

AIM

magazine

FEBRUARY 2013

SARRAH MIRRIE

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Editors Notes

2013

The year started without a hitch. Resolutions were made; and some were broken immediately. I haven't broken any, since I didn't make any. I never make any resolutions; I am a firm believer that if you desire something with all your heart you will get it with hard work and prayers.

With the economy still struggling, people's mental and physical health is deteriorating fast. Remember to reach out to friends or family if you feel depressed or lonely, these tough times can break one, if you watch the news you can see the craziness going around.

Our cover story is Sarah Mirie, her story is amazing, she has been through tough times, but managed to find the good in her bad. This is a good example of not allowing your past to determine your present.

I wish you all happiness, good health, love and peace in 2013. Thank you for your continued support and smile.

Hugs

Wangechi





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Sarah Mirie

By Wangechi Ruguaru

Sarah Mirie, also known by her birth name Sarah Njoki Mirie was born on October 5, 1983, in Nairobi, Kenya to the late Mr. John David Mirie. A Kenyan with ancestry roots from Scotland and Ms. Fatuma Jeneby also a native of Kenya but with ancestry roots from Oman in the Middle East. Sarah's native name "Njoki", given to her by her father, belongs to her maternal grandmother which means "She who Returned" (from the dead) used mostly by Kikuyu's in Kenya. Her mother and father divorced when Sarah was only one.

A few years later she and her mother moved from Nairobi to Mombasa, where she lived in a municipal housing in Buxton, an area known for its high crime rate. At Buxton, she attended nursery school and later in 1989 she started first grade at Mombasa Primary school where she stayed until 1994 when Sarah moved to Sweden with her mother. In 2003, she graduated from high school and as a result of good grades she was given a place at Hawaii Pacific University. However she decided not to accept the offer at this time, instead she traveled around the world for 4 years.

During these four years she lived on various Spanish islands and later moved to Connecticut in the USA, where she worked with children. This time off was part of Sarah healing process. She was on a mission to work out the traumas from her earlier life that she had postponed but needed to deal with from her childhood psychological to physical abuse. Sarah experienced rape several times throughout her early life, and had to deal with drugs and alcohol addiction. With strength, courage and determination, Sarah decided to move back to Sweden and continue with her education.

In 2007 she joined Malmö University where she entered the field of Global Political Studies. Sarah is now a graduate, holding both BA and MA in Human Rights. She is also the first person to be given an award from Malmö United Nations local representatives in 2009. This award was given to Sarah as a symbol of dedication and effort towards the project she started in Mombasa, Kenya in relation to Street Children, while she was still a student at Malmö University. While at university, Sarah was a board member of the student union and a board member of the save the children local group; currently she is a board member and field representative of Mombasa Street Children Rehabilitation Project, a CBO (Community Based Organization) that was stated by a former Street Child that was rehabilitated. Human Rights stand close to Sarah's heart. Apart from being a scholar, she is also a human rights activist that dedicates her life to making a difference in other peoples' lives.

Sarah sees education as a very important tool in life, also for self-development and spiritual growth. She likes to think that she is following her late father's footsteps even if she did not grow up with him. Sarah's father had an educational background in both philosophy and political science where he also worked for the Kenyan government within foreign affairs and also served as a District Officer in Garissa. The late John David Mirie passed away 18 of October 2001 as a result of a heroin overdose, the same month and year as Sarah turned 18.

Apart from being a graduate, Sarah is also a recording artist, a singer as well as a rapper. Moreover she is a designer as well as a stylist and photographer. The various creative fields have developed since her childhood. It is from the various activities Sarah wanted to create something that could combine all that she loves to do into one thing that could make a difference. Soon the idea of music, photography, design, fashion and human rights came together. How the power of words could be expressed not only in songs but also in trend. She wanted to create T-shirts that can carry strong messages. She wanted to both inspire and make a difference through words and pictures as a form of expression using fashion as a tool to get there.

Sarah spent fifteen years in Sweden before going back to Kenya for the first time after she left in 2007 and then again in 2008 right after the "post-election". It was during this trip Sarah was determined to create, everything was inspirational during this trip and more ideas developed and in 2009 Mambo Serious was born.

Mambo Serious as a company started back while still in University. Inspired by how creative the Kenyan people are and with Sarah's strong sense of style she wanted to create and design. She also wanted to work together with other talented artists and promote the work of creative Kenyans. This will be a way of helping them towards a better economy, by promoting and selling their work abroad.



Soon Sarah Started working close with a few talented Kenyans and more ideas developed. Sarah was passionate about promoting East Africa jewelry but also create a unique sense of style that has never been experienced before. She wanted people to wear things that no one ever thought it was even possible to wear; she took African fashion to another level. Soon her dream was put it into action, it was possible for fashion to meet human rights.

East African Jewelry Design by Sarah Mirie Collection works in connection with Reclaim your Body Project on awareness of Violence against Women and counseling for those affected. They also work with Mirie Right 2 Education a project Sarah runs in Kenya. The mission is striving from grassroots level, for the education and other human rights issues of the unprivileged and less fortunate but also those who experience violence. Some of the ideas and work included into the collections is the creation of the children/youth within the project Ghetto Youth Got Talent. Sarah, being the founder of various projects in Kenya, but also the Founder of Mambo Serious, in that spirit used a third of the profit from the Sarah Mirie Collection to finance Sarah's advocacy programs in Kenya. Mambo Serious - East Afro Jewelry Design is not a work of one person, but a passionate team is behind this project that is dedicated to create and inspire; but most importantly make a difference in the life of others. Most of the Designs are made by Sarah because she is determined to promote East African fashion. Sarah has been fortunate to meet and work with great minds in Kenya. These individuals, artists have inspired her in various ways to make the project a reality, but also contributed for the growth of the company.

AIM Magazine is always inspired by people that make a difference in the world. I met Sarah via friends Facebook, her picture inspired me to go to her page and read more about her. There was a story there, her creativity, her sense of style and personality pushed me to dig in more on her. AIM asked Sarah a few personal questions, I have to say we need more people like her, she is inspiring and instead on dwelling on her past, she is instead using it to build a better tomorrow!

What inspired you to start your company?

The need to make a difference but also explore my creativity, wanted to bring fashion and human rights together. Example, Reclaim Your Body Project started by using fashion to express and educate people about the violence against women. More people wear the t-shirts, more people become aware of the problem and hopefully some difference could be experienced and people's attitude could possibly change. The need to get out of my comfort zone and go crazy with my creativity contributed as well.

What considerations are top-of-mind for you as you run your business?

First of all ethical and environmental considerations, have always been priority to me. Secondly, it's important for me to see the desire African design many wish to have be served. At this point I believe my clients would obtain satisfactions but most important believing in what I do and always making those small adjustments towards growth is cardinal.

What do you see as your business' contribution to society?

The need and desire to make a difference, change attitudes, promote and help others, is what gave me the idea to start the business in the beginning. But also to show people that they could dare to be different and adapt to alternative fashion that was more diverse. Change within the society is very important for me, those small things that can make a difference. In Kenya am using expression in my work to change the attitude of some people in society. An example of this can be viewed on my work such as "reclaim your body" on violence against women awareness.



What are the foremost challenges you have encountered in starting and growing your company?

One of the challenges is that I wanted to do things that were out of the ordinary. For people that choose to be different, fashion wise. I always knew that would limit my business in the sense that I would only have limited clients. Investing on a dream that I was not sure would pay off or even reach where I would like it to reach. Also as a challenge, previously I have had people sharing negative attitudes towards my work, that is was "too much". They considered what I was doing was not for ordinary people and therefore it could never succeed. It was not about proving people wrong, that I chose to continue. It was about following my dream, my inner voice that wanted to explore and grow a company that could both inspire and make a difference.

How does the popularity of the Internet affect your work?

The internet has been very helpful as a source of communication; it is also where I display my work. It has given me opportunity to reach a wider audience; I have now customers worldwide. It has given me a chance to have a close relationship with my customers but most important, it has been helpful building new connections and most importantly serves as a medium for the growth of the company.

What 5 goals do you want to achieve in the next ten or so years?

- Adding value to my products
- Increase my market share by opening branches in other parts of Africa
- Alleviating poverty among less fortunate in Kenya
- Owning a dream center that will explore hidden talent of underprivileged in Africa
- Will have to include having a family by then

What are your favorite things about your business?

The smile that people have and the wow's I get every day. It's nice when people are happy with what I do, it inspires me to expand and live up to my reputation. It is fun and rewarding doing what I love and as a result get great feedback. I must say it has been a blessing.

What 5 Africans would you like to work with or meet?

I would have loved to work with Juliani, his work is very inspiring and I love the way he expresses himself as an artist. It will also be a pleasure to meet and work with Eric Wainaina, who also is very inspiring and uses his talent to make a difference. Both Juliani and Wainaina are artists based in Kenya. I will have to include Ellen Johnson Sirleaf, a very inspiring lady and president. To me she symbolizes the strength of a woman, and that there is no limitation to what a woman can do. I will have to add Kofi Annan and Nelson Mandela to the list of people I would be like to meet. It would be a privilege to sit-down and have a discussion on human rights with them.

What advice would you give young upcoming entrepreneurs?

Believe in yourself, work hard even in times when things do not look promising, keep on going and have faith towards your work. Hard work and dedication does payoff in the end, in whatever field of work one chooses.

What is your guiding philosophy in life?

Live by your own standards, don't care a lot about what everyone thinks, some people cannot handle their own life, some are scared of chasing their dreams so they spend time lecturing people what they think people should do and not do. Do not follow the crowd be your own person. Dare to be different, if you so choose even if it makes people uncomfortable; if not you will never be comfortable under your own skin. Try to listen to your own calling in life, follow your path, if you are miserable doing something or being somewhere in life, work, relationship etc, get out of it. Stability, routine and fear of change, keep people caged in misery.

There is no limit to what one can or cannot do; it's only for you to decide what you want, believe, have faith and give it all you have. Most importantly is spiritual growth, have the best relationship and connection with yourself because along the way you will meet challenges, hardship, jealousy even cruelty. You will find all kinds of people that will try to brake you down with a mission to see you fail. Have faith and believe in yourself, since all is possible to a willing heart. Love and put yourself first but do not step on people's toes or hurt them intentionally. Forgive yourself since guilt will eat you inside; love your enemies, forgive those who have hurt you and caused you pain because that is the only way you can grow. Holding grudges will only hold you in the past, forgive in order to move forward. Forgiveness



is to liberate yourself and as Deepak Chopra very nicely expressed “Forgiveness belongs to those who know how to love in the first place.”

What causes or issues are you passionate about?

All the human rights issues that relate to women, children and youth stand very close to my heart. The problem of violence against women in East Africa is growing and needs immediate attention, to the issue of drug abuse among the young people within the coastal region of Mombasa Kenya. The increasing number of street children is sad and disturbing, also to include the high number in relation to Child Prostitution. All these are human rights problem that I am very passionate about and personally think need immediate and effective intervention.

How do you balance your career with your family and social obligations?

I do not have children yet and no husband, so family wise very flexible since it's just me, myself and my dreams ;). It will be both interesting and challenging next year when I go back to working with human rights and putting my master's degree in use; and at the same time run my company. So am sure next year I will meet greater challenges that will push me to knowing my limit. But there again I do not believe that there is anything called “limit” on we can put limitation on ourselves, so am sure I will be fine. I must say that my biological clock has become very loud, so soon I will have to consider settling down and start a family.

What do you do on your down-time?

I meditate a lot and believe that, meditation is essential for spiritual growth but also the overall wellbeing of a person. I love taking long walks twice a day if I get time. It makes me think a lot, and the nature helps me get new fresh ideas at the same time it helps me relax and just think and evaluate my life. I call it “how is Sarah doing today” moment. To travel is a must in my life; if I don't travel I would be miserable. I also write a lot, everything from poems to songs. Writing is another form of meditation for me.

You have a very unique sense of style, what inspires your fashion choices and which African designers do you favor?

For me, I think, fashion describes a person, personally I love things that are different and unique, I usually find myself in second hand shops trying to find ancient things in every country I visit. I always manage to find unique things that I can re-create and make it more me. I think being creative and creating your own style that describes you, and makes you comfortable under your skin is important. I love the work of John Kaveke, I think he is very talented and his creations are very unique.

Your favorite quote

“Faith is to believe what you do not see; the reward of this faith is to see what you believe.” - Saint Augustine

For more information on Sarah Mirie go to:-

Facebook: <https://www.facebook.com/pages/Sarah-Mirie-Collection/194783127200449?ref=ts>

Email: Sarahmirie.Collections@gmail.com



Chew on This

By Eva



Coco for Coconut Oil

Coconut conjures images of beautiful coastal towns where people live long healthy lives that are in sync with the tides of the sea water and enjoy idyllic lives as they drink coconut water and dance to beautiful music.

Well, that is what I think of when I think of coconut. The beauty of this plant, is that it has a ton of health benefits that can be harnessed even by those that do not grow coconuts.

Coconut oil is full of flavor and nutrients and some of the health benefits of consuming this oil are...

- It will help you lose weight because when you do consume fats, you feel full more quickly, so you'll consume fewer calories.
- Coconut oil contains medium-chain triglycerides, which have fewer calories than other dietary fats.
- Consuming coconut oil helps you grow beautiful hair and have softer skin. Coconut oil provides essential proteins needed for nourishing damaged hair. Massaging coconut oil into your scalp can even help alleviate dandruff issues.
- Coconut oil has antioxidant and anti-inflammatory properties that help slow down signs of aging in the skin.
- Coconut oil improves the absorption of calcium and magnesium in the body—both of which are important for healthy teeth and bones.
- Coconut oil contains lauric acid, which has anti-bacterial, anti-microbial, and anti-viral properties that help fend off potential illnesses.
- Although coconut oil contains saturated fats, they actually help you raise your good HDL cholesterol.

All in all, coconut has a ton of benefits for you to enjoy so do not be shy and go ahead and give it a try, making sure to enjoy it in moderation.





G-SPOT

BY GERALD MONTGOMERY

If Women were more like Men...

Being a man of your word is of the most importance among men. Most couples stay in marriages for the sake of honoring the oath taken; even more so than “doing it for the kids.” It is mostly true that, “forsaking all others” is a part of that same oath, but we’re talking about men here. For men the pursuit of sex is like a buzz from alcohol. We do things we wouldn’t normally do, or the things we wouldn’t otherwise have the courage to attempt, all in the name of drunkenness—I mean, in the name of “getting some.” We’ll skip work to get some. Lie to get some. Lie about getting some to get some. We’ll pay for it, role play for it, maybe even pray for it... Yeah, it’s that serious.

“Being happy” in a marriage (whatever this may mean to the individual) would take a back seat to simply being married. However, since men aren’t completely without emotion, in lieu of happiness most couples “act out” when unhappy, leading to extra marital flings. If women were more like men, there would be fewer cases of divorce on the grounds of infidelity; because sex would be rationalized as a biological function rather than an emotionally manifestation. Not saying this is right, I’m just saying...men are stupid!

The issues between couples would differ greatly if women were like men because there would be less superficial arguments and fewer emotionally charged tactics deployed to gain the upper hand. Sometimes women pick fights with their mate just to relieve unresolved tension. In a world in which women behave like men there would be more self imposed timeouts instead of redirected frustration.

Sometimes women confront their men about fixing things they have little to no control over, like the attitude of the next-door neighbor or the size of his salary. Not so in a “if women were like men” world. She would know and accept his limitations. There would be far less “mind-reading” and more verbally communicated expectations. No more fights about a forgotten holiday—when life has gotten in the way—because it’s never too late to get a gift, in a man’s world. But then again, those special days wouldn’t be so special anymore. There would be more

Image: Artist James Eugene

“agreeing to disagree.” Not saying this is right, I’m just saying...guys are stupid.

Sex would be a completely different undertaking. First of all, it would take place much more often (e.g. many more quickies), though admittedly the quality of love-making would diminish. This would be due to a decreased need for staged romance, a.k.a. covert foreplay. There would be less build up to sex because there would be less emphasis placed on presentation and décor. In this alternate reality women would want quickies in the strangest places or love-making marathons on Saturday mornings. Sometimes sex would happen whether she’s in the mood or not—out of pure duty in service to one’s mate—just because the opportunity presents itself. I’m not saying this doesn’t happen at all now. In fact, I know it happens for some couples. But it would be much more frequent and more obvious, so he’d know it. Not saying this is right, I’m just saying...boys are stupid.

Our perspectives would be less about making a thing how we think it should be and more about what is required of us. Stating a problem without acting upon it (i.e. venting) would no longer be a luxury for women. (Sorry ladies, but you know exactly what I mean and you know it’s true.) Admittedly this would lead to the acceptance of things that we should speak out about. Fashion wouldn’t mean quite as much to us, thus there would be far less shopping simply because “it was on sale.” And what would be of poetry and art; tools men currently use to woo women? Without the incentive to create beauty in order to attract beautiful women, what would become of our visual world? Still, there would be plenty of closet space for his and her stuff, with room to spare. Not saying this is right, I’m just saying...

Iron sharpens iron, so let’s be better because of it! *Gerald Montgomery*

HEALTH

BY EVA GITHINA

Talk



Scissors for Flatter, Sexier Abs and Thighs

You Will Need: A Mat

Vertical Scissors

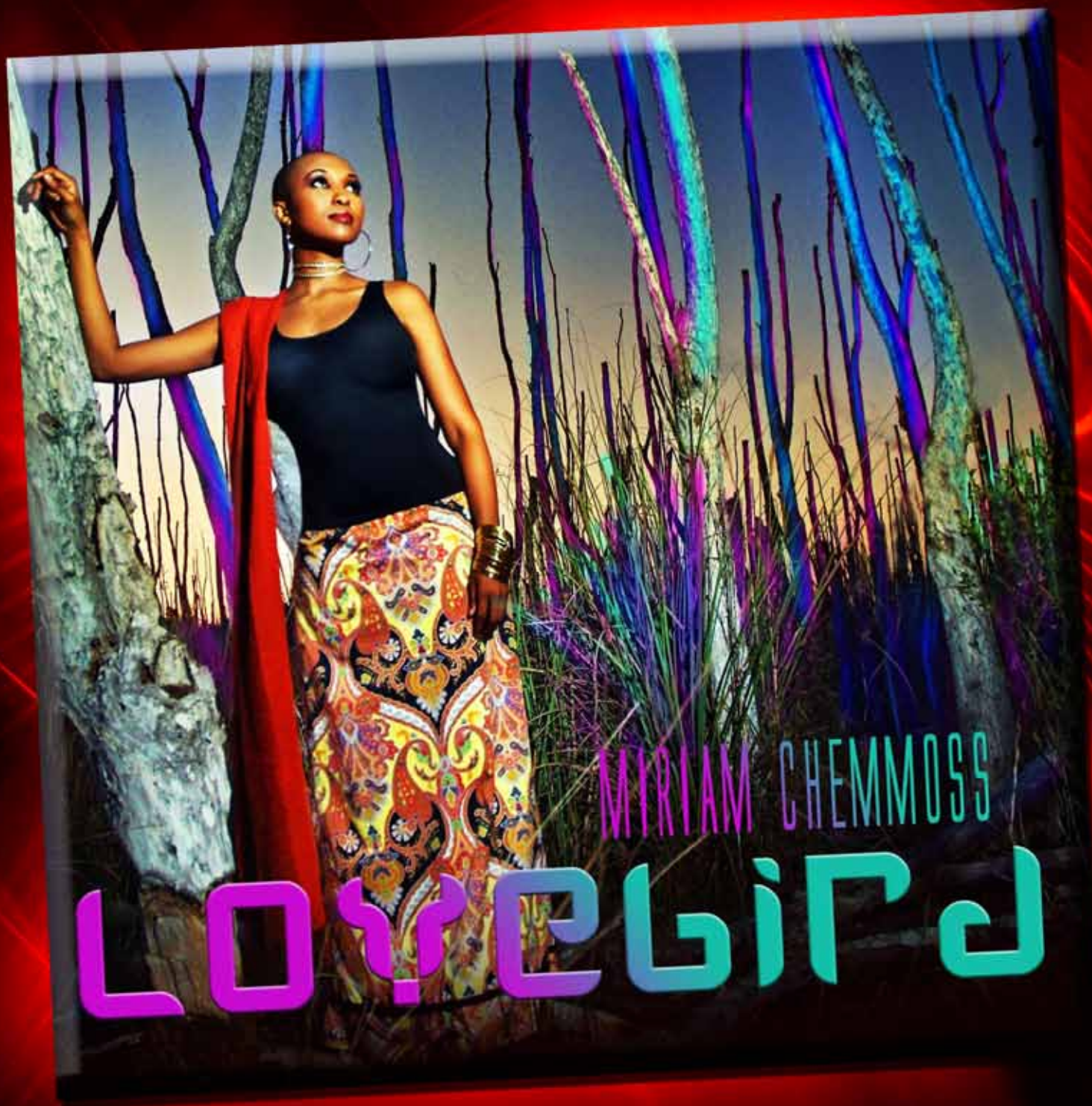
- Begin by laying down on your back on your mat.
- Raise both legs toward the ceiling and keep them straight.
- Lower your left leg until it's about six inches off the floor.
- Now, lift your head and shoulders off the floor and hold the back of your right leg and pull it gently towards you.
- Switch legs and repeat on other side.
- Complete 16 reps on each leg.

Side Leg Scissors

- Begin by laying down on your back on your mat.
- Roll onto your right side on the floor.
- Place your right elbow on the floor and rest your right forearm on the floor making sure to stack your legs on top of each other.
- Lift both legs slightly off the floor, keeping them as straight as possible, and scissor them back and forth.
- Do this exercise for at least 40 seconds on each side.
- Challenge yourself by increasing the duration you perform side leg scissors.

If you keep up with these scissor exercises you will notice flatter and firmer thighs after 8 weeks.





After 3+ years of cooking and baking...lots of waiting,
Miriam Chemoss is ready to
serve and share her labor of love.

"LOVEBIRD"

will be in digital stores worldwide from January 7th, 2013.



February By Eva FOOD

Coconut Fingers / Coconut Shrimp with Marmalade-Mustard Dipping Sauce

For marmalade-mustard dipping Sauce you need:

- 1/2 cup orange marmalade
- 2 teaspoons apple cider vinegar
- 1 teaspoon red pepper flakes
- 1 teaspoon whole mustard seeds
- 4 tablespoons of water

To Prepare:

1. Grind the Mustard Seeds using mortar and pestle - Put in a bowl and water and dissolve ground mustard to make a paste - add orange marmalade, apple cider vinegar and red pepper flakes.
2. Cover and refrigerate until serving time.

For the Chicken Fingers / Shrimp you need:

- 1 egg
- 1/2 cup all-purpose flour
- 2/3 cup beer
- 1 1/2 teaspoons baking powder
- 1/4 cup all-purpose flour
- 2 cups flaked coconut
- Boneless chicken cut into 24 rectangular strips / 24 shrimp

To Prepare:

1. Put the egg, 1/2 cup flour, beer and baking powder in a medium bowl. Put 1/4 cup flour and coconut in separate bowls.
2. Hold shrimp by tail or Chicken fingers by the edge and dredge in flour, shaking off excess flour. Dip in egg/beer batter; allow excess to drip off. Roll shrimp/chicken in coconut, and place on a baking sheet lined with wax paper. Refrigerate for 30 minutes. Meanwhile, heat oil to 350 degrees F (175 degrees C) in a deep-fryer.
3. Fry shrimp/chicken fingers in batches letting it cook. Turn once, for 2 to 3 minutes for shrimp or 5 minutes for chicken, or until golden brown. Using tongs, remove and place on paper towels to drain. Serve warm with chilled marmalade-mustard dipping Sauce.

Global Tribal Fashion Statements

BY WAMBUI WAMUTOGORIA



Hopi tribe : Originally known as Hopituskwa, this tribe calls the Arizona desert their home. Fashion statement: The giant pigtails...The off shoulder frock, yes ma'am!!

Himba Tribe : The Himba people are from Namibia. Fashion statement: The intricately plaited skinny locks and the bold accessories are an effortless beautiful look.



Aztec print : The Aztecs were an indigenous people living in South America. Fashion statement: This brightly colored zigzag pattern is associated with the Aztec tribe and is used in contemporary fashion to bring vibrancy to any look.



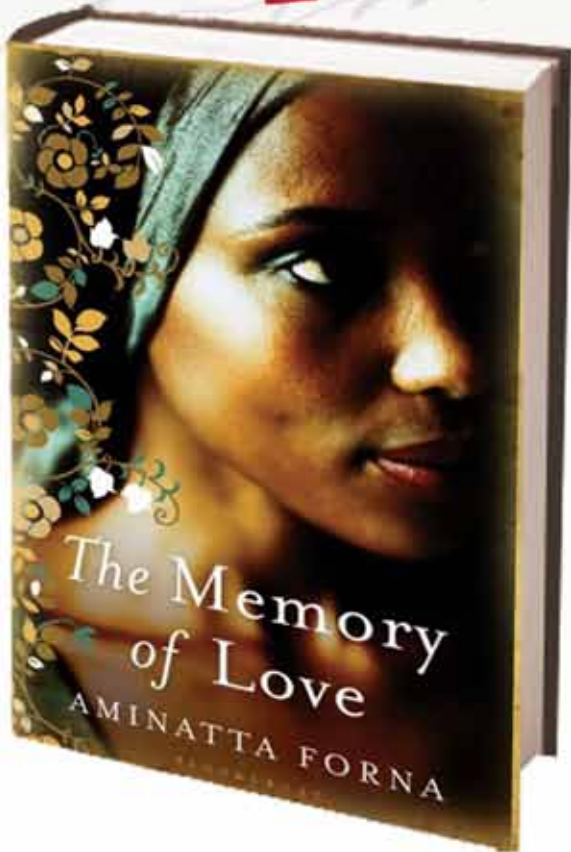
Rongorongo print : Rongorongo the written script of the Rapanui people on what is today Easter Island. Fashion statement: The rongorongo print makes for an interesting repetitive motif making it perfect for printing on fabric. These earrings show how this dead script brings a pair of boring earrings to life.



Hill Tribes of Vietnam : Fashion statement: head dresses are a creative way to add depth to your look. With head wraps and head dresses, the bigger the better.

BOOK REVIEW

BY KABURA WAHOME



The Memory of Love is a fictional novel and the woman on the cover has nothing to do with the book, she is mesmerizing, enough to have one wondering what her story is. It is based in Sierra Leone and touches on life before and after a civil war.

There are three main characters in the book. There is the young gifted surgeon Kai Mansaray who loves, loves being in the operation room. In the theatre he is able to shut the world out and focus on the one thing that brings him joy, it is the one place where he is able to silence his demons and do his thing.

There is Elias Cole who lies in the same hospital that Kai works, dying. He seems to have a desire to unload his past before he passes and that is where the third character Adrian comes in. Adrian Lockheart is a British psychologist with nothing but good intentions who is at the hospital to make a difference.

The Memory of Love kicks off with Adrian in a session with Elias Cole. Unlike his other patients who were referred to him, Elias Cole had asked to see him. And unlike all his other patients Elias Cole did not mind talking. All the others came that one time for their first visit and they never came back.

In a way Elias Cole gave him something to do which helps Elias make peace for the things that he had done in his past. Adrian was his version of a priest. Adrian and Kai's path cross when Kai shows up in the middle of the night at the apartment that Adrian was given by the hospital. They become friends that share their lives over drinks. Adrian enjoys feeling useful, something

that lacks in his job. The Police come calling too when they needed his help with a suspect.

Adrian's character left his life in Britain, (a wife and a child) to come and make a difference. To Adrian none of it made sense—the way people were, the code of silence. It was everywhere and everyone was doing it, not talking, not doing anything to change anything. Kai responds to this by telling him that it was not his country to which Adrian responds "I know this isn't my country. But it is my job" Adrian was going to make a difference regardless of the obstacles.

Love comes in with Nenebah, that is the name that Kai knew her by, Adrian knew her by MamaKay. For one she was the past while for the other she was the present and Elias Cole was in both her past and present.

Adrian does not like the way the residents are dealing, especially as a psychologist. Each character's story is shared in such an elegant and compassionate way that the reader connects. The author gives a personal touch to life before, during and after war, that is not specific to Sierra Leone. There is always a human aspect to any war that is not always evident at the beginning, it is always the aftermath. Something that people live with for the rest of their lives and this is one book although fictional that has some truth to the consequences of war and touches on the humanity of it all with some tenderness.

The author of the book, Aminatta Forna, is from Sierra Leone and based in London. She is an awesome story teller, and I can tell having read another book by her; The Devil that Danced on the Water.

Aminatta does not overwhelm yet she has the reader captivated. The pictures that she draws with her words actually have you in the middle of it all, seeing and feeling the characters. The Memory of Love was a recommended read by the Essence Book Club. The Devil that Danced on the Water, is a memoir of her activist father and her country, Sierra Leone. Ancestor Stones another book by her is a novel. Please note that The Memory of Love is a heavyweight and needs time for one to truly appreciate well and fully. I loved how it left me smiling regardless of the ending.

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