

Kenya Among 12 Countries To Receive Malaria Vaccine Doses
 Kenya is among 12 countries across different regions of Africa that are set to receive 18 million doses of the first-ever malaria vaccine over the next two years. The first doses of the vaccine are expected to arrive in countries between September and December, with countries starting to roll them out by early 2024. Page 18

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News >> Don't Reject Your Drunk Children, Pastor Dorcas Urges Parents

P. 8. The Spouse of the Deputy President Pastor Dorcas Rigathi has challenged parents with children addicted to alcohol and drugs abuse to accept them as one way of their recovery



Motivation >> Take A Day At A Time And Enjoy It

P. 12. ...we are as poor and circumscribed as ever, and our souls still languish for unattainable happiness..... Johann Wolfgang von Goethe



Business >> Stephen Obewo: Creating Jobs Through Manufacturing

P. 16 When you visit Siaya County, and especially Siaya Town, the air you inhale will most certainly resonate with the brilliance of one gentleman, endowed with Solomonic wisdom

High Court Declines To Lift Conservatory Orders On Finance Act 2023

The High Court has declined to lift conservatory orders against the Finance Act, 2023 issued on June 30 in a suit filed by Busia senator Okiya Omtatah and Human Rights Groups



President William Ruto and Busia senator Okiya Omtatah

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Raila Takes Matatu To CBD To Protest High Cost Of Fuel

By: Beth Nyaga

ODM/Azimio la Umoja Leader Raila Odinga Monday morning took a ride in a matatu from Karen to the

Central Business District of Nairobi. In what caught town goers by surprise, Odinga alighted at the famous Ambassador Matatu terminus and walked straight to the Tom Mboya statue next to the National Archives.

He then went to a shoe shiner to clean his shoes to the amusement of the crowd that had formed. Chants of 'Baba, Baba, Baba' were heard as he strode across the road towards

STORY ON PAGE 13

Raila Odinga in matatu



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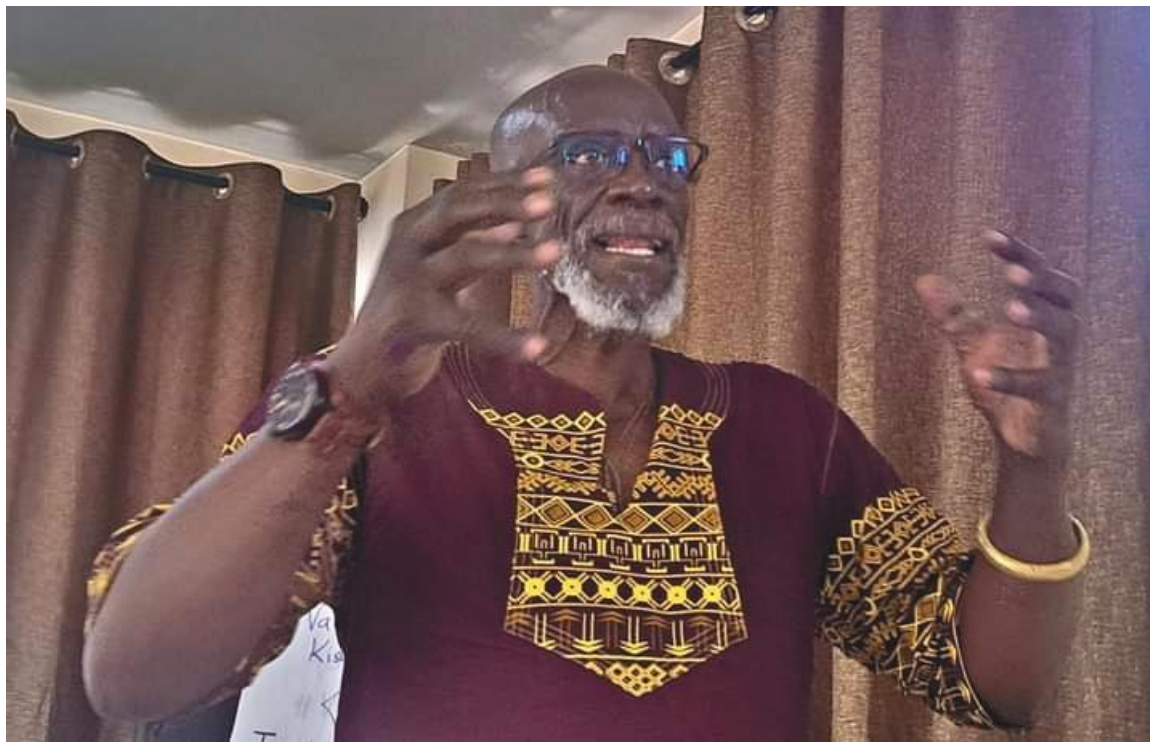
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Push For African States To Boost Vaccine Science - Experts

By: Joseph Ouma
 @themtkenyatimes

Worth Noting:

- “We will do outreach programmes in schools, churches, universities, and middle level colleges. This followed the revelation that only 53% presented themselves to get the jab while 47% others kept off for various reasons,” he explained.
- Dr. Ndonge revealed that AgaKhan University was currently developing a Blueprint for the government of Kenya to prepare itself in case of another round of COVID-19 strikes.



Prof. Obi Obiero Odhiambo

The African continent needs to build citizens’ confidence in vaccine science to reverse misinformation, disinformation, and myths associated with COVID-19.

The myths, misinformation, and disinformation went viral, reversing the gains made by partners in the fight against the pandemic.

Agakhan Graduate School of Media & Communication (GSMC), during a sensitisation forum for journalists from Western Kenya who converged in Kisumu to spearhead the fight against vaccine hesitancy while demystifying myths and misconceptions, noted that with such confidence, citizens are able to adapt and make informed choices.

Led by Prof. Obi Obiero Odhiambo and Dr. James Ndonge, both of GSMC, through the sponsorship of the German Finance Corporation and Aga Khan University, the forum held an interesting dis-

course touching on COVID-19.

The programme is running concurrently in Kenya, Uganda, and Tanzania to scale up the fight against COVID-19, even as the global trend appears to indicate that the pandemic was on a downward trend.

“We will do outreach programmes in schools, churches, universities, and middle level colleges. This followed the revelation that only 53% presented themselves to get the jab while 47% others kept off for various reasons,” he explained.

Dr. Ndonge revealed that AgaKhan University was currently developing a Blueprint for the government of Kenya to prepare itself for a future response in case of another round of COVID-19 strikes.

He concurred with Prof. Obiero that there was a lackluster response to COVID-19 in Kenya, while it was a nightmare trying to access data from the

local Health System.

Prof. Obiero said our Health Information System was very weak, unlike the one used in fighting HIV, TB, and malaria, describing the latter as quite robust because it was preferred and funded by foreign partners.

He described a low Ratio between doctors and patients, attributing this to persistent brain drain.

Health stakeholders blamed poor remuneration while doctors, clinicians, and nurses worked non-stop for up to 48 hours.

Kenya has “brick and mortar” in terms of equipment, buildings, and machines, but all these are tied to procurement, which is quite laborious and a hardnut to crack while seeking drugs and vaccines, argued Obiero.

In relation to Health financing, he said most African countries performed dis-

mally, yet the Abuja Declaration required each country to set aside 5% of their Gross Domestic Product (GDP) for Health.

Ironically, Kenya, which is said to have done well in light of having set aside 1.3% of their budgetary allocation to Health against the set standard of 5%, and other countries in the continent are all below 1%,” explained the don.

Prof. Obiero said without adequate Health Financing as stipulated in Abuja, we as Third World countries cannot reverse the woes of doctors getting paid less than Members of the County Assemblies (MCAs).

How did Kenyans respond to the coronavirus? Was it willingness or skepticism? He questioned the prevailing narrative on COVID-19, with 767, 518, 723 confirmed cases and 6,947,192 deaths globally.

This is why the duo agreed that Risk Management and Communication to mitigate against the Corona virus were vital at an early stage before the pandemic escalated into a global crisis.


Responding to question-and-answer sessions, the duo said that in Africa, a total of 1137.4 million vaccine doses were received, but only 1084.5 million vaccines were administered.

Prof. Obiero said vaccine apartheid and politics around COVID-19 vaccines greatly frustrated the fight against the pandemic. Whereas some commercialized it, others simply sidelined the African continent.

There are several types of vaccines; protein-based, viral-based, Ribonucleic Acid (RNA), and Deoxyribo-Nucleic acid (DNA), which is the hereditary material in humans and almost all other organisms.

RNA forms part of the DNA of a human being.

Editor's Desk




The Mt. Kenya Times

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Stakeholders Consultative Meeting On Wajir County's Lasting Solution To Water And Sanitation Services

By: MoWSI

The Principal Secretary State Department for Water and Sanitation Dr. Kipronoh Ronoh yesterday chaired a consultative meeting on Wajir county water and sanitation services.

The Wajir leadership was led by the area governor Ahmed Abdullahi.

The county is a water scarce region with current studies revealing that only two areas of Arbajahan and Ademasajida can be drilled to provide water to Wajir town.

While addressing the leaders, PS Ronoh urged them to urgently convene a meeting to further deliberate on a workable and long term solution to provide water and sanitation services to the residents.

The PS revealed that plans are under way to commence the award for construction of the Bute dam project.

All the leaders present advocated for long lasting situations to provide

water and sanitation services in their county with the PS assuring the leaders that a team headed by Water Secretary Eng Sao Alima will meet with Water Resources Authority (WRA) and Northern Water Works Development Agency (NWWDA) to further come up with strategies for water and sanitation services in the area.

As way forward, the Wajir leadership agreed to meet urgently, within two weeks under the governor leadership and report their views and findings to the Ministry for more discussion and implementation.

The PS reiterated that there is no more space for feasibility study as much more research has been undertaken before and called on The Consultant SMEC and Earth Water Limited to share their findings with the County Government of Wajir so as to create more synergy and ownership of the program.

Dr Ronoh who convened the meeting at the ministry headquarters in Nairobi was flanked by Water Secretary Eng Alima, Secretary Adminis-



Senior Ministry of Water, Sanitation and Irrigation officials pose for a photograph with Wajir County leadership outside the ministry headquarters after a consultative meeting yesterday.

tration Stephen Kihara, Eng Amwata and CEO NWWDA Andrew Rage. From Wajir, the governor was accompanied by Aden Daud MP Wajir East, Hussein A. Barre (Tarbaj),

Yussuf Mohamed (Wajir) West, Mohamed Adow (Wajir South), Fatuma Abdi (Woman Representative), Ibrahim A. Saney (Wajir North) as well as a number of Members of County

Assembly.

Twenty Seven Released on Cash Bail for Illegally Participating Saba Saba Demonstration

By: Elizabeth Angira
@themkenyaintimes

Twenty Seven Accused persons have been arraigned in Kisii Law court for conducting unlawful protests during Saba Saba protests in Kisii town.

The accused persons appeared before Senior Principal Magistrate Caroline Ocharo were charged with that on 7th July they conducted unlawful protests within the streets of Kisii town.

The protesters were arrested during Saba Saba anti government demonstration where they were protesting against the high cost of living and the Controversial Finance Act, 2023.

Five of the accused persons were also charged with malicious damage of property of a government vehicle where they destroyed windscreen and headlights.

Also 12 of the accused persons were also charged with malicious damage for destroying a windscreen and

headlights to a government vehicle Ksh.50,000 in Kisii town.

Further, the 12 were charged for destroying window panes belonging to Kenya Commercial Bank worth Sh.500,000.

The accused persons pleaded not guilty to the charges.

Zelmer Bonuke representing the accused persons applied for a free bond for since almost all the accused were students from colleges and universities within Kisii.

"The accused are not flight risk as they would avail themselves to court when needed," said Bonuke.

Bonuke argued, his clients have been in custody since Friday and some were injured during the arrest.

"My clients were on the streets minding their own business," said Bonuke.

George Morara counsel said among the arrest was a minor and he should be released on a free bond.

Prosecution counsel James Morande said defense counsel never proved to court on those who were sick and also never provided evidence to court whether there was a minor.



Accused persons appeared before Kisii Law Court for unlawfully participating illegal demonstration. Photo | Elizabeth Angira.

"I pray for objection to this application and ask this court to give the accused persons reasonable bond terms," said Morande.

The court ruled, considering the circumstances of the case and most of them are students they should be given reasonable bond terms.

The Court granted each of accused

persons a cash bail of KSh.30,000 apart from the minor.

Mentioning of the case will be on July 24th and hearing 30th October.

Tribunal Expels Uhuru's Men Murathe, Kioni From Jubilee Party

By: Capital News

The Political Parties Disputes Tribunal (PPDT) on Monday ratified the decision by the Jubilee Party to expel Vice Chair David Murathe and Secretary-General Jeremiah Kioni.

The two were once influential officials in the former ruling party that unfortunately has been facing internal wrangles.

The tribunal also upheld the appointment of the East African Legislative Assembly (EALA) Member of Parliament as the substantive Jubilee Party Secretary General.

The tribunal's ruling is a major blow to former President Uhuru Kenyatta who has been angling to keep control of the party by backing former Ndaragwa MP Jeremiah Kioni's claim to the Secretary-General post.

The Jubilee Party Kega-led faction had on May 19, 2023, subsequently resolved to expel Kioni and Vice Chair David Murathe from the party.

"Following a review of the submitted documents in line with the Political Parties Act

and the party constitution, this Office is satisfied that the party adhered to the due process. Accordingly, pursuant to section 34(da) of the act, this office has updated its records and the register of party members," the ruling read in part.

Kioni, Murathe, and Kagwe Gichohi on May 25, 2023, consequently lodged an appeal, seeking stay orders for the changes in party leadership.

In recent months, the two factions; Kioni and Kega have accordingly engaged in a fierce struggle over the leadership of the party.

The Kega faction, more recently, took action by removing retired President Kenyatta as the party leader and installed nominated MP Sabina Chege as the acting replacement.



Former President Uhuru Kenyatta's men - Murathe, Kioni expelled from Jubilee Party. Courtesy .

Kalonzo Says Kenya Kwanza Insensitive To Plight Of Kenyans

By: Capital Correspondent

Wiper Democratic Movement Kalonzo Musyoka has condemned the Kenya Kwanza leadership for being insensitive to the cries of the Kenyan citizens over the heavy burden of taxation and the rising cost of living.

Kalonzo says Kenya Kwanza leadership has shown absolute arrogance over the handling of Kenyans whenever they try to raise issues with the ruling class over unbearable living conditions.

The Wiper leader while scoffing at the Kenya Kwanza administration assertion that Kenya is a limited company with shares, Kalonzo says "It is time every Kenyan is given his/her share".

Kalonzo thanked the police in Machakos county for demonstrating absolute tolerance and allowing

Leaders to picket and address Kenyans in peace.

He says revolutions are created not by violence but messaging and common goals.

He condemned the actions in parliament where it has been revealed that Kenya Kwanza used bribery and other orthodox means to push for the passing of the finance bill.

Kalonzo made the remarks today when he attended a Church service and 4th anniversary celebrations of Missioners of Hope Christ Ministries, Utawala, Embakasi East Constituency.



Wiper Democratic Movement Kalonzo Musyoka.

NGO Council Of Kenya Condemns Saba Saba Protests

By: Emma Jolly Wambui
 @themtkenyatimes

Worth Noting:

- “For a heavily indebted and struggling Kenyan economy, this is a luxury we cannot afford,” stressed Cheboi while asking hardliners on both sides to give peace a chance.
- He reiterated that further protests planned tomorrow should be called off, appealing to political leaders to stop holding Wananchi at ransom as they pursue their own selfish agenda.
- “Let us always observe peace as a nation. We should be united as the people of Kenya,” Cheboi emphasized.



Stephen Cheboi

The Non-Governmental Organizations (NGO) Council of Kenya has condemned the violent protests witnessed during the Saba Saba Day street demonstrations last Friday in some parts of the country.

In a press briefing at Nyayo House in Nairobi, Council Chairman Stephen Cheboi expressed regret that the opposition had opted for protests, knowing it was unable to control goons and criminal elements from taking advantage.

“We as a council respect the rule of

law and the constitutional right to assembly, but this should not be done at the expense of Wananchi, who had to close down businesses for fear of looters after others were robbed,” he said, adding that many others stayed home as additional reports indicated that several planes carrying tourists to Nairobi were diverted to Dar es Salaam and Kampala.

This, he said, in economic terms, means that the country may have lost up to Sh9 billion in one day alone.

“For a heavily indebted and struggling Kenyan economy, this is a luxury we cannot afford,” stressed Cheboi while asking hardliners on both sides to give peace a chance.

He reiterated that further protests planned tomorrow should be called off, appealing to political leaders to stop holding Wananchi at ransom as they pursue their own selfish agenda.

“Let us always observe peace as a nation. We should be united as the people of Kenya,” Cheboi emphasized.

“The Council, as an umbrella Orga-

nization of all NGOs and other CSOs, calls for sobriety and dialogue through the bipartisan approach to resolve thorny issues,” added Cheboi, urging leaders both in government and the opposition to be accountable to the people.

He pointed out that the opposition’s move to collect 10 million signatures should be done within the law given that elections have long been concluded and new commissioners to the electoral commission body are yet to be reconstituted.

The country, he remarked, should not be subjected to the “law of the jungle” of Thomas Hobbes, where “might is right” and life is short and brutish.



A man walking past a burning tire during the protest..

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Don't Reject Your Drunk Children, Pastor Dorcas Urges Parents

By: Capital Correspondent

The Spouse of the Deputy President Pastor Dorcas Rigathi has challenged parents with children addicted to alcohol and drugs abuse to accept them as one way of their recovery.

Pastor Dorcas who was speaking on Sunday evening during a football tournament in Kiambu between Jubilee Christian Church team and Heroes of Christ said there is need for such children to be loved and understood by their families for them to heal.

She said stigmatizing and condemning them will push them away from their recovery.

"Drug addiction and alcoholism is actually a disease. You cannot condemn people who are sick, what you need is to understand them and help them to overcome." She said.

Pastor Dorcas said her office is working towards rehabilitating the addicts in inpatient and outpatient programs.

"We don't stigmatize this thing (Alcoholism). If your child is on drugs, don't be ashamed. Bring them and we will work towards validating their dream. Do not reject your children. It is for us as parents, as a society, as a community to make sure that this generation is not lost." She added.

The tournament brought together a team of those recovering from drug and substance abuse and alcoholism who have been involved in technical training and counselling.

Kiambu Sub County DCC Titus Macharia said the fight against alcoholism in the region has made good progress thanks to the combined efforts between the administration and the community.

"Without the people being sober, no matter what the government does, we will not benefit from the things the government does. In Kiambu we have reduced the consumption of illicit brews to the barest minimum." He said.

Deputy President Rigathi Gachagua has been leading a fight against alcoholism in the Central Kenya region.



Spouse of the Deputy President Pastor Dorcas Rigathi

Kajiado South MP Urges KWS Officers To Build Community Rapport

By: Stephen Lemein and Kimani Tirus

@themkenyatimes

Kajiado South Constituency Member of Parliament, Parashina Sakimba, has called upon Kenya Wildlife Service officers from Tsavo National Park to cultivate good rapport with the local community in Kajiado South.

This is after KWS officers recently apprehended herds of cattle from Kajiado South that were grazing in the park, causing a confrontation with the local folks.

Sakimba also urged the local community, especially the herders, to co-exist peacefully with wildlife to avoid human-wildlife conflicts, especially after the recent adverse drought spell.

The legislator, who was speaking on Sunday during a Thanksgiving Sunday Service at St. Barnabas ACK Church, Loitoktok, called upon KWS to release the confiscated



Kajiado South MP, Parashina Sakimba.

animals as well as the herders who were arrested in the fracas.

Kajiado County Assembly Speaker, Justus Ngusur, promised the residents that the County Assembly would ensure effective service delivery to the community.

Ngusur promised the county Assembly would hold the county executive accountable and ensure they followed the law to the letter.

Members of the County Assembly from Kajiado South called upon the county leaders to address the pre-



Kajiado County Assembly Speaker Justus Ngusur.

vailing conflict between wildlife and local communities over scarce water resources.

They pointed out that the scarcity of water from the river was exacerbated by some individuals who used it to irrigate their farms at the expense

of other users.

The MCAs said those living downstream are left without water and called for urgent mitigation measures to address the matter before it gets out of hand.

High Court Declines To Lift Conservatory Orders On Finance Act 2023

By: Capital News

The High Court has declined to lift conservatory orders against the Finance Act, 2023 issued on June 30 in a suit filed by Busia senator Okiya Omtatah and Human Rights Groups. In a ruling delivered Monday Justice Mugure Thande directed the file to be sent to the Chief Justice Martha Koome who will set up a three-judge bench to hear the case.

Justice Thande stated weighty matters have been raised in the petition adding that the court is well aware of the public interest generated by the Finance act and Finance Bill 2023.

She added that the State led by Attorney General Justin Muturi had not demonstrated to the court's satisfaction the grounds to warrant the setting aside of the earlier conservatory orders.

"The applications dated 30th of June 2023 and 1st of July 2023 are hereby dismissed the application dated 29th of June 2023 is hereby allowed, pursuant to article 165 (4) this matter is certified as raising a substantial question of law and the file is hereby transmitted to the Chief Justice for assignment of a bench of

not less than three judges to hear and determine the petition," Justice Thande ruled adding that public will suffer prejudice if the conservatory order is lifted.

Thande has extended interim orders halting the government from collecting taxes outlined in the Finance Act, 2023.

Omtatah who is behind the petition said the law is unconstitutional adding that its implementation would subject Kenyas to great suffering.

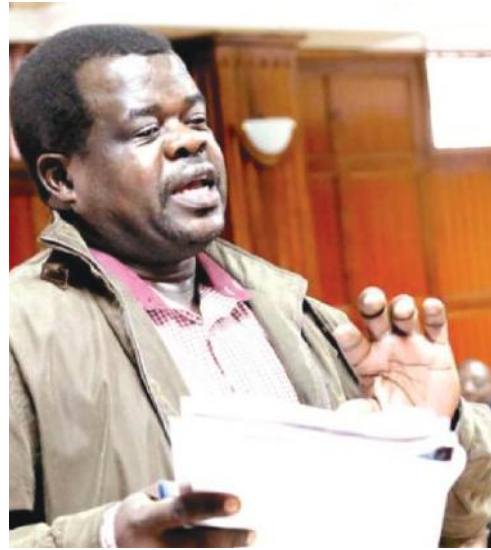
President William Ruto's government pushed the law through parliament despite stiff opposition, saying extra revenue measures were needed to help deal with growing debt repayments, and fund job-creating initiatives.

Doubling the fuel tax to 16 percent and the introduction a 1.5 percent housing levy for all employees is among a raft of taxation measures contained in the Finance Act 2023.

President Ruto signed the Bill after the National Assembly adopted his tax proposals despite concerns from civil society and the Opposition Azimio coalition.

Azimio leader Raila Odinga has called for protests over the new Act accusing President Ruto of ignoring the plight of Kenyans.

In the application before the court,



President William Ruto and Busia senator Okiya Omtatah.

petitioners contested the passage of twenty-two sections of the Act "which were not in the Bill but were introduced on the floor of the National Assembly."

They further challenged adoption of another 40 provisions without the input of the Senate arguing the said tax proposals required an endorsement by the Senate.

The petitioners also challenged public participation in the law-making process as being inadequate.

On July 5, the Government argued

that it is staring at a financial crisis after the High Court temporarily suspended the implementation of the Finance Act which would have facilitated the collection of taxes to fund the 3.6 trillion budget.

Githu Muigai who is representing Attorney General told the High Court that the government will soon be unable to pay international commitments as well as pay salaries of government employees.

He accused Senator Omtata of misleading the court into believing there

was no consequence in extending the suspension until the petition is determined.

However, Rarieda MP Otiende Amollo rebutted by stating that the government can still collect taxes through use of Finance Act 2022 which does not include contentious provisions such as the 16 per cent VAT on Fuel and Housing Levy.

End Violence In Sudan: IGAD Asks Combatants

By: PCS

Parties to the Sudan conflict have been asked to declare an unconditional ceasefire.

President William Ruto said Sudan Armed Forces and the Rapid Support Forces must also agree to establish a humanitarian zone.

He said the move will stop the loss of lives, ease access to public services and facilitate a settlement of the conflict.

This, he pointed out, will lead to the resumption of the final phase of the political process.

"This will lay the foundation for a peaceful, stable and prosperous Sudan."

He made the remarks on Monday in Addis Ababa during the IGAD Quartet Heads of State and Government meeting that focussed on the Sudan conflict.

Present were Prime Minister of

Ethiopia Abiy Ahmed, IGAD Executive Secretary Workneh Gebeyehu, UN Secretary-General for Humanitarian Affairs and Emergency Relief Coordinator, Martin Griffiths, Djibouti Minister of Foreign Affairs and International Cooperation Mahamoud Ali Youssouf and representatives from South Sudan and rival factions.

President Ruto, who also chairs the IGAD Quartet, termed the situation in Sudan as dire with data indicating that over 2.9 million people have been displaced.

On the other hand, death toll stands at more than 2,000 as the crisis exerts more pressure on neighbouring countries.

"The intensity and scale of the humanitarian crisis is a harrowing calamity," he told the meeting.

In Darfur, Dr Ruto added, targeted inter-ethnic attacks were steadily spiralling towards the commission of genocide.

"This alarming state of affairs calls for a bold and all-inclusive peace dialogue."



President William Ruto .

Fatherhood's "Do Nots" Pt 1



By: Eric Musa
 EMEA.ericmusa@gmail.com

The "do not" is perfectly clear, because it literally means, "do not provoke your children to anger so they begin to seethe with resentment and irritation." The New English Bible captures the idea very well: "You fathers, again, must not goad your children to resentment." The directness and simplicity of this "do not" invites us to do some honest thinking about the ways we goad our children to exasperation.

Near the top of most lists has to be criticism. The Minister John Hughes gives us a moral story: "Every year when our family decorates our Christmas tree and I place a tiny red-and-green glassbeaded wreath on the

tree, I think of the little boy who gave it to me when I coached soccer. His sarcastic, demeaning father would run up and down the field belittling his boy with words like "chicken" and "woman." He was the only parent I ever told to be quiet or leave the field. I wonder sometimes how that boy, now a man, has fared." I also hope, and trust it turned out well.

Winston Churchill had such a father in Lord Randolph Churchill. He did not like the looks of Winston, he did not like his voice, he did not like to be in the same room with his son. He never complimented him — only criticized him. His biographers excerpt young Winston's letters begging both parents for his father's attention: "I would rather have been apprenticed as a bricklayer's mate . . . it would have been natural . . . and I should have got to know my father. . . ." a sad story indeed, but God's grace and help is sufficient, and the end of it all, we had in Winston Churchill; one of the greatest world leaders, may be we could have even had a greater Chur-



chill, who knows!
 TO HIM WHO IS ABLE TO DO ALL THINGS; ETERNAL GOD, BE THE GLORY NOW AND FOREVER.

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, TO-

DAY 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

Turkana County Benchmarks On Kiambu's Healthcare System

By: Hellen Lunalo
 @themkenyatimes

In a collaboration aimed at improving medical provisions and services, Turkana County government embarked on a benchmarking mission to Kiambu County.

Led by the County Executive Committee Member (CECM) Health Services Dr. Apalia Anthony, the Turkana delegation sought to gain valuable insights from the health department.

Thika Level 5 hospital hosted the CECM team for a full day benchmarking activity where they were hosted by a team led by area CECM for Health Services Dr. Elias Maina.

They expressed their willingness to host the Turkana County government team and emphasized the importance of knowledge sharing and collaboration between the two counties.

Dr. Apalia commended Thika Level 5 Hospital for their prudent management of resources, especially the facility improvement fund that is financing the health projects.



Kiambu and Turkana counties Health officials during one of the benchmarking sessions.

He emphasized the value of benchmarking exercises for driving positive change and learning from successful healthcare systems.

"We have noted the remarkable achievements the county has made in enhancing healthcare access and quality, and we are here to learn so that when we go back home to implement the best practices and lessons we encounter," he

said. During the visit, the hospital's medical superintendent Dr. Nyaga assisted by county, facility and CHS staff interacted with the delegation from Turkana, where they engaged in various discussions exploring innovative strategies, technologies and policies implemented by the department to improve health outcomes.

Areas of interest were the ongoing

infrastructural development, radiology center, medical waste disposal mechanisms, automated revenue collection and health management systems.

Speaking to journalists, Dr. Nyaga said that the initiative aimed to equip the officers with the necessary knowledge and skills to become effective agents of change in their respective counties.

"In steps towards empowering health-

care in their respective county, the health promotion officers have embarked on this venture, which is an investment in their professional development. We recognise the vital role healthcare plays in all counties and the role these officers play in promoting health and well-being at the grass roots level. We have therefore made sure that we delve into a wide range of strategies and practices so that our counterparts receive education on the latest evidence-based practices in health promotion. We are confident that they will be able to redesign and implement the information they acquire here to their targeted communities according to their unique needs," said Nyaga.

The delegation would also acquire essential skills in effective communication and community engagement that would empower them to foster healthier lifestyles.

Kiambu County government has allocated over Sh5 billion in the 2023/24 financial year towards healthcare financing.

Last year, the County employed over 500 healthcare workers to meet the recommended patient-to-healthcare worker ratio.

Kuria's No-Hold-Barred Attacks On Uhuru, Raila Were Expected



By: Joseph Mutua Ndonga
mutuandong@gmail.com



Worth Noting:

- Raila Odinga, who was a co-principal, is now casting a picture of holier-than-thou. He is pretending that he was fighting for the interest of all Kenyans yet we know he is pushing a selfish and personal agenda.
- Raila knows very well that he lost the elections to President William Ruto. He has however been misleading and lying to his gullible supporters that he won the elections.
- This is in the hope that he can use them as conveyor belts to force President Ruto to share the government with him.
- As we know, this is not the first time that Raila is playing this card.



Trade and Investment Cabinet Secretary Moses Kuria .

Trade and Investment Cabinet Secretary Moses Kuria has once again hit out at former President Uhuru Kenyatta and Azimio La Umoja-OKA party leader Raila Odinga.

This comes in the wake of anti-President William Ruto protests that rocked some parts of the country on Saba Saba (7/7) day.

The protests caused a big blow to our economy as many businesses remained closed with Nairobi, Kisii and Migori being the most affected.

The owners feared looting and being attacked. They had a good reason given that the previous demonstrations had always turned chaotic, destructive and bloody.

This time, at least six people lost their lives as the protestors engaged the police in running battles.

CS Kuria noted that this left no doubt that Azimio leader Raila Odinga was out to destroy our economy.

This is at a time when President Ruto was struggling to resuscitate and steer the economy back on track.

We know this country had been run down by the 'handshake' government.

When they were leaving office, the retail price of 2kg packet of maize flour (Unga) stood at Sh230. The prices of fuel and electricity were also high yet the subsidy programme was in place.

Raila Odinga, who was a co-princi-

pal, is now casting a picture of holier-than-thou. He is pretending that he was fighting for the interest of all Kenyans yet we know he is pushing a selfish and personal agenda.

Raila knows very well that he lost the elections to President William Ruto. He has however been misleading and lying to his gullible supporters that he won the elections.

This is in the hope that he can use them as conveyor belts to force President Ruto to share the government with him.

As we know, this is not the first time that Raila is playing this card.

I'm sure those who understand his history would agree with CS Kuria. He had used the same tricks to blackmail and intimidates former President Mwai Kibaki and his successor Uhuru Kenyatta.

At the time, he had his way but we recall this came with a lot of pain, suffering and grief that befell many families.

Dozens of Kenyans lost their lives and properties worth billions of shillings were destroyed.

Kuria noted. This time Raila could not have managed to sustain the demonstrations alone without being sponsored.

We know the enemies of the Kenya Kwanza administration who were sponsoring him. He said that former President Uhuru Kenyatta was the key financier.

We know the ultimate goal of these two

leaders is to remove President William Ruto from office.

This is day-dreaming. How do they hope to achieve this? Dr William Ruto wrestled them to the ground when the duo was at the helm of power.

To many, Raila's strategy of collecting 10 million signatures was a symbolic. Article 145 of the constitution explicitly spells out the procedures for the removal of a sitting President. Collection of signatures is not one of them.

So, Raila thinks he can use this exercise to incite Kenyans with a view of staging a civilian coup against Dr Ruto.

Since he started the demonstrations, he has never hidden his intention.

However, his previous attempts to storm State House failed to bore the fruits.

This is because many Kenyans gave this plan a wide berth. Kenya is not a banana republic. It is a country governed by the constitution and rule of law. So, follow the law to the letter and spirit.

Notably, Raila was a key architect of the current constitution that was promulgated in 2010.

During the referendum campaigns he minced no word in telling Kenyans that this was the most progressive and best document.

If you vote in support and I know you will do that, Kenya will join the league

of America and South Africa. The two countries have best constitutions.

Then Raila was speaking the language of the government. This is because he had successfully maneuvered his way to occupy his seat at the high table where the national cake was being shared.

While reflecting on this, some Kenyans now aver. The ODM leader has been doing things the same way and so we do not expect different results. He is simply fighting to get his share.

We know that President Ruto has previously reiterated that he will not succumb to his political machinations of blackmail and intimidation.

But Raila's actions are designed to derail and sabotage the revival of the economy. For this reason, some would call on Dr Ruto to give him a hearing. Let him come and say what he wants.

However, the president should not entertain his push for a 'nusu mkate'.

For Kuria, he would tell the former President.

We know you are sponsoring Raila's mandamano in order to safeguard your personal interests and those of the family.

My message to you is. Kenya is bigger than you. President Ruto and his administration is committed to address the interests of all Kenyans.

As a CS in charge of Trade, Investment and Industry, I have been making numerous working trips in many parts of the world. My main goal is to encourage the world renowned entrepreneurs, big companies to come and invest in Kenya. This will help to create jobs and boost the growth of our economy.

Unfortunately, my efforts were being derailed by the Azimio led demonstrations.

As we know, the investors shun countries that are engulfed in frequent political upheavals.

They would prefer to invest in the countries where peace and unity prevails.

Kuria further recalled how Raila's demonstrations angered and gave former president sleepless nights when he was at the helm of power.

This is because these protests were ruining the economy and hindering him from rolling out development projects and programmes aimed at rebuilding and returning the economy back on track.

For now, you have won the other shoe? You want President Ruto to fail? What do you stand to gain?

It is wrong to engage or support political activities aimed at digging the hole that Kenyans are currently in deeper.

Kuria's parting shot. I hope former President will not provoke me. If he does, I will go to his Ichaweri home and deliver this message at the gate in a dramatic way.

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

Take A Day At A Time And Enjoy It

By: N. George
 @themtkenyatimes

Worth Noting:

- Birds are appreciative of every new day. Early in the morning they sing in beautiful voices. They eat their food on daily basis and never keep reserves for the following day yet they never lack food.
- At school you find the syllabus is arranged in subject every topic on its own so you do not need one subject to be able to teach the other for example an english teacher may not be good in Kiswahili but that does not affect his delivery and a physics teacher may not be a specialist in geography. In a similar fashion grading of each subject is done separately. Once you think of every subject independently you can easily internalize it.



Distance is like futurity. A dim vastness is spread before our souls; the perceptions of our mind are as obscure as those of our vision... But alas! When we have attained our object, when the distant 'there' becomes the present 'here,' all is changed; we are as poor and circumscribed as ever, and our souls still languish for unattainable happiness.....
 Johann Wolfgang von Goethe

Living with a young human kid especially those who are below ten years is full of fun as they will enjoy playing and crying whenever awake.

In a flash they would be playing then crying not necessarily due to convincing reasons at times due to being denied access to something that someone else near them is holding.

Anyone willing to make them happy is their friend even if you annoy them now and they become angry with you then do anything to make them happy they will forget the wrongs you have made and concentrate on the happy moments.

They live their day at a time. In a similar fashion the adults need to make best use of every moment be

cheerful during the happy moments and show compassionate during the sorrowful moments.

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No other pregnancy occurs whenever one is already pregnant and that is a natural order, in our ordinary lives we should learn to do things at a time. You cannot force a child to grow fast and be born perhaps before he is six months even if we already know that gestation in human takes around 9 months. If so it is considered as pre-

birth.

Taking care of every second and every minute then you will need not to worry about the day, week, month or year.

From a distance you see a forest but when you draw near you see individual trees. If you make judgement from far high are chances are you making a wrong judgement. The trees that may look short from a distance from a distance may be tall while at a close range, what may look as a closely spaced forest from a distance may be sparsely spaced one while at close range.

A child who looks naive today may be the most lethal person in years to come scaring everyone who comes across him. Just make him principled today so that he may apply those good principles in his future life otherwise trying to think how strong he will be in future and containing him may make him suffer today instead of being empowered to take the right direction.

Once the farmer plants he need not to worry about whether the seeds will germinate or not as he is not the sole

determinant of the process all he can do is provide the necessary requirements the rest he leave it to nature. If rain dependent he can only wait for it otherwise he can irrigate but if the seeds fail to grow even with such conditions probably due to their genetic composition nothing much he can do to them.

At family level when you are the head you can just guide them on the best practices in life but cannot live their lives same it is hard for you to be with them for 24 hours on daily basis so whenever with them teach them what is good to them then allow them to practice it.

A personal decision is up to every individual to make. What they ignore from you out of misunderstanding or other personal biases over time they may practically come to learn about it consequently agree with out if at all your position was correct.

Raila Takes Matatu To CBD To Protest High Cost Of Fuel

By: Beth Nyaga

Continued from page 1

Kimathi Street, at the Dedan Kimathi statue where he paid homage.

He then walked for five hundred meters to a Pronto, a popular eatery that is adjacent to the County Assembly of Nairobi where he had breakfast with a section of Members of the County Assembly of Nairobi.

In the Matatu, Odinga paid the bus fare for all the passengers on board. He decried the rising cost of living which he said was unbearable for most Kenyans.

Outside the restaurant, the Azimio leader addressed thousands of wanan-chi who had been waiting for him. He said it was unfortunate that Kenyans have to go through hard times because the government had refused to listen to their plight.

“I just arrived in the CBD in a matatu and I know what you people are going through. The high cost of fuel has led to matatu operators to increase fares

and I blame it on this inept administration”, he told a charged crowd.

He said on Wednesday, Kenyans will return to the streets not just in Nairobi but across the country to champion their rights. “We are peaceful citizens and we respect the rule of law. We shall exercise our democratic right peacefully and in an organized manner on Wednesday”, he said urging Kenyans to turn out in large numbers.

He was accompanied by the Chairman of the Azimio Executive Committee Wycliffe Opayanya, legislators Dr. Joshua Oron (Kisumu Central) and Peter Orero (Kibra), and the Leader of Majority in the County Assembly of Nairobi Peter Imwatoch and the Majority Whip Moses Ogeto.



Raila Odinga in matatu.

Unemployment, Drug Abuse Accelerating Mental Health - Nacada

By: Patrick Nyakundi
@themkenyaintimes

Unemployment, pressure to perform in school, drug abuse, exposure to social media, and human rights violations have been singled out as major factors leading to mental health cases among youth aged between 15-24 years in Kenya.

A Director from the National Authority for Campaign Against Alcohol and Drug Abuse (NACADA), Dr. Lucia Kamanthe Nzoongo, made the revelations over the weekend at Green Park in Wote town while addressing participants who took part in a 5-kilometer walk that was geared towards creating awareness about mental health in Makueni County.

Consequently, she called upon the Makueni County Government to employ more psychologists who will treat people in the county who are suffering from mental problems,

besides creating awareness about mental health in the area.

“From our research, we have established that unemployment, drug abuse, pressure to perform in schools, exposure to social media, and violations of human rights are factors aggravating mental health cases in society,” said Nzoongo.

The 5-kilometer walk was flagged off officially by Red Cross Eastern Region Manager Patience Gitonga, who appealed to the residents to come out and speak about the challenges they face due to mental health so that they could access professional counseling besides getting treatment.

At the same time, Gitonga said that one can use the toll-free number to reach out to professional help from counselors and medics, who will assist them accordingly.

“This walk has created space for the residents of Makueni to come out in large numbers and speak about challenges affecting them and also get professional help from counselors around them through an online toll-



free number, 1199,” said Gitonga.

During the event, students from Makueni Boys High, Nthangu Secondary, Unoa and Mwaani Primary Schools, and Wote Technical Training Institute took part, along with over 300 members of the public.

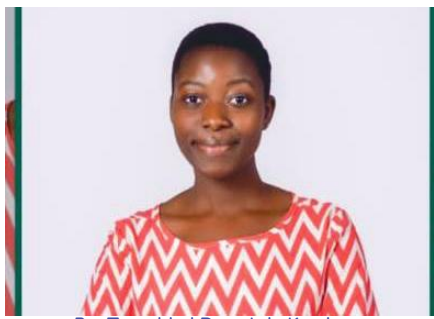
On his part, Dr. Joseph Masila, who

is in-charge of Mental Health at Makueni County Referral Hospital, challenged Makueni residents to go to health facilities and seek treatment for mental health, among other services.

The event was sponsored by the Red Cross, NACADA, Equity Bank

Wote Branch, Madison Group, Independent Electoral and Boundaries Commission (IEBC), Kilimani Resort, Ngooni Super Market Wote Branch, and county and National governments.

Bold And Beautiful



By: Tsungirirai Demetria Kambayo

Pen name: Tough lady

My motherland,
Your portion,
We own it,
It's our Africa,
Our home, Our future.

Mother continent,
"Judge not your beauty,
By the number of people who look at you,
But rather by the number of people who smile
at you."

like the famous African proverb suggests.
It's an honour to belong to you,
And own you for you are our own.

Behold Mother Nature,
Your beauty is of great value,
We love you for who you are,
We stand bold to expand,
And tell the story of a warrior you are,
Along with the one you shaped in us.

Admirable, is your crown of honor,
Dressed in an adorable bracelet of dignity,
A smile of kind gesture,
The best makeup you can ever wear,
The superlativeness of your sparkling eyes,
Gets us to lose ourselves in appreciating you,
Africa! You are more than just a home.

Like the African proverb say,
"Every open eye is not seeing,

And every closed eye,
Is not sleeping,"
Embrace yourself for the world of potential in
you,
And abate every chunk of negativity about
yourself.

Africa you are beautiful,
Know we look upto you,
As much as we stand by you,
Acknowledgeable, shelter to many,
An ace in the hole,
Forever to be cherished.

Adventurous is your style,
Doubtlessly, you are full of potential,
For you were accoutred with the best scenery,
Fearlessly, roll up your sleeves,
And work towards adding value to what you
have.

From North to South,
East to West,
Via the Central portion,
We kick up our heels,
To the accretion of your wealth,
For it is worthy a round of applause.

Many may doubt,
Never give up,
Their misgivings shouldn't worry you much,
Time after time,
The peregrinations may start to hurt a little,
But always take it slow,
Step by step,
You will be able to keep body and soul together,
Of course, you will survive in it all.

Bold and beautiful,
Our Africa, Our Future,
Our land, Our home,
Our oneness and love for you,
Will never sell you short,
For you are a rare gem.

Facebook page: Tough lady
Email address: tsungikambayo@gmail.com
Instagram: @tsuekamb

My Mother

Care brought me to this day
No one can match you
If I can do a little service for you
My mother is my joy, my pillar

There is love in every word you say
The light shines like the sun in your heart
Never ending joy shines on your face
Mom you are my pride and my heart

I will make you look like a red tulip
How I forget my old years
Even if we hurt you, you forgave us
I wish you always good health mom

Uzbekistan State Institute of Art and
Culture, Nukus Branch, Department of
Organization and Management of Culture
and Art Institutions, 1st year student
Baymukhanova Guljakhan



To Myself

Knowledge Is Power!



I was a school student. My life changed completely after a forty-year-old doctor of English language literature, a professor, came to our school and spoke to me. I was really envious of his achievements in life. he was looking for, he easily covered himself financially even when he was a student. Even while studying at school, he became a teacher, the profession he wanted. He graduated from school with a gold medal and entered a prestigious university on a grand basis during his student days; he expanded his business and also received

the title of international teacher.
Do you know what he told us?
- Never dream of success, try to achieve success. Do not choose a good day or a good opportunity. Start today and now. Only then will you be among the successful! That's right, you will stumble and fall. Know that the more obstacles and difficulties there are, the more success lies ahead! Work hard in silence; let success be your noise!
Guys, one of the main reasons for my success so far was that woman.
Keep this in mind:
"Knowledge is power! Stop living in your dreams and use all your knowledge and action to make them come true. Because your future will be better than your past!"

Burikulova Shakhnoza

Myself

Be as beautiful as the springs,
Let your hearts be warm like summer.
Don't be an autumn hazan,
Swallow your endless pain

Asalkhan Yuldashaeva
Khorezm Region Republic of Uzbekistan

Silver winter comes with snow,
Well, tell me, you're sorry for the snow.
Dissolving without telling anyone,
Tell it to the innocent.

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BUSINESS

Stephen Obewo: Creating Jobs Through Manufacturing

By: John Kariuki
 @themtkenyatimes

Worth Noting:

- Epic Business Tours took us through the state of the art Nambole Traders industry and it's a masterpiece to reckon with.
- The air is pleasant on this beautiful Saturday, the sun blissfully kissing the earth that is still damp from yesternight's downpour.
- A very hearty, warm and charismatic Mr Mustapha, the production manager was at hand to take us through. The machines are roaring heavily whilst at the other end emitting the gem – that is the finished product.
- Stephen Obewo meticulously manufactures customized and top notch materials both for construction and fencing.

When you visit Siaya County, and especially Siaya Town, the air you inhale will most certainly resonate with the brilliance of one gentleman, witty and endowed with Solomonian wisdom.

The man who decided he won't just sit down and wait for magic to happen.

Cognizant and alive to the fact that unemployment is a thorn in the flesh of most youths, Mr Stephen Obewo, Founder and Chief Executive Officer of Nambole Traders, hatched a plan to start manufacturing.

Through the courtesy and wise guidance by Epic Business Tours, Mr Stephen Obewo, flew to China to assess the best industry he can venture into and create employment back home.

After a thorough research and sufficing paperwork, it was time for rubber to meet the road.

He imported state of the art machines that specializes in manufacture of chain link, barbed wire and nails.

So to speak, Mr. Stephen Obewo is now the biggest single local employer in Siaya County, and also the name Nambole Traders is a household name.

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Stephen Obewo meticulously manufactures customized and top notch materials both for construction and fencing.

The workers clad in their overalls are glued to the machines, feeding them minute by minute, carefully checking that everything is fine.

It's true that their Team Leader, Mr. Stephen Obewo who also doubles up as the Chairman of Kenya national chamber of commerce and industry Siaya Chapter.

Mr. Obewo was at the time away on official duty in the Democratic Republic of Congo, or Congo Brazzaville, where he had accompanied KNCCI President Dr Eric Rutto for an official function.

However, Mr Mustapha ably represented him and the whole industry tour was a great success.

We wish Mr. Stephen Obewo nothing but God's favour, good health of body and mind and God's immeasurable blessings.



Mr Stephen Obewo Founder and CEO of Nambole Traders..



some of the merchandise he manufactures .

Partners

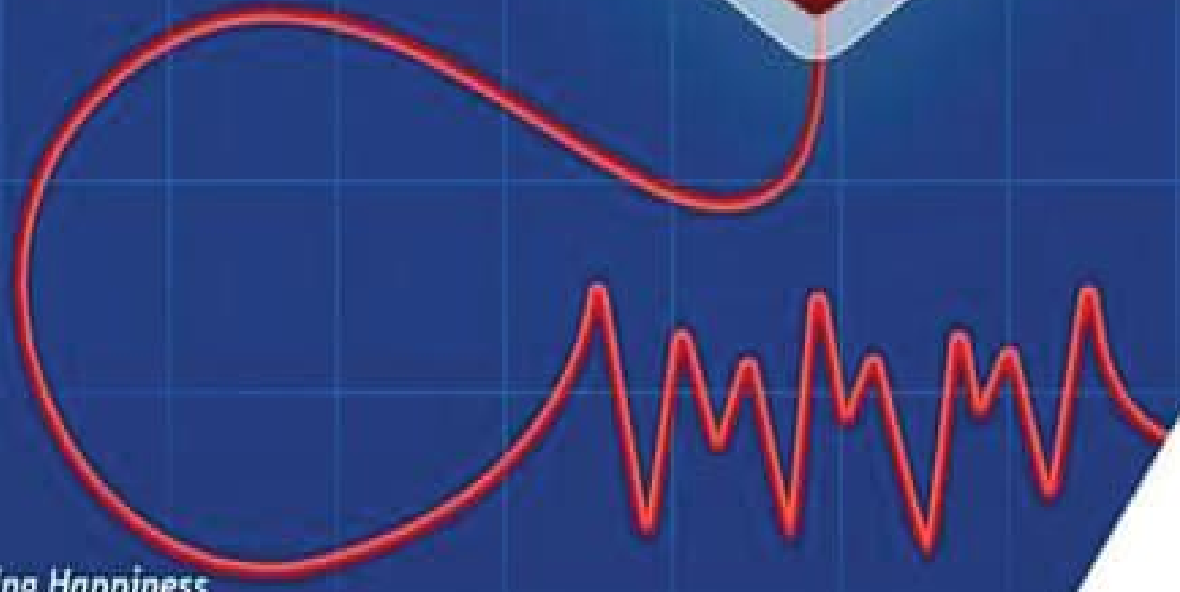


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Kenya Among 12 Countries To Receive Malaria Vaccine Doses

By: Wangari Ndirangu
@themkenyatimes



Malaria Vaccine.

Worth Noting:

- Apart from Kenya, other countries that will receive the doses are Ghana, Malawi, Benin, Burkina Faso, Burundi, Cameroon, the Democratic Republic of the Congo, Liberia, Niger, Sierra Leone, and Uganda.

- “This vaccine has the potential to be very impactful in the fight against malaria, and when broadly deployed alongside other interventions, it can prevent tens of thousands of future deaths every year,” said Thabani Maphosa, Managing Director of Country Programmes Delivery at Gavi, the Vaccine Alliance.

- He noted that while they work with manufacturers to help ramp up supply, there is a need to make sure the doses that they have are used as effectively as possible, which means applying all the learnings from their pilot programmes as they also broaden out to a new total of 12 countries.

Kenya is among 12 countries across different regions of Africa that are set to receive 18 million doses of the first-ever malaria vaccine over the next two years.

The first doses of the vaccine are expected to arrive in countries between September and December, with countries starting to roll them out by early 2024.

In a statement, the World Health Organization (WHO) said the rollout is a critical step forward in the fight against one of the leading causes of death on the continent, and the allocation round will make use of the supply of vaccine doses available to Gavi, the Vaccine Alliance, via UNICEF.

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Kenya, Ghana, and Malawi have since 2019 been delivering the malaria vaccine through the Malaria Vaccine Implementation Programme (MVIP), coordinated by WHO and funded by Gavi, the Vaccine Alliance, the Global Fund to Fight AIDS, Tuberculosis, and Malaria, and United.

The RTS,S/AS01 vaccine, the first vaccine recommended to prevent malaria in children, has been administered to more than 1.7 million children in the three countries and has been shown to be safe and effective, resulting in both a substantial reduction in severe malaria and a fall in child deaths.

In Kenya, the three-year-old pilot implemented in September 2019 made the vaccine available to children in eight counties in the Western and Nyanza regions, targeting 1.2

million children.

The other nine countries, apart from Kenya, Ghana, and Malawi, will be introducing the vaccine into their routine immunization programmes for the first time.

UNICEF Associate Director of Immunization Ephrem T. Lemango said that nearly every minute, a child under 5 years old dies of malaria, and for a long time, these deaths have been preventable and treatable.

“The roll-out of this vaccine will give children, especially in Africa, an even better chance at surviving. As supply increases, we hope even more children can benefit from this life-saving advancement,” he said.

Dr. Kate O’Brien, WHO Director of Immunization, Vaccines, and Biologicals, said that the malaria vaccine is a breakthrough to improve child health and child survival, and families and communities, rightly, want this vaccine for their children.

“This first allocation of malaria vaccine doses is prioritized for children at highest risk of dying of malaria,” she said, adding that the high demand for the vaccine and the strong reach of childhood immunization will increase equity in access to malaria pre-

vention and save many young lives.

According to a report by the Ministry of Health in Kenya, Malaria remains a major public health problem and accounted for an estimated six per cent of outpatient consultations in 2021. It remains one of Africa’s deadliest diseases, killing nearly half a million children under the age of 5, and accounting for approximately 95 per cent of global malaria cases and 96 per cent of deaths in 2021.

WHO says that vaccine allocations have been determined through the application of the principles outlined in the Framework for Allocation of Limited Malaria Vaccine Supply that prioritise those doses to areas of highest need, where the risk of malaria illness and death among children are highest. At least 28 African countries have expressed interest in receiving the malaria vaccine.

Annual global demand for malaria vaccines is estimated at 40 to 60 million doses by 2026 alone, growing to 80 to 100 million doses each year by 2030. Gavi has recently outlined its roadmap to support increasing supply to meet demand.

Dr Thuo Mathenge Opens A Chain Of Businesses In Nakuru City

By: Our Correspondent
 @themkenyatimes

Businessman Thuo Mathenge has opened a chain of businesses in Nakuru City.

Under the flagship of BradeGate Food Industries, the initiative has seen dozens of jobless Kenyans get employed.

The Nakuru City establishment was officially launched last Friday during a colourful ceremony that was witnessed by thousands of residents in the newest City in the country.

The businesses are based at the city's Section 58 area, and next to National Oil station.

It comprises of BradeGate Supermart, BradeGate Organic Coffee, BradeGate Pizza, Noo Wangükù Chomazone and Hotel as well as a Bar and Liquor centre.

Dr Mathenge opened the chain in



Nakuru residents join a Mũgithi dance during the ceremony.

conjunction with his Bantu Africa Resort which is based a few kilometres from Nyeri town, Nyeri County where he has political interests.

Apart from the Nakuru City establishment, the businessman cum politician has in the recent times opens

other such facilities in Meru and Nairobi counties, creating the much needed employment opportunities among Kenyans.

During the Friday ceremony, Dr Mathenge revealed that he had plans of establishing new ventures and



Dr Thuo Mathenge with other senior employees of BradeGate Food Industries during the launching of the Nakuru establishment.

told rich Kenyans to consider investing their cash in the country, more so in rural counties.

He said there was no point of keeping money in bank accounts, either in the country or in the foreign land,

when millions of citizens remained jobless.

Nakuru County residents thanked Dr Mathenge for considering to invest in their county.

Nakuru County Targets 10 Million Tree Planting By 2025

By: Veronica Bosibori and Moses Mbaru
 @themkenyatimes

The Nakuru County government has set a target of planting 10 million trees by the year 2025 in different parts of the county, including schools, along Highways, and City Streets.

The City Planner, Macharia Thang'wa, said they are working in collaboration with the Global Climate Change Group, and the Boda Boda riders have joined the exercise in their collective effort to conserve the environment.

Speaking yesterday while conducting the tree planting, he said the planning committee has an unwavering commitment to steering the movement in the entire county and turning it green.

They were joined by Mama Ngina, Koinange Primary Schools, and Kenyatta Secondary School, where they planted 650 assorted seedlings. He noted that Nakuru City has the

advantage of schools with big compounds, and if each and every school was to endeavor to plant a minimum of 100 trees along the edges, the goal would be achieved faster.

Thang'wa added that despite the scarcity of water, the county would enable the schools to harvest rainwater to ensure that the tree seedlings are watered to maturity, hence reducing the number of drying seedlings.

He observed that the jacaranda trees that were planted along the streets of Nakuru city by settlers have served it well, but the expansion to other outskirts, such as Mwariki and Pipeline, are still bare.

However, the planner said that since the city is known as a dusty area, it would do property owners and homeowners good if they planted at least ten to twenty trees around their premises.

He commended the late Kariuki Chotara, a former Naivasha councillor, for the trees planted along the Naivasha-Gilgil highway, that have been appreciated to date, therefore immortalizing his name.



Nakuru City Planner Macharia Thang'wa assisting students plant trees.

Also, he said trees planted along roads act as a safeguard and safety measure for residents because they

consume the carbon emitted from vehicles before it reaches them.

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Reading Leads To Perfection

By: Vayisova Dilnurabonu

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“If you are alone, a companion is a book, The light at the dawn of knowledge is also a book. (Abdurakhman Jami)

Today, when President Shavkat Mirziyoyev laments about books and reading culture, there is deep meaning. First of all, the book is a great treasure that elevates the spirituality of a person and literally lifts him up. Secondly, the book is a historical memory, a torch that reminds us of our great ancestors, whose descendants we are.

A book is an inextinguishable light that illuminates the paths of life, a source of happiness that gives meaning to a person’s life, a loyal friend that accompanies him in any situation. There is no tool as powerful as a book to ensure the spiritual maturity of a person. That is why, from time immemorial, enlightened leaders and wise men have called all mankind to read books and learn the secrets of science and manners from them.

And reading a book is of inestimable importance in forming such

truly human qualities in a person, helping him find his place in life, becoming a real member of society, and broadening his worldview. After all, as our great grandfather, the sultan of words, Alisher Navoi, said, the book is a great teacher, the main source of knowledge and spiritual growth.

It is not for nothing that our wise people say that the book is a source of knowledge. In fact, this is a fact that does not require proof. After all, a person gets knowledge only through books, and his education is also formed through books. The book is a tool that raises the spirituality of a person.

In order to widely promote reading and increase young people’s love for books, 3rd-year students of the Faculty of Philology of Bukhara State University were sent to libraries for practice. During the internship, students held various events promoting reading, various contests such as “Zukko Kitabkhan”, “My Favorite Work”. Vayisova Dilnurabonu presented the book “Life Begins Where You Lose” by the famous Turkish writer Mirach Chagri Oktash. For 1 month, students got to know the library. After all, a book is

a lamp of the soul, a wing of knowledge and thinking. In particular, it is quite special to feel a unique smell that spreads from a book and cannot be found in an electronic publication, and to read it from its pages.

“The book is a great teacher. Every minute he can acquaint us with the wealth of knowledge of sages,” writes the great poet and thinker Alisher Navoi.

“A person who has read books and worked on himself will have wings. He will not be indifferent. His strength is in his knowledge. That’s why he doesn’t like anyone. It does not flatter the “adults”. He has knowledge, he has knowledge. Here’s why we say read a book. “If you read a book, you know how to ask questions,” said the head of state.

Therefore, read books and enrich your knowledge. After all, a person who reads books is no less than anyone else.

Vayisova Dilnurabonu daughter of Nabijan, a young poetess, a student of Bukhara State University. The holder of the badge of the Republic of Kazakhstan “For International Services”.



Vayisova Dilnurabonu ..

Njeri Maina: Let’s Promote Local Rice Production

By: John Kariuki

@themtkenyatimes

Kirinyaga County Member of Parliament Wakiri Njeri Maina has reiterated the importance of boosting local rice production instead of allowing imports from other countries.

Hon Njeri Maina on Monday hosted the Principal Secretary in the State Department for Irrigation Mr Ephantus Kimotho who visited Thiba Dam, Mwea Irrigation Scheme and expansion area in Kirinyaga County.

Hon. Njeri Maina observed:

I have reiterated my call to have the government exhaust Mwea rice before allowing any imports.

Further, I called upon the PS to execute the commitment to revive the Kibirigwi irrigation scheme, whose revival Sen. Kamau Murango and I lobbied for.

The Kenya Kwanza government is

committed on expanding and subsidizing production so that we can ensure food security.”

Mwea Irrigation Scheme has a gazetted area of 30,350 acres and an Irrigated Area of 30,600 Acres (20,000 Acres in the main Scheme and 10,600 Acres in Expansion Areas). It gets its water from rivers Nyamindi and Thiba.

Kirinyaga County Member of Parliament Wakiri Njeri Maina (Centre).



SPORTS NEWS

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Sports >> *Veronica Ayoo led the way with 12 points, as the Zetech Sparks completely dominated over Strathmore University, beating them 68-28 to clinch the post-season U23 Sterling Cup at the Nyayo Gymnasium on Sunday night

Unstoppable Zetech Sparks Torch Down Strathmore To Win Sterling Cup



Zetech Sparks pose with their medals after winning the Sterling Cup. PHOTO/Timothy Olobulu

Veronica Ayoo led the way with 12 points, as the Zetech Sparks completely dominated over Strathmore University, beating them 68-28 to clinch the post-season U23 Sterling Cup at the Nyayo Gymnasium on Sunday night.

Despite a closely contested opening quarter, Zetech, who reached the final of the national league play-offs for the first time in the just concluded season, were unstoppable, winning the game with a massive 40-point gap.

Head coach Maurice Obilo was delighted with the performance of the team and said it sets them up nicely as they begin their pre-season training proper this coming week.

“We are very delighted because we have participated in the Sterling Cup for five times and we have always finished second. This is the first time we are winning it and I am definitely happy for the girls,” the tactician said after the game.

He added; “This is a very good win because we just started training last week lightly, but now, as we start our proper training this coming week, the girls will be motivated to train harder.”

Zetech, whose majority of players in their Premier League regular season are U23, fielded a strong team led by Madina Okot and Mary Lisa Omondi, both fresh from representing Kenya and winning silver at the just concluded Africa Beach Games

in Tunisia.

The opening quarter was closely contested, with Zetech just but managing to edge off ahead with a 14-12 score.

But Strathmore, coached by the experienced Ronnie Owino, found themselves on the back foot in the second quarter, giving out too many turnovers, Zetech using their league experience.

Not even the work rate put in by league regulars Margaret Nerea and Alexandra Adala could secure them some breathing space, as they only managed six in the entire quarter against Zetech’s 25.

The game turned into a procession for Zetech who led 39-18 at halftime, as they continued dominating. The healthy score-

line allowed head coach Obilo to rotate his squad, his league regulars Lisa, Okot and Ashley Minayo being rested as the rest of the girls battled.

Meanwhile, Africa Nazarene University came from down to edge out Olympic High School’s Lady rebels 46-41 to win the third place prize.

The winners of the tournament, geared towards identifying and nurturing young basketball talent, walked home with Ksh100,000, Sh50,000 for the second placed Strathmore and Sh20,000 for ANU.

Capital Sport

GET THE BEST OF WORLD

Sports >>> *The national men's basketball team lost 66-63 to Gabon in their second match of the FIBA Afrocan Basketball Tournament in Angola on Monday afternoon

Kenya Morans Fall To Gabon In FIBA AfroCan Encounter



Coach Cliff Owuor giving instructions on the touchline in a past match. PHOTO/Timothy Olobulu.

The national men's basketball team lost 66-63 to Gabon in their second match of the FIBA Afrocan Basketball Tournament in Angola on Monday afternoon. Morans began the game on the front foot, leading 16-15 in the first quarter before extending it to 32-27 in the second one. However, coach Cliff Owuor's charges relaxed their feet on the pedal at the most crucial time as the West Africans turned the tide in the third quarter to lead 54-50. The ultimate quarter was a see-saw affair as the Kenyans sought to reclaim their lead. Griffin Ligare's two-point jump shot reduced the scores to 54-52 but the Gabonese responded in-kind on the other side of the court with a jump shot of their own

courtesy of Jarode Aworet. A bad pass from Andy Paul Darel Ndo-Mapangou allowed Ligare to steal the ball and assist Bramwel Mwombe whose jump shot made it 56-54. With eight minutes before the buzzer, Mwombe converted one of his two free throws to bring Kenya within half a basket of their opponents but the Gabonese once again extended their lead via a jump shot by Lerry Rostand Essono Mve to make it 58-55. He soon scored another free throw to extend the lead to 59-55 but Kenya Ports Authority's Eugene Adera offered a glimmer of hope with his layup to reduce the deficit to 59-57. Seconds later he scored another free throw to once more put

Kenya on the cusp of a comeback before another newcomer to the team, Derrick Mekenye Ogechi, scored to level the game at 59-59. Mve's pullup jump shot made it 61-59 before Tom Bush Wamukota brought it back level with a jump shot. The Kenyans were undone by turnovers, with Ligare, Ogechi and Victor Onyango the main culprits as the game remained delicately poised. Mve once again proved to his country's savior when his three-pointer finally created daylight between the two teams. A personal foul by Adera in the last minute afforded the Gabonese some breathing space, with Gaius Mervin Mewourou M'Ella only too happy to convert both of his

free throws to make it 66-61. Adera's jump shot in the dying embers of the game was not enough for another comeback as the West Africans held on for the win. The United States-based Ogechi was Kenya's brightest spark, topping the charts with 16 points, eight rebounds, one steal and assist. Morans began their campaign with a 62-52 mauling of Cote d'Ivoire and are hoping to repeat the feat of 2019 when they reached the final of this continental showpiece where they lost to the Democratic Republic of Congo.

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Patience Is The Key To Happiness

By: Akramova Shiringul
@themkenyatimes

Worth Noting:

- Years have passed. He was studying in the school of his peers, and was playing and laughing in the arms of his parents. Every day, Komila cried to herself, "Why am I living?" His mother was raising him with difficulties.
- There was no one but Komila's daughter. Naila lived by selling somsa in the market every day. Months passed, then years. It's still the same.
- One day he was buying somsa in the market as usual. A man who had been watching her from a distance came up to Naila curiously. Naila was dressed in plain clothes. When Naila asked, "come on, do you need somsa", the man answered Naila, "yes" and bought it.

The window is open. It's cloudy outside, but nice weather. Inside, a girl was sitting silently, staring at the window. Silence covered the room for a while. Naila brought a bowl of food and a glass of water into the room and was even more saddened by her daughter's condition.

The fact that her mother was constantly acting on her behalf, and she was only a spectator, made Komila feel sick. The reason for this was that Komila was in a serious car accident when she was young. At that time, as if it was not enough that Komila lost her legs, she also witnessed the death of her father in front of her eyes. Since then, Komila has been helpless in her mother's arms.

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The man started coming to get somsa every day. They became like sisters with Naila. One day that man asked Naila a question:

- Sister, we have known you for a long time, but I don't know much about you. But you have become like my sister. Please tell me about yourself.

After some imagination, Naila began to tell everything that happened to her. After listening to everything that happened in silence, that person said to himself:

"Why did I know this woman from before and did not ask her about herself, what kind of days have passed since the beginning, why wasn't I interested earlier" - he asked himself.

That person quietly held Naila's hand:

- Sister, walk with me, I will take you somewhere - he said. Naila con-



Akramova Shiringul.

tinued to walk with that person, surprised. They came to a big place.

Naila asked that person: "Where did we come from?", and the person said that this is your house from today. Naila, who could not stop herself from excitement, refused. He tried hard to give this big house to Naila. But Naila resisted a lot and finally gave in. Naila felt very uncomfortable.

The man looked at Naila and said: "From today you are my sister, and

Komila is my sister." Hearing these words, Naila burst into tears. He remembered the days he spent. Even after the death of his master, everyone turned away from him. When he needed help, everyone left him alone.

After a while, the man did everything he could to heal Komila's legs, and Komila started walking. Naila's joy was so boundless that she could not fit herself into this bright world. He was supposedly an angel sent by

Allah Naila in exchange for this patience.

The happiness that came after patience was a miracle of God.

Akramova Shiringul is a 1st year student of the National University of Uzbekistan named after Mirzo Ulugbek