



**Ending Aids By 2027**  
The call for preventing and eradication on the spread of AIDS continued earlier yesterday at Ngong Hills hotel in Nairobi, as stakeholders from the government and private sector converge for the media environment science health agriculture conference.

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**News >> Government Offers New KCC Funds To Mop Up Milk Glut**

P. 8. The government has released Ksh 500 million to the New KCC to mop up the current milk glut experienced in the country due to the impact of El Nino rains.



**Motivation >> The Power Of Play**

P. 12. One of the best-known quotes in child development is Maria Montessori's statement that "Play is the work of the child." According to Montessori, play is voluntary, enjoyable, purposeful, and spontaneous. From birth on, children learn best through playful interactions with their parents, caregivers, family members, and peers.

# Gachagua: Step Up War Against Fake Medicines

**The Pharmacy and Poisons Board must work hard. We are finding a situation where drugs that should not be sold over the counter are in chemists and pharmacies. Drugs whose sale is criminal in nature find their way to the counter. We call for a very serious operation to root out such drugs," DP Rigahthi Gachagua said.**



Deputy President Rigahthi Gachagua while officially opening Questa Care Pharmaceutical as his Spouse Pastor Dorcas and company's directors looks on.

STORY ON PAGE 9

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# 11-Member Committee To Probe State Of KAA-Run Airports After JKIA Saga

By: Capital Correspondent



Transport Cabinet Secretary Kipchumba Murkomen..

### Worth Noting:

- “The committee will comprise of the following. Walter Ogolla Director of KAA and chair of the committee, George Ngugi, Neepe Iltasayon, Martin Wamaye, Richard Cherop, Christine Nzai, Judith Kimeu, James Mbui, Lawrence Mochama, Sharon Asiyo and Fredick Kabunge,” he stated.
- “The committee will co-opt other members as may be necessary. It is expected that the committee will submit an interim report within the next fourteen days and a final report within twenty-eight days.”

The Ministry of Transport has formed an eleven-member committee to investigate the state of Kenya Airports Authority (KAA)-run airports after the Jomo Kenyatta International Airport saga.

According to Transport Cabinet Secretary Kipchumba Murkomen, the committee will be to assess the state of infrastructure and electro-mechanical facilities.

Speaking during a press conference at the JKIA, Murkomen stated that the team will further review works undertaken in the last two years by contractors and identify immediate remedial measures to be undertaken.

“The committee will comprise of the following. Walter Ogolla Director of KAA and chair of the committee, George Ngugi, Neepe Iltasayon, Martin Wamaye, Richard Cherop, Christine Nzai, Judith Kimeu, James Mbui, Lawrence Mochama, Sharon Asiyo and Fredick Kabunge,” he stated.

“The committee will co-opt other members as may be necessary. It is expected that the committee will submit an interim report within the next fourteen days and a final report within twenty-eight days.”

The recent heavy rains being experienced in the country have exposed the poor quality of work that was undertaken

en during the renovation of terminals at JKIA, Kenya’s most important gateway.

KAA has blamed the embarrassing roof leaks at the Jomo Kenyatta International Airport (JKIA to decade-long under-investment.

In a statement, the authority’s acting Managing Director Henry Ogoye stated that the government is currently funding the facility expansion and upgrade.


“Over the last ten years, JKIA has suffered inadequate facility and infrastructure capacity upgrades to the extent that even temporary interventions became permanent solutions hence the current state of affairs in service disruptions,” he

stated.

Ogoye further said that the government has commenced the process of addressing infrastructure development of the facility covering the expansion of the passenger terminal, runway capacity and provision of additional aircraft parking bays beginning this financial year.

He explained that the board and staff of KPA are aligned with the concerns of the public and they will implement the Government civil investing program to facilitate effective delivery.

Editor's Desk




The Mt. Kenya Times

The Mt Kenya Times is a Kenyan Newspaper that provides a unified view of Kenyan news, entrepreneurship, events, opinions, analysis, and a historical background to current affairs in a way that is both creative and innovative. It is published by **Exponential International Limited**, a Private Limited Liability company incorporated in Kenya to provide Communications and Media services.

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## NEWS IN BRIEF



Kenya's Port of Mombasa is attracting traders from the Democratic Republic of Congo (DRC), according to the Kenya Ports Authority (KPA). The DRC is the third largest market in the port, with an 8.2% market share. The port is mainly used by traders in the Eastern part of DR Congo. Kenyan MP Badi Twalib led a delegation of officials of the honorary consulate of DR Congo in Mombasa to meet with Governor Abdullswamad Nassir to deepen integration and friendship with the country that joined the East African Community (EAC). He praised KPA Managing Director Capt. William Ruto for enhancing port efficiency and urged Kenyans to market the country's ports to attract traders from the EAC and beyond.



The Principal Secretary of the State Department for Public Health and Professional Standards, Mary Muthoni, visited the Kenya Medical Training College (KMTCC) to assess the available human resources and infrastructure in the health sector. She emphasized the importance of addressing gaps in the health sector and emphasized the need for collaboration between national and county governments in preventive and promotive health. Muthoni also highlighted the need for bolstering primary care facilities and programs to ensure a comprehensive and accessible healthcare system for all Kenyans. She also highlighted the interlink between climate change and health, stating that 14 thousand people die annually from respiratory diseases. The Ministry of Health has the right to lead public health specialists in planting trees to mitigate climate change.



At a conference in Nairobi, experts and stakeholders in neuroscience and mental health convened to discuss innovative solutions for promoting brain health in low and middle-income countries. The conference aimed to exchange research, raise awareness of brain health challenges, and foster collaborations among stakeholders. The Brain and Mind Institute (BMI) focuses on strengthening neuroscience and mental health research and interventions through capacity building and partnerships. Africa has the highest number of suicidal cases in the continent, and digital technology can help reduce suffering. Aga Khan University CEO Rashid Khalani emphasized the importance of local research for developing relevant treatments.



The Kenyan government has increased monitoring systems across game parks to prevent wildlife loss due to El Nino rains. The institute, led by Dr. Patrick Omondi, has activated monitoring to document the impact of flooding on old, sick, and newborn animals. Heavy rains have already led to the deaths of 46 people in several areas. Researchers are studying effective methods to control and eradicate deadly invasive tree species in game parks and wildlife sanctuaries. The institute's Head of Research, David Ndere, emphasizes the need to accelerate scientific research to save critically endangered wildlife species, including zebras, elephants, and rhinos. The National Wildlife Census Report 2021 flagged six wildlife species as critically endangered, with populations threatened by poaching, climate change, habitat changes, and illegal bush meat trade. Researchers have launched research interventions on habitat monitoring, increased wildlife diseases, and genetic studies to reverse decreasing wildlife populations.



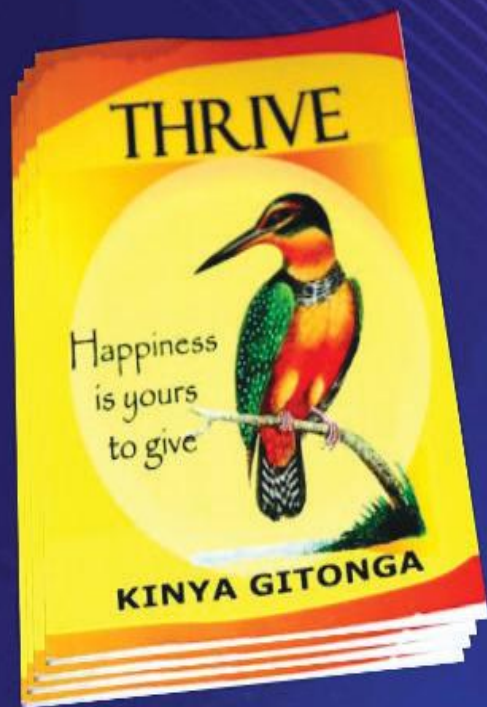
The Kenyan government has procured 100 dryers to assist farmers in drying maize, with the cost of drying a 90-kg bag reduced to Sh70. Agriculture and Livestock Development Cabinet Secretary Mithika Linturi announced that the government has agreed with the National Cereals and Produce Board (NCPB) to bring down the cost of drying a 90-kg bag to Sh70. The government has 17 warehouses in the country that can store over four million bags to prevent aflatoxin infection. The government is committed to buying four million bags from farmers at Sh4,000 per bag, ensuring no farmer is pressured to sell maize below Sh4,000. The government has also implemented the Warehouse Receipt System (WRS) to facilitate maize storage and borrowing at interest rates below 10%. The government has opened up an additional 200,000 acres for food production, and the government has ensured that Agricultural Development Corporation (ADC) land will be used for seed production in the coming planting seasons.



The Kenyan government is aiming to benefit artisanal miners and sand harvesters in Murang'a County by implementing a programme for the construction of affordable houses. The Principal Secretary for Mining, Elijah Mwangi, has registered these miners through Saccos to participate in the programme. The Ministry of Housing has signed a Memorandum of Understanding, requiring them to contribute 60% of construction materials. The programme is expected to commence by the end of the year, with construction already underway in the Makenji area. Mwangi has called on the County Government to facilitate the registration of miners and encourage them to register with Saccos.

# Kingya N. Gitonga

PSYCHOLOGIST, AUTHOR, MENTAL HEALTH ADVOCATE  
& FOUNDER SOUND MENTAL HEALTH FOUNDATION  
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Kingya N. Gitonga

## NEWS IN BRIEF



The Kenyan government has opened stores for purchasing local maize to restock the country's grain reserves at a price of Ksh 4,000 per 90 kg bag. However, the National Cereals and Produce Board (NCPB) insists that only maize fit for consumption and meets the required dry level for East African quality standards will be accepted. The board stresses the need for physiological maturity to avoid deterioration during drying and storage. Farmers are advised to reduce their grain moisture content to at least 18% before delivering to NCPB facilities. NCPB facilities with driers can take in maize with moisture content above 13.5 but dry it for them at a subsidized fee of Ksh. 70 per 90 kg bag.



Health Cabinet Secretary Susan Nakhumicha has launched a Sh1bn four-year project to integrate diabetes and hypertension into primary health care in Kenya. The project, funded by the World Diabetes Fund, aims to improve the management and care of diabetes patients. The funds will go towards capacity-building community health promoters (CHPS) to ensure proper testing of diabetes. Nakhumicha emphasized the importance of training CHPs to test at the household level and stressed the need for proper referral of patients to hospitals. She also emphasized the need for kidney transplants under the Social Health Insurance Act. The ministry is focusing on the management of children and adolescents, offering insulin and supplies to 4,000 patients. However, Nakhumicha urged donors to align their programs with government priorities and work with all governors to improve health service delivery.



Kenya's State Department for Investment Principal Secretary Abubakar Hassan has announced that Special Economic Zones (SEZs) are set to attract Sh1.48 trillion worth of foreign investment annually. The government has gazetted 28 SEZs across the country to tap FDI. The Nairobi Gate Industrial Park, launched in the Northlands, has seven of the SEZs gazetted as customs-controlled, with three already operational. Investors have invested USD 40 million in the project in the last 1.5 years and plan to spend another 160 million over the next five years to complete the industrial zone. The SEZ, designed by Improvon Group, aligns with the East African Community Customs Management Act requirements and offers turnkey projects ranging from mini units to warehouses.



Medical graduates are advised to join regulating bodies to differentiate themselves from quacks in the workplace. Martha Njeri from the Directorate of Nursing warned against unprofessional conduct and urged the Kenya Universities and Colleges Central Placement Service (KUCCPS) to consider privately managed medical colleges for secondary school placements. Private medical colleges have adequate infrastructure and human resources to support training, and the government's enactment of laws removing handicaps will ensure a functional health system.



The Kenya Wildlife Service (KWS) has pledged to crack down on illegal fishing in Lake Nakuru to reduce human-wildlife conflict and loss of lives. KWS Senior Assistant Director in Charge of the Central Rift Conservation Area, Joseph Dadacha, warned against the practice, which is now becoming a threat to both humans and wildlife. The lake hosts the world-renowned Lake Nakuru National Park, which hosts wildlife such as gazelles, baboons, zebras, leopards, buffaloes, and black and white rhinos. A multi-agency taskforce has been formed to enforce the fishing ban. The Kenya Marine and Fisheries Research Institute (KEMFRI) warned in its 2021 report that fish taken from the lake had a high presence of toxic substances. However, fishermen at the shores of Lake Nakuru have ignored these findings and continue to consume or sell the fish to the public. The booming tilapia and mud fish business continues to thrive despite the presence of three newly introduced tilapia fish species.

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# Government Offers New KCC Funds To Mop Up Milk Glut

By: Wangari Ndirangu  
 @themkenyatimes

The government has released Ksh 500 million to the New Kenya Co-operative Creameries (KCC) to mop up the current milk glut experienced in the country due to the impact of El Nino rains.

The funds are part of the first installment of Ksh 500 million to facilitate New KCC purchase and process the excess milk into powder form for storage as part of the strategic food reserve to avert waste and losses occasioned by surplus production.

In a press release yesterday, Cooperative and MSME Cabinet Secretary Simon Chelugui said the rains are expected to result in a surplus of over 50 million litres of milk between now and January 2024 and this is over and above the normal production which unless processed into milk powder will go to waste.

“The mopping up of this excess milk has a financial implication of an estimated KSh1.5 billion, which will go towards the purchase of the surplus milk from the farmers”, he explained

He added that this support will act as a stabilization fund to ensure farmers have a market for their produce and that there are no losses at the farm level, and by extension, the entire value chain benefits from the interventions thus leading to milk price of a minimum of Ksh 45 per litre for the



CS Simon Chelugui.

time being.

Chelugui in the statement said that the government continues to support the moderation programme to enhance processing capacity and efficiency and ensure New KCC continues to perform this critical strategic role.

He added that the government had finalized plans to modernization programme at key dairy plants to the tune of Ksh 3.8 Billion to improve intake capacity at Runyenjes, Mogotio, Kabianga, Narok and the upgrading of Dandora, Miritini, Eldama Ravine, Eldoret, Sotik and Kitale Plant as phase III.

This he said is after Phase II which

included Nyahururu, Kiganjo and Nyambene were complete and ready for commissioning to improve processing of milk products in the country.

In addition, he said that the government has also introduced subsidy programmes on BT cotton seeds and fertilizer, which indirectly support dairy feed production in the form of cotton seed cake, hay and silage

“Animal feeds account for approximately 60 percent of the total cost of milk production and the government has removed taxes and levies on imported raw materials for animal feeds, which will lower the cost of production”, the CS said



New KCC chairman Maina Kamiru.

He assured dairy farmers of the governments support and commitment to ensure that the dairy industry continues to be stable in line with BETA for the good of the dairy farmers, consumers, and many other stakeholders along the dairy value chain

The total annual milk production in Kenya is approximately 5.2 billion litres, of which 3.9 billion is cow milk, 1.1 billion litres is camel, 0.28 billion litres goat and 0.067 litres is sheep milk.

The dairy industry accounts for 14 percent of agricultural GDP, approximately 30 per cent, which is between 1.5 and 1.8 million litres

per day, is processed by the over 35 registered processors, and 70 percent goes through the informal markets of hawkers and domestic use.

The dairy industry also supports smallholder dairy farmers who own between 1 and 3 cows, estimated to produce about 80 percent of the total milk, and benefits over 4 million people along the dairy value chain.

The milk per capita consumption in Kenya is 78 litres, down from 110 per year, the highest in Sub-Saharan Africa compared to Uganda at 65 litres.

# Kirinyaga Central Technical College To Get New Water Supply

By: Our Correspondent  
 @themkenyatimes

Kirinyaga Central Member of Parliament Gachoki Gitari has launched a borehole project that will benefit a college and hundreds of residents.

The new water source at Kirinyaga Central Technical and Vocational College, once completed will also be serving around 2000 residents.

The borehole will also provide water for Kingungu Primary School, Vocational Training College, and the surrounding community, alleviating water scarcity issues and promoting hygiene practices.

The project is part of a holistic approach towards education, community development, and environmen-

tal stewardship, fostering a sense of responsibility and ownership among individuals.

The Technical College Deputy Principal John Ngoroge appreciated the work of Kirinyaga Central NG-CDF, stating that the school had been struggling with water scarcity, especially for courses like masonry and hairdressing. He called on youths to take advantage of the vocational training school and register for technical and other courses offered at the school.

The MP also planted a tree, highlighting its long-term positive impacts on soil erosion, shade, carbon sinks, ecological balance, and wildlife. The initiative aims to address practical needs, promote sustainability, and nurture a vibrant and environmentally conscious community.



Kirinyaga Central MP Gachoki Gitari with President William Ruto during a past tour of development projects in his constituency.

# Step Up War Against Fake Medicines, DP Gachagua Directs Poisons Board

By: DPCS



Deputy President Rigathi Gachagua while officially opening Questa Care Pharmaceutical as his Spouse Pastor Dorcas and company's directors looks on.

## Worth Noting:

- “The Pharmacy and Poisons Board must work hard. We are finding a situation where drugs that should not be sold over the counter are in chemists and pharmacies. Drugs whose sale is criminal in nature find their way to the counter. We call for a very serious operation to root out such drugs,” he said.
- Emphasising that a multi-agency approach is key in complementing the board’s efforts in physical and online surveillance, the Deputy President asked the board to be more aggressive in protecting Kenyans from unlawful practice.
- At the event, he was accompanied by his Spouse Pastor Dorcas, Principal Secretaries Dr Harry Kintai (State Department for Medical Services and Dr Juma Mukhwana (State Department for Industrialization).

Deputy President Rigathi Gachagua yesterday directed Pharmacy and Poisons Board to crack whip on chemists selling counterfeit drugs saying the commodities are a health risk to Kenyans.

At the same time, the Deputy President called on foreign investors to open manufacturing businesses in Kenya saying the government has removed bureaucratic processes in licensing businesses.

Mr Gachagua said that though the Ruto Administration’s policy is that no enterprise should be criminalised, the government will not allow chemists to sell fake medicines and drugs that have not been certified.

“The Pharmacy and Poisons Board must intensify the crack down on manufacturing and trafficking of counterfeit pharmaceuticals across the country. We have allocated resources to facilitate the regulatory body in delivering on this assignment,” said the Deputy President.

Speaking in Nairobi’s Industrial Area during the opening of the Sh1.5 billion Questa Care Pharmaceuticals manufacturing company, the Deputy President said security agencies will

be involved in the crackdown.

“The Pharmacy and Poisons Board must work hard. We are finding a situation where drugs that should not be sold over the counter are in chemists and pharmacies. Drugs whose sale is criminal in nature find their way to the counter. We call for a very serious operation to root out such drugs,” he said.

Emphasising that a multi-agency approach is key in complementing the board’s efforts in physical and online surveillance, the Deputy President asked the board to be more aggressive in protecting Kenyans from unlawful practice.

At the event, he was accompanied by his Spouse Pastor Dorcas, Principal Secretaries Dr Harry Kintai (State Department for Medical Services and Dr Juma Mukhwana (State Department for Industrialization).

Questa Care CEO Rohan Kothari and other officials were also present. The chairperson of the Kenya Medical Supplies Authority Board of Directors Irungu Nyakera and the organisation’s CEO Dr Andrew Mulwa together with Dr Fred Siyoi (CEO Pharmacy and Poisons Board)

were also present.

“COVID-19 revealed weaknesses in the country’s health sector and pharmaceutical industry. The Kenya Kwanza administration is providing an enabling environment in the manufacturing sector such as the recently launched industrial parks in various counties. I encourage the youth to come up with innovation to raise the country’s profile in manufacturing,” said the Spouse of the Deputy President in her remarks.

The Deputy President welcomed the opening of the new manufacturing company, which will employ at least 500 people.

“We have a challenge with employment of the young people as 6 million youths have no jobs. Anybody starting a company in Kenya plays a great role in sorting out the unemployment crisis. We want to encourage local manufacturers and other people including international investors to come here. Local manufacturing creates jobs, saves the foreign currency and expands the tax bracket,” said the Deputy President.

He continued, “Manufacturing is a deliberate program for President

William Ruto’s Administration. As an Administration, we have gone out of our way to make sure that licensing is as easy as possible by doing away with bureaucracies to enable people start factories”.

Appealing to foreign investors, the Deputy President said that Kenya is the East African regional economic hub and an anchor state open to foreign investment.

“Kenya is an island of peace and security, it is an anchor State and we have good financial systems that are working. We invite people from across the world to come and invest here and more so in manufacturing because the environment is conducive for investing,” he said.

He also stated that the Kenya Medical Supplies Authority has opened doors for Kenyan investors in manufacturing and that 62 per cent of drugs are being procured locally.

“Kemsa is doing good by ringfencing purchase of drugs from local manufacturers for the drugs that they are able to manufacture. In a few years it will go to 100 percent,” said Mr Gachagua.

# Man's Life Does Not Consist In The Abundance Of His Possessions

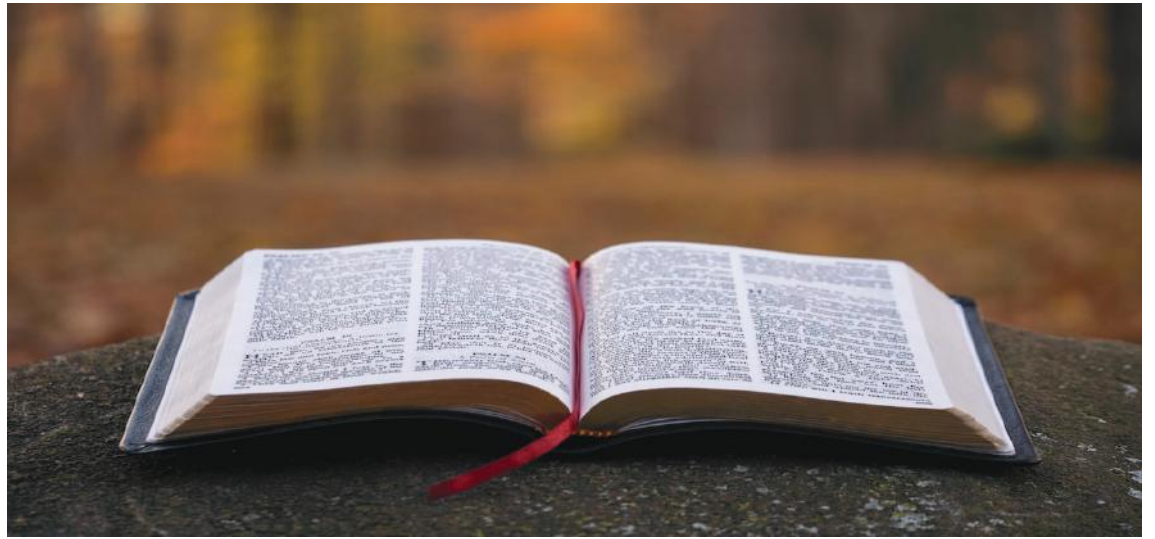


By: Eric Musa  
EMEA.ericmusa@gmail.com

And to a man grabbing for an inheritance Christ shouted, "Watch out! Be on your guard against all kinds of greed: a man's life does not consist in the abundance of his possessions" (Luke 12:15). Then He related the story of the rich man who built bigger barns only to die that very night, ending His parable with a solemn pronouncement: "This is how it will be with anyone who stores up things for himself but is not rich toward God" (v. 21). Men, the "rich toward God" are those who give not only themselves, but also their riches — thus laying up their treasures in Heaven. The key to liberation from the power of materialism is not an exodus from culture — abandoning Wall Street or leaving the wealth of the nation to others — but the grace of giving.

Grace giving goes beyond a mere tithe, but rather gives till it hurts. Grace giving affects one's lifestyle. There are things one cannot have and things foregone when one indulges in grace giving. As C. S. Lewis remarked: [I]f our expenditure on comforts, luxuries, amusements, etc., is up to the standard common among those with the same income as our own, we are probably giving away too little. If our charities do not at all pinch or hamper us, I should say they are too small. There ought to be things we should like to do and cannot do because our charitable expenditure excludes them. Givers for God disarm the power of money. They invite God's grace to flow through them.

It is possible you have reached a sticking point in your spiritual development and are perplexed. After all, you are attending church regularly, you enjoy the fellowship of Christians, you even read your Bible and pray regularly. The problem may be that you are not giving — that God simply does not have that part of you. If so, what you need is the grace of giving: firstfruits giving which gives



to God one's best up-front, trusting that He will provide the rest; joyous freewill giving such as the Israelites experienced when Moses had to say "stop!"; the grace giving of the Macedonians whose liberality overflowed as they begged for the opportunity to give more. The apostle has made his point convincingly, but he caps it with a supreme illustration: "For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, so that you through his poverty might

become rich" (v. 9). Though Jesus could put His finger on every star, He emptied Himself and became a poor earthly servant for us. That is Heaven's "stewardship" program, and it is the pattern for us.

SELAH! GLORY BE TO GOD, HE ENABLES.

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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

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# UDA Polls: Bid To Clip Political Wing Of DP Gachagua Would Fail



By: Joseph Mutua Ndonga  
mutuandonga@yahoo.com



## Worth Noting:

- We have heard the resolution of the women congress. We respect it because it is within their democratic and constitutional rights.
- In light of this, Dr Ruto agreed with other members of the two key organs of the party-National Executive Council (NEC) and National Governing Council (NDC)-to hold new meetings to discuss the matter.
- Back to Gachagua's opponents, one can understand why they have been trying to create a wedge between him and the President.
- This is simply because of the fear that Gachagua's growing popularity and influence across the country was posing a real threat to their candidates.

Recently, I followed keenly the deliberations of United Democratic Alliance (UDA) National Women Congress at the Bomas of Kenya.

Of the 9-point resolutions, the one seeking the postponement of the UDA grass roots elections slated for December 9 drew much of my attention.

Reason? I knew some quarters within Kenya Kwanza would wrongly interpret this to mean President William Ruto and his deputy Rigathi Gachagua were not reading the same script.

There were two camps coalescing around each one of them.

Gachagua would become the main target and his opponents would create a false impression that he was behind the women's decision.

As such, he was fighting and undermining the President.

To me, this was a big insult to the women of Kenya who had played a key role in ensuring Dr William Ruto and his running mate Gachagua won the 2022 presidential elections.

Contrary to Gachagua's opponents, the women have their own brains. You cannot brainwash them.

The resolution was made after thorough deliberations at the plenary.

Gachagua was there to represent President William Ruto and I keenly listened to his speech.

At no time did he dwell on the issue touching on the date of the forthcoming UDA grassroots polls.

The earlier meeting of the National Governing Council (NGC) chaired by President Ruto, the party leader, had resolved the elections will be held on December 9 of next month.

Gachagua, the deputy party leader, was also present.

The line-up of the national positions unveiled by NGC showed that the positions of the party leader and deputy party leader will not be contested.

The rest will be contested during the National Delegates Conference (NDC).

The women congress wanted the polls to be postponed to January next year.

December is a busy month because this is the season of festivities citing Christmas and the New Year.

As women, we play a key role in these preparations.

Being a key stakeholder in UDA, we want to fully participate in this exercise.

January is good with us. This is after taking our children back to School.

I don't want to focus on whether this was convincing or not.

But for President Ruto, he once again demonstrated that he is a democrat and true statesman.

We have heard the resolution of the women congress. We respect it because it is within their democratic and constitutional rights.

In light of this, Dr Ruto agreed with other members of the two key organs of the party-National Executive Council (NEC) and National Governing Council (NDC)-to hold new meetings to discuss



Deputy President Rigathi Gachagua.

the matter.

Back to Gachagua's opponents, one can understand why they have been trying to create a wedge between him and the President.

This is simply because of the fear that Gachagua's growing popularity and influence across the country was posing a real threat to their candidates.

The opponents' eye was trained on Ruto's succession in 2032.

It is not therefore surprising to note that Kakamega Senator Bonny Khalwale was leading the onslaught against him.

We want to tell Gachagua that he will never be President of this country. When Ruto finishes his two terms in 2032, he will pass the baton to Mluhya presidency. There is no question about this. We have sat down and agreed, Khalwale reiterated recently.

The senator has all along been drumming support for Prime Cabinet Secretary Musalia Mudavadi.

But for me, his claims would not hold any water.

President William Ruto have been denouncing the likes of Khalwale.

It is too early to talk about the succession. This is the time of fulfilling the promises we made to Kenyans. Kenyans will judge us based on the work we have done.

When my terms come to an end, they will freely choose my successor.

Regarding the forthcoming UDA polls, I want to say this.

President Ruto and his deputy are birds of the same feather. You cannot beat them when it comes to playing the real politics. If this was not the case, you could not have expected the duo to beat Azimio La Umoja One Kenya Coalition leader Raila Odinga who was enjoying the support of the outgoing President Uhuru Kenyatta and the deep state.

The DP has been leaving nothing to chance in rallying the people of Mount Kenya region and other regions of Kenya behind President William Ruto.

The President is working very hard to fulfill the promises he made during the campaigns. As his deputy, you have been seeing me working day and night to help him to achieve his goals.

With this, I have total confidence that President Ruto will be re-elected to serve his second and final term.

Given this scenario, I'm persuaded to believe the two politicians were reading the same page. This is in as far as the forthcoming UDA polls are concerned.

For the duo, the ultimate goal is to form a strong political vehicle that would help Dr Ruto to do his 10 years and Gachagua take the mantle in 2032.

Having said this, I'm being disturbed by a section of Kenya Kwanza leaders from Mount Kenya region who were fighting Gachagua.

I know this is borne out envy, malice, inferiority complex and misplaced hatred.

It is time for them to accept the bitter truth that Gachagua is senior-most leader in the region. You tried to stop him from becoming Ruto's running mate. You failed.

For now, he is at helm of power. What miracle can you use to bring him down?

The people of Mount Kenya are treating you with suspicion and mistrust. They say you were being used by outsiders to bring down Gachagua and eventually weaken the Kikuyu bargaining power.

The game plan is designed to divide the Kikuyu votes and split Mount Kenya West and East.

So Gachagua opponents could in for a rude shock. Chances are that they would end up being the biggest losers.

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

## The Power Of Play



By: Wanjohi P. Mugambi  
@themtkenyatimes

# POWER of PLAY

### Worth Noting:

- These situations can help the child achieve success that they would not have achieved on their own, and such success can be applauded together. Playing with young children involves actively observing, listening to, supporting, talking with, and understanding what they are doing and capable of doing next.
- Scaffolding responds to the child's cues, actions, and comments by providing verbal and nonverbal hints and assistance, or questions, descriptions, prompts, and persists through multiple back and forth exchanges. It is not intervening but offering new possibilities to the child.
- Safety first! An important role of home visitors is to educate parents/caregivers about child safety, because children need safe places as they play, explore and learn.

One of the best-known quotes in child development is Maria Montessori's statement that "Play is the work of the child." According to Montessori, play is voluntary, enjoyable, purposeful, and spontaneous. From birth on, children learn best through playful interactions with their parents, caregivers, family members, and peers.

Play promotes children's development in all domains (physical, cognitive, social-emotional, and language) as well as in executive function skills, creativity and problem-solving. It gives children the opportunity to freely practice existing and emerging skills, test new ideas, work through problems and difficult experiences, and engage in new learning.

Play often, but not always, follows the child's lead (is 'child-directed' or 'child-lead'), is enjoyable and intrinsically motivating, and engages the imagination. Parents/caregivers can facilitate opportunities for play as well as participate in their children's play, and during your home visits, you can help parents understand why this is important and how to do it.

When parents/caregivers play with their children, they are building a positive relationship with their child that lets him know he is loved and appreciated. It opens the door for sharing problems and concerns as the child gets older. It helps the parent or caregivers understand how this child is unique and special. Play can also reduce parental stress and helps them enjoy their children (Child Development Info). Research has confirmed that play helps infant and children

build skills. Babbling, for example, is a selfinitiated form of play through which infants create the sounds of the language they need to learn. Likewise, children teach themselves to crawl, stand, and walk through repetitive practice play and to imitate behaviors they see in their environment. During play, fathers and mothers/caregivers can focus their attention on the child and follow the child's lead. In addition, they can help the child go beyond existing knowledge and skills, using what is called scaffolding. Scaffolding helps children be successful, with an activity they may not be able to do on their own. It is best when parents match their strategies to the child's skill level and offers possibilities to take that skill to the next level.

For example, when the child is doing something well (e.g., put a block into a box), the parent can add new pieces of information ("see, you put the red block into the box"); when the child is struggling, they can make suggestions ("turn the box the other way", guide (help the child turn the box), or model a skill ("look how I am dropping the block into the box").

These situations can help the child achieve success that they would not have achieved on their own, and such success can be applauded together. Playing with young children involves actively observing, listening to, supporting, talking with, and understanding what they are doing and capable of doing next. Scaffolding responds to the child's cues, actions, and comments by providing verbal and nonverbal hints and assistance,

or questions, descriptions, prompts, and persists through multiple back and forth exchanges. It is not intervening but offering new possibilities to the child.

Safety first! An important role of home visitors is to educate parents/caregivers about child safety, because children need safe places as they play, explore and learn. One of our jobs is to assess the safety of the home environment as well as to help families understand what is safe and unsafe for children as they develop. As home visitors, we need to be educated in what our countries recommend for toy and play safety and any publications on the topic available to parents and families. More information you can find in the Module 9 on Home

Expensive toys are not needed to play. There are many items in the home and in the environment families can use. The main concern is safety when everyday items are used in play. The use of toys and games that reinforce gender stereotypes continues to be widely debated by the public, and pressure has been put on toy stores in some countries to stop displaying their toys as gender-specific.

Early childhood education professionals would agree with this move and discourage the use of gender-specific toys, especially if they reinforce gender stereotypes. Stereotypes are overgeneralizations and in the case of gender can limit the potential of both females and males. Researchers have found that many toys targeting girls are associated with physical attractiveness, nurturing, and domestic skill, whereas boys' toys were rated

as violent, competitive, exciting, and somewhat dangerous.

Strongly gender-typed toys might encourage attributes that aren't ones you actually want to foster. For girls, this would include a focus on attractiveness and appearance, perhaps leading to a message that this is the most important thing—to look pretty. For boys, the emphasis on violence and aggression (weapons, fighting, and aggression) might be less than desirable in the long run. Other toys considered primarily for boys have many positive qualities (developing spatial skills, exploring the sciences, building things, etc.) that parents might want to encourage in both boys and girls.

Perhaps, to some extent, it is the same for some moderately feminine toys (dolls for nurturing, toys related to cooking and housework)

Some parents may ask why it is important to read to babies when they do not even understand what is being said to them. You can explain to parents and caregivers, that they are also talking with their baby or signing songs, even though the baby does not yet understand the words.

Reading contributes to building the brain's architecture and thus to building a strong foundation for learning language and learning about people and relationships. Reading to the baby can be integrated easily into daily activities, to settle down after active play, or as a bedtime routine to share a special time before the young child settles down to sleep.

# University Researches On Plant Based Soap

By: James Wakahiu  
 @themtkenyatimes



MKU Pro-Chancellor Dr Vincent Gaitho.

Research towards production of plant-based black soap is currently at an advanced stage at the Mount Kenya University in Kiambu County.

The initiative will see Aloe Vera and bamboo extracts used as additives to the soap, according to MKU Pro-Chancellor Dr Vincent Gaitho.

He said the University is conducting the research at its botanic garden at the Happy Valley campus in Thika that has over 300 indigenous plant species.

Dr Gaitho was speaking during the tree planting exercise by students and members of staff at the 103-acre land parcel adjacent to Thika River. He was accompanied by the MKU Vice-Chancellor Prof Deogratius Jaganyi and Co-Founder Dr Jane Nyutu. “During this rainy period, the University plans to plant and grow over 5000 indigenous trees, shrubs and herbs. The plants will serve a triple purpose: mitigation of climate change, food security and improvement of people’s livelihoods,” Dr Gaitho stated, adding

that the University has so far grown over 100,000 trees at different places. Pro Jaganyi concurred that medicinal trees are not only a source of natural remedies but also play a pivotal role in maintaining the ecological balance of our surroundings. “Mount Kenya University has always been a pioneer in promoting environmental consciousness, and the initiative to grow medicinal trees aligns seamlessly with our ethos,” as-

serted the VC. “The biodiversity of provides a unique opportunity for us to cultivate a variety of medicinal trees, each with its own set of healing properties, “Imagine a botanic garden adorned with the likes of Neem, Aloe Vera, Warbugia, Moringa, Eucalyptus, and many other medicinal trees whose leaves, bark, and extracts have been revered for their therapeutic benefits for centuries,” said Prof Jaganyi.

Moreover, the scholar added, the cultivation of medicinal trees aligns with global efforts to preserve biodiversity and combat climate change. “Trees are nature’s air purifiers, and by growing medicinal varieties, we not only contribute to a healthier environment but also create a living pharmacy that future generations can benefit from. This initiative also provides a unique learning opportunity for our students,” he pointed out.

The cultivation of medicinal trees at the University, he noted, is not just a practical step towards a healthier community, but a symbolic gesture of its commitment to the well-being of our planet.

Dr Nyutu on her part said MKU is currently the United Nations Academic Impact Hub for SDG 10 on Reduced Inequalities.

“Accordingly, MKU’s team of professionals, scholars and researchers, working in collaboration with practitioners and other persons of goodwill, have joined hands with the Government of Kenya and with all the other Kenyans as well as with the international community in climate mitigation through trees growing as evidenced today,

“Certainly when the ecosystem is fully restored, the challenges of recurrent droughts and floods will be solved thus contributing towards other SDGs including poverty eradication, creation of decent works, Reduced Inequalities and life below water besides others,” she said.

# Operation Linda Jamii Takes Center Stage: Unraveling the Intricacies of the Controversial G2G Oil Deal and Assessing the State of The Nation

By: Cynthia Masibo  
 @themtkenyatimes

## Civil Society’s “Voice of Concern”: Operation Linda Jamii to Present In-depth Analysis and Recommendations

Operation Linda Jamii, the Kenyan National Umbrella Body of Civil Society Organizations and Unions, have delve into the heart of the matter—unpacking the complexities surrounding the Government-to-Government (G2G) oil deal that has sparked nationwide debates.

**The Controversial G2G Oil Deal:** Operation Linda Jamii’s press briefing did not merely scratch the surface but provided an in-depth analysis of the controversial G2G oil deal. The civil society headed by Fred Ogolla, articulated the concerns and potential ramifications of this agreement, offering a comprehensive understanding of its impact on the na-

tion’s economy.

## Insights into the State of The Nation:

Beyond the G2G oil deal, Operation Linda Jamii broadened its scope to discussing the overall State of The Nation. This includes an examination of key economic indicators, social issues, and governance concerns. By doing so, the civil society network aimed to present a holistic view that goes beyond isolated controversies.

## Operation Linda Jamii’s Recommendations:

The media briefing was not limited to critique; Operation Linda Jamii plans to present well-researched recommendations. These suggestions aim to provide a roadmap for addressing the challenges posed by the G2G oil deal and contribute to the nation’s economic turnaround.



Fred Ogolla

14 POEMS

# KWAHERI FABIAN USAMBA MUTUA



Machozi yanatuliza, kila tukiwaza Fika  
Lala walalapo wema, Fabiani wa Usamba

Kifo tunalia kifo, ni lini utatosheka  
Nawe ulale fofofo, jinsi wengine hakika  
Twauliza mbona kifo, Makau wetu  
kuteka

Lala walalapo wema, Fabian wa Usamba

Ndiyo maisha safari, nawe umetangulia  
Uliyekuwa mahiri, na mwenye upendo  
sawia

Leo imegika shari, ameipenda Jalia  
Lala walalapo wema, Fabiani wa Usamba

Hadi tukipatana, ma'na tunakuja pia  
Akakufae Rabana, peponi ukatulua  
Nasi tunaongozana, yetu ikajatimia  
Lala walalapo wema, Fabian wa Usamba

Wanjohi. P. Mugambi  
Malenga Kitunguu Machoni

Siachi mimi kulia, Fabian nikumuwaza  
Ameitoka dunia, bila sisi kutujuza  
Heri angetupungia, mkono akitwongoza  
Lala walalapo wema, Fabiani wa Usamba

Tangu tulipojuana, mwaka huu septemba  
Naamba hili bayana, mengi sisi tuliamba  
Tulipanga mengi sana, ayatimiza Muumba  
Lala walalapo wema, Fabiani wa Usamba

Hili hatukuliwaza, ya kwamba ungetutoka  
Miguu imelegeza, kwake wewe kuondoka

# SANAMGA

When you come, the world lights up like a  
light.

Those who see Jamal become poets.  
Your cheeks are red, your lips are like a  
bud,

The look of your eyes will instantly  
enchant you.

Those who see your stature cry out,  
The wind will blow around you for a  
lifetime.

Oh you! Beautiful – graceful, my date,  
You dream a sweet dream that you can't  
get enough of.

I wish I could have enough of your beauty,  
I've been your Guardian all my life.

### POEMS OF FOUR LINES

Everyone who is patient is enough for him,  
If you are impatient, it will get worse.

\*\*\*\*\*

Nafs is such a scourge – an example of an  
ahangraba,

He calls towards himself – starts  
towards hell.

\*\*\*\*\*

When everyone passes away, no one  
remains.

The world cannot be eternal for man.

\*\*\*\*\*

I am an ordinary person, neither a poet  
nor a king.

I am just an ordinary visitor to the world.

\*\*\*\*\*

If luck comes, don't open the way for a  
person,

When the test comes, don't give up  
immediately.

Makhamadov Abduhoshim is a student of  
Bukhara State Pedagogical Institute

## A Proud Hunter



them said, "A wild bear has appeared in our  
village, and we are all afraid of it." Hearing  
this, the hunter said, "I will see him again; I  
will bite the ground with a white." At that  
moment, the door of the teahouse opened  
wide, and a huge bear started to enter.

Seeing this, everyone tried to hide.  
The proud hunter ran out of the window  
but felt that a bear was chasing after him.  
When he was shooting from the streets, he  
shouted "help me" and "help". Behind him, the  
children of the neighborhood are laughing.  
The sniper looked back and saw that it was  
not a bear, but a boy covering the bear's  
post. He was able to laugh at everyone in  
this situation.

Odina Rustamjonova was born on August  
8, 2008 in Torakorgon district of Namangan  
region. Currently, he is a 9th grade student  
of Ishakhan Ibrat Creativity School. Along  
with writing poems, the young poetess  
can speak freely in 4 languages: English,  
German, Russian, and Uzbek. In 2023, her  
first poetry book called "Oy Shula" was  
published. In addition, his works are published  
in "Tamaddun" magazine, "Smile" magazine,  
"Repetitor" newspaper and various  
international magazines. Her future goals  
are to win the Zulfiya Award, study in  
Germany.

Once upon a time, in ancient times, there  
lived a very proud hunter in a small village.  
Even if he doesn't do anything good, he  
always brags, and no one likes his bragging.  
Even though he hunted a rabbit, he lied that  
he killed a lion, but everyone knew that he  
was proud.

One day, he wandered into a small teahouse  
on the outskirts of his neighborhood. There  
are always lively conversations here; people  
from the neighborhood relax here and drink  
a couple of cups of tea.

On the day he went, there were a lot of  
people in the teahouse; everyone was having  
a heated conversation with each other. He  
didn't leave a habit here either. He went on  
to brag about his hunting skills.  
Tired of this situation, people are trying to  
teach him a lesson. A younger man among

## To My Teacher

I am proud to see you  
My heart is filled with strange feelings  
Hey! A tireless gardener of the Garden of  
Science  
Dear man, my Master.

He slowly taught her to read and write  
Etiquette – he listened to morality  
He was a nurse at the school for eleven  
years  
Jafokash is my passionate teacher.

You are a precious, dear person for me  
You are my closest person, like my father  
and mother.

Love is my ocean full of love  
You are my everlasting sun, my Teacher

Service! Thank you Master  
I always bow to you,  
I feed you with passion  
If I'm lucky, one day I will too  
I will definitely be a teacher like you.

Maxamadov Abduhoshim, student of  
Bukhara State Pedagogical Institute.

### DEDICATION

There is a strange place in the Ferghana  
region.

They say that his name is a monument  
from Mughposhsha.

At the bottom of the hill, the mountains  
rest,

How many valleys and streams are very  
suitable for him.

White gold in the fields, fruits ripen all  
year round in the gardens,  
Hot bread from the oven is broken in the  
morning.

The people are very hard working, and  
they are skillful craftsmen

Young people are equal to everyone on all  
fronts.

A land that embraces the secrets of  
history,

The motherland that raised dear saints.

This is the land of heroes.

This is the land of wrestlers.

This is the land of idols with future  
prosperity and happiness.

Maxamadov Abduhoshim student of  
Bukhara State Pedagogical Institute

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## BUSINESS

## State Plans For A National Federation Of Beef

By: Wangari Ndirangu  
 @themtkenyatimes



BEEF CATTLE

## Worth Noting:

- The CS noted that the government will standardize the feeding of animals in the feedlots and have Kenya Animal Genetic Resources Centre (KAGRC), Kenya veterinary vaccines production institute (KEVEVA-PI) and the Ministry of Livestock involved in production.
- “The Ministry of Cooperatives’ role will be to bring members to aggregate, and to provide the infrastructure for feedlots. The counties are expected to provide extension services,” he said.
- Chelugui also revealed that the government was in talks with the World Bank to fund the programme through Kenya Development Corporation (KDC) and the Ministry of Livestock.

The government has announced plans to establish a National Federation of Beef that will have four to five feedlots in about 29 counties, Cooperative and Micro and Small Enterprise (MSME) Cabinet Secretary Simon Chelugui has said.

He said they were working on modalities to develop a coordinated way of running the cooperatives on feeding and fattening the animals before they were paraded for slaughter.

Speaking during the annual cooperative leader’s consultative conference to assess the performance of the sub sector, the CS added that the federation will also be tasked to seek for marketing outlets for the beef, coordinate the slaughtering and aggregation of animals in addition to facilitating the logistics just like what KPCU does for coffee and KTDA does for tea.

“For instance, if we get an order of one million kilos next week, the federation will be able to call some respective counties, check the type of animals ready for market, and then total them up to see that Kenya can export the one million kilos of beef. This is irrespective of which county they are coming from,” said Chelugui.

gui.

The CS noted that the government will standardize the feeding of animals in the feedlots and have Kenya Animal Genetic Resources Centre (KAGRC), Kenya veterinary vaccines production institute (KEVEVA-PI) and the Ministry of Livestock involved in production.

“The Ministry of Cooperatives’ role will be to bring members to aggregate, and to provide the infrastructure for feedlots. The counties are expected to provide extension services,” he said.

Chelugui also revealed that the government was in talks with the World Bank to fund the programme through Kenya Development Corporation (KDC) and the Ministry of Livestock. “We are seeking to participate and aggregate feedlots in that manner. This way, we will open up part of Kenya that has been for a long time marginalized,” said the CS.

This endeavor is expected to significantly improve the quality of beef and leather products and thereby transform livelihoods in ASALs counties.

Kenya Agricultural Livestock Research Organization (KALRO) Director General Dr. Eliud Kireger told

journalists that they had initiated cross breeding strategies in beef production to improve local breeds that gained faster body weight, early maturity, good carcass quality and resilience to climate change.

“Crossbreeding provides an opportunity for combination of desirable traits through breed complementarity for increased beef output”, he said adding that this has been achieved through a combination of crossbreeding programmes involving the local adapted breeds of Boran and Sahiwal and the introduced exotic breeds such as Red Poll and Brahman.

The KALRO Beef Research Institute in Lanet, Dr. Kireger said has been undertaking a two-way crossing strategy involving the two breeds to accelerate genetic gain in beef production by optimizing on the hybrid vigour that is normally associated with crossbred populations.

For example, he explained that research results for finishing beef cattle in a feedlot in at the KALRO-Lanet have shown that crossbreds between Improved Boran and Sahiwal and the Rec Poll can achieve above 1 Kg average daily gain compared to less than 0.5kg for the local purebred

Zebu cattle.

The Boran crosses with exotic have shown early maturing with an average sale weight of 750kg at 24 months of age.

The beef industry in the country is the largest contributor to agricultural GDP in Kenya, at an estimate of 36 per cent, especially in the arid and semi-arid lands, where beef production is the main economic activity

Kenya looks to achieve self-sufficiency in beef as the demand in the domestic market is 40,000 tonnes larger than the current production of 260,000 tonnes and according to Dr. Kireger the cross-breeding exercise targets livestock farmers in Arid and Semi-Arid Lands and has the potential to bridge this gap.

Currently, the country has 18.8 million cattle (14.3 million beef cattle and 4.5 million dairy cows).

Beef is the most consumed meat in Kenya, being preferred by almost 80 per cent of the inhabitants.

According to the 2023 Economic survey, the price for 100 kilograms of third grade beef rose from Ksh 44,839.6 in 2021 to Ksh 46,522.1 in 2022.



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# Ending Aids By 2027

By: Eric Wanjala  
@themtkenyatimes

The call for preventing and eradication on the spread of AIDS continued earlier yesterday at Ngong Hills hotel in Nairobi, as stakeholders from the government and private sector converge for the media environment science health agriculture conference.

According to Christine Awour from the NASCOP (National AIDS & STI Control Programme) an agency at the ministry of health, confirmed that 2023 recorded declining numbers of new infections and called for collective responsibility on ensuring that the number to reduce to zero.

“The year 2023 has seen the total number of new infection being 22,154 where 17,860 are adults and children recording 4,474 these numbers are declining because we used a strategy of training community health workers who have been a great help to patients in terms of accepting to take medication and offering basic counseling.” Said Mad-

am Christine  
In 2022 there were 5.6 % new infections the data at the ministry of health and from Elizabeth Glaser Pediatric Aids Foundation is reducing due to the availability of (ARTs) Antiretroviral therapy, where is about treatment of people infected with human immunodeficiency virus (HIV) using anti-HIV drugs regimens. The Drug coverage is about 80% and has adhered to the UN AIDS standards. The data also depicts that 66% of children in Kenya are HIV infected and know their status whereas 44% of the children have viral suppression.

Dr Karen Mburu a health expert on pediatric adolescent HIV management confirmed that the rate of mother to child virus transmission is reducing due to the eradication of misinformation that children breast-feeding from positive mothers was prone to infection.

“You need to know that mothers on antiretroviral therapy (ART) with a sustained undetectable HIV viral load during pregnancy cannot transmit infection since the rate is at less than 1% and breast feeding has the best nutrition since it creates strong



DR Karen Mburu Expert Pediatric Adolescence HIV management.

immunology and blood composition and nowadays most children born with HIV can live upto 80yrs this is according to latest research by science.” Confirms Dr Karen.

However Elizabeth Atieno a Gender Based Violence advocate has called for national dialogue on addressing the triple threat that faces the HIV /

Aids issue in Kenya one being new infections, gender based violence and adolescence pregnancy quoting the number of new infections among adolescence these year being at 88,853.

“Time has come for everyone to talk our teenagers on practicing safe sex and ensuring that our teens have in-

formation before indulging in these acts, also in most rural setups most of the girls who have kids are from the age of 9 to 15 where at times they receive harsh treatment from the primary health care givers who most of the times judge them from getting pregnant at an early stage.” Lamented Madam Elizabeth.



By: Our Reporter  
@themtkenyatimes

.....





## LOVE CORNER



### Heal First



Virginia Mule.

You can write Relationship matters to the Love Editor on any subject through:

[virginia@mountkenytimes.co.ke](mailto:virginia@mountkenytimes.co.ke)

Healing after a breakup can be very lonesome and swarthy. Each day I see so many broken people wanting to hop into a new relationship instantly after a break-up. It simply means they will drag emotional baggage to a completely new relationship and hurt someone who didn't wound them. Although we never fully heal from past trauma or relationships, giving yourself time to work through sadness and guilt clears your gut to take up love and build deeper intimate connections.

When recuperating from a break-up, it's reasonable that you put yourself first. Otherwise, how can you give love when you hold onto sorrow and remorse? You cannot care for another person's heart when you neglect yours. Otherwise, you may end up sabotaging what could have been a happy ending. There is no specific

formula for healing. People do it differently. Ultimately, what most people need is to own the pain and take their time to process what happened. Healing takes time but trust me it's the best way to avoid getting stuck in despair. Some people may argue that you need a new relationship to get over the previous one. So why do such people move on quickly and then shut down?

According to mental health matters, even if you're the one who provoked the separation, you will still go through vexation, denial, and acceptance. It's beneficial to give yourself time to feel pathetic, furious, or whatever. Use the breakup as a prospect to find yourself and learn to be happy from within. When you heal, you can be free to be present and prepared to love more wholly than you ever before. In the aftermath of

healing, the feelings of self-worth help you show the new person how to treat you. It also helps in being confident in what you want and how you want it. It is up to you to decide when you feel ready to start loving again.

It is no surprise that some people heal and then go back to their ex for closure. Well, healing should help you create your closure. Not with hate, but with gratitude for the lessons you learned in your prior relationship. Now that you are unburdened by the relationship and the person, take time to reevaluate your life. You ought to find contentment and delight in your solitude and be free to devote your heart to new love. And when it's time to move on, it is advisable to pay attention to how you're doing overall. The objective is to keep moving while prioritizing

yourself. Do something worthwhile.

In conclusion, there will be good days and bad days. Never look back or regret whatever happened. Allow yourself to feel love. It is momentous to explore new hobbies. Improve yourself before getting involved with someone else. Admit that you can love better than before. Go do those things that may have felt restricting in your previous relationship! Create new exciting adventures on your own and you can be guaranteed that when you love yourself it's easier to be loved.



# Mental Health Experts And Neurologists From Around The World Convene In Nairobi To Advocate For Investment In Brain Health In Low- And Middle-Income Countries

By: John Kariuki  
@themkenyatimes



### Worth Noting:

“Globally, mental health receives just 2 percent of all health funding, and the figure falls to 1 percent in lower-income countries. In lower-income countries, only a third of national health insurance plans cover mental health conditions such as depression, and there are just 2 mental health workers for every 100,000 people. Here in Africa, mental health research constitutes just 2 percent of all health research. Yet the continent’s suicide rate is the highest of any World Health Organization region, with the rate for men 40 percent higher than the global rate,” said Aga Khan University President Dr. Sulaiman Shahabuddin in his speech during the opening session of the conference.



*Brain and Mind Institute (BMI) Founding Director Prof Zul Merali, Aga Khan University President Dr Sulaiman Shahabuddin, BMI COO & Associate Director East Africa Dr Samim Hasham and Deputy Director Prof Lukoye Atwoli share a light moment during the “Healing The Brain” Conference in Nairobi. The ongoing conference held from November 15 -17, 2023 has brought together leading experts in the field to raise awareness of the current state of brain health in low- and middle-income countries and the challenges faced in providing adequate care.*

Mental health experts and neuroscientists have convened in Nairobi to explore innovative solutions and strategies to promote brain health in low- and middle-income countries. The conference held under the theme ‘Healing the Brain: Bridging the Gap in LMICs’ began today and will continue till Friday, November 17, 2023.

The conference is expected to address the impact that mental health and neuroscience have on individuals, communities, and societies. It will also address the obstacles that countries in the global south face in addressing brain health issues including access to care, insufficient research, development and funding, cultural barriers towards help-seeking behaviour and a general lack of awareness by the population.

The Ministry of Health’s Mental Health Investment Case 2021 put the burden of mental health conditions at 62.2 billion Kenyan Shillings as a cumulative cost for medical bills for mental health conditions, lost productivity through absenteeism, presenteeism and premature deaths. Globally, the World Health Organization

estimates that depression and anxiety costs the world economy 1 trillion US Dollars per year in lost productivity. Additionally, the World Economic Forum forecasts that the cost of mental health conditions is projected to rise to 6 trillion US Dollars globally by 2030. It is in this regard that neuroscientists, researchers, and mental health experts are calling for intervention and investment in brain health.

“Globally, mental health receives just 2 percent of all health funding, and the figure falls to 1 percent in lower-income countries. In lower-income countries, only a third of national health insurance plans cover mental health conditions such as depression, and there are just 2 mental health workers for every 100,000 people. Here in Africa, mental health research constitutes just 2 percent of all health research. Yet the continent’s suicide rate is the highest of any World Health Organization region, with the rate for men 40 percent higher than the global rate,” said Aga Khan University President Dr. Sulaiman Shahabuddin in his speech during the opening session of the confer-

ence.

While reflecting on the inspiration behind the conference, the Founding Director of the Brain & Mind Institute, Prof Zul Merali, observed that, “Indeed, the burden of mental illness is the largest of all diseases put together, with great implications for the socio-economic development of our countries. Each of us has a role to play to address this hidden pandemic. We hope that through our expertise, experience, and facilitating continuous engagements with all relevant stakeholders, we will help communities appreciate mental health disorders as illnesses like other illnesses and treat them as such.”

Reiterating this, Prof. Lukoye Atwoli, Deputy Director of the Brain and Mind Institute lauded the conference as a step in the right direction to address the challenges facing brain health in low- and middle-income countries.

“This inaugural conference seeks to begin these critical conversations and bring on board partners across the board to journey with BMI in achieving our vision of a healthy brain, and healthy world, by

putting in measures that culminate in bringing the right care at the right time to the right place. Together we will go far,” said Prof. Lukoye.

The Brain and Mind Institute through the conference hopes to rally communities, governments, and practitioners in developing countries to make great strides in prevention, treatment, and awareness efforts to the silent pandemic by putting in place impactful and well-resourced strategies and interventions to help close gaps in mental health using innovative, culturally sensitive solutions.

The conference also aims to foster collaboration among stakeholders to promote the integration of brain health into overall health systems. In attendance are neuroscientists and researchers actively engaged in studying the brain’s functions and disorders, medical professionals and other healthcare providers specializing in brain and mental health, advocacy groups, policymakers and government officials keen on the latest research and developments on brain and mental health.

# Is Your Opinion About Love Like This?

By: Ro'zmatova Asila Rashidjon  
 @themtkenyatimes

**Worth Noting:**

- You are preparing to enter school, working hard, and passing the student named "life" course. Yes, you have succeeded.
- You are going to school in bright clothes, thinking that you will be left behind, your lips colored saying "I'm done", your cheeks blushing, and now you walk with a smile saying "I have my right".
- You are getting more beautiful as you look at yourself, and strange boys start talking to you, wanting to look at you, to take your heart.
- Is this situation interesting to you? Sweetness, flowers, unexpected meetings, everything has started now. Now I have reached happiness as if I had found myself in a deep sentence that I did not understand.



Ro'zmatova Asila Rashidjon.

You are preparing to enter school, working hard, and passing the student named "life" course. Yes, you have succeeded.

You are going to school in bright clothes, thinking that you will be left behind, your lips colored saying "I'm done", your cheeks blushing, and now you walk with a smile saying "I have my right".

You are getting more beautiful as you look at yourself, and strange boys start talking to you, wanting to look at you, to take your heart.

Is this situation interesting to you? Sweetness, flowers, unexpected meetings, everything has started now. Now I have reached happiness as if I had found myself in a deep sentence that I did not understand.

Yes, stop here!

The suitor has come, your mother is pleased, you see the boy, your eyes meet a couple of times, your heart trembles, you feel something but what is it? Until you find an answer to this question, the wedding day is set.

The wedding was held. Now you are someone's partner. You are half of a whole. You are the queen of hearts.

Your spouse comes from work, food is ready, the house is cozy and sweet, and you are waiting with a beautiful face.

You know this feeling in a worried and anxious state, yes you know in this situation, you will enter the heart with beautiful conversation.

His attention is on one side, yours is on him, love is born from glances and in simple silence you put a kiss on the reward page of your notebook.

Now you have an imam for prayer.

You learn and find peace when praying.

Now you recite the Quran and someone listens to your entire being with an attentive heart.

Do you feel it? That's real happiness.

You connect with someone without magnets or attraction.

My friend, I say this under my breath: do not prefer the rose of a stranger over the paradise rose and do not consider yearning for it as better.

Rejoice in your beautiful appearance and find joy in your paradise quality as if you were born sinless.

And with firm steps, paradise will open its doors to you.

**Ro'zmatova Asila Rashidjon qizi** was born in 2004 in the Furqat district of Fergana region. In 2021, she was recommended to the Faculty of Foreign Languages and Literature at Kokand State Pedagogical Institute. Currently, she is studying English and Arabic languages.

At school, when someone gives you a flower, makes you happy with some sweetness, or waits for you with a small bouquet of flowers in front of your school building, opens the door of his car, and your heart races as you ap-

proach him, it doesn't necessarily mean that he is wandering through the city streets with you!  
 Is your opinion about love like this? Then you are heartless, my friend.  
 You have reached the age of maturity.

You have reached the difference between light and dark, and you have also reached the realm of imagination. Now you are confident, and in front of your brother, you are in a state where you can pass with your imagination.

Sports >> \*Kenyan autocross prodigy Amaan Ganatra has a natural grasp on speed and racing technique!

# SPORTS NEWS

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## Youngster Amaan Ganatra Casts His Nets Wide In Search Of Global Racing Glory



By: Capital Sport

Kenyan autocross prodigy Amaan Ganatra has a natural grasp on speed and racing technique!

This is a racing trend the 14-year-old adopted from his dad and as he has had clear driving traits showing up early in childhood.

With an apparently insatiable appetite for success, Amaan is incidentally a jack of all trades—although motorsport remains the first thing on his bucket list.

“In my first race this year, I had to persevere the pain inflamed by a broken collar bone to finish third in Two Wheel Drive NT Car Class. It was a nagging injury that I had sustained in a school hockey match.”

“Last year while in the Junior 2WD NT Class, I won five out of ten races which wasn’t a mean achievement,” he quipped.

Wait a minute: Amaan also plays football but he’s more into athletics which he says gets him fit for his scheduled weekend motor racing meetings.

Amaan’s meteoric rise in this noble ‘man and machine’ game wasn’t due to luck, it was blood,

sweat and tears all the way!

And this informs the reason why he uses other sports to race the much-needed fitness to spin motor driven race contraptions.

Now the Year 10 student at Braeburn School is thinking differently!

He has purposed to run selected National races next season to pave way for a full season in the British Swift Rallycross Championship.

Launched in 2010, the Swift Sport Rallycross Championship was created to provide a tightly controlled one make championship designed to highlight talented drivers.

Featuring in The 5 Nations British Rallycross Championship, it offers a level playing field for drivers to develop their car control and showcase their driving skills in these equally powered Suzuki Swift Sport pocket rockets.

The Swift Championship has successfully proven to be an excellent platform to drivers to showcase their talents and help secure sponsors to aid progress up the Motorsport ladder with a number of former Swift drivers going on the compete in the FIA

World Rallycross Championship.

“I have always haboured the ambitious journey to advance my driving skills in motorsport and indeed become a professional race driver,” he quipped.

Amaan participated in the 2023 Kenya National Autocross Championship and is currently ranked second behind newly crowned champion Neel Gohil with one event remaining. He is also a contender in the Machakos based RX Rallycross Championship’s Two Wheel Drive Championship.

With dedication and hard work, Amaan aspires to achieve several milestones in the next 5 years.

His aspirations revolve around rising through the ranks in National and international events.

All in all, the talented driver reckons that there is need for a fresh impetus into his already blossoming racing career.

“I will be racing in the UK’s Swift Rallycross Championship next season with the sole objective to gain requisite international exposure given their nature of high level of competition,” he went on.

Amaan also had a go at the

Cross Kart Championship run by WRC Hyundai Motorsport lead driver Thierry Neuville.

“Last year I had a great experience in the Cross Kart Championship where I qualified for the final but unfortunately missed out on the podium.”

“In the Swift format, there is a level playing field as you get to drive the same car against your race adversaries with controlled fuel and tyres which helps to showcase an individual driver’s speed and ability.”

### —Achievements—

Those who have interacted with Amaan reveal that he has amazing talent.

“He is got good potential. He has been coached by Kenyan Champions Karan Patel and Baldev Chager who have all expressed optimism that he’ll go places. They said he’s making good progress as a driver,” said Amaan’s dad Altaf.

During the last weekend’s Autocross Championship event at Kasarani’s Triple S, Amaan displayed occasional flashes of brilliance.

Amaan’s fastest time of 3.46.31 in the Two Wheel Drive Non-Turbo Car Class was way above majority of the 4WDs, a true indication where he is headed as a youngster.

Like countless other motor racing proteges, Amaan is just taking his first baby steps towards a brighter future and aspires joining the FIA Rally Star Program.

Amaan: “I aspire to race at the highest level in the sport; and then of course rising through star driver ranks where I stand a chance to race in the FIA World Rally Championship (WRC).”

“I will also partake in a few Clubmans locally as well as my plans in the UK where I will concentrate more on the Swift Championship,” Amman remarked in finally.

GET THE BEST OF WORLD

**Sports >>** \*Virat Kohli's record-breaking 50th ODI century saw him leapfrog the great Sachin Tendulkar and propel India into a fourth World Cup final following a 70-run win over New Zealand.

# Hosts India Storm Into Cricket World Cup Final After Beating New Zealand



November 15, 2023, Bomaby, Maharastra, INDIA: Semi Finals Match 46 of ICC Menâ€™s Cricket World Cup INDIA 2023: .India V New Zealand Wankhede Stadium, Bombay..ODI century for Virat KING Kohli! He has overtaken Sachin Tendulkar. Not only does he reach this remarkable landmark in front of his cricketing idol, but he's also done it at the same venue where he carried the great man on his shoulders after the 2011 WC triumph. He's also bowing down to Tendulkar now. 135.1kph, Kohli whips it away to deep backward square leg and comes back for the second. Jumps and punches the air in delight after completing the second run. He was on his knees. But every sinew in his body wanted this. The entire population of India wanted this. The helmet comes off and he raises his hands before bowing down. SRT, in reply, stands and applauds. The star batsman gets flying kisses from his wife now. The Wankhede has gone berserk and rightly so. (Credit Image: © Seshadri Sukumar/ZUMA Press Wire).

By: AGENCIES

Virat Kohli's record-breaking 50th ODI century saw him leapfrog the great Sachin Tendulkar and propel India into a fourth World Cup final following a 70-run win over New Zealand.

Tendulkar was in his home city of Mumbai to witness first-hand Kohli set a new benchmark in ODIs with a typically assured 117 off 113 balls that laid the foundations for India's mammoth 397-4.

After moving to three figures off 106 balls, Kohli leapt and punched the air, briefly sunk to his knees before rising and soaking up the acclaim from a frenzied crowd, including Tendulkar and David Beckham.

Tendulkar wrote on X, formerly

known as Twitter, he "couldn't be happier that an Indian broke my record" as Kohli moved into a class of his own in his 291st ODI – 172 fewer than his former teammate.

New Zealand battled hard in the chase but their hopes of a third successive World Cup final appearance were dashed despite an excellent 134 from 119 balls from Daryl Mitchell as they were all out for 327.

Fast bowler Mohammed Shami's career-best seven for 57 took him to the top of the tournament's wicket-taking charts after only six outings and was instrumental as the 1983 and 2011 champions gained a measure of revenge for being dumped out at the same stage of the 2019 tournament by

the Black Caps.

After ending a run of semi-final defeats and claiming a 10th straight win in a tournament they are dominating, India can look forward to a showdown against either Australia or South Africa on Sunday.

There was controversy before the toss because of a late switch from a fresh to a used pitch but Kohli's landmark innings, containing nine fours and two sixes, relegated the issue to a mere subplot.

Rohit Sharma lit the touchpaper for an India onslaught after they won the toss with 47 off 29 deliveries, while Shubman Gill contributed an unbeaten 80 off 66 balls despite struggling with cramp.

Kohli moved quickly through the gears alongside first Gill, who re-

tired hurt on 79 before returning late on, then Shreyas Iyer, who thumped eight of India's 19 sixes in his 105 off 70 deliveries.

This was Kohli's day, though, and he got to his ton with a slap across the line, coming back for a second run before taking in the acclaim as Kiwi captain Kane Williamson offered his congratulations.

Kohli eventually holed out to deep backward square-leg off Tim Southee, who claimed three for 100, but India buttressed their total by adding 110 in the last 10 overs as New Zealand's bowlers were flayed.

The 2015 and 2019 finalists slipped to 39 for two as Shami brushed the outside edges of Devon Conway then Rachin Ravindra but Williamson and Mitchell combined for 181 off 149 balls to frustrate India.

Mitchell was especially attacking – thumping seven sixes overall – and when Shami spilled a simple chance at mid-on when Williamson was on 52, the momentum was creeping slowly towards New Zealand.

Shami, though, atoned when Williamson miscued into the deep on 69 and Tom Latham was lbw two balls later to put India back in the driving seat, shortly after Mitchell had brought up an 85-ball hundred.

Mitchell kept plugging away but the required run-rate spiralled well into double figures before he gave Shami his five-for after whipping to Ravindra Jadeja on the boundary, and with him went New Zealand's hopes.

Shami bagged Southee and Lockie Ferguson in the penultimate over to become the fifth bowler and first Indian to record a seven-wicket haul in a World Cup match as New Zealand were all out with seven balls unused.

# SPORTS NEWS



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# SPORTS AS THEY HAPPEN



## Tong Lueth Matiok Writes Another Book Again



By: Paula Otukile  
Gaborone, Botswana

Tong Lueth Matiok is a graduate of the School of Natural Resources and Environmental Studies at the University of Juba, where he studied Agricultural Sciences. He completed his secondary education at Standard Secondary School in Wau and has contributed articles to national newspapers in South Sudan advocating for environmental cleanliness and youth empowerment through peacebuilding.

In addition to being a digital storyteller and content creator, Tong is also a creative writer and the co-founder of the Ayiet Youth Initiative Support Program (AYISP), an organization that supports education in marginalized communities by motivating volunteer teachers to provide quality education.

He is the author of the national best-selling book “Poverty Robbed Me” and a member of Tukul School and Writers Writing Fellowship.

‘The Resilience Of An Orphan’ is a book that encourages young girls to take radical responsibility of their lives and say no to early marriage and immature pregnancy and allow them to follow their dreams defying against all odds in sea of adversities and find the way to accomplish the tasks. The book teaches resiliency, strength and mental toughness.

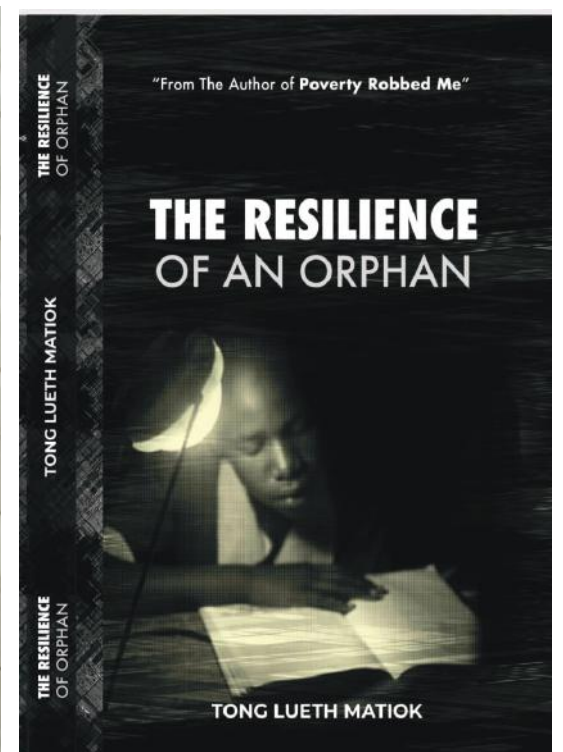
This is a story of a young girl who refused to be defined by her circumstances, who turned her pain into purpose, and who dared to dream big. It is a testament to the triumph of the human spirit and the incredible heights one can reach when faced with life’s harshest challenges.



Tong Lueth Matiok.

### Worth Noting:

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Tong Lueth Matiok Writes Another Book Again .