



COMMERCIAL













JUA: THE MAGAZINE

Editorial Manager Deputy Editor Editorial Assistant Cover photo

Cover Designer Editorial Inquiries Musa Asubuhi Mary Wambui Aloo J. Obala Orion studios Unsplash.com Honeyheart Designs info@wikitabu.co.ke

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C.E.O Wairimu Kioko C.M.O Mary Wambui Founder/C.O.O Musa Asubuhi

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The swahili word for the 'Sun' and 'to know' are actually the same; "JUA". The late Professor Ali A. Mazrui commented on this in his book, African Thought in Comparative Perspective.

By all means the sun powers our world,



the same can be said of knowledge or 'to know'. Without the sun's rays we would not have photosynthesis which is the process by which plants and other organisms use sunlight to synthesize nutrients from carbon dioxide and water. Without plants to feed on, both man and beast would not exist. Without knowledge on how different things work we would not be able to build all that we have built as a civilization and sustain life from generation to generation.

Human beings have been able to understand how viruses and bacteria work to beat disease; how birds attain flight to manufacture our own 'birds' that weigh tonnes but that can fly us from one city to the next; how combustion works to create powerful engines that fly us beyond our beautiful blue planet to space.

The Sun is powerful, no doubt about that but so is our knowledge and ability to attain it. Knowledge, its attainment and its use is power. And so it fascinates me to no end that there is a swahili word that combines these two together into one word, "JUA".

JUA the magazine will pay tribute to alot of things but chief among them will be the youth who represent Africa and its potential. You are the 'SUN' and by you 'KNOWING', we will transcend what is regarded as possible into the realm of the impossible. You are powerful and you are now.

Wewe ni JUA na dunia itaJUA unaJUA. Godspeed.

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lusa Asubuhi.

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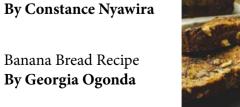
Alaa Salah stands on a vehicle as she sings to the crowd.

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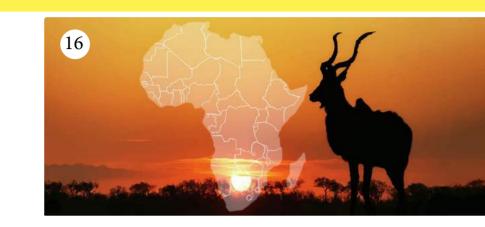
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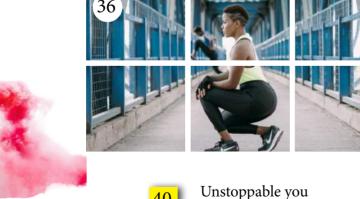
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JUA

NOT TOO YOUNG TO LEAD! By Anita Nkirote

he average Kenyan is 19 years old. He or She would either be completing High School studies, enrolled in a Technical Vocational Education and Training college, staying at home or just starting college/university. Why is this important? Demographics determine planning in an economy and should ideally determine the policies in a country. This explains why

Kenya will have its census in August 2019; other than knowing our numbers, it fulfills a Constitutional requirement. It is important that the young people are counted. More importantly, we must think what the numbers mean for us in the political sphere.

Most recently, Alaa Salah who is only 22 years old has become the face of protests

in Sudan. She was seen leading a massive protest from the top of a car in Khartoum. She was calling for an end to Bashir's systematic oppression of women through Sharia law. What can we learn from this? Young people must come alive to the issues affecting them. Can you for a minute forget about Snapchat, Netflix and Instagram? Look at your environment and think about what needs to be fixed. Take a moment and name the Minister in charge of Youth. There has been a misconception going on that the political space is filled with old cronies, which is largely untrue. The Kenya Young Parliamentary Network boasts of a membership of fifty young members of parliament in the Senate and the National Assembly.

We must understand that if you are not at the decision making table, then you are part of the menu. You are not leaders of tomorrow. You

Almost half of the Cabinet Assistant Secretaries

"If young people can shape the future of their countries through network technologies such as mobile phones and social media, why should they not be able to do so through the ballot

are young people.

box?"

are leaders of today. Robert Baden Powell is quoted for saying that you must leave this world a little better than you found it. How then can you begin? If you are in college, you should at least contest for the student leadership position. This gives you an opportunity to nurture your leadership skills by learning public speaking

and engaging with top leadership.

Calestous Juma, once argued that the voting age in Africa should be lowered to 16 to reflect the youthful character of the continent. I end by quoting him: "If young people can shape the future of their countries through network technologies such as mobile phones and social media, why should they not be able to do so through the ballot box?"

IS THERE A WAY

Photo by Tiag

OUT?

echnology has made our world a very interesting place; giving us so many options when making career choices. With all these options, you'd think that everyone is happy in his or her career. You'd be so wrong. Amidst the many options, many of us feel trapped in careers that we hate. Monday mornings are the worst, we leave our warm beds, freshen up, eat a hurried breakfast, persevere the two hour traffic to the jobs we have no passion for. During weekends some of us drink ourselves silly to cope with the disappointment. Others lock themselves in the house and binge watch series and movies throughout the weekend. Majority of millennials and gen z are yearning for career fulfillment but the thought of leaving their current jobs for the unknown is frightening. So the question to ask ourselves is, is it possible to create a fulfilling career path for ourselves?

First, you need to train yourself to identify the needs that are felt in your community. Which problems do you think you would be passionate at solving? Are there problems or issues in the society that get you really angry and you'd want to solve them? Open your eyes and listen to your heart, therein you will probably find something worthwhile to solve.

The second step would be to brainstorm and come up with interesting ways of solving the problems that you want solved. This is the part



By Harold Angila

where you come up with as many creative possibilities and avenues to solve the problems you identified.

Third and most importantly, you need to test your idea and get feedback. You can build your prototype or offer your services to a few people and watch for their reaction. What do they like about your solution and what don't they like? This also allows you to find out if whatever you came up with is what is needed in the society. Prototyping will also give you a good idea of what you might need to improve or what features you might need to include in your problem solving process. Remember, application is king.

This process applies to both entrepreneurs and intra-prenuers. Once you are able to shift your mindset from being a total consumer to creating something of value, sooner rather than later you will see the lives of people around you get positively impacted and maybe, just maybe, you will be on the road to career fulfillment. No matter where you are, student, employed or looking for a job, you can start this today. See you at the top.

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ENJOY THE DAYS OF YOUR YOUTH

7 ou will never be younger than you are at this moment as you read this.

In fact, you are already half a minute older now than when you began reading this piece. Youth is fleeting, and time is unforgiving; and so are wrinkles and weak joints, but there isn't much anyone can do – save for perhaps getting a gym subscription or plastic surgery.

But most of us when confronted with the fact

There are those who wisely save for retirement, watch every single thing they eat and become workaholics, but at the cost of having little to no joy when they are young. Others may end up choosing to "live in the moment", and spend their years doing what 'feels good' to the detriment of their future selves.

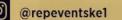
Our years when young aren't meant to be spent entirely thinking and agonizing about the dangers of the future; counting every calorie, and being a miserable miser. When we do, we end up trading future joy for present misery. On the other hand, when we spend our 'glory days' indulging every single desire we have, we exchange present joy for future misery in the form of addictions, mental health issues and financial distress.

But what if I told you that there's a way to fully enjoy your youth now, and still enjoy the years to come?

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By Selian Saruni

Change the Source of Your Joy

When the source of your joy is pleasure, you become fixed on the present and don't pay heed to the future. When the source of your joy is security, you are transfixed on the future and don't fully appreciate the present.

King Solomon in the book of Ecclesiastes says this: "Rejoice, O young man, in your youth; and let your heart cheer you in the days of your

When we look at God's Word, it tells us to enjoy our today while knowing there's a tomorrow to reckon with. In God, we can have peace, joy and fulfillment in our youthful days, while still being conscious and deliberate about what's to come later in life.

When we trust in God, it is Him we want. Not pleasure and not security, which are both temporary.

When God is the source of our joy, we have no problem giving the best years of our life to Him. Because He in turn gives us the best possible reward - Himself. And what's more, when we learn to trust in Him, we get purpose, pleasure, joy, security and a million other things thrown in for free!

So friend, what's going to be the source of joy in your youth?



INSIDE A YOUNG MIND

very new day in this era means change. Remember how when growing up you would know exactly who you wanted to become when you "grew up?" Then it blurs as you grow older and only a few get to become what they'd always wanted to be. For instance, I wanted to become a meteorologist so bad. Funny how I'd gather so much information about the career that I was super convinced that I'd work at NASA someday. Maybe if I followed that up, my dream could have ended up being valid. Maybe. Just maybe. Currently, things have totally taken a new turn and the fact that I am in school doing something that I couldn't have ever imagined myself doing, is total proof of that.

Thinking that since tech is on high end inventions and seeing my little brother could operate a smart phone at the

age of three years without a manual, I'd have expected him to maybe want to be an engineer or something close to that someday. Only to hear him say that he'd want

to be a rapper, which he is completely settled on. Well... Parents are more flexible these days when com-

pared to the past and so they let him be. They've become more open-minded and supportive in the different paths their children choose to take as long as it's rewarding and constructive.

Time flies by especially when one is idle. The economy on the other hand doesn't let us off the

hook for time wasted, rather, it has everyone seeking new ways of earning themselves a better life that's affordable and tolerable. Life doesn't always turn

By Constance Nyawira

Life doesn't always turn out to be as planned and trating. Thus, this can be very frustrating.

out to be as planned and this can be very frusit is always important to have a plan B in life and

if it fails, then there's always a chance for plan C and so forth. Besides, there are twenty five more letters after A in the alphabet.

S **SELF-EMPL SELF-EMPLOYMENT** AS THE NEW RICH

he education system is equally beneficial when it comes to self-development, but it doesn't always work for everyone. In fact, it's possible to find that 70% of the unemployed have the best academic qualifications. This doesn't mean that the unemployed don't qualify for the available jobs. It could simply signify that there are a minimum number of jobs available. This system is thereby meant to equip the learners with the skills and abilities to cope with a scenario where, if one misses to get a job once they have finalized their course of study, they can still do something for the benefit of society. It's also meant to aid them with the knowledge of how to identify the gaps in the market and have the guts to fill these gaps innovatively. While it's always said that wherever there are people there are problems, very few people want to venture into finding solutions to these problems. Those who do however, realize that being employed is not a necessity. Rather, they find self-employment being more fulfilling.

There are endless opportunities for obtaining a job; this doesn't necessarily mean working under someone. Success

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is where preparation meets opportunity. One can simply work on minor projects for different organizations and for a period of time, such as graphics design, software development, interior design, social media marketing, web development, providing services as a messenger etc. They can also major in freelance writing, photography, online vloging etc. Other things one can do include: creating YouTube content, Djing art, tailoring, team building, catering, driving, coding, data entry, transcribing etc. The list is endless. There's more to life than waiting to depend on that monthly salary. The world today requires creative minds, opportunity seekers, risk takers, unique reformers and people who are willing to

get out of their comfort zones and get things done no matter how hard it gets. Passion on the other hand is the key to success. It's important that one has the energy to do what they love and focus on what excites them.

I wouldn't end this article without stating that talent discovery and utilization is the most vital of all that one can do in life. It is the gift that one was born naturally inclined to, and that can truly serve the purpose of providing a livelihood for an individual. One should therefore seek within themselves and find out their inborn gifts. Talent is original and it manifests differently out of everyone. There has never been any competition when it comes to talent. Practice makes perfect and patience will bear the sweetest of fruits.

Go ahead and be your own great boss, different and forever positive.

The PASTRY HABIT

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Banana Bread Recipe

Ingredients:

- 1. 4 overly ripe bananas
- 2. 3 eggs
- 3. ³/₄ cup vegetable oil
- 4. $\frac{1}{4}$ cup milk
- 5. ³/₄ cup sugar
- 6. 1 tablespoon vanilla extract
- 7. 2 $\frac{1}{2}$ cups of all purpose flour
- 8. $\frac{1}{2}$ teaspoon salt
- 9. 1 teaspoon baking soda



Procedure:

- 1. Pre-heat oven to 180° for 10 minutes.
- 2. Oil your baking tin and line with baking paper (parchment paper).
- 3. Mix dry ingredients together in a bowl.

4. Mash bananas until very soft. Add sugar. Eggs, oil and vanilla extract. Mix wet ingredients together with a wooden spoon until well combined.

5. Add dry ingredients to wet ingredients a portion at a time until you have no lumps of flour.

6. Pour into your baking tin/dish.

7. Bake for 55 minutes. Check with a wooden toothpick or skewer if its ready. If the toothpick or the skewer comes out dry, your cake is ready.

8. Wait for it to cool down. Take out of the baking tin. Serve with tea, juice, milk or soda.

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TAP HERE

to help us improve JUA.



WHO ARE WE?

By Mary Mwangi

he first time I realized that there was a problem was when I was seated in a history class at an international prep school and the teacher said; "End of class!" And I was perplexed, I had heard the teacher go through the introduction to 'History of the World', but my continent had not been featured at all. Why was that?

ell, granted we were only 8 years old, but still, if every continent was being covered, why wasn't mine also being given the same due respect. Yes, you guessed it, Africa was being put on the back burner because, well, just because.

I raised my hand and asked the teacher why we were not covering my continent and if we would do so the following week. You must understand that at the tender age of eight I was a fiery Afro-centrist, courtesy of my older sister who would read excerpts of Martin Luther King's speeches to me and basically teach me about basic fundamental human rights. I am sure at this point you must be scratching your heads and wondering what century this was all taking place in, the eighties. The glorious, over the top eighties, but not for people of color. Overt and not so very overt suggestions of racism existed everywhere we went. I remember when we moved into a house in a quiet neighborhood in a certain European city, my sisters and I would see our very prim and proper neighbors peeping through

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gaps in the huge fence to get glimpses had a collection of the most eclectic books I had of us as we giggled, playing in the ever seen in one place. The books I devoured garden and riding our bikes. They in one or two sittings were those written by

were fascinated by this African family that had moved into their space. A family that seemed just like them, with children who laughed and cried just like theirs. We were such a novelty.

Here I was, a young, proudly African child, whose father had studied World History and Politics and whose job took him around the world and who loved to have erudite discussions on global issues with

my mum as I and my younger sisters listened in fascination. So of course I asked my father why we were being treated differently and why we were not accorded the same respect as others. He rightly pointed out that people are afraid of what they don't understand. So of course my next question was; Why do they not understand us?

At this question my Father pointed out that we, Africans, have not been allowed to tell our story. That our story has been told to us and to the world by the 'Other'.

"Why was this?" I asked, full of righteous indignation.

My Father told me that History is written by the victors and since the 'Others' had ruled the world in the not-so-distant-past, albeit for a brief moment, they had stamped their version of events on the world.

It was at this point that I began my quest to find out the truth about my people. This was not an easy endeavor, but my Father, being a voracious reader,

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That our story has been told to us and to the world by the 'Other'.

great black writers from the Caribbean, America and Africa. These books opened me up to a long forgotten world. A world of African Kings and Queens who governed over their people with wisdom and love. A world of intellectual Black people from the Diaspora who were

renowned for their great wisdom and had made indelible marks in the countries of their birth. These amazing writers painted a picture of a peoples whose history, culture, language and ways had been minimized, downplayed, disparaged. I had to find out why. My curious young mind was burning with questions. Armed with a Thesaurus, because the books were now becoming more complicated, I set out to understand who I was and why I was judged solely on the basis of my origin.

... I set out to understand who I was and why I was judged solely on the basis of my origin.





Dance MTAANI Project is a community - based project in Nairobi, Kenya. We are a local grassroot community of dancers working to empower the youth and building communities.

Dance MTAANI is a community- based Dance Project which aims to promote personal development among young adults through the art of Dance. The focus of Dance MTAANI is to give back to society and to bring dance back to the (neighbor)hoods to connect A people and to teach those, who do not have the resources to receive professional dance lessons. Dance MTAANI does not only teach dance, but aims to promote the values of many urban dance cultures, where it is all about peace, love and unity, such as earning respect and appreciating others. Dance is used as a tool of empowerment, to help young adults not to give up on their dreams and to overcome hardships through the beauty of dance and a strengthened social network or dance community. Dance MTAANI preserves and respects the origins of the different dance cultures and moves away from B commercial misuse of dance. Dance MTAANI focus on the uniqueness of every individual while strengthening communities, social cohesion and culture. Furthermore, it focuses to help young people to express themselves, discover themselves, identify themselves with certain dance cultures, including the vibrant Kenyan dance culture. Art, which entails Dance, preserves history and culture which should be respected and understood from a different perspective. Thus, self- love, self- esteem and self-advocacy shall be promoted D through the art of dance, while learning to understand others from their personal background as well. Dance MTAANI includes learning choreographies, but also being taught techniques, and tools to use to create a very own dance. The teacher is the master and student, portraying the motto 'each one, teach one'.

MISSION:

To empower individuals and communities using the art of Dance & to promote Urban Dance Cultures.



VALUES: Peace, Love, Unity

VISION: To create a culture of self- confidence, expression and community cohesion

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vear International Youth Day is

commemorated all over the world on the 12th of August. There are currently more than 1.8 billion young people between the ages of 10 and 24 in the world. These consist of the youth population within the UNs definition of the youth for statistical uniformity and accuracy. This does not account for those between 25-36 years who would

also pass off very easily as youth. In short, youth form the bulk of this continents' human beings. The youth are the lifeblood of society wherever they are, not just for their great numbers but also for the energy and vitality that they have.

The 12th of August was first designated as the international youth day by the UN in 1999. It serves as a celebration marked every year with a focus on the role that young people can and should play in seeing

As a result of my grateful attitude, I give. I give my time, energy and money to others who don't have I am more grateful for the life what I have since that and use it as my refuge when is the rent I have to pay every day for a better and more fulfilling life on earth.

the world conquer its problems while solving theirs.



INTERNATIONAL DAY

By Musa Asubuhi

Youth:

Youth is the opposite of 'oldness'. It is the presence of freshness, vigor, vitality and it is energy in a body. Chances are very high that you, the

reader are a youth, your body teeming with energy...

Be grateful for it – Can you easily tell the 5 things that if you had you would be happier than you are now? Chances are you can. I surely can but I have. A hundred times over the 5 things I don't have come haunting my mind.

Give – As a result of my grateful attitude, I give. I give my time, energy and money to others who don't have what I

have since that is the rent I have to pay every day for a better and more fulfilling life on earth. My giving will reduce what I have, I will not have



⁹hoto by Mpumelelo Macu. Unsplash.co



the time, energy or money I give but I will also gain a friend, a smile or fulfillment from what I give. Every action has an equal and opposite reaction and when you give you will receive. This is an unchangeable law of nature; that every action has an equal and opposite reaction. You may not see it but if you believe it then it's already happening.

Believe – That it is possible, that you are and that you can be more. Marketing is engineered to point out all that you may not have so that a seed of 'need' is sowed into your mind. This is done in a way that ensures that you lose sight of the fact that it is really a seed of 'want'

and not necessarily need. Once this false seed is planted, you live from a point of needing and not having. A point of striving for the carrot that an external force will offer you at a 'price' that they will determine. The price might not be financial but it could be your attention that is also expensive.

Believe in choice, believe in responsibil-

ity and taking it for your own actions. Believe that you already have and need to be grateful and now need to work on giving because once you do, you start truly BEcoming and LIVEing. It is in realizing that you have all you need and would ever want that you start your journey of becoming who you were meant to be and living life, truly living life. International:

According to millennials, here are the list of the major problems facing the world:

1. Climate change/destruction of nature (48.8%)

2. Large scale conflicts/ wars (38.9%)

3. Inequality (income/discrimination) (30.8%)

4. Poverty (29.2%)

5. Religious conflicts (23.9%)

6. Government accountability and transparency/ corruption (22.7%)

7. Food and water security (18.2%)

8. Lack of education (15.9%)

9. Safety/security/ wellbeing (14.1%)

10.Lack of economic opportunity/ unemployment (12.1%)

These are problems that cross boundaries and don't just spell doom for you or your community, these are problems affecting all people of the world. How are you a part of the solution? How will you give your energy to ensuring

that you are part of the solution?

Are you overwhelmed by a sense of inadequacy? You shouldn't. You are the solution to the problems the world is trying to solve. You have all you need inside you. Don't fall for the ploy that there is something external to you that you don't have that you need. You got it all right where you are.

Your greatest fear is not that you are inadequate, your greatest fear is that you are powerful beyond measure, it is your light and not your darkness that most frightens you. You ask yourself, who are you to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. You're playing small doesn't serve the world, there is nothing enlightened about shrinking so that others done feel insecure around you. You are meant to shine, like children do. You are born to make manifest the glory of God in you. It's not just in some of you, it's in all of you. And as you let your light shine, you unconsciously give others permission to do the same, as you are liberated from your fears, you automatically liberate those around you.

In no way are you inadequate, you have all it takes to be and do what you need to do to serve your purpose. Just believe it and act accordingly. What problems are you solving?

Day:

We over-estimate what we can do in a day and under-estimate what we can do in a whole year of consistent action. Your day is your field. Every day you sow into it. Sometimes you sow hard work, other times smart work. You might decide to

sow, discipline seeds, a perseverance tree, some values driven living and consistency. These seeds will grow, not in a day but in many days to give you not just plants or a tree but food that will sustain you. Now all these seeds are multi-directional and you can give discipline, perseverance, values and consistency to the wrong thing. If you do, the wrong thing will come back to you, but if you invest in giving your energy to the right thing then the right things will come back to you. Sometimes the bad things will come before the good things come. As long as you understand exactly what you want from the outcome and the seeds are good, GIVE. Give and it shall come back to you, pressed down, shaken together and running over. You need days, not just one day but days to be able to achieve anything meaningful. Enjoy the process. Give to it your time, energy and money, the returns will be worthwhile.

International Youth Day:

The 2019 theme is Transforming education. This year, the UN will lead youth all over the world in highlighting the efforts of youth and other stakeholders to make education more accessible for all. Goal number 4 of the SDGs is about quality education for all. With the right kind of education and it anchored on getting young people to be part of the solution as opposed to feeling helpless and being reduced to 'watch-

ers', youth can and do play an incredible role in ensuring that there is balance throughout the world. All the problems we face in the world can be solved by concerted efforts by all for the betterment of all human beings.

If YOU decide to take action, then you are halfway through the solution and all you now need is YOUth... the opposite of 'oldness', the presence of freshness, vigor, vitality and energy in your body.



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5. How much of origin stories do you understand? Do you know how Africa came into being? How we got colonized? How traditions affected us and how we behave? Is it possible for you to find out?

In this International Youth Day, I challenge you to understand yourself better. Learn more about you, physically, emotionally, spiritually, socially, intellectually and vocationally. What do you want? Who are you really? I challenge you to start learning about people around you, not things but people. I challenge you to DECIDE to do something that definitely won't take a day to help fix the problems of the world, not just your problems but problems all of us face and that might get more serious in the coming future.

I challenge you to BEcome and LIVE

In this International Youth Day, consider these things:

1. Education has changed from traditionally being done in schools (behind 4 walls and a roof) to being done virtually anywhere through the help of the internet.

2. You can learn as fast as you want and accomplish as much as you want. Your legs are not tied down to anyone or anything, you are the captain of your ship.

3. More than ever, we are all connected and can learn more from each other. We are indeed a global village. How does that affect the prejudices you hold against people who seem different from you? Is it possible to interrogate those negative thoughts about a community or a people by interviewing those that you think hold those beliefs and get a better picture about it?

4. You can volunteer as you study and learn how to give all through your life from initially giving your effort to later in life your wealth. The 2019 theme is Transforming education. This year, the UN will lead youth all over the world in highlighting the efforts of youth and other stakeholders to make education more accessible for all.

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TIMELESS MEMORIES IN TIMELESS EVENTS



SLEEPING WITH THE ENEMY

up to the shoot, I had done enough

research and knew exactly what I

wanted. During the shoot, I was

recently made a video to promote my fashion brand. It was a 2 minute video which surprisingly took all day to shoot, who knew these things are so labour

intensive. Anyway, the way the video was curated involved me speaking in the background while a model posed showing off the various aspects of the clothing. There was background music and at the end, I appeared camera on speaking more about the brand. When my videographer friend approached

This was said in a condescending tone as if to put me in my place, like I should have on a recording known better. This person further went on to let me know that they could spare some time and 'help' me by editing the video for

me.

me with the idea, I immediately started thinking of all the angles I could take with the video, it being a first for the brand. In the days leading

in control of what I wanted us to achieve from make-up, to poses to the script. So when it finally 'came out' I was very happy and proud of what we had achieved. Now, normally, I do not feel comfortable watching myself let alone showing other people. It is a strange feeling watching oneself on a video. I can't help but criticize what I see. For the first time, I didn't experience this with the video we created. I watched it and saw that I had said exactly what I wanted to say. So I was free and at ease

while sharing this particular video. I sent it to people on whatsapp, individually and on groups I'm part of. I shared it on facebook and on instagram. I showed all my colleagues **By Linda Muthamia**

at work and all my neighbours. I even shared it with an ex. An 'in your face' sort of moment there.

People reacted very warmly to what I shared. I got friends and family congratulating me, some saying they were encouraged by my journey and others asked me, and are still asking to buy the products. Amidst all the applause and acknowledgement were a couple of comments that were of a different tone. I had one person specifically point out that I had repeated myself a couple of times in the video and that this was not professional. This was said in a condescending tone as if to put me in my place, like I should have known better. This person further went on to let me know that they could spare some time and 'help' me by editing the video for me. I decline the supposed 'help' and let them know that I was okay with repeating myself in

the video since I was having an authentic conversation... you know, like a normal human being who may repeat themselves every now and then.

That got me off my, 'well done', high and got me thinking about this person whose first reaction was to pick out the 4 seconds of the video which they didn't like and not see or acknowledge the other 116 seconds of it that were totally awesome. How easy it is to give opinions and judgements about other people and what they do with their money or time especially if they do something we think is unnecessary. Celebrities have thick skin, truly. The skin of a rhino is what they really need. While we do this critical analysis on other people, it is with the same ease that we do it to ourselves. How easy it is to

look at the 2 ripe pimples and the beard that hasn't grown yet and not pay attention to the beautiful eyes that may be staring back. When you look at a mirror, do you actually see yourself, or do you see parts that you do not like? It is in the same way that we are critical of our own achievements. Most times, we do not even consider them as achievements. We see them as one more thing we have done and move on to the next one. Which brings me to the question; why are we so mean to ourselves?

A friend of mine recently taught me that I could celebrate every goal I achieve. Whether small or big, I could celebrate, give myself a pat on the back and go to the next thing. I like this idea very much and I have planned a visit to a fancy spa that I am yet to identify as a reward for completing a project I am working on.

Whenever we are thinking of ourselves as not good enough, pretty enough, bright enough, funny enough, anything enough then we become

our own enemies.

Be gracious to yourself. Be kind. Be nice. Just like we prefer people to treat us by acknowledging our effort, feelings and thoughts, we could afford ourselves the same courtesy and consideration. This is not to say that we must not continuously look at ourselves to see what we can do better. No, this is not about that. This is about being gracious and loving to ourselves, speaking to ourselves as our own biggest fans, having a positive internal dialogue. If we don't do that for ourselves, then our cups will run empty because validation from other people will never be enough. After all we spend all day with ourselves and at night when we go to bed, there we are. MIKITAN

> Be gracious to yourself. Be kind. Be nice.





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SOUND OF SILENCE:

ello darkness my old friend...' If you were born during the hippie wave or you consider yourself an old soul (or Simon and Garfunkel is just your piece of pie!), then this phrase rings a bell to you.

Besides being a smash hit after its re-release and topping the Billboard in January 1966 (geek alert), the song and its lyrics opened up a whole reality for everyone who took the time to listen beyond the catchy folk bop. The song basically has a seemingly dark and sombre edge to it and, if you listen to the ver-

sion put out by Disturbed... well, that will take you to a whole new height.

In the lyrics, Paul Simon talks dream of а h e or vision that once received and how he was deeply moved by it. He talks of people glued to their technological aides and 'neon lights'. People talking without speaking. People hearing without listening. Now, this sounds like the typical stuff our folks tell us, "You're always on your phone or computer." Right? Except this was

Are we still singing the same song today? If Simon and Garfunkel were to re-write the hit today, will much change in the lyrics? Don't get me wrong, I can't put my phone down much unless it involves pork ribs or a good burger, so this is hardly a lecture! Yet it's still a stark reality, facing each and every one of us in our daily lives. Our deepest conversations are held on social media, most of our interactions are online; we love, hate, disap-

prove and judge each other... all online. Life is now just a big high school, except it's on the internet!

News breaking that an 'influencer' or celebrity here or there has been busted 'chasing clout' online is no longer new; everyone is chasing it anyway. We're all dying to be something that other people can admire or envy. And it's very much our human nature. But does it set us back into singing the same song? A song about a people engrossed in the virtual world?

I am anything but naive; I know the direction we're



written a good fifty years ago.

By Aloo J. Obala

headed towards makes us very techno-dependent and taking an hour's break offline could literally mean that you've missed out on the opportunity of a lifetime. However, opportunities are only that for prepared minds. Minds that know when and how to unplug and take time to focus on themselves. All the business people and moguls that we all look up to have admitted that, in one way or another, they do take serious time to unplug. They read a book, exercise, meditate ... or all of them, at least once a day. People who have the employment of hundreds in their hands and who drive economies: they all take breaks. And so should you.

Take your time today. Go on YouTube, plug in your earpieces and listen to the jam. Listen to the words, understand them and take them in. If you're more audiovisual, hunt down the version by Disturbed. If you like vocal embellishments, check out the Pentatonix cover. Whatever way you do it, listen and ask yourself if the same song will still apply today. And if it will apply to you.

MONEY! MONEY!

MONEY!

FLAT INFOGRAPHIC SET

his is perhaps the one thing that dominates today's culture.

We wake up very early in the morning, and sleep in the wee hours of the night, and in between, we are busy looking for money with the hopes that our efforts will yield some fruit.

A sea of books has been written about it. Songs have been sung about it, such as "Rafiki Pesa", "No Romance Without Finance," and "Salary Oh." It has been highlighted in countless parables, documentaries, and other publications.

Lives have been changed by

money, whether for better or worse. We have seen people rescued from the clutches of poverty through the generous giving of others. Sadly, we have also seen many kill in the name of the shilling.

We cannot ignore the fact that money is an integral part of our lives. Doing so would be foolish and ignorant, but coming to terms with it and having a healthy perspective towards money will lead us to employ right practices in personal financial management.

Allow me to take a trip down memory lane.

Do you remember how it was sitting for an exam? I remember one of the biggest blunders

By MJ Kariuki

that I made while writing my first composition. The first few paragraphs were meticulously written, in crisp handwriting. However, the handwriting changed considerably towards the end, and was a complete mess. Why?

> When I started writing, I thought I had all the time in the world, but as reality slowly set in, it became clearer and clearer that time was extremely limited.

We do the very same thing with money: we easily waste money, especially when we are young because we believe that we still have time to redeem ourselves later in life.

However, we end up play-

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Photo

ing catch up and can end up making

many wrong and dubious choices.

That's the first principle about money: Begin to implement good practices **NOW!**

As you begin, you may start small but believe big, and steadily work towards huge goals.

Perhaps you may only be able to save Kes.200 a month, but you desire to scale it up to Kes.2,000, maybe even Kes.5,000. Do not despise that small start. Begin from where you are, and with time and discipline, you will get to where you want to be.

I have already alluded to discipline as another key principle. Allow me to pair this with consistency. It is said that those who are successful in life have mastered the art of doing steadily something over and over again. One practical step that I took some time back was to save just Kes.20 a day. I took an empty jam jar, and every day before I left the house, I made sure that I opened my small jar, put in that 20 bob, and fastened the jar shut. One may wonder, "20 bob, seriously??" But if you do the Math, that Kes.20 becomes 140 a week, 600 a month and 7,300 a year. If you are given Kes.7,300 at the end of the year, what would you do with it? Perhaps revamp your school or work wardrobe, buy some household items, replace your phone, or even take your family for a holiday. The point I am driving home is that if you remain consistent in your financial practices, then the Swahili proverb will prove true to you, "Haba na haba hujaza kibaba."

As you consistently save, identify diverse avenues that you use; don't put all your eggs in one basket. Save some money with the bank so that it is readily available to you, should emergencies arise. Get into a Chama or Sacco that will challenge you to save regularly, as well as provide you a reliable loan facility when you want to pursue a project, or even when things get thick, yet you need a temporary buffer when your savings aren't sufficient.

Saving is just the first step. You need to invest. Grow your money every day. Some people are good with business, some in trading shares, and others in service delivery. You need to be honest with yourself and choose an investment avenue that suites your financial ability, your set goals, and your risk appetite. One of the problems that we struggle with is investing

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somewhere simply because others are doing the same. Clearly understand the investment channel that you want to adopt before you start. One last thing to note is that you need to choose an investment channel with returns that surpass the annual inflation rate, which is currently at around 4.7%. Otherwise your investment is either stagnating you, or even taking you steps back financially.

The final principle that I wish to highlight today is the most important. Have God at the center of your finances. We can easily get lost in the perspective that our money is OUR money, while the truth is that it all belongs to God. Psalm 24:1 reminds us that, "The earth and everything in it belongs to God." Being fully aware of this reality will enable you to have a healthy perspective of, and relationship with, money. You will manage money wisely as a steward, and be free from greed as you hold on to money very loosely, because it does not master you. Then the most rewarding thing will happen: you will see money not as simply a way of advancing yourself, but a tool in your hands that God can use to bless this world through wise and generous giving.

Start now. Start where you are. Stay consistent. Save and invest. And remember, it's not just about you!

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MAMAFITNESS Kenya

By Nancy Chiuri

he 21st century has come with its fair share of challenges. Technology has literally taken over. People are no longer using horse drawn carriages, donkeys and many other traditional modes of mobility that require an intense amount of energy.





Rather, we heavily rely on automobiles and other machines which have become part and parcel of our daily lives.

But at what cost?

Lifestyle diseases! More and more cases of diabetes, cardiovascular diseases like high blood pressure and stroke are being recorded even amongst the youth population. Due to over-indulgence in alcohol, smoking, unhealthy diets and lack of physical activity. Field events are recording low attendance as years go by since the youth opt to indulge in other games, video games! We do this at the comfort of our homes whilst munch-

ing on Burgers, fries and throwing alcohol down the hatch. It's a busy world, time and money are of the essence, and both body and mind are stretched to the limit as we run the 8am-5pm rat race and struggle to make ends meet. We are so preoccupied we forget the old adage, all work and no play makes jack a dull boy.

A lot of time is spent in our cars and offices. The unutilized calories may come with health implications especially for those wearing the 'white collar'. It is quintessential to adopt a sound fitness plan but due to many a factors like time limitations, a FUNCTIONAL fitness regime comes in handy due to it being convenient (at the comfort of your home) and cost effective. Yes, why buy gym weights when your own body can be used as weight?

Functional fitness comes in 2 general forms.

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Cardiovascular and calisthenics. Cardiovascular exercises include all those exercises that work your respiratory. Such as rope skipping, dancing and jogging. Calisthenics are all those exercises that involve strengthening your muscles and bones, using only your bodyweight. Planks, pressups, chin ups, squats fall into this category.

Cardiovascular exercises keep blood sugar and pressure in check, detoxify and cleanse the skin, improve blood circulation and microcirculation. A research done on Japanese centenarians concluded that efficient microcirculation was the Pandora's Box to longevity.

Calisthenic exercises increase core strength, bone density and improves posture.

For those fortunate enough to have gardens or open roof tops, you may set-up hanging bars, (you can find some useful YouTube tutorial videos on how to do this). Those with limited living space can use furniture, door frames and verandahs to train on calisthenics. The list of exercises is exhaustive; find what works for you and begin slowly as you grow your personal core strength. It is not about how much you can do but how well you can do it, it's really a trade-off. Quantity shouldn't surpass quality.

For beginners, 4 days per week is sound. 2 days of cardio and 2 days for calisthenics.

Split the regime to make it work for you. For example; Monday-Cardio, Tuesday-rest, Wednesday-Calisthenics, Thursday-Rest, Friday-Cardio, Saturday-Calisthenics. You may come up with what's convenient for you.

Functional fitness is all about mind over matter, listen to both body and mind, if not in the mood don't push yourself, you risk getting injured and losing your gains all together. Consult a nutritionist to determine specific diet needs.



DISNEP LION KING

watching a movie (with children). Did you know that Rowan Atkinson aka Mr. Bean originally voiced Zazu, Mufasa's Uptight hornbill secretary who doubled up as Simba's Nanny.

Compared to the original 1994 movie, the 2019 Lion King was rich in scenery. However, for the progress made in the cinematography, alot was taken out in its ability to fully connect with the sad situation Simba was in. I cried as a child watching Simba shouting desperately for help down in the gorge as Mufasa lay dead and felt chills as Scar told 'me' to run and never come back... this time, Hollywood, something was missing. Nevertheless, the movie is worth your time and money.



JABIDII IS ARGUABLY one of the most played gospel artists in the +254 with his relatable jams, phenominal dances and downright catchy anthems that make it irresistible for anyone who truly understands Kenya not to dance to them. From 'Shoot Satan' to 'Mbwayaga'. Jabidii's songs have been well received and successfully depict the life of the average youth living within most towns in Kenya.

The artist has a new release called 'Dididing' (Sina Ubaya) and yes, its a catchy track with some common Kenyan Onomatopoeia. The song's audio is produced by Danville Hitbox and directed by Dantey.

Jabidii is testament to the vast creativity that young Kenyans possess. His best received track so far has been Odi dance that gained international acclaim with the Kenya 7s rugby team dancing to it while on a circuit. Having been raised from a humble background, Jabidii is a constant encouragement to young people to keep giving their best to what they love and that makes their society a better place.

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Entertainment



THE LION KING is a classic. First released in 1994, the movie has been a favorite for children and parents for decades due its clean content and clear lessons. The story is full of slapstick humour, cuddly innocence, cruel betrayal, intrigue, critical life lessons and the kind of ending we all want to see when







UNSTOPPABLE

By Fiyozable Faith

very Kardashian fan wants the life of Kellie Jenner. At 21, she has created a lipstick brand named "In With the New." The young

entrepreneur inherited her wealth; she is an executive with her own employees. Who wouldn't want to be the boss in their early twen- own "In With ties? You do not have to be as successful as Jenner but you can attain the level of fulfillment you require as

you grow into greatness. Here are some indispensable attributes;

Build a high sense of self 1.

You like to live within the current fashion styles and trends. Well, it helps in the elevation of self-esteem. The set adolescent standards are unachievable; your parents are not as wealthy as the Kardashians and you do not have the "Love Yourself" artist's level of fame. Even worse, you may not be a celeb in your school.

You can make your life smooth by looking at your capabilities. Is your strength in sports, studies, music or fashion? Focus on your areas of effectiveness, pride in them, and seek to go all out to attain mastery. That way, you create a strong sense of your individuality.

Become assertive 2.

With the many audacious youth activities happening, it's easy to become overwhelmed by your inadequacies.

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You require assertiveness to recognize that you cannot thrive in everything. Be proud of your abilities and celebrate other people's artistry and

Your desire talents. 3. Be to have your in charge of yourself Think the New" is about that one activity valid. you did your

> best in; what did it entail? When you notice what

you want, you will identify how to work towards achieving your goals, and you will. Taking charge is being active to do what makes you the most fulfilled even when you are not the 'baddest'.

Be empathetic

As you rise into your most potent version, do not forget that every other young person is searching for a similar elevation. You need to show care and seek to discern other youth interests for positive relationships. By understanding others, you learn to understand vourself better.

Your desire to have your own "In With the New" is valid. However, do not let what you cannot have decide your worth. Instead, look into yourself to uncover your identity. Such a comprehension will build up your self-awareness.

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CREATE INSPIR



TO BE ORNOT TO BE

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e all love stories that have happy endings. We cherish the moment the superhero swoops in and saves the day. Hold your horses though. Remember, Rome took ages to build its empire as it took time to forge its will by conquering all the neighboring cities. That ruthless aggression must be envied by all who yearn to be the best.

A great man once said that success is the continuous improvement of the previous goals but not a onetime affair. It frustrates me each day that the one-time affair has gotten into our best player's mindset for one season. Yes, just one season, this happened to be our worst in recent years. Better known as the dab master, Pogba incredibly achieved double figures in all sectors not to mention his 1st time in his entire career to score 13 goals in a season.

Seemingly, such feats do note that there lies a bright future for the lad as he is approaching the peak of his career. However, it is known through history that great leaders find problems and fix them rather than escape to well-established facilities to thrive. Some few greats such as Cristiano, Ronaldinho aka Gaucho, Kaka, and Messi among others never allowed a season to get into their heads but instead stood up and yearned for more come the following season.

Such Personal discipline is

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By Kizangla

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yet to be familiar with players such as Balotelli, Neymar, and Pogba, sadly enough. Let's give credit where it's due, these young players harbor remarkable talent but lack the mindset to learn

from their predecessors and most importantly the patience to let time transform them to the invincible players they deserve to be.

> The term so near yet so far applies adequately in this scenario. Our good friends ought to learn from their elders

who should serve as their mentors that patience and hard work pays. Judging by the recent performance, such players should have spent their holidays working hard and building from where the team left off rather than enjoying the holiday. Let me end this article by stating; "TALENT MAY TAKE YOU FAR, BUT HARD WORK WILL GRANT YOU A LEGACY".



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