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President William Ruto

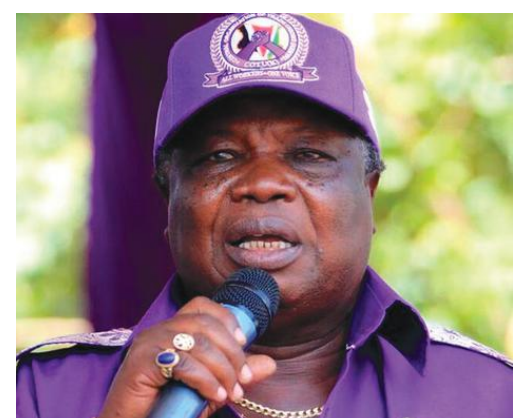


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Govt Launches Sh15.9 Billion Livestock Project Safeguarding Pastoralists From Drought

By: Martin Munyi
@themtkenyatimes

Worth Noting:

- The DP noted that the project, which has been on pilot since November 2022, was in tandem with the government's determination to build strong and resilient communities as part of the fight on the threat of Climate Change.
- Under the DRIVE programme, pastoralists insure their animals and get compensated in case of death through drought and also receive funds to purchase fodder for the remaining livestock.
- Gachagua further noted that during the fourth quarter of 2022, over 17,000 pastoralists in the Counties of Wajir, Garissa, Tana River, and Samburu registered for insurance.



Deputy President Rigathi Gachagua handing over the cheque.

The government has launched a Sh15.9 billion projects for pastoralists in Arid and Semi-Arid Lands (ASALs) meant to safeguard them from drought as well as boost their economies.

The State Department for Livestock Development, in partnership with ZEP-RE (PTA Reinsurance Company), Kenya Development Corporation (KDC), and the World Bank Group (WBG), on Thursday launched the De-Risking, Inclusion, and Value Enhancement of pastoral economies (DRIVE) project in Laikipia.

Deputy President Rigathi Gachagua while launching the DRIVE project in Naibor area of Laikipia North Sub County said that 21 counties shall ben-

efit from the rollout that is meant to cushion livestock keepers from deaths of their animals due to drought and other ravages of the weather.

"The livestock subsector plays an important economic and social-cultural role in Kenya. It contributes between 10% and 13% to the National Gross Domestic Product.

Besides, it employs up to 50% of the agricultural labour force. In ASAL Counties, the Sh.150 billion subsector is a source of up to 95% of family income," The Deputy President said.

The DP noted that the project, which has been on pilot since November 2022, was in tandem with the government's determination to build strong

and resilient communities as part of the fight on the threat of Climate Change.

Under the DRIVE programme, pastoralists insure their animals and get compensated in case of death through drought and also receive funds to purchase fodder for the remaining livestock.

Gachagua further noted that during the fourth quarter of 2022, over 17,000 pastoralists in the Counties of Wajir, Garissa, Tana River, and Samburu registered for insurance.

"They paid a 20% premium; the Government paid a subsidy of 80%, amounting to Sh.192 million. The insured pastoralists have qualified for

initial savings incentive deposits of Sh.6, 000 each, amounting to Sh.100 million in the four Counties," he said.

The DP also announced that over 43,000 pastoralists have bought livestock insurance, with the Government paying an 80% premium subsidy of more than Sh462 Million.

"This shows our commitment to supporting livestock farmers so that they are not left behind. In five years, livestock farmers will enjoy improved access to affordable index-based drought insurance and other financial services like savings and credit," Gachagua said.

He added that the farmers would also be linked to reliable markets while promoting youth and women in the livestock value chain through private-public partnership.

Agriculture Cabinet Secretary Mithika Linturi who was also present said that his ministry was keen on uplifting the welfare of pastoral communities across the country.

"This is why we, as a ministry are seeking to have pastoralists join cooperative societies where they can access funds to restock their herds after a dry spell," Linturi said.

Laikipia Governor Joshua Irungu welcomed the project saying that it would benefit a substantial population of the county whose livelihoods are derived from livestock keeping.

"This project will not only uplift the lives of our pastoral communities but will also relieve them from over-reliance on relief supplies and conflicts that arise as they search for water and pasture for their animals," Irungu said.

Editor's Desk

The Mt. Kenya Times



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Nyeri County Residents Condemn Opposition Demonstrations, Call For Dialogue

By: Our Reporter
 @themtkenyatimes

The mass action being perpetrated by Azimio La Umoja coalition leaders has been condemned by a section of political, business and religious leaders from Deputy President Rigathi Gachagua's back yard of Nyeri County.

The leaders want the opposition politicians to embrace dialogue and call of any planned demonstration.

Speaking at Senior Chief Wambugu Palace near Nyeri town yesterday, the leaders led by Bishop Samuel Wachira of AIPCA Church in Othaya, the leaders said the continued mass was making negative impact in the country and would adversely affect the already ailing economy.

The Bishop was accompanied by among others David Ndirangu Wangai alias Proper, James Kabarita, Gladys Njuguna and Elizabeth Mbo-go.

They called on Kenyans to exercise tolerance and give the Kenya Kwan-

za administration time to fix the country's economy saying President William Ruto and his Deputy Rigathi Gachagua have been in the new government for less than one year and needed time to rectify the situation.

They noted that the demonstrations have been making the country lose income worth billions of shillings whose end result was a shrinking economy.

Proper, a former MCA and a businessman noted that Kenyans will continue to lose more and depend on foreign aid if they failed to support the current government and among other things, voluntarily pay taxes.

He further urged Nyeri residents to accord the Presidency the respect the duo deserve.

Bishop Wachira added that religious leaders should come out and advocate for peace and tranquility among all Kenyans irrespective of their political party affiliation.

The other leaders called on the government to speed up reforms in various sub sectors that Kenyans rely on to get their daily bread and fund other activities.



Nyeri County leaders addressing the media at Senior Chief Wambugu Palace in Nyeri town. Photo/PAUL MWANGI WANJIRU

Mboone River Bridge In Igembe Gets Barrier Rails To Enhance Safety

By: Kamanja Maeria and Jadiel K Abigael
 @themtkenyatimes

The Mboone River Bridge along Ankamia and Amungenti road in Igembe South sub-county of Meru County constructed more than 20 years ago has been a site of danger to hundreds of residents including school going children due to its pathetic condition.

The small bridge which had no barrier rails on both sides has been causing a lot of anxiety among residents who were always worried about their children as they crossed to and from school.

Now it has been jubilation to the residents as the Kenya Rural Roads Authority in conjunction with national government constructed rail barriers along the bridge to ensure the safety of the residents.

It is said that an elderly woman once

fell off and died while she was trying to make way for a speeding motor-bike along the said Bridge.

The residents of the area expressed their gratitude to the area Member of Parliament Johnpaul Mwirigi for the move saying that their long-term cry has been heard.

They said that the rails will prevent pedestrians and motor vehicles from falling off and enhance safety as well.

Karugi Salome, a resident in the area further urged the MP to consider improving and expanding the small bridge since it is impassable during the rainy season.



Mboone River Bridge In Igembe Gets Barrier Rails To Enhance Safety.

COUNTY GOVERNMENT OF KIRINYAGA

KERUGOYA LEVEL V COUNTY REFERRAL HOSPITAL

STATE OF- THE- ART MEDICAL FACILITY



HDU

The hospital inpatient wing will have 12 HDU beds.

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#kirinyagaRising
#Wirawarie

Isiolo Security Teams Agree To Work Closely With Communities To End Banditry

By: Kiriimi Raphael and Abduba Mamo

[@themkenyatimes](#)

Worth Noting:

- Narengo asked leaders from the region to come up with development proposals for projects that can be implemented by the national and the county governments so as to open up the area for rapid growth and improvement of living standard.

- “Let us take advantage of the devolved funds that come to our counties to change our communities through starting programs and actions that will change their lives,” Narengo said.

- The meeting was also attended by Eastern Regional Commissioner, County Commissioners, Deputy County Commissioners, Police Commanders, and other security agencies drawn from Laikipia, Samburu, Meru, Marsabit and Isiolo Counties.



Isiolo County, the Director of Peace and Reconciliation at the State Department for Interior, Mr Jacob Narengo

Elders from predominant communities residing in four Counties neighbouring Isiolo have resolved to closely work with security officers to end cattle rustling and counter attacks causing loss of lives and property.

Speaking during a meeting held at Nasuulu Conservancy, Isiolo County, the Director of Peace and Reconciliation at the State Department for Interior, Mr Jacob Narengo lauded the communities for coming up with strategies to ensure peaceful co-existence among them.

Narengo said the government is committed to completely eradicating livestock theft in the country where the elders and the communities' opinion leaders will be involved in the operation.

He urged all parents to take their children to school and the adults to enroll

in adult literacy classes which he said would be a beneficial step to employ towards reducing the menace.

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The Eastern Regional Commissioner Mr Paul Rotich said that the effective way to address the vice was to open up the area through development programs and construction of roads and schools.

He further called upon the residents of the area to surrender illegal firearms and give room to the government and the conservancy to provide security arguing that they should instead seek for construction of additional schools in the region.

In the meeting which was referred to as ‘Nasuulu Declaration’ the attendees came up with different resolutions that will be adopted in quest to end cattle rustling.

They agreed to conduct meetings with their elders, area chiefs and the National Police Reservists (NPR) to give an update of the implementation

of the resolutions and the progress made.

The communities reiterated the need to seek consent of elders and security committees before migrating to neighbouring counties in search of pastures and water in a bid to avert clashes among the pastoralists.

Morans from different communities were directed to be holding monthly meetings so as to foster integration among them alongside community conservancy leaders.

On their part, elders from different communities proposed to call for consultative meetings to come up with grazing rules that will act as guidelines to all herders to avoid frequent conflicts that occur in grazing areas and watering points.

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Snail Slime Skin Care Products Taking Shape, As Farmers Diversify For Climate Resilience

By: Anne Sabuni
@themkenyatimes

Worth Noting:

- One such farmer, Wangari Waweru, from Nakuru's Bahati Constituency says she is sure that the serum is the solution to skin-care and that her determination is all that is required.
- "The Golden Snail Farm started 10 years ago, but was at the time motivated by the growing demand for snails' delicacies in the country. The business fetched good money but I later decided to diversify to slime production and making of soaps, pure slime and now a cream for skin care.
- "This has been my latest venture as I help other farmers start their farms and grow their markets," says Wangari.



Wangari Waweru a snail farmer from Bahati constituency, displays her skin care products drawn from snail slime, serum and caviar at the Nakuru ASK show ground.

Skincare products in the country have been blamed for increased number of dermatological conditions, especially facial, that cause sleepless nights to their users. Skin disorders such as Eczema and Acne have been linked to reactions to skin care products that end up aggravating conditions.

Many cosmetic innovators in Kenya are always struggling with the question of how well they can meet their customers' needs; the desire to keep the fine, flawless skin that remains well hydrated and nourished as well as firm through to old age.

Natural products continue to characterize shelves in cosmetic shops as more solutions come in to compliment the overreliance of chemical-based solutions that have been linked to the growing number of dermatological cancers.

Closer home, Aloe Vera, Muringa, Mwarubaini, various nuts and other plants have continued to be exploited to afford this fairness. Animal products such as goat milk have also hit the shelves, as the cosmetic industry seeks to enrich the skin.

The use of slimy snail serum to enhance skin care is the new entrant in the field. It has started gaining momentum in the country, putting farmers on the run to meet the growing demand.

One such farmer, Wangari Waweru, from Nakuru's Bahati Constituency says she is sure that the serum is the solution to skincare and that her determination is all that is required.

"The Golden Snail Farm started 10

years ago, but was at the time motivated by the growing demand for snails' delicacies in the country. The business fetched good money but I later decided to diversify to slime production and making of soaps, pure slime and now a cream for skin care.

"This has been my latest venture as I help other farmers start their farms and grow their markets," says Wangari.

The Giant African Land Variety (Achatinide Fulica) that are known for their delicacy and resilience, are her pride. Housed in a 100 meters square green house, the silent creatures complete her.

"Slime is the best-known medication for cuts, burns, eczema and other skin conditions. Pure slime, that is my main product at the farm is used in theatre rooms for the cuts.

"The Caviar which is the snail eggs has come in handy in the making of the facial creams and soaps that are a favourite of our customers," Wangari adds, noting that once a customer tries the products, they get hooked to.

The mother of three smiles at my frowns, her skin glows and looks firmly attached to her cheeks. No acne, no dark marks, her pores visibly countable and breathing.

"Many people will not use the slime directly on themselves as many associate snails with mucus, that is what made us think of value addition that allows them to enjoy the benefits with ease.

The common cough syrups are made from the serum as it is the best med-

icine for the coughs, she tells me the creams are good for stretch marks as they keep the skin moist and flexible.

"Sun burns, heat rushes and dark marks are gone in just a few days of trying these products. We use cucumber, strawberries and aloe vera from the farm to enhance the slime, to make the soaps and lotions. No essence is used except for the Sweet lemon essence that I get from a farmer within the country," she discloses, displaying her soaps wrapped in golden packets.

James Karanja, a worker at the farm pulls one of the snails from the plastic boxes displayed at a stand at the Na-



kuru ASK Show ground, and places it on his arm. Carefully, the crawling giant snail lustfully carries its shell, slowly it massages his hand.

"Nakuru is a bit cold and we use the green house to ensure the snails remain productive and active. The boxes are stocked with sterilized soils and covered with transparent net to allow air in and keep predators away.

"We feed the snails on these cabbages and fruits especially the watermelon that allows it to enjoy the water and keep the soils around it moist all the time," adds Wangari.

Wangari has recruited beginners who have been doing snails for consumption and the slime that they sell to her at affordable rates.

How does she harvest the slime?

"That's my secret on the farm, I only have to massage the snail, but I don't kill them," she laughs off, beaming with hope that the edible slimy creatures were a game changer in the country.

Then how did she start off? Her interest was drawn from the perennial disappointments she got from poor markets for her farm produce. Her years growing vegetables and potatoes wore her out, until she met a farmer raring snail in Kisumu. She has never stopped learning the trade.

"I had to get a license from the Kenya Wildlife Services that cost me Shs.1,500 and thereafter I drowned my Sh 30, 000 savings into the construction of the greenhouse and buying the plastic boxes. I have never looked back."

President Ruto Vows To Stop Any More Demonstrations

By: Antony Gitonga
@themkenyatimes

President William Ruto has vowed that the government will not tolerate any more demonstrations by the opposition.

The President said that he was ready to face opposition leader Raila Odinga face to face warning that any demonstration would only be held in the latter's home.

An irate President accused former Head of State Uhuru Kenyatta and Raila of paying youths to cause chaos across the country noting that this would soon be history.

This came hours after the Azimio La Umoja coalition announced that next week, the demonstrations would run for three days from Wednesday to Friday.

Reacting to this, Ruto accused Raila for the continued loss of lives and property adding that time was ripe to tame him and his cronies.

"This man was behind the 1982 coup, he tried to destabilize Kibaki's government and I have vowed that this time I will make sure there are no more violent demonstrations," he



President William Ruto and Azimio Leaders Raila Odinga .

said.

Speaking in Kinamba center in Naivasha after officially opening the Naivasha-Njabini road, the President admitted that the cost of living had gone up.

"In the coming months we shall have bumper harvest across the country following our fertilizer subsidy programme and this will bring down the cost of living," he said.

He was quick to note that the cost

of living would not be addressed through violent demonstrations while ruling out any 'handshake' with Raila.

"Raila should learn that elections ended last year and we shall not allow any extra-constitutional means to join the government," he said.

Ruto who referred to Raila as the 'King of Anarchy' wondered how many more people would die in the guise of demonstrations before call-

ing off the demonstrations.

"The handshake brothers are paying youths to cause chaos in the country yet they are responsible for the economic crisis after leaving the country with a debt of Sh9tr," he said.

Taking cue from their boss, several Mps led by the Leader of Majority in Parliament Kimani Ichung'wa noted that the demonstrations were part of a plan to topple the government by August.

He alleged that the billions looted in the previous regime were now being used to recruit and pay Mungiki youths to cause chaos in the country.

"We are aware of a plan to topple the government by August this year by Raila and his handshake brother and we shall no longer entertain them," he said.

He revisited the ICC case where Uhuru was charged with crimes against humanity adding the country had not forgotten the issue.

EALA MP Kanini Kega challenged his former boss to delink himself from the demonstrations that were hurting the common mwananchi.

"Ruto stood with Uhuru for so many years and we are asking Uhuru to give the President peace to serve the country and keep off from destroying the projects he started," he said.

On her part, Naivasha Mp Jane Kihara accused Uhuru for the current chaos that has left over ten people dead in the country.

Others who spoke were Kinangop Mp Zachary Kenya and his Wajir West counterpart Adan Keynan who called on Ruto to remain steadfast and deal ruthlessly with the demonstrations.

CS Machogu Calls For More Security To Avert Disruption

By: Our Reporter
@themkenyatimes

Education Cabinet Secretary Ezekiel Machogu has condemned the incident where a teargas canister was hurled at Kihumbuini Primary School in Kangemi during the Wednesday Anti-government protest.

He cautioned police against lobbing tear gas at institutions such as schools and hospitals when confronting demonstrators.

Speaking during a visit at the School where pupils were tear gassed on Wednesday, Machogu appealed for more security in schools to avert disruption of learning.

While condemning the orchestrators of the violent protests, Machogu called for peace especially near learning and medical institutions.

Earlier on Nairobi Senator Edwin Sifuna accompanied by other leg-

islators also toured the school and condemned the incident.

Over 50 pupils at the school were rushed to hospital following the teargas incident.

One pupil is still admitted while the rest were treated and discharged.

Education Cabinet Secretary Ezekiel Machogu



Involve Men And Boys In Fight Against FGM, Pastor Dorcas Urges

The Spouse of the Deputy President Pastor Dorcas Rigathi is advocating for involvement of men in the fight against Female Genital mutilation-FGM.

Speaking when she graced the C20 Gender Equality Working Group Pastor Dorcas said engaging men and boys is vital for achieving gender equality.

“To tackle sexual and gender-based violence, I believe the empowerment of men and boys can greatly reduce the occurrences propose a more deliberate effort in parenting children who respect each other from an early age regardless of their gender,” she said.

“Empowered men and women bring up stronger families in line with the G20 theme of one early, one family one future,” she added.

The forum was organised by M.A Math Charitable Trust Kenya, an affiliation of embracing the world to-

gether with the C20 Working Group on Gender Equality.

The Civil 20 or C20 is a G20 adjudication group that provides a platform for the voices of the civil society and civil organisations to share their concerns and make policy recommendations to the G20 leaders.

The European Union Ambassador to Kenya Henriette Geiger said the European Union

“We know that without gender equality we will not achieve SDG (Sustainable Development goals) and we will not achieve a just and a fair world. This deep belief is making us to have the promotion of gender equality in all our policies,” she said.



Spouse of the Deputy President Pastor Dorcas Rigathi.

World Youth Skills Day - Online Tips For Youths Looking For Work

By: William Inganga
@themtkenyatimes

A Press Release dated July 10, 2023 from the Head Office of Jehovah’s Witnesses in Kenya states, “As the United Nations makes preparations for World Youth Skills Day on July 15, three out of four young people aged 15 to 24 in 92 countries do not have the skills needed for employment, according to a 2022 report by the Education Commission and UNICEF.”

The statement cites some local statistics by the Kenya National Bureau of Statistics (KNBS) Quarterly Labour Force Report covering October-December 2022, which show that 3.5 million, or a fifth of the 18 million youths between 15-34 years were not in employment, education or training.

The release mentions, “A lesser-known but practical online resource, jw.org, offers youths actionable advice for building marketable skills, seeking employment, and planning their future.”

Sampling tips offered by the website to young people preparing for work,



it gives these examples: School—A Job-Training Ground; Where to Find Jobs; Persistence Pays Off; Keeping Your Job; Get Along with Co-workers; Punctuality Is Important; The Value of Honesty, among others.

The spokesperson for Jehovah’s Witnesses in Kenya, Noah Munyao, is quoted, “Our website, jw.org, is an invaluable resource for families, with practical Bible-based advice for young people seeking guidance when it comes to setting goals, creating balance in their lives, and cul-

tivating good qualities like patience, responsibility, and developing a strong work ethic.”

Youths in low-income countries are least likely to gain access to skills needed for employment and decent work, the report states. Furthermore, there are concerns in the statement that, “Youths are facing a skills crisis, partly due to young people being out of school and challenges associated with attaining secondary school skills.”

Narrowing to specific articles that

could prove invaluable, “How Can I Get (and Keep!) a Job?,” offers realistic guidance for young people and is one of many resources for youths found at jw.org.”

A report by Global Employment Trends for Youth 2022: Investing in transforming futures for young people is alluded to, stating that the number of unemployed youths around the world was expected to reach 73 million. “The COVID-19 pandemic and other labour market challenges are contributing to the

rise in unemployment,” the report noted.

Laura Nyakio, a youth who works in a sales and marketing department of one manufacturing company recalls the difficulties she used to have. “I wasn’t good at starting conversations,” she says. “The skills I have acquired through a number of videos on the jw.org website help me at work in starting conversations leading either to a spiritual discussion or to the sale of a product.”

Text, audio and video content in over 1,075 languages—including 100 sign languages and 50 Braille has propelled jw.org to become the world’s most translated website. “People from all backgrounds, cultures and faiths can find practical advice for modern living based on timeless principles found in the Bible,” the release states.

“With all that is happening in the world, it is vital that young people around the world take advantage of as many resources as possible to help them prepare for the future,” concludes Munyao.

Will The Arrest Of Raila Help To Restore Peace, Normalcy?



By: Joseph Mutua Ndonga
mutuandong@yaho.com

Worth Noting:

- This flew in the face of the constitution. Article 37 calls for peaceful demonstrations and protestors be unarmed. The organisers bore the greatest responsibility.
- But in his swift rejoinders, Raila would allege that 'our demonstrations have always been peaceful and chaos erupts when the police disrupt them.'
- This argument does not hold water. We know the key constitutional mandate of the police is to protect lives and property. So, would you expect them to look the other side when the protestors are endangering the lives of fellow Kenyans not participating in the demos and looting and destroying thier properties?



Azimio La Umoja-OKA party leader Raila Odinga .

The question of whether the Azimio La Umoja-OKA party leader Raila Odinga should be arrested or not continues to elicit mixed reactions.

While a group of politicians aligned to the Kenya Kwanza government support this move, the churches are opposed and instead are rooting for dialogue and negotiations among the two leaders-President William Ruto and Raila.

The Church rightly avers that when the two bulls fight it is the grass that suffers. We want Raila to cede his handline stance and stop misleading Kenyans by peddling falsehoods.

We have heard him saying that the exercise of collecting signatures is meant to remove President William Ruto from power. The provisions for the removal of the President are very clear. Signature collection is not one of them.

Raila's demonstrations were also marred by deaths and wanton destruction of property.

The recent protests took a turn for worse. At least 9 people lost thier lives. The Nairobi Expressway was also vandalized and the cost of the damage stood at Sh700 million.

This flew in the face of the constitution. Article 37 calls for peaceful demonstrations and protestors be unarmed. The organisers bore the greatest responsibility.

But in his swift rejoinders, Raila would allege that 'our demonstrations have always been peaceful and chaos erupts when the police disrupt them.'

This argument does not hold water. We know the key constitutional mandate of the police is to protect lives and property. So, would you expect them to look

the other side when the protestors are endangering the lives of fellow Kenyans not participating in the demos and looting and destroying thier properties?

In the latest demonstrations, the protestors did not even spare government properties. They burnt national flags and a building housing the office of sub-county commissioner.

Some media reports indicated the mayhem could have been carried out by hired criminals, some who did not hail from these areas.

In Kibra, the anti-riot police thwarted attempts to uproot the railway line. This rekindled the memories of the post-election violence of 2007.

The protestors did that, a move that elicited anger from President Yoweri Museveni of Uganda. A bulky of cargo destined for our country are transported via railway from the Port of Mombasa. Now, we are not receiving the goods because a certain community in Kenya has uprooted the railway. Our people are suffering.

Raila would not bulge. He continued with his campaign of resistance and civil disobedience.

This is until when then President Mwai Kibaki caved in to his pressure.

It is worth to note that Kibaki was being surrounded by hardliners among them John Michuki and Martha Kuria. As a result, he had remained the adamant.

He only agreed to talk with Raila when the International community intervned and brokered a truce through Koffi Anan-led mediation talks.

The National Peace Accord which the two leaders signed provided for the for-

mation of the government of national unity and sharing the state positions on 50-50 basis.

First forward to 2017 polls, Raila played the same card after the losing election. President Uhuru Kenyatta caved in to his pressure and agreed to shake hand with him. This cleared the way for the formation of the 'handshake' government.

Today, Raila is playing the same game. Raila seems to have come to the conclusion. President Ruto is a hard nut to crack. This is unlike Kibaki and Uhuru. Some friends of mine, however, told me the other day.

Raila knows where it hurts most. Ruto can only climb down and invite him for talks if he manages to overrun the economy. So, a total economic sabotage is his endgame.

At this juncture, allow me to say this. If President Ruto stick to his word that he will not share government with Raila, will resorting to arresting him be the best option? Will this help to restore calm and normalcy?

We know Raila remained a thorn in the fresh of even the previous establishments. However these administrations avoided taking such a drastic move.

The only time he was arrested and detained without trial was after the failed military coup of 1982.

At the time, President Daniel Arap Moi had two advantages. First, majority of Kenyans totally opposed his bid to try to overthrow the government.

Secondly, Moi was running the government with the old constitution which granted him sweeping and absolute powers. This includes issuing orders for

detention of his opponents without trial. This is the same fate that befell Kenneth Matiba and Charles Rubia.

Today, Kenya is being run by the constitution that was promulgated in 2010. Individual liberties and freedoms stand out as one of its key pillars.

This time, Raila is capitalizing on two issues-the high cost of living and 'punitive' taxes. This campaign resonates well with many Kenyans particularly the 'hustlers' because he has managed to brainwash them that he means well.

So, this may not be the right time to arrest him. My advice to President Ruto is this. Deal with him politically. Mr President, I know you are a well-schooled leader and politician and you also have a strong team.

So with time, you will change the mind of the citizens and make them see Raila as a person out to ruin their economy for selfish interest.

I also urge you to intensify the campaign of reaching out to Raila's political bastions and persuading his key pillars to join your camp. So far, you have made great strides.

But part of the strategy should involve invoking the provisions of the law and the constitution.

This is when dealing with Raila's hardliners and diehard supporters, who were armed, destroying properties and threatening lives of other citizens.

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

A Silent Epidemic: Mental Health Conditions Including Depression

By: Mary Ngethe
 @themtkenyatimes



Mary Ngethe Mental Health Advocate.

Worth Noting:

- The current CS for Health Dr. Susan Nakhumicha admitted that, “Mental Health has been neglected and it is because of the stigma around it. In this country if a patient is referred to Mathare Hospital, many people will be running away from them. Saying ‘mwenda wazimu’ We are going to rebrand the hospital to give it a better name” (10th October, 2022)
- The two CSs agree with the WHO report on the dire need to focus on Mental Wellness
- Mental health is indeed, an epidemic, in Kenya. May be worse of than Covid 19! In my opinion, simply because it is silent.

Depression is the most common illness worldwide. Kenya was ranked 4th in Africa with 1.9 million people who have the condition, according to World Health Organization (WHO) 2014 report.

Honestly, number four out of 54 countries in Africa! Could this be for real?

But then, it is real because this is information from WHO.

If we say it is not real, then we are in denial.

You and I will either agree it is true or agree we are in denial.

This is further confirmed to be true by a Cabinet Secretary in the previous government.

The CS was quite familiar with the term EPIDEMIC having handled the COVID 19 epidemic.

He said on 19th July 2021, “I term mental health a Silent Epidemic” when speaking at Chiromo Mental Hospital.

Also, during the launch of the Kenya Mental Health Action Plan (2021-2025), the same CS said that Mental Health remains an integral pillar in the countrys health system and socio-economic development.

The current CS for Health Dr. Susan

Nakhumicha admitted that, “Mental Health has been neglected and it is because of the stigma around it. In this country if a patient is referred to Mathare Hospital, many people will be running away from them. Saying ‘mwenda wazimu’ We are going to rebrand the hospital to give it a better name” (10th October, 2022)

The two CSs agree with the WHO report on the dire need to focus on Mental Wellness

Mental health is indeed, an epidemic, in Kenya. May be worse of than Covid 19! In my opinion, simply because it is silent.

Research has revealed that Mental Health challenges hits Nairobi and Central Kenya worst (KDHS 2022). Due to close proximity to the city, the highest per cent of Nairobi people could be from the Mountain. This is purely guess work. This would imply that the mountain community has greatly contributed to Kenya being number 4 out of 54.

This fact, if proved scientifically through research, would mean that the National government, the 10 County Governments of CEREB, the Civil Society Organizations (CSOs), Faith Based Organizations (FBOs),

private sector and Development Partners responding to healthcare in the Central region would all have to stop and ponder on what next for mental wellness of the mountain community, and the nation at large.

Mental Health conditions have been cited as either causing, or being caused by other health diseases like Non Communicable Diseases, HIV & AIDS, Tuberculosis, (TB), and other ailments.

The matter was made worse by COVID 19 epidemic that left many people depressed with harsh socio-economic interruptions that will take long to reverse.

A case in point is Muranga County Women SACCO leaders (Chairlady, Secretary and Treasurer who lead a women organization (SACCO) that has invested in a Hostel just next to Muranga University. The building was completed in September 2019, and students took up accommodation with delight. BANG! Corona came in 2020 and schools were closed for one year. There was no revenue collection from that hostel for more than one year, yet the loan they had taken to complete the building needed to be repaid.

The loan accumulated to levels the women could not cope with. The bank sent auctioneers and the women became even more disturbed. Not by their won family matters but community matters. Some women even hypothesize that the SACCO founder member and Chairperson who died just around the COVID time, Madam ROSE WATHIGO, could have died as a result of stress by the project. She slept a normal person, and she died in her sleep. May she Rest In Peace. She indeed did a noble thing to start the SACCO. Her successors, the current women officials spent sleepless nights wondering how to salvage the building owned by the SACCO that has 45,000 women members from the 35 wards of Muranga County. This case is just one of the many depressive challenges the communities in Kenya are handling leading to depression. Yet the resources used to reverse the effects of Covid 19 are enormous. Some need to be focused on handling mental illnesses resulting from another disease. Covid caused depression to countless

The situation of the Mountain is made worse by the very high rate of alcohol and drug abuse especially by the youth and men. Homes have become hell due to the effects of these drugs and especially illicit alcohol While we thank the GoK for the their response to the alcohol abuse, perhaps there is need for a scientific research to find out causes and dire negative effects it has, and then call for multisectoral workshops to discuss how best to deal with the abuse

It is actually high time alcohol and drug abuse was declared a National Disaster by GoK just like HIV & AIDS was declared, and this will attract development partners to direct funds to the respond to the disaster to prevent the already existing pandemic.

I, therefore finish by urging our Deputy President, His Excellency Rigathi Gachagua, to offer technical and financial support for a one week workshop of experts to just focus on the best way to support Provincial Administration and Police to curb alcohol and drug abuse in the mountain, considering that the two are either causes of depression for abusers, or they cause depression among those affected by the abusers

The Author is Mary Ngethe is a Mental Health Advocate

Kirinyaga Rotary Club Donates Specialised Wheelchairs To Ease Children Mobility

By: Mutai Kipnetich
@themkenyatimes

Children Living with Disability at Kutus area in Kirinyaga County have reasons to smile after the Rotary Club Kirinyaga chapter donated mobility aid equipment.

Speaking in Kutus Town, Rotary Club president Kirinyaga chapter, Perpetua Karanja said the specialised wheelchairs will assist the disabled children in many ways including eating and studying making it easy for their parents or caretakers to do other duties.

Ms Karanja said in conjunction with BethanyKids which donated the wheelchairs, the rotary pays assessment fees amounting to Sh 5000 per child.

The programme is part of the corporate social responsibility of the rotary club to the community.

The wheelchairs can be adjusted as children grow making it long lasting. The BethanyKids in partnership with the rotary club will also cater for



the replacement and/or repair of the chairs. She asked the people to use the devices wisely.

“We have distributed specialised wheelchairs that will assist the children in movement allowing parents to perform chore duties. The devices can be adjusted as the child grows hence making it a lifetime programme,” Ms Karanja said.

Mutemi Wilfred, former chairperson of rotary club Kirinyaga, said some disabled children are restless hence they cannot be left alone and the specialised wheelchairs will greatly assist in some areas giving parents some freedom.

Mr Mutemi called on the community to support persons living with disability, saying they encounter many chal-

lenges that require close attention.

He said Rotary club has helped hundreds of persons living with disability in the area, calling on any person with mobility problems not to hide.

“Most young disabled children are restless, requiring close supervision by their parents. These devices will help them in management of the kids. I urge all those people with children

with disabilities not to hide from the public. We are here to assist,” he said. He added they have annual event that bring together all people with disabilities in Kirinyaga County to celebrate together and share experiences like other human beings.

In other activities that seek to elevate the lives of the disabled, the club donated a Green House to Kerugoya School for the deaf to assist in food crop production. They also participate in renovation of classrooms mainly used for disabled students in different schools.

“We have an annual event that brings together all people living with disabilities to celebrate and feel being part of the society. We also visit special schools and also those integrated schools hosting students with disabilities to help in renovation of classrooms,” Mutemi added.

Nancy Githinji, mother to beneficiary, said the donation has motivated her to know that there are people who think positively about persons living with disability.

More Than 2,000 School Girls And Teenage Mothers In Nyeri Receive Reusable Sanitary Towels

By: Wangari Mwangi
@themkenyatimes

About 2,000 school girls from five sub-counties in Nyeri have benefited from a free menstrual hygiene kit from Heels for Pads during a five day campaign aimed at addressing period poverty in the county.

Each of the girls, who included teenage mothers from Kiawara and Majengo slums yesterday received a dignity kit containing reusable pads which can be reused for two years, underwear, toilet soap and detergent. The girls were also taken through life skills talks.

According to Monica Muhoya, one of the founders of Heels for Pads, the programme is aimed at ending period poverty by eradicating the challenges that girls experience while accessing sanitary towels. Muhoya said the organisation was also keen on ensuring that girls remain in school during their menses.

“Besides promoting proper menstrual hygiene practices by donating

sanitary pads, we are also providing mentorship for these girls as a way of empowering and affirming to them that they can attain their full potential,” said Muhoya.

A report released by Amref Health Africa in February this year shows that 65 per cent of women and girls in Kenya cannot afford sanitary pads. It also showed that only 50 per cent of girls openly discuss menstruation at home. Further, only 12 percent of girls in the country felt comfortable receiving information from their mothers. Additionally, the statistics revealed that two out of three sanitary pad users in rural Kenya receive them from sexual partners and one in four girls do not associate menstruation with pregnancy highlighting how menstrual hygiene management is tied to gender inequity and other fundamental risks.

Muhoya at the same time championed a collaborative approach in tackling period poverty and issues connected to menstrual hygiene management. She said that contrary to public perception that period poverty is mostly concentrated in slum



Girls holding reusable sanitary and washing detergent.

areas, hygienic menstrual products were still beyond the reach of a majority of girls and women throughout the country.

Further, Muhoya said that the high poverty levels among many households in both rural, urban and peri-urban settings was still the major challenge hindering girls from

accessing hygienic menstrual products.

“What is coming out clearly from these girls is that they do not have money for sanitary towels and also these girls are not able to ask their parents for sanitary towels. That is why they opt for alternatives such as old pieces of clothes or a piece of a

mattress to manage their menstrual flow,” said Muhoya.

“Period poverty is not a one-person thing, it is something that should collectively be addressed by everyone if indeed we want to achieve menstrual equality,” she added.

14 POEMS

I'm Tired Mom

Although my face is smiling, my eyes are not smiling
For some reason, I'm a little tired, mom
My patience is running out
How long will you be patient mother?

I'm really tired of being patient
Mother's heart ached a little
I have some friends
What a funny mother

I shouldn't laugh now
Mother with a heart turned to stone
Your happy girl is now
Mother can't be happy at all

Toshtemirova Dildora Hakim qizi
Born in Uzbekistan in 2008.



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I realized be in stars

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We youngs get your confidence

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Thanks, I am among the chosen ones,
I am leaving to your bosom with best mood.

Believe me with high hopes
To conquer the top universities.

Xalmuratova Juldiz

Kenyans Keen On The Government's Performance - TIFA Poll

By: **Kenyans Keen On The Government's Performance - TIFA Poll**
@themkenyatimes

TIFA Research, an African based full market research company, has released the results of a poll conducted to critique the performance of the Kenya Kwanza Government between the months of March and June.

Kenyans have been keen on how the ruling party has been executing their mandate 10 months after the Kenya Kwanza government took over the leadership mantle which prompted TIFA to conduct a research country-wide and compiled the second report on the views of citizens towards the government's progress.

Different opinions and views have been felt across the country especially after the hike on the cost of living.

The report indicated that the Kenya Kwanza government, besides having some failures, has achieved a tremendous average score of 30.8 per cent from the citizens which equates to a mean grade of C+.

"Besides the current economic hardships, the Kenya Kwanza Gov-

ernment succeeded in stabilizing the cost of fertilizer and launching of the Hustler Fund," said TIFA Chief Executive Officer (CEO), Maggie Ileri.

According to the report, citizens have noted Interior Cabinet Secretary Prof Kithure Kindiki as the best performing in the Kenya Kwanza's government ministries with a score of 34 per cent. Education CS Ezekiel Machogu and Health CS Susan Nakhumicha followed closely with a mention of 7 per cent and 6 per cent respectively.

Ileri expressed concern on the decline in the popularity of the CSs in the government noting that the unpopularity is a sign that the CSs are either not working or they are not seeking their works to be known to the public.

"Most of the Cabinet Secretaries have not been mentioned yet they had been vocal during the campaign for their nomination. This could be possible that they don't need their work to be known or they are not doing any work," Ileri reiterated.

Irrespective of the citizens' political affiliations, she continued, 56 per cent of them believe that the ruling



TIFA Chief Executive Officer (CEO), Maggie Ileri while releasing the polls yesterday

party is not fulfilling their campaign promises which is attributed to the drastic rise of the cost of living in the recent months.

She added that the deterioration in the country's economy has also been voiced by the citizens.

From the report, Ileri revealed that

25 per cent of the citizens who believe that the government is on the right track of fulfilling their campaign promises do not have their reasons unanimously as everyone has a variety of ideas.

"Kenyans who perceive the country's performance as 'wrong' have

their reasons as unanimous, in contrast, the responses obtained from those who stated that Kenya's direction is 'right', fail to give a concrete response," she maintained.

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BUSINESS

Kenya-Indonesia Trade Ties Strengthened

By: John Kariuki
@themkenyatimes

On Thursday, an Indonesian delegation and their Kenyan counterparts convened to explore potential areas of trade, collaboration, and investment.

At hand during the icebreaker session was the able Keninvest Managing Director June Chepkemei.

These talks were inspired by a shared vision of growth and economic prosperity for both countries.

The Indonesian team, SRITEX, and Combiphar emphasize the importance of collaboration and partnership for mutual growth and development between Kenya and Indonesia.

In 2021, Kenya exported \$18.1M to Indonesia. The main products that Kenya exported to Indonesia are Cocoa Beans (\$9.37M), Tea (\$5.32M), and Tanned Sheep Hides (\$2.11M). During the last 26 years the exports of Kenya to Indonesia have increased

at an annualized rate of 7.5%, from \$2.76M in 1995 to \$18.1M in 2021.

In 2021, Kenya did not export any services to Indonesia.

In 2021, Indonesia exported \$580M to Kenya. The main products that Indonesia exported to Kenya were Palm Oil (\$457M), Hot-Rolled Iron Bars (\$22.7M), and Stearic Acid (\$17.9M). During the last 26 years the exports of Indonesia to Kenya have increased at an annualized rate of 14.5%, from \$17.3M in 1995 to \$580M in 2021.

Acting Managing Director of KenInvest
June Chepkemei .



KTDA Chair Trashes Rumors on Resignation

By: John Kariuki
@themkenyatimes

The Kenya Tea Development Authority Chairman Mr David Muni Ichoho has trashed unsubstantiated and unfounded reports that he has resigned.

Mr Ichoho who has been a reformist, denied those claims of resignation saying that these are antics by cartels who were shown the door by tea farmers whom they had oppressed for long

Mr Ichoho says he has filed the matter in court and that he is steadfast as a National Chairman and that he will continue to serve farmers in that capacity.

Mr Ichoho took the helm of KTDA in 2021 and he has since been feted as a reformist leader whereby he made sure he restored the economic value of Kenyan tea

KTDA National Chairman David Muni
Ichoho .



Partners

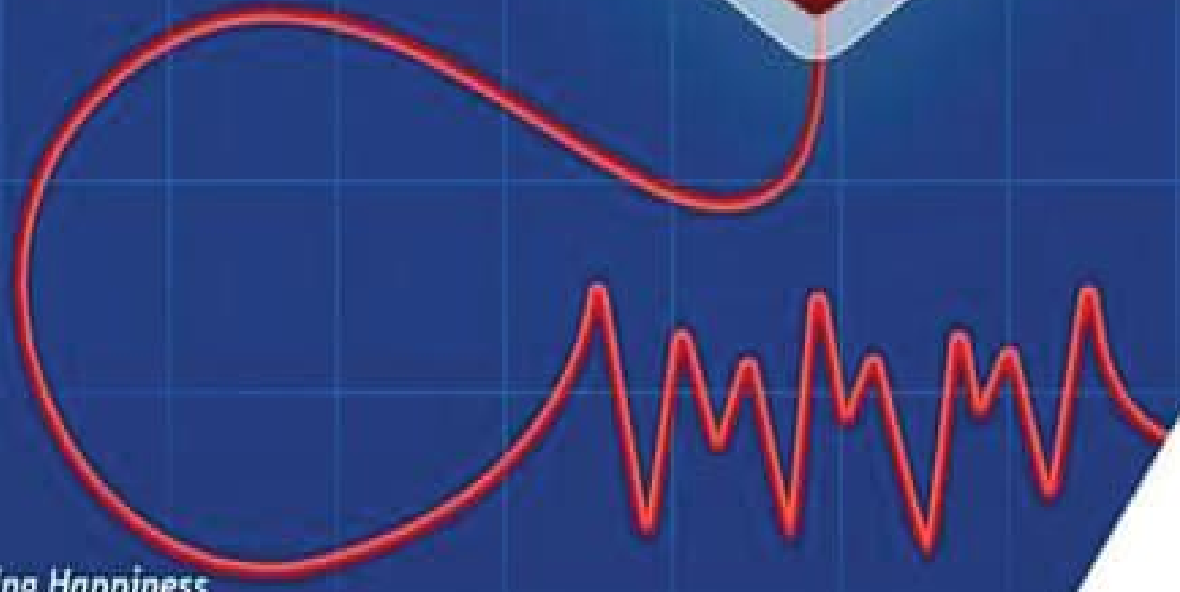


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Time: 9am - 5pm
Venue: Apollo Centre,
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Atwoli: Corruption Is A Menace Within The Private Security Sector In Kenya

By: Our Correspondent

@themkenyatimes



Central Organization of Trade Unions Secretary General Dr. Francis Atwoli.

Worth Noting:

- “We cannot have a CEO who does not understand the dynamics of the sector be in office for over 10 yrs.” The government is losing billions of money, under the watchful eyes of PSRA.

- We have over 2,500 registered private security firms and service providers in Kenya. Majority of these firms operate below standards and are in gross violation of the employment and labour relations provisions. They pay their employees far below the government minimum wage requirements, with no remittances of PAYE, NSSF and NHIF which are statutory mandatory obligations and a right for an employee; they subject their employees to unconducive working conditions, whilst minting millions of cash from clients and making profits at the expense of the dedicated workers and evading tax.

The Central Organization of Trade Unions Secretary General Dr. Francis Atwoli has lashed out at the Private Security Regulatory Authority (PSRA) Director General, Fazul Mahammad for incompetency and inability to drive reforms in the private security industry.

While addressing Kenya National Private Security Workers Union (KN-PSWU), National Executive Council at solidarity Centre, Atwoli said it's quite injudicious for the guards to continue facing exploitation and unfair working conditions despite having a regulator, which the union lobbied and tirelessly championed to have it in place.

COTU(K) has received an alarming number of petitions from current and former employees of the many rogue private security firms that have blatantly refused to observe minimum wage guidelines, notwithstanding the gazettement of the minimum wage by the government.

Atwoli called for an overhaul of the Private Security Regulatory Authority (PSRA) board starting with the current CEO, Fazul Mahammed. The composition of the new board should reflect and respect the specifications as outlined in the private security regulation act.

“We cannot have a CEO who does not understand the dynamics of the sector be in office for over 10 yrs.” The government is losing billions of money, under the watchful eyes of PSRA.

We have over 2,500 registered private security firms and service providers in Kenya. Majority of these firms operate below standards and are in gross violation of the employment and labour relations provisions. They pay their employees far below the government minimum wage requirements, with no remittances of PAYE, NSSF and NHIF which are statutory mandatory obligations and a right for an employee; they subject their employees to unconducive working conditions, whilst minting millions of cash from clients and making profits at the expense of the dedicated workers and evading tax.

Atwoli chastised PSRA CEO for abetting corruption by issuing compliance certificates to briefcase security firms. He urged the government to intervene and ensure all private security firms operating in Kenya enforce the minimum wage decree, else close business.

“We would like to invite the government to be magnanimous enough to consider reviewing the minimum

wage upwards considering the erosion in purchasing power that has been occasioned by the high cost of living.”

He called upon President William Ruto to stamp authority within his administration and double efforts towards the war against graft. He thanked the president for the continued efforts in removing visa restrictions for several countries such as South Africa, Comoros, and Congo Brazzaville, this will open job and business opportunities for Kenyans, said Atwoli.

Atwoli called on Kenyans to support the government, shun demonstrations and speak openly and loudly against corruption, and avoid selling personal crucial documents such as passports, work permits and identity cards to foreigners.

The Union delegation led by Isaac GM Andabwa (OGW), challenged the legislatures to support policies and laws bound to cushion workers from exploitation. Let mandated offices take full charge by assisting the government achieve its targets and goals through the Bottom-up economic transformational agenda (BETA). Why announce minimum wage increment while on the other hand PSRA is busy issuing clearance and compliant

certificates to firms that pay far below the minimum wage, posed Andabwa.

The Union leader called for the government to support his course of ensuring that reforms are actualized within the private security industry. My vision and dream is to establish a training security academy that will foster a professional and progressive career path growth among the guards as well as empowerment through the establishment of a sector Sacco.

Andabwa challenged the government against a selective approach in addressing the plight of guards. Why recruit, train, and arm police reservists, yet we have able and competent private security officers that can do the job better, posed Andabwa. The cadre is no longer a dumping site for retirees from government uniformed security officers. It is currently employing direct and fresh youths from learning institutions. Let the government consider arming guards that are undertaking sensitive assignments such as Cash In Transit (CIT), banks, and shopping malls.

“We are no longer “wachtmen” but private security officers as captured in the Act, complementing state security agencies and we must be respected, said Andabwa.

Protecting Your Digital World: Understanding and Mitigating the Threats of Malware

By: Danstan Akwiri
@themkenyatimes

<p>RANSOMWARE</p>  <p>Blackmails you</p>	<p>SPYWARE</p>  <p>Steals your data</p>	<p>ADWARE</p>  <p>Spams you with ads</p>
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Types of Malware

<p>WORMS</p>  <p>Spread across computers</p>	<p>TROJANS</p>  <p>Sneak malware onto your PC</p>	<p>BOTNETS</p>  <p>Turn your PC into a zombie</p>
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Worth Noting:

- Viruses:** Viruses attach themselves to files and spread when those files are executed, often causing damage or unauthorized actions.
- Worms:** Worms self-replicate and spread across networks, consuming system resources and potentially disrupting operations.
- Trojans:** Trojans masquerade as legitimate software, tricking users into executing them. They often create backdoors for attackers or steal sensitive information.
- Ransomware:** Ransomware encrypts files, rendering them inaccessible until a ransom is paid. This type of malware has seen a significant rise, targeting individuals and organizations alike.
- Spyware:** Spyware silently monitors user activities, capturing sensitive information such as passwords, financial data, or browsing habits.

Introduction:

In today's interconnected digital landscape, the presence of malware poses a significant risk to individuals, businesses, and organizations. Malware, a term encompassing various malicious software, can infiltrate systems, compromise data, disrupt operations, and gain unauthorized access. To ensure the safety of our digital lives, it is crucial to understand the different types of malware, their potential impacts, and implement effective preventive measures.

- Types of Malware:**
- Viruses:** Viruses attach themselves to files and spread when those files are executed, often causing damage or unauthorized actions.
 - Worms:** Worms self-replicate and spread across networks, consuming system resources and potentially disrupting operations.
 - Trojans:** Trojans masquerade as legitimate software, tricking users into executing them. They often create backdoors for attackers or steal sensitive information.
 - Ransomware:** Ransomware encrypts files, rendering them

- inaccessible until a ransom is paid.** This type of malware has seen a significant rise, targeting individuals and organizations alike.
- Spyware:** Spyware silently monitors user activities, capturing sensitive information such as passwords, financial data, or browsing habits.
- Adware:** Adware displays unwanted advertisements, often bundled with legitimate software installations. It can track user behavior and compromise privacy.

- Impacts of Malware: Malware can have severe consequences, including:**
- Data Breaches:** Malware can exfiltrate sensitive data, leading to identity theft, financial loss, or reputation damage.
 - Disruption of Operations:** Certain malware, such as worms or denial-of-service (DoS) attacks, can render systems or networks inaccessible, resulting in downtime and financial losses.
 - Financial Fraud:** Malware targeting online banking or payment systems can facilitate fraudulent transactions, causing substantial monetary harm.

- Loss of Privacy:** Spyware and adware compromise personal privacy, monitoring online activities and collecting sensitive information.

- Mitigating Malware Risks:**
- Use Antivirus Software:** Install reputable antivirus software and keep it up to date. Regularly scan your system to detect and remove malware.
 - Regular Updates:** Ensure operating systems, software, and applications are updated with the latest security patches to address known vulnerabilities.
 - Exercise Caution Online:** Be cautious when opening email attachments, downloading files, or visiting unfamiliar websites. Avoid clicking on suspicious links or ads.
 - Enable Firewalls:** Activate firewalls on your devices and networks to filter incoming and outgoing traffic, providing an additional layer of protection.
 - Backup Important Data:** Regularly back up your critical files and data to an external storage device or cloud service to mitigate the impact of potential ransomware attacks.
 - Educate Users:** Promote

cybersecurity awareness among individuals and employees. Teach them about phishing, social engineering, and safe online practices to reduce the risk of malware infections.

In summary the face of increasing malware threats, understanding the various types of malware and their potential impacts is essential. By implementing proactive measures such as using antivirus software, keeping systems updated, exercising caution online, enabling firewalls, and educating users about safe practices, we can significantly mitigate the risks associated with malware. Stay vigilant, prioritize cybersecurity, and adopt best practices to protect your digital world from the pervasive threats of malware.

Danstan Akwiri, (Master's Degree in Computer Science)
Cybersecurity Analyst.
Head of Cybersecurity Division (Cyberpro Africa).
CCNA certifies.

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2nd: beeps,ball,medals

3rd:beeps,ball,medals

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For more information
Thembelani Majingo Foundation Fa



The Benefits Of Reading Belles-Lettres

By: Ismigul Samatova

@themtkenyatimes



Ismigul Samatova

Worth Noting:

- Book student of a person word wealth big will be because book when read person simple diary in life unused also meets the words
- Reading a book another people with communication to do help gives That is book studied man own thoughts beautiful, clear, bright to express possible have will be One how many classic literature of reading in himself and in the person to speak art one until developed it is felt.
- Reading a book person emboldens. Book studied of a person to himself confidence bigger will be Because from the book received sciences to him help gives _ Around you in the worlds while you about you good imagination wakes up

Science and technique badass developed current period humanity of spirituality very impoverished going about today not only Esoterics, perhaps science scientists doctors too they are talking Really too on computers, smartphones, mobile on phones, on the Internet, (even TV set in their shows also) wide place take going advertising and another different descriptive plates and pictorial (especially fighting) games in people makes sense thinking ability significant respectively weakening going secret not. Such to be natural. After all, a person makes sense thinking the idea to understand in the process is formed, the image to see in the process not. That

is, thinking for described thing from sight much different conditions need. Second on the side, on the screens reflection reached images the audience fly only template (hard placed photo) be takes just a spectator of imagination independent, creative development road does not give... Such opinion braking the rest from people only mind defective, blunt, serzarda people come comes out and different family a tragedy and so are crimes result will be...Esoteric is always reading, thinking, science to get importance about from time immemorial a lot speaking came. After all, it is revealed to be high mystic sciences understand acceptance to do for also

in man first of all makes sense thinking ability formed and good developed to be need. In particular, such as Ibn Arabi, Rumi, Navai, Ibn Sina breeds from their youth a lot book what they read known.

Today's in the day Medicine science this issue good for health presence about example raised. Doctors of Alzheimer's disease increasingly "getting younger "(Ie this disease only in the elderly not, it is also observed in young people). thoughts statement is enough and this to the disease against measures one as book reading, brain which uses activity types with engage in need about thoughts forward driving. That is their according to the explanation, the

book attention with, thinking, thinking reading with continuous engage in as a result a man even in old age mind own clarity will keep it is Of course, a book read, think from running according to, to the hand remote control take the TV to see or new book open to virtual reality come in from leaving easy. But scientists results of this the damage, the book of reading while highlighting the benefits are giving

In general today our psychologist-scientists book of reading benefits about at least the following 10 reasons showing :

1. Book student of a person word wealth big will be because book when read person simple diary in life unused also meets the words. this of the word the meaning from the dictionary search is also necessary no, zero book common from the content of the word the meaning also came comes out good way book read not only word wealth increases, maybe a person also increases knowledge. (After all our prophet " From the cradle to the grave science search for " have they not ? "

2. Reading a book another people with communication to do help gives That is book studied man own thoughts beautiful, clear, bright to express possible have will be One how many classic literature of reading in himself and in the person to speak art one until developed it is felt. Thus a person good interlocutor takes in people himself about good impression leaves.

3. Reading a book person emboldens. Book studied of a person to himself confidence bigger will be Because from the book received sciences to him help gives _ Around you in the worlds while you about you good imagination wakes up. This while you have more funny.

4. Reading a book reduces the stresses. Stresses is the most main problem for today's peoples. Book of the text wealth and rhythm a person spirit soothing and relieve stress to the leading, confusing feature have. Especially from sleep before book those who studied this good.

5. Book reading as a result memory and thinking ability develops.

Thinking (thinking ability) to develop book of reading the most efficient is a feature. Because book When we read, we are on the screens one from the image to another just moved maybe we wo n't pass the work to understand for work heroes and another of participants characters, words, behavior character, thinking styles and outcomes about to our thinking right will come.

Samatova Ismigul Sanjar's daughter was born in 2003 in Kashkadarya region. She graduated from the 4 th general secondary school in Karshi. From 2021 a student of the Karshi State University. Her scientific works are published in the newspapers of the time and international journals. She is the winner of the Republican stage of the " Eng yaxshi kitobxon talaba" contest and "Yosh kitobxon".

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Sports >> *Former Manchester City and France footballer Benjamin Mendy broke down in tears on Friday, as a UK jury cleared him of sex offences.

Footballer Benjamin Mendy Breaks Down As Acquitted Of Sex Offences



Mendy, 28, had been on trial at Chester Crown Court, northwest England, after previously being cleared of six counts of rape and one of sexual assault. (Photo by Oli SCARFF / AFP)



Former Manchester City and France footballer Benjamin Mendy broke down in tears on Friday, as a UK jury cleared him of sex offences.

Mendy, 28, put his head on his knees and wiped away tears on hearing the verdict at the end of the three-week trial at Chester Crown Court in northwest England.

He had previously being cleared in January of six counts of rape and one of sexual assault following a six-month trial.

Jurors in that trial had been unable to reach a verdict on one count of rape and another of attempted rape, resulting in a retrial.

Mendy, whose contract with Manchester City expired at the end of June, had denied all the charges filed against him.

He was accused alongside Louis Saha Maturie, 41, an alleged "fixer", who was found not guilty by the jury at the earlier trial of three counts of rape relating to two teenagers.

Jurors also failed to reach verdicts on three counts of rape and three counts of sexual assault

against Maturie by five other women.

He faces a separate retrial later this year.

The prosecution had alleged that Mendy was a sexual "predator" who raped or sexually assaulted young women procured by Maturie at parties at his luxury home south of Manchester.

But Mendy denied ever forcing any woman into sex and both said any sexual activity they had with women was consensual.

Mendy a record signing for a defender when he moved to Manchester City from French club Monaco in 2017, played 75 times for City.

But his playing time was limited by injuries and a loss of form.

The last of his 10 caps for France came in November 2019, after the defender won the World Cup in 2018.

The trials meant that he missed Manchester City's treble last season of the English Premier League, FA Cup and Champions League.

The footballer's lawyers said in a statement after the verdict that he was "delighted" to have been acquitted in both trials.

"Benjamin Mendy would like to thank the members of the jury for focusing on the evidence in this trial rather than the rumour and innuendo that has followed this case from the outset," they added.

They said he had "tried to remain strong" throughout but the court process had had a "serious impact" on him.

AFP

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Sports >>> *The month of July has always been synonymous with ice cold temperatures, dull days and misty mornings.

How Hot July Weather Has Affected Preps For Polo Season In Nairobi

The month of July has always been synonymous with ice cold temperatures, dull days and misty mornings.

However, this year's July has taken a different approach from its predecessors — oscillating between freezing temperatures and warm sunny moments.

Subsequently, many organisers of sports events in Nairobi have had to factor in this wishy-washy weather when planning for activities.

One of these organisers are the Nairobi Polo Club who have been hosting the Horseman Cup, which began on Friday along Ngong Road.

Nairobi Polo Club chair Fred Kambo says July has been a weird month, that has influenced their preparations for the three-day tournament.

“From our preparations perspective, we have had to think about it. The grounds for example...we are not used to the weather being hot at this time of the year so we have had to do a lot of irrigating than we normally do. Usually in July, we've not had to push this hard because it is usually a cold month,” Kambo said.

He added that the hot weather has also affected the horses, which need regular hydration and washing than usual.

“From a horse's perspective, it (cold weather) is actually a good thing. When it comes to hydration, it is better if it is colder but now because it is hot, we had to do a little bit hydration as well as on the side of the players, they are obviously hydrating to remain healthy. For the horses, we have to do a little bit more washing down after the matches than we usually do in July,” he said.

Despite the sizzling temperatures, the Horseman Cup got to a flier on Friday afternoon with four closely contested matches.

The first match of the day saw Tusker Malt beat Zuri Hotels and Resort 4-3 whereas 24:7 defeated Mamba Polo 5-4F in the second



Nairobi Polo Club chair Fred Kambo in action for Samurai at the Horseman Cup. PHOTO/LEWIS KIMATHI .

match.

Diani Reef defeated SBM Bank 6-5 as Tanqueray and Samurai were deadlocked at 6-6.

Kambo said the opening day had surpassed his expectations compared to previous occasions when it has been low-key.

“Fridays are usually very slow because the people are just getting to know their teammates and testing out their horses. But, today has been really tight...every game we have played today is hotly contested. I think all winners have won by one goal...the match we have just played has ended in a draw,” Kambo, who was part of Team Samurai, explained.

Kambo added: “So yeah, it has been really fast than I expected. What this shows is that the players have been working really hard in the off-season. Nobody is resting on the laurels such that when it is time to go, every one is ready to go.”

The tournament is also a precursor to next weekend's international match between the national ladies team and their Zambian

counterparts at the same venue.

Kambo revealed that they will this weekend's competition to select the players who will do duty for Kenya against their southern African opponents.

“You must have seen the women in the mix working really hard because they know for them to get into that team they have to impress the selection judges. One of the main considerations is your handicap but if you are a lower-ranked handicap, then this is an opportunity to give the judges something to think about. If you play very well and they see you, then you will give them a problem (in terms of selection),” he pointed out.

Kambo, who has just assumed the reins at East Africa's oldest polo club, has spoken of his desire to attract more corporate sponsors in the sport.

He said this is a plan that is already in motion.

“Part of the things we are doing is the media outreach. You might have noticed that this week we have been on a media blitz. As a

club, we have in the media more than usual. We are hoping that corporates can see what we are doing,” Kambo said.

He added: “We are also inviting...and have invited our friends from the corporate world. Most of us in polo are also from the corporate world and we have invited our friends to come see what we are doing and to develop an interest and to eventually sponsor us.”

The tournament continues Saturday with more matches on the cards.

Capital Sport

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Young Kate Named Little Miss Asia Pacific 2019-2020

By: Our Reporter
@themkenyatimes

Worth Noting:

- Kate Spanida Paosatean has received many awards from many organizations in Thailand. For example, we have received the “National Outstanding Youth and Children Award for Building Thailand’s Reputation” 2023 from the Thai Ministry of Education and the “National Outstanding Youth and Children Award 2022” for the “National Children’s Day” from the Thai Ministry of Education.
- Received the 2022 Grateful Child Award on National Mother’s Day by the National Council of Social Welfare (NCSWT) under the patronage of the royal family.

12-year-old Thai actress and model Kate Spanida Paosateampang, who was named Little Miss Asia Pacific 2019-2020 in the Asia Pacific princes and princesses beauty and talent contest, has a strong artistic Not coming from an original artistic family, she studied Thai mask dance and khon while learning about her experience as an artist.

She Kate won 14 awards at the 2022-2023 International Piano Competition. Kate has also won many awards in the fields of drawing and painting. For example, she won the Her Royal Highness Award as the second winner at Thailand’s 17th National Youth and Children Art Exhibition in 2022.

At her school, Kate is active as a leader and is active outside the school. She is very good at working in different fields as an actress and model. She first performed the Thai masked dance “Khon”, known around the world as a World Heritage performance that is an adaptation of the Hindu epic, twice on the stage of the Ministry of Education in Bangkok when she was six years old rice field.

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When Kate won her second National Private School Outstanding Student Award in 2021 and her second in 2023, the reaction of her grandmother and her parents was to tell her that she would never be in the rest of her life. It left an unforgettable feeling.

And although there have been many awards, her professional achievements, and social recognition, these moments have stuck in her memory.

Because I saw incredible happiness in their eyes. When Kate’s family feels such pride, her life is full of fulfillment and by the grace of God it’s a stage in progress, all thanks to her blessings.

