

To gift or not...

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Bearing gifts

Weekends in the city can be intimidating. With so much happening, it can get a bit overwhelming. But, fight back the urge to tuck yourself behind closed doors, furtively binge watching shows on Netflix as your friends are sampling some of the capital's best attractions.

There is so much happening this weekend, you only require somebody to put it all in a trim little package. So we did. Check out our top 10 things to do and open your world to all that outdoor Nairobi has to offer. Whether you're looking to get a culture fix, network in a fun way, attend a concert with a twist of charity, go out of town on a day-trip, engage in things child-friendly or just spend all night partying at the hippest joints, we've got you covered. Flip the pages to make the most of that treasured time out of the office.

For our main feature, it was all about gift giving, to which, there's apparently a science. Go educate yourself on page four. Have a gift filled weekend, why don't you! And remember, you can always gift yourself, then you won't have to wonder about the intentions of the gift and what is expected of you should you accept the gift.

Matilda

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Court postpones anticipated ruling on homosexuality law

Judge instead delivered new date, May 24, for the judgement as lobbies fight to decriminalise gay sex

The High Court on Friday postponed its much anticipated judgment on the fight to decriminalise gay sex in the country.

And in the expectant—and even anxiety-filled courtroom—Justice Chacha Mwita instead delivered the new date, May 24, for the judgment and an apology.

He said the three-judge Bench comprising justices Roselyn Aburiri, John Mativo and himself has been hearing the case filed by the Kenyan National Gay and Lesbian Human Rights Commission in 2016, was not ready with its judgment.

"We apologise the judgment is not ready, judges have been busy handling other cases, we have not had time to meet and make a decision, we plan to do so in April if all goes well," he said.

The NGO is fighting to end what it calls criminalisation of same-sex relations through section 162 and 165 of the Penal Code. Section 162 of the Constitution reads that: "Any person who - (a) has carnal knowledge of any person against the order of nature; or (b) has carnal knowl-

edge of an animal; or (c) permits a male person to have carnal knowledge of him or her against the order of nature, is guilty of a felony and is liable to imprisonment for 14 years.

And Section 165 prescribes a five-year jail term for "any male person who, whether in public or private, commits any act of gross indecency with another male person, or procures another male person to commit any act of gross indecency with him, or attempts to procure the commission of any such act by any male person with himself or with another male person, whether in public or private".

But the NGO's leader Eric Gitari through Senior Counsel Paul Muite says sections are discriminatory and contravene the supreme law. "The sections contravene right to equality; freedom from discrimination, human rights dignity, freedom and security of the person and right to privacy".

During hearing of the case, Muite told the judges that the punishment prescribed for the felony was severe under criminal law besides being discriminatory.

But the government through the Attorney General opposed



Some of the members of Lesbians, Gay Bisexual and Transgender community at Millimani Law Courts on Friday. PHOTOS: CHARLES MATHAI

the petition saying the orders being sought were unconstitutional.

The AG through lawyer Jeniffer Gitiri argued that decriminalising section 162 and 165 of the Penal Code would be equivalent to allowing unnatural offences between people of the same gender who may have a legitimate expectation to enter into a marriage which is contrary of Article 45 of the Constitution.

The AG said the lobby group must show the court how declaring the impugned provisions unconstitutional promotes the national values and principles of governance. He argued that

allowing unnatural acts on basis that it is one in private will be tearing the social fabric of the Kenyan society, adding that privacy is not an excuse to commit crime.

According to the AG, a party seeking an interpretation to declare the sections of the Penal Code or any other section bears a burden of showing that there is sufficient public participation and approval and social justice in such a declaration.

And for three months—May 24—Kenyans will keep waiting, and guessing what the court's verdict will be on this emotive and controversial case.

- BERNICE MBUGUA

WEEK IN BRIEF By TUM

It's thumbs up for Kipchoge



The coveted Laureus Exceptional Achievement Award, a discretionary award that has only been handed three times in the history of the event, announced sportsman Eliud Kipchoge its fourth winner on Monday this week in Monaco. Kipchoge is Kenya's Berlin world marathon holder.

M-7 promotes son to top rank



It appears succession plans in Uganda are now complete if the changes in the army structure by the iron man himself M-7 and the promotion of his son to a higher rank is anything to go by. The 74-year-old M-7 has positioned his son just a heartbeat away from the throne. Is it a case of M-7 trying to succeed himself?

Waiguru smells rat over report



Kirinyaga Governor Anne Waiguru is a woman on a mission to clear her name from the albatross of NYS 1—pilferage of Sh791 million. And last week, she wrote to the anti-graft agency demanding release of a report claiming her former hairdresser, Josephine Kabura, was used by powerful individuals to tag her corrupt. And the truth? Time will tell.

CS remarks taken out of context, claims Helb boss

The Higher Education Loans Board (Helb) has dismissed claims it will enlist police to hunt down loan defaulters.

Helb chief executive Charles Ringera said remarks by Education Cabinet secretary Amina Mohamed, that 'law enforcement agencies will track down those holding jobs and yet are reluctant to stand up to be counted as responsible and patriotic citizens who honour their debts' has been taken out of context.

He also dismissed claims Helb has been referring loanees to Credit Reference Bureau (CRB) once the one-year moratorium period has expired.

"The CS did not mean the police, that is where the discussion has been lost... law enforcement means even people like us. Section 15 (2) of the Helb Act gives mandate to the board to form inspectors who will help recover and access premises of where ex-loanees are residing," Ringera said on Friday, on the sidelines of consultative forum, which brought together the ministry and universities Vice Chancellors in Nairobi.

"We refer people to CRB after 10 years and that is part of terms and conditions you sign with us," he added.

-IRENE GITHINJI

Kori freed for lack of evidence in wife killing

Joseph Kori Karue, husband of Mary Wambui Kamangara, who was allegedly killed by his secret lover has been released from police custody for lack of evidence.

He, however, is now due to become a state witness, according to police sources.

Kori had been detained alongside prime suspect Judy Wangui Mungai and taxi driver Michael Githae Mathenge pending completion of investigations.

However, homicide detectives have delinked Kori from active participation in the murder of his wife although he remains a person of interest to the detectives.

Kori was picked by homicide detectives from Gigiri Police Station on Thursday night before being set free.

"He was released yesterday night," a police source intimated.

Police investigations done through reviews of CCTV footage and confessions by Mathenge have



Joseph Kori Karue in court during one of the hearings. PHOTO: FILE

placed Wangui and Mathenge as an accomplice who aided the disposal of the body in Thika.

At the time, Kori was in Ngong and not at the scene of the murder as Wangui had claimed.

Detectives from Juja Police Station had exonerated Kori from his wife's murder, saying from their investigations, there is no way that the businessman could have been involved.

The detectives said Kori's cell phone data and details of a car tracking device in his Toyota

Lexus indicated that on December 26, 2018, the day Wambui was lured to her death trap at Ms Wangui's residence, he was in Ngong, Kajiado.

He left Ngong at 9pm, the investigations showed. Meanwhile, police are holding a man who reportedly battered his wife to death in Kahawa Sukari Nairobi.

Laiko Osuri is being held at Kahawa Sukari Police Station over the death of his 28-year-old fiancée Beryl Adhiambo.

-KINYURU MUNUHE

VALENTINE'S DAY CAME WITH ITS FAIR SHARE OF CONTROVERSIES, CHIEF AMONG THEM, THE GIVING AND RECEIVING OF GIFTS, WITH MANY VIEWING IT AS A LOVE CELEBRATION THAT HAS BEEN OVERLY COMMERCIALISED. NJERI MAINA DISSECTS THE SCIENCE THAT IS GIFTING

During this eponymous month of love, social media has been rife with discussions on gifting, whether it is a foreign idea, whether it is a necessity, the minimum threshold that the gifts worth should reach, and even whether women should gift their men and whether men should actually accept those presents. The only thing many seemed to agree on is that if there is a couple in a relationship, the man should try to gift the lady, albeit not necessarily on Valentine's Day. This came hot on the heels of some drama that played out on Twitter, where a girl dragged a guy through the mud after buying him clothes worth Sh6,200 from Mr Price back in 2014. This rubbed many the wrong way, and they felt it was wrong to gift someone then talk about it with all and sundry, while trying to economically shame the recipient.

AGE-OLD TRADITION

Gifting is a tradition as old as time. In African culture, one would never visit another homestead without carrying a basketful of goodies to gift the family they were visiting. Subjects would send presents to their lords and chiefs in an attempt to win favour, while kings exchanged gifts with other neighbouring kings, with whom they had peace agreements, to show appreciation for support given. The age-old tradition of dowry is based on the idea of showing gratitude through gifting. In this case, the potential husband gifts the bride's parents as a way of thanking them for raising his wife-to-be. Parents would gift their children with the most honoured of gifts; blessings, which were bestowed either by spitting on the child's head or the parent spitting on their chests while invoking the child's name. Husbands would

gift their wives when they birthed them sons, with some-

Language

thing the wife might have been asking for for a while, be it a type of food or even a dress (or loin cloth as the case may be). The husband would also give said wife an elevated status in a polygamous set-up, which translated to more influence and even at times a larger inheritance for the sons in future. It is clear that gifting is not culturally as foreign an idea as many would like to think. It is also clearly undeniable that gifts are laden with meaning in both the giver and the recipient's case.

OF EXPENSIVE FREE GIFTS

There is nothing more expensive than a free gift, Michel de Montaigne, a renowned French philosopher, once said. This is the attitude and suspicion with which most people approach presents; that any gift is given with the aim of creating a channel through which the recipient is beholden to the giver and expected to return the gift in kind some time in the future. A considerable number of men believe that women gift men with hopes that the man will gift them back with something bigger or more luxurious. Many women, on the other hand, think that men gift women with the aim of making them more malleable to their advances, especially in the nascent stages of a relationship.

But, it does not have to be so cynical and bleak. According to consultant psychologist and Amazon Counseling Centre CEO Dr Silas Kiriinya, gifting is a personal issue. It is up to the couple to work out the dynamics of the relationship and figure out if the giving and receiving of presents will be part of their expressive gestures, and what role gifting will play in their relationship.

With increased Internet penetration, gifting has slowly shifted from being a private affair to a public one. This may not be an issue since at times, the gifting maybe happening in a public set-up. Also, if the recipient of the gift is big on public display of affection (PDA). However, if the reason the gifting is public is for the giver to show off and/or shame the recipient financially or in any other way or form, the gift should probably not be given to begin with.

THE GIFT OF SEX

Psychologist Maurice Matheka, a relationship expert and sex therapist, cautions against using gifts as a power tool. "It is important to be wary of how gifting happens in your relationship, more so if one of the partners is using gifts to exert influence, or using sex or their bodies as a reward for



ANIMALS GIVE GIFTS



THE MALE SPIDER

(*Parabacchus ornatus*) wraps silk parcels of prey to distract his lady into mating



Language of love



The age-old tradition of dowry is based on the idea of showing gratitude through gifting.

good behaviour and withdrawing sex as punishment or a show of disapproval. This could seriously impair the dynamics of the relationship, and can even breed resentment," he explains.

"Sex, just like gifting, should be purely fun and about enhancing intimacy, and should therefore be free of any obligations. There is nothing wrong with a girlfriend buying lingerie and gifting sex to the boyfriend for Valentine's, so long as it is not a conditional action meant to garner favour or a follow up gift," adds Matheka.

GUILT GIFTING

The association between gifting and cheating is a phenomenon that has existed for quite a while. It is not uncommon to find wives who can tell how badly their husbands have messed up depending on how lavish the gift they have received is. The extravagance of the present is believed to be directly proportional to the indiscretion committed.

"This narrative bases its argument in the belief that gifts communicate love, so, if the unfaithful man gifts his partner, in his mind, he thinks he has blinded her about his cheating behaviour. He may

also be trying to assuage his guilty conscience," Dr Kiriinya expounds, adding that if gifts are not a regular thing in the relationship, the gift can lead to suspicion and the wife might come to have a negative association with gifts, even when they are given in good faith.

"This can only be resolved when the partners have a common understanding of the real meaning and intention of gifting by openly communicating about it," he says.

TO KEEP OR TO TRASH

The question of whether one should throw out gifts from their past relationship once it is over is a dicey one that is often a centerpiece of many debates. Dr Kiriinya says keeping or throwing away a gift depends on the meaning associated with it.

"If the present was given and thereafter the recipient molested or battered by the giver, it might remind one of the pain they went through. As they process the trauma, one is advised to keep the gift away, otherwise it will be an object of retraumatization. It is also important to consider your current partner's feelings towards the present from the ex.



Maurice Matheka, psychologist and sex therapist.



Dr Silas Kiriinya, consultant and CEO of Amazon Counseling Centre.



MALE KINGFISHER

continuously catches fish and presents them to the female before mating takes place

MALE CHIMPANZEES

Give food gifts to female friends for future benefit, increasing their chances of mating further down the line



Bonfire Adventures CEO Simon Kabu publicly gifted his wife Sarah Kabu a Range Rover for her 39th birthday in 2017.



A woman angered many after publicising her gift to a partner after they broke up.

Are they comfortable with it? Which one is more important to you, the gift from the ex or the current relationship?" the doctor urges. "However, if your partner has no problem with goodies from your ex and it does not affect your current relationship in any way, please keep your gift and enjoy it," he adds.

It would seem that it is a matter of personal judgment based on context and the current relationship and partner, whether to dispose of the gift or keep it. Matheka concurs, explaining that majority of men keep presents due to their functionality, unlike women, who do it out of sentimental value and dregs of feelings for the person who gifted them and the relationship that was. However, he says, emotional maturity and open communication between partners should be the basis and foundation of any relationship, which would guide how they handle such a matter.

"There should be clear communication between partners on what they allow or disallow in the relationship. Taking your boyfriend's plates and smashing them because they are from his ex, for example, is a clear sign of underlying emotional issues and baggage probably from previous relationships. Whether to discard previous gifts from a former flame should be a decision which both parties discuss and agree on," the psychologist elucidates.

SPEAKING FLUENT GIFTING

Gary Chapmans' book *The Five Languages of Love* can help couples, friends and relatives better understand each other and therefore better connect. Despite the capitalistic nature of Valentine's and the belief that gifting is the universal show of love, Gary describes five different love languages. These are; gifting, words of affirmation, quality time, physical touch and acts of service. Though some people express and receive love in one or two of the said languages, it is clear that there are more ways to show and receive love other than through buying expensive gifts.

It is also important to note that gifting does not have to be the giving of something physical and tangible. Partners can gift each other with undivided attention, time, and other intangible things that ensure that they feel loved and appreciated.

"With or without presents, people should keep loving each other. Where people can afford a gift and both partners understand what gifting means to them, then buying them is a habit to keep. These are called rituals of love, which are important, though not necessary, in keeping the relationship warm," Dr Kiriinya explains.

"But, people should never replace love with material gifts as the right kind of love in itself is a gift. Moreover, associating presents with love is a false premise as it would mean that the more valuable a gift is, the more the love, which is not always true," he concludes.



Trending tweet

Karl Lagerfeld

Popular creative director Karl Lagerfeld died at the age of 85 and chose to leave this life as he had lived it, stoking controversy. In his will, he left his Sh2 billion fortune to his cat. Last year, Lagerfeld himself told French magazine *Numero* that he had named the birman cat as one of the heirs of his estate.

In the interview, he revealed that the feline named Choupette was in his will, "among others". But he added: "Don't worry, there is enough for everyone." The German designer also wished to have his body cremated with the ashes being dispersed with those of his mother.



Trending video

Akothee drama

Akothee has been in many people's ears and phone screens this week. She went viral after her performance at Papa Remo beach Restaurant in Watamu, where moral police termed it as immoral.

From Kenya Film and Classification Board CEO Ezekiel Mutua, to thousands of other Kenyans who camped at her social media accounts, many criticised her for not being a good role model. But Akothee, in typical fashion, summarily told them off, saying she is not paid by the government to be anybody's role model. You can check out the cringeworthy video online and the reactions it got.



Trending Picture

Boniface Murage

For 22-year-old Boniface Murage, smuggling his one-month-old baby out of Kenyatta National Hospital, because he could not pay the Sh56,000 bill was the only thing in his mind, but when he was caught, it turned to be a blessing in disguise. Murage will be serving a three month suspended sentence, with a lot of Kenyans supporting him, led by Nairobi Governor Mike Sonko who has since paid the bill and offered him employment in the Nairobi beautification programme.



Lady Leshurr's Kenyan trip

One of the UK's more prominent rapper's Lady Leshurr was in the country for the grand opening of Muze Club. She took the time to visit different tourist attraction sites and hit the booth to lay bars with rapper Kingsko.

A clearly elated Lady Leshurr shared special moments while in the country she loves.

"She came for the club launch and when the opportunity presented

itself, we hit the studio and it was all fun. Johnson Kyalo shot and directed the video, with the assistance of her husband. At the moment I can't say when we will release the video as both parties have to agree on a few things," Kingsko told Trendin.ke.

Kingsko also intimated that the grime rapper promised to come to Kenya again for charitable causes, having visited the Nairobi Orphanage, the Giraffe Centre and Kibera slums, where part of the video was shot.



NIGHT ROVER

BY CHEBET KORIR

PHOTOS: CHEBET KORIR

CLUBBED OUT

TEXT AND PHOTO BY:
FAITH KYOUMUKAMA

Flavour's 254 Love Fest

He may be considered an award-winning artiste, but Nigeria's Chinedu Okoli, famously known as Mr Flavour, time in Nairobi was anything but award-winning. From his pathetic attitude during his press conference where he kept journalists waiting for hours and not showing up at all.

On the day of the event, dubbed Festival of Love, things were downright messy as there was a heavy downpour. That, however, did not stop fans who'd flocked Uhuru Gardens as from 8pm, from patiently waiting for his appearance. Local artistes such as Steph Kapela, Petra, Pendo and Sauti Sol kept the crowd busy with back-to-back Kenyan hits. That kept most of them around, however, the rains were getting worse.

He finally arrived on stage at around 2:30am and his fans screamed in adoration when he performed his first track 'Baby Na Yoka'. The crowd sang along to most of his songs including 'Shake' and 'No one like you.' The better part of the night was when he took off his T-shirt to the delight of his female fans keeping them screaming and in need of more.

The event was, however, not one that could be defined as interesting or particularly enjoyable, at least Kenyan artistes made it worthwhile. Mr Flavour, on the other hand, arrived a bit late and performed for but an hour. That did not sit well with his fans and the rains washed out the remainder of the night.

The man of the hour, Mr Flavour.

Pendo was killing it on stage.

Steph Kapela and Uneek bring the heat.

Mr Flavour's female fans couldn't get enough.

Petra was not to be left out.



The charm of Ciala

I love the feeling of being in a club and enjoying myself without necessarily getting too wasted or sweating my sweet self on the dance floor. It's a Saturday night I'm in the outskirts of Kisumu County. On my table is a tall chilled glass of Mai Tai cocktail, on my right, I enjoy the warm company of two interesting human beings.

Cozy and classy is the best way to describe the Tulip Bar at Ciala Resort in Kisumu. Curvilinear seats cover almost all corners of the bar, giving it an elegant feel. It feels like one of those members-only clubs. Good grown-up music plays in the background and I can't help but enjoy the pure bliss this place offers.

Driving through to the hotel you would not expect to find this haven. It's literally an upscale resort in the village. I sit on a bar stool closer to the mixologist. Just to get a view of the whole bar plus also, to get the order as fast as my thirst demands. I love me a mixologist who's interactive, that way you get to know how your cocktail is done and what's in it.

There are two types of cocktail drinkers, those that eat the garnish, and those that don't. Then there are those that are not sure, I guess there are three types of drinkers. Well, I eat my garnish, but what I can't decide is whether to eat it before or after drinking the cocktail. The mixologist at Tulip Bar throws in the garnish, in all the cocktails, minus the serious masculine ones. He also controls the music playing in the background. It's a classy pub not one of those rowdy discos. Here you dance with ease, in a relaxed environment, with a mature crowd. Drinks are pocket-friendly with local beers going for Sh300 and imports for Sh400. Cocktails range between Sh600 and Sh1,100.

HAPPYHOUR

BY POMBE CHUPA

Tumbukiza drowns the mood

Normally, I am a quiet barman. A nice chap you can entrust your deepest secrets with. Never one of those mtaani loud-mouthed bartenders who poke their stinky noses into customers' affairs as if they are their designated guardian angels.

But this does not mean I do not see a lot and make much of it. I do, but my policy of see no evil, hear no evil and talk no evil is the best work practice in this line. The turning a blind eye strategy must be working, otherwise, by now, I would have called my best customer, Baba Edu, and tipped him that his favourite girlfriend (favourite because out of his four-side chicks, she is the apple of his eye) is also a favourite damsel for a certain MCA, also my loyal customer.

But sometimes, even the most guarded barman suffers from the occasional slip of the tongue in the quest to impress a customer. There is a balding man who runs a number of chemists in the city. Almost in his late 50's, he loves his beer almost as much as as he does the harem of ladies he constantly keeps and entertains.

On Valentine's Day, after enjoying a sumptuous six-course dinner with a new catch at a restaurant not far away from my pub, he offered to have one for the road with the date of the day. The woman looked the act; a gorgeous face and massive derriere hinged on a wasp-like waist which the man of the hour could not resist coiling his arm about.

I served the duo, who seemed at home in each other's company, despite some misplaced pecks and uncomfortable public touches on some not so public zones. The man then asked for something to eat and my "innocent" inquiry "Mzee tuwekelee tumbukiza kama kawaida?" (Shall we prepare boiled meat as usual?) abruptly brought the date to an end.

The woman's eyes almost popping out of their sockets, snapped "James I thought you had told me you have never been to this club and this is your first time! I don't like liars and since this is where you bring your other women, I am off. Enjoy tumbukiza alone!"



Ladies; What your drink says about you

Not to get too technical, but according to chemistry, alcohol is a solution...ha! Let's blame that on the alcohol, shall we? After endlessly procrastinating, I am finally set up on my favourite couch, drink in hand, ready to fill you in on what your favourite drink says about you. We begin with my best friend, my one true love, my ride or die....WINE! What can I say? The bond between women and wine is unbreakable, indestructible and one of the most solid relationships known to mankind. Who needs men right? There are two types of women. Those that love their red and those that prefer white wine.

Red Wine

I fall under the red category so forgive me in advance for pulling the 'my boyfriend is better than yours card'. red is love, red is strength, red is power. A woman

who drinks red wine tends to have a strong personality, is focused and confident. Don't believe me? Ask Olivia Pope! There's a softer side to her too. She's a sucker for romance; relishing getting her nose stuck in her favourite book or curled up on the sofa watching 'The Notebook' with bae. Let's not forget her favourite drink, a glass of Cabernet Sauvignon.

White Wine

While red is strength and power, white is cool and calm, free-spirited and fun. A woman who drinks white wine loves to have a good laugh, flirt and hang out with her girls. Rumor has it that she's more open to one night stands too. Shhhh, don't tell anyone!

Cocktails

I have rarely met a cocktail I didn't like. Wish I could say the same about people. When it comes to cocktails, I have seen it all and drank it all. There are so many delightful options to choose from but I'll boil it down to the top 5: - Mojito, Cosmopolitan, Manhattan

and the deadliest of them all, the Long Island. Lots of rum, mint, soda water, lime juice and crushed ice is how I love to take my mojito. So what does this say about me and the millions of women out there that love this drink? Simple. We are fun, full of adventure and very talkative. Not afraid to yell at the bartender if the mojito makes its way to our table watered down!

This next cocktail was synonymous with the popular show *Sex and the City*. Carrie Bradshaw and her girlfriends definitely made the *B* famous in the '90s and is still the go-to drink for cool and classy ladies. The Manhattan is no different. This is a drink for the mature woman who enjoys the finer things in life. Finally, we make our way through the storm in a glass. The Long Island Ice Tea or LIIT as the bartenders like to call it! This is a drink for the bold and the beautiful. Let's not forget the crazy. Best believe your night is bound to get LIIT from the first sip. Word of

advice? Eat in between sips. Feel free to thank me later!

Beer

I once read an article that said women who drink beer are laden with problems. Such sexist bollocks. I was had the same conversation with my friend, Njoga, and he said women who drink beer are ratchet and manly. He went on to say that he is attracted to the softness of a woman, and that a woman drinking beer takes all of that away from him.

This truly is a man's world! Well, I say women who drink beer are brave, sexy, independent and fun. They are leaders and not followers. So, on the next National Drink a Beer day (September 28th), hold your brown/ green bottle with pride. If you come across any haters, just flip them the bird and remind them that real women drink beer!

Strong stuff

Are you team vodka or team whiskey? Do you like the clear stuff or the dark stuff? Women who drink Vodka are wild, complex and just don't care what people think about them. If you find a woman crying in the club, dancing on tables or getting into a fight, best believe she has clear liquid coursing through her veins. Women who drink whiskey, on the other hand, prefer the comfort of their own homes. While one on vodka is busy starting fights, one on whiskey is saying NO to drama. They are bold, cool and mysterious. Talk about polar opposites.

Remember, your drink of choice can introduce you before you open your mouth so choose carefully!

KAMEME FM
TÛRAKÛREHERA...

MÛGITHI
WA GÛTHINGITHIA
NYERI

POSTPONED
TO
28TH FEB
1ST MARCH
2ND MARCH

**28TH
FEB**

Karatina > Mathaithi > Ichamara >
Mukuruwe-ini > Gakindu > Othaya > Kindu
> Wamagana > Giakanja > Nyeri town

**1ST
MARCH**

Muiga > Chaka > Narumoru > Nanyuki

**2ND
MARCH OPEN DAY**

MUGITHI
NIGHT CLUB
DREAMZ

Peter Kigia, Samidoh, Gachathi wa Thuo, Shiro wa GP, Martin Janet and Zangalewa Troupe

Come get entertained as you meet and mingle
with your favourite Kameme Fm presenters.



MARKTHEDATE

BY PERPETUA ADOYO

DESTURI FESTIVAL

Desturi Festival aims to bring creatives together for a live band performance and fun activities. This Saturday Abbihi Nguma and the band, and other performing artists and DJs will be at the event for the first ever Desturi Festival. Come with friends and get to experience destiny.

Date: 23rd February
Time: 12pm-7pm
Venue: AUG 7TH MEMORIAL PARK
Entry: Sh500



TOUCH OF A GODDESS



If you love Fashion and live music performances then this is the event for you. This Saturday Acey and Friends welcome you to an event that combines the two arts to create a wholesome show. Come with friends and be ready for a surreal experience.

Venue: Michael Joseph Center
Date: 23rd February
Time: 12pm- 7pm
Entry: Sh800

KIDDIE TREAT

If you want your kids to enjoy a movie that is wholesome then Westgate cinema has an offer for your kids this Saturday. How to train your dragon the third instalment is premiered this week and this Saturday for only KSH 600 you will be able to watch it with lunch that consists of pizza and soda and a complimentary packet of Tropical Heat.

Venue: Westgate Mall
Date: 23rd February
Time: 11am-2pm
Entry: Sh600



THE FILLIES GUINEAS GERMAN RACE

This will be the second edition of the Fillies German horse racing where there will be horse races in addition to entertainment from a live band. It will be also kid friendly as there will be food court, kids' activities with bouncing castle and face painting.

Date: 24th February
Time: 12pm- 6pm
Venue: Ngong Racecourse
Entry: Adults: KSH 500
Kids: Sh50

ART SALE, MEET AND GREET

Kuna Arts collective is hosting an art fair this Sunday at The Alchemist Bar. The artists at Kuona Arts delve in contemporary art that is sometimes experimental and they will be at The Alchemist where you can meet them and also get to purchase their art.

Venue: The Alchemist Bar
Date: 24th February
Time: 1pm -8pm
Entry: Free

FEBRUARY CRITICAL MASS

Critical mass is back this month and get your bikes ready to discover the city in a whole new way plus get the needed exercise in. The route will be determined on the day that is Saturday.

Date: 23rd February
Venue: Jeevanjee Gardens
Time: 9am-12pm
Entry: Free

MAWINGU

What is a better atmosphere than to listen to good music on a rooftop with a gentle breeze in this time of summer hanging out with friends? Mawingu is the event that you should be planning to go to. This Saturday Eddie Grey, Sean Fraser and DJ Imran will be your music masters.

Venue: Trademark Hotel Rooftop 9th floor
Date: 23rd February
Time: 2pm- 10pm
Entry: Sh2,000



AFRICASUN PIZZA PARTY

Africasun is an upcoming Kenyan artiste who is inviting all for a listening party for his new album at The Elephant. You are allowed to bring your own pizza and drinks will be sold at the venue. If you want to support Africasun then mark the date this Saturday.

Date: 23rd February
Venue: The Elephant
Time: 5pm-7:30pm
Entry: Free



HIGH TEA PARTY

The first three editions were held in Mombasa and now the High Tea Party comes to Nairobi to host its first version. The event is aimed at Muslim women interested in networking for business.

Venue: The Sheraton
Date: 23rd February
Time: 1pm-6pm
Entry: Sh3,000



INTHEKITCHEN

BY WILLIAM MURIGI

PHOTOS: RODGERS NDEGWA



White forest with passion

We have all marked birthdays over the years with a centerpiece candle-studded cake, and no wedding is complete without a towering baked offering. Sweet treats are for celebrations, and if you have a sweet tooth, this is for you.

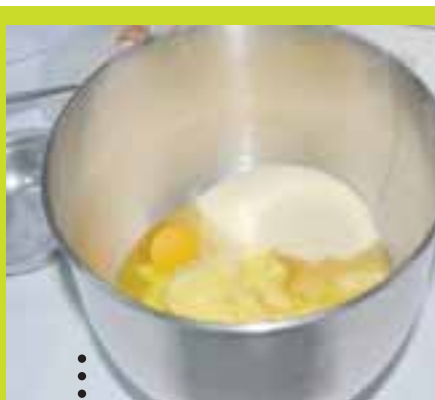
Recently, I honoured an invite by Pastry Chef Stephen Muturi of Valentine School of Cake to learn how to bake as well as do some tasting of different cake variants. With our appointment set at 5pm as the last class ends at about 4.30pm, I arrived at the school located along Nginda Lane, Nairobi 10 minutes earlier, and found the students cleaning up. In no time, my host ushered me into the kitchen and took me through some safety measures before showing me the baking equipment and how each is used. He then handed me the menu to choose my favourite flavour. No brainer; white forest with passion.

As we got into it, Muturi kept reminding me of important tips to observe when baking; that one should always ensure the ingredients don't exceed the indicated amount since this helps the cake not sink. He also warned that eggs should always be broken one by one and in a separate bowl, to ensure that if one is spoilt, it doesn't mix with the rest or ruin the whole mixture.

Though I was as keen as mustard, I could accommodate a chat, and I learnt a lot about Muturi's journey. Making pastries to him is a passion because he is an artsy person and also a professional chef. Prior to joining his current employer in 2016, he worked with Karen Country Club, Rovers, Kahamas Hotel in Mombasa and Fun Garden Thika. Before specialising in pastries, he was in the hot kitchen department.

His greatest inspiration in life is his mother, who he says used to bake wedding cakes when he was young. This is what sparked his interest in cooking, and he underwent training to become a professional pastry chef.

After 45 minutes, our cake was ready and we began preparing the topping and decoration, as we waited for it to cool down. It turned out to be one of my best cooking classes, more so after tasting what we had put together. It was elegant, spongy and delicious; the perfect cake for any occasion or just as dessert, the climax to a meal.



INGREDIENTS (MAKES 1KG)

Flour 170g
Sugar 170g
Margarine 120g
Eggs 5
Vanilla essence 1 tsp
Baking powder 2 tsp
Fresh whipping cream 300ml
Additional sugar 160g (to taste)
Icing sugar (to taste)
Additional margarine (for greasing)
Fresh strawberries 150g
Fresh passion fruit 150g
Fresh kiwi fruit 1
Fresh orange 1
Chocolate 100g (for cage)
Baking paper
Palette knife

METHOD

Grease baking tin and line with baking paper.
Weigh the flour, sugar, margarine, eggs, vanilla essence, and baking powder, then put in a mixing bowl.
Mix the ingredients together for 3-4 minutes until well mixed and light in consistency.
Pour into the prepared tin.
Bake in a pre-heated oven at 180 degrees Celsius for 45 minutes.

DECORATION

Slice the cake into three layers.
Whip the cream and sugar (half of the additional sugar) until it thickens.
Scoop out the passion fruit pulp with a spoon and place it in a bowl, then add icing sugar until the mixture is sweetened.
Make sugar syrup with water and the rest of the additional sugar.
Into the layers, sprinkle the syrup, spread the whipped cream and put passion fruit pulp on top.
After putting the last layer, spread the whipped cream on top and sides using a palette knife.
Cage the cake with chocolate and decorate with strawberry, kiwi and orange pieces.

EAT OUT

BY NJERI MAINA



Afta Eats and at times, before eats

In the new Village Market wing right next to Trademark Hotel, you will find Afta Eats, a dessert bar with a menu laden with desserts, obviously, as well as healthy treats. I stumbled upon it, more like roamed Village Market till I found it, after a recommendation by a friend.

The kitchen island is in the middle, where everything is prepared fresh and on order. The walls are decorated with faux grass and faux flowers, as well as several art pieces which elevate the joint's aesthetic appeal. You can choose to sit on a high stool or in the booths. Either way, you get free WiFi and are surrounded by sockets for your laptop or phone.

I took one booth, and the same lady who had warmly welcomed me approached to take my order. I ordered a super bowl and a smoothie as I waited for my colleague for our work date. She joined me five minutes later, just when I was working myself up into a good lather and threatening her with life altering consequences in my head. I almost wished she had come in later, just so I could dress her down with my almost perfect denigrating speech, which was useless now, because five minutes late in Africa is darn early. She ordered waffles topped off with caramel sauce. My healthy bowl arrived and it was teeming with strawberries, bananas, granola, quinoa and other tasty superfoods, all floating on a thick berry paste. It looked very healthy and I was surprised to find that it was sumptuous and filling as well. I managed to steal some waffles from my friend and they were toasty and warm with slight crunch. We revelled in our smoothies as we traded stories. We are both coming back here to try out more things on the menu. I will definitely show up for this, albeit exactly five minutes late.



BOARDING PASS

SANDALS

This is recommended especially when traveling to warmer climates as they keep your feet cool and dry. They are also comfy as they don't leave your feet sticky from the humidity. Ideally, stick to waterproof sandals that you can walk in the ocean in, to avoid nasty encounters with ocean floor critters like sea urchins.

INTERESTING BOOK

With all the peace and quiet in this place, it would be an injustice to leave a book at home. I bet if you are an avid bookworm, you can finish 2 books in just two nights. The place is just perfect for reading.

SUNSCREEN

Very essential and should be part of one's skin care routine as it shields the skin from harsh sun rays typical of the coast.

Walking below the nearby islands at low tide is an experience not to be missed.



As a passionate traveller, I've always wondered why hotels and resorts advertise that they offer luxury, and when you get there, one is treated like every other guest at any other establishment. The rooms are too many, the service is barely up to standard, and sometimes the staff won't care to listen to your needs. This is typical of most hotels in Kenya, well I can only speak of Kenya as I have only experienced such sub-par treatment here.

I recently travelled solo to Lonno Lodge in Watamu, and its here I finally understood the real meaning of luxury. Luxury isn't so much about how the hotel looks, but rather it's in little intimate details such as the privacy of the rooms and the personalised treatment. Oh, did I mention peace and quiet? It's when I can have a one on one conversation with the general managers and actually feel at home, even when I've travelled alone.

The lodge is just 25 minutes from Malindi Airport and if you come by bus, just alight at Watamu and take a tuk-tuk or taxi to the place. I arrived early morning and the proprietors, Silvia and Aldo, were there to meet me, na kunikaribisha kwa moyo mkunjufu, as they say in Swahili, a warm-hearted welcome. As I headed to my room, I couldn't help but notice their magnificent pool, which made me cry, as I still have to learn how to swim. It's one of my goals this year though. That, and riding a bicycle. I never knew how all that would catch up with me later.

As we walked along, I realised the buildings blended calmly into the rocky grounds interspersed with palm trees and plants. As I later learnt, Mr Aldo, who was also the main architect of the lodge, desired to blend both Roman and Swahili cultural influences in the design. I entered my suite and marveled at how spacious it was and adorned with great artifacts.

The Swahili style bed was upstairs, affording me a spectacular view of the ocean. I think another

Luxury Lonno style

thing that wowed me is their fast Internet. One doesn't need to step out of the cozy room when you have good Internet around.

I equally loved the easy access to the restaurant and all the other amenities such as the reception area and the bar. I think it's a bit inconvenient to have to walk through the entire complex just to go to the restaurant or when you just want to cool off in the pool, as I have experienced in other establishments.

The meal times are set and one has the option of deciding what they desire to munch on the night before. Though the menu is designed as per the guest's requests, Italian flavours dominated the menu when I was there and it was quite the experience expanding my palate. For instance, I got to try out *risotto* in a cheese basket as well as a *crab graniti* with fries. I never leave any place without trying out the fries and they were simply scrumptious.

Their spaghetti dishes were also full of flavour and I almost forgot to mention that for the first time in my life, I tried out eating raw fish. I'd always steered clear of *sushi* for fear of not liking it, but surprisingly, I loved the taste of *Carpaccio*, the raw taste was somewhat masked by the lime which added a bitter taste to the dish.

If you are bored, you can take a tuk-tuk and drive around town, have a taste of *mshikaki* (skewered grilled kebabs), or just interact with the friendly locals. The area feels much safer and serene than the bustling and noisy Mombasa scene, or worse still, the hostile streets of Nairobi.

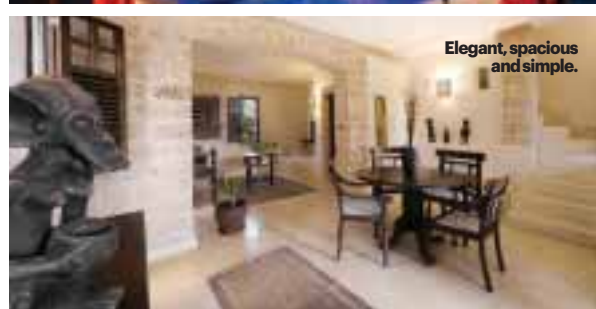
The beach is only accessible at low tide; and one can stroll down into Watamu town, which is roughly a 20-minute walk. During high tide, it's soothing to watch the ocean race in and crash into the craggy cliffs.



Getaways don't get better than this.



Supper at dusk with that view, unbeatable.



Elegant, spacious and simple.

MINUTES AWAY

BY WAMBUI VIRGINIA

PHOTOS: COURTESY

ALONG THE WAY

BY WAMBUI VIRGINIA

So, moons back when I was young, dumb and broke, I wanted dearly to experience the 3D thrill. IMAX had just landed in Nairobi and everyone was talking about it and how the experience was out of this world.

I finally went and just like everybody else it became a routine. Yes, IMAX can be that addictive. Anyway, Jayne was the friend who first introduced me to IMAX. She's one of those cool peeps who are always ahead with everything. I think even my first time at Art Caffe' was with her.

Fortunately, Jayne was blessed with the opportunity to go for summer school in Oslo Norway for a few months. We kept in touch and she would share her experiences in Europe.

One day she could barely contain her excitement as she told me about a theme park she had visited. I remember wondering what the fuss was all about? After all, what's so unique about a park? However, it was no ordinary park. It was a 4D themed park where you would feel everything. For instance, if a part of the park were raining, then actual rain droplets fell on you.

When she finally came back, there was news going around that a 7D cinema had opened up at the Greenspan Mall, but it closed down before I had a chance to check it out. Then Thika Road Mall opened and with it the 7D cinema.

Years later, after the initial buzz had died down, Jayne and I decided to visit the 7D cinema. It had been a long time coming. On a lazy Friday afternoon, we headed to TRM along Thika road, Roysambu area. It's about half an hour from the CBD. After snacking at Pizza Inn, we headed to the cinema on the second floor. At first, we didn't find anything exciting about the place. The whole hype had died down.

It wasn't that busy, the only other patrons being a couple of youngsters who looked like college students leaving the cinema room. We got the tickets for Sh700. I remember my first time at IMAX, where I literally held tight on my seats because of the 3D effect. I tried so hard to keep my cool, as I didn't want people to judge me. The 7D experience is quite different.

I knew the 7D cinema would be



Movie goers eagerly anticipate the 7D experience which engages all the senses, except smell that is.

The thrill of 7D

The 7D seats feature hydraulic motion actuators and allow viewers to experience among other effects, rain, smog, vibrations, air blasts and mist spray.



different and bit thrilling. The roller coaster 7D experience takes about fifteen minutes. Inside there are close to thirty seats. So it's not like an actual cinema where you seat over 200 people. It's more compact. Once you are in, you sit down you buckle up. The attendants also give you some glasses.

A couple joined us for the experience, which was to be a horror roller coaster. This involved epic clips from different

horror movies. More like extended trailers. I can say that this place was off the swindle. I'd downplayed the experience but I was pleasantly surprised.

It all started with an intro video to let you know what's going on. Afterwards, the first screening was from the movie, 'Texas Chainsaw Massacre'. If you haven't watched, it is one of the most disturbing movies ever. During the

movie, the seats move in sequence with what's happening in the movie. If there's a fire, you can feel the heat on your seat too. It's called the 'Degree of freedom', which allows up and down, front and back, left and right movement.

If you have high blood pressure, or are going through stress I wouldn't recommend this type of experience. Younger children and older folk, shouldn't watch this either. It's simply too intense for their fragile hearts. Jayne's hands were literally up in the air the entire time. The couple kept on kept screaming. It was noisy and unbelievable.

The roller coaster was too intense for me. I was on edge the whole time. The second screening was from 'The Conjuring'. I almost flipped. It was so scary; it felt air in my chest tighten. I had this unspoken trauma and to date have never been the same when watching a horror movie. The couple sat behind us was a complete mess, with the lady crying at some point.

I was just starting to get the hang of it when it ended. Fifteen minutes had just flown by. I was disappointed, but then again I needed to recover from the rush. The staff was friendly and that's a plus. This is not something you can do over and over, especially the intense movies, but if you frequent TRM or you find yourself in that vicinity, then by all means, try the 7D cinema for the thrill.



GETTING THERE

It's approximately ten kilometers from the CBD, which would take twenty minutes to get there. This can be either via public or private means along the Thika Superhighway.



GARDEN CITY MALL

Over the weekend you can stop over at Garden City not only for shopping, but they regularly host a live band performance at Big Square, which never disappoints.



TERIYAKI

Located at the Mountain Mall, on Thika road, Teri Yaki offers Japanese dishes and the most common being the grilled chicken with soy sauce. If you crave some seriously sauced up fowl, then you won't be disappointed. The meals are freshly prepared as you wait, you can take away or dine within the premise.

ROOM SERVICE

BY JULIO KITHS

Getting a massage is supposed to be a memorable and relaxing experience, yet for most people, being (almost) in their birthday suit in front of a complete stranger (masseuse) who is relentlessly touching you sweetly all over for an hour or so is not only awkward, but also extremely embarrassing.

But it's not only a client who can be mortified by the massage experience but also a professional masseuse who has to grapple daily with nasty human odours from the armpits and beyond...

In other cases, masseuses have

No happy ending for masseuse

to cope with obnoxious gases released accidentally by some guests who have eaten flatulence inducing foods before going for the massage, or are enjoying the relaxing session so well such that they drop their guard on the massage table after a deep tissue caress.

While the above occupational hazards can be easily brushed aside by any professional masseuse, it can be a daunting task when

said masseuse has to fight off accusations from the condemning eyes of fellow employees, the management and own fiancé, who always think there is something more, and fishy, that goes on inside that dark and aromatic massage room other than what's on the hotel spa menu.

A famous five-star hotel renowned for having one of the city's most talented masseuses, known for leaving her guests in

sweet tears after working her golden fingers on their tight muscles methodically, has been plunged into deep mourning after she abruptly tendered her resignation.

Jeniffer is said to have left her role in tears after her fiancé threatened to terminate their engagement should she not quit her occupation, which he termed as dirty, uncouth and uncomfortable for a soon to be married woman.

"Already my mind is constantly tortured with imaginations of how you romantically tender to naked bodies of various men in the name of a massage career," the insecure man was heard shouting at his fiancé sometime last month when he came to pick her after her shift.

"You have to quit this crazy occupation of yours immediately," he demanded, his eyes aflame in fury. "I am the only man you should see naked, otherwise, your mind will be corrupted with what you see in that evil room!"

FASHION

BY FAITH KYOUMUKAMA

PHOTOS: JOHN OCHIENG

Florid colour

The ninth edition of Fashion High Tea, which went down last weekend, was a little toned down in terms of dressing up. Majority of guests didn't go all out as has been the case in the past, but had just enough to look fashionable. Floral and colourful pieces appeared to take the



This look gives us the bohemian chic vibe, just a bit extra, which we're here for. The ruffles, extra wide-legged pants and even head-piece make her fit for the High Tea.



She redefined decent dressing. We love the bold colour blocking, only, we assume she did not enjoy wearing this in the intense heat that characterised the day's weather.

A floral suit may be risqué, but the colours are subtle, which makes it easier to wear, without looking busy.



The rainbow drape gave this otherwise simple jumpsuit an edgy feel, adding playfulness to the get-up.

BEAUTY

BY VANESSA WAITHIRA

Home remedies for an itchy scalp

Ever found yourself scratching your scalp so much it feels like you'll peel it off? It can be quite uncomfortable and embarrassing, especially when you end up with white flakes all over your clothes as a result. Thankfully, there are a few home remedies that will save you the embarrassment and save your scalp from all the itching.

Baking soda

Baking soda is not only good for baking, but is also a great remedy for dandruff and an itchy scalp. It makes for a great shampoo as it exfoliates and prevents dandruff. Mix it with a few drops of olive oil and water to create a paste, then part your hair and gently apply the mixture on your scalp every four days.



Apple cider vinegar

It's a good remedy for an itching scalp and dandruff as it has pro-biotics and anti-inflammatory properties that kill infections and viruses that cause this. Mix half a cup of apple cider vinegar with a cup of water and spray the concoction into your hair and scalp.



Tea tree oil

A little bit of tea tree oil goes a long way. It has anti-fungal, anti-inflammatory and antibacterial properties, which help prevent an itchy scalp. Mix three drops with olive oil and gently massage into your scalp then wash it off.

Olive oil

Though olive oil may be a bit too pricey to be pouring on your scalp, it works magic for an itchy scalp. Its anti-inflammatory and skin protecting agents help in healing itchiness or infection on the scalp. Heat olive oil in the microwave for about seven seconds and apply all over your scalp. Leave overnight and rinse in the morning. Repeat twice a week for best results.



BY MARCELLA AKINYI

Crystal jubilee



COUPLE: ELIZABETH AND APOSTLE ALLAN ODADAH
DATE: FEBRUARY 2, 2019
VENUE: NEWBREED CITY CHAPEL
DÉCOR: KABERERE EVENTS INTERNATIONAL

How did you meet?
 Odadah: I used own a boutique back in the days in town, I still do. My wife was up and about shopping and also visiting one of her cousins, who also owned a boutique in the same building. The cousin introduced us and that was it.

How was your dating process?

We never dated. I knew in my heart she was my wife, so we started courting immediately.

Most Christians would argue that a pastor should not live together with his partner before doing a church wedding

We've been happily married for more than 15 years after doing a customary wedding, and every time we planned to do a church wedding, something always cropped up and we kept postponing, but by the grace of God, finally we've done it. The church just has a new level of commitment and a breath of spiritual fresh air. Now we're recognised by God, the church and the nation as husband and wife.

When did the wedding plans begin, and did you enlist the help of a committee or wedding planner?

We had both. The wedding planner helped us get vendors and the best deals, then ensured the smooth running of the process and reported to the committee. The committee was basically to help in steering the process.

What was memorable about your wedding?

I loved every detail of my wedding, but my highlight was when the pastor, Apostle Erick, declared, "You can salute your bride." (Laughs)

How did you settle on your bridal party?

The team consisted of my close friends and church members.

Advice to couples planning a wedding?

The wedding day will come and go, but may your love forever grow. Also, in every argument, remember there won't be a "winner" and a "loser".



JUMPING THE BROOM

BY GRACE WACHIRA



Oh Snap! #HoneymoonTingz #MarriageWorks

After the vows, food, cake and song and dance, we bid the newly-weds goodbye. If they're a little extra, there's an after-party later on, before they sneakily take off and head to their honeymoon.

Previously, we never got to see the couple until a certain amount of time elapsed. Some couples took even three months before they resurfaced, and others, a couple of weeks. It really depends on a couple but usually, we only heard from them after they checked back from their romantic getaway. Some time back, we witnessed one of our friends wed his girlfriend but that morning, he was busy sharing memes on his Facebook timeline. I'm sure it took the edge off any anxiety, since we all laughed in the comments section as we congratulated him. Anyway, after the D-day, they made their social media comeback months later, which is acceptable. I mean, it's a well-deserved break, even from social media. The only activities on their walls were guests posting and tagging pictures they took with them on their big day.

But these days, things are different... We bid the happy couple goodbye as they headed off to their 'undisclosed' honeymoon location. The week that followed, on Tuesday, the newly wed wife posted a picture of the couple enjoying themselves on the beach, ping location included. Wow! She couldn't even give us a breather. Honestly, the honeymoon is a private affair. So private that the couple needs to get away. If it were not, why would they bother leaving in the first place?

As the week progressed, more photos from the retreat trickled in, complete with hashtags #HoneymoonTingz, #MarriageWorks et al, flooding our timelines unforgivingly. Yes, we were brought up to speed, on the dining, the walks, even on the breathing at the resort! It was basically a communal honeymoon. We were all there. This was worse than those who keep on posting photos from their big day eons later; of their bridal team or parents or cake or make-up or trees or whatever. It really becomes a pain. A few on the anniversary are okay, or one-off flashbacks, but not every other month for crying out loud!

The honeymooners, sigh. Just don't. We do not want to know. We have already imagined you are having a great time. Wait till you get back and you can give us a little sneak peek. Even vloggers, who apparently live their lives online, go to great lengths to keep their personal business to themselves and their inner circle. Kudos to all the couples who keep their marriage affairs private and only surprise us with snapshots when absolutely necessary. You have a special place in our hearts (read timelines).





MILELE Campus SQUAD



HOSTED BY
**AMOS
NJERU**

**HERE...IT'S
EVERYTHING
CAMPUS!**

**SUNDAYS
FROM
8PM TO 9PM**

milele
HOME OF AFRICAN HITS

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

GIZMOCHAT

BY MILIAM MURIGI

JOSEPH KARIUKI TECHPRENEUR

What does your job entail?
Business planning and development.

Which is your latest gadget?

My Huawei GR3 mobile phone.
Which are your most vital apps on the phone?
Google Chrome, Audible, Deezer and Google's To Do (for managing daily tasks.)

What do you love about technology?
It helps you get more done in less time, I use a lot of online conference calls for business when earlier it would have necessitated travel. This helps in cutting costs and time wastage in business.

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

Google and LinkedIn, these two are invaluable in keeping me in the loop as far as what my industry and colleagues are up to.

What is your opinion on cryptocurrency?

I am not too keen on cryptocurrency so I don't know where to start.

In your opinion what are the biggest dangers and opportunities for Africa as far as technology adoption is concerned.

Biggest dangers are fraud and technology addiction which will have negative health effects.

Opportunities are new business opportunities will open up and problems will be solved faster.

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

My laptop, it really is my life in a nutshell.

Your worst gadget ever and why?

I once won a tablet in an online competition. I went to pick it up at the Post Office, the tax on it was more than its value. I paid for it and two weeks later, I dropped it and cracked the screen. Took it to be repaired but there were no parts available locally.

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

My HP Z Book laptop, it cost 150,000/=

Which gadget do you use the most

and why?
My laptop, it's my office and entertainment.

What would you be if you were a gadget?

Fridge, I'd always be chill and full of food

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

Windows, I've never been a fan of Apple and I don't plan to be any time soon. I don't even like the fruit as I prefer mangoes.

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

My phone, technology is moving so fast that its already slowing me down.

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

Output, that's why I never go for Apple products as a huge fraction of the price is simply for the brand. There are better devices at better prices if one takes the time to find them.

The gadget you always wish you had?

Amazon's Alexa, just for fun.



YOU TOO CAN SAY NO

BY STEPHEN MBUTHI

CAVEMAN

She was the epitome of perfect beauty, her skin shone in the sun with a caramel sheen as did her hair, dark as a night without light. Her figure was perfect, full of the bloom of youth that only a body in the early twenties could manage. She was Indian and clearly fancied contracting a bout of jungle fever. After her initial signals had been ignored, she geared up and even attempted what can only be described as mangled Swahili. But I am proud to say that I was having none of it.

The main reason for this was not that I was particularly self-controlled or having any particular moral values preventing me from graciously accepting the opportunity to gratify our carnal desires. No, the real reason I ignored the

signs was because I was heavily infatuated with reading. There were so many books and so little time, I was in the zone and I didn't want to break the flow. I have been in a number of relationships and the one thing I have learnt is that relationships take up too much of your time and an unfair amount of mental exertion. I simply didn't have the mental capacity to multitask.

As is typical of rejected women, that door was closed off permanently and I regret to this day not making proper use of the opportunity. But that is one half of the story, the second half deals with the changes I noticed after nothing had happened. I walked with my head held higher than usual and a cocky gait. I wrote with more

confidence and started rejecting beautiful women, left right and centre. The way I figured, if such a hottie had been hot for me then anyone not at her level would be playing below my league. I was now in the fast lane.

I noticed another thing. Women are in this day and age, drowning in attention and compliments, courtesy of social media. In real life, even a girl as plain as a White Probox gets hundreds of likes from her hordes of thirsty followers. As a result, every Jane, Mary and Waithe has an overblown sense of entitlement. Women nowadays know that simply by being pretty they can get a man to do anything and everything for them. But if you are immune to their beauty, then you effectively have a superpower.

The power you have over your desires is intoxicating. To test myself I have been guilty of honing my skills by aggressively pursuing a damsel out of my league until she finally, possibly out of exhaustion, starts to show some interest. At which point I immediately stop the pursuit and delete myself permanently from her life, getting a boost of willpower in the process.

Much has been said of the beauty of women over the years and much will be said in the future, that their beauty holds sway over the minds of men is not unfounded. But if you can control yourself in the presence of the most alluring temptation in the world, then even the most corrupt offering wont sway you, and you will be a better man for it.

TECHWATCH

CLYDE INGARA



GOING NOISELESS

Sony has had the best noise cancelling headphones two years running, with the WH-1000XM3 being the latest, coming packed with fantastic sound quality and a 30-hour battery life.

The design has undergone some changes whereby there is a new flush fit that replaces the old padding on the bridge for something a bit more cushiony. This makes the headphones more comfortable and less dorky when on your head. The other change is that it swapped the micro USB port for the USB type C, reducing the number of cables you need to carry around.

This gadget has a quick charge feature that allows you to get around five hours of playback after charging it for 10 minutes, thus no need to worry if you find yourself running low on battery. The downside of the gadget is that it has a mediocre call quality. It retails at Sh32,400 on Amazon.



WIRELESS PULSE

If you want to enjoy a great sounding speaker and a conversation starter then go for the JBL Pulse 3 wireless Bluetooth speaker, since JBL has been a leader in the Bluetooth speaker segment since they became a thing.

It features the company's signature cloth, a subtle hint that in fact the IPX7 is certified waterproof meaning that can be submerged up to 1 meter in water. The body has also been dominated by smooth plastic that helps diffuse light produced by the built-in LEDs.

It has 360-degree audio, which is excellent for open environments where you will be moving around, such as a party, beach or next to the pool. One can also connect other JBL connect+ capable speakers to play in unison for more volume or in stereo. The downside of this device is that it has a short battery life and no smartphone charging. It retails at Sh5,199 on Killimall online store.



ANOTHER APPLE

The hottest devices right now are phones with excellent performance and great display screen size. The iPhone XR offers an excellent big screen in a comfortable body and a camera that is almost as good as the iPhone XS.

This gadget comes with a new type of LCD; 6.1-inch Liquid Retina HD True Tone display, a screen that has been designed to allow it to make this curved all screen display. It also has a thicker design than the iPhone XS with chunkier bezels around the side of the phone. The LCD screen does a good job of delivering sharp lines and punchy colours. The camera has the smart HDR mode which still works well and improves the quality of photos on a regular basis. The downside of this device is that the portrait camera mode does not impress and some apps are not fully optimised. It retails for Sh74,900 on Amazon.

BUMPS AHEAD

BY ADALLA ALLAN



Breathalysers and drunk driving

Over 3,000 lives are lost every year on roads, 80 per cent of the deaths coming from human behaviour as reported by the National Transport and Safety Authority (NTSA).

The Government through the NTSA and the police service initiated the use of breath analysers famously known as 'alco blow' to control drunk driving.

Breathalysers estimate blood alcohol content indirectly by measuring the amount of alcohol in one's breath. The traffic (breathalysers) rules 2011 states that the prescribed limit on a breath test shall be 35 micrograms of alcohol in 100 millilitres of breath. In Kenya, the small handheld breathalysers are the most commonly used. They are not reliable enough to provide evidence in court, but reliable enough to justify an arrest.

There has been controversy pitting the Government against liquor dealers due to the amended "alco blow rule". Kariuki Ruitha the owner of Reminisce Bar and Grill along Langata Road, sued the state back in 2014, challenging the alco blow rule, arguing that the rule was unreasonable and oppressive. He said that the rule had led to him losing 80 per cent of business, forcing him to lay off 29 employees and 15 artistes, an estimated 30 per cent staff layoff.

The case was thrown out by the High Court. In April 2017, a three-judge bench at the court of appeal ruled that laws introduced by NTSA are inconsistent with the traffic laws, therefore, whoever that fails the breath test shall face a penalty in respect of article 44 of the traffic Act, which covers driving under the influence of alcohol.

On its sub-article (1) it states that a person found driving on a road and confirmed to be under the influence of alcohol or a drug, and incapable of having proper control of the vehicle, shall be guilty of an offence and liable to a fine not exceeding Sh100,000 or imprisonment for a term not exceeding two years, or both and (2) should be disqualified for a period of twelve months from the date of conviction from holding a licence.

BY STEPHEN MBUTHI

PHOTO: STEPHEN MBUTHI

MY RIDE

Street Samurai

Why did you go for this car? Just look at it, it looks beastly.

It's a very well designed car that looks like nothing else on the road. From the very first time I saw this design I wanted one. Subarus are synonymous with tough performance ever since they battled the Evos in the world's rally stages. That same

grit is in every Subaru to date and this particular Forester offers that conventional Subaru reliability and performance in an unconventional yet handsome package.

It's not only fast but very practical as well. You get more room here than in most station wagons and yet it looks more masculine and rugged. Subaru really hit the nail on the head with this design. All things considered I'd say the looks are what made me go for this particular Subaru. I'd always wanted a Subaru and their per-

formance and reliability is almost guaranteed across models so it was just a question of which one and this was the best all-rounder.

What do you love about it?

I believe a car is an expansion of the owner's personality and I wanted this car to embody that. I like fast cars and high performance and wasn't satisfied with the car in factory stock condition. I had the engine remapped, upgraded the air intake and the suspension to increase handling and outright performance. I also

fitted lighter performance rims and low profile tyres which not only improve performance but aesthetics as well. Add to that the aftermarket bumpers and side skirts and you end up with an aggressive and powerful stance. I love that it came together so nicely and I feel it really is an expansion of my personality.

Any drawbacks to owning it?

We all have to compromise on a thing we love and for me it's the sheer weight of the car. Compared to the Impreza or even the Legacy the Forester is heavier. This compromises outright performance a bit especially when getting off the line flat out. You can also feel the weight in the corners. This means I'm constantly aware that I can't push it as hard as I would an Impreza STI. Apart from that I have no complaints, as an overall package it works better than the saloon.

VICTOR MAKAU
OCCUPATION: BUSINESSMAN
2006 SUBARU FORESTER SG5
CROSS-SPORTS.



NGANYA 254

BY CYNTHIA MUKANZI

Death to matatus



Matatus are a nuisance that has been plaguing the streets of Nairobi as far back as independence. The name matatu comes from the Kikuyu statement, "mangotore matatu", referring to the three ten cent coins that was the fare back then. Since then the matatu industry has only deteriorated into a lawless enterprise characterised by abusive and thieving touts and drivers with suicidal, and homicidal tendencies.

If you are unfortunate to be blessed with a taller than average height as you will be have to be as flexible as a yoga master to fit into the tight seats as you are subjected to ear shattering obscenities that pass for music. Suffice it to say that I only use

matatus when I absolutely have to.

Which is why I was recently stoked when I came across an App that allows one to book a seat on a mini bus that leaves at a predetermined time. A couple of minutes to 9am I was seated comfortable and strapped down with a clean belt. The cabin was awash with soft jazz and the driver was polite. Conspicuously absent was the sense of impending doom that accompanies most matatu journeys. The driver stopped, stage after stage to pick passengers and the whole journey was as civil as one would expect public transport to be.

There were however a few hiccups. First, the App had predicted that my journey from Kikuyu

to the CBD would take 20 minutes and 20 minutes later we were but halfway to the capital. Secondly and more irritatingly, the driver was constantly switching between his personal phone, apparently arranging for a harambee, and his work phone, which he used to call passengers before we got to the pickup point.

Lastly, I paid exactly double the fare I would have on a matatu. Was the journey twice as convenient? I would say so, but if I used one every day that would mean that I would have to eat leaves as it would essentially double my transport budget per month. The solution lies in more Kenyans using the service and more players in the industry as competition will bring the prices down. After all matatus ply the same distance for half the cost. The death-knell for the matatu industry as we know it has already been sounded.

LITTLE STAR

BY HARRIET JAMES

A brief introduction of yourself?
My name is Elaine Mosiara Moturi, nicknamed Gina. I am 10 years old and in Class Five at Makini School.

When did you begin playing chess?

In Class One when I joined Makini School and watched other pupils playing. Coaches Moses and Steve also believed in me and really inspired me to start playing.

How many awards have you won so far?

I think I've won 10 medals and 17 trophies. They really get me excited and motivated.

Congratulations. What's your secret?

I constantly participate in tournaments, and continually learn from my mistakes.

Where do you practise?

Mostly in school and at home with my dad and sister or on the computer, and this makes me better by the day.

Your parents must be proud of you

They are my number one fans and support me a lot. They pay for all my tournaments and continually encourage me to be the best.

How do you balance school and playing chess?

I just do the right thing at the right time. School time is school time and chess time is just that.

What would you like to be when you grow up?

I would like to be a doctor and an artist as well.

What are your favourite subjects?

Science, because I find it real. A lot of experiments and learning why things behave or happen as they do.

Advice to other kids?

The bible tells us in Matthew 25:14-30 to use our talents well to bring God glory and honour.



Smart Strategist

MOVIE REVIEW



Film: Duck Duck Goose
Year: 2018
Age: 8+
Rating: 3/5

Duck Duck Goose is an animated adventure in which an independent-minded goose, Peng, wants to lead his flock in migratory flying, but he's a bit too much of a daredevil for the head goose to trust him. When Peng gets injured just before the exodus, he worries that winter in the Chinese wilderness will strand him, almost surely dooming him to an early demise. The lack of food, the cold, and the presence of hungry predators are all threats. At the same time, two newborn ducklings, Chi and Chao, get separated from their duckling group, who were heading to some wonderful place called Happy Valley. Selfishly thinking he can use the ducklings as decoy for predators, Peng lies to them, promising he will take care of them until he can deliver them to their flock. At first, he remains impatient and unsympathetic to the little ones, but as they spend more time together, and especially after Chi and Chao save Peng from danger, he becomes so protective that when he realises that Happy Valley is a restaurant that specialises in duckling, he turns the place upside down to save Chi and Chao. Peng's affection for the ducklings is clear by the time he catches up with his own flock, and is ready to adopt them as his own.

This is a sweet and amusing animated feature that will entertain viewers, without many scary parts. When the heroes are running from a ravenous cat, escaping in a truck full of pigs, the worst that happens is that the birds have to endure a constant barrage of foul-smelling air emitting from the gassy pigs. Jim Gaffigan voices Peng well, and Carl Reiner makes Larry, the wisdom-spouting turtle, a perfect truth-telling adviser.

-Common Sense Media

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POWERED BY
08 LOTTO

by Hellen Njeri

Immediately after college or university, a starting salary that could be adequate in some towns can prove pretty tight in Nairobi.

Needless to say, side hustling quickly become a necessary way of life in order to supplement a meagre income and shore up your bank account.

-Build a side hustle on the back of your work skills

The easiest, and most natural, option for padding a meagre salary is to leverage the skills you're already developing in the office. For example, a finance manager can supplement their income with a side gig as a spreadsheet consultant or auditor for small businesses. "My spreadsheet side hustle perfectly complemented my full-time job as an accountant," says Ken Mwangi. "Having advanced technical skills is one of the ways you can differentiate yourself from others."

-Pitch an overtime project that lets you prove what you can do

You may not even need to leave your office in order to pad that low salary. Sometimes it just comes down to knowing which opportunities exist inside your own organisation. Ask your boss about the ins and outs of your company's protocol on overtime, and then pitch yourself for additional projects.

Don't worry if they're outside your department, either in fact, looking for 'stretch' assignments that take you outside your job description can help you move ahead in the company. Not only will you pick up some much-needed extra money this

Your skills can earn you an extra shilling



way, but you'll also be able to demonstrate your ability to

level up in your career and get promoted.

-Volunteer in exchange for free classes

If you are a young professional, you will have to pay for professional classes. But if you offer to handle extra work in your organisation you can make an extra coin.

Offering to volunteer in exchange for classes can work well in a variety of places. Sometimes there are even formal programmes based around this type of trade-off.

-Master your time-management skill

In his book, Robin Sharma 'The Monk who sold his Ferrari' he describes time as precious commodity and to be highly respected.

"Time slips through our hands like grains of sand, never to return again. Those who use time wisely from an early age are rewarded with rich, productive and satisfying lives. Only 20 per cent of your time, dedicated to the day-to-day activities, yield lasting results that could influence the quality of your life," writes Sharma.

To start with create a time audit and find out where your time actually goes. You may believe that you only spend 30 minutes on emails, but in reality that task is eating-up an hour of your day. The easiest way to keep track of your time is to download an app like my app calendar to track everything you do for a week.

You can then access a report to find out what's stealing your time. With this information, you can then make the appropriate adjustments. Secondly, make a to do list which you have to follow ruthlessly. Then you will find out that you actually have a lot of time to do personal development tasks which will earn you more money and wealth eventually.

CAREERWISE

In the battle to beat rivals, it pays to retain talent

Francis Muli

It is no secret that organisations lose their best employees to their rivals, and this practice will end as talent is always sought after.

Organisations put in a lot of time, money and resources to develop talent and it is such a blow to see them leave, especially to competitors.

Some of entities start crumbling since they depend on their best staff for survival. The mistake these companies make is investing on developing talent, but forget on putting efforts to retain what they have developed.

In a bid to attain this, companies need to observe the following:

- Make them feel at home

It may sound a cliché, but most

times it is true that East or West home is the best. If a worker feels at home in your organisation, she will feel difficult to leave, however, good the deal might seem. Even if they leave, they will always come back. This can be achieved by treating them well, remunerating them fairly and listening to them. Some companies go to an extent of giving them shares.

-Recognition

Being a talented worker means that they make the right decisions at the right time, so why not give them the chance? In most cases, these are the people who interact with most customers and clients, so they understand them better.

The power to make decisions doesn't have to be absolute. It can

be by asking them what change they want to see, and then implement it if viable. This would also mean that you give them some freedom. Workers hate a suffocating workplace.

- Rewards

In football, most players leave their clubs for others where they feel they will win a certain award. The same happens in the workplace. Always recognise the efforts of your talented staff, by offering a periodic reward for achievers.

Change it regularly to avoid monotony, or maybe make it a surprise gift. A worker's morale dies when their effort and achievements are not recognised or rewarded and they are likely to leave for a better place where they feel that their ef-

forts will be appreciated.

-Promotion

Most workers would leave when they feel that less talented people are being promoted while they stagnate in one position. By promoting them you give them a chance to develop new talent that could have gone to waste in case they remained in one position. Sometimes promotion creates space for a new talent.

-Keep in touch

It helps understand what they think and feel about the company, and test their loyalty. It will also help understand when they want to leave and why, and try and talk to them to change their minds. Breakdown of communication could lead to breakdown of a good relationship, which would see the workers leave.





ON-FRI 4PM
ŪKA

MON-FRI 8:30PM
NJUNG'WA YA MÜTHEE KIHENJO

FRI 10PM
KĪGOOCO

SAT 9:30AM
SATAI

SAT 8PM
NYARARI

SAT 10PM
MŪGĪTHĪ

SUN 6PM
THANDĪ CIA WENDO

SUN 7:30PM
NDĪTİMŪRANO

SUN 10PM
KWĪBANGA

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RUN-THROUGH

Fireworks on for weekend basketball

Fireworks are expected this coming weekend in the second and final rounds of Kisumu County Basketball League, which enters its homestretch. Jomo Kenyatta Basketball Courts will be the centre of attraction as the four teams will be facing each other for the finals slot. Of the 17 teams that make up the KCBL only eight made it to the playoffs stages that were played last month. The number has since dropped to four who will now battle for the championship and third place respectively. After overcoming a gruelling last week-end first round of semi-final that Kisumu Natives against Bay Lakers. Natives managed to thrash Bay Lakers 44-40 to qualify for the next round. Last year's second runners-up will be seeking to replicate the same standard when they tackle stubborn Kisii Vipers in the second round of semi-finals. The university lads Vipers ran supreme over fellow students Maseno University Challengers whom they dispatched 67-57 to qualify for the second round.

- VIDEN OCHIENG



Swami, Gymkhana in bid to join Kanbis

Following last week's straight pass of Kanbis into another T20 Super Division Championship final, all eyes shift to Swami and Nairobi Gymkhana. Swami lost clean against traditional rivals Kanbis in the finals qualifiers at the latter's backyard while Gymkhana rounced ambitious Ngar Sports Club in the eliminator contest. The 2017 Champions Swami is therefore looking at two scenarios; the first is to beat Gymkhana for a shot at the finals then plan revenge against the defending champions. Indeed against Nairobi Gymkhana, they stand favourites given their recent head to head record. Swami will thus rely on the batting prowess of Irfan Karim, Alex Obanda and Morris Ouma whereas the bowling of veteran Lameck Onyango will be crucial to a good overall show at Jaffreys Club. However, Gymkhana cannot be a pushover and will rely on the all round abilities of Neel Dave and Karan Kaul to upset the odds.

- BARRY SILAH



EPL FIXTURES:

Saturday

KCB v Kabras Sugar – 4:00pm, Impala Grounds
Impala Saracens v Homeboyz – 2:00pm
Harlequins v Strathmore (Sunday, RFUEA)
Nakuru v Stanbic Mwamba, NAC
Nondescripts v Blak Blad, Jamhuri ASK
Mean Machine v Menengai Oilers, UoN

Starting line ups

Kabras Sugar

1. Ephraim Odour 2. Max Adaka (Captain) 3. Asuman Mugerwa 4. Brain Juma 5. Hillary Odhiambo 6. Dan Sikuta 7. George Nyambua 8. Claude Johannes 9. Brian Tanga (Vice-Captain) 10. Logan Basson 11. Kevin Keagan 12. Nick Baraza 13. Mario Wilson 14. Felix Ayange 15. Philip Wokorach

KCB

1. Oscar Simiyu 2. Peter Kaaria 3. Curtis Likoko 4. Francis Mwita 5. Oliver Mang'eni 6. Andrew Amonde 7. Davis Chenge 8. Peter Waitere 9. Michael Wanjala 10. Ken Moseti 11. Abekah Stafford 12. Brian Ormondi 13. Peter Kilongo 14. Tony Onyango 15. Darwin Mukidza

KCB, Kabras in season's biggest rugby battle yet

All roads lead to Impala Club for a long-awaited titanic battle pitting last season's finalist KCB and Kabras Sugar in their first Kenya Cup encounter this year. Round Eleven of Kenya Cup highlight clash to be curtain-raised by another thriller featuring hosts Impala Saracens and Homeboyz.

Defending champions head coach Curtis Olago had a week of fine tuning all departments resulting into five changes ahead of the tie as visitors and unbeaten Kabras head coach Henly Du Plessis made only two changes to the side that downed Harlequins 21-3 last weekend in their first clash to win without a bonus.

"The changes are necessary. Only Jacob Ojee is out with Kenya sevens duty but has been replaced by Stafford Abeka. Against Impala last weekend we took long to score but we have worked on all departments accordingly and we look forward to a win," said Olago.

Kabras tactician Henly Du Plessis on

the other hand will be looking forward to an away win having polished on their execution.

"We have had a good training week as a team, worked on our finishing and now we look forward to another away win which we play as a final," said Du Plessis.

The two sides lastly met during last Kenya Cup finals on March 24 where KCB at their own den defended the title unbeaten with a 29-24 score. KCB led the match from onset to win it by four tries.

Two scorers from the previous clash are absent; Kenya sevens skipper Jacob Ojee and Martin Owila but Brian Nyikuli and Peter Waitere will play in shifts, Waitere starting at eight this weekend.

Kabras line up will see forwards Ephraim Odour and Brian Juma start in place of loose-head Hosea Ngesa and lock Charlton Mokuu who will come in from the bench as their round 11 positional changes.

For extras off individual brilliance, the defending champions will rely on their experience featuring nine starting Kenyan



Eyes on the ball as KCB launch an attack last weekend in a Kenya Cup tie. INSET: Kabras Sugar full back Philip Wokorach in action against KCB during the 2017/18 cup finals at the KCB Sports Club. PHOTOS: ALEX NJUE

internationals while Kabras will hope their new-look side led by former banker Max Adaka and Ugandan international and current season top try scorer Philip Wokorach will maintain their unbeaten run on neutral grounds.

Meanwhile Menengai Cream Homeboyz will battle Impala the day's first fixture at 2pm in the double header at Impala Grounds.

Both sides come off away losses, Deeja's letting go of a half time 24-24 tie to lose 39-24 to Kabras as Impala lost a 0-0 half time control to lose 25-3 to the defending champions KCB.

Mean Machine will stare at a chance to come off the bottom seat when they host Menengai Oilers at the UoN grounds as Nakuru and Nondescripts host Mwamba and Blak Blad respectively in the last fixture of the day.

Kenya Harlequins match against Strathmore Leos will be played on Sunday at the RFUEA Grounds at 4pm to wrap up the weekend, which will see the league left with five fixtures to the playoffs.

Nyamira seeks help for stadium construction



Nyamira County Governor John Nyagarama tours Manga Stadium with his officials during the ground-breaking ceremony last year. PHOTO: JOHN OCHORO

Nyamira County is seeking support from the national government to aid the completion of the construction of the stalled Manga Stadium, more than five years since the project was launched.

The devolved unit, long accused of neglecting sports by under funding projects meant to boost the sector, is now seeking to redeem itself by completing the main stadium in the county.

"As a county government we have tried our best, but surprisingly that stadium requires a lot of money which is beyond our capacity" said the county governor, John Nyagarama during the local leaders' meeting with the President Uhuru Kenyatta in Kisii

on Wednesday.

However, the President declined to talk about the matter saying he will tour the region later this year.

"We came here to launch medical machines at Kisii Teaching and Referral Hospital (KTRH) and would not wish to talk something that is contrary to that," said the President.

Nevertheless, the President hinted that the national government was determined to ensure Gusii Stadium in Kisii County is improved to meet Football Kenya Federation's (KFF) standards.

"I had promised (Kisii) Governor James Ongwae last year that the national government was to take

part in the constructions at Gusii Stadium something that I am determined to fulfil," he said.

In 2014, the county government of Nyamira announced major renovations and upgrades on Manga stadium and gave itself three years to have a complete facelift. It didn't materialise and took two more years for officials to admit it may take longer and more money.

Initially, Sh64 million had been set aside in the financial year 2014-2015 and another Sh73 million in 2018-2019 budget to ensure its completion, but only a shoddy job has been done at the region's main facility.

- VIDEN OCHIENG



Institutions gear up for a Maseno Varsity Open tourney

Fireworks are expected this weekend when scores of the country's universities, clubs and training Institutions converge for the 13th edition of Maseno University Annual Open tournament.

Hosts Maseno will be looking forward to retaining the men's hockey trophy they won in last year's edition.

Eight discipline titles will be up for grabs with hockey, basketball men and women and volleyball making the highlight of the events that has been spread to different venues.

In basketball, stiff competition will be expected between Strathmore University and United States International University-Africa (USIU-Africa) in both men's and women's encounters.

Butali Sugar is among top hockey guns expected to grace the occasion. Other notable clubs includes Sailors and Kenyatta University, among other clubs.

Other disciplines that will attract stiff competition include: netball, which has attracted only women entries, football men and women and handball men and women.

Sigalagala Technical Training Institute, Kisumu Polytechnic, Kabete Training Institute are among leading Institutions expected at the tourney.

Other sporting disciplines set for the annual tournament are tennis, badminton and hockey.

Speaking to People Daily Sports, Tournament organiser Jared Adala said nearly all the universities and other institutions have confirmed their participations.

"We are expecting an exciting event and a more successful one than last year. Already teams from Strathmore, USIU-A, Telkom and Sailors have confirmed their willingness to be part of us. We hope this will be a wonderful event," he said.

- VIDEN OCHIENG

Zakayo's leap of faith in Cross Country challenge

World U20 5,000m champion Edward Zakayo is not startled even as he moves closer to a race he has only termed as 'baptism of fire', National Cross-Country Championships set for Saturday at the Eldoret Sports Club.

The junior is adamant he has been exhaustive in his training for the national trails that will double up as World Cross Country championships set for Aarhus, Denmark in March 30.

"I am worried. Of course I am, this will be my first race in the senior category, and it is like diving into the deep end. But that is as far as it goes, I

want to qualify for the World Cross Country," the Form Three student said.

Zakayo says the presence of big names like defending champion Geoffrey Kamworor will only push him harder come the material day for an automatic selection to the team.

"When you know there are big names in the race, you have to work extra hard to finish within the podium positions to stand a chance of representing the country. I have been informed that finishing in the first six positions is no guarantee of qualification," a determined Zakayo said.

The Kapsait Secondary School student's remarks comes after Athletics Kenya (AK) scrapped the first-six-across-the-line rule to select

Kenya's team to the World Cross, re-introducing the first four and two more being selected by a panel of coaches to fill the final six member team in both junior and senior teams.

"For people like myself, that is disadvantage, and a say that in a good way. I know we have to work twice as hard," said the runner who finished fifth at the championships held at the Uhuru Gardens in Nairobi, in the junior category.

The Commonwealth Games bronze medalist who will be representing North Rift region in the trails says whatever happens, he is not scared to try by putting his best foot forward.

Kenya Defence Forces is represented by 45 athletes and have exuded confidence that they would fly KDF's flag high Saturday.

They would take on Kenya Po-

lice, Kenya Prisons among other teams and the winners will join the team to represent Kenya during the 44th IAAF World Cross Country Championships.

With the inaugural championships outside Nairobi at the Eldoret Sports Club, thousands are expected to watch as the team that will definitely carry the day in Aarhus is selected in a spectacle that will bring together the who-is-who in Kenyan athletics.

National Olympic Committee of Kenya (NOC-K) chairman Paul Tergat is expected to lead other officials including AK chairman Jack Tuwei and the LOC led by Abraham Mutai and the entire AK leadership. Uasin Gishu Governor Mandago has promised to bus in 1000s of residents to watch the world spectacle.

Additional reporting by Derek Otieno

Edward Zakayo of Kenya wins the 5,000m at the IAAF World U20 Championships Tampere 2015. He will be making his debut on the Cross-Country field at the Eldoret Sports Club at the national Cross-Country Championships Saturday. PHOTO: FILE



Rangers in race against time in handball league with four matches this weekend

BY LYNETTE MATHEKA @PEOPLESPT11



Rangers in action during a past Kenya Handball Federation (KHF) league match at the Nyayo National Stadium. PHOTO: RODGERS NDEGWA

Rangers play four of their last five league matches this weekend and coach Gerald Juma believes that a top three spot is still achievable if they could squeeze wins from all four fixtures.

Currently in sixth place at 27 points from 13 wins, one draw and two losses, the Bungoma-based club could go to 35 points and place fourth at the end of the weekend.

However, they have the herculean task of going past league leaders and former champions National Cereals and Produce Board (NCPB) who are still unbeaten after 19 league matches. Additionally they have fourth-placed Ulinzi on their list of

weekend opponents too.

"I know it is a tall order but a top three is still achievable. However, we are still well within our target of featuring in the Super Cup and nothing can take that away from us. The first match of Saturday will be to seal our place in the playoffs," said Juma.

Facing Generation as their first opponent of the day, Juma says they are going for nothing short of a win in that match as it is their seal for a playoff spot.

The closest competitor for sixth place is Kenyatta University who are seventh at 26 points, a

point behind Rangers. However, the scholars have already played 20 matches in the 22-team league.

"We face NCPB barely an hour after playing against Generation and that will be a tough fixture for us.

We wished to meet the millers while still fresh but the fixtures couldn't change so we will do our best," said Juma.

The millers have an upper hand if previous meetings are anything to go by. Rangers have lost the last two by seven and five goals respectively. "We will strive to reduce the goal difference if not winning the match," said the tactician.

Mane's house vandalised

Liverpool forward Sadio Mane appears to have been the victim of a burglary that happened while the Reds' number 10 was in action at Anfield against Bayern Munich in the first Champions League knockout round on Tuesday night.

Mane's house in the suburbs of Liverpool lay empty and thieves are believed to have made off with a number of items.

A report from BBC Sport explains that watches, mobile phones and car keys were among the things stolen, with the break-in said to have occurred at some point between 6pm and 11.45pm.

"We are appealing for anyone with information in relation to this burglary to please come forward and assist our inquiries," said Detective Inspector Phil Mahon of Merseyside Police.



Man City fan 'critical' after alleged assault in Germany

Manchester City said Thursday that one of their fans was "in a critical condition in hospital" following an alleged assault after their Champions League match against Schalke.

Pep Guardiola's Premier League leaders sealed a dramatic 3-2 win in Germany on Wednesday despite being down to 10 men after Nicolas Otamendi was sent off.

The victory in the first leg of the last-16 tie leaves them firm favourites to progress to the quarter-finals.

City issued a statement on their website on Thursday saying they were "aware of an alleged assault after the match".

"The club are working with Greater Manchester Police and German Police to ascertain more information," it said.



'I made mistakes... it will not happen again': Cheating Martial apologises to his fiancée

Manchester United star Anthony Martial has issued an apology to his fiancée Melanie da Cruz after allegedly sexting and sleeping with a French model during his partner's pregnancy.

Martial posted a picture of himself on Instagram with his fiancée. He accompanied the image with the caption: 'I would like to apologise to my relatives, my beautiful family and especially my fiancée for the harm I have done in recent months!'

"I made mistakes and I'm sorry it will not happen again!"

Reports claimed that Martial had been swapping mes-

sages with model Malika Semichi while Da Cruz was eight months pregnant after meeting her in a French night club. And according to the Daily Star Sunday, Martial allegedly slept with the 20-year-old at a Paris hotel. Last December, Martial hit back at claims he had been unfaithful via social media. In a picture alongside Da Cruz, Martial wrote: 'There will always be bad people, jealous in this world who will be ready to tell lots of bulls*** to be able to exist but thanks to God I know which way I go with the best by my side.'

Da Cruz gave birth to her and Martial's first child together, a boy named Swan, in July.

Da Cruz was eight months pregnant with Martial's child when he was allegedly unfaithful.

PSG announce new shirt sponsor
ALL, a new loyalty scheme from hotel group Accor, will be PSG's shirt sponsor from the 2019-20 season.

Ligue 1 champions Paris Saint-Germain have signed a multi-year sponsorship with hotel group Accor, which will become the club's principal sponsor.

ALL, a new loyalty scheme from the company, will be the brand displayed on

the front of PSG's shirts from the 2019-20 season, replacing Dubai-based airline Fly Emirates.

Accor Group chairman and chief executive officer Sebastien Bazin is a former chairman of PSG, who are on track to easily defend their Ligue 1 title and lead Manchester United 2-0 in their Champions League last-16 tie. Thursday's announcement may be viewed as Qatar-owned PSG

pivoting away from the United Arab Emirates, with the two countries involved in an ongoing diplomatic standoff.

PSG's finances are again being assessed by UEFA's Club Financial Control Body, with the club furiously denying reports in December they could be forced to sell Neymar or Kylian Mbappe to raise funds and avoid Financial Fair Play sanctions.



Sala's family may miss out on Sh78.4m payout after Cardiff made EPL registration error before striker's tragic death

Emiliano Sala's family may not receive up to Sh 78.4m (£600,000) in compensation for his death because of an administrative error by Cardiff City.

Sala was killed when the private plane bringing him to Cardiff crashed into the English Channel on January 21, just two days after his record £15million move to the Premier League club.

However, the Argentine's family may miss out on the compensation fee because the Bluebirds made an error when



registering his contract with the Premier League. According to The Times, Premier League officials were forced to send some

documents back to Cardiff because information needed to be corrected. Sala also needed to sign the forms again.



We were sweet enemies - Mourinho salutes old rival Wenger

Arsene Wenger deserves more recognition for overseeing Arsenal's 'Invincibles' season, according to former rival Jose Mourinho. Jose Mourinho has paid tribute to Arsene Wenger, describing the Frenchman and Alex Ferguson as "sweet enemies".

Mourinho was involved in a fierce rivalry with the Arsenal and Manchester United managers during his two spells at Chelsea and then again with Wenger after taking over the reins at Old Trafford in 2016.

Mourinho's first stint at Chelsea started the season after Arsenal's legendary 2003-04 campaign, which saw them lift the Premier League trophy without suffering defeat - an achievement that saw them christened 'the Invincibles'.

The Portuguese, who has been out of a job since being dismissed by United in December, looks back fondly on his battles with Wenger and Ferguson and believes the former Arsenal boss deserves more credit for guiding the Gunners through that unbeaten season.

"He is a very intelligent person and one of the best managers in the history of football," he told @LaureusSport after Wenger was awarded the Laureus World Sports Awards' Lifetime Achievement award.

"I arrived in England and I found 'the Invincibles' and I found Manchester United and Sir Alex Ferguson very much hurt by that Arsenal season."

Simeone apologises for crotch-clutching celebration

Atletico Madrid's opener against Juventus was celebrated enthusiastically by Diego Simeone and he has apologised.

Diego Simeone said he was trying to show Atletico Madrid's fans that his side had "cojones" when he celebrated a goal in the 2-0 Champions League victory over Juventus by clutching his own crotch.

The Atleti coach enthusiastically responded to Jose Gimenez's 78th-minute opener, after Alvaro Morata had seen a goal ruled out by VAR.

Diego Godin added a second for the LaLiga club at the Wanda Metropolitano to leave Juve with an uphill struggle to make it into the quarter-finals.

Simeone pointed out that he had celebrated in a similar fashion during his playing days but apologised to anyone who may have been offended.



Dawo, Oluoch goals steer Police past stubborn Ksm All Stars

Abraham Dawo and David Oluoch teamed up to check Kisumu All Stars solid run Friday at Karuturi Grounds as hosts Kenya Police beat the lakeside outfit 2-1.

The Allstars had prior to this loss gone five matches unbeaten which had moved them to fifth in the National Super League (NSL) log.

On the bright side for the lakeside team, was that top scorer David Ochien'g notched his 10th goal of the campaign in what was a juicy contest in the outskirts of Naivasha town.

Oluoch had opened the scoring for Police in the 17th minute after a good build-up from Bobby Kwaka with a neat chip before a

speculative shot from the edge of the area by lively Ochien'g draw even inside the 33rd minute. In the second half, it was a sizzling contest especially in the middle of the pack even as Police closed the spaces against a rampaging opponent.

Deep into the second half in the 78th minute, the lanky striker Dawo stole a ball from the left and evaded the closing defenders before unleashing a thunderbolt which would end up as the match decider. The win pushed the law enforcers to sixth on 25 points; five behind Police who are on 30 currently.

Meanwhile, improving Shabana earned a third consecutive win by seeing off hosts

Thika United 1-0. Tore Bobe now have 25 points and earned the reprieve courtesy of captain Wycliffe Nyangechi's glorious free kick in the second half of play.

Tore Bobe under temporary boss Rix Kanuli are beginning to look their lethal best having had a torrid time prior. However, for Thika United who had started pulling up the pieces nicely despite a poor start to the campaign, this loss was the second-in-a-row keeping them in 12th spot with 19 points.

Meanwhile, at Camp Toyoyo, another classic match was witnessed between St Joseph's Youth and Kangemi All Stars. However, both sides settled for a 1-1 draw.



Dennis Ochien'g of Kisumu All Stars (left) evades a tackle by Shami Kibwana of KCB in a past NSL clash. Ochien'g leads the top-scorer list with 10 goals was on the mark against Kenya Police yesterday. PHOTO: RODGERS NDEGWA

Pushed back Kenya Women Premier League fixtures remain unchanged at kick-off

The much-awaited Kenya Women Premier League (WPL) season, which was scheduled to kick off this weekend, will now commence on March 2.

The move was necessitated by the Women Premier League clubs' need for more time to make adequate arrangements for the 16-team unified league.

However, the fixtures remained in altered as defending Champions Vihiga Queens will still kick off their title defence against Vihiga Leeds at the Mumias Sports Complex.

Newcomers Nyuki Starlets and Kibera Girls Soccer Academy, meanwhile, will be up against Soccer Queens and Gaspo Youth respectively in their maiden top-tier matches.

Just like the 2018 season, the league will comprise 16 teams, grouped into two zones with eight teams each.

The champions from either zone will gain automatic qualification to the 2020 top tier Women Premier League.

Meanwhile, Football Kenya Federation (FKF)

has affected the Sh4 million to referees officiating in the FKF National Super League, Women Premier League, and Women Division One League.

NSL referees received close to Sh2.5 million in total, with their WPL and WD1 counterparts getting Sh900,000 and Sh600,000 respectively.

This brings an end to speculation concerning their payments, with other arrears owed to them set to be settled in due course.

FIXTURES:

Saturday:

K. All Starlets vs Trans-Nzoia Falcons (Moi Stadium Kisumu, 1 pm)

Wadadia vs Eldoret Falcons

(Mumias Sports Complex, 1 pm)

Soccer Queens vs Nyuki Starlets

(Ruiru Grounds, 1 pm)

Vihiga Queens vs Vihiga Leeds

(Mumias Sports Complex, 3 pm)

Makolanders vs Thika Queens

(Camp Toyoyo, 1 pm)

Spedag vs Oserian Ladies

(Camp Toyoyo, 1 pm)

Sunday:

Gaspo Youth vs Kibera Girls Soccer

Academy (Ruiru Grounds, 3 pm)

Kayole Starlet vs Mathare United

Women

(Camp Toyoyo, 1 pm)

Spedag vs Nyuki Starlets

(Camp Toyoyo, 1 pm)



KCB Group Director, Marketing & Communications, Angela Mwirigi, follows her tee, moments after the launch of KCB Road to the Karen Masters. Looking on is Charan Thethy, Chairman Professional Golfers of Kenya and Elisha Kasuku PHOTO: PHILIP KAMAKYA

Anan, Adam lined up for Sigona Masters leg

Anan Chandaria, Jimmy Merali and 15-year-old handicap 4 junior Adam Tayebjee are among the 220 amateur golfers lined up for the first round of

the KCB 'Road To The Masters' series which tees off at the Par 72 Sigona Golf Club course Saturday.

Tayebjee is one of the promising talents from Sigona's production line having completed a three-round total of 227 gross to claim the Windsor Junior Strokeplay Championship at par-72 Windsor Golf Hotel and Country Club course last year.

The Road To The Masters opener has attracted a sizable chunk of single handicapped golfers including Ronak Malde, currently playing off handicap 5. Malde will grace the event which marks the start of the five-leg journey in the run-up to the third edition of KCB Karen Masters which will celebrate its second

straight year as a Sunshine Tour sanctioned event.

Also in Sigona mix is Lady Captain Isabella De Souza who will be among those fighting for the ladies' top prize and a qualifying slot at stake.

Sigona round will not feature professionals who will be engaged in the Windsor round of the Safari Tour golf series.

Sigona event will ascertain the first batch of six qualifiers to the Karen Masters Pro-Am which will curtain raise the Sunshine Tour event. The six qualifiers in each club will be the Men Winner, Lady Winner, Guest Winner, Staff Winner, Junior Winner and a Wild Card slot to be determined at the club's discretion.

Sigona resident Professional CJ Wangai who is also the Captain of Professional Golfers of Kenya (PGK) said the course condition is in 'splendid emerald state'.

"The fairways are looking quite nice and greens really firm and fast,

thanks to our automated irrigation system which has rendered them lush green. The Road to the Masters comes a week before Sigona Bowl which is traditionally held when the course is at its best," said Wangai.

Among the staff golfers lined up for the Sigona showdown are KCB Group Human Resource Director Paul Russo, the Group's Chief Finance Officer Lawrence Kimathi, Finance Director Samuel Munyua and Corporate Communications Manager Peter Mwaura who incidentally is the Golf captain at Ruiru Sports Club. Mwaura was one of the golfers who qualified for last year's Karen Masters after winning the Limuru staff prize.

KCB Marketing Director Angela Mwirigi said: "We appreciate the confidence the golfing fraternity has on our brand and we certainly see this as a long term partnership with mutual benefits both for the golfers in the region but for the Bank as well in terms of extending its reach across the country."



Football-Kenya-Federation-Women's-Premier-League match pitting Wadadia and Eldoret Falcons last season. PHOTO: EMMANUEL MASINDE

Gor Mahia seek to Hussein Dey and assume CAF group lead

Gor Mahia need another big performance on the continental scene to stay on course for a knockout berth in the CAF Confederation Cup as they host Group D leaders NA Hussein Dey at Kasarani stadium on Sunday evening.

K'Ogalo will reclaim top spot in the group should they trounce the Carthage club and based on their home games this season, the 17 times Kenyan champions are hugely favoured to win.

The team has won all its home games in the CAF Champions League and Confederation Cup this season with their biggest score registered over five times African Champions Zamalek. Among the teams bruised in the wake of K'Ogalo home wrath are Nyasa Big Bullets of Malawi, Lobi Stars of Nigeria and New Star de Douala of Cameroon.

Na Hussein Dey poses the trickiest of threats af-

ter Zamalek. The Group D leaders played Zamalek in Egypt and registered an unimaginable draw to seize control of quarter-final push. Gor Mahia will have to tread more carefully as they play a daring team audacious enough to grab a point away in a tournament mostly defined by teams winning all home matches.

But having downed Zamalek so ruthlessly, Gor Mahia's might also send shivers down the spines of other teams and Coach Hassan Oktay is bullish that a home victory for K'Ogalo is a guarantee.

With one victory and a loss in the group, Oktay's work is cut out for him but the Turk is proving to be quite a tactician. "I have done my homework on the opponents. They are good but I have a good team too and we are playing at home. That support and advantage should carry us over Hus-

sein Dey and I'm confident that we will get three points," Oktay said.

After a rough patch that saw him lose the dressing room early in the season the Turk is now in great terms with the players and tips his charges to register a better scoreline than their last home match. "We know that at the end of the day goal difference and head to head record matters in this championship so we must score more goals and avoid conceding. But ultimately we should be in the next stage of the competition," he said.

Gor Mahia rested five players for their midweek stalemate with Western Stima and hope to have fresh legs as Francis Kahata, Boniface Omondi, Shafik Batambuze, Haron Shakava and Boniface Oluoch all return for the big fixture.

-JAMES MAGAYI



Gor Mahia striker Denis Oliech vies for the ball against Zamalek defender Hamdi Naguez during their CAF Confed Cup match at Kasarani Stadium. PHOTOS: DAVID NDOLO

Mathare stands on the way of struggling Ingwe in Machakos

A titanic battle is looming this weekend when the oldest club in Kenya AFC Leopards face title chasing Mathare United in a SportPesa Premier League fixture that promises fireworks in Machakos.

Leopards are hard-pressed to shake off a barren run of five losses in a row and climb out of relegation zone, while Mathare United hope to stem their recent slide and reclaim league leadership.

Whoever wins will definitely jump start their season and earn a much-needed reprieve. Mathare United, recently labelled as renowned league pace setters are eyeing a rebound after failing to win any of their last four games. A fixture of this magnitude is a motivator for Mathare players and coach Francis Kimanzi confirmed the importance of their victory.

"We started well in the first two months but failed to maintain the tempo in our last few matches. Playing a fixture like this is very

good because it wakes the players up and I'm hoping to return to our winning ways," Kimanzi said.

Ingwe's performance has been utterly shameful and for a team that is placed at an unfamiliar second last position in the league chart, another loss will be tantamount to disaster.

As Leopards stalk Mathare, the team's faithful will be hoping that the players under affable Rwandese tactician Andrew Casa Mbungu, live up to their promise of turning the tables to save the team's face. Soon after their chaotic match against Ulinzi, experienced Leopards player Whyvonne Isuza said he could not comprehend why they have been losing yet the team has been playing very well.

"We would be worried if we are not creating chances. I personally attribute the defeats to bad luck and we'll soldier on in our quest to change the fortunes," said Isuza.

However, Leopards will be hard-pressed to beat Mathare who are seemingly poised to enter a new chapter, thanks to their free-



Mathare United's Clifford Alwanga (right) vies for the ball against Sony Sugar defender Alfred Onyango during their SPL match at Awendo Green Stadium. PHOTO: DAVID NDOLO

SPL FIXTURES:

Saturday:

Posta Rangers vs Ulinzi Stars (Machakos 2pm),
Chemelil Sugar vs KCB (Chemeli Complex 3pm)
Bandari vs Nzoia Sugar (Mbaraki 3pm)
Kakamega Homeboyz vs Sofapaka (Bukhungu 3pm)
Mathare United vs AFC Leopards (Machakos 4.15 pm)

Sunday:

Sony Sugar vs WesternStima (Awendo 3pm)
Mount Kenya United vs Zoo Kericho (Machakos 3pm)

flowing football. Further, Mathare, just like Leopards, owe their fans an improved performance after a dour 0-0 draw with Zoo Kericho in their latest fixture.

And while the likes of Isuza, Robinson Kamura and Yusuf Mainge hold key for Leopards, Mathare's hopes lie on Harambee Stars call-ups Roy Okal and Sydney Lokale. In the meantime,

Sofapaka will be hoping to bounce back from a 1-0 defeat by Gor Mahia when they come up against Kakamega Homeboyz at Bukhungu Stadium in Kakamega. Against Gor, Batoto Ba Mungu goal poachers including Umaru Kasumba, new Harambee Stars call-up John Avire and Stephen Waruru created chances and one hopes they will be a little bit kin in

penetrating the hosts back line. In Mombasa, it will be race against time for table-topping Bandari to build a five-point lead when they clash Nzoia Sugar.

Bandari has lately been a pretty hard side to beat at their fortress in Mbaraki and whether Nzoia have the pedigree to tame them remains to be seen. Congolese striker Yema Mwana has literally

been on fire for the dockers and this is one player who will need to be watched closely by Nzoia defenders.

In Awendo on Sunday, Western Stima who shockingly squeezed a point from Gor have a date with Sony Sugar as basement side Mount Kenya United entertain Zoo in Machakos.

-JAMES MAGAYI AND CHARLES THUKU

SPORTS BRIEFS

Nike in damage control after basketball star's shoe shreds

NEW YORK: Nike was in damage control mode on Thursday after US college basketball star Zion Williamson suffered a knee injury when his shoe shredded during a marquee game attended among others by Barack Obama and Spike Lee. The Duke University forward, expected to be the top player taken in June's NBA draft, was injured just 36 seconds into Wednesday night's rivalry game against the University of North Carolina. The 18-year-old Williamson, who has been averaging 22.4 points per game, was dribbling near the free throw line on his team's first possession when he planted his left foot and his sneaker blew apart. The blue sole of his Nike hightops tore away and Williamson's foot poked out the bottom of the shoe. The dynamic freshman dropped to the floor grimacing in pain and holding his right knee. He limped off the court and was removed from the game, which was being broadcast nationally on ESPN. There was initial concern that Williamson may have suffered a serious knee injury but Duke Coach Mike Krzyzewski said after the game that it was a "mild knee sprain." "I've seen guys bust through shoes but not sprain their knee," Krzyzewski said. "We don't know how long he'll be out." Duke, which was the top-ranked team in college basketball going into the game, ended up losing 88-72 to eighth-ranked North Carolina. -AFP



City out to make history against Chelsea, says winger Silva

MANCHESTER: Bernardo Silva has set his sights on making a slice of Manchester City history against Chelsea in the EFL Cup final. Bernardo Silva believes Manchester City will take a significant stride towards becoming serial winners if they overcome Chelsea in the EFL Cup final on Sunday. City won the trophy last season after beating Arsenal 3-0 in the final, as well as getting their hands on a third Premier League title. The club are yet to retain a trophy in their history – something Silva wants to see corrected against Maurizio Sarri's side at Wembley. "It would mean a lot for the history of the club," he said. "That is one of our main goals: not only winning it once but keep winning and winning. We know we have the squad to do that but our opponents are very strong and it won't be an easy job." City thumped Chelsea in the Premier League 6-0 less than a fortnight ago, but Silva insists it will be a far tougher game this time around. "We should forget that match because it won't happen again," he added. "We are not expecting the same result. We are playing against one of the best sides in the world, even though lately their results are not the best for them. Against those kind of players you can never relax and if you give them time to think, time to play and time to decide [what to do], they will destroy you. So, we have to play with the same intensity." -FOTMOB



Chelsea banned from signing new players for two transfer windows

PARIS: Premier League club Chelsea have been banned from signing new players in the next two transfer windows as punishment for breaking rules on registering under-age players, FIFA said on Friday. It means the club will be unable to make signings until the end of January next year. "The Disciplinary Committee sanctioned Chelsea with a ban on registering new players at both national and international level for the next two complete and consecutive registration periods," FIFA said in a statement. In addition, Chelsea were fined 600,000 Swiss francs (\$600,000, 530,000 euros) and given a period of 90 days to regularise the situation of the minor players concerned. The ban does not prevent players being released by the club and it does not apply to Chelsea's women's and futsal teams. Chelsea have been given three days to appeal against FIFA's decision. The move follows a FIFA into Chelsea's signing of foreign under-18 players, including the club's former forward Bertrand Traore, a Burkina Faso international who now plays for French Ligue 1 club Lyon. Traore signed professional forms for Chelsea in 2013 at the age of 18 but was not registered until January the following year. French website Mediapart, quoting documents from Football Leaks, reported that FIFA had scrutinised 19 Chelsea signings. -AFP

Juve, Ronaldo put on brave face after tough night



ITALY SERIE A FIXTURES:

Saturday:

Torino vs Atalanta 5pm
Frosinone vs AS Roma 10.30pm

Sunday:

Sampdoria vs Cagliari 2.30pm
Bologna vs Juventus 5pm
Chievo vs Genoa 5pm
Sassuolo vs SPAL 5pm
Parma vs Napoli 8pm
Fiorentina vs Inter Milan 10.30pm

Cristiano Ronaldo's arrival in Turin last summer had been hailed as a masterstroke on the part of the Italian giants in their bid to end their 23-year wait to lift the Champions League title.

The Portuguese superstar had won five Champions League titles with Manchester United and Real Madrid and scored a record 121 goals in the competition.

But instead the Serie A giants are now facing the possibility of an early exit after falling 2-0 in their last 16, first-leg clash against Atletico Madrid on Wednesday night.

Once again the 34-year-old Ronaldo did not have a return to the Spain he had dreamt of.

The former Real Madrid player was sent off in his first European game for Juventus in Spain

last September against Valencia.

This time he was whistled and mocked by home fans, and delivered a performance far below expectations for a player Juventus had paid 100 million euros (\$117 million) for.

Ronaldo (pictured) replied by waving five fingers at the crowd, telling journalists: "I've got five Champions League trophies and Atleti have won zero."

But his hopes of a sixth and first with Juventus diminished as he was stifled from the outset by Atletico's backline.

"It was a tough night," said Ronaldo, who has scored 22 goals against Atletico.

Ronaldo's best contribution was an early, driven free-kick from 30 yards, that had to be pushed over by Jan Oblak.

Atletico were celebrating at the final whistle

as goals from Jose Gimenez and Diego Godin, with a shot that deflected into the net off Ronaldo, put Diego Simeone's side within sight of the quarter-finals.

Italian sports daily Gazzetta Dello Sport was scathing of Ronaldo who received just 4.5 out of ten as "the worst" player on the pitch, with Polish goalkeeper Wojciech Szczesny Juventus's "best" with 6.5.

"CR7, you can save this Juve," urged Turin daily Tuttosport looking ahead to the second-leg tie in the Allianz Stadium on May 12.

Coach Massimiliano Allegri was also in the firing line after what Gazzetta dello Sport termed "a Waterloo of play and attitude".

The Juventus coach admitted his side got it wrong particularly in the second half when they were rescued twice by VAR. -AFP

Arsenal, Chelsea cruise into Europa League last 16

Arsenal and Chelsea reached the last 16 of the Europa League on Thursday after the Gunners comfortably saw off BATE Borisov 3-0 and Maurizio Sarri's troubled side relieved some of the pressure on him with the same scoreline against mediocre Malmö.

After falling 1-0 in Belarus, Arsenal were level on aggregate after just three minutes when Zakhar Volkov sliced Pierre-Emerick Aubameyang's low cross past Denis Scherbitski in his own goal. Unai Emery's side deservedly went through thanks to two thumping headers from Shkodran Mustafi and Sokratis either side of the break which put them into Friday's draw.

"We wanted this result but also we wanted to play for our supporters here. We did our best to come back (in the tie) and the team worked very well," Emery told BT Sport.

Ahead 2-1 from the first leg in Sweden, Chelsea had to wait until 10 minutes after the break for the first sign of excitement, Olivier Giroud tapping in the decisive goal of a humdrum encounter at Stamford Bridge.

Ross Barkley made sure of the win with a super free-kick in the 74th minute, just after Malmö's Rasmus Bengtsson was sent off for his second bookable offence, before 18-year-old Callum Hudson-Odoi made the most of a rare start by crashing home the third.

"The boys really played well today. We worked hard throughout the game," said highly-rated Hudson Odoi, a Bayern Munich target in January.

"The goal that came at the end was definitely a bonus for the way that we played."

Carlo Ancelotti's Napoli breezed to a 2-0 win over FC Zurich that saw them win 5-1 on aggregate, while Inter Milan went through 5-0 after sweeping four goals past Rapid Vienna without reply at the San Siro.

French side Rennes are into the last 16 of a major European tournament for the first time after winning possibly the most entertaining tie of the round 6-4 on aggregate following a barnstorming 3-1 win at Real Betis. Goals from Remy Bensebaini and Adrien Hunou fired Rennes into a two-goal lead within the opening half-hour. -AFP

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DATE	TIME	GAME	1	X	2
1. 23/02/2019	18:00	Bournemouth vs Wolverhampton	2.80	3.23	2.63
2. 23/02/2019	18:00	Sheffield Wed vs Swansea	2.59	3.24	2.81
3. 23/02/2019	18:00	Millwall vs Preston	2.56	3.26	2.83
4. 23/02/2019	18:00	Bristol Rovers vs Sunderland	2.95	3.27	2.47
5. 23/02/2019	18:00	Portsmouth vs Barnsley	2.47	3.33	2.90
6. 23/02/2019	19:00	Mlada Boleslav vs Baumit Jablonec	2.56	3.25	2.77
7. 23/02/2019	20:00	Lech Poznan vs Legia Warszawa	2.94	3.16	2.42
8. 23/02/2019	20:30	West Bromwich vs Sheffield Utd	2.48	3.29	2.91
9. 23/02/2019	22:00	Guingamp vs Angers	2.50	3.09	3.09
10. 23/02/2019	22:00	Amiens vs Nice	2.66	3.04	2.93
11. 24/02/2019	14:00	Leganes vs Valencia	2.80	3.07	2.74
12. 24/02/2019	16:30	Anderlecht vs Brugge	2.74	3.44	2.53
13. 24/02/2019	17:00	Chievo vs Genoa	3.08	3.13	2.48
14. 24/02/2019	17:05	Manchester Utd vs Liverpool	3.12	3.50	2.26
15. 24/02/2019	19:00	Rennes vs Marseille	2.74	3.39	2.58
16. 24/02/2019	19:00	FC Rostov vs FC Krasnodar	2.73	2.94	2.83
17. 24/02/2019	20:30	Valladolid vs Betis	2.90	3.17	2.58



SPORTS BRIEFS

IOC withdraws Olympic places from India event over visa row

MADRID: Real Madrid are reportedly considering to sell Gareth Bale at the end of the season, ending the Welshman's six-year stay in Spain, as Los Blancos eye a move for Chelsea forward Eden Hazard, despite the rumours that claim Bale prefers a move to Manchester United. Despite a more than admirable record of four Champions League wins, Bale has come under increasing criticism this season as injuries once again take their toll. His seeming inability to step into Cristiano Ronaldo's shoes and ongoing difficulty in adapting to Spain are also troubling. According to Marca, the time may finally have come for Real to move on from Bale. While a sale has apparently been considered in recent summers, the claim is this time it is more 'definitive'. The report acknowledges that Manchester United have long been linked with Bale - the Red Devils are known to have tried to sign him more than once in the past - but Marca claims instead that Real would be most interested in selling him to Chelsea. -AFP

Real Madrid consider selling Bale to Chelsea but winger 'prefers' Utd

NEW DELHI: The International Olympic Committee on Thursday cancelled places for the 2020 Tokyo Games shooting competition to be awarded at an event in India after the host country refused to give visas to Pakistani shooters. India has accused Pakistan of involvement in a suicide bombing in Kashmir last week that killed 40 paramilitary soldiers and has vowed to "isolate" its arch-rival neighbour over the attack. "This situation goes against the Fundamental Principles of the Olympic Charter," the IOC said in a statement. Despite "last minute joint efforts" by the IOC, the Indian National Olympic Committee and shooting governing body the ISSF, "no solution has been found to allow the Pakistani delegation to enter India in time to compete," it added. "Equal treatment must be guaranteed for all participating athletes and sporting delegations at international sports events, without any form of discrimination or political interference from the host country," the statement said. Beyond the shooting competition, the IOC said it was suspending all discussions on potential future hosting of Olympic-related events in India until it received "written guarantees" from the government that the country would comply with IOC rules. -AFP

KNVB postpones Ajax game to boost Real Madrid preparations

AMSTERDAM: PSV and PEC Zwolle have criticised a KNVB decision to move an Eredivisie match for Ajax ahead of their Champions League game at Real Madrid. Ajax have had their Eredivisie match against PEC Zwolle, which was set to be played three days ahead of a Champions League trip to Real Madrid, postponed by the Royal Dutch Football Association (KNVB). The Amsterdam giants lost 2-1 at home in the first leg of the last-16 tie and are due to go to the Santiago Bernabeu for the return meeting with the Champions League holders on March 5. Ajax were scheduled for Eredivisie action at home to PEC the weekend before, but that match will now be played on March 13 following a KNVB announcement. "In the interest of Dutch football, we have agreed with all clubs prior to this season to take into account as much as possible the European obligations of the Dutch clubs," said manager of competition affairs Jan Bluyssen. "Ajax are still the only club this season that can win the points for the UEFA coefficient list on behalf of Dutch football, so we will take that into account as agreed. "We realise that the start time of 18:30 on a weekday is unfavourable for the supporters of PEC Zwolle, but because it is a Champions League evening, it cannot be otherwise." -FOTMOB

Real Madrid's Belgian goalkeeper Thibaut Courtois passes the ball during their UEFA Champions League round of 16 first leg match against Ajax Amsterdam at the Johan Cruyff Arena on February 13, 2019. PHOTO: AFP



Barca, Real wrestle fatigue, form ahead of Clasico

SPANISH LA LIGA FIXTURES:

Saturday:

Getafe vs Rayo Vallecano 3pm
Sevilla vs Barcelona 6.15pm
Alaves vs Celta Vigo 8.30pm
Athletic Bilbao vs Eibar 10.45pm

Sunday

Leganes vs Valencia 2pm
Atl Madrid vs Villarreal 6.15pm
Real Valladolid vs Real Betis 8.30pm
Levante vs Real Madrid 10.45pm

Monday:

Girona vs Real Sociedad 11pm

Real Madrid and Barcelona face two Clasicos in four days next week but La Liga's greatest rivals are not so much revving up for the double-header but crawling reluctantly towards it.

This weekend, Barca travel to fourth-placed Sevilla on Saturday and Madrid to Levante on Sunday, when priorities, rest and rotation will all be high on the agenda again.

Santiago Solari pointed to exhaustion following his team's latest loss at home to Girona, four days after they came from behind to beat Ajax, eight after defeating Atletico Madrid and 11 after holding Barca to a draw at the Camp Nou.

"The fatigue is not only physical, it is mental, it affects our concentration," Solari said.

"Obviously we have come from an important period, with a lot of hard games. We have to overcome it because it might be that our energy levels dipped in the second half." Girona were outplayed in the first period but scored twice in the second, both goals coming in the final 25 minutes, to end what had begun to look like a serious Real resurgence in the title race.

Instead, Barcelona now own a nine-point cushion over Real, seven over Atletico, and even if that lead is dented this weekend, there remains room for error ahead of the league game at the Santiago Bernabeu.

By then, the two clubs will already have squared off in the second leg of the Copa del Rey semi-final, in the same stadium, where Madrid's motivation might be greater given Barca have won the cup four times in a row.

The dilemma for Solari is that preserving key players against Levante risks another slip which, combined with Barca winning at Sevilla, would surely spell the end of any fading title hopes. -AFP

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Bayern Munich's French midfielder Franck Ribery (right) vies for the ball with Liverpool's English midfielder James Milner during their UEFA Champions League round of 16, first leg match at Anfield stadium in Liverpool, on Tuesday. PHOTO: AFP

Bayern urged to bring CL mindset to title race

Niko Kovac wants his Bayern Munich side to show the same defensive discipline that saw them shut out Liverpool in the Bundesliga title race as they set their sights on stuttering leaders Borussia Dortmund.

Bayern conceded sloppy goals including a Bundesliga record fastest own goal after just 13 seconds in last Friday's 3-2 win at Augsburg, which put the reigning champions three points behind Dortmund

thanks to them drawing 0-0 at Nuremberg on Monday night.

Kovac's team followed that up with a far more disciplined goalless draw at Anfield that has put them in a decent position against Liverpool ahead of the deciding leg of their last-16 Champions League tie at the Allianz Arena on March 12.

"I expect the same concentration and absolute discipline in defence," he said on Thursday ahead of their home league clash with Hertha Berlin Saturday.

Hertha beat second-placed

Bayern in the capital 2-0 in September, the first of the four defeats this season.

"The Bundesliga is important, but a few players rate the Champions League higher and put more into it," he added.

A win in Munich would put Bayern level on points with Dortmund for at least 24 hours before Dortmund play on Sunday at home to Bayer Leverkusen who have surged up to fifth under new coach Peter Bosz while a seven-goal swing in Bayern's favour over both fixtures could put the Bavarians top on goal difference.

Croat Kovac wants to make it "hard to score goals against Bayern Munich it's all in the mind" after too many loose defensive displays.

Centre-back Mats Hummels is doubtful to face Hertha with a cold and set to be replaced by Jerome Boateng, who missed the draw at Liverpool with an upset stomach.

Midfielder Leon Goretzka could also return after shaking off an Achilles tendon knock.

BUNDESLIGA FIXTURES:

Saturday's:
 Borussia Muenchen vs Wolfsburg 5.30pm
 Bayern Munich vs Hertha Berlin 5.30pm
 Freiburg vs Augsburg 5.30pm
 Mainz vs Schalke 04 5.30pm
 F. Duesseldorf vs Nuremberg 8.30pm

Sunday
 Hannover 96 vs Eintracht Frankfurt 5.30pm
 Borussia Dortmund vs B. Leverkusen 8pm

Dortmund desperately need a win as what was once a nine-point lead has been slashed after drawing their last three league matches, while Bayern have bounced back from a rocky November by winning nine of their last 10.

Dortmund are also focused on ridding themselves of defensive frailties after leaking 10 goals in their last five games.

Director of sport Michael Zorc has had to defend coach Lucien Favre after poor recent results and says lady luck is simply not smiling on his team.

"We made mistakes in the first half of the season too, the difference now is that we are being punished," said Zorc.

SportPesa **HOT GAME**

Game ID: 1435

BURNLEY VS **TOTTENHAM**

4.93 3.74 1.73

1 X 2

DATE: 23.02.2019 | KICK OFF: 15:30

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

SATURDAY 23RD FEBRUARY 2019

TIME	GAME ID	GAME	1	X	2
13:30	2073	Boluspor vs Adanaspor	1.91	3.40	3.94
15:00	2420	Getafe vs Rayo Vallecano	1.77	3.49	5.10
15:30	1435	Burnley vs Tottenham	4.93	3.74	1.73
16:00	1563	Genclerbirligi vs Umraniyespor	2.00	3.41	3.62
16:00	3120	Adana Demirsor vs Altinordu	2.58	3.31	2.63
17:00	2104	Brescia vs Crotone	1.89	3.46	4.32
17:00	2208	Carpi vs Spezia	3.65	3.22	2.15
17:00	2419	Perugia vs Cosenza	1.93	3.21	4.55
17:00	3093	Cremonese vs Ascoli	2.01	3.09	4.39
17:00	4015	Cittadella vs Lecce	2.25	3.15	3.48
17:00	5328	Pescara vs Padova	1.92	3.26	4.49
17:30	2203	Borussia Monchengladbach vs VfL Wolfsburg	1.88	3.60	4.19
17:30	4857	SC Freiburg vs Augsburg	2.21	3.39	3.34
17:30	5807	Mainz vs Schalke 04	2.85	3.33	2.52
17:30	5841	Bayern Munchen vs Hertha BSC	1.26	6.14	10.95
18:00	1074	Middlesbrough vs QPR	1.87	3.31	4.70
18:00	1266	Bristol Rovers vs Sunderland	3.22	3.27	2.31
18:00	1268	Brentford vs Hull City	1.78	3.89	4.32
18:00	1476	Reading vs Rotherham	2.20	3.28	3.44
18:00	1854	Portsmouth vs Barnsley	2.82	3.31	2.55
18:00	1919	St. Johnstone vs Aberdeen	3.55	3.17	2.21
18:00	2165	Newcastle vs Huddersfield	1.85	3.37	4.78
18:00	2333	Stoke City vs Aston Villa	2.21	3.40	3.29
18:00	2771	Birmingham vs Blackburn	2.15	3.22	3.65
18:00	3013	Peterborough vs Shrewsbury	2.36	3.27	3.11
18:00	3087	Hearts vs St. Mirren	1.60	3.83	6.12
18:00	3963	Sheffield Wed vs Swansea	2.58	3.22	2.85
18:00	4115	Walsall vs Bradford City	2.52	3.26	2.89
18:00	4140	Millwall vs Preston	2.69	3.18	2.75
18:00	4142	Livingston vs Kilmarnock	3.22	3.06	2.42
18:00	4387	Wigan vs Ipswich	1.76	3.42	5.28
18:00	4683	Bournemouth vs Wolverhampton	2.80	3.23	2.63
18:00	4923	Blackpool vs Oxford Utd	2.62	3.16	2.84
18:00	5077	Leeds vs Bolton	1.29	5.20	12.34
18:00	5428	Norwich City vs Bristol City	1.99	3.55	3.76
18:15	4421	Sevilla FC vs Barcelona	3.53	3.85	1.98
19:00	3404	Paris St Germain vs Nimes	1.29	5.91	9.68
20:00	1816	Foggia vs Benevento	2.82	3.14	2.65
20:30	1721	Alaves vs Celta Vigo	2.32	3.24	3.24
20:30	3331	Leicester vs Crystal Palace	2.22	3.30	3.41
20:30	3464	Fortuna Dusseldorf vs Nurnberg	1.79	3.69	4.56
20:30	4046	West Bromwich vs Sheffield Utd	2.42	3.34	2.96
20:30	4911	Utrecht vs Excelsior	1.40	5.06	7.26
21:45	2882	PEC Zwolle vs De Graafschap	1.56	4.31	5.65
21:45	3678	Fortuna Sittard vs SC Heerenveen	2.80	3.71	2.37
22:00	3740	Guingamp vs Angers	2.54	3.08	3.03
22:00	3742	Amiens vs Nice	2.69	2.96	2.96
22:30	2355	Frosinone vs Roma	5.63	4.40	1.56
22:45	4322	NAC Breda vs Groningen	3.49	3.49	2.10
22:45	5343	Athletic Bilbao vs Eibar	2.11	3.24	3.78

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SUN February 23-24, 2019

OLE GUNNAR SOLSKJAER

EPL FIXTURES:

Saturday:

Burnley vs Spurs 3.30pm
Bournemouth vs Wolves 6pm
Newcastle vs Huddersfield 6pm
Leicester vs Crystal Palace 8.30pm

Sunday:

Arsenal vs Southampton 5.05pm
Man United vs Liverpool 5.05pm

Man Utd seek to derail Liverpool title bid as Spurs lurk

Liverpool travel to Manchester United on Sunday facing the toughest assignment of their Premier League run-in on paper as Tottenham seek to sneak back into the heart of the title race.

The trip to Old Trafford is effectively Jürgen Klopp's team's game in hand as they bid to open up a three-point lead over Manchester City, who play Chelsea in the League Cup final on the same day.

Liverpool thumped United 3-1 at Anfield in the last match of Jose Mourinho's reign on December but they are transformed under interim boss Ole Gunnar Solskjaer and are back in the top four.

If Spurs beat Burnley and Liverpool slip up, Mauricio Pochettino's men will be just two points behind City and Liverpool, with all three clubs having played 27 matches.

Liverpool know that a win at Old Trafford where they have won just twice in the league since 2004 would be a huge statement of intent as they hunt their first English top-flight title since 1990.

Klopp's men are 14 points clear of United but they will be facing a different team from the one they demolished in December, courtesy of a goal from Sadio Mane and two from Xherdan Shaqiri. "Since the new manager came in there is a new flow, they played good games and have won a lot and that is building confidence in the team," said Liverpool midfielder

Georginio Wijnaldum.

"It's also a home game for them so they will have a lot of confidence as they don't have the problems they had before."

Solskjaer has lifted his side into the Champions League places and knows any chance he has of becoming the next permanent manager probably hinges on staying there.

But defender Luke Shaw says the interim boss, known for his sunny demeanour, is capable of showing some steel.

"You know, Ole does it at the right time (shows another side)," Shaw told MUTV. "He knows how good we can be and, if we're not up to his standards or the standards of Manchester United, he will certainly let you know."

"We've had a few moments like that where we might have been comfortable in a game but got a bit sloppy. He's the manager and he tells the players what he wants. It's good and what we need sometimes, a kick up the backside from the manager, if we're getting too comfortable."

Despite showing incredible tenacity to stay on the edge of the Premier League title race, Tottenham have gone under the radar, with Manchester City and Liverpool the constant focus.

But four straight league victories have kept Spurs in the hunt for their first English top-flight title since 1961 and they are getting ready to welcome talisman Harry Kane back into the fold.

"He is doing very well and maybe he is going to be available at Burnley (on Saturday)," said Pochettino.

"Harry is an animal and wants to be ready as soon as possible."
-AFP

EPL

LEAGUE STANDINGS

Team	P	W	D	L	Gf	Ga	Pts
1. Man City	27	21	2	4	74	20	65
2. Liverpool	26	20	5	1	59	15	65
3. Tottenham	26	20	0	6	54	25	60
4. Man Utd	26	15	6	5	52	35	51
5. Arsenal	26	15	5	6	53	37	50
6. Chelsea	26	15	5	6	45	29	50
7. Wolver	26	11	6	9	34	33	39
8. Watford	26	10	7	9	34	34	37
9. Everton	27	9	6	12	36	39	33
10. West Ham	26	9	6	11	32	39	33
11. Bournemouth	26	10	3	13	37	47	33
12. Leicester	26	9	5	12	31	34	32
13. Crystal Palace	26	7	6	13	27	34	27
14. Brighton	26	7	6	13	28	39	27
15. Burnley	26	7	6	13	29	47	27
16. Newcastle	26	6	7	13	22	34	25
17. Cardiff	26	7	4	15	24	47	25
18. Southampton	26	5	9	12	28	44	24
19. Fulham	26	4	5	17	25	58	17
20. Huddersfield	26	2	5	19	14	48	11