



A Murang'a Colonial Administrative Block To Be Renovated And Preserved

The National Museums of Kenya (NMK) is on course to renovate and preserve a colonial administrative block nestled at the heart of Murang'a town. The block which was constructed in September 1900 was used as an administrative hall to help British colonizers access and take control of the wider Mount Kenya region. Page 18

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Ruto: We Must Manage Our Resources Prudently



President William Ruto yesterday undertook to ensure that public resources are used prudently.

Caution in the utilization of resources, according to the President, includes the manner in which the country, henceforth, handles borrowing.

"I can assure you that we are going to be prudent and careful in the management of our resources and in making sure that even as we borrow, we borrow carefully," he said



President William Ruto

STORY ON PAGE 6

Nakuru County Keen To Tap Into Tourism

By: Esther Mwangi and Sam Karanja

[@themkenyatimes](https://twitter.com/themkenyatimes)

Nakuru County Government is crafting public-private partnership pacts aimed at promoting and tapping into the tourism potential in the Central Rift Circuit.

Nakuru City Manager Gitau

Thabanja asked stakeholders in the multi-billion sector to take advantage of the rich networks provided by the devolved unit's tourism leadership, saying the Central Rift circuit

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Players In Avocado Value Chain Cautioned On Contravening New Regulations

By: Bernard Munyao
@themtkenyatomes

Worth Noting:

- Makoli said there was a team of enforcement officials monitoring the operations in the value chain and are keen on the transportation of the fruits.
- “The regulations want agents to use crates in the transportation of avocado as the prime requirement. The agents must also be licensed and vehicles involved in the transportation known,” Makoli said.
- Otieno said in the past two months exportation of avocados to international markets has declined following the flooding of the fruits from Peru flooding in the market.



Avocado

The government will not hesitate to cancel the licenses of avocado dealers who will be found contravening rules and regulations governing the transportation of the produce.

Officials of Agriculture and Food Authority (AFA) who met avocado marketers and transportation agents in Murang’a said the set regulations need to be strictly adhered to, to ensure the quality of avocado set aside for export is not compromised.

The two officials David Makoli and Collins Otieno stressed the need for all the players in the avocado value chain to be alert about the set rules to safeguard the quality of the fruits.

They reiterated that the new regulations require avocados to be transported by agents licensed by the Horticulture Crops Directorate.

“Avocado regulations demand that the produce be transported in plastic crates and in a covered vehicle. Transporting

the produce in open pickups has been outlawed,” said Makoli.

Yesterday’s meeting comes against the backdrop of concerns by stakeholders after an unlicensed agent was a week ago caught transporting avocado to the Jomo Kenyatta International Airport (JKIA) without covering the produce as required by the regulations.

The action caused tension in the sector prompting the blocking of nine containers of an exporter from leaving a warehouse in Mombasa for shipment.

AFA officials said the authority is committed to ensuring only the avocado which meets set quality standards are allowed to leave the country.

Makoli said there was a team of enforcement officials monitoring the operations in the value chain and are keen on the transportation of the fruits.

“The regulations want agents to use crates in the transportation of avocado as the prime requirement. The agents must

also be licensed and vehicles involved in the transportation known,” Makoli said.

Otieno said in the past two months exportation of avocados to international markets has declined following the flooding of the fruits from Peru flooding in the market.

“AFA is on the ground looking for all possible ways and enforcing the regulations to uplift the quality of the produce with efforts of increasing demand for Kenyan avocado in the international market,” stated Otieno.

Chairman of the avocado exporters association in Murang’a Samson Murithi Wakibia expressed fears they risk losing their licenses if any of their agents is found contravening the regulations.

“Some transportation agents may ignore the regulations and this may bar us from exporting avocados. There is a need to follow up and ensure the fruits are transported in the required manner,” said Wakibia.

Joseph Wanjohi, who chairs the transport agents association said the law was clear that crates must be used during the transportation of the fruits from the farm to the warehouse.

Wanjohi requested the exporters to assist their contracted agents in the acquisition of the much-needed crates, to save them from being blacklisted from the market.

“We are in the transition moment thus the need for all those involved in the avocado value chain to safeguard Kenya’s quota in the international arena,” said Wanjohi.

The new regulations were enforced by AFA in March this year before the commencement of harvesting season.

Poor handling of avocados and harvesting of immature fruits have been cited as major factors affecting the quality of the fruits thus tainting the reputation of Kenyan avocados in the international market.



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First Lady Champions For Uptake Of Science Courses To Support Govt’s Agenda

By: PCS

The First Lady has encouraged girls in secondary schools to take science, Technology, engineering and Mathematics (STEM) Courses, which are paramount in Tuesday’s rapidly evolving world.

The First Lady emphasised the critical importance of STEM courses to Kenya’s economic growth as envisioned in the Bottom-Up Economic Transformation Agenda (also known as BETA).

Kenya aims to grow the manufacturing contribution to GDP to 20pc by 2030, which requires the country to have sufficient skilled labour to work in the manufacturing sector.

Over the past years, we have seen a steady rise in girls excelling in STEM subjects that drive economic growth and innovation globally. Our learners

must be well-equipped to participate in these transformative sectors.

Mama Rachel Ruto spoke in Narok County during Thanksgiving Day for the Ole Tipis Girls Secondary School class of 2022, which produced the first-ever “A” grade in Narok County.

The First Lady later commissioned a community borehole in the school that was provided by drilled by the State Department of Water and Irrigation and an Ultra-Modern Science complex that will house science laboratories and classrooms.

First Lady Rachel Ruto.



Court Sentences Pedophile To 81 Years Behind Bars

By The DCI

A 72-year-old foreigner who was arrested in 2020 after being linked to child pornography, has been sentenced to serve 81 years behind bars.

Thomas Scheller, was arrested by detectives from the Child Protection Unit on May 4, 2020, after the sleuths intercepted cyber tip line intelligence linking the convict to child pornography in Kwale County.

The convict who had escaped to Kisumu after realizing that detectives were closing in on him was finally arrested in Ngara, Nairobi, where he had harboured a 13-year-old boy.

The minor had been trafficked from Dunga area in Kisumu.

Three victims who had been introduced to hard drugs by the pedophile were however rescued by the detectives and taken to rehabilitation centres.

The Directorate of Criminal Investigations welcomed the ruling made

yesterday by Principal Magistrate Hon Carolyne Njagi, at the Milimani Law Courts.

It is hoped that the sentence will bring some semblance of justice to the victims, relatives and friends of the children who suffered irreparably from the beastly acts of the perpetrator.

Thomas Scheller..



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Ruto: We Must Manage Our Resources Prudently

By: Our Reporter

@themkenyentimes

Worth Noting:

- “If I learnt anything from Mzee President Mwai Kibaki, it is his rallying call to pay taxes that’s why he said kulipa ushuru ni kujitegemea and Kibaki was the foremost economist and he knew what he was saying,” he added
- Speaking after commissioning the modernized New KCC Kiganjo Factory, Nyeri County on Tuesday, President William Ruto said the move will drive growth in the agricultural sector, boost small-scale dairy farmers across the region.

President William Ruto yesterday undertook to ensure that public resources are used prudently.

Caution in the utilization of resources, according to the President, includes the manner in which the country, henceforth, handles borrowing.

“I can assure you that we are going to be prudent and careful in the management of our resources and in making sure that even as we borrow, we borrow carefully,” he said

He sought to reassure Kenyans that the country was now in a good financial situation compared to last year when his administration took charge of the country’s affairs.

“I want to tell you that the economy of our country is stable. We now have firm foundation for the economy of our country,” he said

“You have heard about our plans. We have a plan to ensure we are careful about how we plan for the economy of our country,” he added

He said unlike a number of countries in the continent that are staring at the risk of failure to honour their financial obligations to their creditors, Kenya would honor them citing strengthening financial position.

“28 African countries are in danger of failure to meet their debt obligations. Already eight have defaulted. But we have put strategies in place and I can assure you Kenya will go walk that path,” President William Ruto

“Because of what we have done in the last eight months, we have paid our debts,” he reiterated

He defended the recently enacted and approved Finance Act 2023.

“The only way to grow our economy is not through debts. To grow the economy in a sustainable and predictable way is to ensure we build it to a great extent using our won resources,”

“If I learnt anything from Mzee Pres-



President William Ruto .

ident Mwai Kibaki, it is his rallying call to pay taxes that’s why he said kulipa ushuru ni kujitegemea and Kibaki was the foremost economist and he knew what he was saying,” he added

Ruto: Govt Keen To Modernize Key Milk Processing Facilities

Government has announced plans to modernize key milk processing facilities across the country.

Speaking after commissioning the modernized New KCC Kiganjo Factory, Nyeri County yesterday, President William Ruto said the move will drive growth in the agricultural sector, boost small-scale dairy farmers across the region.

President Ruto emphasized the trans-

formative impact of facility modernization on farmers’ livelihoods and the national economy saying the initiative will double milk production from the current 5.2 billion litres to an impressive 10 billion litres.

He said his administration has allocated a substantial Ksh 3 billion over a span of three years for the modernization project and another Ksh 8 billion for milk coolers, targeting Nyambene, Miritini, and Kitale.

Highlighting the government’s commitment to agricultural development, President Ruto revealed a strategic decision to waive import duties on animal feeds to benefit farmers by reducing processing costs and fostering an environment conducive to increased milk production.

The President also called upon financial institutions to prioritize farmers’ needs, ensuring that processing costs remain stable and manageable.

Recognizing the critical role of credit access in reducing production costs, President Ruto announced a groundbreaking decision to lower interest rates on loans provided by the Agricultural Finance Cooperative.

The move is set to bring down interest rates to a single-digit figure enabling farmers to access crucial financial resources more affordably.

During the event, the Head of State also unveiled plans to produce powdered milk in Kiganjo, Eldoret, and Kitale to address milk surplus and generate additional revenue streams promote sustainability.

The

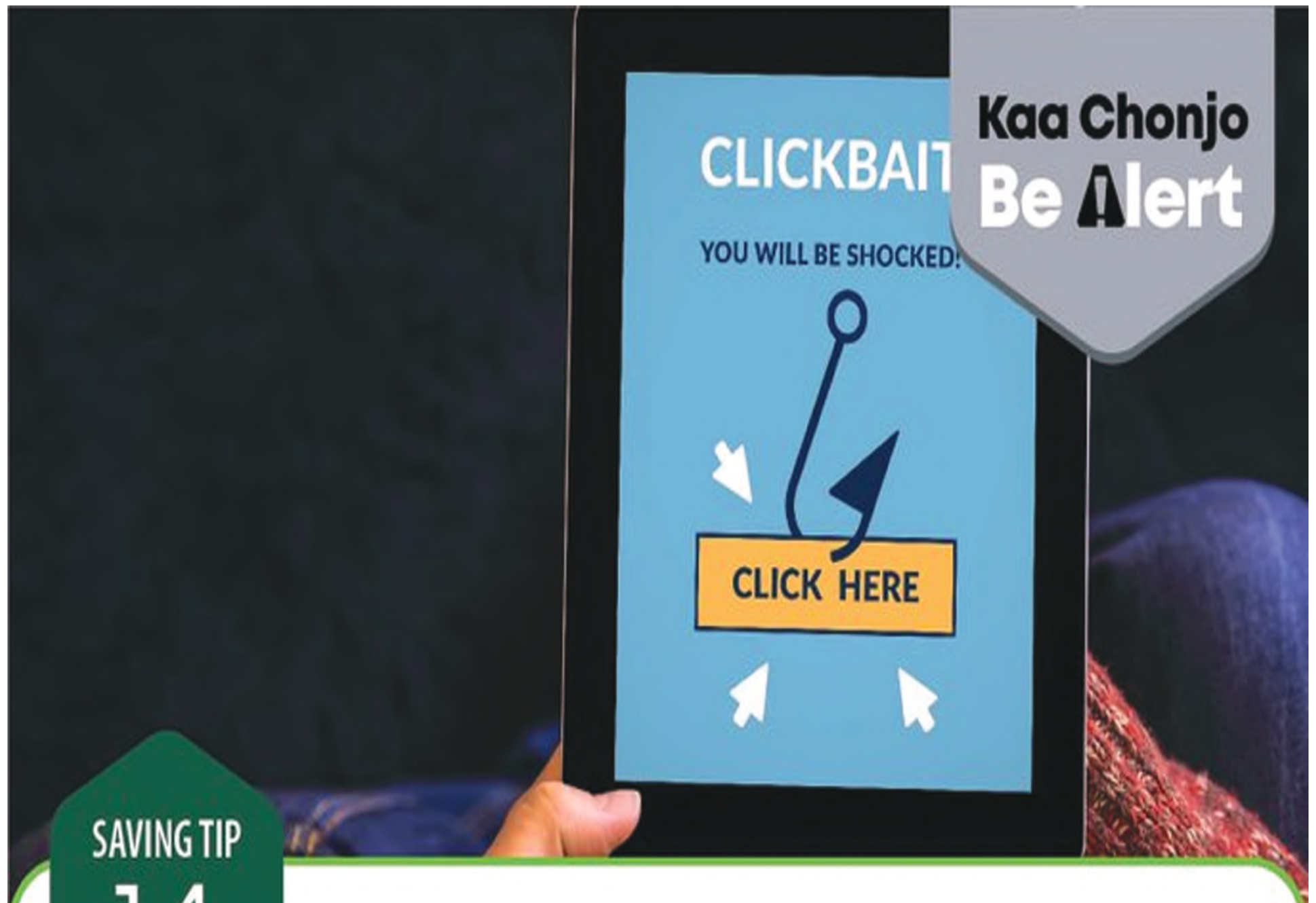
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14

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President Ruto's Busy Schedule In Nyeri County As Regional Visit Entered Day Four



President William Ruto's working tour in the Mt Kenya region entered its fourth day yesterday.

The President held his first Cabinet meeting in the region, commissioned a modernised New Kenya Cooperative Creameries, addressed a public meeting at Chaka Township and held a consultative meeting with more 5,000 leaders at Sagana State Lodge.

The main agenda for his activities are to pay more attention on Agriculture which is the regional economic backbone with the aim of increasing farmers' proceeds and making the country more food secure.

The entire cabinet attended the leaders' meeting where the locals raised issues they would like the Presidency to address.

On his part, the President outlined various interventions that his government has put in place to address the Kenyans' concern in all sectors of the economy.

The working visit ends today with opening of a ultra-modern Level IV Hospital in Naromoru, Kieni constituency in Nyeri County, launching an affordable housing project in Gichugu constituency in Kirinyaga County and another one in Thika, Kiambu County.

President Ruto’s Busy Schedule In Nyeri County As Regional Visit Entered Day Four



FRIENDLINESS



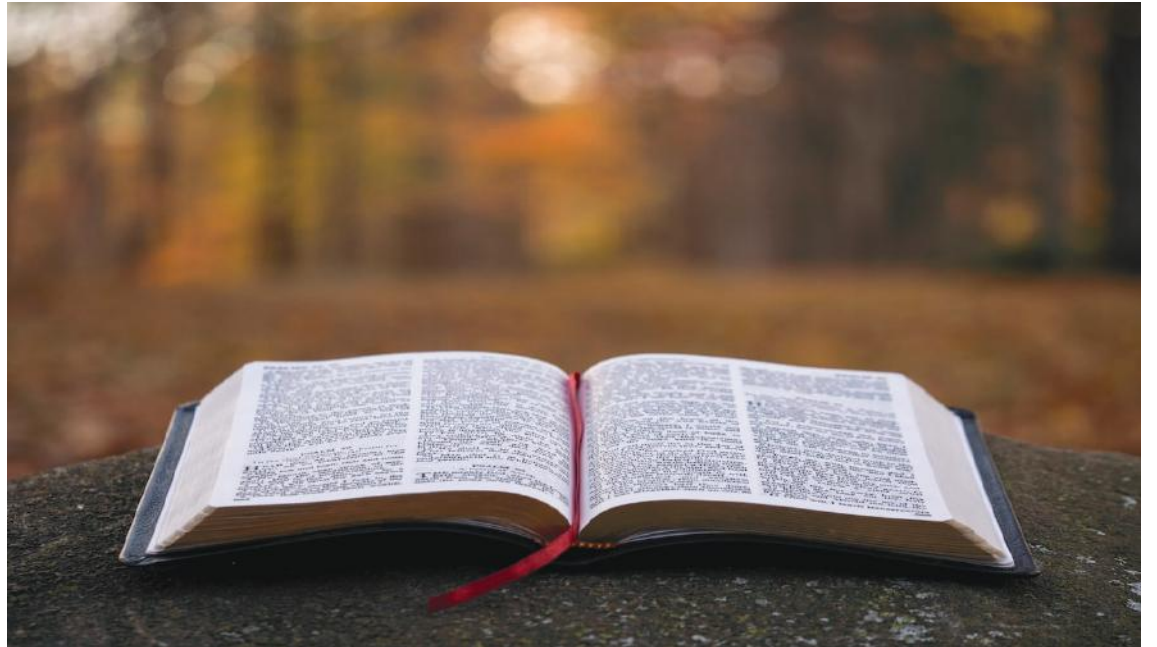
By: Eric Musa
EMEA.ericmusa@gmail.com

A wise old farmer was working beside the road when a family moving to a nearby town stopped and asked him if that town was “friendly.” The farmer said he could not really say. But the people pressed him for an answer, so he asked them what the town was like that they came from. They answered that it was terrible — the people were rude and small-minded. The old farmer replied, “That is just how you will find this town.”

No matter what our disposition, we need to work at friendliness. We need to be consciously cheerful. We need to ask questions. We need to place ourselves in situations where friendships happen. If you are a reg-

ular church attender but do no more than attend morning worship, you are depriving yourself and the church of the friendship so desperately needed by all. Men, we must place ourselves in the ways of friendship: an adult Sunday school class, a home Bible study, a men’s Bible study, a men’s breakfast group, men’s retreats, and, especially, service in some ministry of the church. Women are so much better at this than men. We must learn from them to take the initiative.

Few of the truly valuable things in life just happen. Usually when they do, it is because we recognize their value and go for it. You can have just about anything you want if you work for it. If you want to make a million dollars badly enough, you can very likely do it. If you want to earn a Ph.D. and are willing to pay the price, you can do it. We generally get what we set our sights on. It is the same with friendship. Those who have friends place importance on them. This is why women have more friends than men.



HALELUJAH: TO GOD BE THE GLORY, NOW AND FOREVER: AMEN

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

Evangelist Eric Musa:

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

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

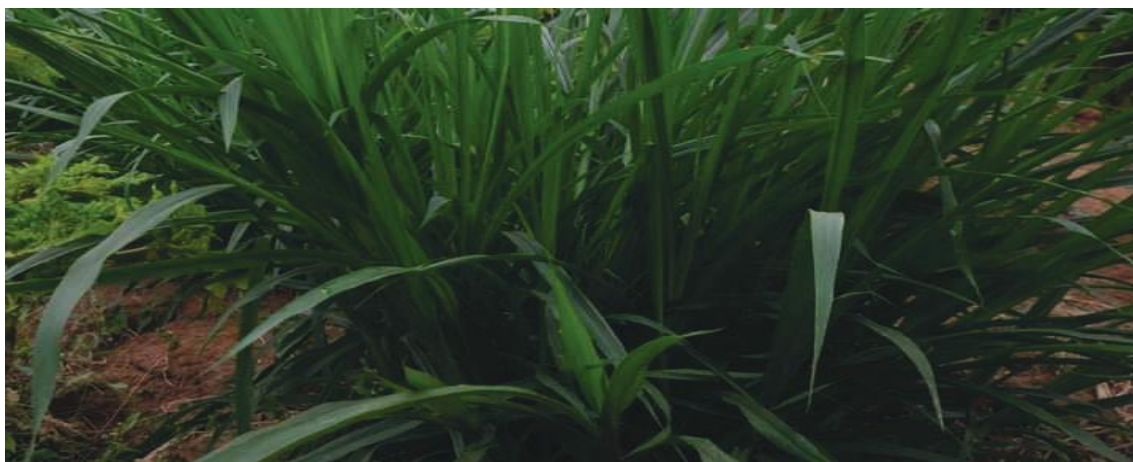
Fodder Farming: A Prerequisite To Sustainable Dairy Farming- Soil Analyst

By: Florence Kinyua
@themkenyetimes

A good number of farmers in Murang’a County and countrywide have ventured into dairy farming as their main economic activity and with it comes the need to embrace sustainable dairy farming by using fodder that is easier to grow and preserve for the day of scarcity.

The fodder should also offer all the nutrients to the animals for maximum yields as feeds contribute up to 60 per cent of a farmer’s success.

Soil analyst and Fadhili Africa Ltd co-founder Bernard Ndung’u urged dairy farmers to adopt fodders that offer more balanced ration which in turn will promote faster growth and higher productivity in their animals. “Choose fodder that is sustainable, noting that majority regenerate after cut and still have fast maturity and easier establishment,” he said, adding that some of the fodders a dairy farmer can consider include Napier



Fodder Farming.

grass, maize, desmodium, Rhode grass, and sorghum.

“Nappier grass which is mainly planted through stem cuttings or split is drought resistant, is easily propagated and has high crude protein and fiber for good palatability depending on the stage of growth,” he observed.

Ndung’u said that currently there is a superior variety of the nappier

grass known as such as Pakchong 1. “Pakchong 1, also known as super Napier is a hybrid obtained by crossing the ordinary nappier with pearl millet and is preferred because it is fast growing, highly vegetative, with a protein content of 18 percent which is double the amount of protein in ordinary Napier,” he added.

Ndung’u said moreover, Nappier grass as fodder can be chopped or

stored as a whole during the utilization stage.

The Fadhili Africa Ltd co-founder noted that farmers can also plant Maize and use it as fodder as it has proven to be a superior crop to most dairy farmers as most of them use it for silage making or for storage as dry fodder.

“Small-scale farmers can secure silage bags which they can use to pre-

pare the silage from maize and preserve it for the day of scarcity while maintaining the nutritional content,” he said.

“Additionally, farmers can consider the Desmodium which is a leguminous crop and can be integrated with other fodder crops and have a maturity period of 3-4 months,” he added. “While the desmodium has high crude protein levels and is rich in minerals and vitamins, they also improve soil fertility through nitrogen fixation and have the ability to repel some pests and parasitic weeds such as striga,” said Ndung’u.

He said that Sorghum and Rhode grass are perennial grasses whose stem is fine and leafy, with heights ranging between 0.5 and 2 meters high, and are most preferred for hay-making for sale and storage to use during scarcity.

Ndung’u said farmers should ensure they select certified planting materials and incorporate testing their soil to get the right information and right recommendation to avoid perennial losses.

Azimio's Reactions To ICC Prosecutor's Recent Visit To Kenya Were Ill-advised And In Bad Faith



By: Joseph Mutua Ndonga
mutuandonga@yahoo.com



Worth Noting:

- As the prosecutor of The Hague based ICC court, he was required to maintain a high level of neutrality and non-partisanship.
- For starters, Khan had served for many years as a lawyer at ICC before he being elevated to the seat of the prosecutor.
- He became a household name in Kenya during the ICC trial of then Deputy President William Ruto, now the fifth President of the Republic of Kenya.
- As Dr Ruto's lead lawyer, he led a fierce legal battle against the charges leveled against him. This led to Dr Ruto's acquittal and termination of his case.
- Therefore, it is widely believed that this further cemented the friendship between him and Dr Ruto.



Dr. Karim Khan (left), the Prosecutor at International Criminal Court (ICC) in The Hague, Netherlands, is awarded a Honorary Doctor of Laws by MKU Chancellor, Prof John Struthers, during the ceremony

A few days ago, the Prosecutor of the International Criminal Court (ICC) Karim Khan quietly visited Kenya.

I closely monitored this visit and I want to say this. He snubbed all the requests for interviews.

He was only seen in public when he was receiving a honorary doctorate of law at the Mount Kenya University.

In his brief speech, he was guarded as he steered clear of the political situation in the country.

He only thanked the University for awarding the degree.

He also never met or held talk with any officials of the Kenya Kwanza government and the same case applied to those in Opposition Azimio La Umoja-OKA coalition.

Besides, he departed the country quietly.

This clearly demonstrated that he fully understood the nature of his job.

As the prosecutor of The Hague based ICC court, he was required to maintain a high level of neutrality and non-partisanship.

For starters, Khan had served for many years as a lawyer at ICC before he being elevated to the seat of the prosecutor.

He became a household name in Kenya during the ICC trial of then Deputy President William Ruto, now the fifth President of the Republic of Kenya.

As Dr Ruto's lead lawyer, he led a fierce legal battle against the charges leveled against him. This led to Dr Ru-

to's acquittal and termination of his case.

Therefore, it is widely believed that this further cemented the friendship between him and Dr Ruto.

So during this visit, one would have expected him to have a tete a tete with President Ruto. This was not however the case. The two did not meet.

Khan arrived at a time when President Ruto was starting his five-day working tour of Mount Kenya region.

Khan visited when the war of words between Kenya Kwanza and Azimio had intensified. This is in regard to whom bore the brunt for deaths of the protesters who died during the Azimio led antigovernment demonstrations.

Azimio leader and his brigade have been blaming police for using excessive force.

We have written to the ICC asking the office of the prosecutor to commence investigations against the police brutality.

The government would counter this by stating. We have written to ICC calling on the prosecutor to commence probe on political activities of Azimio leader Raila Odinga and some members of his brigade. This is because of shedding the blood of innocent poor Kenyans.

Article 37 of the constitution required them to organize peaceful demonstrations and protestors be unarmed.

This was not however the case. Raila always organized protests that turned destructive, chaotic and bloody.

The security officers are also human beings. The Ministry of Interior would give a list of officers injured and killed while in line of duty.

This happened as they engaged the armed protestors in running battles.

Seemingly, these protestors were following instructions of the Azimio leadership.

The key assignment was to cause a total economic sabotage.

This is in addition to creating a toxic environment that would cause the deaths of many protestors as possible. They knew the success of this lies in provoking the police.

Sometimes you would see them provoking and charging at the police officers who were just keeping vigil without disrupting or breaking their demonstrations. They would pelt stones and throw all manner of objects at them.

The constitutional mandate of National Police Service (NPS) is to protect lives of Kenyans and their properties as well as maintaining law and order.

Back to Khan's visit, the Azimio would aver that the timing was suspect. Why visit at a time when we are calling on his office to commence the investigation?

To me, these concerns would not hold any water. They did not know the purpose of his visit. They only saw him receiving a doctorate.

Besides being a prosecutor, I tend to believe that Khan is a sleuth. So it is

hard to tell what he had exactly come to do.

The government of Kenya has also written to his office.

He never met any of the officials. So they were also in darkness. But we never heard them looking at this visit from lens of cheap and narrow politics.

After being quiet for sometime the Inspector General of Police Japheth Kooome have broken his silence.

He has hit at Azimio for hiring bodies in the mortuaries and uses these bodies to peddle a false narrative and lie to Kenyans they were victims of police brutality.

This will not derail us for doing our job. As the National Police Service (NPS), we have a constitutional duty to protect the lives of Kenyans and their properties.

Putting this aside, allow me to say this. During the ICC trials, I was one of those who faulted the Prosecutor's case against the six Kenyans.

My attention would be mainly drawn to the case facing Dr William Ruto. Hardly a week passed without writing an opinion in the mainstream media denouncing the charges leveled against him.

This was during the respective tenures of Moreno Ocampo and Fatou Bensouda as the prosecutor.

While noting that ICC was a court of last resort and the prosecutor ought to go after those bearing the greatest responsibilities in the violence, I kept arguing and majority of Kenyans concurred.

If there was a person to be charged from Orange Democratic Movement (ODM) side, that person ought to be Raila Odinga.

He is because he is the one who had incited his supporters to go to the streets and force President Mwai Kibaki out of State House.

He believed he had won these elections but Kibaki's top aides and handlers rigged him out in broad daylight.

Raila had vowed. I will not pursue this matter in a court of law. This is because the Judiciary is compromised and it is an appendage of Kibaki's political wing.

Back to Khan's recent visit, it is worth to note this. As he was visiting, his office in The Hague in Netherlands released a statement that sought to shed light on two issues.

One, Khan has recused himself from Kenyans cases. This is not only limited to the cases that he handled but will never deal with new matters that may come up. Two, Khan's visit was private.

These clarifications would reaffirm the commitment of Khan to walk the talk.

He fully understood the work of his office. This is as envisaged by the Rome Statute that created this court. I wish him well.

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

How Much Independence Should I Give My Child?



By: Wanjohi P. Mugambi
@themkenyatimes



• **Guide, but resist the temptation to control.**

The earlier section on being an effective parent discussed the importance of striking a good balance between laying down the law and allowing too much freedom. With most young teens, it's easiest to maintain this balance by guiding but not controlling. Young teens need opportunities to explore different roles, try on new personalities and experiment. They need to learn that choices have consequences. That means making some mistakes and accepting the results. But parents need to provide guidance so that young teens avoid making too many poor choices.

You can guide by being a good listener and by asking questions that help your child to think about the results of her actions: "What could happen if you let someone who is drunk drive you home?" Your guidance may be better appreciated if you ask your child's advice on a range of matters and follow the advice if it seems reasonable: "What should we cook for Daddy's birthday?" "I don't have to work on Saturday. Is there anything special you'd like to do?" The fine line between guiding and controlling may be different for different children. Some children, whether they are 7 or 17, need firmer guidance and fewer privileges than do other children at the same age. One middle school teacher explains how the different behavior of her own two teens created a need for different limits: "My daughter understood a midnight curfew to mean that she either had to be in the house with the door locked by 12 or else she must have placed the call from the emergency room informing her parents that she had broken her leg. My son, who was 15 months younger, understood a midnight curfew to mean that he could call at 11:59 p.m. to inform his parents that he'd be home after the pizza he'd ordered with his buddies had arrived and been consumed and he'd driven home his 6 friends." Let kids make mistakes. We want our children to grow into adults who can solve problems and make good choices. These abilities are a critical part of being independent. To develop these abilities, however, young teens on occasion may need to fail, provided the stakes aren't too high and no one's health or safety is at risk. Making mistakes also allows young teens to learn one critical skill—how to bounce back. It's hard for a child to learn how to pick himself up and start over if his parents always rescue him from difficulties.

Worth Noting:

- All children sometimes resist limits, but they want them and they need them. In a world that can seem too hectic for adults and adolescents alike, limits provide a security.
- Most young teens respond best to specific instructions, which are repeated regularly. As middle school teacher notes, "Don't just say, 'I want your room clean,' because they don't know what that means."
- Choices make young teens more open to guidance. For example, you can tell your son that his algebra homework must be done before bedtime, but that he has a choice of completing it either before or after supper.
- Your most important responsibility as a parent is to protect your child's health and safety.

As children enter adolescence, they often beg for more freedom. Parents walk a tightrope between wanting their children to be confident and able to do things for themselves and knowing that the world can be a scary place with threats to their children's health and safety. Some parents allow too much of the wrong kind of freedom or they offer freedom before the adolescent is ready to accept it. Other parents cling too tightly, denying young teens both the responsibilities they require to develop maturity and the opportunities they need to make choices and accept their consequences. Research tells us that adolescents do best when they remain closely connected to their parents but at the same time are allowed to have their own points of view and even to disagree with their parents. Here are some tips to help balance closeness and independence:

• Set limits.

All children sometimes resist limits, but they want them and they need them. In a world that can seem too hectic for adults and adolescents alike, limits provide a security. Oftentimes, adolescents whose parents do not set limits feel unloved. Setting limits is most effective when it begins early. It is harder but not impossible, however, to establish limits during early adolescence.

• Be clear.

Most young teens respond best to specific instructions, which are repeated regularly. As middle school teacher notes, "Don't just say, 'I want your room clean,' because they don't know what that means. Say, in a non-argumentative way, 'This is how I perceive a clean room.' They may say, 'I don't really want the lamp over here, I want it over there.' Give them

the freedom to express themselves."

• Give reasonable choices.

Choices make young teens more open to guidance. For example, you can tell your son that his algebra homework must be done before bedtime, but that he has a choice of completing it either before or after supper. And you can tell your 14-year-old daughter that she can't hang around the video arcade with her friends on Saturday night, but she can have a group of friends over to your house to watch a movie. Using humor and creativity as you give choices may also make your child more willing to accept them. One middle school teacher couldn't get her own child to hang up clean clothes or put dirty clothes in the laundry basket. So she gave her daughter two options—either all the clothes had to be picked up or everything would go on the floor. "I was washing the clothes, then putting them in piles on the floor," the teacher recalls. "It made me crazy, but it worked." After two weeks, her daughter got tired of the stacks on the floor and she began picking up her clothes. Grant independence in stages. The more mature and responsible a young teen's behavior is, the more privileges parents can grant. You might first give your young teen the right to choose which sneakers to buy within a certain price range. Later you can let him make other clothing purchases—with the understanding that price tags won't be removed until you approve the items. Eventually, you can give him a clothing allowance to spend as he likes.

• Health and safety come first.

Your most important responsibility as a parent is to protect your child's health and safety. Your child needs to know that your love for her requires

you to veto activities and choices that threaten either of these. Let your child know what things threaten her health and safety—and often the health and safety of others—and put your foot down. Doing this is made more difficult, though, because adolescents have a sense that nothing can hurt them. At the same time that he feels that everything he experiences is new and unique, an adolescent also believes that what happens to others will not happen to him. His beliefs are based on the fact that adolescence is the healthiest period of time during our lives. In this period, physical illnesses are not common and fatal disease is rare. The important thing to emphasize to your child is that, while he may be very healthy, death and injury during adolescence are most often caused by violence and accidents.

Say no to choices that cut off future options. Some things aren't worth fighting about. It may offend you if your son wears a shirt to school that clashes wildly with his pants, but this isn't a choice that can cut off future possibilities for him. Young teens may have a growing sense of the future, but they still lack the experiences required to fully understand how a decision they make today can affect them tomorrow. They may have heard that smoking is unhealthy, but they do not fully understand what it means to die of lung cancer at the age of 45. Talk to your children about the lifelong consequences of choices they make. Help them understand there are good and bad decisions and that knowing one from the other can make all the difference in their lives. Let your child know that you are "the keeper of options" until he is old enough and responsible enough to assume this responsibility: He may not skip school and he may not avoid taking tough courses that will prepare him for college.

Nakuru County Keen To Tap Into Tourism

By: Esther Mwangi and Sam Karanja
@themtkenyentimes
Continued from page 1

cuit had the potential to compete with other circuits such as the coast region. While citing the many tourist attraction sites including game reserves, and volcanic mountains among others, the CCM said the nearly complete Lanet International Airport will be a catalyst to tourism activities as it will host many Airlines, and allow local and foreign tourists to continue to flock to the County. Speaking after leading deliberations between the Nakuru Creative Sector Working group and the Director of Hyrax Hills Prehistoric Museum Fredrick Manthi, the City Manager said the County Government was working with various stakeholders in scouting for donors to revitalise the museum’s 103-year-old infrastructure and establishing heightened security surveillance of the cultural monument. The famous archaeological site which has since placed Kenya on the map as the home of Early Man opened its doors in 1920, to host rich history

and has since inspired history and geography lessons in schools. The museum was declared a national monument in 1945 but opened its doors to the public in 1965. “This year marks 103 years of the existence of this archaeological site that is just another classroom for thousands of learners across the country,” Mr Thabanja said. The City Manager underscored the need for public-private partnerships in promoting Nakuru’s tourism industry, adding that while the museum has been a source of knowledge on early humans, the number of visitors touring the site has been low, a move which has also seen a raft of initiatives in place to boost the numbers. The Director of the Hyrax pre-historic site Mr Fredrick Manthi said the National Museums of Kenya (NMK) through the City Management had undertaken to promote the city’s heritage adding that the State Corporation was committed to preserving and showcasing Nakuru’s cultural heritage for future generations. Hyrax Hill is part of the critical, geologically rich areas in Rift Valley that provide tales of historical footprints left behind by early man. It also boasts of a rich history of volcanic activities



and information on the formation of the Rift Valley. The site is also part of patches of archaeological sites that make Kenya and especially the Rift Valley a hotbed of archaeological discoveries alongside the Kariandusi Archeological site in Gilgil. Hyrax hills museum is named after hyraxes that lived in the rocks within and is famous for keeping the history of the Sirikwa people who are believed to have been assimilated by the Maasai community.

“Apart from learners from primary and secondary schools, we also have students in higher learning institutions studying archaeology and history coming over,” Mr Manthi, added. The museum has since been an archaeological research area and reference point for pre-historical investigations. It is also believed to be the first Acheulian site to be discovered in the region. Records from the museum however reveal low visitation despite the critical role in the education sector with

the bulk of visitors being learners. With charges as low as Sh100 for an adult local citizen and Sh50 for a child charged in these sites, locals still miss out with visitors barely making it to 30,000 in a year. The Hyrax hills was proclaimed a national monument in 1945 and opened to the public in 1965 but despite the significance it has, it has lost two and a half acres of its over 50 acres of land to squatters.

Majanja, Thande Among 12 Judges Moved In High Court Reshuffle

By: Capital Correspondent

Milimani Tax Division judge David Majanja has switched slots with Justice Aleem Visram of the Civil Division in a reshuffle announced on Tuesday. In changes effected by Justice Eric Ogola, Principal Judge of the High Court, Justice Chacha Mwita was named the Presiding Judge of the Constitutional Division, ending his tenure at the Commercial Division. Justice Ogola also moved Justice Mugure Thande from Milimani’s Constitutional Division to Malindi High Court. He moved Justice Patricia Gichohi from Kisii to Nakuru while Hillary Chemitei moved from Nakuru to Milimani’s Family Division. Justice Maureen Odera who was

stationed at Milimani’s Family Division was transferred to Nyeri High Court and assigned as the Presiding Judge. Ogola also moved Justice Florence Muchemi from Nyeri High Court to Thika where she will serve as Presiding Judge. Justice Rachel Kavedza was assigned to Kahawa and Kibra Law Courts from Milimani’s Criminal Division. Ogola moved Justice Teresa Odera from Nakuru to Kisii while Justice Peter Mulwa moved from Kiambu to Milimani’s Tax Division.



Justices David Majanja (left) and Mugure Thande (right)/CFM.

My Mom



Even if she gets seventy, he is worried.
My mother who grieved for her child.
At the age of seeing eighty spring.
My mother playing with her grandson.

Sometimes I get a headache.
I wander until I'm feverish.
My child, stay healthy.
I lost my composure and woke up my mother.

Wrapped hot food next to the stove.
My mother is the one I've been waiting for.
If I go far, far away from the country.
My eyes are on my way, my mother.

Now find the order, where to go.
I hug and cry your shirts.

It was dear to me, dear mother...
Your white hair left in the scarf.

I am a kind mother who has no equal in the world.

Shoyad Bek

*

It was down again, the sun was setting.
The wind is shaking my window curtain.
I found your picture while browsing the notebook.
I spent that youth daydreaming.

You were innocent like a child.
Your happiness could not fit on earth.
If I loved you, you would love me so much.
You entered the garden of my heart.

An innocent childhood is far away.
My tongue repeats your name.
I live in the past sometimes.
I miss you all my life.

Shoyad Bek

The Price Of Goodness



To the asked question
Mother smiled softly
I will answer you but
First, think carefully

A good man of the world
Is gold, is jewel
They are tulips, daisies
Adding beauty to gardens

Bad person is like thorn
scratches your body
From the torment of the thorn
He knows the value of tulips

If there is only good ones
Nobody knows the value of them
Because of evil
Kindness is not worthless

🍷 Shomuradova Shahinoy
Student of school No. 56, Amudarya
district, Republic of Karakalpakstan.

Mother of a little girl
Who loved her so much
The girl curiously asked
The things she doesn't know.

One day from her mother
She asked a question
Mother why in this world
There is good and bad?

Navoi Mining and Metallurgical Combine is 65 years old!

The Navoi Mining and Metallurgical Combine ranks 10th in the world in terms of gold production and reserves. NMMC was founded in 1958.

During the 65th year, NMMC has made a huge contribution to the growth and income of the Republic of Uzbekistan, both externally and internally.

Our enterprise carries out the process of extraction, exploration, processing of underground and surface resources. In particular, the quality of gold castings with a sample of "999, 9", which has become an Uzbek brand that we produce, deserves special recognition. I am Turakulova Ozoda and I am now 28 years old.

I've been with NMMC for 10 years now and I'm very proud of it. Congratulations to NMMC on its 65th anniversary. I wish you the first place in the world in gold mining, as well as good luck, big victories

Turakulova Ozoda



Evening



I have a pencil and an eraser in my hand,
I wrote down the white paper.
It's fun to create in silence,
I searched and sorted the meaning of the words.

A four-line verse was born,
I still haven't found a name for my bio.
Inspiration was given by the rays of the crescent moon,
I named my poem "A special evening"!

Mahliyo Rahimbayeva was born on November 2, 2002 in Gurlan district of Khorezm region. Currently, he is a 2nd-year student of the Faculty of Philology of Urganch State University, studying philology and languages: Uzbek studies. Mahliya is one of the talented students, the collection of poetry "Tabassum Tarovati" and the monograph "Symbols related to the image of nature in the works of Rauf Parfi" were published. In addition, Mahliyo actively participates in republican and international conferences with his articles and theses. Literary-artistic and journalistic articles have been published in regional and republican newspapers and magazines

In the evening...
Great conversation around the campfire,
Sometimes silence, sometimes noise.
A dark moment when the fire was full,
Light comes from Hilal's face quietly and slowly.

The melodious sound of the forest voice,
It is scary to hear in the evening.
Stop the silence, the cry of the forest,
Hilal will be the same.

Together with the moon and its rays,
Loud voices stop.
Near me are streams, full of water,
Waves remind of feelings.

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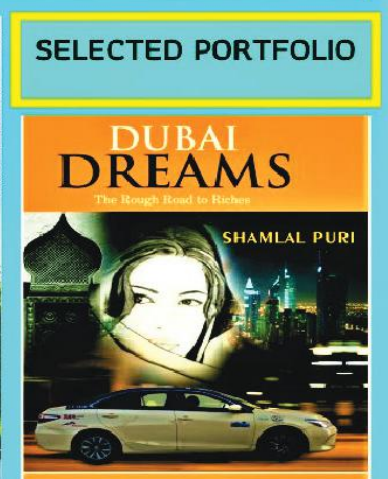
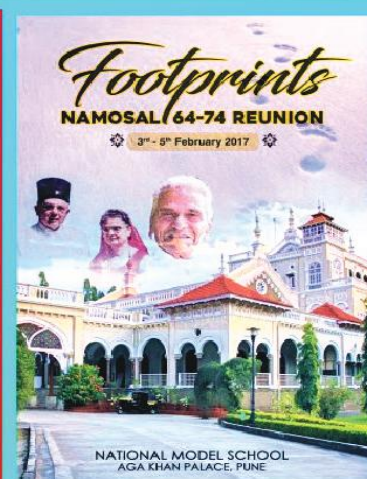
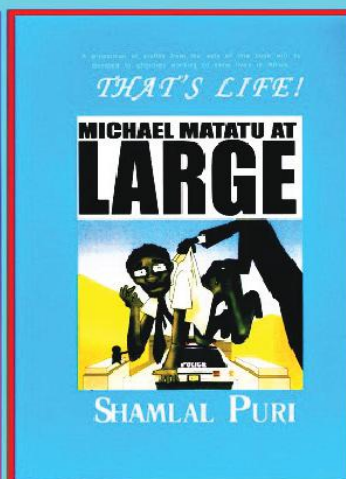
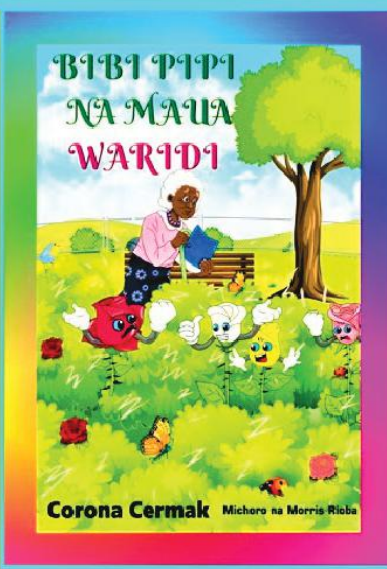
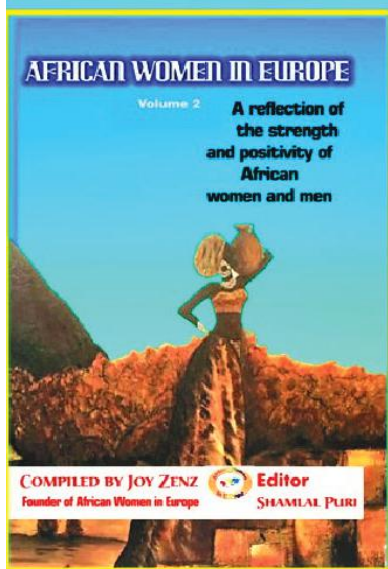
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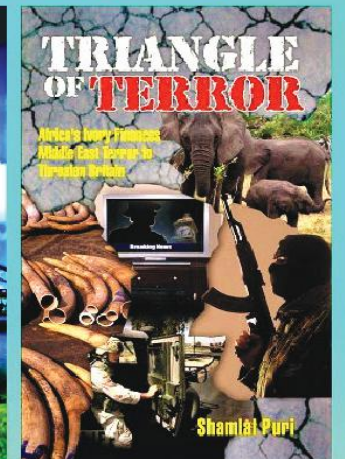
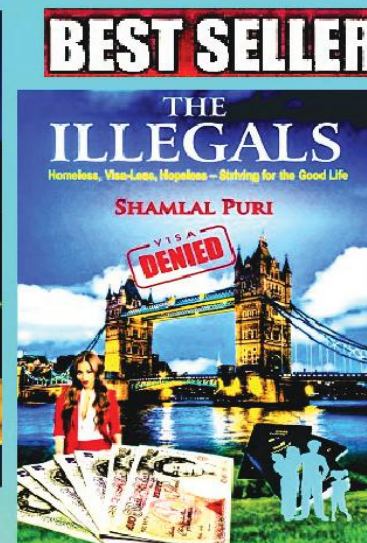
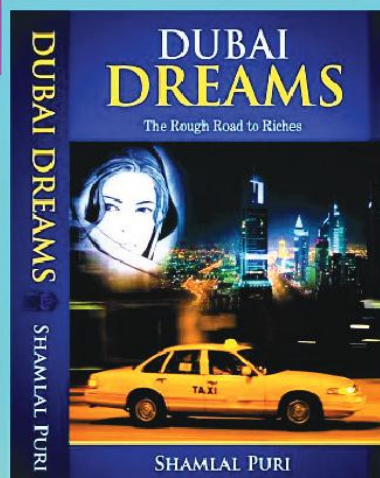
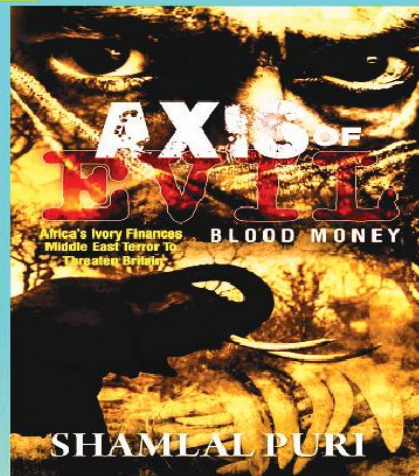
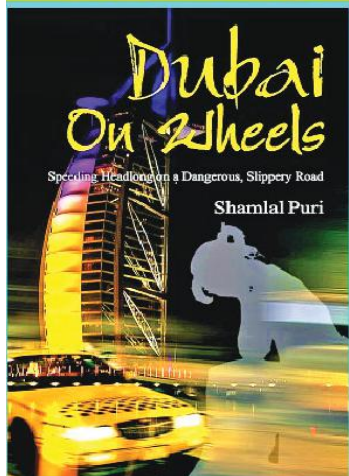
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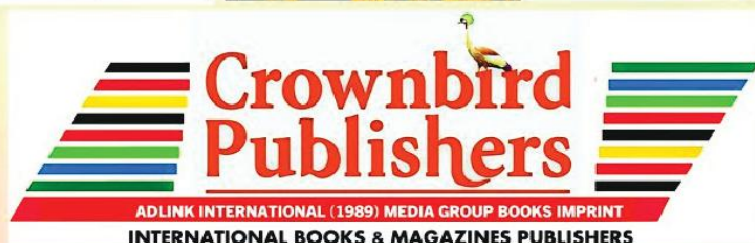
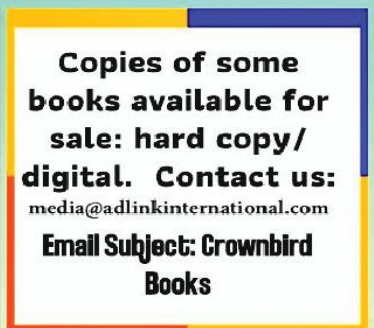
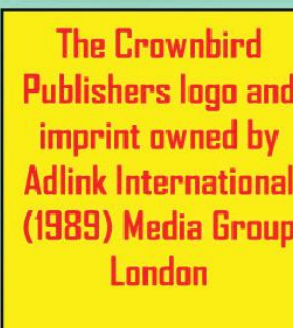
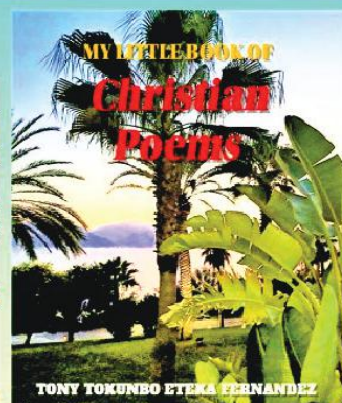
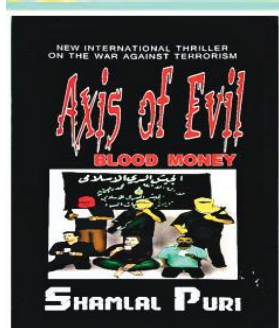
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Kakuzi Assumes A New Brand Identity Underlining A Growing Together Commitment To Its Stakeholders

...as the government welcomes Macadamia Oil production, which complements the National Edible Oil Crops Promotion Project

By: Business Reporter
@themtkenyaintimes

Worth Noting:

- As part of the new branding, Kakuzi has also officially launched a range of private-label consumer products developed over the last two years for the domestic market, including ready-to-eat macadamia, gluten-free macadamia flour, cold-pressed macadamia oil and blueberry packs. Following an intensive research and development (R&D) programme by the Kakuzi team, the new branded consumer products will be progressively availed to the local market.
- Speaking at the brand launch ceremony, Kakuzi Plc Chairman Mr Nick Ng'ang'a described the new identity as a growth driver for the firm that currently holds Kshs 7.1 billion net current assets.
- Kakuzi, he explained, will focus on sharing its expertise and quality standards with local and international consumers.



Kakuzi Plc Managing Director Mr Chris Flowers (left) and Chairman Nicholas Ng'ang'a (right) update State Department for Crop Development Principal Secretary Mr Phillip Kello Harsama (centre) on the production process for the new Macadamia Cooking oil produced by the listed agribusiness for the domestic market during the firm's new brand launch ceremony.

Listed agribusiness firm Kakuzi Plc has formally adopted a new corporate identity that underscores its commitments to agricultural development for the domestic and export markets.

The new Kakuzi brand is aligned with the national agricultural transformation agenda, with sustainability and climate-smart agriculture at its core.

Speaking at the launch of the new Kakuzi brand, the State Department for Crop Development Principal Secretary Mr Phillip Kello Harsama said the government is committed to advancing agricultural transformation through various avenues, including private partnerships, as they allow for accelerated and rapid results achievement.

While noting that Kakuzi is set to unveil a range of Macadamia Cold pressed cooking oil products, PS Harsama said the government is sparing no effort to advance the National Edible Oil Crops Promotion Project. "This development offers a route to double up the consumption of macadamia nuts locally through value addition in the face of the current global glut," the PS noted.

Through resources from the exchequer, the State Department Mr Harsama said plans to spend more than KSh40 billion this financial year to implement agricultural transforma-

tion initiatives under the Bottom-up Economic Transformation Agenda (BeTA) priorities.

"The government plans to provide 720 Metric Tonnes of certified sunflower seeds by the use of the e-voucher input subsidy services, 200 Metric Tonnes of assorted canola seeds, sunflower, soya and 10,000 coconut seedlings, and disburse KSh. 42million to 840 farmers as loans in Kwale, Mombasa, Taita Taveta Tana River and Kilifi Counties under the National Edible Oil Crops Project," he said. He added that "I am impressed that as the government advances the National Edible Oil Crops Project, Kakuzi Plc, as part of its branding programme, is set to introduce competitively priced Macadamia Cooking oil in the local market. This is a significant milestone that complements the National Edible Oil Crops Project and provides an avenue to diversify the pool of edible oils-producing crops beyond Sunflower, Canola and Soybeans to Macadamia."

The new Kakuzi identity, the firm's first defined brand visual system and strategy in 95 years, also signifies a transition to the contemporary world of superfoods growing for both the domestic and export markets based on a strategic decision to prioritise the production of such foods.

As part of the new branding, Kakuzi has also officially launched a range of private-label consumer products developed over the last two years for the domestic market, including ready-to-eat macadamia, gluten-free macadamia flour, cold-pressed macadamia oil and blueberry packs. Following an intensive research and development (R&D) programme by the Kakuzi team, the new branded consumer products will be progressively availed to the local market.

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Kakuzi, he explained, will focus on sharing its expertise and quality standards with local and international consumers.

"Over the last 95 years, Kakuzi has grown from a sisal grower, citrus, passion and pineapple fruits grower to a superfoods producer and exporter of repute. We have over that period gained immense experience in all our stakeholder engagements and can now aim to unlock value with a distinct corporate identity that underlines our commitment to growing together with all our stakeholders," said Mr Ng'ang'a.

Attesting to the firm's growth tra-

jectory, Kakuzi, Mr Ng'ang'a said it had significantly expanded its avocado and macadamia orchards to meet growing demand. The firm, he disclosed, is on course to convert all its former pineapple-growing fields to avocado orchards by 2026.

On his part, Kakuzi Managing Director Mr Chris Flowers said: "Whilst we make our profits from the land, we fundamentally believe that our value is generated by what our brand promises and, critically, what it is seen to stand for. For the first time in our century-old age, we have defined who we are with utmost clarity and pledged to meet the needs of Our community, Our Staff, Our customers and business partners, Our shareholders, and Regulatory and Government leaders, among others. The new Brand, Kakuzi, provides a market differentiation and promises to unlock value for all stakeholders."

The management team, Mr Flowers confirmed, is actively working to unlock further value by delivering domestic market products. The firm's introduction of the Kakuzi branded range of ready-to-eat macadamia products for the domestic market, he said, is a vital part of this transformation. "The products are expanding as we strive to provide nutritious, healthy and affordable food responsibly grown in Kenya," said Mr Flowers.

As part of a shareholder returns enhancement strategy, Kakuzi Plc is gearing up to make its pioneer property development investment in the retail sector as it develops Kakuzi Farmers Market. The retail enterprise, located opposite the firm's headquarters on the Nairobi-Nyeri highway, will allow Kakuzi to sell its recently introduced range of value-added products and provide a decent place for up-country travellers to stop and refresh.

Kakuzi is also in the final stages of a commercial appraisal process for a full-scale Blueberries production venture at a Ksh 4 Billion estimated cost.

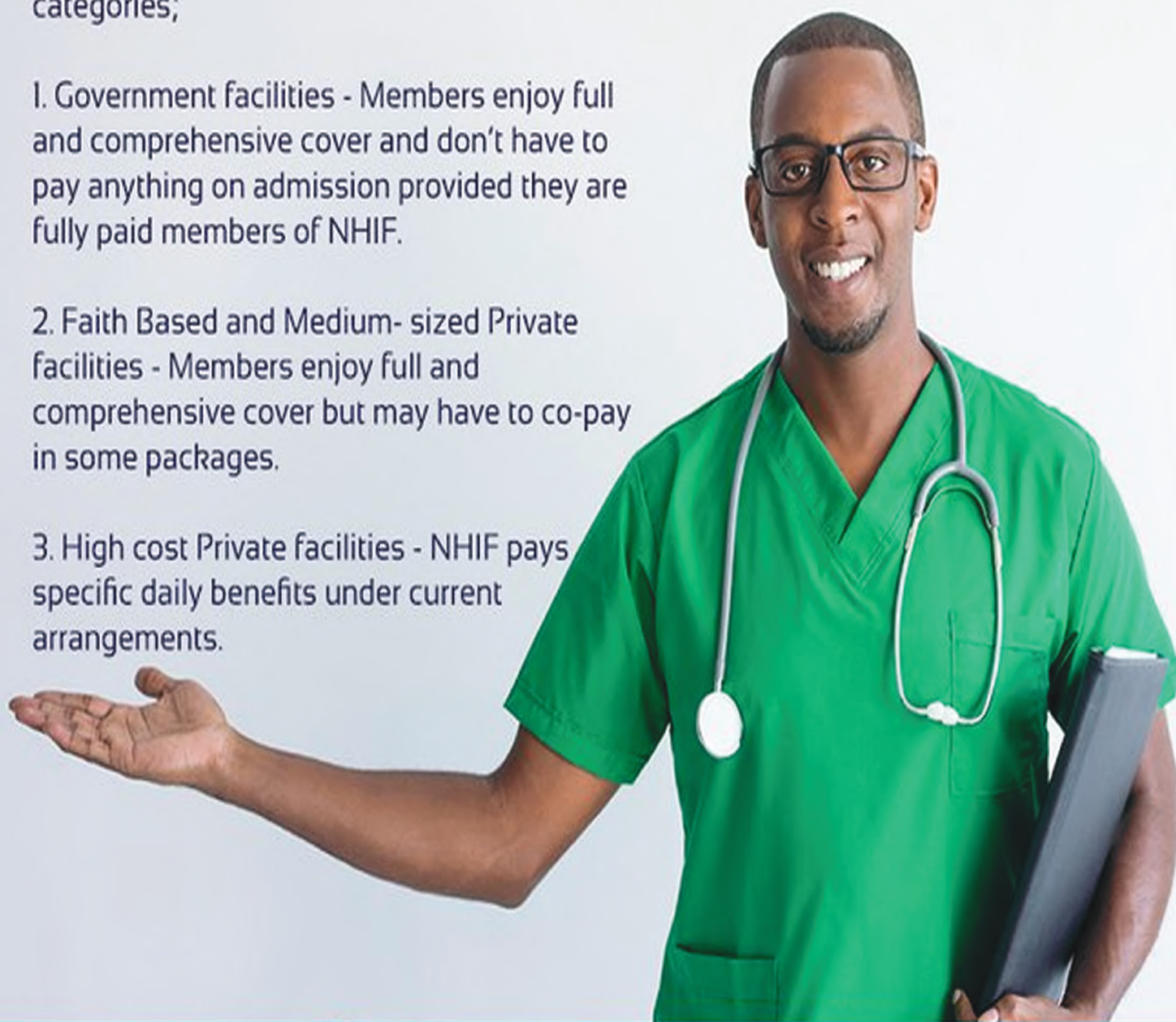
The firm has also recently commissioned a Macadamia Oil Extraction Plant to meet the growing demand for value-added products within its superfood portfolio. Domestic sales of value-added macadamia products will also help mitigate challenges in the international arena due to a prevailing macadamia glut in the global market.



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A Murang’a Colonial Administrative Block To Be Renovated And Preserved

By: Bernard Munyao and
Patience Wangari
@themtkenyentimes

The National Museums of Kenya (NMK) is on course to renovate and preserve a colonial administrative block nestled at the heart of Murang’a town.

The block which was constructed in September 1900 was used as an administrative hall to help British colonizers access and take control of the wider Mount Kenya region.

During the early 1900s when the British wanted to expand their colonial rule, Francis Hall, a prominent British colonial officer, established his office in the Metumi area which currently is Murang’a town.

NMK officer in charge of Murang’a County Anthony Maina told journalists that his organisation is in the process to source at least Sh3 million to renovate and equip the block with relevant historical materials for the preservation and reflection of the rich cultural, social, and political heritage of the central region.

Maina stated that once renovated, the block which was constructed by the first colonial governor Mr Francis Hall will host artifacts, photo-



graphs, and historical documents that will exhibit and present a vivid colonial history.

Maina said that the building is the only colonial building left standing in Murang’a, adding that it stands as a testimony of the town’s heritage and provides a captivating window into its past.

He explained the building is still standing due to its architectural design noting that it has been used by several government departments until the year 2012 when it was gazetted as a national monument and

in 2019.

“The NMK took it over and since there is nothing to show off, the national museums have not been able to market it well thus people are less captivated by it,” said Maina.

He noted, “Once it’s renovated, the monument will offer a glimpse into the lives of the people and the events that have shaped Murang’a town’s identity.”

“The artifacts will range from traditional tools and handicrafts to colonial-era items, providing a comprehensive view of the town’s historical

and cultural evolution,” added the Officer.

Maina noted that they are reaching various stakeholders including the national and county government to help in renovating and equipping the museum with the relevant historical artifacts.

The museum, Maina added, will host photos of African chiefs like Karuri wa Gakure, and Waiyaki Wa Hinga who were used by colonizers to easily access the interior of the expansive Mount Kenya region.

“When Francis Hall came to Mu-

rang’a, he established Fort Hall purely for administrative purposes unlike Fort Machakos, Fort Smith, and Fort Tenan which were used to store weapons for the soldiers and food for the railway workers,” divulged the museum officer.

He said, “Francis Hall administration covered the Kenya district from the Kenya-Tanzania border all the way to the entire Mount Kenya region.”

He noted the main aim of the governor was to expand the British territory and since the natives of Murang’a were not civilized, he came with 300 porters, including his own security, cooks, and office workers mostly from the coast.

“Some of these people did not return to the coast; they built a mosque in an area known as Mjini at the outskirts of the town and lived there up to now. Currently, the majority of residents of Mjini informal settlement are Muslims,” said Maina.

Maina said serving as a pivotal figure in the region, the Hall shaped the town’s development as well as fostered cultural exchange. “One of the highlights of the museum is Francis Hall’s office, meticulously intact in its original state. In this monument you get to experience the ambiance of a bygone era,” he added.

City Hall To Map Out Liquor Outlets To Ensure Compliance

By: Capital Correspondent

The Nairobi Liquor and Licensing department is set to unveil the mapping of liquor outlets in the city.

The one month mapping exercise set to commence in the coming days will ensure all liquor businesses are identified and captured in a database to ensure County revenue enhancement, compliance with set public health standards, aid future county planning and eliminate illicit and counterfeit alcohol.

Speaking during the opening session of a workshop for training of the Nairobi County team that will conduct the mapping exercise, Nairobi City county Deputy Governor, Njoroge Muchiri said that under the leadership of Governor Sakaja Johnson together they were working towards ensuring that order and dignity prevailed in the way business was being conducted in the city.

“It is my expectation that all bar and



Nairobi City county Deputy Governor, Njoroge Muchiri.

restaurants and outlet owners will accord this team the opportunity to gather this information without any issues, and they will be very helpful to them. I have belief that this team will be able to work diligently to ensure that they enumerate all the liquor outlets in the 17 sub counties in the city without fear or favour,” he stated.

“It is worth noting that some of these businesses employ Nairobians who have a duty to provide for their families; provide revenue for the

county government, they pay fees and taxes, it is therefore the county governments responsibility to ensure that we give them the necessary support to thrive, but at the same time we have to regulate their operations and ensure that they abide by the set laws.”

The liquor licensing function was devolved to the county governments after the promulgation of the Constitution of Kenya 2010.

This function was previously performed by the national government under NACADA.

“There is inadequate data available to show the exact number of liquor premises in Nairobi County Reports indicate that there could be more than 10,000 liquor operators. We will commence this exercise in the coming days in order for us to align all liquor establishments in the city to ensure compliance to the relevant statutory frameworks such as the Alcoholic drinks licensing and control act of 2014, EMCA 1999, Public Health Act, Noise pollution and control regulations, Nairobi City County Physical and Land use planning Act, public nuisance act, Trade licensing Act and other frameworks which all operating business need to comply with in creating a well regulated industry,” said Maureen Njeri, County Executive, Business and Hustler Opportunities,

This will also allow us to create a database of all operating liquor premises, which will bring accountability among the liquor business operators, create order, and enhance the revenue potential for the city.”

Speaking at the same event, chief Officer, Business and Hustler Op-

portunities, Ziporah Mwangi said that the Liquor department had issued approximately 7,000 outlets with licences enabling them to operate liquor businesses lawfully as mandated by the 2014 Act.

“Going forward, we will ensure sound and informed decisions are made to streamline effective service delivery and equal business operating standards in all liquor business operations across Nairobi county,” she stated.


The mapping exercise will be conducted within Nairobi County and shall take place simultaneously in all 17 Sub-counties.

The categories of businesses to be mapped out include retailers of alcoholic drinks(wines & spirits shops), wholesalers, distributors, bars and restaurants, night clubs, member clubs and hotels.

The data collection exercise will entail the license status of premises, license fees paid, status of other county licenses, type of business under the different liquor categories, and physical location of premises.”

Mudavadi Urges Africa To Reverse Dismal Performance Of Coffee Sector

By: KBC Digital



Worth Noting:

- “The decline in production has adversely affected farmers’ earning and their livelihoods. Kenya has prioritized coffee as one of the quick turnaround key subsectors in our economic development model popularly known as the Bottom-Up Economic Transformative Agenda (BETA) as espoused in the Kenya Kwanza Government Manifesto 2022-2027,” said Mudavadi.
- He was speaking in Uganda on Tuesday during the second African Coffee Summit, running under the theme ‘Transforming the African coffee sector through value addition.
- The declining production is compared to historical performance where coffee attained remarkable progress soon after independence leading to growth of an all time high production of 129,637 metric tonnes in 1987/88 during the famous coffee boom.



Prime Cabinet Secretary Musalia Mudavadi .

Kenya has prioritized coffee as one of the quick turnaround key subsectors in economic development. Prime Cabinet Secretary Musalia Mudavadi says the Government has developed various initiatives which seeks to increase Kenya’s coffee production from the current 51,000 metric tonnes realized in the year 2021/22 to 100,000 metric tonnes by the year 2025, thus contribute to an increase in Africa’s coffee production globally.

He said coffee production in Kenya has been declining over the years due to challenges like climate change, perennial price volatility, market access and low domestic consumption among others.

“The decline in production has adversely affected farmers’ earning and their livelihoods. Kenya has prioritized coffee as one of the quick turnaround key subsectors in our economic development model popularly known as the Bottom-Up Economic Transformative Agenda (BETA) as espoused in the Kenya Kwanza Government Manifesto 2022-2027,” said Mudavadi.

He was speaking in Uganda on Tuesday during the second African Coffee Summit, running under the theme ‘Transforming the African coffee sector through value addition.

The declining production is compared to historical performance where coffee attained remarkable progress soon after independence leading to growth of an all time high production of 129,637 metric tonnes in 1987/88 during the famous coffee boom.

African coffee accounts for about 12 per cent of the world’s coffee production, making it the second-largest most traded commodity in Africa after oil.

In 2021/2022 for instance, Africa’s coffee production registered a dismal performance of 19.27 million bags of coffee compared to a global production of 167.2 million bags in the same period.

This is a paltry 11.5 per cent against a potential of 40 per cent attributable to Africa’s comparative advantage in land acreage, rainfall and fertile soils.

“As a continent we must develop appropriate strategies to reverse this negative trend and reclaim our position on the global coffee platform,” he noted.

Mudavadi assured that Kenya has come up with various initiatives to reverse declining performance of the coffee sector which include e-voucher fertilizer input subsidy programme for coffee farmers, roll-out of coffee revitalization program and establishment of cherry advance revolving fund.

Other initiatives the Government is undertaking include coffee credit financing through establishment of Commodities Fund to provide affordable finance credit for coffee farming and other agricultural produce as well as reviewing the sub-sector’s legislations.

“Kenya is a good example of promoting intra-African coffee trade. Kenya’s coffee imports from African countries has grown tremendously over a five-year period from 3 metric tonnes in 2019/2020 to 857 metric tonnes in 2022/2023,” said Mudavadi.

Also during this period, Kenya’s coffee exports to African countries reduced from 1,064 metric tonnes to 212 metric tonnes, a decrease of 80 per cent.

He said this is an indication that Kenya is in the fore front of promoting intra Africa coffee trade while majority are not embracing the spirit of African Continental Free Trade Area (AfCFTA), which provides opportunities for acceleration of inter-African trade.

“We must take advantage of this vast market potential for Africa by promoting domestic consumption of and boosting African grown coffee besides boosting trading position in the global market,” he stated.

Mudavadi explained coffee is grown in 33 out of 47 counties by an estimated 800,000 smallholder growers aggregated into 590 cooperative societies and 2,700 coffee estates with a total acreage of 109,384 hectares dedicated to coffee production.

He said Kenya recognizes the strategic role the coffee subsector plays towards the country’s economic growth and vertical integration.

Kenya hosted the first G25 African Coffee Summit in Nairobi last year, which was attended by 41 African countries.

During the Nairobi Summit, the African Coffee Producing Countries made the declarations on the Africa coffee sector, which called for inclusion of coffee among the strategic agricultural commodities.

The countries also agreed to support production and research, enhance access to finance through Government-backed schemes to address value addition and domestic consumption by opening up markets.

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Dear Self

By: Ochago George William
@themtkenyentimes



Worth Noting:

- In times of uncertainty, trust your intuition. Deep within, you have an innate wisdom that will guide you towards the right path. Listen to that voice, and let it be your North Star. Have faith in your decisions, and even if doubt creeps in, remember that sometimes taking a leap of faith is the most powerful way to grow.
- Never forget to prioritize self-care. Take time to nourish your mind, body, and soul. Find activities that bring you joy and help you recharge. Cultivate meaningful connections with loved ones, for they are the ones who will walk by your side through thick and thin. Remember, it's not selfish to prioritize self-care; it's an act of self-love.

(A letter to a Broken Mind)
Dear Me,
I hope this letter finds you in a moment of calm amidst the chaos of life. As I sit down to write to you, I am reminded of the incredible journey we've been on together. Through ups and downs, triumphs and tribulations, we have grown and evolved.

I want to tell you that you are worthy. You have limitless potential within you, waiting to be unleashed. Remember that your dreams are valid and that you possess the strength and resilience to make them a reality. Trust in your abilities, believe in yourself, and never settle for less than you deserve.

I also want to remind you to be kind to yourself. Life can be challenging, and it's okay to make mistakes. Embrace those mistakes as valuable lessons and stepping stones to personal growth. Remember, you are a work in progress, and self-compassion is a necessary ingredient on this journey.

In times of uncertainty, trust your intuition. Deep within, you have an innate wisdom that will guide you towards the right path. Listen to that voice, and let it be your North Star. Have faith in your decisions, and even if doubt creeps in, remember that sometimes taking a leap of faith is the most powerful way to grow.

Never forget to prioritize self-care. Take time to nourish your mind, body, and soul. Find activities that bring you joy and help you recharge. Cultivate meaningful connections with loved ones, for they are the ones who will walk by your side through thick and thin. Remember, it's not selfish to prioritize self-care; it's an act of self-love.

Finally, embrace the beauty of the present moment. Life is unpredictable, and it's easy to get caught up in worries about the past or anxieties about the future. But the truth is, the only moment we truly have is now. Be present, savor the small joys, and celebrate the journey.

Believe in yourself, dear Me. You are stronger than you could ever imagine. With each sunrise, a fresh canvas awaits, ready for you to paint your dreams upon it. Embrace life's blessings, learn from its challenges, and never stop growing.

With unwavering support and love,
Yourself.
© Ochago George William.
@George The Tired Poet.
2023.



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Sports >> *Manchester City begin the defence of their Premier League title away to newly-promoted Burnley on Friday as Pep Guardiola's men look to hold off an ambitious group of challengers to their crown as English champions

Man City Aim To Hold Off Big-Spending Pretenders To Premier League Crown



Manchester City's Spanish manager Pep Guardiola (L) gives instructions to Manchester City's Portuguese midfielder Bernardo Silva (R) during the English FA Community Shield football match between Arsenal and Manchester City at Wembley Stadium, in London, August 6, 2023. (Photo by JUSTIN TALLIS / AFP)

Manchester City begin the defence of their Premier League title away to newly-promoted Burnley on Friday as Pep Guardiola's men look to hold off an ambitious group of challengers to their crown as English champions.

Arsenal and Manchester United have spent big to try and end their long wait for a league title, while Liverpool and Chelsea are expected to bounce back from last season's disappointment.

But another transfer window of major investment by English clubs has been overshadowed by the lavish sums luring even some of the Premier League's best talent to Saudi Arabia.

— City still the benchmark —

City not only won the Premier League for a fourth time in five years last season, but completed a treble of FA Cup and the club's first ever Champions League.

Maintaining his side's hunger is the task awaiting Guardiola, but the Catalan coach is confident

City will rise to the challenge of becoming the first side to ever win four consecutive English top-flight titles.

"We have done it in the past, why should we not do it now? What we did belongs in our hearts and minds but while we are here we cannot stop," said Guardiola.

City have lost captain Ilkay Gundogan to Barcelona and Riyad Mahrez to the exodus from Europe to Saudi.

The arrival of Croatian internationals Josko Gvardiol and Mateo Kovacic has softened that blow, but the champions have been quiet in the market compared to the chasing pack.

Arsenal were second last season and have splashed out over £200 million (\$255 million) on Declan Rice, Kai Havertz and Jurrien Timber in an attempt to go one better this time.

The Gunners saw an immediate reward by beating City on penalties to win the Community Shield on Sunday and goalkeeper Aaron Ramsdale believes

victory at Wembley was an important psychological hurdle for Arsenal to clear.

"For us it's a statement," said Ramsdale. "It's a marker to know we can go and beat Man City in a big game when it matters. I'm not sure what it will be like this season but that mental block is gone. We're ready to push on now."

United remain in limbo off the field as talks over a potential takeover of the Red Devils drag on.

But manager Erik ten Hag has still been handed his desired targets with the arrival of goalkeeper Andre Onana, midfielder Mason Mount and Denmark striker Rasmus Hojlund.

United finished third and won the League Cup in Ten Hag's first season, but have gone a decade without a Premier League title.

— Saudi threat —

Liverpool are not in the Champions League for the first time in

seven years after finishing fifth last season.

A midfield overhaul at Anfield has been accelerated by the departures of captain Jordan Henderson and Fabinho to Saudi Arabia with Argentine World Cup winner Alexis Mac Allister and Dominik Szoboszlai coming in.

"At the moment it looks like they have quite an influence. It is massive," said Liverpool boss Jurgen Klopp on the emerging threat in the Gulf to the Premier League's status as the world's leading league.

However, Newcastle — who are 80 percent owned by the Saudi sovereign wealth fund — have so far added just Italian midfielder Sandro Tonali and winger Harvey Barnes from relegated Leicester.

New Chelsea boss Mauricio Pochettino has overseen a huge clearout at Stamford Bridge to trim down a bloated squad that sank to 12th last season.

Tottenham are also under new management, but the early days of Ange Postecoglou's reign have been overshadowed by the doubt over whether Harry Kane will leave to join Bayern Munich.

— Luton's fairytale rise —

As hundreds of millions are spent jostling for positions at the top end of the table, Luton Town are spending big just to get their 10,000 capacity stadium Kenilworth Road up to scratch for life in the top flight.

Luton have risen from the fifth-tier National League to the Premier League in just 10 seasons.

The Hatters, who begin their campaign away to Brighton, will have to wait for a first home game until at least next month after a clash with Burnley was postponed to allow extra time for stadium upgrades to be completed.

AFP

GET THE BEST OF WORLD

Sports >>> *Kenya Harlequin chair Victor Sudi has revealed that flirting with relegation in the Kenya Cup 2021/22 season was a wake-up call for them to put their house in order to restore the team to their glory days.

Inside Quins' Master Plan To Topple KCB, Kabras As Giants Of Kenyan Rugby



Kenya Harlequin RFC chair Victor Sudi during a media briefing ahead of this weekend's Christie Sevens. PHOTO/RAYMOND MAKHAYA.

Kenya Harlequin chair Victor Sudi has revealed that flirting with relegation in the Kenya Cup 2021/22 season was a wake-up call for them to put their house in order to restore the team to their glory days.

The eight-time Kenya Cup champions were on the verge of being axed from the top flight but received a new lease of life courtesy of Kenya Rugby Union (KRU) Appeals Committee that subsequently saw Impala and Nondies relegated to the Championship.

"As Quins, we have had to go back to the drawing board. The season where we were almost relegated...you know that wakes you up. We didn't rest on our laurels because we had survived relegation but went back to the drawing board and looked at our structures. We looked at our technical team and the players and tried to address our shortcomings," Sudi explains.

After a disastrous start to the 2022/23 season, Quins recovered to finish in the Kenya Cup play-off places, where they lost 22-8 to eventual champions Kabras Sugar. Sudi credits coach Paul 'Pau' Murunga for boosting the confidence and quality of the playing unit and reversing the fortunes of

the former rugby giants.

"We were able to sign a new coach in Paul Murunga who has been very outstanding. Together with Joel Nganga, the director of rugby, they have put in a lot of work by ensuring the team is well-prepared. We started our pre-season very early and we have been ensuring that the environment is right as far as the players are concerned," the Quins legend reveals.

He adds: "We have sort of changed our approach and we are working on player welfare. We have made sure that all the players are accommodated and there is fairness in how we do our allowances. Basically, ensuring all of them are comfortable when they come to the field to train and all their needs are addressed."

Back to basics

Also integral to the rebuilding project has been youth talent development for which the club has partnered with grassroots teams, such as Division 1 side Shamas Rugby and Kings Rugby Development.

Sudi says this strategy is in recognition of the importance of grassroots development as a lifeline of

the club.

"All this is feeding into the Quins playing talent pool and strengthening our participation in Kenya Cup and now the National Sevens Circuit. It has been a journey for us...we are happy with the work being done. The players are very committed and motivated. They are taking the learning hard," he says.

The Ngong Road-based side went on a shopping spree early this year, signing 11 players ahead of the last half of the Kenya Cup.

Sudi points to this as evidence that Quins remains an attractive brand to players who cherish the opportunity of putting on the prestigious jersey of the club.

"We are grateful that we have had an influx of new players joining the club. That is just testament to the quality of coaching that we offer and the quality of our environment that has helped us acquire new players," Sudi, who assumed the reins at Quins in August last year, says.

In lieu of these efforts, Sudi – who also plied his trade for Impala – is bullish that Quins will no longer take a backseat as the giants of Kenyan rugby run the show.

"We are on a good trajectory and we are definitely looking forward to building on this...and in this coming season, I am hopeful we will be able to challenge the big boys...KCB, Kabras, Oilers and topple them. It has often been said that community clubs are struggling but with all the partners on board, we should be able in the near future to topple the corporate teams," he elaborates.

Challenge accepted

Indeed, Quins will have the chance to prove their mettle against the big boys when they host the 56th edition of the Christie Sevens at the RFUEA Grounds from this Friday to Sunday.

Murunga's charges finished second in last weekend's Prinsloo Sevens in Nakuru after losing 10-5 to Kabras Sugar in the final. Reflecting on their progress thus

far in the National Sevens Circuit, Sudi is optimistic the team will put a smile on the faces of their fans.

"This weekend, being that we are home, we are certainly hopeful that we will go all the way. But, as you know, rugby is a sport that is one game at a time so we will take it one game at a time. We are also in a tough pool. However, our intention is to build on the gains last weekend and go one step further," he said.

They will be in Pool B where they face Kenyatta University Blak Blad, the 2018 NSC champions Homeboyz RFC and Daystar University Falcons.

They sit fourth on the National Sevens Circuit standings with 46 points, 17 behind leaders Kabras Sugar.

Kenya's oldest rugby 7s competition comes on the backdrop of the Dala – clinched by KCB – Driftwood and Prinsloo Sevens, which were won by Kabras.

Speaking at the same time, KRU director of rugby Thomas Odundo expressed his satisfaction with progress of the NSC, noting that Kenyan rugby is gradually getting back to its feet after a tough period.

"The circuit returned last year after a two-year break. The two years was because of the Covid-19 period. Between last year and this year, there has been a marked improvement. From the end of last year, we have had all our competitions fully running," Odundo said.

Odundo further believes the competitiveness of the NSC bodes well for the national teams.

"The reception has been good...the crowds have been very good. We have had Shujaa (national 7s team) players competing for their clubs in the circuit and this has increased the competitiveness of the tournament. It has given players an opportunity to test themselves against the best," Odundo, who is also KRU's acting CEO, explained.

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SPORTS AS THEY HAPPEN

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Intelligence In The Brains

By: Maxmarejabova Muqaddas
@themtkenyetimes

Worth Noting:

- Humanity has many roles, like giving the best responses and responsibilities to the people who can control them, but when it comes to shimps, they can be perfectly fine with their interactions with the people who can control the groups.
- Yet, it is the best example of them managing themselves in a better way. In the world, the kind of laws, rules, and many other opinions or control ways created by gossip You can think as easily that the social media groups or the ways of gossiping with the aim of work or for other purposes are all called "gossip".



The Shipman's human brain has a little difference with Homo Sapiens. Their brains shape is similar, but the cognitive ability in Shipman's brain is more limited than in the human brain. For instance, their memory levels have a huge difference.

If we took all humans in the world, it could be more than 15 million tons. If we were to take cows, sheep, and other types of animals, it would be more than 30 million tons. Like humans, animals and insects can easily interact with themselves. Let's take bees and bugs; they can easily work together.

Unfortunately, when it comes to humankind, there is a little difference between them. I will elucidate later about it. The animals can avoid the fight against their evils with the same sophistication as each other.

One deer to another deer indication is the communication way between them; they indicate to each other about the lion or wild animal walking around them.

Interestingly, when it comes to hu-

mans and this part, they can interact with each other and be aware of each other with information like that, where they are located, how they look, and which ways we can go or fight against them, and all of the descriptions they can give to describe or elucidate the situation.

They can call this one the gossip, which they were aware of when they created the initial humanity. The gossip is the better thing, because science and other stuff always encourage this situation.

Let's take another look at the Shimpanzee groups. How many groups do they contain, approximately? With the tweaking approximation, I can write that it is 150. It is fantastic.

Humanity has many roles, like giving the best responses and responsibilities to the people who can control them, but when it comes to shimps, they can be perfectly fine with their interactions with the people who can control the groups.

Yet, it is the best example of them managing themselves in a better

way. In the world, the kind of laws, rules, and many other opinions or control ways created by gossip You can think as easily that the social media groups or the ways of gossiping with the aim of work or for other purposes are all called "gossip".

Any kind of law or rule isn't available; all of them were created by humanity's gossip. One of the best examples of property is Business. In addition, one Company is called "Best". If I say the truth, I totally forgot about the name of the car company; this company name is called Alternative Way from me with the temporary opinion.

They have more than 200,000 million workers in the company; they took more than 8 billion with the overall description of all of the workers salaries. They have a brand, recourses, and all of that. So if they lose their workers to the disease,

What can they use? It is simple: they start business with an opening in a totally different place with new resources, and they can find work-

ers with a good proportion. Some of the challenges faced by one human became only part of the difficulty in business: possible things to do.

For instance, the person started from null with many hypotheses to create their own business. He started to borrow from the government, and then he bought many resources. Unfortunately, his business became bankrupt.

He or She should pay the high payment if he or she can't. They can sit in prison for many years. They start to sell all of the things to pay this amount of money. As a result, begin with caution and consider everything else before beginning the point.

Maxmarejabova Muqaddas, 60 school student.