

2 MyNetWork



PULSE OF THE STREET

Five visionary photographers whose job is to freeze urban life through their skills speak about their trade P.4&5

MyNetWork Show Biz



Elizabeth Ngigi

Review

Podcast review

Out The Booth, a weekly Kenyan music podcast, is dedicated to exploring, showcasing, and uncovering the finest in Kenyan music. Beyond just playing tracks, the podcast delves into

ongoing matters within the entertainment industry and features select picks from artists across Africa. Hosted by Eugene, each episode delves into the background of a particular artist. The latest instalment shines the spot-

light on Kenya's hip-hop artiste, Khaligraph Jones. With over 15 years in the industry, Khaligraph has left an indelible mark, elevating hip-hop to commercial heights and serving as a voice of reason among artists.

Hotspot



Join us on the July 20 for an extraordinary event as we crown four queens: Miss Earth Kenya 2024, Miss Air Kenya 2024, Miss Water Kenya 2024, and Miss Fire Kenya 2024. The esteemed titleholder of Miss Earth Kenya 2024 will proudly represent Kenya in the renowned Miss Earth 2024, one of the world's top three Beauty Pageants. The event kicks off at 2pm with a showcase of sustainability products, followed by the red carpet coronation event at 5pm. For those attending, the dress code is elegant attire complemented by a repurposed, recycled, or upcycled piece, reflecting our commitment to sustainability.

VERA SIDIKA

T5

In the kingdom of celebrity conspiracy and societal fascination, few names command attention quite like Vera Sidika. Renowned as a Kenyan socialite and entrepreneur, Vera's journey from humble beginnings to high-profile status has been nothing short of captivating. Known for her unapologetic attitude, glamorous lifestyle and fearless demeanour, Vera's every move is criticised and celebrated in equal measure by her legion of fans and critics. She is currently starring in the second season of *The Real Housewives of Nairobi* reality show. In this interview, she speaks about her achievements, setbacks, and the challenges of navigating public life in the digital age

1 Having been in the limelight for more than a decade, what would you consider your greatest achievement so far?

I have done a lot that most people can relate to but being a mum is the greatest of them all. It's very special, especially being a mum to a boy and a girl. It is very exciting since I get to experience both sides. I love watching my children grow. I spend most of my time with them. I love taking care of them and I plan to give them the best life. And, I am not getting any more children. I need a break so that I can also enjoy life and do other things. If I ever add more children, it will be probably six or seven years from now.

2 Looking back at your pre-celeb life, in what ways do you feel the digital space has changed?

I became famous after the local music scene embraced the video vixen culture. I was the talk of the town when I appeared on P-Unit's *You Guy* video in 2012 because of my curves and confident demeanour. In 2014, I also appeared on rapper Prezzo's video for the track *My Gal*, where I also took command of the video. Since then, I have continued to rise, and I believe I've become a role model for many.

For anyone who wants to become a socialite, my advice is, go for it. However, you must understand that it comes naturally and you can't force it. I did not choose to be famous, people made me famous when I showcased my skills publicly. Make sure you are natural. The world is too big and there is a place for everybody. I have been famous for over a decade so I know what I'm talking about. I have paved the way for all of them. Understand that social media is not kind so have a tough skin and have fun.

3 Why did you close your salon business?

I did it in 2022 but I did not speak about it. The closure had nothing to do with me going bankrupt. It was because I moved back to Nairobi and I was involved in other things. I spent more time in Nairobi so it was hard to focus on a business when I was away.

You know, if something is not working, you don't have to force it. Also, running a business is not easy. Even successful people have failed in business. There is nothing to be shy about a business not doing well. It doesn't mean that you are broke or that your life will not go on. You close it, open another one and life goes on, just a little less stressfully. Sometimes people hold on to things and they end up crashing.

4 What should your fans expect from Season Two of TRHoN?

It is spicy, exciting and amazing. I feel like I got a bit wild this season since I am single, and there is also a bit of drama. Also, at some point, it will get emotional. My fans will also see another side of me as a mother of two. My son (Ice Brown) is also in this season and I love it. Being single is very good for me. Marriage was boring and there were things I could not do in Season One because my ex-husband (Brown Mauzo) was around. In Season Two, I am doing it with a lot of authenticity. I am also not pregnant like I was in Season One and that means I was able to do all the activities.

5 Are your frequent travels attributed to your new relationship with a foreign partner?

Hahaha, I travel a lot because I get a lot of international gigs. This is exciting as I also like going on vacations abroad. I have not been visiting the boring countries. I have gone to all the fun countries where there is life and parties. I have been to over 30 states in the US. I am almost finishing the whole of America. Travelling is fun and super exciting and I can't wait for my children to grow up so that I can travel with them.

About my partner, I don't want any commitment at the moment. I just want to have fun so the person I am with is not there for a serious relationship. I'm single because I don't want it to be serious... niko 50/50 one leg in, one leg out. I also don't want him to be committed to me. He is Nigerian.

The Hustler



Safara out for blood after a sonar swindle

BY MIKE SAFARA

My plan for today had been to spend the entire day at the Baraza Media Lab, relaxing by watching the premieres of 19 short movies at the Solutions Film Festival, sponsored by the Skoll Foundation, and presented by 'Docubox' that is headed by the legendary film director and founder, Judith Kibinge.

Instead, I was hot on the heels of some city swindlers, whom I am determined to see put behind bars if they do not do the right thing by The Safara. But I am getting ahead of my tale today.

Let's roll back the clock many years back to when I was in Kenyatta University taking my undergraduate degree.

There was this dude, Dan Odhiambo, who ran the printing shop.

So we meet up end of April 2024, in the middle of all my hassling, and Dan tells me he works for 'Albat and Lari Solutions,' a procurement firm on Gitanga Road.

He has a deal for me. "Can you supply us with Sonar PR, an aquatic herbicide?"

"I can supply solar flares if there is a profit in it, Odhis," I chuckled. "Why can't you do it yourself, Dan?"

"Can't!" Odhiambo shrugged. "Conflict of interest."

Which is how I found myself at the offices of Albat and Lari, admiring the smart apartments of Gitanga Close, vowing to live in such a place myself some-

day soon. "Kusota na kuteseka ni kwa madamu," I said.

Meeting a man called Martin Opondo, he formally took note of my Expression of Interest to supply the Sonar herbicide, and a lady called Susan was at hand with the Local Purchase Order (LPO).

They agreed I bring a sample to their offices ASAP for approval first.

No sooner had I called Dan Odhiambo when the meeting with Susan and Opondo was done, and he had yet another useful tip.

"Go to Comet Mall," Dan advised. "You will find a Sonar sample there."

I did, and after paying Sh20,000 for the sample litres, I was on my way with it to the Albat & Lari offices, where Susan and Opondo took it.

A short while later, the email came through – the Hustler had been cleared to supply 1,000 litres of the aquatic herbicide. If I did not have the capacity (money) to do so all in one lot, I could bring it in batches.

"Mr Li," I called my Chinese connection, "I need the 500KI deposited with you."

"You longer no *ini-let* in investment in Safara Mass Colour company?"

"I need to double that dough if I'm to make your million by end month."

"Be *care fill* out there *mai-koi*," the Chinese mall mandarin warned me.

"I know where they work," I chuckled to him. "If they try to pull a fast one, you send your men to promote them all to higher glory, okay sir?"

Then Dan Odhiambo popped up, as a friend, with one more Ace card.

I can supply solar flares if there is a profit in it, Odhis. But I am curious, why can't you do it yourself, Dan?"

Mike Safara



"I know a wholesaler of Sonar called Onesmus Mbaku Kimanzi," he told me. "He can supply the stuff at Sh17,000 instead of Sh20,000 per litre."

I quickly did the math – that would leave me with Sh75,000 from the half a million shillings that tycoon Li Zhang had returned to my bank account. Half the 'blood money' that had been in the light blue duffel bag when my cousin Safari got washed away in those April flash floods.

That would pay my 25K flat rent, another 25K would be Neo's fees (hopefully softening Laura's heart too) and the remaining 25,000 bob carry me daily

through May. Meanwhile, on April 30, via Mpesa, I sent Sh100,000 for 25 per cent of the 100 litres to the wholesaler Onesmus M Kimanzi, with the till number reflecting as 'Danada Merchants.'

The following day, after pressure from Dan Odhiambo (who said I would be paid ASAP after Labour Day), I deposited another Sh325,000 into the bank account of Danada Merchants.

Thursday, May 2, I am calling Onesmus Mbaka Kimanzi.

"We finished our chemical supplies at our Industrial Area warehouse," he told me. "In fact we are on the way to collect more from Namanga."

"Who's we?" I asked. "Me and Dan," Onesmus Kimanzi replied.

And that is when it hit me – 'Danada Merchants' was of course DAN Odhiambo. He was in cahoots with this so-called wholesaler Onesmus.

And 'Albat & Lari' were in all probability a scam.

How could I have been so trusting of a chap I last saw in KU years ago?

I took the case to Central Police Station, and one of the investigators quickly confirmed after a trace that while my 'wholesaler' had claimed they had spent the night in Namanga, the location was really Roysambu.

To add insult to injury, after I tried to reverse the transaction, Onesmus actually called me to ask WHY I was trying to reverse the transaction.

Then to compound it all, I get an email from Albat & Lari 'confirming' they received the 100 litres of Sonar, but would only pay when I supplied them with all 250 litres. That is why the 'Safara's' seeing red today!

If these swindlers don't refund the cheddar, then the DCI will have to go for the criminals – although I have also provided the *chinku* mandarin with names, numbers and addresses of these scammers, if necessary.

tonyadamske@gmail.com

Movie Review

HUMANE

Where: Amazon Prime, Apple TV

Genre: Horror, Fantasy

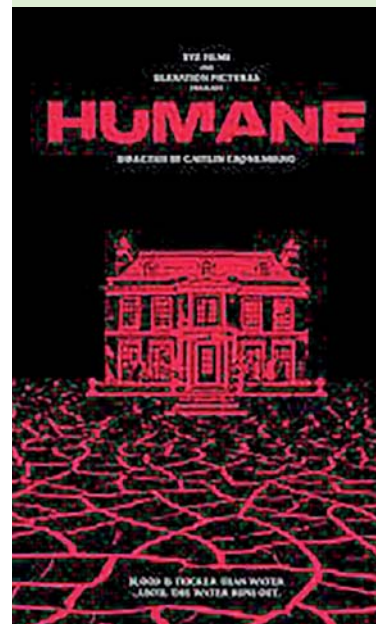
In the not-so-distant future, *Humane* paints a chilling picture of a world grappling with overpopulation and climate change. Directed by Caitlin Cronenberg, the film thrusts us into a dystopian reality where state-sanctioned euthanasia is the controversial solution to ecological collapse. The narrative centers around the York family, led by former news anchor Charles (Peter Gallagher), who must confront the harrowing decision of who will sacrifice their life for the greater good. The tension escalates when Charles and his wife volunteer for euthanasia, only for a twist of fate to force their children to choose among themselves.

Cronenberg's debut feature is a searing domestic thriller that explores the depths of familial bonds and moral dilemmas. The film's strength lies in its ability to provoke thought, presenting a scenario that is as terrifying as it is believable. The performances are compelling, particularly Jay Baruchel's portrayal of Jared, a media figure who profits from the world's misery. His character embodies the film's critique of media sensationalism and the commodification of tragedy.

Visually, *Humane* opts for a stark and minimalist approach, which, while effective in creating a sense of claustrophobia, has been criticised for its flatness. The film's micro approach to a macro crisis ultimately falls short, failing to fully engage the audience with the characters' plight.

Overall, this is an ambitious film that tackles relevant social issues with a unique premise. While it may not deliver on all fronts, it remains a thought-provoking piece that reflects our times' anxieties and challenges. It's a commendable effort for Cronenberg's first feature, leaving us to ponder the value of life and the choices we make in the face of global adversity.

By Michael Ochieng



Through the lens: Intrigue



Dennis Oiche Rayori is a photographer and videographer at Kaka-Shots.



Felix Onyango owns Felz Shots Photography, and is a media and communication student at Egerton University.

In the hustle and bustle of the city, where ambition collides with disappointment, there exists a group of silent observers – street photographers. This is a generation of young people who, armed with amateur equipment and towering determination, set up their cameras in various Nairobi streets ready to freeze urban life through their skills. We explore their motivations and creative processes as they talk about the legacy they seek to leave

BY MICHAEL OCHIENG

Dennis Rayori, 25 Kakashots Photography

I am a student at the University of Nairobi pursuing a degree in environmental and biosystems engineering, but my dream is to build a career in music and theatre.

I started KAKASHOTS photography in 2020 at the height of the coronavirus pandemic as a company that offered graphics design services, but in the process, I learnt a lot about photography and videography.

Initially, my main motive for diving into photography was to create content. My very first video, which I produced without spending much money, received positive feedback from my social media followers. That encouraged me and fueled my passion for photography, and eventually, I turned it into a source of income.

After the coronavirus pandemic, my interest in photography blossomed. As an artist, I decided to start doing my own projects. Armed with determination, I turned to YouTube for guidance. I learned how to set up a camera, record footage, and edit it. My first video received positive response from viewers, and this marked the beginning of my photography journey.

In my trade, I prioritise speed and

unique colours. I like vibrant hues and use various techniques to set my work apart. Above all, I strive for client satisfaction by delivering both speed and quality.

As a videographer and photographer, my work begins on set. I visualise the desired outcome and focus on specific images. In every shoot, I choose props that yield the best results with minimal post-processing work. This approach ensures that I provide excellent services to each client without compromising on quality.

One thing that fascinates me about working in Nairobi city is the vibrant scenery of the streets. It is an experience unique to Nairobi, and I appreciate the city's beauty. Recently, a Tanzanian friend who was visiting for the first time marveled at Nairobi's aesthetics, and this reinforced my desire to capture its full essence through photography.

Despite challenges like weather and security concerns, street photography thrives here.

I earn about Sh60,000 from my hustle, which is not enough to cater for all my needs. I charge between Sh300 and Sh2,000 per photo depending on the package a client chooses.

I see about five clients a day and work six days a week from Tuesday to Sunday. I normally set up my camera along Muindi Mbingu Street. On

the streets, I approach clients who have nice outfits or those with creative and unique tastes and interest them in my services.

To thrive as a street photographer, you must have the right type of lenses. You have to consider the subject of your photos.

While at work, I often plan a photograph's composition before I snap. However, if someone requests a photo with the entire building in the background, we do that during the post-editing process where we also remove unwanted individuals from the frame to maintain privacy. Many dislike being photographed without their consent, and it is also illegal to do that, so before taking a photo on the streets, we approach the subject politely and ask for permission. Most agree, and their happiness becomes our joy.

Thankfully, in Nairobi and many towns in Kenya, street photographers like me are free to do their jobs and put their talent to use. I like that through quality images, we help preserve our clients' memories. It is a profession that indeed empowers young people.

Felix Onyango, 21 Felz shots Photography

I am a student at Egerton Univer-

sity pursuing a Bachelor's degree in communication and mass media. My dream is to become a journalist. To me, photography is about more than capturing memories. Photography is my passion, and it is a skill I have honed alongside my media studies.

It's all about storytelling, and I find it effortless to express myself through photography. Cameras have my heart, I can't explain why. With a year of photography experience, my greatest challenge is affording the lenses I need. For now, I'm using the basic ones where I have fun zooming in and playing with exposure.

Capturing high-quality photos begins with understanding your camera. Cameras offer various settings. The resolution, measured in pixels, affects image size. When exporting images for editing, consider the software's requirements. Some software sometimes automatically adjusts images, depending on settings.

Personally, I lean toward Lightroom because it allows me to focus on any subject, whether a person or an object.

Third-party photography apps have revolutionised the way we capture moments. Consider connecting your camera to your phone wirelessly... the AI (Artificial intelligence) makes it seamless. It's like having a knowledgeable companion behind the lens, ensuring optimal results.

I charge Sh100 for edited photos and Sh50 for non-edited photos.

I can't say how much I earn on average because at times I don't get clients. Because I have to go to school, I don't do this on full-time basis. I don't have specific days considered for working, but I always avail myself when I am not burdened with schoolwork. I move from place to place. While on school holiday I set base in Kisumu, while the rest of the

time I am in Nakuru.

Ultimately, my goal is to keep growing as a photographer, to continue exploring the world through my lens, and to share meaningful images that resonate with viewers. Whether that's primarily through street photography or branching out into other genres down the line, I'll let my passion and creative instincts guide me. Journalism is what excites me most.

Irene Kimosop, 26 I.K Pixel Studios

I graduated with a Diploma in Project Management from Kenya Institute of Project Management (KIPM) in year 2019. Initially my dream was to be a journalist, but I am still happy being a photographer.

With two years of experience, I've majored in capturing and editing images that tell compelling stories.

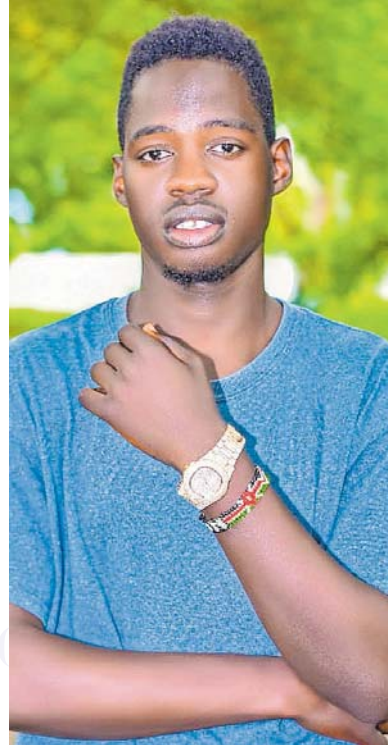
Each day brings new learning opportunities, and I always strive for creativity. I got training in editing from a professional photographer, Mr K Conlon in 2022, although I relied more on my passion and the skills I learned on the job.

I focused on refining my editing skills, and used the skills I had learned as a former model to create impactful images.

I enjoy outdoor shoots, and portrait photography because of its ability to capture the essence of a person's character and emotions. I work alongside a talented team of makeup artists and hairstylists. It's about teamwork, drawing inspiration from others, and having a keen eye for details. It's not just about capturing moments but also crafting them through meticulous editing.

Understanding your subjects is key. Even if their vision differs from yours, adapt and find common

es of street photography



Reagan Ochieng, the founder of Stavi Arts Photography, is taking a course in Education Geography at the University of Eldoret.



Mwiti Victor Lee is the founder of Bleep Creations Photography in Nairobi. ALL PHOTO/POOL

Reagan Ochieng, 24 Stavi Arts Photography

I am a final year student at the University of Eldoret pursuing a Bachelor of Arts degree in Education, but my passion is in photography and videography.

I have been in this business for four years, and my expertise lies in editing, camera setting, and picture retouching. My tools include the camera itself, a sturdy stand, a speedlight for controlling light, and a softbox which modifies the quality of light.

As an outdoor photographer, I focus on capturing natural scenes, and I rely on Photoshop for editing.

To ensure a successful client experience, establishing a good rapport is crucial. Light-hearted humour can put clients at ease and encourage genuine smiles during shoots. Before starting my work, I spend time asking my client questions and getting to know them to make them comfortable.

If for any reason a client expresses dissatisfaction with my work and seeks a refund, I follow a systematic approach. First, I inquire about the specific issue. If it relates to lighting or other technical aspects, I address it promptly. If the concern can't be resolved through editing, I propose a re-shoot.

Balancing academic commit-

ments with my creative pursuits can be demanding, so to strike that equilibrium I deliberately schedule photo sessions on weekends. This allows me to focus on my studies during the week.

Mwiti Victor Lee, 23 Bleep Creations Photography

I'm a medical student at The University of Nairobi, pursuing Bachelor of Medicine and Bachelor of Surgery degrees. My dream career is to become a doctor, but passion led me to photography.

I initially experimented with a friend's camera, and gradually learned the ropes in my leisure time. Eventually, I bought my own equipment. I focus primarily on outdoor and street photography, as indoor clients are scarce.

My debut event was a dinner party for nurses held at Swiss Lenana Mount Hotel. The photos I captured exceeded my own expectations. Even though it was my first time to take professional photos, the results spoke volumes. Seeing people genuinely happy with my work fueled my passion.

In street photography, I often receive requests from clients to capture their portraits. I scout for suitable locations, often around the central business district (CBD) or other outdoor spots. However, not all cli-

ents are pleasant. Some doubt the quality of my work. Also, approaching strangers to request them to take photos for a fee can be quite a daunting task.

When buying equipment, I consider the lighting of my main locations and the environment. Considering power sources to keep the equipment fully charged and having the right lenses is highly important. For example, wide-angle lenses are best for outdoor shoots as they can capture expansive scenes. Narrow-angle lenses suit indoor settings. It's a delicate dance between vision and gear.

To successfully capture a client's natural expressions, I ensure they feel comfortable and at ease during the shoot. In the editing process, I aim to make the pictures stand out and leave a lasting impression on the client. I don't just go for ordinary snapshots. I also strive to maintain a natural aesthetic in my edits, and to capture emotions clearly.

How much I earn depends on the number of clients I get in a given duration. Just like any other business, there are high and low seasons. However, what I get is enough for my current lifestyle.

I charge Sh200 per photo and I work every day. To get new clients, I advertise my work on my social media accounts.

moochieng@ke.nationmedia.com

ground.

The toughest project I've ever handled was when I had to take up a wedding assignment at the last minute. The experience was both exhilarating and demanding, as there was little time to plan. I stepped in when their previous photographer fell through, so I was more of a backup.

Despite facing traffic delays on the very day and missing some vital equipment, I delivered my best work. The challenge I had was balancing the client's expectations. Originally it was supposed to be a five-hour shoot, but I had to extend my time as the client kept coming up with different requests throughout the day. It was difficult, but I had to deliver.

Navigating client requests and discerning genuine projects can be challenging. Sometimes, last-minute shoots or projects can come with unexpected twists. Imagine agreeing to an outdoor shoot, only to have the location change abruptly. I was once booked by two men for an out-

door shoot in an unfamiliar location. I was with a group of men and as we approached the location, I felt uncomfortable.

Being the only woman, without security, and with two unknown male clients leading me to a strange location, I knew I had to find a way out. Relying on my instincts, I waited for the perfect moment, took a motorbike and escaped from the questionable shoot. Ours is an unpredictable yet rewarding craft.

I earn Sh80,000 a month on average. I have different charges depending on the package a client picks. Wedding and birthday coverage ranges between Sh10,000 and Sh140,000 depending on a client's demands.

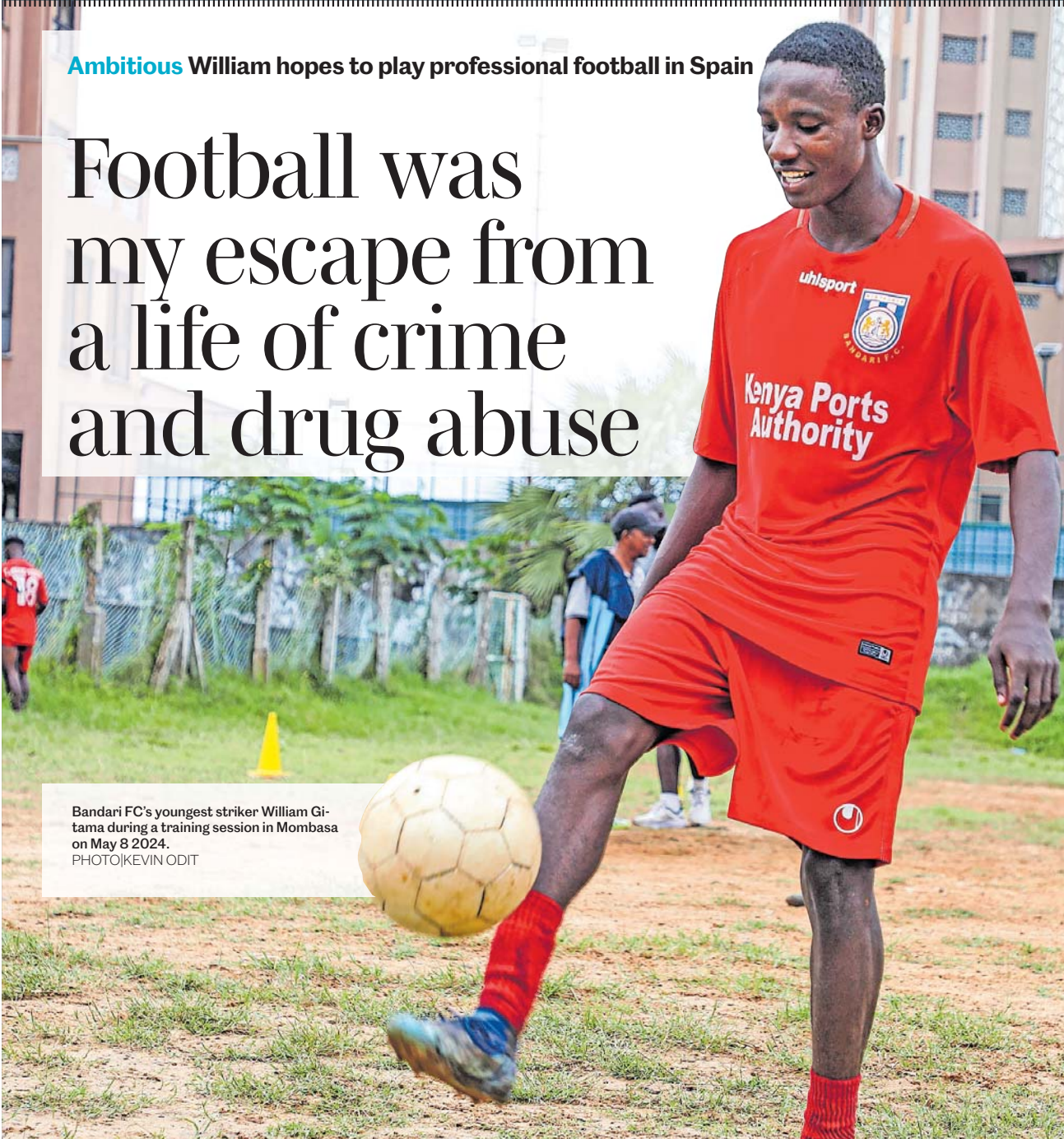
A photo costs Sh150 while an outdoor photo session costs a minimum of Sh7,000. I.K Pixel Studios is located in Tassia estate and I work every day except Tuesdays.

I use social media and referrals to get clients.

Irene Jeptoo Kimosop is a former model and a professional photographer. She works at I.K Pixel Studio in Tassia, Embakasi, Nairobi.

Ambitious William hopes to play professional football in Spain

Football was my escape from a life of crime and drug abuse



Bandari FC's youngest striker William Gitama during a training session in Mombasa on May 8 2024.
PHOTO|KEVIN ODIT

Many friends abandoned football at a young age to indulge in drugs, and some even fell victim to mob justice and died young,

William Gitama



jury that forced me out of action for three months. Coming from an injury and rising to top form was a huge blessing. The award came as a surprise. I just believed in myself and God. My dream is to play football in Europe, probable in Spain, a country that offers the best opportunities for football growth due to its modern facilities and the government's huge investment in the sport.

Was it always your dream to join the Bandari senior team?

Joining the Dockers was truly a dream come true. It wasn't an easy journey. I had to push myself hard on the pitch.

I was extremely anxious when I joined the senior team. I can vividly recall my debut game for Bandari. It was against Nzoia Sugar at our home ground in Mbaraki, a match we won 2-1. I was introduced in the final moments of the game. The unfamiliar pitch, the atmosphere, and the huge crowd were all new to me.

I am deeply thankful to my coach John Baraza who has consistently encouraged me. He told me to have faith in myself and to always give my all on the field whenever I am given the chance to play.

What activities do you engage in during your leisure time?

I enjoy playing Play Station (PS), a pastime that has significantly honed my football abilities.

What are your preferred dishes?

I love Swahili food such as chapati and coconut beans (*maharagwe ya nazi*), biryani, and pilau.

What advice would you give to aspiring young footballers?

Be you. Football is a lucrative profession, and I can attest to this as I am currently supporting my family through my earnings from the sport. Additionally, perseverance is key. I have witnessed some of my peers lose hope and abandon the sport due to challenging economic conditions yet they were very talented. Above all, maintain discipline and have faith in God.

totoarege3@gmail.com

Q&A

BY TOTO AREGE

William Gitama, 19, is a fast-rising striker. He won the Golden Boot in the Costa Daurada Cup tournament in Barcelona, Spain last month with the Talanta Hela Under-19 boys team after scoring three goals in five matches, which helped Kenya win the title.

Last year, Gitama's talent shone bright during the Chapa Dimba and Talanta Hela tournaments

where he was named the Most Valuable Player in the coastal region. Due to his impressive talent, he was admitted to top flight team Bandari FC.

Gitama grew up in Kisauni, Mombasa, an area that has consistently had a bad reputation for crime, drug abuse among youth and is home to teenage gangs.

How was your childhood?

I grew up in Kisauni, Mombasa, and that has been my home for nearly two decades. My education began at Fahari Primary School, followed by a brief stint at St Anthony Boys Kitale where I stayed for two years before I transferred to Serani Boys High School in Mombasa.

It was my exceptional performance in sports that earned me a coveted scholarship to St Anthony. I was scouted during the East Africa Primary School Games by coach Peter Mayoyo, who teaches Kiswahili at the school. During my time at St Anthony, I was honoured to receive a call-up to the national Under-17 team that played against Djibouti in a World Cup qualifier match played in Dar es Salaam in 2018 where we won 7-0.

I started playing football at the age of six and I have never looked back. I am grateful for the journey and the lessons it has taught me. I now know the importance of discipline and perseverance, and how to balance be-

tween the game and my studies. My parents and siblings have also been very supportive.

Now, as a Bandari FC player, I am working hard to contribute to the success of the club.

How was it growing up in Kisauni?

In my childhood, I witnessed many friends abandon football at a young age to indulge in drugs, and some even fell victim to mob justice and died young. Sadly, this was a common occurrence in my neighbourhood. I am grateful that my talents steered me away from such activities.

People often point to idleness as the reason young people in-

dulge in alcohol and drug abuse. They argue that an idle mind is the devil's workshop, and it is true. When young people find themselves with nothing to do, they may turn to drugs to alleviate boredom, seek excitement, or simply to pass the time. This pattern can hasten the path to addiction, as considerable time is spent on drug consumption. I am glad I found football to fill up my free time.

How did winning the Golden Boot award in Spain make you feel?

Last season, I scored seven goals in six league matches for the Bandari youth team, but unfortunately I got an ankle in-



THE TREND

WITH AMINA ABDI RABAR

FRIDAYS

8PM & 10PM

GOLV
entertaining africa
Channel 91

DSBv
Feel every moment
Channel 271

StarTimes
Channel 106

zuku
Channel 13

SIGnet
Available on Signet

ADN
Available NTV 1

www.ntvkenya.co.ke