



DP's Wife Warns Kenyans About Mental Health Challenges Facing The Youth
The wife of the Deputy President Rigathi Gachagua, Pastor Dorcas Gachagua, has urged Kenyans not to stigmatize those suffering from mental illnesses, particularly the youth in colleges and universities.

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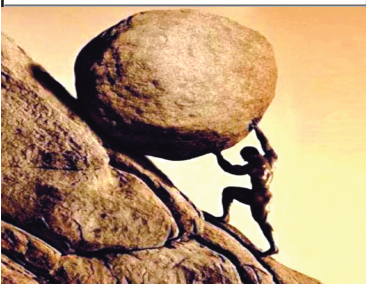
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News>>CS Linturi Urges Farmers To Register To Help In Planning

P. 8. Agriculture Cabinet Secretary Mithika Linturi has called on farmers who did not register with the government during the first phase to do so in order to help in terms of planning.



Motivation>>The Greatest Strength Is Within You Than Outside You

P. 12. Never, ever, let anyone tell you what you can and can't do. Prove the cynics wrong. Pity them for they have no imagination. The sky's the limit. Your sky. Your limit. Now. Let's dance.Tom Hiddleston

Mt Kenya Region To Be Overtaken In Business And Population

The 'Tyranny of Numbers' phenomenon that propelled former President Uhuru Kenyatta and his then Deputy William Ruto to Presidency might be a thing of the past if the current population trend maintains the same trajectory.



Deputy President Rigathi Gachagua and Businessman-cum-Politician Dr Thuo Mathenge

STORY ON PAGE 9

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Graduate Trainees Challenged To Pursue Technical Courses To Boost Employability Chances

By: Samuel Waititu

@themtkenyatimes

Worth Noting:

- “What is going to be pertinent for our youth is having a skill for themselves not just general education,” she said, adding that the present world was looking for what one can do and not just the certificate you are holding.
- “The employer wants to know what exactly you are coming into the industry to do for instance if you go to the building industry, they want to know what exactly you are competent in be it plumbing, masonry, tiling, painting and so on,” the PS said.



State Department for Technical Vocational Education Training (TVET) Principal Secretary Dr. Esther Muoria addressing the media in Embu last Friday

State Department for Technical Vocational Education Training (TVET) Principal Secretary Dr. Esther Muoria has challenged graduate trainees to consider pursuing technical courses to increase chances of getting a job.

She said the world of work has been changing with rising demand in the labour market for practical skills other than mere tradition academic training.

Speaking at St Mark Teachers College - Kigari in Embu last Friday during the institution’s 84th graduation where 233 students were award-

ed diplomas, Muoria said TVET institutions equip learners with necessary employability skills required to ensure productivity in job market.

“What is going to be pertinent for our youth is having a skill for themselves not just general education,” she said, adding that the present world was looking for what one can do and not just the certificate you are holding.

“The employer wants to know what exactly you are coming into the industry to do for instance if you go to the building industry, they want to know what exactly you are compe-

tent in be it plumbing, masonry, tiling, painting and so on,” the PS said.

She at the same time urged learners to disassociate themselves from drugs and alcohol, saying it will not only affect their education life, but also future career prospects. “It is not “A” students who excel in life, but those who are disciplined and able to stay from such negative vices,” she said.

The sentiments were echoed by Embu North DCC William Owino who said they had heightened war on drugs and alcoholism in schools through sensitisation campaigns and

apprehending culprits.

The College Principal James Muguna requested the Ministry to allow it open a branch of TVET within the institution to remain afloat owing to dwindling enrollment of teacher trainees over the years.

“As a result of poor enrollment, the institution was no longer able to sustain itself for lack of adequate resources and that expanding training opportunities away from the teacher training will definitely reverse the trend,” the principal said.

Editor's Desk

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Finance Bill 2023 Is People-Centric, President Ruto Says

By: Beth Nyaga

President William Ruto has urged MPs to support the Finance Bill 2023.

He said the Bill seeks to address challenges facing ordinary Kenyans. The President further noted that the Bill will stimulate the economy, create jobs and boost earnings.

He asked MPs not to bow to pressure from the Opposition to vote against the interests of the people. “They are opposing the employment of the youth and Housing Plan that will give Kenyans decent and affordable homes,” he said.

He made the remarks on Sunday during a thanksgiving service for Cabinet Secretary for Environment Soipan Tuya in Narok.

The President said the Government

will implement the housing project to expand economic opportunities in the country.

“The housing project will enhance the growth of manufacturing industries like cement and steel, boost hardware businesses and create jobs,” he said.

Deputy President Rigathi Gachagua said the beneficiaries of the Housing Fund will be ordinary people.

“This project will deliver decent housing units for low-income earners at affordable rates,” he said.

Present were First Lady Rachel Ruto, Attorney General Justin Muturi, Speaker of the National Assembly Moses Wetangula, Governors, Cabinet Secretaries, and MPs.



Deputy President Rigathi Gachagua, Firstlady Racheal Ruto, President William Ruto and other leaders in Narok.

Missing Disc Jockey Finally In Custody Following Wife’s Death

By: The DCI

Detectives have finally arrested a local DJ who has been on the run after he defied summons by police to record a statement in relation to his wife’s death.

Michael Macharia Njiiri aka DJ Brown Skin, was arrested on Thursday night by sleuths based at Kasarani Police Station, after engaging them in cat and mouse games for the past few weeks.

The DJ had been summoned by detectives to shed more light into the death of his wife Sharon Njeri, 33, who ingested poison as he recorded on a device on the night of July 29 and 30, last year.

In a heart-wrenching video tape released by a popular blogger on April 1, 9 months after Njeri’s remains had been buried, her last moments were filmed by the DJ as she emptied a poisonous substance into a cup and ingested without hesitation.

She then slumped on a couch and

called her two children to inform them of her impending death.

The mother of two collapsed and died shortly thereafter.

She was buried at her parent’s home in Koimbi area, Weithaga village, Murang’a County, on August 6 last year.

Detectives have since established that after recording the ordeal, the suspect sent the video to his other girlfriend living abroad before the girlfriend went public with the information through the blogger.

Efforts to summon the suspect to shed more light into the incident proved futile, as he remained elusive, prompting detectives to launch a manhunt leading to his arrest on Madaraka Day, moments past midnight.

The suspect is currently being held at Kasarani police as detectives gather more information from witnesses, to build a strong case against the suspect.

He will be charged with the offence of aiding suicide and failing to prevent the same contrary to Section 225 (C) of the Penal Code.



Michael Macharia Njiiri aka DJ Brown Skin

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Let’s Nurture Tree Seedlings To Maturity, CS Tuya Urges Kenyans

By: Capital Correspondent

Worth Noting:

- The Cabinet Secretary spoke on Saturday at her home village of Leshuta in Narok West during a tree planting exercise at Soipan Primary School. CS Soipan founded the school during her tenure as Narok County MP.
- The Cabinet Secretary recounted recent tree growing success stories including at last year’s launch of the 15 billion tree growing programme in Ngong Forest where the entire 560,000 seedlings planted were thriving because of good nurturing.

Environment, Climate Change and Forestry Cabinet Secretary Soipan Tuya has urged Kenyans to embrace nurturing of tree seedlings to mature as opposed to simply planting trees and leaving them to survive on their own.

“I have been telling Kenyans, across the country, if you plant a tree please develop a plan of taking care of the tree. It is better to plant one tree that you can nurture to maturity than to plant thousands of trees that you plant and go. You will not be doing anything, it will be a zero sum game,” CS Tuya said.

At the same time, CS Tuya rallied Kenya’s intensify tree growing as climate change mitigation measure saying the phenomenon had become a matter of life and death.

“The issue of climate change is now a matter of life and death. We cannot continue planting trees as pastime. We cannot continue planting trees just as a mere act of CSR,” CS Tuya cautioned.

The Cabinet Secretary spoke on Saturday at her home village of Leshuta in Narok West during a tree planting exercise at Soipan Primary School. CS Soipan founded the school during her tenure as Narok County MP.

The Cabinet Secretary recounted recent tree growing success stories including at last year’s launch of the 15 billion tree growing programme in Ngong Forest where the entire 560,000 seedlings planted were thriving because of good nurturing.

She said the tree planting activity



Environment, Climate Change and Forestry Cabinet Secretary Soipan Tuya.

at Soipan Primary School was part of lead-up activities for this year’s World Environment Day whose national celebration will be held on Monday in Nakuru City County and thanked the various agencies that supported the initiative includinf KFS, NEMA and the County Government of Narok.

At the same time, Hon Tuya invited Narok County residents to tomorrow’s interdenominational thanksgiving church service at her Leshuta home that will be attended by sever-

al national leaders led by President William Ruto and Deputy President Rigathi Gachagua.

“Tomorrow will be an important day for me to give thanks for being appointed the first woman minister among Maa community. It is an achievement that’s worth thanking God for.

“All the churches from here will congregate to welcome the President, Deputy President and government officials to worship and thank God for the opportunity to be part of

Kenya’s leadership,” the CS said.

Other speakers at the event where 2,000 tree seedlings were planted were Narok County Commissioner Isaac Masinde, Narok County Secretary John Maiyani and former area MP Samson Ole Tuya among others.

Mr Masinde said the Government will soon mount a major crackdown on perpetrators of illegal forest activities in Narok County including charcoal burning and illegal logging.

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CS Linturi Urges Farmers To Register To Help In Planning

By: Dickson Mwiti
@themkenyatimes

Agriculture Cabinet Secretary Mithika Linturi has called on farmers who did not register with the government during the first phase to do so in order to help in terms of planning.

Speaking during this year's Agricultural Society of Kenya (ASK) show in Meru, Mr Linturi said the farmers register was important for the ministry to do its planning for future interventions aimed at increasing agricultural productivity.

"We have so far issued around 3 million subsidized bags of fertilizer, and more are on the way. We also want to assure farmers that we will soon be focusing on other subsidies, including quality seeds and pesticides, and to succeed in this, we need to have the exact number of farmers in the country," said Mr Linturi.

He said the current problem of food shortages can only be addressed by getting back to our farms, and the government is committed to support-



Agriculture CS Mithika Linturi with Meru County governor Kawira Mwangaza during the Meru ASK

ing farmers in all their endeavors.

"As you know, the agricultural sector remains the key pillar in food security because of its role in production, income generation, and a source of livelihoods for the majority of Kenyans in rural areas.

Transforming agricultural productivity would quickly turn around the economic fortunes of our country due to the large number of Kenyans who practice agriculture.

The government has already shown its commitment to supporting sustainable production and the tran-

sition from subsistence to a commercially and globally competitive industry.

He added that the government has prioritized agriculture as one of the economic pillars owing to the fact that it has the capacity to create jobs, enhance foreign exchange, promote industrialization, and lower the cost of living.

"The only way to realise food security in our country is through these subsidies, and we are therefore calling on our farmers to take these programs seriously, even for their financial empowerment," said Mr Linturi.

He added that the government was also keen on adding value to agricultural products in order to fetch more money and even engage young people in agricultural activities.

"We want to ensure the young generation engages in agricultural activities by ending the notion that agriculture is meant for the old. This will be possible through value addition, and we are keen to implement the program," said Mr Linturi.

Illegal Exporters Of Scrap Metals Put On Notice

By: Sadik Hassan
@themkenyatimes

The Scrap Metal Council has issued a stern warning to scrap metal dealers who export scrap metal illegally through the Lunga Lunga, Malaba and Namanga border points.

The Council Chairman Mr. Francis Mugo said during a consultative meeting with Coast Scrap Metals Dealers Association to find a lasting solution to the vandalism menace that the council has written to the Inspector General of Police to furnish the council with names of dealers engaging in vandalism.

"There are people who have been exporting scrap metal against the law through Lunga Lunga, Busia and Namanga borders," said Mugo, adding that they will be arrested, arraigned in court and their license revoked.

Mugo urged the dealers not to contravene the laws governing the scrap metal sector in the country. He further revealed that they will initiate changes to the Scrap Metal Act,



Scrap Metal Council chairman Francis Mugo addressing the media.

2015 to bring collectors, dealers and agents into the council regulatory framework.

"The scrap metal business is thriving; in our country, there are 18 millers who use 300MT of scrap metals. It helps improve the environment.

The scrap metals are used to produce steel products used in the construction of roads and houses. It's a vital sector," Muo said.

"For scrap that cannot be milled in our country, we grant dealers license to export to other countries. When we give them export licenses the country earns foreign exchange. We will soon gazette our inspectors who will work with the police to bring sanity to the sector," he added.

He urged dealers without valid licenses to apply lest they be ap-

prehended and fined Sh10million or seven years imprisonment. "In Mombasa County, we have 42 scrap metal dealers in our records but we know there are many who are operating without a license," he added

"We recommend all scrap metal dealers to have a business license and the association to self-regulate. Let them know that it is not good for someone to destroy government infrastructure," he said.

The chairman said they are working closely with all the relevant government agencies to end the vandalism of infrastructure.

The meeting with scrap metals dealers was necessitated by vandalism of infrastructure from the Ministries of Energy and Transport.

Chairman of Coast Scrap Metal Dealers Association Dickson Kibuu said the meeting aims to educate dealers on how they can do business without vandalising government infrastructure.

He said the sector suffered when it was closed in 2021 by the government as a result of vandalism of critical infrastructure by unscrupulous businessmen.

Mt Kenya Region To Be Overtaken In Business And Population

By: Our Reporter
@themtkenyatimes



Worth Noting:

- In the past, the major focal points for business startups were those run or managed by people from the region, particularly those from the former Central province which includes nowadays Kiambu, Murang’a, Nyeri, Nyandarua and Kirinyaga counties.
- Statistics shows that traders from other regions, more so from Northern Kenya have with time eaten into areas that were in almost full control of guys the mountain region.
- Thousands of traders whose origin is near the highest mountain in the country have been driven out of their trades with those from the hitherto dry areas taking over.
- No one seems to know where the rain started beating the mountaineers but some pundits put selfishness and imaginary entitlement as key ingredients in their fall from grace to glass.

Things are no longer rosy in Mt Kenya region.

This place that has always boasted of leading in population growth and business acumen might in the next few years be a shadow of its past.

Projections by experts point to a region that may, in the next two decades, lose its relevance and become a laughing stock.

To start with, people from other regions have, with time, been eating into their business dominance.

It is no longer a walkover and a reference point for those entering various business sectors.

In the past, the major focal points for business startups were those run or managed by people from the region, particularly those from the former Central province which includes nowadays Kiambu, Murang’a, Nyeri, Nyandarua and Kirinyaga counties.

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rain started beating the mountaineers but some pundits put selfishness and imaginary entitlement as key ingredients in their fall from grace to glass.

And as though that is not enough, the mountain region population has been dwindling by the day.

Projections by experts, among them the Kenya Bureau of Statistics shows that in the next two decades, some counties in this region will have been overtaken by some which are currently considered as sparsely populated.

The ‘Tyranny of Numbers’ phenomenon that propelled former President Uhuru Kenyatta and his then Deputy William Ruto to Presidency might be a thing of the past if the current population trend maintains the same trajectory.

This tyranny issue also played a significant role during last August’s General Election where Kenya Kwanza administration garnered 41 per cent of their entire votes.

The issue of business and population dominance slipping from the mountain region has been a headache to some local leaders who avers that something must be done before it is too late.

One such crusader is businessman cum politician Dr Thuo Mathenge



Deputy President Rigathi Gachagua addressing Mt Kenya region leaders on ways of handling illicit brews.

who says if nothing is done, soon, the region will be where the Igbo community in Nigeria is today.

Despite dominating the population in the Western Africa country, the Igbo no longer have control in business or politics, having been overtaken by other communities in that most populous country in the continent.

For some time, Dr Mathenge who is also the National chairman of The New Democrats (TND) political party has been lamenting over mountain region’s unity and numbers insisting that within no time the region will be making no sense in national statistics as far as government formation and power sharing in concerned.

Dr Mathenge and several other leaders attribute the decline in population to lack of proper leadership both in politics and religious organizations.

Leaders interviewed by this publication hit out at the church doctrine that condemns polygamy saying failure by locals to marry more than one wife could be one of the reason the population is going down by the day.

However, on the other hand, most of the clergy and some politicians think the population decline is as a result of overindulgence in alcohol.

Yesterday, Dr Mathenge posted in his social media account, “In mainstream and social media, public gatherings and courtesy calls, I categorically stated the negative impact of illicit brews and churches in our families. KIKUYUS WE ARE PERISHING!”.

He added that some other communities were taking over and buying out those from the mountain.

Although he said that he was not against any kind of investment, he urged his region to open up their eyes and face the reality, insisting that “our tomorrow matters” and “it is not too late for our great community to get back into the senses”.

According to some reports, the population of Murang’a County, which stood at one million in 2019, is projected to rise to 1.3 million by 2045 while Mandera County which had a population of 887,280 in 2019, is projected to overtake Murang’a and record a population of 1.5 million in 2045.

Kilifi county which had a population of 1.5 million in 2019, could also outpace Murang’a to attain a 2.2 million population by 2045.

Residents of mountain counties are said to be bearing and average of three children per family while those in others area, like Mandera, Wajir, Garissa, Tana River and Isiolo are getting up to six children.

Several leaders from Mt Kenya region led by Deputy President Rigathi Gachagua have in the past attributed low population growth to consumption of illicit brews in the region.

Currently a crackdown on such brews is going on with County Assemblies being expected to come up with laws that will address the menace.

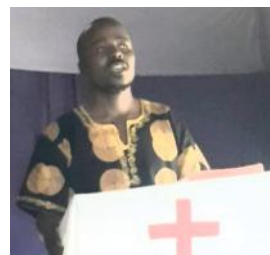
However, some pundits say the low population could be attributed more to loss of income, where some people consider it a burden to have a family without a steady income.

High unemployment rates and poor farming proceeds are blamed more.



Businessman-cum-Politician Dr Thuo Mathenge receiving an award for his company during last year’s Central Kenya ASK forum. Also in the picture is Nyandarua Governor Kiarie Badilisha who was the Chief Guest, Nyeri Governor Mutahi Kahiga who was the host and directors of Dr Mathenge’s Bradegate Industries Limited.

Confession Is Critical For Effective Christianity Pt 1



By: Eric Musa
EMEA.ericmusa@gmail.com

If we have put off admitting our sins to God, confession may need to come first in our devotional time. There is also the probability that during Scriptural meditation, or even during adoration, further hidden sins will come to light. So our moments of devotion may be filled with repeated confession. It is instructive to notice that Psalm 139, which systematically contemplates God’s omnipotence and omniscience, ends with a prayer for divine investigation of the Psalmist’s soul: “Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”(Psalm 139:23,

24). Likewise, as Isaiah was worshipping he cried out in confession, “Woe to me! . . . I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the Lord Almighty” (Isaiah 6:5). While understanding that confession should happen spontaneously, our discipline of devotion ought to involve systematic confession as well. First, we must confess what we are, the ontological reality that we truly are sinners. Romans 3:9-20 is the text I have found most helpful on this point, for it repeatedly affirms that we are sinners — that, in fact, our entire being is tainted with evil. It is most important that we regularly make this confession because, as regenerated men who are making some progress in spiritual growth, it is sinfully natural to falsely suppose we are rising above our condition — a delusion which testifies to our very depravity. TO GOD WHO IS ABLE TO DO EXCEEDINGLY ABAUNDANTLY,..THROUGH HIS POWER



WORKING IN US, BE THE GLORY, NOW AND FOREVER: AMEN SELAH! HALELUJAH.
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

Inable Calls For Advancement Of Digital Accessibility And Assistive Technology For Persons With Disabilities

By: Herman Ngatia
@themkenyatimes

THE GOVERNMENT as well as the private sector have been implored upon TO INVOLVE KENYANS LIVING WITH DISABILITIES IN the tech space in a bid to spur inclusivity. The Constitution of Kenya (CoK) states: “The concept of reasonable accommodation for persons with disabilities is recognised under Article 54 of the Constitution of Kenya, 2010 which provides that a person with any disability is entitled to among other things, to access educational institutions and facilities for persons with disabilities that are integrated into society to the extent compatible with the interests of the person, to reasonable access to all places, public transport and informa-

tion; to use Sign language, Braille or other appropriate means of communication; and to access materials and devices to overcome constraints arising from the person’s disability.” To amplify and domesticate that, Kenya recently hosted the 4th Annual Inclusive Africa Conference 2023 courtesy of InABLE in Kenya. Inclusive Africa promotes the advancement of digital accessibility and assistive technology for Persons with Disabilities in Africa. Speaking in the sidelines of the Conference, Rama Gheerawo Director at the Helen Hamlyn Centre for Design, UK noted, “its incredibly exciting to be here at the inclusive Africa 2023 conference. Why? It’s because it’s the fourth in the series and it’s the second time that we are actually here. Inclusive Africa is a galvanising force I believe for two things: acces-

sibility in technology and the other is Africa. There are so many people from the subcontinent here all of whom have a belief in accessible technology.” His sentiments were echoed by Charlotte McClain Nhlapo who is the lead social Development Specialist at the World Bank who noted: “We have lots of people with invisible disabilities and they too have accessible needs and how do we make sure that those accessibility needs are met? And I also think that linked to that I think it’s also important to start thinking about researching and understanding that accessibility needs require financing. They are not just going to happen on their own. They have to be financed.”



Charlotte McClain Nhlapo .

Azimio’s Bid To Block Finance Bill 2023 Is Borne Out Of Political Vendetta, Malice



By: Joseph Mutua Ndonga
mutuandonga@yahoo.com



Azimio La Umoja One Kenya Coalition leader Raila Odinga

Worth Noting:

- Raila played the same card during the reigns of President Mwai Kibaki and his successor Uhuru Kenyatta and he never succeeded.
- This time, I want to give him free advise. The going is tougher. President Ruto and Deputy Rigathi Gachagua are hard nut to crack.
- Surely Hon Raila, how do you organize the uprising? Where or which location do you meet to plan?
- Dr Ruto and his deputy always receive the realtime intelligence reports.
- We know the constitutional mandate of the National Police Service (NPS) is to protect the lives of Kenyans and their properties as well as maintaining law and order. So, the officers will descend on you and nip your plans in the bud.

I have been following with keen interest the debate on the Finance Bill 2023. Azimio La Umoja One Kenya Coalition leader Raila Odinga and his brigade are leading the onslaught against this Bill.

These proposals are punitive and uncalled for because they are designed to add a new burden to Kenyans who were already ‘overtaxed’.

Here, they would resort to playing the usual game of peddling propaganda and misleading Kenyans.

While taking cognizant of the fact that majority of Kenyans were ignorant and lacked civic education, they would seize this opportunity to sell their political agenda.

The campaign of casting President Ruto as the ‘enemy’ of the people would be hinged on two options.

One, to incite and mobilize Kenyans to participate in a civilian coup.

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This time, I want to give him free advise. The going is tougher. Presi-

dent Ruto and Deputy Rigathi Gachagua are hard nut to crack.

Surely Hon Raila, how do you organize the uprising? Where or which location do you meet to plan?

Dr Ruto and his deputy always receive the realtime intelligence reports.

We know the constitutional mandate of the National Police Service (NPS) is to protect the lives of Kenyans and their properties as well as maintaining law and order. So, the officers will descend on you and nip your plans in the bud.

Raila’s second card is to force President Ruto to share the government with him. Even here, I doubt Raila will have his way.

The two leaders have repeatedly vowed. There is no room for a ‘Nusu Mkate’.

Bwana Tinga (Raila), you developed a bad habit of forcing your way into government after losing the elections.

I am committed to address this problem once for all.

As an opposition leader, you under-

stand your role. Stick to your lane.

It is worth to note this. Contrary to the impression by Azimio, Kenyans are not overtaxed.

Kenya’s taxation is pegged at 14 percent.

This is very low compared to other countries including advanced democracies where the tax collected from each citizen ranges between 40 to 50 percent.

Putting this aside, the question that keeps popping up in my mind is. If Raila could have won election and form the government, how did he expect to raise monies to implement lofty pre-election pledges contained in his manifesto?

This is while bearing in mind the government has money of its own. The state relies on three sources; taxation, foreign loans and grants.

Just like president Ruto, I’m sure Raila could have relied heavily on taxation to raise the money. Reason? This is only way out in terms of rebuilding and returning the economy back on track.

This explains why the economists

would always caution the government against resorting to heavy and reckless borrowing foreign loans. If you do this, you definitely kill the economy.

What does this mean? The citizens will have to tighten thier belt. To manage thier anger, the government must rollout an intensive civic education programme.

A time has come to live within our means. This situation will not take long. In the next one year or so, you will start to put money in your pocket and smile all the way to bank. This should be part of what this education entails.

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

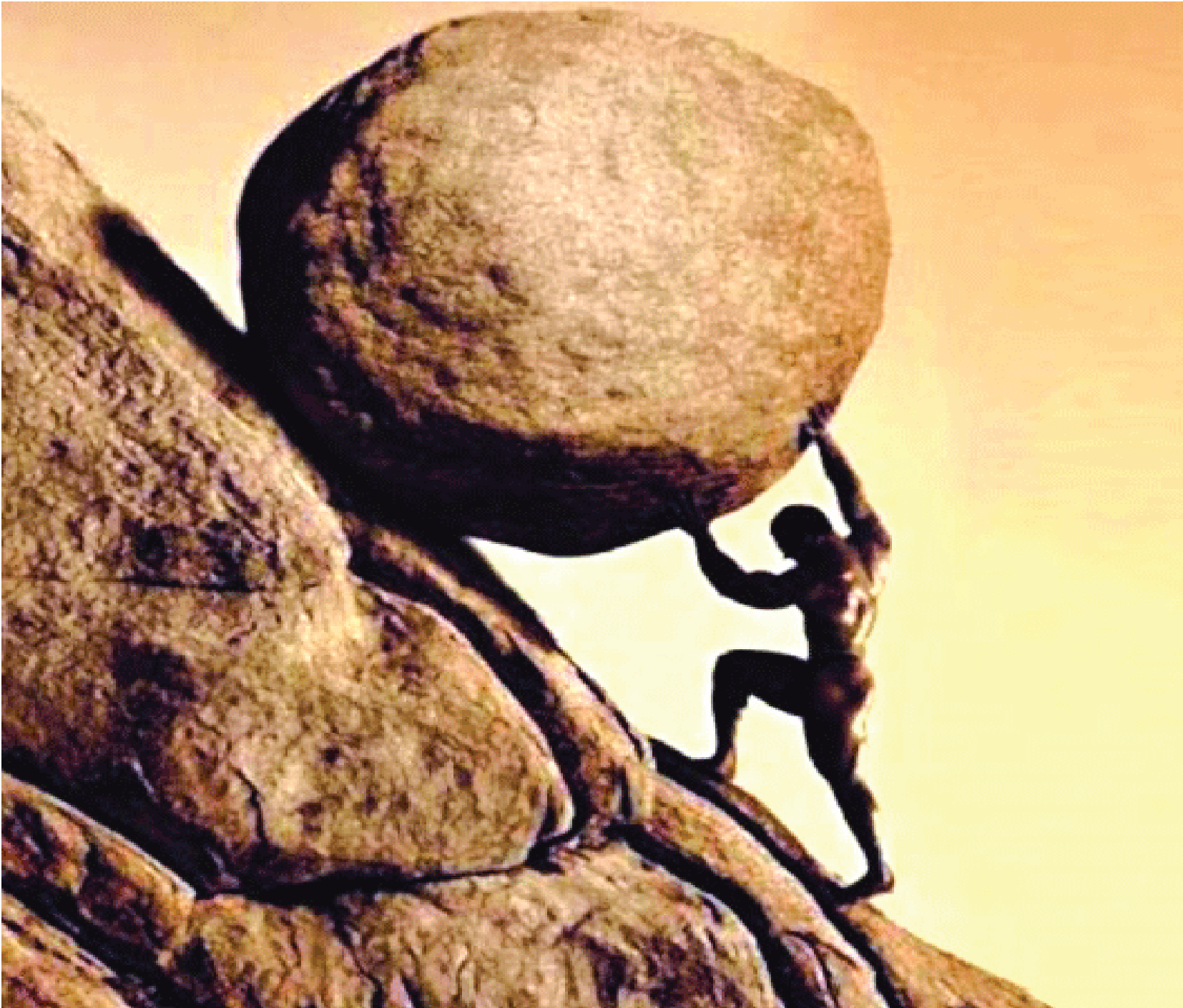
The Greatest Strength Is Within You Than Outside You

By: N. George

@themtkenyatimes

Worth Noting:

- Family size is something that is reducing in the near future compared to past generations who used to have many wives and large number of children but if you are endowed with resources you need not to follow the current trend of majority you can bear as many kids as you wish as you have already overcome the financial hurdle which has been their delimiting factor.
- Once they grow up perhaps with better conditions than those from small sized families it is then the analysts will know that you were right in deciding to increase the size of your family against the societal expectations.



Never, ever, let anyone tell you what you can and can't do. Prove the cynics wrong. Pity them for they have no imagination. The sky's the limit. Your sky. Your limit. Now. Let's dance.Tom Hiddleston.

Everyone has own wishes mostly to prosper. The society too has expectations on its members aimed at promoting the welfare of the society. Balancing between the personal and societal expectations is a tall order for majority of the people.

A physically strong person is thought by many as a strong tower who can offer security service. His height is dependable. He is thought to be tough talking but you may find some with such a stature who prefer persuasion as a way of transacting.

He may also have cool demeanor even when dealing with the seemingly weak bodied hot tempered per-

sons. Using the father figure in them they can gain a lot followership as many people will take physical endowment as an indicator of strong mentality much as this may not hold to be the truth in all cases.

In desert climate people associate it with thorny trees however there are famers who appreciate this hot climate and invest there by channeling water towards these areas, growing food through irrigation. Since majority of people them are not involved in food production they enjoy huge market locally. If in your assessment you realise it is worth investing you need not to worry about past tendencies by people towards such projects.

Family size is something that is reducing in the near future compared to past generations who used to have many wives and large number of children but if you are endowed with

resources you need not to follow the current trend of majority you can bear as many kids as you wish as you have already overcome the financial hurdle which has been their delimiting factor.

Once they grow up perhaps with better conditions than those from small sized families it is then the analysts will know that you were right in deciding to increase the size of your family against the societal expectations.

In African societies not many men as head of families adopt most of projects initiated by their wives they take the terms of man being head of family in a literal meaning.

Those whose contributor of family initiatives is wife is considered as a man whose has been dominated by wife but if you realise it is the case in your family and the society is aware

you need not to be ashamed provided she has better initiatives than you and they are aimed at improving the wellbeing of the family adopt them after all you are not the one who created her or endowed her with such a strong mentality.

Go for progress authority without people and resources you are commanding will just be wastage of time and energy.

Never move from your comfort zone to a challenging situation with lesser rewards to please your friend or neighbour whose believes are not based on anything logical. Look for the greater good of you, your family, associates and the society at larger since when you prosper you are better position to support those in need of your help.

Dr. Nyongesa: Early Cancer Screening Saves Lives

By: John Kariuki
@themtkenyatimes

The Founder and Managing Director of Texas Cancer Center Dr. Catherine Nyongesa has taken a moment to offer us a free advisory - the importance of early cancer screening. Dr. Nyongesa puts it this way: “Early detection of cancer greatly increases the chances for successful treatment. The 2 components of early detection of cancer are early diagnosis and screening. Early diagnosis focuses on detecting symptomatic patients as early as possible, while screening consists of testing healthy individuals to identify those having cancers before any symptoms appear.

Early diagnosis

Early diagnosis programmes aim at reducing the proportion of patients who are diagnosed at a late stage. They have 2 main components:

1. increased awareness of first

signs of cancer, among physicians, nurses and other health care providers as well as among the general public; and

2. Improved accessibility and affordability of diagnosis and treatment services, and improved referral from first to secondary and tertiary levels of care.

Early diagnosis is particularly relevant to cancers of the breast, cervix, mouth, larynx, colon and rectum, and skin.

Screening

Screening refers to the use of simple tests across a healthy population to identify those individuals who have a disease, but do not yet have symptoms. Examples include breast cancer screening using mammography or clinical breast exam, and cervical cancer screening using pap smears, human papillomavirus test or visual inspection with acetic acid.

Screening programmes should be undertaken only when their effectiveness has been demonstrated, when resources (personnel, equip-

ment, etc.) are sufficient to cover nearly all of the target group, when facilities exist for confirming diagnoses and for treatment and follow-up of those with abnormal results, and when prevalence of the disease is high enough to justify the effort and costs of screening.”



Dr. Catherine Nyongesa, a highly respected oncologist, is the founder and Chief Executive Officer of Texas Cancer Center.

Gitali: We Are Not Out Of The Woods Yet

By: John Kariuki
@themtkenyatimes

The Chairman of Kenya Tobacco Control and Health Promotion Alliance Joel Gitali has reminded us that the war against tobacco is far from being won and as such we shouldn't relent. “As we continue with the Tobacco Free Farms project, that is for sure succeeding, we need to beware of the Tobacco industry's ability to mutate and to continue making mega profits. Let's not witness a situation whereby the government appears helplessly at the mercy of TI. For now, there are pertinent questions;

1. What makes it so hard for the government to clear the country of products that are aimed at destroying minors, and which aren't sufficiently regulated? Whose responsibility is it?
2. Why should we continue to witness high level impunity with the law being violated by criminals at

will? Bans on TAPS and Shisha have been silently lifted. Where are those concerned?

3. Our institutions of high learning are now looking for money in all ways. They are partnering with TI. This information is as clear as daylight. Those from whom action is expected are looking at the other side. We need action.

The CEO of a leading Tobacco Company expressed confidence that talks between the company and those in authority would see their products taxed favourably and the company's new products given greenlight besides its manufacturing plant being licenced. Indeed the proposed budget has not increased taxes on harmful products. What's next?

It's unfortunate that with all the capacity that the country has, we are playing games with TI. We have some of the best TC experts globally. Our CSOs are highly regarded in the region. Resources resources, unless handled the Kenyan way, are there. We need and must answer these questions.”



Joel Shunza Gitali is the chairman of Kenya Tobacco Control and Health Promotion Alliance..

Chetna Bhatia An Art Lover



Amazon. I am the editor and compiler of 8 Anthologies. Out of which 'Abhivyakti', a Gujarati Anthology, won the best literary award. I am working towards giving a platform to new writers and keeping the mother tongue alive.

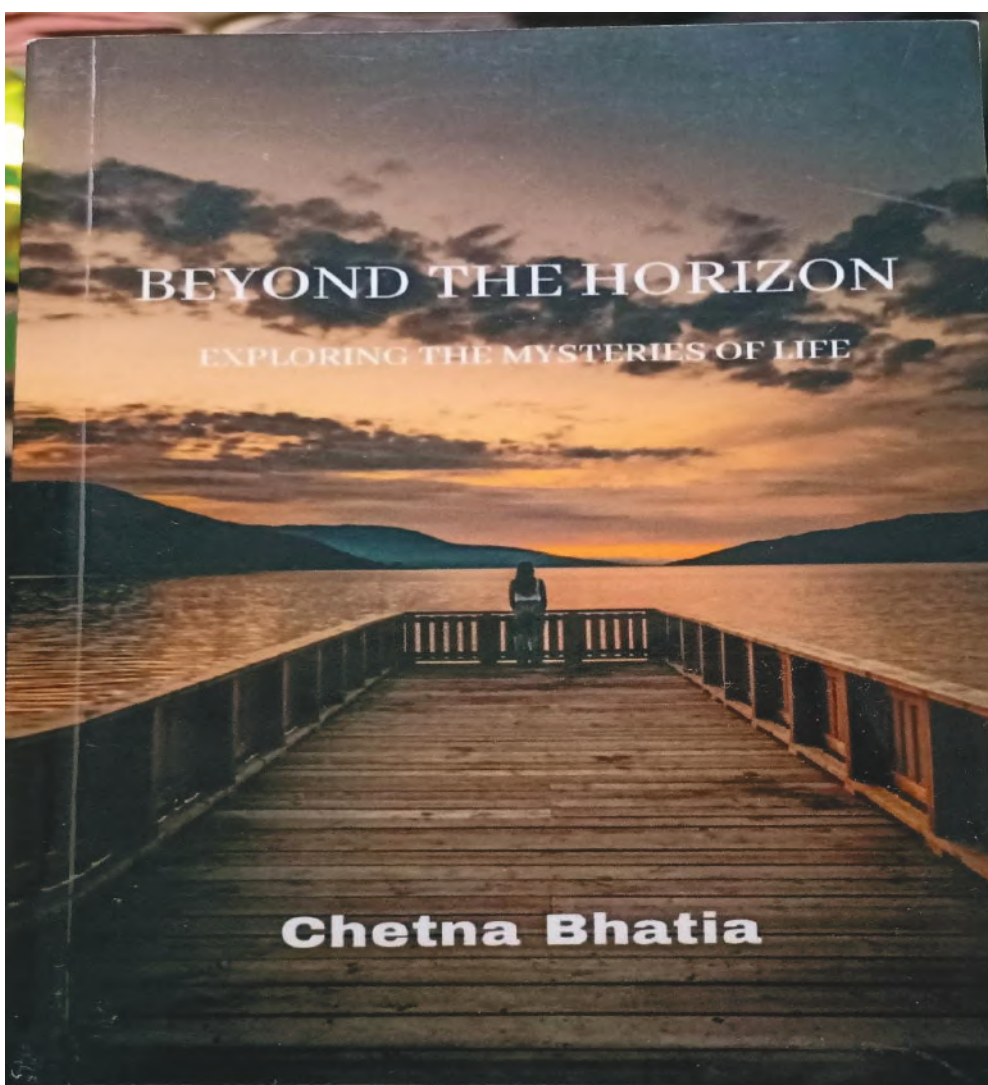
Talking about my recent book 'Beyond The Horizon' Exploring the mysteries of life, is a poetry book with 112 poems that talks about sweet and bitter experiences of life. Through a very simple language, the poems explore the themes of love, loss, joy, pain, hope and everything in between.

This book was launched through the Creative Writers group and published by Notion press. I am very much thankful to the team of Creative Writers group and special thanks to Brinda ma'am who is the Founder of this group for giving such a beautiful platform for writing and publishing their own book to the students as well as adults. Every regular writer is given a certificate every month and also awarded at the annual function.

I really appreciate the hard work and dedication of the team.

And feel blessed to be a part of such a group.

I, Ms. Chetna Bhatia, a teacher, an art lover and a nature lover, born and brought up in Jamnagar Gujarat, now settled in Mumbai. I have been in the field of education for more than 30 years. My profession as a teacher developed a passion for writing in me. I have contributed several poems, quotes and stories to more than 40 National and International anthologies. I write in 3 different languages, English, Hindi and Gujarati and have my own book of quotes, valentine's day special 'Unspoken Feelings' which was a bestseller on



A Strange Friendship...



By: Nozima Gofurova

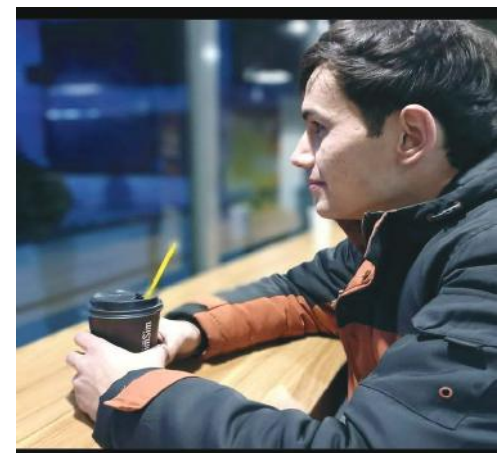
Everyone chooses a suitable Friend. There are also many types of Friendship. Some people choose Friends based on their interests and ambitions, while others choose Friends based on their feelings and views. In some cases, they fight quickly and reconcile quickly. Even if he fights, he fights so that it will be good for him. Every day, he receives news from the state and makes humorous conversations. Without speaking, his Friend immediately understands what he is trying to say by looking into his eyes. When he is upset, he becomes a puppet and tries to cheer him up. This is a form

of true Friendship.

Just like everyone has a close Friend, a confidant, a Friend who supports and motivates, I also have such a person.

He is the only person who can motivate me in any situation. The most amazing thing is that we have never seen each other. We only saw it in pictures. Although we don't understand each other very well, we are good conversationalists. Yes, we are such unusual Friends.

I hope that such a person will meet in your life.



Youth...

I gave my speech to youth,
It delivered to dream as breeze.
My eyes were opened in amazement
It reached the hope destination

My life goes on harmoniously on the road
Pride in my heart, high my temperature
Save me Allah, I will not say pity
Let be repose with me relaxation

My heart flutters to kindness today,
It gifts also good sense.
This tongue is fastened to Ash'or
Every morning I felt a new felling

I asked good luck from the youth...



Mashhura Ahmadjonova, daughter of Akramjon, was born in 1999 in Uychi district of Namangan region. 3rd year student of Namangan State University. Creative and cultural promoter of school 36 in Uychi district.

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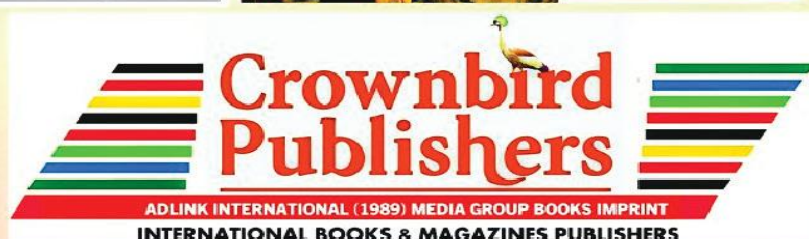
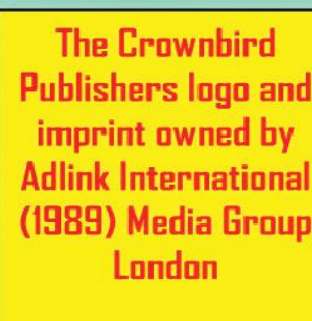
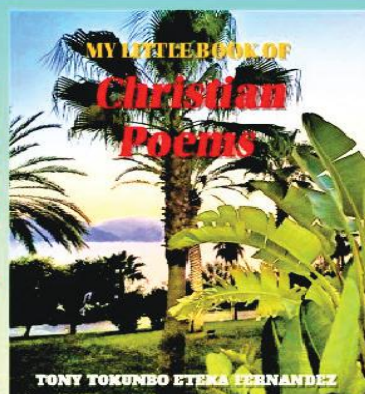
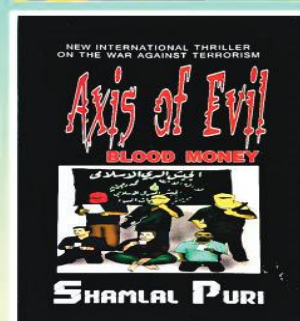
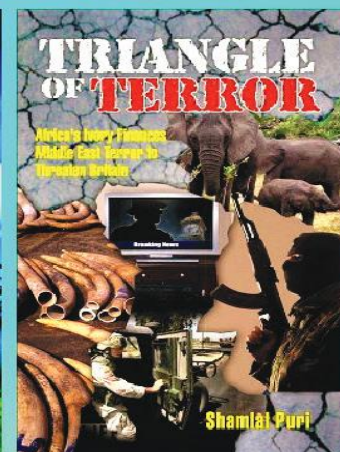
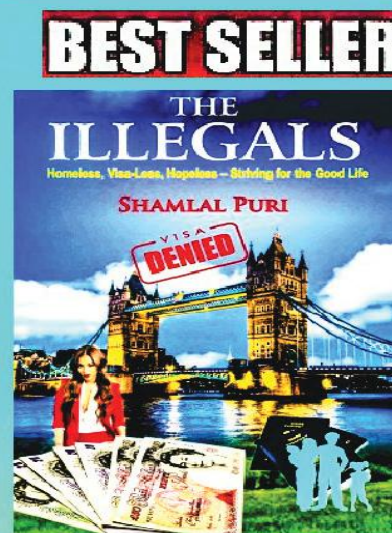
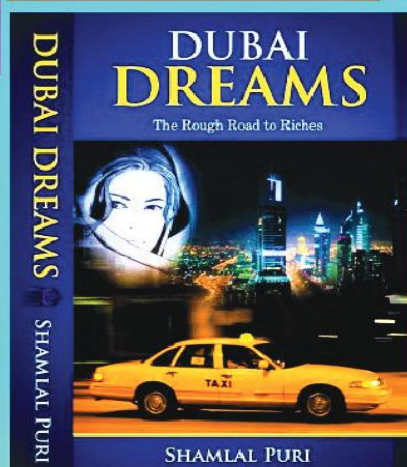
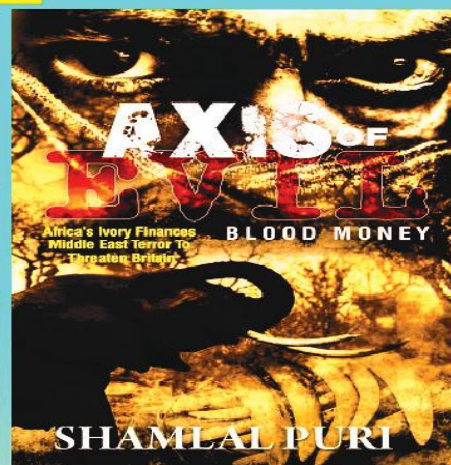
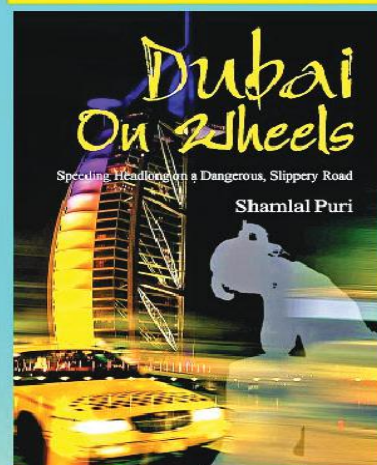
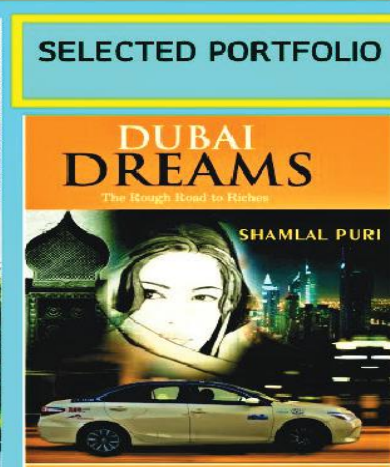
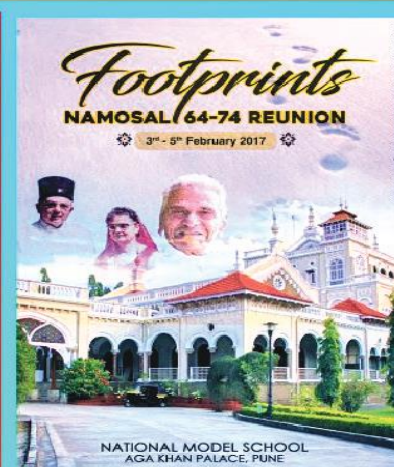
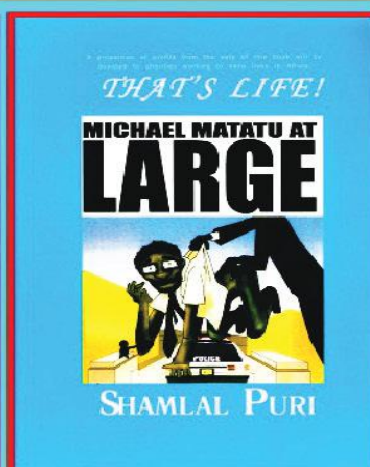
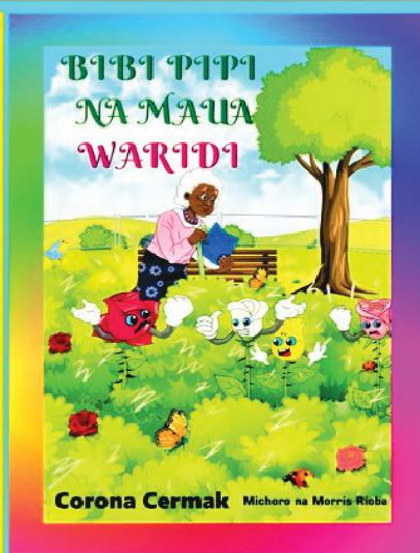
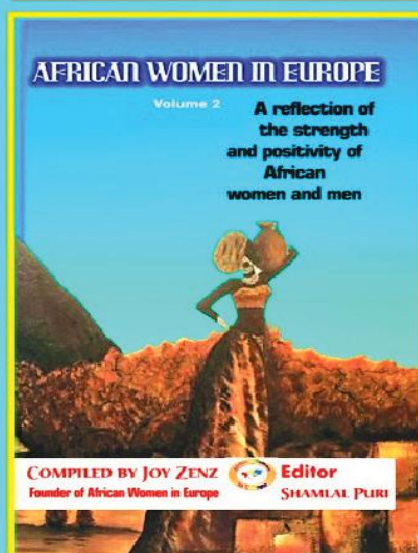
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BUSINESS

Comfort Homes Emerges As Kenya's Most Trusted Land Selling Company - Survey

By: Business Reporter

@themkenyatimes

Worth Noting:

- Reached for comments, Comfort Homes CEO Dr Hezekiah Kariuki appreciated the survey in the real estate sector by a professional body, as they have been in the best positions in three years.
- Kariuki thanked customers for having trust in the firm saying in the past 16 years he has managed to issue more than 10,000 title deeds.
- He adds that in the Cooperate Social Responsibility CSR Comfort Homes has offered a scholarship to 797 students in various schools across the country to pursue their secondary school education.
- "Three years in a row Comfort Homes have emerged as the best Land selling company in Kenya and more so in the most quality and affordable land-selling company in Kenya category," said Kariuki.

Real Estate Players Have Been Awarded Based On Their Performance In Various Categories Through A Poll Survey By Top Brands Africa.

The majority of the real estate players are in the Mt Kenya region and some operating in the coastal region.

In the e-voting conducted between May 8, and May 18, in the category of selling quality and affordable land, Comfort Homes garnered 36 percent, followed by Top Care Investment at 17 percent, West Hill Shelters at 11 percent, and Username and Maono Lands got nine and four percent respectively.

In the survey in the category of accessible and convenient, interacting with customers in more than 10 counties and in diaspora, Comfort Homes 29 percent, Optiven 23 percent, and Username 17 percent.

And in the category of land-selling companies and disbursing loans to members, Comfort Homes scooped the first position with 31 percent, Dhahabu Lands in the runners-up at 23 percent, Optiven at 13 percent, AMG Realtors eight percent, and Metro Villas at seven percent.

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"Three years in a row Comfort Homes have emerged as the best Land selling company in Kenya and more so in the most quality and affordable land-selling company in Kenya category," said Kariuki.

Lucy Muthoni says there is a need for the government to ensure only licensed real estate firms are allowed to transact businesses.

Muthoni recounts how hundreds of Kenyans are suffering after they lost millions of shillings to land dealers under the pretext to sell the land.

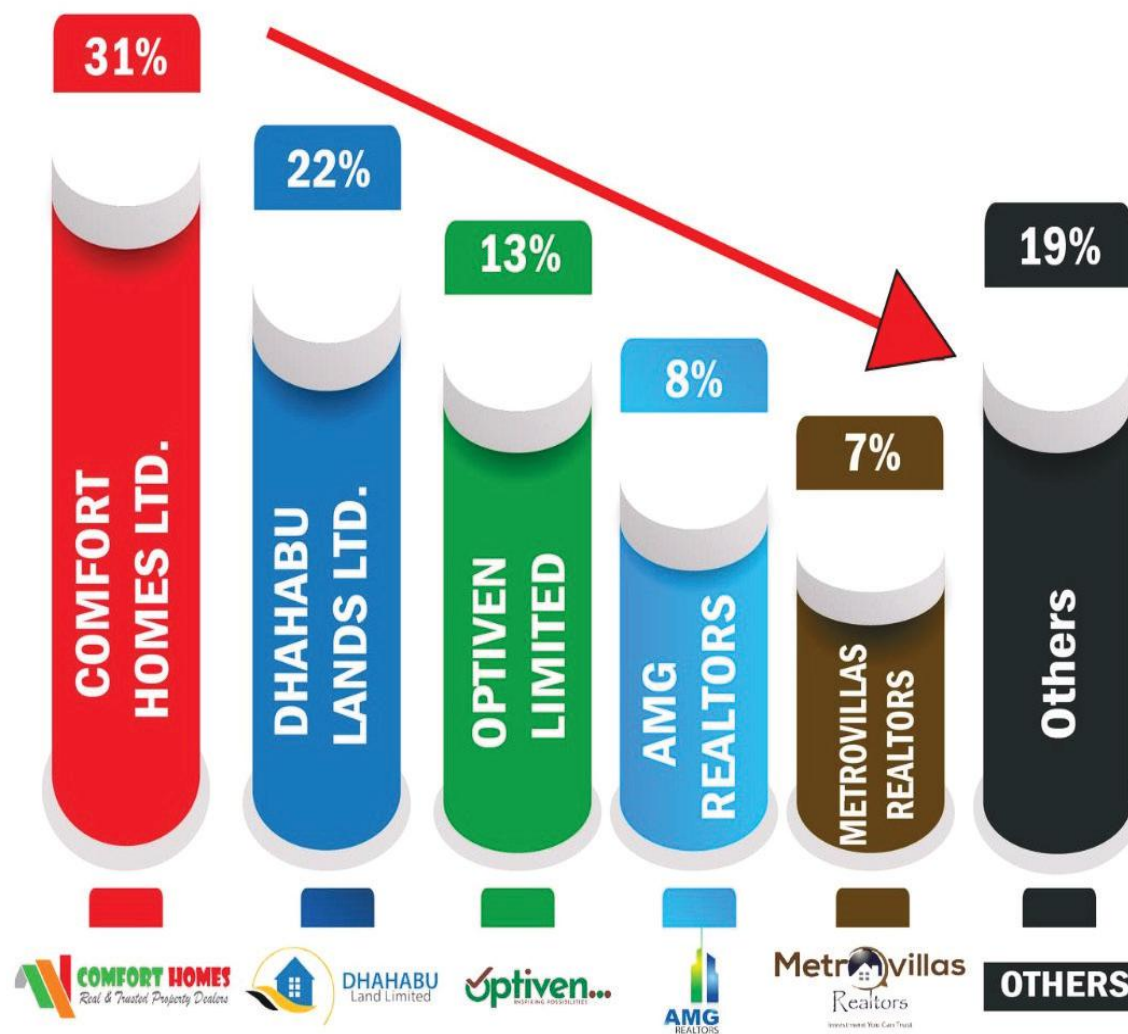
"It is a pity that the government has failed to act yet the 'brokers' are controlling land registries in Nairobi, Murang'a, Nanyuki, and Thika," said Munthoni

TOP BRANDS RANKING Landselling Edition



WHICH LAND SELLING COMPANY IN KENYA IS THE FINANCIALLY MOST INCLUSIVE (CAN SELL LAND & GIVE LOANS ON THE SAME LAND/PLOT IN CASE OF EMERGENCY)

We attempted to establish land selling companies that are most supportive to their clients when it comes to buying land or want to secure loans using the same piece of land or want to address other financial emergencies.



COMFORT HOMES
Real & Trusted Property Dealers

DHAHABU
Land Limited

Optiven...
PROFESSIONAL PROPERTY DEALERS

AMG
REALTORS

MetroVillas
Realtors
Investment & Real Estate Trust

OTHERS

CS Kindiki Calls For Public Input To The Religious Taskforce

By: Mutai Kipngetich

The 17-member taskforce that was formed by President William Ruto to review legal and regulatory frameworks governing religious organizations in Kenya will begin their duty today.

Interior Cabinet Secretary Prof. Kithure Kindiki has called on all religious stakeholders and the general public to turn up in large numbers to submit their views to the taskforce.

Speaking at the Kenya Assemblies of God in Sagana, Kirinyaga County, the CS said the government intends to make law to regulate the churches and ensure they are operating within the law of the land.

The taskforce led by Reverend Mutava Musyimi main responsibilities will include identifying gaps that have allowed extremist religious organizations to set up shop in Kenya

as well as formulating a legal framework preventing radical religious entities from operating locally.

The CS, who was attending Sunday service, also said some churches have been passing unbiblical teaching that is harming society as well as causing deaths, as witnessed in Shakahola in Kilifi County.

The taskforce will also table proposals on civic education to sensitize Kenyans on the need to avoid religious cults.

“That taskforce that was formed by the president will go around the country collecting views effective tomorrow. I request the people of Kirinyaga and Kenya at large to come out and speak openly and candidly on what you want the government to do,” Kindiki said.

The CS said that as a ministry concerned with the safety of every Kenyan, the taskforce will also come up with standards and minimum certification requirements for religious organizations to be registered and to operate in Kenya.



Interior Cabinet Secretary Kindiki Kithure.

“Even though Makenzi succeeded in this unfortunate event, this is a turning point in Kenya, and the government will do what it takes to ensure that will not happen again.”

He assured the Kirinyaga residents that all the promises made by the government would be delivered.

George Kariuki, the MP for Ndia Constituency, lauded the move by the government through the Ministry of Interior in the fight against illicit brew and second-generation alcohol countrywide, especially in the Mount Kenya region.

He requested additional police per-

sonnel in Ndia sub-county, as he has used NG-CDF to build police posts, but no deployment has been done.

Others who accompanied the CS were Mwea MP Mary Maingi Gichugu MP Githinji Gichumu, and as well as several National Government Administration Officers.

Kenya, Angola Hold Bilateral Talks To Discuss Trade

By: Beth Nyaga

Prime Cabinet Secretary of the Republic of Kenya Musalia Mudavadi held bilateral talks with the President of the Republic of Angola João Manuel Gonçalves Lourenço at the sidelines of the high-level summit on DRC peace initiative in Luanda, Angola.

The talks centered on issues of mutual interest to the two countries that include boosting trade in Agricultural Sector, Oil, Mining, tourism and the Blue Economy.

“We also discussed the critical role our two countries play in promoting Peace and Stability in the African continent,” Mudavadi said.

The PCS was accompanied by PS Aurelia Rono , State Department for Parliamentary Affairs, Andrew Mujivane, Charge D’Affaires Kenyan Embassy in Angola and Samuel Karanja, Special Advisor to my Office.

Mudavadi had earlier represented President William Ruto at the summit and presented Kenya’s position

in efforts to restore peace and stability in Congo (DRC) and Sudan.

The Summit reaffirmed the relevance of the decisions of the Mini Summit on Peace and Security in the East of the Democratic Republic of Congo held on 23rd November 2022 in Luanda, Angola and invited all the parties and the M23 to fully implement its decisions as reiterated by the Mini Summit on Peace and Security in the Eastern Region of the DRC held on 17th February 2023, in Addis Ababa, Federal Republic of Ethiopia and subsequently endorsed by the Africa Union Peace and Security Council (PSC) meeting.

The Summit reaffirmed its support for the conclusions of the 11th High Level Meeting of the Regional Oversight Mechanism of the Peace, Security and Cooperation Framework Agreement for the Democratic Republic of the Congo and the Region held on 6th May 2023 in Bujumbura, Republic of Burundi in particular the revitalization of the Peace and Security Cooperation Framework.

The Summit further welcomed the



decisions of the 21st Extra-ordinary Summit of the East African Community held on 31st May 2023 in Bujumbura, Republic of Burundi.

Former President Uhuru Kenyatta who was also in attendance participated in the summit which is a follow-up on the progress and new

developments emerging after the previous summit in Bujumbura, Burundi late in May.

Heads of state and government from various African countries present called on warring parties in DRC to engage in a meaningful and honest dialogue to resolve the prevailing

conflict.

This is the 10th Extraordinary Summit of the International Conference on the Great Lakes Region (ICGLR).

DP's Wife Warns Kenyans About Mental Health Challenges Facing The Youth

By: James Wakahiu
@themkenyatimes



Worth Noting:

- During the forum, Pastor Dorcas shared her story on suicidal thoughts back in her Kenyatta University days. She had contemplated suicide when a gas cylinder she had bought for her mother exploded. It is a situation that led her to regrets on why she had bought the gas cylinder. The forum, held MKU's Mwai Kibaki Convention Centre, brought together university students from various institutions under the theme sikika, tubonge, tusifiche. The initiative, which was attended by MKU students and youth from Thika, aspires to see significant reduction in the number of young people living with anxiety and depression in Kenya.
- The pastor said rehabilitation centers are being put in the counties so that people in need can be rehabilitated. "With the help of NHIF, it will be easier and accessible to all," she said.

The wife of the Deputy President Rigathi Gachagua, Pastor Dorcas Gachagua, has urged Kenyans not to stigmatize those suffering from mental illnesses, particularly the youth in colleges and universities.

Speaking during a youth forum dubbed Sikika Youth Fest held at Mount Kenya University (MKU) in Thika town, Pastor Dorcas expressed concerns over the increased cases of mental health and depression within universities and institutions of higher learning. The meeting aimed at addressing mental health issues among the youth. "What we are trying to do is doing sensitization, so that people do not stigmatize those suffering," she said.

She called on universities and institutions of higher learning to create offices of deans and counselors specifically to tackle mental health challenges. "I look forward to where every university will have a dean and counselors to speak to our students, where students can get some help. We start to talk demystify mental illness so that those suffering can have the courage to talk to anyone around them," she said.

During the forum, Pastor Dorcas shared her story on suicidal thoughts back in her Kenyatta University days. She had contemplated suicide when a gas cylinder she had bought for her mother exploded. It is a situation that led her to regrets on why she had bought the gas cylinder.

Requested to accompany fellow students to visit the then President Daniel Arap Moi in his Kabarnet Gardens residence, Nairobi, Pastor Dorcas tried to run towards the president, uncaring that she risked being shot or badly beaten by the President's security team.

But like a father, Moi listened to her story and discouraged her from committing suicide. "My mother was in



Pastor Dorcas Gachagua

distress. I was contemplating suicide. Marriage was the last thing on my mind. I ran to President Moi because I wanted his security to shoot me dead. Thankfully, the President lent me an ear," she said.

Pastor Dorcas called on the youth to speak out when depressed. "You must speak to one another; you must find someone to lean on. And we must offer shoulders to one another. Do not keep those things to yourself," she said.

In a recent visit to Miritini Rehabilitation Centre in Mombasa County, she said she learned that at least 60 per cent of recovering addicts confessed to be university students and drop outs. "Mental health and drugs are robbing out country a future generation. This is a global crisis," she said.

As a boy child advocate, the Second Lady said she is more concerned because the male gender reports more

cases of mental health and suicide than females. Sometimes, global culture assumes men are wired for anything and we don't care about the boy. The boy child always has to stand up for a broken home and that's why most of them are drug addicts with mental health issues.

"As a mother I will speak until the whole world hears. When I advocate for my boy child case, am advocating for my girl child. The boy is the seed carrier. Both must be brought up together and must be equally valued," she said.

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The pastor said rehabilitation centers are being put in the counties so that people in need can be rehabilitated. "With the help of NHIF, it will be easier and accessible to all," she said.

MKU Co-Founder Dr Jane Nyutu expressed concerns over the youth are getting into mental disorders and depression, noting that many are getting into such due to peer pressure. "We have the culture of 'sponsorship' that has rendered our youth desperate in their future lives. Not forgetting the celebrity culture, many want to live like someone they have seen on social media," she said.

Nyutu said that social media and the internet are generally some of the major causes of mental imbalance and urged the youth to consume content on the platforms wisely. "Many of our young people have fallen into stress and depression when they feel they are different from others," she added.

Dr Nyutu said research indicates that 50 per cent of mental health disorders begin during adolescence (14 years). The findings further indicate that by age 24, 75 percentage, of all mental disorders have made themselves manifest (Mental Health and Wellbeing: Towards Happiness & National Prosperity (2020), Ministry of Health: Kenya," she said.

She said among that various factors that trigger mental issues among youths include family of origin - growing up in an abusive environment and domestic violence. "Being raised by a parent suffering psychological disorder such as borderline personality or even a psychotic parent or guardian is a challenge. There is also competitive academic performance and prolonged poor academic achievement," she noted.

Poverty, broken and shrinking social fabric (such as living in gated communities and apartments), social media, relationship challenges, and the culture of silence instead of self-expression when in need or ill contribute to depression.

A trained counselor, Dr Nyutu had



MKU sikika Dr Nyutu..

DP’s Wife Warns Kenyans About Mental Health Challenges Facing The Youth

Contd from Page 18.

.....

in her PhD, she sought to understand why students register for courses but drops out or change courses midway. She also sought to find out how counseling psychology can help the students overcome the challenges they encounter in their studies.

She researched how counseling psychology can help university students overcome the challenges they encounter in their studies. Her study also shows that with good handholding while in college, young people are able to easily launch successful careers both in employment or enterprise when they graduate.

Nyutu worked with medical students on her PhD thesis titled ‘The Effectiveness of Counselling Services on Academic Performance and Retention Rates’. She sought to understand why students register for courses but drop out or change midway.

She focused on students studying

medicine and surgery, where she observed a huge drop-out rate. During the study, Nyutu supported the students through counseling; including how to approach their studies, handling societal expectations and even failure as well as such areas such as financial management.

“Over time, students register for medicine in big numbers but some end up dropping out, others transfer courses and others are discontinued. I wanted to find out what we as counsellors can do to ensure that when students join universities they read and graduate successfully and in good time,” she said.

Recent statistics highlight the concerning state of youth mental health in Kenya. Studies have shown an alarming increase in anxiety and depression cases among young individuals. Additionally, the rising rates of suicide, especially among young men, are deeply troubling. These statistics reflect the urgent need for comprehensive interventions and support systems to address these mental health challenges faced by the youth.



MKU Sikika delegates.

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Sikika Tubonge Tusifiche aims to establish a robust network that connects young people with mentors and provides access to various op-

portunities. The initiative also seeks to empower the youth and offer them a chance at a dignified future by bridging the gap between youth and mentors.

Increase Girls participation in Digital Technology

By: Ampeire Evas
@themtkenyatimes

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Uganda, like any other developing countries, is experiencing a significant gender digital divide, which is hindering progress and development. Girls and women neither have less access to technology and the internet compared to boys and men nor know the meaning of digital transformation.

Digital transformation can be fined to refer to the use of technology to enhance and improve processes and operations in various sectors. It is a crucial aspect of development, and many countries are investing heavily in digital transformation to drive progress and growth. Uganda is no exception, and the government has made significant strides in this area, including the implementation of various policies and initiatives aimed at increasing access to technology and the internet.

However, despite these efforts, the

gender digital divide in Uganda remains significant, with girls and women often left behind. This gap has far-reaching implications, not just for the individuals affected but also for the country’s overall development. Bridging the gender digital divide is, therefore, crucial to ensure that everyone has access to the same opportunities and resources, regardless of their gender.

There are many benefits to digital transformation, and it can play a significant role in bridging the gender digital divide. Firstly, it can help to provide girls and women with access to education and training to improve their digital literacy and skills. This can, in turn, enhance their employability and income-earning potential, leading to increased economic empowerment and independence.

Secondly, digital transformation can improve access to healthcare services, particularly in rural areas, where girls and women may face challenges in accessing healthcare facilities. Digital health solutions can help bridge this gap and ensure



that everyone has access to essential healthcare services.

Digital transformation can help promote gender equality and social inclusion by providing a platform for women to voice their opinions, participate in decision-making processes, and engage in civic activities. This can help break down traditional gender barriers and promote women’s leadership and participation in various sectors, including politics and business.

In conclusion, bridging the gender digital divide in Uganda is critical to achieving sustainable development and progress. Digital transformation can play a significant role in addressing this issue by providing girls and women with access to education,



Girls participation in Digital Technology.

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healthcare, and opportunities for economic empowerment and social inclusion. It is, therefore, essential that the government and other stakeholders continue to invest in digital transformation and prioritize efforts to bridge the gender digital divide in Uganda. With concerted efforts, we can ensure that everyone, regardless of their gender, has access to the

same opportunities and resources, and Uganda can achieve its full potential.

Ampeire Evas
Founder and team leader, Msaada Community Initiative (MCI).

Call For A Shift To Agroecology For Sustainable Food

By: Wangari Ndirangu
@themkenyatimes

Worth Noting:

- She explained that the youths are very enthusiastic about agroecology because they understand that it is the sustainable way to farm, to protect and preserve the ecosystems, as opposed to industrial farming, which destroys ecosystems and biodiversity.
- “The youth are getting involved in soil management, for example, by making organic fertilizers instead of inorganic chemicals that degrade the soils. We are also into biodiversity conservation as well as agro-ecological entrepreneurship to show that it works”, Brown added
- As farmers, the youth asked governments to ensure there are policies that safeguard the land rights of youth, particularly women and marginalized and indigenous groups, by ensuring equal distribution of resources to empower their entrepreneurial endeavors.



Solar powered agribusiness.

Youths from 24 countries in Africa have demanded a swift shift towards agroecology, especially in these times of climate and food crises.

The youth who were in Kenya for the last three days for the first ever Africa youth summit on food systems also declared unwavering commitment to advocating for an immediate transition to agroecology for sustainable food in Africa.

“As representatives of Africa’s vibrant and dynamic young generation, making up at least 60 per cent of the continent, we recognize the pressing need to address the critical challenges facing the future of our continent’s food systems and sovereignty,” the youth who met under the umbrella of the Alliance for Food Sovereignty Africa (AFSA) said.

Reading a declaration on behalf of the youth at the end of the summit, Joyce Brown, coordinator of the Youth Platform of AFSA, said agroecology represents a sustainable agricultural practice, and by adopting it, we can nurture a regenerative and inclusive food system that respects cultural heritage, preserves social values, and safeguards African identity.

“From all the deliberations we have had, it has been agreed that the time to transition to agroecology is now, so we are calling on governments to support that transition because agroecology addresses the common global challenges that we face and particularly the challenges facing Africa in terms of food security”, she said.

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“The youth are getting involved in soil management, for example, by making organic fertilizers instead of inorganic chemicals that degrade the soils. We are also into biodiversity conservation as well as agro-ecological entrepreneurship to show that it works”, Brown added

As farmers, the youth asked governments to ensure there are policies that safeguard the land rights of youth, particularly women and marginalized and indigenous groups, by ensuring equal distribution of resources to empower their entrepreneurial endeavors.

“Tailored financial assistance such as grants and subsidies must be provided to bolster the efforts of young farmers and agro-ecological entrepreneurs, as this will enable them to invest in sustainable agricultural practices, innovate technologies, and engage in value-added activities”, Brown said.

The youth also called for support when it comes to education, saying they will require skills for sustainable farming practices, climate change adaptation, and seed management and conservation.

“This can be done through integrating agroecology and environmental education into school curricula and establishing vocational training centers for youth in the agriculture sector. Empowering the next generation of farmers will pave the way for a resilient and sustainable future,” they said.

Lastly, the youth demanded a seat at the table when it comes to policy and programme design by including their voices in agriculture, climate change, and food system policy discussions.

Dr. Billion Belay, General Coordinator at AFSA, said they have started a youth wing in order to promote agroecology and that the youth leaders from the 24 countries in Africa are discussing the role of the youth in agriculture and specifically the agriculture that is needed.

Through this meeting, the youth leaders are planning to organize the biggest youth convention in Africa next year, where more than 1000 youths will come together to discuss the future of African agriculture,” he added.

Belay said that food imports in Africa are increasing and also exporting instead of the continent trading

among itself instead of exporting outside, and this has made African countries continue to be in debt.

“We are wallowing in debt. African countries agreed in the Maputo Declaration to allocate 10.5 of their GDP to agriculture, but they cannot do it since they do not have the money. The debt is so great that African governments borrow money to pay the debts; hence, the debt level is increasing”, he noted.

The coordinator noted that the investment level is also becoming difficult since the majority of payments are for the purchase of fertilizer and agrochemicals, yet the countries can go organic and produce food in a healthy way and thus cancel the debts.

There is a need to have an African levy on food policy both at the country level and the continental level just to encourage countries to produce their own food and also to sell amongst themselves, Belay said.

Warda Mohammed, 20, an environmental champion from Kisumu who nurtures young kids between five and six years old by putting up kitchen gardens, said that what motivated her into agroecological farming was her grandmother.

“We have been making kitchen gardens by recycling materials, namely plastic bottles and hair braids for fencing, and this summit has helped me learn even more and gain ideas on how I can expand my farming,” she said.

Warda said that her message to the youth, not only in Kenya but in Africa, is to go back to their culture and roots when it comes to growing traditional food and not rely so much on western foods.

“The young people are being advised to get involved in agroecology because the future is ours. If we destroy the soils today, we destroy the ecosystems today. We will only be depending on junk food, which is not good for our health,” she emphasized.

According to the Food and Agricultural Organization (FAO), the youth have already made significant steps forward in getting climate issues on the world stage, noting that the youth are key to transforming agri-food systems for the better, creating a new system that can meet modern challenges and provide nutrition for a growing population.

The Victory Of Vulnerable In Sharm Shows What Can Be Achieved When Enough People Get Behind A Good Idea



By: Imam MUGISHA

@themtkenyatimes



Worth Noting:

- Truth be told that creating a fund is one thing and fulfilling its mandate is another different aspect, but it's currently an empty vessel, the meeting also made baby strides in tackling the root cause of the problem. I thought we would build on agreement secured at Glasgow (COP26) which saw countries agree to phase-down all fossil fuels, including coal, oil and gas
- Success at COP27 for it to be an African COP, however, should be gauged not simply on reaching agreement on COP decisions, but rather, on reaching agreement on decisions that contribute to the further development of a fair, equitable, effective, and ambitious multilateral climate regime under the UNFCCC and its Paris Agreement that enhances international cooperation and increases support to African and other developing countries.



The 27th session of the Conference of the Parties (COP27)

“Seven months ago, we left sharm-el-sheikh Egypt excited that the loss and damage fund has been created”

The 27th session of the Conference of the Parties (COP27) of the UN Framework Convention on Climate Change (UNFCCC) in Sharm el Sheikh Egypt, gave false hopes to the entire African continent for a successful outcome, The history of the annual UN climate talks, now in their 27th year, is marked by setbacks, delays and inaction from the world's rich carbon emitters, as the climate crisis devastates countries and

communities in front of our very eyes, seven month ago we left sharm el sheikh very excited because after several days of negotiations, a loss and damage fund was created because the case was so strong and the voices so unified and loud that the rich countries would not be able to ignore us again on African soil.

There were high expectations that “the African COP” would deliver substantive progress and implementable climate actions on the priority issues for Africa and other developing countries, because they agreed to create a special fund for “losses and damages”, which will effectively compensate people who have suffered the most severe climate impacts,

Historically, G20 countries have emitted majority of the greenhouse gases driving the climate crisis and they are there the great financiers of this fund in an effort to pay for their

damages to developing countries to help them in addressing their mitigation and adaptation strategies.

Truth be told that creating a fund is one thing and fulfilling its mandate is another different aspect, but it's currently an empty vessel, the meeting also made baby strides in tackling the root cause of the problem. I thought we would build on agreement secured at Glasgow (COP26) which saw countries agree to phase-down all fossil fuels, including coal, oil and gas

Success at COP27 for it to be an African COP, however, should be gauged not simply on reaching agreement on COP decisions, but rather, on reaching agreement on decisions that contribute to the further development of a fair, equitable, effective, and ambitious multilateral climate regime under the UNFCCC and its Paris Agreement that enhances international cooperation and increases support to African and other developing countries.

Climate change is already causing shifts in growing seasons and increased dry spells and heavy rainfall. This has contributed to the growth of malnourishment and the transmission of vector-borne diseases such as malaria, and yellow fever. Economic productivity and growth in Africa are likely to be adversely impacted as well. Africa's capacity to respond is undermined by economic insecurity, debt, and a deeply inequitable global financial and trade system.

However, despite being among the

least historically responsible for climate change causing greenhouse gas emissions while being among those particularly vulnerable to the adverse effects of climate change, African countries are already contributing more than their fair share to adaptation – accounting for one-fifth of the expenditure required to reduce potential economic impacts on the continent. Africans, in more senses than one, are now paying the bill for climate change-related adverse effects caused by the historical emissions of developed countries.

Success at COP27 ultimately rests on real delivery of enhanced climate finance and other support to Africa and other developing countries, ability to get money flowing from wealthy countries to those most in need – at the pace and scale required to match the climate crisis. One of the biggest points of tension at COP27 was the developed world's failure so far to fulfil its promise to mobilize US\$100 billion per year in finance by 2020. As well as meeting that sum, developed countries need to set out how they will increase it from 2025.

Such climate finance is needed to help support African and other developing countries' climate actions, especially given that many of them face fiscal resource constraints, other developmental priorities, as well as immense debts that make it difficult for them to allocate more resources to climate action.

African hopes have risen again and

now entirely rests on the upcoming COP28 in UAE (Dubai), but will it offer an opportunity for change? Dr .Sultan Al Jaber, the president –designate for COP28 is the minister of industry and Advanced Technology and head of the Abu Dhabi National oil company (ADNOC), one of the world's largest oil companies, his appointment created major criticism arguing that it creates a conflict of interest with his position because his role is about inter-governmental negotiations with the goal of establishing consensus during the conference.

For Africa, the stakes are high. The continent is among the most vulnerable to the impacts of climate change, from droughts and floods and other extreme weather events. Many African countries are already facing devastating consequences of global warming, including crop failures, water shortages and displacement from their homes and livelihoods, such is partly due to un-sustainable flow of climate finance to scale up climate action

Imam MUGISHA

The writer is a member of civil society coalition on oil and gas (CSCO) and a Team leader at youth concern on environment and development (YCED)

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Nakuru County Lay Out Plans To Spur SMEs Growth Of SMEs

By: Erastus Gichohi

@themtkenyentimes



Worth Noting:

- Kihika said the county is in the process of establishing a Single Business Permit concept which will enhance efficiency in business licensing with approvals guaranteed within 48 hours.
- The Governor said her administration is undertaking business development services to SMEs through entrepreneurship training, business coaching, digital literacy, and financial literacy through collaboration with institutions such as Strathmore University.
- “The legal and administrative structures we have instituted will create a conducive environment for SMEs and investors to establish and operate businesses in the County,” said Kihika.
- Kihika said Nakuru County has been selected as one of the counties in which the Government is set to establish Small Business Development Centres (SBDCs) to spur SMEs.



Vegetable business.

Nakuru County government has instituted new legislative and administrative policies that seek to spur the development and growth of Small and Medium Enterprises (SMEs).

The County has already brought on-board and recognised SMEs as a key pillar of its operations pointing to their role and contribution towards poverty reduction, employment, and income generation at the bottom level of the economic pyramid.

The new measures seek to align county development and business activities with the National government’s Bottom-Up Economic Transformation Agenda (BETA) towards economic revival with SMEs as the core of its focal point.

Currently, SMEs average a contribution of 30 percent to the country’s Gross Domestic Product spread across all sectors of the economy.

The County has already established directorates of Trade, Business Support, Industrialisation, Entrepreneurship, and Cooperatives, and Public Participation and Citizen Engagement to create a structure to serve SMEs even at Ward levels.

Governor Susan Kihika in a speech read by Naivasha Sub-County Administrator Kingori Mwangi said in collaboration with members of the County Assembly have enacted various

laws which will create a conducive environment for SMEs.

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Additionally, Kihika said the planned construction of Egerton Agro-Industrial Park which sits on 250 acres of land will transform Nakuru County into an industrial hub where local techno-savvy youth, women, professionals, and investors will interact to create a platform for

“Made-in-Nakuru” manufacturing and innovations.

The governor said the county has already floated tenders for the Egerton Agro City Park and tens of County Aggregation and Industrial Parks (CAIPs) with a planned commissioning set for next month.

She said once completed, the park will attract banks, hotels, housing estates, and industries whose net effect will be far-reaching with economic and social benefits to boot.

Kihika said the county will also host a second Energy Park spearheaded by Kenya Electricity and Generation Company (KenGen) in Naivasha.

She lauded the National government for designating Naivasha town as an industrial city which she noted will transform the county into an industrial hub and economic powerhouse in the region.

“We have benchmarked with the best countries on the formulation, adoption, and implementation of policy, the legal and institutional framework for development and growth of SMEs,” said Kihika.

To enhance the trading environment, Kihika said the county has pumped millions of shillings towards market upgrade programme including Naivasha wholesale market at Sh600 million, the ultra-mod-

ern market in Nakuru City at Sh600 million construction) and the Sh 240 million Naivasha Market.

The markets will provide traders and business operators with a clean business environment to conduct their business and boost their incomes.

Kihika said her administration also has put plans to revive and restore agriculture through capital investments and the application of technology to make farming an income-generating activity.

So far, the county has registered 21 cooperatives, trained leaders and members of 85 cooperatives, and provided audit services to more than 105 cooperatives which will turn around the fortunes of farmers.

To revamp the growth of pyrethrum and avocado farming, Kihika said the county will distribute pyrethrum seedlings to 1,400 farmers and 106,000 avocado seedlings to farmers in the County.

She said the county is also educating potato farmers to grow the right varieties of potatoes to meet the growing demand in the market of up to 14 tons a day. The county has also distributed 220,560 bags of fertiliser to 34,708 farmers in the County at a cost of Sh3,500 which cushioned them from increased prices.

KCB Inks Deal With Jua Kali To Accelerate Market, Product Access

By: Ali Sheikh Mohamed and
Peace Muthoka
@themkenyetimes



Worth Noting:

- Speaking during the MoU signing ceremony, KCB Bank Director of Digital Financial Services, Ms. Angela Mwirigi noted that it is high time the Jua Kali sector received a new lease of life through the injection of much-needed market-driven competencies as a first step towards revolutionizing the sector.
- “The engagement we are unveiling today is a response to the urgent need for players within the Jua Kali sub-sector to tap into more formal entrepreneurial opportunities currently available with the goal of progressing towards decent work for all. KCB Bank Kenya and KCB Foundation will work closely to ensure that your members are well positioned within the skills development eco-system both locally and regionally,” Mwirigi said.



Welder.

Kenya Commercial Bank (KCB) has signed an agreement with the Kenya National Federation of Jua Kali Associations (KNFJKA) to accelerate the provision of affordable credit and capacity building to the members of the umbrella body.

The deal provides a pragmatic collaboration framework that will see KCB Bank and the KCB Foundation support interventions that will strengthen participation, coordination, collaboration, cooperation, and synergy within the Jua Kali sector.

Specifically, Jua Kali Association members drawn from carpentry, woodcrafts, metalworking, soapstone crafts, leather production, textile products, clay and pottery crafts, beekeeping, mechanical engineering, food processing, and electrical sub-sectors get access to a wide range of financial and non-financial services offered by the bank to spur their growth.

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time the Jua Kali sector received a new lease of life through the injection of much-needed market-driven competencies as a first step towards revolutionizing the sector.

“The engagement we are unveiling today is a response to the urgent need for players within the Jua Kali sub-sector to tap into more formal entrepreneurial opportunities currently available with the goal of progressing towards decent work for all. KCB Bank Kenya and KCB Foundation will work closely to ensure that your members are well positioned within the skills development eco-system both locally and regionally,” Mwirigi said.

Despite the Jua Kali sector’s prolific contribution to the economy, the sector is still plagued by systemic challenges that prevent the achievement of its full potential. These challenges include; Lack of adequate market for their wares, lack of access to relevant social protection services like pensions and insurance, lack of infrastructure, recognition of the learning and skills upgrading framework,

among others.

“There exists overwhelming evidence that the Jua Kali sector can become more competitive by increasing their involvement in formal support initiatives. We, therefore, have an opportunity to link them up to an inclusive financial system that recognizes their skills and appreciates their contribution to the economy,” Mwirigi remarked.

“As a bank with the largest network coverage in the region, we are well-positioned to support this agenda,” she added.

On the other hand, the Chief Executive Officer (CEO) of the Kenya National Federation of Jua Kali Associations (KNFJKA), Mr Richard Muteti, lauded KCB’s move as it will go a long way in unlocking the full potential of the informal sector.

“As sector players, we welcome KCB Bank and KCB Foundation on board, as through their respective interventions, we shall get the capacity to focus and upscale our entrepreneurial endeavors. As a result, we look forward to reaping the full

benefits of a robust SME sector that guarantees sustained growth,” Muteti said.

Muteti lamented that most companies and banks sign an agreement with claws back and leave them desperate, and urged KCB to honour the agreement. “We will not eat you; do not eat us,” Muteti said.

According to the Kenya Economic Survey 2022, 80 per cent of the slightly more than 900,000 jobs created in 2021 were in the informal sector, dominated by small and medium enterprises (SMEs). This means that for informal enterprises to flourish, they need to be given effective business support across key areas of engagement.

Rachel Ruto Champions Effective Management Of Solid Waste In Urban Areas

By: Beth Nyaga

The First Lady of Kenya, Mama Rachel Ruto championed effective management of solid waste in urban areas by participating in a public sweeping of Kitale streets. She further distributed 25 dustbins to the County Government of Trans Nzoia, which will be installed across the town in areas with high traffic. Later, Mama Rachel Ruto inaugurated the Mama Forest Park in Kitale township Forest Block 3, where over 4,000 trees were planted in 15 minutes. The 15-acre forest park is part of the Kenya Forest Service Master Plan, which aims to convert the Kitale township forest into a recreational park. The First Lady cited women’s role in environmental conservation, urging them to plant trees and adopt clean cooking technologies in place

of firewood to reduce deforestation and household emissions-related illnesses that kill over 23,000 people annually in Kenya. The tree planting activity is part of the First Lady’s commitment to plant 500 million trees in 10 years, in support of the President’s directive of 15 billion trees by 2032 to grow our tree cover to the recommended 30 per cent to mitigate the adverse effects of climate change. The First Lady was accompanied by, among others, Dr. Robert Pukose, Member of Parliament Endebess, Lillian Ntembeya, the spouse to Transzoia Governor George Ntembeya, County Secretary Truphosa Amere, Kenya Seed Managing Director Sammy Chepsiror, New KCC Managing Director Nixon Sigei, Peter Weru, the Chairman of KEPHIS, and local community forest associations.



The First Lady of Kenya, Mama Rachel Ruto

IPOA Condemns Attacks On Police In Mandera, Calls For Perpetrators Arrest

By: Our Reporter
@themtkenyatimes

The Independent Policing Oversight Authority (IPOA) has denounced attacks in the North Eastern region following the killing of one National Police Reserve (NPR) officer and injuring two others on Friday while on duty. In a statement to newsrooms, Authority’s chairperson Anne Makori has raised concerns over the state of insecurity in the region calling for the arrest of perpetrators. According to the Authority, bandits have been terrorizing the residents in the troubled areas and the police should move in to neutralize them and restore peace. IPOA consequently mourned the deceased officer expressing its commitment to ensuring multi-agency

teams and civilians are protected from terror groups. “At the onset, the Authority sends condolences to the Inspector General of Police, members of the National Police Service, National Police Reservists, the family and friends of the fallen hero,” Makori stated. “IPOA remains committed to ensuring Kenya attains and sustains the highest possible standards of policing, including by ensuring all law enforcement personnel, including uniformed officers and civilians acting at the behest of the National Police Service, are adequately cushioned to deliver on this demanding expectation – Protection of life and property for all.”



IPOA chairperson Anne Makori.

Ruto Faults Opposition For Being Dishonest About Finance Bill

By: Kevin Wachira

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President William Ruto has faulted the opposition for being dishonest about the finance bill and the housing program.

The president says the opposition had previously supported the program only to oppose it because they are not the ones to implement it.

Ruto was in the Leshuta area of Narok West Sub County Narok County to attend the thanksgiving service of Environment Cabinet Secretary Soipan Tuya.

The housing levy debate took center stage with Kenya Kwanza leaders led by National Assembly Majority whip Sylvanus Ososro and Senate Majority Leader Aron Cheruiyot saying parliament will pass the Finance Bill 2023.

The Head of State urged Kenyans to support the Finance Bill 2023 and the housing program saying it will

create job opportunities for thousands of Kenyan youth.

In conclusion, he warned members of parliament that shooting down the bill would be tantamount to denying Kenyans jobs and the opportunity to own decent homes.

President William Ruto

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City Hall Conducts Tree Planting Exercise Ahead Of World Habitat Day

By: Capital Correspondent

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Nairobi City County Secretary Patrick Analo led a delegation from Nairobi City County Government to a site visit to Kamukunji public space and conducted a tree planting exercise ahead of the second session of the United Nations Habitat Assembly that will be held from tomorrow to Friday in Nairobi, Kenya.

The theme of the session is “A sustainable urban future through inclusive and effective multilateralism: achieving the Sustainable Development Goals in times of global crises.”

The Acting County Secretary who was representing Governor, Johnson Sakaja later led the delegation to Pangani affordable housing project and the Green park.



Ag. Nairobi City County Secretary, Patrick Analo planting a tree at Kamukunji..

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“This event is an important milestone for Nairobi City as it will go a long way to opening the city to the rest of the World. Nairobi’s urban

infrastructure has undergone extensive improvements, including the tarmacking and repair of roads in the city,” he stated.

He pointed out that the changes in Nairobi are focused on creating a sustainable society for the future, a society in which people can play an active role.

He explained that in dealing with the dual crisis of infectious disease and climate change now facing the world, we intend to continue promoting sustainability county wide.

“We have recently launched a restoration program. The transformation of Nairobi has already begun. The Mobility sector has rehabilitated over 50km of road network including Kayole, Industrial area, CBD, Kileleshwa, Westlands, Karen and improved the city’s drainage system by working closely with National Government Agencies,” he stated.

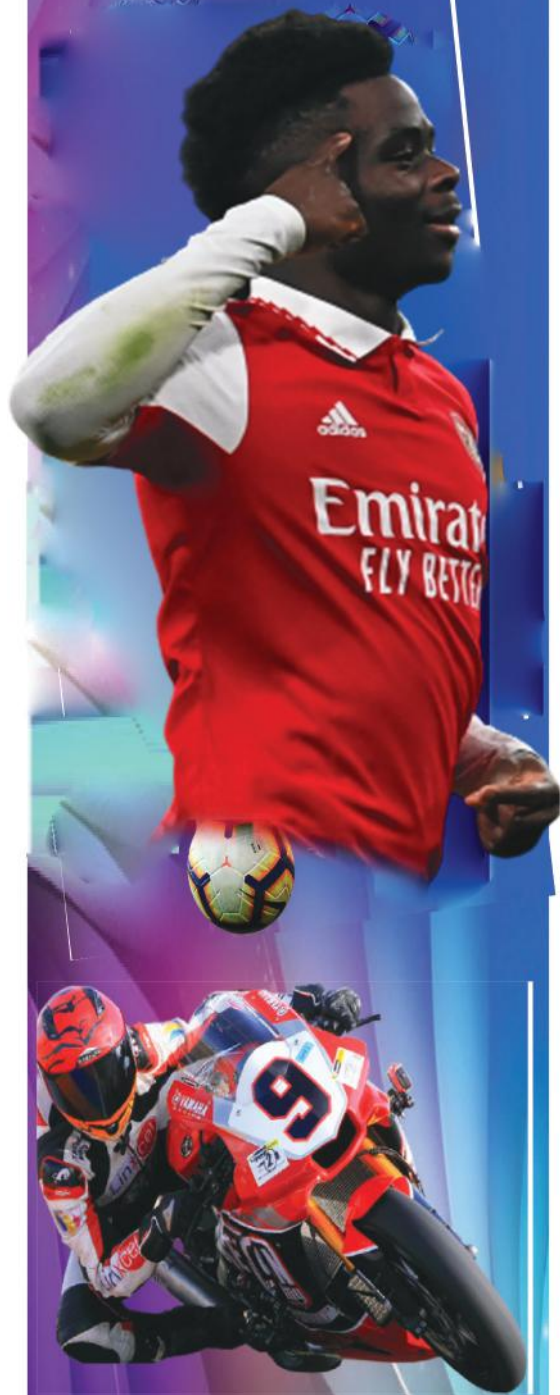
“We continue to build capacity for our inhouse Engineers by acquiring modern fleet both vehicles, plant and equipment. Our Asphalt has produced over 1,000 tonnes of Asphalt

concrete, which has immensely improved mobility in the city. In collaboration with the National Government agencies, the County has embarked on construction of over 200 km of Non-Motorized Transport (NMT) Facilities; Walkways, bicycle lanes and pedestrian walk ways.”

Accompanying the Ag. County Secretary on the respective site visits was Lands County Executive, Stephen Mwangi, Chief Officers Marion Rono (Lands) and Lydia Mathia (Public Engagement), Officials from United Nations Develop Program, delegation from Malaysia, Namibia, South Africa and Senegal.

SPORTS NEWS

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Sports >> *Ulinzi Starlets head coach Joseph Mwanza says their ultimate target is to clinch the Women’s Premier League (WPL) title next season

Ulinzi Starlets Eye League Title After Second Domestic Cup Crown



Ulinzi Starlets players celebrate with the FKF Women’s Cup trophy. PHOTO/RAYMOND MAKHAYA.

Ulinzi Starlets head coach Joseph Mwanza says their ultimate target is to clinch the Women’s Premier League (WPL) title next season.

The soldiers finished third in the just-concluded 2022/23 season, accumulating 42 points to finish 10 points behind eventual champions, Vihiga Queens.

Mwanza admitted that it will be a tough challenge to dislodge the Legacymakers but added his charges will be up for it.

“We have won every title there is to win but the only one that we have yet to win is the league title. This is what we are coming for the next season...we respect our opponents and we know it won’t be easy but we are prepared for that challenge,” Mwanza said.

The gaffer was an ecstatic man

on Sunday afternoon as the soldiers retained their FKF Women’s Cup title courtesy of a 3-1 win over Nakuru City Queens at the Nyayo National Stadium.

Mercy Airo grabbed a brace in a dominant 20 minutes in the first half before Merceline Wafula pulled one back for the league newbies in the 48th minute to put the game on edge.

However, Mwanza steadied the Ulinzi ship and was duly rewarded in the dying stages of the match as Kenyan international Neddy Atieno rose highest to head in Everline Juma’s corner.

Reflecting on his third title in his stint with the soldiers, Mwanza admitted it was a sweet feeling that goes some way to erase the pain of missing out on the league title.

“After what happened to us in the league, we had to win here today. I am happy for the result because the girls have worked hard for it. We prepared well because this was our chance for silverware this season and wanted to win it,” he said.

Mwanza further admitted their opponents’ goal came as a result of a lapse in concentration.

“These are moments that occur in football...I was not tensed about it (the goal) at all. Instead, we learnt from it and made the necessary adjustments to ensure that we contain them and secure the game,” he said.

A learning experience

For his opposite in the dugout, Chrispin Wesonga, playing in the domestic cup final was a great learning experience for his

charges as well as the tactician himself.

“This is my first season in women’s football and I must say I have learnt a lot...the positives and the negatives. This is a very young team that is growing and to make it this far is a great achievement. What we have done this season is a great foundation for next season and I promise we will come back stronger,” Wesonga said.

The team finished sixth on the WPL log, winning nine games from their 21 matches to accumulate 32 points.

In an earlier match at the same venue, Kibera Soccer Ladies beat Kisumu All Starlets 4-2 to clinch third place.

Capital Sport

GET THE BEST OF WORLD

Sports >> *Pep Guardiola said Manchester City have “one more to go” after moving to the brink of a historic treble by beating Manchester United 2-1 in the FA Cup final on Saturday.

Guardiola Targets Man City Treble After Fa Cup Final Win



Pep Guardiola lifted his 11th major trophy as Manchester City manager on Saturday.

Pep Guardiola said Manchester City have “one more to go” after moving to the brink of a historic treble by beating Manchester United 2-1 in the FA Cup final on Saturday.

City captain Ilkay Gundogan was the hero with both goals, including the fastest ever in a FA Cup final after just 12 seconds.

Guardiola’s men have already secured a third consecutive Premier League title and can equal Manchester United’s unique 1999 treble if they beat Inter Milan in next week’s Champions League final in Istanbul.

But the former Barcelona and Bayern Munich boss warned his side have to conquer Europe for the first time to be considered among the greatest teams of all time.

“The players know what we have ahead of us,” said Guardi-

ola. “After every hug everyone said: ‘one more to go’.

“We are in a position we will probably never be in again.

“Everybody knows we’ve done incredible seasons, but we have to win the Champions League to be recognised like the team deserve to be recognised.”

A second FA Cup triumph took Guardiola’s total of major trophies in seven seasons in Manchester to 11.

But the Champions League has so far eluded City despite the billions invested since an Abu Dhabi-backed takeover transformed the club’s fortunes 15 years ago.

“What a privilege, we are one game away,” added Guardiola, whose side are huge favourites to beat Inter in Istanbul.

“More than the facts of the treble, (it is) the chance to win the Champions League.

“For me it is remarkable (to reach) two finals of Champions League and one semi-final (in three years), but at the end we have to win it.”

Gundogan’s double could be a parting gift with the German out of contract at the end of the season.

The 32-year-old has been heavily linked with Barcelona, but Guardiola retains hope of convincing his skipper and neighbour to stay.

“He knows what I think (of him). There is no doubt,” said Guardiola.

“We are neighbours, we live in the same floor for many years, he is a close friend of mine but hopefully we can finish in a good way. (City sporting director) Txiki (Begiristain) is working.

“The season he has done is exceptional.”

Gundogan said the City squad are determined not to let a golden opportunity slip by next weekend.

“To win this trophy again and complete the double is amazing for us,” Gundogan said in a City statement issued seconds after the final whistle.

“Our focus now, however, is on resting, recovering and being fully prepared for next weekend’s Champions League final.

“We have a chance to do something special and win the treble and we do not want to let this opportunity pass us by. I can promise our fans we will do everything we can to win in Istanbul.”

AFP

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Suffering In The Bomost Of Whiteness

By: Lobarkhon RUSTAMOVA



Lobarkhon RUSTAMOVA.

Worth Noting:

“Hey, a good girl, I didn’t hear what you said yesterday.” It seems that we can not punish.

A handful of cotton in your hand.

“How are you, sister, I didn’t even ask your name last night,” you said, putting the cotton on my skirt. I said.

- It’s a beautiful name.

“Aren’t you going to ask my name?” - You laughed.

- I know your name.

- Look at this, the girls’ information center works very well. Nice to meet you. But you type too slowly. City dwellers are like that. He has not seen the sun.

The vast cotton field is swaying like a white sea. The golden rays of the sun, returning to its bed, play on the faces of the white, fluffy cottons, which the farmer raised as an example.

While I was admiring the boundless expanses of heaven, flocks of storks returning to warm lands, and the beauty of nature surrounding me, someone’s voice came.

It was you.

“Hey, good girl, you’re going to throw it away!” Go back.

I blushed. “If they fight.” You came to me before I took one step at a time.

- My sister, you look like an intelligent and understanding girl. After all, cotton grows from this one seed! The embers of the harvest are falling. You will not be blessed if you rush to see those who have gone before you so as not to be left behind. Try to clean it up. Your weight will also increase.

- Sorry, brother. Now I will type as you said.

When you said that, my heart was filled with sadness in your eyes. I took you so close to my heart that I didn’t even realize it. You’ve gone to other insects. I didn’t know then, did I like it at first sight? Your beautiful body, your tanned faces in the sun, and your pitiful rebuke have settled in my heart, as if.

The night seemed to drag on. I

would like to see you in the morning.

I tied the hem in the morning and came to the end of the hem. Dew glistens on cotton leaves. As I pick the white cottons overflowing from the fields, I think about you. I look for you with my eyes. Finally, I heard your voice:

“Hey, a good girl, I didn’t hear what you said yesterday.” It seems that we can not punish.

A handful of cotton in your hand.

“How are you, sister, I didn’t even ask your name last night,” you said, putting the cotton on my skirt. I said.

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- Look at this, the girls’ information center works very well. Nice to meet you. But you type too slowly. City dwellers are like that. He has not seen the sun.

- I am not from the city. “It’s on the outskirts of the city, the village is ours too,” I said.

- Come on, give me the skirt. I’ll dig a little.

I was very, very happy in those moments. Because you are next to me. He would say funny things and make you laugh, but your hands would go from groin to groin. During the conversation, I learned that you are an agronomist and studied in Tashkent.

The cotton era has passed so quickly that I wish it would not end.

My friends are happy and reluctant to leave. I am sad only for me. I can’t see you anymore.

You called me in the evening. You were also kind of sad.

- Do you leave your patient without treatment?

- Are you a patient? - I laughed.

- It’s true, a patient suffering from love pain.

- Tell the truth, where does it hurt? I asked again.

- My heart. How can I stand without you?! - You took my hand between your palms.

“Have no choice “ I said.

- May I go and write a letter? Don’t fight?

“No,” I said, as if I was being separated from the closest person in the world, my heart ached for some reason, I couldn’t help myself, I started crying.

- I will wait for you.

Sorry, I received only one letter from you. You wrote that you will definitely come. And then I spent one year of my studies with your imagination. I was a third-year student of the medical college.

Finally, we are in cotton again. I wish I could see you now and pour out all the bitter and bad words in my heart to you. I’ll show you how to make fun, how to laugh at love...

It’s been a week since we arrived and you haven’t been seen. I was impatient, I asked. Did you hear me, Dad, I rushed out of the room.

- No, no, it cannot be. No. Do not dead. He is alive, he is alive!

I was in a strange situation. I was going to the cemetery while leaving. I found you - your grave. In my opinion, you were always alive and laughing in the image inside the stone. I couldn’t stand it, I cried.

On the day of that terrible incident, you came to the shed and smelled the soot. You rushed to the place where the cotton was harvested, it was burning. You started to turn it off when it was still alive, and you didn’t notice the broken electrical wire lying on the ground. You saved tons of wealth...

I still can’t believe it. You will always appear in my memory. You live in my heart.

While picking cotton, I hear your voice:

“Hey, a good girl, don’t do anything.”

I’m looking for you, looking for you, and at first you’ll look like you’re laughing with a bunch of cotton in your hand.

- You left so much cotton, sister.

I hurry to get to you, so as not to lose again. I run through the hills. And you keep moving away, moving away...

- Stop, don’t go, don’t go!!!

I hear your sweet voice that burns my heart.

- Don’t you treat your patient? I’m sick of love. The pain of love...

My heart is in pain. Tears fall from my eyes. From Ohla-rim, the cotton fields are swaying like the sea. I will join the white, white sea.

SORRY

Someone knocked on my window. Is that you?.. I jumped out. I looked for the gardens, ran to the canal. But... I couldn’t find it. My body aches from the bitter pains of separation, pressing on the bad situations lying on the earth’s bosom. Tears flow from my eyes from the blows of separation’s dagger. “What, is this a delusion? Is it not you who clicked on my window, but the wind? I remember... It was autumn. You knocked on my window.

- Get out. Look at nature. Shall we go to the garden?

- I am checking the written work, let me finish it.

You entered the house impatiently:

- You are wonderful! If I tell you to rest, won’t you agree... - You took my pen.

“You don’t understand that my work is extremely necessary,” I complained.

- I understand, I’ll take a look later. And now I want to talk to you for a long time... If you know more, I’ll fly on a donkey.

“Oh, my dear, what’s wrong with the stallion, young boy?” - I laughed.

- You know, when you are old and grumpy, you brag to your grandchildren that I flew in a rosy pony when I was young.

“You confirm, don’t you?” - I say looking at you.

“That’s right,” you say and draw a sad smile. - You still miss these days. Then do not regret!

- Why do you say that? - my spirit falls.

- After all, we are not tied to life. But your presence, being next to me is a world of happiness for me...

I left behind you. I searched for it. But I can’t find it. Now I’m sorry... I’m looking for you, your lovingly nurturing eyes... I want to talk with you, fly on a donkey. But...

Lobarkhon RUSTAMOVA