



KCUSO MAGAZINE 2012

Against All Odds





WHAT IS KCUSO

It Is the College Based Student Leadership Body in Cavs-UoN
Its Officials Are Elected by Cavs Students Every Academic Year.

OUR MISSION

To Provide Efficient And Accountable Service Delivery To Students At All Times.

OUR VISION

To Become A Highly Reputed Student Body Both Within The College And Outside
Its Precincts

QUALITY OBJECTIVE

- To Link Students And The Cavs Administration.
- To organize and Coordinate Students' events And Activities within the College.
- To Advocate For Good Service Delivery To The Students.
- To Safeguard The Interests Of The Students.
- To Promote Peaceful Co-Existence Among Students.
- To Develop Sense Of Responsibility Among Students.
- To Organize Academic And Professional Exposure To The Student

Kabete College Student University of Nairobi Students Organization (KCUSO)
College of Agriculture and Veterinary Sciences
University of Nairobi
P.O. Box 29053-001625, Kangemi

UoN is ISO 9001:2008 Certified

From the Editor's Pen



The 'KABETE FOCUS' is the official annual publication of Kabete Campus University Students organization (KCUSO). The magazine will always seek to promote the views of the organization as well as those of the students and report what matters in the campus universe. Our aim is first and foremost, to provide our benefactors and readers with news, trends and developments affecting the world of Science Technology and Innovation among other equally important scopes of life. Additionally, we to aspire

to initiate fruitful thoughts and conversations about ourselves and society, and in this case, have you looking at better ways to improving your lives: from your Economics to Educational affairs, to your Political and Health inclinations. In addition to these endeavors, one must give Thanks for their Self and all the experiences that aim to mould us into our higher selves.

To achieve this therefore we intend to broaden our spheres in enriching the publication through a combination of news, trends, insights and analysis, special reports, interviews and opinion pieces to keep you fully informed. From the editorial desk, we intend to nurture the 'turning point' to a must have publication for every Kenyan embracing the field of science and most importantly the University of Nairobi fraternity. In our endeavor to achieve this we will put the highest premium on technical correctness and insist on clarity of exposition and potential interest of the readers as important considerations. Indeed, the magazine will encourage dialogue with our readers and devote some space for their contributions and feedback.

We will welcome articles and contributions which are of value and interest to the citizens of the world of science. However, articles on topics that parallel those already available in textbooks and that differ primarily in the domain of taste rather than coverage are not suitable contributions.

Advertisements: Limited space for advertisements by companies and institutions has been reserved in the magazine to support the production costs and wide distribution of copies to readers. The editorial desk reserves the right to vet all advertisements and advise the clients on appropriate ones that can be carried in the magazine.

Disclaimer: The views of the contributors of articles are not necessarily those of KCUSO.

P. WILSON MUTIE

Biomedical Technology year 3

Academics Director KCUSO (2011-2012)

Message from Principal



One of the key objectives of the college of Agriculture and Veterinary Sciences is to facilitate the Agriculture sector to realize its full potential to contribute to poverty reduction and sustainable livelihoods in Kenya and the region through the well designed and diverse degree programs and research programs. The college continuously realigns its activities to respond to the national, regional and global demands and challenges.

Through the research efforts, the college has over time become 'developmental college', working directly in or with the communities in developmental agricultural projects. This has resulted in training programs where students receive education with strong practical orientation. The college has adequate computers and internet access which has facilitated access to e-learning resources.

The new breed of graduates/practitioners are able to work hand in hand with rural communities and national or international institutions simultaneously while taking advantage of emerging global or regional trends to improve rural livelihoods. To achieve this, the College had to recast its vision, mission, core values and objectives. The students have access to a wide variety of extra curricular activities within and outside campus. The college location and farms provide conducive learning environment for both local and international students.

College of Agriculture and Veterinary Sciences has several categories of student leaderships for various student organizations. However, I wish to focus on KUSCO which has campus wide constituency.

Academic year 2011/2012 has been a unique year and I wish to express my sincere gratitude to KUSCO leadership of 2011/2012 for their tireless efforts to serve the campus. Leadership is service and they have truly demonstrated this since they were elected.

KUSCO organizes several activities spanning from social, cultural, academic to sports and games. The top leadership lead by Mr. Ochola had provided a genuine link between students and administration.

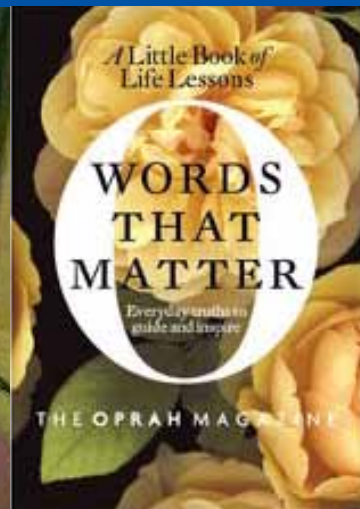
KUSCO operates with limited budget emanating from a percentage of activity fee yet by being proactive they have managed to organize several activities.

Their capability to engage with students and administration cannot go unnoticed. For instance, they have been key in mobilizing fellow students to participate in campus wide activities namely fun day/get together function and tree planting plus many others. These functions can only be successful if students fully participate. Administration truly appreciates the participation of the students in these events.

Cultural week was slated for 30th April to 4th May 2012 and included several activities. This week included sports and games culminating with end of year football competition which was capped by a bull availed by administration to celebrate the successful sports and games for the year.

It is my hope that the KUSCO leadership shall remain committed and proactive at all times for the betterment of the students' social welfare.

PROF. A.W. MWANGOMBE, EBS
PRINCIPAL



Good friends are like mornings, you can't have them a whole day but you are sure they will be there when you wake up tomorrow and forever.

“Everyone has the power for greatness, not for fame, but greatness, because greatness is determined by service.”
Martin Luther King Jr., civil rights leader and Nobel Peace Prize recipient

TRUE STORY



In a relationship, married or not... You should read this. Marriage. "When I got home that night as my wife served dinner, I held her hand and said, I've got something to tell you. She sat down and ate quietly. Again I observed the hurt in her eyes. Suddenly I didn't know how to open my mouth. But I had to let her know what I was thinking. I want a divorce. I raised the topic calmly. She didn't seem to be annoyed by my words, instead she asked me softly, why? I avoided her question. This made her angry. She threw away the chopsticks and shouted at me, you are not a man! That night, we didn't talk to each other. She was weeping. I knew she wanted to find out what had happened to our marriage. But I could hardly give her a satisfactory answer; she had lost my heart to Jane. I didn't love

"...She requested that every day for the month's duration I carry her out of our bedroom to the front door ever morning..."

her anymore. I just pitied her! With a deep sense of guilt, I drafted a divorce agreement which stated that she could own our house, our car, and 30% stake of my company. She glanced at it and then tore it into pieces.

The woman who had spent ten years of her life with me had become a stranger. I felt sorry for her wasted time, resources and energy but I could not take back what I had said for I loved Jane so dearly. Finally she cried loudly in front of me, which was what I had expected to see. To me her cry was actually a kind of release. The idea of divorce which had obsessed me for several weeks seemed to be firmer and clearer now. The next day, I came back home very late and found her writing something at the table. I didn't have supper but went straight to sleep and fell asleep very fast because

I was tired after an eventful day with Jane. When I woke up, she was still there at the table writing. I just did not care so I turned over and was asleep again. In the morning she presented her divorce conditions: she didn't want anything from me, but needed a month's notice before the divorce. She requested that in that one month we both struggle to live as normal a life as possible. Her reasons were simple: our son had his exams in a month's time and she didn't want to disrupt him with our broken marriage. This was agreeable to me. But she had something more, she asked me to recall how I had carried her into our bridal room on our wedding day. She requested that every day for the month's duration I carry her out of our bedroom to the front door ever morning. I thought she was going crazy. Just to make our last days together bearable I accepted her odd request. I told Jane about my wife's divorce conditions. She laughed loudly and thought it was absurd. No matter what tricks she applies, she has to face the divorce, she said scornfully. My wife and I hadn't had any body contact since my divorce intention was explicitly expressed.

So when I carried her out on the first day, we both

Cont. on pg 8





appeared clumsy. Our son clapped behind us, daddy is holding mommy in his arms. His words brought me a sense of pain. From the bedroom to the sitting room, then to the door, I walked over ten meters with her in my arms. She closed her eyes and said softly; don't tell our son about the divorce. I nodded, feeling somewhat upset. I put her down outside the door. She went to wait for the bus to work. I drove alone to the office. On the second day, both of us acted much more easily. She leaned on my chest. I could smell the fragrance of her blouse. I realized that I hadn't looked at this woman carefully for a long time. I realized she was not young any more. There were fine wrinkles on her face, her hair was graying! Our marriage had taken its toll on her. For a minute I wondered what I had done to her. On the fourth day, when I lifted her up, I felt a sense of intimacy returning. This was the woman who had given ten years of her life to me. On the fifth and sixth day, I realized that our sense of intimacy was growing again. I didn't tell Jane about this. It became easier to carry her as the month slipped by. Perhaps the everyday workout made me stronger. She was choosing what to wear one morning. She tried on quite a few dresses but could not find a suitable one. Then she sighed, all my dresses have grown bigger. I suddenly realized that she had grown so thin, that was the reason why I could carry her more easily. Suddenly it hit me... she had buried so much pain and bitterness in her heart. Subconsciously I reached out and touched her head. Our son came in at the moment and said, Dad, it's time to carry mom out. To him, seeing his father carrying his mother out had become an essential part of his life. My wife gestured to our son to come closer and hugged him tightly. I turned my face away because I was afraid I might change my mind at this last minute.

I then held her in my arms, walking from the bedroom, through the sitting room, to the hallway. Her hand surrounded my neck softly and naturally. I held her body tightly; it was just like our wedding day. But her much lighter weight made me sad. On

the last day, when I held her in my arms I could hardly move a step. Our son had gone to school. I held her tightly and said, I hadn't noticed that our life lacked intimacy. I drove to office.... jumped out of the car swiftly without locking the door. I was afraid any delay would make me change my mind...I walked upstairs. Jane opened the door and I said to her, Sorry, Jane, I do not want the divorce anymore. She looked at me, astonished, and then touched my forehead. Do you have a fever? She said. I moved her hand off my head. Sorry, Jane, I said, I won't divorce. My marriage life was boring probably because she and I didn't value the details of our lives, not because we didn't love each other anymore. Now I realize that since I carried her into my home on our wedding day I am supposed to hold her until death do us apart. Jane seemed to suddenly wake up. She gave me a loud slap and then slammed the door and burst into tears. I walked downstairs and drove away. At the floral shop on the way, I ordered a bouquet of flowers for my wife. The salesgirl asked me what to write on the card. I smiled and wrote, I'll carry you out every morning until death do us apart. That evening I arrived home, flowers in my hands, a smile on my face, I run up stairs, only to find my wife in the bed - dead. My wife had been fighting CANCER for months and I was so busy with Jane to even notice. She knew that she would die soon and she wanted to save me from the negative reaction from our son, in case we push through with the divorce. At least, in the eyes of our son--- I'm a loving husband.... The small details of your lives are what really matter in a relationship. It is not the mansion, the car, property, the money in the bank. These create an environment conducive for happiness but cannot give happiness in themselves. So find time to be your spouse's friend and do those little things for each other that build intimacy. Do have a real happy marriage! If you don't share this, nothing will happen to you. If you do, you just might save a marriage. Many of life's failures are people who did not realize how close they were to success when they gave up.

KCUSO hosts an International Conference for Youth in Africa 2012



The University of Nairobi, College of Agriculture and Veterinary Sciences (CAVS) through its student governance body Kabete Campus University Student Organization (KCUSO) in partnership with the ATPS Network through its Africa Youth Forum for Science and Technology (AYFST) and Africa Women Forum for Science and Technology (AWFST) program, successfully organized the first International youth conference in Africa on 9th to 10th March, 2012 to establish a platform for Youth in Kenya and beyond to interact, build capacity, explore economic, social and technical complexities through science, technology and innovations in tackling the challenges, and to gain better understanding of the need for multi-disciplinary perspectives for solving developmental problems in Africa through innovative research.

This brought together students, young researchers, renowned experts and practitioners in an effort

to lay the ground work for future collaborative research, advocacy and capacity development of the youth to confront the challenges associated with environmental degradation, climate change and food & nutrition insecurity. Some of the keynote speakers included; Prof. Abdul Azzak (NCST), Prof. Urama (ATPS), Mr. Kenneth Aduda among others. The event was an exceptional learning experience, providing a networking horizon as participants came from major universities in Kenya and Africa at large. It also acted as a spring board to creative and innovative thinking towards Sustainable development in Africa as youths were sensitized on their role in providing solutions to critical issues facing Africa.

The Wangari Maathai Institute for Peace and Environmental Studies (WMI) is part of the College of Agriculture and Veterinary Sciences (CAVS) at the University of Nairobi, Kenya. It has been established to honor, advance, and immortalize the ideals and work of one of its alumni, the 2004 Peace Nobel Laureate Prof. Wangari Maathai. She was roundly recognized for her uncompromising commitment as an environmental conservationist, an advocate for



*Wangari Maathai Institute for Peace and Environmental Studies
Prof Wangari Maathai planting a tree*



Prof Kiama Gitahi, Ag Director WM, being greeted by UN secretary General Banki Moon in a meeting in New York

better natural resource utilization practices, a tireless champion for democracy and good governance, and a committed campaigner for peace. The award was the pinnacle of her accomplishments, making her the first African woman Nobel Peace Laureate. Recognition of this magnitude reflects not only the exceptional brilliance of an individual, but the strength and stability of the institutions that stimulated her and sustained such high levels of determination.

Since receiving the Nobel Peace Prize, Professor Maathai visualized an institution that would primarily focus on changing the fundamental environmental conservation values, ethics and attitudes of key change agents, ultimately transforming them into better stewards of resources and agents of peace. This ideal was informed by her long experience in peace building through the conservation of the environment, which revealed that most of the ongoing mismanagement of resources is as a result of poor accountability frameworks, greed, and the near non-enforcement of existing policies. There has been a persistent erosion of values, attitudes, and ethics across the population and the leaders and if this trend of greed, dishonesty and self-interest is not reversed, she often warned, we should all be very afraid; a very bleak future waits the future generations.

The institute aims to promote good environmental practices and to cultivate a culture of peace by shaping values, ethics and attitudes of its graduates through experiential learning, mentoring and transformational leadership. WMI believes that the new values will

lead to better stewardship of resources and ultimately a reduction in resource related conflicts. The institute will therefore also operate like a “finishing school” for university students, researchers, policy makers, the private sector, community leaders and groups, and individuals who will be interested in environmental management and peace building.

Motivation for the WMI

The ultimate goal of the Institute will be to enhance environmental resource management that improves livelihoods and promotes peace. This will be realized through institutionalizing and advancing the ideals, works, and spirit of Professor Wangari Maathai. The Institute intends to do this by developing and implementing programs that will cultivate values, ethics and the right attitudes towards the environment in the minds of its graduates. The Institute will also educate them on how to transfer the knowledge into practices that conserve and protect the environment, while improving livelihoods and promoting peaceful co-existence.

The need to narrow the yawning gap between environmental knowledge and practice

Available literature on societal practices related to management of resources reveals disturbing trends. While most higher institutions of learning in Kenya and across most of Africa have been teaching environment related subjects, evidence shows that not much of the skills and knowledge are transferring to communities in the form of good practices. There is a wide disparity between what students learn in school and what communities practice on the ground, and there is a complete disconnect between what learners are doing in school and practices on the ground. Evidence shows that this happens because our education curriculum is lacking in experiential learning.

Further, our research reveals that the existing knowledge is not shared widely and what often is given is misrepresented. WMI aims to make science interesting to people. It intends to make environmental science easy to understand by moving out of the university to improve and inform practices on the ground. WMI learners will therefore become



The President of Kenya and Commander in Chief of the Armed Forces, Mwai Kibaki and the daughter of Prof Maathai, Wanjira Maathai planting a tree at AU Headquarters in Memory of Prof Wangari Muta Maathai. Prof Kiama Gitahi looks on.



extension agents that will transfer transformative knowledge to communities and respective institutions. It is ironical that while Kenya produces many environmental articles which are published in journals internationally, there is little impact between the science in the papers and the practice on the ground. WMI perception is that universities must do extension services to the communities that live around them. They must

mentoring and the linkages between environment, governance and peace. It will foster and spearhead multidisciplinary research to generate evidence for policy advocacy and to answer strategic questions in environmental management issues.

The Creation of a sustainable Campus

A “sustainable campus” will be established within the 50 acres allocated to WMI at the College of Agriculture and Veterinary Sciences grounds. The campus will among other things house the Institute’s operations, and a special trademark “sustainable” building to be erected. The sustainable building which will be entirely carbon neutral and self-sufficient in its energy needs, will be a core part of making the environmental values come alive for all who will interact with WMI. The sustainable building principles will guide all other structures on the sustainable campus.

be able to show-case the transformational practices they teach the learners.

WMI to act as an incubator for environmental entrepreneurs and stewards

Professor Maathai strongly believed that if we changed the way people think (their values, ethics, attitudes) about the environment, then can we change the way we do things. In light of this, WMI has been established to help its learners learn good practices, unlearn poor practices and to refrain from bad environmental management habits. This type of double-loop learning will be done through experiential learning programs, mentorship, and wide and varied exposure to environmental management discourses. The aim will be to reverse attitudes and create transformational leaders that are capable of advancing and sustaining peace through better environmental stewardship. WMI therefore hopes to be an incubator for environmental entrepreneurs and stewards.

WMI will therefore not offer conventional environmental courses. Its niche and comparative advantage will be experiential learning, good governance, extension and

The said “sustainable” building shall incorporate rain water harvesting and treatment and solar power to ensure total self- sufficiency in terms of lighting and water heating. The Institute’s sustainable campus shall also develop and manage demonstration farms for indigenous trees, medical plants, rain forest and wetlands management. In addition, the Institute intends to institutionalize the experiences and values of Professor Maathai through a permanent exhibition of her and her work.



NOBEL LAUREATE PROF. WANGARI MATHAI. She lived a life of virtue and dedication. A life of commitment towards the cause of truth and justice. She stood firm against social evils in Kenya, it’s indeed sad she has left us while at the pinnacle of her career, phenomenal woman to cancer. You were my role model, I loved u and borrowed a leaf immensely 4rm her. MAY GOD REST HER SOUL IN ETERNAL PEACE.AMEN.





Groundbreaking ceremony outside the pathology block led by Jimmy Smith -ILRI CEO



From left Dr. Gakuya(chairman of exhibition), Dr. Smith(Director General ILRI) , Prof Kaimenyi (DVC Academic) Dr. Ouko (chairperson KVA) Prof Mwango 'mbe (Principal CAVS) and Registrar CAVS

GOLDEN JUBILEE CELEBRATIONS FOR THE FACULTY OF VETERINARY MEDICINE 2012.

The Faculty of Veterinary Medicine jointly with the Kenya veterinary association celebrated the golden jubilee of the faculty on the 24th April, 2012. This marked 50 years of existence of the faculty offering degree programs in the republic of Kenya.

After existence for fourteen years offering diploma programs in animal health it was then on 24th April 1962 when it was given full mandate to offer bachelors degree programs in veterinary medicine – then a constituent college of the comprehensive East African University. It would be noted that this was the only institution in East and Central Africa offering bachelor's degree program until later in 1980s when other institutions were established. Equally from this institution is from which the foundation of Nairobi University was laid.

Over the fifty years, the faculty boasts of having produced world class veterinarians not only working locally but also internationally and it is still surging forward to ensure that it continually produce top class veterinarians who are going to meet animal industry needs in the dynamic world. The jubilee celebrations came to pass- an idea which was conceived by the former dean prof. Njenga Munene; current DVC, Egerton university which was spearheaded by the current dean, prof. Charles Mulei after his departure. The celebrations commenced by the faculty giving back to

the community through a series of vaccination programs organised by the department of clinical studies in conjunction with the students' body around Nairobi area.

The climax then was celebrated on the d- day which involved ground breaking ceremony at the Faculty of vet medicine Golden jubilee monument lead by Dr. Jimmy Smith, director amongst other invited guests. The monument is to carry all the names of all vet surgeons who have gone through the college before the celebrations. The event also involved recognition of the alumni of the faculty, exhibitions from the corporate world, and speeches amongst other activities.

With the good run in the last 50 years and the positive changes experienced in the past few years which include introduction of new programs both in undergraduate and post graduate level more international students enrolled, just yet to be reintroduced exchange programs, am confident that the faculty will continue to be one of the best in the world and its contribution in the one world, one health concept would be invaluable.

Long live vet!
Korir D.K
VET 4

CAVS MARKS WORLD ENVIRONMENT DAY

UoN students proudly show off a tree they planted during the World Environment Day celebrations. University of Nairobi (UoN) joined the rest of the world in celebrating World Environment Day by planting 3000 trees. This year's theme is 'Green Economy: Does it include you?'

The ceremony which was held at the College of Agriculture and Veterinary Services (CAVS) Veterinary Farm- Kanyariri was done in partnership with Kenya Tea Development Agency (KTDA). The organization provided the 3000 tree seedlings to be planted, labour to dig the planting holes and to support the post planting care.

Senior staff members from CAVS led guests, UoN and KTDA staff members in planting trees. Students' organizations such as Runway Environmentalist, Upper Kabete Environmental



Student Organization represented the students. In attendance was Hon. Rachel Chebesh representing Kenya Women Parliamentarian Association. The chief guest of honour was Mr. Lerionka Tiampati, Group Chief Executive Officer, KTDA.

In his remarks, Mr. Tiampati commended the University for its efforts in conserving the environment through planting trees. It is important for Kenyans to contribute in different small ways and reverse the damage already done to the environment.

Prunus africana (also known as Glacilior), *PodoCarpus* and Meru Oak are the tree species planted. The event follows the University's Annual Tree Planting Ceremony that saw about 15,000 trees planted.

World Environment Day is commemorated every year on 5th June. World Environment Day celebration began in 1972 and has grown to become the one of the main vehicles through which the United Nations stimulates worldwide awareness of the environment and encourages political attention and action.

Through World Environment Day, the UN Environment Programme is able to personalize environmental issues and enable everyone to realize not only their responsibility, but also their power to become agents for change in support of sustainable and equitable development.



Prof. Solomon Shibairo, Dean Faculty of Agriculture assists Mr. Lerionka Tiampati, Group Chief Executive Officer, KTDA plant a tree



Algerian Ambassador planting a tree at CAVS



Cooperate Manager Total Kenya addressing the public during the annual Tree planting ceremony



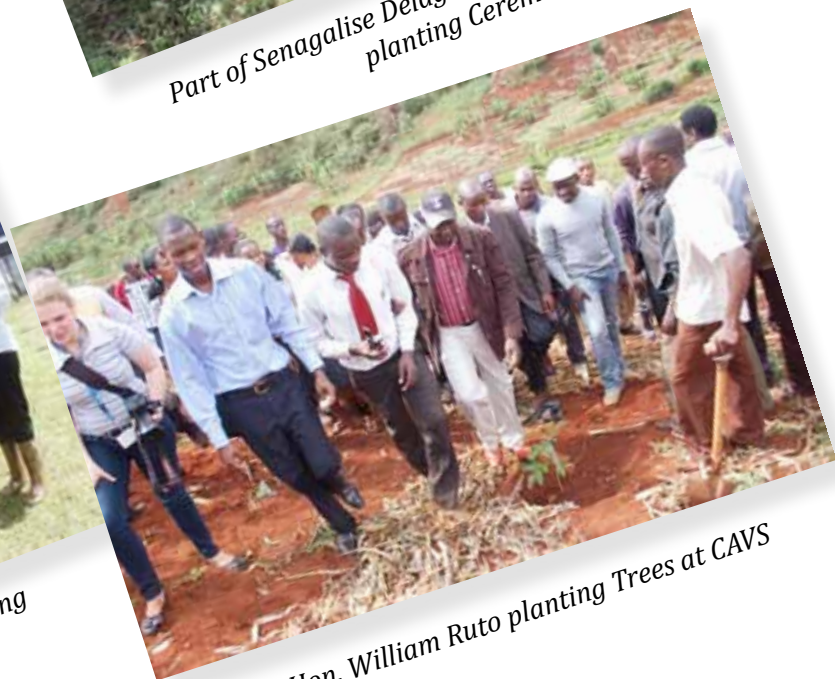
Dean Faculty of Agriculture and student planting a tree



Part of Senagalise Delagation members at the Tree planting Ceremony



Principal CAVS addressing the public during the Annual Tree planting ceremony



Hon. William Ruto planting Trees at CAVS



“C-MARKET AN ONLINE SYSTEM FOR PROMOTING CARBON TRADE IN AFRICA

Carbon trading is a system in which the environmental polluters pay for the carbon emissions they release to the atmosphere. Basically carbon trading involves acquisition of forests which act as carbon sinks which remove atmospheric carbon through carbon sequestration. Removal of CO₂ from the atmosphere reduces global warming hence curbs climate change. In carbon sequestration new fields are acquired and trees are planted on them then sold to carbon emitters.

C-market is an online system which is meant to ease the mode carbon trading through carbon sequestration. 'C' stands for carbon hence the name carbon market. It is an online platform which provides the details of the planted forests whose data is stored on an online database. The details stored in the database include:

country, location of forests, coverage, owner details and terms and conditions. *The C-market* provides the platform in which the potential buyer is able to find forests to offset carbon emissions. Forests coverage may vary from 5-20 hectares. *C-Market* mainly is aiming to support African and international land holders in growing plantations for carbon sequestration. Potential buyers would be able to access the forests online and then contact the owners via cell phone. The main objectives of *C-market* are to: 1) Encourage agro forestry and afforestation. 2) Boost environmental sustainability. 3) Enable Africans to invest in the carbon offsetting business. 4) Provide a platform for selling all the available forests 4) Encourage environmental conservation .5) Boost environmental conservation using ICT.

Application of *C-market* in the long run will lead to the following results 1) It will encourage afforestation and forest conservation .2) Climate change would be largely reduced. 3) Africans would directly participate in carbon offsetting projects. 4) Africans would be among the major key players in combating global warming.

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Department: Land Resources Management and Agricultural Technology (LARMAT)
Email: c-market@uoi.ac.ke

Theme: environmental sustainability

C-MARKET: PROMOTING ONLINE CARBON TRADING IN AFRICA
EXECUTIVE SUMMARY

Carbon trading involves acquisition of forests which act as carbon sinks which remove atmospheric carbon through carbon sequestration. C-market is an online system which is meant to ease the mode carbon trading through carbon sequestration and offsetting. 'C' stands for carbon hence the name carbon market. The C-market provides the platform in which the potential buyer is able to find forests to offset carbon emissions. Application of the system would result to the following developments: Reduction of climate change which in turn would favor agriculture. When agriculture thrives, it will essentially lead to growth of agribusiness and trade in general. Moreover, good agricultural environment reduces food scarcity since crops would grow under favorable climatic conditions.

Features

- Quick database information storage
- Connection between client and trader
- Updated carbon offsetting projects
- Location of carbon trading zones in Africa

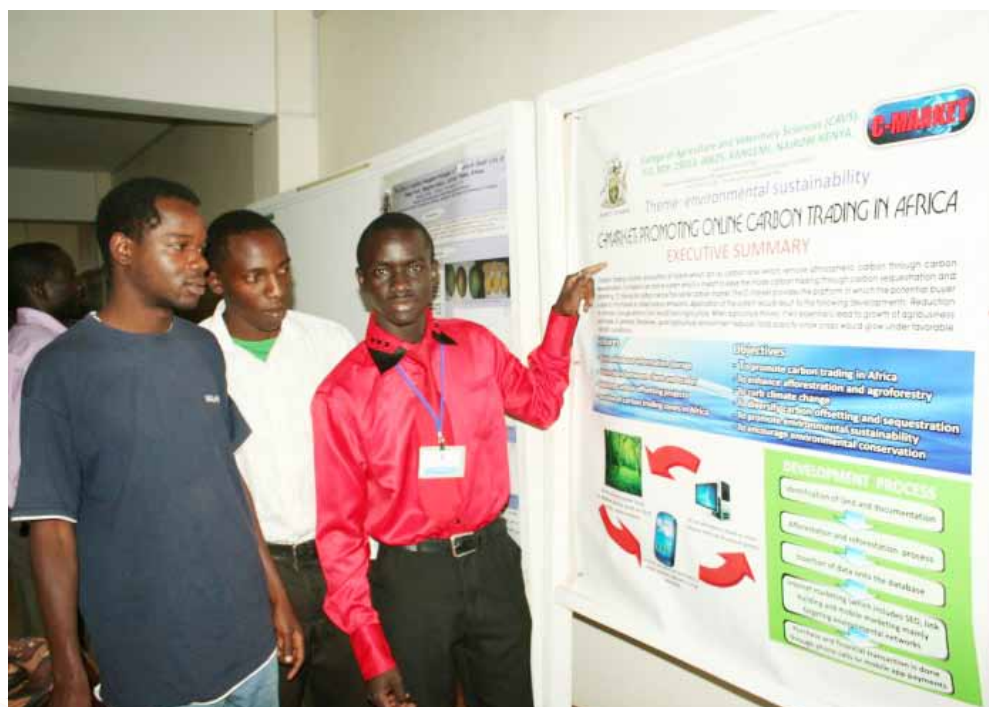
Objectives

- To promote carbon trading in Africa
- To enhance afforestation and agroforestry
- To curb climate change
- To diversify carbon offsetting and sequestration
- To promote environmental sustainability
- To encourage environmental conservation

DEVELOPMENT PROCESS

- Identification of land and documentation
- Afforestation and reforestation process
- Insertion of data onto the database
- Internet marketing (which includes SEO, link building and mobile marketing mainly targeting environmental networks)
- Purchase and financial transaction is done through phone calls or mobile app payments

All the young and planted forests are identified and their details are stored in the C-market database. All the information is stored on online database which can be accessed globally. A farmer can either be contacted via a mobile payment application or via a browser.



From the expected results it can be concluded that *C-market* will lead to the following developments: Reduction of climate change which in turn would favor agriculture. When agriculture thrives, it will essentially lead to growth of agribusiness and trade in general. Moreover, good agricultural environment reduces food scarcity since crops would grow under favorable climatic conditions.

ONE ON ONE WITH KCUSO CHAIR

KF: Tell us about yourself.

Ochola: Am a third year student pursuing Bsc (Biomedical Technology), a third born, in a family of seven but the firstborn son, am a cool dark in complexion, caring and down to earth student who believes in success.

KF: What's your life's principle?

Ochola: I live by certain philosophies reinforced over time from influential figures; I draw my inspiration from individuals of repute. I look at their lives and all odds they have surmounted, the unique things they have done to influence lives and I imbibe knowledge from their experience.

KF: What keeps going?

Ochola: In this world you only make a difference when directly in office or otherwise you touch on others lives with mettle. I too was mentored by those who came before me, I have to do my best for myself, my family, friends and others who need me.

KF: How do you balance Leadership, academics and Personal life?

Ochola: Managing to balance leadership roles and my books at times is tough. Anyway major reason why am at CAVS is academics. So most of the times I have to sleep very late or wake up very early to catch on that. Am a social dude and like hanging out with friends during weekends. On leadership, my capability has nothing to do with my personality and so am always focused to achieve success just like any bright mind would. One thing I value most is my INTEGRITY. In everything I do this virtue is not for compromise, it defines who you are in the eyes of many and earns the rightful due to be respected.

KF: How do you deal with pressure of life?

Ochola: To keep sane and viable I unwind in several ways, I love cooking and in fact think I can do it better than most ladies around. I also love reading Bible especially when am at my lows at times I relax with my friends and enjoy some few drinks.

KF: Advice to those aspiring to be student Leaders.

Ochola: Leadership is God given; it's about service delivery and hard work not the privileges. Everyone can for sure have a clear shot at success provided you believe in yourself.

KF: What are your future targets?

Ochola: I am happy this far have come but the sky is vast, I can't limit myself, as long as my motor is running and my wingspan can keep me float, am open to new challenges.

KF: How challenging is your current responsibility?

Ochola: I deliver my assignment but don't let it slip into my mind for I consider myself human being. As chairman

it's challenging especially in this college where ethnicity is deeply rooted in minds and hearts of so many. It's very unfortunate that it's instigated by some senior college administrators and student leaders. There are also lots of bureaucracy in the university management offices when dealing with students matters. However dialogue has been secret to success till now coupled with persistence and follow-up on promises made to ensure they pull through..

KF: What do you love most about your responsibility?

Ochola: I love it when students are happy with what I do and appreciate it. The "congrats" and "thank you" from them acts as ignition fuel to keep me going.

KF: What envisioned you to go for the SONU seat, everyone expected you to go for Sec Gen SONU, but you opted for Campus Rep Why?

Ochola: My cry with SONU is that it doesn't serve students but individuals but I believe whatever bad you do will always haunt your conscience. My downfall in SONU was in-house that is why I will never comment on the same. Anyway, I pray that one day we shall seek for leadership but not ethnic wars in student politics. I was forced to carry the burden of my tribesmen who failed in leadership before me and for sure I did that for the sake of my followers.

KF: Are you dating, if yes is she relatively short?

Ochola: Obviously No man is an island; Mmmmh.....Let me rest my case for security purposes.

KF: We are aware you have always fallen apart with some of your close friends and sometimes KCUSO officials, why? Then whats the genesis of washment?

Ochola: We differ constructively that why we talk after our squabbles, what I believe is that you are right if you think you are, right! You will never be good to everyone lest you call for your failure.

KF: You co-ordinated the first Youth Conference in Africa, what part did you love most about the planning process and the conference day?

Ochola: I love the fact the Principal (Prof. Mwang'ombe) gave me the benefit of doubt but in the real sense she thought we couldn't manage the conference logistics. We had a strong support system from the committee members and we were all destined to disapprove her. We needed not to worry about anything because the convener (Dr. Chemining'wa) was always optimistic even if everything was very low! That was our success.

KF: What was going through your mind the entire time?

Ochola: I was anxious, wondering if everything would work out as planned but none of these crossed my mind on the conference day, in fact on that Friday night (day

one) we got ourselves enjoying some few drinks in town before retiring to our hotel rooms shortly after 2:00am.

KF: Any plans for KCUSO next academic year?

Ochola: Since assuming office I have endeavored to organize activities that give students a real value of belonging to the organization. Am visioning Upper Kabete Alumni chapter as well as intern centre which are still at incubation not forgetting the long awaited student centre within CAVS.

KF: Parting shot.

Ochola: When a bird is alive... It eats ants; when the bird is dead, ants eat the bird! So... Time & Circumstances can change at any time... Don't devalue or hurt anyone in life. You may be powerful today, but remember... Time is more powerful than you!! One tree makes a million match sticks, but when the time comes, only one matchstick is needed to burn a million trees! So be good and do well for your own sake!



The Great Debate: Organic Vs Inorganic Agriculture.

There are people in the world so hungry, that God can not appear to them except in the form of Bread" Mahatma Gandhi.

Did you know that . . .

Africa is home to 1,022,234,000 (2010) people?

There are 22 countries, 16 of which are in Africa, in which the undernourishment prevalence rate is over 35%?

In Sub-Saharan Africa alone, there were 265 million people (32% of the population) suffering from chronic anger?

Have you ever thought of . . .

How you consumer choices determine the agriculture industry?

Whether the food you eat could cause you health risk in the long run?

Children and a nurse attendant at a Nigerian orphanage in the late 1960's with symptoms of low calorie and protein intake.

Picture this . . .

Africa as a food secure continent with enough man and machine power to sustain the food needs of its population?

Grain storage facilities in Australia Irrigation canals have opened dry desert areas of Egypt to agriculture.

A liquid manure spreader, equipment that is used to increase agricultural productivity

"When one has tasted it, he knows what the angels eat" so said the Irish poet, Oscar Wilde. It's obvious he talked



of food, but was he thinking organic or inorganic. Well, the issue of conventional farming and organic farming would not have been a matter of discussion had agriculture not changed dramatically since the end of World War II. Before then, mankind was everywhere so divided, the size of each group being determined by the natural fertility of its locality. But population sky rocketed and with a growing demands for food things changed. Food and fiber productivity soared due to new technologies, mechanization, increased chemical use, specialization and government policies that favored maximizing production. This was but the beginning of conventional or industrial farming. And yes, these changes have had many positive effects but at significant costs among them topsoil depletion, ground water contamination, increased cost of production and increased health risk for farm laborious and consumers. Critiques are now pointing out a different approach to dealing with the food stress; Organic agriculture [a production system that sustains the health of soils, ecosystems and people by avoiding the use of synthetic inputs.] other critiques have argues that organic agriculture cannot sustain Africa’s food security and that all that is needed is sustainable agriculture (a whole systems approach to food, feed and fiber production that balances environmental soundness, social equity and economic viability among all sectors of the public including international and intergenerational people)

So then , can conventional farming be sustainable , or is organic agriculture the only sustainable farming method? Do you think organic agriculture can sustain Africa’s food? And were they thinking organic?

The ‘food system’ extends far beyond the farm and involves the interaction of individuals and institutions with contrasting and often competing goals. A wide diversity of strategies and approaches are therefore necessary to

create a more sustainable food system. These will range from specific and concentrated efforts to alter specific policies or practices, to the long-term talk of reforming key institutions, rethinking economic priorities and challenging widely held social values.

Strategies for change must take into account the complex, reciprocal and ever changing relationship between agricultural production and the broader society.

Only with appropriate changes in food and agricultural policies (those that promote environmental health, economic profitability and social and economic equity) ; proper land use patterns and strategies that broaden consumer perspectives, so that environmental quality, resource use and social equity issues are also considered in shopping decisions.

If a long-term view of food production, distribution and consumption are taken into account, the organic



Agriculture will sustain food security in Africa.

Vivie Oyugi

RUNWAY ENVIRONMENTALISTS

Runway Environmentalist Group was founded on 4th April 2011 by Miss Upper Kabete (2010-2011), Bernice Mugambi and Miss Project One Nokia (2010-2011), Lynnette Kinuthia from the College of Agriculture and Veterinary Sciences (CAVS), the University of Nairobi.

The name **Runway** came about because it was started by the above models but it actually implies that we are on the move to make a positive change in our society especially in the environment. It is therefore open to everyone who shares the same values and that they can be committed in charity work. It comprises of students and members of staff of the University of Nairobi, and other willing youths who have the passion and initiative to protect and conserve the environment for posterity and for future generations.

The organisation was founded by the belief to love and care of our environment and empowering the girl child. The organization spearheads the campaign on environmental conservation within the college and the communities in the vicinity, promising to extend its campaigns to the entire region. Runway Environmentalists has a well defined constitution that members abide by.

Our vision is to be the leading organisation on environmental conservation and empowerment of the young generation.

Our mission Using Environmental Conservation as a platform for creation of awareness of real issues among the youth while still educating them on the importance of the environment as a whole.

We engage in school programmes, encouraging the youth, who hold in their hands the present and the future generations, on importance of conserving the environment. The girl child is encouraged to attend school and fight all injustices that would discourage her from attaining the highest level of education. The girls are provided for sanitary towels to make sure they are comfortable.

The group offers mentorship to students to ensure they end up as agents of positive change in the country, in their own simple ways. The group members also meet to encourage each other on innovative ways of spending free time and even engaging in income generating projects to support the group, since financial constraints is one of our major challenges. We are open to new innovative, creative and constructive ideas from



our members and any other interested individual; young and old, and from all spheres of life, so as to better the organization, and ameliorate on any that we might left out.

ACTIVITIES:

- Tree planting in various areas; university and the vicinity
- Provision of sanitary towels to school girls; when we visit schools.
- Motivation talks and mentorship programmes to the youth... example in Loresho Primary School & Vet Lab Primary School
- Provision of stationery to pupils.
- Attending fun days in schools as a way of interacting with the youth.
- Attending cleanups e.g. clearance of the Ndumbuini dumpsite (though we haven't completed and our long-term goal is to build an IKO toilet for the community)

We have been involved in many outreach activities and partnered with various other environmental groups from other areas. It is a platform to interact with people and get to exchange ideas. As runway environmentalists we are grateful to all our well wishers, our patron Professor Kinuthia, active professors and lecturers who are our mentors and more so the active members in Runway Environmentalists. We hope to get involved in more activities and be and bring the change we want to see. We do not just want to plant trees but to **GROW TREES** . . . we want to see the fruits of our labour even after we have cleared campus. There is joy in watching that tree grow and a satisfaction that you have contributed in combating the adverse effects of climate change. So join us and feel bliss that comes with being a member of Runway Environmentalist.





Prof. Agnes Mwang'ombe, Principal, College of Agriculture and Veterinary Sciences (CAVS) staff CAVS staff and a representative from the Ministry of Fisheries Development in placing fingerlings

Against All Odds

They say a journey of a thousand miles starts with a single step.

Modeling is a hobby I have had for quite a long time but additionally I also enjoy engaging in charity work, dancing, and listening to music. I do admire Tyra Banks and Alek Wek and I believe some day I will be a supermodel (this makes me tick!). My dear mother is my role model as she has nurtured me into the lady I am today; she is strong, perseverant, loving and believes in God and in her children.

I come from a Christian family of five of which I am the first born. I have two brothers one who is currently in Mang'u High School and the other in Alliance High school. I also have two very loving parents who raised us up at our two homes, Chogoria, Meru (where I attended my primary school) and in Nairobi at Kasarani. I later joined Loreto High School, Limuru in 2005 where I started modeling in Form 3 and my friends spurred me on. I was also a House and dormitory captain.

It was in my last year in high school, second term that my life took a complete turn. One lovely evening as we were having supper, I noticed I could not eat and suddenly I was feeling dizzy. I went outside to get some fresh air and with that little incident began my predicament. I started passing out repeatedly, and after every attack I would be too weak to walk; at times I had to be supported. My condition was too complicated for the school dispensary to handle and I had to be admitted at the Mater Hospital where I was diagnosed with 'depression and anxiety disorders' (which with time has been proven wrong). I was immediately put on antidepressants and was taken back to school. After some time the situation worsened and I had to be given an off to go home. Various diagnostic tests were done at the Nairobi hospital, where I was later taken, including brain scans but the results showed no abnormality in the brain. One particular test that would have prevented all I went through was unfortunately not done. (EEG)

This condition is commonly described as "unpredictable", "without known etiology" and "without specific treatment". It always left me sickly and fatigued most of the time. I constantly reminded myself that my life had changed and was always changing. I only hoped that soon all would be well. Some people thought I should be strong and face it each day because it was just a disease, while others claimed it was a curse or witchcraft of some sort, but to me this was mere malice. All I wanted to do was live my life with the same drive and ambition as most people have, not to be fearful.

I was frequently at loggerheads with the



school's administration: they wanted me to transfer to another school for they felt I was pretending and that I was going to fail. The accusations escalated and I fell into a depression. I was close to giving up and suicidal thoughts rang constantly in my mind. My aunt had to counsel me, who clearly and very elaborately indicated to me that this was not the end of my life. I was not allowed to do my mocks, had to stay at home and only went back two weeks to the final exam.

I am grateful that I had so much support from most of my peers who through their deep concern and prayers kept me going. There was one particular teacher, Mrs. Mutwiri, who really encouraged me and we prayed together often. She believed in me and so did many others who felt my pain and jeopardy.

I finally sat for my national examination. I did some papers in bed, sometimes I would pass out on the desk but I would wake up and still continue! When the K.C.S.E results were eventually out, I had a B+ all to God's glory and honor. Many expected me to fail but God does not leave His people, He always has a way of manifesting Himself.

In December 2008, I got admitted in hospital again. The convulsions were unbearable, but this time I had malaria and was put on drips for a whole week, still the passing out persisted. No one could demystify my mystery.

I was selected to join Kenyatta University thereafter but I had already joined The University of Nairobi, to pursue a Degree in Food Nutrition and Dietetics. During my first year, the attacks recurred but I did not tell this to my parents for I feared I was being too much of a bother, though deep down I hoped one day the disease would be detected. Nonetheless, I was strong and only my close pals knew what was happening to me. Meanwhile, my interest in modeling had not waned and when an opportunity presented itself in the form of our campus beauty pageant; I enlisted for it after which I won and was crowned Miss Upper Kabete while in first year (June 25th 2010). This encouraged me even further that I could still do something constructive with my life, especially in the modeling aspect.

For a while I had to stop modeling. I had earlier on featured in two magazines and won Miss Kabete, which sparked an argument between my parents and I. They felt that I should first complete my degree then model, but with time they have come to accept.

During the long holiday after first year (September 2010), I got admitted with a kidney problem in mater hospital. I felt I had too many complications! It was very devastating.

Before handing over the Miss Kabete crown I felt that I should do something to give back to the community and so shared the idea with my friends. I believe success is bringing together people who are different in various ways but with a common goal; with time, Runway Environmentalists was born! It

is an environmental group that deals with conservation of environment: planting trees, clearing dumpsites, also offering mentorship and motivational talks in institutions amongst other activities.

After my second year at the campus, during the long holiday, the kidney problem recurred and this time, had I not gone to hospital early enough, I would have had a kidney failure. It was a bit scary but the doctor assured us I could receive treatment from home. It was then that I told my parents that I was still getting attacks and convulsions.

I could see the worry on my parents' faces; they did not know what to do anymore. We had visited so many doctors; it was quite hard for them to accept their daughter had a mystery disease. They had to look for another specialist, and this time they got a neurosurgeon who diagnosed me with brain flares and for the whole of 2011, I was in and out of hospital for appointments and was on medication, every day.

There was slight improvement in my health which caused me frustrations. My friends became my beacon of inspiration and hope and were always assuring me that all would be well. At the end of 2011, I noticed that loud music and flickering lights would make me feel disoriented and even trigger more attacks. This raised alarm that something was totally amiss.

With the coming of 2012 things were no different. For the whole of January I kept going to hospital trying to see various specialists. I went to the school doctor and after explaining my symptoms, she sent me for an EEG (an Electroencephalogram) test in Mathari Hospital, where my worst fears were confirmed. I had epilepsy all along. This is a disorder where the brain cells create outbursts of abnormal neuronal electric impulses flow, which in turn causes seizures (sudden changes in consciousness, sensation and muscle control). She then sent me to a neurologist, Dr. Jowi, who has now placed me under the required medication.

As my 3rd year first semester exams were ongoing, I was admitted in Aga Khan Hospital, where they put me on a detoxification scheme to flush out all the medicines I had been given for the three years I was on misdiagnosis; and they put me on the right medication. This is when I learnt I had three types of seizures: absence seizures, complex partial seizures and pseudo seizures.

I mostly get absence seizures whereby I get unresponsive when spoken to, I give a blank stare and only the head slumps to one side. The attack last a few seconds but when severe can go on for 5 to 10 minutes and disappears rapidly. Before any attack I get an aura (a perceptual disturbance that alerts me of a pending attack) and I get to notify somebody who is near me or if walking I sit down. I also get complex partial seizures whereby only part of the brain is involved, so only part of the body is affected and I get convulsions or rather, jerking of my legs. After the attacks I appear dazed or confused.

It was hard to accept I have epilepsy but it was a relief that we had finally known what the problem was. It comes with its setbacks, for instance, I cannot drive. I have had to get antiglare glasses to prevent attacks due to too much light. I take 9 tablets a night, whose effects are: drowsiness, unsteadiness, amnesia nausea etc. Through the years my short term memory and concentration have been affected. When it comes to my studies I have to work twice as hard as my colleagues since I might read something and shortly cannot recollect what it was. I take quite long to retrieve information especially after an attack. God has been my strength all through my life in the happy times and during the twists and turns that my life has taken.

When I heard that the 'Mr. and Miss University of Nairobi' event was upcoming, right after we came back for the 2nd semester of third year, participating in it was the last thing on my mind! I knew the stage had too much light and loud noise during the event. So, why would someone with epilepsy risk an attack in front of masses? It took a lot of convincing from my friends, to represent my campus plus they knew how much I love modeling. The confidence I exuded on the final day was from God, and I chose to believe in myself. Success in life is pivoted on the mindset!

On March 16th 2012, I was crowned MISS UNIVERSITY OF NAIROBI. It was a shock since it was really unexpected, since at some point backstage I had an attack and I got quite weak. I can only thank God for protecting me during the event and everyone who supported me in various ways. I feel humbled to bring the crown to Upper Kabete campus for the very first time!

I do believe that being a beauty queen requires one to be a leader, an agent of positive change in the society. It demands responsibility and smarts as well. With this crown, I intend to go on with the environmental project with our organization. Compassion can drive us to do amazing things and give us perspective. If you are feeling down or hopeless, the best remedy is often serving someone less fortunate than yourself. With the help of some students and friends, we support the Grace Children's Home in Thika. Additionally, I want to raise awareness about epilepsy and other mental health problems through partnership with KAWE (The Kenya Association for the Welfare of People with Epilepsy)

Many people with these conditions tend to withdraw and have low self-esteem. All they need is assurance that they are also capable of doing great things. People with epilepsy should choose to rise above it. Normal is overrated. If you don't fit in, that is a good thing. You are uniquely and wonderfully made. God has made me strong and positive about my life and that is why I would want to reach out to others. The medication is quite expensive but with time I believe I will join forces with people who care and try raising funds to buy medication for the less fortunate and the abandoned. God has been my guide and through prayer He has given me strength I never

thought I had. I have learnt to do my part and take a step of faith towards victory. It's hard to look at things that are too close- often we don't understand why we face the struggles in our life. We only understand them with perspective that comes with time.

Here are a few quotes that keep me going:

Each and every person on earth has within them a passion, a purpose to fulfill. So many in our world today, for any number of reasons allow their purpose to be buried, to be forgotten, to be lost, to be labeled as wishful thinking. I will not be one of them.

Jeremiah 29:11, "For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope". Often, what you think is one of your greatest defeats or challenges is something that God is using to give you more blessing and influence than you ever imagined.

"Courage, sacrifice, determination, commitment, toughness, heart, talent, guts. That's what little girls are made of; the heck with sugar and spice". By Bethany Hamilton

The worst part however, is when I am reminded (often in unexpected ways) that I do suffer from epilepsy. With time, however, I have learnt to concern myself with my here and now, the small victories over the mundane irritations of life. These have become my constants, things that I can isolate and control in a life of unknown variables.

I thank God for bringing me this far to share His mighty deeds. Love is bigger than any tidal wave or fear- a loving and supportive family can do a lot in a child's life. I am grateful to have had parents and relatives who were vigilant in pursuit for a cure. I thank my friends and; classmates who have learnt to accept me as I am and my lecturers who have been supportive and patient with me!

"Fragile-looking" yet strong and brave, the kind of person that nothing (or nobody) can stop is what I opted to become. I am filled with zeal for life and set out to live my best life ever. Epilepsy is just a condition I have, but not who I am! I do not have to be scared to tell others that I have epilepsy; it is through sharing that you find the strength to go on and inspire others.

Glory Be To God!

*Bernice Mugambi
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How impotentia affects fertility in bulls



Fertility in the bull is considered as the ability of the bull to impregnate at least 80% of the females he serves. Impotentia is the inability of the bull to coordinate body functions to achieve successful service (mounting, intromission, ejaculation and fertilization).

Lack of libido can be as a result of may be as a result of various factors which include the age nutrition hard work pain and debilitating diseases.

Libido first manifests at **puberty** and thus bellow age of puberty the bull's endocrine and reproductive systems are not fully developed. Use of such males for breeding results in a very low or no conceptions in the females due to insufficiency of hypothalamogonadal axis and low gonadotropins levels. On the converse, very old bulls have a decreased libido due to senile atrophy of endocrine and reproductive systems hence

decreased gonadotropins levels also manifesting in infertility/reduced fertility in the herd due to the dominance effect where younger bull are not allowed to serve females.

Hard work, a bull especially used for traction spends much energy resulting in stress in the animal. High cortisol levels for long periods are antagonistic to testosterone and thus a decrease in libido in these animals is observed. Thus the bull is generally disinterested in the females translating to low pregnancy rates and hence reduced fertility of the bull.

Chronic debilitating diseases result in a compromise in the functioning of major body organs leading to loss of body condition, increase in cortisol levels, anorexia, and general weakness and reduced endocrine secretions. These factors then contribute to a low libido, few services, less pregnancies and hence reduced fertility in the bull.

Proper nutrition is essential for expression of libido in the bull. High energy diets boost libido since mating is a high energy requiring process thus a well conditioned bull is able to mate more females than a bull with a poor body condition. Proper nutrition results in increased fertility. However, obese a bulls have a low libido since they are unfit and fatigue easily thus mating few females hence reduced fertility in regard to the male.

Impotentia can be as result of the bull's inability to copulate successfully.

Painful memories to the bull associated with preivous trauma during copulation cause resentment of the bull to mount and hence manifests as low libido. The bull therefore doesn't serve as frequently and thus

conceptions are low hence reduced fertility.

Congenital conditions like persistent fraenum, corkscrew and ventral penile deviation make it difficult for intromission. Thus the bull is unable to make the female pregnant (infertility). Other conditions like phimosis and paraphimosis make penile extrusion and retraction difficult and painful respectively interfering with the copulation and the bull is unable to mate optimally resulting in reduced services, conceptions hence decreased fertility.

Painful conditions of the musculoskeletal system involving the feet e.g. overgrown hooves, lameness, arthritis as well as back conditions -spondylosis deformans and spondiloarthritis discourage the bull from mounting to avoid the pain. By so doing the frequency of services done by the bull is reduced since the bull takes longer trying to mate one cow and also has a prolonged refractory period to avoid the pain. This then translates to decrease in fertility in the bull.

Impotentia generadi unlike impotentia couendi, occurs as a result of impaired fertilization and is attributed to defects in spermatogenesis as a result of impaired testicular function. These defects can be as a result of **testicular hypoplasia** which then results in oligospermia, azoospermia, asthenospermia or teratospermia. This results in reduced concentration of semen, low motility and higher percentage of dead cells than the live: chances of fertilization are very low and thus low number of pregnancies (reduced fertility rate in the bull).

Testicular degeneration also contributes to impotentia. Degeneration may be as a result of hypovitaminosis A hence impaired epithelial development of the epididymis results in asthenospermia or teratospermia. Low motility and sperms with abnormalities are unable to fertilize the ova and have a low viability hence low conception rates.

Abscess formation leading to increased **scrotal temperature** resulting in tissue damage, orchitis due to infections (*B. abortus*), insect bites on the scrotum and other inflammatory reactions leading to impaired heat loss result in degeneration. These factors lead to reduced rate of spermatogenesis and impaired maturation of the sperm cells due to impaired function of the epididymis (epididimitis). The ejaculate then contains a low sperm concentration and deformed sperm heads, mid pieces and tails hence low or absent progressive movement and inability to fertilize the ova i.e. Infertility.

Age of the bull also plays an important role in testicular function. Senile testicular atrophy occurs resulting in oligospermia. The semen thus has low concentrations reducing chances of fertilization thus most of the females served do not conceive i.e. Infertility/reduced fertility.

Other disturbances involving the **accessory sex glands** are also considered to cause impotentia generadi. Impaired semen plasma production result in low volume of semen that is highly concentrated and thick thus impaired progressive motility of the sperm cells. Accessory sex gland secretions stabilize pH, contain energy substrates for the sperm cells and thus disturbance in the secretions results reduced sperm viability period. Thus sperms take long to reach the ova, most die due to fatigue and absence of energy and shock due to pH changes. Low fertilization rates are achieved translating to reduced fertility in the bull.

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SHARYL CROWNED MISS KABETE 2012

by Sinajo



“The winners are.....Benjamin Oundo & Sharyl Apondi,” Chanzera read out.

Amidst confusion, joy and disbelief, the 20-year-old broke into tears as the auditorium joined in jubilation with scores screaming and applauding the new beauty queen.

Shar, the second year Food, Nutrition & Dietetics student, waved at the star-studded crowd and looked up to heaven as if to thank her maker.

Her childhood dream had come true and with the crown came a cash reward and other enviable goodies courtesy of Darling Kenya.

As a queen on the throne, she glittered exalted as the magnificently dressed outgoing Miss Kabete 2011, Eunice Ngare and Miss UoN 2012, Bernice Mugambi, joined to crown her the new Miss Kabete 2012.

The magnificently lit auditorium went dead silent. Five girls and five gentlemen were on the podium waiting for the judges’ verdict.

The journey for the Mr. & Miss Kabete 2012 contestants had come to the end and there before the crowd- which featured the reigning Miss Kabete 2011 Eunice Ngare and her counterpart Miss UoN 2012, Bernice Mugambi- stood the final ten from whom the winners had to be picked.

Majestically, the three judges, Chanzera Aaron a.k.a Zawadi of Tahidi High, Dave Adrian (Royal School of Business) and Janedellis Muthoni strutted to the podium and after a minute of deafening dramatic suspense announced the winner.

Earlier in the night, an emotional Sharyl had shocked the crowd as she shared her dream of fighting drug and substance abuse in the Campus, a menace she warned could wipe an entire generation.

Minutes before her crowning, Martha Ndegwa and Maureen Otieno (both 1st years) had been crowned first and second runners up, respectively.

“I never thought I would win having been away during the training sessions a couple of times. It is just unbelievable,” an overjoyed Sharyl told The Kabete Focus moments after the crowning.

OPINION & ANALYSIS

By *Ochola E.S.O*

A key weakness in approaches to students' development in this university and indeed Kenya at the moment is that students are being seen as spectators rather than players in the Education sector which formulate and shape the content and direction of this country.

Currently in Kenya, a varsity student is seen as one who claim to be the custodian of knowledge while displaying lack of a dialogical dimension which characterizes the education, one who cries for justice while fighting injustice through wanton destruction of property, one who expect empathy from the public yet by actions show repeatedly that they are devoid of the same attribute, one who appeals to the conscience of the nation during conflicts but then is without the same.

What then is the problem statement? "The option for an authentic responsibility at personal and leadership levels in the varsities is an option for the common good of the whole society." Today, student unions are composed of verbally radical student leaders who have utterly no proper vision and mission in their leadership positions. They are largely militant. This militancy should not be seen to be confrontational and neither archaic in discharge but should be seen in the critical ways in which the leaders confront issues. Do we need to revisit policy deliberation forums for our post-elected leaders to determine their net worth to student community and the state?

The university as an apex of learning is a place where noble dreams of reality are given a free rein, students are molded to become critical thinkers; which mission is fulfilled when they are given an opportunity to apply the force of an argument rather than an argument of force.

The challenge to the student of UoN today is how to show by word and deed his commitment to the struggle to bring dignity and respect back to the university student. This respect will only return through purposeful and goal driven action on a progressive front. We have to show that purpose and we have to go the extra mile.

Comrades, today we stand at the door steps of a new beginning. The direction we take as students will determine whether our great organization will unshackle itself from the bondage of a pathetic

image and emerge as a proud player on the national stage and society, or recede into the syndrome of perpetual negativity. The choices all student leaders make are crucial on whether we heal our affiliations or reel in our proclivity for pettiness.

As we reflect upon past events, we are enthralled by the gains we have made so far. The train for liberty and change has come a long way and obstacles along our way should not make us waiver. The yearning for belonging for some dignity, hope and respect for the community must not remain an illusion. We must never let ourselves be party to agendas submerged in short-term petty gains or self enrichment projects for the student leaders lest you be judged harshly by the gods of politics!

Our student organizations yearn for as vision and commitment; a vision for a student representative leadership, a vision of a united society, a vision of politics without tribalism, a vision of student development without dehumanizing tendency of fighting for welfare issues all the while, a vision of individual dignity and worth, a vision of a point in the future where we collectively strive to reach.

Beyond a sense of direction, we as students demand and deserve leaders with a sense of patriotic commitment to our course, leaders that can and will give new impetus to collective enhancement of our vision, mission and goals, leadership which will give confidence to the public without sacrificing the dignity of students, a leadership that will offer continuity to the 'finalists' without compromising the dreams of the 'freshers', a leadership that will not protect the rights of the students by gagging the administration and holding them to ransom, a leadership that will not harness selfish-fruit by pleasing the administrators at the expense of students. A leadership that will harness the fruit of education to lobby for dialogue across the table in times of conflicts resolution and win in these negotiations, a leadership that will motivate those they lead into doing more for themselves than they expect to do by raising their awareness of the different values they possess, by getting them to transcend self interests for the course. In summary there should be co-existence without compromising any single entity or party!

As time change; so must SONU change, we need real leaders for a new dispensation, humble enough not

to solve all problems for us but strong enough to give us the tools to solve our problems for ourselves. Yet where it can sand up for our values and interests in the varsity and Kenya and where it can give students the power to make a real difference in their everyday lives, **SONU must do more and not less!**

The pre-eminent mission of SONU is to give all students; local or international, black or white, Luo or a Kikuyu or an Okiek, an opportunity- not a guarantee-but a real opportunity-to build better lives-for ourselves and in the community. We do realize that the future is upto us. The preservation of our liberty and freedom depends upon responsible studentship. Each and every one of us in our own way must assume personal responsibility. Our greatest responsibility however is to embrace a new spirit of community for a new SONU.

The challenge of our past remains the challenge of our future. The virtues of a positive and revamped image bind us together with other Universities and the community at large. We must consider a collective approach to this problem that bedevils us. It starts with a critical look at all we do on a daily basis, reason and for whom notwithstanding. Guided by the vision of a promised land of new promise. In this new land of promise, we will have reformed our student politics so that the voice of the people will always speak louder than the din of narrow interests! This is the land to which together we must deliver our SONU!



Students Leaders training at the Kenya School of Monetary Studies

DEFT DEFINITIONS & WITTY MEANINGS:

Cigarette:	A pinch of tobacco rolled in paper with fire at one end and a fool at the other.
Marriage:	It's an agreement in which a man loses his bachelor degree and a woman gains her master
Lecture:	An art of transferring information from the notes of the lecturer to the notes of the students without passing through "the minds of either".
Conference:	The confusion of one man multiplied by the number present.
Compromise:	The art of dividing a cake in such a way that everybody believes he got the biggest piece.
Tears:	The hydraulic force by which masculine will-power is defeated by feminine water-power
Dictionary:	A place where divorce comes before marriage.
Conference Room:	A place where everybody talks, nobody listens and everybody disagrees later on.
Ecstasy:	A feeling when you feel you are going to feel a feeling you have never felt before.
Classic:	A book which people praise but do not read.
Smile:	A curve that can set a lot of things straight.
Office:	A place where you can relax after your strenuous home life.
Etc.:	End of thinking capacity.
Committee:	Individuals who can do nothing individually and sit to decide that nothing can be done together.
Experience:	The name men give to their mistakes.
Atom Bomb:	An invention to end all inventions.
Philosopher:	A fool who torments himself during life, to be spoken of when dead.
Diplomat:	A person who tells you to go to hell in such a way that you actually look forward to the trip.
Opportunist:	A person who starts taking bath if he accidentally falls into a river.
Optimist:	A person who while falling from Eiffel Tower says in midway "See I am not injured yet."
Pessimist:	A person who says that O is the last letter in ZERO, instead of the first letter in word OPPORTUNITY.
Miser:	A person who lives poor so that he can die rich.
Father:	A banker provided by nature.
Criminal:	A guy no different from the rest... except that he got caught.
Boss:	Someone who is early when you are late and late when you are early.
Politician:	One who shakes your hand before elections and your Confidence after.
Doctor:	A person who kills your ills by pills, and kills you with his bills.
Computer Engineer:	One who gets paid for reading such mails.

Spotted in Iuhyaland

This was actually on a blackboard menu at a hotel in Bungoma

MENU

Tonut na maantasi	5/=
Homelet Plain	4.50/=
Jai na zgonji	5/=
Tenku na ukali	6/=
Jabati Pantika	6/=
Gugu ya ingo	50/=
Gugu ya genjik	25/=
Mgade Poflo	50/=
Zdrungi kafu	1.50/=
Matonto na Mihoko	30=
Zamagi ntoko	23/=

This is as seen in a kiosk in Khakhameka (kakamega)

Jayi shikombe ndoko	5/=
Jayi shikombe kupwa	7/=
Jabadi msima	10/=
Mandasi kitoko	5/=
Mkuu ya gugu	25/=
Gugu Kupwa msima	100/=
Ukali mlima	15/=
Zubu wa msima	12/=
Fiasi garanga (jips)	15/=
Ukali wa mawimpi	11/=

"Karipuni nyode pila jugi na vidina
"mkiyendako mruti tena azandeni yap yap!."

Have a smiley day

Dear God

Dear God,
I'm writing to say I'm sorry
For being angry yesterday
When you seemed to ignore my
prayer
And things didn't go my way

First, my car broke down
I was very late for work
But I missed that awful accident
Was that your handiwork?

I found a house I loved
But others got there first
I was angry, then relieved
When I heard the pipes had burst!

Yesterday, I found the perfect dress
But the color was too pale
Today, I found the dress in red
Would you believe, it was on sale!

I know you're watching over me
And I'm feeling truly blessed
For no matter what I pray for
You always know what's best!
I have this circle of E-mail friends,

Who mean the world to me;
Some days I "send" and "send",
At other times, I let them be.

When I see each name download,
And view the message they've sent;
I know they've thought of me that day,
And "well wishes" were their intent.

I am so blessed to have these friends,
With whom I've grown so close;
So this little poem I dedicate to them,
Because to me they are the "Most"!

So to you, my friends, I would like to
say,
Thank you for being a part;
Of all my daily contacts,
This comes right from my heart.

God bless you all is my prayer today,
I'm honored to call you "friend";
I pray the Lord will keep you safe,
Until we write again.

God Bless You

Being smart in business

Jack, a smart businessman, talks to his son.

Jack: I want you to marry a girl of my choice
Son : I will choose my own bride!
Jack: But the girl is Bill Gates's daughter.
Son : Well, in that case...

Next, Jack approaches Bill Gates.

Jack: I have a husband for your daughter."
Bill Gates: But my daughter is too young to marry!
Jack: But this young man is a vice-president of the

World Bank.

Bill Gates: Ah, in that case...

Finally Jack goes to see the president of the World Bank.

Jack: I have a young man to be recommended as a vice-president.
President: But I already have more vice-presidents than I need!"
Jack: But this young man is Bill Gates's son-in-law.
President: Ah, in that case...

This is how business is done!!



