

# Mwangaza

*You are the light of the world*

## STAY MOTIVATED

*How to remain inspired  
through the dark  
moments*

## APPSOLUTE GENIUS!

*Must-have  
apps for your  
phone*

## Bootstrapping Your Empire

*How to self-fund your idea into profit*

INSIDE: HOW WELL DO YOU KNOW YOUR DOCTOR?

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## From The Editor

Welcome to our Issue 6 of the Mwangaza Magazine. This issue is a culmination of all the lessons we have learnt through our two years of existence. Thus, we have given it a different feel and look from our other issues.

In this issue, we delve on how you can build your idea into profit without outside capital, in a process called bootstrapping. We also share more insights on health, motivation & self-development and many more features that will keep you engaged.

We hope that you enjoy your read and most importantly, learn from the tips and insights we have shared in this magazine. Otherwise, we would love to hear your feedback and comments regarding this issue. Please send them to [mwangazamagazine@yahoo.com](mailto:mwangazamagazine@yahoo.com).

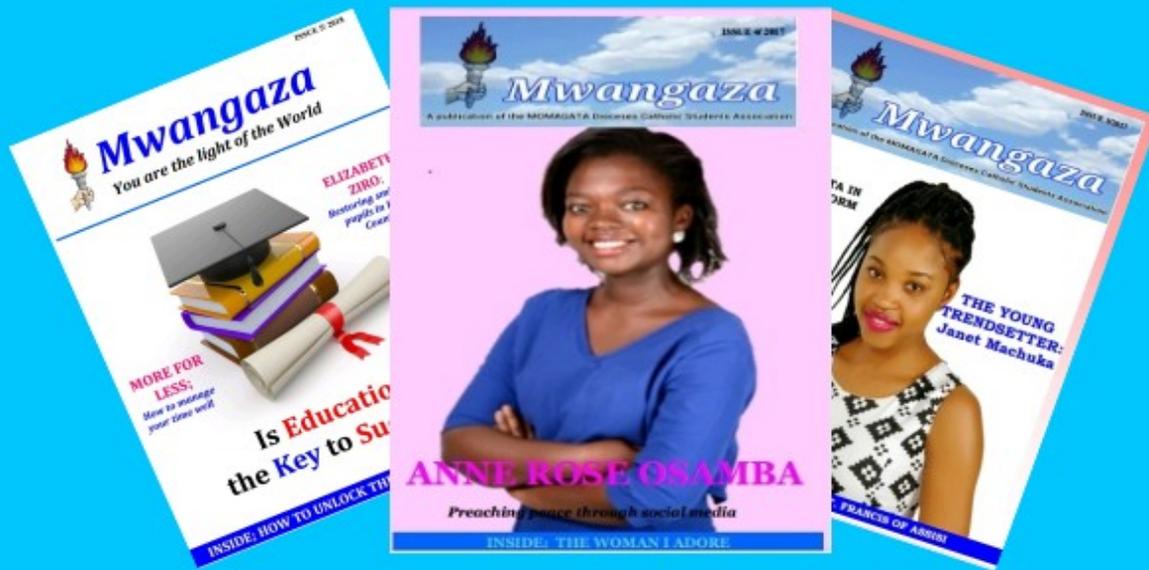
Enjoy your read.

The Editor

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# HOW FERTILE ARE YOU?



By Zack Omondi

“The kingdom of God compares to a mustard seed, that when it is sown in the ground it’s of the smallest seeds on the earth but **SPRINGS UP** later and becomes the largest of plants,” the Gospel of St. Mark. That of everything designed to live, productivity is necessary. It has to grow; like a family where two grow to make generations. How fertile are you?

Individuals thriving in the business world today have one key distinct feature i.e. growth. They are fertile to embody the ideal of productivity. These individuals flourish in dominion “as a result (but not pursuit),” the way Myles Munroe said. One must begin or let us say embark on a journey to grow and add for the purposes of getting results. God **BLESSED** his creation saying to them, “Be fertile and multiply, fill the earth and subdue it and have dominion over everything.” – Genesis 28. To be fertile is an order **GIVEN TO US** by our maker – and of course when we abide by this instruction wholeheartedly, then we are assured of dominion.

Fertility implies growth in abundance by reproducing. Translated from Hebrews, fertility in the Bible originally meant being productive – not necessarily giving birth to young ones alone. Growth is essential to the existence of the human kind. When one is not growing then he/she is literally dead. Lack of growth implies poverty which denotes lack of productivity: being infertile.

How then can we be productive and make good use

of our fertility? Productivity can be monitored and its trend established, for it designs to a structure which generates creative pillars to depend. Pressing on to it, risks are often involved in the process but the most important is that it has to begin from a point. After the resolve and the affirmative spirit to start, growth is made possible. For “I will take from the crest of the cedar, from its topmost branches tear off a tender shoot, and plant in on a lofty mountain.” Ezekiel 18:22. So, there is always the beginning that one has to develop the courage to start. **IGNITE!**

After the start, what is the progress then? For instance since joining university, one can critique his/her performance in as far as growth is concerned: be it physical, intellectual, contextual, relationships, spiritual or even emotional. What’s the progress? Does it show a remarkable positive growth or advancing in the opposite direction? As I throw the question to you (the reader), I also gauge the measure I have given out so far since I entered the university to the very moment I am writing this article. Have I inspired or expired?

What is my net-output? Is my connection growing or diminutive? Substantive answers to such questions clearly show whether I am **FERTILE** or not?

Bill Gates attributes his success to partnerships and growth from the very beginning. He remember the **HUMBLE BEGINNINGS** in Seattle to setting up Microsoft Offices in Great Britain, Japan at first then slowly shooting worldwide. God never made a car, he made mountains for us to find ores in them.

How fertile are you then?



## *How Well Do You Know Your Doctor?*

*Wakini Kuria*

Coming from the doc's office? What is your relationship with your doctor like and how deep does it go? Patient - doctor relationship should be I-have-my-doctor-on-speed-dial especially if, you are ailing from an autoimmune disease.

Yes. He's the doctor, with a medical background. You are the patient, with the ailing body. Help him help you. After all, who knows your body better than yourself?

If you can help it, avoid hospitals. Healing naturally is the best you can get. By this I mean, listen to your body. Heed that little voice in your head. Pay attention to details.

If for example, you ate *nyama choma* and had several beers over the weekend and come Monday morning you are complaining of gout, it is high time you gave up the lifestyle.

Don't treat yourself and assume that, now I have arthritis because of gout. To clear any doubts seek pro-

fessional help. If still in doubts, get another opinion. Should the results turn out positive, then you can start your treatment early and chances of curbing whatever disease are high as compared to late diagnosis.

Make sure that you get the disease (root cause) treated and not the symptoms treated. Disappeared symptoms never translate to complete healing or the disease going away.

Stay woke! The rate at which steroids and other 'poisons' are being prescribed is alarming. Remember that, everyone is trying to make that extra coin.

Before you pop that pill in your mouth and drain it down your throat with water, know what it contains and why you are really taking it. And is there a safer alternative?

Discuss with your doctor in depth. Let him tell you the pros and cons of using a certain med or whether you should be taking them in the

first place.

To achieve this kind of relationship you need to stop hopping from one hospital to the next. Changing doctors like the way you board matatus, is highly frowned upon. You need to keep records of your health and what better way than having your medic files contained in one folder by one doctor?

It is in your best interests, not to go heaping *githeri ya dawa* in your stomach just because *daktari al-isema*.

Remember, every pill that you swallow has side effects. Even the most basic such as Panadol or Piriton has side effects. At the back of your mind, always remember that these are chemicals. Chemicals are poisonous and your body is better off without them.

**About the writer:**

***Wakini Kuria is a rheumatoid arthritis ambassador, having lived with the disease for the last sixteen years. She is a journalist writer and freelance editor.***

# *Does Social Media Control You?*



With the advent of the digital age, came the invention of social media. Ever since then, Facebook, Twitter, Instagram and many more have got us hooked on our phones and computers 24 hours a day. Through these platforms, we are able to e-meet new friends, catch up with our old buddies while also at the same time, keeping the conversation going. What's more, many people earn their livelihoods as digital influencers as they promote brands across the social media platforms.

The spread of social media cannot be underestimated. Facebook alone, according to statistics, has a whopping 1 billion users registered in the platform. Twitter follows closely by. Most of these users are millennials who have increased access to smartphones.

Social media has become second nature to

us millennials but is the fact we are never truly switched off doing us harm?

## **Social media pet stars**

The first hurdle is popularity. For example, the worry when you share a carefully filtered photo on Facebook and wait for the likes to – hopefully – add up leading your brain to somehow equate your popularity and value with how many people enjoyed that photo of you at the beach during the weekend. Similarly, how many followers you have on Twitter does not mean you have that many actual friends. Yet for many on social media the lines can be blurry as followers can be seen as a validation for how funny, witty or interesting you are.

If you have lots of followers, the fear of making a blunder and causing outrage is also omnipresent.

Social media makes us think we are just having conversations with friends but the amount of time we spend oogling wealthy, beautiful and seemingly perfect strangers on Instagram and comparing our lives and appearances with theirs only fuels existing insecurities. As does, that Snapchat story of all your friends at the party you couldn't attend, which to be honest was probably rubbish apart from that moment they all collectively posed for a selfie.

The rationale that nobody's life is perfect and that what they share on social media is carefully curated and edited often goes

out the window during these times.

The never-ending stream of tweets, status updates, pictures and news can feel overwhelming and like you are constantly missing something if you do not read all of it. So is it healthy to take the odd break every now and again?

Based on previous experiences, most people do not really care what you do with your life. Whether you were at the beach, 5-star hotel or at home with friends, doesn't really matter to them. They are probably too busy with their own lives to even mind what you are doing with this. A small percentage, on the other hand, do actually care and would wish to constantly check on you, whether you are doing okay or not. Those are the true friends. We can also say there is a small percentage who constantly check on you albeit with some not-so-good intentions.



Let's do some quick maths. How many 'likes' do you get on average on Facebook when you post your photo on Facebook? How many friends do you have on your account? If you equate your average likes as a percentage of your total Facebook friends, you will realise that less than 50% of your friends, actually do bother to engage with your posts. So why all that energy to post

while over 60% of your friends don't really bother to like or comment on your post?

Based on Facebook algorithms, pictures reach more people on your timeline in comparison to

plain text and links. This gives us more reasons to look into the amount of time we spend on these platforms.

Staying away from these platforms, even for a little while, actually can be of help to your health. Imagine staying away from that former university classmate who is constantly posting photos of him in the office while you are still tarmacking? At least, that feeling of unworthiness that knocks you when you see such photos will go away.

So, when was the last time you logged in to your social media accounts?



# *How Happy are you?*

*Happy people live longer, are healthier, form better relationships and enjoy greater success, says Averil Leimon. So, what is the secret to happiness?*

Pause for just a moment. Ask yourself this question. Are you happy? Yes or No? Few people have difficulty answering. We all know what happiness is. We know when we are experiencing it. We actively pursue it. But are we doing the right things to increase happiness? As the world has become more materialistic, the assumption has been that 'more' will make us happy. More money, more possessions, more gadgets all seem like the route to happiness, but they often fail to make that feel good factor happen. The law of diminishing returns sets in. Sometimes having more can feel like a burden rather than a joy. Especially, where it leads to more debt and anxiety.

This leads to the question- are we getting it right?

## **The Routes to Happiness**

There are three basic routes:

### **1. The Pleasant Life**

Have and enjoy a pleasant life. Revel in ordinary pleasures. In busy, materialistic worlds, people rarely take the time to savour their surroundings and experiences.

### **2. The Engaged Life**

Know and use your personal strengths to be truly absorbed in the work you do. Career success can sometimes take us away from using our key strengths- the ones where you become so absorbed that you do not notice time passing. Discover what these strengths are and find ways of using them daily.

### **3. The Meaningful life**

Ensure that you are somehow making a difference to the world as a whole and that you can see your part in it.

## LIVE BETTER

To be truly happy, you need to live better in the past, present and the future.

### **i) Let go of past grievances**

Forgiveness is much healthier. Forgive people with generosity of the spirit. In some instances, you need to sort things out, but often you can just choose to let go.

### **ii) Be grateful for all that has gone right in your life.**

It so outweighs the bad stuff. Think about all the people that have cared, influenced, mentored you in your life and career. Have you made a point of telling them exactly how important they are? Do you regularly let loved ones know they are appreciated? Research shows that expressing gratitude makes both the giver and the receiver experience higher well-being.

### **iii) Count your blessings**

Notice what went right today, rather than always and exclusively dwelling on the mistakes and problems. Make sure your view is balanced and that you delight in your successes at least as much as you notice your failures.

### **iv) Spend time in the present.**

Dance in the moment, truly experiencing what you are doing and where you are. Always make time to appreciate some aspects of your surroundings.

### **v) Future mindedness is essential to success in your business and personal life.**

Optimism is a key to happiness. Optimists appear to be simply happier than others, but actually they put in hard graft while the pessimists give up without really trying. Catch your thinking and improve your tendencies of you predicting that it will go right.

So, the good news is, it is in your hands! Although you may start out more or less happier than others, there is always scope for improving your happiness levels. It is vital to do so in order to live a full, healthy, successful and satisfying life. The ways to happiness are on the one hand profound and on the other, really simple. So get out there and live your life to the full.

*(Courtesy of Msafiri Magazine, Issue 58)*



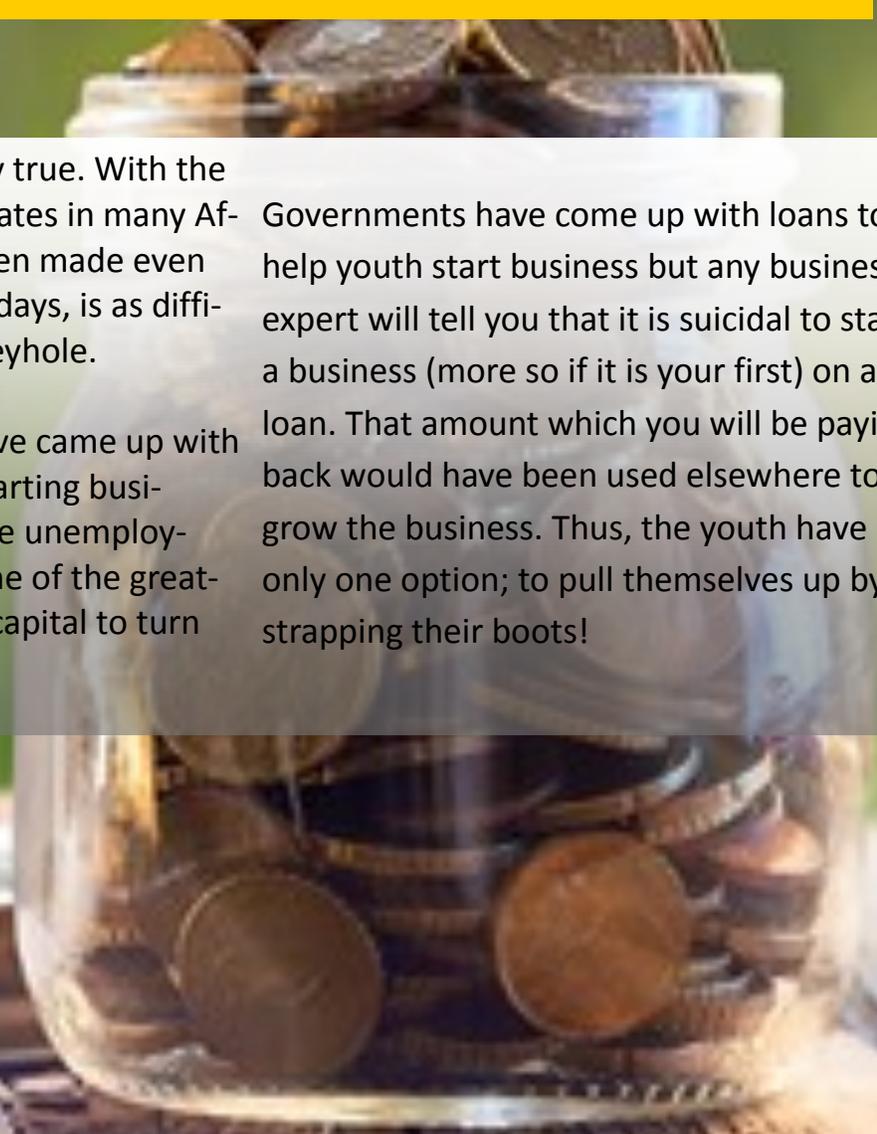
# ***BOOTSTRAPPING YOUR IDEA TO AN EMPIRE;***

***How to run your business on a shoe-string budget***

Times are hard. That is very true. With the increased unemployment rates in many African countries, this has been made even worse. Getting a job, nowadays, is as difficult as passing through a keyhole.

That is why many youth have come up with innovative ideas and are starting businesses in order to evade the unemployment menace. However, one of the greatest challenges they face is capital to turn their ideas into profit.

Governments have come up with loans to help youth start business but any business expert will tell you that it is suicidal to start a business (more so if it is your first) on a loan. That amount which you will be paying back would have been used elsewhere to grow the business. Thus, the youth have only one option; to pull themselves up by strapping their boots!



## Tips for Bootstrapping

Bootstrapping means growing your business with little or no capital or outside investment. It means relying on your own savings and revenue to operate and expand. It's not easy to do, but it's incredibly rewarding.

So, how do you get to build your business while only relying on savings? Here are some tips.

### 1. Sell services first.

Freelance and consulting services will help you a lot to gain the extra amount you need. If, for example, you wish to create a digital media company, which will require huge amounts, then you need to sign up in the freelance sites and trade your skills in graphic design, writing, transcribing in order to gain the extra income.

What's more, if you do your work well, you may get loyal customers who will come repeatedly for your services. You can also sell merchandise such as branded t-shirts, mugs, umbrellas in order to gain the extra income.

### 2. Cut on costs

Now that you know that your personal savings are also for business, then you need to check and tighten your spending. There is no need to go for office space if you are quite sure you won't be able to sustain the costs in the long run?

Why go for a Mac when a HP can do? How about you stay away from pizza for the time being. Cutting on costs will be worth the sacrifice in the long run.

### 3. Be willing to Multi-task...and learn.

Now that you don't have enough money to recruit people, you will be the 'Chief Everything

Officer' for your business. You will do sales and marketing, communications and PR and many more.

If you are not sure about your skills in a certain area, then this is an excellent opportunity to learn new skills. Lots of articles and video tutorials lie scattered on the internet and this is your time to learn.

### 4. Form the dream team

Hiring experts when you can't offer them any reasonable payment is impossible. Instead of settling for forming "any" team, try to find passionate friends, who are ready to work for equity. That means that you need to sell them the idea and make them believe in the future of the business. Get people, who complement your skills and have knowledge in other areas.

### 5. Seek help from advisors.

Having someone to guide you when you go astray is very essential. Thus, you need a mentor. Someone who understands the business environment and is willing to help you weather the storm. Hence, you need to network.

### 6. Promote. Promote. Promote.

This is the correct time to invest in your brand and reach out to more customers. Thus, you will need to spread the word about your business on social media and through word of mouth. Most importantly, seek to provide excellent services such that a customer will have no second thoughts to return or make a referral to another customer.

## Conclusion

Bootstrapping your business will not be an easy fete. You will make mistakes but learning from these mistakes is crucial. All in all, patience is key.

# How To Always Stay Motivated



It is hardly a secret that the key to successfully accomplishing one goal after another is staying motivated. There are, of course, tasks which you may not like at all, yet you find motivation to complete because you recognize how each particular task serves a greater goal.

How exactly do some of us manage to stay motivated most of the time? Here are just a few ideas you can try:

## 1. Find the Good Reasons

Anything you do, no matter how simple, has a number of good reasons behind it. Not all the tasks have the good reasons to do them seen at first sight, but if you take just a few moments to analyse them, you will easily spot something good. We also have many tasks which don't need any reasoning at all – we've been doing them for so long that they feel natural.

But if you're ever stuck with some task you hate and there seems to be no motivation to complete it whatsoever, here's what you need to do: find your good reasons. They may not be obvious, but stay at it until you see some, as this will bring your motivation back and will help you finish the task.

Some ideas for what a good reason can be:

A material reward – quite often, you will get paid for doing something you normally don't like doing at all  
Personal gain – you will learn something new or will perhaps improve yourself in a certain way

A feeling of accomplishment – at least you'll be able to walk away feeling great about finding the motivation and courage to complete such a tedious task

A step closer to your bigger goal – even the biggest accomplishments in history have started small and relied on simple and far less pleasant tasks than you might be working on. Every task you complete brings you closer to the ultimate goal, and acknowledging this always feels good.

## 2. Make it fun

When it comes to motivation, attitude is everything. Different people may have completely opposite feelings towards the same task: some will hate it, others will love it. Why do you think this happens? It's simple: some of us find ways to make any task interesting and fun to do!

Depending on how you look at it, you can have fun doing just about anything! Just look for ways of having fun, and you'll find them! A simple approach is to start working on any task from asking yourself a few questions:

How can I enjoy this task? What can I do to make this task fun for myself and possibly for others? How can I make this work the best part of my day?

The answers will pop up momentarily, as long as you learn to have the definite expectation of any task being potentially enjoyable.

## 3. Take a different approach

When something doesn't feel right, it's always a good time to take a moment and look at the whole task looking for a different approach.

You may be doing everything correctly and most efficiently, but such an approach isn't necessarily the most motivating one. Quite often you can find a number of obvious tweaks to your current approach which will both change your experience and open up new possibilities.

That's why saying "one way or another" is so common: if you really want to accomplish your goal, there is always a way. And most likely, there's more than one way. If a certain approach doesn't work for you, find another one, and keep trying until you find the one which will both keep you motivated and get you the desired results.

#### **4. Recognize your progress**

Everything you may be working on can be easily split into smaller parts and stages. For most goals, it is quite natural to split the process of accomplishing them into smaller tasks and milestones. There are a few reasons behind doing this, and one of them is tracking your progress.

We track our progress automatically with most activities. But to stay motivated, you need to recognize your progress, not merely track it.

Here's how tracking and recognizing your progress is different: tracking is merely taking a note of having reached a certain stage in your process. Recognizing is taking time to look at a bigger picture and realize where exactly you are, and how much more you have left to do.

For example, if you're going to read a book, always start by going through the contents table. Getting familiar with chapter titles and memorizing their total number will make it easier for you to recognize your progress as you read. Confirming how many pages your book has before starting it is also a good idea.

You see, while reading any book you will be automatically looking at page numbers and chapter titles, but without knowing the total number of pages this information will have little meaning.

Somehow, it is in a human nature to always want

things to happen at once. Even though we split complex tasks into simpler actions, we don't quite feel the satisfaction until all is done and the task is fully complete. For many scenarios though, the task is so vast that such an approach will drain all the motivation out of you long before you have a chance to reach your goal. That's why it is important to always take small steps and recognize the positive difference and progress made.

#### **5. Reward yourself**

This is a trick everyone likes: rewarding yourself is always pleasant. I'm happy to confirm that this is also one of the easiest and at the same time most powerful ways to stay motivated!

Feeling down about doing something? Dread the idea of working on some task? Hate the whole idea of working? You're not alone in that, I'm telling you!

Right from the beginning, agree on some deliverables which will justify yourself getting rewarded. As soon as you get one of the agreed results, take time to reward yourself in some way.

For some tasks, just taking a break and relaxing for a few minutes will do. For others, you may want to get a fresh cup of coffee and even treat yourself to a dessert. For even bigger and more demanding tasks, you may want to reward yourself by doing something even more enjoyable, like going to a cinema or taking a trip to some place nice, or even buying yourself something.

Your progress may not seem to others like anything worth celebrating – but take time and do it anyway! It is your task and your reward, so any ways to stay motivated are good. The more you reward yourself for the honestly made progress, the more motivated you will feel about reaching new milestones, thus finally accomplishing your goal.



# THE ROAD TO SUCCESS



There are many different paths and roads to success. What do you need to find and develop within yourself to be successful? No matter who you ask, the answer is the same. Look at those who have succeeded, identify their traits and view their results. In other words, to map out your own path, make sure the information you're getting is credible, effective and can be duplicated.

Being successful in life requires that you treat yourself as an investment. You need to make regular deposits in your checking account to make withdrawals. You need to take constant care of a garden for it to blossom and yield a harvest. The exact same applies to your success.

You have to put the work in to see results. Highly successful people never stop achieving and cultivating traits.

## 1. Practice awareness

Be aware of what you need to be successful. You need to be aware of your weaknesses,

otherwise you can't fix them. Pay attention to what's going on economically, to the business cycle, to choices that you make that might not lead to where you want to go in life. Being unaware will cause you to miss opportunities. Have the strength to see things through. Stay focused on your goals and be consistent in your efforts. Shoulder responsibilities and be accountable. Make the hard decisions and stand by them. Think for yourself and know yourself.

## 2. Persistence

Persistence is a hunger to continue at something until you hit the target. Don't underestimate the amount of time, energy effort to reach your target. Most people dramatically underestimate the persistence and effort required. Work harder than others. Have the determination to make sure things get done.

Take charge when necessary. Drive yourself with purpose and align yourself with excellence. Be willing to be patient. Understand

that there are failures and frustrations. Be honest and have integrity. Have a passion.  
3. Curiosity and a desire to learn.

Success requires a desire to learn and grow as a person. Learn at a high enough level to elevate yourself, your situation and your life. Know there is much to achieve and much good in the world and know what's worth fighting for. Have an unshakeable trust in yourself. Learn what isn't being said in communication. When communication is clear, trust and respect follow.

Don't be afraid to take an honest look at what's holding you back. Make a plan on how to tackle those areas that are keeping you from success.

Don't be mediocre. That's what happens when you don't plan. Learn the traits that will make you successful and live them out every day.

To help you map out your success, many people search for a mentor. What is a men-

tor exactly? A mentor is a wise and trusted counselor or teacher, an influential senior sponsor or supporter.

You don't need 50 mentors. It's confusing to have that many opinions and different voices. That's what's wrong trying to look up advice on the internet. Anyone can post anything. There are too many voices. Study people who you respect, who have achieved something and are still achieving something. Those are the people worthwhile to follow and learn from.

A mentor doesn't necessarily need to speak with you every day or at all. You might find a mentor through that person's videos, books, speeches, interviews, blogs – you name it. You might even work for that person. They might mentor you by example.

Find mentorship opportunities. It might be a conference, a seminar, a live webinar. Invest in these opportunities. Invest in yourself. Be successful. In your thoughts, word, and deeds.



# BOOK DRIVE 2018



Adrian addressing his peers on the benefits of writing



Pupils who participated in the event at Tezo Primary



Alvis of Lulu FM posing with pupils from Mnarani Primary who emerged winners



Pupils take part in the spelling competition



Staff from Kenya National Library Kilifi teach students how to use their e-readers



Pupils reading a storybook in their book clubs

# ELIMU EMPOWERMENT FORUM— TANA RIVER COUNTY



Focus Group Discussions being held during the forums



Facilitators taking the participants through opportunities available in education





## APPsolute Genius!; *Must-have apps for your phone*

Wild guess. You have a smartphone. Probably, this is 90% true.

With thiercent technological advancements, we have ditched the traditional 'Kabambes' (feature phones) for the modern smartphones which can run various applications at a go, making our communications and social interactions faster.

Through the downloadable software (commonly known as apps) these smartphones have made it easier to browse the internet and do such tasks that required you to have access to computers and laptops.

So which apps are a must-have for your phone? Let's dive in.

### 1. **Whatsapp**

With over 1 billion users, Whatsapp has changed how we interact with our friends. It is now easier to send messages, images, audio and video to people across different parts of the world and get instant reply. It has greatly left us glued to our screens.

Its reliability makes it top of our list. In fact many people say that a phone is not a smartphone, if Whatsapp is not installed in it. So, why don't you join the bandwagon and chat your way up, if you have not yet done so?

### 2. **WPS Office**

Looking to create and edit documents but do

not have access to a computer? Well, WPS Office is here to help.

The app enables you to view, create and edit all types of documents you require. Be it Word, Presentation, spreadsheet or even PDF documents. WPS Office helps you create your class assignments, business documents, resumes at a go without any problems. It is available free of charge on Google Play store.

### 3. **Showbox**

Are you a movie junky and don't want to miss the latest movies and tv series? Showbox lets you stream and download movies of all genres, at your preferred video quality (whether HD or SD)

Probably a good app to unwind after a busy day, under stable internet connection.

### 4. **Canva.**

**If you are** looking to design some cool flyers, posters and photos for posting on social media but lack the design skills, then this app is definitely for you.

The app comes loaded with over 60,000 templates. All you have to do is select that which fits you well, edit the text and images, then upload it to social media.

### 5. **Camera FV-5**

Looking to effectively utilise your smartphone's camera?

This app gives you the ability to control your camera on manual mode and gives you the same experience as the Nikon cameras. You can control the flash light, where to focus your camera, increase and reduce exposure and many more.

This app is a good suit for those who are into photography.

### 6. **PicsArt**

Do you like photo editing? Then this app is definitely for you!

It presents you with so many photo editing tools- collage maker, rotate images, apply masks and stickers, add text and images and many more.

This app helps make a picture perfect for your social media post.

Which apps do you like most?

# POEMS

## THE YOUTH BY EDMON LANGAT

You.... You sired us  
She gave birth to us  
But you don't know us  
Your blood floods us  
We are your offsprings  
But you don't know us  
You are in custody of knowledge  
You teach us. You coach us  
You graduate us  
But you don't know us  
Your doctrines drives us  
Your behaviour is this we acquired  
Your virtues are our virtues  
But still, you don't know us  
You turn around and right then  
You judge us "the half-baked"  
Its because you don't know us  
I tell you we are not  
And this is the reason why

We are the gifted. We are the talented.  
We are in millions  
We are the learned. We are the genius  
But lookbat us,  
We are languishing in poverty  
Because you messed up our economy  
We are languishing in political in-  
appropriateness  
The political unrest and the rest  
Skimiches, demonstrations, economic  
boycotts  
Some were even thinking of secession  
Its because you refused to stay peace-  
ful  
We are languishing in unemployment  
Because you feed us corruption  
You corrupt our minds  
Supress our psyche  
And frustrate our motivation  
But why?  
Its because you dont know us

Let me tell you who we are, look up!  
We are the assertive, the energetic  
We are the competitive and the non-

comformative  
We say thank you you gave us the edu-  
cation.  
But its not enough... you got to do  
more  
You got to give us jobs,  
Support our talents, appreciate our  
abilities  
Give us attention. Add to that choice.  
That's confidence  
We choose to stay peaceful  
Give us exposure. The information  
We have to stay updated  
Give us the resources. Give us the ave-  
nues  
We give you the ideas  
We give you the innovation  
Give us encouragement. The incentive  
We got to stay strong, progressing  
Well, this is who we are  
We are the youth!  
And we have a nation to take care of  
Peace!

### My Mama

#### By Sheillah Maonga

Mama, I have a thousand thanks to give  
All that I was before, all that I am today  
My hopes, my dreams, my all, what I believe  
Is because you've loved me every single day  
I am who I am for you've granted me a life to live

I would not have had all this amounted  
You selflessly gave, my happiness to suffice  
My wants, yours they far surmounted  
But for me, always you ran ready to sacrifice  
Even when your needs a pile they mounted

When I think of how your love encompasses  
Tears well in my eyes, I can't breathe  
All my other loves feel like trite trespasses  
On them I can easily lay a wreath  
But yours, mama, is a love that never passes

So mama in my heart you remain the boss  
A special place reserved for you to reside  
For I still run to you when my life lies at a loss  
My first comforter, always on my side  
The countless time you've carried my cross

So, mama, my one mama, I want you to know  
That in my heart, I love you now and forever more

# HOW CAN WE HELP YOU?

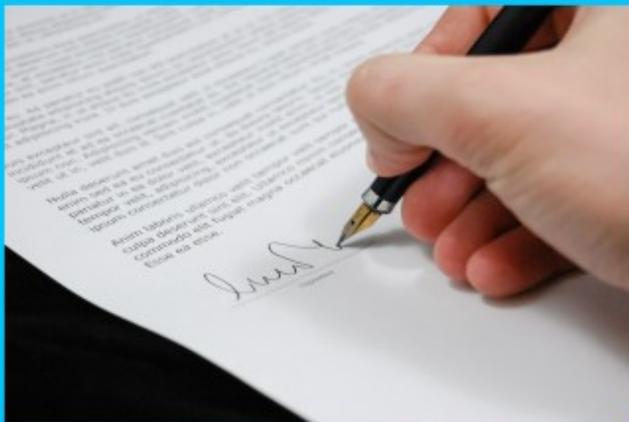
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