

# MABARNE HIGH SCHOOL



# SCHOOL MAGAZINE



Our Chairman - His Excellency Hon. Daniel T. arap Moi C.G.H., M.P., President of the Republic of Kenya, and Commander-in-Chief of Kenya Armed Forces.

### LORD'S PRAYER

Our Father who art in Heaven, hallowed be thy Name, thy Kingdom come, thy will be done on earth as it is in Heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us and lead us not into temptation, but deliver us from evil —Amen.

### THE LOYALTY PLEDGE

I pledge my loyalty to the President of the Nation of Kenya.  
My readiness and duty to defend the flag of our Republic.  
My devotion to the words of our National Anthem.  
My life strength and service in the tasks of our National building,  
in the living spirit embodied in our National Motto "Harambee" and  
perpetuated in the Nyayo Philosophy of Peace, Love and Unity.

### KENYA NATIONAL ANTHEM

1

Ee Mungu Nguvu yetu,  
Ee baraka kwetu,  
Ee iwe ngao na mlinzi,  
Watukae na undugu  
Amani na uhuru  
Raha tupate na ustawi

2

Amkeni ndugu zetu,  
Tufanye sote bidii,  
Nasi tujitoe kwa nguvu,  
Nchi yetu ya Kenya  
Tunayoipenda  
Tuwe tayari kuilinda.

3

Natujenge taifa letu  
Ee, ndio wajibu wetu  
Kenya istahili heshima  
Tuungane mikono  
Pamoja kazini  
Kila siku tuwe na shukrani

1

O God of all creation  
Bless this our land and nation,  
Justice be our shield and defender,  
May we dwell in unity  
Peace and liberty  
Plenty be found within our borders

2

Let one and all arise  
With hearts both strong and true,  
Service be our earnest endeavour,  
And our homeland of Kenya,  
Heritage of splendour.  
Firm may we stand to defend.

3

Let all with one accord  
In common bond united,  
Build this our nation together  
And the glory of Kenya  
The fruit of our labour  
Fill every heart with thanksgiving.

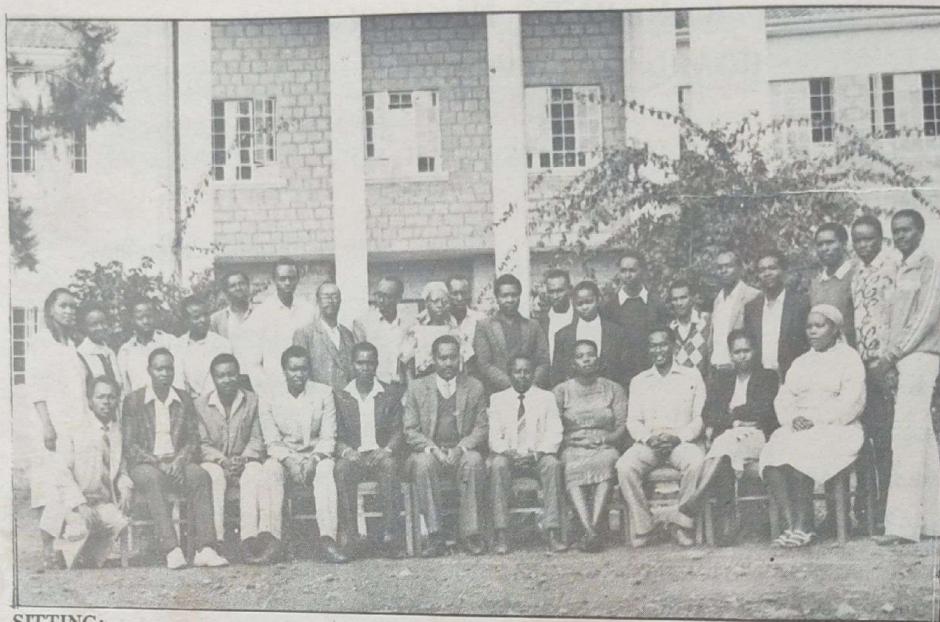
## KABARNET HIGH SCHOOL BOARD OF GOVERNORS MEMBERS

1. His Excellency, the President, Hon. Daniel T. arap Moi, C.G.H., M.P.,  
Chairman of Board of Governors.
2. Cllr. Philemon Chelagat
3. Cllr. Samuel Cheptoo
4. Pastor Daniel Chemon
5. Pastor Moses Kigen
6. Chief E. Cherogony
7. Hon. Willy Kamuren, M.P.
8. Cyrus Maina — D.C. Baringo
9. Cllr. William K. Cherambus
10. Miss Mary Tonje
11. Hon. Lawi Kiplagat, M.P.
12. Hosea Kiplagat
13. Peter Chepkonga
14. J.K.E. Chemoiywa
15. J. S. T. Kamunchuluh, Headmaster/Secretary.

## NON-TEACHING STAFF

1. Mr. James R. Komen — Ag. Bursar
2. Miss Winfred Andwati — Cateress
3. Mr. Joseph Matetai — Clerical Officer (Stores)
4. Miss Lucy Wanjohi — Assistant House-Keeper
5. A. K. Yaite — Laboratory Assistant
6. Mathew Wagome — Laboratory Assistant
7. Mrs. Druscilla Chesaina — Copy Typist
8. Mr. Philip Kangor — Artisan
9. Mr. Kipkulei Changwony — Artisan
10. Mr. Charles Maina — Driver
11. Mr. Willy Kirui — Office Messenger.

## MEMBERS OF THE TEACHING STAFF



**SITTING:**

Mr. G. Njuguna, Mr. W. A. Otedo, Mr. William M. Sande, Mr. Gichuhi David, Mr. B. Rutto, Mr. J.S.T. Kamunchuluh, Headmaster, Mr. J.K. Chebet, Deputy Headmaster, Mrs. Gladys Kitui, Mr. S. Maigua Wachira Mrs. A. W. Githaiga Miss L. G. Kamau.

**STANDING:**

Miss P. M. Njuguna, Miss B. B. N. Wagesa, Mr. K. arap Chumba, Mr. G. L. Shitiavai, Mr. P. B. Bargogoi, Mr. O. M. Munguti, Mr. John Cheruiyot, Mr. A. Okiria, Miss S. A. Aketch, Mr. J. P. Bafrawala, Mr. D. K. Cheruiyot, Mr. F. T. Nakhulo, Mrs. M. C. O. Kidenda, Mr. D. K. J. Mbuthia, Mr. S. C. Gathungu, MR. S. Too, Mr. S. Embeiywa, Mr. S. M. M'masi, Mr. G. Midiwo, Mr. W. K. Tuitoek.,

**NOT IN THE PICTURE:**

Mrs. E. G. Kaburu & Mr. J. Kisuya

1. **Mr. J.S.T. Kamunchuluh** — B.A. with Education Option, University of Nairobi.  
Joined Kabarnet High School in 1986. Teaches History, Patron of Journalism Club. Headmaster.
2. **Mr. J.K. Chebet** — B.Ed (Arts) Kenyatta University College. Joined Kabarnet High school in 1980. Teaches English Language and Literature in English. Deputy Headmaster.
3. **Mr. Joshua F.K. Kisuya** — B.Ed. (Science), Kenyatta University College.  
Joined Kabarnet High School in 1979 Teaches Biology. Head of Biology Department and in-charge of Laboratories. Housemaster Chemngorem.
4. **Mr. S. M'masi** — B.Ed. (Arts) Kenyatta University College.  
Joined Kabarnet High School in 1981. Teaches Kiswahili and Literature in English. Head of Kiswahili Department, Coaches Table Tennis in the School. House Master Kenyatta Dorm., Patron of Kiswahili Club and Chairman of Creative Writing Panel.
5. **Mr. F.J. Nakhulo** — B.A. Nairobi University. Diploma in Education —Kenyatta University College. Joined Kabarnet High School in 1982. Teaches Geography, Head of Geography Department, Head of the Games
6. **Department, Patron to Y.C.S. Students and Geography Club.**
7. **Miss Sella Akech** — B.Ed (Arts) Kenyatta University College.  
Joined Kabarnet High School in 1983. Teaches Kiswahili and P.E. Head of P.E. Department, Coaches Swimming and House mistress, Chepsolei Dorm.
8. **Mr. S. Maigua Wachira** — B.Ed. (Science) Kenyatta University College.  
Joined Kabarnet High School in 1985. Teaches Chemistry and Maths. Head of Chemistry Department. Housemaster of Lumumba Dormitory and in charge of School Timetable.
9. **Mr. B. Rutto** — B.Ed. (Science) Kenyatta University College.  
Joined Kabarnet High School in 1985. Teaches Maths, Head of Maths Department and In charge of Careers.
10. **Mr. A. Metet** — B.Ed. (Science). Kenyatta University College.  
Joined Kabarnet High School in 1985. Teaches Physics and Maths in charge of Student Entertainment.
11. **Mr. Oliver M. Munguti** — B.Ed. (Arts) Kenyatta University College.

- Joined Kabarnet High School in 1987. Teaches History and C.R.E. House Master of Nkurumah Dormitory, Head of History Department and in charge of Guidance.
11. **Mrs. M. Clare A. Kidenda** — B.Ed. (Arts) Kenyatta University College.  
Joined Kabarnet High School in 1985. Teaches Fine Art and Design and Head of Art and Design Department.
12. **Mr. A. Okiria** — B.Sc./Diploma in Education Makerere University College (Uganda)  
Joined Kabarnet High School in 1985. Teaches Economics and Maths. Head of Economics Department.
13. **Mrs. Gladys Kitui** — B.Ed. (Science) Kenyatta University College.  
Joined Kabarnet High School In 1985. Teaches Biology and Geography.
14. **Mr. K. Chumba** — B.A. Makerere University (Uganda), Diploma in Education Kenyatta University. Teaches History, Literature in English and Head of General Paper.
15. **Mr. Stephen G. Chege** — ATS Kenya (Science) Teachers College. Joined Kabarnet High School in 1986. Teaches Technical Drawing, Head of Industrial Ed., Academic master "O" level classes and Staff Typing.
16. **Mr. Kipsoi W. Tuitoek** — Diploma: Kisii Diploma College.  
Joined Kabarnet High School in 1986. Teaches History and Geography, Coaches Volleyball Team, Patron of Wildlife Club and Housemaster of Harambee Dormitory.
17. **Mr. Daniel K. Cheruiyot** — Diploma in Agricultural Education Egerton College. Joined Kabarnet High School in 1982. Teaches Agriculture and Biology, Head of Agriculture Department, In charge of the School farm and Housemaster Nyerere Dormitory.
18. **Mr. Gichuhi David** — Diploma Kenya Technical Teachers College.  
Joined Kabarnet High School in 1983. Teaches Business Education and Head of Business Education, Coaches Basketball.
19. **Mr. G. Lungai** — Diploma Kagumo Diploma College. Teaches English and C.R.E.  
Joined Kabarnet High School in 1984, Patron of School Music Club, Housemaster Chelagat Dormitory and Head of C.R.E. Department.
20. **Mrs. A. Ndirangu** — Diploma Kagumo Diploma College.  
Joined Kabarnet High School in 1986. Teaches Kiswahili.
21. **Mrs. E. Kaburu** — B.Ed. (Arts) Kenyatta University. Joined Kabarnet High School in 1985. Teaches Geography and C.R.E. and Head of Social Education and Ethics.
22. **Mr. G. Njuguna** — S1 Egerton College.  
Joined Kabarnet High School in 1985. Teaches Agriculture, Patron of Young Farmers and Master in charge of Dining Hall.
23. **Mr. John Cheruiyot** — B.A. Nairobi University, Diploma in Education Kenyatta University College. Joined Kabarnet High School in 1987. Teaches Economics and Geography and Patron of Economics Club.
24. **Mr. William M. Sande** — B.A. University of Poona (India), Diploma in Education — Kenyatta University. Joined Kabarnet High School in 1987, Teaches Economics and History, Patron Drama Club.
25. **Mr. S. Embeiywa** — B.Ed. (Science) Kenyatta University.  
Joined Kabarnet High School in 1988. Teaches Maths and Physics, Housemaster Moi Dormitory and Patron Science Club.
26. **Mr. Stanley Too** — B.Ed. (Arts) Kenyatta University. Joined Kabarnet High School in 1988. Teaches Economics and Business Education.
27. **Mr. Bernard Koch** — M.A. in German, University of Bonn, W. Germany, M.A. in English — California State University USA, B.A. in Education — Los Angeles, USA. Teaches German.  
Joined Kabarnet High School 1988.
28. **Mr. D. K. Mbuthia** — B.Ed. (Science) Kenyatta University. Joined Kabarnet High School in 1988. Teaches Maths, Coaches Lawn Tennis.
29. **Miss Wegesa Beritha** — B.Ed. (Arts) Kenyatta University.  
Joined Kabarnet High School in 1988. Teaches Kiswahili and English, Patron of Scouts and Debating Club.
30. **Miss L. G. Kamau** — B.Ed. (Arts) Kenyatta University. Joined Kabarnet High School in 1988. Teaches History and C.R.E.
31. **Mrs. P. Njuguna** — B.Ed. (Arts) Kenyatta University College.  
Joined Kabarnet High School in 1987. Teaches English and Literature in English, Head of English Department and Assistant Patron Debating Club.
32. **Mr. J. P. Bafirawala** — B.Sc./Diploma in Education (Makerere). Teaches Physics and Chemistry, Coaches Volleyball and Hockey.  
Joined Kabarnet High School in 1989.
33. **Mr. G. Midiwo** — B.Ed. Kenyatta University College. Teaches History, C.R.E., Social Education and Ethics.  
Joined Kabarnet High School in 1989.
34. **Mr. W. A. Otedo** — B.Ed. Kenyatta University College. Teaches Geography and Maths, Housemaster Baringo Dormitory, Guidance & Counselling and Coaches Soccer.  
Joined Kabarnet High School in 1989.
35. **Mr. P. B. Bargogoi** — Diploma in Education (Technical) Teaches Maths Technical Drawing & Design.  
Joined Kabarnet High School in 1989.

## HEADMASTER'S INTRODUCTION



**Headmaster, Mr. J. S. T. Kamunchuluh in his office**

May I welcome our readers to the Third Publication of our School Magazine. The production of a school magazine is a rare attribute of our institutions of learning these days and such a publication goes to prove our dynamism as a versatile academic institution that does not bask in the glory of mere examination results.

Those who have read our First and Second Publications will find the school history in them, a reproduction missing in this issue. Kabarnet High School is twenty-six years old today with a student population of 629, 37 teachers and 47 non-teaching and subordinate staff. The school has triple streams from Form 1 to 4 and quadruple in Form 6.

The school has done extremely well in both KCSE and KACE examinations since 1986 and expects excellent KCSE and KACE results this year out of our III KCSE candidates and 133 KACE candidates.

The school was placed 40th in Kenya in KCE and 39th in KACE in 1986. There was a drop in 1987 in KACE to 67th position nationally, but retained the much coveted Baringo University Students Academic Trophy. In 1988 KACE the school was placed number 52 in the Republic with 67 candidates qualifying to join our four national Universities. Of the 67, 28 joined University of Nairobi, 10 Kenyatta University and 13 Egerton University. In terms of degree choices, 27 were admitted to do Bachelor of Arts, 14 Bachelor of Commerce, 9 Bachelor of Education, 3 Law among others.

1989 has brought mixed blessings in the area of our curricula activities. The school lost most of its glowing inclines at the District, Provincial and National Competitions largely due to over confidence. I would like to congratulate the Scouts and their Patron, Miss B. B. W. Wegesa for winning the Baringo District Competitions and coming second, behind Afraha with  $\frac{1}{2}$  mark, in the Rift Valley Provincial Competitions held in Kericho in August. Our appreciation goes to the Music Choir, the Science Club and the Lawn tennis player for reaching the Provincials in their respective competitions.

The school ably participated in Nakuru A.S.K. Show through exhibits from the Science Club, Wildlife Club and the Art & Design, Drawing and Design students.

We wish to record that our Volleyball Team won the District Volleyball trophy and a cash token of Kshs 1,000/- in the Nyayo Era Anniversary celebration and one student Rodgers Koech a Trophy in the 25th Anniversary Celebration Art & Design Competition.

The school this year, turned attention to another area of learning and practical work. Each student in Forms 1, 2, 3 and 4 was assigned an individual plot, issued with seedlings and fertilizer. Out of their plots the students were able to feed the school with their cabbages and *sukuma wiki* in May, June, July, August, September and part of October. The students harvested and sold to the school kitchen a total of 4,967  $\frac{1}{2}$  kilogrammes, earning them Kshs 19,870/-. Through these sales the students were able to raise fare, pocket money, cash to meet their daily requirements like toiletries; toilet soap, toothpaste, polish and writing materials eg. ink, pencils, ballpens foolscaps etc, without resorting to their parents, guardians for these petty but executed heads.

Some were able to meet part of their School fees. This is in line with my belief that a student can be to some extent self-reliant and practical.

Alongside the student shambas, the school planted its own beans and potatoes with encouraging yield and maintains the good quality dairy cows, an indigenous tree nursery, citrus fruits and a few banana fruits.

I would like to express our sincere thanks and gratitude to our Chairman, His Excellency, The President, Hon. Daniel T. arap Moi, C.G.H., M.P. for initiating and sponsoring an Annual Creative Writing Competition for our students with a total cash award of Kshs. 10,000/-. The Creative Writing Competition launched by His Excellency, The President on 3rd April, 1989 saw the Creative Writing Panel receive a total of 401 articles from our 629 students from form 1 to 6.

I congratulate the winners of this year's Creative Writing Competition and thank Mr. Simeon M. Mwau, the Panel Chairman, Mr. John K. Cheruiyot, the Panel Secretary, Mrs. Patricia M. Njuguna, Mr. Kibelyo arap Chumba and Mr. Stephen W. Maigua, members and teachers who assisted in one way or other, reading through, marking and judging the articles. The winners are:

| POSITION | NAMES                 | FORM            | AWARD          |
|----------|-----------------------|-----------------|----------------|
| First    | Noah Cherutich        | 6N <sub>2</sub> | Kshs. 2,500/-  |
| Second   | Julius K. Chebarkwony | 3N              | Kshs. 2,000/-  |
| Third    | Mwangi C. Kinyanjui   | 4E              | Kshs. 1,500/-  |
| Fourth   | Dominic Chesire       | 6N <sub>2</sub> | Kshs. 1,000/-  |
| Fifth    | James Gachahi         | 6N <sub>1</sub> | Kshs. 800/-    |
| Sixth    | Anthony K. Sang       | 2E              | Kshs. 700/-    |
| Seventh  | Ndegwa Ngure          | 1N              | Kshs. 600/-    |
| Eighth   | Isaiah Simatwa        | 2E              | Kshs. 400/-    |
| Ninth    | Robert Kisyangani     | 6N <sub>2</sub> | Kshs. 300/-    |
| Tenth    | Francis Kamuren       | 3S              | Kshs. 200/-    |
|          | Total                 |                 | Kshs. 10,000/- |

We sincerely appreciate this timely gesture from our Chairman, His Excellency The President, that will go along way to help our students be creative original, explore and tap their writing skills and talents and improve their proficiency in English, Kiswahili and German. I congratulate our students Charles Limo of Form 4 and Mathew Tuitoek of Form 3 for winning a T-shirt and a certificate respectively in the Iten Maths Contest.

This year the school has been blessed in organising many overseas Educational Trips for the students. We thank the Board of Governors for sponsoring Mohammed K. Ramadhan of form 4 for the two weeks Australian Great Mate Jamboree in December 1988 and Councillor Philemon Chelagat, Chairman of Kabarnet Urban Council and Member of Board of Governors for donating KShs. 15,000 towards Jeremiah Kibet Fund, three weeks educational tour of Britain in April 1989.

We are greatful to the Mayor of Hartz City in West Germany twin met Kabarnet Town, for sponsoring our student John Ekuru for a four weeks Educational Tour of West Germany in August, where Ekuru lived with a German family and attended school in West Germany. We sincerely thank the Kenya-Tennis Society for sponsoring our two students James Kipsang and Jeremiah Koech all of form 1 and one teacher Mr. Fidelis J. Nakhulo for a three weeks tour of Japan in July/August 1989.

Our student Jimmy Gathenga of form 4 was able to participate in the World Junior Philosophers Symposium in Greece between 19th August and 21st September 1989, where he was able to publish his philosophical writings in twenty (20) different languages that sold 8,500 copies, earning him £16,500 (approximately KShs. 330,000).

I congratulate the pool in the fourth Annual Nation Journalism Club Competition. Kabarnet High School won both the Best Original Story and the Best Designed Publication "the first after Lenana School triumph in 1986", to quote the Daily Nation of Tuesday 10th August 1989, page 4. I congratulate David Muruka (form 6 in 1988) for taking the Best Story award with his original story "A Religious Crusade". We thank the Nation Newspaper Limited for their award of three inscribed typewriters.

I congratulate and hope the example will encourage many others to write for the next issue, 1990. May I sincerely thank Mr. Simon M. Mmasi and Mrs. Patricia M. Njuguna for assisting the Editorial Board, for proof reading the Kiswahili and English articles respectively.

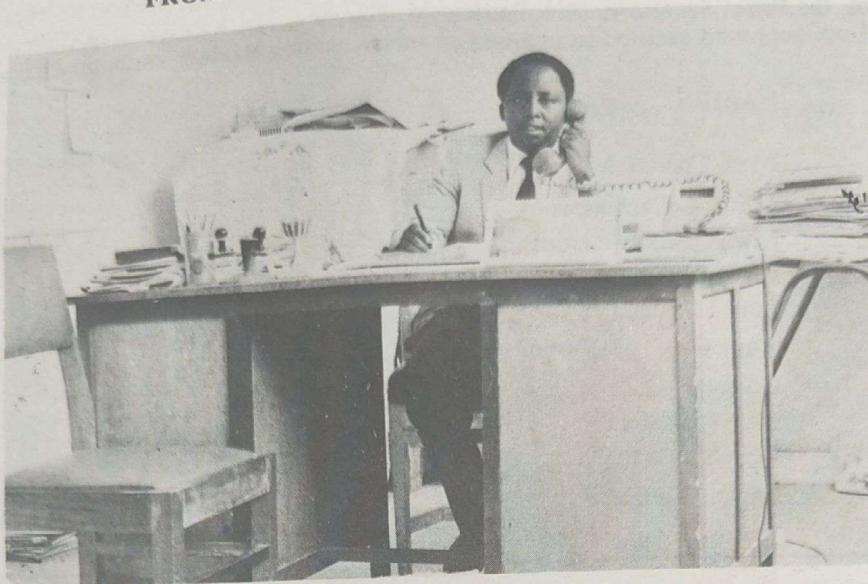
I challenge classes to start wall magazines next year and write for the Annual Creative Writing Competition and the Headmaster's Kshs. 300/- termly Competition.

I appeal to our readers, parents and well-wishers to buy this edition to cover the cost of printing.

J. S. T. Kamunchuluh,  
Headmaster.



## FROM THE DEPUTY HEADMASTER'S DESK



Deputy Headmaster Mr. I. K. Chebet.

I wish to take this opportunity to thank the Editorial Board for the pains-taking effort they have shown to see to the production of yet another School Magazine. It is my earnest belief that all those who have read our earlier editions will realize that we have improved in almost all fields. This doesn't mean that there aren't any short-comings. I wish to appeal to our readers to share with us their experiences and talents in their special fields to improve not only on our School Magazine but also the School set-up in general.

As it is a widely known fact that no society or a single unit - family, school, etc can go on successfully without proper discipline, I wish to reiterate here that the aspect of high discipline has been one of our primary objectives. I wish to take this opportunity to thank our Chairman, His Excellency The President of the Republic of Kenya for constantly reminding us as a school and as Kenyans of this very vital component of life. To many people, especially students, the word discipline has been taken to mean punishment, pain and fear; a word which has got to do with correction of a wrong doer. This is a misconception. Discipline has nothing to do with negative aspects of student life. Rather, it is connected with training and guiding an individual to make reasonable decisions responsibly. Discipline therefore, both at school and at home, should produce young people who

will be responsible and accountable when they become adults; people who should be able to make decisions and accept consequences of these decisions like 'men'. They should not simply 'swim' with the current.

I am happy to report that we have made a headway in as far as discipline in the school is concerned. This is evidenced by our previous performances in academic work and other fields and the fact that there are many great men of our beloved nation who have gone through this institution and are now serving the nation in their own rights in various capacities. This does not mean that we have not had one or two wayward students. This is characteristic of any society but as "one fly is enough to spoil the broth", we will not allow such cases to arise.

Lastly, may I thank all the Board members, especially His Excellency the President for supporting us in every possible way. I also wish to thank the community for the peaceful co-existence we have always enjoyed. Continue supporting us.

God bless this great School.

*Isaiah Kiptum Chebet  
Deputy Headmaster*

## A WORD FROM THE SCHOOL CAPTAIN

It is with great pleasure that I take this opportunity to subscribe to the 1989 Kabarnet High School magazine in my capacity as the School Captain.

As a matter of fact, Kabarnet High School is a wonderful institution, where peace and harmony prevails at all times. For the short period of time that I have been in this school, I have had a nice time as the School Captain and I must say that I am glad and proud to be a member of this school.

In order to get a successful, peaceful and well organised community, it takes alot of time, planning and devotion - and this is exactly what members of Kabarnet High School have done. It is therefore my wish to thank each and every individual who has contributed to the well being of the school and hence making life worth living and forming Kabarnet High School into an able academic institution.

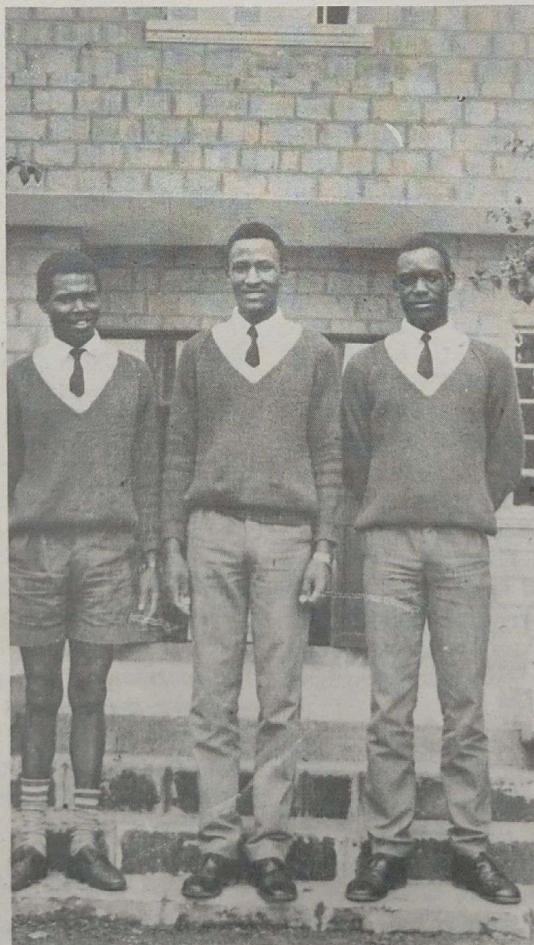
It is clear and quite evident that teachers are very important in any institution and the services they offer are completely indispensable. I therefore thank all our teachers who have worked tirelessly with all devotion to ensure that students

pass their exams. A lot of thanks also go to members of non-teaching staff who have also contributed a lot towards the comfort of the students in the school.

The prefect's body plays an important role in the school's day-to-day activities. Because it links the students' body and the administration. For the period that I have been in office, teachers prefects and students have been very co-operative and I thank them for that. I particularly commend the students for maintaining a very high standard of discipline throughout the year.

Lastly, may I appeal to each and every member of the school community to do every thing possible to uplift and maintain the good name of the school. This can only be achieved by ensuring good performance in national exams, maintaining a high degree of discipline and also excelling in games and other extra-curricular activities.

*Samuel Mwaniki Mwangi  
Form 6E- School Captain 1988/89*



1989 School Captain, Samuel Kimani Mwaniki and his two Deputies;  
Left: Slomon Ngemoi, Form 4; Right: Willy Sammy Lokadio, Form 6.

## A FOREWORD BY THE PATRON



THE PATRON WITH MEMBERS OF THE EDITORIAL BOARD

Left to Right. Tom Lwande (Assistant Editor), Kenneth Ochieng — Editor (Secretary), James Gichahi, Christopher Kimosop, Mr. J.S.T. Kamunchuluh — Patron, Henry Lenairoshi — Chief Editor.

Born on 8th October, 1986, the School Journalism Club becomes three, this year. The first Journalism group came to life with the production of the First issue of school magazine to commemorate the second Parents' Day and Harambee Funds Raising on Saturday 26th September, 1987. Last year, 1988 the Journalism Club was able to produce and publish the second edition to celebrate the 25th Anniversary of Kabarnet High School.

The Journalism Club wishes to dedicate their Third Edition to the Chairman of the Board of Governors His Excellency, The President, Hon Daniel T. arap Moi, C.G.H., M.P., as we celebrate the First Moi Day on 10th October, 1989. This is in sincere appreciation of the inspiration, moral and material support His Excellency the President has given the club since its inception in 1986. His Excellency, the President and Chairman of the Board of Governors, sponsored the printing of the 1987 and 1988 issues of the School Magazine and initiated and launched the First Creative Writing Competition for our students on 3rd of April, 1989. This has spurred our students to creative writing, flooding the Journalism Club with articles of all styles, prose, poetry, jokes and artwork. The best ten articles have been reproduced in this edition.

We, in the Editorial Board have come to accept the School Magazine as the Annual attraction, we offer to the entire School, the local community and the reading community at large. The Editorial Board feels that the production of a School Magazine is their way of appreciating and thanking the School Administration and the Board of Governors for their tireless efforts and endeavours to create an environment that is viable and conducive to the upbringing of healthy students, mentally, physically and morally.

Through the School Magazine the Editorial Board aims at communicating to the human race what the students and

teachers in Kabarnet High School do in and out of School, feel and think about the world around them. Hence between these covers you will read scholarly articles, articles for humour and articles with a moral teaching. The Editorial Board requires students to tap their fertile minds and uniting skills to come up with original works for printing. It encourages students to feel absolutely free to express themselves in this "Students Forum" and to take unity as a hobby and a habit.

The Editorial Board was able to organise a visit to the Mwangaza Newspapers in Kabarnet Town, to receive valuable information on media; news collection, editing, printing, the aims, duties and the life of a journalist.

The club was able to sell 365 copies of the 1988 Edition at Kshs. 20 a copy, proceeds which go to subsidize the printing of the 1989 issue.

The members of the Journalism Club have throughout the year, kept the school entertained and informed through their Feature Articles, cartoons, sports and games reports and events within and without the school.

The Journalism Club achieved the impossible this year, by scooping the pool in the 1988 Nation Journalism Club Competition, winning both the Best Original Story and the Best Designed Publication, beating giants like Lenana, Starehe and Alliance. The Journalism Club won two inscribed typewriters for the school and one for David Muruka for the Best Article. May I sincerely thank the Journalism Club and David Muruka for this feat.

My sincere thanks go to Mrs. Patricia M. Njuguna, the Head of English Language and Literature Department, and Mr. Simon M. M'masi, the Head of Kiswahili Department for sacrificing their time, energy and leisure to read through the English and Kiswahili articles respectively. The Editorial

Board recognises their sacrifice and tolerance with a big THANK YOU, the highest reward they can afford.

Much of the work of collecting, selecting and editing of the student articles was done by their Editor-in-Chief — Henry Lenairoshi. Special tribute goes to the Editor-in-Chief, Tom Lwande (Secretary), Kenneth Ochieng (Treasurer), Albert Tugei (Sports Reporter), Benard Njoroge and Charles Wambiru (Topical Reporters), Christopher Kimosop and the Entertainment Commentators Abdullahi Nassir and Muturi Kimani.

My sincere thanks goes to all those who have contributed articles for this Edition and encouragement to those whose articles do not appear to take heart for there is next year.

May I congratulate the in-coming officials of the Journalism Club on their election and challenge them to live to the expectations of keeping the school informed, entertained and producing an annual School-Magazine.

The Journalism Club has the twin ambition for 1990; to teach its members typewriting and photography. The club welcomes a donation of a camera from any well-wisher(s).

The Journalism Club sincerely thanks The board of Governors for sponsoring this publication.

Thank you,

*J.S.T. Kamunchuluh,  
Patron,  
Kabarnet High School,  
Journalism Club.*

### A WORD FROM THE EDITOR

Here again is our third Edition of Kabarnet High School Magazine. It is my wish and sincere hope that this edition would satisfy your needs as the previous one or even better. As a matter of principle, we feel compelled to give a light picture to our readers of what Kabarnet High School is.

From the Journalism club, we throw a vote of thanks to all those who bought our previous magazines for indeed, it was a source of greater inspiration and it gave us the boost to produce yet another School Magazine.

Our thanks also goes to all who helped in selling the 1988 issue and hope that they will maintain the same spirit in selling this year's Magazine.

Producing a Magazine is really not an easy task, it requires devotion, determination and self sacrifice. The only way we, the Journalism Club, and the school can feel appreciated is through your attention, readership, criticism and reception, through these feedback, we can mould a better Kabarnet High School and the society at large. In that light therefore, this magazine would be worth your money.

I take this opportunity to express my apology for not producing the magazine in time due to unavoidable circumstances, nonetheless, the school has been able to

record commendable successes despite having not attained its normal perfection; our 1988 "A" level results were among the top hundred schools in the Republic, eighth in the Province and second in the District. It is our earnest hope that this year's "A" & "O" level results would achieve even greater academic excellence.

All said and done, we owe much of the support and generosity to His Excellency the President Hon. Daniel arap Moi, C.G.H. M.P. who sponsored the production of the two previous editions of our School Magazine and more so, he has launched a creative writing competition in our school as a show of inspiration to students and concern for excellence of our education. Our appreciation therefore, can only be shown through discipline and good examination results in our forth coming examinations this year and in future.

I therefore take this opportunity to thank the headmaster who is also our Patron, the teachers and Journalism Club members who took their time to go through the successful production of this issue that fosters our school Motto 'STRIVE FOR SUCCESS'

*Henry L. Lenairoshi,  
Chief Editor.*

## LETTERS TO THE EDITOR

### A DAY IN KABARNET HIGH

Klang! klang! Klang!  
The bell rings  
What is the time?  
It's five thirty in the morning.  
Oh! time to wake up.  
Time to get off the sweet bed,  
Away from sleep and dreaming,  
What do we do now?  
Prepare ourselves,  
Wash your face, brush your teeth, comb  
your hair  
you name it.

Ding! Dong! Ding! Dong!  
What's the time now?  
Exactly six in the morning  
where's my mug? where's that quarter you  
bought  
And then a racing spree, where?  
To the D. H. an unforgettable place,  
A place one will never forget, it's  
unavoidable  
Fifteen minutes go and it's time for cleaning.  
minutes tick by, and it's time for class.  
time for prep, time to read ahead,  
for better understanding.

Tick! Tick! Tick! minutes go and then into  
an hour,  
Assembly. Announcements, instructions and  
a hymn  
Eight fifteen comes. Lessons begin,  
Lessons flow by upto past eleven,  
the break with the gold black gold,  
The black African gold coffee,  
  
Then comes the two lessons before .....  
Lunch.  
Lunch and the famous murram,  
Murram which at just the smell,  
saliva flows at the corner of many mouths.  
Murram which takes the first place in all  
foods  
although it's unknown to the world,  
I nominate murram the top of the foods,  
It makes many people unaware of classes.

Hey man! its one forty five.  
Oh! how time goes,  
Time goes, and lessons flow,  
and it's four in the afternoon,  
Time for the appetizing tea.  
What follows?

It's games - T.T., football, volley,  
badminton, lawn tennis, hockey - you name  
it.  
The fields and pitches are filled with  
colours,  
A beautiful rainbow -sort of colours,  
The long awaited time comes.  
Supper time, Ugali, Vegetable, Meat, Oh!  
minutes go, an hour comes.

Time for prep,

It's time to read, time to work hard,  
Time goes, seconds into minutes, minutes  
into hours,  
Two and a half hours and Klang!  
T.V. in short and Television in full, News,  
The best time to see what's going on in the  
outside world.

Tick! Tick! Tick! half an hour news, ends,  
A few chapters of Okonkwo  
And it's ten thirty  
Time for what?  
time to sleep, to go back to my sweet  
Sweet and lovely bed,  
The bed I'll never forget,  
NEVER!

by Vincent K. Labatt,  
Form 3 East

### A TREE'S COMPLAINT

To you  
Our beloved man  
of the country Kenya, the services  
we offer to you and other  
animals are very important in  
your lives. The services like bringing  
rain, covering the soil from the fierce sun  
shine,

brings life in the country. But, why  
cut us down as if  
we are enemies?

if only you  
can take  
care of  
us, your  
lives  
will be  
safe.  
And  
cutting  
us down  
will mark  
the end of life.

By Isaac K. Koimur,  
Adm. No. 3326  
Form 2S 1989

Kwanza kabisa, ningependa kuwashukuru  
kwa kazi kabambe mlionfanya mwaka jana  
kwa kutoa jarida zuri sana. Tulisoma na  
kufurahi sana. Ni matumaini yangu kuwa, la  
mwaka huu litakuwa tena zuri sana kwa  
wasomaji wote.

Mhariri, nina jambo moja ambalo  
ningependa kutoa kwa jamii yetu hii ya  
Kabarnet na Kenya kwa ujumla. Jambo hilhi,  
ni juu ya matumizi mabaya ya lugha. Katika  
jamii iwayo ile, lugha ni kitu  
kinachochukuliwa kwa fahari, na basi mimi  
vile vile kwa wakati huu, naudhika sana  
nikiona kuwa lugha ya Kiswahili  
inachafuliwa sana.

Vijana wa siku hizi wanapendelea sana lugha  
ya 'sheng', ambayo huwaingiza katika  
kuchanganya Kiingereza na Kiswahili. Hii  
kama "nitacome kesho", haupatii lugha hadhi  
yake. Ikiwa vijana watajiepusha na 'ki-  
sheng' basi Kiswahili hakitalaumiwa kuwa  
hakina usafi!

Jinsi neno 'TUNA' linavyotumiwa na baadhi  
ya vijana, hupotosha sana. Maana kamili ya  
neno hili, ni hali ya mtu kufura au kuvimba  
kwa hasira na pia linamaanisha ugonjwa  
fulani. Lakini jambo la kushangaza ni kuwa,  
neno hili linatumwiwa na vijana kumaanisha  
hali ya kulala au kumpumzika tu kwa  
kitanda. Utawasikia wakisema, "naenda  
kutuna bwana", wakiwa na maana ya kulala.  
Kwa hivyo, tujaribu kujirekebisha ili  
tuutumie huu msamiati kwa njia inayofaa.

Chambelecho wahenga, "mwacha asili ni  
mtumwa"

Kizito Musihe  
Form 6S 1989

### SELF DISCIPLINE AND HARD WORK

Sir,

Self discipline and hard work are the  
cornerstones upon which the success of  
Kabarnet High School is built. These are the  
school's guiding principles.

Self discipline simply means to have the  
capability to direct oneself to do the right  
thing at the right time. It is based on one's  
conscience. It also entails one having respect  
for himself. One should ask himself if what  
he is doing is expected of him.

On the other hand, hard work entails one's  
commitment to his work. One should love  
and be committed to his work knowing that  
success cannot be obtained on a silver platter  
but through hard work.

A student has to be guided by these two  
principles of self discipline and hard work. If  
one is guided by these principles, there is no  
doubt that he will be successful. Remember  
the school's motto: Strive for success.

By Francis K. Kiptoo  
Form 6S

### COME ON SMOKER

Dear Sir,

Is it really a pleasure to relax smoking a  
cigarette, - inhaling nicotine!? Well, a  
pleasure it may be to you. BUT DO YOU  
KNOW THAT:

In pure form, nicotine is a violent poison! One drop on a cat's skin throws the cat into instant shock; The nicotine content of a trifle more than two cigarettes, if injected into the human bloodstream should kill a smoker swiftly.

Therefore friend, why play with your life? You were born free without any smell of cigarette in you and your environment, then why fall in love with this thriller?

Did you know that if you smoked a packet a day, you inhale 400 mg. of nicotine a week, which is double the injection that would kill you as quick as a bullet. Why love this slow silencer?

*Lwande Thomas  
Form 3N*

### MONEY IS PART OF LIFE

Like it or not, money is an important part of our lives.

It might be true to say that money can't buy happiness, but lack of money can certainly contribute to a lot of unhappiness.

Properly managed, money can enhance family relationships, it can be a spring board for family discussions that will help the entire family pull together for a common goal.

A family staggering under the oppressive weight of debt is obviously under more strain than the debt free family.

Life without money is a hopeless life. Money is the main source of survival. With it, one can have food, clothing and shelter. Without it, it is almost impossible to live. The quality

of one's life is determined by how much money he has and how he uses it.

Money is undoubtedly part and parcel of life.

*By Francis Kiptonon  
Form 6S*

### WORLD PEACE

Before the outbreak of the first world war, nations had built the peace palace in Holland. Voices everywhere were claiming peace forever. Then came the thunder of the guns!

Before the world war II, prophets of peace declared that there would be no other world war. However, the League of Nations was unable to maintain world peace and bombs started exploding.

Then, came peace and the United Nations, the great powers declared their desire for peace and started making international agreements. Despite all these, Korea, South Africa, Vietnam and Middle East are still at war and the shadow of nuclear war looms over the world today.

Honestly speaking, the world peace will still remain a dream as long as greed, envy, hate, struggle for power and what the Bible calls 'sin' are in the hearts of man. Until these evils are uprooted, there will be no peace in this world. God cannot possibly say "peace be unto you" to the people of this world until their hearts are turned to him.

*Samuel Mwaniki  
Form 6E*

### TEGA SIKIO

Ni dhahiri kwamba shule hii ya Kabarnet imejiedeleza vizuri mwaka huu kwa upande wa elimu Kutkana na vile ratiba ya mwaka

wote iliyowekwa na mwalimu mkuu wa shule Bwana Kamunchuluh huenda ikaleta mabadiliko makubwa kuliko miaka iliyo pita yote.

Mabadiliko hayo yatakuwa ni kufaulu au kufuzu vizuri kwa wanafunzi wa kidato cha nne na sita. Kuna mambo kadhaa, ambayo huenda yakawa yanaleta makisio kuwa kutakuwa na matokeo mazuri, nayo ni kule kuregea mapema shulenii kabla ya vidato vingine wiki mbili.

Nao walimu hawakusita kuwafunza barabara kabisa. Kazi kubwa ambayo walimu wamegawanya ili kuona kwamba ratiba hii ya 8-4-4 imemalizika na wanafunzi wameelewa mambo yote. Kwa kuwa kila mwanafunzi anatakikana afanye karatasi kumi, Waalimu wamegawanya ili kuhudumia kila somo barabara. Wanafunzi wamefanya mitihani miwili ya kuiga na mazoezi yasiyo na mapumziko. Jioni, Asubuhi, Usiku, utawakuta walimu madarasani. Mbali na kuingia madarasani kusoma, pia, wanafunzi wamepeewa ploti ndogo za ardhi ya ukubwa wa mita mbili mraba. Hii huwawezesha kujipatia elimu ya kutosha na pia pesa zao za mfuko. Usisahau kuwa hakuna malipo yoyote ambayo wanafunzi hulipa ili kupata hili shamba pia vifaa vya kutumia kama vile jembe, panga hupewa bure kutumia.

Heko Kabarnet kwa ustadi wako. Heko Kamunchuluh kwa usimamizi mzuri tena wa busara. Yetu ni Kukuunga mkono wa dhati.

*James Njuguna  
Form 3S*

Doctor: Did you ever use dirty spoons at home?  
Petra: Aah! daktari hapana use that but as I was eating today it fell on the floor"

Doctor: And did you use it?

Petra: Yes doctor

Doctor: Why, yet you know that germs are on the floor?

Petra: Oh! No, I used it because as it fell on the floor, it crushed all the germs dead.

*BY ANTONY BIWOT*



## DEPARTMENTAL REPORT



## HEADS OF DEPARTMENTS

## LEFT TO RIGHT:

Front Row: Mrs. M. C. Kidenda, Mr. D. Cheruiyot & Mr. D. Gichuhi.  
 Second Row: Mrs. P. Njuguna, Miss A. Aketch, Mr. S. M. M'masi, Mr. O. M. Munguti, Mr. Kisuya  
 Third Row: Mr. S. W. Maigua, Mr. K. Chumba, Mr. S. Embeiywa, Mr. G. L. Sitienei, Mr. A. Okiria.  
 Back Row: Mr. F. J. Nakhulo and Mr. B. Ruto.

ENGLISH LANGUAGE, LITERATURE  
DEPARTMENT

The English Language, Literature department comprises the following teachers:

Mr. Isaiah Chebet  
 Mrs Patricia Njuguna  
 Mr. Shitiavai Lungai  
 Mr. Simon Mmasi  
 Miss Beritha Wegesa  
 Mr. Kibelyo Chumba

These teachers have an overous task of ensuring that the boys master the skills which are inherent in both English Language and Literature. The teachers are doing a commendable job.

This year augured well for our department and the school as a whole, with the opening of the Kenya National Library Service just next to our school. All students have access to the Library and can borrow books of their choice. The School no longer has to spend its meagre resources on buying class readers.

The form four East Literature 'students under the guidance of Mr. Chebet, were able to produce the play entitled "Betrayal in the city" by Francis Imbuga. They did a commendable job and the play has been quite a success. They have managed to stage the play in the neighbouring schools and it has been received quite well. Apart from being able to gather some money from their various performances, they now have a better understanding of the play. The lower forms have now been given the challenge of producing their own literary plays. Let them rise to the challenge!

Our bone of contention with the boys is that they 'have thwarted all our efforts to make them speak English during their leisure time. Immediately they leave their classes they

revert to speaking in their mother tongue. "Anything worth having is worth working hard for". - Nothing of value can be gained without hard work. Students should therefore strive to improve their fluency in the English Language by speaking it whenever it is possible.

It is our sincere hope, that with students' effort and the teachers guiding them, we shall be able to improve the standard of English in the school to be even better than it is now.

*Mrs. Patricia Njuguna  
Head of Department - English/Literature*

## C.R.E. DEPARTMENT

## Members

Mr. G.S. Lung'ai  
 Mrs. E. Kamengere  
 Mr. O. Munguti  
 Miss L. Kamau  
 Mr. D. Midiwo

As a subject C.R.E. is one of the most popular in School. It is essential to note that it has been one of the subjects best done in school for many years with an exception of last year when the standards in perfomance dropped tremendously.

We in C.R.E. department face a big challenge this year; the preparation of the last group of the old system of education and the first group of the new system of education. We indeed realise the importance of closing the old system of education and opening the new system on a successful note. As a result of this realisation, it is our decision to get involved and involve students in the completion of the syllabus in time and in thorough revision. We have felt that in order for us to live up to the expected goals, we need to involve students in various symposiums either carried out on

our compound or in other schools. While providing the necessary guidance. It is also our wish to get various mock papers from various districts and have them done and discussed as part of our revision exercises. It is our hope that in so doing, we shall live to our expected goals.

Apart from the academic success, it is our hope that when teaching C.R.E. we offer students an opportunity to develop into good future citizens, who will be able to make sound judgement on given issues basing it on Christian principles.

1989 being a special year in the education calender for secondary schools in this country, there is noo otherwise but to wish our 'A' and 'O' level candidates enjoyable study of C.R.E. and meaningful success in their exams.

*Head of C.R.E. Department  
Mr. G. S. Lung'ai*

#### DEPARTMENT OF GEOGRAPHY

The following are members of the department:

Mr. F. J. Nakhulo (Head of Department)

Mr. Odhiambo

Mr. Adhoch

Mr. Cheruiyot J.K.

Mr. Tuitoek W. K.  
Mrs. Kamengere  
Mrs. Kitui

Geography is one of the most popular subjects among the students, especially those in "A" level. It is a compulsory subject in the 8-4-4 syllabus. Because of this, the department is a large one, comprising of at least seven qualified staff. We in the department have always wanted to achieve excellent performance in Geography. And to attain this target, the members have resolved to work as a team and to ensure coverage of syllabi.

The 1988 A—level results have shown that team-work can lead to better results. Geography was the best done subject that year, and we hope to stretch the lead and make the subject even more popular.

With team work, no doubt both the A—level and the 8-4-4 syllabus will be completed well before the national examinations.

Thank you.

*John K. Cheruiyot  
for Head of Department*

#### AGRICULTURE DEPARTMENT



Agriculture students taking practicals at the School Dairy Farm.

Agriculture forms the backbone of our economy therefore, the subject is being taught in many 'schools, with the introduction of 8-4-4 system.

In our school, Agriculture, was started in 1971 with a few students. Today, the subject is very popular among the students. It is taught to the following classes: Form one, Form two, two classes in Form three and 84 students in Form four.

There are two teachers in the department:

Mr. Daniel K. Cheruiyot

Mr. Geoffrey N. Njuguna

We have the following facilities to help us teach effectively:

- a) Fairly equipped workshop
- b) School farm which consists of Dairy Cattle, Commercial farm,
- c) Demonstration farm and Students plots from form one to four.

The first 8-4-4 students are going to sit for their exams this years, 1989. For the previous years the students have been doing very well in the subject and we hope they will do the same this year.

This year the form fours were able to supply the school, teachers, school workers and the community around with their vegetables for two months and they will continue

doing so next term. The students earned a record of Kshs.15,000/= from the sale of vegetables and they will earn more early next term when we fish up with Agriculture projects.

We have tried very much to prepare the students adequately so that they can achieve good results, we intend to achieve good results by:

- i) Covering the syllabus for the form fours the first two weeks of third term
- ii) Team teaching
- iii) Class discussion
- iv) Answering more questions

The Agriculture paper (332) will be made up of three papers i.e. Paper one (theory), paper two (practicals) and paper three (projects).

We are also grateful to a number of resource persons who have contributed in a number of ways in trying to prepare our students well

e.g. the Ministry of Agriculture and Livestock (Kabarnet) etc. Our students were given a lecture on A.M.S. by Mr. Lotodo, the A.M.S. Manager co-ordinator.

With all these contributions we pray and hope that our students will do well in the forth coming exams.

Hard work brings success.

*Daniel K. Cheruiyot,  
Head of Department.*

#### BUSINESS EDUCATION DEPARTMENT

The department is well represented in all the classes right from form one to form four. In form one there are two streams which are taking the Business education course. This is the same in form two. In form three, there are two streams which are taking Accountancy course and in form four, there is one stream which is taking Accounting and another one taking Commerce.

In the first two years, the students usually take a general course in Business Education. It is a sort of "mixed grill" for it comprises of Commerce, Economics, Office Practice and Accounting. It serves as paper one of any of the specialized courses which one takes in form three and four. Hence, it should be taken very seriously. It also builds a firm foundation to any of the specialized courses taken in form three and four.

In the next two years the students are supposed to select a specialized course. In my department, we have three options namely; Accounting, Commerce and Economics. The current form three selected Accounting and Economics while the current form four selected all the three. This course forms the paper two of each specialized course.

This year will see this department presenting candidates for the Kenya Certificate of Secondary Education in Accounting and Commerce. Economics has been absorbed

by the Economics Department. To all the concerned students, mine is to wish them the best of luck in their final exams.

*David Gichuhi,  
Head of Department.*

#### HISTORY DEPARTMENT 1989

History as a discipline has continued to be very popular in Kabarnet High School. While it has always been a question of choice, in our 8-4-4 system it is now a compulsory subject where the candidates will sit for papers (111/1 and 111/2). It is a new and a great challenge which our candidates cannot afford to take lightly.

In 'A' level our candidates will as usual sit for their African history P211/6 from 1855 to 1914 and European history P211/3 from 1789 to present.

For quite a number of years, the History department has faired on quite well for it has always been among the top three. In 1988, we had 75 history candidates who sat for the 'A' level exam and all of them passed.

This year, we have 111 form 4 candidates and 61 'A' level candidates. It is our intention to excel. Our emphasis in form 4 and 'A' level is on quality grades. We have a large dedicated task forces of seven teachers. They include:

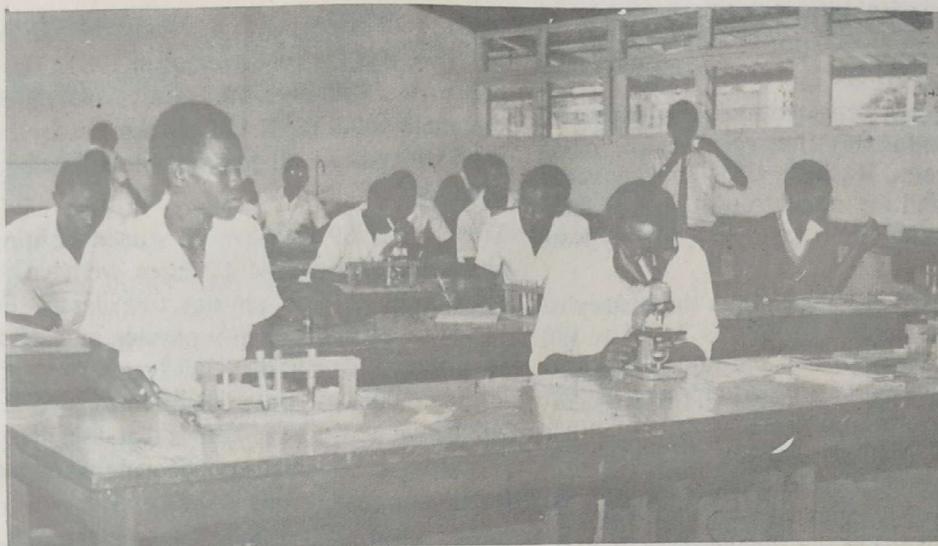
1. Miss Kamau L.
2. Mr. Midiwo G.
3. Mr. Odhiambo M.
4. Mr. Tuitoek W.
5. Mr. Chumba K.
6. Mr. Munguti M.
7. Mr. Sande W.
8. Mr. Kamunchuluh J. S. T.

In order to improve our overall history performance this year, we have devised several strategies:

1. To try to cover our syllabus as early as possible.
2. To try as much as possible to attend and participate in symposiums.
3. To foster student to student discussion.
4. To encourage research and presentation including impromptu presentations.
5. Embark on team -teaching where necessary.
6. Encourage consultation of teachers by students.
7. Encourage students to research in the school library as well as the Kenya National Library.
8. Revision and drilling aimed at bringing the understanding and approach of questions by students to a near perfections.

May I on behalf of the department appreciate the concern and support that has been shown by our Headmaster Mr. J. S. T. Kamunchuluh in financing, encouraging and personally attending discussions both in our compound and in other schools.

*Munguti O. M.,  
Head of History Department.*



Kabarnet students at work in one of the Laboratories.

### CHEMISTRY DEPARTMENT

Chemistry is a very important subject as it involves man and his surrounding. By definition, Chemistry is the study of the chemical make-up and behaviour of a substance. It is the science which studies the substances (elements) which make up the earth, universe and living organisms, how these elements combine with each other, and how they behave under different conditions.

The clothes we wear, the items (plastics) we use, the water we drink, the food we take and so on, all have chemical substances within them. This shows the vital part chemistry plays in the survival of mankind.

Kabarnet High School offers the subject (chemistry) at both 'A' and 'O' levels. The 'A' level is being phased out and with the last form six class doing its exam this year. The trend has shown that the results of the subject have been improving year after year since it began in 1984.

The following are the actual KACE Chemistry results over the years:

|      | A | B | C | D | E | O  | F  | Total candidates |
|------|---|---|---|---|---|----|----|------------------|
| 1985 | 0 | 0 | 2 | 1 | 2 | 5  | 3  | 13               |
| 1986 | 0 | 0 | 0 | 3 | 7 | 9  | 14 | 33               |
| 1987 | 0 | 0 | 2 | 3 | 4 | 11 | 10 | 0                |
| 1988 | 0 | 3 | 3 | 3 | 4 | 6  | 3  | 22               |

The 'O' level syllabus has changed. The previous 'O' level chemistry syllabus was not poorly done. The school is well placed in its performances since each year, the school has been able to get some students with a distinction one and very few failures.

The modern approach to the subject is practical oriented and emphasised in the 8-4-4 system of education. This makes the subject more interesting and also easier to understand as the students can see and probably be able to follow some chemical reactions.

Currently, the school offers both pure science chemistry and physical science chemistry. Our hope is that the current

form fours will keep up the previous good results of the subjects.

The department is currently manned by Mr. S. Maigua Head of department, Mr. J. Bafirawala and Mr. F. Mbugua. The department is fairly big as 13 classes out of the total 17 classes in the school take chemistry.

All in all, the department is doing well and hope to do better in the future. We expect good 'O' and 'A' level results in 1989 exam results.

S. Maigua,  
Head of Department.

### MATHEMATICS DEPARTMENT

Mathematics is a branch of human knowledge comprising of algebra, statistics, geometry, computer science, probability, arithmetic etc. Mathematics is supposed to make students useful members of the society. The Mathematics Department is charged with producing students who not only know mathematics but should also be able to apply it in their everyday life.

The present school curriculum emphasises technical education and mathematics plays a very important role in technical education. It is applied in all fields of technical education.

Mathematics is also applied in all physical and social sciences. Concepts which were developed many years ago by mathematics 'wizards' such as Demoivre's, Gauss, Pythagoras are still applicable. Demoivre's theorem is applicable in engineering.

The Mathematics Department has nine teachers:  
 Mr. Rutto - Teaches Form 6E/N, 4E/S - Head of Department  
 Mr. Metet - Teaches Subsidiary Mathematics in Form 6  
 Mr. Maigua - currently deployed in Chemistry  
 Mr. Embeiywa - Currently deployed in Physics  
 Mr. Okiria - teaches Form 3N  
 Mr. Mbuthia - teaches Form 6E/N, 4N and 3E

Mr. Adhoch - teaches Form 3S, 1E and 1S

Mr. Gichuhi - teaches Form 2E/S

Mr. Biwott - teaches Form 2N/1N

In syllabus coverage, we have covered most of the content and we are going to comfortably finish Forms 1, 2, and 3 syllabus easily in third term. We have also almost covered Form 4 and 6 syllabus and we intend to use most of third term for revision and testing. We hope to give weekly tests next term.

We also managed to set for the first time in the history of the school a mathematics contest for Forms 3 and 4. We have plans of involving Forms 1 and 2 in future. We also had ten Form 4's and five Form 3's participating in Iten Annual Contest early this term with Charles Limo of Form 4 winning a T. Shirt and Mathew Tuitoek of Form 3 a Certificate. We have also decided as a department to be giving students at least 3 continuous assessment tests every term. We hope all this will enable our students to do well in national examinations.

Mathematics results in KACE and KCE has been experiencing an upward trend for the last 5 years. We hope the performance will continue in the same progression in future. We have ambitions of making mathematics one of the most 'loved' subjects in the school.

May I take this opportunity to wish the Forms 4 and 6 success in District Mock and in National Examination. May God guide the school to even greater achievements.

B. Rutto,  
Head of Mathematics Department.

#### ART AND DESIGN

Art and Design Department is one of the smallest departments in the school. It was started in January, 1986. We have one teacher and 38 students in this department. 8 in Form four, 3 in Form three, 16 in Form two and 11 in Form one.

The school has been doing everything possible to keep the department going. We have not been able to get all we require but we are positive that whatever else we need will be realised in the near future.

Art and Design is mainly a practical subject, I would say 70% practical and 30% theory. A student who utilizes four years well in this department has a variety of openings in the future, for example he could join textile industries, join commercial art field, ceramic industry, he could even become a free-lance artist and pick on an area or two to major in for example painting, carving or weaving just to mention a few.

We have our first group of Art and Design students sitting for KCSE Examination this year. We wish them the best.

Mary Clare Akinyi,  
Head of Department.

#### PHYSICS DEPARTMENT

The teaching members of the department include:

Mr. Bafirawala J.

Mr. Metet B. K.

Mr. Embeiywa S. M. (Head of Department)

The school offers physics at both 'O' and 'A' levels. At 'A' level we had the first attempt in 1987. The second attempt came in 1988 and the result was quite encouraging. Although out of the 7 students who sat for the exam, 2 failed the 5 who passed, all got principles allowing them principles A and B.

This year 1989 we have 15 students sitting for 'A' level physics and for the 8-4-4 classes, we have one class - Form 4E, sitting for 'pure' physics, two classes- Form 4S and 4N sitting for physical science physics. It is the first attempt we are going to have in this new system both at the school and in the country at large. It is hard to predict how the result will be but all I can say here is that, as a department we have prepared the students very adequately and we pray for them to bring us good results in the two levels.

Before concluding, I wish just to say what has been said by other people that physics is very important in National development. We achieve this objective because people have been conducting researches and applying their new findings as engineers, architects and in other fields. When our research fail to achieve the objectives, we always go back to the basic sciences i.e. physics, Biology, Chemistry and Mathematics for knowledge. Looking at the basic sciences from this point of view, one cannot really doubt their importance in the current technological age. With this in mind I have no alternative but to point out here again that physics being one of the basic sciences, it is indeed very important in National development. Thanks to the 8-4-4 system of education for making sure that all the boys and girls in the Kenyan secondary schools do physics. Thank you.

Embeiywa Samuel,  
Head of Physics Department.

#### IDARA YA KISWAHILI

Idara ya Kiswahili ni mojawapo ya idara muhimu sana katika shule hii. Hii ni idara ambayo yahusika na wajibu wa kukuza na kusambaza Kiswahili. Hili si jukumu rahisi.

Lugha ya Kiswahili kama somo jingine lolote yahitaji kujitolea kwa wale wanaohusika. Walimu ni lazima watekeleze mambo yanoyowahusu yaani kufunza na kutoa tamrini za kuridhisha kulingana na silabasi. Kwa upande mwingine, wanafunzi nao wanawajibika kujifunga nira kwa kuona ya kwamba wanatekeleza yetu ya kujifungia. Ikiwa ~~wetu atatekeleza yanayomhusu, ni wazi kwamba tutafua dafu kwa maazimio yetu - kwani chembilecho wahenga umoja ni nguvu, utengano ni udhaifu!~~

Walimu na wanafunzi wa shule hii wameshirikiana katika kila jambo ili kukuza Kiswahili. Ninatumaini ya kwamba msimamo huu utaendelea kusisitizwa daima dawama. Kulingana na ushirikiano wa siku zilizopita, mafanikio makubwa yameweza kupatikana. Heko kwa wale wote waliohusika!

Matokeo ya kitaifa yamevutia sana katika somo hili katika shule yetu. Ingawa hatujafikia lengo tunalolipigania, lakini kwa ~~liasi~~ twaweza kusema kwamba haya matokeo ni

mazuri. Tukilinganisha matokeo miaka mitatu iliyopita tunaona ya kuwa tumepeiga hatuu moja-mbili mbele. Ukitazama jedwali, unaweza kujiamulia mwenyewe.

|      | A | B | C  | D  | E  | O  | F | Jumla |
|------|---|---|----|----|----|----|---|-------|
| 1986 | — | 3 | 8  | 10 | 12 | 7  | — | 40    |
| 1987 | — | 6 | 10 | 16 | 12 | 18 | 5 | 67    |
| 1988 | — | 2 | 15 | 12 | 11 | 18 | — | 58    |

Hapa, inabainika wazi ya kwamba walimu na wanafunzi walijibidiisha ili kupata matokeo haya mazuri. Hakuna yeote aliye anguka katika somo hili mwaka uliopita. Bado hatujafikia kilele cha mafanikio. Nina matumaini ya kwamba tutafanya vizuri mwaka huu.

Mwaka huu, tuna wanafunzi arobaini na sita (46) katika somo hili kiwango cha 'A' Hawa, ndio wanafunzi wa mwisho wa mfumo wa zamani.

Kwa upande wa kidato cha nne, tunakabiliwa na jukumu kubwa sana kufanikisha wanafunzi hawa katika mtihani wao. Hawa ni waanzilishi wa mfumo mpya wa 8-4-4, kwa hivyo, walimu wana mzigo mkubwa sana wa kuona ya kwamba wanafunzi wamefanya vizuri sana kama njia ya kuwapa motisha wale wanaobaki. Tunatumaini kwamba, hawa wanafunzi watafanya vizuri mwakani. Idadi yao ni 111. Hii idadi si haba.

Kwa kusema kweli, si kazi rahisi. Hata hivyo, penye nia pana njia, wahenga walineni. Endapo sisi sote tutatekeleza tunayopaswa vilivyo, hatuna budi kufanya vizuri.

Njia ya peke yakufanikisha mfumo huu ni kujitolea mhanga kazini. Jukumu hili liko mikononi mwa walimu wafuatao katika idara hii:-

1. Bi. S. Akech
2. Bi. A. Ndirangu
3. Bi. B. Wegesa
4. Bw. S. M'masi (Mkuu wa Idara)

Ninaamini ya kwamba watajitolea jinsi walivyojitlea siku za kisogoni. Halikadhalika, nataka kuwapongeza kwa jitihada zao za siku zilizopita na kuwashimiza waendelee na mwenendo huo.

Tumeweza kuandaa majadiliano shulenii sisi kwa sisi na hata sisi na shule zingine. Njia hii, imeweza kuwapa wanafunzi fursa ya kujipima, kujikadina na kujipeleleza viwango vyao dhidi ya wanafunzi wengine. Nitumaini ya kwamba taaluma wanoyoipata inawasaidia kuweza kujikosoa wenyewe pamoja na walimu. Tutaendelea kutayarisha mikutano kama hii siku za usoni.

Tumeweza kuwa na mijadala hii kwa ajili ya ushirikiano wa kila wote wanaohusika. Shukrani zangu nazisheheneza kwa mwalimu mkuu, J.S.T. Kamuchuluh kwa kuitikia na kutatua matatizo yetu ya idara bila kukawia. Mara kwa mara, ameweza kutununulia vitabu vya matumizi tunapomwendea. Heko!

Hali kadhalika, ningependa kushukuru halmashauri ya shule kwa misaada yake kwa shule-ambayo imetusaida sana.

Njia ya pekee yakuwatolea shukrani, ni kuwa wanachi bora na wazalendo ili kuliendeleza Taifa letu tukufu. Tutaweza kufanya hivi kwa kujivunia lugha ya Kiswahili, kuitumia kila mahali na kuionea fahari. Tusifedheheke kuitumia. Hii

ni lugha yetu, inatufanulia utamaduni wetu, inatutambulisha na kutuunganisha pamoja kama watu wa Taifa moja lenye nia moja.

Kwa kumaliza, ningependa kuwapongeza na kuwashimiza wanafunzi wasilaze damu. Jikakamuerii vilivyo.

Ahsanteni sana.

Bw. S. M'masi,  
Mkuu wa Idara.

## BIOLOGY DEPARTMENT

The following are teachers in the department:

Mr. Kisuya  
Mrs. Kitui  
Mr. Cheruiyot  
Mr. Njuguna

The department lost two members who left the school in the course of the year. The two teachers were.

1. Mr. Kamengere
2. Mr. Mbugua

Biology is offered to all students in forms 1 to 4 and one class at 'A' level. Under the 8-4-4 system two classes in form 4 are taking Biological Science and one is taking Biology and the rest of the students are now taking Biology. We have abolished Biological Sciences.

'A' level Biology was introduced in the school only recently and I am happy to note that performance has been satisfactory and can still improve. The school has tried its best to assist the department in provision of chemicals and apparatus. A Biology Laboratory is also under construction. I hope it will continue assisting. I would like to take this opportunity to appeal to all students to work even harder and this I hope will help in improving performance in the subject.

Thank you.

J. Kisuya,  
Head of Department.

## G. P. DEPARTMENT

This is one subject that all the 'A' level students must take in although it is not mandatory that a student must pass in it to get a place in a University. However, in some commonwealth countries, a candidate must secure a pass in G.P. in order to get entrance in a University.

The teaching of G.P. is unlike most subjects, for the student must show that he does not only understand the topic but also show a certain amount of uniqueness and articulation in his own way of presenting his points. It is generally believed that encouragement of this trait will promote creativity in students eventually.

The teaching of G.P. in Kabarnet High School is as follows: Students are reduced in small groups of up to five students. Then all the groups are presented with the same question,

but whereas all the groups are supposed to know all about that topic, each group is made to discuss a particular point in that topic in a detailed form. This form of teaching helps a student to learn to be exhaustive in his presentation.

Our K.A.C.E. performance in G.P. is 87% pass.

K. A. Chumba,  
Head of Department.

### DRAWING AND DESIGN

May I express my gratitude to the editorial committee for this chance to say 'a few words about Drawing and Design in Kabarnet High School. The subject is primarily practical in nature and falls under a cluster of technical and applied subjects in the 8-4-4 diversified curriculum in the Secondary School phase of education in Kenya. A lot of emphasis has been laid on the teaching of practical subjects in our institutions of learning, hence, the introduction of Drawing and Design, in 1986 at the onset of the secondary phase in the 8-4-4 system of education. The learners are taught to use both formal (instrument drawings) and informal drawing in solving problems in everyday life. The design element in the subject gives the learners an opportunity to solve problems related to the needs and relevant to their immediate environment. As a result of technical knowledge, Students will have the thrill of creative work. The pioneers of the subjects will be sitting for their first ever Drawing and Design examinations in October/November 1989. May I take this opportunity to wish them success and tell them to ever strive for success wherever they will be after leaving Kabarnet High School.

In terms of achievement the subject can boast of quite a few areas of success. We have been able represented at Agricultural Society of Kenya Shows in Nakuru at the Baringo District Stand right from 1986. In 1987 we participated in the National Art/Craft Home Science and Industrial Education Exhibition. We sailed through the district competition for a food serving trolley which was designed and made by John Okumu Adhola. The trolley went forward to the national level and won a third prize. The subject also participated effectively during the Ten Great Years of the Nyayo Era Celebrations.

Due to the growing student interests in the subject, it was found necessary to increase the establishment. Hence in September 1988 we received a second teacher Mr. M. Kimani who stayed with us until the end of February 1989 when he decided to leave for greener pastures. In May 1989 the department was lucky to get a new teacher Mr. P. Biwott whose services were greatly required by the department. Finally may I conclude with the following:

"If you wish to pass your examinations in flying colours you need to CONCENTRATE on your studies and books with all your heart".

Stephen C. Gathungu.  
Head of Department  
Industrial Education.

### LIBRARY REPORT

The school library has made quite a remarkable success this year. The Headmaster has extended special effort to net and trace potential donors from which the library has received a great deal of text books this year. This stock of new books has included a diverse variety of books in all disciplines of knowledge.

In addition to the library the school has extended a special privilege of providing the students with current information through newspapers, magazines and other handouts throughout the year.

Following this success, the students have shown a considerable positive approach to utilize these materials exhaustively. Record shows it clean that the students have taken the right course to cultivate knowledge. With books available, the boys have shown a keen interest in reading research and the value of private and independent study.

I wish to commend the high level of discipline that the students body has extended towards manning of the library and the use of library facilities. There has been very little damages and hardly any losses recorded this year. Students have also observed order and respect of the library's regulations.

In conclusion, I wish to highlight special thanks to the school Headmaster, the donors wherever they are, and the students for their utter co-operation which has enabled the smooth running of the library throughout the year. Keep up the spirit.

Library Captain  
James Gachahi  
Library Prefect  
Albert Sigei

### DISPENSARY DEPARTMENT

The school dispensary is situated next to the main Dining Hall. It is run by two dispensary prefects whose main work is to issue drugs to the members of the school community. The issuing of drugs is to those with petty ailments such as GV- for wounds, liniment- for muscle strains, Asprins- for common ailments, Antacid tablets -for stomachache, paracetamol- for toothache, headache, neuralgia, to name but a few.

The dispensary is opened two times a day: during lunch break and after classes at 4 O'clock daily. It is our aspirations to see that all members of the community receive sufficient health care. For example, when students are going out for games tournaments, they are accompanied by one of the dispensary prefects with a First Aid kit packed as tight as a sardine can. With drugs, elastoplast, liniment, name them. This is to provide a complete medi-cover.

The school dispensary was established with the sole purpose of ensuring that students do not waste much time smothering to and from hospital which is approximately a kilometer away.

"Mens sana in corpore sano" ("A healthy body is a healthy mind"). When the goal of providing medical attention to members of the community is achieved. It directly backs the attainment of the school's "strive for success" motto.

Patron - I. K. Chebet  
Captain - Samuel Chepkuto  
Prefect - Crispin Mbogo

## THE GAMES DEPARTMENT

In our school we offer opportunities for students to learn and advance their skills in many games. Among the games we have Football, Volleyball, Badminton, Table tennis, Lawn tennis, Hockey and athletics.

The school usually features prominently at zonal, district and provincial levels, however this was a year of mixed fortunes whereby we remained a shadow of ourselves in most events. In most events the going was so rough that our teams were eliminated at district levels. Save for the racket games, the year would have ended in a total disaster.

The school swept the board in Badminton, Lawn tennis and Table tennis at district championships. The teams made their presence felt at the provincials held in Eldoret and cucumber to intense pressure in the semi finals. Richard Tanui and Ndiku Mumina, the Lawn tennis doubles pair almost turned tables when they fought their way to the provincial finals.

Despite our heavy losses in areas where we have been respected for many years, we had significant improvement in Basketball (District finals) and cross country (4th in district).

We treat this dismal debut as a heavy punch under the best and have restored not to allow this to be repeated. Slipping is not falling. Next year will be tackled with the vengeance of a wounded lion. This will however only work if the entire school community took it as a serious commitment. With God on our side nothing is impossible.

*F. J. Nakhulo,  
Games Master.*

### REPORT BY GAMES CAPTAIN

Among the games offered in Kabarnet High School include Football, Volleyball, Basket ball, Hockey Badminton, Lawn tennis, Table tennis, Scrabble, Athletics and Chess and of course training for Rugby is to start soon. With the population of 634 students all the above events are represented effectively though not much has been achieved in some activities.

The seasons for the above activities do not coincide such that student can participate in more than one activity depending on his ability. The activities are also free to all students such that students choose on their own what they are best in, therefore the policy of specialisations holds in this respect, and as an Economist

Adam Smith has quoted that "specialisation increases output", we have had both achievements and failure resulting from students specialization. Not all the school days ie after 4.00 p.m. are used for games because we have other co-curricular activities clubs and societies. Therefore it is only on Mondays, Wednesdays and Fridays that we utilize for our games, of course students practice during other free times eg weekends. Our participation in games and other activities is on a voluntary basis such that no one is forced to take part, this is to say that students have initiative and interest in games guided by our favourite, say "Law of common sense". Though our landscape is not all that paragon of virtue, students seek to utilize every available facility in school and in fact we are thankful to Japan students who visited our school and gave us five football

balls which students have promised to use in a proper manner. We also had one of us going out to Japan and because of his interest in games, he was rewarded with a football. We therefore have no problem as far as facilities are concerned and its our duty to utilise them for the betterment of our school. In lawn tennis, we have always had an easy time because most of the schools in Baringo District don't participate in it. This is therefore a sign of high standard facilities but we have often been defeated by other schools in football and other activities, this is a challenge to the remaining members of our school we forms 1, and 3 to make effort of avoiding such defeats at lower level.

May I therefore terminate my report by saying 'make proper use of the available facilities in all fields irrespective of whether its games or education. Thanks.

*Reuben K. Too  
Games Captain 1988-1989*

### ATHLETICS

Like the other co-curricular activities, athletics is popular in Kabarnet High School. Athletics as argued by most of the people, is an event that needs not only aptitude and interest but also practice coupled with dedication.

Whereas many of us argue that talent is the determination factor behind success in any field, many a man have succeeded simply by practicing hard. It is also through practice that we realize our talents. However, both talent and practice go together because without talent, training alone cannot make one beat Carl Lewis in 100 meters or Ereng in 800 meters. It is therefore unfortunate to learn that out of 634 heads, the standard of athletics is very much below the sea level if I may call it. In 1988 and 1989, it was seldom heard that one participated in athletics beyond the district level. Our Headmaster has strongly argued that co-curricular activities go hand in hand with academic and as he is reputed in for foreseeing events, something must be done to save our standard of athletics as it might in the long run bring adverse effects on our examination results.

Its worth stressing that Kabarnet high school was represented by athletics players in the ceremony to mark the "Nyayo Peace Torch" because participating in such activities not only shows that we do not only participate in our internal activities nor participate for the sake of it, its because of our interest to participate in national activities therefore implying that we are ready to enhance our 'national unity' which is the backbone of our development in Kenya.

The undesirable standard of athletics should therefore be a challenge to the members of our school who will still be in school next year (1990) to co-operate and simplify the standard by adding practice on to their talents so as to come up with new "Ereng's" and "Ngugi's".

May I end by wishing the Form 6's & 4's good health during their forthcoming external examination because we do not depend on luck. We only need good health.

*R. K. Too  
Athletics Team Captain*

### FOOTBALL

Since 1987 Kabarnet High School football team has been the District football champion and has been representing Baringo District in Provincial competition. But this year things were sour for the school soccer team, loosing the district championship to Kituro High School.

The school soccer played the following matches against some schools and the results are shown against each:

| Date      | Venue            | Schools Played                      | Scores      |
|-----------|------------------|-------------------------------------|-------------|
| 11/3/1989 | Kabarnet Stadium | Kabarnet<br>Vs<br>Kituro            | 1<br>1      |
| 11/3/1989 | Kabarnet Stadium | Kabarnet<br>Vs                      | 5           |
| 18/3/1989 | Kabarnet Stadium | Ainabmoi<br>Kabarnet<br>Vs          | 0<br>2      |
| 18/3/1989 | Kabarnet Stadium | Tenges<br>Kabarnet<br>Vs<br>Ng'ambo | 1<br>1<br>3 |

The poor results shown above were due to over confidence on the fellow team. They ground underestimated Ng'ambo to their shock. We still wish to appreciate the contribution of Phillip Nono (defender) Paul Sitienei (mid fielder) and Kimutai Kemei. We wish the remaining players, Francis Kiptoo, Solo Cheboi and Moses Kirui and others will get extra coaching under their determined coach Mr. Adhoch and have better soccer to its hey days of 1987 and 1988.

*Paul Sitienei - Six Noth  
Assistant Captain*

### VOLLEYBALL

Among the games offered by our school is volleyball. This year's volleyball team made up of Isaiah Kiplagat, Rajab Yego, Sammy Yator, Paul Chebii, Dickson Kosgey and Kipkeme Sirma in the first six and Joseph Lagat, Kennedy Chirchir, Chesang, Rueben Kibet, Melil, Chepkonga Mathew Tarus, in the second team. The volleyball team was able to earn fame in the sub-zonal and zonal matches we played, as we always emerged winners. This was due to effective coaching and physical practices.sponsoring us for external tournaments that gave us exposure and courage. This is in line with his interest in extra curricular activities. Thus we attended various tournaments as follows. Iten 4/2/89 where we had mixed tournaments comprising of three girls and three boys, though we tried with Kapropita, we lost in both matches. The next tournament was in Wareng Eldoret on 1/4/89, where we managed to beat Kipsoror, Earner scence, Terige Wareng each sets 2-0.

When we came to our leagues ranching from sub-zonals, zonal levels we managed to beat each team we played against. We beat Kituro 2-0, Sacho 2-0, Tenges 2-1 and Ainabmoi 2-0.

Finally thanks go to our Coach Mr. Bafirawala and the games master Mr. F. J. Nakhulo for much co-operation coaching and in their effective physical practises. Never the less, we ended up with district competitions on 9th September, 1989.

*Isaiah Kiplagat  
Volleyball Captain*



The Volleyball team with their coach Mr. J. P. Bafirawala.

### T. T. INDOMINATABLES

Table tennis outshines all the other indoor games in the school. Year in, year out a more powerful team emerges. The technical display of T.T. skills signifies the game's high standard in the compound.

This year (1989), we were able to scoop all the tittles during the District Championship losing only in one single and will be representing Baringo District at the Provincial Championship in Eldoret on 23rd September, 1989. The team will comprise of:

Singles: 1. Kambo Michael  
2. Crispin Mbogo

Doubles: 1. Kenneth Ochieng  
2. Thomas Omondi

This year's success has been as a result of constant practise and the players' incentive to know the game not to forget the assistance and guidance from Mr. M'masi (Coach), Mr. Nakhulo and player-cum-coach Mr. Njoroge. Other players include D. Cherono, and L. Leiro.

For the remaining players lets maintain the Table Tennis winning trend in and out of school.

*M. M. Kambo  
Captain*

Seller: Hallo Customer! May I help you?

Customer: How much are you selling this jug?

Seller: Oh! customer give me only one Kasarini

Customer: What is a kasarani?

Seller: To cut the story short, give me a twenty shillings note.

*FRANCIS CHESIRE - F35*



Table Tennis Crispo Mbogo & Kenneth Ochieng'

### BASKETBALL

The team last year 1988 reached the semi-finals of the district championships and was eliminated by Kituro.

This year, due to the number of outings and innings the players had a lot of exposure and hence improved the standard of the game that saw them more to the district finals.

My thanks goes to the Coach Mr. Gichuhi for turning up for coaching and also to the key players Darius Tipatet, Isaac Chebon, Charles Ndungu, and Albert Ruto who turned up to save the game from extinction due to lack of players. It is through their co-operation and love for the game that saw us to the finals this year.

The team had high spirits and this was seen when we lost our first match to Sacho in the preliminaries. We took an oath to reach the finals with then and with the high spirit we washed Tenges 48-10 and returned to the semi-finals with Kituro whom we managed to beat by just a basket after a hard game to reach to the finals which we lost to Sacho.

To next year's players Sadalla, Barrack and Seguton I would wish them to start serious training to qualify for the provincials.

*Henry Lenairoshi  
Captain*



The Basketball Team

### BADMINTON

Badminton is an indoor game played with rackets and shuttlecocks across a high narrow net. The maximum number of players at one time are four, in Doubles and two in singles. It is a simple game to learn but necessitates regular practice to master it.

In Kabarnet High School the game is quite popular and for the last few years we have been sending competitors for the inter-schools tournaments at District and Provincial level. However a quick glance at our yearly performance graph show that the best we've reached is the provincial level. Our desire and wish is always the top: "STRIVE FOR SUCCESS" but it is always important to prepare oneself adequately if such an achievement has to come by.

Any victory, excellence or success in any field, however small, cannot be achieved without initiative, sacrifice and expertise. In initiative, there is the interest, the will and desire to do. These automatically brings in sacrifice and in it there is the devotion, the dedication which eventually brings the expertise; in the sense of being able to master the game well. These three essentially help achieve the desired excellence.

Whereas much in sports depend on personal effort it is also a fact that without external banking much should not be expected also. This is in the sense of the provision of the required equipment and all material support necessary in games. However personal desire is the core of it all and you will later find out that Badminton has more than meets the eye. More than its entertaining aspect, it is healthy and greatly refreshing.

In the 1989 school team are Andrew Kemboi (F3) Raphael Kimosop (F3), Samson Rotich (F3), Chemjor (F3), Richard Koima (F6) and Christopher Kimosop (F6). During the district championships Andrew Kemboi and Raphael Kimosop emerged the winners in the singles, taking the 1st and 2nd positions respectively. In the Doubles Richard Koima/Christopher Kimosop were the winners and the Chemjor/Rotich pair were second. We're looking forward to the provincial tournament.

*Richard Koima,  
Captain 1989.*

**LAWN TENNIS**

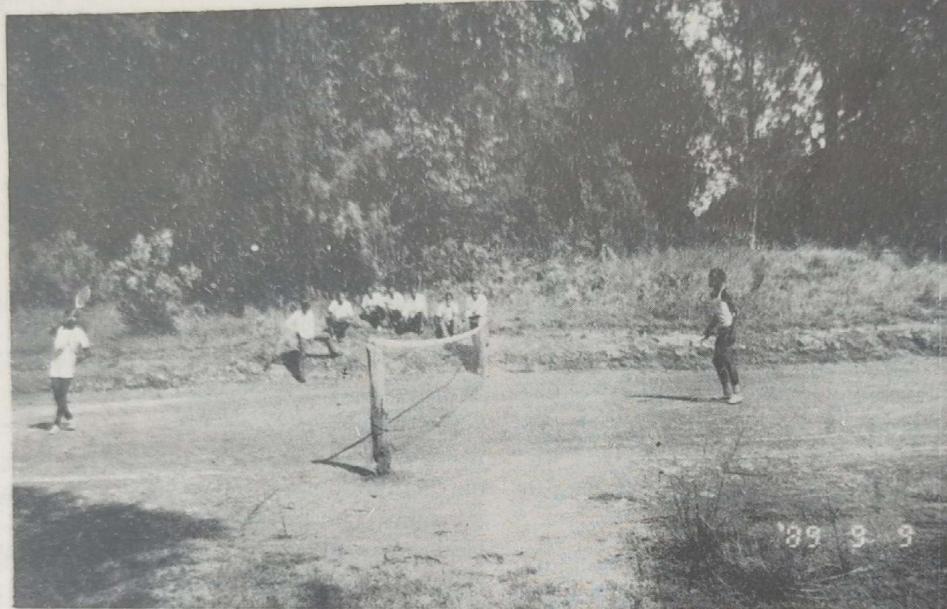
I start by congratulating our Headmaster for introducing the game of Lawn Tennis in the school last year. Despite the game being new, we have achieved wonders in that short duration due to hard work and determination. Among the best players we have Wesley Tororey, Mumina Ndikuh, Richard Tanui and Edmond Kasale.

We are the only school in Baringo District that play Lawn Tennis hence we achieve a walk over in District competitions. We have ably represented the district at Provincial Lawn Tennis competitions in Eldoret on 23rd

September, 1989. In singles we lost to Kericho and Keiyo Marakwet Districts. In doubles we beat three District teams and to qualify for finals which will be held next week in Iten. We hope for nationals.

Lastly, I would like to appreciate the good coaching we have received from our Coach Mr. Mbuthia and hope that he will still continue doing so.

*Muturi Kimani,  
Captain - Form 4 South*



Lawn Tennis : Muturi Kimani & Wesley Tororey.

**JOKES**

It was about Lunch time and the teacher was teaching in class

Teacher: "What is the capital city of Nigeria?"

(No one speaks)

Teacher "You mean you don't know anything?"

- A student raises up his hand-

Teacher: "Yes?"

Kiprop!: "I know we are about to go for lunch".

*RAPHAEL KIMOSOP 3E*

Teacher: Good morning class

Student: Good morning sir

Teacher: What did we learn yesterday, during our Geography lesson?

Cheburet: We learned about Salinas

Teacher: Then, what is Salina?

Cheburet: Salina is a very beautiful girl in our village

Teacher: Rubbish! You were not listening, I said that

Salina is a saline lake. Example lake Magadi

*SAMUEL K. CHEPCHIENG F2W*

Milly: I think ni better kuwachana na mastory zake na kuconcentrate na vile one is doing, eeh. Sababu vipi unamind mtu mwenye hajali ukawa una waste time yako for nothing jo.

Kongo: Sasa tuseme uta pop hapa saa ngapi?

Milly: Aah kwa kweli siwezi kukupromise lakini unajua hiyo problem yetu imeleta upungufu wa kwacha. Lakini nikipata mnago, nitajaa jaa huko soon.

Milly: Nitajaribu kuja. Yenyewe nakumiss sana, Na bro yako ame come?

Kongi: Bro amecome. Wenye wamebakia ni siste na cousin fathe na mathe nao watapangua kesho

Milly: Basi nitafanya mybest niweze kuja

Kongi: Bye

Milly: Bye

*JOSEPH MAINA MWANGI -3E 1989*

Father: Jane

Daughter: Yes dad

Father: I have just received a letter from your headmistress.

Daughter: Alright d=1, I won't tell mum

*RICHARD CHEPKONGA F3S*

## ASSORTED ARTICLES: ENGLISH AND KISWAHILI PATRIOTISM-THE BACKBONE OF NATIONAL PROSPERITY

Patriotism is a true internal love for one's country which then influences one's total behaviour. It is expressed not only in speeches, songs or pledges but also in actual deeds. Mature Patriotism is deeply-rooted in self discipline and as such rises above materialism and desire for regard or recognition. It is a state of mind which recoils from any thought of self pleasure and gain which siphons dry the nation, embarrasses its people and which brings development to a dead end.

And, as a matter of fact, patriotism has no room for natural influence as far as propagation is concerned. It is something training-oriented. One must train (or be trained) to be development conscious, innovative and be ready to project a nation which he or she serve fully at all costs. And as the saying goes, 'Practice makes perfect' one has to, more often than not, practise patriotism so as for it to tend to perfection.

One's Patriotism takes three major dimensions, namely: Political, social, and economic. But it should be borne in mind that, like a three-legged stool which cannot contradict the law of physics by standing on one leg, genuine patriotism is not mono-dimensional. Therefore, satisfying one dimension, say political side only, and neglecting the other two will definitely give birth to mal-patriotism.

Being a true patriot one cannot become Judas (betrayal) to one's country. He will turn a deaf ear to all fantastic promises aimed at luring him into selling his country. Also doing away with tribalism is his order of the day. He fights tooth and nail to extinguish any hungry friends of conspiracy against his esteemed government. Tribalism, corruption, (pertaining bribery) and other dirty undertakings by disgruntled elements has no room in his blood. He loves his government and has gigantic faith in it the way a baby has enormous faith in its mother. He adheres to the country's laws to the latter and reveals no beseeching eyes of discontent. And to crown it all, it is an active, trust-worthy live member of the ruling party, KANU in our beloved mother country, Kenya.

And switching from political patriotism we now drain our attention into the pool of socially-rooted patriotism. As a Kalenjin saying goes, "Kiyom bik tugul kelek ak mayom magornonet" (that is teeth are owned by everybody, but not all people have riches). Somebody who twins with the name 'mzalendo' (patriot) will be rich enough in heart to give a helping hand to the less fortunate members of the community. He will not at any one time use his education or rank to divide 'wananchi' (citizens). He also participates fully in community work such as soil conservation exercise and other constructive activities targeted at wheeling the country to the highest peak of development.

Further still, ripe patriotism is manifested in parents who not only send their children to school, but also work rock-hard day and night to ensure that their children get access to proper and adequate educational and training facilities. Such facilities include: Books writing material, workshops for the esteemed 8-4-4 system of education and others. The list is long. These facilities, publicly owned ones not an exception, should be properly used and cared for. This is a routine duty of a patriot. And to crown it all, a patriot irrespective of

whether he or she has ever stepped into the inside of a Church or a Mosque or not prays for peace, love, and unity to prevail endlessly. He should also ask God to bless the president and endow him with good health as he steers the nation to prosperity.

And finally, to complete the circuit, let us channel our attention to what a patriot owes his mother country economically. The well-being of any country's economy depends on the country's people. People who work as mysteriously as bees fatten their country's economy. On the other hand those who warm their seats more (i.e. those whose blood almost clots whenever they hear of work) are parasites to their country's economy. A patriotic farmer never at any one time divorces his tools but exploits them to the maximum to make sure that his farm sweats out handsome yields to feed the people and also to swell the country's pockets with revenue.

The same goes to an office worker, driver, teacher, doctor and all other persons whose services are badly needed. As a sign of patriotism these people must divorce their honey-sweet lover. Do you know who it is? Of course not, so hold on. It is this popular idea of "African time" which they use as an excuse for getting to work late. They should also part with heavy drinking which help them transform their places of work into bedrooms.

In addition to that, one who has deep love for his country never associates himself with such dirty activities as smuggling or black marketing which erode the country's economy. To him those are taboos. As such he works round the clock to see to it that these surreptitious actions do not secure a place within bounds of his esteemed mother country. Even brain drain is outside the scope of his vocabulary. After obtaining any skills he always makes sure that he repairs the financial scars which were left in his country's economy as a result of catering for his education and training. He works in his mother country and helps row the economic boat to prosperity.

We Kenyans are very lucky to have a dynamic leader who is Patriot Number One. His love for our country, Kenya knows no bounds. He is a patriot by example. His feet never tire. And his willing hands never stop gripping the wheel as he pilots the country to prosperity; politically, socially and economically. So the question is, are we following his footsteps? If you are still marooning like a hopeless lost sheep in the wilderness, come out of the lonely wanderland, here is a shepherd who, like the palms of his hands, knows the way to green pastures. This shepherd is none other than His Excellency, Hon. Daniel Toroitich arap Moi. Follow his footsteps and you will find yourself plus your country submerged in a mighty sea of triumph.

*Noah Kibichii Cheruiyot,  
Form 6 North*

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Wrong doing is a will, everyone mounts his own and desries that of another.

STEPHEN K. BITOK F4S

**MTOTO MLEE VYEMA**

Nyakati ni tofauti, Karne hii ni nyingine  
 Mapya yametufikia, yalopita si ndwele  
 Wazazi wa siku hizi, si kama wa awali  
 Pia nao watoto niseme, ni tofauti vile vile  
 Mtoto mlee vyema, ni kiumbe wake mola.

Dunia imepasuka, na hili ladhihirika,  
 Mapenzi yake mzazi, kwa mwanawae hayapo tena,  
 Jambo hili ni jipya, awali halikuwepo,  
 Utu tumeupoteza, maisha hatuyajali,  
 Mtoto mlee vyema, ni kiumbe wake mola.

Malezi mama yafaa, mwanaao kumpatia,  
 Lakini mzazi nataja, hili umelipuza,  
 Tueleze umngojeaye, mwanaao kumvisha,  
 Chakula pia elimu, huu ni wako wajibu,  
 Mtoto mlee vyema, ni kiumbe wake mola.

Wengine pia niseme, yakutisha huyatenda,  
 Kama taka humtupa, mwana katika jaa  
 Jambo hili ni unyama, si ubinadamy asilani  
 Mtoto mlee vyema, ni kiumbe wake mola.

Ni dhahiri shahiri, kuwa wengine wazazi,  
 Wakitoacho kitubio, huzidi kosa kwa mbali,  
 Shilingi mbili ltamfanya, mwana kuchomwa mkono  
 Mori pia kimpanda, kama kuni humkata mwana  
 Mtoto mlee vyema, ni kiumbe wake mola.

Umleavyo mwanaao, vivyo ndivyo atakuwa  
 Na baadaye hulia,acheleaye mwana kulia  
 Kitubio si mateso, kwa ye ye akosaye  
 Akikosa mpe onyo, na kitubio cha kiasi,  
 mtoto mlee vyema, ni kiumbe wake mola.

Lengo lako nalo liwe, tabiaye kurekebisha  
 Hili sharti litendeke, mwana angali mchanga  
 Takulia tabia mbaya, na mwishowe tapotoka  
 Jizi au mwuaji, na jambazi atakuwa  
 Mtoto mlee vyema, ni kiumbe wake mola.

Malazi mema wakosapo, hapa mfano ni elimu,  
 Kamwe hatuendelei, tutabakia nyuma nyuma  
 Ulevini wataelekea, na madawa watatumia  
 Nyumbani hawatakaa, mitaani utawakuta  
 Mtoto mlee vyema, ni kiumbe wake mola.

Tamtazamiae mwana, aliyekosa malezi mema  
 Kuzitii sheria zote, bila moja kuivunja?  
 Amani nayo wadhani, itkuwapo popote?  
 Mwana pia niulize, tamtii mzaziye?  
 Mtoto mlee vyema, ni kiumbe wake mola.

Tamati nimefikia, ila nazidi kusema  
 Mateso kwake mwana, si njia ya kumlea  
 Mzazi wake wajibu, ni sharti kutekeleza  
 Kwani haya naonelea, ndiyo matakwa yake mola  
 Mtoto mlee vyema, ni kiumbe wake mola.

Timothy Gitonga  
 Form 6W

**POLLUTION AND DISEASES WHICH ARE A THREAT TO HUMAN LIFE**

The word pollute means to destroy the purity or sanctity of a substance. Pollution is the process of making the environment unclean or the presence of a foreign material in a substance.

Presently, the world is at a threat of serious pollution. This will have an impact on all living organisms. For an organism to survive well, it requires a conducive environment. This is absolutely necessary for the normal functioning of its body processes like photosynthesis, respiration nutrition, only to mention a few. These are the basic processes of life and any interference with them means destruction of plant-life and consequently, animal life.

Most pollutants originate from human activities. Industries are major sources because they use fuel of one nature or another. The waste product may be in fluid form. This substance would then pollute the environment because it will be considered as a foreign material.

The major air pollutants include:

First, smoke which is produced as a waste product from combustion of carbonaceous fuels. Smoke contains carbon particles, hydrogen sulphide, some sulphur dioxide only to mention a few.

Dust which consists of minute particles of soil is another air pollutant. It is produced by both industrial processes and construction work. This includes cement works, brick works, road construction and also by wind. Coughs and colds are the most common diseases associated with dust.

Thirdly is sulphur dioxide which emanates from combustion of coal and oil and also from sulphuric acid plants. It carries a characteristic unpleasant smell and can easily be detected once it is in the air.

Carbon monoxide is another most widely known air pollutant. It is produced by incomplete combustion of petrol in petrol-driven engines. It tends to be common in areas where traffic congestions occur and the highest concentrations have been recorded in major towns and cities. Lead particles which are released with car exhaust fumes are other dangerous air pollutants. Lead is added to petrol to increase the efficiency of engines by facilitating its smooth running. When they are released, they are absorbed by plants. Therefore it is dangerous to eat fruits from plants at the roadsides.

Cigarette smoke and nitrogen dioxide are other known air pollutants. The former arises from burning of a cigarette by a smoker while the latter arises from car engines.

The use and testing of atomic weapons has led to a rise in radiation problems. Radiation pollutes the air.

Apart from the air pollutants there are also water pollutants. These include:

First, industrial wastes which are dumped into rivers and streams. These substances pollute the water rendering it impure, hence harmful for use.

Suspended or dissolved particles of zinc, lead and mercury are poisonous to living organisms in water, fish being the most susceptible. This threatens human life if man eats the affected fish and other water animals.

Sewage is another problem which has greatly affected life in rivers and lakes. Sewage is not decomposed by bacteria because it contains detergents and other organic compounds. In attempts to decompose it, bacteria will use up all the available oxygen in water. Consequently all organisms which respire aerobically in water would be suffocated. Fish are also affected. If all the fish die then the countries concerned would suffer economic losses.

Careless use of farm chemicals may also destroy the purity of water in the sense that when they are washed into rivers they fail to decompose. A common example is insecticide which not only fails to decompose but is also harmful to marine life including man.

Oil spilt from oil tankers pollutes the water in that it cuts off supplies of oxygen into water thereby killing animals which live in water. By killing the fish, the economy of the countries concerned would drop drastically. This will deeply affect the inhabitants of such countries if they depend on the sea animals for their food and income. Furthermore, oil pollutes sea beaches making them unsuitable for tourists. It may also destroy bird sanctuaries. This will affect the tourist industry hence national income.

Soil pollution has also occurred in various parts of the world especially in industrialised nations. There have been cases of presence of radiation elements in the soil near nuclear reactor plants. Plants growing in these areas absorb considerable amounts of these elements. Therefore if man eats their fruits or leaves he suffers from a effect of radiation, a situation which could alter body make up. A notable effect is that of bearing deformed children.

There are many diseases associated with pollution. Some of these diseases have long term residual effect and high mortality. Others are acute and have high mortality. Examples of these diseases include asthma which is caused when one inhales sulphur dioxide gas, and the cancer of the respiratory system which is caused by cigarette smoke. Carbon monoxide damages the lungs.

Effects of radiation is another situation which can be prevalent for many decades or even centuries in a particular place. For example, this effect has been epidemic in Japan since the end of the Second World War (1945). Here people absorbed radiations from the atomic bombs which were dropped into the towns of Hiroshima and Nagasaki by American Air Force planes.

To conclude I would like to say that all nations should join hands and help reduce pollution. This can be done through imposing economic or military sanctions to all countries who fail to adhere to the set regulations on pollution. It can also be through encouraging people to use smokeless fuel for example electricity and solar energy. Sewage also should be treated first before releasing it into rivers and streams. Seas polluted by oil should be cleaned by use of detergents to dissolve them. Last but not least, nuclear weapons should never be used or tested above the ground.

Richard K. Koskei  
Form 4 East.

**KABARNET HIGH SCHOOL**  
Oh! What a magnificent place it is!  
the place where birds are singing,  
forming a common tune that makes

the music of the air,  
Animals are mourning, groaning with happiness  
students shine as if they are reflections

The works of nature in Kabarnet High School,  
are wonderful,  
The grass is ever green, just to resemble EDEN,  
The holy place of the first man and woman.

But Kabarnet High School,  
the first place for all the Baringo,  
ever educated men, where education  
is instilled like nobody's business.

The philosophy of Nyayo is flourishing in Kabarnet High School!  
Students sing, Nyayo, Nyayo, their Father builder of the nation,  
and the republic of Kenya as a whole,  
Including of course - Kabarnet High School the great!

She is the mother of all the schools in Baringo,  
A sleeping crocodile it is - always aiming at its prey,  
Kabarnet, the institution for the sons of Kenyan Gentlemen!  
Long live Kabarnet, our hope for the future,  
and a bright colourful Kenya

John Ekuru  
Form 2 East

### TUPANGE UZAZI

Watwote nawambia, uzazi mtie hima,  
Kenya yetu yakimbia, hufa 'mika na'tu zima,  
Ardhi yetu hufifia, uzazi zatwa' lawama,  
Wakenya nawambieni, natupangeni uzazi.

Shida watu walonazo, mno makao adimie,  
Gharama 'somoni' nazo hata maishani gumu,  
Pesa chache tupatazo, na kupata kazi ngumu,  
Wakenya nawambieni, natupangeni uzazi.

Sihazo wanozaliwa, dhaifu yote miliyo,  
Zahanatini zajawa, hata shuleni hivyo,  
Idadi yetu shakwa, chini kenyeta leyo,  
Wakenya nawambieni, natupangeni uzazi.

Hapa kweli 'waoneka' uhuni hapungukiki,  
Wizi umeongezeka, wao wataka viziki,  
Mazingara yachafuka, kusudi ni kisa hiki,  
Wakenya nawambieni, natupangeni uzazi.

Nashauri wanafunzi, muwangaze mwito huu,  
Kulea mimba si kazi kulea mwana ni ngumu,  
Nasi tusiwe ajizi, janga hili tudhulumu,  
Wakenya nawambieni natupangeni uzazi.

Heko serikali poke'ni, kwa juhudizo za ma'na,  
Nane-nne-nne elimuni, kazi zitapatikana,  
Masomo ya upeoni, ngumbaro 'mekuwa shina,  
Wakenya nawambieni, natupangeni uzazi.

Watu wote natukiri, Rais 'pate baraka,  
Mpe Moi kila heri, afurahi na kucheka,  
Juhudize za fahari, uzazi ume'marika,  
Wakenya nawambieni, natupangeni uzazi.

*Emmanuel Ivan Tubei,  
Kidato cha Sita Kaskazini Ya Pili (1989)*

**KENYA SOIL**

On you I tread, the same you,  
I till,  
I eat from you, the soil of Kenya  
On whom Kabarnet stands firm  
I love you,

From you was made  
And to you I will return,  
With respect I honour you.

I like your appearance  
And love your nature  
But I hate to see you disturbed  
swallowed by the sea, or even  
Exhausted!

the soil of Kenya, I will protect you  
I will preserve you, as the "New motto"  
And generations to come.

I will build terraces,  
plant trees and grass,  
work on gabions to protect you.

Soil of Kenya  
I will do everything to preserve you,  
As our beloved president says,  
'Preserve nature for a better  
future'.

*Augustine Koech,  
Form 2 South.*

**I WILL MISS YOU KABARNET**

Kabarnet High school  
my stint has culminated  
I will miss you miss you big!  
What can I do?

With your motto 'Strive for success'  
you seem to be invisible  
In academics no one can rival your results  
And in Games you're always second-to-none.

Kabarnet, what an enigmatic school?  
In discipline I could say you're wonderful  
And it is obvious that decency is at its Acme  
Oh! sons of Kabarnet let's obstinate these tenets.

Wherever we are - let's corroborate,  
And emulate the name of Kabarnet,  
What a mellifluous name!  
that no one can attempt to malign.

During my time,  
Kabarnet was like a paradise  
An ambience of flamboyancy and serenity  
What a fabulous place to miss!

You santillate in the dark, like a travelling light  
No one can pragmatically thrash you,  
Because you're too valiant to be vanquished,  
What a hefty institution to miss?

In social welfare and development  
You lead and others follow  
No one can endeavour to besmirch your walk  
Kabarnet, I will always remember you

As we leave, your name shall lead us  
shall we curtail to accrue and embellish it?  
Kabarnet, you've hatched Ambassadors, Directors,  
Professors, Lawyers  
Why can't you appear in Almanacs  
or Guinness book of records:  
ALUTA CONTINUA!

*Cris Sang Kiprop  
Form 4 South  
Staunch Leaver*

**VICHEKESHO**

Hii ni Sauti ya K.H.S. K.B.T.

Ifuatayo ni taarifa ya habari, kwanza muhtasari wake,  
msomaji ni Halif Bob.

Nzi mmoja alifikishwa mbele ya mahakama ya Lumumba  
kwa shtaka la mauaji.  
Mtu mmoja alifariki papo hapo na wengine kumi kujueruhwa  
kwenye ajali mbaya ya barabarani.

Habari kamili.

Nzi mmoja mwenye umri wa siku saba unusu alifikishwa  
mbele ya mahakama ya Lumumba kwa shtaka la kuzusha  
zogo katika Siberia. Nzi huyu ambaye alikuwa amelewa  
chakari alimrushia mtu mmoja mfupa ambao ulivunja fuvu la  
kichwa, akafa papo hapo. Baadaye polisi walimsaka nzi huyo  
mwenye matata na kumweka rumande. Akijitetea, mshtakiwa  
nzi alisema kuwa alitarajia kufanya arusi mwezi ujao, na  
akaomba msamaha.

Mtu mmoja alifariki papo hapo na wengine kumi kujeruhiwa kwenye ajali ya barabaran. Ajali hiyo, ilikuwa baina ya gari la abiria na panya mmoja ambaye alikuwa akienda kwa kasi sana. ajali hiyo, iliokea karibu na mahabara kuu ya sayansi, katika barabara ya Harambee Avenue, kuelekea mtaa wa Chepsolei na Baringo. Walioshuhudia walisema kwamba, panya huyo alitorka baada ya ajali hiyo. Maafisa wa vituo vya polisi vya sehemu hiyo wanafanya bidii kumsaka.

### HABARI ZA MICHEZO

Mechi baina ya wafungwa na wenda wazimu iliyokuwa ikichezwa katika uwanja wa Benin, ilimalizika ghafla baada ya golikipa wa wendawazimu kutoroka na mpira. Golikipa huyo bado hajapatikana.

Timu ya makabichi ilichapa timu ya sukumawiki mabao mawili kwa bila. Bondia mmoja alifariki dunia baada ya kutishwa na bondia Tyson kwamba wangepigana.

### UTABIRI WA HALI YA HEWA

Kutakuwako na mvua ya maandazi katika K.H.S., nyanda za juu za Chepng'orem na sehemu zingine, kunatarajiwa kuwa na rasha rasha za misumari sehemu zingine zote zilizosalia.

### TANGAZO LA POLISI

Mende mmoja alipotea nyumbani kwao mwezi uliopita huko Tchenki. Yeye huongea Kifaransa na Kiingereza pekee. Alionekana mara ya mwisho akiwa amevalia suruali aina ya 'Jeans', shati jekundu na kofia ya manjano. Aliye na habari kumhusu aripoti mara moja.

### TANGAZO LA KIFO

Kifo kimetokea cha ugali. Ugali ni mwanawe mahindi. mwili wa marehemu utaondolewa jikoni mortuary kesho saa saba. Kutakuwako na maombi kwenye kanisa la tumbo na kisha mazishi msalani.

Mwisho wa taarifa ya habari, kutoka sauti ya K.H.S., K.B.T.

*Joseph Maina Mwangi.*

### CONSERVATION OF OUR ENVIRONMENT

Brother, sister, arise and do something to conserve our environment,  
Our land is changing from good to bad  
Aridity is extending slowly  
Wake up and let's fight against it,  
And make our land rich.

Please, let us plant trees  
To attract rainfall and preserve water in rivers  
Then there will be strength to build the nation.  
Remember: healthy people are strong enough  
Let us preserve our environment  
By not cutting down trees,  
By not polluting,  
And therefore, our land will be as beautiful as  
a flower,  
And everybody will exult it.  
The desert is extending at

a high rate,  
Irrigation let us practise  
In order for something to grow there,  
Let us not waste our land.

Let's plant some variety of crops on the irrigated Lands,  
Drought resistant crops,  
And there won't be famine.  
If aridity is not stopped, it is perilous,  
It may kill many people,  
And lead our land to unproductivity.

Leg us take it with a pinch of salt  
But let us act practically and seriously  
so as to receive perpetual rain  
People who perpetuate the cutting of trees,  
Should be jailed and heavily punished,  
As they encourage aridity  
But do not discourage it.  
Terraces to be built.

To stop soil erosion by water  
And there will be fertile land  
Thus, crops grown on it will be healthy.

Most of the land is wasted,  
No crop growing on it,  
Neither is there any building  
And so, the land needs reclamation.  
The wasted land should be dug,  
And crops grown on it  
Or trees planted on it.

Our environment is badly polluted  
By locomotives or vehicles,  
Factories and Industries,  
Thus the air is polluted.

Let's not use firewood,  
As well as charcoal,  
Let us try to use electricity and solar energy  
To reduce the destruction of environment.  
Remember, prevention is better than cure!

*Kipchumba Murei,  
Form 1 South.*

### OUR EARTH'S NATURAL FORM IS DYING AT A FRIGHTENING RATE

I am not all that conversant with the Bible but the little knowledge which I siphoned out of my Sunday-school teacher makes me aware of the fact that in the beginning God, the Omnipotent brought both Earth and Heaven into existence. I know that you are now ready to curse me for

attacking your evolution theory, but take it easy, after all, neither you nor I, was there when all these mysteries took place.

And on earth He placed all the riches of His extra-ordinary design. Behold, soothing to the eye's mystic desire, was the rainbow-beautiful earth. The flat land punctuated by mountains, hills, valleys, oceans, lakes, rivers and all others (consult your geography) was all but real beauty. Everywhere was bustled with jubilant fauna and decorated with colourful flora. The seas were super-pregnant with fish plus other forms of marine life. The calmness of the air melted into the honey-sweet songs of the joyful birds of the air. The air was fresh as daisy. And many other good things you can ever imagine. Anyway, to cut a long story short, the earth was full of nature's diverse beauty.

Yes, everything was wonderful and faultless in the past. But with the coming of homo-sapiens, who are you and I, things have taken a different direction. The pleasant environment which used to exist is there no more. The land which was formerly very fertile and productive has turned into the driest desert ever. The sun has become hotter than it used to be. Rivers and lakes are hurriedly drying up. Some plant and animal species are extinct while others seem to be on the way. Rain has become very scarce in most parts of the world, something which was unheard of in the long gone olden days. Even diseases seem to have become more stubborn these days than they used to be. Gosh! What the hell has brought all these?

In an attempt to explain the cause of all these nasty changes, the learned talk of ultra-violet rays, Ozone layer, chloroflouro carbons and other bombastic terminologies which can make people like my grandfather (he doesn't know how to read, leave alone holding a pen!) to commit instant suicide. Old folks, on the other side of the coin, say that these are punishments imposed by the gods. Ask them why, and they will tell you that this cursed modern generation (meaning us!) has brought about moral decadence.. And as such the gods can control their anger no longer. Preachers, almost shouting out their lungs when sermonizing congregations, say that the end of the world is at hand. That is not all. There are also some funny characters, who, swearing by the gods of the hills, say that hell has broken loose. Anyway all these are imaginations. Whether they are correct or not heaven knows.

Yes, we may painstakingly mourn the losses we get as a result of pollution. We may even offer burnt sacrifices to imaginary gods. But even if we shout at the top of our voices or even jump over cliffs, all these will do us no better at all. The milk is spilt already. But as a way of comforting ourselves, let us ask ourselves a simple question: If we managed to destroy the environment using our own hands, can't we use the same hands to conserve it?

Forests take a loin's share as far as the conservation of the environment is concerned. Trees, by use of their roots consolidate the soil particles. As such the soil is free from attack by the jealous sun, wind and rain. Also when there is a

heavy down pour, rain drops, which seem to be competing against each other, reach the earth's surface at a terrific speed causing impact, resulting in splash erosion. But when there are trees, their branches reduce the speed with which the raging drops are falling. And as such rain water is given time to drip gently into the soil. This means that where there are trees there are no run off. Trees, when they are tired of holding some of their leaves, drop them to the ground. These aged leaves are then preyed upon by microbes to release humus 'which also, as a way of giving the enemy rough time in trying to loosen it, agglutinates the soil particles.

Apart from checking soil erosion, trees have other roles to play. They are the mighty lungs of the world. They take in the stale carbon dioxide we breathe out only to give us oxygen in return. At the same time they protect the water catchment areas from desication. The angry rays of the sun are swallowed up by the ever-happy dancing heavily-foliaged branches. And when they cover a large area forming a forest, they then provide a very nice home for wildlife. and one funny thing here is that the forests, apart from serving as a home for the wild animals, also provide food for the animals! Trees, with the colourful flowers, adorn the environment. The flowers ooze out fragrance which makes someone feel the presence of nature, the designer of all the glorious things ever.

Well, well, well, here we are. No doubt we have seen the importance of trees to the environment. Yes, everything is crystal-clear, printed at the back of your brains. But there is one puzzling thing about mankind. Look here, he may know the consequences of destroying forests, for example, but because of his eagerness to satisfy the immediate needs he ends up ignoring them. He mercilessly destroys the helpless forests. He clears them to win himself a place to settle and do a bit of farming. And, as if to express that he is not at all satisfied with what he has done as far as destruction of nature's design is concerned, he goes ahead to plough steep slopes and river banks. Even his roads snaking almost everywhere have played apart in convincing him to destroy the innocent hills and trees in them. Everywhere he breathes out destruction. What the heck!

But all the same what one sows is what he will reap. I am not trying to be another Jesus, but this is a naked truth. Man has destroyed the environment and now he is ever mournfully facing the consequences. Water catchment areas have fallen prey to the poisonous arrows of the sun. As such water, not just water but fresh water, is hard to find. Bellies of lakes are swelling up because of being fed regularly by rivers armed with silt. The silted lakes in turn yield no more fish and also lose confidence as far as water transport is concerned. And to turn things from bad to worse, man has ceased to live in rural areas (you may argue that we still have rural settlements, yes you are right). In these towns (urban centres) there is over crowding due to the fact that towns are like powerful magnets luring people from the rural areas. Shanties, within no time, spring up to house the miserable unemployed lot. Vehicles, roaring all day long, breathe out

their nasty fumes into the air. The ceaselessly working, ever smoking industries are greedily polluting the air. That is why the rising sun, as seen in industrialised towns, is scarlet-red. The smoke is simply trying to blindfold the rising sun as it peers over the horizon. Deafening noises from the congested traffic and industries is something very usual about towns.

All these and many others herald man's life nearing a point of no return. But before the bell for man to be extinct goes (we hope it will never be rung), something must be done in time to save the situation. We must try our level best to restore what we have stolen from nature. To start with, we must plant trees. Trees, a part from protecting the soil, have many other uses. Our furniture, building material, fuel, paper, medicine, perfumes, tannin, gums and others come from trees. So for the sake of our environment and also to assure ourselves of continuous supply of these forests products, we must not only replace the cut trees, but plant some where forests existed not.

When we plant trees, especially the indigenous ones our wild animals will get a very nice natural habitat where they can live in harmony with one another. Trees also bar the soil from finding its way to seas, lakes, rivers and oceans. As such these water resources will be free of silt, a very nice environment for marine life. Pollution be it air, water or land, must be reduced (if not wiped completely out of this earth). This way, our animals (wild animals) will thrive and increase in number. Doubtless, a country such as ours (Kenya) will then stand a better chance of pocketing more foreign currency because of increased number of tourists coming to see and admire the animals, after which they release bundles of money.

Tree planting is the major method of soil conservation. But there are others. For example, where erosion has been more intensive to the extent that ugly gullies are everywhere, stones are hulled into the fullies. And in some cases gabions can be laid across the channels. When the soil-armed water find their way through the spaces among the arranged tones (those in the gabions or those just dropped into the channels) they leave behind soil. This goes on and on, and within no time soil emerges.

Over stocking should also be avoided as much as possible. When the animals (eg cattle, sheep and goats) exceed the carrying capacity of the land, it is obvious that they will browse on every form of vegetation they come across exposing the soil to be flogged by rains, blown away by winds and to bake under the oven-hot sun.

Yes, when it comes to ways of conserving soil, there are as many ways as those of killing a rat. Others are: terracing hilly land, contour farming, practising crop rotation, planting cover crops, carrying out strip cropping, avoiding cultivation on river banks and doing away with over cropping. If all these methods are put into practice, there is no doubt that our environment will be conserved. But let us ignore (I don't mean you ignore it) the idea of conserving our environment and see what will happen! Within no time the world will be

hit by an immense black out. Everything will come to stand still, man's life being no exception.

Gratitude goes to our beloved president, His Excellency Daniel T. arap Moi for being mindful of the environment. As far as tree planting is concerned, he is second to none. He has also taken another very auspicious step: Setting up the Ministry of Reclamation and Development of Arid, Semi-Arid and Waste-land, aimed at bringing all land into productive use. Bravo our president. Your very positive attitude towards our environment is cherished by all.

Noah K. Cheruiyot,  
Form 6 North/2

### FORMS OF TECHNOLOGY WHICH HAVE AFFECTED MAN

Zoom!..... Zoom!.....Zoom!  
"Nice car ..... nice nice"  
So the car-owner brags  
and from the exhaust pipe:  
Carbon dioxide, carbon monoxide,  
Lead aerosols, sulphur dioxide etcetera,  
escape to find a footing  
into the calm atmosphere.

Breathe in..... breathe out!  
So it continues to perpetuity  
Hopping and skipping,  
The Children go,  
And into their blood streams,  
the pollutants flow,  
To cause havoc, on the  
Counter-balance, immeasurable.

Tup .....tup.....tup.....tup.....  
The foundry throbs to life  
"This is a big industrial concern",  
So does the firm-owner comment-  
"But a big air pollutant, Sir!"  
The conservationist comments back  
But like water drops on a duck's back,  
so does his message drip away.

From the tall factory chimneys  
Does hazardous affluence arise  
to mix with smoke thereby forming smog,  
On plants, its ingredients settle,  
To stunt but the growth of the crop,  
Only that? No.  
Eye irritations, headaches, in security,  
Chronic bronchitis, stomach ulcers,  
and plus smoke from, "This brand of Cigar"  
emphysema, etcetera.  
What are you inhaling?  
Carbon, tar, carcinogenic substances  
To cause but life-long effects in you!

Luminous watches are but glimmers,  
Potential radiation pollutants they are,  
Their phosporence is but the  
atmospheric foe-  
But what?  
They're forever selling, forever being bought,  
But forever damaging the atmosphere.

As additives, lead compounds are  
poured into engine cylinders,  
"To make the engine run more smoothly and  
Prevent pre-mature knocking",  
So the motorist will say,  
From the rear, the exhaust pipe spits,  
Among other, teiraethylead  
to cause but inestimable terror.

Thermonuclea stations,  
The Zenith of the technological ladder,  
But since human is to error  
so do we have nuclear fall-outs  
Which, into our bones gnaw,  
tending to an unfathomable crescendo.  
Exploding bombs,  
Cause untold nuisance- deformed, blind, deaf children  
and God knows what, comes into being.

Zrrr.....Zrr.....Zrr.....

"The air-bus is taking off"  
So does the crew-man announce  
Through the amplifying system,  
With paining ears, children are left crying.  
"It is noise pollution sir", the wise one will explain,  
"It is advancement in technology", so will the scientist  
say who is right?

*Mwangi Crispo Kinyanjui,  
Form IV East.*

#### ULEVI TUANGAMIZE

Hodi hodi uwanjani, wanachi watukufu,  
Nasimana kwa imara, niweleze nyote umma,  
Siwaelizi kwa dhara, kwa yangu ninayo sema,  
Dhahiri nawaeleza ulevi tuangamize.

Ulevi kama unyama, hutajua utendalo,  
Utatenda yaso mema, na maguvu kujidai,  
Hata vurugu utarusha, na maisha utayapuza,  
Ulevi tuangamize, dhahiri naweleza.

Ulevi ni tendo baya, kwa binadamu kufanya,  
Hugeuka kawa nyani, hata dini aisahau,  
Fedheha hutuletea, ulevi kweli ubaya,  
Wananchi tuungane, ulevi tuangamize.

Mtu aliye mlevi, taadhima yeye hana,  
Adabu pia hatajua, ulimi daima mchafu,  
Matusi kwake ni ibada, atatenda bila kujali,

Ulevi naukashifu, wananchi nisaidienei.

Walezi hebu tafakari, tendo lenu badhiri,  
Ni maelfu ya mapesa, mwayazamisha mto ulevi,  
Heri akiba mngeziweka, nchi Kenya zijenge,  
Ulevi unaboma, wananchi tuuangamize.

Tumesikia na kuona, visa vingine nya ulevi,  
Ndoa zimevunjika, huku ukahaba wasambaa,  
Watoto kuachwa pweke, sababu yake ulevi,  
Ulevi kweli adui, wananchi tuuangamize

Wengile walio walevi, tone huruma hawana,  
Watavila vitu vitamu, hotelini peke yao,  
Lakini kule nyumbani, familia yalala njaa,  
Ulevi kadha mbaya, tuiangamize wananchi.

Ulevi itakulazimu, tendo kuzini ufanye,  
Na ukimwi utapata, ukiwa mlevi mwananchi,  
Na mauti yakufika, ewe uliye na ukimwi,  
Ulevi tuangamize, pamoja kwa ushirika.

Beti tisa nimefika, bado ulevi napinga,  
Wazalendo nawaomba, tuuangane kung'oa,  
Na daima tutasifika, bara nzima Afrika,  
Kwa pamoja tutaweza, kuangamiza ulevi.

*Robert Kisyang'ani  
Form 6N*

#### NATIONALISM

Kenya  
My country  
You're warm and kind  
we all enjoy peace and freedom  
Who cares for us all.  
Kenya, I love you with all my heart.

Come and see my country,  
See the peculiar scenery,  
Mountains, Valleys, beautiful beaches  
to mention a few.  
Our good traditions and culture  
Traditions of our own!  
Kenya, you're a beautiful country.

Last decade,  
The era of Development,  
8-4-4, Pragmatic system to boost self-reliance,  
Nyayo words to improve medical care,  
Nyayo busses to ease transportation  
Jua kali to encourage self-employment,  
Intensification of agriculture for more food  
Water for all by 2000 is the motto.  
Kenya, we look forward to a bright future.

Games and sports,  
Your field of excellence  
88' Olympics  
Kenya at the top  
With five gold medals.  
In the world rally  
Kenya is renowned,  
Kenya, the country of Great Sportsmen.

In environmental conservation  
Kenya is the champion  
Cut one tree plant three is the motto,  
Afforestation for more trees  
Soil conservation, to preserve our soil  
Irrigation, to reclaim land from the desert  
And increase in food production.  
Kenya, the country of Great Environmentists.

In education  
You have the highest quality  
Number of Universities has risen to four,  
Graduates on the increase every year  
To boost man-power for development.  
Kenya, the country of Greatmen.

BRAVO my country!  
We all work together in peace, love and unity.  
Under the umbrella  
Of our beloved President Daniel arap Moi  
In his footsteps, we move ahead!  
Forward ever, backwards never be the motto  
Long live KENYA,  
Long live PRESIDENT MOI.

*Daniel Chepkonga,  
Form 4 East.*

### OZONE LAYER

Ozone is a gas consisting of three atoms of oxygen bound together in normal air. Oxygen molecules consists of two atoms only.

Ozone is found naturally in the stratosphere. It is present in relatively high concentration from 25-50 altitude. Ozone can be produced in a chemistry lab. from reactions using hydrogen peroxide.

Ozone blocks the passage of ultra-violet rays from the sun. Ultra-violet rays can be harmful to living things. They can cause skin cancer to humans. Scientists also think that ultra-violet rays may cause genetic damage.

In the past few years, a large "hole" in the ozone layer has appeared over the south pole. The ozone layer has become dangerously thin over a large area. Scientists are worried that the hole will grow larger and the earth will no longer be protected from harmful ultra-violet rays.

Ozone layer can be destroyed by certain chemicals, for example, the chlorofluoro carbons which are used in the manufacture of propellant sprays like 'Doom' and other insecticides. CFCs are also used in fridges. Almost all CFCs are produced in developed countries.

CFCs are suspected to cause damage to the ozone layer.

All the world Nations met in March to discuss the problem of the ozone hole. The meeting was held in Britain and it was opened by our President, Hon. Daniel arap Moi, C.G.H., M.P. All the countries agreed that something must be done immediately.

They all agreed that it was important to stop using CFCs (chlorofluorocarbons) as soon as possible.

However, the details of the international agreement are not complete.

Several developing countries would like to continue producing CFCs for the next few years. They need CFCs to industrialize. At present, no substances have been found which can replace CFCs in fridges and other uses.

Therefore as well as stopping the production of CFCs, it is important to find substances which can replace them.

*Moses K. Kirui  
Form 3 North.*

### YOU LIE THERE

You lie there  
In between your blankets  
Wishing for the best,  
but the best is never wished for  
Wake up! work has come.

You lie there  
Oh that hard wooden desk  
expecting for the best,  
but the best is never expected  
Wake up! its time to learn.

You lie there  
basking on the green grass  
hoping for the best,  
but the best is never hoped for  
Wake up! knowledge comes your way.

You lie there  
dosing on the arm chair  
waiting for the best  
but the best never comes  
Wake up! there is no short-cut to success.

You lie there  
In between the warm blankets again  
waiting, wishing expecting and hoping for the best  
but the best comes only one way  
Wake up! You've got to work for it.

*By Samson Tubei,  
Form 3 North 1989.*

### IS IT THE TREND?

In the world of the past and even today's, period of unrest more often than not seems to precede economic and technological advancement, as well as political stability. For sure, I cannot tell the mystery behind this but this is the reality, and if one is not taken early enough, the events of the economically depressed Africa.

Just over 200 years, ago, Europe was at the peak of political agitation, as the popular French Revolution agitation, as the popular French Revolution flared up. But presently Europe - particularly western European countries - enjoy the highest standards of living due to their technological and economic advancement achieved through the Industrial Revolution. But all these developments only picked up on a larger scale after the political turmoil.

Despite the small size of a country such as The Netherlands, it has been able to make great strides in agriculture through the reclamation of land, formerly under the North Sea. Moreover it has (presumably) the largest port in Europe: Rotterdam. On the other hand, another small country - Switzerland - boasts of her exclusive monopoly of high quality production of watches. France has reason to boast due to its ability to produce the modern "Airbuses", whereas the Federal Republic of Germany (W. Germany) is proud of her ability to produce the prestigious Mercedes Benz and BMW cars.

From the above illustrations and others (innumerable) from many other European countries, it is crystal-clear and evident that Europe is far much more developed in technological and economic spheres. And it is now looking forward to greater unity as is being forged by the EEC (European Economic Community) - commonly referred to as the Common Market (expected to take effect in 1992).

Needless to say, North America is another continent full of metropolitans owing to the reflex of European immigrants - who were fleeing the political tortures and religious persecutions during European political upheavals in the 18th century.

Americans are noted for their advanced nuclear weapons' plants, space research and pornography among other advancements. No wonder the Americans have patronized the North Atlantic Treaty Organisation (NATO) with its Western European allies to form the Western capitalist BBC.

The USSR - Presently engaged in a cold war with the US and its allies - clearly in the most developed eastern block and is undoubtedly the home-country of communism, hence has "fathered" most of communist "hardline" countries as well as some of the Socialist Republic.

USSR itself and its eastern European allies bound by the Warsaw Pact, have advanced economies and technologies too. But a major set-back of their modern development is their apparent political instability, which compares USSR to the more stable political scenes of the Western block. In some instances - e.g. in some kinds of the nuclear missiles - the USSR, however, has more sophisticated weapons than the US, and this has been a cause for worry to the Americans

and thus the essence of the cold war between the two superpower (US and USSR).

MDCs (more developed countries) aside let's now turn to what is happening in the LDCs (Less developed countries). In the Middle East, war between the Israel and the Arabs of the Gaza Strip and West Bank is raging on. Despite the cease-fire accord, tension between Iran and Iraq persists inspite of the efforts being made by the UNO (United Nations Organisation) to restore peace in this Gulf region. Lebanon is also troubled waterloos due to the arilian struggles based on religious grounds.

In Asia, the Mnjahedeen guerillas still continue with their struggle against the Afghan government forces despite Soviet Union's withdrawal of its forces.

In South America, there is instability in Nicaragua as opponent forces - the contra rebels and the government forces - brave the war against one another, as uncertainty continues to dominate Panama and Chile. A News Agency recently wrote, and I quote: "Chile is emerging from 16 years of authoritarian rule but future civilian government will take over under the shadow of a powerful military that unabashedly declares itself ready to retake power". This certainly confirms the uncertain political state of affairs in Latin American Countries.

In many of these trouble torn Middle East, Asian and Latin American countries, the state of economic and technological advancement as well as political stability could have been much better were it not for the political turmoils which have rocked them. This is because most of these countries are better endowed in terms of natural resources, notably oil in the Middle East and minerals as well as oil too in some of the Latin American countries.

It so seems that some countries in these war-torn regions of the world are in the take-off stage and are likely to be at par with the MDCs in a much shorter time than their African LDCs counterparts. There are countries such as Korea, Hongkong, Singapore Israel, Brazil, Argentina etc.

In poor Africa, independence has not yet dawned in some of countries whereas the majority have gone through just over troubled decades.

Namibians have a cause to smile as the United Nations Resolution number 435 is presently on its implementation. But there should be cause for worry either because the evil-minded south African minority rule might commit a crime shrouded in mystery by engineering vote-rigging plots to ensure their allies snatch the top leadership and portfolios. However, I hope the contingent of about 4000 men - observer force (UNTAG) - are on the alert to crack down on any mischief or foul play which may flout the implementation of the resolution. Bravo to the Kenyan forces, who, reportedly, are doing very well in order to see into it that the contumacy for calls of justice on South Africa is suppressed from interfering with the "creation" of independent Namibia.

In the rest of the sovereign states of Africa, there's a mix-up, amid calls for unity yet to be either fulfilled or frustrated. The song "The United States of Africa" has been sung now and then since the founders of the OAU first dreamt of it, but it is only time which will decide its fate. Could it be that after the independence of Namibia and South Africa (and may be S.W. Sahara) that unity will be achieved? I don't know the real answer but, from own point of view, judging from what is already happening many neighbouring countries, this may be unlikely UNLESS Africans show a change for the better - "burying the hatchet", (as our local politicians say in public rallies) genuinely.

If you I can be allowed to sight examples (sorry for mentioning) we see that insecurity exists for instance on the Senegal - Mauritania border, where recently at least 250 people were massacred in a matter of few hours as a result of tribal frictions. The same case applies to the Sudan - Ethiopia border, and in many other countries. One therefore wonders whether unity is really possible when all these squabbles urge countries to take on one another.

We as Africans, should try to watch our steps by observing critically what is happening in the world and more so here at home in Africa. We should learn to settle disputes peacefully, and we shouldn't engage in fatal fights which only amount to crippling further our already weak economies. I have to admit that in every society there should be a sadist, and so there could be one amongst the African nations. But why don't we use our brains to rebuke the sadist other than trying to test on our manhood against each other? After all what do we stand to gain when we sure ourselves with rattling machines, other than endangering our lives and more so breaking Gods commandment that "DO NOT KILL"?

It is therefore through careful approaches and the sense of responsibility that will turn Africa an Island of peace and hence accomplish; the dream of the "United States of Africa". Otherwise wars will erupt incurring loss of human life and stagnating or even retarding economic development. We should not let war to be a prerequisite for any kind of advancement, be it economical or technological, just as Europe and other continents have done (some still doing upto not). We should mend our path now for spilt milk is lost forever - never to be recollected" again, otherwise, we will lag behind forever. It is NOW or NEVER!

*Dominic K. Chesire  
Form 6 North/1989*

### WHAT'S LOVE?

Love is when you smile to imaginary thoughts,  
A silent whispering that only hearts understand,  
The touch and feel of another's heart-beats  
A treasured secret told when first caught  
love is shyness brought to courage  
A setting of the heart within its constant position,  
The safety of another soul's embrace,

LOVE is a GOLDEN THING - Then WHY DON'T YOU LOVE?

*Thomas Lwande  
Form 3 North.*

### A LIVELY THREAT

It has been said, heard, seen  
It has been witnessed  
It has been felt, smelled and touched  
The greatest threat ever since creation!

You could see them there,  
They are cute, beautiful, smart.....  
Yes, the skirt wearers  
Beckoning at you, only to realise  
You have touched it!

'As usual', the order of the hall  
The hall where swindlers are  
The hall where people socialise  
A place where they discuss rubbish  
All at the advantage of skirt wearers.

When it dawned on air  
The Parasites felt the pain  
The social places were emptied  
The lively threat was told!

Every corner it licked  
Machines would say it, the youth old alike  
The front pages in papers pronounced it  
It shook the giants, swindlers, the world....  
Yes, the lively threat AIDS

*By Ongera Ndembo,  
Form 6 South.*

### MY MOTHER

My mother is now 26 years old  
she was born at the dawn of our independence.

My mother is loving  
more than any I can think:  
everyday she harbours  
and guides me to a bright  
future.

Every down her chingles  
Stares me up in readiness  
for my search of live  
"strive for success" is what  
she always advocates.

For the golden years she has  
lived, sons have survived-  
Professors, teachers, lawyers, engineers...  
the list is end-less.  
What can't she boast of?

Mother as you stand gracefully I'm proud of  
you. But mother? how will I  
and the rest to come reward  
you?

Mother, as you stand I kiss and  
bow to your mighty grace  
and firm foundation and two decades of glory.  
Long live mother Kabarnet.

*Albert Rutto  
Form 6 West*

#### POLLUTION AND DISEASES

The car, the lorry land trains, always running.  
The charcoal, burn in every house.  
The candles, burn in every house.  
The harmful gas, carbon monoxide is released.  
animals breathe, and people breathe  
The harmful gas, enters the blood through the lungs.

The industry, working 24 hours non-stop.  
Food, chemicals and others are processed.  
The waste, directed to the rivers and lakes.  
The gas, released to the air.  
Animals, man, all drink and breathe.

The crops do not do well, because there is no fertilizer.  
The fertilizer is added, to the soil.  
The rain falls, dissolves the fertilizer  
The solution is taken downstream, to the lake.  
The fish, innocently killed.

Immorality, is all over the country.  
Prostitutes, the agents of sexually transmitted diseases.  
Aids, the human killer.  
Youngsters, the main victims.  
Youngsters, the future parents.  
But, what if they have the disease?  
The future generation will be of Aids.

Towns, are dirty.  
Villages, the most dirty places.  
Slums, the leading.  
The children eat and drink dirty food and water.  
Typhoid, the killer is given the chance.

Birth rate, the future winners in the world.  
The hospitals provide vaccines, but mothers don't care.  
Diphtheria, tetanus and the like, sweep all the infants  
The youngsters die of Aids.  
The infants die of diseases.  
Where will the future generation come from?

*Isaiah K. Simatwa  
Form 2 East*

#### WHY ONLY IN AFRICA

My dear mother Africa,  
Why all the blame  
Why swallow everything  
Why not be firm

First was slave trade on your sons  
second was primitivity,  
Third was exploit and exploitation  
Fourth is AIDS in double meaning.

Why only Africa among all nations  
You are not primitive nor lame  
you can stand firm through love and unity  
Africa my motherland, your goodness  
is second - to - none.

The sons of Africa, we stand to win  
Let us not burn our own homes  
Home is home, regardless of site  
The lost sons, come back home  
enjoy the sweetness of your fathers.

*Cris Kiprop Sang  
Form 4 South*

#### ..... I VOICE, BUT NO ONE BOTHERS TO LISTEN

Though I was a child, my parents hated me, and looked down on me, born innocent, of no crime.

They overworked me and did not give me time to socialize, but instead, fended for their little toddler. Washing dishes and collecting firewood was part of my daily routine. Exhausted and tired in the evening. I still had more to clean.

Tossing and turning I had sleepless night with nightmares of the day, with my stomach rumbling, which hardly got anything, as it ached all through the night to the day. Remembering how to clean the floor, toiling with all my effort to evade question from my quarrelsome mother.

Rebellion, was the only solution to avoid being pushed here and there, I took up the new idea, and it went on perfectly. Sneaking at night to linger in town gave me peace of mind, it also did me a lot of good, and helped me relieve tensions. But with my ever suspicious mother around I was soon caught red-handed one day, and the price I had to pay was a painful beating by my father's whip.

To have an drunkard for a father, and a stingy cruel mother, made my whole life miserable.

I tried to cope with them in work, but they always retaliated. My father always put up a quarrel, which always ended in a fight, my mother who acted as the catalyst always ended up crying. There was no peace at home, and I knew there'd never be, my head seemed to be always ringing, and would blow up one day.

When my parents get sick and tired of life, they took back and see, that I am a worthless being and do not deserve to live. With so many social problems in mind, they lay their steam on me, considering their financial problems, they find I am too expensive to keep, The only solution in mind they have, is how to get rid of me.

'Who I am? I ask myself- Do I deserve to live with all these social pressures around which do not give me a chance to breathe?! I have been rejected both at home and in the society and no one cares for me, though my heart bleeds with sadness. and cries out for help as a voice within me, cried out to the world, as tears roll down my eyes, cursing for help, the little child, but no one bothers to listen.....

*Anthony K. Sang  
Form 4 East*

### UZALENDO: NGUZO YA MAENDELEO YA NCHI

Uzalendo ni hali ya mtu kuipenda nchi yake kwa moyo wa dhati, na wala si moyo wa kinyogo. Kwa hivyo, mzalendo ni lazima aonyeshe dhahiri shahiri upande wake kwa nchi yake kwa vitendo na wala si kwa maneno matupu tu. Ni lazima awe na moyo wa ushirikiano na wananchi wenzake. Fauka ya hayo, ni wajibu wake kuulinda uhuru wa nchi yake kucha na meno pale-unapokabiliwa na mawimbi au hata na dharuba kali zitokazo nje au ndani ya nchi yetu tukufu.

Mzalendo ana majukumu kadhaa anayo tarajiwa kufatiniza kijamii, kiuchumi na kisiasa kwa tajamiali ya maendeleo ya nchi.

Kijamii, mzalendo anapaswa kuuendeleza utamaduni wa kiafrika. Kuiga utamaduni ngeni sio kujifanya kiumbe duni, bali ni kumuonea Mungu -kawa mwaafrika hakuumbika na wala hajasfaambika. Wengine wetu hudhani kuwa wamejikwatura vivilyo wanaporaa nguo "wazi" na "Miwani" (hata usiku): ilhali hawafahamu kuwa badhi ya utondo hivi ni kinyume kabisa na maadili ya kiafrica. Sikatai ukweli kuwa baadhi ya mila zetu, mathalani kuwatahirisha wasichana, ni mbaya, lakini hatuwezi kula nyama kuwa mila zote ngeni zinatufaa. Kwa hivyo, mzalendo shupavu anapaswa kuhjifunza maadili mazuri kutokana tamaduni ngeni na kuendelea kuwa chini ya amri za tamaduni za kiafrica zilizo na maadili mema.

Chamblecho wahenga, mwacha mila ni mtumwa. Hivyo basi mzalendo ni lazima ajishirikishe katika kukuru kakara za kuuhibadi utamaduni wetu, unaohatarishwa na kadiru ya kasi ya mmege kutoekana na athari za tamaduni ngeni. Ili kufikia lengo hili, ni lazima ashiriki mathalani katika kuzihifadhi ngoma za kienyegji wakiafrica, madhali sanaa hizi huvutia watalii, ambao hutuletea donge nono la fedha za kigeni.

Katika upande wa uchumi, mazalendo anapaswa kujitolea mhanga ili kuyaanziksha na kuendeleza mipango ya maendeleo, na sio kuwa kunguni kwa kunyonga wananchi kutoknana na mapato yao.

Kuna baadhi ya watu ambao wamepewa majukumu ya kuyasimamia mashirika ya umma, lakini wamekuwa kupe kutoekana na uchoyo, ubinaksi na tamaa yao kuu kwa pesa. Wengine wameyanyonya mashirika haya kasoro yafilisike kutokana na madeni makubwa,. Kama watu hawa

wangalikuwa wazalendo, wangalihakikisha kuwa maslahi ya wananchi yanalindwa vivilyo.

Nchi yetu inatumia kiasi kikubwa cha pesa katika kugharamia masomo ya watu wake. lakini baadhi ya wasomi hawa ambao wamekuwa na taaradhi kwani hawarejei nyumubani baada ya kumaliza masomo yao. Wengine waliohitimu humu nchini hukimbilia pesa katika nchi za nje pindi tu wapatapo shahada zao. Jambo hili limetubidi 'kuagiza' wataalam kutoka nje, ambao ni sharti wapewe kiinua mgongo ndiposa wakubali kututumikia. Nashindwa kuelewa jinsi watu hawa wanavyojitia mwoapuza ilhali wanafahamu wazi wazi kuwa nchi yetu imebanwa na matatizo chungu nzima. Ikiwa watu hawa wasingalifunza macho na pesa (na zaidi ya hayo ikiwa wangalifahamu maana ya uzalendo thabiti(wangalijifunga nira ili kuhakikisha kwamba matatizo yanayo tusonga na kutuzonga angaa yangalipunguzwa pia, wangilifahamu kuwa shilingi, ingawa ni kitu cha thamani maishani, ni maua, tena yaweza kuua! Hivyo hawangejitia hamnazo na kutoroka ugeninini, bali wangebakia mumu humu katuongoza katika kulisukima mbele gurudumu la maendeleo.

Aidha, kuna baadhi ya watu ambao wamejiingiza katika ufisadi, Aghalabu watu hawa ambao husadifu kuwa ni wakwasi, wamekuwa popo kwani wana mazoea ya kupayuka mchana huku wakiwakashifu "watu wasiotajwa" kwa kujiingiza katika magendo. Lakini usiku unapowadia, inasikitisha kuwa wao hufanya mizungu kwa kutenda yale waloyokuwa wakiyakashifu mchana. Nakula yamini kuwa yamkini watu hawa wangerundika medali nyingi za dhahabu iwapo kungekuwako mashindano ya kimataifa ya ufasidi! Huu ni uzalendo gani? Bila shaka huu si uzalendo bali ni usongombwingo na unafiki mkubwa.

Upande wa siasa, mzalendo halisi ni lazima atetee haki za watu wa matabaka na makabila yote katika nchi. Ni lazima awe amelitupa neno 'kabila' au 'ukabila' kutoka kwa msamati wake. Iwapo atahitaji kabila, basi mtu huo atakuwa wa kabila la Kenya, sio kabila jingine. Wapo watu wachache, hata hivyo, ambao kutwa huhubiri injili ya utengano badala ya utangamano. Sijui wanaona faida gani wanapo rabsha za kikabila zitokazo katika nchi zingine? Isitoshe, wapo wenzetu ambao wamekuwa kubeli kwa jinsi wanavyoyajali maslahi ya watu wa tabaka la juu kuku wakiwabagua kina yakhe. Wao hufikiri kuwa wao tu ndio wanaostahili na kustahiki kuyala matunda ya uhuru, na wala si watu auzali. Ajabu kubwa hii! Kwa nini wao hawatambui kuwa hatuna nafasi ya ubaguzi jinsi wafanavyo wadhalimu wa Africa ya Kusini?

Wengine huwatia kiwi wananchi, hasa wanapotaka wachaguliwe kama wakilishi katika bunge au katika mabaraza ya miji na wilaya, kwa kuwapa wananchi ahadi za njozi, huku wakishindwa kufahamu kuwa "ahadi ni deni". Punde tu wanapotangazwa washindi, watu hawa hutayarisha karamu murwa, na baada ya hayo, ni basi. Wao hutokomea huko mijini baada ya kukabwa na Subaiana, kwenda kushughulikia usimamizi wa biashara na rasilmali zao zinginez. Kwa upande wao, wananchi wanabaki mitaani wakimeza mate huku wakimoja nyumbani mwao kwa hamu na ghamu kuyatimiza maazimio yake, lakini wapi! Kiu cha wanachi hakiupigi mshipa mtu wa namna hii kwajinsis anavyojipurukusha juu matatizo ya watu waliomwingiza katika uwanja wa neema.

Uchaguzi mwingine unapokaribia, watu hawa hujitokeza tena mashambani huku wakichemsha bongo jinsi ya kuwahadaa wananchi ili wao wasikalie kiti mkaru. Mradi mwafaka uchaguliwao na watu kama hawa ni ule wa kuzichangia shule pesa za karakana na vyumba nya sayansi ya nyumbani kwani vyumba hivi ni adimu sana katika shule za sehemu wanazoziwakilisha hasa kutokana na mfumo mpya wa elimu ya 8-4-4. Lakini wanafanyapo hivi, hawafahamu kuwa walihidi kiyenga zahanati kuzuia mmomonyoko wa udongo, na mambo mengine mengi ambayo hadi sasa hayajatimizwa. Na kama walivyosema mababu zetu, mjinga akierevuka, mwerevu yu matatani, kwani wanachi si pungauani na hivyo akili zao huwiwezi kuwatua. Kwa hivyo si ajabu kwa watu kama hawa kuvuliwa mbeleko mbele ya umati mkubwa wa wapaga kura, wanapogundua kuwa wao wenye na baadhi ya jamaa zao, ndio waliompigia kura!

Ikiwa watu hawa wange kuwa waadilifu na wenyewe kutenda na wala si kuropoka tu, watu hawangethubutu kuwapinga; na hata kama wangepingwa, wangecheza na shingo kutoa kwa kuwalisha haya wapinzani wao kwa kuwashinda bila ya dhihaka yoyote.

Kwa kumalizia, ningependa kiwapigia mwito Wakenya wenzangu wajitolee hali na mali ili kudhahirisha uzalendo wao. Pia nawasihi wasiwe na ndimi mbili kwa kuwa kwa kufnaya hivyo, tutakupuka rehema za Rahim kwa kuisaliti mama yetu - Kenya. Ni lazima tupendane sisi kwa sisi, na wala tusitaraji kupendwa na maadui zetu, kwani aghalabu wao kutonea kijicho kutokana na hatua tulizozipiga kimaendeleo. Tumuunge mkono nahodha wetu Mtukufu Rais Daniel Arap Moi, amabaye hakomi kutukumbusha kuwa sisi ni Wakenya kindakindaki na tumo mbioni!

Dominic K. Chesire  
Kidato cha sita Kaskazini

## DISCUSSION BETWEEN FATHER AND SON

SON: Father leaving school very soon!

Father: Why to want do that!

Son: Because I want to marry!

Father: Have you got a girl to marry?

Son: Yes, my grandmother!

Father: Do you want to marry my mother?

Son: Well, why then did you marry my mother?

Father: (confused) That is impossible

Son: But she calls me "my husband every now and then!"

## THE INTERVIEW

John and Musa were to be interviewed for admission into Form 1. John was cleverer than Musa so they agreed that the cleverer, John goes in first and should come out, after the interview to tell Musa the answers to the questions asked by the headmaster:

Headmaster: Good morning!

John: Good morning Sir!

Headmaster: How old are you?

John: Fifteen

Headmaster: What is your name?

John: John Odhiambo

Headmaster: Where do you come from?

John: Kisumu

Headmaster: Are you a luo?

John: Yes sir.

Headmaster: Go and call the next person.

John: Yes sir.

Don't ever ask what the world has done for you, but ask yourself what you have done for the world. (The late U.S. President, John F. Kennedy)

Don't ever do something because your friend is doing the same, but do it while keeping in mind that you are the one to be affected by its results. (Mr. J.S.T.K. the H/M Kabarnet High School '88)

Quoted by: Lwande Thomas.

Bravo! Bravo!

Thank and congratulations to the inventor of respect words of YES NO, HELLOW, THANKS, SORRY AND BYE

Is it true?

Cris Kiprop Sang F 4S

Telephone Conversation

Kongi Hallo there? Habari yako? Ni how, mbona kulost hivyo hata huji kusema Hay!

Milly: Ahaa sikukataa lakini ni job imekuwa mob siku hizi natoka late sana hata siwezi kupata time za kuja those sides.

Kongi: Nilikuwa nikiring kila after masaa mawili, lakini I got no reply. Sasa nikawa nina wonder ni nini kilikuwa up!

Milly: Sikuwa karibu sababu father alikuwa msick, sasa tukampelea Hosi. Mathe amebaki na yeze huko awe akimhelp kidogo kidogo.

Kongi: Augue pole fathe wako. Na yule Friend wako ushaenda kumcheck tena?

Milly: Hata sijaenda, Unajua hiyo family yake hunipea story mob zingine zinani bore sana. Sasa hata sijisikii nikimmiss.

Kongi: Sijui nini kimefanya nimkumbuke huyo guy. Juji tulienda na yeze, kufika huko kwa road chali akajifanya ame burn sana.

## CREATIVE WRITING

### THE CIGARATTE AND ITS FAMILY

I am the leading world human magnet. I am famous in many households, out known by each by a different name.

My family is made up of nerves, for example my brother is miraa.

My father is bhang. My mother is alcohol. Each of us has a right to the human body and behaviour.

I am specialised in giving students power to sneak from classes, school to hide out in canteens, kiosks, toilet and dark

places to enjoy me. I reward my sympathises but causes brown teeth and awful breath.

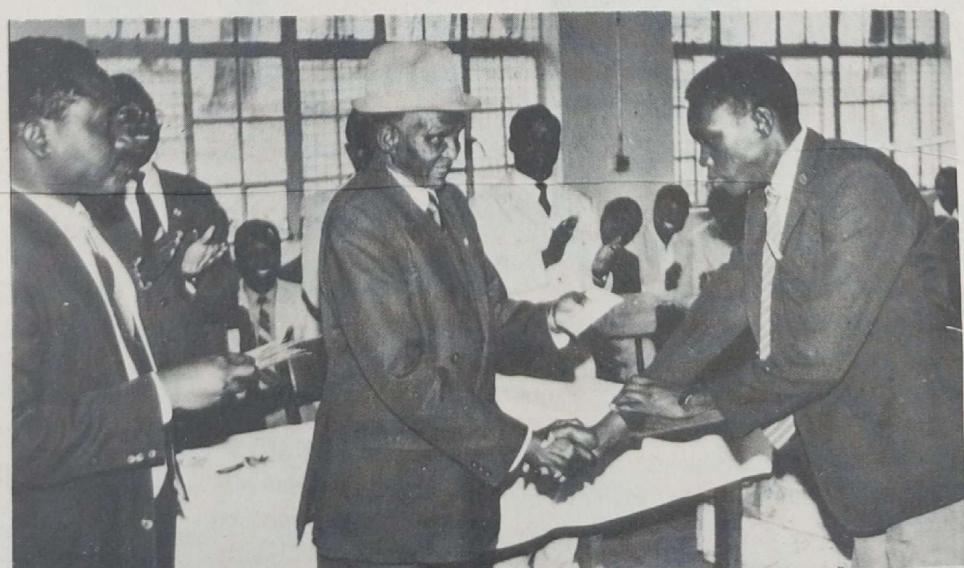
Our family motto is that once we become friends it is only death met that put us asunder.

Amen!

*By Michael Kipsang  
Form 1 East*



The winners of Creative Writing Competition Sponsored by His Excellency The President Hon. Daniel arap Moi, C.G.H., M.P., Chairman of Board, with Mayor Philemon Chelagat.



Mayor Philemon Chelagat presenting prizes to winners of Creative Writing Competition, Noah Cherutich came first to win KShs. 2,500/- from H. E. The President Daniel arap Moi C.G.H., M.P., Chairman.

## JAPAN: LAND OF WORKAHOLICS

For many years I have heard that there is a country where Tom never gets dull out of work. The land of workaholics as is often phrased. Although I did not openly doubt it, I did not, however imagine that there could be members of the 'Homo sapiens' who did not consider leisure very highly. But my doubts were cleared when an opportunity came for me and two students Jeremiah Koech and James Kipsang from this school to tour Japan. This was between July 23rd and August 17th this year.

The plane carrying our delegation of 45 people departed on the night of July 23rd and headed east via Bombay and Bangkok before we finally touched down in Japan at Narita Airport on Wednesday 26th July. The long flight was both exciting and scaring as occasionally we encountered turbulent conditions that made us doubt the safety of air travel.

We were received very warmly and were taken around - over two thirds of Japan sight-seeing, joining in cultural festivals, attending to appointments with Mayors and Governors and also spending several days with Japanese families.

The first thing one notices is the simplicity with which the Japanese do their day-to-day activities. Yet you get dazzled by the sophistication brought about by their high technological level. They go at great lengths to make you feel comfortable and are really concerned that you should make friends with them despite language and other barriers.

Indeed we enjoyed their hospitality and the impact of this will be long lasting.

It was surprising that they do not use beds nor chairs. One does not also wear shoes indoors. As well, both host and guest do the cleaning up of the table after meals.

The Japanese are indeed workaholics. They work from 9.00 am to 5.00 pm in offices but go to do other work later. Those in private employment just work and work. No wonder they have so many industries. In fact one would always marvel at the thoroughness of whatever they do. No wonder they believe that when they do their best, it is the best that man can do. No wonder Japan is now the richest country in the world.

They are so rich that they find it more expensive to repair than to buy new. Thus we were often dumb-founded to find colour T.V.s., cookers, refrigerators etc. thrown as garbage. We saw many cars, motor cycles and bicycles 'parked' then we later learned that they were also garbage. Looking at Japan, one concludes justifiably that most of the 'valuables' we keep in our homes are considered as rubbish in Japan.

The success of the Japanese owes also to thorough planning and evaluation which is also done daily as first and last things. If only we could do the same -all of us - then there is no reason why we cannot catch up.

Like Kenya, Japan has very few resources, if any. They have utilized the human resources effectively enough and concentrated on industrialization. No wonder they are at the top. *Aligato* (thank you) *Sayonara* (goodbye).

*Fidelis J. Nakhulo*



Exchange of presents with Japanese students on 3/8/89

One day as a chemistry teacher was teaching Barkebo was busy reading a magazine. When the teacher realised this, he got annoyed and asked him:

"Barkebo, What was the last sentence I said?"

The boy replied "The last sentence you said was:

Barkebo what was the last sentence I said"

*Isaac K. Koimur F 2S*

### BE YOURSELF

Think and say it

Feel and express it

See and analyse it

Hear and judge it

Understand and respond to it

Just decide for yourself.

*Daniel Chepkinga F4E*

## THE GERMAN DEPARTMENT OF KABARNET HIGH SCHOOL

*by Bernhard Koch*

This is a report of the German Department of Kabarnet High School giving account of some of its activities.

German was started in Kabarnet High School almost two years ago, in January 1988. Students of the then Form 2 and Form 1 were given the choice to pick German as a foreign language. Quite a number of students were interested and therefore chose the subject.

Now after almost two years it seems that the German Department of Kabarnet High School is doing fine and meets the standards set by the Kenya Institute of Education. Our department compares favourably with the German departments of other schools in the country. Since we are in close contact with all the other schools offering German as a foreign language we have frequent visitors from other Kenyan schools and the Kenya Institute of Education or comparable institutions who check on us and our performance. For instance; only a short time ago a delegation of people from the Ministry of Education, the

Kenya Institute of Education, the Department of German as a Foreign Language in Cologne, West German, came to check on us. But we do not only have 'official' guests. Often Germans come to talk with us, to have discussions etc. so that we are in close touch and are being exposed to German as much as possible. All of our visitors and inspectors have said so far that the standards of the German Department of Kabarnet High School are good and that the students' command of the target language compares well with the other schools in the Republic offering German as a foreign language. This applies particularly to the students of Form 2 E and Form 3 E. The students of Form 1 E are also very promising but it still takes a bit of time to reach the point where they can converse in the language without switching over to English occasionally. But that point is not far.

Let us contribute some samples of our work to this magazine.

### Der Deutschunterricht in der Kabarnet Jungenschule

von Moses Maina aus der Stufe drei Ost

Der Deutschunterricht in der Kabarnet Jungenschule hat im letzten Jahr angefangen. Die Stufe drei, Stufe zwei und die Stufe eins machen jetzt Deutsch. Der Deutschunterricht ist sehr lebhaft und wir genießen ihn sehr.

In unserer Klasse - der Stufe drei Ost - sind wir nur sieben Deutschschüler. Unser Deutschlehrer heißt Herr Koch. Er ist ein Deutscher und er kommt aus Köln, eine Stadt in Deutschland. Er ist ein sehr guter Lehrer. Wir haben gern Deutsch in unserer Klasse, weil wir Deutsch genießen. Er ist immer beschäftigt, weil er alle Deutschschüler in der Kabarnet Jungenschule und die Mädchen in Kapropita unterrichtet.

Wir lesen Deutschbücher, deutsche Zeitungen und wie hören auch Deutsch auf der Kassette. Wir sprechen immer Deutsch in der Klasse und unser Deutsch wird immer besser. Manchmal sprechen wir Deutsch mit Deutschen, zum Beispiel Björn und Matthias. Einmal ist Björn gekommen und wir haben viel Deutsch gesprochen. Jetzt können wir auch deutsche Gedichte sagen und am vierzehnten Oktober haben wir den Kabarnet Hauswettbewerb auch mit deutschen Gedichten.

Die Stufe zwei ist auch sehr gut und sie sprechen auch sehr gut Deutsch. Wir sind weiter im Buch, aber wir glauben, das macht nichts.

Deutsch ist Deutsch, ob gut oder schlecht, die Hauptsache ist, wir sprechen Deutsch.

Die Stufe eins spricht auch Deutsch, aber nicht sehr viel, weil sie mit Deutsch angefangen haben, aber nächstes Jahr werden sie gut.

Ich habe nichts mehr, das ist alles für heute.

Tschüß,

Euer

Moses Maina

Kabarnet hat eine Partnerstadt in der Bundesrepublik Deutschland. Diese Stadt heißt Hürth. Immer wieder fahren Kabarneter nach Deutschland oder Hürther kommen nach Kabarnet. Es gibt sehr gute Kontakte. Herr Koch hat vorgeschlagen, auch einen Schüleraustausch zu machen. Es hat geklappt. In diesem Jahr konnte ein Schüler von der Kabarnet Jungenschule und eine Schülerin von der Kapropita Mädchenschule nach Deutschland fliegen. Der Junge heißt John Ekuru. Hier ist sein Bericht.

#### MEINE REISE NACH DEUTSCHLAND

von John Ekuru aus der Stufe Zwei Ost

Deutschland ist ein sehr schönes Land. Da ist alles klar, die Leute sind sehr freundlich. Sie sprechen gut mit Ausländern und von ihnen. Also ich bin in Deutschland für fünf Wochen gewesen. Ich habe viel gesehen. Deutschland ist viel kleiner als Kenia. Auch sind in Deutschland die Familien viel kleiner als hier in Kenia. Die größte Familie da hat vielleicht drei Kinder, aber diese Familien sind selten. Meistens hat eine Familie ein Kind oder zwei Kinder.

Die Einwohner in Deutschland sind sehr viel mehr als in Kenia. Aber ich verstehe das nicht. Warum sind sie viel mehr als wir in Kenia? Unser Land ist groß, unsere Familien sind größer als die in Deutschland. Eine Familie in Kenia hat bis zu zehn Kinder. Die deutschen Einwohner sind sechzig Millionen und die Kenianer sind ungefähr zwanzig Millionen. Die Leute da haben mir erklärt, daß sie mehr als wir sind, weil Deutschland eine Industrieland ist. Sie haben viel Technik und sie sind auch sehr reich u.s.w. Eine kleine Stadt wie Hürth hat viele Fabriken. Die Städte sind nicht gerade klein, wenn du sie mit Städten in Kenia vergleichst.

Es war Sommer da in Deutschland. Die Tage sind sehr lang gewesen. Wenn es ist acht Uhr in Deutschland, es ist etwa sechs Uhr hier in Kenia.

Die Sonne geht sehr spät unter. Der Sommer ist nicht sehr heiß, sondern sehr kalt.

In den deutschen Schulen gehen die Schüler um acht Uhr in die Schule. Der Unterricht fängt um acht Uhr an. Sie machen ungefähr fünfzehn Fächer, aber das ist egal. Sie machen die Fächer, die wir machen, aber Ausnahme sind Fächer wie Psychologie, Politik, Latein, Französisch und Spanisch. In deutschen Schulen gibt es im Sommer auch etwas, das nennen sie 'Hitze-frei'. Wenn es heiß ist, dann dürfen die Schüler nicht in der Klasse bleiben, sondern sie müssen nach Hause fahren. Also manchmal haben die Schüler nur drei, vier oder fünf Fächer an einem Tag und das ist alles.

Du kannst auch sagen, die Schüler in Deutschland haben keine Disziplin. Zuerst sprechen sie sehr laut in der Klasse, sie streiten mit dem Lehrer, sie rauchen auch in der Schule und sind sehr unruhig in der Klasse. Sie spielen auch in der Klasse und passen nicht immer auf. Die Schüler nehmen auch Essen in die Schule mit. Wenn ein Schüler eine Freundin hat, können sie zusammen sein. Das ist etwas unbekannt in kenianischen Schulen. Ah! die Schüler da sind etwas komisch.

In Deutschland machen sie auch alles auf Deutsch, wenn der Lehrer unterrichtet. Die erste Klasse im Gymnasium ist die neunte Klasse in Kenia. Dann kannst du bis zur dreizehnten Klasse machen. Das ist die letzte Klasse. Dann machst du das Abitur und später kannst du in eine Universität gehen. Es ist egal in Deutschland, ob man in eine Universität geht, du kannst entscheiden, ob du möchtest oder nicht.

In Deutschland gibt es keine so großen Seen wie in Kenia, wo wir den Victoria See, den Turkana See, den Baringo See oder andere Seen haben. Aber es gibt einen großen Fluss, der heißt Rhein. Dies ist ein toller Fluss. Große Schiffe können hier fahren. Der Fluss Rhein ist sehr breit und lang. Er geht durch die Schweiz, Deutschland und die Niederlande, wo er mündet. Er geht auch durch die Städte Köln und Bonn, die Hauptstadt von Deutschland. In dieser Stadt gibt es das Büro vom Präsidenten. Der Präsident von Deutschland heißt Richard von Weizsäcker, der Bundeskanzler heißt Helmut Kohl.

Der Bürgermeister von Hürth heißt Rudi Tonn und der Stadt-Direktor ist Herr Georg Rogge. Herr Greiner ist der Vorsitzende vom Partnerschaftsverein. Er hat uns Schüler von Kabarnet und Kapropita eingeladen. Er ist schon in Kabarnet gewesen. Viele Deutschschüler von hier kennen Herrn und Frau Greiner. Aber ich habe bei Familie Mengel gewohnt. Sie möchte nächstes Jahr nach Kabarnet kommen und uns besuchen.

Ich kann sagen, alles in allem ist es eine schöne und interessante Reise gewesen.

John Ekuru

## CLUBS

### CHRISTIAN UNION

Christian Union is a body of Christian believer who fellowship together or do many things that pertain to their faith together. Most of these organisations are found in institutions of learning and they are very prevalent in our country due to our beloved government which recognises the hand of the creator God in human affairs. Their aim is to cater for the spiritual needs of the believers, sustain their fervour in living lives consecrated to God and witness to the saving grace of God's son - the Lord Jesus Christ. Most of the believers in these organisations belong to what are popularly known as protestant Churches. There are many fundamental Christian beliefs binding them together as is also true to Christianity in general, but the around which true Christianity revolves is the restoration of man's lost fellowship with His maker, accomplished through death, burial and resurrection of the Lord Jesus Christ.

Kabarnet High School has enjoyed the presence of Christians ever since its conception in 1940's. Majority of those who went through this institution being sincere Christians still hold their testimony and we at times invite them to speak to us in our Sunday services. Infact one of them is in our list this term and I am sure he will be glad to come to his "Old home", where God nurtured him spiritually. Example of the above is Brother Joshua Kerrets, (a businessman in Nairobi) and Brother James Komen. (Headmaster Sacho High School).

The membership of the club fluctuates tremendously due to the ones who respond to God's call as the wheel of time rolls on, and others who underestimate the weight of the cross before making their decisions and thus have to retrace their footsteps to Onion-land. However, we presently boast of a membership of 55 Christians whose temperament I don't feel comfortable to comment about. All classes are beautifully represented except Form three class which enjoys the least membership. The affairs of the Christian Union are managed by elected officials who are guided by a patron who is mainly a teacher and a serious Christian by disposition. Some of the functions requiring the attention of the officials include prayer meetings, fellowships, worships, Bible studies, conducting Sunday services,

missions within and without the compound etc. These are so arranged such that they do not interfere with the normal learning. The following is a breakdown of the aforementioned activities.

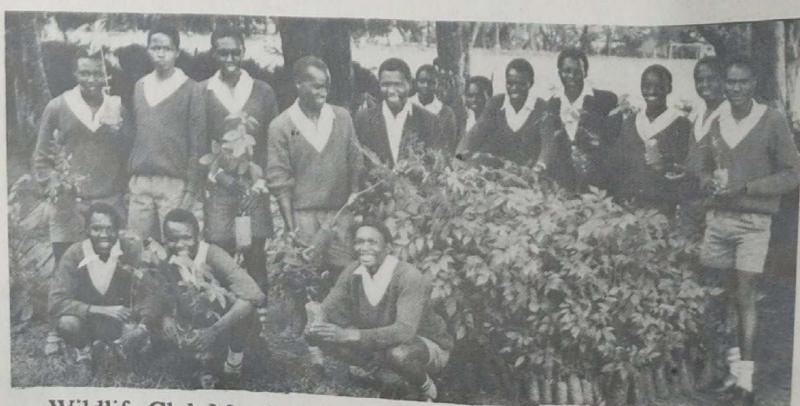
We have prayers daily from 6.30 p.m. to 6.40 p.m. On Tuesdays, we have Christian Union choir practices from 4.30 p.m. to 5.30 p.m. On Wednesdays, we have fellowship from 9.35 p.m. to 10.30 p.m. On every other Saturday we have missions outside the school, anywhere within a radius of two kilometres. The same day staring from around 7.30 p.m. we have worship upto 9.00 p.m. On Sunday, we conduct the Sunday service from 9.30 a.m. to 10.45 a.m. Then finally, immediately after lunch, that is 1.30 p.m. we rush to Baringo District Hospital for missions. Hey! That is enough to let anybody know why committed Christians as an afterthought, we also conduct prayers at the parade ground on Mondays, Wednesdays and Fridays.

After the brief review presented above, I wish to acknowledge my particular indebtedness to the Headmaster, the teacher, the very co-operative prefect body which will be hard to forget, the students and even the workers for their personal contribution to the welfare of Christians in this school. Special thanks goes to Mr. Daniel Cheruiyot who has offered to help us twice when we run into problems in the absence of our patron. I also wish to thank Mr. Adhoch, our Guidance and Counseling teacher for taking his time to give me a very timely advice about running the Christian Union.

In conclusion, I would like to express my most sincere gratitude to our patron Mr. Maigua, both as a brother in Christ and a teacher. His contribution to the Christian Union has been invaluable and I hope it will continue to be. I may not be able to express my feelings in a more tangible way and thus I say to all, May God Bless you.

*By: outgoing C.U. Chairman  
Simon N. Mutahi  
Form 6 N 1989*

### WILD LIFE CLUB OF KABARNET HIGH SCHOOL 1989



Wildlife Club Members in School Indigenous Tree Nursery.

As the year approaches its 'Omega' the Wild-Life club of Kabarnet High School, wishes to draw you back to the activities of the club for the past few years. Having i mind that a house can't start on top of the roof, we wish therefore to give you a down's lift to the foundation of the club.

The major activity undertaken by the Wildlife Club of kabarnet is Environmental conservation which incidentally is a world-wide cry. The entire members and staff under the chairmanship of the then Patron sat down and discussed the problem, and the result was the birth of the Club way back in 1975. Since then the Club has continued to grow. The club is mainly concerned with caring for the environment which is the home of all living things right from the microscopic algae to species of man and animals alike!

This year, the club has been able to achieve quite alot, First, we have started a museum for keeping wild animals, of which at present there are about four tortoises and a number of frogs

The club has also a tree nursery, where both indigenous and exotic trees are raised. We have been able to plant a few of the trees around the school compound in an effort to conserve the environment around us. Flowers of nearly all types as well as a variety of fruits are also to be found in our nursery.

Towards the end of last year 1988, the club was able to send a high powered delegation to the Wildlife seminar which was held in Tenges Secondary School. This seminar was to mark the anniversary of the Wildlife Clubs of Kenya. Those who attended were the Chairman J. Kibet and his secretary C.K. Melil.

The privileged to send two of its members outside the country on environmental conservation missions during the April holidays. One of these members was Richard Bunei, (the Museum Manager), had a chance to tour Tanzania while attending a week's seminar in Nairobi Wildlife Headquarters, las holiday. The other one is the Club Chairman, Jeremiah Kibet who went to United Kingdom (Britain) for three weeks. The trip was organised by the Kenya Youth Association Council (K.Y.A.C.) with its headquarters at Kisumu.

The club has the largest number of registered members, which shows the love and concern for the environmental conservation. The members have been very co-operative, infact the Organizing Secretary, Mr. Ng'etich had an easy time organizing them, they most of the time meet without being called upon.

The club as well has a library with many magazines, pamphlets and posters and so members have a chance of reading these once or twice a week.

To wind up therefore we would like to name the officials with the patron who worked towards the success of the club:

|                       |                  |
|-----------------------|------------------|
| Patron:               | Mr. Tuitoek      |
| Chairman:             | Jeremiah Kibet   |
| Vice Chairman         | Nelson K. Rono   |
| Organizing Secretary: | Henry Ng'etich   |
| Secretary:            | Charles K. Melil |
| Treasurer:            | Paul Kurgat      |
| Museum Manager        | Richard Bunei    |

We would therefore wish to share with you a word - "we are committing suicide every day step by step. The world is our

home and the world can live without us BUT WE CANNOT live without the world. We are problem and we must be the solution to this world. Let's join hands country-wide, and world-wide to treat our dying world from man's activities to create a desireable environment for a better living tomorrow by CONSERVING AROUND US for the more we conserve the more beauty and developments arise".

"UNITY' is the basic way to prosperity" Put this in your brain.

By Club Secretary and Chairman,  
CHARLES K. MELIL  
JEREMIAH K. KIBET

#### REPORT FROM DRAMA CLUB

I take this opportunity to thank the editor for allowing the Drama Club to share their ideas and experiences with other people though the school magazine.

Drama club is one of the biggest clubs in the school as far as membership is concerned. With its motto "Umoja ni nguvu" plus the school motto "strive for success", it has been fairing on well.

The club not only participates in annual Drama Festivals but it is pleasing to note that from last year, it participates in occasions like Nyayo Era, Leavers' Day and during the World AIDS Day with their thrilling "Ukimwi Ni Hatari".

This year, the Club with their two plays 'Majeraha' and 'Spare the Rod and Spoil the Child' never went far. Nevertheless, the Club during its annual meetings accepted the defeat as the saying goes

|                        |  |
|------------------------|--|
| Vice Secretary:        | Muturi Kimani  |
| Treasurer:             | James K. Njoroge   |
| Stage Manager:         | Henry Lenairoshi   |
| Class Representatives: | Vincent Labatt 3<br>Mwangi Kinyanjui 4E<br>Albert Rutto 6W |

Otherwise Long Live Drama Club, Long Live School Magazine, kabarnet High School.

*Report written and compiled by:  
MBOGO S. KARIUKI.  
Club Chairman*

#### ECONOMICS CLUB REPORT

Economics club is an academic-oriented club which prepares its members for the wag of the competitive world. It is a living and active club in the school which holds its members to the platform of ambition and success.

The club usually meets on Thursday of every week of the term and mainly involves its members in discussions on economics questions and problems. Here a member is practically able to demonstrate his knowledge of economics and the world around him by answering the many questions put to them by the others.

It is gratifying to note that this club has the highest number of members both 'O' and 'A' levels. In total it has 115 members.

The club has also been able to attain higher goals in outside class activities. For instance, it was able (during 2nd term this year) to involve its members in soil conservation measures. The members planted grass in front of the tuition block and 98 tree seedlings were planted in the school compound.

The aim of the club is to promote the exploitation of talents to produce practical solutions to problems of today.

It is my hope that the 'O' level members will continue to uplift this club as the form six and form fours leave so that the club may continue to nourish its members.

THE PARTON: MR. J. K. CHERUIYOT  
 CHARMAN: W. S. LOKADIO  
 VICE CHAIRMAN: J. MUNGE  
 SECRETARY: D. NDEGWA.

#### REPORT FROM THE 8TH BGO TROOP (SCOUTING)

I must start by sending my congratulations to the school administration and the Journalism Club for their initiative to come up once more with a school magazine.

The Scouting movement is one of the most highly reputed groups in this school and it consists of 45 hard-working members at the moment. One funny thing to note is that all these members come from the 8-4-4- classes.

The six months that have passed since we started this year have seen us do a lot of activities. The most remarkable of these is the participation in the District Scouts Competition which we won. Another activity that impressed me a lot is the 30 kilometre walk to and from Kapluk which we did in first term. All scouts despite the fact that some were so young finished the walk without any fuss.

Hand in hand with the above, I would like to take this opportunity to thank the scout leader Kapluk who is also the Deputy Headmaster of that school for the accommodation and welcome he gave us during our mission.

Although we have accomplished many things in the few months that have passed, there are still more to be done and these include receiving the British Scout Delegation which will be visiting Baringo in August, sending a few Scouts to the Regional Scouts Jamboree which will be held in Uganda in August. May I congratulate our Troop for coming second in the Rift Valley Province Scouts Competition held in Kericho between 10th August and 14th August, 1989. Our Troop narrowly missed number one position with half a mark to Afraha Scouts Troop. We vow to reach nationals in

the year 1990 to appreciate the training we are receiving from our Patron, Miss Beritha Wegesa.

Cheptoo Barmosho,  
 Form 3S  
 Troop Leader

#### REPORT FROM SCIENCE CLUB

Science Club is one of the popular Clubs for science students. Its major role is to train science students to be inventive and assist them in putting into practical work the scientific knowledge they learn in class. This is quite exciting and many students like the idea of inventing and being original.

Science Club in Kabarnet High School has improved greatly in the last few years because the members are very active. This year the club participated in the annual Science Congress and performed very well. Out of the 22 students who participated at district level, 18 took position one or two and therefore proceeded for the provincials. Below are the members who qualified to compete at provincial level and the exhibits and talks they presented:

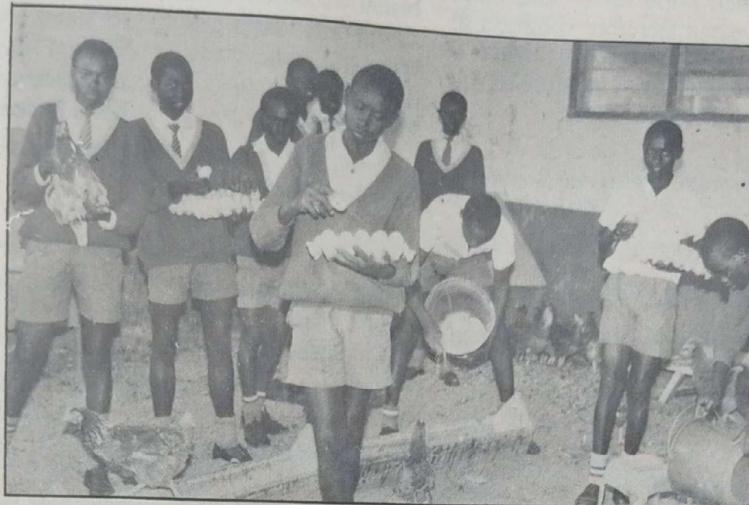
- C. Melil and H. Ngetich - Biology talk on "Atmospheric pollution"
- A. Changirwa and S. Chepkuto - Physics talk on "Petroleum exploration"
- W. Cheboi and I. Koimur — Chemistry talk on "The ozone layer"
- P. Kipsang and D. Chebet — Physics talk on "Dehydration of farm produce"
- S. Mwaniki and A. Chumba — Physics an Exhibit "(Bridge water pump)"
- J. Okumu — Physics an Exhibit "(A projector)"
- J. Tirop and S. Chepterus — Biology Exhibit "(Incubator)"
- J. Bett and I. Kirukmet — Physics an exhibit "(Grass cutter)"

Although none of our members qualified to compete at national level, it was quite clear that our exhibits and talks were of high quality in comparison to those of other schools in the province. It is therefore my wish to encourage Science Club members to continue working hard so that in future we may excel not only at provincial level but also at national level.

Lastly may I convey our thanks to our beloved Patron Mr. Embeiywa who has worked tirelessly with us and spent many hours assisting and encouraging us.

Form 6E  
 Chairman

## Y. C. S. REPORT — 1989



Young Farmers Club with their Chicken.

This movement works hard to cultivate the behaviour and spiritual standards of students. We have quite devoted members who work under the motto: See, Judge and Act.

This year the movement hasn't faced many problems as compared to other terms. I can say this year the members have shown a lot of devotion and seriousness in the activities of the movement such that, this has enabled the club to prosper.

My special thanks and appreciation for the good work go to the movement's Patron who has worked tirelessly to see that the activities of the term's scheduled in the programmes are adhered to. Despite the fact that Mr. Nakhulo has many other commitments he never loses the chances of spending the little available time to share some words of encouragement and advice with the members.

May I also appreciate the assistance which the school administration has offered us since the beginning of the year as this has also contributed to our success greatly. I also appreciate the efforts of the movement's officials and the members at large for the moral support they have given me hence eased my work.

Special appreciation also goes to Father Daniel Kiviti who has always been and is still with us in offering mass and helping in moulding the character of the students. He has also helped in the teaching Catechism.

Finally, please note that the Y.C.S. doesn't discriminate against anyone but it is "all-embracing". Although there has been a general and widespread belief that Y.C.S. is Catholic-oriented, this is null and void for the truth is that the Y.C.S. movement is for the youth but it is only under the auspices of the Catholic Church. In any case, in spiritual matters, there's hardly any division!

For your refreshment, read Hebrews 3:7—19 and act according to its requirement.

Chairman: A. N. Ong'era  
Vice Chairman: C. Kaimoi  
G.O.S. Isaac Mwangi  
Treasurer: A. Sigei

Editor: D. K. Chesire

Choir Leader: J. K. Njonde assisted by T. Omondi

Librarian: Peter Terer

Committee Adviser: A. Tugee and K. Tirop.

Yours in Christ:

*Ong'era Ndembo Alfred,  
Chairman.*

## THE HISTORY CLUB 1989

## OFFICIALS OF THE CLUB:

Chairman: Isaac Mwangi 6S

V/Chairman: Henry Lenairoshi 6W

Secretary: Mohammed Abdulahi 6W

G. O. S. Kizito Musihe 6S

Treasurer: Eric Mutai 6S

History club is one of the academic clubs in Kabarnet High School. The Club has survived under the leadership of the 'A' level students and it is my belief that the 'O' level students will take the measures possible to uplift it because there will be no 'A' level students next year, 1990 to push on the club.

History as a subject has very commendable and competent teachers' working throughout the year for the betterment of the students. We, history students, give our sincere thanks to the head of the department, Mr. Oliver Munguti who took over from Paul O. Ojuoga, for uplifting the club. Our Headmaster, Mr. J. S. T. Kamunchuluh, has also uplifted the History Department both morally and academically., Mr. Chumba, Miss Kamau, Mr. Tuitoek and Mr. Sande are equally doing wonderful job to make the students pass.

The officials of the club and the teachers are happy to report that the two symposiums held in Baringo High School on 3rd May, 1989 and Kabarnet High School on 25th June, 1989 were quite successful. The holding and attendance of seminars actually helps students to achieve more academically and this helps a lot in the exams.

To finalize the report, I wish to throw my cry to the 'O' level students especially the then Form threes and Form twos. They should have initiative and therefore volunteer to come up and run the club. Currently, there is no single 'O' level student who has enrolled in the club. Therefore as the form sixes leave, they should step into their shoes.

#### LONG LIVE HISTORY CLUB

*General Organising Secretary,  
Kizito Mushie  
Form 6 S, 1989.*

#### RIPOTI KUTOKA CHAMA CHA KISWAHILI

Kama ilivyo desturi, ninachukua fursa hii ili kuwapongeza wadhamini na mhariri wa toleo hili la tatu. Hasa nawapungia mkono wa hongera kwa kuniruhusu niwafahamishe wasomaji machache kuhusu Chama Cha kiswahili kwa kupitia jarida hili.

Tukirejelea historia, ni dhahiri kwamba shina au mwanzo wa chama hiki ni hapo mwaka wa 1984. Mwalimu mwanzilishi ambaye pia kwa sasa ndiye Msimamizi wa chama hiki Bw. M'masi.

Chama kilibuniwa ili kuimarisha na kuendeleza matumizi ya Kiswahili Sarifu mionganii mwa wanafunzi wakiwa shulenii na pia baada ya masomo yao. Ilionekana ni aula kufanya hivi ili kwenda sambamba na mfumo wa elimu 8—4—4 ambaa ulikuwa kesha anza kuibuka na kunawiri.

Kwa kufanya madhumuni na maazimio ya Chama yasione kane kama ndoto tu, Chama kimejishughulisha na uandalizi wa mijadala na shule zingine kuhusu fani kadha wa kadha za lugha zinazotahiniwa. Kwa msfano mijadala wa tarehe 17/6/89 kati ya shule yetu na shule jirani ya Kapropita, ulikuwa wa manufaa na kupendeza kwa wote waliohudhuria na kushiriki. Na kwa vile ulikuwa ni wa pili muhimu tangu Chama kibuniwe, hatuna budi kutarajia ufanisi zaidi kwenye mijadala mingine minge itakayofuata katika siku zijazo.

Licha ya hayo wasomaji wapenzi, kumekuwepo na hitilafu ndogo ambayo imekikumba Chama tangu jadi. Kasoro yenye ni kule kuwepo kwa idadi ndogo ya wanafunzi wa vidato vya kwanza hadi vya nne. Kadha hii imekifanya Chama kuonekana kana kwamba chawashughulikia wanafunzi wa vidato vya tano na sita pekee. Hili ni jambo ambalo lahitaji tulipigie mbizi na kulirekebisha kwani limezusha hali ambayo haikutarajiwu wakati ule Chama kilipozaliwa. Ajabu ni kwamba hakuna ajuaye wala aewezaye kuelezea sababu za wanafunzi hawa kutoshiriki Chamani. Lakini kwa sababu zozote zile, wito ni kwamba "usipo ziba ufa, utajenga ukuta" ama wengine watasema: "Mdharau biu, hubiuka mwenyewe". Kwa hivyo huu ndio wakati wenyu wa kuijunga na Chama.

Ni matumaini yetu ya kwamba wanafunzi wa kidato cha sita tutakapo funga virago vyetu na kuhama, enyi mtakaobaki mtakiendeza na kukistawisha Chama hadi kiwango na upeo wa mbali zaidi.

Kwa kumaliza, ningependa kuwashukuru viongozi, wanachama na wote tulioshirikiana nao bega kwa bega. Na, kwa madereva wa Chama siku za kexho, sina budi kuwaacha kwa methali: "Ukiona vyaelea, juu vimeundwa,".

MAAFISA WA CHAMA 1988—'89

Mwalimu Msimamizi:  
Mwenyekiti:  
Naibu wa Mwenyekiti:  
Katibu Mtendayi:  
Mweka Hazina:  
Katibu:  
Mwanakamati:

Bw. M'masi  
Charles Waithaka  
Muturi Kimani  
Robert Kisyang'ani  
Wilfred Kandie  
Kizito Musihe  
Kaba Njoroge

*Mwandishi: Kisyang'ani Robert,  
Kidato Cha Sita.*

#### DEBATING CLUB

Debating Club is one of the most important clubs in the school. It plays a very important role of sharpening one's wits in speaking as well as improving one's language.

One thing that is noteworthy is that many students have a sort of negative attitude towards debating. The reason is inexplicable however FEAR is the underlying cause. Nevertheless, when one is used to talking, this becomes part and parcel of him. Ultimately, the student's mind is broadened as he gets to debate on a certain topic. His mind will be in a position to criticise, analyse and argue on any issue — infact with fluent and admirable language.

In Kabarnet High School, Debating club this year has not achieved much. Reasons are clear that since the beginning there have been alot of activities within and outside the school. These activities may not have interfered with our holding of debates but to some extent they may. Most of the willing participants in the club are involved in these activities from time to time. All the same, the officials, have been struggling conceretedly to recruit more members. We hope that the same members will uphold this club in the near future.

To start with, we were invited for a joint debate with our sister school at the beginning of the year. Also represented was Sacho High School. Infact we tried our level best to see that these schools, as usual, would not tread over us. Rather we showed that Kabarnet Boys' are still the same as of old. We never used flesh and blood to enforce this but our talking proved us right. Finally we noted that we had to do frequent debates in our school to prepare us fully for the same function, we may be invited for such in distant future.

Back to school the same spirit was also portrayed when we tabled a very 'hot motion entitled "8—4—4 system stand better chances in life than the old system". The 'O' level students took part in this debate most. Infact I must recommend their good skills in their language fluency. Actually, they left us puzzled not to know where to position ourselves as 'As' you Know! Most students participated fully enough except our young brothers in form one who from time to time shied away. Nevertheless as 'Waswahili' say that "kuku mweupe hakosi kamba miguuni", we can understand their problem. In future I strongly believe that they will be the champions. Added to this also were members' debates during the club days. Though the response to this is always poor, we have continued to encourage them from time to time to have a positive attitude towards the club.

We have been able to achieve our aims due to the devotion of your co-operation and as our time in office comes to stake our Headmaster, Mr. J. S. T. Kamunchuluh who has spared then I say God bless you in whatever you do. much of his time to come and guide us and participate in all out activities. One unique thing about Kabarnet High School is that the Headmaster takes seriously all school activities, a rare thing in many schools. It is this (inspiration)? that makes the students win and for this we are truly proud of our headmaster and wish him God's blessings to head Kabarnet High School to even greater heights.

Of course, the devotion of our Patron Mr. G. L. Sitienei should not pass unmentioned. We really enjoy his presence. The other person we should not forget is Mr. Osundwa, Chairman: whom most of you know is talented in music. He has been G.O.S. able to sacrifice much of his time to see to it that our school Secretary: shines in music.

For all the above to be called a "success", then there must be people to guide, coach and sing and therefore the most attributed thanks goes to the members for the devotion and sacrifice they have made towards this field. Your co-operation with the officials and other people with us are really commendable and I say God bless you. To the officials may I say I have been able to enjoy my term in office due to

May I now call upon the remaining members of the choir to strive to maintain high reputation and even shine in music competitions. Back to our readers. Please watch your televisions for Kabarnet High School Choir. We gave a taping and recording to the K.I.E. for production during our country's historical days.

#### OFFICE-BEARERS 1988-'89

|              |                                      |
|--------------|--------------------------------------|
| Patron:      | Gregory Sitienei Lung'ai             |
| Choirmaster: | Osundwa D'engellis                   |
| V/Chairman:  | Isaac Kiplagat Nyaluzoh Chebon (6N1) |
| V/Secretary: | Darius Nangurai Tipatet (6N1)        |
| V/G.O.S.:    | Stephen Tomno Cheboi (6N1)           |
| Treasurer:   | Robert Kisyangani (6N2)              |
|              | Albert Kipkemboi Sigei (4E)          |
|              | John Adhola Okumu (4E)               |
|              | Thomas Aquinas Omondi (4E)           |

By; Isaac K. N. Chebon.

By: ISAAC K. N. CHEBON.



School Choir with their Patron Mr. C. L. Sitienei

## REPORT FROM THE HOUSES

### HOUSE TEACHERS



**Sitting - Left to right:**

Mr. S. W. Maigua, Mr. G. L. Sitienei, Mr. W. K. Tuitoek, Mr. W. Adhoch Otedo

**Standing - Left to right:**

Mr. D. K. Cheruiyot, Mr. S. Embeiywa, Miss S. A. Aketch, Mr. S. M. M'masi, Mr. O. M. Munguti Mr. J. Kisuya.

### LUMUMBA HOUSE

Lumumba the great and famous dormitory is located on the western side of the school. It is not a large dormitory as you may think. It accommodates 54 members from different forms i.e. from form one to six, an average of 10 per form. It is one of the old, beautiful dormitories in the school.

The dormitory has been maintaining a high standard of cleanliness. We were able to win the cleanliness trophy early this year. This was not achieved with nothing but with co-operation of all the members with the motto co-operation is the key to success, the dormitory has achieved a lot. It is important to note that the cleanest boy in 1988 came from this dormitory and that is Stanley Opindi. However, Lumumba has a lot to do in seeing that they maintain the standard of cleanliness required. Other dormitories have put up a very stiff competition hence any dormitory has a possibility of winning. So I would like to urge Lumumba members to work even harder.

As far as athletics is concerned, the dormitory managed to get fourth position. In cross country early this year, we were represented by 10 boys led by Paul Kurgat. Lumumba dormitory has a lot to offer as far as athletics is concerned. They have got people like K. Kipyegon and D. Chesaro specialists in short races like 400m etc.

This being the term for athletics we hope for a good position. Activities like drama cannot be left unmentioned. The dormitory won by greater margins in her play "Ponda mali kufa kwaja" produced by J. Njoroge. It is worth noting that the originality of the play was rewarded. J. Njoroge also

recited a shairi which saw him being second, while S. Opondi had a walk-over in reciting the poem because the other members were not competitive. We have also stars in football like F. Kiptoo. In general we have good talented boys.

As for academic and discipline, the boys are well off out of the 10 form sixes of last year I presume 4 will find a place in the university.

It is my hope that the boys will continue to co-operate as they have been doing and I am assuring them that Lumumba will be a good place to live always.

In ending I say, Long life Lumumba and may you prosper in your motto "Co-operation is the key to success"

*House Master: Stephen Maigua*

*House Captain: David K. Chesaro*

*Ass./Captain: James K. Njoroge*

### NYERERE HOUSE

**COLOUR: GREEN**

**MOTTO: CLEANLINESS IS NEXT TO GODLINESS.**

Nyerere house is named after one of the successful leaders in Africa, the former President of Tanzania Mwalimu Julius Nyerere. Nyerere house has two bases - Nyerere main and sub Nyerere. The famous Nyerere has 70 members who are very co-operative thus making our Motto come to being. This has also led to the house being very clean evidenced by the weekly inspection results and therefore came the runners-up in first term house competition activities.

The house has shown quite a number of talented boys in games especially first term where we had the main activities such as volleyball, football, cross-country, and many other games, it is true to say that when the going gets tough the tough gets going. After a thorough practise through the valleys and hills the house entered 10 competitors for inter-house cross-country competitions and we emerged the winners, shaking the rest of the houses with such an amazing performance and thus we lifted the cross-country trophy this year.

The spirit of Nyerere did not diminish there and then. In other games, you find that most of the school teams have our members being 'stars' of the team like the case of volleyball Rajab Yegon, football the right winger Jacob Cheptumo and many others. With such players it wouldn't be a surprise to find the house emerging the winner of the games like volleyball, football and hockey because the house still has many representatives in the school teams of the games mentioned.

The annual third term competitions in music, drama and poetry will just be a walk-over because we have good writers, actors and poem recitators who are always the school's representatives in the above activities.

With all the above mentioned aspects we can see how successful Nyerere has been and this has largely depended on the disciplined, co-operative, hard-working and responsible members who in turn have just used their common sense as a device.

Lastly, a group with best leadership are ever successful and therefore we give thanks to our housemaster, Mr. Daniel Cheruiyot for the co-operation and devotion; he has always been near us and has made the house be a greater place of prosperity. Remembering always to our maker I believe we stand a better future.

May God bless you all for what each has contributed for the house for the betterment future of the house for I believe in the saying of leaving a place better than you found it.

*House Master: Mr. Daniel Cheruiyot*

*House Captain: Job Tuitoek Kiprotich Kobetbet (JTKK)*

*House Prefect: Jacob Korir Cheptumo*

#### KENYATTA HOUSE

Kenyatta House can be distinguished from her nine sisters. It stands next to Lumumba house, towards the north is an old block which now divide Harambee house. To the east is Chelegat and south is Nyerere house. You can see! well protected from any intruders. It is also a well respected house for it has the name of the late hero, First President of Kenya, His Excellency Mzee Jomo Kenyatta. The building itself is old, but still kept clean shining and it could last for many more years to come.

The house accommodates 55 members of all levels from form one to form six and of different ages. Something good about the members is that, they live harmoniously in fraternity. One could mistake that they are sons of one father

and mother. Moreover, they are putting up high standards of discipline with self respect and the respect for others. Despite all these, it is obvious that in a society, "a black sheep" cannot miss among the "white sheep" and of course there is no perfection in man, but in God only.

However, inspite of our different ages and from different social and economic backgrounds and different religious and cultural beliefs we find common grounds to live in harmony and tolerance of one another. Such harmony can only be achieved if each member performs his role and his behaviour does not conflict with the welfare of the other members and that is vividly what is in Kenyatta house.

Pertaining to cleanliness, I must say that Kenyatta members have been working strenuously and enthusiastically to achieve their goal. During Saturday inspections, they have been getting an average position and I hope when they put in more effort they will win the cleanliness trophy in future.

In extra-curricular activities, Kenyatta house offers the school almost all representatives in each activity that is from football, basketball, music, badminton and athletics. To name the few champions in their teams are: Charles Wamburu, Stephen Onyango and Simon Masibo in football, Henry Ole Nairoshi and Charlse Kibe Ndungu in basketball, Augustine Koech and Juma in music, who can sing tunes of the birds and make the audience stand on their heels and dance following the motion of tunes. Despite all these, I should admit without hesitation that we were put off and snared into a position which is not ours in cross-country. Whatever the case is, our eyes glance at our champion with hope and enthusiasm to bring the house into the right position.

Though people say that there are times of self-congratulation and times for optimism and enthusiasm ..... but there can never be the excuse to be unrealistic. I should declare that it will be realistic if members co-operate by all means. Always a divided house cannot stand on its own but in unison (cohesion).

I will not forget to salute our patron Mr. M'masi for his devotion and his fatherly guidance and counselling in which if each individual member of Kenyatta adheres to, will face a good bright future at ease

I urge the members to work co-operatively, willingly and with interest to improve the standard of the dormitory. They should be patriotic in participating in the activities of the house. Always remember that unity is to success but division is to failure.

Long life Kenyatta members,

Long life Our Patron,

Long life Kenyatta house.

Thank you. May God bless all as you continue to remain obedient in Kabarnet High School, with our Motto "STRIVE FOR SUCCESS".

*Captain: Wilfred Kandie Kenyaluk -F6S*

*Patron: Mr. M'masi*

*Assist. captain Jacson Kimoi -F4E*

## REPORT FROM CHEPNG'OREM HOUSE

Before I write my report I wish to thank the members of the Journalism Club on behalf of the entire members of Chepng'orem for having given us yet another chance to express our views. I also thank the person who brought up the idea of inaugurating a school magazine, who is our Headmaster, Mr. J. S. T. Kamunchuluh.

Chepng'orem house is the oldest house in the school. It has been laid on a strong foundation, in fact on top of hard igneous rock. The house has a total of 48 members who have an inspiration which is always the advice of our house master and the house members counselling committee. Being the oldest house, the house master is also the longest serving teacher in the school currently.

The members of the house are well disciplined with respect flowing in both directions. The members have respect among themselves, towards the teachers and the entire community at large. Discipline, devotion and determination are the backbone to our desirable character. Having known that respect is the oil of wheels of life, the members not only respect themselves but also school property taking care of any school item.

On top of all these, the members of Chepng'orem have not been left behind in academic work, as the house produced second overall student in "A" level results of last year. Going to the University also is David Lemiso who is among those who had proved that the house had hardworking members and as the saying goes, "Dalili ya mvua ni Mawingu" is applicable to the present members' devotion to hardwork.

On the side of games, the house members have been active. They utilize their talents where possible for the betterment of the house. Last year, the house managed to produce the best volleyballer Noah Kangogo who with others won the district trophy for ten years of Nyayo Era Celebrations. Also John Tanui managed to push Kabarnet High School to provincials in the decathlon.

"Making the house better than we found" has been the motto of the year. The members have been co-operative and hardworking, steered by the headmaster's call for cleanliness and smartness both mentally and physically. Also Chepng'orem house has been made a beautiful house by the surrounding flower beds. So, despite its age, the house still shines and my message to the remaining members and the incoming members is to make the house even much better than they found it. Let us respect the house by keeping it clean throughout.

Lastly, I thank the entire members of the house, both the leavers and those remaining for their good co-operation and their respect, which enabled me to have an easy time and concentrate on my studies. I also thank the house master for his assistance which he gave us. I WISH ALL KABARNET HIGH SCHOOL COMMUNITY GOD'S BLESSING.

*House Master: Mr. Kisuya  
House Captain: Mathew Y. Tarus 6S  
Assistant House: Captain Joseph Kandie.*

Report by:  
House Captain

## CHELAGAT HOUSE 1989

Chelagat house, as old as it is, has sixty disciplined members of varying ages, with the youngest being 14 years old and the oldest being 22 years old, diversified backgrounds and different classes. Inspite of all these differences, there has been good co-operation amongst them in all disciplines the house undertakes. They have always steered the dormitory's motto "Keep on shining" a mechanism of "do your duty in time and without supervision" has stemmed into every member.

In competitions, the house has always featured prominently with very encouraging performances. During the drama competition held late last year despite getting position five among other potentially able competitors, we had the best actor in the competition, in our informative and educative play "Upangaji Uzazi". In the dances, our traditional Njemps dance was rated second best. The house was also represented numerously in the recitation of poems, where to the unexpectation of the crowd, a Kalenjin poem was presented to win due position one with the highest marks for poems recited. We were second in a Kiswahili poem. A group of ten members made for the sixth position in cross-country, where our member recorded fourth best time.

Cleanliness has been the order of the day for every member in and out of the dormitory. It is for this reason that we have always had good positions in our Saturdays inspection. The idea has always been to keep our environment clean for healthy living.

It is quite encouraging to note that apart from excellence in extra-curricular activities the house members have always done well in academics. Hardly do we miss three or two members getting position one in their classes every end of term. Quite a large number gets positions fifteen and better. This is due to the fact that our dormitory has had quite a number of form sixes joining our National Universities every year, hence setting a pace for the other members. The climax was last year, when our member led in the K.A.C.E. National Examination in the school. Records show that, a large number of our former form four members joined form five classes in various schools.

I hope our members actively participate, with this kind of morale, back at home as they assist their parents during the holidays. Their tireless efforts reflect the role of the youth in future for the prosperity of this country as repeatedly emphasised by our beloved President.

Long Life Chelagat House.

*House Master: Gregory S. Lung'ai  
House Captain: Stephen Tomno Cheboi  
House Prefet: Barnabas Kibor -F4E  
House Motto: 'KEEP SHINING'*

by Captain  
Form 6N

### CHEPSOLEI HOUSE

The colour of the house is white and we maintain peace in line with the name of our House Chepsolei i.e. peace in Kalenjin. This is a guaranteed fact since members of other houses envy the level of high discipline, both in academics and extra-curriculum activities.

The house carries a total population of 112 members. This is justified by the fact that it comprises of 'Chepsolei Nyayo' and 'Chepsolei main'. It is the biggest dormitory in the school.

Chepsolei forms a "Universe aura of cleanliness". This clearly shows members organisation therefore setting a good example to the rest of the houses. I say this because it is a normal situation to expect a high population to be an emitter of computerised problems but the reverse is the case in our house.

In extra-curricula, the house is the "giant of all". However it was appalling this year when it held 2nd position in the inter-house cross-country competitions. However there are indications that for the remaining activities, the "stars of the house" will outshine those of other houses.

I end by calling for continued harmony among members in order to strengthen our motto "STRIVE FOR SUCCESS"

*Housemistress: Miss Sela Akech  
Assistant Housemistress: Mr. Mbuthia  
House Captain: Joseph Munge  
Deputy House Captain: Ali Mohammed*

### NKRUMAH HOUSE

This is one of the ten houses that we have in the school. A cursory glance at it from afar tells one that it is a fairly large house. No wonder then, that it houses 60 students, both from 'O' and 'A' level classes. There is little congestion if any.

As a house, we have cause to be proud. We have had quite a number of achievements. I attribute this to the fact that everybody in the house is co-operative and disciplined. We have held very commendable positions during Saturdays' inspections. To add onto this, we were placed in the third position making us miss by chance the award for the cleanest house of the term.

In last year's inter-house competition in music, drama, and verse speaking, our traditional dance took first position. Our play took seventh position and our verses and Mashairi took very good positions. We have also taken part in other inter-house competitions. In cross-country, we held position three with 144 marks. Each house member is an active participant in one of the various games offered in the school. Also, every house member belongs to one or two clubs and societies found in the school.

I must reiterate the fact that we've come a long way due to the co-operation of each and every member of the house. As a house, we are on the run and soon, if the same co-operation continues, we shall be at the top. I must register my thanks to the house master Mr. Oliver Munguti who has readily

assisted us whenever we've asked for his assistance. With that may I say,

**LONG LIVE NKRUMAH**

**LONG LIVE KABARNET HIGH SCHOOL**

*House Master: Oliver Munguti  
House Captain: Timothy Gitonga  
House Prefect: Stanley Kiptoo*

### MOI HOUSE 1988-'89

Reigning supreme among houses -MOI- stands undisputedly the longest of all in the school with a membership of 54 individuals. To crown it all, Moi house is credited with the success it has continually shown in both educational, extra-curriculum and many more activities within this institution. Embraced by the fresh surrounding environment, it produces academic giants most notable by the results of every end of term whereby, its members are normally among the top tens in their classes, also not forgetting the outcome of 1988 K.A.C.E. in which five Moi members got above ten points - thus we had one Law student and one (Bachelor of Commerce) student being among the leading in the school. Therefore the path is paved for current members to emulate such good work. It is the dormitory where members have always been working like bees though at times there are disappointments here and there, the fact is clear that co-operation is the tune of the house and with such she stands better chances in grabbing the lead in various inter-dormitory competitions.

Moi has potential occupants, we have the popular "SOLO" who is a school footballer, Sammy Yator among the first six in the volleyball team; others fully engage in indoor games such as table tennis where Omondi Thomas features greatly. Our barner as well shines into the pool of swimming, and of all we have our name in races ranging from marathon to the shortest possible event ever imagined - our patriots here include Dickson Komen, Peter Koine, Samson Chebon, Stephen Koech, who have all steered our ability and furthermore represent the school. In the field events our star glitters in the name of Sammy Yator the triple jump, long jump and discuss champion. Equally Moi is a heaven of some of the best school choir members of which Thomas Omondi and Oliver Sindabi are part and parcel.

Inspired by the honourable name of our beloved leader, Moi members have always had their glory during weekend inspections and at times emerge the top of the tops; this spirit is propelled forth by the fact that cleanliness and hygiene rings soundly in the heads, ears and souls of the members who take caution for a healthy existence which no wonder breeds a healthy mind.

Wearing the face of a tireless warrior in the struggle to triumph from all corners, we uphold the quote "Aluta Continua" meaning our struggle is endless and even so beats all the other nine by the fact that their name has three letters which is most near to one, thus compared to others trailing upto eight letters we can pat her shoulder and say really "Moi is the winner!"

Bravo! All members for your dedication to the cause of the house and your ability to throw the dice that determines most school activities as was perceived in the just ended inter-house athletics, and gaining of the runners up position in the 1988 inter-dormitory music festivals. Therefore we can afford a smile trusting our force in thwarting which is our will power.

Moi is likened to an enterprise in the sense that the dormitory master Mr. Embeywa, with the assistance of the Captain and the prefect, has always made sure the running of the house is most efficient and is appreciated by each and every member, the plight of all, biggest to the smallest, shortest to the tallest, is the chief issue before leaders of this wonderful house. Dynamically the house lives to traverse in all stumbling blocks before it by the co-ordinated management and sensible stand.

The house for one airs a word of tribute to the Journalism desk which has felt it fit to have the facts about the house printed in its annual magazine. To sum up then, Moi is a jack of all trades in that the members are submissive and respect school rules as expected, also it glitters from out to the deepest part of its inside for which I urge just get a glance at it to have all "secrets of success" dawning upon you.

*House Captain: Fred Omondi Osano*

*House Prefect: Thomas Omondi*

*House Master: Mr. Embeiywa.*

### BARINGO HOUSE

Baringo dormitory was named in honour of our beloved District, Baringo on which our school is built and receives nourishment. This dormitory is advanced in age, but has been made to look newer than its age due to the co-operation from her self-disciplined members. It has a total population of sixty.

Gazing at Baringo dormitory on Saturday morning during cleanliness time, you will not believe your eyes; members invade the floor and the flower beds like ants to see that their dormitory wins the trophy on Mondays. As our mother, Baringo should be made clean, this is so because most of our time is used here especially the most important part of life, that is sleeping. Students from the two levels ('A' and 'O') work together hand in hand in all aspects to see to it that Baringo shines day after day, week after week and year in year out.

Under our new house master Mr. Adhoc, Baringo has enjoyed a worm atmosphere behind his wise leadership. On Saturday and any other demanding times, he visits us to see into our problems and as such we wish him good time as he leads us.

In sports, Baringo has got a share in that field. To highlight just a few, in 1988 she was the second runner-up in volleyball 3rd in football. In athletics it has got confident runners like Towett, Keter, and many others. In annual year Drama and music competition she emerged the 3rd overall with their very educative play "Pride Comes Before Fall" and 2nd position with a Kalenjin folk song. Their play

however, qualified to be acted by the school drama club during their competitions.

We are called "day scholars" by the other students. This is because it is the furthest dormitory towards the Eastern direction, still her members grin and smile because they are ever punctual and up each day ready to prepare themselves for the day's programme. Never is there a day you find her members dragging slowly behind the school schedule, because of their discipline.

Therefore her captain and assistant take the opportunity to pass a word of thanks and well-wishers. Baringo as our time in office approaches the end. To them is a word of keep Baringo always at the top and leave it better than you found it. God bless you all.

*House Master: Adhoc Williams*

*Captain: Isaac K. N. Chebon 6N1*

*Prefect: Nelson Ronoh 4E*

*Reporter: Isaac K. N. Chebon, 6 N 1*

### HARAMBEE HOUSE

HARAMBEE! Kenya's spirited motto is the name given to the house. With a total number of 55 members, Harambee has been one among the most successful houses in the School.

Its central situation and nearness to the tuition block has earned its members an advantage of easy access to the class rooms over the other students. In terms of extra-curricular activities we have achieved many successes. To start with, Drama competitions which took place late last year saw us through to the second position with one member Enoch Chesang rated the second best actor. In cross-country, we faired on well despite the fact that we didn't have competitive athletes. Never the less we were placed fifth. Our recovery came from football and volley where we got third and first positions respectively and awarded a trophy for the latter. Thanks to our volleyball team who comprised of Kiplagat Totono, David Mitich, Kipkemoi Sirma, Mathew Chengwo for maintaining the trophy for the second running year.

In terms of cleanliness and discipline we have been fairing on well. Over first term we were placed third overall and in second term took fourth position. This recommendable work has been due to the sheer cooperation among the members themselves and also respect to thier prefects. One member was found quoting that 'Harambee is united and shall remain united forever!

My final message is to the entire school community that without hard work and toil you can never achieve the many planned and imagined goals. So let us all carry up our tools and weapons and make sure that Kabarnet High School is prosperous in all the fields. Thank you.

*House Captain: Michael Kirwa*

*Prefect: Kiptui Chirchir*

*House Master: Mr. K. Tuitoek*

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Give 24 names of Kabarnet High School members of Staff. The name RUTO is indicated above.

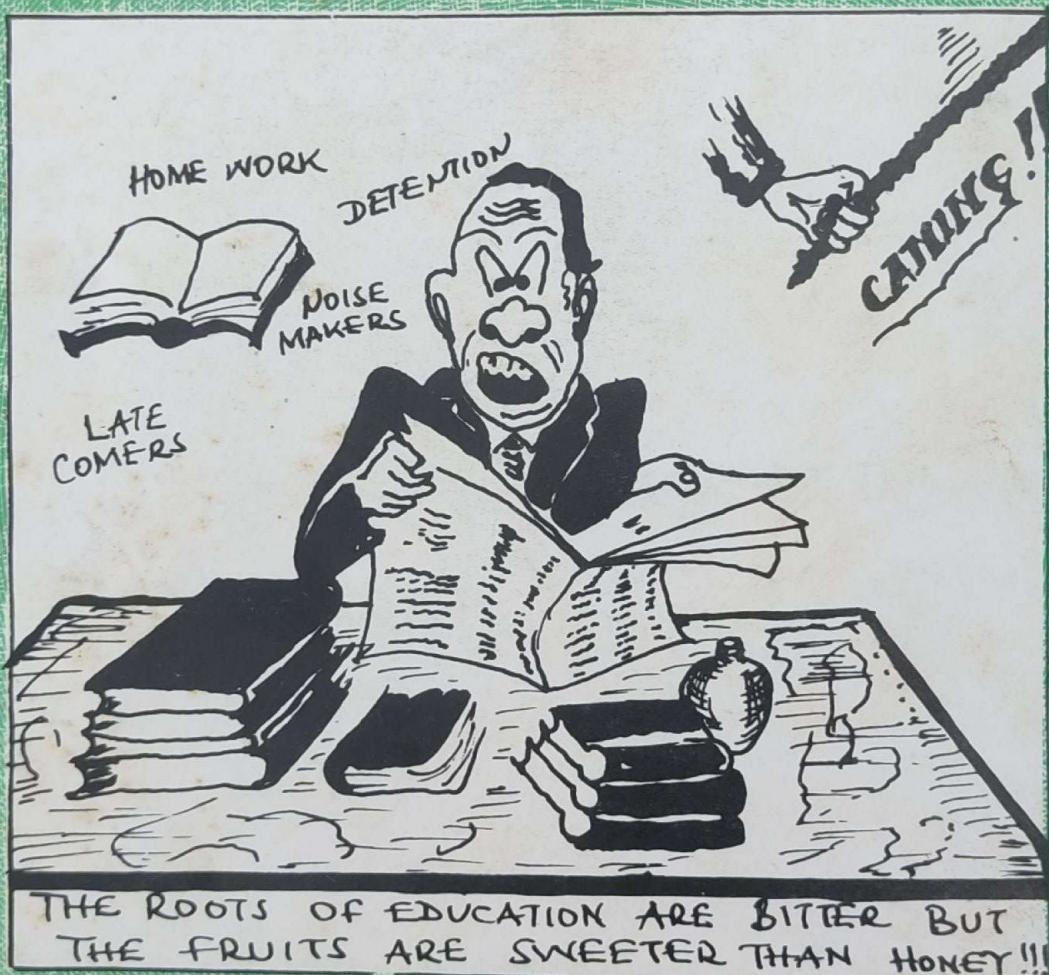
## PARTING

Exams are like a scourge  
 They dry up vegetation mercilessly.  
 Many sowers come with seed to sow;  
 All determined to have a rich harvest  
 The few who are lucky  
 Go home with blessed bags  
 But the unlucky ones;  
 Whose seeds had weevils,  
 Go home with empty bags, cursing.  
 Their seeds had no life in 'em.  
 When they fell on this rich soil of Kabarnet  
 And when the drought came,  
 They all started drying  
 They were dried up.  
 These sowers will have to sow more seeds.

Yes! We have been together;  
 We have done many things together,  
 Eating, sleeping, discussing and what have you  
 In this strong "Kabarnet Covalent Bond"  
 Now we have no choice:  
 We have to part and use whatever we've achieved  
 Some of us have to go out  
 And serve the nation  
 While the unlucky ones go out and rob the Nation.  
 Then why should you be among the unlucky ones?  
 Yes! We are parting;  
 Once more;  
 Those returning, 'the Kabarnet Covalent Bond',  
 Will ever be holding tight.  
 To those leaving, What is in your bags?

*Lwande Tom,  
 Form 3 North.*





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