



CS Kindiki Orders Transfer Of All Isebania Border Post Security Officers
Interior and National Government Administration Cabinet Secretary Prof. Kithure Kindiki has ordered for the transfer of all police officers serving at Isebania border post
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News>>KEMRI, Nakuru County Probe Link Between Cosmetic Use And Cancer

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P. 12. If you understand yourself you know your strengths and weaknesses and you are able to know which areas to improve, rectify and abandon this will lead to overall improvement in your life

No Scripture Will Save You, CS Kindiki Warns

“We are actively investigating a number of religious extremists. Leaders of groups purporting to be religious groups but who are engaging serious crimes against humanity including sexual violence, slavery, torture, and inhumane and degrading treatment,” said Kindiki



Interior Cabinet Secretary Kithure Kindiki

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Africa Concours D'elegance Patron Kevit Desai Leads The Entries From The Front

By: Our Correspondent
 @themtkenyatimes



1968 JAGUAR. Kevit Desai drives his 1968 Jaguar 420 sports saloon on the ramp for the underside judging during a previous Africa Concours d'Elegance. He is among competitors who have already entered this year's event which will be held by the Alfa Romeo Owners Club on September 24.

Worth Noting:

- The event also rewards the owners of treasured vehicles with a chance of winning prizes and having their machines marked by a team of highly experienced judges.
- In addition to the awards for the top three cars and motorcycles there are prizes in the 12 classes for cars and the eight motorcycle categories. There are also awards for the best entries representing various manufacturers.

Dr Kevit Desai the Patron of the Africa Concours d'Elegance leads the entries from the front with his magnificent Mercedes 450SLC coupe and his 1968 gleaming bronze Jaguar 420 Saloon.

Other noteworthy cars already listed for the classiest event on the Kenya motorsport calendar include a 1969 Alfa Romeo spider sports car for Alec Davis.

The class for utility vehicles has been strongly supported by Jan Allan and Jonathan Somen with old Land Rovers. Among other entries which are expected to win prizes are Benson Muli's 1970 Volkswagen

Kombi and the Volkswagen pick-up of the Rift Valley Technical Training Institute in Eldoret which was made in the same year.

The Concours d'Elegance has been held for the past 52 years by the Alfa Romeo Owners Club to mark the organisation's anniversary and to give the owners of well kept cars and motorcycles an opportunity to show them to the crowd of Concours fans who flock to the Nairobi Racecourse on the last Sunday of September.

The event also rewards the owners of treasured vehicles with a chance of winning prizes and having their machines marked by a team of high-

ly experienced judges.

In addition to the awards for the top three cars and motorcycles there are prizes in the 12 classes for cars and the eight motorcycle categories. There are also awards for the best entries representing various manufacturers.

Crowd pulling motorcycles which will bring spectators to the Racecourse parade ring for the assessment of bikes include the 1952 Ducati 65T of Gilgil motorsport enthusiast Russell Hughes and the oldest machine so far entered in the Concours d'Elegance which is the 1925 Triumph 550 SD of Dominique Antoine. He

is known for his meticulous preparation and is among the likely overall motorcycle winners.

Simon Christy a previous overall motorcycle winner who has also been chief judge will be showing a 1976 Honda CB 400F and a 1979 Kawasaki KZ 1000. Another big machine which will appear at the Racecourse is Tumaini Muthiga's 1999 Harley Davidson and Henry Hunt's 1981 BMW 1000.

Editor's Desk

The Mt. Kenya Times

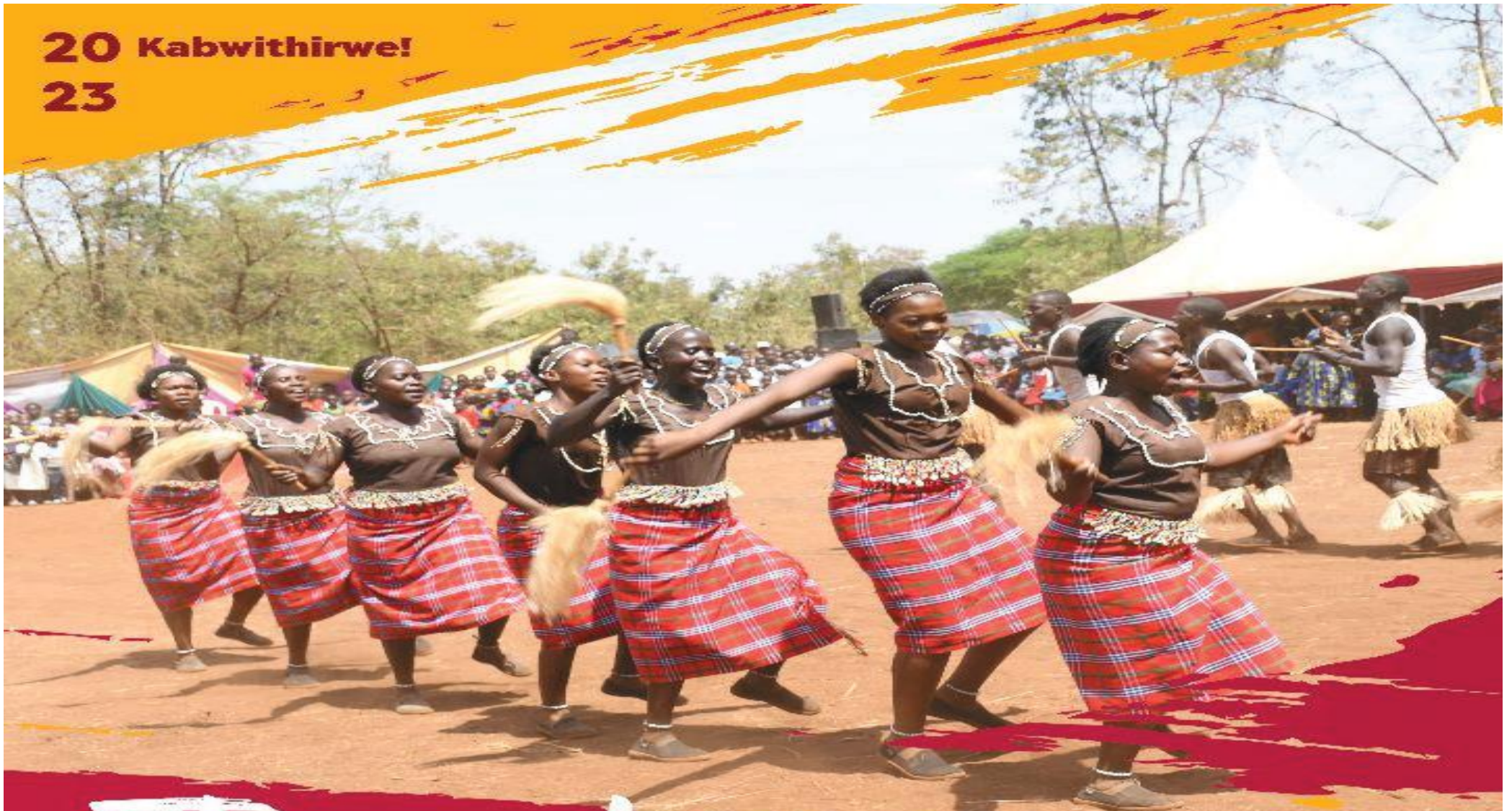
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Donya Vows To Reject proposed Finance Bill 2023



By: Elizabeth Angira

Kisii County Member of Parliament, Dorice Danya Aburi, has rejected the proposed Finance Bill 2023, expressing concerns that it would negatively impact poor Kenyans.

She has urged the government to implement policies that alleviate the hardships faced by the majority of Kenyans who are struggling to make ends meet, and she has stated that they will oppose the Bill when it is presented in parliament.

During a donation event for food and clothes in Kitutu Chache North, Aburi challenged the government to utilize unused arable land across the country to boost agricultural produc-

tion and address the national food shortage.

She emphasized the importance of ensuring that Kenyans have enough food before burdening them with additional taxes, as the increased taxes have contributed to a higher cost of living.

The MP highlighted that she, as well as many other Kenyans, cannot afford the price of flour.

She pointed out that the cost of wheat flour, which was previously cheaper, has made life difficult for poor Kenyans.

Aburi also criticized the high cost of connecting to electricity, attributing it to excessive taxation.

She called on the Kenya Power and Lighting Company to prioritize connecting households to power before imposing taxes.

Aburi argued that the proposed tax measures would disproportionately affect low-income earners, further worsening the already increased cost of living.

She urged her fellow Members of Parliament to reject the Finance Bill



Kisii County National Member of Parliament Dorice Donya vows to reject proposed financial Bill 2023. Photo /Elizabeth Angira.

when it is presented in the House, as she believes that the majority of poor Kenyans are unable to afford basic necessities such as food, and if this situation persists, life will become unbearable for them.



MARY EDITH KIMAMA MEDICAL APPEAL

The family and fundraising committee invites you to a fundraising function in aid of Mrs. Mary Edith Kimama's hospital bill and care amounting to Ksh 5Million. The fundraising will be held on Saturday 3rd June 2023 at the Holy Family Basilica (St. Johns Hall) in Nairobi CBD starting at 2pm.

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EAFF Decries Meagre Attention Accorded To Agriculture

By: Waithaka Kariuki
 @themkenyatimes



The East Africa Farmers Federation..

Worth Noting:

- “Government pays lip service to agriculture because ever since Maputo and Malabo declarations the Kenyan Government has not allocated more than 3% of the national budget to agriculture. And what reaches the ground is a partly two percent because of other government related issues.
- In terms of climate change, of all the funds that are committed globally, less than 2% reaches the farmers.
- Almost 80% of the funds goes to mitigation other than adaptation.

The East Africa Farmers Federation is calling for more synergy in addressing challenges affecting agriculture chiefly among them being climate change. Under the able Leadership of chief executive officer Stephen Muchiri, the federation cited negligible attention accorded to agriculture despite it being the backbone of our economy. “Government pays lip service to agriculture because ever since Maputo and Malabo declarations the Kenyan

Government has not allocated more than 3% of the national budget to agriculture. And what reaches the ground is a partly two percent because of other government related issues. In terms of climate change, of all the funds that are committed globally, less than 2% reaches the farmers. Almost 80% of the funds goes to mitigation other than adaptation. One of the output of the project is to come up with bankable projects around adaptation that can be funded

and can attract investment. Already at the global level we have adaptation funds that are not being utilized simply because the players in agriculture are always left out in climate change discussions. There hasn’t been enough time to mobilize expertise around agriculture thereby their ideas around adaptation have been left out. “Look even at the budgetary provision, agriculture receives a partly 3% and in fact what actually reaches the farmer is just above 2%%. We

need to shift gears on this,” On his part the Chairman of East Africa Farmers Federation Philip Kiriro called for a shift from climate change mitigation to climate change adaptation. EAFF in partnership with Pan African Climate Justice Alliance has organized a Regional Workshop on Supporting Needs-Based Advocacy on Climate Adaptation in Africa in Nairobi.

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KEMRI, Nakuru County Probe Link Between Cosmetic Use And Cancer

By: Anne Mwale
@themtkenyetimes

The County Government of Nakuru and the Kenya Medical Research Institute (KEMRI) have initiated joint scientific research to probe an association between the use of beauty products and the rising prevalence of cancer in the devolved unit.

Executive Committee Member in charge of Health Ms Jackline Osoro disclosed that various research findings in Nakuru have raised the red flag over the increasing cases of cancer particularly among women aged over 15 years due to potential links to cosmetic products such as dyes and relaxers.

This comes after the Kenya Bureau of Standards (KEBS) issued an alert on the rising imports of harmful cosmetic products into the country.

In October last year, the standards watchdog said some of the makeups it has banned including bleaching products have found their way back into the market, despite containing harmful components that endanger users' skin.

"Most of the harmful makeups being sold are coming from neighbouring countries. They remain popular in the market despite their harmful effects notwithstanding. We have seen products that we have banned are also quite preferred by the people, they prefer the bleaching (products) that contain mercury, hydroquinone and such," KEBS indicated in a statement.

Ms Osoro who was flanked by Deputy Director of the Centre for Community Driven Research (CCDR) at KEMRI, Dr. Esther Matu, County Chief Officer for Medical Services Dr. John Murima and his Public Health counterpart Alice Abuki further said public health awareness initiatives are essential to educate residents about research outcomes related to beauty products and cancer risk.

"We should all be able to trust that the products we use on our bodies are safe. It is deeply worrying that not enough is being done to inform women using some of these beauty products of the potentially serious damage that may be caused by their long-term use," she stated.

A 2015 report by the World Health Organization (WHO) confirmed that Lindane, an ingredient in lotions imported from Asia causes cancer.

While stating that after assessing the impacts of cosmetic items, the joint research team will recommend interventions to prevent cancer linked to use of cosmetic products, the County Executive Committee



Nakuru county Health sector stakeholders in a session.

Worth Noting:

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Member (CECM) also urged manufacturers of beauty products to invest in research on the long-term use of cosmetics and their impact on the health of women.

Osoro noted that usage of makeup in Kenya has grown rapidly over the past few years, surpassing many other commodities to rank top among those brought in.

According to official statistics imports of the products last year rose past the Sh20 billion mark.

KEBS has warned that some of the harmful health products are not coming into the country through the normal border entry points, but come through porous borders carried by people who travel to neighbouring countries.

One of the least doubted products is the ordinary hair shampoos and conditioners, whose ingredients list include parabens, salt lauryl sulfate (SLS) and perfume/fragrance.

Reports by the non-profit organization indicate that Breast Cancer contain Parabens that can be absorbed through the skin and act like weak estrogen in the body with the potential of developing breast cancer positive receptors.

Butylated hydroxyanisole (BHA) is commonly used as a preservative in cosmetics that contain oil or fats, such as lipstick, eyeliners, lip balms and moisturizers.

Several groups including the World Health Organization's International Agency for Research on Cancer, the U.S. National Toxicology Program and California Office of Environmental Health Hazard Assessment consider BHA a potential carcino-

gen.

Studies in rats (the findings of which do not always apply to humans but can suggest areas for human research) have linked BHA to stomach cancer, damage to kidney cells, and to the development of reproductive systems in males and females.

Benzene, a toxin associated with cancer and its derivatives including aldehydes and phthalates, is a common ingredient in perfume synthetic fragrances.

In April, an American multinational known for developing medical devices, pharmaceuticals, and consumer packaged Johnson & Johnson (J&J) agreed to compensate about 70,000 people with Sh10 trillion (USD8.9 billion) after they sued the firm's talcum powder products on grounds that they were laced with cancer-causing asbestos.

The win for the claims, which would be settled over a period of 25 years, was described as "milestone" and a "momentous success" in a legal tussle that spanned a decade.

Individuals who litigated against J&J were survivors and families of some consumer who had succumbed to effects of gynaecological cancers and mesothelioma, a type of cancer that develops in the lining covering the outer surface of some of the body's tissues and organs.

Questions relating to the safety of using talc powder have been raised frequently since 1970s with various studies linking the application of talc powder by women to their genital area to ovarian cancer.

Research findings posted on the National Centre for Biotechnology In-

formation (NCBI) have found that, in its natural form, talc may contain asbestos, a substance known to cause cancers in and around the lungs, and throat lining when inhaled.

Talc is a natural mineral mined from rock and earth deposits. Apart from baby powder, talc is an ingredient in personal care products such as loose and pressed powders, blush, eye shadow and liquid makeup. In the food industry, it is added to rice to give it a whiter, cleaner appearance and to chewing gum as filler. In pharmaceuticals, it is used as an anti-caking agent in tablets.

In Kenya, it is not uncommon to find barbers using baby powder to mark their customers' hairlines during a cut. In salons, baby powder is used to protect the scalp when relaxing hair.

Other health effects upon inhalation or ingestion, according to NCBI, include chest discomfort, pain or tightness, coughing or spitting up blood, body chills, cough with thick mucus, dizziness, fainting, fast or irregular heartbeat, general feeling of discomfort or illness.

In February, over 60 lawsuits against a French personal care company L'Oreal were consolidated in a Chicago federal court claiming hair relaxer products sold by the firm and other companies caused cancer and other health problems.

The lawsuits allege that the companies knew their products contained dangerous chemicals but marketed and sold them anyway.

No Scripture Will Save You, CS Kindiki Warns Rogue Preachers

By: Prudence Wanza

Interior Cabinet Secretary Kithure Kindiki has raised alarm over the increase of religious and cultural extremism practices in the country.

Addressing the media on Wednesday, the CS said authorities were closely monitoring several religious leaders involved in criminal activities.

“We are actively investigating a number of religious extremists. Leaders of groups purporting to be religious groups but who are engaging serious crimes against humanity including sexual violence, slavery, torture, and inhumane and degrading treatment,” said Kindiki

“All criminals hiding behind religion your time for business in Kenya is over look for another business. No religion, no scripture, no legal provision will save you from accountability and justice. We will not fear you



Interior Cabinet Secretary Kithure Kindiki.

because you are invoking the name of God,” he added
Kindiki’s warning comes in the

wake of the Shakahola massacre, where controversial preacher Paula Mackenzie’s cult-like teachings

have led to 243 deaths and thousands of victims.
The CS further cautioned the youth

against joining outlawed groups such as Mungiki which he said was slowly being revived in Central Kenya.

According to Kindiki, cultural extremism must be addressed if the country is to tackle challenges like cattle rustling in the Rift Valley.

“In upper Eastern and Northern Rift Valley the cultural extremism is in the perpetuating of some of the crimes we are fighting in that area. In the Central Kenya we have seen a re-emergence of cultural extremism by groups which are proscribed under laws of Kenya,” said Kindiki

The CS urged members of the public to refrain from destroying property or forcefully accessing protected areas after a police station in Isebania was attacked by locals protesting insecurity in the area.

“Any member of the public who tries to access or violate the integrity of a protected area or a security facility will be dealt with in a very firm and final manner,” he warned

Raila To Ruto: Address Finance Bill Concerns Or Else...

By: Martin Mwanje

President William Ruto has until Monday next week to look into contentious issues contained in the Finance Bill 2023 failure to which he will face the wrath of the Opposition.

The 6-day ultimatum has been issued by Azimio la Umoja One Kenya Coalition Party leader Raila Odinga who has previously called for demonstrations to push the government to listen to Opposition demands.

He says it is improper for the ruling Kenya Kwanza regime to impose unnecessary taxes on the already overtaxed Kenyans.

“We shall blow the trumpet, we will tell you what to do. That day is coming soon”, said Raila while speaking



ODM leader Raila Odinga (left)

Wednesday at the Jaramogi Oginga Odinga Foundation Headquarters in Nairobi.

Raila accused the President William Ruto led administration for allegedly re-introducing dictatorship in the country which he said will not go down well with the oppressed majority.

“They made a million promises to the people, none of those promises has been implemented and there is no indication that they will execute them,” he averred.

The ODM leader said, Kenyans were tired of empty promises by the Kenya Kwanza administration coupled with the increasing high cost of living saying the time had come when they should say enough is enough.

Raila spoke at a time Busia County Senator Okiya Omtatah maintains he will challenge the controversial Finance Bill 2023 in court.

“For the avoidance of doubt, I am heading to court, which is an arena outside this house. If the bill is coming to this house, I could have waited to comment on the bill and try and fight it in this house. But because it is not coming in this house, it will only be in the National Assembly, I am going to engage with the bill in court,” said Omtatah on the floor of the Senate Wednesday.

The Finance Bill 2023 has raised a spectre of controversy with opponents taking issue with what they term as punitive taxes contained in the bill and the proposed mandatory Housing Fund.

Reverent Soul Chatter Pt 2



By: Eric Musa
EMEA.ericmusa@gmail.com

Slowly and prayerfully turning over Scripture in meditation and chatter/ muttering engages the eyes, the ears, and the mouth, and drills through the granite to the heart — maximizing internalization and devotion. Larger segments, especially classic texts, are tailor-made for meditation. The Ten Commandments, with the first four Godward commands, and the six manward injunctions following, should be regularly murmured in reverent self-examination (cf. Exodus 20:1-17 and Deuteronomy 5:1-22).

There are eight Beatitudes which consecutively consider poverty of spirit, mourning over sin, gentle-

ness, spiritual hunger, mercy, purity, peace-making, and persecution. The Lord’s Prayer begins with the foundational awareness “Our Father, who art in Heaven” and then presents three upward petitions and three horizontal petitions — a perfect pattern for prayer and meditation. There are endless possibilities, including the so-called kenosis passage, Philipians 2:5-11, which begins, “Your attitude should be the same as that of Christ Jesus. . . .” Other food for meditation includes Jesus’ parables, the Psalms, and the epigrams of James. Both practical and esoteric passages can provide divine substance for reverent soul chatter.

Internalizing this divine task, I have come to discover is a tall order and challenging. Even, today as I write this, I have desired to actualize this continuously and consistently, but in vain. Yes, I do try, and never give up, but I commend those who have been able to do this, even internally. Of which all of us, as Holy Spirit Christian’s should purpose to do always and perfect eventually.



GOD INDEED HELP US, FOR HE IS FAITHFUL AND WILL DO IT.

References:
The Living Bible
Discipline of a Godly Man(Book by Kent Hughes)

Evangelist Eric Musa:

(My message continuously: If you are not saved: Believe, accept, receive and confess Christ Jesus as your Lord and Saviour and be filled with the Holy Spirit, as it is written; “NOW is the acceptable time, TODAY is the day of SALVATION.- 2

Cor 6:2”. For prayers, devotion, and to support the ministry contact Evangelist on +254722157300 (Email: EMEA.ericmusa@gmail.com). Remember, God Loves you and I unconditionally, perfectly and always: SHALOM

UK Special Schools To Partner With Counterparts In Nakuru County

By: Veronica Bosibori
@themkenyatimes

A team from the United Kingdom is touring Nakuru County schools of People with Disabilities (PWDs) intending to partner with the institutions.

The team which is led by Anthony Mwaura, who was a former teacher in one of the schools in the county, and Ms Tania Myres, said they are benchmarking on how special schools conduct their games, and share ideas on how their sporting activities would be improved.

Mr Mwaura said the benefits of physical activities for PWDs are enormous since they improve their stamina and muscle strength.

He added that sports reduce symptoms of anxiety and depression, increases general feelings of well-being, and controls the swelling of the



Nakuru team led by Alex Maina with the UK visitors.

joints associated with arthritis.

Ms Myres said sports are vital for all learners irrespective of their status as they enhances character de-

velopment hence the need for the inclusion and involvement of PWD students in the same.

The Nakuru County Chief Officer

for Resource Mobilisation, Alex Maina, hailed the UK group and assured them of support from the county government in their endeavor

to improve extra-curriculum activities for PWDs schools in the region.

Also, the officer applauded Mr Mwaura for remembering the needs of local schools and wanting to assist and improve them, despite having migrated to the UK, where he currently teaches.

Mr Maina assured the UK delegation that they are ready to remove all barriers to sports participation, and physical activities will be prioritised in all the special schools adding they also intend to create awareness of the health benefits of sports for special learners.

However, he noted that the major challenge for effective sporting activities in special schools was limited equipment, adding that the envisioned partnership with the special schools in the UK would greatly assist in alleviating the shortage.

Gachagua's Critics Continue To Blow Out Of Proportion the 'Stakeholders' Comment



By: **Joseph Mutua Ndonga**
mutuandonga@yahoo.com

Sometimes back, the Deputy President Rigathi Gachagua was quoted in a section of the media as likening the Kenya Kwanza government to a Company.

This came at a time when he was engaging these media houses in no-hold-barred attacks.

In apparent reference to Azimio La Umoja One Kenya Coalition leader Raila Odinga, he would say. "We know some of you are championing the agenda of this Mzee. Stop wasting your time. Tell him the truth. We defeated him in broad day light. He cannot change the will of the People".

Eight months since President William Ruto and his deputy Rigathi Gachagua assumed office, one thing has remained clear.

The Azimio leader, his running Martha Karua and some of the coalition's hardliners were yet to come to terms with this loss.

They still continue to insist that they had won the polls.

To me, this is laughable. Let me explain why? After the IEBC concluded the exercise of counting and tallying the presidential votes at the Bomas of Kenya, the commission chairman stepped out to release the final results and declared Dr William Ruto as the winner.

Raila immediately contested the outcome and announced that he was going to file a petition at the Supreme Court of Kenya to challenge Mr Ruto's victory.

As many Kenyans predicted in the eve and during the hearing, he did not have his way.

The bench of seven judges, in a unanimous decision, dismissed the petition.

To arrive at this verdict, they made the following observations.

The case had been built on a quick sand and shaky ground.

It was nothing but a cocktail of propaganda, vendetta, outright lies and half-truth.

Therefore, the case fell far short of meeting the requisite thresholds.

The local and international election observers had also given the elections a clean bill of health.

The outcome met the threshold of free, credible and verifiable presidential polls. We commend the IEBC for this, some stated in their reports.

The US government, European Union and African Union are among the community of nations that had sent their observers.

The Azimio leader would not wait



Deputy President Rigathi Gachagua .

for the dust to settle. He would allege that the observers' reports did not reflect the will of Kenyans.

The President-elect had compromised and pocketed them, the same way he has done to the judges of Supreme Court and IEBC chairman.

This is not the first time Raila would resort to making these kinds of unsubstantiated, unproven and highly libelous claims.

He had read the same script after losing the elections held in 2007, 2013 and 2017 respectively.

That time he had his way. He managed to blackmail and arm-twists Presidents Mwai Kibaki and Uhuru Kenyatta to share the government with him.

This time, it has dawned on him that the going is tough. He stood a little or no chance of bulldozing his way to the high table.

To Raila, DP Gachagua stood out as the key stumbling block.

We recall that during his anti-Ruto demonstrations, Raila felt so much offended by comments attributed to Gachagua.

The DP would tell him point blank. We know what you want. You are looking for a 'Nusu Mkaté'. Forget it. This will never happen.

During the era of President Uhuru Kenyatta, you succeeded. This is because you were dealing with a person brought up by Cerelac.

For us, we are different. President William Ruto was brought up by

Muliziki (sour milk) and myself I was brought up by arrow roots.

Given this scenario, I'm sure many would agree with me. For Raila, Gachagua was his main target.

Raila's strategy to bring him down is two-pronged: To put him into a collision course with Kenyans.

The other one is to create a rift between him and his boss, President William Ruto.

This explains why he still considers Gachagua's 'stakeholder' comment as a strong political bonga point.

With time, he thinks that President Ruto might be persuaded to believe that Gachagua was rocking the boat from within.

His remarks were too costly. They were allegedly making many Kenyans lose faith and trust of the government.

Dr Ruto is a political genius and so you would not expect him to fall prey to Raila tricks.

To me, this is the message he sent to him during the burial of freedom fighter Makami Kimathi.

The President told him. I know you very well. Even as for the demonstrations, I know why you are holding them and what you want.

At this juncture, allow me to say this.

A precedent set in our country is that the communities that support the candidate who wins the presidential elections get a lion share of government positions. This is the script

that the successive governments of independent Kenya would read.

It seems this is the point that Gachagua was putting across.

The only difference is that he comes out full blown. If he could have avoided the word 'stakeholder' and use another word that pass the same message, Raila and his brigade could not have gotten the political fodder to fight him.

Raila should have been the last person to attack Gachagua. Why? When he served as a Prime Minister in Grand Coalition Government, majority of those who worked in his office hailed from his Luo community.

At the time, I used to work with a Nairobi based Youth NGO. As an organization, there is an issue we were following up there. So I made several visits to this office.

Earlier, the story was the same when he served as a minister for Public Works.

The other day I heard a group of people saying. Raila has not changed. If you want to know this, just visit his Capitol Hill Office and ODM Secretariat. You will realize he is still a tribal kingpin.

Joseph Mutua Ndonga is a writer and political analyst based in Nairobi

Worth Noting:

- In apparent reference to Azimio La Umoja One Kenya Coalition leader Raila Odinga, he would say. "We know some of you are championing the agenda of this Mzee. Stop wasting your time. Tell him the truth. We defeated him in broad day light. He cannot change the will of the People".
- The outcome met the threshold of free, credible and verifiable presidential polls. We commend the IEBC for this, some stated in their reports.
- The US government, European Union and African Union are among the community of nations that had sent their observers.
- The Azimio leader would not wait for the dust to settle. He would allege that the observers' reports did not reflect the will of Kenyans.

Some Signs That Show You Are Sabotaging Yourself

By: N. George

@themtkenyatimes



Worth Noting:

- If you compare yourself with others especially those naturally superior to you in certain areas you will end up frustrated and feeling inferior. For example all of us do not have the same height and this cannot be
- This refers to keeping postponing tasks. Unless you undertake a task to find out its outcome it will be difficult to estimate its rate of success.
- Some signs of disorganized life are inability to instantly spot what you currently require, acquisition of excess amount of certain items while you experience deficit in others, lateness in attending to appointments; being caught by surprises in many planned events.

If you understand yourself you know your strengths and weaknesses and you are able to know which areas to improve, rectify and abandon this will lead to overall improvement in your life

You should develop some rules to follow in order to achieve self-development.

Below are signs that you are making your life worse:

Excessive critical of self

When we self-evaluate to measure our achievements and identify our flaws then come up with ways of taking advantage of our strengths and improving our weak areas. This process should be carried out with a lot of optimism

If we identify the areas that need to be rectified we should not keep blaming ourselves for the mistakes done in the past, we should take them as a learning experience and know how to deal with such situations in future.

Struggling with imposter syndrome

This happens when you believe that you are inadequate and incompetent despite evidence showing you as successful and skilled.

This syndrome makes you a perfectionist who never appreciates own achievements, super person who does not accept shortcomings, soloist who never wants to seek support from others, expert who feels inadequate within self and a natural genius who thinks every success should

be attained on first attempt with ease and speed.

No one can be a hundred percent efficient; trying to be so will make you generate self-hatred and unnecessary regrets.

Comparing yourself to others

Each and every one of us was created with unique characteristics and gifts. At times different people may have characteristics that generally look similar but do not perfectly match.

If you compare yourself with others especially those naturally superior to you in certain areas you will end up frustrated and feeling inferior. For example all of us do not have the same height and this cannot be changed. Taking the blame from such issues will only waste your time and deflate your morale.

Procrastination

This refers to keeping postponing tasks. Unless you undertake a task to find out its outcome it will be difficult to estimate its rate of success.

Keeping on avoiding handling a project is time wasting and self-deceiving.

Disorganized life

Disorganized lifestyle is usually poorly planned and may be caused by indecisiveness, bad faith, lack of skills and mental problems.

Some signs of disorganized life are inability to instantly spot what you currently require, acquisition of excess amount of certain items while

you experience deficit in others, lateness in attending to appointments; being caught by surprises in many planned events.

A disorganized person feels busy, mentally and emotionally exhausted all the time.

Uncertainty of your purpose in life

Much as we were created differently and with different purposes we are able to do various activities even though not with perfection. It is not compulsory for you to intentionally identify your strength someone else may do it and inform you or in the course of your work you may be able to see what you are excelling in and capitalize on that.

There is always a starting point, you should not operate theoretically on what suits you best, through practice you are able to use applied knowledge on what you are naturally gifted with.

If you do not know your purpose in life it is advisable to seek support instead of guess work.

Initiating conflicts with those you love

In times of peace and harmony the communication is good and working environment is conducive, the processes flow smoothly and in case of any hitch it is easily spotted, communicated and rectified. Energies are directed to worthy courses, production levels are maintained or improved, conflicts are avoided and team spirit is enhanced.

On the contrary during conflict attention is divided, strength is neutralized and growth is reversed.

Over indulgence

Excess of anything is poisonous; life depends on multiple pillars and over concentration on only a single area sabotages the other areas and results to an imbalanced life.

Diversity also helps in mitigating risks in case what you have ventured in happens to fail.

Easily losing goals in a short while after you achieve them

Success brings happiness and motivation to continue working hard and smart. Each time we should aim to achieve higher than the previous success. To ensure this is done in the correct manner we need to set standards higher than the previous attempt thus reaching previous success levels and exceeding them.

If we lower the standards and expect better results we are reducing the chances of success.

Focus on problems instead of offering solutions

In any undertaking we have there is the beneficial side and there are challenges. To continue doing something the good side must outweigh the bad side. With this in mind we should focus on the beneficial side of issues. If there is a way we can reduce the problems then we should not hesitate to do so.

Dignifying The Natural Calls For PwDs

By: John Kariuki
 @themtkenyatimes

Persons living with disabilities, especially physical disabilities, often have a difficult time carrying out their day to day activities due to their physical limitations but also because of the limitations born by the environment.

Cognizant of this fact, a young and intelligent innovator, has thought about a very critical aspect in the lives of the PwDs which is most often overlooking if not ignored – answering a call of nature.

Sylvia Nyaga of Syna understands very well the discomfort that many PwDs have to live with whenever they feel like using the washroom.

Most of the public restrooms lack the customized facilities that fit and are tailored for PwDs.

“It’s a common practice when you come across a PWD and they decline your kind gesture of a meal or a cup

of tea. Most of us assume that they are fine but they usually fear the discomfort they will face when relieving themselves. This is why as Syna we have designed a user-friendly and portable toilet for use at the convenience of our differently abled colleagues. The toilet is designed in a very easy to use interface whilst at the same time dignifying the natural process for the PwDs. The toilet has a biodigester Laden with enzymes that eliminate any possible odour thus making it very hygienic and user friendly even to the caregiver.



Sylvia Nyaga, a young innovator.



The hygienic, user friendly and portable sanitary facility designed for PwDs.

Simba Vows to Leave No Stone Unturned on Ghost Workers, Amidst Intense Senate Scrutiny

By: Elizabeth Angira
 @themtkenyatimes

Kisii County Governor Simba has made a firm commitment to address the issue of ghost workers, amidst intense scrutiny from the Senate.

The Senate County Public Accounts Committee grilled Arati regarding the manipulation of the payroll, which has resulted in the county government struggling with an annual wage bill of Sh5.7 billion.

During an inspection of the roads in Nine constituencies, Arati emphasized his determination to thoroughly investigate the matter of ghost workers, despite facing intense scrutiny from the Senate.

He urged his critics to refrain from engaging in political maneuvers while he focuses on streamlining the county’s operations.

“Am now focusing on how to develop the county , am no longer listening to cheap politics,”he said.



Kisii County governor Simba Arati inspecting road projects. Photo | Elizabeth Angira

Arati criticized those who engage in cheap politicking, arguing that such behavior has hindered the county’s development.

He stated that it is time to shift the focus from politics to development issues.

In 2022, a forensic audit conducted

by the Institute of Human Resource Management revealed a total of 1,314 ghost workers in the County.

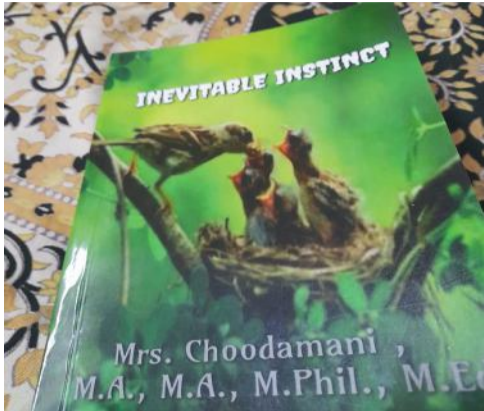
The audit report highlighted various anomalies, including the identification of these ghost workers, irregular payment of Ksh 48.7 million in allowances, the use of fake aca-

demic documents, fraudulent claims of being Persons With Disabilities (PWDs) with forged certificates, sharing of payroll numbers and bank accounts, altered birth dates, and duplicate identification numbers, among other discrepancies.

He lauds the residents for voting for

him, also he urged elected leaders in the Wards, constituencies and the county to forget their political differences and work together to uplift the lives of residents.

Mrs Choodamani Career Teacher and Author



First book.

This book has been published by Notion press. The quality of print and papers are excellent.

For all our clients we send it in a timely manner through courier services.

My credit goes to Brindha mam our Admin, Kalyani mam, Sumathi mam and Beulaha mam they have all contributed greatly in my first publication.

This book carries my emotions and I dedicate it to my parents, the poems therein like My Mother Longlive Brother pillars to create pillars of nation depicts my affinity towards my family n Teaching profession.

Other poems are: Laugh the world will laugh with; you cry you cry alone and My questions to my Reflections are other great craft in the book.

It's my hope all readers shall enjoy the book.

I worked as a Teacher for 49yrs; 39 in Government schools and 10 years in private schools.

In 1995 I was awarded a chance by CEO of Cudalore where I was charged with writing poems and articles in Tamil this was a recreation for me after joining in. In 2020 I enrolled in a Creative writers group where we were writing in English. I will be ever grateful to Our Admi Mrs Brindha who motivated me to publish my

A Letter To My Mother



Thousands of debts
I came to break up
From a country whose dreams have not
been burned.

And you say: "My daughter is in the city,
He is writing a poem for "my friend".
This sand is the time when my dream boiled
That's when I saw his strength.

O brave men,
Good luck
a million times
I was paralyzed in front of my thoughts.
I cried and cried:
"Fics are mediocre, thoughts are mediocre!"

The hills of the village grew from the
mountains
The apples fell into the ditch.
Then he ran and entered the yard
My mother welcomed me - she was as thin
as the road...

The red apples that started us
He bloomed early because of his ignorance.
Consciencs are brought to the market
Paid the most expensive prices.

And I'm on the last flight to the city
I came in a hurry
I came in a rush

...The slopes of the village grew from the
mountains
It is rising and decorating the world.
Maybe if I stay "middle-class" in the city
This is the worst pain, the greatest pain.

I'm on the last flight to the city today
I came in a hurry, I came in a rush...

Author and translate : Obloqulova
Rayhonabonu Nopo'lat daughter of "Qizlar
ovozl", chief coordinator of Kason district,
member of Kazakhstan's "Qo'sh qanot"
writer's union

I Have A Mother

Mother, I was in darkness,
The word of my heart nobody knows.
I have lived for you,
My soul misses the soil.

You have a place in my travel,
I missed you, mommy,
You mention, you are with me in every
moment,
Your pray is medicine for my body.

You are far away and I am in another
city,
Always calls old memories
I could not find one as smart as you,
I am a child who raised in your beautiful
heart.

That is it, I will stop the load of the
world,
Am I important for you, do I need you?
I am a child who has grown up today,
My mother, I always be with you.



Sulaymonova Maftuna

Shovvozbekova Gulshoda



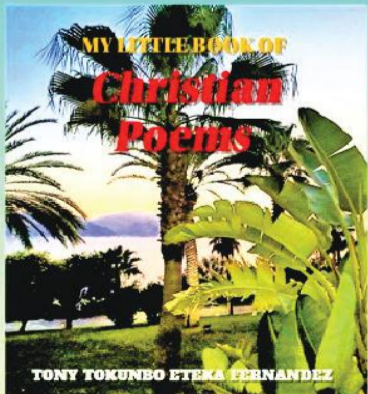
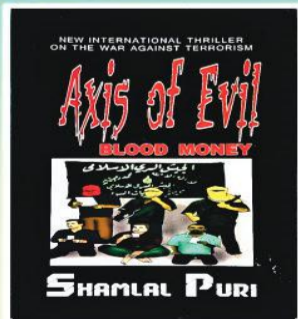
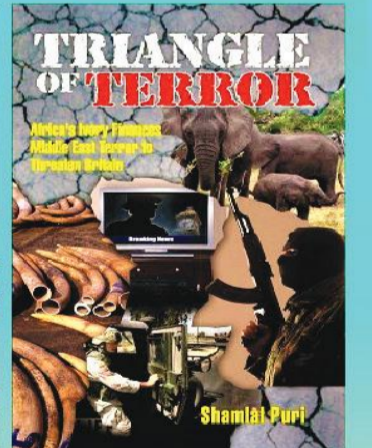
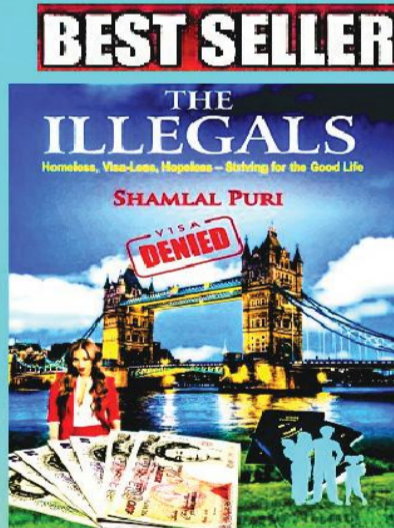
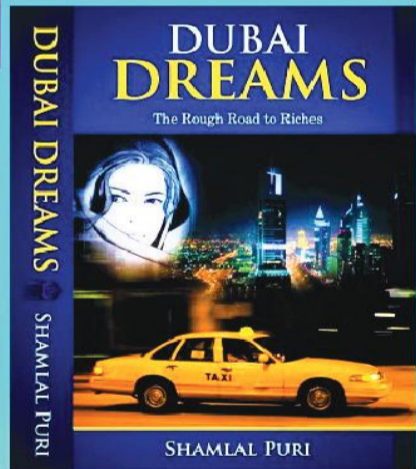
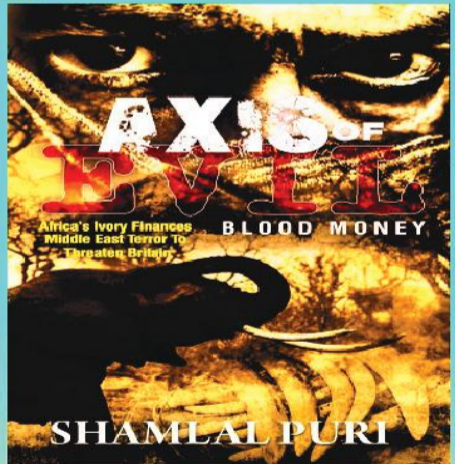
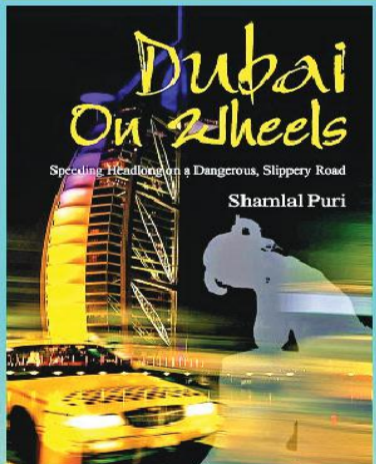
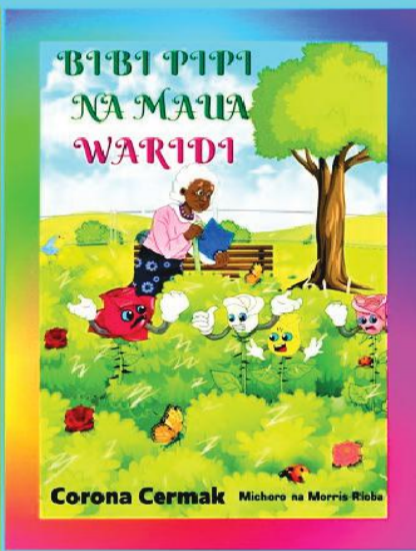
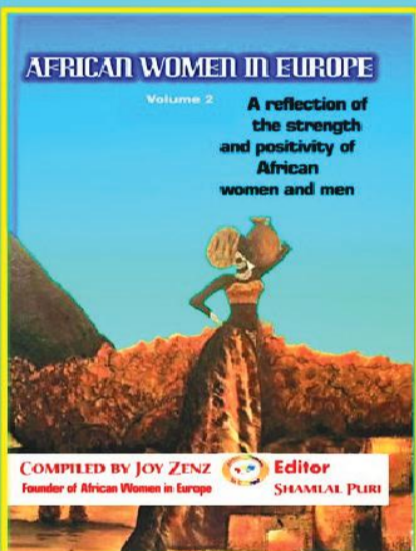
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BUSINESS

Gov't Backed Credit Scheme Hasn't Picked Up Well, Says CS Chelugui

By: Steve Gatheru
@themtkenyatimes

The Government-backed credit guarantee scheme to help small enterprises acquire business loans has not worked as intended because partner banks insist on lending at market rates.

Co-operatives and Micro and Small Enterprises Development CS, Simon Chelugui said although seven commercial banks had signed onto the scheme after the government advertised it a few years ago, they never gave favorable credit terms as anticipated.

"The seven banks that signed have insisted on basing their interest on current risks," he said.

The government had sought banks that would match its investment in a fund that would be used to advance credit to small businesses. "The government then went on to invest an initial Sh3 billion," he added.

Chelugui spoke when he officially closed the Cooperatives, MSMEs, Trade and Revenue Expo held in Embu ahead of the Madaraka Day Celebrations to be held today.

He said the UDA government has given priority to the development of micro and small enterprises as the drivers of employment and revenue generation, hence the focus in the sector.

Embu Governor Cecily Mbarire welcomed the government's intention to upgrade Runyenjes KCC cooling plant into a full processing plant.

She promised to consider Chelugui's request that her government signs a contract to have preprimary school children be given some milk.

The governor also welcomed a proposal to have macadamia nuts farmers form a cooperative that'll give farmers a voice in the pricing of their produce, while noting that registration of farmers would start immediately.



Co-operatives and Micro and Small Enterprises Development CS, Simon Chelugui

Only 8 Counties Published The Quarterly Budget Implementation Reports

By: Emma Jolly Wambui and Peace Muthoka
@themtkenyatimes

International Budget Partnership Kenya (IBPKenya) has announced that only eight counties have published all the four quarterly budget implementations.

Speaking at a Nairobi hotel yesterday during the lunch of the County Budget Transparency Survey (CBTS2022) Report, IBPKenya lead researcher Kipkorir Biegon said that by not publishing these reports, counties missed the opportunity to communicate with the public on how their spending is reaching its intended targets.

Biegon said the Constitution of Kenya and Public Finance Management require each of the 47 counties to publish and publicize Budget documents through the budget cycle.

"Despite the progress made by counties in enhancing budget transparency, there was still a lot of information that counties are not making

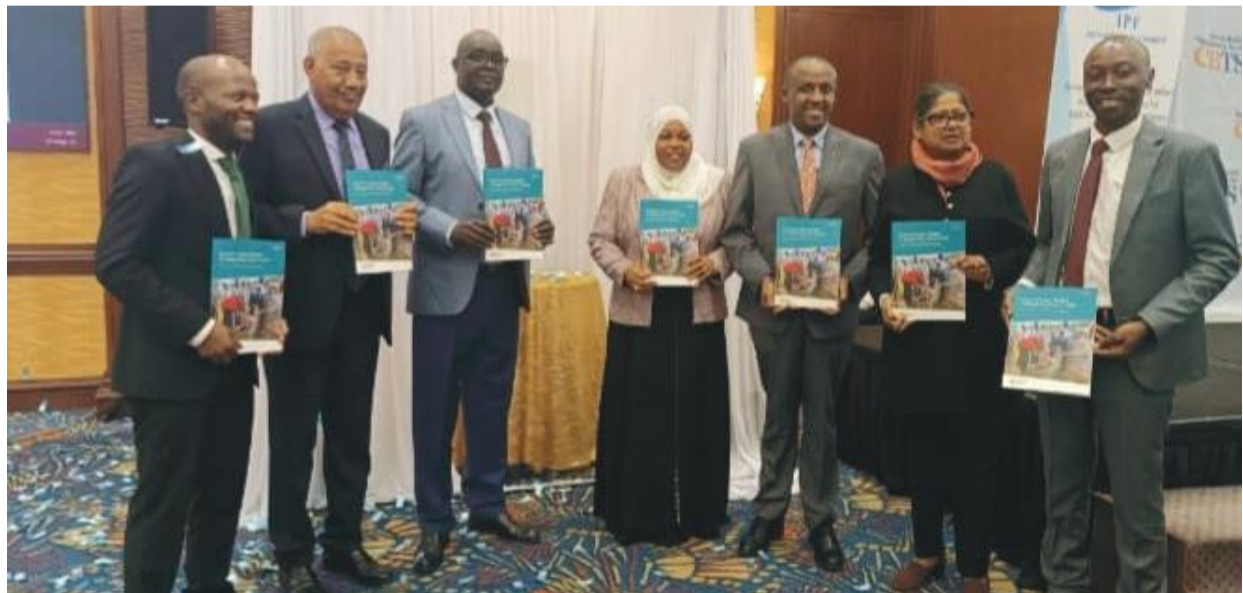
publicly available," he said.

The Lead researcher said according to the CBTS2022 Report, West Pokot, Makueni and Kwale counties emerged with the most transparent budget, while Kwale County emerged as the most improved county by scoring 74points from 23points from the year 2021.

"In the CBTS 2022, the budget documents which counties had previously published in CBTS 2021, were not published, which allows counties to sustain the gains realized by consistently publishing budget documents which are previously available," said Biegon.

International Budget Partnership County Manager Dr. Abraham Rugo said by promoting the principles of transparency and public participation anchored in the Public Finance Management Act (PFM), counties enhance on their credibility by building a community of citizens that are actively involved in budget processes and can hold their governments to account.

West Pokot County Governor Simon Kachapin said that they had



Best performing counties representatives displaying their certificates.

good maintenance of public funds which were published timely.

"By promoting IBP, we urge citizens to participate in decision making processes in terms of budget. This will yield trust between the Government and citizens," said Kachapin.

At the same time, he disclosed that they have steps in the county, which enhance public transparency including publishing detailed budgets in a timely manner in the county websites, capacity building programmes and equipping their staff with skills

and knowledge to foster transparency.

He emphasized that they have established platforms for dialogue for citizens to contribute towards the budget survey transparency.

Adoption Of Circular Economy Will Create Jobs, Keep Environment Clean – PS Ng’eno

By: Capital Correspondent



Environment and Climate Change Principal Secretary Festus Ng'eno

Worth Noting:

- “Circular economy provides an opportunity to reverse this trend through reduction, re-use and recycling. Enabling circular economy and environmentally sustainable use through extended producer responsibility, life-cycle assessment, reuse and recycling of waste in Kenya is a very fundamental shift,” the PS said.
- Ng’eno spoke in great detail on the steps Kenya was taking towards the full uptake of circular economy covering policy and legislative reforms as well as structural adjustments in the country’s production systems including last year’s passage of the Sustainable Waste Management Act and the 2017 ban on single-use plastics.
- “Sustainable Waste Management Policy and Act (2022), which proposes a transition from linear to circular economy. The Policy and Act also includes provisions for the development of Extended Producer Responsibility (EPR) schemes.

Environment and Climate Change Principal Secretary Festus Ng’eno says Kenya was accelerating the adoption of circular economy as part of its sustainable waste management so as to create green jobs alongside a safe and clean environment.

Speaking on Tuesday evening when he addressed the third Kenya International Investment Conference (KIICO 2023) at a Nairobi hotel, Ng’eno regretted that the country had not fully mainstreamed circular economy despite over 90 percent of the 8 million tonnes of waste generated annually being either organic or recyclable.

“Kenya’s interventions are informed by the realization that we are not circular. In areas such as waste management, our national approach has been linear whereby all waste is mixed together and destined for dumpsites.

“Studies show that what is dumped is 60% organic, 30% recyclables and 10% others. While this is disappointing, it implies that there exists a huge space for circularity and sustainable consumption and production to bring rapid and extensive gains,” PS Ng’eno told the international audi-

ence.

Ng’eno noted that Kenya’s traditional linear model of industrial production coupled with the country’s low uptake of circularity had led to massive environmental pollution, and advocated for the full adoption of circular economy as a sustainable fix for the sorry state of affairs.

“Circular economy provides an opportunity to reverse this trend through reduction, re-use and recycling. Enabling circular economy and environmentally sustainable use through extended producer responsibility, life-cycle assessment, reuse and recycling of waste in Kenya is a very fundamental shift,” the PS said. Ng’eno spoke in great detail on the steps Kenya was taking towards the full uptake of circular economy covering policy and legislative reforms as well as structural adjustments in the country’s production systems including last year’s passage of the Sustainable Waste Management Act and the 2017 ban on single-use plastics.

“Sustainable Waste Management Policy and Act (2022), which proposes a transition from linear to circular economy. The Policy and

Act also includes provisions for the development of Extended Producer Responsibility (EPR) schemes.

“Consultations with the private sector and other stakeholders on the EPR regulations (2022) has been finalized and the regulation will be enacted soon. The regulations call upon producers to ensure their products and packaging are reusable and recyclable as well as embrace being ecological life cycle friendly,” the PS said.

Other reforms cited by Eng Ng’eno include the 2020 ban on the use of single-use plastics in parks and nature areas; an ongoing baseline study on waste water management; curricula on sustainable waste management; and a green growth and circular economy toolkit developed by his state department.

Alongside ensuring that the country draws optimal economic and environmental value from its waste resources, Eng Ng’eno said Kenya was pursuing circular economy and sustainable waste management as part of its international obligations on climate change mitigation.

“Circular economy provides for enhanced value extraction from

resources and can turn economies around by ensuring optimal resource use with minimal demand for virgin raw materials and reduced pollution.

“This ideal is the basis of the Paris Agreement climate change aspirations towards a below 1.5 degree temperature moderation. Kenya has already domesticated these aspirations in the updated Nationally Determined Contribution (NDC) submitted to the UNFCCC in December, 2020,” Eng Ng’eno noted.

At the same time, PS Ng’eno rallied African countries to develop common positions on environmental protection, calling for the inclusion of an environment and climate change provision in the African Continental Free Trade Area (AfCFTA).

“We should be intentional to cooperate, build capacity and discuss opportunities to strengthen our respective commitments in this area, and to consider international agreements necessary to protect the environment and provide for a pillar on Environment and Climate Change in AfCFTA,” PS Ng’eno concluded.

CS Kindiki Orders Transfer Of All Isebania Border Post Security Officers

By: Polycarp Ochineg and George Agimba

@themkenyatimes

Interior and National Government Administration Cabinet Secretary Prof. Kithure Kindiki has ordered for the transfer of all police officers serving at Isebania border post in a bold move to mitigate rising insecurity within and around the border.

The decision comes in the wake of heightened armed attacks and public violence that has so far left six people dead and property destroyed.

Addressing a high-flying closed door security meeting followed by a public meeting at the border town yesterday, Kindiki regretted the act of ineptness by the security officers in the recent past.

He emphasised that police officers deployed to protect wananchi and their property had neglected their duties leading to security gaps that the locals blamed on the officers.

Last week, armed thugs raided the town in broad daylight killing one



CS Kithure Kindiki with state officers at Isebania

businessman, sparking a public violence that left five locals dead after being shot by police officers.

The local community had tried to storm the local police station, while

protesting the death of the businessman prompting the police to shoot at the huge crowd killing the five victims.

Addressing the public, Kindiki

who was flanked by the area County Commissioner David Gitonga and police commander Mark Wanjala said that a new team of police officers had already been posted in the

region to help restore peace and order within the region.

At the same time, Kindiki announced that all non-security personnel serving the government in various department would be replaced with other officers.

These include officers working at the customs, KEBS, immigration and anti-counterfeit departments who have been identified to have overstayed in their stations.

“The government agenda going forward will be to summarily dismiss of non-performing police and non-police officers without transferring their problems elsewhere,” he remarked.

Kindiki said the state will not shy away from fighting the ongoing illicit trade, singling the illegal business of smuggling drugs, counterfeit goods and illicit ethanol from the neighbouring Tanzania.

The CS however urged the local community to stop fueling violence against security officers posted in the area, warning that the culprits would be punished severely if arrested.

Senator Omtatah: Why I Will Challenge Finance Bill In Court

By: Martin Mwanje

Busia County Senator Okiya Omtatah maintains he will challenge the controversial Finance Bill in court.

He says his decision to seek legal redress emanates from the fact that he will not be accorded an opportunity to debate the bill on the floor of the Senate.

“For the avoidance of doubt, I am heading to court, which is an arena outside this house. If the bill was coming to this house, I could have waited to comment on the bill and try and fight it in this house. But because it is not coming in this house, it will only be in the National Assembly, I am going to engage with the bill in court,” said Omtatah on the floor of the Senate Wednesday.

According to him, his court battles against the bill will commence immediately after the Madaraka Day celebrations slated for this Thursday. “After Jamhuri (Madaraka), it is a new ball game. We will be engaging

totally with that bill on the issues that threaten to destroy the industrial base of this country and return us to the caves the way the war on Iraq has returned Iraq to the caves. This is a war on the Republic of Kenya, it is a fight for the soul of this country, and we are not going to shy from it,” he insisted.

His stance coming at a time Sports Cabinet Secretary Ababu Namwamba last weekend pleaded with him to use the platform that is parliament to raise his concerns regarding the bill.

“Okiya, my very good friend, you know you used the court platform because it was the only platform available to you. But now the people of Busia have given you a forum, you are the Honourable Senator of the great County of Busia. You don’t need the courtroom no more. You need the floor of the Senate of the Republic of Kenya,” urged Namwamba during an inter-denominational prayer service that was held at Busia Stadium last weekend.

It was during the prayer service that Senator Omtatah first intimated that he will challenge the bill in court saying it contained both good and



President Ruto and Senator Omtatah during an inter-denominational prayer service in Busia last weekend.

bad things.

“I have already prepared a petition to go to court. But when I heard you were coming to Busia I did not file it last week. I held on. I pray that we relook at this bill. If we can avoid fighting in court it would be good as it is bad for friends to fight,” he told President William Ruto who was in

attendance.

“You want to take me to court and all I’m doing is creating jobs for these people, don’t you want them to get jobs? Busia people, please talk to this man to go easy on the court matters,” President Ruto responded in his defence.

The Finance Bill has raised a storm

in a tea cup with the Opposition terming it punitive for imposing untold taxes on Kenyans who are already reeling under the weight of the high cost of living.

The proposed mandatory Housing Fund has in particular been a bone of contention.

Select Right Universities To Be Marketable, Students Urged

By: Muoki Charles
@themtkenyatimes

Students joining universities have been urged to select the right institutions that are ISO certified and offer marketable courses to be able to excel and achieve career goals, Zetech University Vice Chancellor Prof. Njenga Munene has said.

Munene said research on universities will enable students to get a better understanding of the institutions, their competitiveness globally and the facilities that they have for quality training.

The VC who spoke at the University's Ruiru Campus while addressing the May 2023 intake students said millions of students are being churned out of the universities globally, thus the need for marketability to help the students get jobs.

He said it is important for students to join universities that have ISO certification since they have high



Zetech University.

competitiveness, quality training, enhanced customer satisfaction and culture development as per the standards set.

“ISO Certification allows the ca-

reer growth and quality of training. All institutions should endeavor to achieve such standards for better training given the ever-increasing competition among universities in

the world today to be able to compete strongly. This enables the University to stand out, to have a higher international rating, and to attract more reputable stakeholders, both

students and partners,” he noted.

The University Deputy Vice Chancellor Prof. Alice Njuguna called on students to integrate theory and practical skills so as to have a cutting-edge advantage in the job markets once they complete their studies.

“From mandatory training on employability, entrepreneurship, and ICT to regular industry visits and immersion programs; students gain invaluable exposure to real-world practices and build essential networks with industry professionals,” she said.

The VC added that universities also need to embrace strong linkages and collaborations with industry experts to provide opportunities for internships, industrial placements, and mentorship programs.

“Connecting students with industry leaders opens doors to endless possibilities and paves the way for a rewarding career,” she said.

House Committee Meets National Police Service Commission Over Mandate Implementation

By: John Kariuki
@themtkenyatimes

Yesterday, the Constitutional Implementation Oversight Committee (CIOC) convened a meeting with the National Police Service Commission (NPSC) to address concerns regarding the commission's execution of its mandate as outlined in Article 246(3) of the Constitution, the functions prescribed by the National Police Service Commission Act, and any obstacles encountered during the constitutional implementation process.

Under the chairmanship of Gathoni Wamuchomba, MP (Kiambu), Members of the Committee specifically sought clarification on the Commission's handling of promotions, recruitment, and budget allocation.

In his presentation, the Chairperson of the Commission, Mr. Eliud Kinuthia



The Committee Chair, Gathoni Wamuchomba

hia said that there is a perceived overlapping of the mandate of the Commission. He further pleaded with the Committee to consider and

support the Commission by intervening in protecting the Commission's mandate.

He added that the Commission has

never received funding to undertake recruitment process.

“This mandate has had influence from the Office of the Inspector

General of Police, which is illegal as the Constitution stipulates it is solely the mandate of the Commission to recruit. This is a matter of concern because of the recruitment that is coming up,” added Mr Kinuthia.

Mr. Peter Leley, the Commission's Chief Executive Officer, further revealed that most Human Resource Management decisions are made by the Inspector General, for police officers and civilian members of staff without approval by the Commission.

The Committee Chair, Gathoni Wamuchomba expressed the Committee's dissatisfaction saying that the uniformed Commissioners failed to appear before the Committee, without written apology.

“We will send an invite to the Inspector General and all uniformed Commissioners so that we can deliberate on the way forward”, said Wamuchomba in her closing remarks.



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Achievements And Challenges Of Online Learning In Teaching Foreign Languages

By: Qurbanova Marjona

@themtkenyatimes

Abstract: This article discusses the importance of online learning in foreign language teaching. Nowadays some people in all countries prefer to learn something online in a position of staying at home and on the time they want. Online learning is creating a number of facilities if its drawbacks are not regarded. Now we shall see its advantages and disadvantages together.

Key words: online education, information, university, course, Internet, student, lecture, technology, screen, foreign language.

Education plays the most important role in the life of people. A big piece of new and necessary information appears every minute. Nowadays online study or learning turns out to be more and more practiced. Many universities started to share their courses online. So, what is online education? Online education is the form of education that takes place over Internet. It is called as 'e-learning' or 'online learning'. Students attend online lectures with the help of computer or a smart phone. Although online education has become popular nowadays, it has both advantages and disadvantages.

Advantages

Online learning is convenient. These is obviously the greatest benefit of online learning; as long as you own a computer and have an internet connection, it does not matter in which part of the world you are. Learners can access information from anywhere, anytime.

It is flexible. Learning becomes easier when aligned with one's learning needs and preferences. Online learning allows learners to study at their own pace, whether they are students, busy adults, or employees.

Online learning is cost effective. The cost effectiveness of online learning is quite impressive; no more travel and accommodation expenses, reusable online content. It can be tailored to different needs. Different people learn in different ways, and online learning does everything in its power to ensure that all learning needs are met. Looking for economically viable options online learning for students is the best way;

It is unrestricted. With online learning location is no longer a barrier; neither are culture and nationality.

In addition to studying, you can also work. In fact the majority of applicants who choose distance learning drop out they don't want to give up, but they want to learn. In online learning you can study on weekends, when you return from work, even at night;



Marjona Qurbanova.

Worth Noting:

- It saves your time! Students in online programs can effectively manage their time, learn the materials, and complete assignments on their own schedules to name just a few benefits of online learning. Transportation to and from training centers you can save the time you spend waiting. In online learning you want you will receive information on the spot;
- If you consider yourself aspiring, distance education is the greatest way for you. The advantage is that some classes are held in groups. There are some students in the group the faster some understand slowly. In this regard, distance learning is a method more efficient.

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Disadvantages

It may be a "solo" act. It is true that, although online learning might be convenient and flexible, it is also a solo act... Some people absolutely need personal contact with their educators or trainers in order to learn successfully. It is difficult to have group discussions in online education. Student-teacher interaction is also limited. The probability of being distracted is high. In face-to-face communication there are no classmates who are constantly reminded of upcoming assignments. If you want to successfully complete a distance learning course, find yourself you need to be diligent and careful;

It may be impersonal. No matter how we try to fully transfer human communication platforms, no matter how natural it seems to form relationships behind computer screens; a virtual environment is just not human.

Nothing can replace human contact. Too much time spent in front of a computer screen may be harmful. Being constantly online is the new reality, but the truth is that using a computer or a tablet all the time can cause poor vision, strain injuries, and other physical problems.

Technology Issues – Many students face technical issues like slow internet connectivity. This hampers the learning experience. The biggest enemy of online learning is the internet slow performance of providers or disconnection. In this case, the applicant the desire to learn leads to exhaustion or nervousness.

Cheating – Students can cheat easily if exams are conducted online. They can copy the answers as they give the exams from their own house.

Inability to focus – Many students find it difficult to focus on screen for long period of time. Students get distracted easily towards social media or other sites too.

In conclusion, the facts are that there are advantages, and disadvantages to every type of learning environment. Students have to ana-

lyze both the pros and cons, factors which contribute greatly to making an informed decision, about the direction of his or her career path. Students have to decide, how they are going to accomplish their goals: online, in the classroom or a combination of both. Today's online learning is better than yesterday's; and online learning of tomorrow will be better than today's.

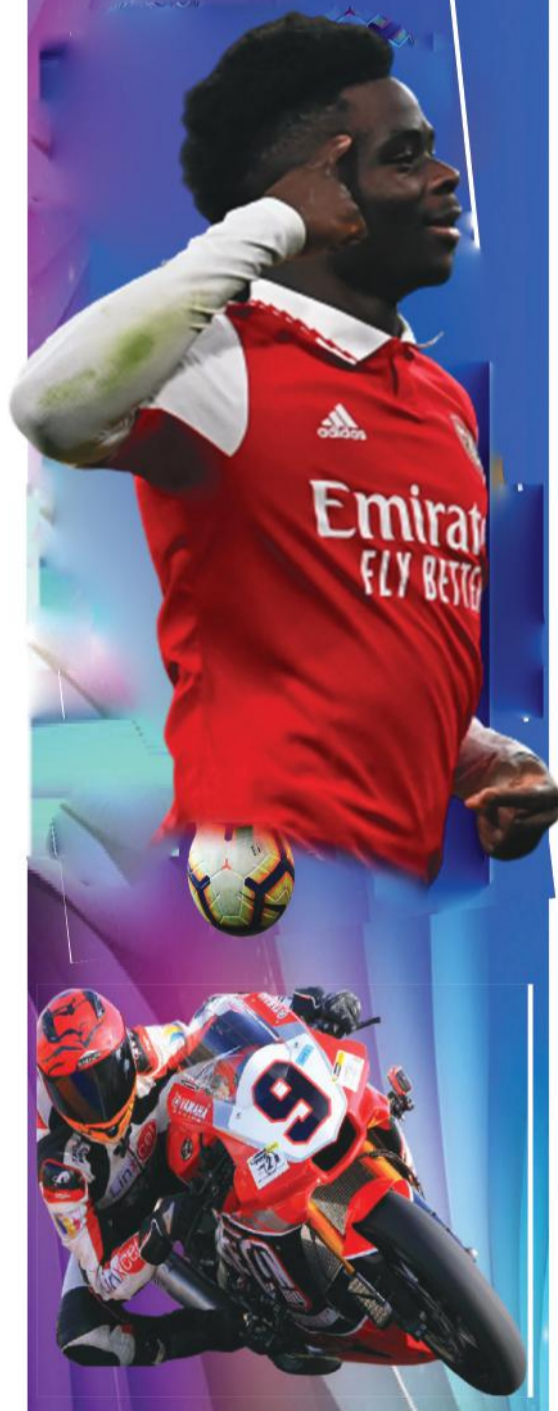
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My full name is Marjona Qurbanova. I am 20 years old. I was born in Kashkadarya, Uzbekistan. Now I am a sophomore student in Uzbekistan State World Language University. I have Cefr and IELTS certificates. So far, I have written more than 10 articles and participated several conferences. I am a member of 'Oltin Qanot' and 'Tashkent Eco Volunteers' Organisations. I am the participant of the 'Unity forum' 'Tashkent International Investment Forum' and 'Afsonaviy Yoshlar'.

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Sports >> *The national women's volleyball team, Malkia Strikers, will undergo a residential training camp in Morocco ahead of the Federation of International Volleyball (FIVB) Challenger Cup

Malkia Strikers Set For Morocco Camp Ahead Of Continental Campaign In Cameroon



Officials of the Kenya Volleyball Federation (KVF) with the provisional squad of Malkia Strikers at Riadha House. PHOTO/KENYA VOLLEYBALL FEDERATION

The national women's volleyball team, Malkia Strikers, will undergo a residential training camp in Morocco ahead of the Federation of International Volleyball (FIVB) Challenger Cup in France as well as the Africa Nations Volleyball Championships in Cameroon.

The residential camp marks a return to action for the women's team after their exploits at last September's World Championships in Poland and the Netherlands.

The volleyball queens bowed out at the group stage although they made history with their first

win at the global showpiece, dismissing continental champions Cameroon in straight sets of 25-20, 27-25 and 25-18.

In Cameroon, Malkia will face a tall order against the defending champions who will be out for revenge and keen on preserving the title they won against the Kenyans at the last edition in Kigali, Rwanda in 2021.

Coach Paul Bitok on Wednesday afternoon named a 20-player provisional team that will be part of the Morocco camp as well as spearheading the continental campaign.

MALKIA STRIKERS PROVISIONAL SQUAD SETTERS:

1. Emmaculate Nekesa – KCB
2. Rose Magoi – Pipeline
3. Veronica Kilabat – KDF
4. Esther Mutinda – KCB

OPPOSITE PLAYERS:

1. Sharon Chumba – Aris Thessaloniki, Greece
2. Loice Simiyu – Pipeline
3. Pamela Adhiambo – Pipeline

OUTSIDE HITTERS (LEFT ATTACKERS)

1. Moim Mercy – KCB
2. Veronica Adhiambo – Tarsus

- Belediyespor, Turkey
3. Juliana Namutira – KCB
4. Leonida Kasaya – Pipeline
5. Jemimah Siango – DCI
6. Yvone Wavinya – Prisons

LIBEROS:

1. Delphine Misoki – Prisons
2. Agripina Kundu – Pipeline

MIDDLE BLOCKERS:

1. Edith Wisah – KCB
2. Belinda Barasa – KCB
3. Lorine Chebet – Prisons
4. Gladys Ekaru – Pipeline
5. Trizah Atuka – Pipeline

Capital Sport

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Sports >> *

No Omanyala Vs Jacobs Showdown In Florence As Olympic Champ Pulls Out Again



Olympic champion Marcell Jacobs has been battling with a series of injuries

African record holder Ferdinand Omanyala's hope of competing against Olympic champion Marcell Jacobs has gone up in smoke again, after the Italian pulled out of this Friday's 100m at the Diamond League meeting in Florence as he continues to recover from a back injury.

The Italian athletics federation announced that Jacobs is out of the meet in the Italian city, just over a week after pulling out of the Rabat Diamond League meeting.

"The recovery process for Ja-

cobs, after the problem that emerged in recent days, does not appear to be fully completed yet," the federation said in a statement on Tuesday.

Kelley had also last year pulled out of the Kip Keino Classic after reportedly suffering from food poisoning on the night before the duel with Omanyala.

Jacobs missed much of the 2022 season and withdrew from the world championships in the US after the 100m heats.

Meanwhile, the Kenyan Commonwealth champion Omanyala

says he looks forward to bounce back in Florence after losing his first race of the season, finishing third in Rabat in a race won by world champion Fred Kerley.

He posted a defiant message on Twitter, as he prepares for his next two Diamond League races in Florence and Paris.

"Confidence looks like arrogance to people who don't believe in themselves. We shall rise again. Thank you Rabat for the memories, see u Florence," Omanyala posted on Twitter.

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SPORTS NEWS



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SPORTS AS THEY HAPPEN



South Africa To Host And Launch African Future Leaders Platform



By: Mulamuleli Tshitangano

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Ms Anthea.



Worth Noting:

- Some of proudly African future leaders are the IOS group, Kutloano Malahlela, Muhluri Sambo, Lesedi Faith Nale, and Helen T Kajawu just to mention few.
- The IOS Group is a Conscious leading Youth owned and managed company that is specializing in collaborative partnerships with fellow industry players to dominate and strengthen intercontinental partnership on the continent. The IOS Group educates and empowers the youth on various media platforms to have impact amongst their peers.
- Kutloano Malahlela(19) from Mamelodi is a student at university of Johannesburg pursuing BA in community development. He is a founder and president of the eye of hope community development organization, a speaker, poet, cultural activist and radio presenter.

African dream shall live and prevail through Africans. This follows after Ms Anthea, is about to host and launch a new platform for African youth called AFRICAN FUTURE LEADERS platform. The launch of the platform will happen on 3rd June 2023 at Johannesburg, Nelson Mandela auditorium. The platform strictly focuses on youth who are no older than 30 years leading in their communities, and forgotten in democracy. Therefore, it aims in promoting Ubuntu Leadership amongst our youth. That way they will be able to lead the next generations with kindness and empathy.

With the current crisis that South Africa is facing such as high unemployment rate amongst the youth, low pass rate in South African schools, lack of vocational training for the youth, lack of entrepreneurial support, and lack of funding for youth entrepreneurs; the platforms aims to equip them with skills and knowledge on how to overcome such challenges/ obstacles.

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Muhluri Sambo (21) is a student at University of Johannesburg studying BA in humanities, author of two books, livestock investor in Limpopo, UN youth ambassador, represented South Africa in Turkey and in Dubai, The United Arab Emirates in May 2022.

MISSION

Our Mission is for the YOUTH to design their own solutions for the current challenges on the African continent. As the youngest population in the World, the youth needs to design and implement their own strategies to compete globally with their peers.

VISION

Our Vision is to revolutionize the history in South Africa and Africa. AfriCAN FUTURE leaders is a movement for talented youth up to age of 30 years old. We coach the youth collectively to become innovative problem solvers for Africans by Africans. Our mission is to create, collect, produce, preserve, and design material for new history and knowledge distribution amongst Africans for Africans by Africans.

OBJECTIVES

27th Access for all children to better quality education. Strengthening the role of science and technology, including indigenous systems of knowledge and mobilization of an independent Venture. Capital fund for youth development managed by the youth for youth. The need for reconstruction of the historical memory and conscience of Africa. To protect and develop the youth with financial and material support to build a better future for the next generation.

ABOUT THE FOUNDER

The Founder Anthea is the Founder of AfriCANChild Your Time is Now (Pty) Ltd (ACYTIN), established in 2017 she works in partnership with Non-Profit organisation, Zandile's

Day Care Centre, Registration number: □179-993□ NPO, PBO number: □930059764□ where she mentors, coach and train the youth with potential to become solutions leaders for the challenges on the African continent. Through collaboration she teaches and demonstrate to children from a very young age on how to embrace their "own image" and their "inner power". Anthea wants to use the AfriCANFUTURE Leaders platform to honour and empower the YOUTH to continue to lead authentically. Our YOUTH needs real role models and support to path their future in Africa.

