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President Ruto at Voi Gemstone Value Addition and Marketing Centre, in Taita Taveta County



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Gov't Supporting And Collaborating With The Automotive Sector To Ensure It Realizes Full Potential - CS Miano

...Players Urged To Leverage Kenya's Strategic Advantage To Scale Up Local Manufacturing Of Parts And Other Vehicle Assembly Components For The African Market

By: Our Reporter
@themkenyatomes

Worth Noting:

- While noting the technological advances adopted by Toyota in the development of Hybrid Electric Vehicles (HEV) engine-powered vehicles, Ms Miano, accompanied by CFAO Motors Kenya Chairperson Amb. Dennis Awori, welcomed plans by Toyota Tsusho and its local partner CFAO Motors Kenya to step up the local marketing and sales of Hybrid vehicles.
- "I have noted that so much goes into the manufacture of automobiles, and I encourage you to roll out more of such operations to our local level. This will culminate in the transfer of requisite technology to our youthful population amongst other benefits," She said, adding that "Kenyans are relatively well skilled and can easily adapt to new technologies and systems of doing things."



Ministry of Investments, Trade and Industry (MITI) Cabinet Secretary Rebecca Miano (left) shares a word with Toyota Tsusho Corporation President & CEO Mr. Ichiro Kashitani (right) when she visited the Toyota Manufacturing Plant and engaged with the firm's officials in Japan.

The government has assured local automotive solution providers and investors of further support in adopting new-generation mobility solutions.

Speaking when she toured the Toyota Manufacturing Plant in Nagoya, Japan, Ministry of Investments, Trade and Industry (MITI) Cabinet Secretary Rebecca Miano said the government will continue collaborating with automotive sector stakeholders to ensure the industry realizes its full potential.

In return, Ms Miano urged automotive sector players led by Toyota Tsusho corporation to return the favour by scaling up their local assembly and local manufacture of automotive parts and components in Kenya. The country, she said, is well placed to act as one of the key man-

ufacturing hubs for Toyota, serving the continent under the African Continental Free Trade Area (AfCFTA) agreement protocols.

Cabinet Secretary Ms Miano, accompanied by the State Department for Industry Principal Secretary DR. Juma Mukhwana, is in Japan to attend the G7 Trade Ministers' Meeting in Sakai, Osaka, Japan. Kenya is the only African country invited to the G7 meeting. Other invited countries and international organizations attending the meeting include Australia, Chile, India, Indonesia, the World Trade Organization (WTO), the Organization for Economic Co-operation and Development (OECD) and the Economic Research Institute for ASEAN and East Asia (ERIA).

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and systems of doing things."

During the factory tour led by Toyota Tsusho Corporation President & CEO Mr Ichiro Kashitani, Ms Miano welcomed efforts by Toyota to facilitate the transition from fossil fuel-powered engines to renewable energy-powered engines by introducing hybrid engines as part of the national energy transition agenda.

As part of investment and industrial promotion efforts, her Ministry, she said, will support Toyota's efforts to collaborate with the Kenya Government in capacity building to foster mutual benefits. She confirmed that collaborative efforts focused on local assembly and enhanced local content applications in the automotive sector remain a key priority as the government seeks to raise the manufacturing contribution to GDP from its current single digit to 15 per cent by 2027.

Attesting to Kenya's investment-friendly environment, Ms Miano said great strides have been taken at the Toyota Fortuner Assembly Plant in Mombasa following its Presidential launch last July. The National Automotive Policy, she added, is steering the country towards enhanced local assembly through the gradual phase-out of used imports and propelling Kenya's automotive industry to new heights.

On his part, CFAO Motors Kenya Chairman Amb. Dennis Awori reiterated the global Toyota commitment to reducing CO2 emissions and confirmed that Toyota is working to become carbon neutral (CN) by 2050.

As part of the commitment, CFAO Motors Kenya, Amb. Awori said, will continue to enhance its Hybrid Engine Vehicles (HEV) offering in the local market. "Toyota believes that HEVs will continue to be an important option in areas that lack clean power and charging infrastructure," Amb. Awori said.

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NEWS IN BRIEF



30 police officers in Narok County have been trained to reduce Gender Based Violence (GBV) cases, which are common in the county. The training, sponsored by the United Nations Office on Drugs and Crime (UNODC), was held at a Narok town hotel. The officers were trained on how to investigate, prosecute, and prevent GBV cases during long school holidays. Assistant Inspector General of Police Paul Ndambuki expressed confidence that the training will help reduce GBV cases during this long school holiday. Inspector John Kamau said the training was appropriate and promised to train other officers who missed it. Corporal Sheilla Metto thanked the organisers for the opportunity to learn and help reduce GBV in the county. The training comes as gender stakeholders are challenged to work together to reduce Female Genital Mutilation (FGM) in the county, which is 51% above the national average.



Laikipia County authorities have seized over 8,000 litres of adulterated petroleum products, valued at over one million Kenyan shillings, suspected to be stolen from a British Army Training Unit in Kenya (BATUK) camp. The products were discovered in a residential unit, and vehicle spare parts were impounded. Army vehicles were often seen near illegal cartels' operations, and the suspects believed that trucks were being syphoned before transporting the adulterated fuel to the designated area. The county administrator, Joseph Kanyiri, urged residents to be vigilant and warned that handling petroleum products without permission from relevant agencies was illegal. The Directorate of Criminal Investigation (DCI) is investigating the matter, and it is not yet established how long the suspects operated the illegal petroleum syphoning from the army camp. Additionally, there was an illegal power connection on the same premises.



Wildlife Principal Secretary Silvia Museiya (second right) flanked by ministry officials during a tour of the Wildlife Research and Training Institute Museum in Naivasha. The government is investing in anti-venom production and a wildlife research lab to combat snake bites, reducing imports from South Africa and India, and saving endangered species in Sub-Saharan Africa. Photo/Erastus Gichohi.

The government has pledged to invest in research to accelerate local production of anti-venom to combat rising snake bite cases. The country heavily relies on imports from South Africa and India, a situation the government aims to reverse. The Kenya Snakebite Research and Prevention Centre reports that the country is home to some of the deadliest snakes in Africa, with an estimated 25 people dying daily due to snake bites. The government is also aiming to reverse the decline in wildlife populations, with the government financing a Sh268 million state-of-the-art laboratory at the Wildlife Research and Training Institute (WRTI) to further research wildlife. The government is also focusing on reducing human-wildlife conflicts, with 68% of wildlife being driven by climate change threats. The institute will also partner with counties to improve wildlife management and development, aiming to revamp the tourism sector and boost livelihoods.



Immigration and Citizen Services Principal Secretary Julius Bitok has met with religious leaders to discuss the Maisha Digital ID initiative. The government is keen on introducing the Maisha number, Card, Digital ID, and Integrated data, merging all four items into one. Bitok announced that 698 public participation forums across the country are supported by the National Government and Administration Service to engage more stakeholders and partners in the digital identity ecosystem. He hosted religious leaders at a stakeholders' engagement forum on the digital ID and Maisha Number, bringing more understanding to broaden the scope and explain more details about the project. On October 31, the State Department plans a meeting with Civil Society to discuss important projects and listen to concerns and ideas. The PS highlighted several failed attempts concerning the Digital ID due to a lack of public participation.



Christian Aid Kenya (CAK) is working with partners like Nyuki Hubs, the Cereal Grower Association, the National Taxpayer Associations, the Kenya Climate Change Working Group, the Institute of Public Finance Kenya, and The Institute of Social Accountability to address the root causes of poverty and secure global agreements to eradicate poverty in the country. CAK is at the forefront of bringing issues of equality, dignity, and freedom to all, regardless of faith and nationality. The organisation's mission includes a global movement to alleviate poverty, expose cases of misuse of power, and provide humanitarian support. Christian Aid Trustee United Kingdom, Sam Bickersteth, praised CAK for its contribution to empowering vulnerable communities and reducing poverty under the theme 'OKOA UCHUMI'. CAK is actively involved in climate justice and economic justice through the Humanitarian Development Advocacy.



Kenya continues to seek and enhance partnerships in Foreign Direct Investment as part of our strategy of rebuilding a strong and resilient economy.

Deputy President Rigathi Gachagua after landing in Munich, Germany met Florian Kraus and Max Lenz, youthful investors in the horticulture subsector.

They discussed developing a roadmap on deepening investment in fruit farming and processing in Elgeyo Marakwet and Baringo Counties.

This is a matter of interest to the Kenya Kwanza administration in diversifying agro-production, especially in the North Rift.

The government is creating an enabling environment by addressing various bottlenecks in bureaucratic processes to ease FDI.

The DP was accompanied by among others Baringo Central MP Joshua Kandie and the Mayor of Gersthoven His Worship Michael Worle.

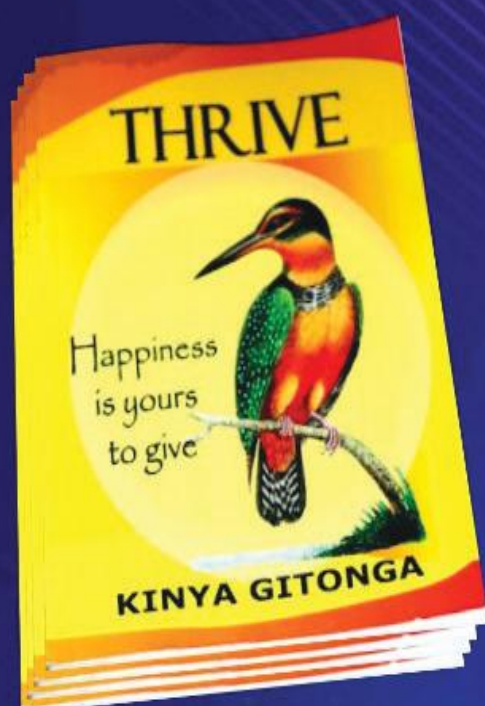
Ending The Mau Forest Paradox

The Mau forest has hit the Kenyan media for a long time. It is true that Mau serves as a source of various rivers in Kenya but then it at the same time serve as a home for various people in Kenya who claim to have been born there. The forest is very important to our country. This is because it is a source of various rivers in the country. On the other hand, the people who claim to have been born there are equally important. This is therefore calls for the government to find a long lasting solution in order to end Mau Forest crisis

Aloice oduor Baraza

Kingya N. Gitonga

PSYCHOLOGIST, AUTHOR, MENTAL HEALTH ADVOCATE
& FOUNDER SOUND MENTAL HEALTH FOUNDATION
PRESENTS



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Kingya N. Gitonga



Pastor Dorcas Rigathi Seeks Opportunities For Boy-Child In Belgium

By: OSDP

Worth Noting:

- Pastor Dorcas will partner with the organization in areas of Digital Space, Job creation, empowerment, skilling, among other areas for the boy child in the agenda of her office.
- The Be Central facility at the heart of Brussels was renovated from an abandoned railway building to offer a hub for the youth in the digital space. Pastor Dorcas is in the process of setting up such a facility through health villages that are already at an advanced stage in various parts of the country. One such facility is under construction in Rumuruti of Laikipia County after she launched its construction a few weeks ago. The facility will include a rehabilitation Centre, a health Centre, a vocational training facility, a sports academy among others.

The spouse of the Deputy President Pastor Dorcas Rigathi completed a three days working tour of Belgium seeking opportunities for the boy-child.

Pastor Dorcas completed her tour at the BeCentral and Close the Gap-Kenya facilities in Brussels, two facilities that she will partner with in different boy-child programs in Nairobi and Mombasa.

The organizations which are based in Brussels have been working in Mombasa and have impacted the lives of many young men in the Coastal City.

"I firmly believe that when we empower the boychild, we inherently contribute to the well-being and empowerment of girls as well. The key to uplifting the boy child lies in providing them with valuable skills, ensuring their gainful employment, or supporting them in establishing their own enterprises," she said.

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"The model I witnessed in this hub today is truly commendable and serves



Pastor Dorcas Rigathi touring the BeCentral youth hub in Brussels on Thursday. She is in the process of setting up such a facility in Kenya through Health Villages to rehabilitate the youth. She was taken through the facility by its Co-Founder Stephan Salberter.

as a best practice that we can adopt as we focus on skilling and upskilling the boychild in Kenya," she said.

"In an era dominated by information, it is crucial that young men are equipped with the right digital skills to navigate the swiftly changing world, where digital transactions have become the norm," she added.

She was taken to a tour of the facility by Stephan Salberter, the Co-Founder, BeCentral. Peter Manderick, the General Manager, Close The Gap and Didier Appels, Impact & Business Director, Close The Gap. The two organizations have set up facilities in Mombasa for the last 15 years.

"Startups, especially those driven by

young men, require targeted training to sustain partnerships and foster self-reliance. Only through such empowerment can we truly consider them as thriving and contributing members of society," she said.

On Wednesday, Pastor Dorcas was at the Ghent University which she also seeks to partner in research and exchange programs for Kenyan students. The University is currently home to more than 60 Kenyan students in various courses out of at least 1,000 students from Africa. Pastor Dorcas however says the partnership will offer more opportunities for the youth in Kenya. The partnership will also involve research on drugs and substance

abuse being one of the universities with a strong background in such research across the world.

"With over 15 years of building academic collaboration with Africa the university also provides a good opportunity for exchange programs for our youths," she said.

Pastor Dorcas also toured Bio Plant Europe Pilot Plant in Ghent, one of the leading Biotechnology firms in the world to explore areas of collaboration in research with Kenyan universities and other institutions as well as exchange programs for Kenyan students. The firm expressed interest in partnering with the office of the spouse of the deputy president.

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Two Behind Bars Over Taxi Driver's Abduction, Murder

By: Our Reporter
@themkenyetimes

Two suspects connected to the abduction and subsequent murder of taxi driver Evans Bikundo Moracha, whose body was recovered at River Sagana on October 14, 2023, have been arrested by Nairobi Region Crime Research detectives following a night-long operation in Nyeri and Kajiado counties.

The two, Stanley Collins Muthika and Kennedy Murimi Kinyua were arrested in Nyeri's Ruringu village and Olekasasi - Ongata Rongai in Kajiado North respectively.

The deceased's disappearance was reported by his wife Teresa Masesi Kerubo at Mihang'o Police Station on October 14, indicating that he and his vehicle a Toyota Vitz Reg. No. KDH 833M had been missing for three days. The deceased's phone was also offline.

It was on the same day that the Ass. Chief Githuri sub-location in Murang'a County reported to the police of an unknown male body having been found at River Sagana. The body that lay naked had multiple head injuries.

Police took the body to Murang'a

Level 5 Hospital Mortuary for autopsy and identification through fingerprinting and analysis at the National Registration Bureau (NRB) offices. It was identified as that of Evans Moracha, whose wife had just reported missing.

The Nairobi Region crime researchers backed up by the operations unit took over the matter in a scrupulous manhunt for the monstrous faces behind the heinous murder. Acting on intelligence, the team furthered their pursuit to Ruringu village in Nyeri County yesterday where Collins Muthike was arrested.

Upon interrogation, the suspect led the detectives to Olekasasi in Ongata Rongai where the second suspect, Kennedy Murimi Kinyua was nabbed. After running a profile of the second suspect, detectives found him to be a police officer based at Akila Police Station in Lang'ata, but who has been on interdiction after deserting the service. He is in the rank of a Constable and designated as a driver in the station.

Search in his house saw the recovery of the deceased's mobile phone and



Stanley Collins Muthika.



Kennedy Murimi Kinyua.

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a stun torch which the suspect confessed to have used to light their way to River Sagana where they disposed the body.

The two suspects have since been placed separately at Capital Hill and Kilimani Police Stations pending further interrogations.

Meanwhile, forensic-led intelligence has since revealed a well-choreographed murder plot that challenges a mere disappearance and sudden death of the 47-year-old Moracha. In the new establishments, detectives have established that Moracha did not just disappear but was picked from his house by the killer duo on the night of Oct 11, in the presence of his wife.

Days later, the deceased's car was stealthily driven back to Teresa's (the wife) neighborhood and securely abandoned a safe distance from her

house.

Cyber-crime detectives whose services have been sought linked Teresa to the two suspects, after numerous conversations including negotiations for unclarified payments among the three were retrieved. The communication dated back before Moracha's abduction, during and after the recovery of the body.

Police hence believe that Teresa, whose arrest is imminent, is the mastermind behind her husband's heinous murder, and that her report on the missing husband might have been an afterthought after getting wind of the body's recovery in Murang'a. Investigations are ongoing to unravel the motive behind the homicide.

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Govt Streamlines Mining Sector To Boost Economy

By: Presidential Communication Service

Worth Noting:

- “After establishing an accurate, transparent and secure inventory of our country’s endowments, we have moved to the next step of developing a robust mineral development and value addition policy and regulatory framework,” he said.
- The Head of State said the move has led to a significant increase in the sector’s performance and economic contribution.
- He noted that in 2019, the revenues from mineral royalties were Sh1.9 billion, saying by June this year the figure had risen to KSh3.8 billion.
- He added that the revenues were expected to reach Sh15 billion by the end of the year, and Sh 50 billion in the medium-term.



President Ruto at Voi Gemstone Value Addition and Marketing Centre, in Taita Taveta County .

The Government has streamlined the mining sector to be the country’s key driver of the economy, President William Ruto has said.

Speaking after opening the Voi Gemstone Value Addition and Marketing Centre, in Taita Taveta County on Friday, President Ruto noted that a raft of reforms have been introduced to revive the sector.

He said the revival of the sector remains key to accelerating the processing of construction and industrial minerals, thus contributing to the economic growth of the country.

“Our ambition is to transform the contribution of the mining sector and raise it to at least 10 per cent of Gross Domestic Product (GDP) by implementing a number of measures,” said President Ruto.

He argued that the transformation of the mining and minerals was on the top gear with a view to increasing revenues from the sector.

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moved to the next step of developing a robust mineral development and value addition policy and regulatory framework,” he said.

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“This is a result of the lifting of the moratorium, which suspended mining activity and has led to a spike in applications for prospecting and mining licences and permits,” said President Ruto.

At the same time, President Ruto, said the Government has reformed artisanal mining in the country.

He regretted that artisanal mining had been criminalized in the past, noting that there was a policy

change to regard artisanal mining like any other legal business.

“We’ve come up with a policy change to ensure all artisanal miners in the country are licensed and Organized to do their work,” said the President.

He said the Government has also taken measures to promote greater activity in the sector by undertaking feasibility studies at public expense to de-risk investment with respect to key strategic minerals.

“The level of investment that our revamped mining sector has attracted is estimated at Sh187 billion, with the potential to create 32,786 direct jobs,” said Dr Ruto.

Meanwhile, President Ruto said the Government has reduced the budget for travel up to a tune of Sh 11 billion as part of cost cutting measures.

He said the reduction affects the Executive, Judiciary and the legislature.

Mining, Blue Economy and Maritime Affairs Salim Mvurya said the Government was committed to in-

spire the economy through mining.

He said the country has enormous mineral resources that should be exploited to increase revenues and create employment opportunities.

Mr Mvurya warned of stern action against those who have not paid royalties.

Taita Taveta Governor Andrew Mwadime said he was ready to work with the Government in implementing development projects for the people.

“We are ready to work with the Government for the sake of development,” said Governor Mwadime.

Present were MPs Khamis Chome (Voi), Lydia Haika (Women Rep), Danson Mwashako (Wundanyi), Peter Shake (Mwatate), John Bwire (Taveta) Wahome Wamatinga (Nyeri Senator), Daniel Nanok (Turkana West), Danson Mungatana (Senator Tana River), Joash Nyamoko (North Mugirango) and Caroli Omondi (Suba South).

Nyeri National Polytechnic To Hold International Research Conference Next Week

By: WILLIAM MUCHIRI
@themkenyatimes



Worth Noting:

- Other notable speakers include Prof. Ahmed Ferej, Chairman TVET CDACC, Dr. Kipkirui Langat -Director General- TVETA, Dr. Edwin Tarno, CEO KST-VET, Dr. John Guto – Coordinator, Kenya UK Health Alliance, Mr. Mark Allen – CEO, The Jitu, Mr. Alphonse Juma – CEO, Oracle Group of Companies.
- “I invite all stakeholders, scholars, researchers, exhibitors and students to join us for this remarkable conference. We look forward to hosting you and sharing the insights, knowledge, and experiences that will emerge from the conference,” said the Chief Principal.
- This year’s theme is “Enhancing Sustainable Growth for Socio-Economic Development through Research, Science, Technology, and Innovation.”



An ariel view of Nyeri National Polytechnic. Photos/PAUL MWANGI WANJIRU.

All roads leads to The Nyeri National Polytechnic next week for the International Conference.

The Polytechnic will be holding its 2nd International Research Conference from Wednesday to Friday.

The conference which is the 2nd to be hosted by the Nyeri based institution will bring together key players in the economy for two days of plenary and round table discussions and sharing of ideas on promoting sustainable economic development by leveraging research, scientific advancements, and technological innovations within the TVET sector.

The conference is expected to be officially opened on Thursday by the Cabinet Secretary Ministry of Education Ezekiel Machogu.

The Chief Principal Mr. David Mwangi confirmed that the conference will be graced by high-ranking government officials and industry players, providing an opportunity for networking, collaboration, and learning.

He said the institution will be hosting its conference and 1st skills competition at the institution grounds

during the three - day conference which is set to be addressed by various who include Nyeri Governor, Mutahi Kahiga EGH, Dr. Erick Rutto - President Kenya National Chamber of Commerce and Industry as well as Dr. James Mwangi of Equity Group Holdings Ltd.

Other notable speakers include Prof. Ahmed Ferej, Chairman TVET CDACC, Dr. Kipkirui Langat -Director General- TVETA, Dr. Edwin Tarno, CEO KSTVET, Dr. John Guto – Coordinator, Kenya UK Health Alliance, Mr. Mark Allen – CEO, The Jitu, Mr. Alphonse Juma – CEO, Oracle Group of Companies.

“I invite all stakeholders, scholars, researchers, exhibitors and students to join us for this remarkable conference. We look forward to hosting you and sharing the insights, knowledge, and experiences that will emerge from the conference,” said the Chief Principal.

This year’s theme is “Enhancing Sustainable Growth for Socio-Economic Development through Research, Science, Technology, and Innovation.”

Some of the Sub Themes include; Sustainable Agriculture, Food Security, Environmental Conservation and Resource Management, Education and Skills Development and Entrepreneurship, Enterprise development and Innovation Ecosystems. Others are; Sustainable Energy, Digital Transformation and Emerging Technologies, Health and Biomedical Innovation and Cross cutting.

The conference program will include an opening plenary with a keynote speaker, roundtables, research sessions to showcase work being done by practitioners and scholars, debate sessions on current global issues, and skills development competitions.

There will also be breakout sessions and presentations on selected thematic areas and exhibitions from different players in the economy.

The conference serves as a response to the urgent need for human, environmental, and economic sustainability.

Ultimately, the conference aims to chart a strategic course for Ken-

ya’s TVET sector, positioning it as a driving force for socio-economic development.

“Our comprehensive agenda is designed to foster a holistic understanding of the critical role these elements play in addressing the multifaceted challenge of sustainability for the betterment of current and future generations on a global scale. By convening practitioners, scholars, and innovators, we aim to harness the power of research, science, technology, and innovation to build a sustainable future for all, by exploring pathways toward lasting socio-economic development,” he concluded.

Other panelists include Dr. Thuo Mathenge of Bradegate Food Holdings Ltd, James Muhoho , Manager Wango Embori Farm, Lucy Nyathogora, Regional Coordinator – KEPHIS and Samuel Wambugu - New KCC Nyahururu.

The conference will officially be closed by Dr. Esther Thaara Muoria, PS TVET on Friday afternoon.

Ruto's Warning To Land Grabbers A Move In Right Direction



By: Joseph Mutua Ndonga
mutuandonga@yahoo.com



Worth Noting:

- The Mau Mau war of independence was inspired by the oppression and brutality that the British army meted on Kenyan people. Enough is enough. We cannot tolerate this anymore.
- The war was pegged on two key issues of reclaiming our land and freedom. The freedom fighters were optimistic that they will win this war. So, what were their expectations once they have liberated their motherlands?
- The first government of post independent Kenya will give priority to the emotive issue of land. This is by dismantling the skewed and oppressive land policies imposed by the colonialists.
- In so doing, the expansive land they had occupied will now revert to the hands of the new government.



President William Ruto.

As a student of history, allow me to start by saying that the emotive question of land ownership in Kenya dates back to the colonial era.

This period had been preceded by the scramble for Africa in which powerful nations of the West embarked on an orgy of annexation, forcibly occupation of continent's land.

This resulted in mass displacement of African people from their homes who were confined into the villages and concentration camps.

This enabled the whites to takeover their vast chunks of fertile lands and use them for big plantations or any other viable economic venture.

The whites believed in divide and rule and this explains why they confined Africans into tribal cocoons.

This would also help them to easily manage these people and use them as slaves to do hard labor in their expansive plantations.

The white settlers would deal ruthlessly with those who declined.

To me, this period marked the genesis of the land grabbing.

Having been annexed by Britain, Kenya first becomes a British Protectorate and later its colony.

The Mau Mau war of independence was inspired by the oppression and brutality that the British army meted on Kenyan people. Enough is enough. We cannot tolerate this anymore.

The war was pegged on two key issues of reclaiming our land and freedom.

The freedom fighters were optimistic that they will win this war.

So, what were their expectations once they have liberated their motherlands?

The first government of post independent Kenya will give priority to the emotive issue of land.

This is by dismantling the skewed and oppressive land policies imposed by the colonialists.

In so doing, the expansive land they had occupied will now revert to the hands of the new government.

The redistribution should be done in a fair and humane manner. All Kenyans were entitled to get their shares.

The dreams of the Mau Mau fighters did not come to pass.

The government of the founding President Mzee Jomo Kenyatta took advantage of the weak legislations enacted by colonialists on land matters to continue with land grabbing.

Kenyatta and his family led what was described as the second phase of the scramble for Kenyan lands.

In what would be seen as single-handedly usurping the role of demarcation, subdivisions and land adjudication, he would allocate himself hundreds of thousands of acres.

He would ensure the lands are registered in the name of Kenyatta family and title deeds are processed immedi-

ately.

He would not leave his cronies, buddies and friends behind.

He would tell them to grab huge chunks of the lands as they can.

He would hurl insults to those who declined. The late Bildad Kagia was one of them. He once told him, you fought for freedom but you don't know its meaning. You will die poor.

According to the final report of the Ndung'u led land commission of Inquiry formed by President Mwai Kibaki, Kenyatta family owns lands equivalent to the whole of Nyanza province. Former President Moi was ranked as the second biggest land owner and Kibaki himself third.

This report was and has never been implemented. It is still gathering dust somewhere in one of the government's shelves. To date, no leader would want to talk about it. It is a live wire.

In this orgy of land grabbing, Mau Mau fighters and Kenyan citizens have continued to bear the brunt.

One can therefore understand why the successive governments of Independent Kenya turned deaf ear.

A few days ago, President William Ruto waded into this matter vowing to end the menace of land grabbing.

If you know that you are staying on public land or on a land that is owned by another Kenyan, bear this in mind. My government will not protect you

and I want to assure Kenyans that there will be no sacred cows. I have already authorized the relevant arms to start the process of recoveries.

You will either buy that land at the current market rate or leave it.

This applies to the land that belongs to individuals if you talk with them and reach a consensus.

When the President made these remarks, the question that came to my mind is. Will he succeed? But upon analysing his credentials and track record, I got convinced that he can do it.

My position was informed by two considerations. One, he is not among the land grabbers indicted by Ndung'u report.

Two, the President said he will do things differently.

He has made great strides for one year he has been at the helm of power. This is in terms of righting the wrongs of the past.

We also know that the President rode to power on a platform of uplifting the living standards of the downtrodden, the hustlers. So, land matters are close to his heart.

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

Youth Climate Change Champion Fighting for a Greener Trans Nzoia



By: Sefu Sabila

@themkenyatiimes

Worth Noting:

- Wilhelminah Juma, a youth climate change champion, says the fight against climate change in the country is a collective responsibility. According to her, the adverse effects of climate change affected Kenyans across borders, though dry regions were most affected.
- “When we champion about climate change, it is not our part as climate champions, it is a joint responsibility of every Kenyan. We cannot achieve the desired forest cover if it is only one party working towards it, and another party working against the other one. We need joint efforts in countering climate change.” Miss Wilhelminah said.
- An assessment done by National Forest Resource Assessment in 2022 showed that Kenya forest cover had increased from 5.9 percent in 2018 to 12.13 percent equivalent to 7,180,000 hectares in 2022. The country had already surpassed the 10% cover as stated in the constitution.
- However, environmentalists faulted the move by President William Ruto on lifting the six year ban on logging

In 2018, former president Uhuru Kenyatta banned logging in the country. The then national assembly committee on environment chaired by Kereke Mbiuki, had asked former President Uhuru Kenyatta to declare logging a national disaster because of its devastating consequences.

The country experienced a long term drought after four decades, which was attributed to climatic change. Affected the most were semi-arid and arid counties in the country, with pastoralist counties of West Pokot, Kajiado, Samburu, Turkana, Garissa, Mandera, Wajir, Isiolo, Baringo, Narok and Elgeyo Markwet hit hard by the drought and famine.

Wilhelminah Juma, a youth climate change champion, says the fight against climate change in the country is a collective responsibility. According to her, the adverse effects of climate change affected Kenyans across borders, though dry regions were most affected.

“When we champion about climate change, it is not our part as climate champions, it is a joint responsibility of every Kenyan. We cannot achieve the desired forest cover if it is only one party working towards it, and another party working against the other one. We need joint efforts in countering climate change.” Miss Wilhelminah said.

An assessment done by National Forest Resource Assessment in 2022 showed that Kenya forest cover had increased from 5.9 percent in 2018 to 12.13 percent equivalent to 7,180,000 hectares in 2022. The country had already surpassed the 10% cover as stated in the constitution.

However, environmentalists faulted the move by President William Ruto on lifting the six year ban on logging



Governor George Nitembeya and PS Gitonga Mugambi planting trees in Kapolet forest in Cherangani constituency in Trans Nzoia County

in the country. Miss Juma says the move is bitter sweet at the end. While it paves way for employment opportunities, it is also endangering the ratio of rainfall in the country.

“Uplift on the ban, is a double edged sword for this country. Remember, there are private farmers who are logging their already matured trees for various reasons financial being one of them. I would have urged the ban reinstated to public forests more and enforcement done with all associated bodies like NEMA, KFS, KWS and KEFRI, so that all trees cut down by people are ascertained to be matured.” She explained.

“Secondly, there should also be a

more advanced approach after granting the permit. Anyone who wants to cut trees in communism or public forests should first purchase at least some reasonable amount number of tree seedling for replacement. Kenya Forest Services can also liaise with the CFAs in planting, growing and nurturing them.” she further added.

Trans Nzoia county being a major food producer for the country, the long dry months affected the planting season, leading to higher prices of maize and flour in supermarkets. Miss Juma urges need for protection of the already main forest in Kitale, Kitale Township, which is already experiencing encroachment and logging by timber yard owners and farmers.

“For trans nzoia specifically, the main forest (Kitale township) still experiences logging with or without the ban being lifted. I believe enforcement and working with all relevant bodies; So that when there is a gap with KFS, at least another will notice before we lose many trees.” She added.

Last week, PS Gitonga Mugambi in-charge of Climate change and Forestry and Governor George Nitembeya led the residents of Kapolet in planting 10,000 trees in the Kapolet Forest. This in complementing the efforts of the national government in planting 15 billion trees program, initiated by the president.

Early last month the country hosted a one week climate summit in Nairobi, where Africa heads of state made The Nairobi Declaration, proposed a new financing architecture responsive to Africa’s needs including debt restructuring and relief and the development of a new Global Climate Finance Charter through the United Nations General Assembly and the COP processes by 2025.

Miss Juma she will continue working towards enlightening the community on the need for tree planting in Trans Nzoia, as well as letting the authority to help them understand the missing gap.

“As an environmentalists am more of advocacy with every opportunity I get with the authority just to let them aware of the gaps within the environment sector and things they can factor in especially with the emerging changes to ensure conservation and protection .With the community it has been about awareness and sensitization in increasing the tree cover through tree planting and growing and so far so good as the progress can be seen.” She said.



Governor George Nitembeya watering a tree in Kapolet forest in Cherangani constituency in Trans Nzoia County.

SRC Undertakes Evaluation Visits To KEMRI Regional Offices

To enhance adherence to its circulars and advice, the Salaries and Remuneration Commission (SRC) monitors and evaluates (M&E) the implementation of remuneration and benefits through regular visits to public institutions at the national and county government level.

SRC recognises that collaborating with stakeholders across the public service enhances the achievement of its mandate and initiatives, and hence, the need for regular visits of this nature.

In this regard, SRC is currently undertaking several M&E visits to KEMRI regional offices and selected public institutions in the counties. This is aimed at engaging the leadership of the various institutions, and monitoring adherence to the remuneration and benefits, as set, reviewed and advised by SRC.

Public institutions currently being visited include; KEMRI facilities in Kilifi, Busia, Kericho, Kwale, Siaya Kisumu, and Kombewa. The Commission is also engaging several State corporations and polytechnics based

in Mombasa, Kakamega, Bungoma, Kisumu, Eldoret, Trans Nzoia, Nakuru, Kitale and Siaya.

While in the counties, the Commission is also holding several bilateral talks with the leadership in county governments on how best to bolster relationships, partnerships and mutual collaboration.

The visits, which have been ongoing since 23 October 2023, will wrap up on 1 November 2023, and comprise several concurrent teams that include, Lyn Mengich, Chairperson, Dr. Amani Komora, Vice Chairperson, Commissioners, Commission Secretary/CEO, and secretariat staff.

The visits are expected to provide interpretation and clarification on SRC circulars and advice, and agreement reached on corrective and remedial measures, where necessary, as guided by SRC.

To strengthen the management of the public wage bill, SRC regularly engages public institutions, and consistently analyses the wage bill data towards the identification of emerging wage bill trends.



SRC Chairperson Lyn Mengich (Courtesy).

Two Day Workshop On Deep Dive On Projects For The Ministry Of Water, Sanitation And Irrigation

By: MoWSI

The Cabinet Secretary for Water, Sanitation and Irrigation Zachariah Njeru yesterday officially opened a workshop that brought together all the chairpersons and CEOs of both the state departments of Water, Sanitation and Irrigation.

Both PSs Julius Korir, CBS (State Department for Water and Sanitation) and Ephantus Kimotho (State Department for Irrigation) were in attendance.

In his opening speech, the CS stressed the need for all those in management level to always adhere to time management in all their operations.

CS Njeru went further to state that since President Willam Ruto in his wisdom transferred him to the Ministry of Water, Sanitation and Irrigation, yesterday's gathering provided



Cabinet Secretary Zachariah Njeru (centre) and Principal Secretaries Julius Korir and Ephantus Kimotho during yesterday's workshop.

the opportunity for familiarization, sensitization and team building in order to know who does what role as stated in the recent Executive Order.

Kenyan citizens are in dire need to services from the ministry and there-

fore there is no reason to delay them. Key highlights from the CS remarks revealed that water provision is currently at 71 per cent and anticipated to be at 80 per cent, sanitation services at 33 per cent and expected to

be at 60 per cent by 2027. Since water is a key delivery pillar as enshrined in the Construction of Kenya 2010 under article 43 (b), where every citizen is entitled to clean and safe water of adequate

quality and quantity. Water for agriculture is expected to prioritize high impact food production thereby raising value chain food such as maize. In terms of affordable housing, the CS said that without adequate water supply irrigation for food security and healthcare will remain a pipe dream.

The Ministry has elaborate plans to increase irrigation coverage from the current 600,000 acreage to 1.1 million by 2027.

Likewise under the PPP arrangement model, the Ministry intends to construct 100 large dams, over 4000 small dams and pans.

The meeting will provide a platform for the participants to share opportunities and challenges in the implementation of the performance contract targets.

In his closing remarks, the CS urged participants to be good students in learning, and remain open to each other as the two state departments in the Ministry interrelate alot.

Friend

Today, the villagers are busy with various chores from early morning till nightfall. Some are harvesting crops, while others are carrying water. Yulduz is still sleeping soundly beside her mother Dilnura, who has already prepared breakfast. Everyone is busy except for Yulduz. Her mother came to her and asked, "My dear daughter, are you still sleepy? Wake up and have breakfast." Yulduz helped her mother after having breakfast. After finishing her work, she watched TV and then went out. She had not gone out for a long time and was excited to take a break. Finally, the night approached and she wanted to talk to the moon. She eagerly awaited the moment to converse with the moon and stars. She greeted her friends with a smile and went to bed. She couldn't sleep, so she stayed up reading. Morning arrived, and Yulduz went to her friend Sevara's house with permission from her mother. Sevara was a book lover, and when she learned that Yulduz was interested in books, she presented her with a book from her personal library. Yulduz was very interested in this book and started reading it every day. She also found a new friend in Sevara through her help. Now she no longer feels lonely.

APHORISMS.

- If you pour clean water into a dirty glass, it will become dirty.
- The greatest happiness is a smile that gives you pleasure.



- The greatest wealth is actually a pleasure.
- Sometimes life puts a person in a bag and suffocates them.

Sitorakhon Buriyeva.

Buriyeva Sitorakhan Azamatovna was born in 2001 in Kumkurgan district of Surkhandarya region. Currently, he is a 3rd year student of the Navoi State Pedagogical Institute. "Ilhom" A member of the literary club, a young volunteer of the "Golden Wing" organization. His creative works have been published in Kenyan magazines. He is an ambassador on behalf of Uzbekistan in several international organizations. In particular: Africa Nigeria is the ambassador of the organization "Global Education Ambassador" at Wisdom University of the country. Member of the International Union of Writers of Science and Literature "Juntos por las Letras" of Argentina.

I Thank To Independence

There are no sadness in the heart, only happiness,
The spirit of people rose from joy.
Their sorrows turned into blessedness
I thank to independence !

Gardens thrive in various streets,
The mountains are amazed at the patience of my nation.
Even the spot of moon disappeared
From the face
I thank to independence !

We gratitude our president,
Our heads always be safe.
We are united, come to our weddings
I thank to independence !

My words are endless to describe my country,
My eyes shine with happiness every day.
My friends, protect our motherland like heaven
I thank to independence !

My Uzbekistan, you are new, raise your prestige,
You are my golden cradle, my heaven.
You are dear to my heart, every moment in my soul
I thank to independence !

Written by Zebuzar Yusupova

Organization Aspects Of Provision Of Guarantees Regarding Applications Of Natural And Legal Persons By IIO

By: Sobirov Shahboz

ANNOTATION: A natural and legal person can receive information about the progress of the appeal review, personally state and explain their reasons, familiarize themselves with the materials of the review of the appeal and the results of its review, request to provide additional materials or request them from other bodies, and use the assistance of a lawyer has the right

Key words: Legal entity, individual, proposal, application, complaint, appeal.

The Law "On Appeals of Individuals and Legal Entities" was developed by the Cabinet of Ministers in order to implement the "Year of Prosperous Life" state program, approved by the President's decision on September 11, 2017, and approved by the Legislative Chamber on October 29, 2014 was adopted and approved by the Senate on November 13, 2014.

The new law is aimed at further improving the organizational and legal basis of considering the appeals of individuals and legal entities, providing guarantees for the protection of the rights and freedoms of citizens, and the legal interests of legal entities.

The law "on appeals of individuals" consists of 5 chapters, 31 articles. The legal strengthening of the possibility of submitting appeals using modern information and communication means is an important aspect of this law. It contains additional guarantees for the protection of the rights and freedoms of citizens, as well as the legal interests of legal entities.

"Physical and The adoption of the Law on Appeals of Legal Entities allow raising the quality of the work of state bodies and other countries in this field. According to the law, individuals and legal entities are guaranteed the right to apply to state bodies, organizations and their officials individually or collectively. The right to apply is exercised voluntarily. No one can be forced to defend any



application or participate in actions directed against it. The exercise of the right to appeal should not violate the rights, freedoms and legal interests of other natural and legal persons, as well as the interests of society and the state has the right to apply accordingly.

Sobirov is the son of Shahboz Laziz. He was born in Forish District, Jizzakh Region. Currently, he is a 3rd-year cadet at the MIA Academy in Mirzo Ulugbek district of Tashkent city.

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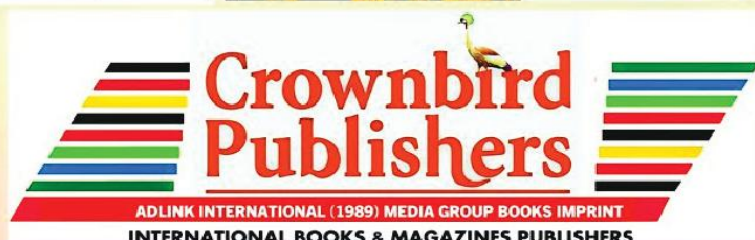
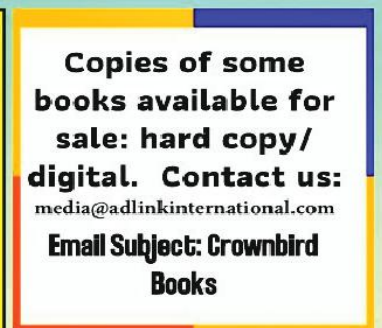
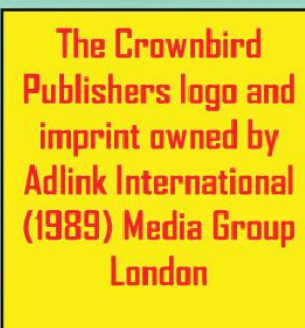
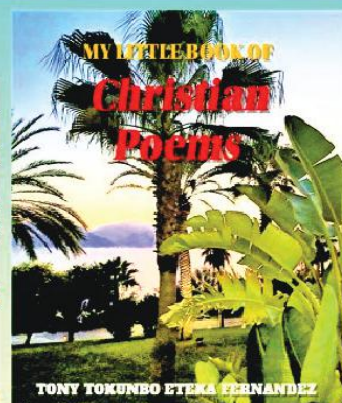
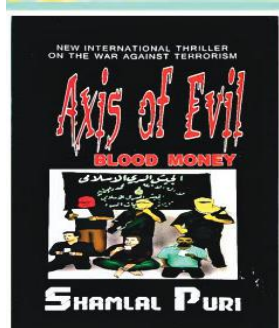
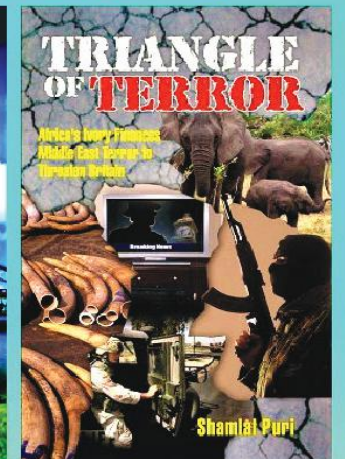
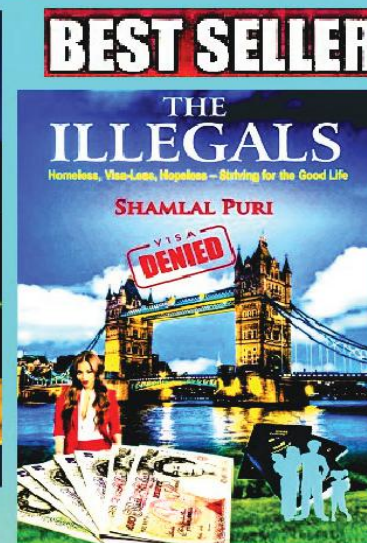
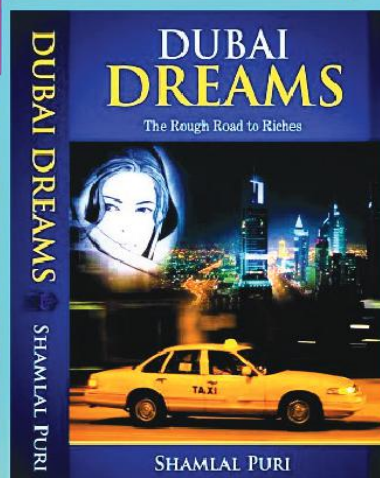
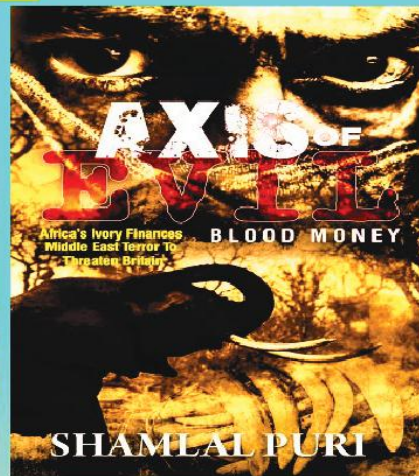
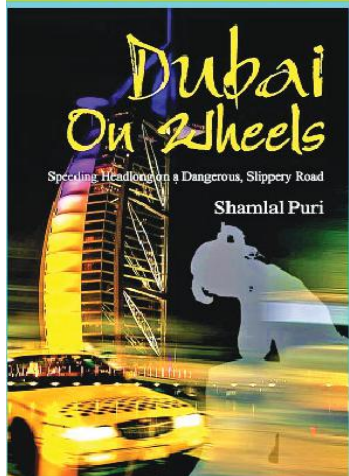
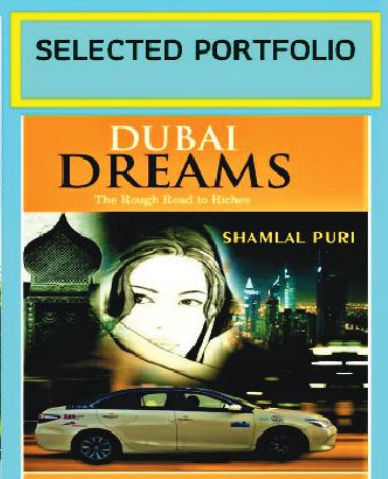
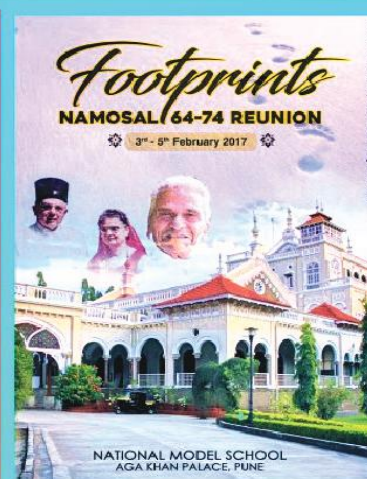
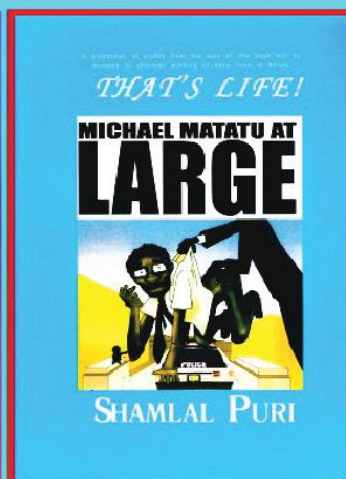
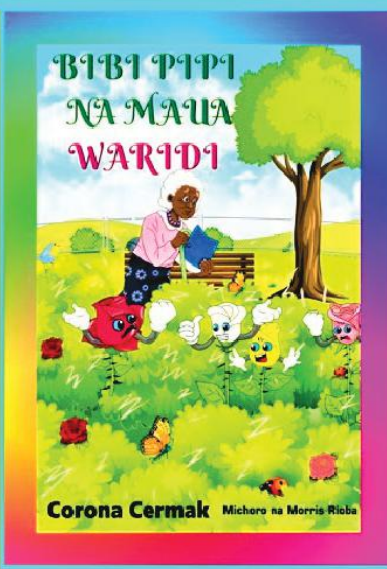
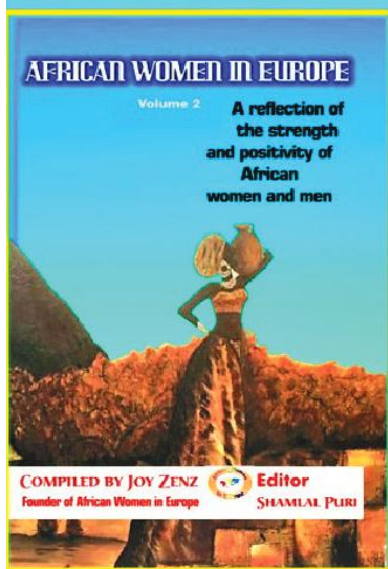
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BUSINESS

CyberSOC Africa Chooses Kenya as its Pan-African Cybersecurity Launch Pad

By: John Kariuki
 @themtkenyetimes

Worth Noting:

“We are excited to open this new cybersecurity office and to continue our work to keep the African continent safe online,” said CyberSOC Chairman Nir Kunik. “As cyber threats continue to evolve, it is more important than ever that we work together to stay cyber-safe. This new office will be a key part of our efforts to promote cybersecurity awareness and education and to provide the resources and tools needed to continue transacting online.”

CyberSOC provides threat detection and response, Threat Intelligence, security awareness training and compliance assistance, helping businesses achieve compliance with relevant and up-to-date cybersecurity regulations and standards.



CyberSOC Chairman Nir Kunik Centre.

The Cyber Security Firm Extends Its Expertise to Safeguard Organizations in East Africa and accelerate e-commerce

CyberSOC Africa®, a pioneering cybersecurity firm, has settled on Kenya as the launch pad for its pan-African cybersecurity expansion.

This strategic move seeks to empower Kenyan organizations to thrive within a secure digital environment, making significant strides toward realizing the country's ambitious digital transformation goals and e-commerce. The Kenyan office will strengthen regional governments and the private sector's capacity to respond to cyber threats as more services and transactions move online.

It will also serve as the East African headquarters and will be dedicated to promoting cybersecurity awareness and education, as well as providing resources and tools to keep government agencies, businesses, and organizations safe from cyber-attacks.

“We are excited to open this new cybersecurity office and to continue our work to keep the African continent safe online,” said CyberSOC Chairman Nir Kunik. “As cyber threats

continue to evolve, it is more important than ever that we work together to stay cyber-safe. This new office will be a key part of our efforts to promote cybersecurity awareness and education and to provide the resources and tools needed to continue transacting online.”

CyberSOC provides threat detection and response, Threat Intelligence, security awareness training and compliance assistance, helping businesses achieve compliance with relevant and up-to-date cybersecurity regulations and standards.

“The imperatives of addressing rising cyber threats, risks, and exploits, compounded by a global shortage of cybersecurity experts, underscored the pressing need for a tailored cybersecurity solution in the African market.” Said Brian Mang'oli Regional Sales Manager East Africa. “Our Managed Soc plays a pivotal role in enhancing National Security. It serves as an early warning system, constantly monitoring networks and systems for unusual activities and potential threats. In an era where cyberattacks can cause significant damage to our economy, critical infrastructure, and

even national security, having a reliable partner like CyberSOC Africa® ensures we can identify and respond to these threats in a timely and effective manner.” concludes Brian

CyberSOC Africa® has emerged as a dominant force in the African cybersecurity landscape

“The biggest cyber threats in Africa include digital extortion, ransomware, online scams such as phishing, and business email compromise. The lack of cybersecurity standards exposes online services to major risks,” said CyberSOC Africa® CEO Shai Nuni.

“As African countries move to incorporate digital infrastructure into all aspects of society – including government, business and banking, it is vital to promote a strong cybersecurity framework. The Kenyan office will also serve Uganda, Tanzania, Rwanda, Burundi, South Sudan, Ethiopia, and Somalia by bolstering local cybersecurity capabilities.”

The Kenyan government recognizes the Information and Communication Technology (ICT) sector as a fundamental contributor and enabler in the realization of Vision 2030, transform-

ing Kenya into a digital economy.

“We recognize the notable achievements made in the digital transformation landscape. However, Kenya faces escalating cybersecurity challenges and risks that jeopardize national security and our digital transformation agenda. The heightened digital connectedness renders Kenya more susceptible to cyber-criminal activities globally,” said Eng. John Tanui, Principal Secretary State Department for Information and Digital Economy.

“The expanded digitalization programs, coupled with investments in digital and data infrastructure, present new challenges. It is imperative that we renew our efforts to enhance Kenya's capacity and capability, ensuring our ability to support the growth of the digital economy.”

In alignment with Kenya's Vision 2030 and the National Cyber Security Strategy 2022-2027, CyberSOC Africa® strategically extends its services into Kenya, fortifying the nation's cybersecurity fabric.

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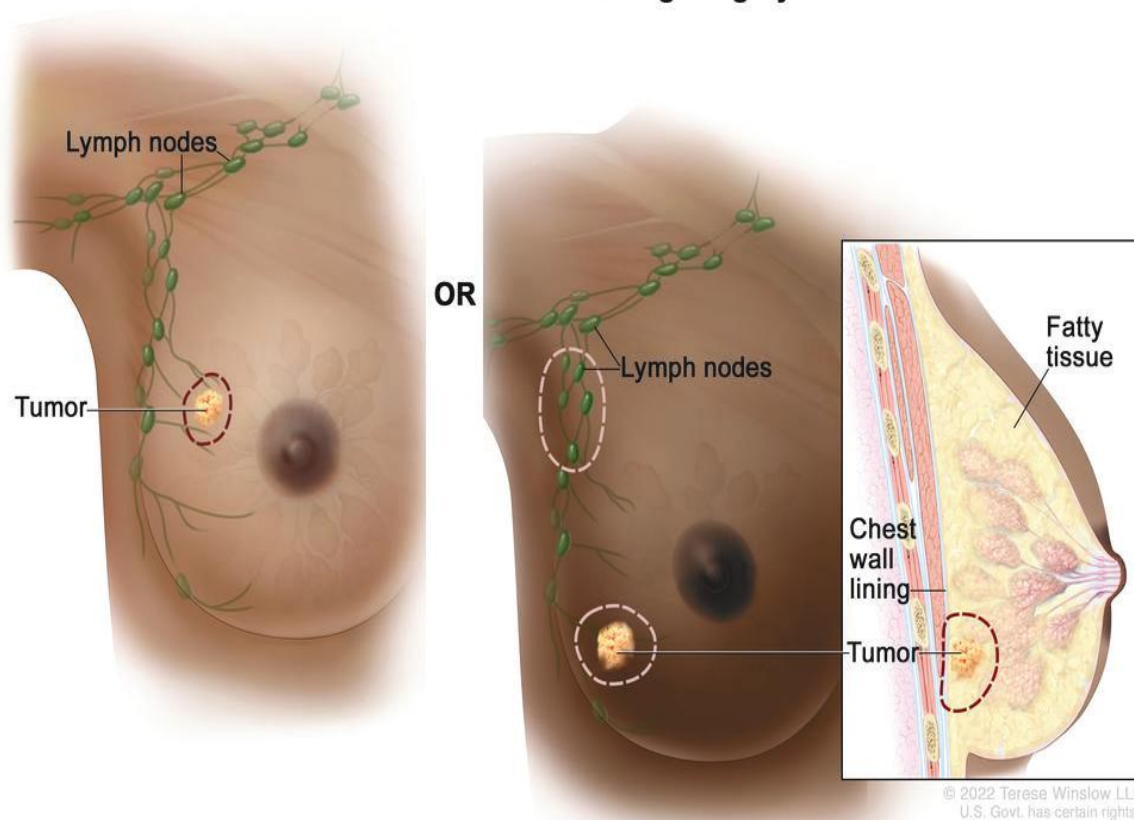


BREAST CANCER



By: Our Reporter
@themkenyentimes

Breast-conserving Surgery



Worth Noting:

- A physical exam, including a clinical breast exam (CBE). This involves checking for any lumps or anything else that seems unusual with the breasts and armpits.
- A medical history
- Imaging tests, such as a mammogram, an ultrasound, or an MRI
- Breast biopsy.
- Blood chemistry tests, which measure different substances in the blood, including electrolytes, fats, proteins, glucose (sugar), and enzymes. Some of the specific blood chemistry tests include a basic metabolic panel (BMP), a comprehensive metabolic panel (CMP) and an electrolyte panel.

Today we dive more into this detrimental and lethal disease, we start by looking at its fate in males.

Breast cancer is commonly associated with women, but it can also occur in men. Although breast cancer is rare in men, its important to understand its impact and outcomes.

Breast cancer in men is relatively uncommon, accounting for less than 1% of all breast cancer cases. It is estimated that around 2,650 cases of invasive breast cancer will be diagnosed in men in the United States in 2021.

Some risk factors for male breast cancer include increasing age, family history of breast cancer, genetic mutations (such as BRCA2), and exposure to radiation, hormonal imbalances (e.g., high estrogen levels), liver disease, obesity, and certain genetic disorders.

Men with breast cancer may experience symptoms like a painless lump or thickening in the breast tissue, nipple retraction or discharge, skin dimpling or puckering, redness or scaling of the nipple or breast skin, or swollen lymph nodes under the arm. Diagnosis usually involves a physical examination, mammography, ultrasound, and a biopsy to confirm the presence of cancer.

The prognosis for male breast cancer varies depending on various factors, including the stage at diagnosis, tumor size, grade, hormone receptor

status, and overall health of the individual. Generally, if detected early when the cancer is localized, the prognosis tends to be more favorable. However, if the cancer has spread to distant organs (metastasized), the prognosis becomes poorer.

Survival rates for male breast cancer are generally slightly lower compared to women. According to research from ACS, the 5-year relative survival rate for localized male breast cancer is around 96%, but it drops to approximately 27% for distant metastatic cases.

In conclusion, while breast cancer in men is rare, it can have significant consequences. Early detection, prompt treatment, and ongoing support are crucial for improving outcomes and raising awareness about this condition.

There are tools which are used to diagnose cancer to discover the type of cancer one has and these include;

- A physical exam, including a clinical breast exam (CBE). This involves checking for any lumps or anything else that seems unusual with the breasts and armpits.
- A medical history
- Imaging tests, such as a mammogram, an ultrasound, or an MRI
- Breast biopsy.
- Blood chemistry tests, which measure different substances in the blood, including electrolytes, fats, proteins, glucose (sugar), and

enzymes. Some of the specific blood chemistry tests include a basic metabolic panel (BMP), a comprehensive metabolic panel (CMP) and an electrolyte panel.

If the above tests show that you have breast cancer, you will have tests that study the cancer cells. These tests help the health provider to decide which treatment would be best for you.

What is BRCA gene test?

A BRCA gene test uses a sample of your saliva (spit), blood, or cells from inside of your cheek to look for changes in your BRCA1 and BRCA2 genes (breast cancer susceptibility gene 1 and breast cancer susceptibility gene 2 respectively) that may increase your risk of cancer. Changes in your genes are variants or mutations however no all variants are harmful.

BRCA genes repair damaged DNA in your cells and protect you from getting certain types of cancer. If you have a harmful variant in your BRCA genes, they may not work properly. This increases your risk of getting cancer.

The most common cancers linked to harmful BRCA variants are:

Breast cancer: The increased risk of breast cancer mostly affects females. But the breast cancer risk for males who have a harmful BRCA variant is

higher than for other males.

Ovarian cancer: This is cancer of the female reproductive glands where eggs form.

Prostate cancer: This is cancer of the male reproductive gland that makes fluid for semen.

Pancreatic cancer: This is cancer of the pancreas, an organ that helps you digest food and makes important hormones.

Not everyone who has a harmful variant in BRCA1 or BRCA2 will get cancer. And if you find out you have a harmful variant, you may be able to take steps to lower your risk and protect your health

BRCA genetic test is used to find out if you have harmful changes in your BRCA1 or BRCA2 genes that increase your risk of getting certain cancers, especially breast, ovarian, prostate, and pancreatic cancer.

Harmful BRCA gene variants are rare. So BRCA testing is not recommended for most people.

You and your family members are most likely to have a BRCA1 or BRCA2 variant if either side of your family has a strong history of breast or ovarian cancer. If you're concerned that you may have a harmful variant in the BRCA1 or BRCA2 gene, your health care provider or a genetic counselor can review your personal and family healthy history to find out if a test is required.

It's important to talk to your healthy provider about testing if your personal or family healthy history includes breast cancer especially; before age fifty, in male, in both breasts, triple negative breast cancer which has limited treatment options, including chemotherapy and/or surgery.

When you think about your family healthy history, consider all breast, ovarian, prostate, and pancreatic cancers on both sides of your family. And consider the health of your grandparents, parents, aunts and uncles, siblings, half siblings, nieces and nephews, and grandchildren.

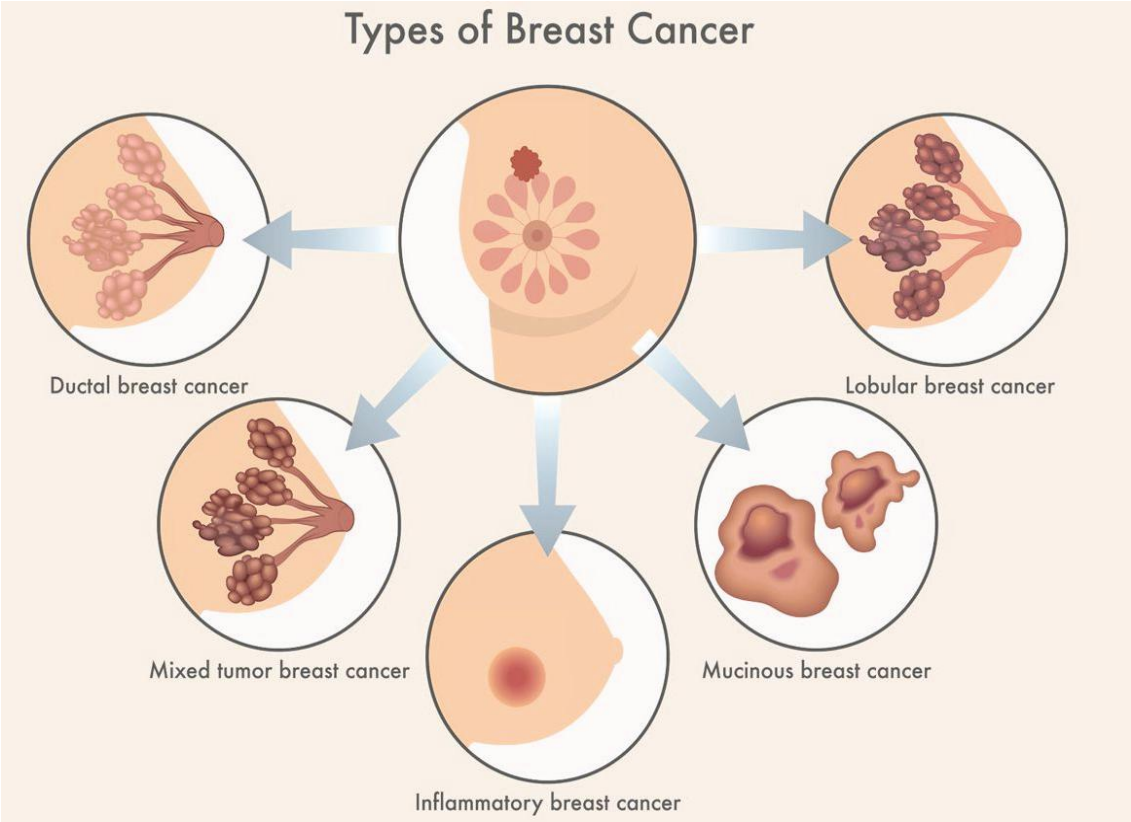
During BRCA gene test;

A BRCA test can use either a sample of your blood, saliva, or a cheek swab.

For blood test: A health care professional will take a blood sample from a vein in your arm, using a small

BREAST CANCER

Contd from Page 18.



Worth Noting:

- **A negative (normal) result:** Means that the test didn't find any harmful changes in your BRCA genes. How this affects your cancer risk depends on whether you've already had cancer and whether a member of your family has a harmful BRCA variant.
- **An uncertain result:** May also be called a "variant of uncertain significance (VUS)". It means that a variant in your BRCA genes was found, but according to research it's not clear whether that variant causes cancer.
- **A positive result:** May also be called a "likely pathogenic variant." It means that you have a harmful gene variant that is known to increase the risk of certain cancers. But the test cannot tell whether you will develop cancer.

needle. After the needle is inserted, a small amount of blood will be collected into a test tube or vial. You may feel a little sting when the needle goes in or out. This usually takes less than five minutes.

For saliva test: You'll spit into a container or use a cotton pad to soak up some saliva.

For a cheek swab: A health care professional will wipe the inside of your cheek with a small tool to remove some cells. You may have the option of doing it yourself.

An at-home set kit is available to buy without a prescription. It allows you to collect a saliva sample to send to a lab for testing. The test checks for the three most common harmful variants in BRCA genes. But there are more than 1000 known variants. So a home test can't rule out the possibility that you have a variant. Ask your provider whether an at-home test is right for you.

In the process of preparing for any of these tests that is;

Saliva test; a half hour before the test, you may need to stop eating, drinking, or smoking. Follow all instructions your provider gives you or the instructions in a home kit.

For a cheek swap: You may be asked to rinse your mouth before the test.

What do the results mean?

Your provider or genetic counselor will need to explain how your results

affect your risk for certain cancers. That's because the meaning of your test results depends on the exact type of variant you have and your personal and family health history. Nevertheless, results may be reported as;

A negative (normal) result: Means that the test didn't find any harmful changes in your BRCA genes. How this affects your cancer risk depends on whether you've already had cancer and whether a member of your family has a harmful BRCA variant.

An uncertain result: May also be called a "variant of uncertain significance (VUS)". It means that a variant in your BRCA genes was found, but according to research it's not clear whether that variant causes cancer.

A positive result: May also be called a "likely pathogenic variant." It means that you have a harmful gene variant that is known to increase the risk of certain cancers. But the test cannot tell whether you will develop cancer.

NOTE:

If your results show that you have a harmful variant in your BRCA genes, talk with your provider about ways to lower your cancer risk. You may discuss:

Your schedule for cancer screening tests. Should you get tested for cancer sooner and more often than usual? These are important questions for adults who have harmful BRCA variant.

Taking certain medicines and/or having surgery to reduce the risk of cancer. Surgery may include removing both breasts and/ or the ovaries and fallopian tubes.

Let us look at HER2 (Human epidermal growth factor receptor 2) test:

This is a protein involved with the cell growth. It can be found on the surface of some breast cancer cells. The HER2 test is a diagnostic test used to determine the HER2 status of breast cancer tissue, usually obtained through biopsy or surgery, to detect the presence and level of HER2 protein expression.

It's carried out in two major ways, that is;

Immunohistochemistry (IHC) measures the amount of HER2 protein on the surface of the breast cancer cells. Fluorescence in situ hybridization (FISH) which detects amplification or overexpression of the HER2 gene. The results can be expressed as HER2-positive or HER2-negative.

HER2-positive breast cancer cells have an overexpression or amplification of the HER2 protein, indicating a higher likelihood of aggressive growth. This information is crucial for determining the most appropriate treatment options, as targeted therapies specifically designed to inhibit the HER2 protein can be used for HER2-positive breast cancer for example trastuzumab (Herceptin), pertuzumab (Perjeta), and adotrastu-

zumab emtansine (Kadcyla). These targeted therapies have significantly improved outcomes for individuals with HER2-positive breast cancer.

Lastly we shall look at an estrogen and progesterone receptor test.

The test measures the amount of estrogen and progesterone (hormones) receptors in cancer tissue. If there are more receptors than normal, the cancer is called estrogen and/or progesterone receptor positive. This type of breast cancer may grow more quickly.

Another step is staging the cancer. Staging involves doing tests to find out whether the cancer has spread within the breast or to other parts of the body. The tests may include other diagnostic imaging tests and a sentinel lymph node biopsy. This biopsy is done to see whether the cancer has spread to the lymph nodes.

TREATMENT

Surgery such as;

- i. A mastectomy; which removes the whole breast
- ii. A lumpectomy to remove the cancer and some normal tissue around it, but not the breast itself.

Radiation therapy

Chemotherapy

Hormone therapy, which blocks cancer cells from getting the hormones they need to grow.

Targeted therapy, which uses drugs or other substances that attack specific cancer cells with less harm to normal cells.

Immunotherapy.

PREVENTION

Stay at a healthy weight

Limiting alcohol use

Getting enough exercise

Limiting your exposure to estrogen by

- Breastfeeding your babies if you can
- Limiting hormone therapy.

IT AFFECTS US ALL, LET US TAKE CAUTION BECAUSE IT HAS MADE US LOSE OUR LOVED ONES AND IT WILL TAKE MORE IF WE DON'T STAY VIGILANT.

COURTESY OF RAISING EMPOWERED FOUNDATION IN PARTNERSHIP WITH MT.KENYA TIMES

Compiled by: DR. JOSH EINSTEIN

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Early Pregnancies And Marriages Continue To Be Prevalent Issues In Many Societies Particularly Among Young Girls



By: Our Reporter
@themkenyatimes

Africa has been appalled by the rising number of early pregnancies and marriages amongst the youth which has caused havoc in the different societies increasing the illiterate to literate ratio amongst our different societies. But guess what???? We are all potential victims of this worrying scary, detrimental act which violates children's right to "EDUCATION"

Early marriages: refer to marriages that occur at a young age, typically before the individuals involved have reached the legal age of consent or adulthood. In many cases, early marriages involve girls who are married off to older men without their consent or against their will. These marriages often take place in cultures or communities where traditional customs and practices prioritize early marriage for girls, often due to factors such as poverty, cultural norms, or the belief that girls should be married off as soon as they reach puberty. Early marriages can have detrimental effects on the physical, emotional, and social well-being of young girls, perpetuating cycles of poverty and limiting their educational and economic opportunities.

Early pregnancies: refer to pregnancies that occur at a young age, typically before the individuals involved have reached the legal age of consent or adulthood. These pregnancies often result from early marriages or sexual relationships among adolescents. Similar to early marriages, early pregnancies can have negative consequences on the physical, emotional, and social well-being of young girls. They can increase the risk of complications during pregnancy and childbirth, hinder educational and career opportunities, and perpetuate cycles of poverty. Additionally, early pregnancies may also result in social stigma and discrimination for the young mothers and their children.

Did you know that early marriages and pregnancies pose significant risks to the physical, emotional, and social well-being of young girls?

These practices perpetuate cycles of poverty, limit educational opportunities, and contribute to gender inequality. This article aims to shed light on the dangers of early marriages and pregnancies and emphasizes the importance of breaking this cycle for a better future.

• **Health risks:**

Early pregnancies can have severe health consequences for young girls. Their bodies are often not fully developed, increasing the risk of complications during pregnancy and child birth. These complications can result in maternal and infant mortality,

as well as long term health issues for both mother and child. Delaying pregnancies allows girls to reach physical maturity, reducing health risks and ensuring better outcomes for themselves and their children.

• **Limited Education Opportunities:**

Early marriages often force girls to drop out of school, denying them access to education and hindering their personal development. Education is a fundamental right that empowers individuals, enabling them to make informed choices, pursue higher education, and secure better employment opportunities. By preventing early marriages, girls can continue their education, break free from poverty, and contribute to the development of their communities.

• **Economic impact:**

Early marriages perpetuate cycles of poverty, as young girls are often unable to finish their education or acquire skills needed for gainful employment. They become financially dependent on their spouses or families, limiting their economic independence and opportunities for self-sufficiency. By delaying marriages and pregnancies, girls can focus on their education and acquire the necessary skills to secure better-paying jobs, thereby breaking the cycle of poverty.

• **Psychological Consequences:**

Early marriages and pregnancies can have severe psychological consequences for young girls. They may experience feelings of isolation, depression, and anxiety due to being thrust into adult responsibilities at a young age. The lack of emotional maturity and support systems can further exacerbate these issues. By delaying marriages and pregnancies, girls can have the chance to develop emotionally, pursue their dreams, and lead fulfilling lives.

However at RAISING EMPOWERED FOUNDATION, we are using poetry to promote a reading culture as a tool to stand against early pregnancies and early marriages.

Early marriages continue to be prevalent issues in many societies, particularly among young girls. These practices have detrimental effects on the physical, emotional, and educational well-being of girls and perpetuate cycles of poverty and gender inequality. To address this issue, promoting the reading culture can serve as a powerful tool in empowering young girls and standing against early pregnancies and marriages. This aims to demystify the role of promoting the reading culture in combating these harmful practices.

• **Education as an Empowering Force:**

Education plays a crucial role in empowering individuals, especially girls, by equipping them with knowledge, critical thinking skills, and the ability to make informed choices. Promoting the reading culture encourages young girls to engage with literature that focuses on topics such as reproductive health, gender equality, and personal development. By reading books, articles, and educational materials, young girls gain valuable insights into their rights,

options, and the consequences of early pregnancies and marriages.

• **Expanding Horizons and Broadening perspectives**

Reading exposes young girls to different cultures, experiences, and perspectives. It helps them develop empathy, critical thinking, and a broader understanding of the world beyond their immediate surroundings. By reading stories that depict the challenges and triumphs of characters who have overcome early pregnancies or marriages, young girls can find inspiration and hope for a different future. Literature can provide them with role models who have defied societal norms and pursued education, career opportunities, and personal growth.

• **Fostering Emotional Intelligence and Self-Employment:**

Reading allows young girls to explore complex emotions, understand their own feelings, and develop emotional intelligence. Through literature, they can encounter characters facing similar challenges and learn how to navigate difficult situations. By identifying with strong female protagonists who have overcome adversity, young girls can develop resilience, self-esteem, and a sense of empowerment. This emotional growth can help them resist societal pressures and make informed decisions about their own lives.

• **Building Supportive Communities:**

Promoting the reading culture creates opportunities for young girls to come together in book reading clubs and circles or community libraries. These spaces provide a supportive environment where they can discuss literature, share experiences and learn from one another. By creating safe spaces for dialogue and mentorship, young girls can develop a network of peers and mentors who encourage their educational aspirations and discourage early pregnancies and marriages. Reading communities also foster a sense of belonging and solidarity, empowering young girls to challenge harmful societal norms.

• **Collaborating with Stakeholders:**

To effectively promote the reading culture as a tool against early pregnancies and marriages, collaboration with various stakeholders is crucial. Schools, libraries, community organizations, and government agencies can work together with us to establish reading programs, provide access to books, and organize literacy campaigns that specifically address the issue. Engaging parents, teachers, and community leaders in these initiatives can help create a supportive ecosystem that values education and empowers young girls.

NOTE:

• **Promoting the reading culture offers a powerful means to stand against early pregnancies and marriages by empowering young girls with knowledge, critical thinking skills and emotional intelligence.** By expanding horizons, fostering self-empowerment, building supportive communities, and collaborating with stakeholders, we can create an environment where every girl has the opportunity to pursue education, make informed choices, and build a brighter future. Let us embrace the power of literature to transform lives and break the cycle of early pregnancies and marriages.

• **Breaking the Cycle:** Breaking the cycle of early marriages and pregnancies requires a multi-faceted approach. Comprehensive sex education programs, accessible health care services, and legal reforms are essential in addressing this issue. Additionally, empowering girls through education, mentorship programs, and vocational training can provide them with the tools and support needed to resist societal pressures and make informed choices about their own lives.

IN CONCLUSION: Early marriages and pregnancies pose significant dangers to young girls, impacting their physical health, educational opportunities, economic independence, and psychological well-being. Braking this cycle requires a holistic approach

that includes comprehensive sex education, accessible health services, legal reforms, and empowerment through education and mentorship. By investing in the well-being and future of young girls, we can create a world where every girl has the opportunity to thrive, make choices for herself, and contribute to the betterment of society.

Compiled By: Dr. JOSH EINSTEIN
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PROGRAMS DIRECTOR AT
RAISING EMPOWERED FOUNDATION

COURTESY OF RAISING EMPOWERED FOUNDATION IN PARTNERSHIP WITH MT.KENYA TIMES

IN CASE OF ANY EARLY OR FORCED CHILD PREGNACIES AND MARRIAGES, REPORT TO AUTHORITIES FOR INTERVENTION

UGANDA SECONDARY SCHOOL SLAM IT POETRY CAMPAIGN
2023 Edition

THEME:
Promoting the reading culture as a tool in fighting early marriages and pregnancies among learners.

CHALLENGE:

- Write a poem or prose writing (should be poetic in nature and less than 600 words) in relation with the theme.
- Submit to refoundation35@gmail.com
- The Editorial team will choose, publish and award the best.

DATE: 19th October - 19th December 2023

For more information about Registration, Sponsorship & Partnership

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UGANDA SECONDARY SCHOOL SLAM IT POETRY CAMPAIGN
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SPORTS
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BREAKING NEWS

Sports >> *Tennis Kenya Secretary General Wanjiru Mbugua Karani became the first woman to be voted in as the Eastern Africa president.

Tennis Kenya's SG Wanjiru Mbugua Elected Eastern Africa President



Wanjiru Mbugua - Tennis Kenya Secretary General

Capital Sport

Tennis Kenya Secretary General Wanjiru Mbugua Karani became the first woman to be voted in as the Eastern Africa president.

She is also the only second African woman to be voted in as the vice president of Confederation of African Tennis.

Wanjiru attained 6 votes against Comoros Mahamoud Zayya who attained 5 with the vote going for a second round after Wanjiru and Zayya both attained 5 votes each in the first round.

Wanjiru was elected during the 50th AGM of Confederation of African Tennis held in Nairobi.

The elective AGM ushered in new tennis leadership in Africa with Benin's Jean Claude Talon voted in the new president of Confederation of African Tennis.

Talon, who is also the president of Benin Tennis garnered 25 votes over Nelson Amanze of Botswana who had 12.

Talon takes over from Tunisia's Tarak Cherif who served for 19 years.

The presidency subject to a second round of voting after no candidate garnered $\frac{3}{4}$ of votes from the 38 federations present.

The elective AGM was graced by International Tennis Federation (ITF) boss David

Haggerty.

-Full list of the new Confederation of African Tennis officials-

CAT PRESIDENT

Jean Claude Talon – President of Benin Tennis

CAT Vice Presidents

Abdelaziz Laarraf – North Africa – vice president Royale Morocco Tennis Federation – (President Zone 1)

Ifedayo Akindoju – Western Africa – President of Nigeria Tennis- (President Zone

11) (UNOPPOSED)

Germain Ickonga Akindou – Central Africa – President of Congo Tennis – (president Zone 111 (UNOPPOSED)

Wanjiru Mbugua Karani – Eastern Africa – Secretary General of Tennis Kenya – (president Zone IV)

Alberto Junior Jonas – Southern Africa – President Mozambique Tennis Federation– (president Zone V)

Women Representative

Fatime Kante – Seychelles

GET THE BEST OF WORLD

Sports >>> *Brighton claimed a historic first win in European football against Ajax to keep alive their hopes of reaching the Europa League knockout stages.

Impressive Brighton Revel In First Ever European Win



Brighton celebrate their win over Ajax. PHOTO/Brighton/Twitter.

Brighton claimed a historic first win in European football against Ajax to keep alive their hopes of reaching the Europa League knockout stages.

The Seagulls are enjoying their first foray into this level of football and they lost their opening Group B game at home to AEK Athens before drawing at Marseille.

But against European veterans Ajax they enjoyed a famous night at Amex Stadium as goals from Joao Pedro and Ansu Fati secured victory.

“We have got the first victory in Europe for Brighton,” manager Roberto de Zerbi told TNT Sports.

“It is a great day for our fans, our club, our owner and we are very proud to give them this day.”

Pedro got his fourth goal in the Europa League just before half time, driving in a loose ball after Kaoru Mitoma’s fine strike was parried by Ajax goalkeeper Diant Ramaj.

It got even better after the break as Brighton scored a slick second, Simon Adingra playing a superb ball for Fati, who took two touches inside the box before sending the ball into the corner of the net.

Steven Berghuis reminded Brighton not to let their guard down as he struck the post for Ajax, but that was one of few chances for the visitors as the Seagulls closed out a comfortable win.

Back in 1994-95, as Ajax were winning a fourth European Cup, Brighton had just completed another campaign in the third tier of English football, finishing 16th.

Facing such illustrious opponents – albeit in a difficult moment in their history – highlights the progress the Seagulls have made over recent years and fans packed out the stadium on Thursday for what was undoubtedly the hottest ticket in town.

The atmosphere was superb before kick-off, as supporters were encouraged to wave their scarves in the air – but they then had to be patient once the game got under way.

Ajax, who are second bottom in the Eredivisie after the worst start to a season in their history, sat deep in order to frustrate their opponents – and it almost worked

until a moment of magic from Mitoma got the breakthrough.

Brighton picked their way through the packed defence before the Japan forward cut inside and hammered a shot that was parried to Pedro, who fired home.

From then on the home side grew in confidence and Fati’s fine second-half goal ensured Brighton fans could confidently celebrate this moment in history.

“We played a great game, we played very well,” De Zerbi added.

“We deserved to win, maybe with more goals, but the most important news is that we didn’t concede a goal.”

-By BBC Sports

SPORTS NEWS



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SPORTS AS THEY HAPPEN



Improper Disposal Of Waste Management Contributes To Climate Change



By: Martin Mugambi
@themkenyatimes

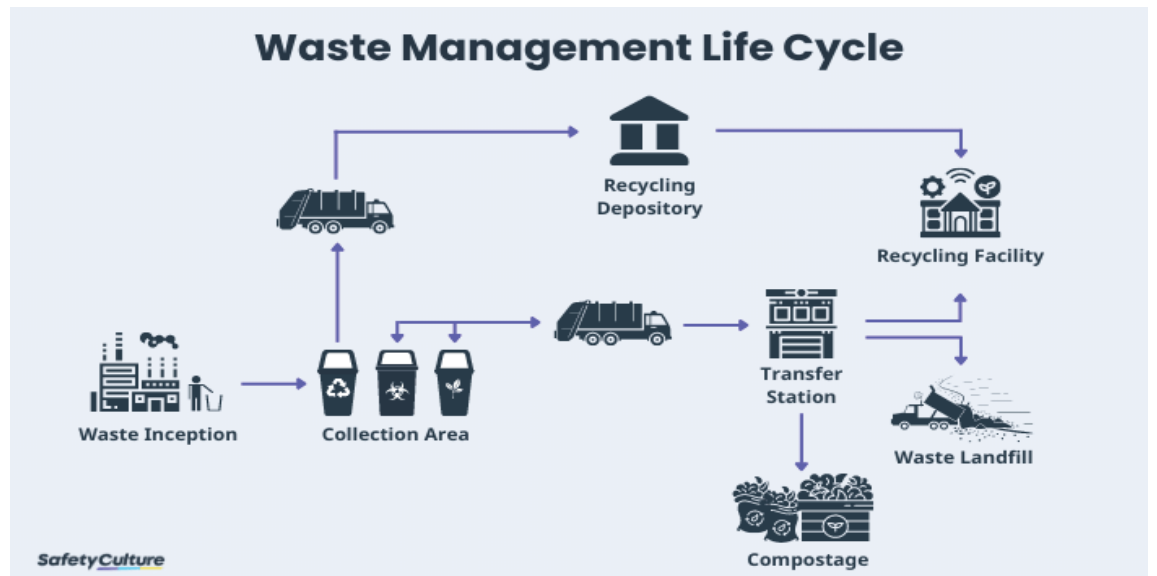
Improper waste management is detrimental to the ecosystem thus contributes to climate change catastrophes.

The menace of waste management has become so rampant in different parts of the country; particularly our urban centres, cities and towns are struggling with tremendous negative effects to the ecosystem. Because of population increase, the amount of waste has increased and urban managers are left with a crisis on how to

manage waste.

Greenhouse gases released to the ecosystem are causing long term effects in that if action is not taken majority will continue to suffer negative effects of climate change. The long effects contain signs of mutation in animals, human being diseases like cancer and destruction of natural resources. In addition, this act has impacted the economy in agricultural sector negatively because some of the wastes contain hazardous substances harmful to the planet.

To address this issue we call upon the county government to implement policies in place set to regulate waste disposal at the county levels. There is a need for national government in collaboration with county governments to have a common Solid Waste Management Act to ease the regulation of waste management in the country. The government must also strengthen the existing environmental related institutions and also come up with mobile officers to monitor the disposal of wastes in different parts of the country under the leadership of both levels of government.



There is a need for government to invest in environmental friendly initiatives by supporting individuals and organizations involved in recycling and reusing initiatives to help in reduction of greenhouse gas emissions by energy consumption and likewise contribute to economic growth.

The CSO's must come up strongly

to demand the relevant government institutions to take action on the issue of waste and disposal management and pushing for the implementation the existing policies and regulations which are friendly to the ecosystem. Non state actors' advocacy techniques like matching, public awareness campaigns vis-à-vis the waste

disposal and its dangers to the ecosystem can be of great benefits in addressing the issue at hand.

The author Martin Mugambi is an Advocacy officer Kenya Platform for Climate Governance PACJAs

AREF-Roche And Genentech Launch Fellowship Program

Roche and the Africa Research Excellence Fund (AREF) have launched a new fellowship program to support the next generation of African scientists. The AREFRoche and Genentech Fellowship Program will support three emerging African scientists to become leaders in the fields of clinical pharmacology, pathology and human genetics. The selected fellows will spend nine months at world-leading Genentech and Roche laboratories to develop and refine their research ideas, engage with a global network of mentors, and build their capacity to address prevailing health challenges across Africa.

With Research and Development (R&D) investment in Africa being largely underfunded at just 1.3% of the global R&D spend and only 2.5% of clinical trials being conducted in Africa, this fellowship program aims to equip emerging African scientists to become health research leaders.

This is a critical step in the right direction to accelerate Africa's health research output and reduce the continent's disproportionate disease burden.

"African scientists should be at the

forefront of producing research that addresses Africa's unique health needs. That's why AREF is committed to nurturing and supporting emerging health researchers with fellowship placements at globally reputable research centres, to acquire advanced research skills, develop mentorship relations and collaborate with an international network of scientists. We are thrilled to offer this new fellowship and to equip the talented fellows to become independent researchers and influential leaders, capable of tackling Africa's public health challenges," said Professor Sir Tumani Corrah, Founder and President of AREF.

Since 2015, AREF has invested in nurturing, mentoring, and supporting a community of researchers across Africa to become research experts and leaders, capable of tackling African and global health challenges. The Fund has supported over 600 researchers from 41 countries across Africa, setting them on the path to lead their own research teams within the continent and secure additional funding.

Roche has been conducting clinical

trials in Africa for over 25 years, and continues to collaborate with partners to catalyze and accelerate genomic science across the continent. "At Roche, we are committed to supporting the development of a strong ecosystem for African science. This fellowship will contribute to the need for capacity building, as defined by African researchers and their institutions, and help equip a new generation of African scientists leading genomics, clinical pharmacology and pathology science and innovation on the continent," said Maturin Tchoumi, Area Head, Africa, Roche.

The AREF- Roche and Genentech Fellowship Program applications will launch this November and the fellowship program will kick off in July 2024, with a nine-month fellowship placement in some of the world's leading laboratories.

It will conclude with an opportunity for the talented fellows to win seed funding to further their research leadership and tackle critical health challenges in Africa.



Roche and the Africa Research Excellence Fund (AREF) lab.