why is Kenya importing pins, toothpicks and staplers yet we have graduates in technology, engineering?



BY PROF EGARA KABAJI

One of the most unfortunate debates in our universities and the entire education sector has to do with the place of sciences and the arts in the curriculum.

The political class has also weighed in and made unsavory remarks on some disciplines. They have, for instance, argued that disciplines such as Christian Religious Education, history and anthropology should be scrapped.

These debates display lack of understanding of the nature of knowledge. In a significant way, the arguments are devoid of the appreciation of the logic behind the compartmentalization of knowledge.

One school of thought that has gained prominence advocates for prioritization of Science, Technology Engineering and Mathematics (STEM) in the curriculum. STEM areas are seen as the panacea and the magic bullet for our economic development. In their arguments for prioritization of STEM subjects in schools and universities, the proponents of STEM do not acknowledge the fact that economic realities and some of our policies have negatively affected job creation in STEM areas.

In fact, we seem to have exported many jobs to China and imported coronavirus. Tracer studies continue to show that many of our science and engineering graduates are technically jobless or under employed.

It is foolhardy to fall for fads and clichés about the importance of science and technology without enriching STEM to serve us better. Interestingly, those who studied STEM subjects often see themselves as a special breed of scholars and are not ready to see new possibilities of enriching training in these areas. This attitude does not help us evolve an inclusive approach, especially in multi-disciplinary research.

It is in necessary to advocate



We exported jobs to China, imported mitumba, corona

for increased enrollment into STEM disciplines in order to produce graduates with skills necessary for the 21st century.

However, we should not only focus on acquisition of skills and their application in the work place. We operate in an era where many jobs do not require application of one skill. We need to produce graduates with the ability to visualize the practical nature of skills in a social context. The bottom line is that STEM graduates have to apply their skills in a given cultural context. I get frustrated when I hear those in STEM areas say "we are scientists and do not have productivity for creative

thinking". This is a failure to appreciate the fact that in this technology driven era, employees need to have multiple skills and expertise.

In short, while prioritising STEM is important we should not ignore the big questions of our time. Why is it that we have very few patents registered from Kenya and more so from our universities? How can we reclaim the STEM jobs we exported to China and other countries? Why is our contribution to production of new knowledge in STEM areas abysmal? How can we bring Kenya to the high table of global technological advancement and

innovation? Why are we importing pins, toothpicks, staplers, and all manner of simple things?

This reminds me of a nasty experience in Kakamega town last week. I met a drunkard who demanded that I tell him why my university is not manufacturing anything yet it is a university of science and technology. "Professor why are you unable to manufacture anything? Why can't you even come up with a condom that can bust?" he shouted. I was in for a hard time, but I think he made his point. In short, the public is expecting a lot from our dalliance with STEM.

Those in social sciences have counter arguments, which are, to say the least, distorted. They argue that they produce the thinkers in a multiplicity of disciplines. They say they produce competent teachers, lawyers, economists, accountants, artists, and journalists among others. They cling to their methods of research like gospel truth and do not want to see how STEM concepts can enrich their graduates. They shamefully boast of having nothing to do with math-

ematics and sciences. This thinking is entrenched deeply in their students.

These two opposition positions are counterproductive. The new thinking, which I subscribe to, is for us to shift from our mindset from STEM to Science Technology, Engineering, Arts and Mathematics (STEAM). We need to streamline Science, Technology, Engineering, Arts and Mathematics into the curriculum. The inclusion of Arts will bring into training of STEM a key ingredient in producing work force for the 21st century. Arts, in this case, represents, humanities, language, dance, drama, music, visual arts, design and new media.

STEAM puts emphasis on investigating concepts through inquiry and problem based learning methods. This concept is not new, but it is alien to many Kenyans. Many countries have realized its importance. STEAM is now more of a global movement. It affords learners the opportunity to learn science creatively. You can imagine a situation where teaching of mathematics

and literature is integrated.

STEAM fuses discovery with art and challenges the common thinking that learning areas are separate. It therefore changes the way we perceive STEM problems and presents a fresh way of thinking. It is multi-faceted and inclusive to accommodate the new world order. It sees the arts as an important ingredient in production of STEAM work force. The arts broaden the mind and engage learners on issues of morality, values responsibility and human management. Graduates of STEAM are broad minded and are able to see the connection between scientific concepts and social imperatives. It is time to shift focus from STEM to STEAM.

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I met a drunkard who asked, "Professor why are you unable to manufacture anything...even a condom that can bust?"

CAMPUSvibe

100 words on
maximizing the curfew

We currently have a lot of free time since the time curfew was enforced. It therefore should provide us with time to engage in activities that we have always wished to. With self-discipline and commitment, we can make much out of this time.

— Josephine Zawadi is a sign language student studying at UoN.

As told to Stephen Mburu

Kenyan students not yet ready for e-learning



By Esther Dlanah

With the coronavirus pandemic in full gear and learners being urged to study online, a section of educators has come out to say that the initiative is not only impractical, but also expensive.

In an effort to get the views of different educators on the e-learning initiative, Campus Vibe gathered that neither teachers nor their students are prepared for distance learning.

Dolly Khayanje is an arts teacher at St. Joseph's in Kitale, a remote town that is yet to discover technology. She says that the introduction of online learning cannot be effective because there are no resources to back it up and the network coverage is not reliable.

Khayanje says that issues of accessibility to resources as well as discipline are critical.

"As a parent I am afraid of what the internet exposes my children to, however I have to make it available for them to do assignments," Khayanje says. "The children might get access to sites that are far from educative and expose themselves to adult content." She further asserts that virtual learning denies students the face-to-face connection that is achievable between tutor and learner.

"I have not seen any child I live with access an online lesson ever since coronavirus disrupted learning activities," says Mary Osungu, a teacher.

Onsungu reiterates that for children in the village, virtual learning is difficult because these people have limited or no access to electricity, data or smartphones let alone computers or tablets.

Fred Muendo, a lecturer at Multimedia University of Kenya says that for Kenya as a developing country, things like electricity, laptops, and internet are not basic needs. For e-learning to work as it has done in developed countries over the previous years, these necessities for e-learning must be available. He says that we are also faced with the fact that most parents are not literate. "Parents might lock some content but learners will still be exposed to bullying and other vices," he says.

Muendo states that learners in Kenya are skeptical about online learning and teachers lack the apathy to deliver. "First world countries have developed systems and technology is embraced," he says, noting that for Kenya to keep up the pace, the government has to deal with basic needs first and then slowly adjust to the internet which is considered a luxury. "It is a mockery to give internet and laptop to someone who lacks the most basic needs."

Meet campus girl who teaches high schoolers to code using phones

By Stephen Mburu



Belinda Koech

Let me jog your mind a bit. Universities and other learning institutions have been closed since mid-March following President Uhuru Kenyatta's directive to close the institutions.

According to the president, the move is meant to assist in combating spread of coronavirus.

As students from universities country-wide went home, one Belinda Koech, found a chance to continue with a project she had joined February this year.

She is part of Technovation Mentors programme where she teaches high school girls how to innovate through technology.

"The programme seeks to teach girls who are interested in technology a nd

more so how they can come up with applications that can solve problems around their environment," the Information Technology students told Campus Vibe.

According to the third year Masinde Muliro University of Science and Technology student, the programme is meant to empower female high schoolers to major in Technology.

Before schools were closed, Koech would plan with Moi Girls Vokoli teachers on when she would meet the mentees and help them come up with suitable apps.

"This Coronavirus pandemic has slowed down the rate at which the programme was running. I can't meet the students anymore," she said.

She says she currently has to make calls to her ten students to keep tabs on them.

"Initially we were working on an application that assists in eradicating jiggers. Through the app, it becomes easy to notice where the affected communities are stationed," she added.

They have now shifted gear towards making the app suitable for use in assisting communities without essential needs to communicate to relevant authorities before the country gets back to normalcy.

According to the team working on the app, inclusion of emergency contacts will assist in easy communication between emergency departments and the citizens.



[PHOTO: STEPHEN MBURU]

CAMPUS YEARS



I did not have a permanent girlfriend in campus

Which university did you attend?

Mount Kenya University.

What did you study?

I did two courses at the same time, Accounting and Mass Communication.

What was your favourite and worst unit?

Media Law.

Who was your best/worst lecturer and why?

I don't even remember his name but he was too annoying.

How was life in campus generally?

Very Good and a little hectic

because I was doing two courses at the same time, i.e. Accounting and Journalism and Mass Communications.

How did you make money in campus?

At some point I was a photographer at a certain company in town (VisualDe) and I also worked with MoSOUNDS as a Safari.com Brand Ambassador.

What was your dating life like in campus?

50/50 didn't have a permanent girlfriend in Campus.

What do you think about campus relationships?

Campus Relationships are nice. Sometimes they lead to marriage.

Where did you hang out on

weekends?

Most of the times I was in the studio shooting or at church.

What did you do with your free time?

I spent most of my time filming, editing or just hanging out with my church friends.

Which one of your campus mates will you never forget and why?

Joseph Ndegwa... he was so profound at whatever he said. It was cool hanging out with him.

Best advice ever?

Have as much fun as you can possibly have when you are young, and try to experience life as much as you possibly can.

— Vivianne Warden



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Body&Soul



RealTalk Bishop David Muriithi

Dealing with stress

Be anxious for nothing, but in everything, let your requests be known to God (Philippians 4:6-7)

Stress is a state of mental or emotional strain or tension resulting from adverse and demanding circumstances or problems.

There are many different sources of stress, such as compromising situations, where you are torn between knowing the right thing to do and not doing it, or yielding to peer-pressure, lowering your standards or taking wrong shortcuts. Entrust your life to God and be a person of integrity. Walking with integrity ensures security if you do not pervert your ways. Do not envy sinners, instead be zealous for the fear of the Lord always.

There are also conflicts arising from our differences that lead us to unnecessary fighting. Understand where the other person is coming from; do not be proud; and be humble when dealing with people. Honour, love, be kind, affectionate and give preference to one another.

Competing with others ultimately causes comparison, pride, misery and stress. Instead of competing, rather accept the unconditional love of God whom you do not need to

prove yourself to. Do not compare yourself with others; instead take your own actions.

What should you do in moments of stress? Think of the goodness of God. Do not focus on the negative things which will lead to anxiety and depression. Avoid the all or nothing syndrome! Whatever evil was meant against you; God meant it for good, in order to bring it about as it is this day, to save many people. The fall of man came from a single question from Satan.

The serpent was more cunning than any beast of the field which the Lord God had made. And he said to the woman, "Has God indeed said you shall not eat of very tree of the garden?" As the song goes, count your blessings name them one by one and it will surprise you what the Lord has done!

Think of the greatness of God. You may be at a point where you think that you cannot take any more. Consider the works of God; that His hand is bigger and greater than your problems. He will hold and pick you up. Declare constantly that 'I shall not die, but live, and

declare the works of the Lord'.

Think of the closeness of God. People will leave and forsake you when you are having problems or stressed out. God will always be with you in good and bad times. The Israelites were facing many challenges and problems but God promised to lead them into victory. He implored them to be strong and of courage, not to fear or be afraid of their enemies; because He would go before them. He would neither leave nor forsake them.

Think of the health of your body. Take care of yourself by exercising regularly, healthy eating habits, take time to rest and relax; meditate, spend time with friends or engage in a hobby.

To change anything in your life you and deal with problems and stress; you must have a clear and positive line of thoughts and perspective of life. As a man thinks in his heart, so is he. Remember that you may be hard pressed on every side, yet not crushed; perplexed, but not in despair; persecuted, but not forsaken; stuck down, but not destroyed. That your light affliction, which is but for a moment, is working for you a far more exceeding eternal weight of glory (benefit or reward).

*Bishop David Muriithi
Founder & Overseer
House of Grace Ministries
International*



Such is life
Phenny Awiti

What keeps you going during quarantine?

Happy belated Easter to you all. It must be so tough for everyone during this period. Families and friends have started learning the benefits of being there for one another, hugs and kisses.

Basically, everything that we have taken in life for granted. For some, it has been a period of developing anxiety, distress, and more depression.

It is, however, a season of refreshing, restraining, pausing and re-strategizing on what life could be if we all took a break. For me, this period has been very important.

I have learnt the benefit of time, spending quality time with my family, and also, soaking them with love and assurance that everything will be okay.

This period has typically led to anxious thoughts on whether I have Covid-19, given that my immunity is already compromised by HIV. However, since I am undetectable, it has been easy to assure myself that my immunity is not compromised, and that I should keep on holding on to positivity.

Do you try to find the good in everything and every situation despite hanging on a thread? If yes, keep the resilience going. If no, it is understandable that the human nature tires at times.

My worst distraction during this period has also been music and meditation. I have meditated and thought through so many things in life.

I have decided to be there for my loved ones as they really need it. I have made up my mind to constantly support people from social media whenever I can, with the little acts of kindness that I can express.

This, for me, has been a time in activism on HIV, where I have felt like I belong in the society, because everyone feels the panic, fear and anxiety of how a person living with HIV feels.

May we all find solace in the fact that such times are meant to make us stronger, console us, and give us hope that better days are yet to come.



In-house Doc Dr Alfred Murage

Medical statistics, and why they matter

Simply defined, statistics is the science of collecting and analyzing numerical data for the purposes of making objective inferences. Almost any activity can be converted into numerical data and subjected to statistical analysis. The world, in nearly every conceivable aspect, is driven by data.

Enter into the world of medical statistics. Anything and everything that happens in healthcare can be turned into numbers. These numbers can then tell us how well a facility performs in terms of quality of service provision. The numbers of people dying out of a condition are termed as death (or mortality) rates. Unexpected occurrences from medical interventions are usually termed as complication rates. Other numbers include re-

admission rates, infection rates and so on.

So why should you care about your healthcare provider's stats? Such statistics will give you an overall impression of the facility's performance. Suppose you suffer a stroke and can be taken to more than five facilities close to your locality. And suppose that each of such facilities have readily available data on survival rates for patients with stroke who seek their services. Your risk of dying increases several-fold if you end up in the facility with the highest mortality rates for stroke, compared with the facility reporting the lowest rates.

Any disease condition applies, and the end-point doesn't have to be death. If you are undergoing a simple surgical procedure,



you need to know some numbers. How many such procedures

has your surgeon done? And what has happened to similar

patients in terms of hospital stay, complication rates and cost? Think of any outcomes that are of your interest, and get your healthcare provider to crunch out the numbers for you. This is the only way to guide decision-making when choosing one provider against another.

All this smells of a league table, but why not? You'll find league tables in sports, hospital industry and in many other service-oriented businesses. In fact, healthcare provider ratings are already commonplace in North America and Europe. This allows patients to select healthcare facilities and sort them by star ratings for specific medical conditions. No reason why we shouldn't have that in Kenya.

A few preliminaries must be in place first. All facilities must be

willing, or be legally mandated, to maintain healthcare data and make it freely accessible. And such data must truly reflect the state of affairs, no doctoring of uncomfortable stats! External validation of the data must be possible. Comparing hospitals not only guides patients to top performers, but also motivates poor performers to improve. If all healthcare providers collectively performed to the tune of 5-star ratings, many lives might be saved and more complications avoided. It's in your interest to seek out medical stats, and understand what the numbers mean.

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**Roxanne****Love life****All your relationship issues tackled**

Sleazy men want sex, but not 'easy' women

So, you push for sex to happen on the first date and then you judge the woman for doing it? Does this sound like the reasoning of a sane person to you?

Gentlemen, let me ask you a question. If a woman sleeps with you on the first date, would you still respect her? I know it sounds like dumb but you would be surprised by the number of men who would answer 'no'.

Asked "Why not?" As expected, the answers were revoltingly sexist! 'Girls who give it up on the first date are sluts. They are easy. It shows that a girl doesn't respect herself so I shouldn't respect her either. Girls who give it up on the first date have probably done it many times with other guys.'

There was one guy in particular who had answered 'no' that tried really hard to rationalise his answer without sounding like a sexist idiot. He told me that he prefers to have relationships with women who don't give it up on the first date because it shows that she is a cut above the rest.

He went on to explain that it shows that she values herself and holds herself to high standards, which is a rare thing to find in the current climate of female promiscuity. I hope that I don't need to tell you this but his answer reeks of sexism and misogyny and the worst part is that he doesn't even recognise it. I can't tell you the number of guys who answer 'no' and still swear on their mamas' graves that they are not being sexist.

Do men even listen to themselves when they give these idiotic answers? Let me break it down for the ones that still can't see the irony. The menfolk initiate sex 90 per cent of the time. The

guys above who answered no maintained that they will always try to initiate sex on the first date. It is just "what men do". So, you push for sex to happen then you judge the woman for doing it? Does this sound like the reasoning of a sane person to you? Secondly, even if the woman does initiate the sex, you, with your impeccable knowledge of morals and high standards, then should know better and turn down the offer.

So if you still claim you are not sexist, let me ask you this; why then is it devaluing for her to have sex with you on the first date but not for you when you are, in fact, partaking in the same first date sex? It is because you indeed are a big, idiotic, sexist man, no matter how you try to justify it! Do you respect yourself after having sex on the first date?

If you have no problem having sex on the first date and you don't feel like it devalues you as a man you should hold women to the same standards as you hold yourself to because if you don't, it means you are sexist.

Ladies, do not be afraid to have sex on the first date or downplay your sexuality because you think that you will be judged harshly for it by the menfolk. Believe me, any guy who doesn't think you are worth dating because you have given it up on the first date is a piece of work you are better off without. You should say good riddance!

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Urban Roulette

Shove it, you lousy Instagram showoffs!

I am in the second week of my social media detox and all I can say is, you will be amazed at the amount of time you can free up for other things when you are not constantly checking your social media feeds.

This has by far been my most productive two weeks of 2020. Anyway, I was thinking about the tacky social media behaviour that I hope to see less when I finally log back on and I zeroed in on one Instagram trend that has been irking me for some time: tagging your outfits and accessories.

Honestly, guys, unless you are a real model or a real Instagram influencer being paid to showcase these clothes and accessories, there is really no need to tag outfits. I find it really tacky and in bad taste. It is a pathetic show-off attempt. You might just as well post the receipts while you are it. (The really shameless ones actually do.)

Don't you find it curious that they only tag high-end designer brands and not low-end brands? This alone should tell you that it is not about informing the followers who might want to copy their style where they got the items, as I am sure many of them would claim.

Newsflash, if we were really pressed to know where you got your thigh high boots from, we would ask you in the comment section and you could reply there too. Tagging the outfit is just blatant, classless show-off. There is this one particular wannabe Instagram model who is always tagging her outfits and it drives me crazy, partly because I can bet my left foot that all her 'designer' items are fake.

First of all, she has never left Kenya so I am really curious to know where she gets all her Louis Vuitton and Chanel from. I am sure she has never been abroad because she would let us know in a grand way if she ever sets foot on a plane. She is just that kind of person. Maybe she has an aunt or a boyfriend abroad who sends her these designer stuff but I highly doubt it. And even if her designer bags, shoes and sunglasses are real, why tag them?

Secondly, I know where she lives and her real lifestyle, not the one she tries to portray on social media. There is no way she is rocking a Sh200,000 bag with her life situation. So, it really makes me wonder why goes to all this trouble of painstakingly tagging her outfits. What does she get out of it?

I guess some people tag their outfits with the hopes of getting reposted by the brand and thereby maybe gaining more followers. However, only lower brands repost people who take pictures in their clothes and accessories.

I promise you, wannabe Instagram models, you are never going to get reposted by Gucci so please just cut this shit out. More so if you are tagging them on a knock off bag that you bought for one twenty-fifth of the actual price from you know where.

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the **HOOKUP**



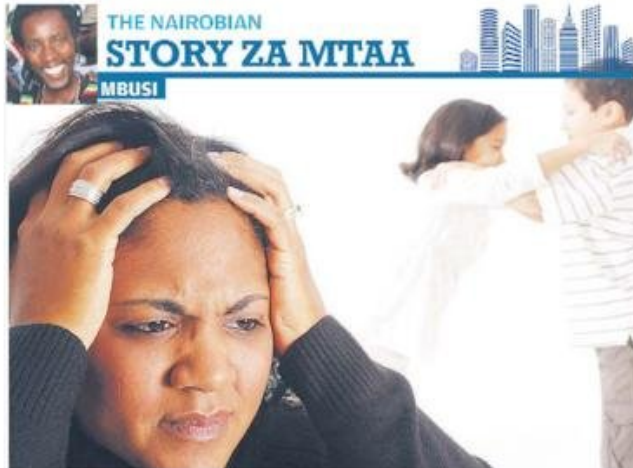
Waweru wants a sugar mammy with alot of money. I am 46 years old. jonathan karanja <jonathankaranja74@yahoo.com>

Hi. My name is Mary. I live in Nakuru and wish to be hooked up with a sugar daddy of any race and age. maryn6783@gmail.com.

My name is Melody. I'm 20 years old nursing student. Looking for a man aged between 25 years and above for a serious relationship. He must be tall and financial stable. melodykwamboka760@gmail.com

To all lonely-hearts, send your name, age, location, occupation and a brief description of the man or woman of your dreams to: thenairobiian@standardmedia.co.ke

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THE NAIROBIAN STORY ZA MTAA

MBUSI

Mtoto umleavyo, ndivyo akuavyo

Mkenya wacha nikushow, ni wewe na mimi tunafaa kuziba ufa ya korona ama tutajenga ukuta wa korona ikiwa too late. Wakenya haki tuspocuonga sisi wenyewe ndio tutafanya serikali ituekee lockdown. Ukitembea mitaa mbali mbali unakuta tu watu wako shughuli kawaida, hawaja keep distance, hawana facemask, sanitizer hakuna, na mkaa mpaka saa mbili mkifunga kazi na cafe iko.

Kuna wale wanajibu kujikinga lakini wanasahau kuinga wapendwa wao, unapata mama amejipachika facemask uso yote lakini yule mtoto amebeba ako exposed hana mask, na ako kwa rajah hajakeep distance. Mtoi wako akishikwa na korona, hata wewe unapata, na ndio maana unaona nikisema.

Ni muhimu sana wazazi kuangalia vile wanalea watoto wao, kwani mtoto umleavyo ndivyo akuavyo. Wazazi tunafaa kua makini sana kwani unapochilia mtoto wako bila kumfunda ni kipi kibaya na kipi kizuri, mwishowe utakua kujilaulimu. Wakati mzazi hana shughuli na mtoto wake, hataki kujua ni kina nani marafiki zake, ni nini yeye hufanya wakati ametoka shule. Mzazi mjanja lazima achunguze tabia za watoto wake. Wakati mtoto anabadilisha tabia, kwa mfano akija usiku na alikuwa amezoea kujia mapema, lazima ujue kuna shida mahali.

Wazazi lazima pia wapatie watoto nafasi ya kujieleza, kwa sababu anaweza kua ana shida, na wakati unamkashifu, hawezi fungua roho akueleze kinachomsumbua. Lazima wazazi wawe waangalifu ndiposa watoto wao waweze kuishi maisha poa bila stress.

KUPANDA NA KUSHUKA:

Mwimbaji wa reggae Bob alisema uwe mzuri wakati una cheo kwani ya Mungu hakuna ajuaye. Unaeza kua unanyanyasa watu ukiwa kazini na wakati utapigwa kalamu utahitaji watu hao wakusaidie kwa vyovyote vile. Unapata mtu ana cheo chajuu lakini vile anapelekana na wenzake ni kama anawadhariau, haoni ka hao ni watu anawatesa na kuwadhumu kipesa. Ya kuku ni mayai lakini ya Mungu ni mengi. Mtu anasahau kwamba kazi inaweza isha wakati wowote na hapo ndipo mtu huanza familia na marafiki wamsaidie. Na alipokua na cheo hakua anataka kusumbuliwa na joyote yule. Kwa hivyo mtu anafaa ajue ya kwamba unapotokea mahali usiogongeshe miango kwa kuwa utahitaji miango huo utakapotaka kundi.

NYAHUNYO NYAHUNYAHU

Nyahunyo nyahunyahu kwa wale watu wanajifanya wanasaidiana huu msimu wa corona na ilihali nikunyanyasa wananyanyasa wenzao, kama ni kazi ya community iwe ni ya community, pesa ya kusaidia wale wasiojweza zisitumiwe vibaya, hata kama kenya tumezoea kutumia pesa ya uma vibaya, hili sikue ni ya uma hwe ya corona tusaidiane, kama unajua uko na nia mbaya kama hio ama tayari umeanza hio tabia muozo nyahunyo nyahunyahu kwako na urekebisha tabia kabla corona ikupate.

Chemsha Bongo Hassan Ali

Jubilee inamezwa na virusi vya korona!

Mlye hushangaa. Na nitazidi kushangaa hata zaidi. Kwa nini? Ulimwengu mzima umevumbikwa na janga la korona. Idadi ya visa vya maambukizi inaongezeka siku hadi siku. Idadi ya vifo inaongezeka sekunde hata sekunde. Cha kutia wasiwasi mno ni kuwa idadi hii inaongezeka mno katika nchi zenye ustawi mkubwa wa uchumi duniani. Bara la Ulaya limepigwa ikapigika. Marekani, jgooo la dunia, ni nchi ambayo hadi nayeandika makala haya, ilikuwa inaongoza kutokana na idadi ya maambukizi na vifo duniani.

Sasa hebu fikiria. Idadi kama hiyo ikakumba mojawapo ya nchi za bara la Afrika. Nchi za ulimwengu wa tatu. Nchi ambazo idadi kubwa ya wakazi hawana ajira, wanalala njaa, hawawezi kumudu matibabu, wanakaribia kukata tamaa, hawana maji, hawana nguvu za umeme, hawana nini, hawana hawananini. Hali itakuwaje kama janga hili la korona litahamishia hasia zake kwenye nchi hizi zinazostawi ambazo idadi kubwa ya watu hawana makao? Tunaishi kwa kusongamana na kukanyagana katika mitaa ya mabanda.

Nchi ambazo watu wake, asilimia kubwa ni maskini, wana hasira na machungu kutokana na sio tu uongozi mbiya, lakini mabilioni ya senti yakilingia katika mifuko ya mafisadi. Ilhali maskini yuzi huyo, maskini hohe hahe akizidi kutozwa ushuru hadi puani. Nchi ambazo watu wake wako radhi wafe kutokana na njaa kuliko kufariki dunia kutokana na janga la korona.

Hivi najaribu kuuliza nini? Nakunua ewe msomaji wangu kichwa. Na balaa na beluwa zote hizi, nchi hizi nazo viongozi wake wanawazia mamlaka na madaraka. Wafie uongozoni! Kefule! Nimemsikia rais wa Tanzania John Pombe Magufuli amekwisha kuitoa kauli yake. Uchaguzi utaendelea kama kawaida nchini humo baadaye mwaka huu. Hivi hukumbuki majuzi huko Mali kulifanyika uchaguzi wa kura ya maamuzi. Ulfanyika kipindi hiki cha janga la korona! Mola lihurumie bara lako la Afrika.

Nchini Kenya kwa sasa, amini usiamini, rais Uhuru Kenyatta (na wafuasi wake) wanapigana na naibu rais William Ruto na (wafuasi wake) kuhusu udhibiti wa chama cha Jubilee. Ruto amedai kuwa anazungumza na rais Uhuru mara kwa mara! Kisha huyo analilia kwenye twita kuwa anapunjwa chamani. Jamani!

Inaniuma kuwaita wawili hawa rais na naibu rais. Nchini sasa hivi Wakenya hawana pesa za maji. Wameshindwa kulipa bili ya stima. Wanafikira watawambia nini wenye nyumba kuhusu kodi za nyumba mwezi huu. Watatowa wapi chakula. Wanasiasa nao wanafikira 2020. Hivi wanajua kama watalivuka janga hili la



korona? Korona inawona nyinyi. Wengine nao, wawakilishi wa wadi, wamo mbioni kutisha kuwatimua mamlakani magavana! Vitisho ambavyo ni vitenge uchumi. Wakishapewa michuzi wanatulia. Yaani Uhuru na Ruto hamwoni hali iliyoyote tete nchini. Uchumi wa Kenya na ulimwengu mzima umedumaa. Athari zake je? Hamwoni kuwa sera na manifesto zenu zimelwa na korona. Mtaawambia watu nini jamani.

Rais akishamaliza kulihutubia taifa kuhusu umuhimu wa kunawa mikono, naye naibu wake anachukua muda wa siku nzima, kuwahutubia wanahabari kuhusu umuhimu wa kuosha mikono! Viongozi viborzo?

Sekta ya elimu inayumba. Hatima ya mihani haijulikani. Silabasi kumaliza ni kitendawili. Wazazi kupata karo ni fumbo. Shule za binafsi zimefungwa na walimu ama kupoteza ajira au mishahara yao kupigwa shoka. Ajira zimepotea. Wajiri wanakata mishahara. Uhuru na Ruto mnataka jamaani! Mtaawambia siku moja naye. Po!

Enyi! Katika Kenya hii kuna wataalamu wengi wa Kiswahili. Hata baadhi wamo katika mashirika yenu. Ama ni yale ya Hindi ndiko kwenye nguo na waendao tupu wako? Tuwe wepesi wa kuuliza. Huwi zuzu kwa kuuliza. Tena asiyeuliza hakuna ajifunzalo.

Mwisho, ninawashauri wahariri kwamba tushauriane kuhusu maneno yafaa kutumiwa. Tusiruhusu kila leno lipenyewe pasi na kutathmini usahihi wake. Hadhira lengwa ni ile ile; si busara kila stesheni na kila mwanaahabari ajiseme atakavyo. Daima mbinja nyingi huwa kipoteza mbwa. Wataalamu nao wawe kwamba kukosekana kwa chombo rasmi cha lugha nchini Kenya kusiwe sababu ya kila mtu kuwa chombo, kila mtu kuwa mwanaleksikografa kwa kujibunia na kujidhinisha lolote, yeye na nafsi yake. Aidha, hatufai kusubiri au kuchelea kutumia stadi za ubunifu kwa kuzingatia kanuni zifaa zote kuibua maneno ya kuziba mapengo na kufanikisha mawasiliano.

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Mwamba wa lugha

Geoffrey Mung'ou

Tuhabarishe Bila Ubabe wa Lugha

Katika jukwaa hili, nimezungumzia jinsi Kiswahili kinavyozidi kuambukizwa korona. Ni maambukizi yanayotokana na mikamati inayobuniwa kueleza hali mbalimbali zinazofungamana na virusi hivi. Leo ninaongeza kuwa wanahabari wamewaambukiza wasikilizaji na watazamaji korona la lugha, hata kabla ya virusi vyenyeve kuwaathiri. Ninasema hivi kwa sababu zifuatazo:

Kwanza ni upaji wa maneno ya kueleza hali mbalimbali, tena pasi na kutafakari. Tafsiri mbalimbali za neno la Kiingereza, sanitizer zimetolewa kuanzia kitaka-mikono, kila-viini na kieuzi. Kila redio, kila runinga ikutimia neno lake. Msikilizaji au mtazamaji akibadili masafa kutoka idhaa moja hadi nyingine, anakosa kuelewa kuwa yote ni misamati ya kurejelea kemikali ile ile - sanitizer. Neno jingine ni masks. Baadhi ya vyombo vya



habari vinatumia barakoa, vingine maski (utohozi), kisha likaja "kitamvua... halafu hilo na "kitamvua likadondoshwa siku mbili baadaye kufuatia nitazamo kinzani ya wataalamu wa lugha.

Wanahabari wawa hawa aidha

wamejiingiza katika mchafukoge wa kutumia maneno yote haya kwa mpishano; leo barakoa, kesho maski, kesho-kutwa "kitamvua. Pia ukazuka uchakaramu wa mwili pekee kuoza na kichwa kusalia vile vile. Ninamaanisha hali ya msomaji katika utangulizi wa taarifa kutumia "kitamvua kisha ripoti anayesoma sehemu ya mwili anatumia maski au barakoa. Kwanza, hali hii inamaanisha kuwa msomaji ametumia ubabe wa kujibadilisha maneno katika utangulizi wa taarifa anayoisoma. Aidha, inaashiria kwamba mhariri wa chombo kinachohusika yu katika doedoe kwa vile hasawazishi maneno yanayotumiwa.

Hatuwezi kutumia maneno yote haya kana kwamba hatuna umezo wa kuafikiana na kuitumia mojawapo. Athari zake ni kukanganywa kwa wasikilizaji na watazamaji, wakiwamo wanaojifunza lugha hii ashirifu ya Kiswahili. Mfano ni kuhusu hilo la kitamvua. Liliwasikika

wengine masikioni kuwa "kitumbua". Wengine nao wakakumbuka sehemu ya -mvua katika neno kitamvua. Baadaye, mpishano wa -mvua na -nyesha ukatokea akilini na wakaishia kusema kitanyesha badala ya kitamvua. Mchafukoge ulioje huu! Chanzo ni kiherehere, ujui na ubabe usiofaa wa baadhi ya wanahabari.

Mifano hii pekee inaonesha mambo kadhaa kuhusu wanahabari. Kwanza ni kwamba hawafanyi utafiti. Wengi nao wanafuata upepo kama bendera, hata ule wa maangamizi; hufuata pasi na kujua athari zake. Ninawapasha leo wapashike kwamba utafiti unahusu kutali vitabu na kamusi mbalimbali - za Kiswahili au za tafsiri. Je, sisi wanahabari tuna kamusi? Ukweli ni kwamba zaidi ya asilimia 90 watahiki kwamba hapana. Aidha, inaonesha kuwa hupenda kukimbia sifa. Mtu hali sifa akashiba chambiilecho Ken Walibora katika Siku Njema.

FlashBack



OLD SCHOOL

Koelel 'boy' bids farewell to Kiswahili scholar, Ken Walibora

By Dr Mulru Ngugi

On April 15, we woke up to news of the death of Kiswahili author and journalist Ken Walibora. Ken was the author of many books in Kiswahili. Those who study Kiswahili rank his contribution to the language alongside that of Julius Nyerere, Shaaban Roberts and Walla Bin Walla.

I knew Ken Walibora since our days at Koelel High in the 1980s where we were in the same "A" Level class. Each of the boys had come from different schools from all over Kenya. He had come by way of Olekejaudo High School but he was from the upper Rift town of Kitale.

I remember him as a devout Christian with an inquisitive mind. He was a great soccer player, a lanky kid who played the goalkeeper and was the captain of the school soccer team (and actually broke his leg while playing for Koelel). At one time, we gatecrashed into a Catholic Christian function just so that we could be near striking distance of visitors from Njoro Girls High School who were easy on the eye. For our troubles, we were sent home for two weeks.

How we survived re-entry into Koelel, which was then headed by the legendary principal, Gichuki Kenda, the first Headmaster I ever saw wearing a school uniform (he had been brought to the



Koelel High School in Gilgil

school to tame the boys soon after some bullies had thrown some kid over the adjacent cliff), and caned boys while enjoying a soda, is a story for another day.

We had a common class in English Literature, which was taught by the great Mrs Ghikas. His other subjects were Kiswahili, which he took under Mr Nguire, and Geography under Miss Celine Muganda. Truth be told, we focused more on reading novels than reading textbooks.

Ken was a genius when it came to languages. People know his prowess in Kiswahili. What they don't know is that he could write equally well in English. Indeed English was his language of deep scholarship; he wrote his PhD in English and published several academic pa-

pers in the language.

At Koelel, he penned many poems and regaled us with many mashairi that he composed. I hope some of those early works will be re-discovered and published posthumously.

After A Level, Ken trained as Probation Officer while I pursued journalism. We used to meet while we were in different colleges in Nairobi. He envied my luck. And I felt bad about it knowing where his heart really was.

There is something to be said about the nature of abiding resilience and focus. Those with evergreen resilience always get what they ask for. Ken never gave up the pursuit of a career in letters.

A great deal has also been said about the correlation between great grades and success. May it continue to be said but here is an enduring truth we can learn from Ken's life; to be successful, you need niggardly weak-mindedness and ample doggedness.

Ken lat-

er came to terms with his grades in the national exam but I can tell you that they did not reflect his abilities. Grade are an unreliable measure of success in life, as the lives of greats such as Prof. Ali Mazrui and Prof. Calestous Juma clearly show. His success is another sediment to the testimony of that fact.

While still working as a probation officer, Ken eventually found his way to the Kenya Broadcasting Corporation, initially in a talk show, before gravitating into news casting. He later pursued further education in Ohio, finishing his PhD at the University of Wisconsin - Madison.

Along the way, he worked for NTV as a news anchor. He was until his death a senior lecturer at Riara University in Nairobi.

In our classmates' WhatsApp group, and in the larger Koelel Alumni group, news about his death hit us like a rogue train. We just couldn't believe that in this day of coronavirus deaths, death would come by way of a road accident.

Let's just say that it kills us sometimes how we all die.

May Ken's soul rest in peace.

- Dr Ngugi teaches Journalism at the University of Nairobi. This moving tribute was first published on his Facebook page.



BornCity Ainea Bolingo

We knew in our hearts, crime did not pay

The most different Easter in a century came and went — but we can still reflect on how society expects us to live. I was brought up as a Christian, a Roman Catholic faith. I also hear there are pagans and atheists, but that is not news as they have been around since Jesus Christ was the height of a loaf of bread.

Anyway, we Christians had to memorise the 10 Commandments by heart. In any case, they were also hanged on most sitting rooms for instilling fear of God.

One was expected to love God and love others as you loved yourself. We were taught to respect God, our parents, the elderly and teachers. Children belonged to the community and elders were to be respected and could dish out punishment just like your parent. Kids rarely argued with parents or elders. They mostly listened as they were mostly seen, not heard.

We learnt how to control our tongues and reason we were reminded one had one tongue and two ears to listen more. We were taught and reminded all the time to control our emotions and feelings.

Everything was to be done in moderation and control; we were taught that too much of something was poisonous including drinking water. We were also expected to share with the less fortunate as the Lord had decreed. One was expected to be honest, have faith in God and be good to others.

As Roman Catholics, we had catechism lessons where we were taught that God hated sin which was to be avoided. We were taught that our bodies were the temple of God and we were to learn how to respect and keep them pure. One was expected to thank God from the time they woke up and during meals up to the time they went to sleep. We knew it was a favour from

God to see another day. We were also reminded that cleanness is next to Godliness and the reason we observed hygiene.

The church taught us that family was important and God was the head of the house and through Him all problems would be solved. We were taught that a married couple should learn to pray together despite the differences and so doing would solve all issues. Faith in God was the only way if there were any difficulties.

Having friends was encouraged and it was true friendship without betrayal, unlike today. Fighting couples were encouraged to approach the best couple in the hood and who were Christians for counseling. The man was the head of the family. He was expected to work hard and provide for the family in a trustworthy way. He had a vision for the family and how it would grow both physically and in faith.

We knew crime never paid as you had to give answer for all your actions in life during the Day of Judgment. One knew every good side had an equal evil force so there was heaven, purgatory and hell.

Those who did good were rewarded by going to heaven. Those who did wrong and did not confess their sins were to toss and turn in the hottest part of hell forever. So one was expected to be humble, not be arrogant as it led someone to hell.

I firmly believe what I was taught and the reason we are reminded during Lent that 'from ash we came and from ash we shall return.' I am hope Christian leaders would return to the traditional way of teaching religion as it would give the next generation a good foundation for life on earth.

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Easter mass at Holy Family Basilica April 1988. [Photo: File]



Ken Walibora

FlashBack

The Immortals

Andrew Cuomo: Fire-spitting Governor of New York City

New York City is the heartbeat of the USA. The Mayor or Governor of New York State is like the Governor of Nairobi in Kenya, always on the spotlight. Okay, hypothetically speaking, Andrew Cuomo is the current Governor of New York State, a seat he has held since 2012. He has been re-elected three times. In America, New York is the epicentre of the pandemic. Who is Andrew Cuomo?

As his name suggests, Cuomo is of Italian descent whose grandparents migrated from Italy. He was born in Queens, New York City in 1957 and is a lawyer like his late father, Mario Cuomo.

The Cuomo family are well known Democrats who deeply supported Bill Clinton. Andrew inherited the seat from his father Mario Cuomo, who also held it for three terms. Andrew's brother Chris Cuomo is a well known CNN journalist.

Andrew is not new to assisting vulnerable members of the society and the under privileged. He is a former chairman of New York City Homeless Commission which has been responsible for executing policies that address issues affecting the homeless. Andrew Cuomo married Kerry Kennedy, daughter of Robert Kennedy (Attorney General) during the reign of his famous elder brother John Fitzgerald Kennedy. Like his brother, Robert was assassinated in 1968. A supporter of gay rights, Andrew Cuomo once presided over the marriage of his close friend Billy Joel to a gay partner Alexis Roderick. Cuomo has been deeply involved in controversial political decisions like gun rights, marijuana use and same sex marriages. He was also involved in emergencies during hurricane Sandy that devastated New York in 2012.

With Covid-19 currently ravaging New York, Cuomo has been the face of the USA. He appears in almost all updates on various channels from CNN, NBC to Al-Jazeera. His brother Chris tested positive to the virus and has been under quarantine. Andrew has been praised by epidemiologists for supporting the fight against the attack when he shut down New York City, save for essential services.

His pressers have been controversial because sometimes they come head to head with what President Trump says with Director of the National Institute of Allergy and Infectious Diseases (NIAD) Dr Anthony Fauci. When asked about the conflicting statements, Cuomo responded: "We have a constitution not a king". A slow but sure speaker, Andrew once issued tax incentives to Amazon to relocate their headquarters to New York State. His offer came with a quip offering to even change his name to "Amazon Cuomo" if that would entice the company to relocate.



Andrew Cuomo

Did You Know?

Safety at work is your employer's business

Did you know that protective gear is part of our occupational health and safety requirements? Whenever you visit factories or places where manufacturing is conducted, there is a big framed document mounted on the wall at the entrance.

Under the Occupational Safety and Health Act (OSHA), the Ministry of Labour ensures workers' welfare at the workplace is protected. It is mandatory for employers to ensure the health and safety of workers does not risk their lives. Workers are also supposed to participate in initiatives that minimise or eliminate any risks associated with their day to day operations within the workplace.

Did you know that risks are assessed regularly to ensure conformity and compliance to the statutory acts? In Kenya under the Occupational Safety and Health Act, it is mandatory for employers to provide protective gear for their workers. The list includes uniforms, gloves, face masks, helmets, protective shoes, goggles, gas masks, dust masks and many more. The provision of these protective materials comes with the relevant training for the users. Employers are required to ensure all employees are trained on how to apply, use and dispose of any materials they are given as protective accessories.

Did you know that any time a new gadget or protective gear is introduced; employees must be trained on how it is used to enable them get acquainted with the item? Further, each time a new employee is brought on board or redeployed to a new work environment, they should be trained on how to use relevant protective gear.



Did you know that when work environment changes, employees should be provided with protective gear that protects them from any risks emanating from the new work situation? Employers are supposed to re-issue protective gear that is damaged, worn out or expired. Supervisors are also supposed to

ensure that all protective materials conform to the different climatic, weather, temperature, chemical, security or geographical situations employers may find themselves in.

Any employee who gets injured or killed at the workplace is covered under the Occupational Safety, Health and Injury Benefits Authority (OSHIBA) which also ensures work places are inspected for conformity.

Did you know, an employer who does not comply with these statutory provisions is liable for prosecution?

Nostalgia

Covid-19 spawns New World Order



The global slowdown has come with strange life changes. Inequality has been thrown out of the window and people are on equal platform in all manners and practice.

The death of family friends, everything is now measured and calibrated. Our movement is timed and controlled by the curfew hours. Places we can visit or not are specified and our interaction is limited to

some people. The doorbell no longer rings unless otherwise.

Covid-19 has brought a new world order that puts all of us in the same basket of economic, social and political package. The whole world is one big prison and detention camp put together. The world appears to be shrinking in our eyes. Were it not for the media updates it would be doom and gloom for many. Lack of

interaction and movement like we were used to is slowly creating a depressed environment to many.

For once, loneliness is crawling into homes even with families around individuals. How long this will continue is still unknown and for once the environment is richer. The only king of the air is the mighty Coronavirus. The world has never been so desperate.



RADIO
ZAIDI YA
RADIO

Maisha Cares



**Tune into Radio Maisha
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NAKURU...104.5 | KISII... 91.3 | KISUMU...105.3 | MOMBASA 105.1 KERicho... 90.5 | ELDORET... 97.1 | MARSABIT...88.3



Radio Maisha



Radio Maisha.ke



Radio Maisha



Random Blues
Stephen Derwent Partington

Home schooling has exposed parents dribbling with idiocy

Now that kids are home, we have to spend weekday nights pretending to read something called 'BOOKS', so as to set an example, and drinking only one bottle of wine each evening rather than the usual three

The expatriate is a chap who values his children's education, and who is strong supporter of schools as breeding grounds of social living, skills acquisition, the joy of learning and horrible school uniforms.

During these times of school closures, the thing he misses the most is the sight of colour-clashing Kenyan school uniforms walking briskly down the morning pavements, orange socks clashing with lime-green shorts clashing with blue shirts clashing with red jumpers...

It is a well-known fact that ALL of Kenya's school uniforms were designed by a Fashion House located somewhere in the depths of Ukambani, you know.

But from listening to other parents, it would seem that what Kenyan parents miss most is the simple fact of having their kids OUT OF THE HOUSE where they are fed, taught and shaped by 'other people', namely teachers.

Talk to any Kenyan parent at the moment, and they'll explain to you the horrors of 'home schooling', of having your own children stuck in your own home, living and

learning and, heck, getting in your way.

And they're right: it's a terrible thing, having to look after your own children. Firstly, you have to show an interest in them and get to know them and, let's face it, these are small people whose interests are so very different to our own that they might as well have beamed-in from outer space.

What, for example, is this 'tiktok' thing on something called 'social media'?

Most awful is having our children seeing how lazy we are as parents when they're away at boarding school. On a typical Monday to Friday night, for example, most parents flop in front of Netflix, dressed in pyjamas and armed with a takeaway pizza while their kids sit elsewhere in something called 'Night Prep', in silence, studying the intricacies of Physics. But now that the kids are at home, we have to spend weekday nights pretending to read something called 'BOOKS', so as to set an example, and drinking only one bottle of wine each evening rather than the usual three.

Or we have to sit with our own children on those weekday evenings, going through

the day's schoolwork that their school cruelly emailed them. Consequently, there are now hundreds of thousands of boarding school parents across the Republic, all of whom used to pretend to our children that we're geniuses, who must sit, dribbling with incomprehension, over our children's Class Two Mathematics textbook daily.

And you can't hire a tutor, because everybody knows that all home-schooling teachers have contracted the virus from some endlessly-sneezing kid in Lavington.

So now we're stuck, locked down with our children, wondering what on Earth the future holds. And regardless of how excellent we might think Health CS Mutahi Kagwe has tried to be, we all pray for the reopening of our schools and a return to that normality of having other people look after our children, who are asking us too many questions and demanding too much Netflix and pizzas.



The Villager
Ciku Kimani-Mwaniki

We would rather be shot dead than starve in the house

It is becoming increasingly hard to have a conversation that does not have "corona" in it. So much so, even my eight-year-old daughter is concerned. She found me in the kitchen listening to news on radio, as I often do, and in exasperation asked, "Is there nothing else going on in the world except corona? Radio is always corona this corona that?"

Who can blame her? One has to wonder if the refugees in Syria are still roaming, if Trump is still embarrassing America, if Jimmi Gait is still insisting on composing songs. Corona has managed to twist itself in every conversation. It is the new black, the mandatory oral fashion statement. Agh! The pressure.

Corona is now an icebreaker. It has brought foes together by ironically keeping them at an acceptable social distance. I have this neighbour, one we have never spoken. Not because we have anything against one another, but there are some individuals you don't feel obliged to talk to. Recently, we met at the shop. She was behind me, social distance away, waiting for me to finish washing my hands for the seventeenth time that day, and it wasn't even midday. "Heh, by the time this virus goes away, our hands will be two shades lighter than the rest of our bodies," she quipped. I laughed and attempted to joke



about it by saying something like losing our skin in the process. We ended up walking back home together and talking more corona. I am pretty sure the next time we meet, we will have more corona discussions, but I cannot help wondering if this now found love will last beyond the virus.

At a supermarket, I stood behind a motorbike rider, waiting for him to finish washing his hands. "Did they say we wash for 20 minutes?" he turned to ask, peeping through his helmet. I corrected him, telling him it was 20 seconds. "Before this corona, I used to wash my hands two times a day, morning and evening," he said and laughed. I hoped he was laughing at his former imprudence. "I did not realise hands could look so clean..." I laughed with him, not because I thought he was funny, but as an escape to avoid telling him what I thought about his dirty habits before corona. He ended up spending a whole minute washing his hands.

I know my village people are no longer shaking hands and they are washing them often, but many are finding it difficult to keep social distance. At the shopping centre, I called out some friends who were too close to one another for corona comfort. They laughed, that incredulous laugh that tells you someone thinks you are unwise. "This corona is not for poor people like

us," one of them told me quite dismissively. "Sometimes, like now, it pays to be poor," he concluded, then they all continued breathing each other's breaths. This right here is our version of conspiracy theory.

In the village, as I reckon is the case in many places, corona is not black or white, rather it is several shades of grey. According to government sources, 80 per cent of Kenya's economy is fuelled by the jua kali sector, more so in the village where it is a near pipedream to find an office job. In jua kali, the size of your daily bread is determined by the money that comes in every day. If you do not work, you will most likely not eat.

With a looming lockdown, there are genuine concerns about survival. This is what one villager told me: "I cannot stay at home and starve to death. I will take my chances with the virus. If I die from it, my obituary will read that I died of a sickness. If I stay at home, my obituary will read that I died of hunger. I refuse to die of hunger, not when all my limbs and brain are working."

What if the police arrest you? I asked. "Let them. In fact, let them shoot me. Dying by a bullet is faster than dying of hunger."

SO YOU THINK YOU CAN COOK?



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#KTNQuarantineKitchen

Puzzling City By Lenny Ruvaga



PathFinder

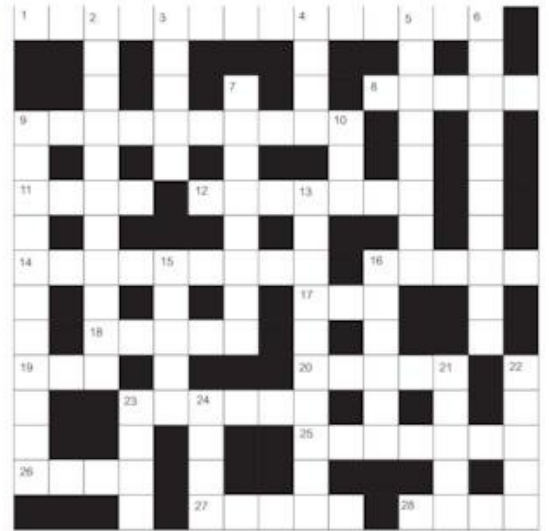
The path finder grid below contains a selection of The Kenya Police unit directors, starting with the highlighted 'J'.

The words form a continuous path, passing through each letter on the grid once. The path always moves horizontally or vertically, and never diagonally.

There are 8 directors to find in total.

Solutions

Joel Mboya Kitili, Rodgers Mbithi, Kirimi Ringera, Joseph ole Tito, Ndegwa Muhoro, Allan Sangaro, Peter Kavila, Gideon Ngumi



ACROSS

- Nairobi County Traffic Commander (5,8)
- Ugali (Kenya) (4,10)
- Regular method or order (10)
- Kenyan former steeped in runner (4)
- Boss instrument of the above family (7)
- Young ruffians (9)
- Therapeutic chemicals (5)
- An accepted standard or normal condition (3)
- Large yellow fruit of tropical tree (5)
- Recommended dietary allowance (Abb) (3)
- Skin and body care brand owned by L'Oréal (5)
- Elementary substances such as gold or copper (6)
- Person privy to a secret (7)
- Milky's Kenya's first female architect (4)
- Divine food (5)
- Under... means equipped for war (4)

DOWN

- Industrialisation (5,5)
- Rejoice or widow (5)
- ... then town is also known as Mawko (4)
- Unhappy stage (8)
- Powdered sugar (5,5)
- ... Constituency was called Donholm constituency (8)
- Lakipia nominated MP (5,6)
- Chief Executive Officer (Abb) (3)
- Temporary inactivity (10)
- Engaged (5)
- Operates and directs a vehicle (6)
- Ziva (5)
- Acronym means numbers in... (5)
- Defensive ditch around a castle (4)
- Join forces (4)

Code Word



Each letter in this puzzle is represented by a number 1-26. Crack the code and solve the crossword. Every letter of the alphabet is used at least once. Three letters are already in place to get you started.

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1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
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Last week's answers

1	W	G	I	A	R	E	D	C	M	V	P	U	H	15	16	17	18	19	20	21	22	23	24	25	26
1	I	F	Q	O	J	Y	S	Z	N	B	X	K	T	15	16	17	18	19	20	21	22	23	24	25	26

LAST WEEK'S Solutions

Across

- Rodgers Mbithi
- Robert Mbatia
- Aqua
9. Lydia Galav
12. Avid
13. Backstroke
16. Serena
17. Amber
19. Own
20. Cadille
22. JEBC
23. Above board
24. Alai
25. Impede
26. Note

Down

- Rosa & Associati
- Gerald Verde Veen
- Roba Duba
4. Marya
5. Tabulator
6. Rimu
10. Gak
11. Violoncello
14. Cameraman
15. Ernestine
18. Evdient
21. Emblem

nanjero77@gmail.com



Crime uniform

The other beneficiaries of the face masks are thugs. They no longer need ugly balaclavas while at work. Everybody resembles health workers.



Be still I won't conduct a postmortem on your wallet!

Ugali psychology

Nairobians have this peculiar way of wearing protective face masks. Apparently, they think the virus is some kind of food that shouldn't be ingested.



Nuptial justice?

There's a semblance of equilibrium between weddings and divorces. The latter had few attendees before COVID-19. Now both occasions have equal attendance.



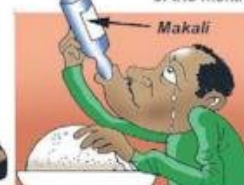
Legal beatings

The police should also observe the 1-meter rule when they are clobbering Kenyans. The virus isn't a member of the NPS.



Shoestring cuisine

Most Nairobians stocked up with alcohol instead of food. You can imagine the kind of peculiar meals being consumed at this dry time of the month.



Equalizer

The proponents of a total lockdown are the rich who have enough cash to last them through a nuclear holocaust. Unbeknown to them, they can't use the quid to fly out of the country for treatment once they become infected.



Tall tales

Isn't it overambitious for the Education CS to assert that exams will not be postponed even as kids continue to stay at home? This is mass failure in waiting.

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I am in a hurry! I want 2 kilos of condoms, my girlfriend is waiting!

Undercover sins

Buying condoms is no longer an embarrassing feat, thanks to the Novel coronavirus outbreak. Mandatory face masks now provide Nairobians with the mojo to buy the tools of sin incognito and confidently.



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The Standard

MA3 CULTURE



Lauren Daigle fires up Kiambu

The Nairobi-Kiambu route (number 100) has a new mathree dubbed Lauren Daigle that is now the talk of town.

This Nganya is named after Lauren Ashley Daigle, an American contemporary Christian music singer and songwriter. Barely a month on the road, the mathree, is attracting hot vibes.

One of the crew said: "Our name and features are dedicated to youth who love the artiste's music. You can feel the excitement every time we roar into the terminus."

Lauren has, among other amazing features, a big screen and quality music system.



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SPORTS

The Nairobi

OFF SIDE

Sports journo rues missing Olympic sex feast



A famous sports journalist in one of the leading media houses is not a very happy. This is because Corona 'spoils the party' for most of the scribes. The journalist was making reference to the Tokyo Olympics that have since been postponed to 2022 following the global pandemic that has thrown the whole world into jeopardy.

"This is tragedy my friend. The virus has just stopped a feeding frenzy. Feeding is what happens in those places during games," the journalist said. Adding: "I have sampled all manner of 'goods' - Russian, Brazilian, American, Australian, Black Americans and was just about to grow the list in the next games when the virus happened."

Athlete fears his running career is over

An athlete who has been in the news in the past weeks fears it may need more than a miracle to bounce back into form. The said athlete feels he has fallen from the peak of his glory days deep into self-ruin. Attempts by friends and family to help bring him back to his feet don't seem to be working. The star who has not yet announced his retirement has resorted to booing. Meanwhile, his millions of hard earned money is growing legs. There is talk that he is already broke — and age is catching up with the poor fellow.

Former footballer recuperating at home

A former footballer who fell ill a few months ago with a strange disease has since recovered. The player was able to wither the diseases with limited resources. "I am fine today, God was gracious to me," the player told Offside. The former player was forced at some point to seek financial help from a renowned football administrator, and there is every indication that he did not receive the much needed help. Cruel! The good news is that the family man is out of danger.



BACKPASS
with Bethuel Odoo



Coronavirus is taking our sports to the dogs, yawa!

Stars whose contracts were scheduled to end in June 2020 are going to have it rough

Never before has sports been globally disrupted in peace time like it has by the pandemic that is the coronavirus. The last such occurrence was during both World Wars when the World Cup and Olympic Games were cancelled in four years to 1918 and 1945 respectively.

Indeed, the President of the Italian Football Federation, Ottorino Barassi, kept the World Cup, then Jules Rimet trophy, under his bed for 12 years!

It so happened that Italy won the 1938 World Cup but World War II broke out the following year. Fearing Nazis troops might steal it; Barassi took it from vaults of the bank in Rome and kept it in a shoebox under his bed until the 1950 World Cup which was played in a round robin format among 13 teams.

It was hosted by Brazil, but won by Uruguay when winger Alcides Ghiggia scored the second goal in the 79th minute past goalkeeper Moacir Barbosa to silence the 200,000 strong Maracana Stadium. It was one of three times Maracana was silenced "you could have heard a rat pee on cotton in China".

The other two times were when American crooner Frank Sinatra silenced 175,000 paying fans, the largest in the world at the time as they listened to among others; I've Got the World on a String. Then there was the pin drop silence in October 1997 when Pope John Paul II performed open-air Mass with 180,000 Catholics, the largest congregation of faithful in Latin America crammed at Maracana, the Cathedral of football, the temple of emotions.

Besides soccer, the coronavirus has also seen to the 2020 Tokyo Olympic Games cancelled for a year as Japan geared to host for the second time since 1964, when Wilson Kiprugut, 82 today, won Kenya her first Olympic medal, a silver in 800m.

The corona cancellation of the Olympics

the first since Berlin was to host in 1914, but World War I broke out that July and organisers thought "the War will be over by Christmas." It ended in 1918. The Olympics were cancelled two other times when World War II started in 1939 interrupting the 1940 Tokyo Games in Japan which forfeited the rights arguing the War required "the spiritual and material mobilization of Japan." The 1944 edition was also cancelled as World War II was still on.

An interruption over both World Wars was understandable, but with an invisible enemy like a virus, the future is unknown, everybody is groping in the dark. We should brace ourselves for the best resurrection or worst aftermath in sports.

In Kenya, a whole generation of sports stars may be affected considering survival in sport requires physical and mental stability and the prevailing corona conditions are not conducive for any sports discipline.

There are no activities, yet the significance of any sport lies on how competitive an individual or teams can be. Sports become irrelevant when there are no benchmarks and targets to be achieved within a given time frame. One cannot compete against self.

Sports bodies the world over are musing how best to handle the post-corona days. There is the trauma of the cancelled Tokyo Olympics which did not go down well with very many athletes who looked forward to the Olympics the same way a Catholic looks forward to visiting the Vatican.

When Kenya boycotted the 1976 Montreal Olympics, many athletes were traumatised when few knew how to handle trauma. Kenya did not have sports counsellors or psychosocial support systems to help athletes recover from the depression that came with dashed hopes.

Athletic great Henry Rono missed out after Kenya boycotted the 1976 and the 1980 Moscow Olympics over Russia's invasion of Afghanistan. Despite being in great form, Rono's name remains largely unknown and many only know Kipchoge Keino after his great showing in the 1968 Mexico and the 1972 Munich Olympic

Games respectively, yet Rono was the more terrific of the two, smashing world records in short sprints than Kip Keino did in ten years.

By the time Kenya was returning during the 1984 Los Angeles Olympics, he was out of form and on his way to retirement. Rono returned home last year after four decades in America. Had he blazed Olympics podiums the way steeplechaser Ezekiel Kemboi did, he would have been easy to remember.

The postponement of the 2020 Tokyo Olympics, thus might bury the careers of many athletes as it happened to Rono.

Age is a factor in many sports. Take a gymnast. They start at four years by eight they're in continental and world championships so that by 12 they are making one of three Olympic Games before retiring at 24! Just one year might see a gymnast in their mid-20s calling it quits or if they take part, the gold might go to a younger competitor.

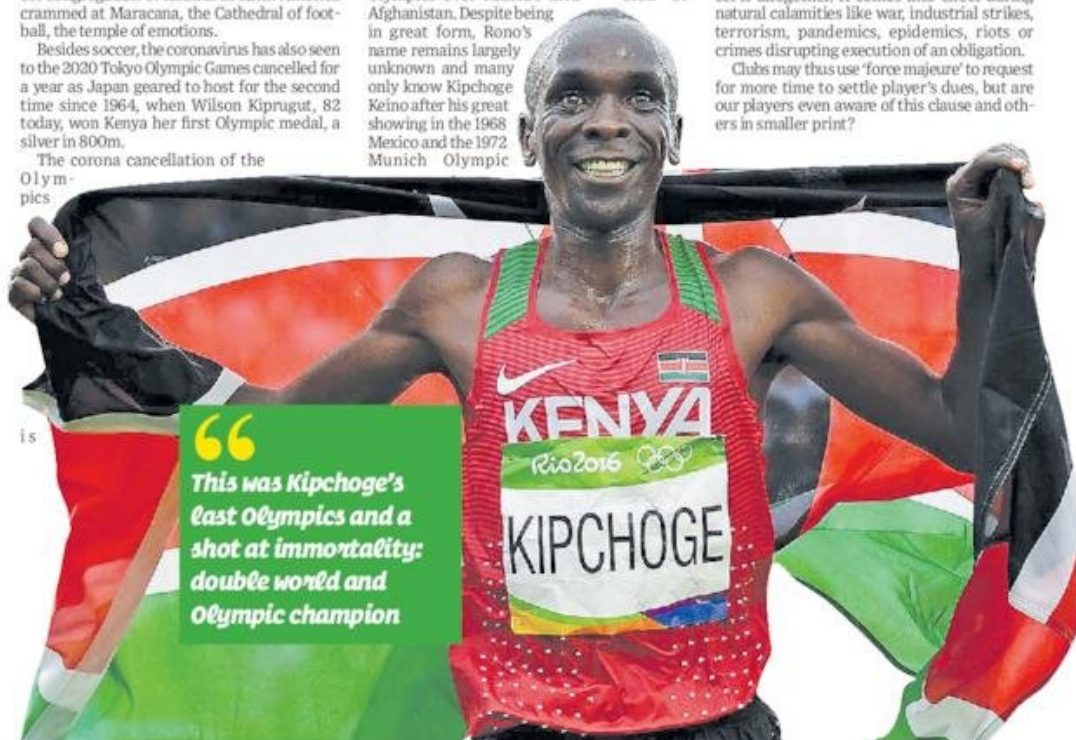
The same goes for all sports including athletics for which Kenyan marathon great Eliud Kipchoge, already bending the 30s, might have muscles tightening during the one year cancellation, yet it was his last Olympics and a shot at immortality: double world and Olympic champion, the first man to run a marathon in under two hours!

Many footballers in the Kenya Premier League (KPL), whose contracts were scheduled to end in June 2020, are going to have it rough.

Unfortunately, they have nowhere to run to. Clubs worldwide are in similar dilemma. Everything has gone to the dogs.

Many players signed contracts without understanding that 'force majeure' means 'superior force'. It is used in contracts to mean the unforeseen which might prevent parties from fulfilling a contract and thus frees the concerned from any liability or obligation. However it may suspend an obligation but not cancel it altogether. It comes into effect during natural calamities like war, industrial strikes, terrorism, pandemics, epidemics, riots or crimes disrupting execution of an obligation.

Clubs may thus use 'force majeure' to request for more time to settle player's dues, but are our players even aware of this clause and others in smaller print?



“This was Kipchoge's last Olympics and a shot at immortality: double world and Olympic champion

SPORTS | LET'S BET

Kenyan bettors embrace virtual betting as corona continues to bite



Bettors have taken to virtual betting as fish takes to water. Some of the Let's Bet readers said it is the new fad — and that they are loving it. That many can now access faster Internet and cheap data bundles has made betting a venture worth trying out. Let's bet has learned that with many observing social distancing mobile phones have become the new avenues. Kenyans as far as in the villages are having a ball.

Still, to a newcomer, the world of virtual betting is still a new ground. Many are still wonder-

ing if they can really make money from it. Yes, it is possible to make money betting on the virtual platform. Money plays a bit part in the whole picture, and every bettor wants to land a big profit. Every bettor who bets virtually wants to pull out a magical outside bet which really hits the bookie hard in the pocket.

But bear in mind that it will all be relative to your level of betting. A casual bettor may find a couple of hundred in profit makes them rich, while landing thousands wouldn't really be enough for others. If you never bet more than Sh100 on your

selections, then you are not as likely to get rich as if you bet Sh1000 on those same selections, naturally, so it is all a matter of relativity.

But there are other things to consider when thinking about making money betting on virtual games. There are so many games every day of every week, there is always a game or a race, and so your betting opportunities are endless. That doesn't mean you are going to accumulate profit more quickly, unless you have solid knowledge about virtual betting. That is why you need time to educate yourself.

Bet with your head, not emotions



Does watching sports — virtual or otherwise — make you emotional? Your answer will definitely be yes! People LOVE sports, and they get very emotionally invested in them. It becomes hard to control ourselves when our favourite teams and players are involved and we know we aren't the only ones. It's fair to say that being a dedicated sports fan can be an emotional roller coaster at times.

This is one reason humans are such big sports fans. Humans enjoy watching competitions, but the real buzz of sports comes from caring about what happens. There are few moments in life more exciting than when our favorite soccer team scores late in the game to win a match, or when our favourite team blitzes the opposition.

Betting typically causes us to go through a range of emotions too.

chance of winning money can be very exhilarating. Then there's the ups and downs of winning and losing. We naturally feel happy when we win, and if the win is significant enough we can even experience genuine elation. Of course, the flip side to that are the negative emotions we feel when we lose. Overall, though, the emotional thrills that gambling can offer are a positive for most people.

Sports betting combines the emotions we feel when watching sports with the emotions we feel when gambling. This can create a very powerful emotional experience, which isn't always a good thing.

In fact, it's almost always a bad thing for those who are serious about trying to make money from betting on sports. Emotions can easily prevent us from being able to make decisions based on sound logic and reasoning, which means becoming a successful bettor will be nearly impossible.

The best sports bettors are able to put their emotions aside when making their betting decisions. If you want to be successful, you need to learn to do the same.

WAGS CORNER

Mbappé loves Alicia





French footballer Kylian Mbappé is dating stunning girlfriend Alicia Ayiles who was born on the French island of Martinique in the Caribbean in 1998. It was here where she studied law at the region's university and got into modelling. Ayiles was spotted watching Mbappé play for Paris Saint-Germain — and have been seen together alot.



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THE NAIROBIAN

SPORTS The Nairobi

King David: Will double 800m

I still feel like I still have something in me. I have not exhausted everything. There is something left in the tank — Rudisha

By BBC Sport

Snoozing in Nairobi airport's departure lounge in a navy blue suit, David Rudisha looks like just another businessman having a quick power nap.

His fellow passengers seem pretty relaxed about being in the presence of Kenyan running royalty. My feelings are a little different.

Appropriately for a man who has hardly been seen or heard from in the past three years, the two-time Olympic 800m champion Rudisha has been difficult to track down.

But now here we are, finally face to face with the man who, for some, outshone Usain Bolt at London 2012. It's a fuller face than you might remember.

By his own admission, the 31-year-old has changed a lot since that incredible world record of one minute 40.91 seconds he set in winning Olympic gold, before defending his crown four years later in Rio.

The initial problem was injury. A long-term issue with the tendon that attaches to the sitting bone means he has not run competitively since 4 July 2017.

But Rudisha has had to cope with a lot more than that.

Marital problems, separating from his wife, plus the death of his father Daniel — himself an Olympic medalist — last year left Rudisha looking for "a bit of destruction to distract".

To release the pressure valve, he was "partying too much". When the injuries finally subsided and he was able to return to running in November, he did so two stone overweight.

And then there is the reason why Rudisha feels he is living a "second chance" at life. He could easily have died last summer.

Five hours into a six-hour drive to his family home in Kilgoris, south-west Kenya, Rudisha rounded a corner late at night to be confronted by a bus on his side of the road. They collided head-on.

His car was a write-off. Recalling the memory, he recoils in his seat.

"Actually I don't even have words to explain the accident," he says. "It was really horrific and scary. It was not easy and everybody, every time, kept asking me: 'How did you even survive? How did you get out of that car?'"

"To come out without a single scratch was just like a miracle. It is not something that happens every day, it was so special and I feel like God still loves me."

All of this explains why reducing weight, rather than lap times, is still top of the to-do list. However, a big goal is back on the table: the Tokyo 2020 Olympics.

Rudisha is one of four men to win consecutive 800m Olympic titles. Nobody has won three — at all, let alone in a row.

"I still feel like I still have something in me. I have not exhausted everything," he says.

"There is something left in the tank and that is what I want to exhaust before I think of doing other things."

"If you saw me one month ago I was a little bit heavier, but now I am losing the weight and the response is pretty good. The routine is back. When you miss out on training and competition for two years it is never easy..."

Rudisha trails off. The question of what could happen if the old magic returns is left hanging.

It's a tantalising thought. This is the man who after all, according to chairman Lord Coe, delivered the best performance of the entire London 2012 Olympics.

"Bolt was good, Rudisha was magnificent," Coe said. "That is quite a big call but it was the most extraordinary piece of running I have probably ever seen."

"He had the balls to go in there and think: 'I am so much better than anyone else that I could [run a world record]'. In Olympic finals you are not supposed to gamble with the till, but he did."

The impact of three years of back-to-back injuries undoubtedly informs his current mantra,

for which he dips into Swahili: "Pole, pole (slowly, slowly)."

"I have had so many setbacks before so I don't want to rush into anything."

"We are human beings, not machines. You cannot have a spare part of your leg or foot or whatever, but we have also to listen sometimes to our body."

"Don't push, just try to be disciplined, doing the right thing at the right time. If the body responds and says yes..."

In an interview with Spikes magazine in October, Rudisha was open about turning to partying as a way to release the pressure he felt from his on and off-track issues.

"With everything else going on in my life, the pressure sometimes got to me," he said.

"To release it I'd often hang out with friends, partying too much. It's not something you intend to come your way but sometimes, during periods like that, you look for a bit of destruction to distract yourself."

Four months later he's a little more defensive.

"Well, I, you know, I have never really directly spoken about partying but, you know, just a social life that everybody has the right to enjoy," is how he explains it now.

"Whenever we have a [athletics] meet, sometimes we go to socialise, to go out for instance. That is normal life."

"I never meant anything extreme, because that is not what I do. Mostly I am a very focused person and



David Lekitla Rudisha celebrates on the podium at the Rio 2016 Olympic Games at the Olympic Stadium in Rio de Janeiro on August 16, 2016. (Photo: courtesy)

“

I don't even have words to explain the accident. To come out without a single scratch was just like a miracle. It is not something that happens every day, it was so special and I feel like God still loves me.

— David Rudisha

Olympic champ rise again?



800m World Record holder and Olympic champion David Rudisha after a training session at Lornah Kiplagat Track in Iten on July 27, 2016. (PHOTO: COURTESY)



(Photo: Courtesy)

disciplined. Sometimes when you have friends, you go out and throw a party and so forth, and that is actually what I meant."

Rudisha's penchant for a post-race party is, of course, entirely natural.

But having spent two days earlier that week getting behind-the-scenes access to marathon world record holder Eliud Kipchoge's regime

contrast is striking.

Life in Kipchoge's Spartan training camp in Kenya's Rift Valley is all work and no play. Kipchoge - and 30 other athletes - live in dormitories in Kaptagat from Monday to Saturday. Away from their families and other distractions their life is simple. Train, eat, rest, repeat.

"Eliud's discipline is exceptional," Rudisha says. "If you go back, Eliud can give you his training plan for the past two, three years. I don't think I have something like that."

I ask if that is not his way. Rudisha lets out a big laugh.

"That's not my way. I do things more relaxed," he says.

"I do so passionately. Running is something you have to enjoy sometimes. It is hard but you just have to enjoy and you have to make it look like fun."

To illustrate that more intuitive approach, Rudisha tells an anecdote about his pre-London 2012 training sessions.

His world record time of 1:40.91, set in an Olympic final

already run heats and a semi-final, was arguably as stratospheric Kipchoge's "moon-landing moment" last

“Running is something you have to enjoy sometimes. It is hard but you just have to enjoy and you have to make it look like fun.”

year when he became the first man to run a sub two-hour marathon.

However, while Kipchoge had a team of hundreds of support staff who left no stone unturned in their search for perfection - climate, diet, training, trainers - Rudisha's key sessions before London 2012 didn't even feature a stopwatch.

"At a certain point I just needed to do some splits with my mind," he says.

"I gave Brother Colm [his coach, Brother Colm O'Connell] the watch. If I said I wanted to run 400m in 53, 54, 55 seconds I would do it, without the watch. It was amazing."

"That is how I familiarised myself with timing. It was very natural and that is why I really mastered 800m very well, in such a way that I knew exactly what I was running for the first lap. It was just there in my mind."

It's easy to forget that Rudisha

defended his London gold in Rio.

In fact, the man himself made the same mistake during our conversation, talking about winning a second, rather than a third, Olympic title in Tokyo.

That hat-trick would be an incredible athletic achievement for anyone. Given Rudisha's considerable issues both on and off the track for the past three years, it would be nothing short of a miracle.

We met with less than six months to go until the Olympics and Rudisha was yet to set foot on a track. He was still building up his baseline fitness with 10-kilometre runs on the dirt roads around his home in Eldoret.

But, crucially, eight years on from his greatest achievement, one of his greatest gifts has returned.

"I am happy," he says. "I missed the track and I missed training for the past two years. Sport is what I loved in my life. Whenever I am out there and training I feel like I am doing what I really truly love, and I am a passionate about it."

"I know I have missed some of my best years and injury has robbed me. But I am looking forward."

"If I make the team, go to Tokyo, qualify for the final and be in that final, yes I will say I will be standing there as a potential gold medalist, or medalist in that event. But before I get there I cannot start counting things that are not ready yet."

And with that the conversation is over.

"Ladies and gentlemen, flight 8606 to Mombasa is ready for boarding. We apologise for the delay and any inconvenience caused."

The businessmen and women rush to gate three - visibly restless after what has been a lengthy delay.

Not Rudisha. Ticket in hand, he slowly says goodbye and takes time to pose for a picture before joining the back of the queue.

After a three-year lay-off and a second chance at life, what's one more hour's wait?



The vehicle belonging to Kenyan Olympic champion David Rudisha after a road accident in 2019 at Kegosi along Keroka Sotik Highway. (Photo: Sammy Omingo)

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Rudisha headache



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