

HELPING HANDS BULLETIN

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A VISIT TO THE COURT OF LAW

By IRENE NZAI

Last week Standard 8 candidates visited the Shanzu Law Courts and there they listened to many different cases. The most interesting case was the sexual harassment scandal.

"I did not sexually harass anybody!" PP said in a loud voice which echoed through the court. PP had been accused of Sexual Harassment and committing Indecent Acts which involved touching the breasts and buttocks of the complainant.

PP also threatened to kill the complainant if she did not withdraw the charges and even tried to bribe her with Ksh 150,000 at a certain point. The case was adjourned to the 17th of July and the accused was remanded in custody as Senior Resident Magistrate James Obura thought he might try to escape the law by returning to his home country in Germany.

The second case was heard in Swahili and much more humorous. It was about an old man (JM) who had stolen water pipes costing Ksh 750. During the hearing, the magistrate noted that the prosecution evidence was much stronger than the word of the defendant. What amazed everyone was why anybody would steal property worth less than Ksh 1,000 when he or she is capable of stealing property worth millions. He was sentenced to a 3 year gaol term.

In the last case, a man by the name of DM had been accused of causing an accident along the Malindi – Mombasa Highway, Mtwapa. The accident resulted in the death of one person and several others were treated for injuries. Mr DM denied the accusation and the case was postponed because some witnesses for the prosecution were not available.

Apart from listening to cases, the candidates also got advice from Magistrate Obura. They learned how justice is being conducted in court and what qualifications are necessary for a person to become a magistrate or judge. One has to have a degree in law and a post diploma in law from the Kenya Law School. Once they have successfully completed the post diploma they are regarded as advocates of the court.

They also learned that children can be dealt with in a court of law despite their tender age. All the candidates vowed not to get into trouble as even petty mistakes can send you to gaol.

All in all, it was an exciting day for the candidates and they all enjoyed it.



SHANZU LAW COURTS

By Mr MCCOY

The Shanzu Law Courts were funded by the United Nations Office on Drugs and Crime (Ksh 1.7 million) and built next to the prison in Mtwapa for the purpose of hearing piracy and terrorism cases.

Before the courts were established, prisoners had to be transported to Mombasa by road and this activity was considered extremely dangerous due to the ever-increasing threat that members of these organised groups would attempt to free accused persons while in transit.

The Courts officially opened in 2010 and because of the high volume of local cases there has been a need to hear less serious matters as well.



JULY BIRTHDAY WISHES

Christine Mwamuye	(July 4)
Triza Michael	(July 5)
Selinah Kazunga	(July 7)
Gibson Mwaringa	(July 8)
Brian Otieno	(July 11)
Fiona Dhahabu	(July 16)
Nidhar Abdhiana	(July 20)
Patricia Amachar	(July 22)
Jumaa Samuel	(July 24)
Sophia Dalton	(July 26)
Sabrina Samuel	(July 26)
Abraham Baya	(July 28)

A BIG HAPPY BIRTHDAY TO YOU ALL!!!

FOOD ADVICE AND EATING HABITS

By VINCENT THUVA

Teenagers have a very huge appetite, more than even the fattest adults. They get hungry very quickly, but what is the right food for them?

They should eat foods that give them Intelligence Quotient (IQ) and make them better in tests!

Most of the teenagers have really bad eating habits, which is not good for their health. They eat foods which are sweet and full of fat. This is because their brains still live in the Ice Age.

In prehistoric days, sugar was a very important source as it gave people the necessary energy to hunt and carry out strenuous physical work. Nowadays, most children sit idle for long periods of time in the classroom and therefore their bodies do not burn up stored fat.

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LOVE EXPERIENCE

By DENNIS MWADZOMBO

Love is a game normally played by two people of the opposite sex. Action is the best way of showing love and body language is the best way of recognising whether someone loves you or not.

We can easily know the secret feelings of somebody else by simply observing their eyes. If someone is not interested in you, the dark part in the middle appears small. But if someone really loves you, his or her pupil appears large which means she or he is attracted to you.

When someone sits close to you and keeps looking directly at you that means the other person really loves you. They will not feel any shame when they lean towards you when you speak.

But one thing about them is that they are shy and, as such, cannot gaze directly into your eyes when you are talking. Surely, body language is more important than actual words spoken.

Can this be true? Loving someone so much that you mistake other people's names and call out his/her name?

Did you know? To feel the love of people whom we love is a fire that feeds our lives.

OUR CANDIDATES (STD 8) PROS AND CONS

By HOPE MUTHONI

Standard 8 candidates are supposed to be role models for the lower classes. Their behaviour should set an example to others, but in our class things are more or less opposite (not that we are always bad!).

For starters, there are the pupils who simply do not care. They do not care if the class is swept and never check to see if there is enough water in the bucket. Arranging the books properly in the cupboard is also out of the question for this lazy bunch of individuals.

On a positive note, our pupils are considered to be the BEST Kiswahili speakers in the whole school and without forgetting, the best gossipers, too! A day will not pass by without a piece of gossip to talk about.

However, on the bright side, we have the most talented writers, actually the most gifted in the whole school. They are also very supportive of each other and never have hate between each other.

All in all, our candidates are brilliant pupils.

"Mostly found guilty of petty mistakes!"



FUN SPOT

Courtesy of PHILIP NGARI

A police officer arrested a man who always threatens to beat people whenever there is a football match.

Officer: Why do you always disturb people?

Man: That is my career.

Officer: Your career? Don't you do any other work?

Man: Of course I do.

Officer: What do you do?

Man: This and that.

Officer: And when do you work?

Man: Now and then.

Officer: Where do you work?

Man: Here and there. By the way, when do I get out of here? I am on duty tonight.

The police officer gets very angry with the man's arrogance.

Officer: (Looks at him for a moment). Sooner or later!

NEW BOOKS IN THE LIBRARY:

- **The Postmistress by Sarah Blake**
Iris is the postmistress who knows more about the townspeople than she will ever say and one day she does the unthinkable and slips a letter into her pocket.
- **Alice in Wonderland (Uncle Moon's Fairy Tales)**
A beautifully written story about a girl named Alice who falls into a rabbit hole and has all sorts of funny adventures.
- **I can Read with My Eyes Shut! By Dr Seuss**
A lovely book for beginner readers with lots of colourful illustrations. (New books available from Tuesday)

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LEARNING DIFFICULT LESSONS

Courtesy of LISA MUTHONI

“Experience is a hard teacher because she gives the test first, the lesson afterwards.”

It's just the way we are!

We hold on to things the tightest,
When we are forced to let them go –
We always want things a certain way,
When we know they can't be so.

Dreams always last the longest,
When they are furthest from our reach –
And the lessons we can learn the most from,
Are often the very ones we teach.

The grass is always the greenest,
When it lies on the other side –
And the truths we preach to others,
Are often those we can't abide.

We hold fast to the things in a storm,
Which are most likely to blow away –
And yet we neglect to wear sunscreen,
On a bright and sunny day.

We spend our time trying to see things,
When perspective is one thing we lack –
And we never appreciate what we've got,
Until we can't get it back.

We expect the whole world to give us a break,
And yet ironically we'll find –
That when others come asking the same of us,
We tell them they're out of their mind.

We tell everyone what's wrong with this world,
And we do nothing to make it right –
We complain about families falling apart,
And yet do nothing to keep them tight.

We preach about loving our neighbours,
And we do teach children right from wrong –
But we never set good examples for them,
When real chances come along.

We complain about not having enough time in our lives,
To do what we must do –
Yet if we were given more hours in the day,
We'd use up all that, too.

We desire to be close to all those we love,
Yet all too often we look on from afar –
And when it comes to the truth do we want to change,
Or remain forever as we are.

Poem by Kristy Glassen

ESRI'S FARM CHALLENGE

By VINCENT THUVA

Can you run around Esri's Farm (1.5 - 2km) in 6:31 mins? Well, one of our candidates was able to do so. Augustine Zuma stands as the fastest runner in the whole school, after managing to beat Mr Bernie who is also an outstanding runner. Not only that, but Augustine has promised to run the same distance in 4 mins. Teachers have encouraged him to keep on practising because one day he might be like the world celebrated champion, Hussein Bolt! Go Go Augustine!!!

ESRI'S FARM PLACE-GETTERS

1st	Augustine Zuma	6:31 mins
2nd	Dennis Tsuma	7:12 mins
3 rd	Jackson Bande	7:41 mins

HOT SCHOOL GOSSIP

By AUGUSTINE ZUMA

One of the Standard 8 candidates is so paranoid that before that pupil sleeps, he or she has to lock his sandals up using a padlock. Who do you think he or she is?

NEW FACES AT THE SCHOOL

By Mr B MCCOY

Please extend a warm welcome to Bernd Friedmann and his 14 yr old son, Timo!

The father and son duo arrived from Austria on Saturday morning and will be staying with us until July 25. Bernd is the treasurer for Helping Hands (Austria) and he will be organising art lessons in the coming days.

Timo will also be engaged in various activities and when the new school term commences in Austria he will start training in a technical college to become a mechanical engineer.



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WONDERS OF SPORT

By VINCENT THUVA

Samuel Etoo

Samuel Etoo is the most talented player in the world. He managed to play for his country (Cameroon) in the World Cup Competition at the age of 9 years.

Alex Ferguson

Why is it that Alex cannot manage to spend even a minute without chewing while his team is playing? Does this prevent pressure? What do you think are the reasons behind him chewing?

Victor Moses

Victor Moses is a Nigerian player who plays for the club Chelsea. He is named as the last and the only one because whenever he scores his fellow players cannot score any more and his goal remains the first and the last. This is becoming a worry to Chelsea and hence they keep him on the bench.

Balotelli

Balotelli is the best striker of his national team: Italy. He is also the most arrogant player in the world. When he gets angry he can cause lots of conflict. He threatens people to death if they try to provoke him. Mostly they provoke him because of his black skin colour.

MTWAPA

WEATHER FORECAST

MONDAY



27° 21°

TUESDAY



27° 21°

WEDNESDAY



28° 21°

THURSDAY



28° 21°

FRIDAY



28° 21°

SATURDAY



28° 21°

SUNDAY



28° 22°

FRESH IS BEST...MOTHER ALWAYS USED TO SAY!



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