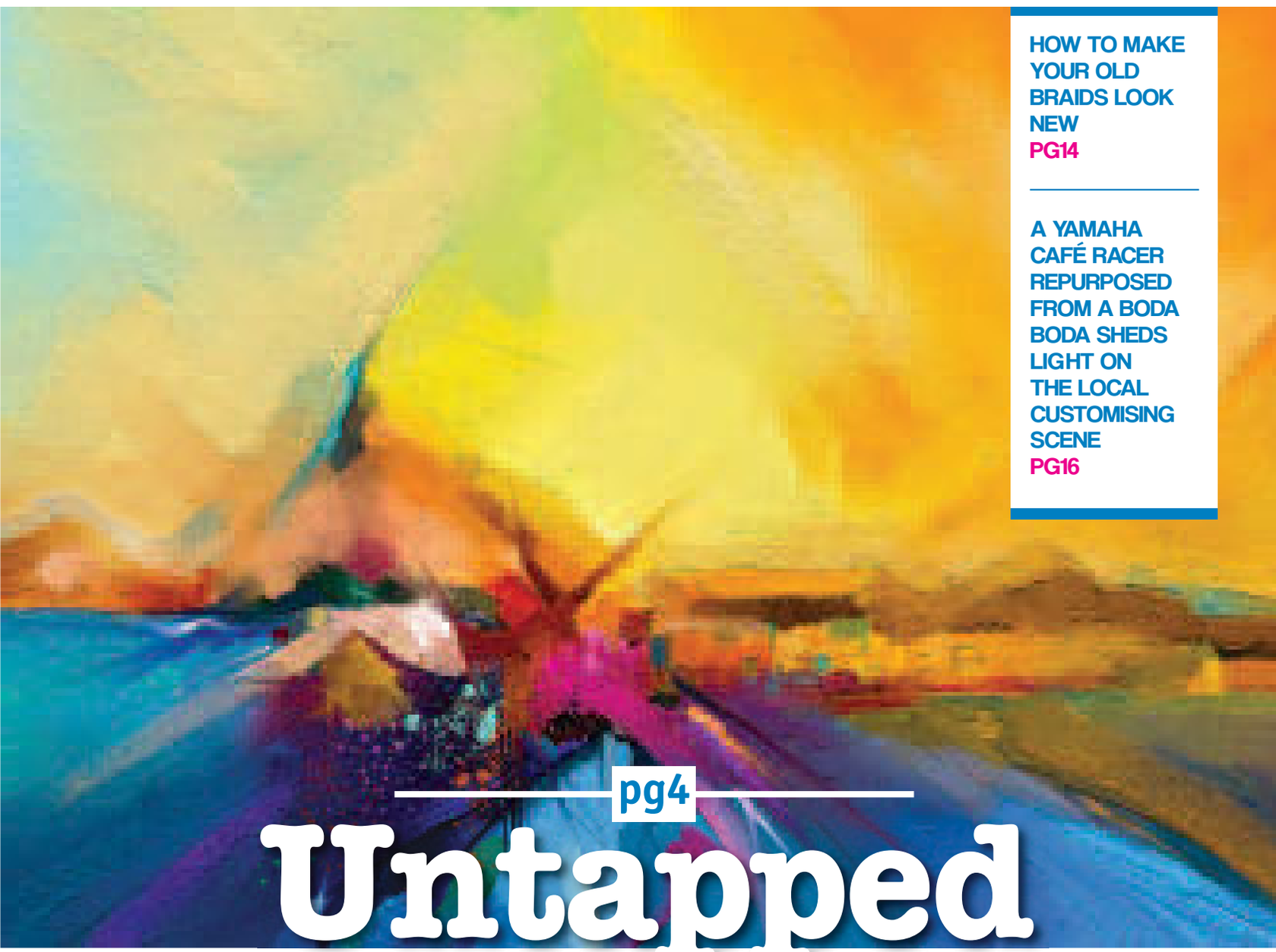
PD Wikendi
SATURDAY/SUNDAY June 15-16, 2019
No. 130 SHOP SPORT SOCIALISE MASH UP YOUR WEEKEND



HOW TO MAKE YOUR OLD BRAIDS LOOK NEW
PG14

A YAMAHA CAFÉ RACER REPURPOSED FROM A BODA BODA SHEDS LIGHT ON THE LOCAL CUSTOMISING SCENE
PG16

pg4

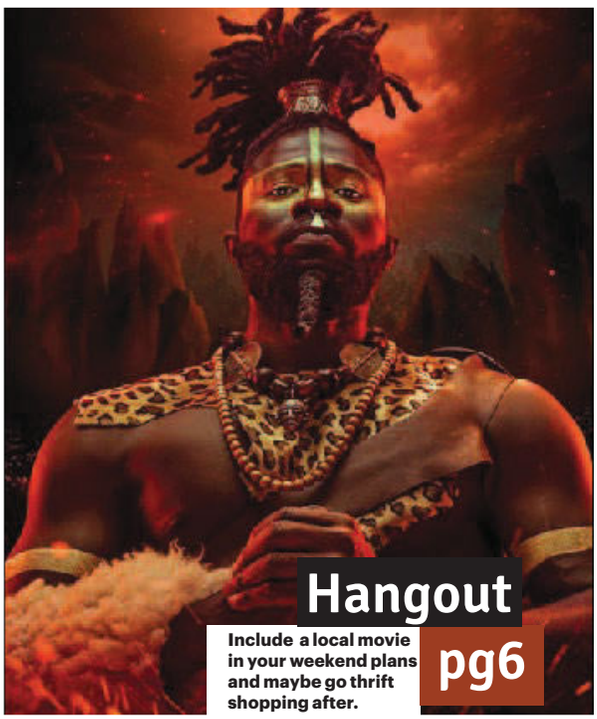
Untapped power of art education



Fashion

Debunking the 'risk' of wearing print as a plus-size.

pg14



Hangout

Include a local movie in your weekend plans and maybe go thrift shopping after.

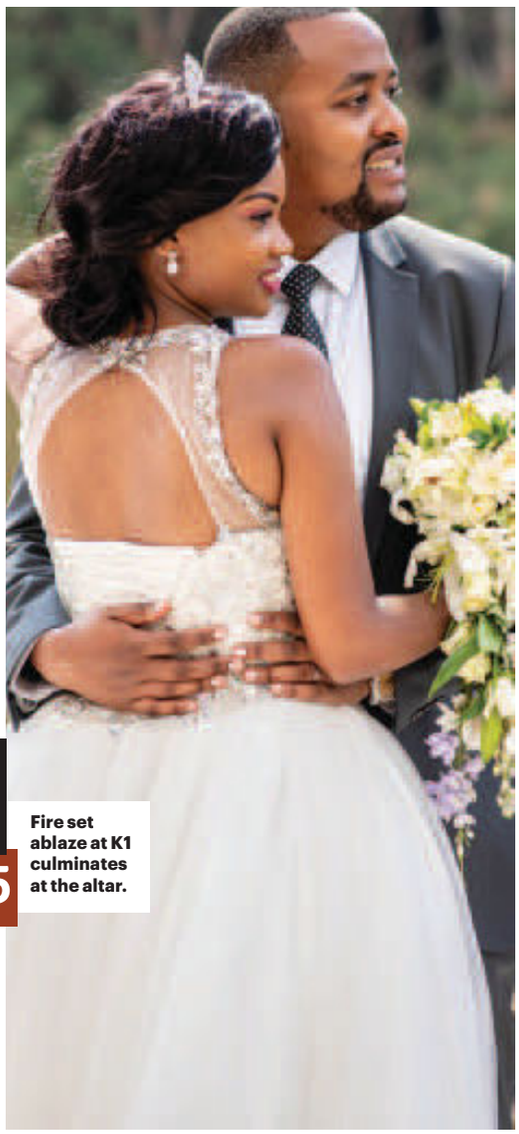
pg6



Uncorked

Bartering cucumbers for gin cocktails.

pg10



Circles of love

Fire set ablaze at K1 culminates at the altar.

pg15



Art and everything else

"Every child is an artist. The problem is how to remain an artist when we grow up." Those are the words of Pablo Picasso, arguably one of the modern world's greatest artists, but it seems the artist's sentiments clash directly with the new Kenyan school curriculum that outlines the students will only be able to specialise in arts once in senior school and not before. This week's main story focuses on the world of art done by children, highlighting the local opportunities available for the young to not only study and hone their skills at a tender age, but also compete with their peers.

If you are planning a trip to Naivasha check out the review of the Lake Naivasha Resort on page 13, which has transformed itself from a basic tented camp to a modern resort complete with the trappings expected of a luxury resort. Hangout gives you the low-down on all the cool places to be this weekend, which include among others a local movie and the K1 Open Mic event. For the men, we continue with last week's list of women that should be avoided. The information was generously provided by other women, just in case one of you ladies feels offended, please take it up with the sistas.

Here's to another awesome weekend and hopefully a week that's a bit warmer.

Stephen

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Wikendi

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BY MANUEL NTOYAI

Adelle launches PursePective podcast



As the name suggests, the podcast is a space where women can talk about their experiences as they relate to gender equality, and men can objectively respond with their perspective.

PursePective will be a podcast to drive gender equality, women empowerment and inclusion. During each show, Adelle Onyango and a panel of three guests will tackle different ways in which we can all promote a more equitable society.

"The narrative of the podcast is based on the premise that in the patriarchal nature of society, men have a privileged hand and many times do not even realise it," Adelle noted.

"The aim of this podcast is to bring this to light, highlighting for men the privilege they may take for granted," she added.

"The podcast is a platform to not just tell the African woman's story, but to get men to understand what it takes to be the modern African woman and the social intricacies involved." Adelle further explained, "The podcast is based on the understanding that women are not the problem; the obstacle and hindrance to gender equality and sexual abuse, is not fellow women; and that if men know and do what's right, we live in a society as equals. The podcast is really for men."

The premiere and all future episodes of PursePective will be posted on Adelle's social media channels in both podcast and video form, where she will encourage women to watch or listen with a man or with men.

Trending Picture

Brian Bera

Brian Kibet Bera, a fifth-year engineering student at JKUAT, hit the headlines this week after he attempted to access StateHouse illegally. Police shot him on the shoulder and later took him to Kenyatta National Hospital for treatment, before being taken to court, where he was asked to take a mental test. However, his father would later appear on a local TV station, where he appealed to the government to help his son, whom he said was sick mentally.

The government through StateHouse spokesperson Kanze Dena released a statement saying that StateHouse was a restricted area.

"We take this opportunity to remind the public that State House is a designated protected area under the Protected Areas Act. For that reason, no person is allowed access to the premise without permission."



Trending Tweet

#MargaretOgola

USA tech giant Google honoured the late Dr Margaret Ogola, the award-winning novelist of *The River and the Source*, with a doodle on what would have been her 60th birthday. By linking her profile to their logo, Google created a doodle that left many Kenyans impressed. The Familias Award for Humanitarian Service recipient had authored five books prior to her death, and despite being a renown author, was a trained medical doctor. The late Dr Ogola died on September 21, 2011, at the age of 53 in Nairobi.



Trending Video

Wa Jesus Big Announcement

Gospel comedian Kabi wa Jesus aka Pastor Kanyosto and wife Milly wa Jesus are expectant and took to their YouTube channel to make the big announcement. The two vloggers who have gained a large social media following since their dating days, revealed the news in a nine minute video that started with how their love life started to where they are at the moment, before announcing "We are pregnant". Fans, friends and colleagues were quick to share the "emotional" clip, making it trend, adding to the fact that the couple also commands a considerably big fan base on social media.



PHOTOS: EMMANUEL MWENDWA



WITH THE NEW CURRICULUM OUTLINING THAT SPECIALISATION WILL TAKE PLACE AT SENIOR SCHOOL, WHERE LEARNERS CAN CHOOSE BETWEEN THREE PATHWAYS INCLUDING THE ARTS, EXPERTS COUNSEL THAT WHEN IT COMES TO TALENT-BASED DISCIPLINES, THE EARLIER THE BETTER. EMMANUEL MWENDWA WRITES



Art scr

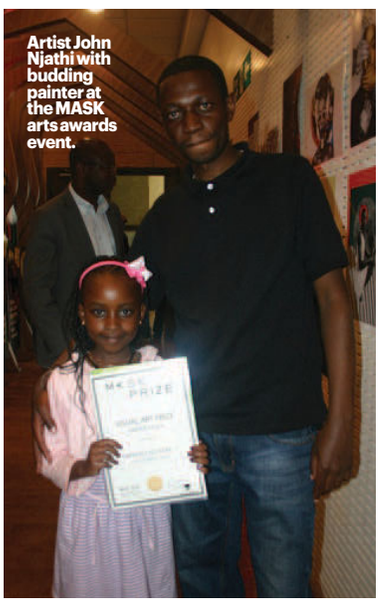
Often, young budding artists in Kenya endowed with potential sketching skills are compelled to nurture individual creative muses on their own. This scenario is prompted by the fact that visual arts is still not an examinable subject in local government schools. Those fortunate, gain significant talent growth options on enrolment in private institutions, which offer courses that aim to introduce young learners to basic drawing and artistic skills.

"The benefits of early exposure to art are immense, more so if classwork incorporates learning rudimentary artistic know-how. At this stage, kids are receptive to ideas and keen to learn," says artist John Njathi. Eight to 11 years is the best age to tap into potential skills. "Those seeking to explore drawing capabilities often undergo instruction from private tutors," explains the artist, who is also an independent art teacher.

Nairobi Art Centre, for example, runs a workshop every school holiday from 9am to 3.30pm daily, and they have different themes for inspiration, from current exhibitions to new trends in the world of art and even ancient Egypt. They also teach pottery; an introduction to pottery that teaches the basics such as filtration, discerning types of good clay, hand building, throwing, glazing and more. Running on Tuesdays 1-3pm, Wednesdays 10-12pm and Saturdays 2-4pm, the course is appropriate for anyone over the age of 13, and costs Sh2,000

Children learning arts at Nairobi Arts Centre.


Participants at an art class at Nairobi Arts Centre.


Artist John Njathi with budding painter at the MASK arts awards event.


According to experts, exposure to art at an early age helps nurture inborn talent.


Colourful sketching drawn by Sassie Kofi Araba of Riara Springs School.


An excited budding artist, Daniella Wanjine, displays her artwork during the *One Tree, One City* international exhibition.

from scratch

Most schools do not have specialist art teachers in lower primary. This is a disadvantage against identifying budding artists at an early age

per class and Sh7,000 for four classes. Similarly, Artiv Creative School has a drawing and painting curriculum that runs for 36 sessions, with each session being an hour and a half long for Sh1,200.

Access to showcase opportunities for budding artists formative drawings and creations, is crucial too. The No Boundaries International Art Exhibition is among platforms tailored for young artists. This year marks the annual event's fourth edition, whose call for entries ends this month. It's theme, *A Drop of Water*, entails participants exploring, through their artworks, the relationship between human beings and water.

This global showcase is open to children and teenagers currently in kindergarten, primary and high schools across the world, who can submit coloured drawings and art using different mediums. Selected artworks will be displayed in galleries open to the public in the host cities – Beijing, Paris, Nairobi, New York and Rio de Janeiro later in August, and the United Nations headquarters.

Last year, varied creative drawings represented Kenya, submitted by Riara Springs School pupils. The Columbia Global Centers Nairobi hosted the exhibition under the theme *One Tree, One City*. An estimated 150 artworks drawn by two to eight-year-olds served as the showcase's toast. It was the first time the young artists' event was being held in Africa since its inception in 2015. The event's objective is to foster a sense of social responsibility and global awareness in young citizens around the world. Notably, it also offers an international art and educational platform for young artists to connect with peers devoid of nationality, language or culture boundaries.

Seven and eight-year-olds Anita Sanyu Kitonga, Sassie Kofi Araba, Precious Shanelle, Joshua Mutua, Shasha Nungari, Gerald Garang, Terrell Agina and Nelly Karimi took part in the event. Other participants included Imani Wairimu, Alexis Chepkemoi, Nathaniel Buluma, Maryann Mbiya, Ryan Mwenda, Daniella Wanjine, Sharlena Wahome and Mwikali Kyale. Their colourful drawings featured alongside pieces by children from USA, Brazil, China, France and Hong Kong-based Art programme World of Art Brut Culture (WABC) dedicated to artistic projects tailored for special needs children.

Since last July, collective artworks were displayed in galleries open to the public in Beijing, Paris, New York, Rio de Janeiro and Nairobi as the last stop. Through art, the One Tree, One City theme sought to address the bond between cities, trees and nature.

"This international art event empowers youth to pay attention to environmental protection awareness. They express thoughts through the power of art, whilst finding their place in an increasingly globalised village," says Pauline Muthoni, programmes officer at Columbia Global Centers Nairobi.

A non-profit organisation established in New York in 2015, No Boundaries continues to work towards achieving its objective to enhance global awareness and social responsibility through visual art education and programmes for children and young adults.

The founder, Ms Yan Baitong, rolled it out as an exhibition rather than a competition, with the aim to cultivates socially caring and responsible global citizens who can impact the future with nuanced visual arts education perspectives. "We hope through shared art, the children learn to understand, cherish and respect each other's differences. Every year, No Boundaries will invite one country or region to join in, and connect children and youth in general to the world, and grow next generations," remarks Ms Baitong.

The organisation's epithet originates from concept that art has no boundaries. The global platform utilises the power of art education and visual arts to enhance accountability in future generations. 'Without nationality, language or culture restraints, children can express sentiments through art. They learn to understand and respect each other's differences in a peaceful, amicable manner; to develop diverse viewpoints, ultimately becoming socially responsible global citizens,' reads an excerpt of its mission.

Riara Springs pupil Ryan Mwenda viewed the event as an eye-opener. "This is my first time to attend an art exhibition and submit a set of my artistic drawings for public display. It was exciting and educative," he beamed.

With invitations for submissions sent out to various schools, the response was low-key, perhaps because the arts are not within the core curriculum. "It seemed most schools do not have specialist art teacher(s) in lower primary levels (ages 7-11). This is a disadvantage against nurturing or identifying budding artists at an early age," regrets Pauline.

"But the varied interpretations of the *One Tree, One City* theme across different countries were fascinating. Those visiting the exhibition experienced unique global aspects through the eyes of the children's use of crayons, diverse colourful shades and simple illustrations," she adds.

MARKTHEDATE BY PERPETUA ADOYO



AFRO SOCIAL

Eclectic Afro music is what it's all about at The Alchemist this Saturday. The DJ's that will be hosting the event are Jack Rooster and Suraj who will make sure the Afro social experience is a memorable one.

Date: 15th June
Venue: The Alchemist Bar
Time: 9pm-6am
Entry: Free

SATURDAY SOCIAL

If you want a place where you can dance freely and get a good work out then join Chiki Kiruka for her Saturday social sessions. There will be brunch and good music to accompany the vibe.

Date: 15th June
Time: 10am-1pm
Venue: K1 Klub House
Entry: Sh1,000

YELLOW LIGHT MACHINE

The band Yellow Light Machine will be having a jam session on Saturday. The band is known to be into Afrobeat sessions so if you want a place where you can dance your heart out definitely make your way there.

Venue: K1 KLUB HOUSE.
Date: 15th June
Time: 3pm-6pm
Entry: Sh500



FATHERS DAY AT THE VILLAGE

Celebrating Fathers is what this Sunday is all about at Village Market. There will be a bowl-a-thon where Fathers can compete for the best eaters, a boot camp to burn calories and build muscles, football matches and VR Gaming.

Date: 16th June
Venue: Village Market
Time: 10am – 5pm
Charges: Sh4,000 (All access pass)

A fantasy brought to life in a play that takes Lwanda Magere story of fighting for his countrymen and at the same time fighting for the love of his life. The play will incorporate cultural and heritage elements with witty dialogue, come with friends.

Date: 15-16th June
Venue: Kenya Cultural Centre
Time: 8pm-10pm
Charges: Sh2,000

LWANDA ROCKMAN



LUSALA

With rave reviews from the early screenings, *Lusala* is the movie to watch this weekend. Directed by Mugambi Nthiga, *Lusala* delves into mental health issues, family workings and much more that is not usually talked about in the open. If you want a taste of local filmmaking then mark the date.

Date: 15th June
Venue: Prestige Plaza.
Time: 7 pm
Charges: Sh1,000



MUSIC AND CHAI

The second session will feature Fareed Khimani as he takes you on a journey of where he started in the entertainment industry. The challenges, the highs and navigating the industry. If interested mark the date.

Date: 15th June
Venue: The Alchemist Bar
Time: 3pm-5pm
Charges: Sh500



FLEA MARKET

Finding locally made goods has been made easier. Plan a visit to the K1 flea market this weekend. There are various goods to choose from such as jewellery, clothes, food, household items and many more.

Date: 16TH June
Venue: K1 KLUB HOUSE
Time: 10am-5pm
Entry: Free

OPEN MIC

K1 Klub house and Patricia Kihoro have partnered to present open mic. There will be various poets, beatboxers, comedians and other artists that will be performing live.

Date: 15th June
Venue: K1 KLUB HOUSE
Time: 7:30pm – 10:30pm
Charges: Free.



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NIGHT ROVER

BY CYNTHIA MUKANZI PHOTOS: CYNTHIA MUKANZI



Steven Kiwinda on the blues with Laurent and cHARLIE Muthemba.

Gang-stars on the prowl

Dagoz Gang was one big hearty music squad at this edition's Wednesday Showcase at Alliance Francaise. Let's call it a music gang with a sound laced with influences of RnB, Soul, Benga, Lingala, Blues, Jazz, Rock and Reggae. Performing at intervals as members of the Gang switched up places, it was a more laid back music session. The crowd, was seated and relaxed, something that is very rare with Showcase concerts.

In fact, this time around, the main stage was deserted for a smaller setting right outside the café. You would understand this if you frequent Alliance Francaise. The alternative set up still worked perfectly because the crowd wasn't milling on this particular night.

Taking turns to entertain the audience, Dagoz Gang swung through their playlist with ease. With a hint of the above music genres, the boys neatly unveiled their mastery of the art as they trailed from one sound to the other. You wouldn't find me listening to Lingala, but there's something in the way the Gang laid out their music, with Kombo Chokwe on the lead, that had me swaying from side to side. I would occasionally catch myself bobbing my head and drumming my fingers in enjoyment and just smile at how surprised I was to be enjoying it. But also perhaps it has something to do with the live aspect of music. I'm an enthusiast of live music; there's a way it makes me feel and I can't find the words to put to it, but it's a good one. It's the same thing with reggae; I'm not into reggae, but when it's a live performance, I totally get sold.

I must, however, say that my favourite part was when Steven took on the lead of his set and softly trailed into the blues motion. And just like that, he slid into my heart. I don't know what I was expecting when he stepped up on stage. But I was blown away by the tenderness in his voice and delivery of the blues and souled out music.

With a deliberate smoothness to it, the dreadlocked Gang-star went all out in a way that preyed on our hearts. I wasn't the only one rising to the vibrations. It seemed like everybody else was feeling it too. And the back-up musicians on the instruments were such a delightful accompaniment. Not just for Steven's set, but Kombo's set too.

Steven's serenade came to a halt and Kombo came back on for the last performance. And in came the tunes of Benga. Taking it slow to the end, Dagoz Gang teamed up in harmonic oscillation. The crowd seemed content with this dose of music and didn't protest when the show finally timed out.

People mingled afterwards and others were captivated by Joan Otieno's artwork that is currently displayed at the French Institute.


Kombo Chokwe sang and played on the go.


Fariji was intent on the strings.


Brian Sigu was on the vocals.


Dave Otieno of the Dagoz Gang.


And on the drums sat Thiery.



Nairobi-93.6fm Lamu-92.3fm Voi-89.7fm Kibwezi-104.3fm Lokichogio-87.5 fm Narok-98.7fm Meru-101.5fm Kisii-95.1fm Nyahururu-90.2fm Nakuru-90.2fm Kisumu-99.7fm Mombasa-96.7fm Kitui-91.3fm Nyeri-91.7fm Eldoret-103.1fm Kapenguria-88.3fm Webuye-92.7fm Taita Taveta-89.7fm Garissa-99.9fm Wajir-92.7fm Maralal-89.7fm Marsabit-101.5fm Turkana -100.5fm Moyale-88.5fm Lodwar-89.1fm Malindi-101.3 fm

BY NILANTEI NORARI PHOTOS: JOHN OCHIENG


Bottoms up.

Cucumber cocktails

I take advice very seriously, especially my own. So I took my unsolicited, freely given advice that I was kind enough to share with all of you right here last week, and ginned up all weekend long. That I could get a Hendricks gin cocktail at the price of one healthy cucumber was an unbelievable deal that I was loath to pass up. Now, before you judge me as one of those people who value deals, let me clear things up and say that yes, I am those people.

Hendricks gin is a contemporary gin that is as good and exotic as it is touted to be. Hendricks is like that classy guy who looks all polished at the bar, with a dark pinstripe suit all tied together with an air of aloofness mixed with a tinge of self-assuredness, who on closer scrutiny turns out to have more intriguing layers and to be way more inviting than the tropes you were ascribing to him.

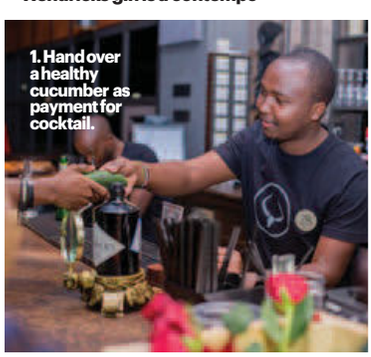
With a hint of exotic floral notes from Bulgarian roses and cucumbers along with 11 other botanicals including juniper, coriander, orange, lemon, angelica, orris root, cubeb berries, caraway seeds, chamomile, elderflower, and yarrow, Hendricks gin is not just exotic, but also a refreshing taste of the unusual.

To mark World Cucumber Day on June 14th, an unusual holiday in part because it is a fake and fictitious creation of Hendricks gin, Hendricks partnered with several establishments in a week-long celebration where healthy cucumbers were acceptable as legal bar tender. Unsurprising in part because Hendricks prides itself in celebrating individuality and the unusual.

"We encourage people to try out Hendricks as it is a curious gin with a great botanical taste. You can try it in a cocktail at the cost of a cucumber at any of the nine outlets we are partnering with; Ankole Grill, Que Pasa, Kempinski, Hemingways Karen, Karen Country Club, Hunters Bar, The Collective, Lord Errol and Tapas Westgate," Kariuki Mukii the East African representative from William Grant & Sons, the distillers of the premium gin, intoned at the launch of the week-long cucumber-gin exchange.

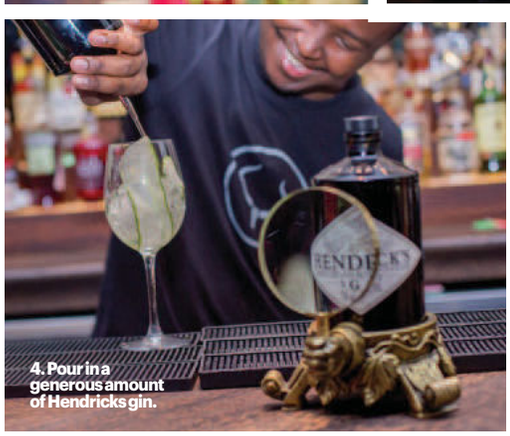
One could also simply just buy a bottle and a few cucumbers to take home and make a gin and tonic with. Either way, Hendricks is like that classy boyfriend who fits in almost anywhere without losing that elite je ne sais quoi.

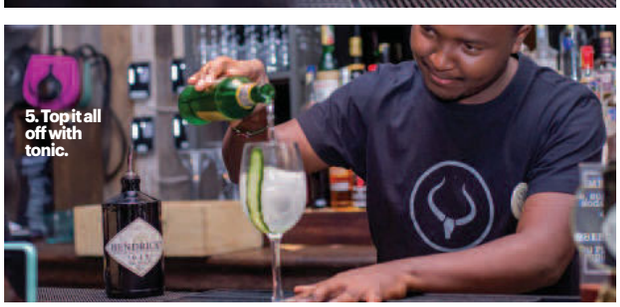
Here's to individuality and the unusual! Here's to Hendricks! And here's to you trying out the pictorial gin and tonic recipe! Cheers!


1. Hand over a healthy cucumber as payment for cocktail.


2. Some cucumber strips are placed in the glass.


3. Add some ice to the glass.


4. Pour in a generous amount of Hendricks gin.


5. Top it all off with tonic.

HAPPY HOUR

BY CHUPA MWINGI

Charming waitress accused of trying to seal patron's man

When I saw these new Pretty Young Things (PTY) seductively sitting at the entrance to the boss's office, I was instantly impressed by what I saw. Trouble in waiting...

The three 'troubles' chatted uncontrollably with eyes darting all over like alley cats. They knew they were hot and physically endowed and clearly dressed the part. They were here waiting on the boss for an interview for the new positions, which no one at Swallows knew about. One was to be selected to be a Guests Service Executive.

I stared at them for ages. The beauties stared back flashing an infectious, mischievous smile. In fact, one came to the counter to pick a serviette and I grabbed the moment to steal a glance at her mammoth derriere. This is an old barman's habit I am struggling to drop.

A couple of questions flashed through my mind, first, where on earth did boss hook up with these girls? And why do they have strikingly similar body features? It slowly dawned on me why Faith, Purity and Angie, three of Swallows long-serving waitresses, had been hastily transferred to the newly opened lodging business!

Their beauty was captivating and I found myself wishing that one of them would be attached to my department to assist with washing of the glasses or restocking the counter. "This one called Tash looks a real charmer. Too much sauce in one person!" I found myself lost in thought as I stared at her pumped-up chest.

It did not take long before the beaming faces hypnotized drunks at Swallows and many love-smitten men started staying beyond midnight hoping of luring the new damsels' home. The shy drunks just enjoyed their drinks with their eyes glued on the girls' sexy frames tightly squeezed into our tiny uniforms.

Soon enough, the trouble I predicted brewed two weeks ago. An old couple almost exchanged blows after the seemly rich woman accused, he man of shamelessly flirting with one of the new hotties with the intention of bedding her!

"You idiotic old man," yelled the woman. "I now understand why you prefer a drink here rather than our usual home pub. Why are you taking ages to just order your kawaida cold Tusker? And must you write it down on a small paper?" She asked as she pushed the bewildered waitress away while accusing her of attempting to "rob her of her man."

IN THE KITCHEN

BY NJERI MAINA PHOTOS: TIMOTHY NJENGA



The Ole Health Kick Salad.



Add some pomegranate seeds.



Add chia and pumpkin seeds and mix well.

Eating colour

INGREDIENTS

2 boiled then halved quail eggs
Mashed avocado
A mixture of kale, lettuce and spinach
A few sweet potato wedges that have been boiled then fried in butter
Pomegranate seeds
Chia seeds
Pumpkin seeds
Olive oil and lemon zest for dressing

METHOD

Pour some dressing on to the kale, lettuce and spinach combination and mix well.
Add the pomegranate, chia and pumpkin seeds and mix well again.
Put four dollops of avocado mash, on the salad bowl, to match the four cardinal points.
Place the quail egg halves on the mash.
Place the sweet potato wedges on the salad to add colour.
Add some more dressing and serve.



The salad ingredients.

Two antelopes graze near a watering hole. A grey crowned crane walks on the green grass, as we wait for our interview with Chef Renee. We are seated at the Big Five Restaurant at Ole Sereni, overlooking the Nairobi National Park in all its green glory. Chef Renee Musee Mbuvi arrives right on time, bedecked in a long chef's hat and a smile to match. He is the junior sous-chef at the hotel and has more than two decades of cooking under his belt.

"Cooking is in my genes, I think," he explains with a chuckle. "My mother is a teacher and the main chef for her Women's Guild. My elder and younger sisters are both chefs. I think she inspired the love for food in us at a very young age. It was inevitable that I would become a chef," he adds.

Renee's love for food would see him join NYS immediately after high school, where he did a catering course. He would join the hotel industry as a waiter at Safari Park Hotel and would sweat and learn his way up. He later moved to Boma Hotel and then to Mombasa. He has studied Japanese and international cuisines, and believes it is important to specialise in at least two culinary styles as a chef.

"In order to be able to head a kitchen competently, one should be a master of several culinary styles so that they can be able to guide and manage their subordinates to prepare great dishes in whatever style the client may want. Moreover, it would be impossible to head a kitchen with knowledge of just one style of cooking," he elaborates.

He has been in the Ole Sereni steakhouse for the last five years and is especially fond of grilling. He joined as a banquet chef de partie. He later moved to the à la carte kitchen where he was in charge of grilling meats, and then to the steakhouse where he is now the junior sous-chef.

As to what would make a great chef, Renee tells us about the importance of passion and the need to listen to what clients want, as well as to the emerging culinary trends.

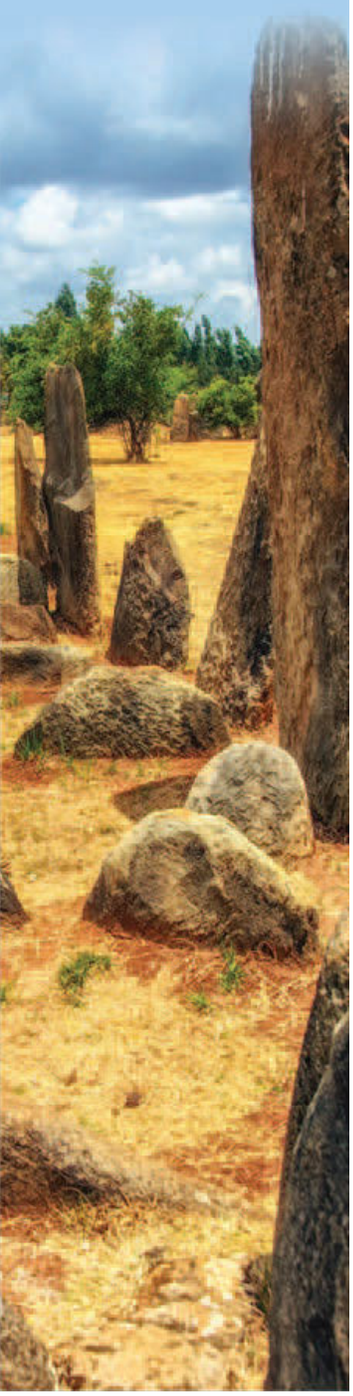
"You need to be passionate about what you do. This makes it easier to handle any challenges you may encounter. It is also important to remain abreast of culinary trends. For instance, people are now gravitating towards healthy eats," he expounds.

Renee then offers to show us how to prepare the Ole Health Kick Salad, a healthy eat that is available on the à la carte menu. He is kind enough to share the recipe with us so that we can give it a go at home. You should try it too; the recipe or the salad at the Big Five Restaurant, or both, just so you can judge your culinary skills. Either way, happy eating!

BOARDING PASS

HOW TO MAKE A MUSEUM VISIT FUN

1. Become a history detective who is in search of truth and answers. You'll find many things and facts in the museum interesting.
2. Find a museum with a fantastic field and a great curator who will guide you through the sections.
3. Plan something relaxing or exciting afterwards.



BY HARRIET JAMES PHOTOS: HARRIET JAMES WANDER OFTEN

Discovering western's historical gem

During my recent visit to Kitale, I had the chance to visit one of their pride and glory in terms of matters tourism; their museum. Located just between Mount Elgon and Cherengany Hills, Kitale is an agricultural town in the northern part of Rift Valley and serves as the headquarters of Trans-Nzoia county. While it is much smaller than Eldoret, a lot has been going on in terms of tourism in the area with the first domestic museum in Kenya being opened in the area in 1924.

It is located just one kilometre from the town centre and approximately 380km from Nairobi. Visiting on a Sunday is unadvisable as there is no curator to guide your tours and one has to battle with the noise from the churches, which have rented a space on the grounds to worship. Nevertheless, here I was on a Sunday at the entrance, impressed by the scale model of a dinosaur, a Tyrannosaurus Rex, which is purported to have wandered the vast terrain in what is today the country's grain basket.

After paying the Sh200 entrance fee, it was time to tour the museum, beginning with the tortoise corner and further on, I had the chance to learn about various snakes such as both poisonous and nonpoisonous such as the Gaboon viper, puff adder, rhinoceros viper, black mamba, forest cobra, as well as the rock python. I learnt that the Gaboon viper can feed on an entire rabbit all by itself and has the longest fangs, the highest venom yield of any snake.

Forest cobras weigh between three and four kilogrammes and with its threatening hoods and intimidating postures, it is one the most feared snakes in the world. The museum is also home to two crocodiles both aged over 40 years.

As a means of preserving the various cultures in the county, the museum has a section of the various homesteads representing the different tribes such as the Nandi, Bukusu as well as Sabaot. There are also displays of traditional utensils, weaponry, as well as their native musical instruments. It was interesting learning how each lived and named their various artefacts.

A picnic site is also present for those who wish to have a small bite or a quiet moment after learning. I managed to get to the museum and learn more about the man behind the entire place; Colonel Hugh Stoneham. The museum was originally named Stoneham Museum after its founder who was a large contributor and collector of the artifacts, which were held up until his death in the year 1966. It was later renamed the Kitale Museum when it was established by the National Museums of Kenya in 1974. Stoneham was an amateur naturalist and a lieutenant who made Kitale his humble abode. It is said that at the tender age of five years old, he already had a large collection of insects, various species of animals as well as books from 1894.

After developing the private museum, he decided to will his collections and funds towards a new museum building as a gift to the Kenyan republic. This wish to have a museum was done and a building was erected on a five acre parcel of land on the outskirts of Kitale town. In 1974, the National Museums of Western Kenya was opened, making it the first regional museum in the Kenya Museum Society.

He continued doing this till his death in 1966 and in 1974, Mrs Linda Donley, a peace Corp volunteer, became the first curator.

Other things that one can view in the museum are Stoneham's collections such as his grand piano as well as his writings and the various species of animals present in the county.

The museum is open from 9 am to 5pm every day and is currently involved in environmental conservation, which is complete with a nature trail as well as Olof Palme Memorial Agroforestry centre, which was created in 1983 to promote agroforestry in West Pokot district.



Looks strange, but then again nobody has ever seen one in the flesh.



Some of the cultural exhibits.



Keeping a safe distance from the crocs.



The evolution of farming on display.

MINUTES AWAY

JOSEPH KARIUKI PHOTOS: COURTESY

Naivasha's newest getaway


Inviting lush grass just begs to be rolled on.

If you have been searching for a new experience, preferably out of town, look no further. Depending on which part of Nairobi you reside from, Lake Naivasha Resort is an hour's drive from the capital and is among the latest additions to the rapidly growing hospitality scene in Nakuru County.

Lake Naivasha Resort was relaunched in 2018, but calling the changes it has undergone a makeover would be an injustice. The former facility was originally a tented camp that has now been shadowed by the extraordinary luxury and pomp. Located on South Lake Road barely a kilometre off Mai Mahiu Road, South Lake Road is five minutes from Naivasha town. When I got there, the magnificent entrance was slightly intimidating and alluded to what I would find ahead. But the security was welcoming as I made my way in.

The paved cabro road led me through a beautiful lawn shaded by the canopy from the trees, creating an intimate and charming atmosphere. The reception area was impressive. Lofty ceilings complemented by alluring chandeliers, artistic marble floors, tasteful wallpapers and a comfy sitting area. The check-in process was relatively fast.

I appreciated the villa style accommodation, which makes you feel at home despite being in a public space. Each villa has allocated parking, nine rooms and a central living space with a dining area and a Smart TV. I bumped into a room steward who narrated to me how the living area can be converted into a mini-conference space, which I thought was an ingenious use of space.

The Superior room I was allocated was spacious. I was in Naivasha for exploration but the king-size bed had me thinking twice.

The swimming pool was pretty tempting. Uniquely designed and pretty large, but I deliberately did not get to go for a dip on account of the balmy weather.

Did I mention the outdoor jacuzzi? The resort offers front row entertainment to the hippos that usually gather in the evening to socialize by the shore of Lake Naivasha. I think they usually gather around to admire the manicured lawns, which if not for the electric fence, would be their favourite dinner.

The restaurant would be my last stop before I called it a day. The buffet, my favourite part of the visit, was well spread. A variety of African dishes and the fruit setup looked like a fancy hat that a flamboyant African mother would wear to her only son's wedding, compliments to the chef.

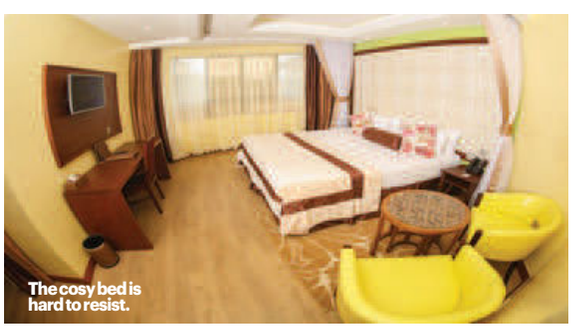
The following day, after a breakfast befitting a king, I was given a tour of the conference centre. There are multiple conference rooms, with a seating capacity of 2,000 people, and the resort promises to take care of each and every one of them.

Rumour has it that the resort has more features and amenities in the works.

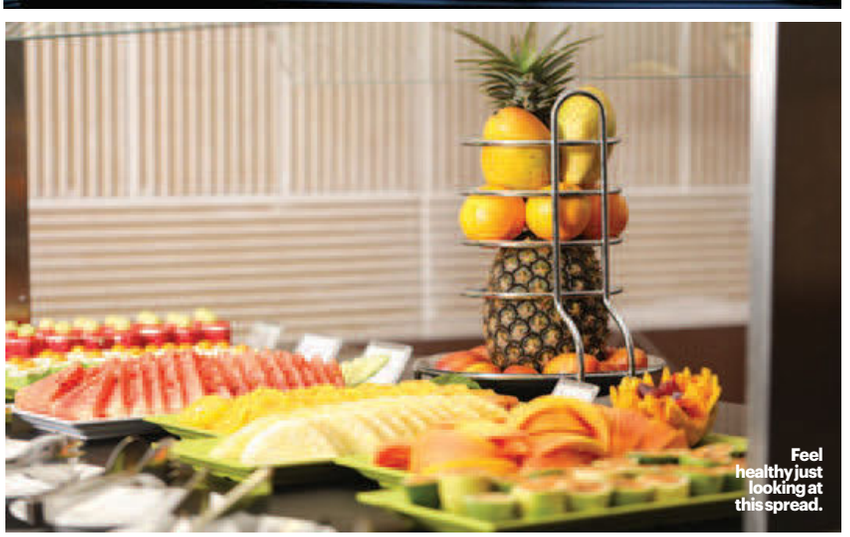
While parents enjoy boat rides and their choice of drink at the bar, or an unwinding session at the spa, the kids' arcade will leave the children exhausted but ultimately happy from the variety of activities available.

Bike riding, team building and bird watching are just some of the activities on offer. The resort recently hosted the Country Roads Festival on Madaraka Day, which I believe was an experience for Naivasha residents.

I did a sneak peek of the resort's profile on TripAdvisor and since its relaunch, the majority of the guests had good things to say about it. So, the next time you're in Naivasha, there is a new experience awaiting you.


The cosy bed is hard to resist.


Can't knock that view.


Feel healthy just looking at this spread.

ROOM SERVICE

BY JULIO KITHS

Cockroaches' nocturnal feast on guest's passport

A giant bedbug and an equally intimidating cockroach boisterously perched on a bedside lamp waiting to teach you a life lesson! Nothing really repels a guest than to book a hotel room and be welcomed by these unsightly, mannerlessly insects.

These bugs send a bad message since hotel's cleanliness sets the tone for quality and at the same time, amplifying the star of the hotel as well as signifying to the guests how much the management cares for their safety and health.

Nonetheless, despite the huge number of highly trained housekeeping staff, the hire of experienced pest control experts and millions in investments to establish watertight quality control, the game does not always follow the script as the incident below indicates. It was reported to have taken place at a certain city hotel, which previously used to rule Kenya's hospitality industry, but is now tottering towards complete collapse.

A tourist on a two week holiday in Kenya was left in tears after her passport was mercilessly eaten by cockroaches! Samantha Wood, who was on her first-time visit to Kenya, had placed her passport among other documents in a reading table's drawers.

She did not suspect any damage to her precious documents because the hotel seemed sparkling clean. But Samantha was in for a rude shock! As she was putting her travel documents in order a day before check out, she discovered that as she enjoyed five-star meals in the hotel's fine dining restaurants, a team of diligently working cockroaches were feasting on her documents as well!

Samantha was livid. Foaming at the mouth as she unleashed a tirade of insults at the housekeeper, accusing her of breeding dangerous cockroaches. "I want a new passport immediately," she demanded. "I don't care where and how you will replace it, but I swear to sue this horrible hotel to your last coin," she threatened.

The management denied that the ruinous cockroaches were hers. "We have never seen any roaches in this hotel for years," the housekeeping manager fired back.

BEAUTY

BY VANESSA WAITHIRA

How to make your old braids look new

Many women hate braids as much as they love them, simply because of the tedious process. The pain and patience that is required for braiding as well as undoing the plaits is something not everyone is endowed with. So, for many, when they finally braid, they like to keep them on for a little longer than neatness will allow for, just so it was all worth it, as sometimes this do can also be costly, depending on the style and salon. If you find yourself in this situation, don't go around looking untidy. There are a few things you can do to make your old braids look new. Try any of the below tricks when you're uninspired to undo your hair, lack time or if your budget doesn't allow you to.

Use hot water and gel

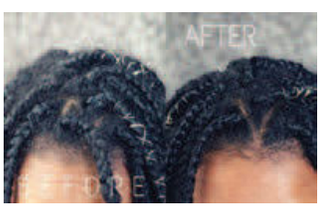
Braids look untidy when they start fraying. To avoid this problem, simply trim those stray hairs that keep standing out, then place your braids in hot water like they usually do in the salon. Make sure you have a towel to wipe your hair immediately to avoid burning. When it is dry, use styling gel and let it dry. Your braids should look fresh after.

Redo at the edges

You can go to the salon and ask them to undo a few braids at the edges and fix again. Use the same type and colour you have on to maintain a seamless look, keeping it fresh at the edges, which is not only the most affected by wear, but also the most visible.

Curl

Plait your braids in small or big locks depending on the size of curls you want, then dip them in hot water. Remember the rule when using hot water, or have someone help you, to avoid any accidents. Then, let the braids cool before undoing the locks. This should give a facelift to your worn hair.





FASHION

BY VANESSA WAITHIRA

Kitenge for curvy girls

A lot has been said about the 'risk' of wearing print as a plus-size, and with kitenge or ankara's main feature being prints, you may wonder as a chubby girl, if it's a good idea to rock the style. Fashion blogger Nyawira Mumenya shows us how with these outfits that can be great for an elegant dinner, a wedding or even a night out.



Skater dress
Keep it knee-length with this dress, and beauty of it is the versatility; you can wear it to church, work or for a cocktail event.



Pants
Ankara pants can be unattractive when they are not the right fit. Go for a high-waist pair worn with a fitting top as seen here, which will flatter your waist.



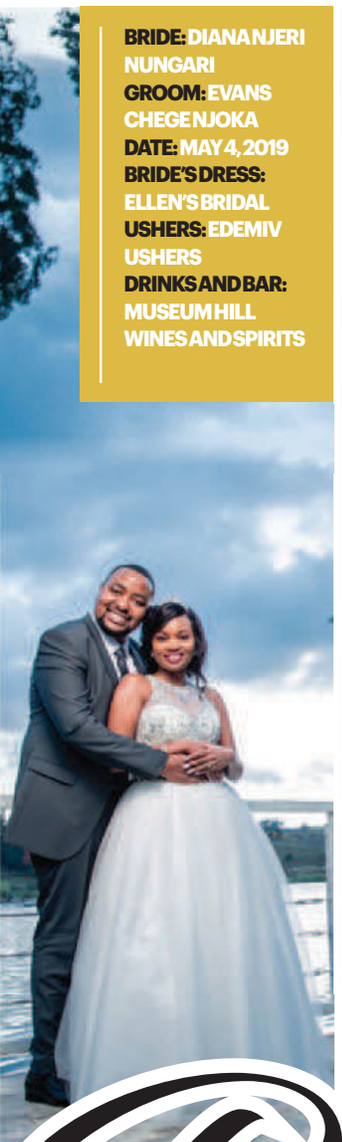
Skirt
Always remember, a simple way to rock print is by pairing with neutrals such as black.



High-low dress
One way to make a high-low dress bring out your figure is to cinch it. Also, ensure the high and low parts are the complementing proportions.

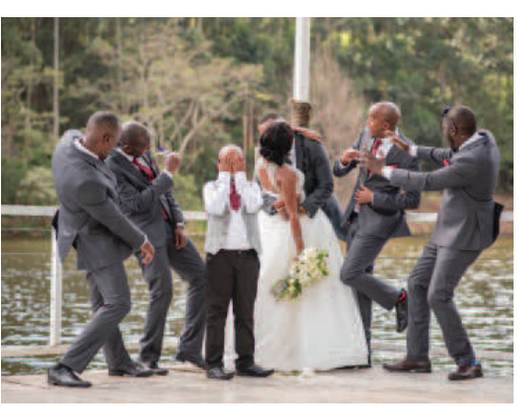
BY MARCELLA AKINYI

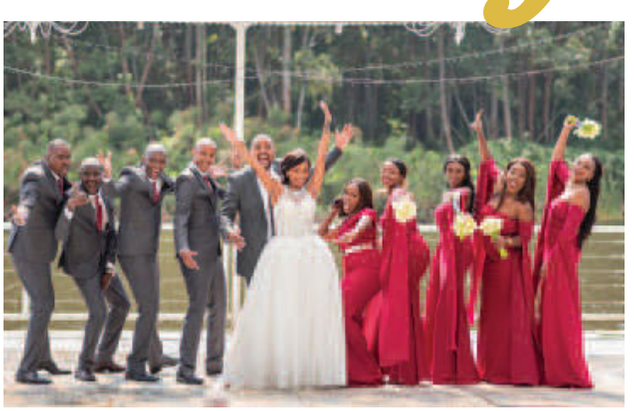
BRIDE: DIANA NJERI NUNGARI
GROOM: EVANS CHEGE NJOKA
DATE: MAY 4, 2019
BRIDE'S DRESS: ELLEN'S BRIDAL
USHERS: EDEMIV USHERS
DRINKS AND BAR: MUSEUM HILL WINES AND SPIRITS





Romantic chemistry





How did you meet?

Diana: We met six years ago on a Tuesday Night at K1 Club House. I was working during the Love Whisky festival and he was a client then, who had come to see how his products were doing. He had come with his close friend and because it was raining heavily, service was extremely slow. So, I noticed they had sat there for quite a while before being served, and I went and took their order. We just hit it off the minute we talked, and he offered me his coat because I was cold. Such a gentleman.

How was dating like and when did you know it was time to move to the next level?

We were quite young when we met, it was a roller coaster for both of us. We got to know each other slowly, grew up and got to see what the universe had in store for us. After all the lessons learnt and getting to know what worked for our relationship, it was a bit straightforward. We both couldn't imagine a life without each other.

How was the proposal like?

Wow... He had his whole family in the loop, I was the only one who didn't know it was happening. He tricked me and told me were going for dinner with a close couple of ours. Midway to the restaurant, they bailed on us because of "work". We got there and had dinner and drinks then went back home. As soon as I opened the door, I saw roses from the doorstep, I heard music, and I saw a slide of our photos playing on TV. There were candles and helium balloons everywhere and one of our couches was missing. You can imagine my shock because I had left the house intact just two hours earlier. I got so emotional when I saw a photographer at the balcony door. I finally said 'Yes' after many questions and tears, then our close friends and family jumped out... Surprise! And we popped a couple of champagne bottles to celebrate.

How was the wedding planning process?

I love planning things, trips, events... all that. Thanks to social media, I had been doing my research all along. So, immediately after the proposal I started scouting everything wedding related. We had given ourselves a month for getting and locking down all vendors, which we managed. The process was both challenging and simple. Because as a couple, you have all these stuff you want for your wedding, but a lot changes when you start putting things into perspective. My sisters helped us a lot and they made the process quite bearable. They got our vision so well that whenever we were a bit stressed, they'd swoop in and handle things. It really helped that we had a great support system. What we most wanted was to not be running around doing wedding errands close to the D-day. So, we were done planning a month prior, and all we did then was to concentrate on us.

How was your wedding like? What was memorable?

It was fun! Seeing everyone come together to support us on our special day was quite overwhelming, and we enjoyed it. We were going for a romantic theme, so we had a lot of gold and deep reds around. It's hard to pick on what was the most memorable because so many things were happening. But we must say in church, when I walked down the aisle and he was standing there waiting for me. We locked eyes and we couldn't wait to say 'I do'. At that moment, all the challenges and lessons we'd gone through were worth it.

What were some of these challenges?

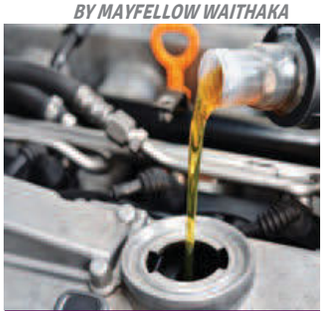
We experienced challenges from the simplest things such dealing with some vendors and being a bit sad because I couldn't find a wedding dress that 'was me', to the complicated stuff of a few family issues here and there. You see, at the end of the day, you are bringing two different families together. So, as much as you've learnt each other, you get to learn about the other family as well. You are bound to bump heads sometimes, but we thank God everything worked out.

What would you advise couples planning a wedding?

Budget! Before any decisions are made, including the date of the wedding, create a budget of even the smallest things such as make-up or barber fees and stick to it. This is crucial because you can easily be thrown off with expenses here and there. Remember, it's an extremely special day but also, it's just one day. You don't want to be financially strained at the beginning of your marriage. At the end of the day, it's your day. Anyone else's opinions and suggestions don't matter.

CAR HACKS

BY MAYFELLOW WAITHAKA



Four things to know about oil changes

Car ownership when we were children was just that, owning a car. But you don't just 'get' a car, you buy it. As if that is not enough, other considerations start to come up, such as buying tyres and changing oil for example. Let us talk about the latter.

1. When to go for an oil change

If you take anything out of this article, make it this: consult your owner's manual. They made it and know how best to take care of it. That booklet is placed in your glove compartment for a reason – it is easy to get to, read it and stick to the prescribed intervals. A mechanic needs to keep the lights on, as do we all.

2. When to check your oil level

No number of times is too many, but do not dip it dry. While some cars do not have conventional dipsticks, keen an eye on the head-up display in case of a top-off warning or oil change. If you have a dipstick, make sure the car is parked on level ground while checking the oil level. If you notice a leak, fix it as soon as possible before resuming driving.

3. How often do you need an oil change?

Some oil manufacturers say 5,000km, some 7,000 and some 10,000. Go back to ol' trusty owner's manual. It is reliable, and in the age of technology, has a reassuring physical touch.

If synthetic oil is labelled 10,000km, most people will go 5-7,000km, which is sensible. If you put your car through severe engine loads, change it more often. Pursue convergence between your manual and people who drive similar cars.

4. Mineral or Synthetic

In this part of the world, we use multigrade oils. There is however little else, that is obvious here. Older cars - and/or classics, might need heavy (high viscosity) oil, probably mineral. For these cases, an owner's manual, which does not exist anymore, might not help. As above, connect with people who own the same piece of history. It is easier for newer cars and there aren't any demerits to synthetic oil other than cost. It ages better, warms up faster and generally lasts longer. Any questions?

MY RIDE

BY ADALLA ALLAN PHOTO: STEPHEN MBUTHI



NAME: ROBERT KIDORO.
OCCUPATION: TELECOMMUNICATION ENGINEER.
BIKE: 1981 YAMAHA SR 250.
ENGINE: 249CC SINGLE CYLINDER.

Second chance

Why did you opt for this bike?

The guy who used to own the bike was abusing it, he used to treat it as a bodaboda bike. if you know your passion about bikes, the moment you see it, you already know its worth.

How did you get the bike?

The seller had some financial problems so when it told him I give him Sh30,000 for the bike, he was like, "Are you for real?" and I told him,"yes I am". He even gave me the yellow helmet of a bodaboda guy as a discount due to his gratitude. At first, I gave him a Sh20,000 deposit then cleared the balance later.

Any modifications?

We have customised quite a few parts on this bike including the double headlights, the handlebars, the speedometer, the leather seat, the frame itself, the exhaust, the indicators and also recently changed the whole starter kit when it died.

What does this bike do for you?

This bike is my outlet. Whenever I am stressed, when I want to think, it makes everything about life fun. Even moving around is fun because imagine if you have to go to Ruaka then Mlolongo and then to Rongai in a matatu, sincerely speaking you will suffer in the incessant traffic jam. I also love the consumption, right now I can tell you I fuelled this bike the previous day with Sh300 and I have roamed with it all over including riding from the Ngong suburbs to Two Rivers Mall.

How much did it cost to customise?

For the accessories alone I spent Sh60,000 and the bike itself set me back Sh30,000, totalling to Sh90,000. It took me four months to do all these customisations, though the bike was mechanically stable for riding through that period, however, I couldn't ride it as my worry then was that people would mistake me for a bodaboda guy.

The furthest road trip you have been on?

I have done Nakuru and I am hoping to do Kakamega once the bike is complete. I have also reached the 140km/h top speed. A good thing about the bike is that it gives a warning by raising an alarm once the speedometer reaches a certain speed.

Any drawbacks?

The biggest issue I have with the ride is that it is an old model 1981. To get parts for it is not a walk in the park. Even if you try hard and get them, the other bigger challenge is the prohibitive cost. Recently, my starter died and the replacement I found on eBay cost me Sh15,000, so you can imagine if you break something more sensitive in the engine.

DID YOU KNOW!

The three tuning forks of the Yamaha Logo represents the cooperative relationship that links the three pillars of the Yamaha Motor Company - technology, production and sales.

NGANYA 254

BY ADALLA ALLAN PHOTO: AADALLA ALLAN

The friend request

In my personal experience with the Mombasa city matatu routes, I have noted a big difference with passengers when compared with the ones in Nairobi. In these revived 14-seater Mombasa yellow lined PSVs, you will not miss the loud and eloquent Swahili speakers, miraa and groundnut chewers, aggressive Swahili women, annoying commuting students and the warm, polite and kind touts, a far cry from those in Nairobi.

What has made Mombasa PSVs similar to their Nairobi counterparts, is the vibrant matatu culture, especially on the Mtwapa route with the Xperia Sacco never disappointing residents when it comes to registering eye-catching mathrees. No doubt that it becomes a headache when it comes to picking out the most decorated mathree in Mombasa, considering new javs are hitting the streets almost daily.

The Lust family under Xperia Sacco is now on its soundest with the Lust jav dubbed 'Requested' which paved the way for the family, maintaining its name to date and still being the force to reckon with in Mtwapa. As told by the Lust family fleet operation manager Dhii, three more Lust javs are about to hit the streets, adding to the total of six already on the road. Unlike other cities in the country, the laws in Mombasa do not allow PSVs to install TV screens, but the fans take this positively as a unique feature.

Name: Lust aka Requested.
Route: Town-Mtwapa Xperia Sacco.
Passengers: 14-Seater.
Design: Teddy Shakes.

In-car entertainment: Four midrange speakers, six treble speakers and two 2,000W woofers powered by a mono-block amplifier. Sound was fitted by Zahur, the legendary sound technician based in Mombasa.

Outstanding features: One of the crew speaks on what makes this jav stand out, "being the first nganya on the Lust family, the designer teddy shakes had to do some justice to this jav design. This jav has a thumping sound system, great graffiti and a one of a kind customer care service and this has built the reputation for the entire family," he tells Nganya 254.

Inspiration: One of the crew members the self-proclaimed founder of Mombasa Matatu gallery known as Teflon speaks on what inspired the 'requested' theme and the design, "the graffiti pattern was to make it eye-catching as it was the first of the Lust Family in Mtwapa, the portraits too add to the beauty and to the desired aspect of the name Lust. Every lady is lusting after this jav," he adds.





CAVEMAN

BY STEPHEN MBUTHI

WOMEN TO AVOID, ACCORDING TO WOMEN: PART TWO

Following up on last week's topic, here is an additional list of women to avoid as advised by women.

1. She doesn't cook – A woman who wants to build a home understands that just as the man has the duty to protect and provide, she has the duty to make sure everyone is well fed, regardless of her professional commitments. A mother's cooking keeps the family together and one who disregards this vital responsibility cannot be a homemaker.

2. High maintenance/ expectations – Its all well and good to be ambitious, but you shouldn't date a person who is out of your financial league and expects to be constantly spoiled with gifts and trips. Cut your losses and run for the hills as this only ends in financial ruin.

3. Clique dependent – Is your relationship defined by her friends, does she consult them whenever you two are having problems? If she seems to have no life beyond her passie, then you will have to play to the group's tune, you will be the unwilling passenger in a rudderless ship headed for jagged rocks.

4. Disrespectful – Does she treat you like any other man to a point you start to wonder what makes you special? Does she talk back and demean you in public? Ditch her like rotting fruit for the jibes will only get worse the more you accommodate her loose tongue and lack of tact.

5. Lacks understanding – Life has its ups and downs and going through the highs and lows with a woman only serves to bring you closer, cementing the bond. However a fair weather girl is only around for the good times and none of the bad. If she doesn't appreciate that you may have to forego instant gratification for a stable future, if she wants to spend when you want to save, then jump ship and swim to financial safety, you cannot build a future with such a girl.

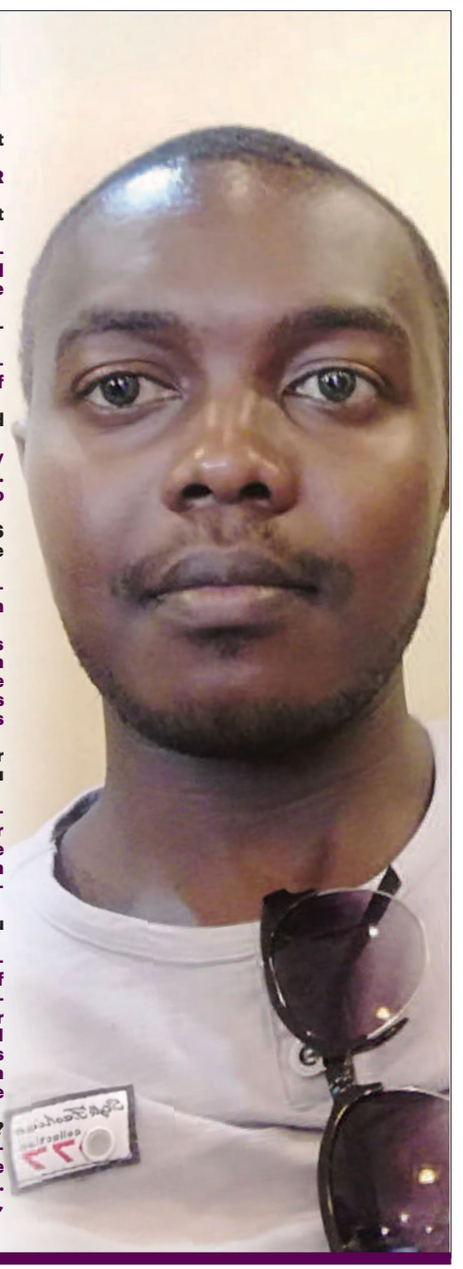
6. Attention seeker – We live in a world that is obsessed with appearances. If her social media profile is chock full of her suggestive photos, she is constantly uploading photos of the lunch you are about to eat and cannot imagine a day without WiFi and in a nutshell, seeks validation from strangers on the Internet, then best to disconnect. She is living in a fantasy fed by her hordes of followers and try as you may, no man can satisfy the woman who seeks validation without, just ask Steph Curry.

7. Comparative – Is she the type of girl who keeps comparing you to other men? So and so just bought this car, got this job, moved to this neighbourhood and yiddy yada yada. You will have more peace of mind in a jail cell than in a mansion with such a woman.

GIZMOCHAT

BY GRACE WACHIRA

WITH SAMUEL GITAHI- SYSTEMS ADMINISTRATOR



What is your latest gadget?

A Canon EOS 5D Mark IV DSLR, its bit of a pro camera for an amateur and maybe too big for a starter, but I am learning how to use it. Soon I may be taking Pro pics (watch this space). I am also targeting a new DELL XPS 15 9570 8th gen Intel core i7, NVidia GeForce GTX 1050Ti, 16GB DDR4, 512 GB SSD... it's basically a business laptop on steroids. It will be used to edit the pics and clips I shoot on the EOS 5D

Which are the most vital apps on your phone?

Play store: Ensures all my apps are up to date
Shazam: It is super-fast at identifying new music for me
Gmail app: For email (Work, Personal super important)
WhatsApp: I have to stay connected to the people that matter
4 pics 1word & Word connect: When I am in the jav (matatu) they keep me busy
Calendar: All my activities/appointments are synched here

What do you love about technology?

What don't I love about tech? Makes the world go round: Practically everything that matters in our modern day society is dependent on tech (Financials: e-commerce, mobile money, RTGS, securities trade. Social: Social media and all other forms of new media, Medicine Digital imaging). It also makes work easier and it is the future

Which are the best websites to use in your line of work?

Google is everything it's got all the answers. Tech forums such as CNET.COM, Tech Insider (Business Insider), Microsoft support for all my Microsoft products, Apple Support/ Forums for all my iOS and Mac OS issues and Adobe Support for all my Adobe issues

Which is the gadget you wouldn't trade for anything?

My Huawei GR5 2017 phone. It's ageing and needs replacing, but it still runs good as new and practically carries my daily essentials

Your worst gadget ever and why?

My first LCD TV...It was a Samsung 4 Series and lacked an Audio Out port so I had to suffer its 10Watts speakers with my Home Audio lying idle. Recently upgraded to a 5 series and I am in Audio heaven

Which is your most expensive gadget and how much did it cost?

It's got to be the Canon EOS DSLR check the price on Amazon (laughs)

Which gadget do you use the most and why?

That has to be my cellphone. It is a mobile computer... from email to calls and instant messaging, news briefs, leisure apps. It is always asking for attention

What would you be if you were a gadget?

Hmm... probably a quantum computer. Read about it. It is the future of research

The gadget you can't live without and why?

My TV. I am a TV series junkie... my thirst for TV shows is unquenchable. A widescreen is a must have for one so inclined

If you had to choose between iOS and windows, which one would it be and why?

If we are talking about mobile computing, neither does it for me. I find them to be relatively user-unfriendly.

For Personal computers, Windows does it for me all day every day twice on Sunday!!! Easy to use, supports a whole lot of programs in my line of work, has a large user base globally so support is widely available. I could go on and on

If you were to upgrade one of your most valued gadgets, what would you opt for and why?

My laptop. I've had my present laptop a HP Core i3 (gen2) 4GB 500GB for well over five years. It can barely cope with my present workload and as such is becoming an Achilles heel in my productivity

While shopping for gadgets, do you look for brands or output?

A combination of both really. I'll essentially have in mind a detailed set of specifications that I feel meet my requirements, then I'll set out to scout for such specs on my favourite brands. If I don't find a product suiting my needs among my favourite brands, then I can proceed to different, but still highly rate competitors

The gadget you always wish you had?

I am a techie... this list is literally endless... let's just say I'd go overkill on the specs of any device I opt to acquire... Laptops, Phones, TV's, Audio systems, you name it.

TECHWATCH

CLYDE INGARA

THE PIXEL ONSLAUGHT



Google has brought to market an affordable phone for the middle class, the Google Pixel 3A. Armed with a fantastic camera, slick stock Android and the return of the 3mm headphone jack as opposed to its predecessors, which lacked that feature.

You can get some stunning shots with this device as it boasts of a 12.2 Megapixel Sony sensor that has HDR+, Optical Image Stabilization (OIS) and Electronic Image Stabilization (EIS). The portrait mode allows you to blur the background behind you, which differs from other smartphones that use a second sensor to capture the depth data to produce more accurate results.

It has a battery capacity of 3700 mAh, which can last you up to 30 hours on a single charge depending on your usage. You can charge it quickly with just 15 minutes plugged into a fast charger giving you seven hours of usage. Its downside is that it has limited storage and is not waterproof. It retails at Sh39,900 on Amazon.

REMEMBER FUJIFILM



What we look for when purchasing a camera is the quality of the image produced and tough body. This is addressed by the Fujifilm X-T30 camera, a recently released feature-packed mirror-less camera.

It has excellent 4K video quality, plenty of customizations and a speedy Auto Focus system. It has an upgraded processing engine that brings with it the Film Simulation modes that have long been a draw of the X-Series. It has also included the latest video-centric Eterna Film Simulation option, while colour chrome option sits alongside targeting those wanting to retain the fine details in saturated subjects.

It is capable of recording 4K videos that can be captured at a maximum of 30 Pixels with 10-bit 4:2:2 output through the HDMI port and 8-bit 4:2:0 internal capture. Its downside is that it has no sensor-based stabilization and the tripod thread is awkwardly placed. It retails for Sh99,900.



TVS GET EVEN SMARTER

LG has come to the market this year with a bang having the ThinQ platform on the new LG C9 OLED TV that already has the Google Assistant and wants to add Amazon Alexa.

It has the a9 Gen 2 intelligent processor that elevates the picture and sound quality, recognizes content source quality and implements the best method of optimizing visual output. This new processor can refine the High Dynamic Range content through altering brightness levels with its advanced Artificial Intelligence (AI).

The processor can also fine tune for you the output according to the content type, making voices easier to hear in movies and TV shows and producing clear, crisp vocals in songs. This device can also display 4K content and has the latest Magic remote, which is comfortable to hold and highly intuitive to use. It retails at Sh249,900.





@IG- @ALYSIAMBURU96

SHUTTERBUG: ALICE MBURU

I am currently working as a photographer at *People Daily Newspaper* based at the business desk.

However, my love for nature makes me the classic landscape photographer, given the quality time and results which I have put alongside my day job to capture discerning moments of nature at it's best.

My love for photography started way back in the village, where the raw images of nature, the allure and fusion of the undulating hills, mountains, animals and birds whet my appetite for the surreal.

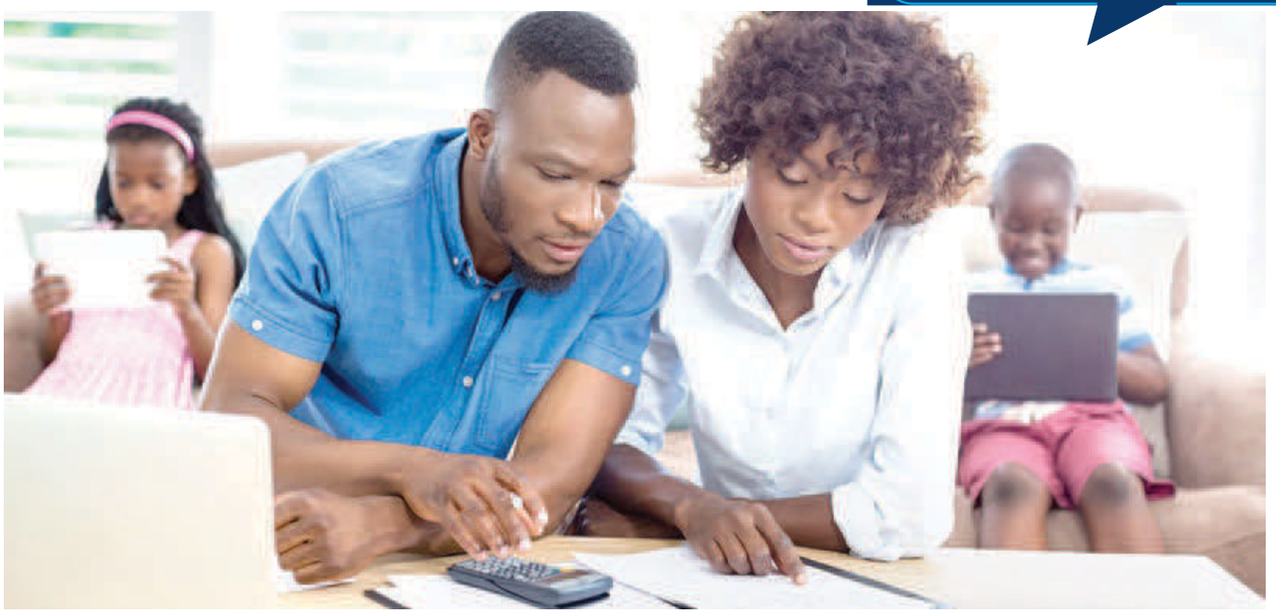
When I completed my KCSE in 2002, I met a gentleman called Emjay (MJ) in Thika town where he run a production house. I'd gone there for my passport photos and I happened to share with him my love and interest in the field. Although, I lacked the equipment to capture the images which were still in my mind.

MJ gave me a chance to work with him as a trainee and I learned the hard skills of photography. But I wasn't done yet, I later decided to join college to perfect and deepen my skills.

For the love of nature and animals, yours truly captured this shot at the Giraffe Center in Nairobi. A rare shot of two or three of these magnificent and gentle giants makes for an awesome visual feast if I do say so myself.

Photo taken:15th, April,2017
Camera: Canon 70D
Lens:18-135mm
f4.5 1/125
ISO 400


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Exploring the 'personal' of personal finance

by Hellen Njeri
@PeopleDailyKE

Before you create a budget or make spending cuts, take the time to focus and determine what you value most. The first step to getting smart about money is to better understand how you feel about it. Understanding your life values the inner, social, physical and drivers that impact financial decisions can help clarify goals and priorities. Have you ever wondered why you feel good about spending money on vacations, but avoid saving for retirement? Or why you buy new golf clubs, but procrastinate when it comes to giving children an allowance? The answer may lie in your unique life values and how they influence financial decision making. Most people do not realise what's behind the thousands of financial decisions they make every year. And, if someone is in a relationship, you are even less certain about why your partner makes the decisions he/she does. Taking the focus with a partner or spouse will enable you to better understand each other's financial motives and priorities together.

GET ORGANISED

Make time to manage your money and time. Getting organised is an important step toward a financially fit lifestyle. This requires managing your financial documents and time. Consider financial planning part of your normal routine. Just as you would schedule time to go to the grocery store or the gym, plan time to maintain a healthy financial life. Dedicate time each week to thinking, talk and learn about money management. Commit 30 to 60 minutes each week toward financial planning, and talk with your spouse or partner about developing a plan together. Organise your financial documents: Get detailed information about your financial situation in order to become a strong money manager. Collecting and organising this information in a filing system that works for you will make future financial decisions easier. Some of the documents that you should keep in an easily accessible fireproof box at home and in secure cloud-based storage include: bank statements, credit card information, investment information, insurance policies, tax returns and wills (you may choose to have your attorney keep these).

KNOW WHERE YOUR MONEY GOES

Keep track of your expenses and find spending leaks. It is possible to gain control of your financial situation, but first you must recognise where your money goes. Start by jotting down everything you spent money on last month. Next, locate your most recent bank and credit card statements to see what you actually spent. Be sure to note everything you bought and how much it cost. Include rent, car fuel, groceries, small purchases such as coffee or snacks, and fees from the bank or credit card.

REVIEW AND REDUCE YOUR DEBT

Many financial advisers suggest that your total consumer debt should be less than 20 percent of net income. Consumer debt includes credit card payments, car loans, student loans and any other debts that you repay monthly, and does not include money spent on a mortgage, rent, utilities or taxes.

BUILD A STRONG CREDIT REPORT

Maintain a strong credit report to accomplish your financial goals. Building a strong credit history is the cornerstone of financial freedom and spending power. For young people, it can be difficult to establish a strong credit score out of the gate and show a solid credit history that lenders take seriously. According to a recent study, young people struggle with low credit scores partially because they do not have the time behind them to establish wealth and experience. These are some of the tips behind a strong credit record: You can set up an automatic payments, or build a credit history. You can establish good financial behaviour and finally you can get a low-limit credit card.

SAVE FOR YOUR FUTURE

Pay yourself first by saving money. That is the golden rule of personal finance. If you have worked with younger generations, one of the main conflicts is the desire to prepare for the future and save versus the impulse to live for the present and enjoy earnings now. People know that nobody is promised tomorrow, but they also do not want to live out their retirement years with limited choices, or none at all. So how can people strike a successful balance between these seemingly competing desires? One has to understand their cash flow and learn to say "no" by deciding on your "yes", the clearer you are about what you want to do in the short and long term, the easier it is to make spending choices that you'll be happy with.

SMECLINIC

How to secure your business after a partnership break-up

by Francis Muli
@PeopleDailyKE

A few weeks ago, Huawei Technologies and Google had a very public and high stakes break-up which treatens to leave the Chineses phone maker's business in a limbo.

Huawei, a successful electronic company, stares at an uncertain business future, but its survival will depend on its reaction, rather than the actions they take going forward.

A business marriage break-up should not mean the end of the entity, rather, it should open a new chapter of success for the venture through competitive measures.

The first move should be to retain clients, otherwise your partner-turned-competitor will



take a huge chunk number of your clients and leave your business crumbling.

Your best bet would be to create and retain customer trust by ensuring that you maintain the quality of your goods and services and offer a competitive price.

When business partners separate, the disgruntled half often sets up a similar business to outdo their ex-partner. If you would rather compete than cave in, never let your clientele slip away.

Apart from retaining your clientele base, institute a back-up plan. If it takes too long to amicable resolve the impasse and split the enterprise, it would not hurt if you had a new business plan in place.

The more the conflict persists, the more customers you lose. It might be an uphill task to bring them back. Open a new diversified business as you resolve your case.

It is also important to inform your most esteemed customers, so that they are not confused by a new similar ventures in the market.

Broken partnerships are normal occurrences, and when things are complicated it is important to involve legal expertise, to avoid losses that could crumble both partners.

Also, it is not wise to force a partnership to continue, when one of the party is unwilling. Even if they stay, it might be detrimental to the business because they lack commitment and goodwill. If one chooses to leave, chart the best way forward that will not affect both of you financially. Share the assets and financials depending on your shares and input.

For entrepreneurs who value partnerships so much, never close doors to potential partners after splitting with the current one.



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THERE ARE THOSE WHO EAT, SLEEP AND LIVE SPORTS. AND FOR THESE PEOPLE NOTHING ELSE MATTERS.

Reading the People Daily every day, allows me a chance to interact with the sports that I love. There is something for everyone, every day. That's why I read the PD. I am the people.

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AFP | @Peoplesport11

Toronto Raptors players celebrate after winning the 2019 NBA Championship against the Golden State Warriors after Game Six of the NBA Finals on June 13, 2019 at ORACLE Arena in Oakland, California. PHOTO: AFP

How Raptors dethroned Warriors for first NBA crown

An upstart Toronto Raptors squad dethroned defending champions Golden State on Thursday, defeating the Warriors 114-110 to win the NBA Finals and capture the first crown by a club from outside the United States.

Kyle Lowry and Pascal Siakam each scored 26 points while Kawhi Leonard and reserve Fred VanVleet both had 22 as Toronto won the best-of-seven series four games to two.

Leonard was named the NBA Finals Most Valuable Player for the second time in his career after the first in 2014 with San Antonio, which traded him to Toronto last July.

"Last summer I was going through a lot. I just kept working hard and had my mind set on this goal right here," Leonard said. "This is why I play basketball. This is what I work hard for. I'm glad to see it all pay off."

The Raptors became the first Canadian club to win a major North American sports title since the 1993 Toronto Blue Jays captured Major League Baseball's World Series.

"It means a lot for our city and the country and for these players," Raptors coach Nick Nurse said, who didn't mind not winning it at home. "You get the win and you're just happy you got it and celebrate that fact."

The Raptors spoiled the Warriors' farewell appearance at Oracle Arena. Golden State's home since 1971 will be replaced by a new $1 billion venue in San Francisco next season.

"To be able to celebrate with these guys is awesome," Siakam said, the flag of his homeland Cameroon draped around his shoulders.

"It's a dream to have achieved this," Spanish center Marc Gasol said. "I've never worked so hard."

Klay Thompson scored 30 points to lead the Warriors but left the game with a torn left knee ligament late in the third quarter after landing awkwardly on his left leg.

It was the latest setback for an injury-hit Golden State team that was already without two-time NBA Finals Most Valuable Player Kevin Durant, who returned in game five Monday after being sidelined for a month only to suffer a ruptured right Achilles tendon.

"Tough, tough way to go out," Curry said. "I think a lot has been proven about who we are as a team and the adversity we faced throughout the playoff run.

"The DNA and character we have on this team, I wouldn't bet against us being back on this stage next year and going forward."

Andre Iguodala added 22 points for the Warriors, Stephen Curry had 21 and Draymond Green contributed 11 points, 18 rebounds and 13 assis ts. -AFP

RUN-THROUGH

StarTimes to air all Copa América matches

Pay television provider StarTimes Media has announced the acquisition of exclusive broadcast rights for the CONMEBOL Copa América Brasil 2019 which will enable Kenyan subscribers enjoy all the 26 matches between June 14 and July 7. StarTimes will broadcast all Copa América matches on its five sports channels, as well as on StarTimes ON streaming application, live and in HD. The tournament will be the 46th edition of Copa America in which eight-time champions Brazil will again play host to the showpiece event of South American football set to take place in six stadiums across five venues with the final being played on July 7 in the iconic Maracana Stadium in Rio de Janeiro. "Over the next three weeks, StarTimes will be home to the world's most talented football players as we broadcast all the 26 Copa America matches live on StarTimes five sports channels while equally enabling Kenyans to stream the tournament live through our mobile application StarTimes ON" said Mr. Aldrine Nsubuga, StarTimes Regional Marketing Director.

-WEBSTER NYANDIKA

Rose excited after bright start at US Open



Justin Rose led a scoring onslaught at Pebble Beach, but the fourth-ranked Englishman wasn't getting carried away with his record-equalling 65 in the first round of the US Open on Friday. "I wouldn't say it's exhilarating, because I feel like my mindset is I am in a 72-hole tournament," said Rose, who birdied the last three holes to match the lowest US Open round ever shot at Pebble Beach first achieved by Tiger Woods on the way to a 15-stroke victory in 2000. Rose, who led by one stroke after a day that saw 39 players break par, may not be contemplating that kind of dominant week, but he did allow himself a moment to take it all in at an iconic US Open venue. "This is just a very small step towards (an) outcome," he said. "So you don't feel that buzz that you would on a Sunday, but you can't help but look around over your shoulder, and damn, this is Pebble Beach! Shot 65 and you're in the US Open. "It's a cool moment. Whatever transpires the rest of the week, it was a cool moment," he said. -AFP

Indiza hits form to win last leg of Road to Karen Masters

BY EMMANUEL MASINDE

Dismas Indiza stormed to victory in the fifth and last leg of the KCB Road To The Karen Masters which ended at the par 72 Royal Nairobi Golf Club.

The Mumias long hitter savored his first win in four months saying his touch is returning in time for the KCB Karen Masters slated for Karen Country Club from June 27-30.

Indiza extended his lead into the last day when he fired the day's best score of 2 under par 69 for a gross total of 2 under par 214 after three rounds.

It was Indiza's first title for four months since winning the Safari Tour leg in Karen last February. "The greens were very fast today but we soldiered on. The last two days have been good to me despite the tough conditions and I am glad I have had my first Road To The Masters win since the series started. The roughs were also really thick," said Indiza.

Indiza dropped a shot after he three putted the par four first hole. He then made birdies on holes two and four for a score of 35 on the first nine.

Indiza's back nine was bogey free also with two birdies in the 10th and 14th for a 34. PGK captain CJ Wangai and Greg Snow tied for second with 2 over par 218.

Snow carded the day's second best score of 2 under par 70 with Wangai playing a closing round of levels or 72.

In fourth position was Great Rift's Justus Madoya on 3 over par 219.

Madoya posted the day's third best score of 1 under.

The KCB Road To Karen Masters has been to Sigona Golf Club, Nakuru Golf Club, Nyali Golf and Country Club,Thika Sports Club-and now Royal Nairobi.

The pros started their campaign in the second round after the opening round at Sigona coincided with the Safari Tour Golf Series.



Mumias based Dismas Indiza follows his shot during Friday's final leg of this year's KCB Karen Masters at Karen Country Club. PHOTO: RODGERS NDEGWA

By LYNETTE MATHEKA



Fixtures

Saturday

Zetech vs Eagle Wings (Women)
Strathmore vs KPA (Women)
USIU vs UON (Women)
KCA vs Lakeside (Men)
World Hope vs KPA (Men)

Sunday

KU vs Strathmore (Women)
Tangit vs KPA (Women)
Equity vs ANU (Women)
Zetech vs Storms (Women)
USIU vs Lakeside (Men)

Dockers hope to maintain good streak in KBF league

Former champions Kenya Ports Authority (KPA) hope to continue their winning streak this weekend when they face Strathmore University Swords in a Kenya Basketball Federation (KBF) women league match on Saturday at Nyayo.

The dockers are coming off a 52-10 thrashing of seemingly inept Western Delight on their own turf in Kakamega while Swords had their good run stopped in their 10th match of the season after a 54-46 loss to Equity Bank Hawks.

The match could be a decider as to who finishes the first leg at the helm of the standings with Hawks. The three teams, KPA, Swords and Hawks have so far lost one match. The dockers have, however, played five games and will still have four more matches to play in the first leg after the weekend matches.

After last Sunday's loss to Hawks, coach Ronnie Owino says they have picked their lessons but they need to up their game if they are to be a match for the former champions. The tactician says KPA are arguably the best women league side at the moment with a squad is majorly composed of international players.

"It will be tougher playing KPA than it was facing Equity. We will need to improve on our defence and make use of our chances by sinking all the easy baskets and also stepping up our offense. If we can't beat the top teams then we will have no chance of winning any trophy, we will be mere participants which is not part of our plans," said Owino.

Other women league matches will see Zetech University take on Eagle Wings while United States International University (USIU) play University of Nairobi (UON) Dynamites.

On Sunday, Kenyatta University play Swords in the latter's first match of the second leg while Tangit Sparks entertain KPA. Hawks faceoff with Africa Nazarene University (ANU) while Zetech meet Storms. Meanwhile, men's league defending champions KPA will conclude their first leg fixtures with a match against World Hope on Saturday. The encounter comes hot on the heels of the holder's 60-50 win against Lakeside in Kisumu.

"We played very well against Lakeside, subjecting them to their first loss at home, and I am hoping to build on that momentum in this encounter and into the second leg. The squad has gelled well and all the players are fit but for Victor Odendo who is recovering from his surgery," said coach Sammy Kiki.

- LYNETTE MATHEKA



Purity Afande of Masaku (centre) challenges for the ball against Lynn Saliamo and Bilha Akinyi of ANU yesterday in their KBF Women Premier League match at Nyayo Stadium. INSET: Ian Wachie of Equity Bank attempts to dribble past David Ouma of Ulinzi during their KBF Men Premier League match at USIU-Africa Basketball Court. PHOTO: RODGERS NDEGWA

Butali face Green Sharks in KHU tie

Two action-packed Kenya Hockey Union (KHU) premier league fixtures are in the offing at the City Park Stadium over the weekend.

Defending champs Butali Warriors and fifth-placed Green Sharks are in Nairobi to fight for three priceless points, Butali hoping to maintain unbeaten status against log rivals Wazalendo as Green Sharks prey Strathmore Gladiators.

It will be a moment of truth for Wazalendo who must win to take back the log command they surrendered to Butali last weekend off a humiliating Unbeaten run cessation by Western Jaguars (2-0) at the Ireri Teachers College, Kakamega.

The defending champs believe they can break their current 13 points tie with Western Jaguars and leap further away from third-placed Wazalendo, with their long term objective being to retain the title unbeaten.

"We need goals and maximum points to build up towards retaining the title unbeaten. Our opponent is not a pushover and is hungry for points but we will not give in to their fight," said Butali captain Ken Nyongesa in an interview with Wikendi Sports.

The defending champs will however be the favourite in this despite both teams managing four wins in last five matches.

Meeting between the two in the recent saw Butali win last four encounters, last match ending 4-2 on September 1, 2018 at the same venue.

- ALEX NJUE



Sikh Union defender Bill Olang stops Butali forward Frank Wanangwe (left) last weekend at City Park Stadium. PHOTO: ALEX NJUE

Liverpool stars receive customised iPhone X worth Sh450k





Money is no problem for Liverpool's stars but even they wouldn't turn down a present worth Sh 450,730 (£3,500) for winning the Champions League.

Each member of the first-team squad has been gifted a £3,500 iPhone X thanks to iDesign Gold following their victory against English rivals Tottenham.

The customised phones have each player's squad number on the back along with the name to replicate the back of their shirts.

It also has the Champions League trophy and logo on the back to ensure players are reminded of their historic triumph on a daily basis.

The design company created 28 phones for the Liverpool squad and even manager Jurgen Klopp was able to get his hands on one.

Liverpool fans can also purchase a customised gold phone of their own if they wish but it will cost them between £2,300 and £3,500 from Harvey Nichols.

Current and former players have previously used the company to purchase customised phone with Liverpool club legends Jamie Carragher and Steven Gerrard among their clients.

The Reds managed to win their sixth European Cup in their history thanks to Mohamed Salah's early penalty and Divock Origi's late strike. -DAILYMAIL

Fan Juma appeals for passport renewal in order to attend Afcon in Egypt

Renown football fan Isaac Juma is appealing to well wishers and to help him raise Sh 6,500 for renewing his passport and enable him travel to Cairo, Egypt to support national team Harambee Stars which will be taking part in the Africa Cup of Nations for the first time in 15 years.

Juma a long-time fan, mainly known for his loyalty to local league giants AFC Leopards, told Wikendi Sports that he had secured a well wisher ready to cater for his air ticket costs, but he is in a dilemma because his passport expired in November last year and he is yet to renew it.

"I already found someone willing to pay for my air ticket, the problem is that my passport expired last year and at the moment I don't have the money for its renewal. I would like to appeal to well wishers, Football Kenya Federation and the government to help me get a new passport and in good time for my next Friday departure to Egypt for the Africa Cup of Nations," Juma said.

Kenya who are in the same pool together with Senegal, Algeria and Tanzania, begin their campaign against Algeria on June 23.

-WEBSTER NYANDIKA





Ronaldo's mother: I wanted an abortion, but God said no

Cristiano Ronaldo's mother has revealed how close she came to having an abortion when pregnant with the Portuguese superstar.

Maria Dolores dos Santos Aveiro said he was an "unwanted baby", but her faith in God meant she refused to go through with the termination. She first announced her dilemma in her 2014 autobiography - then claiming that doctors would not allow her to go through with the procedure.

She spoke candidly in 'Ronaldo', an upcoming documentary film showing the rise of her son to becoming a three-time Ballon d'Or winner.

"He is a child that I wanted to abort," she said. "God didn't want that to happen and I was blessed because of that and God didn't punish me.

"Sometimes Ronaldo makes fun of me and says: 'You didn't want me to be born. But now you see that I'm here helping all of you.' And, well, sometimes we have a laugh about that."

The film portrays Ronaldo as a staunch family man, with particular focus on his relationship with his five-year-old son, Cristiano Jr.

Ronaldo's own father, Dinis, died aged 53 in 2005. He was an alcoholic – something that caused immense strain on the family. -THE SUN

Gor boss Rachier leads club fans in condoling with Kipkurui at father's funeral

Outgoing Gor Mahia chairman Ambrose Rachier on Thursday led tens of K'Ogalo fans to offer support to their revelation Nicholas Kipkurui during his father's burial in Kaptoboiti village, Kericho County on Thursday.

The 21-year-old Kenyan international who joined Gor Mahia from Zoo FC at the end of last season managed to seal a starting place in the team where he managed to score seven goals in all competitions for the team in his maiden season as K'Ogalo went ahead to win their 18th league title.

Gor Mahia also reached unprecedented CAF Confederation Cup quarter-finals with Kipkirui playing a crucial role.

-WEBSTER NYANDIKA



Sergio Ramos snubs former Real Madrid team mate Ronaldo for his celebrity wedding

Sergio Ramos is set to have a star-studded guest list for his wedding this weekend but the Real Madrid captain has not invited former team-mate Cristiano Ronaldo.

Ramos is preparing to marry television presenter Pilar Rubio at the famous Seville cathedral this weekend.

David Beckham and wife Victoria are reported to be attending, as is Barcelona rival Gerard Pique with his long-term partner Shakira.

According to Marca, Ramos and Rubio have invited 500 guests to what is being seen as a contender for 'wedding of the year' in Spain.

The couple have also booked AC/DC to perform at the party following the ceremony.

It has been reported that the exclusive performance from the iconic band is costing the happy couple close to £900,000.

Ronaldo's absence is reported to stem from a fall-out between the two players after he left the club last summer to join Juventus.

The Portuguese sought a fresh challenge having won three successive Champions League titles in Madrid, but it appears Ramos has not made amends with his former team-mate.

The wedding is set to be loaded with a host of familiar faces, including Real Madrid manager Zinedine Zidane and club president Florentino Perez.

It is hoped former Real Madrid goalkeeper Iker Casillas will make it but his attendance is unconfirmed after his recent heart attack.-DAILYMAIL

Jeruto stuns world record holder in Oslo DL

Former World Youth champion Norah Jeruto claimed her spot in the competitive women steeplechase with a second career Diamond League victory at the Bislet Games in Oslo, Norway on Thursday night.

In what could be her final rite of passage into senior ranks the 23-year-old did the unthinkable – breezed past the world record holder Beatrice Chepkoech in the last 45m of the women 3,000m steeplechase to win in 9:03.71 and leave in her wake four of the best in that discipline in the past four years.

Chepkoech was helpless as she witnessed Jeruto finish strongly ahead of her but was well ahead of the chasing pack and made do with a 9:04.30 second place while former world champion and Olympic silver medallist Hyvin Kiyeng third on 9:07.56 to beat reigning world champion Emma Coburn (USA) who clocked 9:08.42.

The four big wigs were trailed in fifth and sixth places by yet more budding Kenyan steeplechasers in Daidy Chapkemei and Celliphine Chepteek Chepsol. Pacesetter Caroline Tuigong led the field of 17 runners past the 1,000m mark in 2:59.99 before the record holder Chepkoech her preferred front running. With her long, strong strides she was ahead by the 2,000m mark where she registered 6:03.51 and seemed headed for a routine victory. The script was normal with the reigning world champion Coburn expected to challenge Chepkoech in the final 800m. However, the American did not have enough in her gas tank and equally lacking in air capacity was Kiyeng, the 2015 world champion.

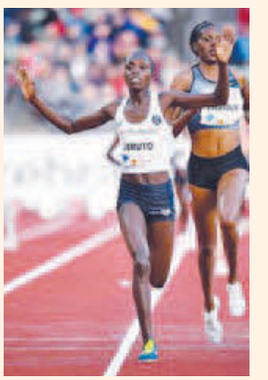
Jeruto kept pace with Chepkoech but was not expected to surrender and settle for second place. A lot changed very quickly as gained rapid pace after clearing the final hurdle, two steps behind Chepkoech. The sudden burst of pace so late in the race startled Chepkoech was neither expecting nor prepared for a late onslaught.

Thus, Jeruto completed a major track upset with a world leading time in the Norwegian capital.

"It felt good to beat those girls. The race was perfect, I felt confident of going and the crowd was good too.

I enjoyed it very much and I'm so pleased with my time," Jeruto said after the race while American Coburn complained of the big field.

- JAMES MAGAYI



Norah Jeruto gets a surprise steeplechase win at the IAAF Diamond League meeting in Oslo. PHOTO: IAAF



Sawe hopes to vault new heights

High jump national champion and record holder, Matthew Sawe in action. INSET: Sawe reacts during international action in Italy last year. PHOTO: FILE

Africa High Jump champion Matthew Sawe starts a busy season with this weekend's Diamond League (DL) leg in Rabat, Morocco where he intends to set the tone for the season in his first major outdoor meet of the year.

Sawe broke his own national record of 2.25, thrice, to set a height of 2.30 in June last year during the Kenya Defence Forces (KDF) athletics championships.

He cleared2.26m in his first attempt then 2.28m and finally 2.30m.

He had a dismal outing in Gold Coast, managing a 2.15 but later defended his African title with a 2.30 jump in Asaba, Nigeria.

In Rabat, the France-based high jumper will be up against a field of nine high ranked athletes with his season best (SB) of 2.20 the lowest on the strong field.

"I have only been in two events this year and one of them was an indoor competition.

Rabat will be my first main event of the season and I am out to test what my body can achieve as I start a busy season that is likely to conclude in November.

"Only after Rabat can I talk about improving my Personal Best (PB) or even breaking the African record," said Sawe.

The 30-year-old set his SB last month in Cergy-Pontoise, France just three months after improving his indoor record from 2.22 to 2.24 in Val-de-Reuil.

"I am in good shape and my training has been good. Only two of my competitors in Rabat have cleared 2.30 this season and that gives me confidence as I head out to Morocco," added Sawe.

The African champion will head to Kenya from Morocco where he will take part in the National trials set for June 20 to 22 as Athletics Kenya (AK) selects a team to the Africa Games that will be held from August 23 to September 3 in Casablanca, Morocco.

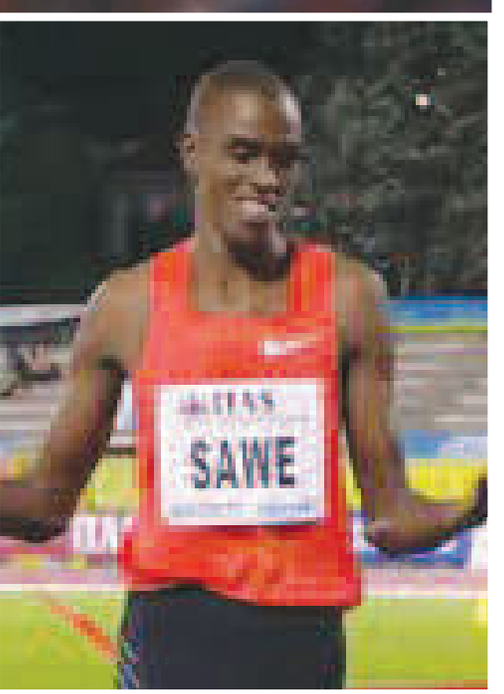
The soldier will have less than two weeks to rest before taking on his colleagues at the KDF athletics championship slated for July 4-6.

"I am looking forward to competing at home as good things happen there. I am also hopeful that several of us will qualify for the All Africa games in high jump and get more of us exposed to that level of competition," he said.

Sawe has three more Diamond League meets lined up as well as the World Championships that begin on September 28 through to October 6 in Doha, Qatar.

"AK presented my name for qualification to the World championship and I am glad their request was granted and I already have my ticket to the Doha games thanks to that 2.30 jump in Asaba last year," said an elated Sawe who will also have the World Military Games, slated for October 15-30 in China, to look forward to.

- LYNETTE MATHEKA



Zakayo debuts in Diamond League at Rabat leg

World U20 5,000m champion Edward Zakayo will make his debut in the IAAF Diamond League in Rabat, Morocco on Sunday.

Zakayo, a Form Three student at Kapsait Secondary School in Elgeyo Marakwet County, is also a Commonwealth Games bronze medallist. He will be the Kenyan in the 5,000m race at Prince Moulay Abdellah Sports Complex.

After a disappointing by national cross-country championship in Eldoret in February, he bounced back by recording a world leading time of 13:13.06 to win the African U18 and U20 championship in Ivory Coast.

Zakayo broke the oldest standing championship record set by Daniel Komen in 1994.

But his memorable race was when he teamed up with world U20 champion silver medallist Stanley Waithaka to beat Ethiopia's rising star Selemon Barega in Tampere, Finland.

Earlier, he had bagged silver in 3,000m during the World U18 championship in Nairobi.

Zakayo represented Kenya at the Commonwealth Games in Australia last year where he won a bronze in his 5,000m specialty in a time of 13:54.06 behind Uganda's Joshua Cheptegei (13:50.83) and Canada's Mohammed Ahmed (13:52.78.

Zakayo now wants to concentrate on the IAAF Diamond League series where he wants to restore Kenya's lost glory in the 5,000m race.

"If you follow the 5,000m race history you will find that Kenya has not been performing well and this is my first time to compete in the Rabat Diamond League and I hope I will be able to perform well," said Zakayo.

He expects to represent the country in the IAAF World Championship in Doha, Qatar later this year.

Zakayo who has a personal best of 3:03.18 will face stiff challenge from Ethiopians Berihu Solomon (3:02.12) Birhan Melesse (3:29.7) Gashahun Abe (3:22.3) and Uganda's Chekwurui Mathew Job (4:05.4)

- ERICSON KIPRONO



Edward Zakayo of Kenya wins the 5000m at the IAAF World U20 Championships Tampere 2018. PHOTO: IAAF/FILE

Rangers, Nrb Stima fight for KPL slot



Posta Rangers Elvis Osok controls the ball from Sofapaka's Brian Magonya in a SportPesa Premier League (SPL) match at Kenyatta Stadium, Machakos. PHOTO: DAVID NDOLO

Posta Rangers coach John Kamau is bullish about his team's' capacity to remain in the SportPesa Premier League (SPL) as it takes on Nairobi Stima in the promotion/relegation playoff first-leg encounter at Karuturi grounds in Naivasha Saturday.

The second leg of the match pitting the mailmen against the powermen will be played on July 19 at Kenyatta Stadium in Machakos with the winner on aggregate score securing a slot in next season's SPL and the loser playing in the lower division, the National Super League (NSL).

Kenya Football Federation (FKF) new promotion and relegation rules dictate that the third last team on the SPL log at the end of the season and the third-placed team on the NSL face off to decide the one to participate in the top-tier league.

For Rangers, the passion of their fans is always palpable and Kamau believes he has the brigade that will play at the highest level of the game in the country again.

The tactician said he did not expect to find his team in such a battle but nonetheless affirmed that Rangers will manage to lock a niche in the coming KPL season.

"We need to work on the mental part of the team and ensure that we keep focus because we have the quality to beat any team if we address some little issues within the team and together as a team, we will get the better out of the match," he noted. Rangers slumped to the play-off match after failing to sip Tusker in the last premier league match, going 2-1 to the brewers, which led them to the 16th position and eventually to the play-off strap.

Kamau will be hoping the likes of Gearson Likono, Francis Nambute, Brian Osumba and Cavin Odongo shall maintain their attacking potency as the team plots on the downfall of Stima.

Rangers, who finished fourth in the last two seasons, found themselves in the bottom brackets after underperforming in the 2018/19 season which saw Gor Mahia retain the championship for a third time in succession.

Wazito FC returned to the Kenyan Premier League together with Kisumu All Stars after finishing first and second respectively this season which ended on Sunday.

- CHARLES THUKU

SPORTS BRIEFS

England dismiss West Indies so easily but count cost of W. Cup injuries

SOUTHAMPTON: England bowled out the West Indies for 212 on Friday but they face a potential World Cup injury crisis after Jason Roy and Eoin Morgan limped off the pitch in Southampton. Despite occasional flurries, the Caribbean side were never able to mount a sustained assault on England's bowlers after Chris Woakes and Jofra Archer conceded just eight runs off the first five overs of the match. Fuelled by three wickets each for Archer and Mark Wood, England dismissed the West Indies with more than five overs to spare. Barbados-born Archer insisted he didn't take extra pleasure from impressing against the country he was eligible to represent before chosing to play for England earlier this year. "It's just another game to be honest, but it was very nice to play against some of my friends. The pitch wasn't as quick as it looked, it was a little bit slow," Archer said. "I am being supported well by the other guys. At one point they were looking like getting 300 so it was a real good effort to keep them below 220." Opener Chris Gayle, dropped early by Wood in the deep, briefly threatened, hitting Woakes for 10 in two balls, but was caught by Jonny Bairstow on the square-leg boundary for 36 off the bowling of Liam Plunkett. -AFP



Ferrari drops appeal against Formula One's Vettel penalty

PARIS: Ferrari confirmed Friday they had dropped plans to appeal against a five-second penalty which cost Sebastian Vettel his first victory of the season at last week's Canadian Grand Prix. However, the Italian team said it is considering whether to request an official review of the incident in which Vettel finished the race first on the track but had to surrender victory to Lewis Hamilton following the sanction. "We have withdrawn our intention to appeal but we are looking at asking for a review," said a Ferrari spokesman. Vettel was punished for making an unsafe re-entry into the action after 48 laps of Sunday's race after running off track and across a strip of grass. His move squeezed second-placed Hamilton of Mercedes towards a wall and was judged dangerous by race stewards. Vettel held on to win the race 'on the road', but after his time penalty was applied he dropped to second and Hamilton claimed a record-equalling seventh victory in Canada. Ferrari's decision to drop the appeal was expected because in-race sanctions are not subject to appeal, according to the sport's ruling body, the International Motoring Federation (FIA). -AFP



Real Madrid confirm signing of 'Japanese Messi' Kubo

MADRID: Real Madrid confirmed the signing of Japanese teenager Takefusa Kubo on Friday. The 18-year-old joins from FC Tokyo and will play for Madrid's B team, Castilla, next season. "Takefusa Kubo will join Castilla next season," a Real Madrid statement read. "He is one of the most promising young players in world football, an attacking midfielder with excellent technique and great vision for the game." Kubo, who has been dubbed the "Japanese Messi", made his full international debut against El Salvador earlier this month and was also linked with Barcelona, Paris Saint-Germain and Premier League champions Manchester City. Kubo earned his nickname after joining Barca's youth academy aged 10 but returned to Japan in 2015 as a result of FIFA sanctions handed to the club for breaching rules on signing under-age players. Barcelona have kept tabs on Kubo ever since but Madrid stole a march on their La Liga rivals with an offer of two million euros ($2.25 million) a year, according to Japanese media. Kubo came on as a second-half substitute in Japan's 2-0 win over El Salvador last weekend and has been included in the Blue Samurai squad for the Copa America, which begins on Friday in Brazil. -AFP

Favourites Brazil must win even without ace Neymar, says Casemiro

Star forward Neymar's injury absence changes nothing for Brazil at the Copa America, midfielder Casemiro said on Thursday, insisting that the hosts must triumph come what may.

Neymar will miss the South American showpiece after injuring ankle ligaments last week in the Selecao's penultimate warm-up friendly.

His injury came as the Paris Saint-Germain forward faced accusations from a Brazilian model that he sexually assaulted her in a hotel in the French capital.

"Regardless of the competition we're in, Brazil are favorites and must win," Casemiro said ahead of Friday's tournament opener against Bolivia in Sao Paulo.

"Without a doubt, even without Neymar Brazil's main star we're still very strong," the Real Madrid player added.

Brazil are aiming for a ninth Copa America success and have claimed victory on all four previous occasions as hosts: in 1919, 1922, 1949 and 1989.

But they haven't lifted the trophy since 2007 when winning for a fourth time in five editions from 1997.

"We cannot hide from that responsibility," said coach Tite. "We know that we have to build step by step for the title."

And while he admitted that it was a blow to be missing "one of the best three in the world," he said that the squad is not thinking about Neymar's absence.

"When it comes to us, we talk more about Neymar here (in press conferences) that there in (training.) We talk about preparation as a whole," Tite told reporters at the Morumbi stadium where Brazil will play minnows Bolivia.

"We know it's going to be a tough match, we know how Bolivia play," said Casemiro of Brazil's first Group A opponents.

"They're very well organized, particularly defensively."

Brazil warmed up for the tournament with victories last week over Qatar (2-0), who will make their Copa America debut as invitees on Sunday, and Honduras (7-0).

"The team is very strong. You can see with those seven goals, the whole team was celebrating together," said Tite.

His squad are hoping to erase the painful memories of their crushing disappointment five years ago when hosting the World Cup.

A 7-1 semi-final humbling at the hands of Germany put paid to their hopes of landing a first global crown since 2002.

"We're ready, we showed it in these two (friendly) games, which in my opinion were the best we've played since the World Cup" in Russia last year, added Casemiro. There Brazil lost 2-1 to Belgium in the quarter-finals. -AFP



Juves move ends Sarri's unhappy marriage with Chelsea

Maurizio Sarri *(picture)* is set to return to Italy to take the vacant managerial role at Juventus and bring the curtain down on a fretful one-year stay at Chelsea.

Sarri met his targets by returning Chelsea to the Champions League via a third-placed finish in the Premier League and winning the Europa League, claiming his first major trophy as a coach in the process.

However, a failure to connect with the Chelsea support, public criticism of his players and a refusal to adapt his style of play meant Sarri was always unlikely to hang around for a second season at Stamford Bridge.

The 60-year-old former banker becomes the ninth full-time manager to leave Chelsea since Roman Abramovich took charge of the club in 2003.

Yet, for once the Russian didn't wield the axe and waited instead until Juventus agreed to pay the compensation to free Sarri from the final two years of his contract on Thursday, according to reports in England and Italy.

The Italian champions are keen on the brand of football Sarri imposed during three years at Napoli when only Juventus' remarkable consistency prevented the Neapolitans a first league title since the days when Diego Maradona graced the San Paolo pitch.

However, Sarri failed to transport that free-flowing football to Chelsea, despite making midfield playmaker Jorginho his first signing. -AFP



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TERMS AND CONDITIONS APPLY



Fiston Razak Abdul in action for Burundi against Mauritania in a past international match. PHOTO: FILE

Top strikers showdown in Group B at Afcon

The sharpest shooters in 2019 Africa Cup of Nations qualifying, Odion Ighalo of Nigeria and Fiston Abdul Razak of Burundi, will come face to face in Group B at the finals this month.

While Ighalo and his Super Eagles team-mates are favoured to top the four-nation table and advance to the knockout stage in Egypt, Abdul Razak and the Swallows may struggle.

Burundi are the lowest ranked of the 24 sides at the June 21-July 19 tournament and the best they can be expected to hope for is third place below Nigeria and Guinea and above Madagascar.

The countries finishing first and second are guaranteed round-of-16 slots while the best four of the six third-placed teams also qualify.

Here, AFP Sport runs the rule over the Group B hopefuls and assesses their prospects in the biennial African football showpiece:

Burundi

The tiny central African country secured a first appearance at the expense of favoured Gabon despite drawing four of six qualifiers.

Algeria-based Abdul Razak starred with six goals at an average of one per match -- a total bettered only by Ighalo, who netted seven times.

But having tormented the defences of Mali, Gabon and South Sudan, can he wreak more havoc against the stronger Nigerian and Guinean defences?

Olivier Niyungeko, who has succeeded where a string of foreign coaches failed, chose Burundians based in 13 countries and also picked one local, goalkeeper Jonathan Nahimana.

Verdict: an early exit looms

Guinea

A squad coached by Belgian Paul Put hope poor dress rehearsals will be transformed into a grand opening night against Madagascar.

Warm-up losses to lower-ranked opponents the Gambia and Benin in Morocco could sow self doubts and there has also been the distraction of injured midfield star Naby Keita.

He injured a thigh playing for Liverpool at Barcelona in the Champions League semi-finals and admits to "not yet being fully fit". Put, who took outsiders Burkina Faso to the 2013 final, will expect a lot from Ibrahima Traore, a winger based in Germany whose footwork can bewilder even the tightest defences.

Verdict: Quarter-finals a realistic goal

Madagascar

Like Burundi, the Indian Ocean islanders who are making their Cup of Nations debut will eye third place and qualification as one of the four best teams in that position.

French coach Nicolas Dupuis has worked wonders with a side that got to Egypt by finishing above Equatorial Guinea and Sudan, and he also coaches a lower-league club in his homeland.

He believes practice makes perfect, saying: "Madagascar used to play three or four matches a year and were going nowhere. We now make full use of every international window."

Dupuis has also convinced France-born Thomas Fontaine, Romain Metanire, Jerome Mombris and Jeremy Morel to represent a country they are linked to through parents or grandparents. -AFP

AFRICA CUP OF NATIONS GROUP B FACTFILES:

Burundi
Coach: Olivier Niyungeko (BDI)
Africa/world rankings: 37/136
Previous appearances: none
Qualifying: South Sudan 3-0 5-2, Gabon 1-1 1-1, Mali 1-1 0-0
Scorers: Abdul Razak 6, C. Amissi 3, Berahino, Gael Duhayindavyi 1 each

Guinea
Coach: Paul Put (BEL)
Africa/world rankings: 12/68
Previous appearances: 11
Best placing: runners-up (1976)
Qualifying: Ivory Coast 1-1 3-2, Central African Republic 1-0 0-0, Rwanda 2-0 1-1
Scorers: Kamano 2, Cisse, Sadio Diallo, Kante, Keïta, Seydouba Soumah, Yattara 1 each

Madagascar
Coach: Nicolas Dupuis (FRA)
Africa/world rankings: 24/107
Previous appearances: none
Qualifying: Sao Tome e Principe 3-2 1-0, Sudan 1-3 3-1, Senegal 2-2 0-2, Equatorial Guinea 1-0 1-0
Scorers: Andriamatsinoro, Andriatsima, Voavy 3 each, Rakotoharimalala 1, Jordao Diogo (STP) own goal, Kalidou Koulibaly (SEN) own goal

Nigeria
Coach: Gernot Rohr (GER)
Africa/world rankings: 3/42
Previous appearances: 17
Best placing: champions (1980, 1994, 2013)
Qualifying: South Africa 0-2 1-1, Seychelles 3-1 3-0, Libya 4-0 3-2
Scorers: Ighalo 7, Musa 2, Awaziem, Kalu, Onyekuru, Simon 1 each, Buhle Mkhwanazi (RSA) own goal

SportPesa

SPORTS BRIEFS

Salah-less Egypt defeat Tanzania in Africa Cup warm-up

JOHANNESBURG: Africa Cup of Nations hosts Egypt rested star Mohamed Salah as they defeated Tanzania 1-0 Thursday in the first of two warm-up matches before the June 21 tournament kick-off. With the prolific Liverpool scorer sitting on the bench in Alexandria, it was left to full-back Ahmed Elmohamady to break the deadlock on 65 minutes with a back-post header off a cross. Elmohamady is a long-serving Pharaoh and could face Salah in the English Premier League next season as his Aston Villa club won promotion. Record seven-time Cup of Nations champions Egypt dominated possession but lacked cohesion against Tanzania, who are back at the Cup of Nations after a 39-year absence. Title favourites Egypt face Zimbabwe in the tournament opener in Cairo and also play the Democratic Republic of Congo and Uganda in Group A. -AFP

Morocco replace striker Hamdallah ahead of action

RABBAT: Morocco coach Herve Renard has replaced Abderrazak Hamdallah in his 23-man squad for next week's Africa Cup of Nations after the striker picked up an injury. He is replaced by defender Abdelkarim Baadi, who plays for Moroccan side Hassania Agadir, for the tournament in Egypt. A statement from the Morocco Football Federation explained that Hamdallah has a "back and hip injury and the medical staff have decided he cannot complete the training camp nor play at the Nations Cup." The federation added he would undergo further 'rigorous tests' on Friday. He played in Wednesday evening's surprise 1-0 loss to The Gambia in Marrakech and had left the pitch angry that he had not been allowed to take a last minute penalty that was missed by Faycal Fajr. Hamdallah was included in Renard's squad after a record-breaking season in Saudi Arabia, that saw him score 34 goals in 30 league games as Al Nassr won the league. His tally broke the all-time record for goals in a Saudi Arabian season. -BBC

Ghana knows what to do in tourney, says captain Ayew

ACCRA: New Ghana skipper Andre Ayew is hoping for luck to be on his side as the Black Stars seek to end their long wait for a fifth Africa Cup of Nations (Afcon) title. Coach James Appiah's outfit, who last ruled the continent in 1982, are among 24 teams vying for gold at the upcoming championship in Egypt which starts on June 21. "This tournament is going to be a very difficult one for all the teams," Ayew, who was named Ghana skipper last month, told Africa Feeds. "We are prepared. We know what we have to do because we have experienced players in the team, so I am confident. "I just hope that the Gods of football will be with us because if you want to win there should be a great fighting spirit, discipline, focus and above all luck on our side to ensure we sail through." Ghana are currently camping in the United Arab Emirates, and have been drawn against defending champions Cameroon, Benin and Guinea-Bissau in their Afcon group. -GOAL



Aubameyang most notable absentee at continental showpiece

Arsenal forward Pierre-Emerick Aubameyang *(pictured)* will be a notable absentee when the 2019 Africa Cup of Nations kicks off in Egypt on June 21.

The France-born star plays for Gabon, the homeland of his father, and they missed out on a place after finishing third in a group behind qualifiers Mali and Burundi.

Gabon could have overtaken by winning a final-round match in Bujumbura, but only drew 1-1 with the 29-year-old closely marked throughout.

While disappointing with Gabon, Aubameyang shared the English Premier League Golden Boot last season with two fellow Africans, Egyptian Mohamed Salah and Senegalese Sadio Mane.

They scored 22 goals each.

Here, are five stars, teams and a top referee who will not be part of the biennial African football showpiece.

Aubameyang

He often seemed disinterested in the fate of Gabon during the six-round qualifying schedule and refused to visit South Sudan, claiming the chartered plane was not airworthy. More recently, Aubameyang slammed Gabonese government and football officials for naming his ill father national coach without checking his availability for a post he declined.

Burkina Faso

Bronze medallists in Gabon two years ago, the Stallions came only third behind Angola and Mauritania in a qualifying section.

Poor away form cost the Burkinabe dearly as they picked up only one point of a possible nine on thee road after losing in Luanda and Nouakchott and drawing in Francistown in Botswana.

Grisha

Widely regarded as one of the best African referees, Egyptian Gehad Grisha was dropped from the provisional list for the 2019 tournament after a six-month suspension. The ban stemmed from what CAF said was a "poor performance" in the CAF Champions League final first leg despite many believing he called two difficult VAR decisions correctly.

Le Roy

Septuagenarian French coach Claude le Roy loved by the media for his straight talking suffered the rare experience of failing to qualify when Togo came last in a group.

He guided Cameroon to the 1988 Cup of Nations title in Morocco after taking them to second place two years before, and coached 2008 hosts Ghana to third spot.

Zambia

The Chipolopolo (Copper Bullets) have failed to build on their stunning penalty shootout triumph over hotly fancied Ivory Coast in the 2012 Cup of Nations final.

They made first round exits from the following two tournaments and failed to even qualify for the 2017 and 2019 editions, finishing bottom this year of a section won by Guinea-Bissau. -AFP

SportPesa

MATCHES HIGHLIGHTS
"1" is HOME WIN "X" is DRAW "2" is AWAY TEAM WIN
The teams in the game are always listed in the order:
GAME ID, HOME TEAM and VISITING TEAM
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HOT GAMES

SATURDAY 15TH JUNE 2019

TIME	GAME ID	GAME	1	X	2
17:00	3443	IFK Aamaal vs Vanersborgs FK	2.31	3.64	2.51
17:00	3521	Brumunddal vs Gjovik-Lyn	3.13	4.10	1.85
17:00	3542	Rigas Futbola Skola vs Ventspils	2.25	3.20	3.09
17:00	3655	IK Frej vs Dalkurd FF	2.39	3.51	2.76
17:00	3818	Aatvidaberg vs IK Oddevold	1.84	3.79	3.79
17:00	4559	Eidsvold Turn vs Lorenskog	1.83	4.01	3.25
17:00	4710	Osters IF vs Brommapojkarna	1.86	3.46	4.20
17:00	4886	Spjelkavik vs Aarvoll	1.38	5.08	5.38
17:00	5005	Varbergs Bois vs Norrby IF	1.65	3.82	5.10
17:00	5331	KS Ursus Warszawa vs Lechia Tomaszow Mazowiecki	2.40	3.52	2.50
17:00	5413	Assyriska IK vs Kristianstads FF	1.94	3.68	3.52
17:00	5446	Alta IF vs Elverum	1.47	4.25	5.31
17:00	5491	Tvaakers IF vs Oskarshamns Aik	2.39	3.66	2.65
17:00	5626	FC Trollhattan vs Eskilsminne IF	1.64	3.97	4.77
17:00	5757	IK Brage vs Trelleborgs FF	1.92	3.47	3.90
17:00	5931	Vanersborgs IF vs Orebro Syrianska	6.06	4.85	1.36
17:00	5961	Fram Larvik vs Aasane Fotball	2.70	3.61	2.19
17:30	3048	Tyreso FF vs Huddinge IF	2.70	3.76	2.14
18:00	1016	Kotwica Kolobrzeg vs Gwardia Koszalin	1.58	3.98	4.64
18:00	1159	KS Mieszko Gniezno vs Sokol Kleczew	1.85	3.85	3.34
18:00	1417	Hlucin vs Frydek Mistek	8.99	8.24	1.12
18:00	1714	KS Ruch Wysokie Mazowieckie vs MKS Ek	2.05	3.54	3.03
18:00	2349	OKS Swit Skolwin Szczecin vs Chemik Bydgoszcz	1.86	3.72	3.41
18:00	2739	FC Msa Dolni Benesov vs Rymarov	1.89	3.83	3.17
18:00	2813	TS Sokol Aleksandrow Lodzki vs Victoria Sulejowek	1.28	4.83	8.73
18:00	3379	JKS Jarota Jarocin vs KP Starogard Gdansk	2.38	3.51	2.53
18:00	4658	Radunia Stezyca vs Polonia Sroda Wlkp	1.75	3.90	3.70
18:00	5344	Gefle IF vs Sandvikens IF	3.37	3.48	2.06
18:00	5776	Baltyk Koszalin vs KKS Kalisz	4.57	4.31	1.54
18:30	1009	Petrkovice vs SK Spartak Hulin	1.13	8.07	8.57
18:30	2871	Kromeriz vs SFK Vrchovina	1.33	5.11	6.39
18:30	4105	Hodonin-Sardice vs SK Lisen	3.65	3.14	1.95
19:00	1234	Degerfors vs Vasteras SK	1.58	3.96	5.54
19:00	1891	Slavia Mozyr vs Slutsk	2.06	3.16	3.74
19:00	1913	Kuressaare vs Tammeka Tartu	2.47	3.68	2.47
19:00	3393	Haugesund vs Brann	2.53	3.23	2.85
19:00	3927	Ukraine U20 vs South Korea U20	2.45	2.87	3.30
19:00	5929	FK Liepaja vs FC Caramba	3.04	3.25	2.25
19:30	1412	UD Logrones vs Hercules CF	1.93	3.15	3.71
20:00	1481	Sestao vs UD Poblense	1.94	3.21	3.62
20:30	2102	Gimnastica Segoviana vs CP Villarrobledo	1.88	3.41	3.56
20:45	2706	Torpedo Zhodino vs Vitebsk	2.42	3.21	2.89
21:00	3133	Finnsnes IL vs Junkeren	2.16	4.41	2.41
21:30	4770	Trapani vs Piacenza Calcio	2.21	3.11	3.32
21:30	5429	Ponferradina vs FC Cartagena	2.05	3.12	3.38
22:00	2756	Canada W vs New Zealand W	1.45	3.94	7.26
22:00	3504	Malaga vs Deportivo La Coruna	2.04	3.17	4.02
22:00	4045	Venezuela vs Peru	3.10	2.99	2.51
23:30	3509	Sport Loreto vs Alianza Atletico	2.62	3.55	2.26
23:30	5631	Santos FC Ica vs Deportivo Coopsol	1.48	4.02	5.60

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PLAY LIVE

Wikendi sport
SAT-SUN June 15-16, 2019

Stars face DR Congo in final Afcon build-up match

PLAYER FOCUS



PAUL WERE

Age: 25
Height: 1'77m
Position: WINGER
Club: AFC LEOPARDS
Appearances: 29
Goals: 3

Harambee Stars play their final friendly build-up match against DR Congo in Madrid, Spain on Saturday night before winding up their training camp in Paris, France on Wednesday then head straight to Egypt for the start of the 32nd edition of Africa Cup of Nations.

Coach Sebastian Migne hopes to complete the final pieces of his pre-tournament jigsaw puzzle in Madrid after weeks of preparation. While the French tactician seeks to be cautious in his approach to the game to avoid more injuries, Migne's fielding will hint at his preference of a starting team in Cairo when Kenya takes on tournament favorites Algeria in their opening match on 23rd June. The team has already lost central defender Brian Mandela and attacking midfielder Christopher Mbamba to injuries and Migne's plans could be greatly hampered should more afflictions occur. DR Congo's build-up match became a fallback plan after Kenya's preferred opponents Gambia opted out of the international friendly.

Saturday night's tie holds little in tactical gains for Kenya ahead of the Cup of Nations as opposed to the minefield Gambia presented. DR Congo have not played any of Kenya's group opponents in the recent past and Migne only hopes to gauge his team's fitness and cohesion on the pitch.

The team coached by Florent Ibenge boasts of numerous stars who can test the mettle of any team bidding to make a mark on the continent's premier football platform. Middlesbrough striker Britt Assombalonga, Everton's Yannick Bolasie, Cedric Bakambu of Beijing Guoan lead DR Congo's attack backed up by a stellar midfield comprising Chancel Mbamba of Porto, Jacques Maghoma of Birmingham and TP Mazembe's Tresor Mputu.

Such quality offers a good test for Migne's squad and ability to cope with great attacking flair expected from Group C opponents Algeria, Tanzania and Senegal. Kenya has won her last three meetings with Congo, all of which were friendly matches. Congo qualified to the Afcon finals having finished second behind Zimbabwe in a group that also had Congo Brazzaville and Liberia.

Migne will test his new central defensive partnership and attacking formation after the initial tinkering on June 7 against Madagascar. "The players are working hard and every day they show me that they are ready. I came here with some questions over a number of players and formations but now everything has gone according to plan. I hope we don't lose anyone to injury because the players we have here are already presented to CAF and registered. It will also spoil the mood that is so good in camp," the Frenchman said.

Striker Michael Olunga and wingers Paul Were and Ayub Timbe are likely to be given a start in Madrid with skipper Victor Wanyama *(pictured)* starting in a midfield partnership with Dennis Odhiambo or Ismael Gonzalez.

Timbe and Were are coming from injuries and Migne will be keen to measure their performance. Defensively, Musa Mohammed who had a knock last week could partner Joash Onyango if fit while Patrick Matasi will be between the sticks.

-JAMES MAGAYI

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