



P. 8. Deputy President Rigathi Gachagua has urged political leaders to tone down the debate on sharing of positions in 2027 and 2032 elections and focus on implementation of President William Ruto's manifesto.



P. 12. Members of the Pharmaceutical Society of Kenya (PSK) have called on members of Parliament to reject the Narcotic Drugs and Psychotropic Substances Control (Amendment) Bill, 2024 which seeks to exempt cathinone and cathine in miraa from being classified as psychotropic substances.

Speaking in Kiambu town during a tour on Sunday, Kalonzo said that it is time that the country sheds off the tribalism tag so that the country can progress as one in unity.

The former Vice President said that Azimio coalition is the official opposition and will stand to speak boldly over issues affecting Kenyans and call out the government on things that they are doing that are not right for Kenyans.



Wiper party leader Kalonzo Musyoka

STORY ON PAGE 9

Kirinyaga County Government Trains Over 1,000 Community Health Promoters

By: MKT Reporter
@themtkenyetimes

Worth Noting:

- The Governor observed that the CHPs form a critical component of health-care service delivery in the county since they are the first point of contact for patients in the community.
- "We are committed to putting in place sound health systems that ensure that our people access affordable comprehensive care ranging from disease prevention, treatment, and rehabilitation. By taking health services closer to the people, we enable communities to identify their health priorities, and participate in the planning and delivery of services thus playing an active role in maintaining their own health and well-being," she said. She expressed her gratitude to the National Government for partnering with the county government to give a monthly to the CHPs who have been working on volunteer basis.



Some of the health promoters

The County Government of Kirinyaga has trained 1,222 Community Health Promoters (CHPs) in its bid to enhance their capacity to perform their role in delivery of primary healthcare within the county.

The two weeks training that has been collaboratively facilitated by the County and National Government and other partners involved training the CHPs on use of Electronic Health Information Systems among other aspects of health service. The electronic system enables them to communicate and transmit data between them and health facilities. The CHPs have also been trained on undertaking basic tests and on making referrals where necessary.

The CHPs were commissioned by Governor Anne Waiguru eight months ago and deployed to the various Community Health Units within the county. Medical kits containing of essential commodities

such as a First Aid Box, weighing scale, clinical thermometer, measuring tape, blood pressure machine, blood sugar machine, medicine box, and a flashlight have also been issued to the team. There was also a mobile gadget to enable them to document, store, and relay important data.

The Governor observed that the CHPs form a critical component of healthcare service delivery in the county since they are the first point of contact for patients in the community.

"We are committed to putting in place sound health systems that ensure that our people access affordable comprehensive care ranging from disease prevention, treatment, and rehabilitation. By taking health services closer to the people, we enable communities to identify their health priorities, and participate in the planning and delivery of services thus playing an active role in maintaining

their own health and well-being," she said. She expressed her gratitude to the National Government for partnering with the county government to give a monthly to the CHPs who have been working on volunteer basis.

Speaking during the training session held at Kerugoya, the County Executive Committee Member for Health, George Karoki, observed that the since the deployment of the CHPs in the communities, the number of referrals to the hospitals has increased. This is due to the fact that through basic tests such as blood pressure and blood sugar, many people with previously undetected ailments have been diagnosed and put on relevant treatment.

Karoki appreciated the National Government's support to the CHP program which included issuance of 854 kits and phones and requested for the disbursement of the remaining kits to enhance

performance of the rest of CHPs.

The Principal Secretary for Health, Ms. Mary Muthoni, who was on a monitoring visit at the training venue emphasized the central role that the CHPs play in advancing Universal Health Coverage (UHC) across the region. She said that her department was committed to training of all cadres of health workers.

"For now we are training CHPs on basic module of healthcare including mother and child health, use and distribution of dewormers and basic water treatment methods among others," she said, observing that the shared arrangement to have the CHPs given a stipend has gone a long way in alleviating some of the challenges which they previously faced.

She commended the CHPs' commitment and the important part they play in enhancing health outcomes at the community level.

Cyrus Kibingo, a CHP from Karia Unit said that the capacity building had enabled them perform some of the functions that they could not perform previously. He also thanked the government for giving them a stipend which has also gone a long way in enhancing their operations.

"We are now enlightened and equipped to carry out certain tests such as blood pressure, blood sugar and make the relevant referrals. All these years we worked without any facilitation but now we have some stipend for which we are grateful," he said.

Rachael Njambi, a Community Health Promoter from Kiaritha also noted that the two weeks training had equipped them with the relevant knowledge that they will share with their community as far as health matters are concerned.



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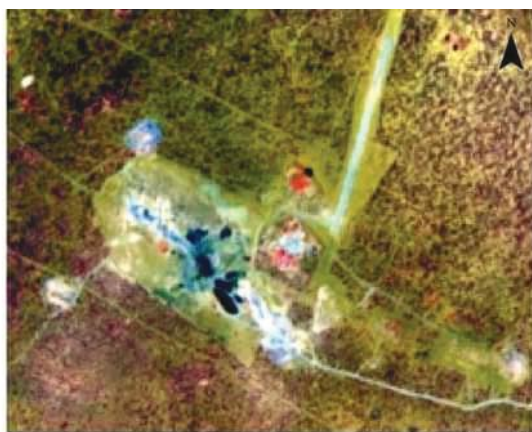
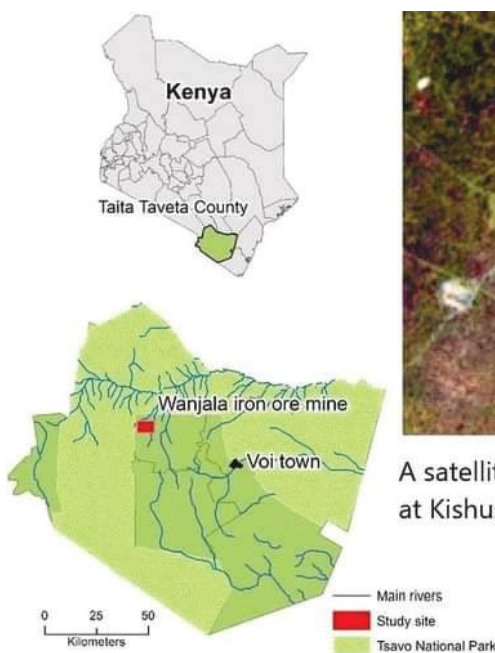
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NEWS IN BRIEF



Husbands are being urged to support their breastfeeding wives to ensure the welfare and health of their children. Kajiado County Nutritionist Ruth Nasinkoi highlighted the importance of exclusive breastfeeding for the first six months of a child's life, as it provides antibodies that protect against many childhood illnesses. Nasinkoi also highlighted the benefits of breastfeeding for brain development and lowered the risk of breast cancer, ovarian cancer, mastitis, and engorgement of the breasts. Working mothers are also encouraged to breastfeed exclusively for six months by expressing breast milk for their babies to take while they are at work. Employers should provide a conducive environment for lactating mothers to express milk. Kajiado County Executive Committee Member for Health Alex Kilowua reiterated the importance of breastfeeding in a child's life, stating that the first thousand days in a baby's life are crucial.



A satellite image of Wanjala Iron Ore mines at Kishushe in Taita Taveta County

The construction of an iron ore processing plant in Taita Taveta County, Kenya, has been handed over to business mogul Narendra Raval. The Mbololo community in Voi Constituency has set aside a portion of Mbulia community land for the multi-billion-shilling iron smelting plant. Raval announced that construction of the over Sh10 billion facility would begin this month, with an expected completion time of eight months. He emphasised the importance of job creation and community support, highlighting the problem of unemployment among Gen-Zs. With over 14,000 Gen-Zs currently employed in his companies, Raval envisions projects expanding to different parts of the country, creating over 200,000 job opportunities for Kenyan youth. The Mbulia land issued to the investor is close to the iron ore-rich Kishushe area, which holds great potential in mining and mineral processing due to the large deposits of iron ore. The national government is committed to supporting investors and other miners in the region and the country at large, aiming to create more jobs for the Kenyan youth. Miners who will be licensed must ensure they follow community development agreements, adhere to mining laws, and ensure community benefits. The ministry has come up with a framework that would allow mining activities to take place in parks, facilitating sustainable mining while conserving the ecosystem. Taita Taveta County Governor Andrew Mwadime called upon residents to reject early and divisive politics and focus on supporting government projects and investments within the county.



The conferment of Eldoret to city status by President, Dr. William Ruto, scheduled for has been postponed to the same day next week. Uasin Gishu County Governor, Dr. Jonathan Bii Chelilim, confirmed the postponement after receiving communication from the Office of the President. He called on the people of Uasin Gishu to continue working with the County Government to ensure the success of this historic event. The preparation for the ceremony has been marked by careful planning and dedication by various stakeholders in the county. Dr. Bii also highlighted the importance of the Kenyan Urban Forum Conference and the SISIBO Cultural Festival, which will be held at Central grounds. Eldoret is known as the Farmers City, with over 100 years of feeding the nation, and the county will host Eldoret City Farmers Day as part of build-up activity this week. The event aims to showcase the farmers' activities and their contributions to the nation.



Protests in Kenya in July caused significant disruption to the private sector, leading to a marked deterioration in business conditions, according to a Purchasing Managers Index (PMI) report by Stanbic Bank. Political instability and reluctance among customers to commit to new orders led to steep reductions in output and new orders, with delays in completing outstanding business and receiving purchased items from suppliers. Input costs increased for the second month running, leading to a further rise in selling prices. However, rates of inflation remained much softer than seen in 2023. Business activity decreased across four of the five broad sectors covered, with the sharpest decline in agriculture. Manufacturing was the only category to post a rise in output.



Elijah Baraka, a bright student from Ganze sub-county in Kilifi, is struggling to raise the necessary funds for his university education. After scoring an impressive A- in the 2023 KCSE at Mekatilili Memorial Secondary School, he has been accepted to study for a Bachelor's Degree in Medicine and Surgery at Egerton University. Despite reaching out to various organizations and local leaders, Elijah's application for the Higher Education Loans Board (HELB) was unsuccessful due to his lack of a national identity card. With the deadline to report for his studies approaching, Elijah is urgently appealing to well-wishers for financial assistance to help him achieve his dream of becoming a doctor. His father, Justin Hare, echoes Elijah's plea, highlighting their unsuccessful search for assistance. Deputy Principal of Mekatilili Memorial Secondary School, Kadenge Karisa, praised Elijah for his hard work, discipline, and respectfulness, which have driven his academic success. He remains hopeful that well-wishers will support his educational journey and help him contribute positively to his community as a future doctor.

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D4GA Hosts Third Stakeholders Conference on Enhancing Human Rights in Africa



By: Aoma Keziah
@themkenyetimes

Worth Noting:

- Maraga also urged the Civil Society Organisations (CSOs) to invest in Monitoring and Evaluation frameworks, Use evidence based arguments noting that these efforts by CSOs will be inadequate if not backed by evidence and ensure compliance by International standards.
- The convening will feature a series of workshops, panel discussions, and case study presentations, providing participants with practical skills in data collection, analysis, and dissemination. Keynote speakers include prominent human rights advocates and data scientists who will share insights on the intersection of data and human rights.



Former Chief Justice David Maraga speaking during the opening ceremony of Third Stakeholders on enhancing Human Rights in Africa.

Yesterday marked the commencement of the third stakeholders Conference organized by the Data for Governance Alliance (D4GA), an event dedicated to empowering Pan-African civil society with the tools and knowledge to effectively use data in enhancing human rights across the continent.

The Conference, which draws participants from various civil society organizations, government bodies, and human rights activists, aims to foster a collaborative approach to utilizing data for governance and human rights advocacy. Key discussions will center around the innovative use of data to monitor and report on human rights issues, ensuring accountability and transparency in governance, and fostering a data-driven culture in human rights work.

In his opening remarks, Fomer Chief Justice David Maraga emphasized the critical role of data in addressing human rights challenges in Africa. "Data is not just a tool for information; it is a powerful weapon in the fight for hu-

man rights. By equipping our civil society with data skills and knowledge, we can hold governments accountable and push for meaningful change," He stated.

Maraga also urged the Civil Society Organisations (CSOs) to invest in

Monitoring and Evaluation frameworks, Use evidence based arguments noting that these efforts by CSOs will be inadequate if not backed by evidence and ensure compliance by International standards.

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One of the highlights of the event is the introduction of new data platforms and tools designed to aid civil society organizations in tracking human rights violations and advocating for policy changes. These tools aim to bridge the gap between data collection and actionable insights, enabling more effective advocacy efforts.

Mr. William Carew, the Head of the ECOSOCC Secretariat, discussed the essential role that CSOs play in advancing human rights "As a member of African Governance program, ECOSOCC also recognizes the important contribution of CSO's in promoting and protecting human rights in diverse ways" He noted

Participants expressed optimism about the potential impact of the convening, noting that the platform is invaluable for them as it not only enhances their technical capabilities but also strengthens their collective voice in advocating for human rights.

The D4GA third stakeholders convening will continue over the next three days, with the aim of establishing a robust network of data-savvy human rights advocates across Africa. Through this initiative, D4GA hopes to drive a significant shift towards data-driven governance and the protection of human rights on the continent.



Former Chief Justice David Maraga speaking during the opening ceremony of Third Stakeholders on enhancing Human Rights in Africa.

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Gachagua: Tone Down Debate On Elections

By: DPCS

Worth Noting:

- “I am the principal assistant to the President and I do not contradict his position. My duty is to serve Kenyans and execute the roles assigned to me by the President. On formation of the broad-based Government, I supported him. The new (Cabinet) nominees, including those picked from the Opposition Party, are welcome so that we drive the country forward together,” he stated.
- Asked whether picking people from the opposition party may defeat the purpose of Presidential elections, the DP said “the President has the prerogative and is free to hire the people he wishes to work with”.



Deputy President Rigathi Gachagua on Sunday night

Deputy President Rigathi Gachagua has urged political leaders to tone down the debate on sharing of positions in 2027 and 2032 elections and focus on implementation of President William Ruto’s manifesto.

Mr Gachagua, who was speaking at a joint media interview with vernacular stations from Mt Kenya region on Sunday night, appealed to leaders to shun the debate so that the Head of State can succeed in his development agenda.

“Kenyans want development not politics or show of opulence. The political leaders and public officials should focus on working for Kenyans so that the President can succeed in his development plan. Let us avoid the talk on 2027 and 2032 elections. Instead, the energy should be on discharging mandates of the current positions and offices they hold,” said Mr Gachagua.

He also stated that his working relationship with President Ruto is firm and geared towards transforming the country.

Mr Gachagua cautioned political leaders against spreading false information concerning his relationship with the President.

“There exists no bad blood between President Ruto and I. We have a good relationship and as his principal assistant he consults me on various issues, for instance on formation of the broad-based Government, before making the final decision. He has assigned me many other mandates such

as Chairing and Coordinating Inter-Governmental relations between the National Government and County Governments including Chairing the Inter-Governmental Budget and Economic Council (IBEC).”

“I am the principal assistant to the President and I do not contradict his position. My duty is to serve Kenyans and execute the roles assigned to me by the President. On formation of the broad-based Government, I support-

ed him. The new (Cabinet) nominees, including those picked from the Opposition Party, are welcome so that we drive the country forward together,” he stated.

Asked whether picking people from the opposition party may defeat the purpose of Presidential elections, the DP said “the President has the prerogative and is free to hire the people he wishes to work with”.

He urged public officials and polit-

ical leaders to shun early campaigns for 2027 and 2032 elections.

On recent protests by the youth, the Deputy President asked Kenyans to be patient with the President and allow him to address the grievances raised.

“Let us give the President a chance to work for Kenyans and implement his manifesto. The President has already committed to listening to their grievances,” he said.

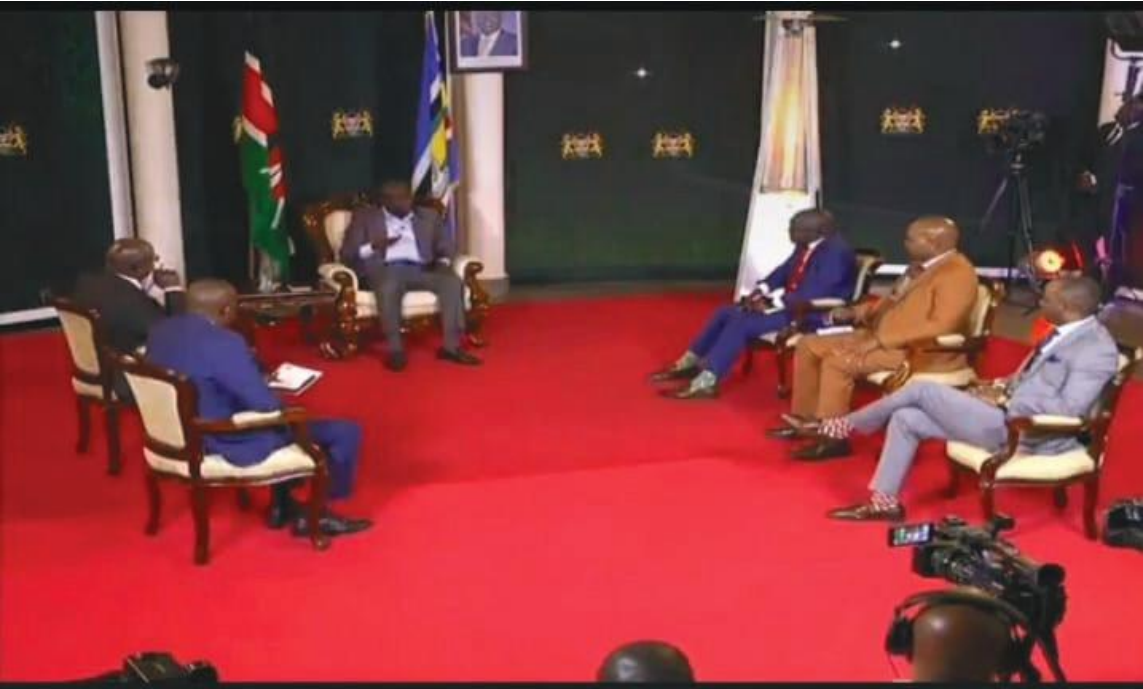
The Deputy President further explained that the one-man-one-shilling mantra is a call for equality and equity in disbursement of funds, adding that the formula will benefit all counties.

“The formula of One-Man-One Shilling in resource allocation is good for all people not only those Mt Kenya counties. We are not saying that some regions should lose their share, we mean that there should be equity and fairness,” he said.

The Deputy President welcomed the decision of Opposition leader Raila Odinga to support the proposal.

Regarding reforms in the agriculture sector, the Deputy President said the Government will address grievances of miraa and muguka traders and farmers.

“I am a supporter of agriculture and our government led by the President is keen on the reforms. Agriculture is key in our mission to rebuild the economy and I will continue championing reforms to benefit farmers and traders,” he said.



Deputy President Rigathi Gachagua with journalists who interviewed him on Sunday night.

Kalonzo To Take Over Azimio Coalition Leadership

By: Felix Njenga
@themtkenyatimes

Worth Noting:

- “There will be no one being kept aside and being abused that they belong to one tribe or another as God used the young people of the country and gave them courage to come out and speak with one voice and put an end to tribalism,” he said.
- He said that nobody should sell fear to Kenyans anymore as there is no demilitarized zone in the country.
- “The Gen Z have brought change,Former President Kibaki and I brought Constitution 2010 which has given us the freedom which our young people are using and which is being opposed misconstrued as they are coming out carrying a phone, bottle of water and a flag, somebody like this when you shoot at them what are you doing to national pride? this is why we continue to say no to some of these things,” he said.



Wiper Party leader Kalonzo Musyoka with Eugene Wamalwa DAP Kenya party Leader in Kiambu town on Sunday evening.
Photo/Felix Njenga

The Azimio coalition has picked Wiper party leader Kalonzo Musyoka as its leader and has taken the official opposition space of the country.

Speaking in Kiambu town during a tour on Sunday, Kalonzo said that it is time that the country sheds off the tribalism tag so that the country can progress as one in unity.

The former Vice President said that Azimio coalition is the official opposition and will stand to speak boldly over issues affecting Kenyans and call out the government on things that they are doing that are not right for Kenyans

He said that Kenya should get used to the fact that he will be forming coalitions so as to shape the country as a multiparty democracy.

“Nobody should cannibalize political parties and nobody should be allowed to do things that are unconstitutional,” he said.

He said that the sooner politicians forget about the negative verbal based mispronunciation of saying 41 against one it has been finished by Gen Z.

“There will be no one being kept aside and being abused that they belong to one tribe or another as God used the young people of the country and gave them courage to come out and speak with one voice and put an end to tribalism,” he said.

He said that nobody should sell fear to Kenyans anymore as there is no demilitarized zone in the country.

“The Gen Z have brought change,-

Former President Kibaki and I brought Constitution 2010 which has given us the freedom which our young people are using and which is being opposed misconstrued as they are coming out carrying a phone, bottle of water and a flag, somebody like this when you shoot at them what are you doing to national pride? this is why we continue to say no to some of these things,” he said.

He said that they are officially in the opposition as when things go wrong who will say them.

“We are making the next movement of truth and justice and make no mistake, our brother former President Uhuru Kenyatta is with us. We must be very bold. We may be few but those who are many are waiting to join us and make the majority government and going to come in droves,” he said.

Jeremiah Kioni Jubilee Party Secretary General said that what the country has is a governance crisis and accountability crisis.

“We should not pray that Kalonzo becomes the President, let us pray that the will of God be done.

He said that he is not ashamed of being ridiculed for wearing a sufuria and will continue wearing a sufuria on his head for as long as it is empty, nothing to feed on, children are not going to school, hospitals do not have medicines it means alot to him.

“As a community we have been labeled many names such as drunkards, jeshi, mungiki, terrorists, crim-

inals and leaders should be careful of the things that they say,” he said.

He said that they have decided to remain in the opposition so that they can be the voice of the voiceless and stand with the people and say the many things that they are talking about.

“We want our children in school, as the government has the ability to pay fees for our children, We want a tuition fee for the university that can be afforded by the poorest of the poor in our society, we want all our children to be covered by insurance as it was two years ago, we do not want the government to ask me the animals which i rare what they eat so that they can tax me,” he said.

He said that the government has come too much into Kenyans private space seeking taxes.

“Do not pass here as the government, you protect my private property not by ruining it but by taking care of it,” he said.

Eugene Wamalwa DAP Kenya party leader said that Kenyans have been lied to by kenya kwanza leadership as they had promised never to allow handshake with ODM party leader Raila Odinga.

“Those who had criticised the handshake of former President Uhuru and ODM leader Raila promised Kenyans that they will not embrace any form of handshake with Raila once they take over government. The handshake has since happened. uhuru embraced handshake because he wanted to achieve some things

which included BBI which had a component of one man, one vote, one shilling and it was not a handshake of power sharing like we have witnessed lately,” he said.

He said that the government has now been shared between President William Ruto and Raila Odinga as the parliament and executive is composed of UDA and ODM parties.

“This is not a government of national unity, this is not a broad based government, this is a bread based government as they have shared power,” he said.

He said that as Azimio coalition they will stand with Kenyans and will remain the loyal peoples opposition,’ he said.

Dan Maanzo senator Kitui County said that the country is in trouble since justice has not been found for those who were injured and those who died during the anti government protests.

“It is a joke that the government has not asked for forgiveness for what happened during protests and also to compensate those who lost lives or were injured,” he said.

Benson Mulu MP Kitui Central said that it is time that Mt. Kenya region and Eastern region to join hands and speak with one voice .

Mulu took issue with the office of DPP and EACC being government agencies clashing over a Cabinet secretary nominee over an alleged graft case.

“These are two different government agencies with a lot of power and are talking different languages. Is there a way one of them is correct? and the other wrong? or is there a way both of them can be correct?. One must be telling Kenyans the truth, the other one can be telling Kenyans lies,” he said.

Ferdinand Waititu former Kiambu county governor said that he was targeted by the previous regime for his support of President William Ruto when he was deputy president and he did so thinking that it was political debt being paid as promised.

“I believed in paying debt, that is why I supported Ruto. All those things that we went round telling Kenyans that this government will do all of them are lies,” he said

He accused President Ruto of lying to Mt. Kenya people and has since abandoned them.

He however called on Kalonzo to unite Kenyans and lead them to form the next government.

Ever Ready To Minister



By: Eric Musa

EMEA.ericmusa@gmail.com

Most people want to wait until they “feel” anointed before they try to minister to someone. Some have even been taught that they MUST wait until they feel anointed to minister. NO WHERE are Christians told to wait to minister to anyone. As a matter of fact, we are told to preach the word in season and out. The original greek of that verse says, “when opportunity presents itself and when it doesn’t”.

That means that it is always the right time to minister the Word. The Bible says that the Gospel IS the power of God unto salvation...(Romans 1:16). If the Good News is the power of God and we are to preach the Good News, then it must always be the right time to minister to anyone. Many try to feel something, that they

assume would be the anointing. We are not told to wait for an anointing.

The early disciples were told to wait until they had received power from on high or more specifically, they were told to wait for the promise of the Father, which happens to be the same thing. They had to wait until the Day of Pentecost for the Holy Spirit to be released. No where after that day are they told to wait. As a matter of fact they began to minister immediately after receiving the Holy Spirit.

The Holy Spirit is always with us, and this even confirmed by Christ Jesus Himself, even to the extent of Him stating to the disciples; it is better for Him to go, so that the gift of the Holy Spirit can be sent by the Almighty Father.

Consider John 14: 16-18, 26-27 “And I will pray the Father, and He will give you another Helper, that He may abide with you forever— 17 the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for HE DWELLS WITH YOU AND WILL BE IN YOU. 18 I will not leave you orphans; I will come

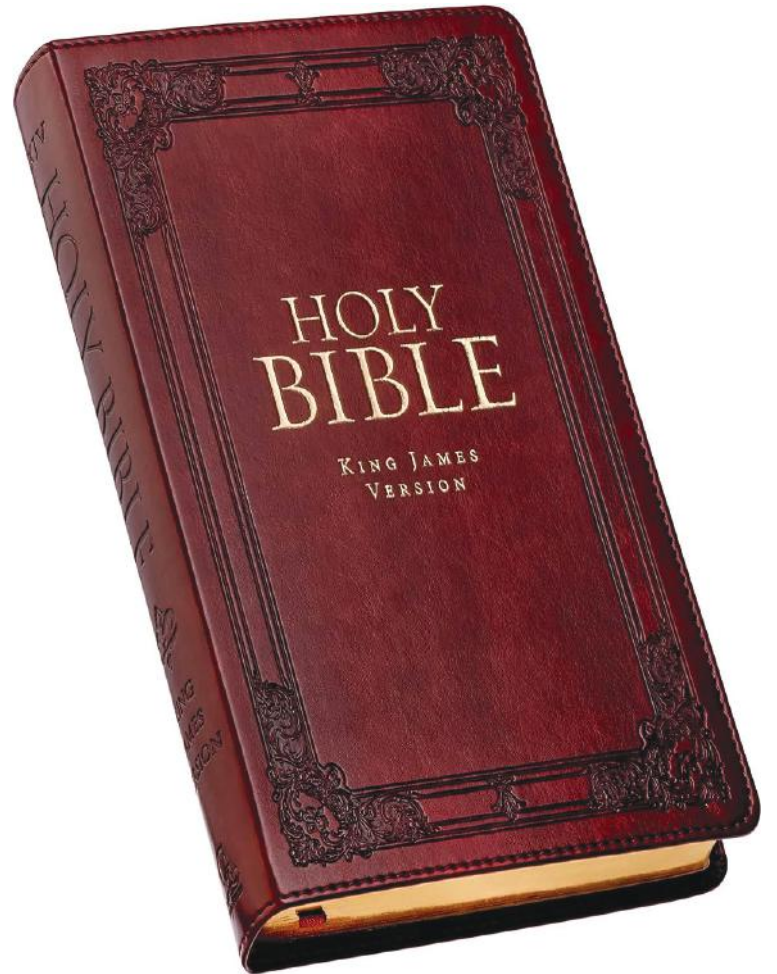
to you.

26 But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and BRING TO YOUR REMEMBRANCE ALL THINGS THAT I SAID TO YOU. 27 Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.”

HALELUJAH, GLORY BE TO GOD.

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.



The Mt. Kenya Times



Funding Application Deadline For University Students Extended

By: Christine Muchira

Government has extended the funding application deadline for 2023 KCSE candidates joining universities in 2024/2025 academic year to 15th August 2024.

In a statement, Higher Education Principal Secretary Dr. Beatrice Muganda noted that under the New Funding Model, government funding will be allocated based on individual student need.

“Starting August 19th 2024, parents and guardians will be informed of the university fees or household contributions towards the cost of university programmes.” She stated.

Dr. Muganda stressed that government support will be available only to those who apply for funding.

The Kenya Universities and Colleges Central Placement Services (KUCCPS) placed 153,275 students from the Kenya Certificate of

Secondary Education (KCSE) 2023 cohort in public and private universities.

According to the statement, the Ministry of Education opened the application portal for scholarships and loans for the 2023 KCSE cohort on June 18, 2024 and the application process has been ongoing.

As of August 4th, 2024, a total of 79,038 university students had applied for both loans and scholarships but 74,237 university students are yet to apply for funding.

While urging students who are yet to apply for funding to apply, Dr. Muganda reiterated government’s committed to providing quality and affordable education to students in Universities as well as Technical and Vocational Education and Training institutions TVETs.

“Under the Leave No. One Behind framework, we urge all students who have not yet applied for loans and scholarships to do so by visiting <http://www.hef.co.ke>” She added.



Parliament Dissolution Not A Solution To Two-Thirds Gender Rule – Soi

By: Eric Biegon

The Cabinet Secretary Nominee for Gender, Culture, and Heritage Stella Soi Lang’at says she will be hesitant to advise the President to dissolve Parliament over failure to enact legislation to actualize two-thirds gender rule.

She says she will not revisit the radical advice given to the President by Former Chief Justice David Maraga to suspend parliament for allegedly neglecting to fulfill the Constitutional requirement.

“I think the goodwill is there and what we just need is to go deeper and engage members in the National Assembly to give the President support in actualizing the two-third gender rule,”

“There is already existing goodwill from the top leadership in the Executive and this is demonstrated by the number of women who have been nominated to the current cabinet,” she explained her alternative thought

on the subject

With the apparent goodwill from the top echelons of power, the Gender CS nominee is optimistic that she can still persuade Members of Parliament to enact relevant legislation.

“I am aware also that the issue of two-third gender rule is a big challenge, especially in the leadership under National Assembly and appointive positions because we are lacking the legislative platforms where operationalizing two-third gender rule is supposed to be guided,” she said

“I believe members sitting in this room will be persuaded to assist the department where I am going to serve if approved by this committee so that we engage in terms of coming up with relevant legislations that will assist us to mainstream two-third gender rule not only in elective positions but also in appointive positions,” she told the Committee on Appointments vetting her suitability to take up the post

Soi, a career administrator of 29 years said she will leverage her experiences in Public Service to make the gender rule a reality.

She reiterates that for the successful



The Cabinet Secretary Nominee for Gender, Culture, and Heritage Stella Soi Lang’at.

mainstreaming of gender in leadership both in electoral and appointive positions, there is a need for the government to come up with legislation to facilitate and operationalize what is already provided for in the country’s Constitution.

“The item on the two-third gender rule is a big challenge, and the State Department in which I have been nominated to serve has come up with initiatives in this regard. As we are sitting in this room, I am aware there are initiatives under the Nation-

al Gender and Equality Commission and proposals to initiate issues on the amendment of the constitution to address the gaps,” she explained

Pharmaceutical Association Calls On MP To Reject Drugs Bill

By:Felix Njenga
@themtkenyatimes

Worth Noting:

- The bill which is sponsored by Meru Senator Kathuri Murungi, seeks to boost the miraa industry by deregulating its psychoactive components, it faces significant opposition due to health concerns and potential conflicts with international law.
- The PSK members said that the rationale behind the amendment is to enhance the economic prospects of the miraa industry. The amendment argues that the law adjustment will enhance the economic prospects of the miraa industry, a significant source of livelihood for many Kenyans.
- “The proposed amendments contradict both the Kenyan constitution and international conventions in which Kenya is a party. We emphasize the health risks associated with cathinone and cathine , which are internationally recognized as psychotropic substances that can negatively affect mental health,” they said.



PSK members during a press brief in Kiambu yesterday.

Members of the Pharmaceutical Society of Kenya (PSK) have called on members of Parliament to reject the Narcotic Drugs and Psychotropic Substances Control (Amendment) Bill, 2024 which seeks to exempt cathinone and cathine in miraa from being classified as psychotropic substances.

In a Press statement released by PSK Tana Athi branch yesterday and read by Dr Tabitha Kimani and James Githinji, the PSK members cautioned that deregulating cathinone and cathine might lead to an influx of both natural and synthetic derivatives, complicating enforcement and public health efforts.

Cathinone and cathine are substances found in the miraa crop which act as stimulants.

“We wish to highlight that removing these substances from the list of controlled substances could lead to increased abuse and health related issues, potentially necessitating more government spending on public health initiatives,” the statement read

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The PSK members said that the rationale behind the amendment is to enhance the economic prospects of the miraa industry. The amendment argues that the law adjustment will enhance the economic prospects of the miraa industry, a significant source of livelihood for many Kenyans.

“The proposed amendments contradict both the Kenyan constitution and international conventions in which Kenya is a party. We emphasize the health risks associated with cathinone and cathine , which are internationally recognized as psychotropic substances that can negatively affect mental health,” they said.

They pointed out that the right to health as stated in Article 43(1) should take precedence over econom-

ic interest

“We would like to caution that deregulating the substances might lead to an influx of both natural and synthetic derivatives which will complicate enforcement and public health efforts,” they said.

They asserted that international market access for miraa would require addressing these issues at UN level rather than through unilateral legislative changes.

“While the bill seeks to boost the miraa industry by deregulating its psychoactive components, it faces significant opposition due to health concerns and potential conflicts with international law,” they said

The members also on the veterinary practice and veterinary medicine bill 2024 they opposed the establishment of the Kenya Veterinary Council expected to provide for the training, registration, licensing, practice and employment of veterinary surgeons saying regulation of veterinary medicines, vaccines and other biologicals should be left under the pharmacies

and poisons board.

“If enacted, this bill will result in duplication of roles which are better handled, more cost effectively by the Single Regulatory Authority, KDA. Will likely necessitate the creation of a quality control laboratory parallel to the existing National Drug Quality Control Laboratory(NDQCL) with attendant cost implications. Will overburden Pharmacists by requiring them to be regulated by two separate authorities. Will in the alternative deny Pharmacists the right to practice their profession.The use of the term Veterinary Pharmacy will confuse the public and likely result in the illegal stocking of human medicines in these “Pharmacies”. This Bill should focus on veterinary practice itself and those products of medicated feeds, non medicated feeds, all other feeds to improve animal health and productivity of food,” Said Nemoe Mbogo.

Wildlife Victims In Narok Receive Additional Sh3 Million

By: MKT Correspondent
@themtkenyatimes

Narok County Governor Patrick Ntutu announced that the Narok County government will compensate victims of wildlife attacks with Sh3 million, in addition to Sh5 million from the national government.

The bill is currently in its final stages at the County Assembly and is expected to be passed before the end of the year.

“The bill is in the County Assembly being debated by the Members of the County Assembly; I believe they will pass it before the end of the year so that I can be signed into law,” said

Narok Governor Patrick Ntutu.

The initiative is anchored in the Maasai Mara Management Plan 2023–2033, which was passed into law last year.

The county government has trained and equipped rangers in Narok County to ensure their effectiveness and efficiency in patrolling the Maasai Mara National Reserve.

Over 60% of the Maasai Mara Wildlife Conservancies Association (MMWCA) have undergone training and are well-equipped to tackle their job.

The Maasai Mara ecosystem generates about Sh3.5 billion annually, and the compensation is expected to motivate the Maa pastoralist community that lives with the animals and



Narok County Governor Patrick Ntutu

Gov’t Cracks Down On Environmental Offenders

By: MKT Correspondent
@themtkenyatimes

Security personnel have embarked on a crackdown on perpetrators of environmental degradation in Gwasi forest in Suba South Sub County.

Area Deputy County Commissioner Sebastian Okiring said some criminals were burning forest land to create space for growing bhang.

He said so far they have uprooted

over 30 acres of bhang in Gwasi Forest and that they were in hot pursuit of the culprits.

Speaking on Sunday during a Kenya Wildlife Service (KWS) open day in Ruma National Park, Okiring urged members of the public to volunteer crucial information to the authorities about those behind the menace.

KWS Head of Partnership and Air Wing Captain Michael Nicholson said that the KWS was committed to addressing the challenges faced by the rangers.



DCI Seeks More Time To Investigate Criminals

By: The DCI

The Office of the Director of Public Prosecutions (ODPP) has filed an application in a Nairobi court seeking a 30-day detention period for six suspects to allow the Directorate of Criminal Investigations (DCI) to complete its investigation.

The suspects are believed to be involved in a range of offenses including conspiracy to defraud, forgery of official documents, stamp forgery, creating false documents, and obtaining registration through false pretenses.

Prosecution counsel James Gachoka informed the court that the DCI is investigating Benedict Mwangangi

Ngala, Joel Kakuli Mwangani, Vincent Boaz Owang, Titus Wambua Kathuku, Sylvester Mwanzia Mwanthi, and Erick Omondi Ojwang.

The court also heard that the suspects are accused of defrauding numerous investors through a large-scale scheme related to land purchases and sales, potentially implicating government officials from the State Department of Lands and Physical Planning.

In an affidavit sworn by Detective Corporal Nicholas Osuri, it was revealed that the suspects were found in possession of stamps bearing the names of land registrars, land administrators, land surveyors, and advocates, although none of the suspects hold such official positions or are affiliated with these entities.

The prosecution is also requesting an ex-parte order for Joel Kakuli to be taken to Kenyatta National Hospital to retrieve a memory card he allegedly swallowed during his arrest. Preliminary attempts to recover the memory card at Jomo Kenyatta International Airport Anti-Narcotic Unit were unsuccessful.

Additionally, the police seek more time to investigate certificates of leases and title deeds with security features that were recovered.

Chief Magistrate Bernard Ochoi is expected to deliver a ruling on this matter tomorrow, Tuesday, August 6, 2024. The suspects will remain in custody at Muthaiga Police Station.



Wooden Hearts



In a little house at the edge of the village, there lived an elderly woman named Babbi. She had a collection of antique dolls.

Among them were three special dolls: Feni, Tanush, the wooden soldier; and Babita, the rag doll.

As the clock struck midnight, Babbi's backyard transformed. The dolls came to life. Feni started dancing. Tanush stood at attention, his wooden rifle held high. Babita started laughing. They had waited years for this moment.

"Why are we here?" Feni asked.

"To Fulfil our purpose," Tanush replied. " Babbi loved us, and now it's our turn to protect her."

Babita nodded, her button eyes wide. "But from what?"

Babbi had grown frail, and her memories had

Faded. The dolls remembered her though.

Feni pointed towards a dark figure.

"Back, foul thing!" Tanush shouted. "These memories are not yours to take."

The dolls fought with determination. Feni's porcelain arm cracked, Tanush's joints strained, and Babita's stitches separated, revealing her stuffing, but they kept fighting.

Finally, the creature disappeared, in the mist. The dolls collapsed. Babbi appeared at the window, her eyes wide with wonder. She saw the dolls lying in the grass, their life fading.

"Thank you, dearies," she whispered, tears in her eyes. "You've kept my memories safe."

As dawn approached, the dolls returned to their places on Babbi's shelf. Feni's cracked arm healed, Tanush's joints tightened, and Babita's stitches closed. They settled into stillness and waited for another moonless night.

And so, the dolls continued their silent vigil, guarding Babbi. For in their wooden hearts, they knew only about love and sacrifice.

-Kshama Rao
{Author}

To My Friends



Life isn't just a test but a solitary journey,
Sometimes with worries, sometimes with youthful joy.

Reflecting on the deeds I've done,
I cast my gaze upon the past three years.

If happiness weren't so fleeting,
My heart, with you, would treasure the days gone by.

Now, I must not succumb to loneliness,
I've gathered my golden moments, friends.

Let's heed the call of youth and freedom,

Together, we would ascend the heights.
"Don't let interesting events pass by," they say.

Will our past joys remind us?

One's curious, another a bookworm,
One's a novice, another a poet.
One's a dreamer, lost in fantasy,
One's truthful, never speaks falsely.

We joked and conversed until dawn,
Sometimes debating about poets.
With playful banter until morning light,
Those days slipped away unnoticed.

Here we are, stepping into yet another year,
Even if I reach out, my hands won't grasp.
I wrote this, a sentence engraved on a stone,
I won't forget any of you, my friends.

Lazizbek Rakhimov
Student of Bukhara State University

The Untold Whispers Of The Sky



The winter season keeps me awake,
Thought to visit the lake.
The moon seems bright in the night,
I just fell for the sight.

Exploring the large lake in the dark,
This feeling gives a spark.
The breezy wind took my heart,
Felt something on the edge of my heart.

I found a small raft here,
My heart found a place there.
Sitting in the raft, I am watching the view,
The feeling which I had was new.

Seeing the moon,
It makes my heart tune.
Some stars are visible to our eyes,
While others hide in distant skies.

Some stars fade, not seen at all,
And others never get the call.
The world may miss these special lights,
But comets blaze through wondrous nights.

Seen only by the fortunate few,
Their magic is rare, but it's true.
Like comets, people come and go,
Granting wishes, but then they show.

How swiftly they can disappear,
Leaving memories crystal clear.
You are a star, so shine your way,
If unnoticed, don't dismay.

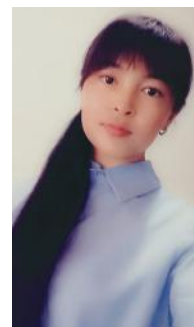
You're a comet, bright and free,
One day the world will notice thee.
I look at the dawn sky,
The moon bids goodbye.

With the sun's first gentle ray,
A new hope begins to sway.
The lake whispers tales of dreams,
Of hearts bold and moonlit gleams.

In this serene and quiet place,
I find my inner grace.
The night departs, the day awakes,
A journey starts from the lake.

- Serin Silviya Simson

We Are In Pain



I have a lot of pains

No human being can understand

Sadness and sadness are good for me

For them, this feeling is complete

This heart can withstand blows

Like a brave man's shield

The only wish for him

God bless you

The smiling faces are fake

It's nice to think about it

A fiery mine with a burning heart

Do not follow him at all.

Those closest to the heart

The night that woke you up is daytime

Acceptance of pure prayers

Elmurodova Muattar Abdukhaliil's daughter was born on April 25, 2004 in Samarkand region.

Later, he moved to Kashkadarya region and graduated from the 134th school with excellent grades.

In 2022, he was admitted to Karshi State University on the basis of a grant. Currently, he knows 4 languages and has participated in many contests, anthologies and published his creative works. Official member of the People's Democratic Party.

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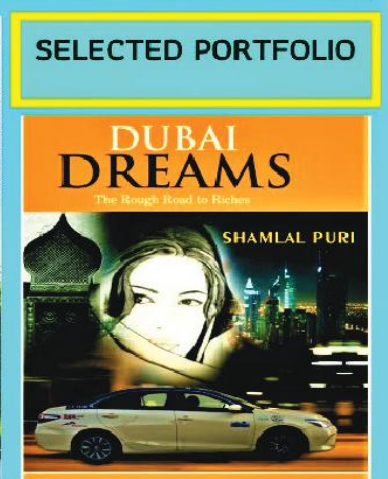
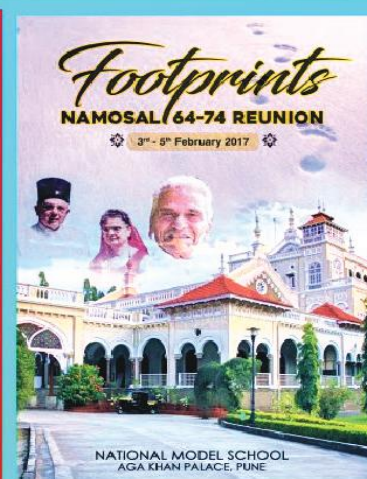
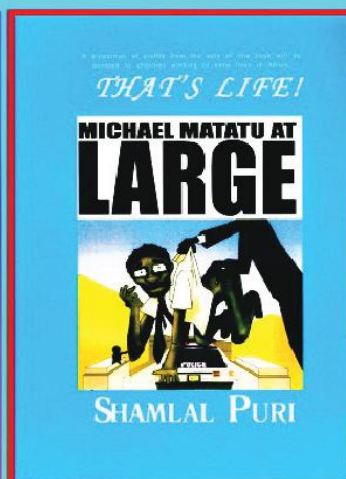
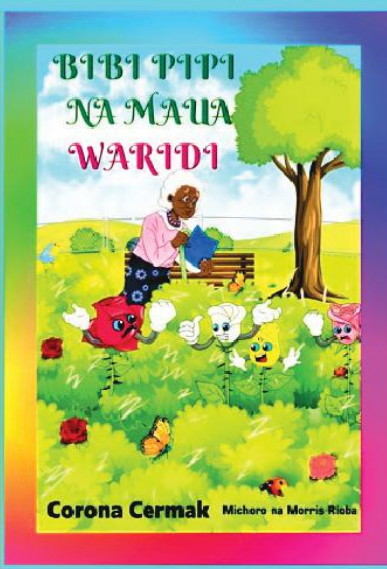
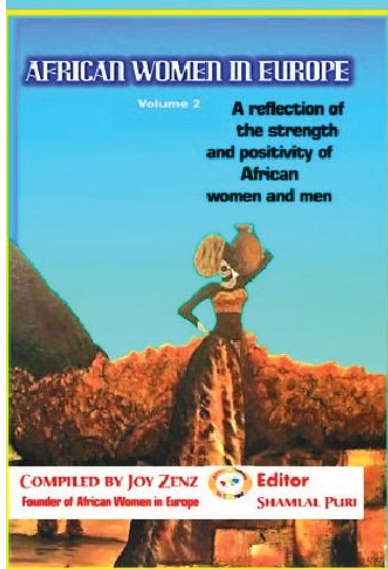
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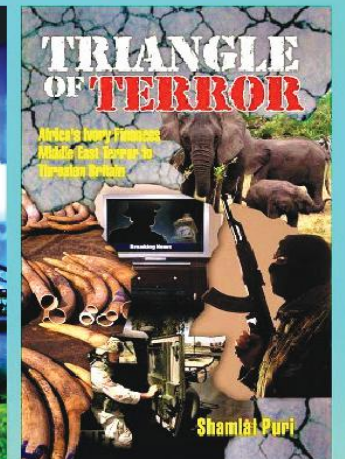
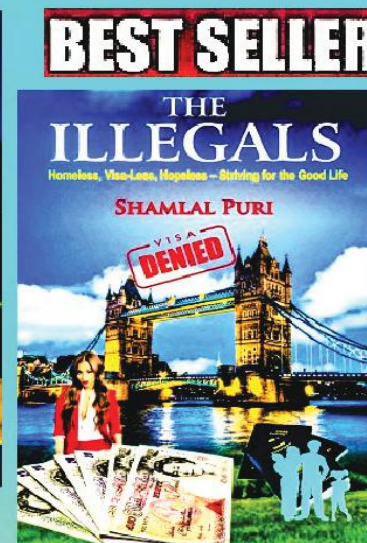
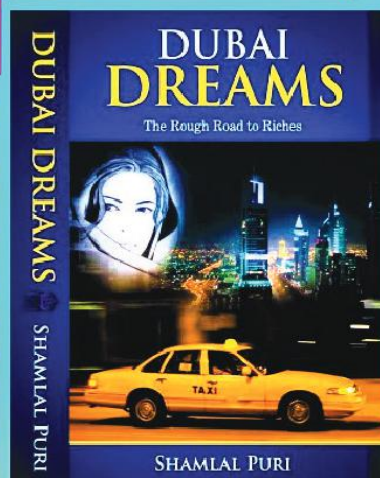
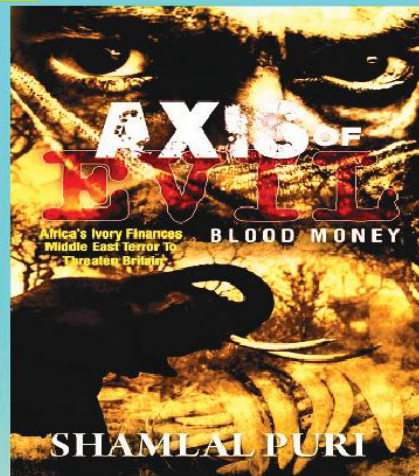
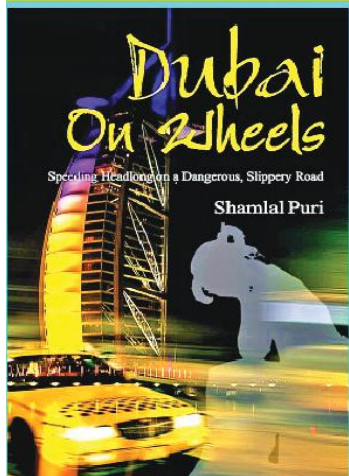
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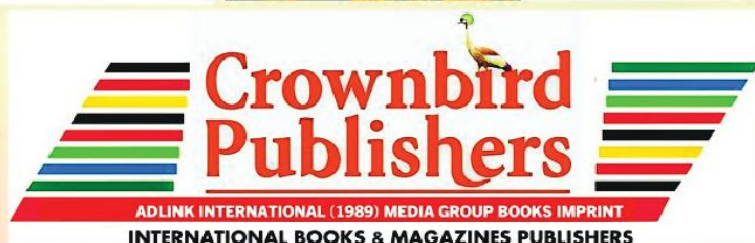
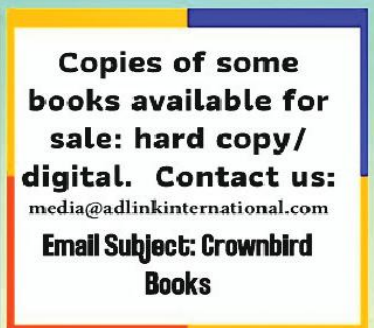
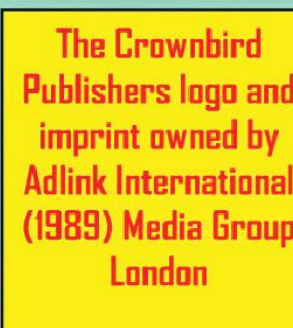
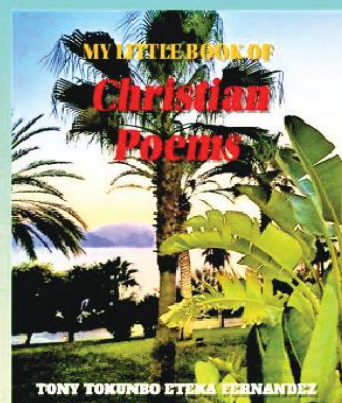
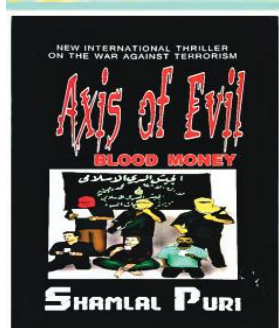
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TECH

Why One Needs Clean Digital Footprints



By: Silas Mwaudasheni
Nande

@themtkenyentimes

Worth Noting:

- Clean Digital Footprints protect your personal and professional reputation. Negative or inappropriate content, comments, or associations can tarnish your reputation and credibility. Leaders are expected to maintain a high standard of conduct, both offline and online.
- Proper, Clear and Clean Digital Footprints enhance career opportunities. A positive online presence can open doors to new career opportunities, networking possibilities, and professional collaborations. Clean digital footprints demonstrate reliability and can make you a more attractive candidate for promotions and leadership positions.
- Clean Digital Footprints build trust and credibility with stakeholders. Stakeholders, including employees, clients, and investors, look for leaders they can trust. A clean digital footprint fosters trust by showing consistency and responsible behavior.



In the digital age, our online presence serves as a mirror reflecting our personal and professional identities to the world. Every click, comment, and post contributes to a mosaic known as our digital footprint—a trail of data that persists long after the initial interaction. For aspiring professionals and seasoned leaders alike, understanding the significance of maintaining a clean and reputable digital footprint is paramount. This article explores the compelling reasons why individuals must conscientiously manage their digital footprints, delving into the profound impact it can have on career opportunities, professional reputation, and personal brand integrity. As the digital landscape continues to evolve, so too does the imperative to navigate it with foresight and responsibility, ensuring that every digital step taken is a stride towards success. Maintaining clean digital footprints is crucial for aspiring leaders aiming to climb the corporate ladder for several reasons:

Professional Image

Your online presence reflects your professional image. Potential employers, colleagues, and business

partners often search online to learn more about you. A clean and professional digital footprint showcases your integrity, professionalism, and suitability for leadership roles.

Reputation Management

Clean Digital Footprints protect your personal and professional reputation. Negative or inappropriate content, comments, or associations can tarnish your reputation and credibility. Leaders are expected to maintain a high standard of conduct, both offline and online.

Opportunities

Proper, Clear and Clean Digital Footprints enhance career opportunities. A positive online presence can open doors to new career opportunities, networking possibilities, and professional collaborations. Clean digital footprints demonstrate reliability and can make you a more attractive candidate for promotions and leadership positions.

Trust and Credibility

Clean Digital Footprints build trust and credibility with stakeholders. Stakeholders, including employees,

clients, and investors, look for leaders they can trust. A clean digital footprint fosters trust by showing consistency and responsible behavior.

Compliance and Risk Management

Clean Digital Footprints ensure compliance with corporate policies and reduces risks. Companies have policies regarding social media use and online behavior. Clean digital footprints ensure you adhere to these policies and reduce the risk of legal or ethical issues that could arise from inappropriate online conduct.

Privacy and Security

Clean Digital Footprints protect your privacy and security. Keeping your digital footprints clean helps protect sensitive personal and professional information from being misused or exposed. Leaders are often targets for cyber-attacks, and clean digital footprints can mitigate some risks.

Personal Branding

Clean Digital Footprints strengthen your personal brand. A clean and well-managed digital presence contributes to a strong personal brand. This is essential for establishing

yourself as a thought leader and influencer within your industry.

Positive Influence

Clean Digital Footprints set a positive example for others. As a leader, your behavior sets a standard for your team and organization. Maintaining clean digital footprints demonstrates responsible and ethical use of online platforms, encouraging others to follow suit.

Long-term Career Sustainability

Clean Digital Footprints ensure long-term career sustainability. The digital world has a long memory. Content shared online can resurface years later, potentially affecting your career. Clean digital footprints help ensure that your past online behavior doesn't negatively impact your future career prospects.

By keeping your digital presence professional, respectful, and positive, you position yourself as a reliable and credible leader ready to take on higher responsibilities.



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Reimagining Monetary Policy: A Paradigm Shift Inspired By Cryptocurrency Tokenomics Models

The rise of cryptocurrencies and their underlying blockchain technology has ushered in a new era of financial innovation, challenging traditional monetary policy frameworks and forcing central banks to reevaluate their roles in an increasingly digital economy.” - Financial Times, March 15, 2024



By: Odhiambo Jerameel Kevins Owuor
@themtkenyatimes



Worth Noting:

- The United States, as the world's largest economy and issuer of the global reserve currency, stands at a critical juncture in the face of burgeoning cryptocurrency adoption and the potential threat to dollar hegemony.
- The Federal Reserve, long accustomed to wielding conventional monetary policy instruments such as open market operations, discount rates, and reserve requirements, now finds itself grappling with the prospect of a fractured monetary landscape where decentralized cryptocurrencies compete with central bank digital currencies (CBDCs) and traditional fiat.
- The concept of integrating tokenomics models into US monetary policy raises intriguing possibilities, such as the implementation of smart contract-based automatic stabilizers, algorithmic supply adjustments, and decentralized lending protocols that could potentially enhance the efficacy and responsiveness of monetary interventions.

The emergence of cryptocurrencies and their novel tokenomics models has precipitated a seismic shift in our understanding of monetary systems and policy frameworks in the ever-evolving landscape of global finance. This paper endeavors to explore the potential reimagining of monetary policy through the lens of cryptocurrency tokenomics, with a particular focus on the United States and Kenya as case studies representing diverse economic contexts. The disruptive nature of blockchain technology and decentralized finance (DeFi) has catalyzed a reevaluation of traditional monetary policy tools, challenging central banks to adapt to a new paradigm where digital assets and programmable money coexist with fiat currencies. This paper examines this complex subject matter and aims to interrogate the implications of incorporating tokenomics principles into monetary policy, analyzing both the potential benefits and inherent risks associated with such a transformative approach.

The United States, as the world's largest economy and issuer of the global reserve currency, stands at a critical juncture in the face of burgeoning cryptocurrency adoption and the potential threat to dollar hegemony. The Federal Reserve, long accustomed to wielding conventional monetary policy instruments such as open market operations, discount rates, and reserve requirements, now finds itself grappling with the prospect of a fractured monetary landscape where decentralized cryptocurrencies compete with central bank digital currencies (CBDCs) and traditional fiat. The concept of integrating tokenomics models into US monetary

policy raises intriguing possibilities, such as the implementation of smart contract-based automatic stabilizers, algorithmic supply adjustments, and decentralized lending protocols that could potentially enhance the efficacy and responsiveness of monetary interventions. However, such innovations also pose significant challenges to regulatory frameworks, financial stability, and the Fed's ability to maintain price stability and full employment mandates in an increasingly complex and interconnected global financial ecosystem.

Conversely, Kenya, a developing economy with a history of financial innovation exemplified by the widespread adoption of mobile money platforms like M-Pesa, presents a unique context for exploring the intersection of cryptocurrency tokenomics and monetary policy. The Central Bank of Kenya, faced with the dual challenges of promoting financial inclusion and maintaining macroeconomic stability, could potentially leverage tokenomics principles to create more inclusive and efficient monetary policy transmission mechanisms. The implementation of blockchain-based financial infrastructure and tokenized assets could facilitate seamless cross-border transactions, reduce remittance costs, and enhance liquidity in underserved markets. Moreover, the incorporation of decentralized governance models inspired by cryptocurrency protocols could potentially increase transparency and public participation in monetary policy decision-making processes, fostering greater trust and accountability in the financial system.

The potential reconfiguration of monetary policy based on cryptocurrency tokenomics models necessitates

a thorough examination of the underlying economic theories and assumptions that have traditionally guided central bank operations. The concept of money supply, for instance, takes on new dimensions in a world where programmable tokens can be created, destroyed, or locked up based on predefined algorithms and community governance decisions. The velocity of money, a key variable in traditional monetary policy frameworks, may be subject to unprecedented volatility and manipulation in a tokenized economy where assets can be instantly transferred across borders and between different blockchain ecosystems. Furthermore, the notion of inflation targeting, a cornerstone of modern monetary policy, may require significant recalibration to account for the deflationary tendencies of certain cryptocurrencies and the potential for rapid asset price fluctuations in tokenized markets.

The legal and regulatory implications of integrating cryptocurrency tokenomics into monetary policy frameworks are profound and multifaceted. In the United States, the complex interplay between federal and state jurisdictions creates a labyrinthine regulatory landscape that must be navigated to accommodate innovative monetary policy instruments inspired by tokenomics. The classification of various crypto assets as securities, commodities, or currencies has far-reaching consequences for their treatment under existing financial regulations and their potential incorporation into monetary policy tools. The extraterritorial reach of US financial laws, exemplified by the application of the Bank Secrecy Act and anti-money laundering (AML) regulations to cryptocurrency transactions, further complicates the implementation of tokenomics-based monetary policy on a global scale.

Kenya's legal framework, while generally more flexible and amenable to financial innovation, still faces significant challenges in adapting to a tokenized monetary policy regime. The country's efforts to regulate cryptocurrencies and blockchain technology have been marked by a cautious approach, balancing the need for innovation with concerns about financial stability and consumer protection. The integration of tokenomics principles into Kenyan monetary policy would likely require substan-

tial legislative reforms, potentially encompassing changes to the Central Bank Act, the National Payment System Act, and various financial sector regulations. Moreover, the cross-border nature of many cryptocurrency transactions raises complex questions about jurisdiction, enforcement, and international cooperation in monetary policy implementation.

The potential impact of tokenomics-inspired monetary policy on financial stability and systemic risk cannot be overstated. The introduction of decentralized, algorithmic monetary policy instruments could potentially reduce human error and political interference in central bank decision-making, but it also introduces new sources of volatility and unpredictability into the financial system. The procyclical nature of many cryptocurrency markets, characterized by rapid price swings and cascading liquidations, could exacerbate economic boom-bust cycles if not carefully managed within a reimagined monetary policy framework. Furthermore, the interconnectedness of global cryptocurrency markets and their potential to serve as conduits for financial contagion pose significant challenges to central banks' ability to contain systemic risks and maintain financial stability in times of crisis.

From a macroeconomic perspective, the incorporation of tokenomics models into monetary policy could have far-reaching implications for economic growth, employment, and income distribution. The potential for increased capital mobility and financial disintermediation facilitated by decentralized finance protocols could enhance allocative efficiency and spur innovation, but it might also exacerbate wealth inequality and reduce the effectiveness of traditional fiscal and monetary policy tools. The concept of "token velocity" as a driver of economic activity introduces new variables into macroeconomic models, potentially altering our understanding of the relationship between money supply, inflation, and economic output. Moreover, the ability to program specific economic incentives and behaviors into tokenized assets could provide central banks with

LETTERS TO THE EDITOR

Journalism As A Forth Estate



In Kenya, journalism's role as the Fourth Estate is not only vital for democracy and governance but also increasingly challenged by issues surrounding press freedom and access to information. The media serves as a watchdog, holding those in power accountable and ensuring that citizens are informed about critical issues affecting their lives. However, the precarious nature of press freedom in Kenya poses significant obstacles to fulfilling this essential function.

Recent incidents highlight the dangers faced by journalists in the country. Reports of violence, abductions, and intimidation against media professionals underscore the risks involved in

their pursuit of truth. For instance, the shooting of journalist Catherine Karuki while covering protests reflects the hostile environment in which journalists operate. Such threats not only endanger individual reporters but also undermine the broader integrity of the media landscape, limiting the public's access to vital information.

The Kenyan government has a responsibility to protect press freedom, as it is fundamental to a functioning democracy. The International Federation of Journalists has emphasized that every democratic state must ensure the safety and independence of journalists. This includes investigating attacks on media personnel and holding perpetrators ac-

countable. A free press is essential for fostering transparency and accountability in governance, enabling citizens to engage meaningfully in democratic processes.

Moreover, the rise of digital media has transformed how information is disseminated, presenting both opportunities and challenges. While social media platforms allow for broader participation and immediate access to news, they also contribute to the spread of misinformation and sensationalism. This shift necessitates a renewed commitment to journalistic integrity and ethical standards, ensuring that the media continues to serve as a reliable source of information.

As the media landscape evolves, it is crucial for journalists to adapt to changing consumption habits while upholding the principles of professionalism, impartiality, and accountability. Engaging younger audiences through innovative storytelling and digital platforms can help maintain relevance and encourage democratic participation.

In conclusion, journalism's role as the Fourth Estate in Kenya is fundamental to the health of democracy and governance. By advocating for press freedom and ensuring access to information, the media empowers citizens to participate actively in shaping their society. As we navigate the complexities of the digital age, it is imperative

to recognize and support the vital function of journalism in nurturing democracy and fostering good governance in Kenya. The protection of journalists and the promotion of press freedom are essential for a vibrant and informed society, ensuring that the voices of all Kenyans are heard and valued.

James Kilonzo Bwire is a Media and communication student at Masinde Muliro University of Science and Technology kakamega.

Breaking The Silence: Charge Against Mental Health Stigma

Mental health, a topic that was once subdued is finding its way and gradually emerging from shadows. For a long time there has been societal attitude and stigma surrounding the mental illness, though there is a shift, the stigma surrounding mental illness persists especially among teenagers and young adults. People struggling with conditions like depression, anxiety, or bipolar disorder often find themselves isolated, fearing judgment and rejection. Many people who develop mental health illness suffer from the stigma equally and sometimes they suffer more from stigma than from the illness. There is need for breaking the silence on societal attitude and destigmatization of mental health to foster quick recovery and well-being.

Mental health stigma; the negative attitudes, beliefs, misconceptions and stereotypes associated with mental illness. Individuals experiencing mental conditions often face multiple forms of stigma which can worsen their condition and hinder recovery. The primary types of stigma associated with mental health include: public stigma; preconceived and negative ideas about people with mental illness such as being dangerous, unpredictable, or weak, this mostly occurs in social setting. Self-stigma; this entails the fear of being labelled or judged by others, it occurs when individuals accept negative stereotypes about themselves. Structural stigma; this entail discriminatory policies that unintentionally or intentionally discriminate against individuals with mental illness such as employment restrictions, it can also be in form of media portrayal involving



inaccurate representation of mental illness. Professional stigma; this entails negative attitudes among healthcare providers in cases where some healthcare professionals may hold negative attitudes towards individuals with mental illness leading to discriminatory practices and inadequate care. It can also be lack of sufficient training on mental health which can result in misdiagnosis, inappropriate treatment and lack of empathy for patients.

The consequences of mental health stigma are far-reaching. It can lead to decline in overall well-being, delayed treatment, increased rates of suicide. It can create a hostile environment for those living with mental illness, making it difficult for them to

maintain relationships, hold jobs, or live their lives without fear. This stigma not only hinders individuals from seeking help but also perpetuates a culture of silence that allows mental health issues to thrive. Understanding the importance of mental health just as physical health is crucial and the need to make mental well-being a priority.

Fighting the stigma that surround mental health requires multifaceted approach. Peer influence is a powerful force, especially among teenagers and young adults. Traditionally this force often promoted stereotypes and misconceptions about mental health. The new generation should reject the outdated misconceptions. Peers should take a lead against the stigma-

tization of mental health and create a culture of acceptance and support.

Another effective way to fight stigma is through open dialogue. Support groups and mental health movements should spring up across the country. These spaces will provide people to share their experiences, listen to other, and learn the importance of breaking the stigma against mental health. These conversations and initiatives help in curbing the myths and misconceptions.

Social media is also a powerful tool for destigmatization. Influencers and social media campaigns are key in raising awareness and fighting the stigma. Social media allows people to connect with others and allows access of information about mental

health. By sharing stories and promoting positive messages on social media, individuals can inspire others to seek help and support.

Destigmatizing mental health is a collective effort that requires collaboration between young people, educators, mental health professionals, and policymakers. People can break down barriers and challenge the status quo. By fostering a culture of openness, empathy, people can create a world where mental health illness is no longer a source of shame and stigma.

By Orifwa Ruben (A Student at Laikipia University pursuing English and communications)

Win For Activists Groups Demanding The Annulment Of Chebochok Election As Tegat Tea Factory Director

By: Deborah Monari
@themkenyetimes

In a significant victory for human rights activists, Agriculture Principal Secretary, Dr Paul Ronoh has confirmed the annulment of John Chebochok's election as Director of Tegat Tea Factory.

This decision comes after nearly two months of persistent joint advocacy by civil society organisations who unified to amplify the issue through a series of actions including online petitions launched by Nguvu Change Leaders with more than 4300 signatures, social media advocacy, letters, and emails to relevant stakeholders in authority, and a recent court motion by 6 organisations under the umbrella of Coalition of Organisations Working on Sexual Violence in Kenya and Crusaders for Human Rights and

Public Interest Cases.

On July 10, Nguvu Change Leaders urged the shareholders of the Tegat Tea Factory in a joint call to make a choice that champions justice and integrity and to denounce the selection of John Chebochok as the director of Tegat Tea Factory.

A month later, the Agriculture Principal Secretary has announced the annulment of his election. This decision marks a significant step towards ensuring justice for the survivors of gender-based violence, and the safety of thousands of women who are employed in the tea sector.

"The annulment of John Chebochok's election is a powerful reminder that our voices matter. This win is a profound affirmation of the power of unity and advocacy and sends a clear message that exploitation and abuse will not be tolerated. We extend our deepest gratitude to every organization and individual who unified to support this cause. This victory be-



longs to all of us. We are proud of this collective achievement and remain committed to advancing justice and protecting the rights of all workers.

We trust Kericho High Court's forthcoming ruling on the suspension of swearing in of Chebochok will reinforce justice and integrity. " - Nguvu

Change Leaders

Deborah Monari, is Campaign Co-Lead, Nguvu Collective

Reimagining Monetary Policy: A Paradigm Shift Inspired By Cryptocurrency Tokenomics Models

Contd from page 18

unprecedented tools for influencing consumer spending, saving, and investment patterns.

The technological infrastructure required to support a monetary policy regime based on cryptocurrency tokenomics presents both opportunities and challenges for central banks and financial institutions. The implementation of blockchain-based systems for monetary policy operations would necessitate significant investments in technological capacity, cybersecurity, and human capital. The potential for increased transparency and real-time data analysis afforded by blockchain technology could enhance the efficiency and effectiveness of monetary policy implementation, but it also raises concerns about privacy, data protection, and the potential for market manipulation through the exploitation of publicly available information. Furthermore, the energy consumption associated with certain blockchain consensus mechanisms poses environmental



challenges that must be addressed in the context of sustainable economic development and climate change mitigation efforts.

The geopolitical implications of reimagining monetary policy through the lens of cryptocurrency tokenomics are profound and far-reaching. The potential erosion of national monetary sovereignty in the face of borderless, decentralized digital currencies could reshape global power dynamics and challenge the existing international monetary order. The United States, in particular, may face increased pressure to maintain the

dollar's status as the world's reserve currency in a landscape where programmable, tokenized assets offer alternative stores of value and mediums of exchange. Conversely, developing economies like Kenya may see opportunities to leapfrog traditional financial infrastructure and assert greater economic independence through the adoption of innovative, tokenomics-inspired monetary policy frameworks. The potential for new forms of currency competition and monetary alliances based on shared blockchain networks could fundamentally alter the nature of

international economic cooperation and conflict.

The ethical considerations surrounding the integration of tokenomics principles into monetary policy cannot be overlooked. The potential for algorithmic bias, unintended consequences, and the concentration of power in the hands of those who control the underlying code and governance mechanisms of tokenized monetary systems raises important questions about fairness, accountability, and democratic oversight. The tension between the ideals of decentralization espoused by many cryptocurrency proponents and the need for centralized authority in monetary policy implementation presents a philosophical conundrum that must be carefully navigated. Moreover, the potential for tokenomics-based monetary policy to exacerbate existing socioeconomic inequalities or create new forms of financial exclusion necessitates a thoughtful and inclusive approach to policy design and implementation.

In conclusion, the reimagining of monetary policy based on cryptocurrency tokenomics models represents

a paradigm shift with far-reaching implications for economic theory, financial regulation, and global governance. While the potential benefits of increased efficiency, transparency, and responsiveness in monetary policy implementation are significant, the challenges and risks associated with such a fundamental transformation of our financial systems cannot be underestimated. As policymakers, economists, and technologists grapple with these complex issues, it is imperative that we approach the integration of tokenomics principles into monetary policy with a spirit of innovation tempered by prudence, always mindful of the profound impact that monetary systems have on human welfare and social cohesion. The experiences of diverse economies like the United States and Kenya will undoubtedly provide valuable insights as we navigate this uncharted territory, potentially ushering in a new era of monetary policy that harnesses the power of decentralized technologies while preserving the stability and inclusivity of our financial systems.

The writer is a legal scrivener and researcher.

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Sports >> *Kenya's Wiseman Were scraped through to the semi-finals of the men's Olympic 400m hurdles as one of the three fastest losers at the Stade de France yesterday.

Wiseman Were Through To 400m Hurdles Semis At Paris Olympics



Kenya's Wiseman Were hurdling during the 400m Hurdles heats at the Paris Olympics yesterday at the Stade de France. Were finished fifth to scrape into the semi-finals. Photo by NOC-Kenya.

Kenya's Wiseman Were scraped through to the semi-finals of the men's Olympic 400m hurdles as one of the three fastest losers at the Stade de France yesterday.

The Commonwealth Games bronze medalist clocked 48.58 to finish fifth in the fourth heat that was won by Jamaican Clarke Roshawn in scorching early morning weather in Paris.

Interestingly, Italy's Alessandro Sibiloni who came in fourth in 48.43 seconds and Nick Smidt of Netherlands who clocked a season best time of 48.64 also advanced to the semifinals from the same heat that produced the fastest times among the five.

"It was a tough one but I am

happy I have qualified for the semis. The bigger target is now to make it to the final. You know how it feels when you reach that level.

"Next step I will now plan on how to be on the final," said Were.

Reigning champion and world record holder Karsten Warholm safely sailed through after winning his heat in 47.57 seconds.

Also progressing with ease were the Norwegian's main rivals for gold: American Rai Benjamin and Brazilian Alison Dos Santos.

The semi-finals are scheduled for 20:05 Kenyan time tomorrow, with the final slated for 22:45 on Friday.

Meanwhile, national champion Zablon Ekwam says he was heartbroken by the injury that ended his Olympics prematurely on Sunday in the opening round of the men's 400m.

Ekwam appeared to have injured his hamstring mid-way through the race and was visibly distressed while motionless on the ground as the rest of the runners bolted to the finish line.

"I came here with a lot of ambitions knowing I'm going to be the best. I know when I stepped on the line, I saw greatness. This is something to be proud of because it's a rare opportunity to compete at the Olympics."

Despite his Olympics debut

coming to an abrupt end, Ekwam has promised his fans he will come out strongly.

"I had planned for other races this year and now I will be forced to discuss with my management. If not possible then I will plan for next season. I know I will have a good recovery," he added.

He was the only Kenya's representative in the one-lap race at the ongoing Summer Games.

Citizen Sport

GET THE BEST OF WORLD

Sports >>> *Japanese media hailed Olympic 100m gold medalist Noah Lyles as the world’s fastest anime fan after the American celebrated his win by miming an attack from “Dragon Ball”.

Japan Hails 100m Champ Lyles As ‘World’s Fastest Anime Fan’



US’ Noah Lyles celebrates after winning the men’s 100m final of the athletics event at the Paris 2024 Olympic Games at Stade de France in Saint-Denis, north of Paris, on August 4, 2024. (Photo by Loic VENANCE / AFP)

Japanese media hailed Olympic 100m gold medalist Noah Lyles as the world’s fastest anime fan after the American celebrated his win by miming an attack from “Dragon Ball”.

Just five thousandths of a second separated the American champion from Jamaica’s Kishane Thompson -- a thrilling finish that was the event’s closest in modern history.

Wrapped in a US flag after the race, an over-the-moon Lyles thrust his hands forward, fingers splayed, imitating the “kamehameha” attack used to unleash a powerful burst of energy in the Japanese manga and anime franchise.

The 27-year-old Lyles has made no secret of his love for Japanese

pop culture, including comics and cartoons such as the global 1990s megahit “Dragon Ball”.

At the Olympic trials in June, he delighted fellow anime enthusiasts by whipping out his “Yu-Gi-Oh” cards and showing them off to the cameras.

“Yu-Gi-Oh!” ran in the Japanese weekly comic magazine Shonen Jump between 1996 and 2004 and gave rise to a media franchise including a trading card game.

“Mankind’s fastest otaku”, blared a headline in Japanese sports newspaper Daily Sports -- using the term for hardcore superfans in a new nickname also used by other outlets.

Anime fans on social media also recalled how Lyles had paid trib-

ute to “Dragon Ball” creator Akira Toriyama after his death aged 68 earlier this year.

“So sad to lose a legend Akira Toriyama... his work has forever affected my life,” Lyles wrote on the social media platform X, formerly Twitter, in March.

“I’m sure this kamehameha didn’t go unnoticed by Toriyama-sensei,” one fan said on X in response to his victory on Sunday.

The French men’s fencing team also paid homage to “Dragon Ball” when they made “kamehameha” gestures in unison after winning bronze.

But it isn’t the only anime that has inspired Olympians.

Brazilian volleyball player Darlan Ferreira Souza was seen in

Paris with a tattoo on his arm featuring a slogan from “Haikyu!!”, a series about high-school volleyball clubs.

The tattoo, saying “omoide nanka iran (We don’t need memories)”, elated “Haikyu!!” fans in Japan who saw the ink as proof of the anime’s reach and impact.

“So happy to know ‘Haikyu!’ is travelling worldwide. Hope it will continue to inspire volleyball players across the world”, one X post said.

AFP

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Ibrat Farzandlari



By: Jonpolat

@themkenyaytimes



Worth Noting:

- The main goal of the project is not just to teach languages but to prepare global leaders from Uzbekistan. To facilitate language learners, the "Ibrat Farzandlari"
- project has developed the "Ibrat Academy" app. Through this app, learners can not only watch video lessons but also continuously check their language level, complete knowledge-strengthening tests, and enhance their vocabulary interactively.
- Initially, learners need to download the app and create a personal profile. Then, they can subscribe to their language of interest and determine their level through the "Placement Test." Based on this, the app recommends lessons and test exercises appropriate to the user's
- language proficiency. The app can be used both online and offline, with features to download video lessons, files, and topic-related exercise materials for offline use.



Ibrat Farzandlari

I would like to elucidate and describe enough and total information on one of the beneficial and attractive project in Uzbekistan—Ibrat Farzandlari. Initially, it had better introduce about why this project was named Ibrat Farzandlari-for, there was a great and honourable, admirable individ in the near history of Uzbekistan.

His name was Is'hoqxon Ibrat, actually you have a question why? His name has been given to this tremendously effective project-so long as Is'hoqxon Ibrat was a famous poliglott more and more common languages in the world -this is why .

You can see his picture below.

Ibrat Farzandlari Project . This project was organized in 2022 year by one of the agency in Uzbekistan — Youth Affairs Agency and its director Alisher Sa'dullayev and Rustam Kariyev -also the international English teacher at Ibrat Farzandlari.

This project is totally based on online or remote learning on you tube you can watch the online language without going education center or you need to suffer from losing of money financial strains because it is totally free and complimentary .

There are more than 22 languages are being taught by internationally expertise teachers. Such as, Uzbek, English, Spanish, Russian, Japanese, Korean, Greek, Vietnamese, Chinese, Italian, German, French, Ma-

lay, Urdu Arab languages and so on . Surprisingly, Ibrat Farzandlari called over 500.000 passionate and curious youngsters around itself. In the future, it is going to increase the amount of learners up to 1 million and this is just a mind-blowing and respectful action and works.

The followers of project is more than 100 .000 on telegram, Ibrat Farzandlari is more active in social and interactive life. These days, project is being showed its genuine and clear results instantly, coz you know, not every person can learn languages for existency of financial and disability situations and circumstances, however it is not a numerous problem for Ibrat .

It has been opening the gate of opportunities for every young. By learning English language, I am able to write this article fluently and perfectly and I attained bunch of achievement on the path brushing my skills upon the languages. I took an exam on national English proficiency test -Cefr -B2 score and these days I am practicing teaching the school students in English language.

I learned more things and experiences from the teachers of ibrat , in the light of their charismatic lessons, I immortalized my result as a best learner of Ibrat. I am likely to be a generation of Ibrat Farzandlari. Not only am I, but everyone. So, the honorable president of zbekistan, Shavkat Miromonovich

Mirziyoev also supports this project by himself, due to the fact that our president says , we need youngsters or adolescents who can speak more than 3 or 4 foreign languages, in our new Uzbekistan we back up the future of our country who are the teenagers, therefore this project was introduced to the president and our president confirmed this is one of extraordinary and indispensable one.

Coz , nobody has to pay to learn or watch the language lessons. One of the Advantage of this project is , it teaches rare languages in the world for example Urdu and pushti or malay or Spanish languages, in our

Uzbekistan there are few education centers and teachers to teach or instruct these Linguas. I also learned Spanish language during summer 3 months , until now I have never heard about that language and no adequate data , but my Spanish teacher who is named Makhfuza Ortikova.

She has sufficient expertises in this field and having taught Spanish more than 10 years . She was also the member of international journalists association member . By attending her lessons , I realized that how Spanish language is more and more captivating and attractive language. I filled my world with one new language.

IBRAT ACADEMY

A new era in language learning has begun today. Join this intellectual movement, as this project aims to create bridges between world cultures, enhance communication, and provide the opportunity for smooth interaction from any corner of the world!

The main goal of the project is not just to teach languages but to prepare global leaders from Uzbekistan. To facilitate language learners, the "Ibrat Farzandlari"

project has developed the "Ibrat Academy" app. Through this app, learners can not only watch video lessons but also continuously check their language level, complete knowledge-strengthening tests, and enhance their vocabulary interactively.

Initially, learners need to download the app and create a personal profile. Then, they can subscribe to their language of interest and determine their level through the "Placement Test." Based on this, the app recommends lessons and test exercises appropriate to the user's

language proficiency. The app can

be used both online and offline, with features to download video lessons, files, and topic-related exercise materials for offline use.

The key to speaking any language fluently is vocabulary. To assist users in this regard, "Ibrat Academy" offers a dictionary of Uzbek words and phrases. The dictionary contains over 100,000 words and phrases, which can be learned through 8 types of exercises.

The app also features a nationwide "Leaders Board" that is continuously updated. The best learners will be suitably rewarded. To receive unexpected gifts, it is required to download the app, be an active user, follow the project, and participate in the final competition among the top learners of the app.

In the future, the app is expected to integrate artificial intelligence functions. This will allow for individual interactions with each user. The AI function will check assignments, communicate with the learner, and provide feedback and recommendations on errors and shortcomings.

There is no age limit for using the app. All language enthusiasts can learn various languages in a simple, effective, and most importantly, free manner.

A new era in language learning has begun today. Join this intellectual movement, as this project aims to create bridges between world cultures, enhance communication, and provide the opportunity for smooth interaction from any corner of the world!

The main goal of the project is not just to teach languages but to prepare global leaders from Uzbekistan!

About the author

My name is Jonpolat . I am from Uzbekistan. I live in Andijon. I am 16 years old , studies at the 11 the grade of high school. I can speak 4 languages, Uzbek, English, Russian and Spanish language, it is my common hobby . I learned all of them by ibrat farzandlari project . I am also a teacher from English language. I organized a home school or education center at my home. I wrote an article about IBRAT FARZANDLARI project. I hope you gained enough information. Thanks for your attention.