

2 MyNetWork

NO MORE NEW YEAR RESOLUTIONS!



Three young adults say why they are saying no to New Year's resolutions – and yes to something better... **P.4&5**



ALSO INSIDE:

TAKE 5 Hellen Njeri's 17 years of marriage to activist Boniface Mwangi. **P.2**

CAREERS How do I deal with the awareness that I might be past my peak? **P.3**

PITCHSIDE Student, policeman, sprinter: The many faces of Dan Kiviasi **P.6**

Podcast Review

Buliba's Haven

<https://open.spotify.com/show/5nOss-CpGpkX3Fm6uknUbRa?si=BBRf-gazcTmSBU2rZq5OR-vw&nd=1&dl-si=cc4942c0407f4d7a>

Buliba's Haven is a remarkable podcast hosted by the talented Grace Buliba G. As a journalist, poet, creative writer, and voice-over artist, Buliba G utilises her artistic skills to bring positive change within her community, embodying the slogan "Art at Heart" as she believes that art is life.

Buliba G says she found her calling after years of admiring news anchors and radio hosts. Inspired by her love for poetry and public speaking, Buliba G studied journalism and mass communication, and started the podcast in February 2022.

In it she addresses issues affecting youth and teenagers, covering topics ranging from relationships and adult life to work and personal struggles. Each episode revolves around a specific theme that Buliba G passionately explores before recording. In 2023, Buliba G's dedication to her craft took a new turn as she joined a podcasting academy initiated by Aki-li Dada, where she honed her storytelling, editing, recording, and distribution skills.

Hotspot

Sip & Chat Hangout Extravaganza!

Mark your calendar for an electrifying night of connections, laughter, and meaningful conversations on January 13, 2024. The hangout will take place at Rabuko Bistro in The Mall, Westlands from 7.30 pm to 1am. Dive into thought-provoking discussions, where we'll be blending speed dating with refreshing drinks, groovy music, dance, and engaging board games. Trendy Debate Motion: Should couples have separate finances? Get ready to share your views and engage in a lively exchange of ideas! This event is not just another hangout, it is an opportunity to meet new people, socialise, and challenge your perspective in a relaxed and entertaining atmosphere. Don't miss out on this unforgettable evening of connections, entertainment, and intellectual discourse. Tickets are going for Sh1,200.

MyNetWork ShowBiz Elizabeth Ngigi E2

Hellen Njeri Mwangi, wife of renowned politician and activist Boniface Mwangi, has shared details into her life, marriage, parenting, and the challenges of navigating a digital world. Speaking in this exclusive interview, Njeri shared her views and understanding of Boniface Mwangi's activism, saying she only worries for his safety. The mother of three shared her reservations about vying for office in a society she views as being irreparably divided along tribal lines, emphasising the importance of issue-based politics and integrity. Njeri also talked about her academic background, having studied public relations and mass communication. She currently runs Pawa-254, an art space for creatives

1 Your children are growing up real fast, what's your experience with parenting in the Digital Age?

It has been a journey. It's more like I need to parent myself all over again even though I am now a parent myself.

They boldly ask questions, some of which I don't anticipate at all. I find it challenging to provide guidance on certain matters. You need to be totally honest and admit when you don't have all the answers, and you also have to encourage them to come to you, the parent, with any queries they may have.

While I was growing up, I don't recall discussing many topics with my mother. This prompted me to find ways of creating an environment where my children feel comfortable discussing anything with me. Striking a balance between being a friend and an authoritative figure is crucial. They must recognise that, above all, I am their parent. That's a very delicate balance.

Being very strict with children can sometimes backfire, as they are bound to seek alternative information elsewhere without your knowledge.

2 You recently celebrated 17 years in marriage, how has the journey been?

It's been filled with challenges, just like any other relationship. I hesitate to label ours as entirely unique. Eventually, it boils down to two individuals. Disagreements are inevitable, sacrifices have to be made by both parties. What has proven effective for us is the art of compromise and the ability to agree to disagree while recognising that we are still united. During moments of heated arguments, it may feel like we're on opposite sides, and the words exchanged may not reflect unity. However, it is crucial to hold on to the awareness that deep down, we are on the same team.

In marriage, there are instances where one may contribute 10 per cent, and the other gives 90 per cent. The key is finding a harmonious middle ground, aiming for a balanced 50-50 where neither person feels overwhelmed. Learning to give each other space and offering unwavering support is essen-

tial.

Taking individual time alone is also crucial, but you also have to incorporate your spouse and children into that time, bearing in mind that each member of the family is unique, and with distinct needs.

3 So, are you raising your children differently from how your parents raised you?

I feel like our parents had an easier time, but on the other hand, every generation has its challenges. Back then, information mostly came from church and school. Things were a lot more controlled than they are right now. My children can track me on their phone and know exactly how far I am. They can decide to switch off their location and when I call, they can lie about it. Sometimes it is very hard to be ahead of your children, but you need to trust them and let them know that they can ask you about anything. That is key.

4 Tell us about some of your toughest moments in marriage...

When he ran for office in 2017, that was very hard, as was living apart for nine months. These two circumstances presented significant challenges to our family, and our children didn't understand what was happening.

5 Do you enjoy being married to an activist, and would you vie for political office?

I am just a wife who is never caught by surprise with what he does because we mostly do these things together. I am only surprised by what he would say, but not what he is doing and I think that is because I almost always know why he is doing it. I just always hope that he comes home safe.

I would never run for office. In a different dispensation, if people were more about issue-based politics, maybe I would. Our society is so divided along tribal lines. It is a beautiful thing but it has been weaponised and we follow popular people without caring about our integrity and justice, or the records of the persons we elect. I don't want to ever find myself standing beside questionable people.

T5
Njeri
Mwangi

Hellen Njeri and activist Boniface Mwangi. PHOTO: POOL

How do I deal with the awareness that I might be past my peak?

BY FRED GITUKU

Is there really a phenomenon such as a peak season in one's career? I am an MD of a local branch of a multinational. How do I deal with the awareness that I might be past my peak as I approach retirement?

The trajectory of a career often resembles a sine curve, with highs and lows that, for some, culminate in a discernible peak season. Such a peak is often characterised by optimal performance, recognition, personal influence and perhaps a heightened sense of fulfilment. The concept of a career "peak" can however be misleading as it may carry connotations of a static pinnacle when, in reality, individuals can evolve, adapt, and redefine success over time. The concept of a peak season is therefore nuanced and subjective.

Further along the contours of time comes the contemplation of an inevitable descent from one's career summit, particularly as retirement dawns. Depending on the field of activity, sports for instance, one's career apex may coincide with a particular age or experience level. Some careers may exhibit clear peaks, while others may follow more gradual or fluid trajectories.

Grappling with the awareness of decline can be daunting. It can be laden with introspection, anxiety, a sense of loss or even regret for some individuals. This juncture however presents an opportunity for renaissance, which calls for a recalibration of expectations and reframing of personal reality. Rather than viewing one's descent as a decline, it could be construed as a shift into different realms, including mentorship.

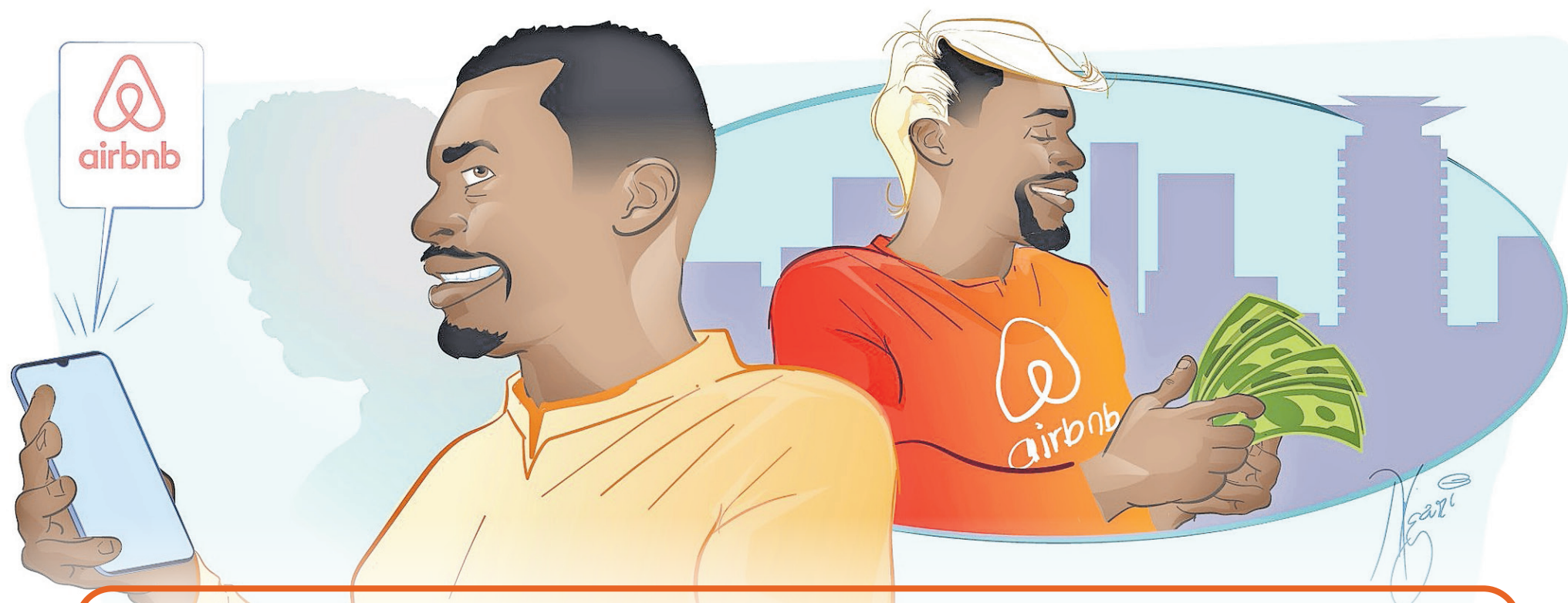
Finding ways to impart the wisdom acquired over the years to nascent talent can lend meaning to the twilight of one's career.

To assuage the onslaught of withdrawal symptoms following the delirium of an illustrious career peak, one could consider some questions: What does life as it is now mean for me? What could I do with what I have become?

Cultivating awareness and adaptability can help to ensure that one's descent is not a precipitous fall but a metamorphosis consistent with the arc of life. In the end, we are on stage only for a while. To borrow from a discourse in an episode of *The Crown*: 'For though we wish our splendour to be everlasting, no thing must remain of what is passed'.

Fred is a HR practitioner

After an eventful holiday season, Safara starts a business, but as soon as he picks his first 3k, all hell breaks loose



Safara gets into AirBnB business

The period between Boxing Day and the New Year turned out to be a fantastic one for me.

I managed to sell the entire stock of toys and other children's merchandise in that one week, so that Tuesday January 2, found me depositing a cool 250K in my bank account.

"Quarter a million bob," I smiled as I held up the banking slip. "My account, after starving for so long, must be bursting at the belly inside that bank."

But now that I actually had money, I was immediately confronted by the hustler's dilemma – how do I make more of it?

The toy business is out, now that it is January.

I briefly toyed with the idea of getting into the text book business when I passed Savannis and saw the queue of parents spilling out into the pavement.

But this stationery idea remained stationary – I had no idea where one gets books cheap, which books, or where to set up and sell them.

It was only when I was *mpesaing* my 20K rent the following day that the idea hit me.

Why not start an AirBnB in this Nairobi?

By that Thursday, I had signed a lease for an apartment in South B for 35K rent and 35K deposit. At the start of the year, by the way, there are plenty of vacant houses and flats in this city. I suppose it has something to do with the New Year – fresh start in a new place, all of that babble – so I snapped up the place fast.

Come Friday, thanks to online purchasing, I had set it up with a 50-inch TV, furniture and carpet for Sh70,000, got a bed, mattress and duvet (from the *fundi* and second hand, who goes peeking beneath the sheets?), and a mini-fridge and kitchen appliances from Zhao Li's mall on credit, now that we were the best of new pals.

My account was back to reading near 'E' on its fuel gauge, but my hustler heart was happy.

If I rented out the apartment as an Air-

BnB for Sh3,000 daily on Fridays, Saturdays and Sundays, that basically covered the rent, and I could always find somewhere cheap to stay on weekends, while living like a king on weekdays.

With the rent I was saving, and a little extra, plus household items credit from Mr Li, I could soon open a second AirBnB, and maybe in five years, I would be the Trump of AirBnB in Nairobi.

So on Saturday evening, when a couple checked into my new business parlor, I was over the moon as I took that first three *thao*.

My reverie was interrupted six hours later by a phone call (as I watched the FA Cup game between Chelsea FC and Preston at the local pub) by a phone call from my first client.

"Come quickly," he said, his voice shaking. "Something terrible has happened here."

All the breath rushed out of me as he hung up.

"O Lord!" I prayed, "Please don't tell me the bastard has slain the woman he

came with in my house!" I thought of calling the cops to come with me, but decided to check out the situation first, for myself, before involving law enforcement.

With knees quaking, I caught a *boda* to the apartment building, and for extra measure, took the caretaker up the elevator with me to the flat.

Still half naked, Phillip (the client's name on MPesa) opened the door upon our ringing the bell.

He wasn't blood-splattered, as I half expected, neither could I see a body in the living room.

His voice still shaking, Phillip gave us the story.

They had drunk and 'made merry' (I'll not elaborate) with his lady friend, then he fell asleep.

Next thing, there's a heavily bearded man in the room, wielding a dagger, and he is screaming, "What are you doing with my wife, Mrs Motaro?" And the wife is crying, "Please forgive me."

Long story short, after Phillip has begged for his life to be spared, this Mr

Motaro says that, "Since I am a traditional African man, I will fine you, then *nikus-amehe*."

Mr Motaro then asks Phillip for his ATM card and PIN number, which Phillip gives him, then sends Mrs Motaro to visit the nearest ATM of the bank and confirm the veracity of the PIN.

Once she rings him and confirms it, Mr Motaro leaves, warning him as he shakes the dagger not to 'kula kuku za wenyewe'.

"I got the phone notification that my daily account limit of Sh40,000 has been taken," he said.

"Na mlikutana wapi na huyu mwanamke?" the caretaker asks.

"On a dating site."

I thought of that Will Smith movie 'Focus', one of my all-time favourite (I like swindler films).

"Pips," I put my hand on the naked shoulder of my first client, "I'm sorry, but I think you just got hustled by those Motaros."

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MyNetWork Cover Story

2

It's that time of year. The time when you choose a New Year's resolution, set it with the best of intentions, do it for a week or two, and then give up

Or worse yet, get depressed and feel bad because you've failed yet again. For this, some young adults have proudly opted to take a different path

BY WINNIE ONYANDO

As the clock struck midnight on December 31, many individuals around the globe engaged in the annual ritual of reviewing the past year's performance, and setting goals for the new year. Every new year provides a moment for introspection where individuals, like pilgrims on their journey, reflect on their lives.

It is in these moments of quiet contemplation that resolutions are born. These whispered promises to oneself act as guiding stars as the new year beckons. Although resolutions are highly encouraged, they make little sense to some people, including Edwin Mulela Matekwa, Mildred Mutashi, and Imeldah Elizabeth Adhivaka, who have proudly opted to take a different path.

It is not that they hold any disdain for the concept of setting New Year resolutions, rather they have dared to be the outliers, and have crafted new strategies to achieve their own personal development plans.

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EDWIN MULELA MATEKWA, 28

PLANNING OFFICER, RILEY FALCON

This year I have decided to deviate from the tradition of setting New Year's resolutions. This is because of the impact of unfavourable government policies in my life. Rising taxes and high cost of living that all Kenyans are grappling with are weighing me down.

The fluctuating and decreasing pay for those of us in formal employment make it challenging for one to actualise their personal development plans. All these factors are beyond my control but they make it difficult for me to set realistic and achievable resolutions.

Another contributing factor is the abundance of goals in my life. I have so many aspirations that I feel hesitant to add more. Instead, I have decided to let nature take its course. While I know how satisfying it is to achieve one's resolutions, I've held onto some goals for too long without progress, which makes me feel like I'm at a point of stagnation in my life.

There is no specific event or realisation that prompted my decision, rather, it is a culmination of past experiences. The pressure, both in-

ternal and external, to fulfill resolutions, has often resulted in stress for me.

Additionally, external pressures such as unfavourable government policies make it so hard to achieve one's goals. Past experiences of failing to achieve resolutions and the recurrence of previously unfulfilled goals in my list of resolutions have also discouraged me from setting new ones this year.

I acknowledge that I need a different approach to personal growth and goal-setting, and I have come up with a few strategies. One, is to reduce my social circle and retain only meaningful connections. Another is to adjust my spending habits, and increase my sources of income.

I have also found that limiting the amounts I spend on Black Tax is a crucial step towards avoiding bad debt. Conducting self-assessment tests regularly to identify my strengths and weaknesses, and adopting goals that are specific, measurable, achievable, relevant, and time-bound is also part of the plan.

I have discovered that prioritising goals based on relevance and importance will provide a clearer roadmap for success. Societal expectations and trends no longer dictate my decisions. I view life as an individual journey, which requires authenticity and avoidance of unnecessary external pressure.

Envisioning the year without a list of resolutions sounds strange to me, but I am at peace with the knowledge that I must do things differently this time round. If this approach proves successful, I will adopt it for years to come.

I remain optimistic, and will certainly jump onto any opportunity that presents itself. Despite not setting New Year's goals, I aim to adapt and thrive.

I'm not advocating against setting of new year resolutions. The importance of such goals varies from person to person based on their intentions and circumstances.

As I begin the year, my primary focus is on survival. The unpredictability of life has led me to prioritise resilience over periodic achievements or small improvements. There is no one-size-fits-all approach. Life's journey is not linear.

Flexibility is key to navigating its twists and turns.

MILDRED MUTASHI, 28
SECONDARY SCHOOL TEACHER

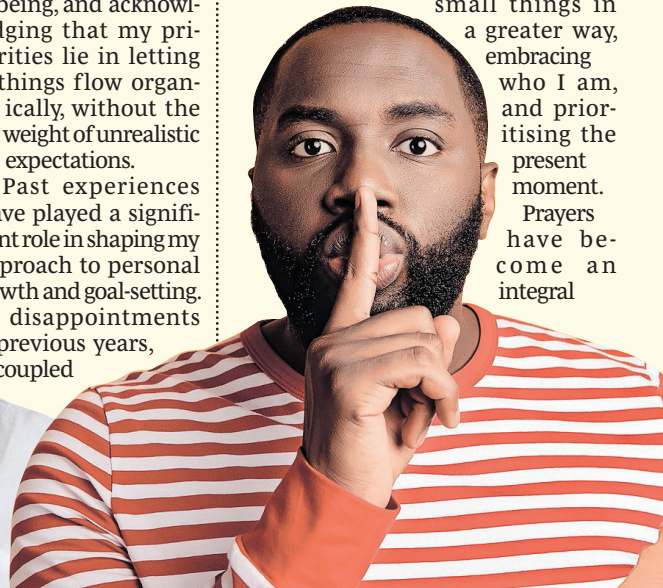
I have made a conscious decision not to set New Year resolutions for 2024. I have a history of making highly ambitious goals and dreams that often proved unrealistic and difficult to measure. These past failures have cast a shadow on my ability to achieve the grand plans I set for myself, particularly in the challenging years of 2020 and 2021.

The pressure, both internal and external, to set goals for the new

year, does not hold sway over me at the moment. My focus has shifted towards maintaining my health and well-being, and acknowledging that my priorities lie in letting things flow organically, without the weight of unrealistic expectations. Past experiences have played a significant role in shaping my approach to personal growth and goal-setting. The disappointments of previous years, coupled

with the uncertainty of life and a fear of failure, have led me to adapt a more grounded strategy. This involves doing small things in a greater way, embracing who I am, and prioritising the present moment. Prayers have become an integral

Why we DID NOT set New Year resolutions



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part of this journey, as they provide me with guidance and strength. In lieu of formal New Year resolutions, I have devised alternative methods of self-improvement. Persistence and consistency in actions, fostering a growth mindset, and remaining open to new opportunities and side hustles are now key elements in my strategy. While societal ex-

pectations or trends are celebrated, I firmly believe that the decision to set or not set resolutions is personal. Challenges such as fear of failure and limited resources have made goal-setting less appealing, but I am committed to overcoming these obstacles. Envisioning the year without the structure of formal resolutions calls on me to have a deep belief in myself, and to understand that small steps contribute to significant achievements. I don't expect that lack of res-

olu-



As I begin the year, my primary focus is on survival. The unpredictability of life has led me to prioritise resilience over periodic achievements and small improvements,

Edwin



tions will have a negative impact on my personal development, because I plan to work just as hard, and to stay committed in everything I do.

Some young people abstain from setting resolutions mainly due to past disappointments, lack of perseverance, and negative self-talk fueled by lack of self-belief, and that's okay because we are all unique and approach life differently.

As the year unfolds, my primary focus is to accept myself and understand that personal growth is a journey shaped by various experiences. Ultimately, whether or not anyone sets goals, what matters most is doing the right thing and embracing the opportunities that come.

IMELDAH ELIZABETH
ADHIVAKA, 27

CAREGIVER

I made up my mind that this year I will not set new year resolutions. It is not because I do not value personal growth or goal setting, but rather because the resolutions from the previous year are still lingering, unfulfilled.

These unresolved goals have discouraged me from adding more onto my plate this year. However, I cannot ignore the external and internal pressures that come especially at the start

Envisioning the year without the structure of formal resolutions calls on me to have a deep belief in myself, and to understand that small steps contribute to significant achievements,

Mildred



of every new year.

Societal expectations and trends surrounding new year resolutions undoubtedly play a significant role in shaping our perspectives. However, as I observe the struggles of young people, many of who are still searching for employment despite being academically endowed, has made me reconsider my previous approach to goal-setting.

Reflecting on past experiences, there is a sense of frustration one feels when they fail to fulfil the resolutions they set for themselves. Fear of failure and the pressure to conform to societal standards often lead many, including me, to avoid setting New Year resolutions. It is a

My decision not to set resolutions is a deliberate choice to break free from the conventional cycle, address existing goals, and embrace a more holistic approach to personal development,

Imelda



cycle, and this year I want to chart a new course.

Now, I plan to simply revisit and amend last year's goals to ensure that existing commitments are met before I embark on new endeavors. Additionally, I am looking for sustainable practices that align with my values and aspirations.

The challenges and uncertainties in my life right now make the traditional goal-setting process less appealing. Instead, I am contemplating the creation of a survival guide for leaders, a resource that can help others navigate the complexities of life and overcome challenges.

While some might argue that setting resolutions is a vital component of personal development, I believe it is more important to stay committed and dedicated to those goals. It is not just about the act of setting resolutions, one needs to put in genuine effort to achieve those goals.

As I step into the new year, I envision a journey marked by self-acceptance and gratitude. By focusing on these aspects, I believe I can grow well beyond my current vision.

My decision not to set resolutions for 2024 is a deliberate choice to break free from the conventional cycle, address existing goals, and embrace a more holistic approach to personal development. The journey may be unconventional,

but I am optimistic that it will lead to a more meaningful and fulfilling year ahead.



Multi-skilled When he is not training or competing, Dan takes care of inmates



Dan Kiviasi (L) celebrates winning the 200m finals on May 27, 2023 during Kenya Prisons Service Athletics Championship at Moi International Sports Centre, Kasarani.
PHOTO | CHRIS OMOLLO

- Dan Kiviasi Asamba is an accomplished short distance runner specialising in 100 and 200 metres races.

- Dan is student of Hospitality Management at Kisii University, and holds a diploma in security and correctional science from Kenyatta University.

- The 31-year-old is a corporal at Kenya Prisons, having landed the job purely because of his athletics talent.

- He was part of Team Kenya that won gold in 4x100m relay at the 2022 African Athletics Championships in Mauritius.

Student, corporal, SPRINTER: The many faces of Dan Kiviasi

Q&A

BY GEOFFREY ANENE

How did your athletics career start?

I'd say it was just through trial and error. It all began in 2011 when I was in Form Three. I was watching the World Athletics Championships and Olympics and I got so inspired. My role model is Jamaican superstar Usain Bolt whose physique and height is just like mine. I liked that he also ran 100 and 200 metres races before retiring.

What challenges have you encountered while doing sprints?

Just like many Kenyan sprinters, my biggest challenge is lack of sponsorship. Unlike middle and long distance runners, sprinters in Kenya hardly get sponsorship. Apart from sponsorship, sprinters also need specialised equipment to train. We are not like middle and long distance runners who can train on roads and forests. We require stadiums and gyms. Access to our stadiums has become an even bigger challenge now that almost all major stadiums have been closed for renovations. Even when they are available, pay-

ing for the venues is a challenge. You need to have Sh200 for each session. We train five days a week so you can do the math. Sh1,000 can look like a small amount, but raising it every week can be hard. The current office has really tried to give sprinters the necessary exposure by taking them to international competitions such as the World Relays. Athletics Kenya took us to Botswana for the World Athletics Championships qualifiers, which was commendable.

You frequently seek physiotherapy services. How important are such services to an athlete?

I go for normal physio sessions with Dr John Mayaka who I have worked with since 2017. He is really good when it comes to injury prevention, management and general body conditioning. Physiotherapy is really important to the overall performance of an athlete. Just like a coach, a physiotherapist plays a big role in the development of an athlete. For instance, you may experience tight or sore muscles after a training session, and the physiotherapist will try to release the tightness. Being an athlete, I can't just take any medicine because some are prohibited by the World Anti-Doping Agency, so we use physio to help in treatment, rehabilitation and prevention of injuries.

Speaking of doping, which other stakeholders do you think need to

be included in the fight against the menace?

We need to include those close to the athlete such as family members, pharmacists and even physiotherapists. We need to target a bigger population, especially the athletes' families. Many athletes are closer to their family members than to a doctor, so if you can use a family member, it might be easier to convey the message against doping.

What lessons have you picked from your running exploits so far?

Patience is everything. It has taken me so long to get to where I am today, it's not something that happened overnight. There's no shortcut. Being dedicated and hardworking are other virtues I have learned as an athlete. One of my coaches usually says that for you to be given half a chance, you need to work twice as hard. Remember to stay disciplined, have your own principles and don't be swayed by what you see. There are so many people who have been tricked into taking shortcuts only to end up with injuries, or use of performance enhancing substances.

Why do you like running so much?

I've met so many people from close to 15 countries. I have travelled quite a bit and made some valuable connections. I also get some allowances from athletics, which helps me actualise my plans and goals.

Sprinting is known to be a short lived career, how many more years do you feel you have left?

I turn 31 in June this year, so I believe I have some good years ahead of me, but I cannot judge right now. Athletics is very funny. You can retire as early as age 18 or as late as 38. Assafa Powell is still running. Justin Gatlin retired just the other day, so there's no definite window for retirement. There are people who do one or two years and retire because of many reasons. But, it's important to plan for retirement.

What's your big dream in sprints?

I want to qualify for global events, including the Olympics. I also hope to give back the knowledge I have learnt to upcoming athletes.

What do you think should be done to develop sprinting in Kenya?

We need to rope in more stakeholders who support sprints. A sprinter pays Sh2,500 per session for physiotherapy, Sh200 per day for track training and Sh500 for every gym session, not to mention money spent commuting.

If we could get waivers on track fees and free access to gyms, there would be more sprinters emerging and the sport would grow. Athletes also need to be paid their dues. Some of us are still claiming our allowances from the 2022 Africa Athletics Championships in Mauritius. Others have not been paid

since World Cross Country championships in Australia and World Athletics Championships in Oregon last year.

What do you think of Kenya's Ferdinand Omanyala and his contribution to the sport?

He has no doubt changed the sport in Kenya. Credit goes to him because he has put Kenya on the global map. When sprints are counted globally, Kenya is also counted because of him.

What do you eat to stay in top shape?

We eat normal food, unlike what many out there think, that we eat weird meals. We eat ordinary food, just that quantities are different, and a bit big.

Apart from athletics, what else do you do in life?

I work with Kenya Prisons. I am a corporal, so when I'm not training or competing, I take care of inmates.

What's your advice to upcoming athletes?

You can never achieve success overnight. Come and learn the game, be patient, get a role model and set realistic goals. Don't think you will be like Kiviasi in just one day. Be you and be patient, then you'll definitely make it.

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