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Issue March 2021

ISSUE NO.4

The Kenyan student

Your Guide to the Future



staffroom

Two graduates turn their Traveling into a thriving tour career

Teacher Turns Painter

Smart glove

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0717459650

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The BBI fever is hitting fever pitch levels and every politician claims that it will benefit Kenya. If you try thinking about how adding seats to parliament benefits the ordinary mwananchi, you will only get a headache. We dissect how beneath all the BBI flurry lies the truth that constitutional amendments are about solving contests between political big-wigs, and not about common interests.



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What happens in the staff room? A student from a high school in Muranga shares his story about his dreaded trip to the teacher's lounge. Learn what goes on in a student's mind when he thinks he's going to be punished...

BLACK Excellence



EDITORS DESK

Dear KSM readers, welcome to our first issue of 2021 and like you, we are still holding strong after 2020 dealt us blow after another. Early last year, we started with the coronavirus epidemic that sent most of us packing and confined us to safety, or if we are honest, the boredom of life at home. Then came the apocalyptic locusts that ravaged our farms, forcing farmers to stay up all night lighting fires to drive them away. As we head into a new year, we can only remain hopeful that this time around, we face no end-of-days calamities and at least, get that much-needed peace of mind.

This month's issue of the Kenyan Student Magazine features stories that focus on our place in society, from the roles of relationships for the youth to our political future as a nation. As with each issue, we invited great writers from all over Kenya to share their views on various topics and they had very interesting things to say. Our writers, who are at different levels of their lives, from high school, university, and post-graduate levels, speak power and inspire us through new lenses that cut across society.

As you dive deep into this issue, you will swim across opinions on China's takeover of Kenya, especially since the Asian Tiger is ruthless when the time to pay is up. Fast forward, we ask whether universities are making us more tribal, drawing from memories of tribalism in hiring and student elections. But since it is also the month of love, we ask whether relationships are just sinking ships for campus students. Comrades join the ever-elaborate Benjamin Zulu KE to share their views and you will be enlightened by their avantgarde wisdom.

On the political front, we ask whether the BBI brigade is justified and suggest that perhaps, merging counties is a sounder, if not logical solution for all Kenyans. In local heroes, we turn the lens on a former teacher turn artist, Josey Arts, whose incredibly realistic portraits have made him an international sensation. We also feature three graduate entrepreneurs whose journeys will show you that you can start an empire even with your meager HELB loan and grow to become a success story.

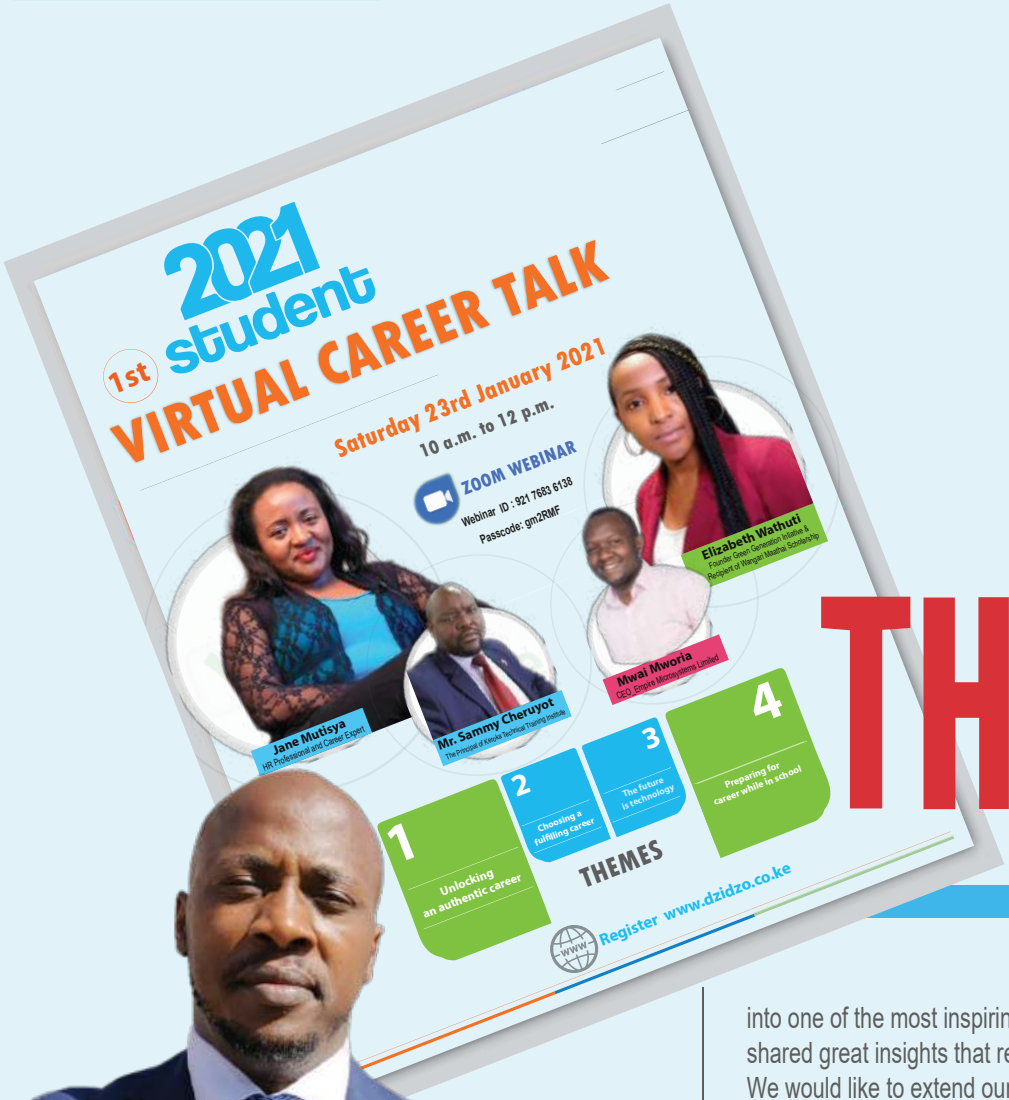
Yet, since all work and no play make us dull, we also provide some picture-worthy and heartwarming pieces as we recall what is trending in the world of showbiz, the meme world, innovation, and sports. Our episode 3 of "Being Mark" on the campus reminds us of the urges of new crushes and how it can make us "sweat bullets," and on a glamorous note, we cover the sensational Miss Embu University. Since we are all getting older, we also focus on how we can avoid the killer "Quarter-life crisis" as we take refuge in our strengths and carve our futures.

Finally, as always, we write to educate, inspire, and entertain and after browsing issue, we urge you to spread the good gospel with your friends and family. This year, let's grow together and embrace fun, love, and a determination for a better future.

Simon Riitho



VOTE OF THANKS





Mr Benjamin Zulu
Re-Known Relationship Coach

Hello there. As you might already know, the Kenyan Student Magazine was founded on the promise that the youngest and brightest members of our society need to be treated better. As a magazine, we are vigilant in our mission to seek opportunities and expose students to the real world by reporting on meaningful events and giving you the platform to tell your stories.

On Months of January & February this year, we were fortunate to hold our first ever Online Career Talk that attracted scores of students that desired to know what the future bodes for them. In what would turn into one of the most inspiring webinars ever, our competent team of panelists shared great insights that resonated with all attendees.
We would like to extend our greatest appreciation to:

Jane Mutisya, ELizabeth Wathuti , Sammy Cheruyot and Mwai Mworia

Above presenters, all renowned professionals in their fields, showed great respect to our mission, giving up their time to change the world. As one of the attendees, I can confirm that the precious knowledge delivered by these incredible people was inspiring, insightful, and transformative for all that were lucky to attend.

In a special way, I would also like to extend my highest appreciation to Mr. Benjamin Zulu, who graced our February mini-conference where we dissected love and young relationships. The talk drew in many students who learned just instead of searching for love, they should focus their energies on their careers and self-growth. Mr. Zulu, thank you for opening our minds and telling the truth as it is for all to hear and learn.

Finally, to the teams that made our online events successful, I extend my humble appreciation for all your hard work, without which the events would have never materialized. Your sacrifices, patience, and long nights made this dream a reality. To students, teachers, contributors, and facilitators, that have been with us from the beginning, my heart warms with great respect and I pray that our work always meets and surpasses your expectations.

We have achieved great things together and we are not stopping here. Thank you for your support and like the Olympics, let's keep the fire burning.

By the Chief Executive Officer, Kenyan student

Diversity & Dwarfism



What's It Like To Live As A Little Person?

I have a dream that my little children will one day live in a nation where they will not be judged by the color of their skin and size and shape of their body.

Diversity means difference and our differences make the world a beautiful place. However, it is also true that people with dwarfism are treated differently wherever they go. A sad reality is that many people are unaware or even ignorant about how those in the world of dwarfism feel. People of short stature have often remarked that they are treated differently wherever they go, attracting unwelcome stares, laughs, and attention.

The Kenyan Student Magazine delves deeper into how life is like for people with dwarfism and reflects on how society treats them and how we can overcome the negativity.

I am treated differently because I look different

They say that you should never judge a book by its cover and for people with dwarfism, their bodies are always on display. Everywhere they go, short people stand out from the crown and when they encounter insensitive people, they can easily be discriminated against. In communities, schools, and even at work, people of short stature can be victims of prejudgment.

"Normal people don't realize how prejudiced they are in how they treat people with disabilities. If you stare at them, laugh, or even point at your friends to see them, you are advancing discrimination."

Little people have to be tough to survive

In the past, dwarfs were treated as entertainment and in circus shows, they were even displayed for visitors. While the practice ended long ago, some still hold on to the view that people with disabilities are not equal to them. For instance, go to any workplace and you'll realize that the world is not built for little people. Bookshelves are too high, desks too tall, and even most cars are not made to accommodate them.

"When you are born a dwarf, you can't be a pilot or even a police officer. Even finding employment in most workplaces can be a very 'tall tale'."

They are regular people like everyone else

People of short stature think of themselves as equals to average-sized people but when this view is not enforced on the community level, they can suffer. To make a difference, try to see them as ordinary instead of rare, creating awareness wherever you are. When motivated and supported in their communities, people of short stature can aspire for greatness and achieve great things.

"We are often asked to stand up in matatus to give way for grown-ups!" (Hussein Kenga Mweri, National Coordinator, SSSK).

The Short Stature Society of Kenya makes a difference

As a body for dwarfs in Kenya, the Short Stature Society of Kenya (SSSK) has been making a difference by representing members from all over Kenya. The SSSK has been at the forefront of the fight against discrimination in all places, promoting the rights of little people. In the past, the SSSK has called for zero tolerance in discrimination especially on social media where conversations can be harmful and even organized events for them.

"I have a dream that my little children will one day live in a nation where they will not be judged by the color of their skin and size and shape of their body, but by the content of their character." (Joakim Wangui, President, SSSK).

Be the change our world needs

The next time you see a person of short stature in your neighborhood, don't stare at them. Try to think of ways you can make their days better and try to build them up rather than tear them down. This way, we make the world a bigger and better place for all.

Simon Riitho-Editor





I Miss the Smell



I miss the smell of Cussons Imperial Leather.

For those born after Moi retired and Kibaki was coming in, I am talking about soap. Soap as in soap not those Mexican Soaps. Ladies and gentlemen, Cussons Imperial Leather was the real deal.

And so that you get a nostalgic feeling, close your eyes and reminisce a moment where you opened your high school box and there sat at the corner were two such soaps, slightly spilt over Quencher Orange Juice and a half loaf of Makatiat Bread. Or Elliot. Or just Tosti. The yellow block Tosti. The bread cramps were sweeter than the bread itself.

If two people lived in a room and they bought a full loaf, it took an independent person to come and cut the bread into two. You kids of yesterday don't know how bread was shared precisely into two equal parts.

The reason for a third party was because anyone who offered to cut the bread into two, would carry the burden of eating the smaller portion. Nobody was willing to risk.

Then there were those people who asked for a pinch! Do you know how painful it is for someone to pinch your bread? You don't. You won't. You will never. It's as painful as hitting a stone in Savannah while chasing an errant goat and losing your toe nail.

Then, after the toe is almost healed, someone steps on it while scrambling for left over githeri at lunchtime in Savannah School. Remember Savannah Boys don't cry. The pain is arrested at the neck region. Just below the throat. And you find yourself swallowing nothing and eyes getting red.

Do they still sell Imperial Leather? It's been 20 years since I used anything apart from bar soap. The last soap that was not bar soap was bought by my mother in 2001.

Good night from Savannah.

Writer : Amkich Karanja





Kenyan Universities and Tribalism:

Is My Vice-Chancellor From My Community?

If Kenyan universities took the National Cohesion and Integration course today, most would score painful Ds and Fs.

Moi University has a famous slogan. 'Moi University, the university with a difference.' This slogan was chanted to us by all the administrators during orientation. My peers and I felt lucky at the time, what an honor to be included in such a reputable institution. In that sweaty and overcrowded hall, we, the first years, were seated on metal chairs that had seen too many days while the esteemed administrators sat on a podium overlooking a multitude of freshers. After everyone had spoken words that I fail to recall, I made one obvious but critical observation, almost all the administrators were Kalenjin.

The shame of tribalism in Kenyan universities

Tribalism is one social problem that has affected Kenya since independence. It drives our political arena, and as it turns out, our education sector too. In September 2016, CS Fred Matiang'i appointed Prof Laban Ayiro as the Acting Vice-Chancellor of Moi University. Soon after Mr. Ayiro sat on the chair, all hell broke loose. The staff was riled up, and this negative energy grasped at students who immediately took sides to either support or oppose Mr. Ayiro. A strike was brewing. Why? Just because Mr. Ayiro was a foreigner, a Luo.

Moi University is not the only institution with this problem. Recent reports have shown that 83% of public universities in Kenya don't adhere to the National Cohesion and Integration Act of 2008. The Act mandates that no university shall hire more than 33.3% of its staff from one ethnicity. Despite this law, universities hire about 70-80% of their staff from one ethnicity, and often than not, the Vice-Chancellor's community is always dominant.

Student elections are also marred with tribalism

This festering problem is a major issue for public university administration, but it does not stop there. Tribalism also affects student leader elections. Nairobi University has had a few incidents over the years because of tribalism in its student leader elections. The 2010 unrest was the most devastating as it saw the institution closed for a while after local politicians interfered with the elections. How is it that learned students voted along ethnic lines? You would think these educated peers would vote for the candidate with the best manifesto. But no, this is not always the case.

Tribalism in public institutions poses a bigger problem for society, such as unemployment for the unfavored ethnic tribe. When about 80% of the staff is from the local ethnic group, it means that other people who were also qualified were overlooked for the position. Despite universities being national institutions, they are treated as local institutions that may only benefit the community where it's located, and this is unfair to the rest.

Is education important if it doesn't make us less tribal?

Universities are the highest form of education and they should be the light that Kenya follows. Institutions of higher learning should solve social problems and not continue to sponsor them. In truth, campuses should value diversity and neglect the insider-outsider mindset. We are all Kenyans, and our diversity is what makes us a great people. The NCIC should make sure that public universities adhere to the law and do not foster tribalism. Sadly, if Kenyan universities took the National Cohesion and Integration course today, most would score painful Ds and Fs.

Writer: Esther Gacigi



CAMPUS GEMS OF TRUTH

Mr. Tumbo is my very good uncle's name —very good because he checks up on my student self like he was my father. He calls to ask if I attended "college" or how my studies are coming along. He calls to check if my exams are due. He calls to ask if I talk to my cousins. He calls to ask everything…and anything, occasionally dropping a pep talk or two, like this particular day.

The hustle and bustle of campus politics had had me worn out. And no. I wasn't the one on the good papers. My friend was. When your friend is running, you're almost always sprinting. That"s just how it is with campus politics—and national politics I presume—people are always running and sprinting, some for office, others for those running. It"s complicated. School was a little hell. It was noisy. It was messy. I was beat. If comrades weren"t "riaar!-ing" on this end, they would be "tibim!-ing" on the other, or perhaps screaming my candidate's name. Having spent a great deal of time meeting delegates and seducing their minds into supporting us, the last thing I wanted to hear was shouts. If I didn't get a chillout, I'd have my good mind chiseled out of me instead. So like every other good nephew, I called on my uncle in his office, if anything to seek some counsel.

My school, or college as my uncle Tumbo calls it, sits right opposite the Taxman's tower—Times Tower you'd call it. Or if you want to be a little complex, the good old institution face-timing Kenya's number one money mint. Oh yes. We rub shoulders with Patrick Njoroge every school day—or for him, workday. So I slipped out of school, onto the emperor's avenue straight to Ukulima House at the corner of the intersection of Haile Selassie and Uhuru highway. The good man was seated neatly in his black office chair, holding a green ballpen with a Harambee Sacco branding. After the usual pleasantries and tell-mes about school, he adjusted his seat, held his hands together, and elbowed them on his desk, his face directly glued on me.

"Are you all right?" He asked, noting I had lost some weight.

"Ok. I am Ok." I added, a matter-of-factly.

He wasn't falling for that. A pep talk on good nutrition followed. Eat some fruits. Don't miss a meal. Keep fit. I mean, the usual rhetoric, and I took them all in good faith, except, I was going to do none of the above.

He noted a printout on my hand, with names, registration numbers, and contacts. Like every other guardian, he felt concerned. There is no way his nephew would be conning people in Nairobi, or else what was that database for? He must have thought. So I had to explain to him that I was helping someone run for the top seat in school; that I was the paperwork guy; that my job was to seduce every pretty mind and convince every monkey one to support us. That I had "Mutahi Ngunyid" my way into campus politics, and wanted to look all cool and flair, dialing numbers and mentioning the words I very much love to this date—This Is Cliff Oketch Onyango secretariat and I'd like to ask for your vote on his behalf. Would you mind meeting me at the red square for a chit chat? Once in a while, I'd lie that Cliff would tag along, in which case the gentleman never did.

"Kijana, focus on your studies." I thought he'd say.

But he didn't. He was delighted, exhilarated if you may. He liked every bit of it. He asked if I harbored any ambitions and I answered not in the affirmative. "Why?" He asked.

"Well. Because it's murky, and dirty, and grumpy and bumpy sometimes. I just don't have the heart." I told myself. Another pep talk loomed. And it burst right before my eyes…

"Campus is the place you should experiment with everything. Politics here, relationships there, church here…everything. Stay active and do not regret not doing things you should have when you had the time —and the strength."

Deep down, I knew uncle Tumbo was right. He was always right. Except when he was not.

So, this is to the freshmen and women joining campus after a tedious police-stated high school run. Uncle Tumbo says you should try new things out, and I support him.

Go out there. Meet other comrades. Let them mold you, and you, them. Stay active, try politics, play a sport. Most importantly, read a book, a week if you can. It will keep you intellectually active, and fit. Don"t let every Tom, Dick, and Harry into your pants, and keep off every Jane, Janet, and Jackeline. If you find a brown smiley Pesh from Kangema or a dark cheek-boned Onyango from Nyalgunga, give them the benefit of doubt. That simple chapo-madondo date invite may be the beginning of a beautiful future together, punctuated with Kempinski outings, or expensive couple dinners at Fairmount The Norfolk—they should pay for this by the way.

Case in point. Welcome to the havens of knowledge, and wisdom. In these streets, we caress your mind with seductive nuggets, good enough to send your intellectual wits to the seventh heaven and turn the ignorant you into a Solomonic genius.

Go ye now and enjoy comradeship, says the campus Lord of Hosts.

Writer: Paul Levy-Student TUK

LOW BUDGET

Travel in Kenya



Writer : Maureen Getere

Holiday Destinations In Kenya With A Low Budget

Tourists travel from all around the world to enjoy Kenya's majestic landscapes, tropical beauty, and must-see wildlife attractions that check almost every bucket list. But while Kenya is indeed a country filled with fascinating destinations, for those with a tight budget, choosing the perfect vacation spots is a huge challenge.

BEACH RESORTS

This list of the most pocket-friendly places to travel in Kenya shows that 2021 is the year you can vacay in the most exotic places and save your hard-earned money.

1.Amani Tiwi Beach Resort, Mombasa

South Mombasa is the perfect getaway destination and for couples, Amani Tiwi is absolutely beautiful, if not romantic. Plus, the resort charges Sh.10,624 only per night, inclusive of break-fast.



2.The Reef Hotel, Mombasa

The Reef Hotel conveniently sits on the white sandy beaches of Nyali and for those seeking to watch the beautiful African sunset over the Indian Ocean, it is just the perfect spot. The charges are a pocket-friendly Sh.9,474, inclusive of breakfast.



3.Baobab Sea Lodge, Kilifi

The Baobab Sea Lodge in Kilifi is as charming as resorts go, situated just 47 miles from one of Kenya's great mysteries, the famous "Gedi Ruins." Charges are an attractive Sh.20,608, an affordable sum for the elegance and charm on display.



4.Kola Beach Resort, Malindi

Kola Beach offers something for everyone and for families of all sizes, it is just the place to create long-lasting memories and build unforgettable bonds. The resort also comes with a low price tag of Sh.14,671 only.



5.Lofta Resort, Diani

Lofta Resort is a gem located in the South Coast of Mombasa and for visitors, it's an extravagant and elegant place for families to kick back and enjoy life a little. Better yet, charges are an attractive Sh.5,370, breakfast included.



6.Sandies Tropical Village, Malindi

Sandies Tropical Village sits on the enchanting silver sand shores of Malindi, with stunning views of the ocean and a serene atmosphere. Charges at the family-friendly resort are a decent Sh.13,413, all-inclusive.



NATURE PARKS

For those looking for the best parks to take in the natural wonders of Kenya, these parks show that enjoying yourself in the world doesn't have to be costly.

1)Maasai Mara National Reserve, Narok

Maasai Mara is one of the largest national game reserves in Africa, but this is not its only attraction. The Mara is home to "The Great Wildebeest Migration," one of the Seven New Wonders of the World.



2)Amboseli National Park, Kajiado

The Amboseli National Park, which is crowned by the beautiful Mount Kilimanjaro, is home to Africa's highest peak. The park's over 1,500 African elephants make it a must-see destination for wildlife enthusiasts.



3)Tsavo National Park (East & West), Taita-Taveta

Divided into Tsavo East and Tsavo West National Parks, Tsavo is a protected sanctuary where flora and fauna thrive. Tsavo East is famous for its photo-worthy sightings of large African elephants' herds while Tsavo West is better known for its stunning scenery and topography.

Other attractions in Tsavo West include the Chaimu Crater, Ngulia Rhino Sanctuary, and Mzima Springs, a peaceful oasis where hippos and crocodiles coexist.





4)Samburu, Buffalo Springs & Shaba National Reserve, Isiolo

On the banks of the palm-lined Ewaso-Nyiro lie three national reserves, Samburu, Buffalo Springs, and Shaba. Tourists love Buffalo Springs for its unfettered safari trips into the unique and diverse semi-arid wilderness.

Shaba is more popular as a site where the African savanna couple, George and Joy Adamson, raised "Elsa the lioness." The Samburu National Reserve is also a top attraction for the "Sarara Singing Wells," where Samburu warriors sing traditional songs while watering their



LOW BUDGET Travels



MAGICAL Kenya

tembea kenya





Business Administration Graduate Shares How He Used His HELB Loan To Earn Big!

Writer : David Wako

A HELB loan can be your stepping stone to financial independence!
David Mwikwabe, who is currently pursuing his Master's Degree in Business Administration at Dedan Kimathi University shares his incredible journey as an entrepreneur in cyber enterprises.

David Mwikwabe's journey

Like most students, my biography starts with a financial background that is closer to misery and gloom rather than the standard green pastures. As I headed to university, my only hope was to learn new skills and expand my potentials but luckily, I ended up with an established source of income.

HELB Can Be Seed Funding For Your Campus Business

My entrepreneurial journey on campus started when I received my first batch of Higher Education Loan (HELB) funds. Unlike most of my friends and peers, who used the funds for fun and games, I opted to divert the money into starting capital of a minor cyber business around the university.
While in my First-year I bought a second-hand "HP Deskjet 2540 all-in-one printer," which was capable of printing, photocopying, and scanning. At the time, the main challenge was in refilling the ink cartridges which was hectic and its speed was very slow. However, the machine could meet my expectations since my customers were very few. While running the business from my hostel as the headquarters, my main customers were classmates, hostel mates, and friends who supported me a lot in achieving my goals. After establishing my customer base, I opted to look for a space to let around the university as I waited for my third year HELB loan.

Once You Get Started, The Sky Is The Limit!

After receiving my Third-year HELB loan and having done a smart market study of the campus environs, I purchased more equipment and set up a larger business. Students were my main target market and I expanded my services beyond printing, photocopying, and networking. Positivity and inspiration from friends and other stakeholders gave me the focus to pump more resources into the business. I went the extra mile and even ventured into farming to get more funds that would enable me to expand my services and acquire more machinery.
A major boost was when I got my second batch of HELB loan. This time, with experience in the trade, I was able to fix most loopholes in the business such as acquiring an MPESA Till and marketing my brand products and services.

As A Young Entrepreneur, You Will Face Challenges Too

As in any other entrepreneur, I also faced many challenges that looking back, made me stronger. One hurdle was coping with the stiff competition in the market since most of my rivals were bigger and more established in the area. I overcame competition by networking more aggressively, offering discounts, and giving customers the best services. Another challenge was balancing education and business since despite being an entrepreneur, I also had to attend classes and pass my exams. This challenge was solvable since I managed to get some friends who helped me run the business as I attended my lessons.
Also, since I had limited funds, I was paranoid of failing in business and losing the money I had invested but I gave myself hope and didn't let this factor diminish my focus. Nevertheless, the lack of enough capital to cater to other resources such as heavy-duty photocopying machines to enable me to meet customer expectations was a persistent challenge. More recently, COVID-19 became another challenge since schools were closed, creating a big challenge since students are my main clients
.

Parting Shot

But, despite these ups and downs, I came out victorious in the end, thanks to all my friends and loyal customers that were with me throughout the journey. As I plan to repay my HELB loan, I would love to extend a warm hand of appreciation since the foundation helped me survive campus, learn how business works, and carve my future as an entrepreneur. My journey is proof that anyone can take advantage of the opportunities thrown their way and transform their life along the way.
KSM: As we speak, David still runs his business at Kimathi University and his journey as a businessman started with his first HELB loan. What have you done with your HELB loan?

devolution & COHENSION

Merging Counties Would Have Been the Magical Bullet Kenya Needs

Beneath all the BBI flurry lies the truth that constitutional amendments are about solving contests between political big-wigs and not about national interests.

2010 was hailed as a milestone in the history of Kenya since it was a celebratory moment when the new constitution was promulgated. It was the culmination of a process that started way back in 1998 when Kenya initiated the process of constitutional change. Back in 1998, a year when elections were marred by vote-rigging, ethnic cleansing, and the mass destruction of properties, it had become apparent that change was needed. Through civil society activism led by James Orengo, Kivutha Kibwana, Dr. Gibson Kamau Kuria, and the IPPG, notable strides were made, curving a path for constitutional progress.

Writer : Mugo wa Kanyiri



The artistic impression of ugatuzi Towers under construction in Nairobi

Kenyan constitutional amendments are ugly

Since then, the path to constitutional change has not been one without its fair share of ugly scenes, some even leading to the loss of lives. It's believed that the constitutional contest between the ODM-led (NO) camp and the NARC-camp (YES) polarized the country, dividing it down the middle. With the 21st November 2005 referendum, it became a confirmed reality that Kenyan politics were wholly characterized by ethnopolitical cleavages, as the elections divided Kenya along ethnic lines.

According to political analyst Prof. Gutile Naitul, the aftermath of the elections where the YES camp lost with 48%, to the NO camp's higher 52%, set the stage for the fire that followed in 2007. The constitutional referendum gave birth to the 2007/08 political violence where thousands of people were displaced, many youths were killed, and countless homes went up in flames. It was a dark time, in the history of our nation but one that ushered in the birth of the 2010 constitution.

Though the Kenyan constitution of 2010 is hailed as one of the most progressive in Africa, its implementation has been more than unsatisfactory. Its implementation has been left at the mercy of an executive that has refused to honor it, inviting divisive politics as witnessed in the 2013 and 2017 elections. As a "ceasefire" document, the 2010 constitution was given breath by the "handshake" between the government and opposition, setting the stage for discussions on further change. After the handshake, Jubilee's President Uhuru Kenyatta and ODM's Raila Odinga came up with proposals that would best solve the constitutional tussles. This union gave birth to the Building Bridges Initiative, better known as the BBI.

BBI, a welcome solution or a step backwards?

With the BBI, some proposals included the calls for more seats, political offices, channels for the flow of money to the counties. These efforts were seen as solutions to highly contested elections and the violence that leads many displaced after homes are burnt to the ground. However, beneath all the BBI flurry, lies the truth that constitutional amendments are all about solving contests between political big-wigs and not about national interests.

While Kenyan leaders call for more and more of everything, from seats to counties, and salaries, the best solution is to reduce everything. As a country, we need to reduce the number of counties, change our boundaries, and create unique counties. If you listen to BBI supporters, ethnic violence is a major reason for constitutional amendments that would "end" them forever. However, the vulnerable Kenyan youths are not interested on who becomes the Premier, the President, or even a Cabinet Minister.

Kenyan youths need assurances, not the empty promises that "youths are the leaders of tomorrow". They need a rigid promise that after their education, they will have sustainable jobs, decent families, and a place in the table where the national cake is shared. What they want is hope. This hope can only be found if they can live in harmony with their neighbors where there are no limitations of tribe or social status. The upsurge of COVID-19 19 has only exposed them to drugs, defilements, teenage pregnancies, and confrontations with their parents. The merging of counties that have long history of ethnic profiling will spur education, inspire the mixing of cultural values, and lead to empowerment.

Merging counties would benefit Kenyans better

Merging Bomet, Nakuru, and Narok structured with a revolving governor's seat and two deputy governors from each ethnic group will make Kantai, Cheruiyot, and Kamau friends, not enemies. Mergers will address the perennial land clashes at Molo between the Kikuyu and the Kalenjin youth, same to the situation in Olposimuru between the Maasais and their Kipsigis brothers. With more than 120 billion revenue allocation from the national government, the huge county will be the epicenter of education, culture, and civilization. But when the youths are divided on ethnic locations, our youths will only learn of making arrows, sharpening spears, and wielding machetes.

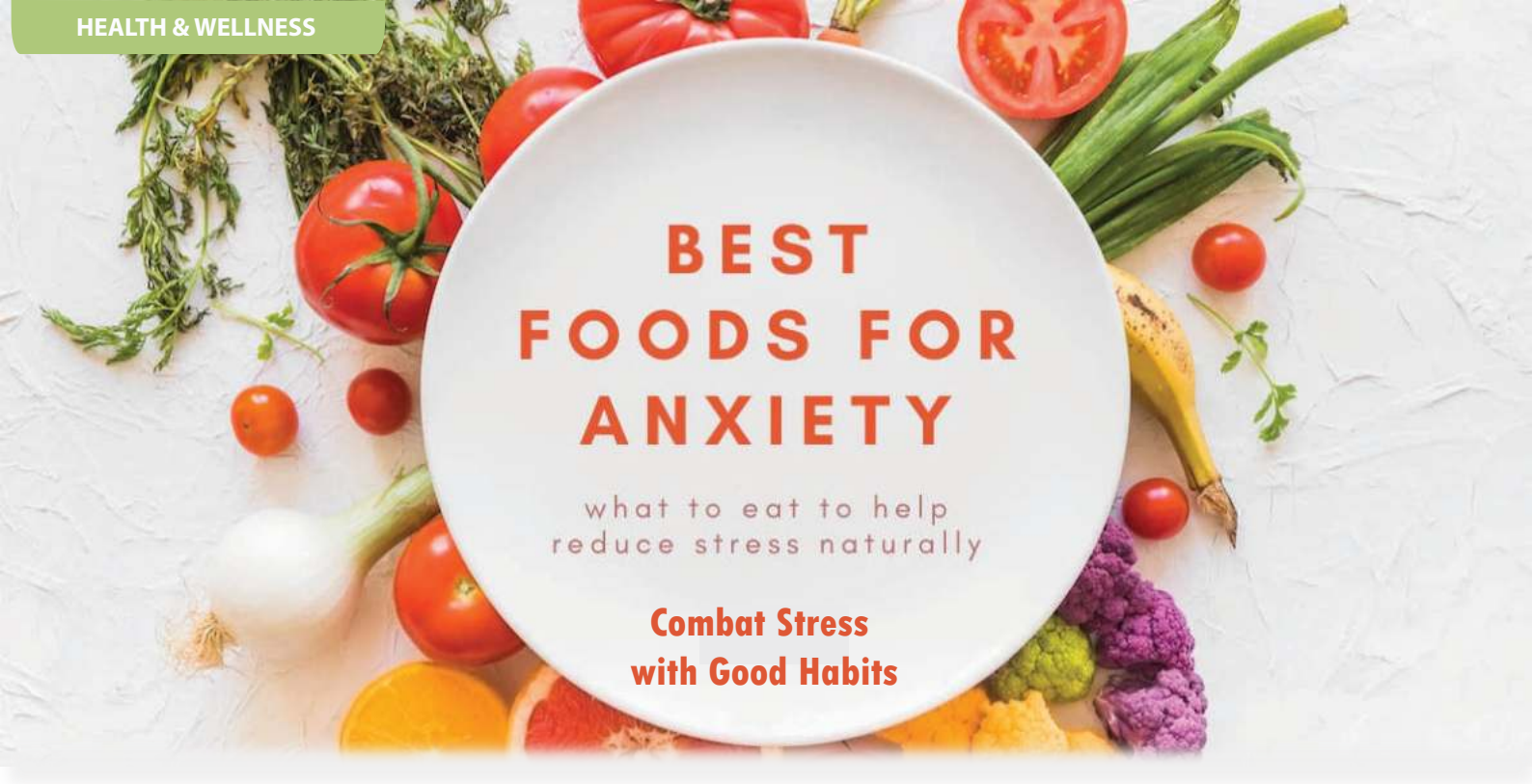
Have you ever wondered how peaceful would it be; if the notorious "chinkoro-ro" youths from Kisii learn how to make Mursik in Kericho. How about the youths in both Kisii and Kericho engaging in commercial fishing at Lake Victoria? This will be the most welcome constitution. The silent voices in the three counties will be yearning to foster peace and stability in their regions. Elections after every five years will be a time of merrymaking, celebrations after favorite candidates, not a moment of taking night oaths or planning on retaliation attacks.

If Turkana County is merged with West Pokot and Elgeyo Marakwet, Kerio valley will be a haven of peace. Milk will be in plenty as the fields of Elgeyo Marakwet will transform into a modern-day Garden of Eden, not the present-day "valley of death." The guns that have caused untold suffering will remain as the symbol of authority of the county government and not bandits. The wild screams of widows as their only livelihood of livestock is stolen will be replaced with ululations when academic giants and athletes return home. Schools will be grounds for addressing the three communities' needs; but not indecent camps for internally displaced people (IDP's). Pastures will be no longer be a source of conflicts but a source of wealth to the warring communities. Sumptuous chips from Elgeyo Marakwet served with fish from Lake Turkana with a beef stew from Chepararia in West Pokot. The food will be a mouth-licking delicacy shared by Kipchumba Murkomen, Nicholas Atundonyang, and Joseph Nanok at the river banks of river Weiwei. Kapedo will be a modern-day Kenya Meat Commission excellence center and a huge market where farmers will trade together and share topical issues amid laughter.

Also, merging Laikipia, Samburu, and Nyandarua counties will make Ol Moran a conservancy of peace, Baragoi and, Suguta Valley a national museum where culture, intellectualism, and art will be displayed. The world would travel there to see historical sites like where the founding president was detained. Children will chase butterflies by the day and when night falls, their parents will only recite them of great ogres that wouldn't stand the charm of Samburu girls, not stories of war and hunger. Barter trade among the communities will ensure no one sleeps hungry and young men will enjoy the sound of thunderstorms, not gunshots. Wouldn't we also address the deadly female genital mutilation of young innocent girls? I think we would.

BBI authors need to get back to the table

As the Building Bridges Initiative gathers pace, it is our humble request as the Kenya Student Magazine that the drafters of these amendments consider setting up cultural centers between those counties we have proposed for merging. These cultural centers will be where sports, arts, and linguistics would be taught, complete with cultural exams supervised by officials from the national government. One kitty managed by merged counties would enable youths to access cheap loans, college, and university scholarships as North Rift counties. If we work together, we can do and achieve more and still be left with benefits for sharing.



BEST FOODS FOR ANXIETY

what to eat to help reduce stress naturally

Combat Stress with Good Habits

Eat right, drink well, stress less

We can all agree that we all have bad days, moments where we go through bad experiences that can potentially change our mood and alter our focus. On such days, you can feel that you are "stressed." Stress that goes unchecked can result in a host of negative problems and habits. One challenge is the development of eating disorders since while some choose to drown the stress by overeating, others stop eating entirely.

Scientists discovered that there are links between nutrition and stress and if you want to manage your stress, the best solution is good nutrition. Here are some highlights of what you need to do to take control of your nutrition during stressful times.

- **Make sure that you eat regularly.** Your body needs energy for you to work or study well. Each time you eat, your food is transformed into glucose, which gives you energy. Studies show that better levels of glucose help students achieve academic prowess.
- **Taking healthy fat is important.** Fat is also good for your body! When you consume omega 3 fatty acids found in fish, nuts, and seeds, you can keep stress, depression, and anxiety at bay. Fat helps you maintain better brain function.
- **Vegetable and fruit intake.** Eat your vegetables daily to provide you with the vitamins and minerals you need. Consume veggies and fruits rich in vitamins A, C, E that act as antioxidants to combat the oxidative stress on cells.
- **Increase water intake.** We rarely remember to take water when we are stressed. Include 6 – 8 glasses of water as part of your diet to help lessen the headaches that are accompanied by stress.
- **Sleep more.** When facing academic stress, deadlines, and other expectations, we might find ourselves neglecting our sleep patterns and drinking more caffeine. To reduce stress levels, ensure that you sleep better and reduce your caffeine intakes to avoid insomnia.
- **Snack regularly.** When we hear, snacks, we think about fast foods and cake. However, finding healthy snacking options can be key to transforming your body and ensuring that your body has the energy to fight stress.

No matter what you are going through, don't forget to love yourself a little more and don't be too hard on yourself. There is light at the end of the tunnel and no situation is permanent. To combat stress, start by keeping your nutrition in check and your worries will melt away.

Writer : Jackline Mumbi





Kenya Debt

Is China The New Colonial Power In Kenya? Evidence Screams YES!

What Kenya owes China is like owing Fuliza or Tala 60% of all the money you make!

"China's Second Continent," a book by Howard French claims that Africa is now home to over a million Chinese residents, but for those on the ground, the numbers might be higher. In Kenya, the population of Chinese residents has been rising consistently, a trend caused by the close ties between Kenya and Beijing. But, while the Chinese brought with them bags of cash and development projects, they also invited a mountain of debt that threatens Kenya's sovereignty. Thomas Sankara once said that "He who feeds you controls you," and with Kenya's rising debt levels, we can only wonder whether China is our new colonial master.

Colonization without violence

Kenya's experiences with colonization are raw and as we speak, some victims of the violent horrors committed by the British are still alive. Unlike many colonial stories that are written in history books, scores of Kenyans still recall words by British Imperialists who claimed that Kenyans were a "primitive people." In 1953, the British parliament was even told that the Mau Mau,"Was a secret society which sucked its poison from witchcraft, from a hatred of the white man, from a hatred of Christianity, and it gained its force by unleashing a primeval savagery". While the British government officially apologized in 2013 after reaching a Sh.2.7 billion settlement with 5,228 victims, little can be said on whether justice was ever done for the veterans.

But even before Kenya has healed the wounds of the past, we have fallen yet into another colonial trap, this time, with the Chinese. Instead of guns and violence, colonialism revisited Kenya disguised as a briefcase and a helping hand.

Close ties with China? Try Stronger grip!

During his term as president, H.E. Uhuru Kenyatta has been a great champion for close ties with China. For Kenyatta, the Asian Tiger has been a great development partner, and truly, the Chinese have undertaken many projects in road construction, utilities, and even the famed SGR project. But whereas the Kenya-China relationship looks cozy on the outside, critics have raised an alarm that the close ties disguise the reality that under the covers, China has only been strengthening its grip on our nation.

To understand why China might threaten Kenya's independence as a free nation, it is important to consider how much we owe Beijing. When Uhuru Kenyatta's government came into power in 2014, Kenya owed China a sum of $737 million. Today, the debt had risen to $6.4 billion, a 766% increase, an unbelievably huge sum! While the logic behind the government's borrowing formula escapes ordinary Kenyans, it's no secret that repaying such a loan is an uphill battle.

Today, Kenya is top three among African countries with the highest Chinese debt, with our public debt representing over 60% of the GDP. In layperson terms, what Kenya owes China is like owing Fuliza or Tala more than 60% of all the money you normally make. Another problem with the Chinese debt is that if we are unable to repay, the country will take over infrastructure to repay itself. When a country loses its powers of negotiation and is helplessly indebted to a foreign nation, this becomes debt-trap diplomacy, a form of neo-colonialism!

Is there any hope for Kenya under Chinese "colonization?"

While optimism is generally a good thing, when it comes to Kenya's debt with China, we should be more than scared, we should be terrified sick. Even though China portrays itself as a friend to Kenya, we should not forget that when it needs its money back, it will be as cruel as any shylock.

Take Sri Lanka as an example, a country that sought China's help to build the Hambantota port. In the deal, China-funded 85% of the project cost, and after Sri Lanka was unable to pay the $1.2 billion loan, the government leased over the strategic port to China for 99 years as repayment for the loan. Now, China owns at least 70% stake of a port that brought valuable tax to Sri Lanka. Angola, another country with over $20 billion debt was unable to repay its loan to China and in its wisdom, the country decided to repay with oil. Since 2004, Angola has been sending its oil in shipments to China, a deal that has weakened the economy significantly. These countries are just examples of what happens when you mess with China by forgetting to repay its loans.

Is this the same fate that awaits Kenya with the Standard Gauge Railway or our precious ports in Lamu? Debt is a serious issue and for Kenya and many other African nations that are borrowing blindly, there will be hell to pay sooner or later. The only problem is, will we be paying in Chinese Yuan or American dollars?

Writter Simon Riitho

BLACK Excellence

From far and wide, we've taken a dip through the pages of history to bring you, the legacy of the black people. As you navigate our website, ww.dzidzo.co.ke, you will find the summarized tales of the great black queens that went before you. Everyone from, Yaa Asantewaa, to Ahebi Ugabe, to the beautiful Queen of Sheba. Mythical or not however the stories might be, we must appreciate their bravery if not the beauty. From leading war to reigning in a difficult era. Their strength is the true testament of the female ability. Their prowess at war left many in awe and to us we pay great respect. Your life today is a blank canvas, don't doubt your strength or character. It can be done. You just have to believe. Take a seat back and let us walk you through our rich history. This is the black excellence.



Yaa Asantewaa

Was the queen mother of Ejisu in the Ashanti Empire – now part of modern-day Ghana (17 October 1840 – 17 October 1921)



Queen Ranavalona

Was crowned queen of Madagascar 1828 after the death of his husband King Radama I



Queen Amina

Born in the year 1533, She reigne d for 34yrs and during this time she continuously fought while expanding her territory .
Amina had an army of 20,000 strong men.
She conquered Kano and katsina



Queen Makeda

960 BC , a Black and Beatiful African Queen who made it to the timeless pages of the Holy Bible



Nzinga mbande

Nzinga mbande waged war against portuguese in angola fron 1620's to 1660's

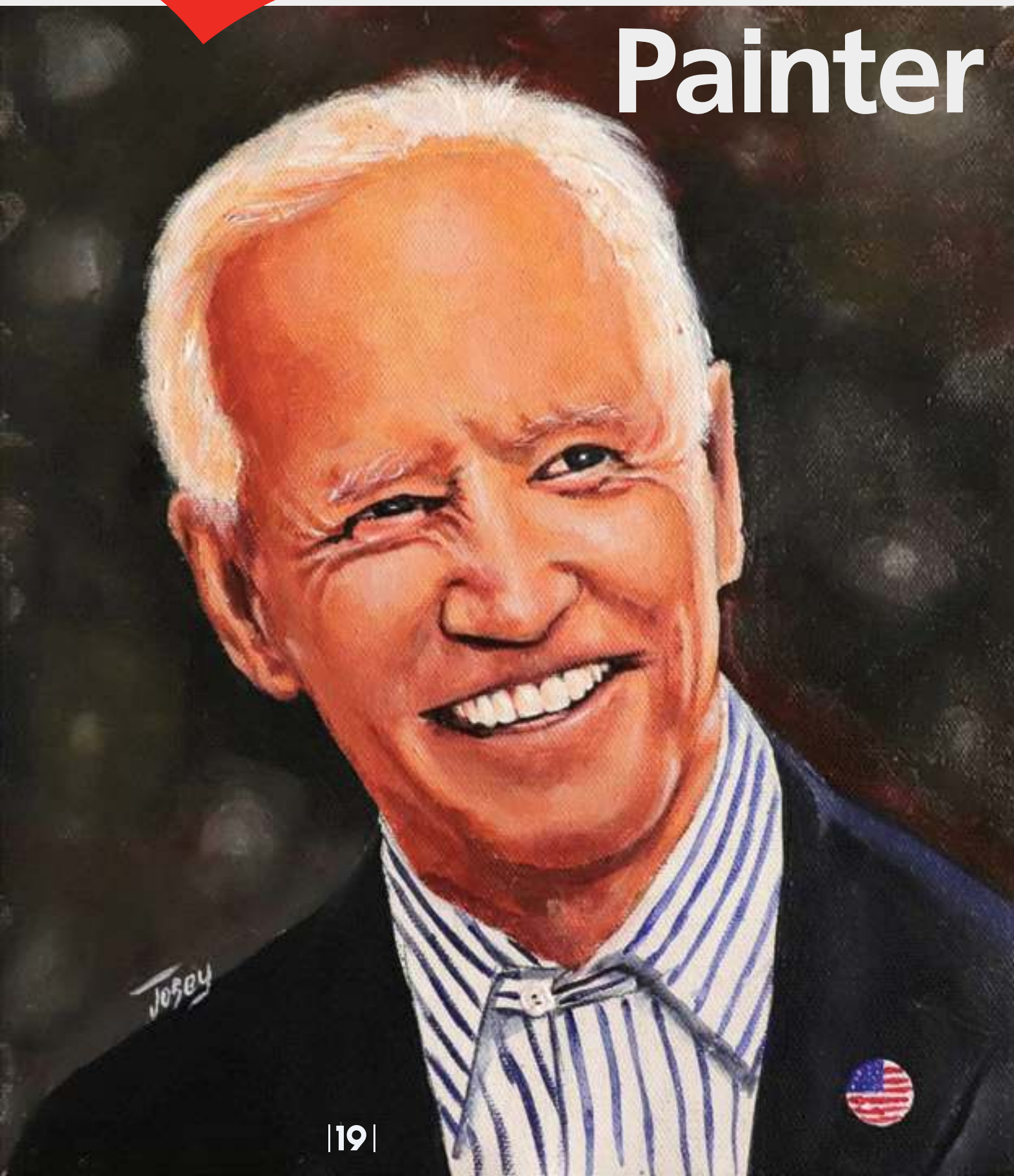
Candace amanirenas.

Candace of 332 BC, has a unique story that has achieved longevity.



Writer : Simon Mwangi

Teacher Turns Painter



Josey says that social media platforms are a ripe fishing ground for portrait customers.



Joseph Njoroge, aka Josey Arts is an interesting entrepreneur whose career journey has been filled with wonderful twists and turns. In an exclusive interview with Kenyan Student Magazine writer, Esther Wambui, Josey shares his amazing story, revealing that we can achieve success if we are willing to put in the effort.

We are born with passion, but we grow it into talent

As a child, Josey was always interested in drawing and painting and as a young child, his father, who's a painter too, recognized that his son was a chip off the old block. To inspire the young boy, the loving dad bought his son an endless supply of colored chalks that he used to draw anything he wanted. So, when it was time for Josey to join university, he looked at the application forms and ticked the first box that spoke to him, "Bachelor of Education in Arts." Forgive his naivety, but when Josey chose his university course, he thought that the art in Bachelor of Arts stood for "art," the only thing he wanted to pursue. But when he joined the University of Nairobi, he realized that the degree program was all about being a teacher.

Nevertheless, Josey used his time on campus wisely and besides studying to become a History and CRE teacher, he started doing drawings and calligraphy for friends. Little did Josey know that his small efforts would be the key to his future success.

Josey was a professional teacher, but art spoke to him

Despite graduating and securing permanent placement as a teacher employed by the T.A.C, Josey's passions for art grew and like wildfire, they spread everywhere he went. As a teacher, Josey continued to sharpen his artistic skills and in the schools he taught like South Tetu Girls and Ituru High, he started art clubs to pass the knowledge to students.

"While growing up, I didn't get anyone to nurture my talent. I used the internet to learn about art and this was a long and costly process. I want to make things easier for my students."

To display his art, Josey even opened a Facebook account in 2013 as his art gallery and over time, he started growing a fan base. At the time, he only intended it to get connected like everyone else but little did he know that it would turn out to be his biggest investment.

A teacher or a painter? Josey chose what he loved

Josey's art career started picking pace around 2014 while he was still a teacher. Back then, painting was still a side hustle for him, one that he loved to do. A pivotal point for Josey's career came when he made his first portrait, featuring Priscilla Nyokabi, the then Women Representative for Nyeri County. The painting was such a masterpiece that it got Josey into his first paying gig as an artist. He got a CDF tender for his paintings, something he was already doing for free!

While working on the paintings, Josey displayed them on his social media account and this is how clients started flowing into his DM, literally. As his client base grew exponentially, Josey realized that he loved drawing, which was surprisingly paying more than his teaching job. This was the point where he had to make the tough choice. A permanent job or his passion? Despite the criticism that came with his resigning from his teaching profession, Josey stood steadfast and did what he loved.

Social media is the best place to market yourself

We all have at least one or more social media account, be it WhatsApp, Facebook, Instagram, or Twitter, and most of us use them for entertainment, socialization, and to pass time. However, Josey realized that his social media platforms were a ripe fishing ground for his portrait customers. Almost 80% of his clientele come from referrals on social media after they saw his work. Most of Josey's greatest paintings have over 1000 shares on social platforms.

After the long-awaited election of the USA, he took it to his social media to post a painting of the new president of U.S.A Joe Biden. He reveals that he painted the portrait for fun but it ended up having the greatest impact on his career. Besides being interviewed by global newspapers and media houses, Josey's painting of Joe Biden was featured in over 15 countries including Portugal, Poland, South Africa, Argentina, Uruguay. Media houses from these countries used Josey's art to celebrate the new POTUS, a great fete for any artist.

Another painting that had Josey Arts trend for all the good reasons was one where he painted an elderly woman, Jane Nyambura. In the now-viral photo, Nyambura is captured pointing an accusing finger at the contractors of Karimenu II dam in Gatundu North. Josey reveals that he was inspired by how earnest the woman was and when he was doing it, he had no idea how popular it would get. After becoming a famous painting, Josey and a couple of well-wishers even visited the woman and showered her with gifts to aid her situation.

As the interview ended, it was evident that Josey Arts is a great artist whose star is shining brighter than ever. For Josey, social media is a great tool that can be valuable for anyone if used well. Also, since he's passionate about giving back, Josey's social media channels have helped him meet great young upcoming artists whom he has been mentoring. Josey's biggest message and encouragement to young people is that no matter the hurdles are thrown their way; they should keep believing in themselves.









Smart glove

Innovation and Disability: Kenyan Invents Smart Gloves That Translate Sign Language Into Audio Speech

Roy Allela's gloves give sign language a voice.

All around the globe, millions of people have speech or hearing impediments and for this population, sign language helps them communicate with friends and family members. But, since most people don't know sign language, sharing life moments is difficult, a factor that strains many relationships. Roy Alella drew inspiration from his experiences with deafness to invent smart gloves that give sign language a voice, literally.

Necessity is the mother of invention

We all love children and for Roy Allela, it was his niece, who was born deaf. Desperate to form a connection with the adorable young girl, Allela, a software engineer, thought of an alternative to understanding sign language. Allela's pursuits led to the invention of Sign-IO, a glove that translates sign language into an audio format that can be understood by everyone.

Speaking to The Guardian newspaper, Allela said,
"My niece wears the gloves, pairs them with her phone or mine, then starts signing. I'm able to understand what she's saying."
Allela's gloves are a welcome miracle for people with speech and hearing impairments since it means that connecting with those around them could be as easy as putting the gloves on.

Allela's invention puts Kenya in the spotlight

Allela's invention, Sign-IO made him an instant celebrity, and today, the 27-year-old is known across the globe. In 2017, Allela's efforts were recognized by the American Society of Mechanical Engineers (ASME), a pretty big deal for engineers across the world.

Truly, Allels's Sign-io is a great device with great potential to change the world. With a 93% accuracy level, the gloves are ingenious since they recognize letters signed in sign language, data that is then transmitted to an android app that vocalizes it.

"People speak at different speeds and it's the same with people who sign – some are really fast, others are slow. So, we integrated that into the mobile application so that it's comfortable for anyone to use."
Other features of the device include the ability to set the gender, pitch, and language of the audio voice as heard from the android device.

The best inventions benefit society

In history, the best human inventions are those that had an impact on the world, and Allela's glove opens a whole new world for people with hearing and speech impediments. With the gloves, people born deaf or those unable to vocalize speech can achieve anything they desire.
Sign-IO will be helpful to millions of children and adults worldwide, who can access the same opportunities in employment and education as their peers. Instead of depending on translators each time, those that use sign language would only need to wear their gloves and "speak."

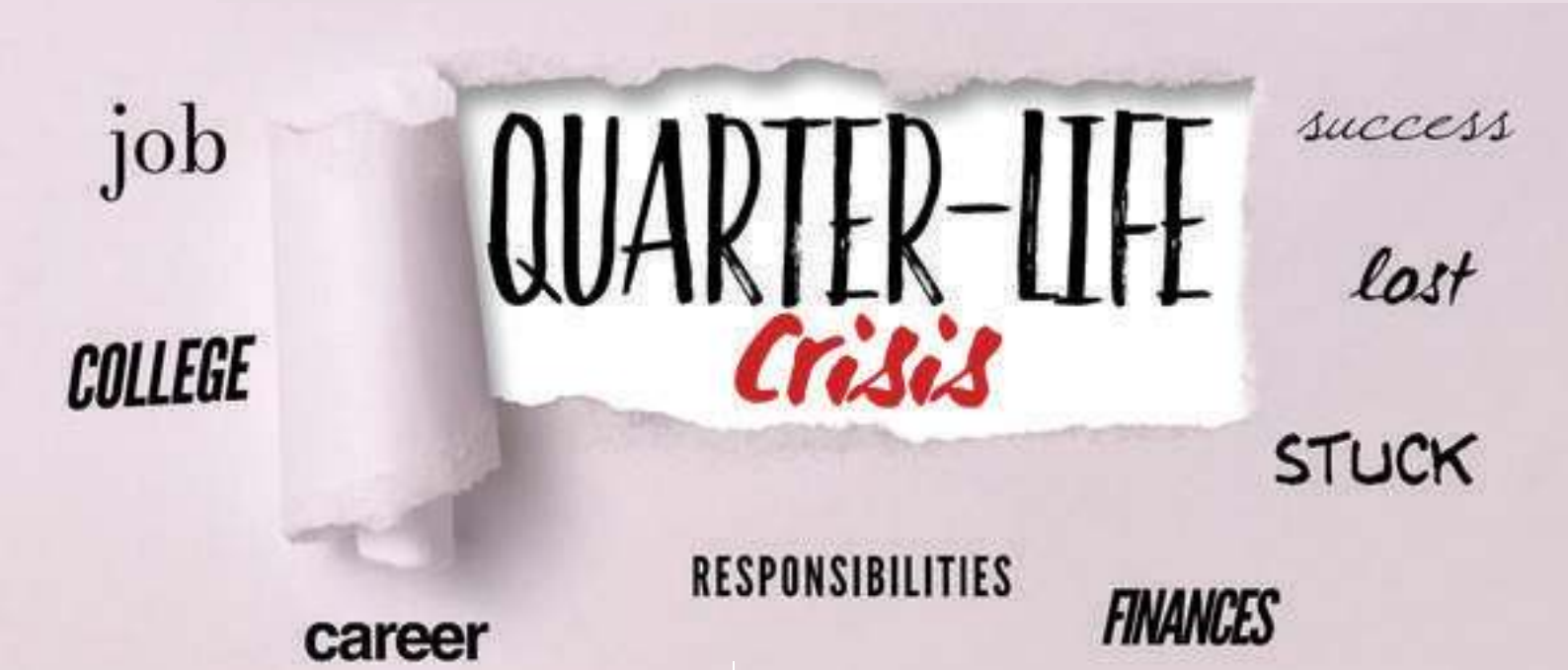
Roy Allela is an inspirational Kenyan innovator who's setting a great example of how we can reach success by solving social problems. In the next decade, his innovation will touch millions of people, transforming their lives for the better.

Writer : Simon Riitho









Quarter-life crisis is a period of insecurity and confusion about your life direction, career, and financial situation.

If you've never heard of quarter-life crisis, you're probably wondering what it is. People in their quarter-life are in their twenties all the way through their early thirties. But, these people are young and energetic, what problems could they be going through that warrants the term "crisis?" As it turns out, at this stage, experiencing many changes causes chaos that can be too much to handle.

What is the quarter life crisis?

Quarter-life crisis is a period of insecurity and confusion about your life direction, career, and financial situation. This doubt and confusion about life begins after entering the 'real world'. After graduation or after moving out of your parents' house, this is when your real life begins. This is when you become your own responsibility, nobody tells you what to do and what not to do. You transition from being a child who operates on the acquisition of rewards to an adult who reasons, who plans, and organizes their life according to what they want.

This is when your whole dynamic shifts. You start to question the direction of your life. Who am I? What is my purpose? What career path should I take? When you start asking yourself these questions, congratulations, you have unlocked the quarter-life crisis level. But worry not, it's absolutely normal.

Why does the quarter-life crisis develop?

But given that our whole childhood is training us to be adults, why is it then that when we become mature and functioning members of the society, our whole system crashes? Recent research has shown that there are causes that bring about this crisis.

One of the causes of quarter-life crisis is unemployment. I don't need to tell you that unemployment is a problem that has been festering in Kenya for too long, you probably know this all too well yourself. I bet you know a person or more who are well qualified but are still living at home because they are unemployed. When you are qualified but unemployed, you begin to question your whole life. You question your worth as a human being. This is one of the cornerstones of the quarter-life crisis.

Another cause is the pressure of choosing a career path. Your career defines who you are. Your career will affect how your life turns out. Am I a teacher, or am I an entrepreneur? This is how you'll introduce yourself to people. There's a lot of pressure on this. This is usually accompanied by indecisiveness. Should I choose a career I want, or should I choose a career that pays? If you find yourself in this situation, take a seat darling, you are right in the middle of your quarter-life crisis.

Moving out is another cause. Moving out is the cause for celebration; no more curfew hours and no more washing dishes. How, you ask? I'll eat out all the time, simple. Expectations for living alone is usually at the top of Mt. Kenya, but when you finally enter that bedsitter and your mattress is on the floor, reality sets in. How will I survive? Comparing your life with that of your peers is normal, and it's also another cause for this crisis. Instagram facilitates this comparison beautifully. While I'm at home eating githeri in my pajamas, someone is posting about lobster and a glass of mimosa. How can I not compare? You check your Facebook or Instagram account, and within thirty minutes, you know your friend is getting married, another is pregnant, and the other just got promoted at work. This comparison is bound to bring depression and quarter-life crisis.

Is the quarter-life crisis manageable?

Gloomy business, right? I know all seems lost, but there are things you can do to help ease the situation. Talk to your friends. Talk to them about your challenges, ask them how they are. By sharing your challenges, you may just find a solution. Also, talk to a mentor whenever you can, someone who is successful and has been where you are. He or she will surely help by offering words of wisdom that may change your life. To manage this quarter-life crisis, you can also start a side hustle. Write a blog, sell items online, this will provide a safety net and you won't feel so lost.

Also, stop comparing your life with that of others. You should always remember that on the ground, things are different. Last but not least, remember life is an exam, and everyone has a different question paper.

By Esther Gacigi

Interview

KSM Interview With Miss Embu University: A Rising Star & Modelling Sensation



I think it's time people stop with this body shaming and judging people.

Miriam Mumbe stepped into the modeling career when she joined university and since 2019, she's been a rising star in her own rite. In 2020 alone, she became Miss Valentine's Embu County, Miss University of Embu, and Miss Popularity Little Miss Earth Kenya, Kitui County, proving that she's a serious contender in the game. To learn more about her modeling career, lifestyle, and future plans, the Kenyan Student Magazine spoke with Miriam, who has the personality of a true supermodel.

Q&A with Miriam and KSM

KSM: You have a very interesting and unique profile. Give us a short introduction to who you are, what you do, and how this all came to be.

Miriam: Miriam Mumbe is first a student at the University of Embu but more so, I am a model by profession. Most models start out their careers at a young age but for me, things weren't that automatic. The first time I tried modeling was on the campus at the Mr. and Miss Fresher's auditions and to say I tried my best would be an understatement. I almost thought of quitting at this point, especially since I was 5'5, pretty short for modeling, and on top of that, I was a little curvaceous than other models. However, after encouragement by Sharon Nakamet, the Little Miss Earth Kenya Baringo County, I was inspired not to give up and to fight for what I want.
Shortly thereafter, I started going to the gym and doing workouts in the house to become slender all in the hopes of getting that "flat tummy and abs." Since then, my star shone even brighter as I went along to become the first fresher being crowned Miss Embu. When COVID-19 hit and I stayed at home, I worked closely with my mother and our area MP Dr. Rachel Kaki on various projects to help the community. Currently, I'm working under Little Miss Earth Kenya and am a proud model and happy to work with them.

KSM: Talk to us a bit about your career choices. Did you always want to be involved in fashion, either through social media or runway modeling?

Miriam: I've always admired models on billboards and watching TV shows made me yearn to be on air one day for modeling purposes. I always felt those people were so great and how they could catwalk was just such a great inspiration to me. My main influence on modeling was from billboard models coz well I wanted/want to be on billboard or television one day coz also I love to be on air one day. My dream is to become a great model not just today but forever and this is what keeps me moving and striving to do better

KSM: Do you think modeling feeds off of your life as a student and vice versa?

Miriam: Well yes, but at least I try so much to balance my studies and my modeling career. If at any chance I have to miss classes for modeling purposes, I'll always find my free time to cover up for the missed classes

Model

Miriam Mumbe

KSM: Did you ever fear that being a model you would be taken less seriously as an Economics student or as a future professional in a corporate environment?

Miriam: No, I have never thought of such. I have never experienced any fear whatsoever, Economics is business-related and so is modeling. I have always felt comfortable in modeling because well, I'd still apply economic concepts in modeling now and in the near future.

KSM: So, you now study Economics. What are your plans for the future?

Miriam: I want to acquire a deep understanding of how economies and markets operate and to acquire enough statistical and mathematical skills to be able to analyze different problems in the economy and find ways to solve them

KSM: You've lived in Embu for a while now. What does the town mean to you?

Miriam: Embu is a beautiful county, well known as the land of opportunities and itreally is. Embu people are so welcoming and Embu's nature is just so beautiful. There are beautiful tourist attraction sites like the Camp Ndunda Falls which makes Embu an attraction site.

KSM: How can the (local community/ university) help students in the fashion industry now?

Miriam: The fashion industry must be passion first of all. The university can only help you find your ideas and through fashion classes help you grow your mind and learn new ideas. Then, it's your obligation to grow the fashion industry.

KSM: How has this whole journey impacted you so far?

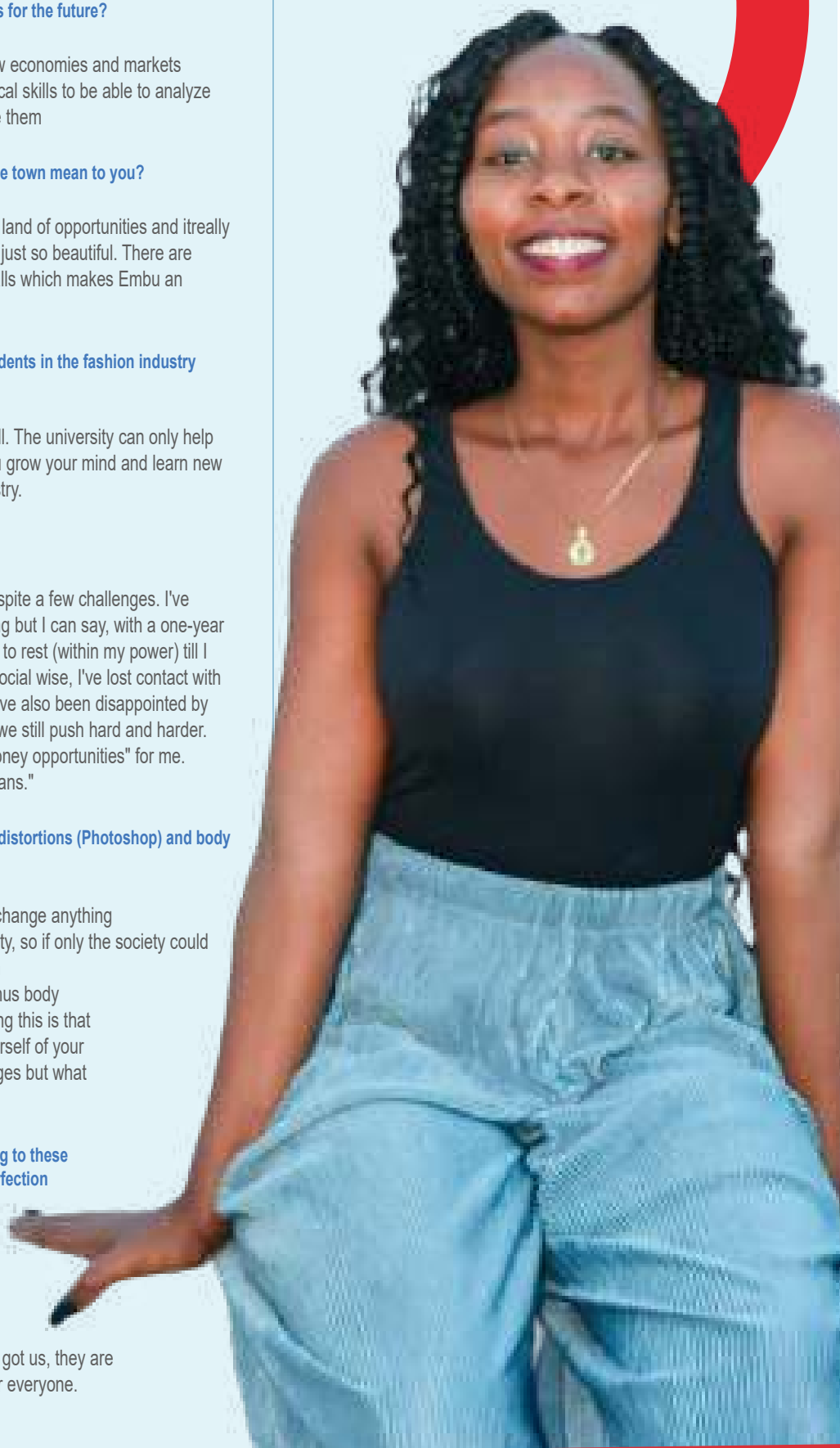
Miriam: My modeling journey has been a blessing, despite a few challenges. I've achieved a lot, not like I'm done with my goals in modeling but I can say, with a one-year experience I have achieved something and I'm not going to rest (within my power) till I place the modeling industry where it's supposed to be. Social wise, I've lost contact with close friends for underestimating my abilities and such. I've also been disappointed by designers during the last minutes. We don't give up tho, we still push hard and harder. Modeling has also given me a big name and opened "money opportunities" for me. Modeling has made me brand myself and i have many "fans."

KSM: On to social issues, what are your views on image distortions (Photoshop) and body implants as a trend?

Miriam: I believe everyone is beautiful, you need not change anything but the society we are in makes people doubt their beauty, so if only the society could view everyone as a beauty perfectionist in his or her own way then there would never be self-esteem issues and thus body implants and photoshops. My advice to the person reading this is that embrace your beauty, each day you wake up remind yourself of your worth and keep grinding. We all receive negative messages but what we do is ignore and focus on our purpose for life.

KSM: It's as if we as humans are all monsters contributing to these trends (photoshop/implants) through our need to view perfection as an attractive idea. How can we make people aware that they're also contributing to this?

Miriam: I think it's time people stop with this body shaming and judging people. We should learn to accept and appreciate ourselves and others the way we are. And that's why Jasiri Foundation got us, they are currently running a body positivity campaign to empower everyone. I hope this body-shaming stops soon enough.





RELATIONSHIPS

CAMPUS

CAMPUS RELATIONSHIPS

Should You Be In A Relationship If You Are In Campus? Expert Says, Don't Tempt The Devil!



Benjamin Zulu
A Renowned life coach and psychologist

Campus is a great place to try new things and for most, this is the first time you have the freedom to do whatever you want. For those with a romantic side, campus is the best place to explore the deep crevices of your heart and once you get into a relationship, you swear that you'll be together 4eva.

Like clockwork, lovers on campus can be found with their hands tied together, going to lectures, events, and even prayer parties two-by-two, just like the animals in Noah's Ark. But while being in relationships looks natural for many students, experts argue that this is the worst time to couple up!

Speaking to the Kenyan Student Magazine, celebrity psychologist and life coach, Benjamin Zulu says that no one should actually be in a relationship while they are on campus!

Relationships are not a compulsory unit

Students often joke that being in a relationship while on campus is a compulsory unit that everyone must take. Benjamin Zulu argues that campus relationships only feel like a thrill because we are young and stupid.

The psychologist reveals that before 25 years of age, most brains are underdeveloped, which means that we cannot handle love at any level. At this vulnerable age, falling in love is risky business since young brains can't handle relationships, a problem that often ends to addiction. You get addicted to the person you think you love and if you are rejected, you don't know how to react like an adult!

"Dating at this age is like courting a disaster since you are going in blind."

Advice:

- Focus on loving yourself first.
- Discover your personality so that you can know whom you want.
- Use your time to build your education and career foundation.

If you are dating on campus, start counting your days

Friendships between boys and girls develop from an early age but once puberty hits, everyone wants to become a boyfriend or girlfriend. While fiery affection seems like a necessary experience, romance and dating can destroy your life in so many ways!

Zulu explains that early relationships are harmful to young women since if things don't go as planned, as they usually do, they carry all the burdens of risk. Additionally, most young men can't help but become deadbeat fathers and womanizers!

"Don't assist the devil in ruining your life!"

Advice:

- Women are the biggest losers in early relationships.
- Don't ruin your future because of your lack of common sense.
- There is no demand for children. You are not father Abraham.

Campus relationship don't survive after graduation

It's said that "When it comes to love, practice doesn't make perfect," and serious relationships in youth just set you up for failure later. Zulu advises that relationships or even marriages while on campus are very ill-advised. Before and even after graduation, you should choose your dreams first and your love life will follow naturally.

"If you need to go far, prioritize yourself first."

Advice:

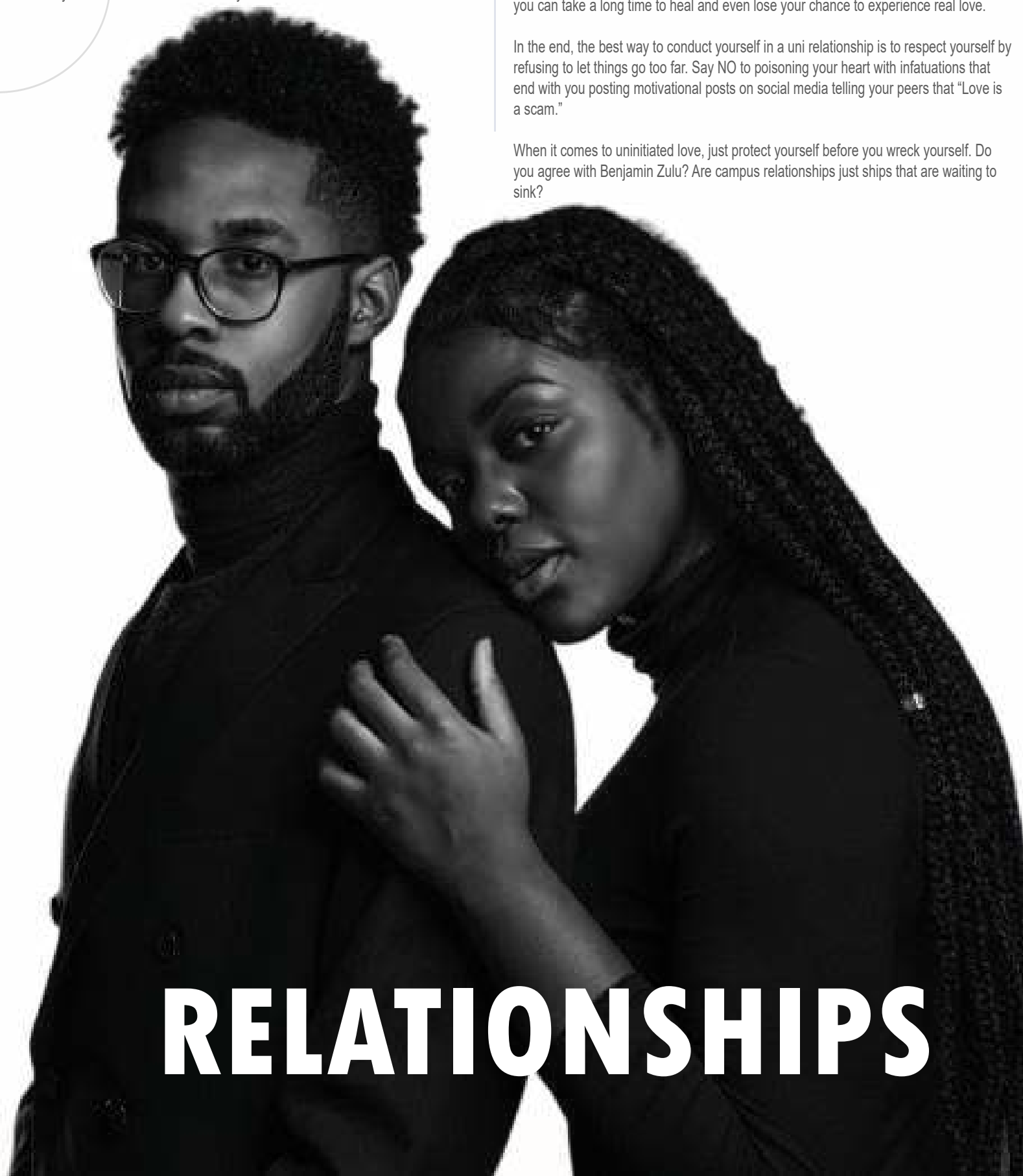
- In 1 success story for pre-25s, there are 100 disaster stories.
- Women are ready for dating or marriage when they are 25 years old.
- Men are not ready by 25 years of age; they should wait until 30.

Protect yourself before you wreck yourself

While it's thrilling to call someone's son or daughter "babe" every time they send you an emoji, you should think about where your relationship is taking you. In 1 out of 100 cases, campus relationships end in premium tears and it's no rocket science that broken lovers carry their wounds into their future. If you are scarred in your early 20s, you can take a long time to heal and even lose your chance to experience real love.

In the end, the best way to conduct yourself in a uni relationship is to respect yourself by refusing to let things go too far. Say NO to poisoning your heart with infatuations that end with you posting motivational posts on social media telling your peers that "Love is a scam."

When it comes to uninitiated love, just protect yourself before you wreck yourself. Do you agree with Benjamin Zulu? Are campus relationships just ships that are waiting to sink?



RELATIONSHIPS



staffroom

Dreaded trip to the staff room gets a shocking twist



Shalom Rogers

Murang'a High School

"Brian Omolo, Good. Jeffrey Miano, you tried..." The English teacher had just started handing out the essay results. My deskmate received his and with a radiant smile on his face, he whispered to me, "Bro 90!! 90!!" I shushed him as I waited impatiently for mine.

Student after student received theirs and my impatience grew into anxiety and anxiety morphed into fear. I looked to my left and saw a few of my friends with no papers in their hands. "At least it's not just me..." I comforted myself trying to smile away all the fear that had by now accumulated my stomach. My new found hope had been washed away as I watched them receive their papers.

"If you haven't received your paper stand up!" The teacher boomed. I rose on my now feeble and trembling legs and all eyes in the room pointed to me. "See me in the staffroom after you take your lunch." He said leaving the classroom. My heart sunk into my stomach when I heard his words.

"I'm dead," I said to myself. I ran to the dining hall and slowly gobbled up the soggy githeri lunch which rivaled prison food as I tried to imagine what laid ahead of me. "Did I fail so miserably that severe punishment awaits me?" I asked myself. Most of the time when a student is called to the dreaded staffroom, they come back with either a suspension letter or a sore bottom. I quickly washed my plate and took it to class.

After a short session of grooming myself, I walked to the staffroom. I knocked softly on the door and one of the teachers motioned for me to come in. I took a deep breath and stepped into the beautifully tiled staffroom. My eyes went straight to the numerous paintings and well-framed photographs that were hanged around the room. The room was well furnished with beautiful couches and coffee tables.

"It should be called the staff lounge," I muttered under my breath. Teachers were seated some watching a popular tv show on the large plasma tv, others chatted away and laughed heartily at each other's jokes. "Wewe kijana unataka nini?" one of the teachers said with a stern look on her face.

"Mr. Mitti summoned me," I answered quickly. My English teacher sauntered in and my eyes met with his. "Come," he said. I slowly followed him my feeble legs trembling with fear. He walked to a bag and took my paper out of one of the pockets. I felt weak, I wanted the earth to swallow me whole. He looked at me seeing the fear in my eyes, he said, "Don't worry my friend you haven't failed I just want you to take it and pin it to the noticeboard for the best essay. Ulikuwa unadhani nakupa kiboko," He said the whole room of teachers burst into laughter. I clutched my paper tightly as I proudly walked to the noticeboard. "Thank God," I said pinning my essay to the noticeboard.

By Shalom Rogers, a form 2 student at Muranga High School

Do You Have Smelly Feet? 6 Solutions For Bromodosis

While some of us experience smelly feet from time to time, some live in fear of taking their shoes off due to constant smelly feet. While we rarely talk about it, no one should ever have to live with this kind of fear. Our self-confidence should not be downweighed by such things! The good news is that having smelly feet or bromodosis is not a serious issue and luckily, there are many remedies for it.

What makes our feet smelly?

Our feet naturally produce a lot of sweat since they have more sweat glands than any other part of the body. The sweat is meant to cool the body down and keep the skin moist. To break down the sweat, our bodies have useful bacteria and in this process, foul odor often develops. So we get smelly feet when we wear shoes since the warm environment causes us to sweat more, releasing bacteria. When we re-wear shoes without airing them enough, the smell doubles, making the situation more critical. So, how can we avoid smelly feet or at least manage this condition better?

6 ways that can help us avoid smelly feet

i.Always keep your feet clean and dry

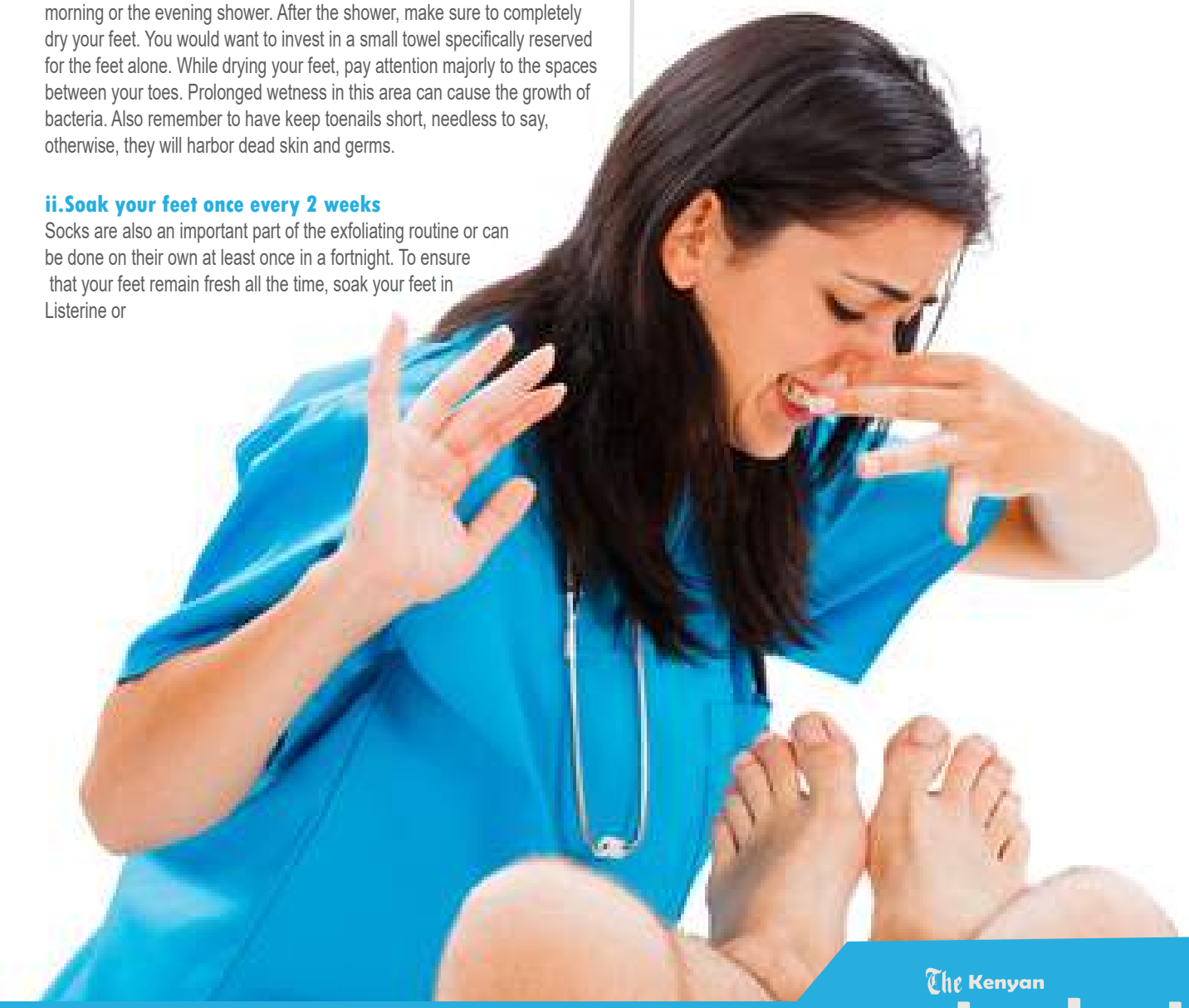
While taking a bath, use a mild soap and scrubbing brush to clean your feet and get rid of excess oils and dead skin. This should be done during the morning or the evening shower. After the shower, make sure to completely dry your feet. You would want to invest in a small towel specifically reserved for the feet alone. While drying your feet, pay attention majorly to the spaces between your toes. Prolonged wetness in this area can cause the growth of bacteria. Also remember to have keep toenails short, needless to say, otherwise, they will harbor dead skin and germs.

ii.Soak your feet once every 2 weeks

Socks are also an important part of the exfoliating routine or can be done on their own at least once in a fortnight. To ensure that your feet remain fresh all the time, soak your feet in Listerine or

OVERCOME
Smelly Feet

Easy home Remedy Tips





vinegar. Use warm water and mix either (apple cider or white) vinegar or Listerine and soak for 10 minutes then dry your feet thoroughly. However, ensure you have no cuts or sores as vinegar will irritate the open skin.

If you have no access to vinegar or Listerine, you can also use ingredients from your kitchen too. As an alternative, prepare warm water and dissolve ½ cup of salt in it then soak the legs for 10 minutes and dry them thoroughly.

iii.Watch the socks you wear

Wearing socks helps with smelly feet, but the wrong type of socks can make the odor worse. Use sweat-wicking material as they are the best for absorbing sweat and reducing the smell. If you are the sweaty type, it does not hurt to carry an extra pair to change into later in the day.

iv.Pay attention to your shoes

There is only much that you can do but without paying attention to your shoes, the odor will always come back. Before choosing kicks to wear, always ask yourself, "What do I need to do with my shoes?" For starters, in summer, or when the weather is at its hottest, choose to wear open shoes. Wearing open shoes in summer helps your feet aerate and most importantly, you avoid the excessive buildup of sweat. Also, having shoes to exchange each day can help by giving your feet a chance to air out. Finally, avoid wearing shoes made from plastic since they heat up like crazy and are a guarantee to smelly feet. If you can't choose the shoes you wear, like gumboots, try having several innersoles to exchange with and wash them as regularly as possible.

v.Always exfoliate the feet

Exfoliating your feet helps get rid of dead skin buildup that can make smell worse in your feet. Using a foot scrub or a pumice stone is the best way to exfoliate our feet. Use the pumice stone at least 3-4 times a week would ensure no buildup of dead skin.

vi.Use your antiperspirant

Yes, you read that right! Although commonly used for the armpits, antiperspirants can reduce the incidence of sweating. However, you might want to try the strong ones for the feet.



HOBBY INTO CAREER



Rosah Kanana
VIANNEY TOURS
Enjoyvianneytours@gmail.com
0770301200

Two graduates turn their Traveling into a thriving tour career

Post-graduation, most students struggle by going from one office to another, tarmacking to secure the lucrative "office job." However, for those looking for better alternatives, being employed is not the best option if you love being in control. Mark Zuckerberg, one of the world's top entrepreneurs started his business as a hobby, and all around the globe, millions of youths are turning their passions into income-generating projects. In Nakuru, two graduates from Maseno University turned their hobby for travel into a hustle that is putting them on the path to great success.

Step 1: Find a problem

During their days at university, Isaac Maigua and Rosah always had a passion for traveling to various destinations during their free time. For the couple, going on adventures was always a great opportunity to build great and lasting memories while enjoying all life has to offer. However, after graduating, the two realized that no travel agencies were offering affordable tours to local destinations. The lack of affordable travel and tour firms to cater to local tourists was a trigger that inspired Maigua and Rosah to start their own business.

"Identifying a customer's pain is the first step to creating a business that works and in entrepreneurship, this is the first step to making meaningful change."

Step 2: Provide a solution

After recognizing a gap in the market, Maigua and Rosah started Vianney Tours, their travel and tours company that sought to meet the market demand. In November 2019, Vianney Tours, which was named after Saint John Maria Vianney, made its maiden trip as a local travel company. With travel destinations to Mombasa, Uganda, and Nairobi, there are no borders that this young





and energetic travel company won't cross. In just 2 years, the brand has achieved immense success on the local front, appealing to youths and middle-aged tourists who simply can't get enough. What started as a dream was now a reality.

"Good entrepreneurs can see problems in their environment but greatest entrepreneurs provide solutions to address them."

Step 3: Be unique and consistent

While starting a business is a big accomplishment, standing out in a market filled with competition can be challenging. To make Vianney Tours unique, the founders decided to target tourists who love physical exercises and visiting locations that are not easy to access. Using their close connections to the Catholic church, Vianney Tours has also appealed to youths and middle-aged clients from local churches who want to travel with a trustworthy brand. Whether it's vacationing in Watamu or going on pilgrimages to Resurrection Garden or Namugongo, Uganda, clients can place their trust in the brand's promises.

"Establishing a unique voice for your brand makes sure you won't lose in the long-term."

Step 4: Take risks and embrace fears

Since starting operations, Vianney Tours has also experienced challenges, both from within and outside the business. The travel and tours industry is complex and dependent on the client and for Maigua and Rosa, last-minute bookings and deadlines are a major challenge. Another test that the business has faced is the change introduced by the COVID-19 epidemic. Like most firms in the tourism industry, the brand faced reduced business since many people couldn't travel long distances.

"A client may be very optimistic that he/she will be joining you but later they don't show up!"

Step 5: Be thankful and Count your wins!

As the saying goes, "Do what you love and you'll never work a day in your life," and for Vianney Tours, every day offers a new opportunity. Since the start, the business has made the most out of every situation, and as fate would have it, things just work out. The brand, which started with a capital of just 50,000, paid off over time since the funds were dedicated to marketing, branding, and research. Focusing on the core elements of your business sets a great foundation for success.

"Always be thankful and dedicate yourself to self-improvement each day. God blesses those that help themselves first."

Just Do It!

Maigua and Rosah's inspirational business reveals that it is possible to turn one's hobby into a profitable business if we are bold enough. The couple took the first step by investing their savings in a brand they believed in and they left the rest to God Almighty. Sometimes, to succeed in business, you need to get out there and just do it instead of thinking about it.

Do you know anyone who had turned a hobby into a business? Share your inspiring story with us.

lifestyle



&

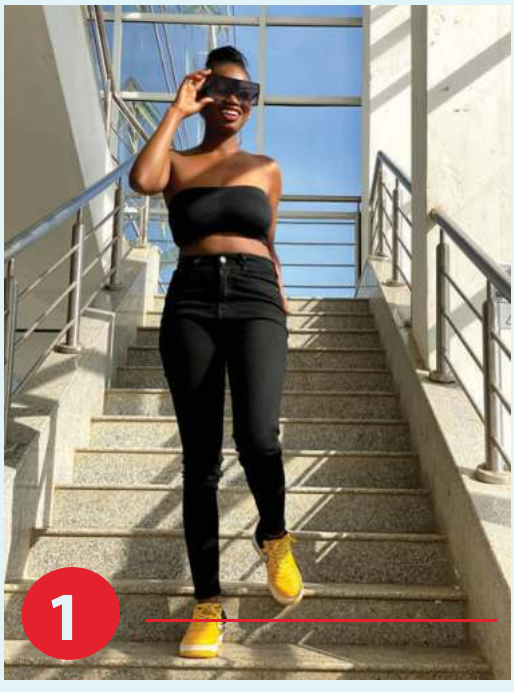
FASHION

The Must Have Summer Checklist

If you're not familiar with thrifting, you might want to look into it this summer. The following are the trending gorgeous summer outfits that you may want to rock in.

1.TUBE TOPS WITH JEANS, SUNGLASSES AND SNEAKERS

Love all black? Look no further than this outfit formula. Minimal yet sporty, a black tube top and pants look effortless with sneakers and a pair of sunglasses. Structured tops like tube tops lends an elevated feel to the look.



Tube top – 200/= (online shop @thriftitke)
Skinny jeans – 1000/= (hiii_ styles)
Sunglasses – 400/= (hiii _ styles)
Sneakers – 3000/= (online shop @cortezzmalook)

2.ANIMAL PRINT SHIRT WITH SKINNY JEANS

The main rule when it comes to animal prints is to wear them as you would any other neutral. For a never-fail outfit that you can wear for just about any occasion, wear a cheetah print with a pair of jungle green jeans. This will definitely turn some heads as you contrast it with a pair of black heels for a fresh take.

Cheetah animal print crop top – 1000/=(hiii_ styles)
Jungle green skinny jeans – 1000/=(hiii_ styles)
Heels – 2000/= (online shop @thriftitke)



3.JUNGLE GREEN TEE, DISTRESSED BLACK DENIM TROUSER WITH BLACK SNEAKERS

Serving fierceness in this street style look! When looking for ripped jeans, opt for a pair with just a few slits so you can show the perfect amount of skin.

Jungle green tee – 1000/=(hiii_ styles)
Skinny jeans – 1000/=(hiii_ styles)
Sneakers – 4500/=(online shop @cortezzmalook)



4.BELTED WHITE DRESS

The little white dress has serious lady-like potential. A pair of collared who dress, with a pair of basic white pointy toe pumps and a structured belt that pulls the whole outfit together. Suited for any event especially white party event.



Dress - 1500/=(hiii_ styles)
Pumps – 2000/= (online shop @thriftitke)
Belt – 1500/=(hiii_ styles)

lifestyle

5.STRIPPED OFFICIAL SHIRT, NAVY BLUE SKINNY JEANS AND WHITE HEELS

A stripped shirt is an often overlooked piece that can actually prove to be quite versatile and a great addition to any wardrobe. The elements of this look are breath-taking which includes the gorgeous navy blue jeans which matches one of the stripes in the shirt. One can rock this as an official look.

Stripped white and navy blue tee -1000/=(hiii_ styles)
Navy blue skinny jeans – 1000/=(hiii_ styles)
White pumps – 2000/=(online shop @thriftitke)



5

6.YELLOW T-SHIRT, NAVY BLUE JEANS AND BLACK HEELS

Take your t-shirt and jeans in a posh direction with a black heel. The simpler outfits are better. A well cropped yellow tee, great fitting jeans that elongate the legs and fabulous heels, one word – perfect!

Yellow tee – 1000/=(hiii_ styles)
Navy blue skinny jeans – 1000/=(hiii_styles)
Black heels – 2000/=(online shop @thriftitke)



6

7.BELTED BLUE AND PINK DRESSES

Skater dresses are the perfect combination of casual classy. Skater dresses can be worn on a classic date, wear with high heels and a belt to complement the look.

Dresses – 1500/=(hiii_ styles)
Heels – 2000/=(online shop @thriftitke)
Belt – 1500/=(hiii_ styles)

° @hiii_styles is located in Nairobi town at Ronald Ngala building
° Models – Belinda Wachera (Instagram @belindawachera)
–Esther Wangeci. (Instagram @estherwangeci)


7

GOSSIP

showbiz

Showbiz: What's been hot and not!

Have you had the chance to watch the new video, "Stella Wangu" by Freshley Mwamburi? Those in love with the classics can remember Stella Wangu as one of the most celebrated "zilizopendwa" hit songs in the nation. The lyrics tell the sad tale of events on 17/05/1992 when Mwamburi went to pick Stella from the airport from Japan where she had been studying, only for her to come home with a baby and a 4ft-tall Japanese boyfriend. So heartbreaking. So, Mwamburi wrote his breakup story which is one of the most relatable stories, especially at a time where young men often cry that "fare imekuliwa."

A plus side is that the video was dope, with a nice salsa dance and backup singers that synchronized their moves to the remixed beats. In the comment section, guys sympathized with Mwamburi, telling him to move on, something he did, and forgave Stella. If you haven't watched it, make a point to do so and let us know what you think.

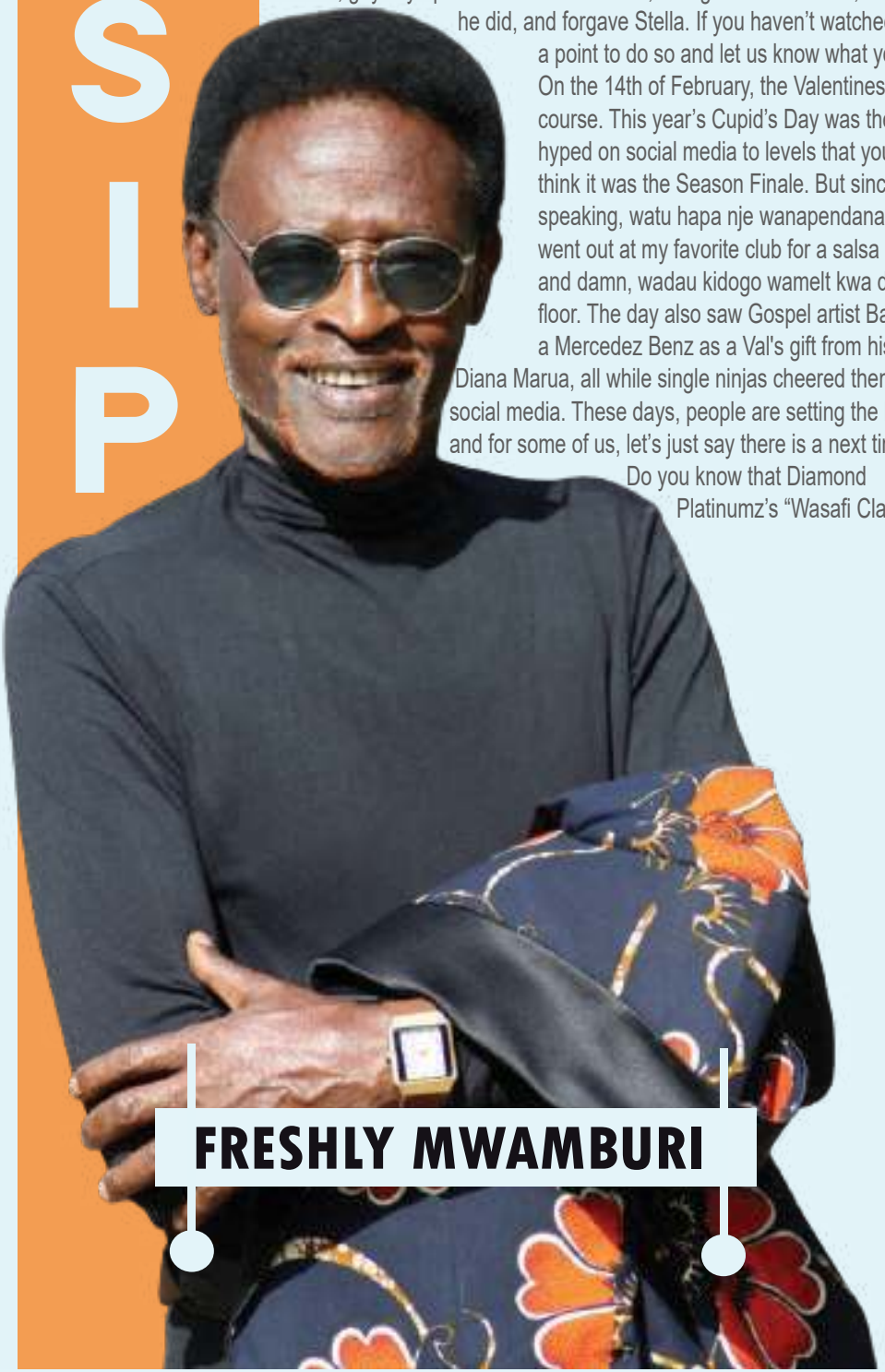
On the 14th of February, the Valentines of course. This year's Cupid's Day was the most hyped on social media to levels that you would think it was the Season Finale. But sincerely speaking, watu hapa nje wanapendana msee, I went out at my favorite club for a salsa dance and damn, wadau kidogo wamelt kwa dance floor. The day also saw Gospel artist Bahati get a Mercedez Benz as a Val's gift from his lover, Diana Marua, all while single ninjas cheered them on social media. These days, people are setting the bar high and for some of us, let's just say there is a next time.

Do you know that Diamond Platinumz's "Wasafi Classic Baby (WCB) Records" is the fastest-growing music empire in East Africa, releasing banger after banger? The latest anthem in town is Zuchu`s "Sukari," na kweli watu wameilamba kwa challenges pale Tik Tok. We all love sugar and Sukari is a catchy anthem for everybody doing the dance, and for those that can't, doing the kulamba thing is easier still. WCB never disappoints and whether it's Rayvanny releasing his amazing album or Dangote teasing fans with new hits, the label is making major moves.

Do you keep up with the Kardashians? If you do, then you are well versed with Kim Kardashian, who was married to rapper Kanye West. Unfortunately, despite being one of the most celebrated celebrity couples in the history of social media, they are getting a divorce! Among other reasons, West says that the divorce is necessary since Kim and his mother-in-law want him locked up! For a couple that got married in 2013 in a fancy ceremony in Italy, and who share 4 kids (the youngest is only 21 months old), divorce is too unfortunate. Anyways, if separation is key to their happiness, so be it!

Lastly, on the actor's zoom, we see Zendaya, a name that many people don't know but if you look closely, she's all over the place. The American actress, who appeared in The Greatest Showman (2017) and Spider-Man: Far From Home (2019), is more than a gem on screen. Zendaya is not just a talented young actress, she can also sing, dance, and whenever she can, the chica even designs her hair and clothing! Is this too much for a young actress? Zendaya says, bring it on! While it's only February, we can say that this year is ɔff to so much drama but what can we say we love it. What are your favorite shov biz moments this year?

mykie wellerpieces ig
@mykie weller tweeter\fb



FRESHLY MWAMBURI



Spotlight on

RUGBY

Marshal Mathenge

KeMU
Kenya Methodist University

The Ins and Outs of Life as a Core Rugby player & fan

When you hear, "niekeee kwa kifua yake," just know one insane tackle is coming through.

Now, I'm not a through-and-through rugby fan but I prefer this game and I infinitely prefer this game to football. The preference must go back to my college days once I was still playing maaaan good times though. The adrenaline, the rush, the excitement the thrill of just stepping on that pitch man was epic you could hear the crowd chanting the team's slogans, names being tossed amongst rival fans. All this before the starting whistle. Now you can imagine immediately the kick-off begins the fans go crazy man. Well, enough of the nostalgia I still miss that pitch though not that I don't play trust me I still do and will any other day.

Rugby is about split-second timing and teamwork.

There are few things sweeter than a ball swung effortlessly from one side of the pitch to the other—sometimes skimming pairs of hands and at other times being temporarily gathered in before being unleashed again. Avoid all those jargons you all know this phrase "beba apo" or this famous one "niekeee kwa kifua yake" you hear this you know one insane tackle is coming through or "kuna mtu anaketi man." To make that tackle and then a try the combination of speed, agility, and strength that's required to form this look effortless is remarkable in itself, but the split-second timing and teamwork to tug it off is another thing altogether. We love to see superstar players many a time I have heard people saying am only going to this game to see Injera or Oscar Ouma. But we forget no matter how good the player is individually they need the teammates to take home the bacon, or in this case, the trophy.

Rugby is for big blokes & fast ones too

Rugby features a fineness of control that only hand-to-hand passing can achieve; football can't hope to match it. But then, rugby players can kick too, often with 300 pounds of opponent bearing down on them. There's even a particular beauty to a wonderfully executed tackle. The whole sport features raw energy verging on brutality, but interspersed with those bursts of flat-out running, passing, chasing, and leaping to the touch-down. Such a lot of variety, such as tactical interaction, so energy-sapping, yet at an equivalent time, energizing, makes football look two-dimensional. There is this saying that rugby is for big blokes if you ain't a big bloke you get hurt, well how bout the fast blokes who avoid the big blokes. The first blokes are the backs and you can notice them as the cleanest guys on the pitch after a game, with white clean jerseys without a speck of dirt. Then there are the big blokes, numbers 1-8, the forward's, "wale wa njia moja" because they go through no matter what. The heavy lifters of the team, deserve big respect since these guys put their bodies on the line, literally. Now I ain't saying this cause am a forward too, but well, it is the truth. We do give our all.

Energy on the rugby pitch matches the sherehes after.

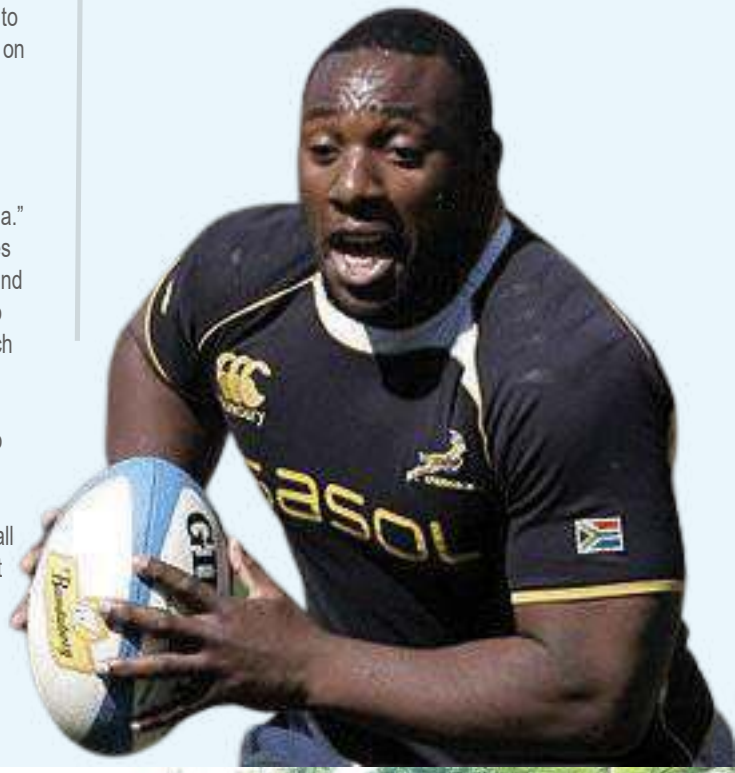
Rugby requires the entire gamut of physical attributes—tough and powerful, fast and nimble, safe hands, and accurate feet. The character of this championship, though, also seems to summon up the strongest of passions and commitment. Bearing all that in mind, who would have thought such sportsmen could turn their hand to the ballroom? That's the cherry on the cake to a dance fanatic! Yes, we have seen our big boys shake a leg or two during try time in the series. The Kanungo dance did a number on our lads pale giving the, all the praise "wanapiga ngoma local hadi wazungu wanasimama bana." So, for rugby aficionados, fun continues regardless of whether it's on or off the pitch. And you are yet to see the boys party…yoh we all know how the after parties are crazy, I mean the energy on the pitch is amazing. The sherehe is even crazier manze.

Fans must honor team rivalries.

Finally, I almost forgot about the great rugby rivalries where a slang like "ile team tumeoa." This means that team can never beat us no matter what and to be honest, these rivalries go waaaaaaaaay back, some lasting even decades-long. Take the example of Kabras and KCB. These teams will beef anywhere and the fun in it is that the fans are the ones who keep the beef alive. Yoh on KOT and Facebook you will think these guys are out for each other's necks since no matter where they are, teams must always "honour the beefs." Whether or not this comes from an ingrained desire to get revenge on the oldest of adversaries, it's a winning combination. All these elements work to fuel a team's drive to victory.

Man, true rugby is a religion that has an insane following, but at the end of the day, we all love a hearty sherehe. Goodbye for now, but I know I will definitely catch you in the next rugby game. Adio.

RUGBY





Meru rugby football club during game with chuka RFC. Meru won 27-0



BEING MARK Episode 3

Everything from Chairman to Mheshimiwa, my titles at this point were enormous. Pinchez my betrayer, patted me on the back and welcomed me in the hall. As if last night was not enough embarrassment, Pinchez had the gal and the audacity to ask me if I wanted a drink. To say I was embarrassed is to put it lightly, I was mortified. Whatever had I said during my ethanol escapades, I wondered aloud.

"No no no man, you were fine," Peter encouraged me. The smile on his face, however, pleaded otherwise. I took the pats on my back like a champ and put on a brave face. If I was about to have my walk of shame, I'd best do it bravely. I attempted one last time to peer on to my girl of interest and lo and behold, she was staring back at me stone cold. A million things went through my mind at the time.

Had she hated me just yet? Did I blow my chances? I wondered all this as an alternate thought went through my mind. Maybe all this fame is not such a bad thing. Maybe just maybe, this is my destiny, to be the people's choice. I was going to embrace this and move with it. In that instant, I straightened up and greeted everyone back. I might not know what I did but I was going to fix it and ultimately thrive on this.

At that moment I did the most foolish thing I could do, or the best thing I could do, depending on how you want to look at it. I walked straight to Savannah and introduced myself. The hushed gasps, from everyone, were louder than a church bell. She looked at me apprehensively then came close to me. She put her arms around my neck and placed her lips right next to my ear. My heart stopped for 2 seconds, I was sweating bullets and counting my lucky stars, not to worry, she held my 'hot air balloon' of hopes by the tail in the next second.

"Don't you ever talk to me again," Savannah whispered. She let go of me and walked away. The thing I was grateful for, was the fact that her message was only for me.

A man's heart can only take so much, I smiled and proceeded to my adoring crowd. My resolution, make her mine. If dear Savannah thought she would wiggle her out of being Mrs. Right, then she was in for a surprise. I was going to chase my leading lady. With a brave face no less. Savannah for me and me for Savannah....

Being Mark Episode continues.....

Writer Maureen Getere



Kenyan_wildlife

Our Environment Is A God-Given Treasure Let's Preserve It

We see animals as criminals when they eat from our farms, but our shambas once belonged to animals.

There's is no doubt that the human race has been very unkind to nature. Lately, the media has been awash with disturbing news of the wanton destruction of our environment and the extinction of the world's most adored flora and fauna. Across the globe, huge destructive wildfires have been witnessed while drought and starvation continue ravaging some parts of South Africa. In our inexorable path of human progression, we have built inexcusable mammoth dams, gigantic masterpieces we call skyscrapers, and world-class superhighways.

We turned our forests and wildlife reserves into political issues
In Kenya, our latest crime has been the invasion of the Nairobi National Park to give room for the construction of the Standard Gauge Railway (SGR) line. What about the destruction of water towers like Mau Forest, a place where young boys like Mossy Wa Kanyiri used to graze in the remarkable "happy valley" of Teret forests that extended across eight divisions of old? Today, the Mau forest is a battlefield for politicians who support destructive habits and exploit voters by promising them rights of ownership. Similarly, there is simmering feud between Ethiopia and her neighbours after Ethiopia constructed a huge dam at the Blue Nile. If we destroy our environment, what shall we bequeath to our future generations?

In this march to development, we can attest that beautiful things have been innovated and created, but it is no doubt that this has left the world scarier and ugly and this has immensely contributed to the loss of animal life, Just recently, Kenyans were awed when a private developer constructed a world-class hotel on the prestigious wild beasts migratory route. It took the intervention of the Ministry of Tourism and Wildlife and NEMA to pull down the structures and face heavy litigation costs. But at the root of the issue lies the meager regard for wildlife and a higher preference for luxurious multi-dollar profits.

The government's laxity in enforcing wildlife rules is not new and this is all evident when most of us watch crooks chasing poor animals with whips, fore, and crude weapons. We only see animals as criminals when they eat from our farms, but we forget that these shambas were once reserved for animals. It is now crystal clear that animals have few advocates fighting on their side. Until recently, game hunting was known as a rich man's hobby and from research, much of our wildlife population has been wiped away by smugglers from Asia who use them for rituals. Is it time that we demanded from United Kingdom and demand the "man eaters of Tsavo" to be brought back?

We are lucky and blessed with nature's gifts

Kenyans should consider themselves lucky, just past Gilgil weighbridge, you are welcomed by a troop of baboons. Here, they gently beckon us to "save them," patiently begging for pieces of banana or leftover cakes. The scene is so spectacular that many tourists stop to take "selfies" with the baboons. Just a few meters away, herds of zebras and gazelles grazing together is a wonderful sight to behold. We are in no doubt one of the luckiest people in the world that outside the window, you can see various species of birds hovering in the air. Even in the driest parts of our nation, we pride ourselves on Lewa conservancy, Ol Pajeta, and Limoi national park in Elgeyo Marakwet. What a beautiful nation we live in since there are many regions across the globe where wildlife is just a fairy tale. Television Channels like National Geographical or Love Nature travel from the West to capture real animals in their habitat, scenes that anyone alive appreciates. Instead of zoos that are common in European and American cities, we have forests and national parks!

As Kenyans, we should realize that wildlife conservation should not be a problem left for the Kenya Wildlife Services or a "Mzungu," but a collective responsibility that is part of our heritage. A poacher should not be celebrated and rewarded with a political office but

should be demonized and admonished. Poachers should be “Kenyan enemies´ outlawed, hated, and vilified on equal measures. With the introduction of the competency-based curriculum, policymakers at the Ministry Of Education need to develop a curriculum on wildlife conservation that goes beyond the mandates of wildlife clubs.

To conserve wildlife and forests, make entry free for students

On the first Kenya Student Magazine issue, we challenged the government to make entry to major national parks free to all students from primary school to secondary schools. At least once in their school lifetimes, students should see what tourists travel from all over the globe to see; the wildlife in our parks and conservations. The costs of introducing students to wildlife outweigh the single-day losses in profits that parks make since the young generation will become ambassadors of change tomorrow.

Wild animals are valuable not for their beauty or the foreign exchange they bring in from “Mzungus” but because of their integral role as part of the ecosystem. For example, snakes help control the population of rodents, which are fatal to agricultural practice. On the other hand, monkeys and birds eat fruits and berries and disperse them elsewhere in the forest, playing a critical role in the sustainability of our forests. Without these animals, the world will not be habitable. But how do we reward these God-given creatures? We kill them with no restrain for their parts, we displace them from their habitats without regret, and deny them the happiness found in the wild.

The dreaded “global warming” is a deadly condition that is mercilessly threatening human existence in this world: simply because our greed was immeasurable. The aquatic life is threatened by huge deposits of factory waste directed to our water bodies whales have been overfished which are a great source of carbon as huge swathes of forests are cleared for settlements. What about tonnes of poisonous gases emitted in the air daily from industries in developed countries. Africa is the world’s only remaining beacon of hope. We congratulate the government for the continued ban on logging and reclaiming parts of Mau forest but much needs to be done by ensuring that not even an inch of Mau forest is inhabited. This is the only prayer readers of this noble Kenya Student Magazine need.

In 2021, we strongly appeal to all Kenyans and our readers to consider planting three indigenous trees in their compounds and when we have the time, visit parks to support conservation efforts. This nation can only get better when we all play our parts.

Writer Mugo Wa Kanyiri



Rare Gray Rhino



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