



RISING TO NEW HEIGHTS: The Journey Of Prosperity In The Heart Of Mt. Kenya

Nestled amid the breathtaking peaks of Mt. Kenya, a vibrant community thrives—a community rich in culture, tradition, and boundless potential. Here, beneath the watchful gaze of the towering mountain, a story of resilience, unity, and unyielding optimism unfolds.

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Relief for Avocado Farmers And Exporters



Deputy President Rigathi Gachagua yesterday promised Avocado farmers that issues they have raised will be addressed to ensure they reap the best earnings from their farms.

Additionally, the Deputy President said a Task Force will be formed to look deeply into issues affecting the Avocado subsector to make it more lucrative to the farmers.

The DP who hosted Avocado Stakeholders for a consultative meeting at his Official Residence in Karen, Nairobi, said the government was working on pertinent interventions to safeguard the multibillion-shilling sector following farmers' disquiet over the imposition of new levies.



Deputy President Rigathi Gachagua

STORY ON PAGE 9

Amb Martin Kimani Named New Executive Director Of New York University

By: Christine Muchira

York University Center on International Cooperation (CIC), effective June 3, 2024.

While accepting the offer, Amb, Kimani said honored to join New York University Center on International Cooperation and its brilliant staff to build ambitious partnerships.

"I'm deeply honored to join New York University Center on International Cooperation and its brilliant staff to build ambitious partnerships.

STORY ON PAGE 13

Kenya's outgoing UN Ambassador, Martin Kimani has been named the new Executive Director of New

Kenya's outgoing UN Ambassador, Martin Kimani



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EU Donates 12 Vehicles To Enhance Delivery Of Justice

By: Peace Maziga and Abundance Mutave
 @themkenyatimes

The European Union in partnership with National Legal Aid Service (NLAS), has donated 12 vehicles to enhance delivery and access to justice across the country.

The EU under the programme for Legal Empowerment and Aid Delivery (PLEAD), started in 2020 in response to access to justice.

Speaking during the flag-off, the Attorney General (AG), Justin Muturi, noted that the journey was a critical milestone and acknowledged the EU for their support to Kenya by ensuring members of public's access to social justice.

He said that the Constitution provides a framework to support the marginalized and vulnerable groups.

Muturi said that the EU has made it possible for various citizens to access public services through donation of vehicle to counties. The counties to benefit are Wajir, Mandera, Lamu, Tana River, Garissa, Marsabit, Isiolo, Kisumu, Nairobi, Mombasa, Uasin Gishu and Nakuru Counties. He said that NLAS is working towards extending their services, to all 47 counties.

The AG reiterated that NLAS and the EU's aim is to ensure the marginalized communities access Justice, which will help in the creation of awareness.

The EU Ambassador to Kenya, Henriette Geiger, stated that the EU has invested 70 million euros in the programme, terming it the largest investment by the EU in the justice sector reform in Sub-Saharan Africa.

"What is Justice if it is not serving all the people of the country in equal measure," posed Geiger, as she urged NLAS to make good use of the Vehicles that will see justice served to all.

The Solicitor General, Shadrack Mose, noted that NLAS has made tremendous achievement and was very delighted to witness the milestone in the implementation of the program.

He added that the occasion fulfils the government's goal to transform lives through empowerment of individuals, families and communities, by providing high quality legal services.

Mose noted that the initiative also serves

to support the delivery of NLAS mission to promote, provide and coordinate quality affordable, sustainable and accountable legal services to the marginalized, indigent and vulnerable members of the society.

Solicitor General further requested the EU to continue partnering with NLAS and ensure that the program is extended, insisting that the support from NLAS, will be felt across the country and become one of the key milestones.

He assured that the Office of the Attorney General, will give support in the maintenance of the vehicles to serve and support the lives of Kenyans.



Attorney General Justin Muturi (left) during the function.

Worth Noting:

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- The AG reiterated that NLAS and the EU's aim is to ensure the marginalized communities access Justice, which will help in the creation of awareness.



Kenya's Attorney General Justin Muturi (right) consulting with European Union Ambassador to Kenya, Henriette Geiger at Kenyatta International Convention Center (KICC) on 19th March 2024, during the flagging of 12 Motor Vehicles. The Vehicles worth 290 million shillings were donated to the National Legal Aid Services (NLAS) by The European Union under the Programme for Legal Empowerment and Aid Delivery (PLAD). They will help in promoting Legal Services in the marginalized areas like Isiolo, Kisumu and Mandera counties among others. Photos by Bonface Malinda/KNA.

Editor's Desk

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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Homesteads, Institutions In Maragua Get Connected To Clean Water

By: Bernard Munyao

@themkenyaintimes

Murang'a Water and Sanitation Company (Muwasco) has embarked on connecting homesteads and public institutions with water.

This comes after President William Ruto announced a month ago that Maragua dam will be managed by Muwasco.

Since its completion in early 2023, the Sh. 1 billion dam has been under management of Murang'a South Water and Sanitation Company (Muwasco).

In one month, the company has connected more than 1, 000 homesteads. It targets to have more than 20, 000 homes connected with clean water by June this year.

Yesterday, scores of local residents applauded efforts by Muwasco to supply them with clean water for domestic use saying they have suffered for a long period.

They said that water is now acces-

sible at their homes as the company continues to install water pipes to connect more homes and institutions with the commodity.

Some of the institutions which already have been connected with water include Murang'a Technical Institute, Maragua Level 4 hospital and a number of secondary and primary schools.

Principal of Murang'a Technical Training Institute Mr. Robison Wachira lauded the move saying the institution was earlier relying on water sourced from borehole and nearby streams.

"With availability of clean water in our institution, hygiene will improve and students will be saved from contracting water borne diseases. The supply of water from Maragua dam is steady and there is no rationing," said Wachira.

The water connection, Wachira added, is a big relief especially to students taking hospitality and plumbing courses.

"The neighbouring community is able to access water from some taps connected from our school," he add-



ed. Scores of residents lauded the move to have the dam managed by Muwasco expressing hope that water coverage in Maragua Sub County will go up.

Water coverage at Murang'a county stands at about 70 percent but in Maragua sub county water coverage

is below 30 per cent.

The dam with capacity to produce 860, 000 cubic meters of water on a daily basis was purported to tackle water shortage in the sub county.

President's announcement brought to end the wrangles pitting Muwasco and Muswaco on management of the dam.

"I can access water in my home compound. This has relieved me of going for almost a kilometre to fetch water," said Anne Njeri, one of the residents.

The Mt. Kenya Times



NEWS IN BRIEF



The Department of Health in Nakuru has kicked off the consolidation process for the Countywide Health Sector Annual Workplan (AWP) for the Financial Year 2024/2025 with the aim of streamlining health-care services across the County. County Executive Committee Member for Health, Roselyn Mungai, officially opened the forum, emphasizing that the product of this exercise must go beyond a mere wish list. “We’re here to strategically address challenges in service delivery and ensure better outcomes for Nakuru residents through this plan,” said Ms Mungai.



Residents of Menengai East Ward, Nakuru East Sub County, will soon have access to enhanced maternal healthcare services following the completion of the construction of the Menengai Maternity project, which aims to reduce the travel distance for expectant mothers in the area. The area Member of County Assembly (MCA) Wilson Mwangi said the new facility was funded through the Ward Fund to a tune of Sh7 million and has an ante-natal and post-natal unit, a delivery room, a kitchen, a boardroom, and other necessary amenities. It is expected to serve a population catchment of 31,621. The contractor handed over the maternity ward to the MCA, department of Health Officials and the jubilant members of the public. They were assured that the facility will be equipped in the next financial year, which starts in July.



Plans are underway for the Energy and Petroleum Regulatory Authority (EPRA), to connect a total of 400,000 households and business premises, to the national grid by December 2024 and by 2030. The Director General for Energy and Petroleum Regulatory Authority (EPRA), Daniel Kiptoo, said the Authority’s target is to install a total of Four million new connections by 2030. “The current number of connections has been on a steady rise and has an expansion, which must be decreed in the energy sectors,” said Kiptoo.



Dundori ward in Nakuru county is experiencing a positive transformation in its road network through the Imarisha Barabara programme which includes grading of 1.8Km Kwa Ndungu and Goshen Sacred roads. Speaking yesterday during monitoring of the progress of the upgrade, the county Engineer Michael Kamau said the programme has continued to make progress in opening up and rehabilitating access roads in various wards, thus improving infrastructure and enhancing accessibility.

The Kenya Agricultural and Livestock Research Organisation (KALRO), is leveraging technology to enable farmers access to the latest research technologies from the Organisation. Dr Felister Makini, the KALRO Deputy Director-General In-Charge of crops, says the primary goal is to ensure that the seeds and other agricultural technologies in the livestock sector developed by KALRO, are easily accessible to farmers. Dr Makini, who spoke while launching the 13th KALRO Seeds Mkulima Shop cum Expo, at the Kakamega Non-ruminant Research Institute, said these digital platforms offer a wide array of services for farmers to make informed decisions, aimed at improving production and productivity.



Over seven thousand students from Awendo constituency Migori County have received bursaries from the National Government-Constituency Development Funds (NG-CDF). Speaking during the issuance of the bursary worth Sh 50.5 million to over seven thousand needy students, Awendo Member of Parliament Walter Owino said that the bursary will ensure the needy students get a chance to advance their education careers. Owino however, pointed out that although the system to award bursaries from the NG-CDF has over time helped needy students access education, he was of the opinion that the surest way to help the nation’s education system was to make education free.

The media practitioners in Kirinyaga County, have been advised to work closely with County Security Team for the sake of public interest. Speaking during a Security and Media Dialogue Forum organised by the Media Council of Kenya (MCK), Victor Bwire, Director of Media Training and Development, said media freedom has limitations, especially on issues dealing with national security. Bwire pleaded with the media not to be the first to break the law, by going against the request by the security. He noted that members of the Fourth Estate, have been differing with police because everyone has the law and procedure during their daily duties.



NEWS PAPER

IN BUSINESS



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President Ruto Signs Affordable Housing Bill Into Law

By: PCS

Worth Noting:

- Speaking at the State House in Nairobi after signing the Bill, the Head of State commended the National Assembly and the Senate for working through the night to pass the Bill.
- “I want to thank Parliament and Kenyans for their contribution to this Bill which I have signed into law,” said President Ruto.
- He pointed out that the housing program will ensure that families across the country live with dignity.



President William Ruto has signed the Affordable Housing Bill into law.

The Affordable Housing Act establishes a system for housing tax collection and implementation of the affordable housing program.

President Ruto said the implementation of the Affordable Housing Program will change the lives of Kenyans at the bottom of the pyramid by creating jobs, providing better housing and reducing the fragmentation of agricultural land.

Speaking at the State House in Nairobi after signing the Bill, the Head of State commended the National Assembly and the Senate for working through the night to pass the Bill.

“I want to thank Parliament and Kenyans for their contribution to this Bill which I have signed into law,” said

President Ruto.

He pointed out that the housing program will ensure that families across the country live with dignity.

At the same time, President Ruto issued a stern warning against anyone who squanders public property. He said government leaders have firm instructions to use public funds carefully.

“I want to assure Kenyans that I will do whatever will protect public funds. All government projects, including the housing construction program, should be corruption-free,” the President said. Deputy President Rigathi Gachagua said the housing program will provide Kenyans with better housing.

“The house building project will define the talent of President Ruto. Now is the time for all of us to support this

plan,” said Gachagua.

The Chief Secretary of the Council of Ministers Musalia Mudavadi pointed out that the signing of the Bill into law will pave the way for the implementation of the project.

Minister of Lands and Housing Alice Wahome said the project has so far employed 120,000 people, adding that 300,000 people will be working in various construction sites in Kenya by the end of the year.

Nairobi Governor Johnson Sakaja praised the project saying it will destroy slums in big cities in the country.

The Act has established four types of housing – social housing, affordable housing, affordable middle-class housing and affordable rural housing.

The social housing category refers to a house intended for a person whose

monthly income is less than 20,000 shillings.

An affordable house is aimed at a person whose monthly income is between 20,000 shillings and 149,000 shillings.

The affordable middle class housing unit is meant for people whose monthly income is more than 149,000 shillings.

Rural affordable housing is a category as defined in Section 42 and targeted at people living outside urban areas.

Other leaders at the event are National Assembly Speaker Moses Wetang'ula, Senate Speaker Amason Kingi, National Assembly Majority Leader Kimani Ichung'wa, Senate colleague Aaron Cheruiyot and Attorney General Justin Muturi, among others.

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GAIN Holds A Sensitization Campaign To Increase Vegetable Consumption

By: Grace Naishoo
@themtkenyatimes

Kiambu County department of Agriculture in partnership with Global Alliance for Improved Nutrition (GAIN) have held a sensitizing campaign to increase vegetable consumption among residents.

The campaign dubbed 'Vegetable for All' emphasizes the intake of dark green leafy vegetables and other vitamin-rich foods.

According to Kiambu County Executive Committee Member for Agriculture Wilfred Mwenda, the Agriculture team going through training and sensitization will be instrumental in training farmers in the county in vegetable growing and ensuring they adhere to good agricultural practices. "Gain is implementing 'Vegetables for All' project that seeks to increase consumption of safe and fresh vegetables in Kiambu alongside Nairobi, Mombasa, Machakos and Nakuru counties the program will run for five years," he said adding that the scope

of work includes pushing for safety standards through seminars and trainings and advocating for food safety.

He further called on all to embrace the power of vegetables, saying the need to increase consumption of vegetables is not merely a dietary choice but a path to better health, economic growth, environmental sustainability and a preservation of our cultural identity.

"There are various important nutrients in fruits and vegetables that are good for our body. You can think of calcium, iron and magnesium, fruits and vegetables also contain a lot of important nutrients, it is advisable for an adult to eat every day around 200 grams of fruit and around 250 grams of vegetables," Mwenda added

Inadequate consumption of vegetables and fruits has been reported to be a key risk in the increase of non-communicable diseases in the country, this was highlighted during a two days training and sensitization of Sub County Agricultural Officer and Ward Agricultural Officers on Good Agricultural Practices and Food Safety compliance.

GAIN is a Swiss-based founda-



tion launched at the United Nations in 2002 to tackle human suffering caused by malnutrition

Last year GAIN launched the 'Vegetables for All' program in Kenya in partnership with the national government through the Ministry of agriculture, seeks to improve consumption of healthy foods by improving supply, increasing demand, and improving the enabling environment for

different vegetables by operating at multiple levels – individuals, households, markets, producers, and policies.

According to a report done by GAIN, Kenya is currently at 100-130 grams per person per day against WHO recommendation of 400 grams of fruits and vegetables per person per day

The report further indicates that only 5.2 percent of adults aged 18-69

years in Kenya consume the WHO recommendation of five servings 400 grams of fruits and/or vegetables per day.

In Kenya, fruits are consumed, on average, 2.4 days a week, while vegetables are consumed five days a week (Stepwise Survey 2015).

Nine Implicated In The Murder Of Kamaindi Chief To Know Fate On April 21

By: Denis Mutua
@themtkenyatimes

Nine people implicated in the murder case of the then Kamaindi Chief Japheth Majau Mukembu will know their fate on April 21 2024 when Chuka high court Presiding Judge Hon. Lady Justice Lucy Gitari is expected to make the ruling.

The state counsel pleaded with the court to hand over a long sentence to the 9 suspects who the court has found guilty of murdering the chief and burning his body, to serve as a lesson to other people who might think of committing such a crime.

Prosecution further told the court that the chief's family was greatly affected by his death since he was the bread winner, to the extent of his children dropping out of school, adding that they moved away as they have since lived in fear from the incident.

The counsel noted that however the accused are relatives and family

members, they committed a heinous act which was inhumane instead of using other peaceful ways to solve the dispute.

However Mark Ashaba the counsel representing the accused pleaded with the Court to be lenient with his clients and if possible hand them custodial sentences or both to enable them restore their lives.

He argued that during the trial, his clients have depicted a reputable conduct and character which shows if released they cannot cause any harm.

The lawyer added that probation report shows that the community is sympathizing with them for what they are going through and locals are ready to receive them back in the society.

Also, he said that the accused are senior citizens in the community who the youths look up to and it wouldn't be a good image if they are severely punished.

Another aspect he urged the court to consider is the 3 years period that the accused have spent in custody before being released on bond, and the fact



The 9 suspects implicated in Kamaindi chief's murder before Chuka court..

that they are also first time offenders with no past criminal records.

He said others have health complications like arthritis which have deteriorated since then from lack of specialized treatment, and thus the

lawyer asked court to consider them in the pulling.

According to report, the slain Chief had been sent by the then Igambang'ombe DCC to settle a dispute between his brother and a villager

when he was hacked to death and his body burnt on 30th April 2019.

The incident also led to the murder of the then Chuka OCS Joseph Kinyua as he was pursuing a suspect in Ugweri, Embu County.

Relief for Avocado Farmers, Exporters as Government Steps in to Address Concerns

By:DPCS



Deputy President Rigathi Gachagua with avocado stakeholders.

Worth Noting:

- “I have called a meeting tomorrow (today) with the Cabinet Secretaries for National Treasury and Agriculture, representatives of the fruit farmers, exporters, and aggregators, and the Kenya Revenue Authority so we can agree on the way forward in the implementation of the clause in the Act. We are a listening Government and we value consultations,” he said.

- He said the Members of Parliament had been made aware of the offensive clause asking them to look into removing it.

- “Discussions on the Finance Bill are ongoing and amendments will be made to reflect the reality of the sector. Members of Parliament will do their part,” the DP added.

Deputy President Rigathi Gachagua yesterday promised Avocado farmers that issues they have raised will be addressed to ensure they reap the best earnings from their farms.

Additionally, the Deputy President said a Task Force will be formed to look deeply into issues affecting the Avocado subsector to make it more lucrative to the farmers.

The DP who hosted Avocado Stakeholders for a consultative meeting at his Official Residence in Karen, Nairobi, said the government was working on pertinent interventions to safeguard the multibillion-shilling sector following farmers’ disquiet over the imposition of new levies.

He said deliberations were ongoing on the review of a legal provision in the Finance Act 2023 spelling new taxes on Avocado and horticultural farming after farmers rejected it.

“I have called a meeting tomorrow (today) with the Cabinet Secretaries for National Treasury and Agriculture, representatives of the fruit farmers, exporters, and aggregators, and the Kenya Revenue Authority so we can agree on the way forward in the implementation of the clause in the Act. We are a listening Government and we value consultations,”

he said.

He said the Members of Parliament had been made aware of the offensive clause asking them to look into removing it.

“Discussions on the Finance Bill are ongoing and amendments will be made to reflect the reality of the sector. Members of Parliament will do their part,” the DP added.

The Deputy President said the taskforce will be tasked with coming up with far-reaching remedies to the issues bedeviling the sub-sector.

Members of the Task Force will include fruit farmers, exporters, aggregators, marketers, exporters, ship line operators, and government officials drawn from relevant ministries and departments.

“The taskforce will work in earnest and come up with remedies in 30 days so that we agree on what needs to be done. As an Administration we are ready to engage with stakeholders and ensure farmers are happy,” assured the Deputy President.

The Managing Director of Horticultural Crops Development Authority (HCDA) Christine Chesaro, told the forum that foreign income from avocado exports is on the rise.

She said the value of the exports was Sh19 billion in 2023 up from

Sh15 billion in 2022.

“Despite the challenges we are making progress. Murang’a is leading in production followed by Nakuru. We are at position six in global exports. However, we need to increase production to have sufficient volumes to export throughout the season,” she said.

The farmers and exporters said that avocado farming is a lucrative business but the sub-sector was facing myriad challenges including post-harvest management, marketing, low pricing, lack of traceability mechanism and access to the global market.

“Avocado farming is a lucrative business but small-scale farmers do not feel the economic power. The challenges include low prices dictated elsewhere without involvement of farmers, high production costs since the sub-sector is labour and capital intensive. The business is also infiltrated by middlemen and cartels sent by some exporters,” said Dr Jeremiah Ng’ang’a, a farmer from Kigumo Murang’a County.

The Deputy President said he convened the meeting on instruction by President William Ruto. He added that the government is committed to streamline the agriculture sector.

“We are keen to ensure the sector is protected and it grows so that we can increase exports and farmers’ earnings. Our economy starts with Agriculture and we will mobilize everybody to ensure we succeed,” he stated.

“As a government, we appreciate the role you play in this critical sector and your place in the economy. The sector is critical for our foreign income. Any disquiet in the sector gives us concerns. This is a consultative government,” he told the participants.

Cabinet Secretaries Simon Chelugui (Cooperatives and SMEs) and Rebecca Miano (Trade), together with Principal Secretary State Department for Crops Development, Dr Paul Ronoh were present.

MPs Mary Wamaua (Maragua), Wakili Edward Muriu (Gatanga), Kamau Munyoro (Kigumo), Chege Njuguna (Kandara), Chairperson of the National Assembly Committee on Agriculture and Livestock Dr John Mutunga (Tigania West MP) and Kirinyaga Senator Kamau Murango, who is also Chairperson of the Senate Committee on Agriculture, were also present.

Impact Your Outside From Within Pt 2



By: Eric Musa
EMEA.ericmusa@gmail.com

Naturally, man is inclined to focus on the outside. I want to let you know, do NOT put a lot of effort on the outside, but rather focus on the inside: this is a Kingdom principle, a secret which is effective. There are so many people who do not live as per what God purposed. God teaches us and desires us to apply this, in Isaiah 58: 6-9 "Is this not THE FAST THAT I HAVE CHOSEN: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke? 7 Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? 8 Then your

light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the Lord shall be your rear guard. 9 Then you shall call, and the Lord will answer; You shall cry, and He will say, 'Here I am.'

There are some things you are struggling(limitations: in finances, career, work, ministry, family, leadership) with in your life, and you should get the change from the inside; let God deal with the inside, and the changes will manifest on the outside. You deal with the things that hinder God from impacting powerfully in your life, this is what we continue to see in Isaiah 58 : 10-12 "...Then your light shall dawn in the darkness, And your darkness shall be as the noonday. 11 The Lord will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail. 12 Those from among you Shall build the old waste places; You shall raise up the foundations of many generations; And you shall be called

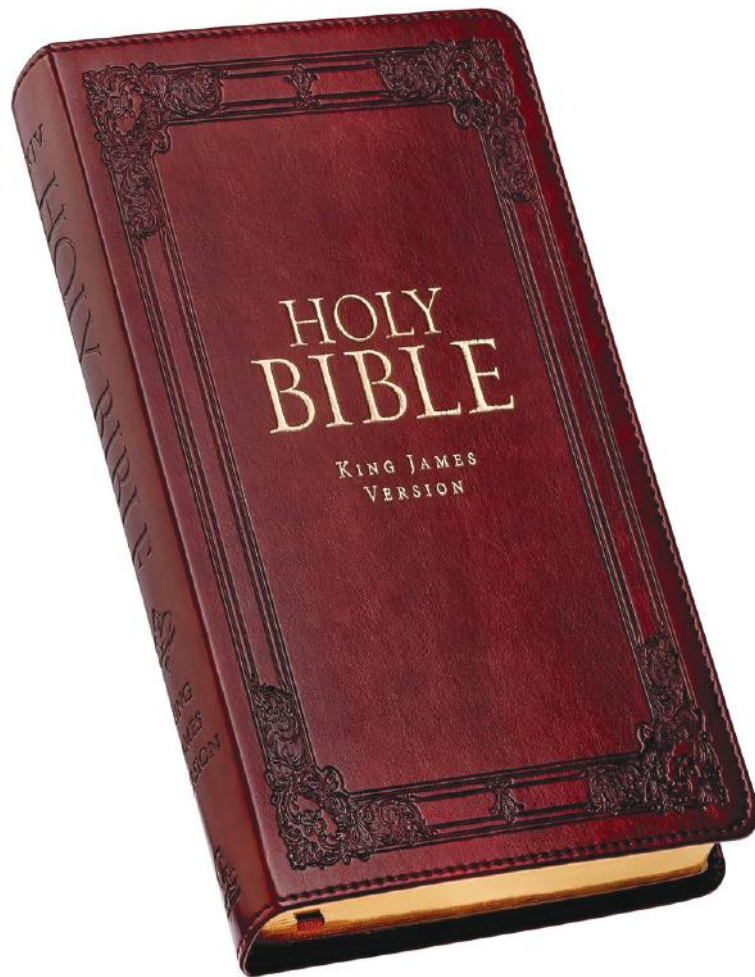
the Repairer of the Breach, The Restorer of Streets to Dwell In."

Let's apply this with great effort as the grace is sufficient, and he will enable you when you surrender. This is key, it will save you from a lot, and your life will experience positive transformation to the glory of God.

GOD HAVE MERCY ON US, DELIVER US, AND REVEAL TO US YOUR SECRETS.

Evangelist Eric Musa:

(My message continuously: The best decision in this earthly life is to receive Christ Jesus as your personal Saviour: Believe and confess Christ Jesus as your Lord and Saviour and be filled with the Holy Spirit: AMEN). As it is written; "NOW is the acceptable time, TODAY is the day of SALVATION.- 2 Cor 6:2". For prayers, devotion; to support Evangelism contact Ev. Eric Musa on +254722157300 (Email: EMEA.ericmusa@gmail.com). Remember; God Loves you unconditionally, perfectly and forever.



Hijab



By: Kholturayeva Ugiloy Urol
@themtkenyatimes

Hijab is one of the most sacred and repeated things in Islam. This dress, which distinguishes a Muslim woman from other women, was different in different Muslim countries. But all of them fulfilled the tasks of protecting Muslim woman from the evil eye and separating her from other women. In verse 59 of Surah Ahzab, Allah the Exalted blesses as follows:

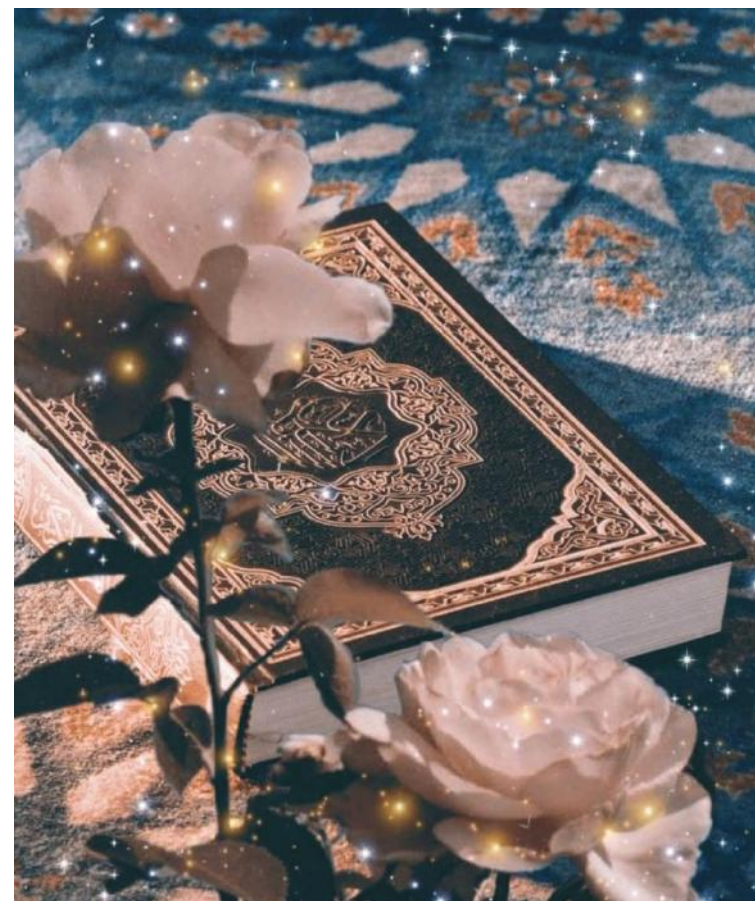
"O Prophet, tell your wives, your daughters and the women of the Muslims: Tell them throw down their veils over them. Then they will be recognized and not hurt. God is forgiving and merciful."

It is better that a woman's outerwear is not too ornate to attract everyone. Because this can also cause conspiracy. Hijab is derived from Arabic and means "don't look at me". It means to wrap up, protect yourself from the eyes of strangers, and protect yourself.

The value of a woman in Islam increases by being married. Because men will have to spend their whole lives to see a hair of a woman. A woman is not a beautiful mannequin for everyone to see. Just as everyone loves paper sugar, being lined up increases a woman's worth.

Let's move away from the arguments in Islam and focus on the ancient views. Nowadays, women understand openness as freedom, and hijab as freedom. In fact, this is a big mistake, once the arrogant Europeans looked down on Hindus because they walked naked!!! If only Europe knew how helpless and poor it is in its current state. In ancient times, it was understood that women were representatives of the upper class by their behavior, moral understanding, and the closedness of their faces. For this reason, they were treated with respect.

[Kholturayeva Ugiloy daughter of Urol]



New Affordable Housing Bill, Kenya Has Its Way Not Ruto



By: Joseph Mutua Ndonga
mutuandongaa@yahoo.com



Worth Noting:

- As law making body, parliament kicked off the process by conducting public participation. After collecting and collating the views of the public, the relevant house committees drafted the bill. The bill later sailed through. Of 199 members present, 141 voted in support of the bill while 66 rejected it.
- As required by the law, the bill has since been forwarded to the Senate for concurrence. It is now a new law after the President assented to it
- I had earlier written an opinion piece in this column. These were my observations.
- Just like his predecessors, President William Ruto is leaving nothing to chance in building and unveiling his legacy projects.

A day before President William Ruto signed into law the new Affordable Housing Bill, one of the mainstream print media houses published a story titled 'Ruto has his way'.

I'm sure many would agree with me that this headline was totally misleading.

It is the people of Kenya who had won but not President William Ruto.

Let me explain why? The plan to roll-out affordable housing was one of the key highlights of Kenya Kwanza manifesto.

During the campaigns, Dr William Ruto, the coalition's presidential candidate, minced no word in assuring Kenyans that he would implement this plan to the letter and spirit.

If Kenyans were opposed to this plan one would not have expected them to elect Dr William Ruto.

The new Bill had been enacted by parliament as required by the law. The State had earlier scored big after it managed to convince the benches of the High Court and Court of Appeal to struck out the petitions filed by those opposed to the Housing plan.

This had demonstrated the commitment of President William Ruto to walk the talk. His fidelity to the constitution has up to date remained beyond reproach.

As law making body, parliament kicked off the process by conducting public participation. After collecting and collating the views of the public, the relevant house committees drafted the bill. The bill later sailed through. Of 199 members present, 141 voted in support of the bill while 66 rejected it.

As required by the law, the bill has since been forwarded to the Senate for concurrence. It is now a new law after the President assented to it

I had earlier written an opinion piece in this column. These were my observations.

Just like his predecessors, President William Ruto is leaving nothing to chance in building and unveiling his legacy projects.

There is no doubt that the affordable housing plan is his signature legacy project.

One can therefore understand why the president would not take it lightly the initial move by the high court to suspend the implementation of the plan

He stated that this was the work of my political opponents. They are hellbent on sabotaging and derailing my development agenda.

The corrupt judicial officers were helping them to have their way after bribing and compromising them.

Their machinations are bound to fail.

A few days later, the President held a meeting with Chief Justice Martha Koome and Speaker of national assembly Moses Wetangula. The Speaker joined them later.

Sources indicated that the President took unprecedented move when he declassified some intelligence reports

which he shared with CJ. He disclosed that corrupt judges were working hand in hand with corrupt and rogue lawyers.

As the CJ, the buck stops with you. The people of Kenya expect you to tame members of your team. The corrupt riddled judges must be shown the door.

On his part, the President assured the CJ of his commitment to eradicate corruption in the executive.

The three-judge bench of Court of Appeal had earlier ruled in favor of an application filed by Treasury Cabinet Secretary Njuguna Ndungu.

The bench had upheld the High Court order allowing the government to continue collecting the housing levy until an appeal is heard and determined.

The matter is still pending in court. So, the change of heart by the bench was bound to raise queries. Was the decision based on law or it was an escalation of the ongoing war. What has changed?

It is worth noting that when the two bulls fight, it is the grass that suffers. So, in this case, it is the people of Kenya.

The earlier decision of the court of appeal was yet another setback to Senator Okiya Omtata and other activists who had moved to court seeking to stop the government from collecting the housing levy. This is until their case is heard and determined.

The petitioners' key prayers was. The court should declare the levy unconstitutional and illegal.

They would not however convince the judges that they had a strong and watertight case. This is because the case was not anchored on the provisions of the constitution and other written laws of Kenya that were relevant and well grounded.

I had earlier listened to President William Ruto's interview when he hosted journalists from different media houses at State House Nairobi. The President minced no word in responding to all the issues and questions raised.

One of the journalist told him. You rode to power on a platform of promising to respect and uphold the constitution and other laws of the land but today you are doing the opposite.

He cited the housing levy. The court declared this law unconstitutional but we have been hearing you maintaining that the levy is there to stay.

The President told him. What you are saying is not true. I have been walking the talk in terms of respecting the constitution and decisions of the courts.

On housing levy, you the people of the media are to blame for misinterpreting that ruling. The problem of unconstitutional was indeed created by you.

That is not what the bench of the three judges stated. The bench only took issue with what they termed as discriminative aspects of the law.

This is because it is only employed people whose salaries were being subjected to a deduction of 1.5 percent.

The Judges heard our prayers and allowed the government to continue collecting the levy until January next year.



President William Ruto assenting to the Affordable Housing Bill on March 19, 2024

This will give you an opportunity to review and align this law. You would not have expected the judges to do this if the housing levy is unconstitutional.

When the judges delivered the ruling, President William Ruto stated. We believe in the rule of law. So, my government will fully comply with the orders issued.

We will take the necessary steps to ensure this law is aligned. Dr Ruto reiterated this during interview. He said that the majority leader Kimani Ichungwah have already drafted the bill and presented it to parliament.

The president further stated. The housing plan is a noble idea whose time has come. As I speak, it has created 120,000 jobs. The job opportunities are set to increase to 200,000 and 500,000 in coming days.

The mega project resonated very well with Ruto's concept of bottom up economic model. It is designed to address two main challenges: joblessness and lack of decent houses.

The President announced that 250,000 affordable housing units will be constructed in the first phase.

At one point during a visit to Busia county, he told the 'hustlers'.

The housing project is being opposed by those employed who received a payslip every month.

They do not want 1.5 per cent to be deducted from their salaries.

The same case applies to the top leaders of the Azimio La Umoja One Kenya Opposition coalition.

Each one pockets a pension of more than 1 million from the National Treasury every month.

These are the same personalities who say they love you and were ready to die for you. Really, do they?

When they oppose a deduction of 1.5 percent from their payslips, what message are they sending?

They don't care. They want you to continue being poor and to live in a state of desperation and hopelessness.

At the time, the Affordable Housing Plan was one of the proposals contained in the controversial Finance Bill 2023. The 'Hustlers' (those without a pays-

lips) had been excluded. The judges now say this is discriminatory.

President Ruto has been reiterating the affordable housing plan is a game-changer. For the first time in our history, the sons and daughters of the hustlers will own decent houses.

This will elevate them to the class of the wealthier and rich families.

Initially Ruto's critics wanted Kenyans to believe that he was forcing the levy down their throat.

I totally disagree. The president had no legal mandate to pass this proposal into law. This power is exercised by parliament.

For starters, the government is made up of three main arms: parliament, executive and Judiciary.

Though each is independent, the law requires them to always embrace the principle of interdependence and complementarity

Majorly, the role of a Member of Parliament is three pronged: Legislation, oversight and representation.

The President was in fore front of drumming support for Finance Bill 2023. Does this amount to overstepping his legal mandate? No.

I would have expected Raila to be the last person to oppose this proposal. Why? During the campaigns, the house plan proposal stood out as one of his main election pledges.

If elected President, I will rollout a massive affordable housing plan. Majority of our people, who migrated to urban centers, were living in poor and highly deplorable conditions in slums. 'My government' will build decent houses for them. This is a commitment I have given to you.

Raila would add: A huge chunk of money to build these houses will come from our pockets. He would single out those employed, civil servants, state officers and other workers. The Government will deduct 1.5 per cent from the payslip of each. President Ruto's administration is collecting the same amount.

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

Study Reveals Economic Shocks, Leading Cause Of Malnutrition

By: Peter Gitonga
 @themtkenyatimes

A new study has revealed that Persistent Acute Malnutrition in Turkana County, is directly linked to Economic shocks.

The County Government of Turkana has received a Report of a two-year study conducted by the African Population and Health Research Centre (APHRC), with funding from USAID Nawiri.

The study sampled households from fisher-folk, agro-pastoralists, urban and peri-urban areas, and pastoralists. They cited economic shocks such as the loss of livestock, inflation, and unemployment.

Speaking at the meeting, Chief Officer for Medical Services, Dr. Gilchrist Lokoel, pointed out that the findings have debunked assumptions that the leading cause of malnutrition was climate change, which led to food insecurity.

“These results have far-reaching



Stakeholders during the forum.

implications that should inform nutrition programming, as it is the economic shock that is the leading cause, given that most residents buy food,” he said.

He stated that the study had revealed to all nutrition stakeholders,

county government, and partners the starting point to tackle persistent malnutrition in the County.

Citing the findings, Dr Lokoel highlighted that fisher-folk and agro-pastoralists were particularly affected, thus requiring more investigation to

uncover the root cause.

The Lead Researcher, Dr Faith Thuita, stated that malnutrition is not merely a health issue, but a capital development issue.

“To safeguard the future generation, we have to understand malnutrition.

It has to be evidence-based and backed by data, to explain why the Global Acute Malnutrition (GAM) rate has never fallen below 15%,” she noted.

The longitudinal study examined WASH (Water, Sanitation, and Hygiene), MIYCN (Maternal, Infant, and Young Child Nutrition), health-seeking behavior, household food security, women’s decision-making, shocks, and utilization of the mid-upper arm circumference (MUAC) vis-a-vis height to weight.

USAID Nawiri, Field Director for Turkana, Gabriel Ekuwam, said that the study findings would lead to discussions on programs that could change the lives of the people in the County.

Partner representatives present were; Concern Worldwide Kenya, the Kenya Red Cross, the International Rescue Committee, and Save the Children among others.

Authorities In Laikipia Launch A Crackdown On Bars Flouting Operating Time

By: Muturi Mwangi
 @themtkenyatimes

Authorities in Laikipia County have launched a crackdown on bars flouting operating rules in bid to tame the abuse of alcohol and narcotics.

Laikipia County Commissioner Onesmus Kyatha speaking to the press yesterday in Nanyuki said that they had put measures in place with the county government on how to control operating time by bar owners.

“Bar owners operating in licensed premises, we are keenly investigating to see if they are operating within time as directed by the laws, popularly known as Mututho law,” said Kyatha.

Kyatha told bar owners that they should open their premises between 5pm to 11pm on weekdays and on weekends between 2pm to 11 pm.

“This rule will be adhered to; we can’t be waking up every morning and bars are open, people are drunk. We will not condone that, it is the government directive that will be followed without bias,” warned the County Commissioner.

He cautioned those flouting the rules that action shall be taken against them and at the same time warned those operating bars disguised as restaurants that they were required to apply for hotel licenses.

Meanwhile, crackdowns on unlicensed liquor stores and bars selling illicit alcohol and drugs have been intensified, with about 108 bars closed down in the county.



Laikipia County Commissioner Onesmus Kyatha

Amb Martin Kimani Named New Executive Director Of New York University Center On International Cooperation

By: Christine Muchira

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Contd from page 1

staff to build ambitious partnerships that deliver real-world impact.” Said Amb Kimani.

Adding that: “I’m especially excited by the university’s world-class researchers. Sarah Cliffe has been an inspirational leader and I look forward to building on her legacy.

The New York University described Amb. Kimani as an accomplished diplomat and organizational leader noting that he will bring exceptional global peace, security, and development expertise to the institution.

“Martin Kimani brings many years of experience in international diplomacy, crisis prevention, and the links between peace, justice, equality, and inclusion at the highest level,” said Sarah Cliffe, the outgoing Executive Director of CIC.

According to the University, his ability to build bridges and identify strategic opportunities to strengthen multilateral action will be a great benefit



Kenya’s outgoing UN Ambassador, Martin Kimani

to CIC, the United Nations, and the International Financial Institutions in the current period of high geopolitical tension.

Ambassador Kimani has been the Permanent Representative and Head of Kenya’s Mission to the United Nations (UN) since December 2020.

He represented Kenya in the Security

Council, serving as its President in October 2021, and chaired the Executive Board of the UN Development Programme (UNDP), UN Population Fund (UNFPA), and UN Office for Project Services (UNOPS).

He also served Kenya as Special Envoy for Countering Violent Extremism, as the Director of the National

Counter Terrorism Centre.

Amb. Kiamni made important contributions to securing peace and security in South Sudan and the Democratic Republic of the Congo, and supported a successful initiative to accelerate East African Community integration.

He has served as the Permanent Rep-

resentative to the UN Environment Programme (UNEP) and UN Human Settlements Programme (UN-Habitat). As Director of the Intergovernmental Authority on Development’s (IGAD) Conflict Early Warning and Response Mechanism, he led efforts in cross-border conflict prevention and resolution in the Horn of Africa.

Ambassador Kimani holds a PhD in War Studies from King’s College London, and his distinguished service to Kenya has been recognized twice by the President, with the awards of the Chief of the Order of the Burning Spear and the Elder of the Order of the Burning Spear.

CIC, a nonprofit research center within Arts and Science at NYU, is a prominent advocate for international cooperation to prevent crises and promote peace, justice, and inclusion and a leading global think tank on multilateralism.

NYU says, Kimani’s appointment heralds a new era of innovation to produce practical, principled, and evidence-based action to address the world’s most pressing challenges.

Why Moi’s Grandson, Collins Stares At 6 Months Jail Term

By: Suleiman Mbatiah

@themtkenyatimes

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 Former President Daniel Moi’s grandson, Collins Kibet, is expected to appear in a Nakuru court today to answer to charges of contempt following his repeated failure to appear in court.

Mr. Kibet, who is accused of disregarding court orders to provide financial support for his two children, is required to personally appear in court to explain why he should not be punished for contempt.

Nakuru Principal Magistrate, Kipkurui Kibelion last week extended the orders, stating that the former president descendant must be personally served with the orders to appear before him.

Mr Steve Biko, the legal representative of his ex-wife Gladys Jeruto Tagi, informed the court that he had served Mr Kibet with the orders through his active WhatsApp number.

The orders were initially issued on February 5, with Mr. Kibet instructed to appear on February 21 after Ms Jeruto filed an application seeking punishment for his alleged failure to comply with court orders.

In June 2022, the court ordered Mr. Kibet to provide financial support amounting to Sh 1.5 million per year for his two children’s education, medical expenses, and part of their entertainment.

The court learned that Ms. Tagi has been facing financial difficulties and is unable to continue providing for their two children, who have been unable to attend school due to lack of fees.

Mr. Kibet’s lawyer, who appeared in court virtually on February 25, claimed to have received the orders that morning, making it impossible for his client to comply.

The court extended the orders to March 6 and then to March 13 when Mr. Kibet failed to appear.

The magistrate, while granting a final extension, warned the younger Moi against disobeying court orders.



Collins Moi and ex-wife Gladys Jeruto during their heydays. Photo/Suleiman Mbatiah

Spring Is The Flower Of The Seasons



Spring is the flower of the seasons, the season of awakening. The whole being, Mother Nature is alive and renewed. There is a living creature that can enjoy the birth of a new day. Today is the first day of the New Year in several countries of the world. We also celebrate this day, spring, Navruz holiday, which is celebrated as New Year by several countries and peoples of the world. Not only us, since 2010 the United Nations has been celebrating Navruz as a holiday. So, dear ones, have a blessed Navruz holiday. May every day of your life be as beautiful as Navruz holiday.

It is based on all aspects of science and is introduced taking into account the laws of the universe and nature. For example, the entry of the sun into the Hamal sign, the lengthening of the day, the increase of light, the revitalization of nature are accepted as Navroz (Navroz means "new day"). According to the old solar

calendar, Navruz coincided with the beginning of the month of Farvardin (now March 22). This day was called "small Navruz" and it was believed that everything in nature will come true from this day. Therefore, since ancient times, the people have had their own procedures for celebrating the holiday.

Pre-Islamic Navruz customs belonging to ordinary people are also noteworthy. On the day of the holiday, people give each other sugar and sweets (in the sense that your life will be sweet), sprinkle each other with cuv (in the sense that there will be plenty of water and a good harvest this year), and other customs are common. In the following centuries, customs such as cleaning yards, planting greenery and flowers, visiting parents and friends, and visiting the graves of the deceased became a part of Navruz holiday.

I was the daughter of Artikbayeva Shahzoda, born on June 18, 2009 in the New Life district of Tashkent. Currently, I am a student of the 8th B class of school 292. In 2022, I got an honorable second place in the young reader city stage and became the owner of a laptop. My poems were also published in the newspapers "Tong syztari", "Yangi yer tongi" and "Izhytov" newspapers. I participated in many events and competitions and won certificates and diplomas.

Polyarthrititis Disease



Abstract: this article covers polyarthrititis joint diseases that are common nowadays.
Keywords: Polyarthrititis, diagnosis, symptom, joint.
Introduction: Polyarthrititis is a term used when five or more joints are affected with joint pain. There are many potential causes, so symptoms can vary widely from person to person. Polyarthrititis can present as acute episodes or it may become chronic, lasting for more than six weeks. Polyarthrititis can follow many viral infections.

Main part: Polyarthrititis can occur as the result of genetic factors. Some people naturally have disease-destroying proteins in their bodies called antibodies that make it easier for the condition to thrive. Certain triggers can also cause polyarthrititis when the body has an infection that weakens the immune system.

Polyarthrititis can be either seropositive or seronegative:

Seropositive: This means the person has antibodies in their blood that may attack their body instead of infections, such as bacteria or viruses, so they may be more likely to develop polyarthrititis.

Seronegative: This diagnosis indicates that these particular antibodies are not present in someone's blood.

Sometimes, polyarthrititis is caused by a prior infection or illness, and it can be accompanied by another condition. This parallel occurrence often makes it hard for doctors to diagnose.

Polyarthrititis is not a specific condition, and people with it may present to their doctor, initially, with something else of concern. For instance, early polyarthrititis may cause someone to feel very tired or have flu-like symptoms.

There are some conditions that can accompany polyarthrititis or be a sign that there is another problem. These include:

- Dupuytren's contracture: When the connective tissue in the hand contracts to become tighter, any one of the person's fingers may curl into the palm.
- Fibromyalgia: This is a condition that affects the whole body, causing pain and fatigue in numerous areas, including the muscles.
- Hemochromatosis: If the body stores too much iron rather than using it, the buildup can lead to polyarthrititis developing.

Inflammatory bowel disease: IBD, such as ulcerative colitis and Crohn's disease, causes inflammation in a person's small intestine and colon.

Raynaud's disease: This condition is marked by poor blood circulation in the hands and feet. Fingers can sometimes go white at the ends, or very red or purple.

some cases, polyarthrititis can be severe enough to necessitate the admission of patients to emergency services, or it can be asymptomatic and may remain undiagnosed for months. Several diseases ranging from rheumatic arthritis (RA) to infectious diseases can lead to polyarthrititis. Anamnesis, physical examination, laboratory findings, and imaging methods are the tools that support an accurate diagnosis.

Any type of arthritis can become polyarthrititis, but the most common ones include:

- Rheumatoid arthritis.
- Psoriatic arthritis.
- Osteoarthritis.
- Gout.
- Calcium pyrophosphate deposition disease (CPPD, or pseudogout).

The most common type of bacteria that causes septic arthritis is called Staphylococcus aureus. It is also known as S. aureus.

HCV-related arthritis is commonly presented as rheumatoid-like, symmetrical inflammatory polyarthrititis involving mainly small joints, or, less commonly, as mono- or oligoarthrititis, usually of the large joints.

Synovitis is the primary reason for rheumatic features in syphilis and usually presents as migratory polyarthralgia.

Summary: Polyarthrititis refers to multiple joint inflammation. It can develop simultaneously in different parts of the body. The disease disrupts the work of cartilage, tendons and ligaments, and also provokes intolerable pain and inflammation in the muscles. The disease can be chronic or acute. In the acute variant, the disease progresses rapidly and is characterized by vivid symptoms.

Risk factors

A common cause of polyarthrititis in the hands or other parts of the body is a genetic factor. That is, the disease is inherited. At some point, the immune system begins to attack the cartilage, destroying it and the surrounding tissue. The result is inflammation and further irreversible processes.

It should be clarified that even with a genetic predisposition, not all people become victims of such an unpleasant disease. For its "launch" to take place, a combination of certain circumstances is required. They can be

- trauma
- lack of vital vitamins
- obesity
- endocrine system diseases
- stress
- exposure to toxins and allergens
- respiratory tract infections.

In order to prevent this disease, people should always pay attention to their health and take measures to prevent it.

Izzatillojeva Dilshoda Gayrat girl was born on June 10, 2004 in Romitan district of Bukhara region. Bukhara city, Bukhara State Medical Institute, 3rd year student of Turkish Medical Faculty.

Congratulations To My Mother



Don't be offended, just don't cry.
 I am happy, my eyes are pink
 My greetings to you, today.

Take care of your heart, I will be bright
 It's a gem if I can pick it from the stars
 and give it to you.
 I came this time to greet you.
 There is no one as kind as you, except
 for me.
 My mother's greetings, today is yours.

The creation of Sunnatova Durdona,
 a member of the Romitan district
 "Barkamol Avlod" children's school "Yosh
 Kalamkashlar" club.
 Coordinator: Shahnoza Jamolova

Sunnatova Durdona Laziz girl
 September 6, 2011.
 Romitan District, Bukhara Region.
 1- IDUM and
 Member of the club of "Young penmen"
 of "Barkamol Avlod" children's school

Mom, I have reached this day because
 of you.
 I walked the paths you walked
 For today's spring, I held my heart.
 Your love lights up my heart every day.
 My greetings to you, today.
 Take your prayers, every day, every hour
 Dreams live in my heart, step by step.

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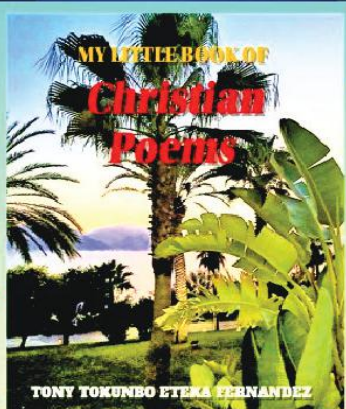
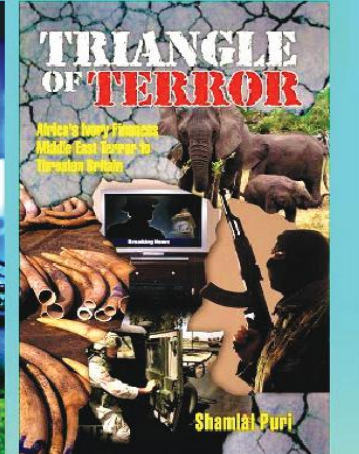
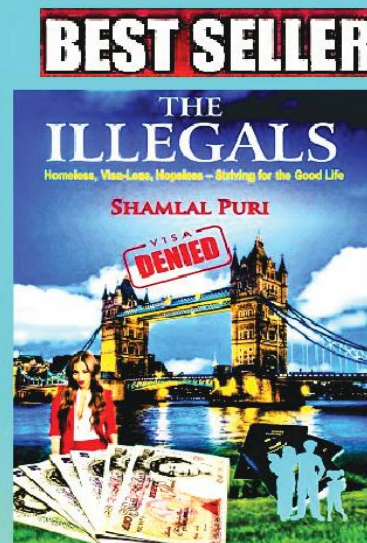
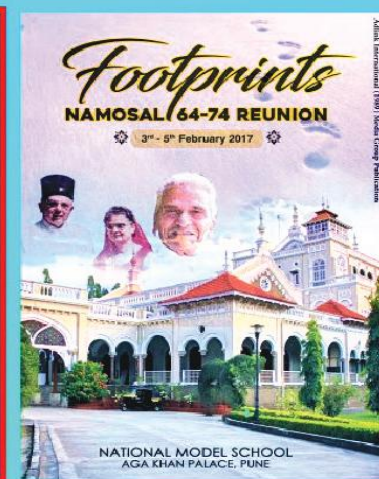
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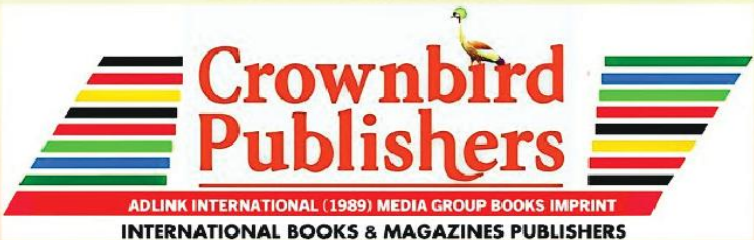
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Mixed Reactions As State Rolls Out New Health Insurance Scheme

By: Samuel Maina and Molly Kendi

[@themtkenyatimes](#)

Worth Noting:

- In a nutshell, every person residing in Kenya will now be in a position to access quality healthcare services under the Public Health Insurance Fund (PHIF) as outlined in the new law.

- The new Act also provides for the construction of community health units across the country to facilitate delivery and access to primary health care services at the grassroots.

- While reacting to the rollout of the new scheme, Lucy Migwi has described the move as 'heaven-sent' gift to Kenyans as it would significantly lower the cost of accessing quality health care.

- Ms Migwi argues that the old health fund was too restrictive in terms of the amount of capitation that could be channelled to treatment leaving the burden of offsetting any additional costs to individual households.



Nyeri County governor Mutahi Kahiga flagging off medical supplies in a past function.

A section of Nyeri residents have expressed varied reactions following the phasing out of the 57-year-old National Housing Insurance Fund (NHIF) to pave the way for the roll out of the Social Health Insurance Fund (SHIF).

Employed Kenyans are expected to start contributing 2.75 per cent of their gross salary to the new scheme while non-salaried persons shall pay a similar percentage from their earnings.

Registration into the new medical scheme kicked off last Friday while deductions were to begin on March 1 this year.

The Act is pegged on three key pillars which include the Primary Healthcare Fund, the Social Health Insurance Fund and the Emergency, Chronic and Critical illness fund.

In a nutshell, every person residing in Kenya will now be in a position to access quality healthcare services under the Public Health Insurance Fund (PHIF) as outlined in the new law.

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While reacting to the rollout of the new scheme, Lucy Migwi has described the move as 'heaven-sent' gift to Kenyans as it would significantly lower the cost of accessing quality health care.

Ms Migwi argues that the old health fund was too restrictive in terms of the amount of capitation that could be

channelled to treatment leaving the burden of offsetting any additional costs to individual households.

"Medical cover under the defunct National Insurance Fund used to be a bit limited since it did not cater for every medical condition as one would have wished. Therefore, if the Social Health Insurance Fund is going to cater for patients with chronic conditions like kidney failures, then the health insurance scheme will be a game changer for us all. Patients have previously been forced to stay at home just because they were not in a position to cater for their medication," says Migwi who operates a clothes' shop in Nyeri town.

She has nevertheless implored the Government to lessen the taxation burden on Kenyans which she says has impacted negatively on the business sector.

Migwi claims the majority of her customers who largely used to be government employees rarely visit her stall nowadays owing to the harsh economic times and therefore additional levies would only leave them worse off.

"These taxations have affected our businesses; we no longer have customers. Most of the civil servants are highly taxed to an extent that what is left of their earnings can barely cater for other needs such as school fees and food. It would therefore be prudent for the Government to halt exerting additional levies on Kenyans to avoid worsening the current situation," she laments.

Her sentiments were echoed by Martin Luther, a taxi operator who says NHIF tended to be discriminatory and biased towards the employed who enjoyed comprehensive medical cover compared to the unemployed persons.

He says the previous arrangement forced families to seek for alternative funds to foot the hospital bills of their kin including arranging impromptu fundraising meetings.

"One would have thought that just by having paid your monthly contributions to the National Health Insurance Fund was a guarantee to accessing medical care. Unfortunately, that was not the case especially for those not in formal employment. The government could only pay for half of your medical bill while leaving the balance for you to clear. At times families used to literally struggle even to raise the Sh500 monthly contribution. I therefore support the introduction of the Social Insurance Fund as it will cure all these anomalies and ensure all Kenyans regardless of their social or economic status can afford quality health care," he stated.

But Titus Mwangi, a businessman, wants the Government to base contributions on the basis of the family unit and not on individuals for those who were not in paid employment.

He argues that this would ease the burden for such persons without necessarily locking out anyone from benefiting from the scheme.

"Will the charges be paid as per family or per head? If it is going to be per

head then that is a loss. But if its implementation is based on households then it will turn out to be a boon for low-income families who can ill-afford to access quality healthcare due to biting poverty levels," he pointed out.

The rollout of the new health insurance scheme had previously been stopped by the High Court last November following a petition by businessman Joseph Enock Aura, challenging sections of the scheme.

But a three-judge bench sitting at the Appellate court overturned the High court ruling early this year arguing that its decision posed "real and present danger to the health rights of countless citizens who are not parties to the litigation".

Contributions under the NHIF were capped at a minimum of Sh500 for the unemployed while those earning up to Sh100,000 paid Sh1,700.

However, under SHIF, those earning Sh20,000 will be deducted Sh550 while those earning Sh50,000 and Sh99,000 would be required to pay Sh1,375.

Kenyans earning Sh100,000 will be deducted Sh2,750 and those getting Sh200,000 will pay Sh5,500.

At the top of the new pay model are those earning Sh500,000 who will now pay Sh13,750 with those getting Sh1 million and above will part with Sh 27,500.



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Ultimate Panoramic Experience

RISING TO NEW HEIGHTS: The Journey Of Prosperity In The Heart Of Mt. Kenya



By: Erick Kamau Kahura
@themtkenyatimes



Worth Noting:

- At the core of the Mt. Kenya community's triumph lies a deep-rooted sense of togetherness and shared vision. For generations, community members have forged bonds of kinship and solidarity, standing shoulder to shoulder in the face of challenges and triumphs alike. In times of adversity, they draw strength from their collective spirit, rallying together to overcome obstacles and chart a course toward a brighter future.

- Embedded within the very fabric of Mt. Kenya's soil are ancient spiritual energies, pulsating with vitality and wisdom. Entrepreneurs within the community tap into this divine reservoir, drawing inspiration and guidance from the sacred rhythms of nature and the wisdom of their ancestors

Nestled amid the breathtaking peaks of Mt. Kenya, a vibrant community thrives—a community rich in culture, tradition, and boundless potential. Here, beneath the watchful gaze of the towering mountain, a story of resilience, unity, and unyielding optimism unfolds. In this article, we embark on an exhilarating journey to explore the remarkable rise of prosperity within the Mt. Kenya community, uncovering the extraordinary synergy between entrepreneurship, spirituality, and cultural heritage.

Unity: The Bedrock of Success

At the core of the Mt. Kenya community's triumph lies a deep-rooted sense of togetherness and shared vision. For generations, community members have forged bonds of kinship and solidarity, standing shoulder to shoulder in the face of challenges and triumphs alike. In times of adversity, they draw strength from their collective spirit, rallying together to overcome obstacles and chart a course toward a brighter future.

Entrepreneurs within the community understand the power of collaboration, recognizing that by pooling their resources and talents, they can achieve far more than they ever could alone. Through cooperative ventures and mutually beneficial partnerships, they harness the strength of their numbers to create a thriving ecosystem of opportunity and prosperity for all.

Spiritual Renewal: A Source of Inspiration

Embedded within the very fabric of Mt. Kenya's soil are ancient spiritual energies, pulsating with vitality and wisdom. Entrepreneurs within the community tap into this divine reservoir, drawing inspiration and guidance from the sacred rhythms of nature and the wisdom of their ancestors. Through rituals, ceremonies, and practices steeped in tradition, they infuse their endeavors with a sense of purpose and reverence, imbuing them with a profound spiritual energy that transcends the material realm.

Innovation: Lighting the Path to Success

Fueled by a spirit of innovation and boundless creativity, entrepreneurs within the Mt. Kenya community blaze trails of progress and prosperity. They understand that in order to thrive in today's fast-paced world, they must embrace change, adapt to new technologies, and pioneer bold new ideas. From sustainable agriculture practices that honor the land to cutting-edge business models that cater to evolving consumer needs, they harness the power of innovation to propel their ventures to new heights of success.

Celebrating Cultural Heritage: A Source of Strength

At the heart of the Mt. Kenya com-

munity's journey toward prosperity lies a deep reverence for their cultural heritage. Entrepreneurs within the community cherish the traditions, stories, and customs passed down through generations, recognizing them not only as a source of pride and identity but also as a wellspring of wisdom and inspiration. By blending tradition with innovation, they create businesses that are both culturally authentic and commercially viable, fostering a sense of connection and continuity with the past while embracing the opportunities of the future.

Spreading Joy and Abundance: A Community Affair

Beyond the pursuit of profit and success, entrepreneurs within the Mt. Kenya community are driven by a higher purpose—to uplift and enrich the lives of those around them. They understand that true prosperity is not measured solely in monetary terms but also in the positive impact they can have on their communities. Through acts of kindness, generosity, and compassion, they become beacons of light, spreading joy and abundance to all who cross their paths.

Looking Ahead: A Future Bright with Promise

As the sun rises over the majestic peaks of Mt. Kenya, entrepreneurs within the community stand poised on the threshold of a new era of possibility and promise. With unwaver-

ing optimism and indomitable spirit, they embrace the challenges and opportunities that lie ahead, confident in their ability to overcome obstacles and achieve their dreams. Guided by the timeless wisdom of their ancestors and the boundless energy of their spiritual connections, they march forward, forging a path toward a future filled with prosperity, purpose, and endless possibility.

In closing:

The story of prosperity in the Mt. Kenya community is a testament to the power of unity, innovation, and spiritual renewal. As entrepreneurs continue to harness the divine energies within them, they illuminate the path to a future brimming with opportunity and abundance. In the embrace of Mt. Kenya's majestic beauty, the journey toward prosperity is not just a destination but a sacred pilgrimage—a journey fueled by hope, inspired by tradition, and enriched by community. As the community looks to the horizon with hope and anticipation, there is no doubt that their journey will be one of triumph, transformation, and boundless joy.

Erick Kamau Kahura, Native Son of Mt. Kenya



LETTERS TO THE EDITOR

Zero Tolerance To Femicide

For far too long, femicide has been a recurring and devastating issue plaguing societies worldwide. Femicide, the intentional killing of women because they are women, stems from deep-rooted issues such as gender inequality, toxic masculinity, and the objectification of women. It is a brutal form of violence that not only takes lives but also instills fear and perpetuates a cycle of harm within communities.

To effectively combat femicide, a multifaceted approach must be implemented at various levels of society. Firstly, legal frameworks must be

strengthened to ensure that perpetrators of femicide are brought to justice swiftly and receive appropriate punishment. Laws specifically addressing femicide as a distinct crime need to be enacted or reinforced to provide better protection for women.

Education plays a crucial role in changing societal attitudes towards women. Schools should incorporate comprehensive programs that promote gender equality, respect, and healthy relationships from an early age. This is vital in challenging harmful gender norms and fostering a culture of mutual respect and under-

standing.

Empowering women economically and socially is another key strategy in preventing femicide. Access to education, employment opportunities, and support services can help women become more independent and less vulnerable to violence. Providing safe spaces and resources for women experiencing abuse is essential in breaking the cycle of violence.

Men and boys also need to be engaged in the fight against femicide. Promoting positive forms of masculinity, encouraging open discussions about gender issues, and holding men

accountable for their actions are crucial steps in challenging the patriarchal beliefs that fuel violence against women.

Additionally, raising awareness through campaigns, social media, and community events is essential to shed light on the severity of the issue and mobilize support for change. It is crucial to involve various stakeholders, including government agencies, civil society organizations, the media, and grassroots movements, in collaborative efforts to address femicide comprehensively.

Ultimately, ending femicide requires

a collective commitment to dismantling the systems of oppression and inequality that allow such violence to persist. By advocating for gender equality, promoting education and empowerment, engaging men as allies, and raising awareness, we can work towards creating a safer and more equitable society for all. Together, we can stop femicide and build a world where women are valued, respected, and free from violence.

*Regards,
Winnie Joy and Yvonne Wanyonyi,
Rongo University.*

A Cry For Urgent Action

By **Faith Kerubo Moriasi**

In recent days, Kenya has been shaken by a series of tragic road accidents, each claiming precious lives and leaving communities devastated. Among the heartbreaking losses are the untimely deaths of prominent individuals like Brian Chira, a vibrant content creator whose creative spark inspired many, and a group of third-year Kenyatta University students on the path to shaping public health policies. Additionally, the tragic fall of a Mount Kenya University student from a building and the harrowing accident along the Rongo-Migori highway near Kuja bridge have further underscored the urgent need for comprehensive road safety measures.

The loss of Brian Chira, known for his engaging content and positive influence on social media platforms, has sent shockwaves through Kenya's online community. His untimely demise serves as a stark reminder of the fragility of life and the indiscriminate nature of road accidents. As friends, fans, and fellow creators mourn his passing, there is a collective call for increased awareness and action to prevent such tragedies from recurring.

Similarly, the deaths of the Kenyatta University students pursuing public health careers have cast a somber shadow over the nation's academic institutions. These promising individuals, poised to make significant contributions to society, were taken too soon, leaving behind grieving fami-

lies and shattered dreams. Their loss highlights the broader issue of road safety and the need for targeted interventions to protect the future leaders of Kenya.

The incident involving the Mount Kenya University student, who tragically fell from a building, serves as a poignant reminder of the multifaceted nature of road accidents. While not occurring on the road itself, this tragedy underscores the importance of creating safe environments both on and off the streets. It prompts reflection on the need for enhanced safety protocols in educational institutions and other public spaces to prevent such accidents in the future.

The accident on the Rongo-Migori highway, particularly at the Kuja

bridge, has reignited concerns about the state of Kenya's roads and transportation infrastructure. With lives lost and families shattered, the incident serves as a grim testament to the dangers faced by commuters on a daily basis. As investigations into the cause of the accident unfold, there is a growing demand for accountability and concrete measures to address the underlying issues contributing to road fatalities.

In the wake of these tragedies, there is a pressing need for concerted action to improve road safety across Kenya. This entails a comprehensive approach that encompasses stricter enforcement of traffic laws, infrastructure upgrades, public awareness campaigns, and investments in emer-

gency response systems. Additionally, there is a crucial role for community engagement and collaboration between government agencies, civil society organizations, and the private sector to effect meaningful change.

As the nation mourns the loss of precious lives and grapples with the aftermath of these devastating accidents, there is a glimmer of hope in the collective resolve to prevent future tragedies. Through solidarity, perseverance, and a shared commitment to road safety, Kenya can honor the memories of those we have lost by building a safer, more resilient future for all.

Surviving the Soaring Costs

By **Daniel Pepela**

In the heart of Kenya, amidst the bustling village of Kitere in Migori county a silent struggle unfolds. It is a tale of everyday Kenyans battling against the relentless tide of the high cost of living, a narrative woven with threads of resilience, perseverance and hope.

Meet Jane Omondi, a mother of three, whose story epitomizes the challenges faced by many in Kenya. With the prices of basic necessities steadily climbing, Jane finds herself

grappling with the harsh reality of making ends meet. "Every day is a battle," she confides, her voice tinged with weariness. "I work hard, but it never seems to be enough."

For Jane and countless others, inflation is a formidable foe, driving up the prices of essential goods and services. The cost of food, housing, and transportation continues to soar, leaving little room for savings or luxuries. "I used to dream of giving my children a better life," Jane reflects, a hint of sorrow in her eyes. "Now, I just hope

to provide them with the basics."

Housing, too, is a major concern for many Kenyans. In Kitere, where the demand for housing far exceeds the supply, rental prices have skyrocketed, pushing affordable housing further out of reach. "I live in a tiny room with my family," Jane shares, her voice filled with resignation. "It's not much, but it's all we can afford."

The rising cost of energy and fuel adds another layer of hardship. With electricity prices climbing and fuel costs fluctuating, the burden on

households' increases, making it even more challenging to make ends meet.

"I used to take the bus to work," Jane recalls. "Now, I walk for hours just to save a few shillings."

Despite these challenges, she remains hopeful. "I may not have much," she says, her voice steady with determination, "but I have my family, and together, we can face anything."

Jane's story is just one of many in Kenya, where the high cost of living is a daily reality for millions. It is a story of resilience in the face of ad-

versity, a testament to the strength of the human spirit.

As Kenya continues to grapple with these challenges, one thing is clear: the resilience of its people is unwavering. Through their stories, we are reminded of the power of perseverance, the importance of community, and the hope for a brighter tomorrow.

President Ruto: We Are Nurturing Innovation To Expand Opportunities

By: PCS

The government is creating a conducive environment that supports innovation in the country, President William Ruto has said.

He said programmes such as the Presidential Innovation Challenge and Award, the Hustler Fund, the Youth Enterprise Fund and the Women Fund play a pivotal role in providing funding for ideas, talents and other ventures.

Additionally, he said, the government's investments in infrastructure, including projects like Jitume Labs and the transformation of Youth Empowerment Centres into innovation hubs, will further bolster the innovation ecosystem.

"As a government, we are committed to innovative mindsets across all facets of our administration," he said.

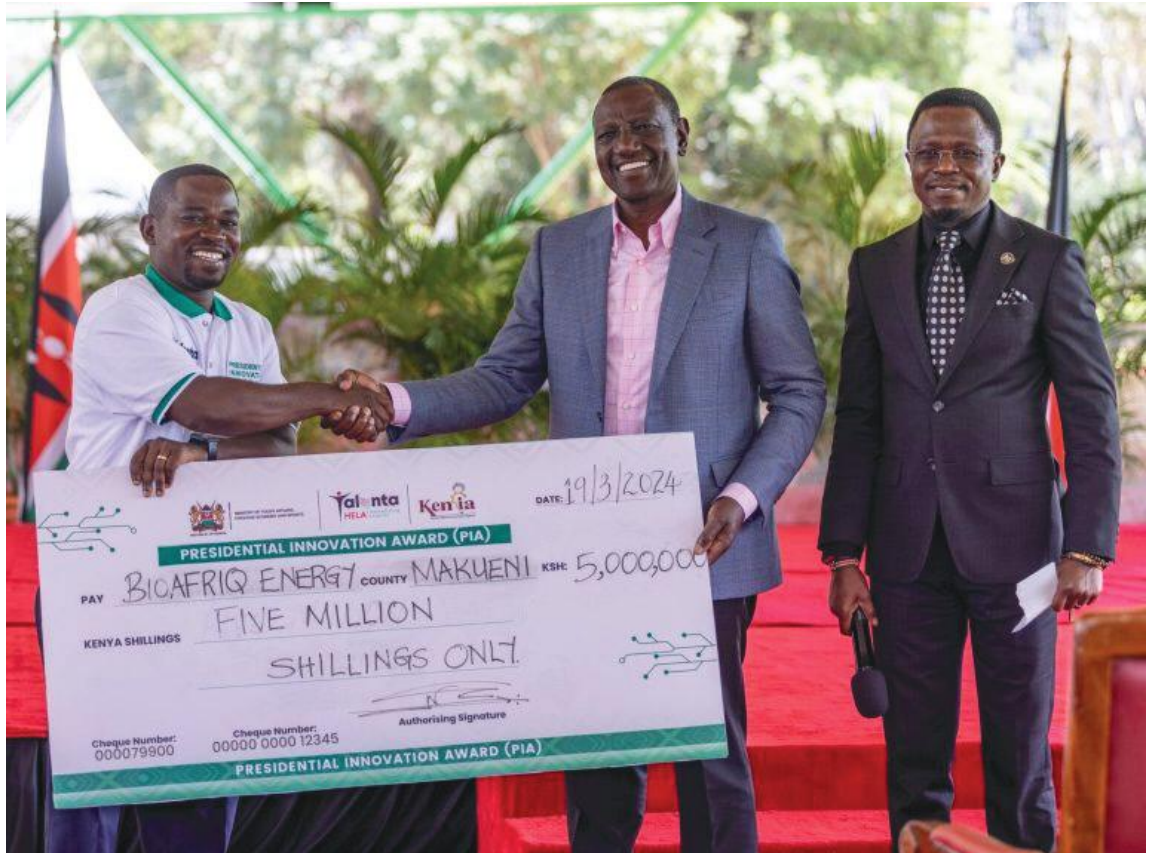
Speaking during the Innovation Challenge and Awards ceremony at State House, Nairobi, on Tuesday,

he said the government is keen on expanding opportunities for Kenyan youth.

"The Presidential Innovation Award stands as a testament to our commitment to supporting young people and fostering their entrepreneurial spirit, thus contributing to job creation and wealth generation," he said.

He noted that the 2023 pilot programme, which was part of the government's Talanta Hela initiative, focused on youth, their talents and ability to create impactful solutions for society.

Youth Affairs, Sports and Creative Economy Cabinet Secretary Ababu Namwamba said the aim of the awards is to promote innovation as a drive for socio-economic development by fostering an entrepreneurial mindset and commercialisation of Kenyan innovations.



The President spoke during the Innovation Challenge and Awards ceremony at State House, Nairobi.

Kindiki Expresses Concern Over Upsurge Of Road Carnage In The Country

By: Beth Nyaga

Interior Cabinet Secretary Kithure Kindiki has expressed concern about the upsurge of road carnage in the country and now wants a national conversation on the same.

The Cabinet Secretary who was speaking in Kisumu Tuesday noted that in the last three months alone, the country has lost one thousand lives and called for concerted efforts to tame the menace before it gets out of hand, noting that the country loses around 4,000 people annually.

The CS made the remarks when he commissioned the new Kisumu West Administrative headquarters in Kisumu County.

Kindiki's remarks come barely a day after 11 Kenyatta University students died in a road accident after the bus they were traveling in was involved

in a road accident in Voi.

The CS maintained that the crack-down on illicit liquor and other substances will continue.

His remarks come a day after a grisly road accident near the Maungu area, Taita Taveta, which left 11 Kenyatta University students dead.

Meanwhile, Government Spokesperson Isaac Mwaura has said the State, through the Ministry of Education, is working closely with the university officials to ensure all necessary support is given to the affected students.

"We join in mourning the loss of our young and promising citizens and pray for the quickest recovery of the injured," Mwaura said in a statement.

He noted that the university has set up a help desk at the Business Student Services Centre, room 151, to offer assistance and respond to queries from parents and members of the public.

Mwaura said 24 students are cur-



Interior Cabinet Secretary Kithure Kindiki

rently hospitalised.

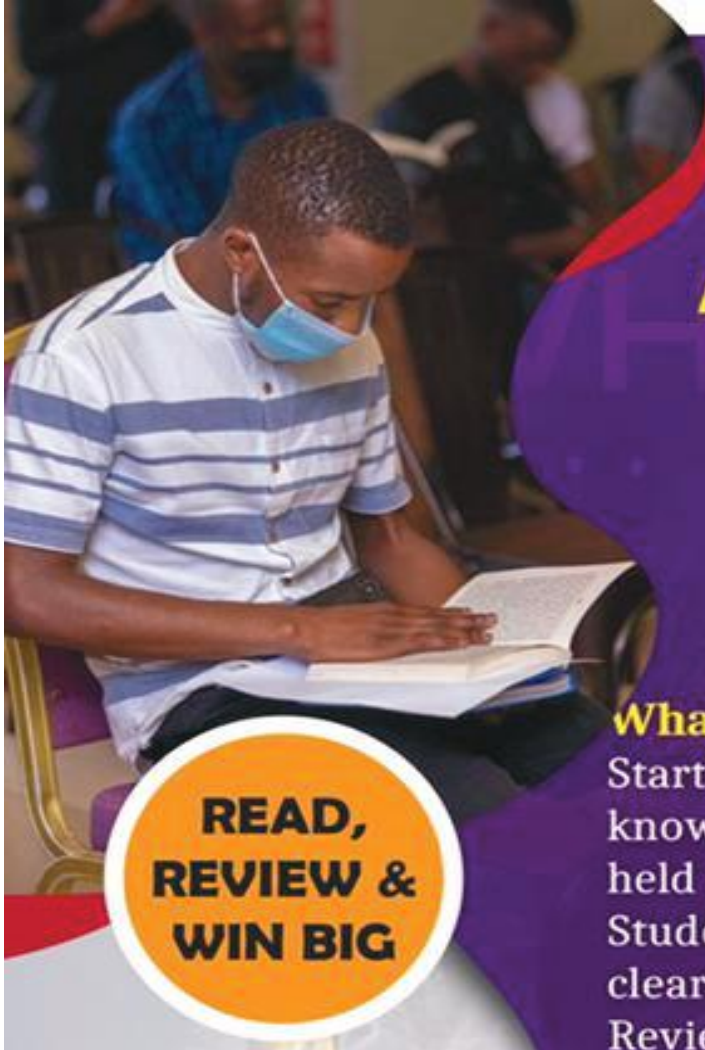
"Eight students in critical condition have been airlifted to Nairobi through the support of AMREF Flying doctors, who have provided three planes to help in the medical evacua-

tion," he stated.

"Another eight students who are in critical condition are also being airlifted for further treatment in Nairobi, through the support of the Kenya Red Cross."

Mwaura called for vigilance by all road users to ensure safety and reduce the number of road accidents.

THE EL-TABLAZ ANNUAL READING CONTEST 2024



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The El-Tablaz Books, in partnership with Read-Us Africa and Literature & English Forum – Uganda, invite you to enter their 1st annual reading contest.

What is The El-Tablaz Annual Reading Contest?

Starting this year, 2024, a reading and writing contest known as The El-Tablaz Annual Reading Contest shall be held nation-wide for high school students in Forms 1-6. Students are asked to READ and REVIEW a given book, clearly explaining how the text affected them personally. Reviews shall be judged on national level.

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How to submit:

Send your typed review and photo to theelblazannualreadingcontes@gmail.com or **WhatsApp** +256 772 674 093.

How to enter the contest:

- * Buy and read the novel, *The Spirit Whisperer* by Nassur Tab'an El-Tablaz.
- * Write a review of the given novel (at least 2 pages, typed; Times New Roman, font 12, 1.15 line spacing)
- * Take a photo clearly showing you in your school uniform reading the given novel
- * Clearly indicate your full name and school

ENTRY LEVELS

Submissions are accepted starting 1st March, 2024. Prizes will be awarded in April, 2024, in each of the three competition levels:

- Level 1: Form 1 – 2 (Submission deadline: Mar. 15, 2024)
- Level 2: Form 3 – 4 (Submission deadline: Mar. 15, 2024)
- Level 3: Form 5 – 6 (Submission deadline: Mar. 15, 2024)

Judges :

Judges will include teachers and teacher-consultants of the Literature & English Forum – Uganda from across the nation.



Kenya Human Rights Commission Urges Government Action On Prison Overcrowding Crisis

By: Elizabeth Angira
@themtkenyatimes

Kenya National Commission on Human Rights (KNCHR) has voiced deep concerns regarding the overcrowding in prison facilities across the country and has recommended urgent action by the government to alleviate this issue.

Dr. Benard Mogesa, the Chief Executive Officer of KNCHR, expressed these concerns during a visit to Kisii main prisons, emphasizing the fundamental right to live.

Dr. Mogesa highlighted that many prisons in the country are accommodating nearly double the number of inmates they were designed for.

For instance, the Kisii male prison, originally intended for 700 inmates, currently houses 1450 inmates.

“This significant overcrowding is a pressing issue that requires immediate attention from the government,” stated Mogesa.

During these visits, Dr. Mogesa underscored the importance of ex-

changing ideas and staying updated on global developments in protecting inmates’ rights.

He also emphasized the welfare of prison officers, including adequate housing and staffing.

“We are committed to continuously engaging at the national level to advocate for the decongestion of prisons,” affirmed Dr. Mogesa.

The commission commended the efforts of Kisii main prisons while monitoring compliance with the Mandela Rules, which prohibit torture and cruel, inhuman, or degrading treatment of prisoners under any circumstances.

KNCHR Vice Chairperson, Dr. Raymond Nyeris, highlighted ongoing efforts to ensure the welfare of both prisoners and staff, endorsing various reforms within the prison service.

Dr. Nyeris emphasized the promotion and protection of prisoners’ rights, including those of children who reside with their incarcerated parents.

“The commission remains steadfast in its commitment to uphold the rights of prisoners and staff, ensuring the best interests of children are pri-



Kenya National Commission on Human Rights Dr Bernard Mogesa with Vice Chairperson Dr Raymond Nyeris during the visit at Kisii Main Prison. Photos/Elizabeth Angira

oritized,” stated Dr. Nyeris.

The commission plans to conduct visits to prisons in Kisii, Nyamira,

Migori, and Homa Bay counties to further monitor conditions and advocate for necessary reforms.

Today's Guidance

By: Dipa Sharma

Note:-Greetings, I am a professional intuitive tarot card reader. My readings are based on both the cards and my intuition. It is a general and collective reading. Please take what resonate and leave the rest. If you have come across this reading this means there is some message for you.

Today, you’ll experience youthful and joyful energy, generating numerous new ideas and possibly planning something adventurous. You’ll be highly optimistic, prepared to take a leap of faith, and considering starting something in a carefree manner.

How will be your health today:-

You will exhibit self-discipline and focus on improving your health, feeling energized to address any health issues. If faced with challenges in

your recovery, you will remain resilient and determined. Consider starting a new exercise routine. Today, you may experience improvements in both your health and spirituality due to your strong will. However, you may encounter some digestive issues such as intestinal problems, food poisoning, or stomachaches.

Relationship:-

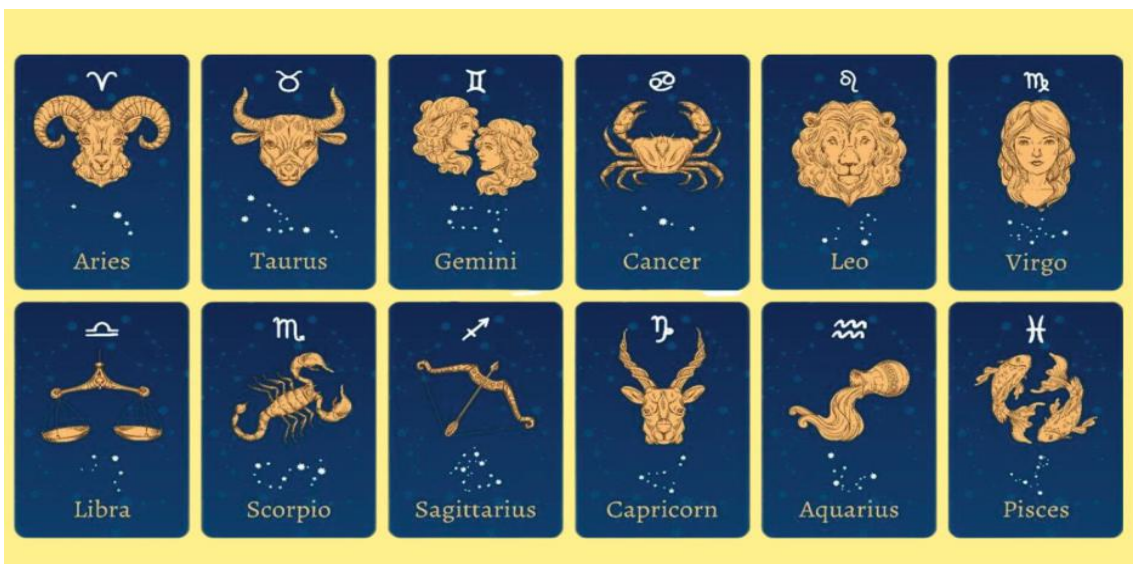
Today, you may experience emotional fluctuations, finding yourself at a crossroads. You might feel confused about whether to progress your relationship to the next level. If in a relationship, you and your partner may debate a difficult decision about its future, considering the potential suffering involved. If single, you may struggle with choosing between two potential lovers.

Career:-

You’ll exhibit professionalism, dis-

Tarot, Zodiac, Astrology & Horoscopes

How will be your day today:-



cipline, and responsibility in your job or profession. If you’re seeking employment, you might receive guidance from an experienced individual, likely male.

Message from Universe:-

Don’t fear falling or failure. The start might be tough, but through the process, your soul will refine. Sometimes, it’s better to take bold steps than to remain idle. However, heed the advice of your loved ones. Let go of any thoughts holding you back, as

you’re aware of your potential.

Note:-Greetings, I am a professional intuitive tarot card reader. My readings are based on both the cards and my intuition. It is a general and collective reading. Please take what resonate and leave the rest. If you have come across this reading this means there is some message for you.

State Of The Economy: Digital Credit Consumers Remain Bullish On Kenyan Economy

By: John Kariuki
@themkenyatimes

Digital credit consumers remain bullish on the Kenyan economy, with seventy-five percent (75%) of them reporting that they are optimistic about improving their financial situation within the next six months. This is according to Tala's annual Money-March report which saw the FinTech lender survey over 1,000 Kenyans to understand the impact of the cost of living and credit usage between January and March of 2024.

About two-thirds (64%) of those in full-time employment reported engaging in alternative income-generating ventures. This is symbolic of the rising cost of living experienced over the last year that has pushed full-time employed consumers to multiply their sources of income to survive inflation.

Another key finding was that Kenyans are likely to borrow more this year compared to 2023 and 2022 to cater for personal expenses rather



Annstella Mumbi, General Manager, Tala Kenya

than invest in business. This trend has resulted in fewer business owners and the year-on-year declining incidence of consumers with alternative income sources, now at 58% in 2024 from 80% in 2022.

"In the face of inflationary pressures,

these findings indicate that Kenyans are standing resilient, leaning more into their entrepreneurial spirit and remaining hopeful for a better tomorrow," said Annstella Mumbi, General Manager, Tala Kenya during the report's launch event. "As Tala, we

remain committed to our mission of supporting the Kenyan majority with innovative financial solutions as well as financial education that will empower our customers to seize growth opportunities and unleash their financial power, boosting our nation's

economy" concluded Mumbi. On savings culture, 77% of consumers reported saving regularly or occasionally, a decrease compared to 87% in 2022 and 85% in 2023. However, 1 in 3 (30%) of them are saving more today compared to six months ago, with the main reason for saving being financial independence.

On financial literacy needs, Kenyans want more guidance on creating a budget to manage expenses owing to the increased expenditure for more than half (55%) of the respondents over the last six months. Other areas were guidance on starting/growing a business, saving effectively, and healthy borrowing (managing debt).

Tala organizes an annual financial literacy campaign every March named Tala MoneyMarch, which is now in its fourth year. The campaign aims to educate consumers on making better financial decisions, becoming financially responsible, and using digital credit providers' products to improve their lives.

New Poll Shows How MPs Are Faring Performance-Wise

By: John Kariuki
@themkenyatimes

The role of Members of Parliament as enshrined in the Constitution of Kenya 2010 is three-fold: legislation, representation and oversight. The members of parliament are therefore the Custodians of the Sovereignty of the people which prominently features in Chapter One of the Constitution which states: "All sovereign power belongs to the people of Kenya and shall be exercised only in accordance with this Constitution. (2) The people may exercise their sovereign power either directly or through their democratically elected representatives."

That said, a new survey done by an independent pollster – KenyaTrak, has shown that how some of the MPs have been keen to deliver on the mandate and the various manifesto they fronted to Wanjiku during the Campaigns. Some of the Mps who have performed satisfactorily include; Abraham Kirwa (Mosop – 69.2%),

Paul Kibet – Rongai 67.5%, Stanley Muthama (Lamu West – 61.6%), Mburu Kahangara – Lari 60.1%).

Interestingly, some Mps who are serving their first term in the National Assembly have also performed exceptionally well and just to mention a few: Irene Njoki – Bahati 65.9%, Mark Mwenje – Embakasi West 66.5%, Abdul Kore – Mandera South 66%.

The survey involved telephonic interviews on a sample size of 4,801 respondents who are above 18 years and they are registered voters and was carried out between 14th – 27th February 2024.



Paul Kibet Chebor, Rongai MP.



Mrembo Irene Njoki, Bahati MP.



Lari MP Mburu Kahangara with President Ruto at a past event.



Stanley Muthama, Lamu West MP.



Abraham Kirwa, Mosop MP.

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Chasing Children's Dreams Association and Vince n' Friendz Foundation

By: Our Reporter
@themkenyatimes



We sincerely appreciate your gracious words of appreciation and the recognition of our collective efforts in making a positive impact on the lives of those in need. It is with utmost gratitude that we acknowledge the invaluable support and contributions from members and the esteemed executive board of Chasing Children's Dreams Association.

Their unwavering commitment to our shared vision has been instrumental in ensuring the success of our club's events and initiatives. On behalf of the entire association, we extend a warm welcome and express our deepest gratitude for your continuous support.

Together, we will continue to strive towards realizing our mission and making a brighter future for those we serve and throughout our journey, we have organized many initiatives to help those in need. One memorable event was the clothing and stationary donation drive held at Xtreme Trans Foundation in Goromonzi District.

It was a collaborative effort be-

tween Chasing Children's Dreams Association and Vince n' Friendz Foundation. We are happy to share that this drive was a great success, with an overwhelming response from generous donors who contributed a large number of clothing and stationary items. The impact was evident as we saw the children at Xtreme Trans Foundation wearing smiles of joy and gratitude.

*Yours Darlington Shoko
Founder and Visionary of Chasing*



Worth Noting:

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Sports >> *Safaricom has officially flagged off the central regional finals' games of the Safaricom Chapa Dimba football tournament at Nice Town in Mwea with a series of community outreach initiatives aimed at transforming the lives of the locals in the region.

SPORTS NEWS

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BREAKING NEWS



Safaricom Chapa Dimba Heads To Central Region With Various Outreach Initiatives For Community



Safaricom Chapa Dimba Brand Ambassadors entertains the audience during the flagoff ceremony of chapa dimba central region finals at Mwea Market. The central region finals will be held on 23rd and 24th march 2024 at Waruguru Stadium, Kirinyaga County.

By: Capital Sport

Safaricom has officially flagged off the central regional finals' games of the Safaricom Chapa Dimba football tournament at Nice Town in Mwea with a series of community outreach initiatives aimed at transforming the lives of the locals in the region.

The initiatives involve a free Medical Camp hosted by the M-PESA Foundation in partnership with Zuri Health and Lion SightFirst Eye Hospital at Thiba North Grounds on Saturday in Mwea, where over 3000 residents benefitted from the initiative.

There will be free digital and financial literacy training, which will take place at Nice Town Hotel on Thursday.

This training is designed for Boda Boda riders, vendors, small

business operators, shopkeepers, and others who are Safaricom customers in the region.

Its aim is to impart knowledge that fosters a culture of saving and enhances preparedness for credit and investment opportunities.

"This coming weekend, we will be hosting the Central Regional finals, which also marks our last regional finals before we proceed to the national finals to be held in Kisumu in a month's time," said Peter Ndegwa, CEO of Safaricom PLC.

He added, "Hence, we are delighted to officially flag off the event, and throughout the week, we will be engaging our customers from the region, offering them free digital and financial literacy, among other services, just as we have done in other parts of the country," Ndegwa added.

Additionally, there will be players and coaches' clinic which will feature valuable lessons in skill development, social values, teamwork, and leadership. Coaches will gain insights into effective training methods, tactical approaches, and ways to motivate and communicate with players.

The clinic will also involve training on the use of Safaricom's newly introduced GPS Sports Vests, which are AI-powered to improve players' performance and open up scouting opportunities.

They are used to capture data about players, including total distance, speed, power plays, power scores, among others. This allows players to understand their strengths and weaknesses, identify areas for improvement, and more.

Further, Safaricom Foundation will also have a partners' forum in the region where they will cascade and disseminate the 2024 strategic agenda for the region in key sectors of education, health and economic empowerment. The community engagement initiatives will then build up to the Safaricom Chapa Dimba regional final matches, to be played on Saturday, 23rd, and Sunday, 24th March 2024, at Wang'uru Stadium in Kirinyaga County, with eight teams (four boys' and four girls' teams) lining up for the competition. They include: Barcelona FC (Laikipia), Kartzville FC (Kirinyaga), St. Joseph Sec (Murang'a), Kiwanja Queens (Kiambu), Karatina Homeboyz (Nyeri), Lysa FC (Laikipia), Kiaga Sec (Kirinyaga) and M-PESA Found

GET THE BEST OF WORLD

Sports >> *Real Madrid have filed a complaint against the referee who took charge of Saturday's game at Osasuna for omitting alleged racist abuse towards forward Vinicius Jr from his match report.

Vinicius Jr: Real Madrid File Complaint After Referee Omits Racist Abuse Allegations From Report



Vinicius Junior celebrates after scoring against Valencia. PHOTO/Real Madrid/X

Real Madrid have filed a complaint against the referee who took charge of Saturday's game at Osasuna for omitting alleged racist abuse towards forward Vinicius Jr from his match report. The club say the "insults and vexatious shouts" were "deliberately" not included by Juan Martinez Munuera. Vinicius has suffered racist abuse on multiple occasions in Spain over the past three years. Real have demanded "necessary measures be taken" to "eradicate" the abuse. The Spanish Football Federation's technical committee of referees has been contacted for comment. Real said: "The referee voluntarily and deliberately omitted the in-

sults and vexatious shouts directed repeatedly towards our player Vinicius Jr, despite these being insistently pointed out by our players at the very moment when they were taking place. "Real Madrid once again condemns these violent attacks of racism, discrimination and hatred, and demands that the necessary measures be taken, once and for all, to eradicate the violence that our player Vinicius Junior has been suffering." The 23-year-old scored twice in a 4-2 win that moved Real Madrid 10 points clear at the top of La Liga. Los Blancos have also added the incident to a complaint initially filed to Spanish legal authorities on Friday over alleged racist in-

sults towards Vinicius by Atletico Madrid and Barcelona fans. A video on social media appears to show Atletico Madrid fans chanting a racist slur before their Champions League game with Inter Milan on Wednesday, while Real allege there were similar chants from Barcelona fans before their encounter against Napoli the previous day. The Brazil international has endured numerous instances of racist abuse in recent seasons. They include Real's derby win away over Atletico in September 2022, when Atletico condemned "unacceptable" chants by a "minority" of fans towards Vinicius outside their stadium before the game. Last June, four men were fined

60,001 euros (£51,700) and given a two-year stadium ban for hanging an effigy of Vinicius near Real's training ground in January 2023. On the same day, three other people were fined 5,000 euros (£4,300) and banned for one year for making racist gestures during Real's game at Valencia last May. This season there have been reports of more racist abuse towards Vinicius as Real played at Sevilla in October, at Barcelona the following week and at Valencia earlier this month. **BBC**

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Wonders About Keimadi Grandi



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Worth Noting:

- There were lighthouses on the island. It belonged to a family that previously lived in Keimadi Grandi. One day, people are terrified to see snakes entering their homes and try to run away, but they all die from snake bites.
- After that, no volunteers were found to move to the island. Venomous snakes have been ruling here for several hundred years. The venom of these snakes is 5 times stronger than that of other venomous creatures.
- This poison burns the human body. About 5 snakes correspond to 1 sq.m. On the stones on the coast of the island, you can find very large groups of snakes. Golden-headed snakes in this area are between 1.5 m and 2 m.



Keima Grandi Island

Cool facts about Keima Grandi Island

Keimadi Grandi is a wonderful island that amazes us all when we hear it. This is a very unusual island. Unlike other islands, its full owners are snakes. This island is located in the Atlantic Ocean. It is located 35,000 km from the Brazilian state of São Paulo and is only 1 sq. km.

This island was known as the most dangerous place for mankind. But the person who saw the pictures of this island describes it as a real paradise. But it is the mask that attracts gullible travelers. No one has survived here for more than 2 hours.

It is officially recognized as the most dangerous area in the world. It is forbidden to travel here. It is said that no one has the courage to come to the island for many years, according to official information. These beautiful views of the island seem to be ideal places for tourists by building hotels here. Unlike other islands, the real owners of that land are snakes.

Snakes do not allow people to visit this place. It can be said that those who dare to go to the island take a step to say goodbye to life. The Brazilian government has banned visits to this deadly place. But there are not many people who want to walk around the island without restric-

tions.

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The snakes on this island are the only place where they dominated by driving people out of this area. One of the most famous legends says so. 11,000 years before the island became a no-go zone, the island was separated from Brazil when the water level rose, and at that time the food supply for the snakes decreased significantly, so the main food for the snakes was birds flying in from the south and hundreds of tourists was Because of the snakes, not only people, but also animals cannot be found on the island.

Frogs, lizards, and even insects are virtually eliminated. Today, the main food for snakes is birds that are careless to reach the island, some of them manage to build a nest here. But often the eggs or hatchlings become the prey of snakes.

Among the local snakes, the biggest danger is considered to be the island botropa, which belongs to the family of predators. The length of this dangerous convict can reach 1 m. Its body is yellow to light brown and surrounded by square and triangular black spots.

It is interesting that island botrops are found almost nowhere else than Keimadi Grandi. Therefore, these snakes are described as rare and included in the red list of the International Union for Conservation of Nature.

Doctors say that the possibility of death after a bite of an island botrope is very high, even if medical help is provided in time. Without a doctor nearby, the victim will almost inevitably die. Affected individuals die from brain hemorrhage or kidney failure.

The number of snakes on this island cannot be estimated. Because after people left this terrible place, reptiles increased as exhibits. But don't think that people don't go to Keimada Grandi at all. Hearts are

still there. What attracts them here despite the risk of death.

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Serpentologists receive official permission for scientific observation. But most of the agreements are illegal. They believe that being on the coast is relatively safe. Because snakes are found only in the forested part of the island. It's also a welcome win for those who enjoy the island's botrops, which also provide a lot of benefits. Because these snakes are highly valued on the black market. The hostages also hid countless treasures on the island. They are said to launch snakes to protect treasures. As a result of the growing demand for new areas on Earth, we believe that these areas will be occupied by the population in a few hundred thousand years.