

# 2 MyNetWork

## YOUNG AUTHORS WITH BIG DREAMS

What makes a great writer? What challenges should an aspiring author expect? Four published youngsters reflect on their journeys  
**P.4&5**



**Mindset** Let's begin viewing single mothers as worthy human beings, not 'spoiled goods'

# Destigmatise single motherhood

TINY LETTER

BY MARION JOY

A few years ago, I overheard two adults discussing the meteoric rise of a Kenyan woman. The madam had just been appointed to a top State office and was the talk of town. One of the adults noted that despite her accomplishments, she was a single mother and thus 'maneno yake hayako straight' (her life is not in order).

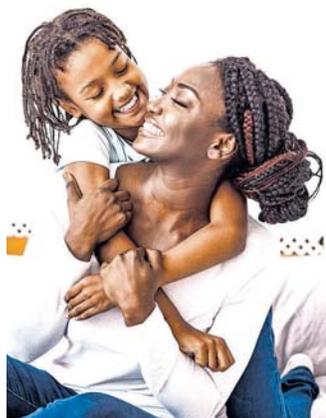
As I grow older, I keep hearing many such sentiments, and even worse ones, about single women. Once, I heard an acquaintance saying, "A single woman with a child(ren) is like land that has issues. Avoid it." Everyone laughed raucously and noted that the metaphor was not only hilarious, but accurate too.

The shaming of single mothers is so common that it has been normalised. Ironically, each year on May 2, many Kenyans celebrate Mothers' Day. I find it rather ironic because if

many Kenyans celebrate their mothers, then the stigma against single mothers should not be as prevalent. The reality is, there are many single mothers among us. The Kenya National Bureau of Statistics estimates that the number of households headed by single mothers was on the rise and as of 2019, it was at 40 per cent. You, dear reader, probably know of a single mother or two.

So today I ask, why do people take pride in denouncing someone who brought life to this world and is taking responsibility for it? Does this stigma happen deliberately or subconsciously? There are many reasons why women end up being single mothers, but why is society inclined to assume the worst and often moral scenario? Should mothers abandon their children when they discover they are going to be single mothers?

The unwillingness to want romantic associations with single parents is a matter of mere preference. Understandably, some people do



not want children, or they do not want to deal with the drama that sometimes comes with baby daddies and mamas. Good people, it is possible to prefer *sukumawiki* without trashing *managu*. I reckon that single motherhood is not a crown of thorns, nor is it a badge of honour. It is very difficult to raise a child alone and it is true that two hands are better than one. However, single motherhood is not a mark of failure and does not deserve the shame it attracts.

Dear society, reset your minds. Recognise the biases you have and begin viewing single mothers as worthy human beings, not 'spoiled goods.' To single mothers out there, keep going. We see you, and we appreciate you!

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Marion Joy is a final year student at Kabarak Law School

**Ask HR** Professional interviewers are trained to evaluate candidates fairly, regardless of the timing

## I have been invited for an interview as the last candidate, do I stand a chance?

**Bear in mind that it is not about when, but how well you present yourself during the interview that truly matters**

FRED GITUKU

I have been invited for an interview as the last candidate of a total of eight. My interview is at 5pm. Do I have a disadvantage knowing that interviewers will be tired at the end of the day? What can I do to enhance my chances?

Anticipating a job interview can be nerve-racking and learning that you are the last of eight candidates to be interviewed can introduce additional anxiety. It is natural to wonder if the interviewers will be drained by the time your turn arrives. However, the timing of your interview is merely one factor among many that can influence your chances of success. Focus on what you can do to enhance your prospects, aware that securing an interview opportunity is already an achievement. Undue attention to your disadvantage will undermine your confidence.

Professional interviewers are trained to evaluate candidates fairly, regardless of the timing, aware of the responsibility and importance of giving each candidate a fair evaluation. While fatigue may be a factor, it is unlikely to significantly hinder the ability to assess your candidature.

Firstly, prepare thoroughly. Research about the organisation, the role, the company culture, recent achievements, and challenges. This will demonstrate your in-

terest in the role. Aim to arrive early as this may help you to be composed when your interview starts. Show enthusiasm and energy when you enter the interview room. A positive attitude and a warm smile can be an asset.

Tell compelling stories that highlight your skills and experiences as this can make your responses more memorable. However, avoid rambling. Conciseness can help maintain the interviewers' interest, especially when they are fatigued. It will also help to prepare insightful questions that help you engage meaningfully with the interviewers.

Aim to demonstrate how you would uniquely bring value to the organisation. Focus on your accomplishments and how they align with the organisation's aspirations. Be adaptable in your responses, tailoring your answers to the interviewers' energy and engagement levels. If they seem tired, try injecting more energy into the conversation.

Bear in mind that it is not about when, but how well you present yourself during the interview that truly matters. To quote Mokokoma Mokhonoana, "A disadvantage is often a seed of an advantage." They may have unwittingly saved the best for last.

Fred is a HR practitioner  
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## Hustler's Ambition

# Safara plays 'gentleman' while hustling for Neo's school fees



BY MIKE SAFARA

Having come back from Mombasa after being robbed of my 90K by those rogue 'cops,' and having spent 30K in visa fees (and still not going to America), I realised after paying rent, and my October expenses – that I had only Sh270 000 left from the Sh432,000 I had at the start of the month (from my severance pay).

Panicky, I quickly put quarter a million into a six-month FDA at a local bank. *Afadhali* I stay with Sh20,000 as I look for cash, than squander the rest of the money on hustles that don't pan out.

I then called my ex-partner Lora, and asked if she would bring our boy Neo to a nearby mall on Mashujaa Day, just so I could hang out with him, maybe watch the Paw Patrol movie (he's five years old now)?

Instead, she showed up alone, and we went to one of those fancy (*expe*) coffee shops, where a tot of coffee is like 200 bob.

"Baba Neo," she said certainly, looking all posh in a funky blonde weave, "Here is the fee structure of Joyland, which Neo joins in January?" – and pushed a paper across with long, fake, differently coloured nails.

"Fifty *thao*?" I almost choked on my *kahawa*. "Babe, you know I lost my job..."

"I am only asking you to pay half," she said, "Otherwise I am the one housing, clothing and feeding your son."

"Can I at least see him once a weekend, *ka-sleep-over* like this, during these long holidays? I

promise I will find the 25K by start of January."

"Baba Neo, I will not let you have a joyride," she said, calling for the bill. "The day you *gimme* the 25K half fees is the day you can begin seeing Neo, *sawa*?"

And with a flourish, she settled the tab and swept out of the swanky coffee bar, leaving me with the fee structure in my hands, hurt in my heart, and a slight headache.

The next day, Saturday, I visited a friend called Gituse in Mathare. Apparently, they had a tree planting project with some Swedes, 'they' being a trio of a very slim tall chap called 'Fat Joe,' and a stout barrel of a woman called Vera.

"We have to plant before El Niño comes," Gituse said.

"*Hakuna El Nino ina kujia*," I informed him. "That was a corruption hoax."

I then found out they had a budget of 150K for the project, Sh60,000 of which was to buy wheelbarrows, jembes, mattocks and buckets.

A bright idea lit up my hustler's mind.

"Gituse, instead of buying all those things, why don't I just lease them to you? It will be much cheaper for you."

"But we have already told the donors we are buying them," said Vera.

"*Kwani* we are farmers?" Fat Joe chimed in. "We can just brand them, when they visit they see them, then we return them to Mike, *ama*?"

And that is exactly what we did on Sunday at the tree planting

**Gituse, instead of buying all those things, why don't I just lease them to you? It will be much cheaper for you,**

Mike Safara



with the Swiss, me having leased the wheelbarrows and other tools from a chap called Tosha in Ngong, for a total of ten thousand including branding and transport, thus saving the Mathare trio 25K as I took 35K from them.

On Monday evening, after I had returned everything to Tosha in Ngong, and paid him his ten thousand, he insisted we go celebrate at a popular club on Ngong road.

"I don't have cash," I warned him, immediately *mpesaing* Lora (Mama Neo) the 25K I had just made as a middleman, and getting a short shocked 'thanks' text now that I had gotten the half fee in three days!

"No worries!" Tosha said, so we went to the popular pub on his

account.

Just after we had sat down, I saw him approach three ladies, who seemed to be in their 30s, in shimmering dresses, and charm them.

Then he returned to our table, and ordered a 5K whiskey for us, and a 5K wine bottle for the ladies.

"I see you are spending the 10K I gave you on wine, women and song." Tosha just winked at me.

Three hours later, with our bottle almost done, he asked me to go wait for him outside, as he made a call. "Go. Now," he snarled urgently. I did.

Three minutes later, he comes almost running out of the club, still on phone. "Our Bolt is here," he almost screamed. "*Twende saa hii!* I have stuck the bill with those womens."

Shaking my head as he jumped into the cab, I went back into the club, and straight to the ladies' table.

"Phew," said one with short hair, a long attractive face and bedroom eyes. "Anna here was just saying you've left and stuck us with your bill."

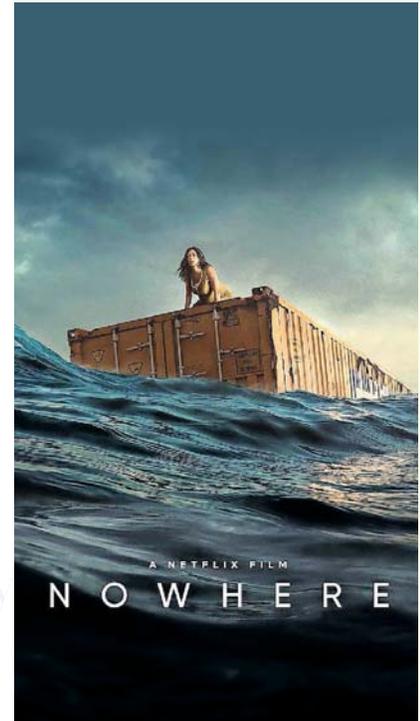
"My friend is a terrible man," I said. "I am sorry, I will just pay for our whiskey, as I have only Sh6,000 on my MPesa right now. *Pole sana*."

"Ahhh," said Anna, smiling. "The last gentleman left in Nairobi city."

"Send it to my number," said the lovely long-faced lass, looking at me meaningfully. "You will see the name Cecilia Friday."

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## MOVIE REVIEW



BY MICHAEL OCHIENG

## NOWHERE

Where: Netflix  
Genre: Survival Thriller

*Nowhere* is a 2023 Netflix film that tells the story of a pregnant woman who tries to escape from a dystopian Spain where the government is killing children, women, and the elderly. The film is based on an original story by Indiana Lita, directed by Albert Pintó. The film is a survival thriller that focuses on the woman's struggle to stay alive and protect her newborn baby after she gets trapped in a cargo container that falls into the ocean with a runtime of 107 minutes.

The film stars Anna Castillo as Mia, the protagonist, and Tamar Novas as Nico, her husband who gets separated from her during their escape attempt. *Nowhere* explores the themes of survival, motherhood, guilt, and hope in a bleak and hostile environment. The film shows how Mia uses her ingenuity, courage, and love to overcome the challenges she faces, such as giving birth alone, fishing for food, treating her wounds, and coping with her hallucinations. The film also shows how Mia deals with the loss of her first child, Uma, who was taken away by the military, and the uncertainty of her husband's fate.

This film may appeal to fans of survival thrillers and dystopian dramas. It offers a gripping and emotional journey of a woman who refuses to give up on her life and her child. The film also raises questions about the value of human life and the consequences of totalitarian regimes. The film is not for the faint-hearted, as it contains scenes of violence, blood, and gore.

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# Writing journey: The struggles and triumphs of young authors

Gone are the days when publishers were king. Today, there is a wide array of options open to writers. Authors whose manuscripts get rejected by publishers no longer have to abandon their passion

BY WINNIE ONYANDO

In a world brimming with diverse voices and untold stories, four young authors stand out, each on a unique literary odyssey.

Their pens are their weapons of choice, and their powerful words have the potential to transform hearts and minds. Despite the challenges they have faced, be it battling writer's block, self-doubt, or navigating the complexities of life's commitments, these authors have persevered.

This is a tale of young authors who are pushing boundaries, defying the odds, and leaving their mark in the realm of literature.

## Alex Livingstone, 24, Teacher at St Rita Girls High School

My days are often consumed by lessons and the laughter of my students. Yet, beneath the surface of this everyday life lies a captivating journey into the world of literature—a journey that has transformed me from a teacher into an author.

My literary odyssey begins with *Simu ya Ajabu na Hadithi Nyingine*, an anthology that I co-edited with the talented Brian Oigara. The anthology paints a vivid tapestry of tales that stir the imagination and provoke thought. It was a labour of love, and it marked my entry into the world of publishing.

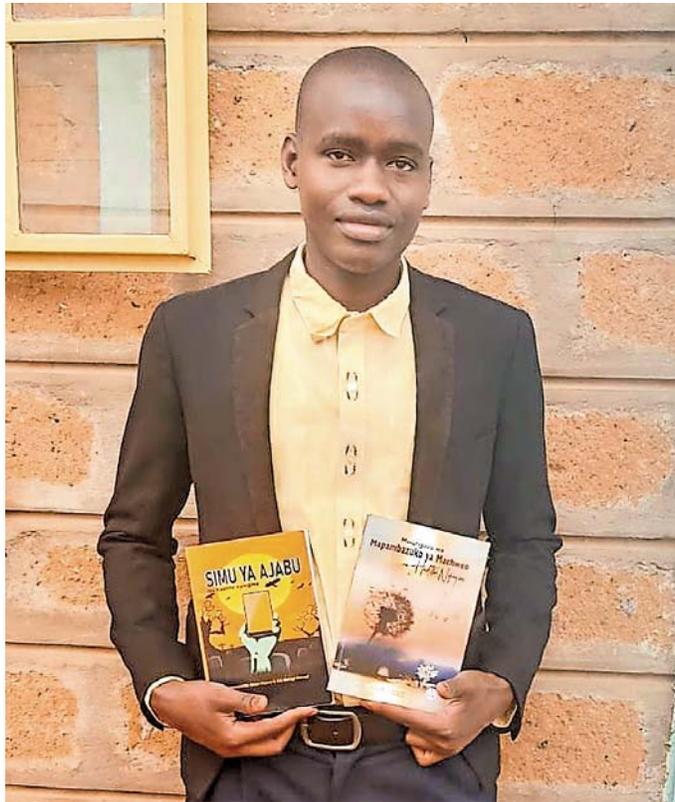
Alongside this anthology, I penned guides for two renowned set texts: *Chochi la Heri* and *Mapambazuko ya Machweo na Hadithi Nyingine*. These literary works allowed me to delve deeper into the world of storytelling, dissecting the intricate layers of narrative and character development.

However, writing is not without its challenges. The craft demands time, unwavering commitment, and the elusive flow of creativity. Writing itself can be a solitary endeavor, and managing the constancy of the creative process proved to be a daunting task.

Self-doubt, a constant companion of many writers, made its presence known during my high school days when I was just starting. I questioned whether my words held value, whether my stories were worth sharing with the world. But, as time flowed and as accolades began to grace my work, I found the courage to silence the whispers of self-doubt.

Balancing the demanding role of a teacher with my passion for writing was yet another challenge. Time is a precious commodity, and I learned that to create it, one must be resourceful. I seized every available moment, whether it was during the hushed evening hours before sleep or the fleeting breaks from my daily routine. The page became my canvas, and my thoughts flowed like ink, shaping stories that begged to be told.

My literary influences are a constellation of brilliant minds. Among them, the prestigious Ken Walibora, Abdilatif Abdalla, Said A. Mo-



Alex Livingstone Maingi Ndongi carrying some of his publications. PHOTOPOOL

ammed, Euphrase Kezilahabi, and Kithaka wa Mberia stand as guiding stars. Their works have not only informed my writing style but have also awakened thematic concerns that continue to resonate within my narratives.

Often, I would commence a project only to feel lost in the maze of my imagination and abandon it. Yet, during one such endeavor, a short story idea began to unfold. But as I approached the conclusion, I found myself lacking a satisfactory ending. Instead of despairing, I allowed my thoughts to wander, and soon, the short story had morphed into a thrilling novel.

In the world of publishing, I encountered delays, unresponsive publishers, and challenges that tested my resolve. Yet, through it all, I learned that patience and persistence are the twin pillars that uphold a writer's dreams. How you face obstacles defines your story. The essence of my books is to inspire, guide, and encourage.

They also provide an escape, transporting readers to the realms of fantasy and wonder. My journey as a writer is far from over. In the quiet recesses of my mind, numerous projects beckon, including a prominent novel titled *Kivuli cha Muwendazake*.

This enchanting tale marries the realms of fantasy with the stark realities of life, inviting

readers to embark on an unforgettable journey. To maintain motivation, I set deadlines, seize every writing opportunity, and expand my knowledge through voracious reading. Observing human behavior, drawing inspiration from music and movies—all these facets fuel the creative fire within.

I have no specific rituals for entering the writing zone, the words simply flow as I surrender to the creative muse. In my writing, I explore a myriad of themes, from crime and justice to politics, love triangles, religion, family dynamics, conflict, and the enigmatic mysteries that define life.

My trusted resources include literary works, book reviews, newspapers, and current events, all of which enrich my understanding of the craft. For those who wish to delve deeper into my literary world, my books are accessible through direct contact with me. You can also find me on Facebook under the name Alex Livingstone.

For young authors who aspire to follow a similar path, I offer these words of wisdom: Writing is a journey that demands commitment and patience. It is a path best navigated with soft steps, one word at a time. Write not solely for a career but to convey your message—the career will find its way to you.

Writing is a journey that demands commitment and patience. It is a path best navigated with soft steps, one word at a time

Alex Livingstone

Antynet Ford, 25  
Journalist

My debut book, *Uncertainty of Love*, has recently been published, marking a significant milestone in my writing career. My journey into the world of writing began in 2017, a year that left me feeling isolated and lonely. Aged just 18, I sought solace in writing, using a simple exercise book to pour out my thoughts whenever I found myself alone at my uncle's house in Webuye, Bungoma County, where I was residing after completing high school.

It was during this time that I started working on my autobiography. As I progressed to college, my writing took a backseat, and my emotions began to accumulate. It was not until 2021 that I felt an overwhelming urge to write again, this time with the intention of crafting a book and seeing it through to publication. My book is a deeply personal narrative of my quest to find true love, even as I struggled with self-love.

It delves into my experiences, relationship trials, lessons learned, and my aspirations for marriage, all while highlighting the glimmer of hope that persisted through the chaos. My inspiration to write this book was born from my own struggles to heal from heartbreak and the mistakes I made in subsequent relationships due to my unspoken pain.

I battled depression in silence, without anyone to confide in, and writing became my therapeutic outlet. The writing process was not without its challenges, and one of the most daunting moments occurred when I experienced a mental breakdown. I was at a loss, unsure of where to go, what to write, or whom to turn to. The weight of relationship issues compounded with the recollection of past struggles weighed heavily on me. Seeking professional help from a counseling psychologist did not immediately alleviate my distress, and I spent days in tears.

It was not until the end of 2022 that I mustered the strength to regain control of my life. In the beginning of 2023, I resumed writing, fueled by a renewed sense of purpose and during a lengthy hiatus from relationships. Self-doubt plagued me during the writing process. I questioned whether I should lay bare my struggles for the world to see.

As a reserved individual, I feared the judgments and conclusions others might draw from my story. Yet, I overcame this self-



Antyнет Ford is the author of *Uncertainty of Love*. PHOTOPOOL

doubt by sharing my writing journey on my WhatsApp status, opening up to friends, and letting them know that I was writing a book. Their encouraging responses gave me the courage to press on.

Juggling the responsibilities of work and writing demanded discipline and time management. When I started writing *Uncertainty of Love* in 2022, I was not certain if I would even complete it. I often found myself typing in the early hours of the morning, from 1am to 4am, for the first five chapters.

Fatigue would sometimes set in, but the therapeutic relief I found in writing propelled me forward. During lunch breaks at work, I would dedicate time to pen a few pages. On weekends, when solitude provided the ideal writing environment, I maximised every available moment.

My literary influences include Mark Manson, particularly his books *The Subtle Art of Not Giving a F\*\*k* and *Who Will Cry When You Die?* by Robin Sharma guided me to reassess my priorities, focus on what truly matters, and reevaluate societal pressures. These books have illuminated my path, encouraging me to open up in my own writing.

My style has been influenced by a desire to reveal a side of myself that others may not know. To fellow young writers, my advice is simple: Keep pushing forward and allocate time to write, even if it is just a paragraph. Once you have completed your work, seek a reputable book publisher to help you publish and print your book. Avoid shortcuts, put in the effort, and follow the proper channels.

### Ijeiza Halima Kimani, 27 Freelance editor and author

I believe that literature is a reflection of our surroundings, and my Kiswahili children's books are a testament to this. I have been part of *Kito cha Ushairi, Siri Kali na Hadithi Nyingine, Harufu ya Jehanamu na Hadithi Nyingine* and *Bakora ya Ushirikina na Hadithi Nyingine*.

My stories not only teach Swahili but also encourage young learners to engage with their communities and the world around them. The most formidable adversary I faced was the notorious writer's block.

It often struck when my mind was flooded with a deluge of ideas, creating a mental gridlock. To overcome this, I learned to create brief summaries of my intended content, acting as a guiding compass to keep me on track. Like many young writers, self-doubt loomed on my creative horizon.

The possibility of ever being published was a daunting mountain to climb. Balancing writing with other life commitments was another uphill battle. Ideas had a knack for surfacing late at night, disrupting my sleep. To manage this, I devised a system of jotting down key points when inspiration struck.

Digital tools such as laptop and smartphone further aided my writing, as I could type on my phone or write in the early morning before work. Also, setting daily word count targets helped me build discipline. I found my literary influences and favorite authors in Adam Shafi and Kenga Mumbo, who guided me in understanding the best language style for different target audiences.

My writing journey even includes a memorable anecdote when a story idea struck in the middle of a power outage, compelling me to stay awake until dawn to capture it in writing. While I faced rejections and numerous back-and-forths with editors, I self-published my books through a network of friends and referrals. My writing carries the message that life presents challenges, but how we confront them defines us. It is also good to note that being a young author has positively impacted my personal and professional life, allowing me to collaborate with other authors and grow in the publishing sector.

Staying motivated and productive during the writing process involves being open-minded, belief in oneself, and having the right support system. However, I would not say that I have specific rituals for getting into the writing zone. I simply develop an idea into a story and then into a book.

My books are available through various publishers, and I am open to engage with readers and fellow writers. Check out the Cadbury Home Grown Stories link. My support network, including family, friends, and mentors, has also played a crucial role in my writing journey, especially in the areas of self-publishing and marketing.

My passion lies in exploring themes related to youth empowerment and family in my writing, successfully balancing creativity with practicality. To aspiring young writers, my advice is simple: Never give up. The journey is challenging, but the results are worth it.

### Justus Ngode, 30 A teacher

My book, *Mastering the Treasure of Singleness* is all about helping young people discover the concealed treasures within singleness. It aims to shed light on the fact that being single is not a mere waiting period but a time to dis-



Halima Ijeiza is the author of *Bakora ya Ushirikina*. PHOTOPOOL

cover your life's purpose. I believe that we are designed to find our true calling before entering a committed relationship like marriage.

The book also guides on how to disconnect from non-purposive relationships. One of my most significant challenges was starting without the right equipment. I did not even have a laptop or desktop when I began writing. But ideas and thoughts kept flowing, and that is when I realised that resources follow the vision. I had to buy a hardcover A4 and a pen to start my writing journey, believing that I would acquire the necessary devices along the way.

Yes, there was a moment when I doubted whether I could gather enough content for a serious book, as I did not want it to be just a booklet. To overcome this self-doubt, I turned to prayer and extensive reading of relevant books. I prayed for divine revelation because I understood that I was sharing a message with the world, and that is how my doubts gradually faded. It took me six years to complete the writing process, including editing, and I published it in the seventh year. I began writing while I was in my fourth year of university, so I had classes to attend and other responsibilities, like being a leader in the Christian Union.

Most of the book was written after I had graduated and was working. I made the most of my holidays to focus on writing. I draw inspiration from authors like Dr. Myles Munroe, Bishop Dag Heward Mills, Bishop Dr. David Oyedepo, and Papa Kenneth Hagin. Their works have greatly influenced my writing style and helped me develop the art of writing.

If you are passionate about writing, just

### It took me six years to complete the writing process, including editing, and I published it in the seventh year

Justus Ngode

### Staying motivated during the writing process requires open-mindedness, self-belief and a support system

Halima



start. The publisher became more than just a professional connection. He became a source of encouragement, constantly reaching out with scriptures to keep my spirits up because I was concerned about finances.

It was more than a traditional publisher-author relationship. It was like having a brother who was a fellow minister of the gospel. Thankfully, I did not encounter any significant challenges or rejections during the publishing process.

My publisher reviewed the book and gave it a clean bill of health. I hope readers will realise that the stage of singlehood can be a time for growth, maturity, and the discovery of one's purpose. It is an opportunity to build character and make informed choices before entering into a marriage.

Writing is certainly my passion, and I intend to continue. My next project is on the horizon: *Maximising your potential*. Being a young author has shifted my perspective on life. I have become a role model and a point of reference for others. People look up to me, and I need to live up to the standards I have written about in my book.

As an author, I am now a symbol of what I have spoken about, and I have to maintain that image in my life and ministry. Daily prayer and reading the Word of God, along with other relevant books, were my pillars for staying motivated and gaining fresh inspiration. These practices were instrumental in helping me stay on course. I am currently working on an event with a friend that will include a book signing.

The details are still coming together. My publisher is the primary source for obtaining copies of my book. I am active on social media platforms like Facebook, Twitter, YouTube, Instagram, Telegram, and WhatsApp as Justus Bin Ngode.

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Justus Ngode is the author of *Mastering the Art of Singleness*. PHOTOPOOL

## MyNetWork Pitchside

**Multi-talented** Macharia also plays chess, and music instruments including the violin and saxophone

# Worth a shot: Macharia's Olympic dream

**Macharia Ndegwa learnt about archery while in primary school through a newspaper article. He currently trains under Kenyan Olympian Shehzana Anwar**



Macharia Ndegwa in training at Strathmore University, Nairobi. PHOTOS: LUCY WANJIRU

## In Brief

BY GEOFFREY ANENE

➤ Macharia Ndegwa started exploring archery back in 2015 while he was in primary school.

➤ The 17-year-old learnt about the sport through a newspaper article. His mother wanted him to get something interesting to do during the weekend, and he chose archery.

➤ As the only child in his family, Macharia says it is sometimes hard to train because he has nobody to compete with.

➤ Apart from archery, Macharia has a number of swimming gala wins and podiums to his name. He is an active chess player under Lighthouse Chess Club, and also plays a couple of musical instruments.

### What challenges have you encountered in this sport?

Archery is expensive, and that is why it is not so popular. A full recurve set (equipment consisting of the bow and arrow) costs between Sh145,000 and Sh400,000. You can hire bows for training purposes, but that will cost you Sh500 per day. I have 12 arrows and I can't afford to break any of them. The other challenge is how to maintain focus even when you lack motivation, or when you are injured, or when you fail to hit your targets. But you have to keep at it.

### Kenya competed in archery at the Olympics in 1996, 2000 and 2016, but recorded average performances. How far do you plan to go with this sport?

I would love to represent Kenya in the Olympics. That would be a great honour. So far, I have participated in one qualifier for the national team, but didn't make it. I'm training hard so I can get better. To compete at the Olympics, I would need more advanced equipment and more intense training schedules. I'm going to do the best I can to reach my goal.

### How easy or difficult is it to be a professional archer?

It is difficult, for a number of reasons. First, you have to be consistent no matter what. You need to devel-

op sound shooting skills and display them every time you shoot. Also, there are very few locations where one can actually train. I only know of one permanent shooting range at Strathmore University, although there is a temporary range at Aga Khan Sports Club. If you do not live near any of these venues, training can be a huge challenge.

### Has archery changed your life in any way?

This sport makes me think more clearly about what I am doing, and to make sure I'm doing it right. Because I focus so much on being in my best form every time I shoot, I am able to quickly spot mistakes in my personal life and make amends.

### Who do you consider the greatest archer, and why?

Kenyan Kuki Anwar (Shehzana), who was the Kenyan flag bearer at the 2016 Summer Olympics. She is extremely selfless. She gives this sport her all, and is always ready to mentor beginners. She is also great shooting. I learn a lot from watching her train. She is the creme de la creme of archery in my books. I met her through her Instagram page and I am honoured to be training under her.

### What has been your highlight and lowlight in archery?

My best moments are those times

when I hit 9's and 10's throughout the day. I love those days. However, I get disappointed when I break my arrows. There are days when I break two within 20 minutes. This can be devastating. When I break arrows due to careless mistakes or due to bad luck, I struggle to regain confidence.

### How do you juggle studies and archery at Strathmore University?

My studies are not that much of a hindrance to my training. If anything, I usually rush out to the range to refresh my mind before I go and revise, or even before I go home. I enjoy shooting, and find that it is a good way to renew my energy.

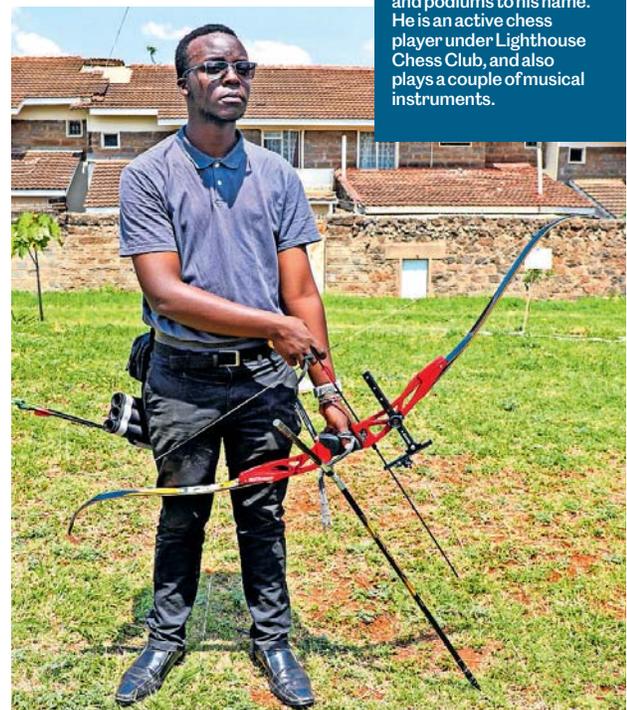
### What does your family think about your pursuit of archery?

My mother is extremely keen on my success. She is my biggest supporter. Archer is a bit foreign to them, but they like to watch me compete and also get excited to hear about the progress I'm making, which gives me a good confidence boost.

### Apart from archery, what else do you do?

I play chess, and a couple of music instruments including the descant, alto, tenor recorder, and violin and alto saxophone.

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# GUMZO LA SATO

JIUNGE NAYE LOFTY MATAMBO, FRIDAH MWAKA NA KADZO NDHUNDHI

# KILA JUMAMOSI

6:00PM

TUJADILIANE JUU YA MASWALA YA KIJAMII

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Channel 91

**DStv**  
Feel every moment  
Channel 271

**StarTimes**  
Channel 106

**zuku**  
Channel 13

**SIGnet**  
Available on Signet

**ADN**  
Available NTV 1

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