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Living my Dream

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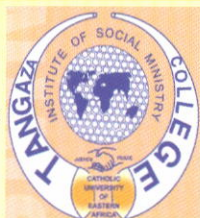
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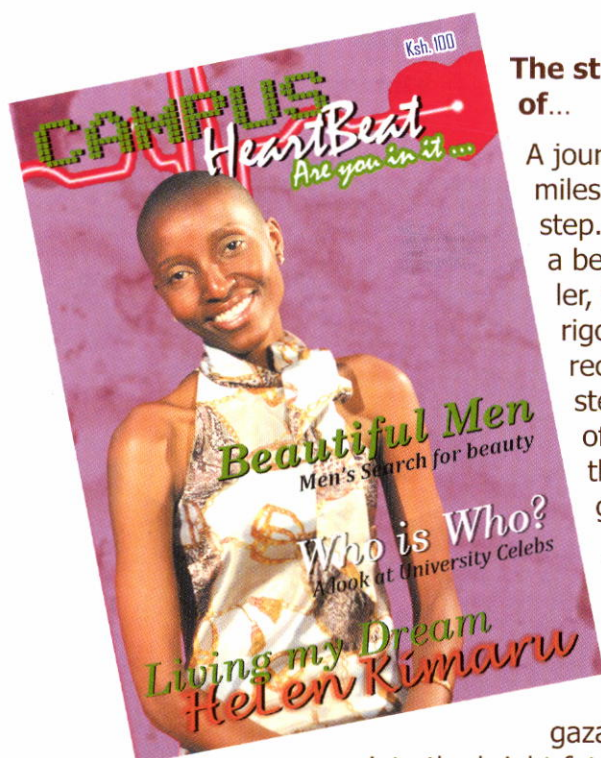


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Editorial



The stuff Dreams are made of...

A journey of a thousand miles begins with a single step. Every event must have a beginning. The traveler, who understands the rigours of any journey, recognizes that the first step is an important part of progress. Once made, then opportunities for growth are endless.

Campus Heart Beat becomes for us (students and faculty) at the Institute of Social Communication, Tangaza College, a leap of faith

into the bright future. It is the first step that propels us into the ocean; to swim with the sharks and to dance with the dolphins.

As with all 'Firsts,' this endeavour fills our hearts with amazing joy. As persistent and patient voyagers, we hold that the journey in itself is as important as its beginning; for it is along the way that we are able to meet our goals and break barriers to become winners.

Campus Heart Beat will be your companion, as close and personal to you as your heartbeat. It will bring real life stories by people you know and admire. People determined to be the best in their own right to help you reflect and find the strength to follow your dreams. These are our stories – campus life stories that seek to build you.

In this inaugural issue, Helen Kimaru opens her world to us. We follow the life of the 12-year old girl with big dreams of becoming a TV presenter but who encounters an unexpected obstacle. Read her story on Pg 16.

Teamwork plays an important part in our day to day activities at the university. We explore how to bank on teamwork to bring out the best in us.

The Soap Opera bug has bitten most of us, find out why on Pg 22

Now that we have set out, we welcome you to journey with us. Join us in this quest to make a difference in our society. Let our stories bring a ray of hope to one and to many; let them be the bridge to that bright life that we seek.

Here is to Campus Heart Beat!

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Beautiful Men

By Fr. Stephen Wayoyi

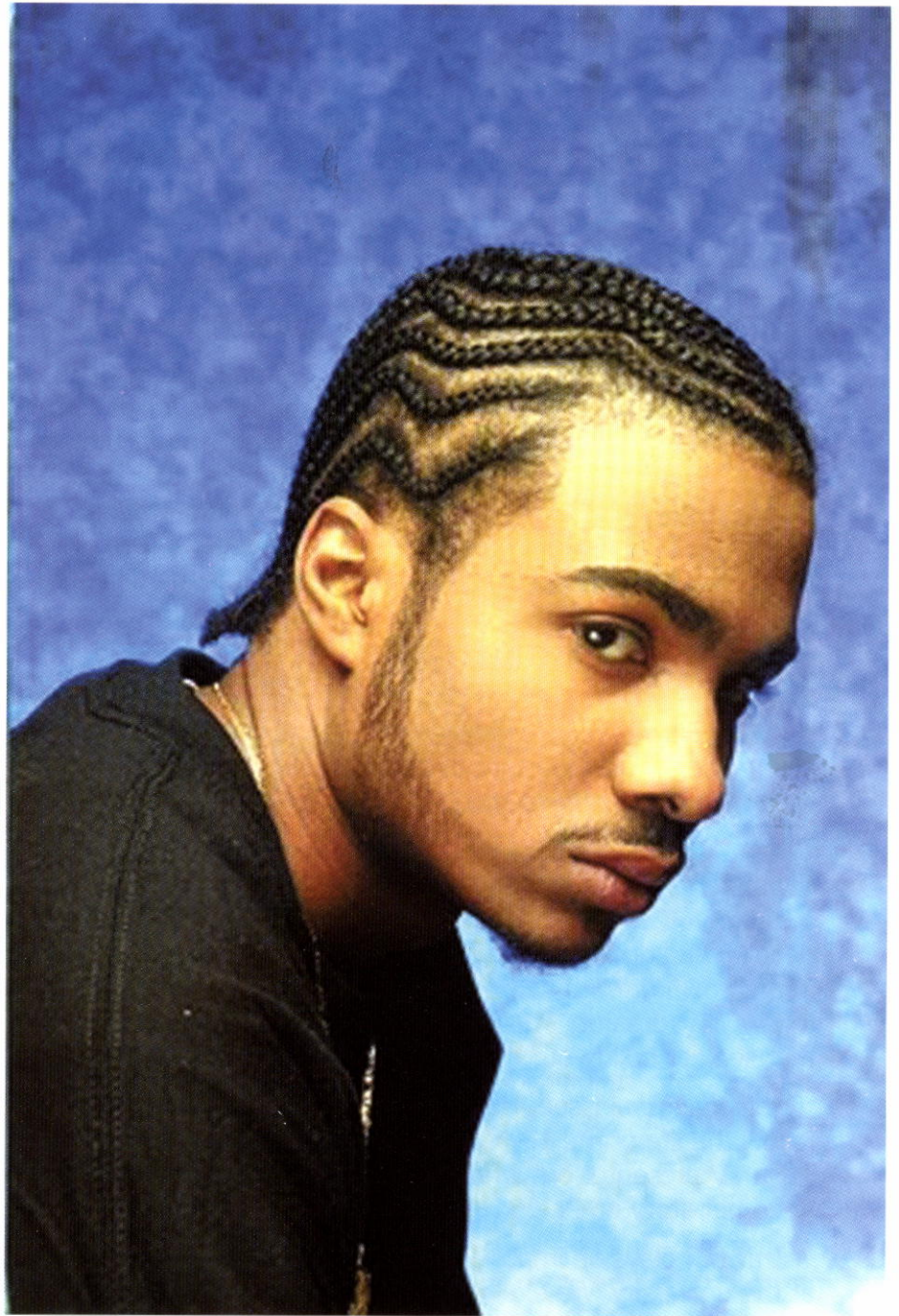
As I stood at the bus stop waiting for a vehicle to town, I could not help overhear an interesting conversation between two ladies next to me. Though I was very close to them, they were too engrossed in their discussion to notice me.

They argued back and forth on men and their search for beauty.

"I wonder why men are so interested in their looks of late. It seems I am competing for the same creams and perfumes with my boyfriend". One said to the other.

"I do not have a problem with men using makeup. It is only what they are up to that bothers me. Some years ago, I saw my two younger brothers pierce their ears, wear earrings and plait their hair and I was okay with it. They have now outgrown it." The other responded.

As the conversation got more interesting, my vehicle arrived and I reluctantly boarded. I was preoccupied with their talk.



"Is it wrong for men to desire to look good?" I wondered.

The desire to look good is attributed to women. It is as normal as sunrise for a woman to try and enhance her beauty. On the other hand, why does it appear

strange for a man to wear makeup?

Interestingly, this desire is not solely a woman's affair but a man's too. Looking good is synonymous to feeling good. This desire at times pushes people to

endure a lot of pain and strain.

The craving for beauty seems stronger at a particular stage in life regardless of gender. It may happen when either one moves from childhood to adolescence or from adolescence to young adulthood. Through this transitional stage a young person struggles to create a coherent individual identity. It is a necessary stage that determines someone's growth or stagnation.

I remember this stage of my life. I spent a lot of time in front of the mirror. I was not pleased with what I saw. The pimples all over my face made me wish I had money to buy some powder to smoothen them. Powder always worked a little miracle for my younger sister.

Men's search for beauty is not something new. It can be traced back to history.

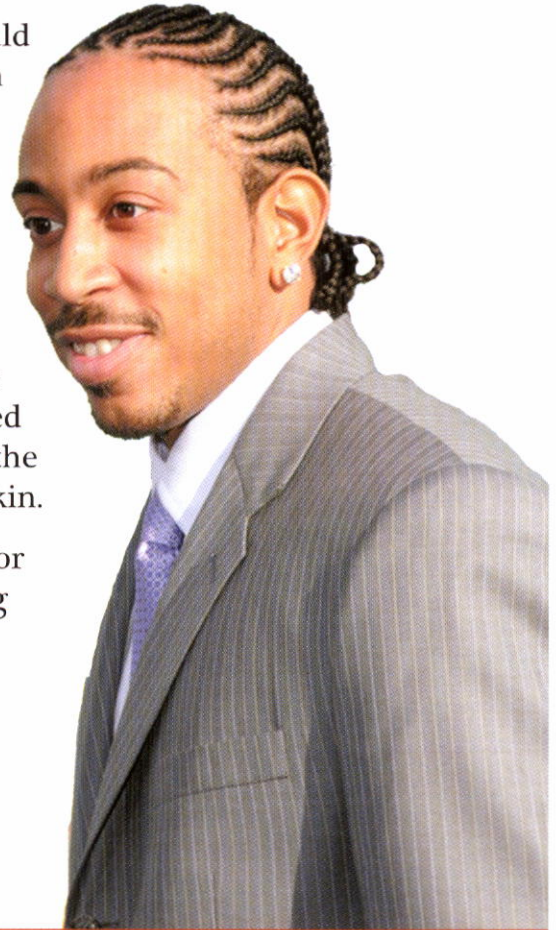
"A bit of Ambi could make my dark skin a little lighter", I pondered.

I thought of my chemistry teacher. He taught us that chlorine could do wonders on white clothes; I wondered whether it could work the same way on my dark skin.

Men's search for beauty is not something new. It can be traced back to history. In ancient Egypt, men applied eyeliner to keep away the evil eye. Roman men on the other hand applied white chalk on their cheeks to give them a smooth look. French men too were not left behind. They used powder to give them a blush in quest for a boyish grin.

In Kenya, men from different tribes used and still use make up. Maasai men apply red ochre and magnificently braid their hair during their Moran stage. The young Kikuyu men pierced their ears to enhance their appearance. The Maasai also pierced their ears in search of beauty.

The Abaluhya pierced the right ear of some boys to symbolize survival after the death of a sibling. It was later associated with beauty.



Showbiz at times sets the trend for fashion. (inset: Hip-Hop artist Ludacris)

The Luo extracted six lower teeth not only as a part of initiation but also as a sense of beauty. Other communities such as the Turkana and Pokot stylishly tattooed and continue to tattoo their faces to make them handsome.

Today, history is repeating itself. It has become fashionable once again for men to pierce their ears and plait their hair, an act that was a few years ago associated with transvestitism and gayism.

Today's man is very concerned about his looks. Phil Oduor, a young man in

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his early twenties holds that, "One must be conscious of how he looks because the first impression has a lasting inspiration"

It is no longer surprising for a man to walk into a beauty parlour, not to accompany his wife or girl friend but to get a facial or a manicure. Many male celebrities, actors, news anchors and models spend a lot of time wearing makeup before any public appearance.

This gives them a look that attracts admiring glances from others and paradoxically arouses in more young men the desire to look like them.

For instance, soccer star Didier Drogba and popular local musician Jua Cali's hair styles have become fashionable. Young men style their hair in hope of getting to look like their models.

At times it is difficult to determine one's gender at a glance because of the mode of dressing. This is because both men and women plait or curl their hair, whiten their teeth, pluck their eyebrows and at times go for manicure and pedicure.

Beauty products are no longer restricted to women's dressing tables. They find their way into men's pockets and tool kits. This new trend of man's pursuit of beauty has raised many questions

about what makes a man a man! An attempt to answer this question has generated a long debate on whether man should or should not use make up.

Some people see nothing wrong with men plaiting their hair or applying makeup. Others are however not happy about it. They feel it is beshaming men.

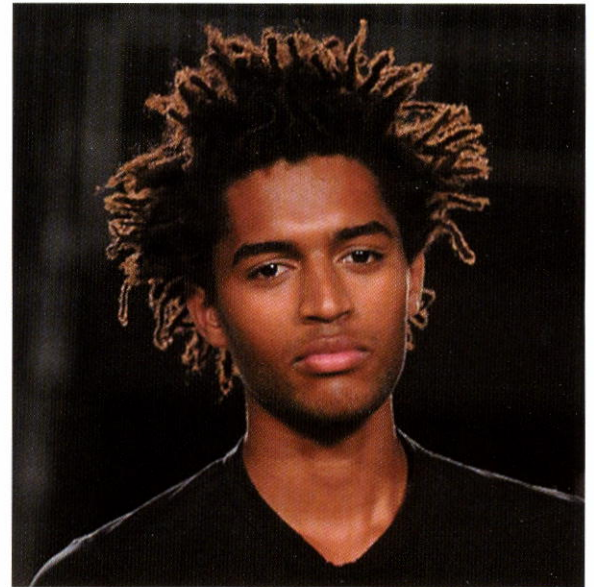
"I will not be surprised to see men carrying a makeup kit just as women do". Peter Wanjau, a college student exclaims.

He even predicts that men will soon start wearing dresses like women.

Women on their part hold different opinions on this issue. Some see no reason for alarm. They argue that human beings are free to express themselves. It is the society that gives meaning to anything.

Maureen Auma a beautician in one of the salons in town laments about the behavior of some pastors. She feels that they misquote the Holy Scriptures to suit their motives. For example, she says, they use a verse from Deuteronomy 22:5 (A woman must not dress like a man, nor a man dressing like a woman; any one who does

Photos: Internet



this is detestable to Yahweh your God.)

They throw out of their churches women who put on trousers or short skirts as if it is sinful to dress in such a way! She wonders whether men wearing makeup contradict the scriptures and argues that nakedness is not physical but psychological.

An evil minded person can undress a smartly dressed person in his or her mind. It is therefore the mind that needs decent dressing, not the body"! Thus, for her there is nothing wrong with men using make up or plaiting their hair.

Despite the debate on men's make up, it is a human characteristic to desire to look good and attractive. The difference lies in what one considers good or beautiful, and in any case, beauty will always lie in the eyes of the beholder.

Positive Thinking: The Great Power Within

By Elizabeth Ombati

What's on your mind at this very moment? Intrusive question, isn't it? Nevertheless, how often do you stop to ask yourself that question?

Ask anyone at random and you are sure to get as varied answers as the people themselves. Ask the same people what role positive thinking has in their thought process and most of them are likely to report that positive thinking is integral to their life.

Indeed, every person will most likely attribute their present status of life to their thought process.

Many successful persons have pointed their accomplishment to the power of positive thinking. From David Rudisha, the 800m world record holder to the 60 year old grandmother in the slum who decides to take Karate lessons to protect her from predators, positive thinking certainly plays a big role in their thought process.

A positively stimulated mind is a motivated mind, and where motivation lies, then

mountains can be moved. Any barrier can be broken.

What has brought you this far in life? What will take you to that place you desire?

Go through any self-help book, any inspirational film, any motivational speaker, and you will realize that the foundation of a holistic life, lies the power of positive thinking.

The maxim by famous philosopher Descartes; "I think; therefore I am," points to the truth that thoughts determine the status of an individual; whether desirable or not.

Unfortunately, most people do not understand the power that lies within their thought process. An immense power enabling one to do things previously thought of as impossible.

Most people are afraid to leave their comfort zones.



They are scared that they will fail if they try. They are scared to venture into the unknown. They are afraid to embrace positive thinking.

But what if they decided to act? What if they threw caution to the wind and decided to keep a positive attitude towards life, and to embrace it with positive thinking to conquer their fears?

We would see more world records shattered, nay, personal records.

Irene Muriithi, a motivational speaker puts it aptly,

"Watch your thoughts, they become your words. Watch your words they become a manifestation of your reality."

The Power Suit

By Lydia Matata

The Modern woman and dressing for the office in style

That domestic woman, in woolen sweater and ankle length skirt is dead. She is succeeded by a new independent woman in a power suit.

The power suit is any formal outfit that makes one feel worth a six figure salary and a car. It may consist of a dress, skirt or wide bottom trousers with a matching blazer.

Its greatest strength is its versatility.

While male colleagues walk the thin line between looking sharp and formal, the ladies have an array of style, material and colour to choose from. The result is an image of someone ready for business, while bringing out their personality. The power suit also compliments their shape whilst enhancing their femininity.

To work the power suit, one needs a professional attitude and a lot of confidence. Detrimental to this are extreme high heels that one can only manage to wobble in and those casual slippers.

The suit should be worn over appropriate under clothing. Nothing screams tackier than panty lines in everybody's face.

Lastly, exposing breasts or throwing out trousers in exchange for a skirt that ends before it begins will not score extra points at the interview, it only brings a backstreet image to the boardroom.

The power suit is a must have for any lady whether just entering the job market or trying to elevate their position of secretary-cum-tea girl to a higher one.



The Universe in our Hearts

By Sr. Josefina da Rocha-IYM

Once there was an old man who spent his days sitting by the well at the entrance of the village. One day a young man approached him and asked,

"I am new here, how are the inhabitants of this town?"

The elder replied with another question: "how were the inhabitants of the city where you come from?"

"Selfish and mean, so I happily left that city" he replied.

"So are the people of this city", replied the elder.

Shortly afterwards another young man approached and asked the same question:

"I'm new in this place, how are the inhabitants of this town?" he enquired.

Like the previous time, the old man asked him:

"How were the inhabitants of the city where you come from?"

"They were good, generous, hospitable, honest and industrious. I had good friends and it pained me to leave them behind" he replied.

"The inhabitants of this city are also good" replied the elder.



As they talked, a shepherd who took his animals to water at the well overheard the elder and the two young men.

When the second young man left, the shepherd asked the old man,

"Why did you respond like that to the young men?"

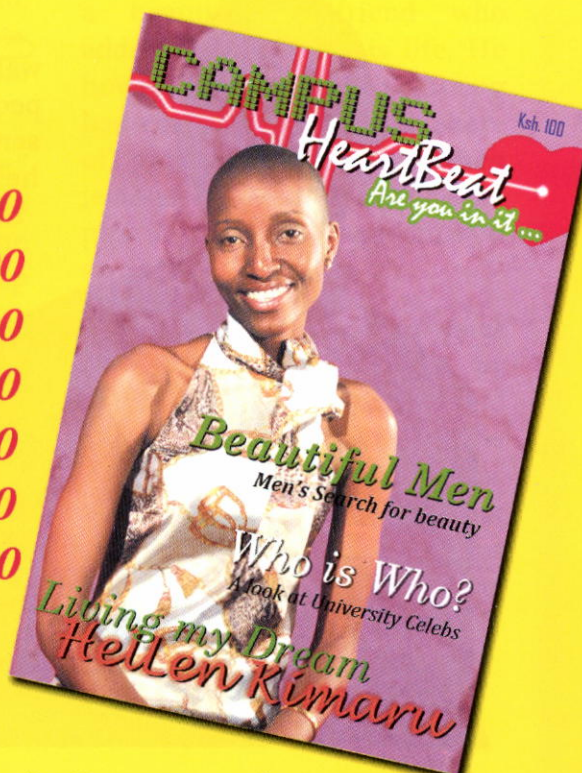
"Look" he said, "Each person carries in his heart the universe. Whoever can find anything good in their past will find good here too. The young man who had friends in his city will also meet good friends here. People reflect what is in them. They always find what they expect."

Adapted from a Sufi Tale

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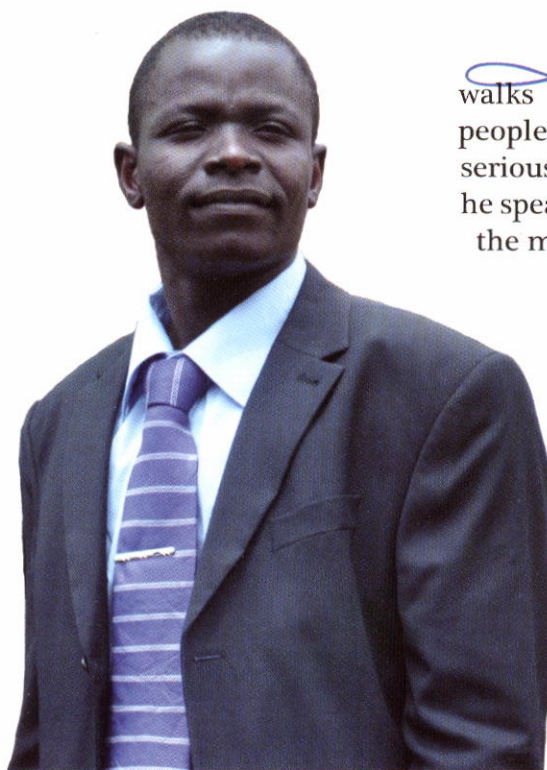


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Who's Who in your University?

He is energetic, full of ideas, and is driven by passion, determination and discipline. Campus Heartbeat chats with Clifford Ouma a.k.a Nyakwar Dani

By Dorcas Ndolo



Dressed in a neat blue suit and a matching striped tie, he walks majestically, waving at people around him. He has a serious look on his face. When he speaks, he is transformed into the most charming man.

He is full of energy and chooses to stand throughout the hour long interview with Campus Heartbeat.

His name is Clifford Ouma Sidandi, aka, Nyakwar Dani, the most popular student at Marist International College of the Catholic University of Eastern Africa.

He is the chairman of the drama club at Marist International College, and is also vying for the presidential seat in the campus.

"My vision is to get to the politics of the country." Cliff the politician finally emerges.

His role model is Hon. Raila Odinga. He refers to him as 'a man who stands by his ideals'. He has borrowed 'risk taking' from him he adds.

Nyakwar Dani, hopes to be in parliament by the year 2017. He believes he will one day, be the president of Kenya.

Clenching his fist, he says matter-of-factly, "When I become the president of Kenya, I will uproot tribalism. I will make sure that Kenyans being used as

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guinea pigs by politicians comes to a halt!"

Ouma is a young man with great ambitions for himself and the country. He is politically averse and keenly follows political developments around the world, especially in Kenya. It's no wonder he watches and read news on a daily basis.

"I got the name — Nyakwar Dani, meaning 'grandson of a grandmother', way back in high school after winning a narrative in the national drama festivals." He informs Campus Heartbeat.

Cliff's long time passion is acting. He started acting when he was barely eight years old, in a Christmas play — as a sheep! This passion has seen him win many awards; the most recent being this year's Kenya Drama Festivals. He won the 'Most Promising Actor' and the 'Best Narrator' awards for Nairobi province.

Apart from participating in school and church drama, his other stage experiences include shows put up by Free Zone Movement Theatre, Tuungane Youth Theatre and Drama Tool Theatre groups, all based in Kisumu City.

Cliff's dream is to get to the TV screen as an actor. Fortunately it comes true with a three-month probation with the Papa Shirandula crew — a local production on Citizen TV. Fans of this rib-cracking local drama should be on the lookout for this young and upcoming talent.

"Acting is part of me. I am incomplete without it." Cliff



Clifford Ouma (left) during a campaign rally; one of its kind in Marist International College, Karen.

ponders as he explains what acting is for him; not just a hobby or about the money, but goes beyond what words can express.

A student of Literature, he hopes to contribute to the development of screen and film here in Kenya. He believes that acting is two-way.

Throughout the interview students comes over to say hello, and it is apparent that Cliff has an appreciative fan base in the campus.

"Well . . . it's not just here," he humbly affirms, "even on the streets, those who know me through Drama Festivals stop me to say hello."

After a moment of reflection he continues, "Everybody is an actor . . . and society is the stage. It's only that we never realize that we are actors. For example, I write my scripts from what happens in society. It can even be from a Matatu tout confronting a passenger."

Scratching his fore head as if trying to remember something, he remarks, that it's not easy to act. Sometimes one is forced to do something they don't feel like at that moment. Even smiling can sometimes be a challenge at times.

Cliff reveals that acting is not his only love . . . he has a beautiful girlfriend who adds to the joy in his life. He however regrets that his acting has contributed to their share of problems especially when jealousy crops in. But as he puts it, what is on stage ends on stage.

Cliff is energetic, percolates with ideas, and is driven by passion, determination and discipline. Gauging from the trend that majority of our political leaders were student leaders in university, Nyakwar Dani could be headed in the right direction.

Only time will tell.

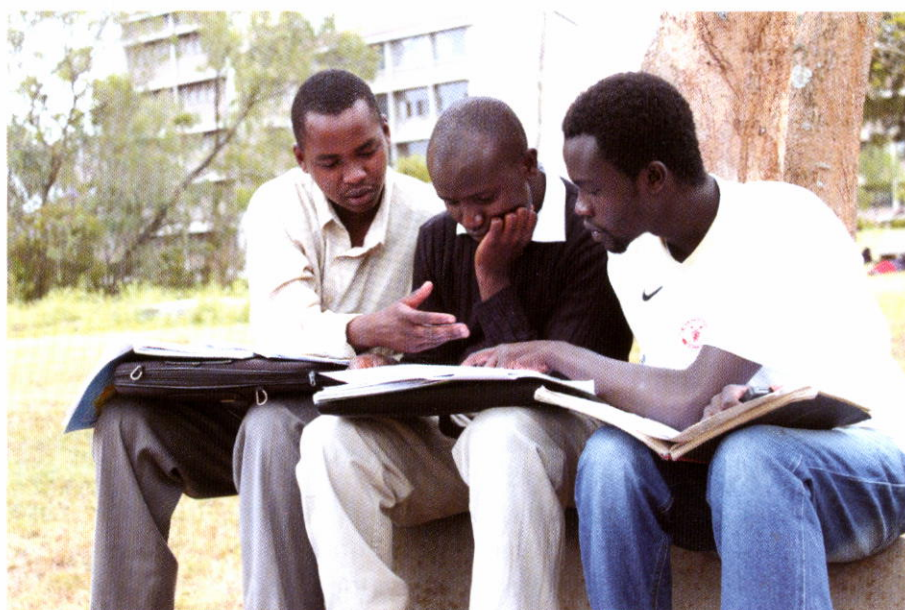
Group Work 101

By Lydia Matata

Group work, a concept that compares with Christ's last supper. The members take a piece of work, break it apart and divide it amongst themselves. Afterwards, sometimes one of them is crucified.

A classmate came up with this theory one midnight. He sat at his desk, bloodshot eyes and a film of sweat on his upper lip. He intended to complete a months worth of group work, alone by daybreak.

Unlike the last supper, group work takes forever. If one survives the squabbling, fist fights and tears at university, there is still a mean boss waiting



in the wings to hammer them to the cross right after graduation.

So what makes group work such a pain? Is it the complexity of the work, or the lecturers demands on their students? Maybe it's just the group members and the annoying traits that mutate when they attempt to get down to some serious work.

Sometimes there is Sasha. The reigning 'Drama Queen' who constantly breaks down crying because she simply does not understand anything. You see, when Sasha clicked her heels in the direction of this "prestigious school of journalism" she expected lights, cameras and a Tyra Banks studio set. She is completely bewildered by the life of three hour long lectures and endless assignments.

She cannot understand how the professors will produce worthy media personalities without dedicating at least one class to make up application techniques. She is surprised at the lecturer who spends an entire three hours talking about "Media Culture Today". Sasha's never ending breakdowns have left her no time to get any serious work done. The rest of her group has to pick up the slack for her.

If it isn't Sasha, then there's the know-it-all Wiki-William. He 'knows' that Opac, is the main feature of the OMO Pack new look campaign. He also kn-those who still insist on borrowing big dusty books from the library and writing down there contents by hand. Why can't they use the more advanced method of copy

**Some of the
best ideas
are the
most weird
and come
from very
unlikely
sources.**

pasting from thousands of readily available sites on the web that only take two clicks of a mouse? In fact, as part of the group project Wiki will submit 20 unmodified pages from Wikipedia and various other sites as his own work.

Then there are those who behave like Harry, the ghost student. He may haunt a few classes here and there during the week, but he only turns up for football related discussions over tea and mandazi. When you call him up to set up a group meeting his phone is conveniently off. Follow up on his share of the work is an equally big headache. This ghost appears then disappears without warning.

Bertha is another ever-present in groups. There is a boarding school somewhere on the outskirts of Nairobi whose hallways still echo the praises of "Big Bertha". Not only

was she the head girl by form two, she was also captain of the debate team, presidents of the student's association, chairman of the environmentalist club and voted most likely to stage a coup and establish her own government sometime in the near future.

She dominates all aspects of group work. Members remain quiet because Bertha only has ears for her own voice unless one is in agreement with her opinions. Her draconian traits sap the team spirit and members threaten to go on strike unless she stops treating them like her house help.

Putting the work back in group work

Mutual respect amongst all members demands that no matter how brilliant one thinks their ideas are, they should hold their tongue for a few minutes, listen keenly and sincerely consider views that may be in

direct opposition to their own or seem to have their origin from a totally different planet. Don't be quick to shout others down. Some of the best ideas are the most weird and come from very unlikely sources.

To avoid fist fights and confusion each member should come up with one or two rules to govern group activities. These include where and at what time meetings are to take place, as well as the deadline for each part of the work. These rules should also keep out shoddy and plagiarized work.

Group work should be goal oriented to establish what the group aims to achieve before members get down make a unanimous decision.

In accordance with the last supper rules, work should be divided amongst the group to ensure that everybody including the Sasha understands what is expected of him or her.



Communication for Social Transformation

'How should a journalist package his story at a time when profit making seems to override the need for the media to present worthwhile products?'

How does media imperialism affect the Kenya media? And as for the Kenya Film industry should the focus be on quality or quantity?

By Elizabeth Ombati

These were among a myriad concerns intensely discussed at a recently held Open Forum by the Institute of Social Communication (ISC) of the Tangaza College.

Media practitioners, among them Mr. Caleb Atemi, a media consultant and a former news editor at the Nation Media Group and the Rt. Rev. Martin Kivuva, Bishop of Machakos and the Kenya Episcopal Conference Vice Chair for Social Communication graced the event.

As one of the top of journalists in Kenya, Mr. Atemi, in his paper, Principled Journalism: Assessing Kenyan Journalists' Positive Contribution for the Transformation of the Kenyan Society took the participants through the rocky journey that the Kenyan journalists began with.

Detentions and death, he said, were what characterized the profession in the early



1990s especially as Kenyans fought for a multiparty democracy. "As the voice to the voiceless and advocates of democracy, we were determined to showcase powerful stories for the transformation of society," he noted.

The media plays a vital role in society as it shapes people's opinion. It is extremely important that the media should value that which is positive and developmental to the people. Rev. Kivuva reiterated that modern

means of communication are a privilege to society and should be used to encourage the community in its endeavors.

Rev. Kivuva presented a paper, The Media Church: Understanding the Catholic Church's Prophetic Role in and with the Media in Kenya. He stated that media should maximize the voice of Jesus on earth. The church continues to encourage its members to use media creatively to advance Jesus' voice on earth he pointed out.

The Tangaza Institute of Social Communication prides itself with nurturing a crop of journalists acknowledged to be excellent in the communications sector. Professionalism based on sound Christian values comes handy to steer all



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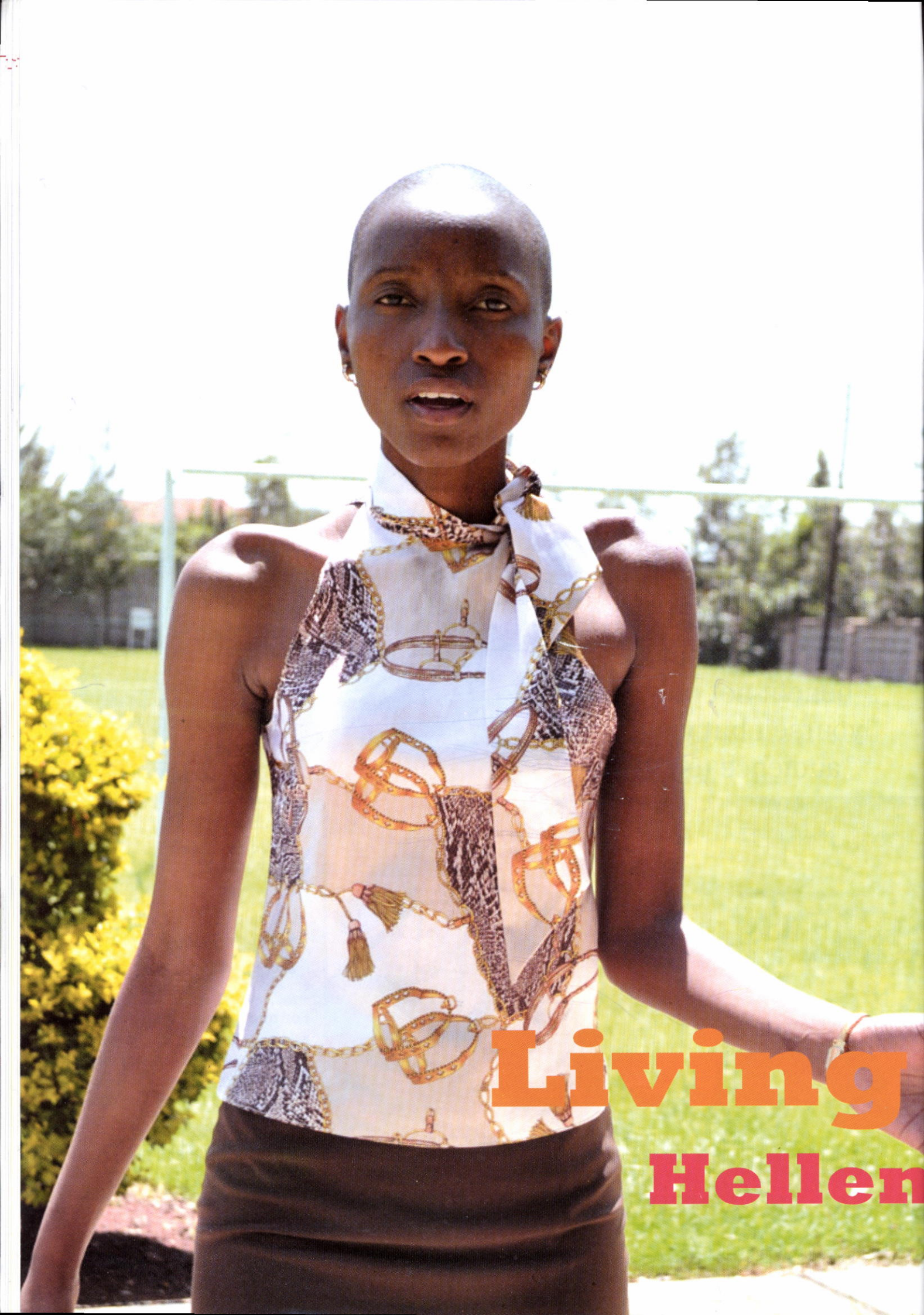
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Living
Hellen

Hellen Kimaru, an alumna of Tangaza College, and now a household name at Royal Media's Citizen Television, shares her story with *Campus Heartbeat*.

By Elizabeth Ombati

She brought to our living rooms, courtesy of Citizen Television, the story of the elderly women in the Korogocho slums who were learning self defence tactics to protect themselves against rapists and attackers.

Seeing women as old as 60 learning to throw punches and kicks was something new. As she signed off, Hellen Kimaru would not have known the importance of that story to her audience.

"Everyone was talking about it on breakfast radio," she recalls.

It is the dream of every news reporter to know that their news item impacts society. And for the 24 year old, things could only get better.

As I walk with Hellen on the Tangaza College grounds, I am well aware that the lady by my side occupies a special place in the hearts of the students who see her here today. The glances and hearty hellos thrown our way, make me feel indeed proud to be by her side.

"It's nice to be back," she says.

"You have indeed played your part in making your former college proud," I answer, referring to her now working for Royal Media's Citizen Television, a spot that is sure to make many people recognize her.

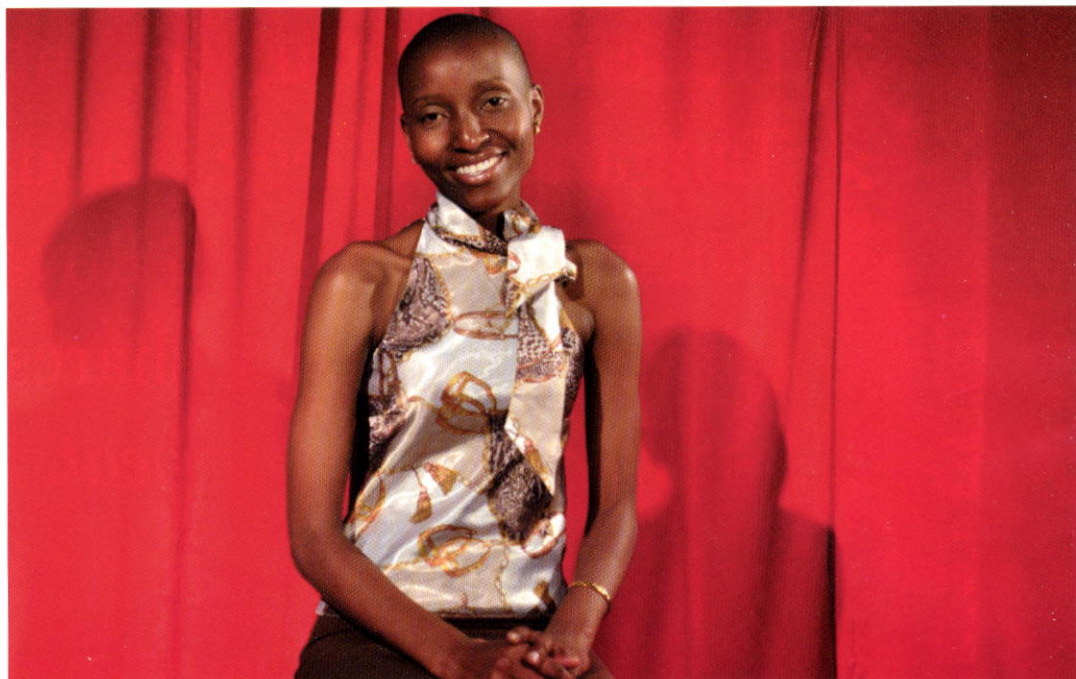
This, for Hellen, is the culmination of a dream that began when she was barely in her teens. Like many girls her age, Catherine Kasavuli, a veteran news anchor was the ultimate emulation. The kind of person every girl wanted to be when they grew up.

My Dream
Kimaru

The bug caught Hellen when she was 12. "I used to stand in front of the mirror and imitate what I used to see on TV. I had to get there," she says, a smile playing on her lips.

It's easy to notice the confident gait in her walk; the warmth in her smile and the assertiveness in her talk. For a girl who knew what she wanted to do from that early age these attributes, she admits, have worked in her favour as she climbs the success ladder of her career.

"I don't give up easily and when I can't handle life's challenges, I trust God to take care of the rest"



"When I want something, I work extremely hard to get it," she says.

"I don't give up easily; and when I can't handle life's challenges; I trust God to take care of the rest," she offers.

Indeed, Hellen's story and her quest to find a place in the media is incomplete without a mention of the 2007 post election violence.

Life took a sad turn when her family's home in Kisumu was torched. Everything that the family had invested in came crumbling down in front of their eyes. The possibility of continuing her university education seemed a pipe dream.

"I had traveled home to vote and to look for a place for my internship," she recalls.

She had no idea that her life was about to be turned upside down following the violence that erupted after the elections. Fortunately, Tangaza allowed her to continue with her studies as she looked for her university fees.

"Until now I cannot understand the hate and evil

that overcame us. I thank God that he spared my life and I could pursue what I believe I was created to," she says.

The 5'ft7 former model cannot exhaust her kind words for the college that nurtured her to be who she is.

"Getting an institution that emphasizes on the important spheres of life was the best thing that happened to me while in Tangaza College," she says.

"Excellence in academics is emphasized on just as much as cultivating interpersonal skills," she says.

She notes that achieving technical skills is as highly encouraged as the ability to think critically. These are among the many life skills that she got from the college, skills

that are very important for any person wishing to become a social communicator she posits.

"As one who goes to great heights to get stories and one who takes risks, she is one woman I would love to have dinner with."

We get to the television studios for a few photo shots and as Hellen looks around, to try and see if much has changed, I cannot help notice the nostalgic look in her eyes. She has that look of coming home after so long.

From the Tangaza studios to the Citizen Television studios, Hellen feels that her assertive attitude propelled her to one of the country's giant media houses. She dispels the myth that to get work in a media house you have to know someone.

"If you prove that you have what it takes, everyone will be fighting to have you on board," she states.

With a soft spot for women and children issues, the television human interest stories Hellen has covered range from highlighting social ills like child prostitution to institutions that offer rehabilitation to prostitutes.

She especially remembers a time when she had to interview a ten year old prostitute being used by her mother to get a few coins.

"Some stories are so emotional that however strong a journalist is supposed to be, I times break down," she declares.

Her advice to other young women who want to follow in her footsteps is that they need to cultivate a thick skin most of the time, to cope with the pressures of journalism. She concurs too that the profession takes a lot of one's time which may ruin relationships but adds that there is not much to worry about. If one is focused.

How about the trademark 'no hair', I seek to know.

"Being too playful I had no patience to sit in salons," she says smiling.

Her mother resorted to shaving all her hair, of course with her prompting. She now loves it that way she says. It has given her a unique identity: Bald and beautiful.

Having finally met her dream news anchor, Catherine Kasavuli, and actually working under her wings; is there a new inspiration? "I love CNN's Christian Amanpour. I love her bravado," she says. "As one who goes to great heights to get stories and one who takes risks, she is one woman I would love to have dinner with, she concludes"



Left: In her days as a student at the Institute of Social Communication Tangaza College, Hellen Kimaru tries her hand at a Video Camera in the Institute studios.

Modelling and School - A balancing act

By Fridah Mlemwa

Sonia Odek is a model by day and a student by night. She started modelling from the year she completed her high school education in 2007 to date. She pursues a degree in Bachelor of Arts in Psychology in the University of Nairobi.

Having worked for the modelling fraternity and Kenya Top Model for the past three years, she has now gone freelance. She is involved in commercial modelling; advertisements in magazines, the most recent being with *The Move* magazine.

Sonia spells out bias as one of the challenges of dealing with modelling agents; they have people that they keep giving the



Sonia during a photo shoot



File: Faith, a Tangaza student models during the Miss Tangaza contest.

big jobs. They also don't pay well so it can't be the only job that one keeps.

There is a lot of competition in the modelling industry as a whole and balancing school and work is a problem. She lacks parental support since her parents don't see the industry that is still small as a respectable career.

Sonia prides herself with having modelled for designers such as Kiko Romeo and Melissa. She reveals that she loves charity events like one she did at Museum Hill for disabled children and another with Tony Chira.

So what does it take to be a good model?

"It is not just the figure or the height that one must have, but a passion. It is about loving what you do," she says

Where are you going to be five years from now? Take to the next level; work in a country that has stable and grown modelling fraternity like South Africa" she concludes.



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Soap Operas reign

All TV channels are incomplete if there is no Mexican, Colombian, or Phillipine soap opera.

By Lydia Matata and Elizabeth Ombati

The Revolution started with the national broadcaster, KBC. No one but you, The rich also cry, and then there was Maria de la Rosa, Escrava Isaura, Mist res Hermanas and before we could all say Mexico, soap operas were everywhere. All TV channels are incomplete if there is no Mexican, Colombian, or Phillipine soap opera.

KBC might not have seen it coming. Suddenly there was La Revancha (KTN), Secreto de Amor (NTV), Catalin y Sebastian (NTV) and just last year the buzz was

Forget the stereotype that these are programmes for 'Miss Mboch'.

Tormenta el Paraiso (Storm over Paradise) airing on Citizen TV. The list is endless. Then the jokes started, 'Can I be your Alejandro?' and the soap opera became a daily debate for most us.

Isn't it amazing how the Soap Opera has become part of Kenyan TV? Forget the stereotype that these are programmes for 'Miss Mboch'. A simple research showed otherwise. Among unexpected die hard fans we found, was a middle aged male professor and doctor. Surprised?

What makes the soap so entertaining or how riveting? The plot, yes, is predictive in most cases but each Monday to Sunday night we are comfortably seated on the couch waiting for the next episode. Then we carry the discussions to the office, to the class and to the social network sites.

A random research into the soap opera watching phenomenon revealed some interesting takes.

Cult following

In the eyes of those who do not watch Latin soap operas, the cultish following these programs attract is mind boggling. Rose* claims to be one such person. She finds the plot utterly ridiculous and the excessive show of emotion by the actors downright disgusting. Yet every weekday, Rose dutifully switches on to Citizen TV and remains glued until En nombre de Amor comes to an end. Rose swears that she watches not because she likes them but out of unexplained curiosity. "There's this woman, Carlotta, who is so evil and I just can't stop watching the program until she pays for all her wrongs."



n Supreme



Peer Pressure and escapism

Unlike Rose, Sue* is open about her addiction. She is currently torn between two soap operas that air at the same time on different channels. She chalks her addiction to peer pressure.

"I am surrounded by people who don't greet you with a 'hello' but with a 'did you watch?' so if your answer is 'no I did not watch' then you are on your own." She informs Campus Heartbeat.

Sue also sees the soap as way to escape from the day to day issues that she is dealing with.

Agnes* who has gone out of her way to buy DVD's of Soap Operas that have not yet even appeared on local television says that they are like a handbook for life. For example, they have taught her that marriage is not a bed of roses. And she swears that there are people in her life who are out to get her in a similar version as the villains in the soaps.

According to Janet, a psychology student, these cultic trends of watching soap operas may be traced to viewers who love fantasy and the pleasure it brings.

"The perfect love story, the happy endings; all these might not be found in life in exact copy; but the soap operas will take an individual to those realms and for a moment, that is alright," she says.

**Not her real name*

Photos: Internet



FLAMING to Victory

Kennedy Mutuma led Tangaza Flames, the Tangaza College basketball team, to victory in the February 2010 CUEA open tournament. His first major victory for the team. Campus Heartbeat spoke to this young coach.

By Elizabeth Ombati

Q: You appear small in size, non-threatening even, how has this worked for you in basketball?

If truth be told that is the reason I fell in love with basketball. I started playing from primary school when I was 13 years old. As a teenager trying to find my place in society, I felt a need to prove a point. I was much more than the skinny boy I appeared to be. In this quest, I felt attracted to basketball. It is a game without much body contact so there is room to keep improving without breaking too many bones.

Q: What was your experience?

With time I realized I didn't have to prove myself. Basketball is a lot of fun. I am light and, sprightly. With continued practice with and watching NBA on television, I started finding my place in

the game. I now feel at home in the court.

Q: How did you start playing for Tangaza Flames?

I played basketball all through high school and you can understand my disappointment when I joined Tangaza in 2006 and found no basketball court. However those of us who loved basketball formed a team of eight and practiced in a private court adjacent to the college. Fortunately the Tangaza college basketball court was completed toward the end of that year.



Q: But you were only eight?

Yes. Our journey to 12 finally happened in the next year. Since we were a complete team, we entered the CUEA open tournament that year. We were eliminated at the preliminaries. 2008 was a harder year for the team as the morale was dying among the boys and the group was about to break.

Continued on pg 25

Continued from pg 24

Q: What happened?

I left Tangaza at the end of the 2008 academic year but frequented the college to practice with lovers of the sport. I played as the shooting and forward guard. Noting my dedication and with the will to revive basketball team, Stephanie Kerubo, who sat in the sports committee in the college asked me to assemble a team to take part in the CUEA tournament early in the year 2010. I felt honoured. I brought the boys together for preparation and, voila! We lifted the trophy!

Q: Tell us about the victory

It had been five years since the trophy was retained in the home area, with neither CUEA nor Tangaza winning it. The reigning champions had been Laiser Hill Academy that has a very strong team. Egerton and Maseno had also held the trophy in earlier years, so bringing the trophy home was a moment of glory for us. Mind you, we were the underdogs of the tournament!

Q: So after all, the skinny kid triumphs in basketball!

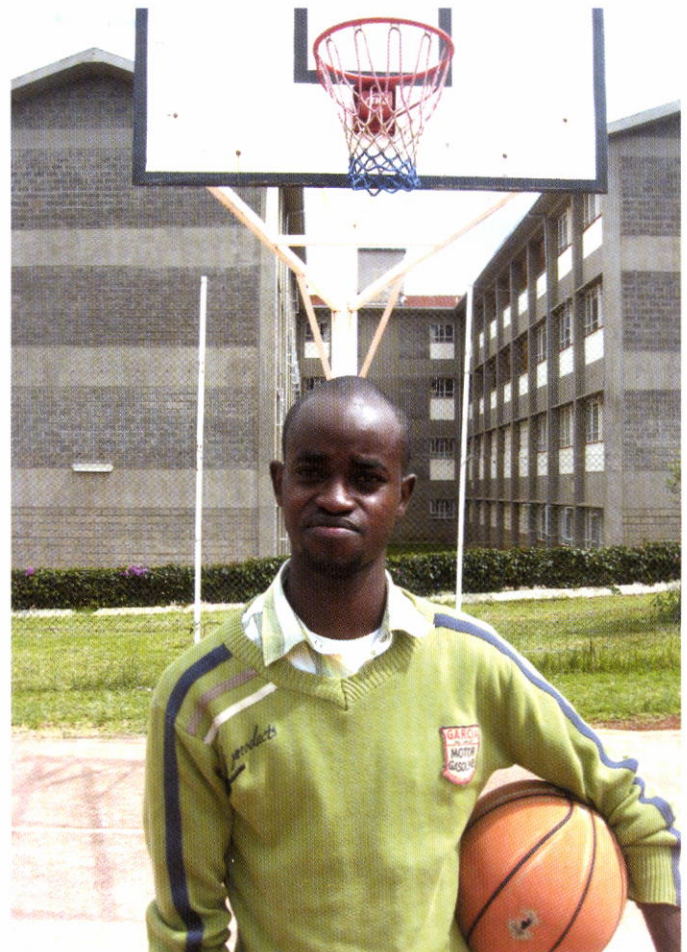
Actually, I want to encourage those who would love to take part in basketball not to worry about their body size! The shortest person in the NBA is below five feet yet he is superb. With passion, all else is possible.

Q: What does it take to win?

Teamwork, this is the most important factor. Endurance to play for long periods, sacrifice, a good diet, especially involving fluids, and lots of training to keep fit. Above all prayers are among the winning combination for any team in sports, more so in basketball.

Q: Tangaza is known to produce big talent to the media industry, is there more to watch out for?

Indeed. I am a Public



Communications Officer in the Ministry of Information and Communication. Kirigo Ng'arua, Mark Masai, Hellen Kimaru and others represent Tangaza's big talent to the media industry. Yes, we have shown the world that there is another light to the college: that of sportsmanship.

Q: LA Lakers or Orlando Magic?

Los Angeles Lakers: Kobe Bryant, I believe, is the Michael Jackson (MJ) of basketball and he inspires me a lot.

Q: What next for you?

As the reigning champions, we hope to extend the winnings to the next season. *Go Tangaza Flames Go!*



Ask Alice.....



Alice Nzangi

I am a lady, 21 years of age. A second year student in one of the universities in Nairobi. My boyfriend (in the same class) dumped me without a good explanation and hooked up with a classmate of mine. They seem to be happy and enjoying the relationship.

He does not want to talk to me. He does not respond to my calls or SMS. I still love him and this has frustrated me. Most of the time I am not in class. Please help me.

Mary

I hear your frustration. It must be so hard for you to feel rejected. Mary, though your heart is broken, and you are struggling with very strong emotions, remembered that love cannot

be imposed. The guy may not have given you a good explanation but his behavior is making a statement. Read it, understand it well and act appropriately.

You have your life in your hands steer it. He seems to be moving on with his. You are stuck! This may result to a negative effect on your academic grades and well being.

I challenge you to make appropriate choices. What is going to take most of your energies? Is it your broken relationship or your studies and well being?

There are many men out there and for that reason may be dying to have you as a girlfriend. It is Chinua Achebe who said 'the beautiful ones are have not yet born'. Who knows, maybe in your case you may not have met the right guy to be your boyfriend.

It's true many that every day you see them flirting around and enjoying themselves may be aggravating your frustrations. Even when you have promised yourself to put the matter behind you. This is normal. But still need to rise above this and move on.

How about changing your sitting position in class

in sitting away that they are behind you and can't see them doing things. How about devoting more time to that activity you enjoy doing most. May be like swimming. How about devoting more time to your studies. How about talking to a friend about it and if you believe in God, how about you pray.

You are worth more and even greater things than may be what you are whining for. Wake up, collect your little strength remaining (or is it broken pieces) and show the world who you are in a healthy way.

Always choose life, because it is when you are alive you can know and measure your success.

Remember intimate relationship is a give and take affair. No manipulation and not one sided. It is fulfilling and involves no fears.

I wish you the best, Mary make the right choice.

Mrs Alice Nzangi is a Counselling Psychologist lecturing at the Institute of Social Communication, Tangaza College. If you have an issue bothering you kindly write to her on this email: alicenzangi@yahoo.com

WHAT A SUPERSTITIOUS WORLD!

By Anne Nyokabi

Halloween celebrations do not make much sense for most folk this side of our world. October 31st passes just as any ordinary day would. These celebrations that leave walls and windows awash with albumen would not only be termed strange by many but would even leave even any Kikuyu witch shaken to the bone with fear and trepidation.

While the trend is acceptable in the Welsh and other western cultures, throwing eggs at a



person or their property is one of the most potent curses in the Kikuyu community. When one does this to you, you expect a violent death in a few days- it is a curse that can also be compared to that of a person breaking an earthen pot in your stead.

This is totally different from the tradition in Wales where pelting buildings with eggs is just a part of the Halloween tradition. Actually, major supermarkets and shops run out of eggs on this day as they end up as missiles aimed at the Halloween spirits!

Rhiannon Williams who is from Wales says that, that is what happens on the last night of the festivities. "They throw the eggs because it is 'trick or

treat'. You did not treat so you get the trick."

While most superstitions in many parts of the world are related to either good or bad luck, it is interesting that many tribes of Africa tie superstitions to death. Even life's great moments like birth are wrought with dos and don'ts that are interpreted to links with death.

The birth of twins in the Luo tribe for example is seen as a bad omen and could bring death to the whole village. What has happened in days gone is that the twins were killed to avert this calamity.

This is just a normal birth in Ireland where Fionn O'Raghallaigh comes from and no superstitions are attached to twins.



In my tribe the Kikuyu, a woman who keeps eating twin bananas while she is expectant is sure to give birth to twins. And if someone walks over the legs of the legs of a woman who is seated down then it is believed that that woman will give birth to a child who looks like the person who walked over her!

As for good and bad luck, there are so many similarities between different people of

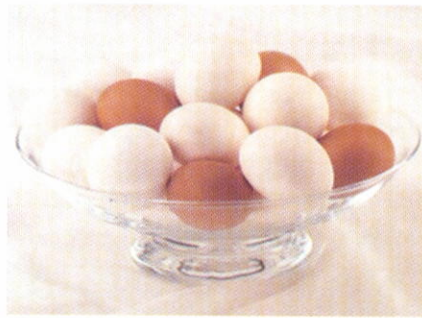




There are no rooms in hotels or offices with the number '13', and neither are there houses counted as thus.

It seems that birds have also got a place too in superstitions in many societies around the

world. Daniel Townsend a computer expert in United Kingdom insists you have to salute a magpie every time you see him otherwise bad luck will befall you.



The sparrow is a sure sign of rains in Kenya, while the sight of an owl portends evil.

The dove is associated with peace in many communities in the world and has even been used in many big events involving many nations to display peace and harmony.

When a flock of weaverbirds decides to build their nests in your compound it is a sign that you should expect a good harvest.

Women in my culture are not expected to eat birds as they turn them into vagabonds. It

is even worse that they should eat any part of the legs of any animal as this means they will be married in far away lands.

Food is an integral part of human life and as expected much superstition is attached to it. On New Years day in France, they have to eat a special food, 'Choucroutte' made with cabbage and many different kinds of sausages to bring them good luck for the rest of the year.

In Britain, after midnight of New Year's day, any guest who comes to your house has to bring a coin for wealth, salt, so that you have food and a piece of coat to ensure that you are well clothed and warm for the whole year.

In the Kikuyu belief, when one dreams about eating ripe bananas it means they will soon hear news of the death of a relative. This is true also of dreams involving meat or the traditional beer, 'Muratina'.

It is evident that superstitions are interwoven into the fabric of the lives of all human beings irrelevant of their colour, creed, or race. Though more deeply rooted in some cultures than others they are still present and as Fionn posits, are subconsciously present in almost everything we do.

Photos: Internet

different countries. Rhiannon and Kamaal Mitha from Wales, Chris Earlie from United States and even Fionn from Ireland will not walk under a ladder because it will bring them bad luck. Touching wood for them is supposed to prevent any bad luck.

There is superstition tied to numbers too and while people in Ireland consider a four leaf clover a sign of good luck, those from Wales believe that everything comes in threes as do those from the US. In Africa it is bad luck to count people as this is like wishing them dead.

For my tribe, the number ten is unlucky and is counted as a "full nine" while in Britain it is the number 13 that is unlucky.



Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 6 | | 1 | | 2 | 4 | | 7 |
| | 1 | 4 | | 6 | 7 | | 3 | 5 |
| | | 9 | | | 5 | | | |
| 9 | | 6 | | 7 | | 8 | | 1 |
| 4 | | | | 1 | 9 | | 7 | |
| | | 2 | | | 8 | 9 | | 4 |
| 3 | | 7 | 5 | | | | 4 | 8 |
| | | | | 9 | | 5 | | |
| 6 | | 1 | | 4 | | 7 | | |

Instructions

Instructions: Fill in the missing digits.

No digit can be repeated on the same row or column.

Each column and each row must have the nine digits from 1-9

Poets Corner

When's the Time Right?

By Anariko Ikweri

Divided and torn
Desperate, no autonomy
A broken, crying economy
Wounds that sour the soul
When's the time right?

Right for the rebirth of
freedom
Right for fairness and justice
When's the time right?

The sun sets
A child to the ground is
taken
As the earth sneers and jeers
Another failed food bargain
Economy, a monster on the
loose
The table's dry, hopeless
Will the time ever be right?

Mr. Politician, un-blind your
eye
A penny for the beggar?
Your door is flooded with
stain
Not the rain can drain
As the birds song fades
So is time drifting
When's the time right?
Ain't it this second?

Make not promises that blind
Tie not our feet
Unbind us, let us be free
Whine not of your pay or
position
The times now for transition
It's now for change
When's the time right?
Now!

Tongue Twisters

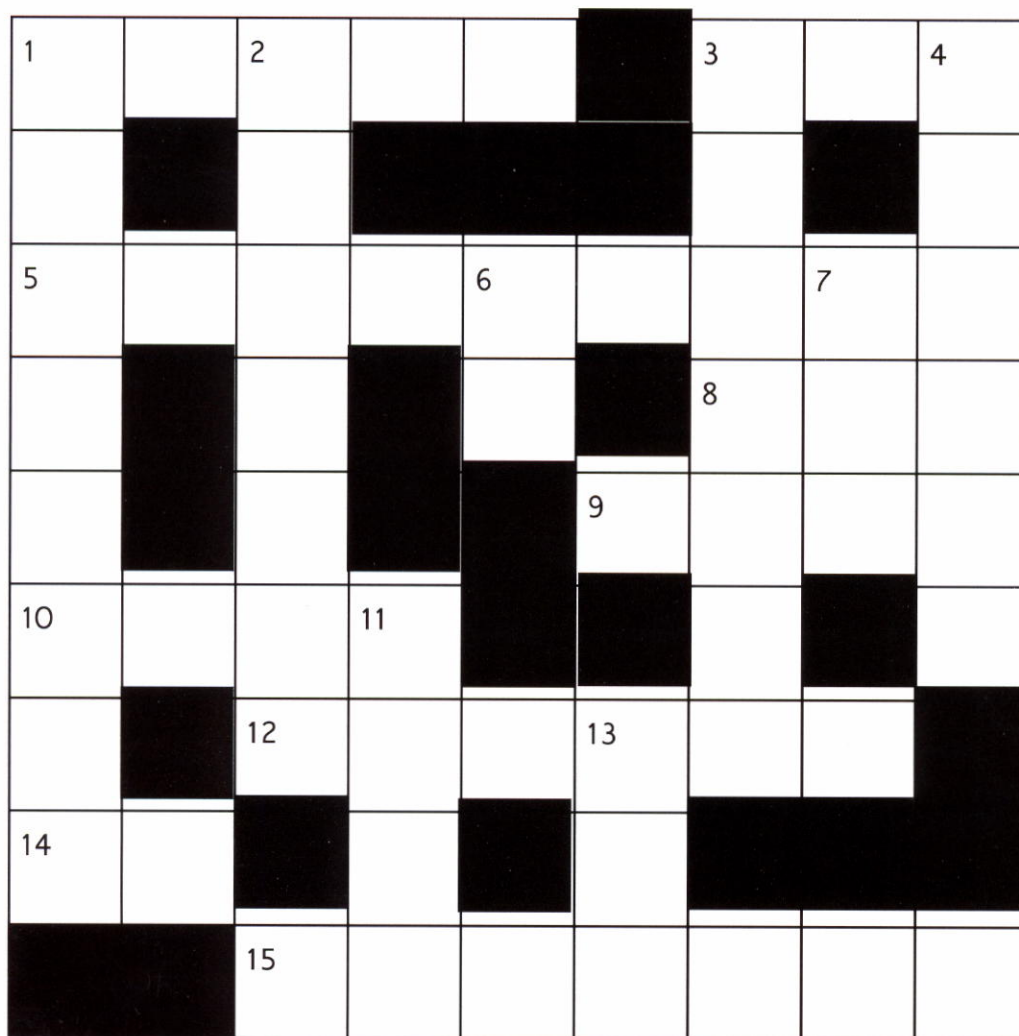
By Sharon Baranga

If two witches werewatching
two watches, which witch
would watch which watch?

Sounding by sound is a
sound method of sounding
sounds.

A sailor went to sea to see
sea, and what he could see.
But what he could see was
sea, sea, sea.

Nine nice night nurses
nursing nine nicely



Across

1. A person or company that receives payment on behalf of someone else
3. Prefix of three
5. Act of knowing.
8. Through other place
9. Put into sloping position
10. Plant used to cure many diseases.
12. Move up and down on one's knees or arms
14. Very
15. With good taste

Down

1. The financial affairs of a company or organization.
2. Betrothed
3. Of lesser value
4. Born with
6. Not out
7. Abundant and cause of conflict in the Middle East
11. Letter or parcel sent by post
13. Mans best friend

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FURTHER INFORMATION

Write to the Principal, Shalom Institute of Social Studies
P.O. Box 21255, 00505 Nairobi, Kenya
Tel: 0722 202198 E-mail: info@shalominstitute.org
Website: www.shalominstitute.org

visit us at Shalom House off Ngong Road along St. Daniel Comboni Road



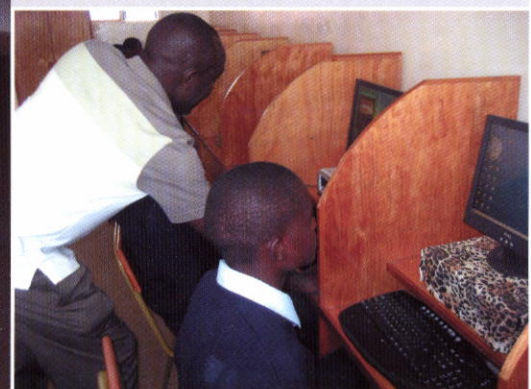
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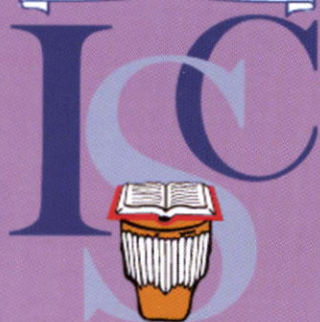
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Email: iscsecretary@tangaza.org