



Kenya's Constitutional Pillars: Media Freedom and Environmental Rights

"Freedom of expression is the matrix, the indispensable condition of nearly every other form of freedom," asserted Justice Benjamin N. Cardozo, a sentiment that resonates deeply with Kenya's constitutional journey.

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News>>Nyeri County Spearheads Adoption Of Fuel Efferent, Environmentally Friendly Jikos

P. 8. The County Government of Nyeri is popularizing the use of energy saving cookers across the 30 wards, as part of mitigation measures against the ravages of climate change.



News>>Zetech University Launches Post-graduate Programs In Computer Science And Information Technology

P. 12. Zetech University has launched three new postgraduate programs. They are; Doctor of Philosophy (PhD) in Computer Science, Master of Science in Computer Science and Master of Science in Information Technology.

Ruto Rallies Kenyans To Reject Demos

President William Ruto has rallied Kenyans to reject demos that can disrupt peace in the country amid unease over planned protests today. Speaking in Embu yesterday, the Head of State warned the planners of today's 'Nane Nane March' against violence. He asserted his administration's resolve to unite the country to secure national development.



President William Ruto at development tour of Embu County

STORY ON PAGE 9

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The Fightback Against Cervical Cancer Is Early Screening, Women Told

ByODP

Women have been urged to go for early cervical cancer screening and prevent late diagnosis that results in complicated treatment, and death.

This was during a medical camp of 500 widows, and more than 200 of their dependents from Kibra slums and environs that was held at a church in Nairobi West.

The families were presented with an opportunity to have their bodies screened for cervical cancer, HIV/AIDs, counselling, eye and dental check-ups, hypertension, and diabetes among other health procedures.

Globally, early diagnosis is said to save thousands from death caused by cervical cancer.

Most of the widows who attended the medical camp suffered eye problems due to old age, and also hypertension and diabetes, worsened by challenges caused by single parenting, and family wrangles that arise from land and property disputes.

The medical camp, which brought together experts from the Karen Hospital Karen Hospital, Lions First Eye Hospital, Nairobi Women's Hospital, Nairobi County Health Department, Kenya Pharmaceuticals and Poisons Board, Ace Pharmaceuticals, and the James F. Munene College of Health Services, was organised by Pastor Dorcas Rigathi under Widows and Orphans Program.

"Cervical cancer is treatable when detected early. We have partnered with different hospitals to bring health closer to our people, and also encourage early detection and saving of lives," said Pastor Dorcas during the camp.

Constance Mbone became a widow in 2005, and brought up her three children alone. She appreciated the medical camp as an opportunity for finding out her health status in addition to the knowledge gained in establishing a tree nursery, and detergent making under the Widows and Orphans Program which she has been a member for more than one year.

"When we make these detergents, we



The spouse of the Deputy President Pastor Dorcas Rigathi looks at the packaged deep fried omena by widows from Kibra slum and environs who are part of the Widows and Orphans program she launched more than one year ago. The widows have become empowered and have a tree nursery with more than 125,000 tree seedlings, are repackaging cereals, engaged in small business, and other economic projects. Photo/DPC.

Worth Noting:

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shall have an income and support our families," said Ms Mbone.

Rose Khansemo, 55, said she was a mitumba seller, but her two children were jobless, resulting in one having mental health issues. She, however, appreciated the program for the skills gained for business and entrepreneurship.

The widows also showcased different products they have produced following months of training through social economic forums with forest officers, investors, entrepreneurs, and legal experts to help widows and their children navigate barriers associated with widowhood that include loss of land and inheritance, mental anguish, poverty, stigmatisation

and discrimination.

The projects widows in Nairobi are undertaking include tree nurseries, detergent making, candle making, production of snacks, knitting, crocheting and mat making, agribusiness, and repackaging cereals.

Pastor Dorcas urged churches, supermarkets and other institutions to purchase products developed by the widows for their welfare, and economic development of the nation.

"Widows will no longer be beggars. We can create a value chain for products made by widows right from the grassroots, and engage in trade through exports," said Pastor Dorcas.

The widows program has grown to impact thousands of widows in the counties of Nakuru, Kilifi, Laikipia, Bomet, Migori, Nairobi, Kajiado, Bungoma, Nandi, Trans Nzoia, Kakamega, Embu, and Meru who are implementing different projects.

The Director of the Widows Program Esther Waiganjo said that the ultimate vision was to start a widows Sacco that would promote the economic empowerment of thousands of widows in the country.

Editor's Desk

The Mt. Kenya Times



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

Group Executive Chairman
M. Danson

Our Contacts
P. O. Box 101 675 - 00101 Nairobi, Cell: 0700 161 866, 0705 215 262
Editorial Desk: editorial@mountkenytimes.co.ke, Adverts: ads@mountkenytimes.co.ke,
News Desk: news@mountkenytimes.co.ke, Web: www.mountkenytimes.co.ke

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Mama Judith Ongoro



MEDICAL APPEAL

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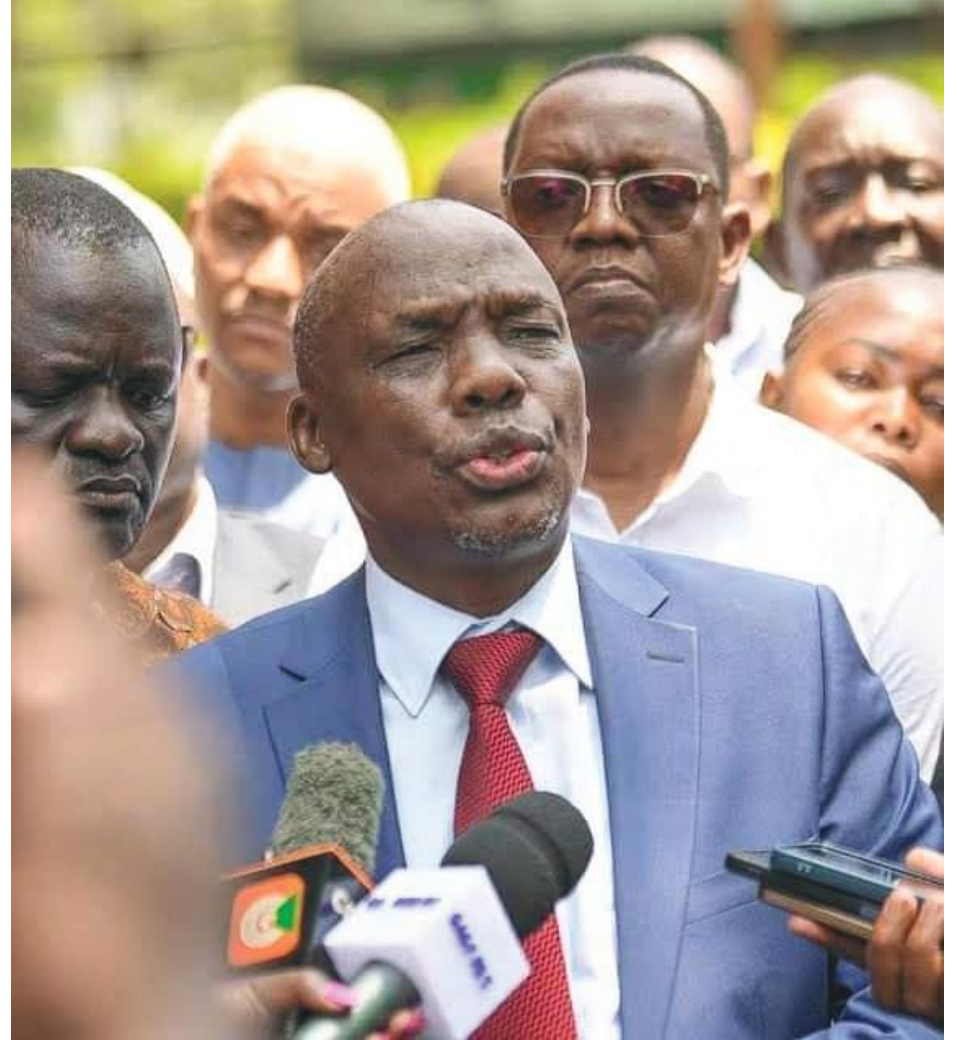
A section of youth drawn from all six sub-counties in Mombasa participated in a youth sensitisation seminar organised by the Council of Imams and Preachers of Kenya (CIPK) at the Tononoka Social Hall. The Council focused on dissuading youths from drug and substance abuse and avoiding disruptive protests. The forum, which took place in Mvita, Kisauni, Likoni, Changamwe, Nyali, and Jomvu sub-counties, aimed to educate the youth on how to avoid drug and substance abuse. Leaders warned them against being used by politicians, disrupting meetings, participating in protests, or engaging in property destruction. The forum also emphasised the importance of maintaining peace in the country and promoting education, job opportunities, and life skills.



Siaya residents have challenged the new look cabinet to ensure that it restores hope among Kenyans by ensuring that they discharge their duties responsibly and in accordance with the law. The new leadership has been urged to prove their worth and bring the country together. Susan Adhiambo Gumbo, wife to the former assistant minister Nicholas Gumbo, urged the cabinet to avoid playing politics with leadership and to avoid discrimination along political lines. She also warned against chest thumping, which fuelled recent Gen Z demonstrations. David Onyango Audi, a former South Gem Ward Member of the County Assembly, called on Governor James Orengo to up his leadership and ensure the area residents felt the presence of his administration. Audi lamented low project absorption at the ward level and called for urgent measures to reverse this trend.



Migori County has experienced continuous growth in fish production after partnering with the Aquaculture Business Development Programme (ABDP). The county, which has 523.32 square kilometres of Lake Victoria water surface, has previously been producing fish below its capacity. The ABDP's interventions in 2019 led to a robust increase in fish capacity through the introduction of inland fish farming, including fish pond liners, predicate kits and nets, solar power, cold rooms, and improved fingerlings and feeds. As of June 2024, fish production had reached 45 metric tonnes, valued at 36 million.



Agriculture Principal Secretary Paul Rono has announced plans to distribute early-maturing sugarcane varieties to farmers, which take 9–14 months to mature. These seed varieties, developed by the Kenya Agriculture and Livestock Research Organisation (KALRO), aim to help farmers adapt to changing climate conditions and increase their yields. The Agriculture and Food Authority (AFA) will distribute the fast-maturing cane seedlings and provide subsidised fertilisers to farmers. The initiative is part of the government's efforts to revive the sugar industry. Rono urged farmers in the Nyanza Sugar Belt to adopt these agricultural innovations and start planting the recommended cane varieties to boost productivity.



Bomet Governor Hillary Barchok has successfully negotiated a truce with Members of the County Assembly (MCAs) following a politically charged standoff over the suspension of three County Executive Committee (CEC) members. The resolution came after a closed-door meeting at the County Assembly, where Governor Barchok sought to resolve it with the MCAs. Sources close to the meeting confirmed to Kenya News Agency that the governor, through Assembly Majority Whip Richard Ruto, initiated the reconciliation effort. The meeting aimed to resolve a month-long conflict that led to impeachment motions against the suspended CEC members.

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Government Warns Against Violence Ahead Of Nane Nane Protests



By: Cynthia Masibo

[@themkenyentimes](#)

Worth Noting:

- Mwaura emphasized that misinformation circulating on social media has significantly contributed to the recent wave of protests across the country.

- He claimed that the original intentions behind these demonstrations have been co-opted by individuals with ulterior motives, aiming to destabilize Kenya for personal gain.

- “The misinformation, mainly on social media, also contributed to recent protests in the country, whereby unscrupulous individuals and formations hijacked them for selfish gains, with an aim of destabilizing our great country, Kenya,” Mwaura’s stated

The government has issued a stern warning to the youth and other Kenyans planning to participate in the Nane Nane protests today.

Through the government Spokesman, Dr Isaac Maigua Mwaura, the State has urged them to avoid engaging in activities that call for violence.

In a press conference yesterday, Dr Mwaura advised the Generation Z, who have been at the forefront of organizing the demonstrations, to refrain from unchecked protests.

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He stressed the importance of peace and stability, urging the youth to recognize that violent protests offer little benefit and instead lead to further economic hardships, which could hinder their employment opportunities.

“The government urges the youth to ignore these calls to violence, as they offer little benefit to them and instead emphasize the importance of peace and stability. Young people should avoid unchecked protests, which could lead to further economic hardships and hinder their chances of gaining employment,” he added.

Mwaura noted that most parts of the



Government Spokesperson Isaac Mwaura. | PHOTO: @MwauraIsaac1/X

country are still recovering from the recent series of protests. To facilitate full recovery, he urged protesters to use appropriate channels to voice their concerns.

Mwaura called on the youth to demonstrate patriotism and support President William Ruto’s efforts to unify the nation. He emphasized the need for peaceful coexistence and adherence to the rule of law as the country navigates through its challenges.

The Nane Nane protests, named after the Swahili term for August 8, are being organized through social media platforms by youth groups disillusioned with President Ruto’s recent political moves. The discontent stems

from Ruto’s decision to reappoint ten out of the 22 Cabinet Secretaries he had previously dismissed, as well as his nomination of individuals from the Orange Democratic Movement (ODM) party to his cabinet.

These decisions have sparked outrage among the youth, who see them as a betrayal of the president’s earlier promises for a more inclusive and representative government. The protests are expected to be widespread, with significant participation from young people across various cities.

He urged Kenyans to embrace dialogue and cooperation, highlighting the need for unity and collective effort in addressing the nation’s challenges.

As the nation braces for the Nane Nane demonstrations, the government’s message is clear: peace and stability are paramount, and the youth are encouraged to channel their energy and grievances through lawful and constructive means. The hope is that by doing so, Kenya can navigate its current challenges and emerge stronger and more unified.

Yesterday, while addressing various meetings in Embu County where he launched and commissioned several projects, President Ruto said the country thrived on democratic principles and would not entertain anarchy.

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Nyeri County Spearheads Adoption Of Fuel Efferent, Environmentally Friendly Jikos

By: KNA

The County Government of Nyeri is popularizing the use of energy saving cookers across the 30 wards, as part of mitigation measures against the ravages of climate change.

Under the Financing Locally Led Climate Action Program ((FLLoCA), the County through the Department of Water, Environment, and Climate Change has supplied the fuel efficient jikos to 29 ECDE learning institutions, within the last two years.

The Department intends to cascade this information to the communities, especially among vulnerable and low income earning families to enable them adopt cookers that not only consume less fuel but also emit less smoke.

This initiative was arrived at last year during the participatory Climate Risk Assessment Change (PCRA) forums, to identify climate change risks

in each locality and come-up with workable mitigation and adaptation measures.

“The energy saving jikos programme. is to ensure there is environmental conservation and protection through reduction in reliance on fuelwood and ultimately sustainable forest management. When you visit most homes, they are using the traditional three-stone hearth and you know these have other effects that leads to air pollution,” Nyeri County Climate Change Director Yvonne Mathenge told KNA.

“So as it is right now, we want to save on the amount we use on fuel wood as well as help in improving the health of the person who is working around that space,” she adds.

Ms Mathenge says compared with other traditional jikos, the new cookers have been found to conserve heat up to 95 per cent owing to the material used and few ventilators on the equipment.

However, individual users are at liberty to choose the type of fuel to use

depending on the availability and affordability of each.

She says the majority of learning institutions they have visited are either using wood fuel but a number of others have switched to charcoal pellets, sawdust and briquettes.

“When we did the participatory climate risk assessment (PCRA), one of the things that the community came-up with as a strategy is adoption of energy saving jikos at the household levels.

At the ward committee level during our barazas residents said they felt these measures were something worth taking up. We want to improve the lives of those who are vulnerable first because this has been highlighted in the PCRA report,” she stated.

The energy-saving jikos have been developed with cutting-edge technology and designed to use less fuel compared to traditional cooking methods.

This results in significant savings for schools, as well as a reduction in deforestation and pollution.



Each jiko is built to be durable and efficient, ensuring that the benefits extend over the long term.

The county launched PCRA forums in 2023 in all the 30 wards to identify existing climate change risks and hazards in each locality to help come up with workable mitigation and adaptation measures.

At the time the Department of Water, Environment and Climate Change had already conducted PCRA meetings in all the 30 wards.

There were a total of 20 members who formed part of the ward climate change committee members includ-

ing representatives from interest groups, community group members, government officers, and private organizations.

Deliberations arrived at in those meetings were to be consolidated into a common document that would form the basis of the County’s Climate Action Plan.

The plan was intended to among others highlight the programs and projects that will be prioritized as far as dealing with climate change was concerned.

UG County Finalizing Key Projects Ahead Of City Status Event

By: MKT Reporter
@themkenyatimes

Uasin Gishu (UG) County Governor Jonathan Bii Chelilim says beautification of the town in readiness for the conferment ceremony to be presided over by President William Ruto and speedy implementation of physical facilities such as tarmacking of roads within the town and informal settlement areas were on course.

The Department of Roads, Transport, and Public Works, Governor Bii added, is at the forefront in ensuring all road networks and other infrastructure projects within Eldoret town are well maintained to the required standards to serve their purpose for the success of the event.

“The elevation of Eldoret to city status is long overdue. Its strategic location, and facilities makes it a central place for people from Western, North Rift region and neighbouring countries, to seek their goods and services here,” stated Governor Bii.

He added, “Eldoret town boasts of some high-end hotel facilities, and second to Nairobi as a major medical

hub, hosting top class hospitals such as Moi Teaching and Referral Hospital, the second largest referral hospital in the country, and is destined for medical tourism.

Eldoret town boasts of more than 40 financial institutions, and is also a major education destination, hosting top universities including Eldoret and Moi universities,” added the Governor

“The majority of Kenya’s international athletes who have brought glory to our country globally are based in Uasin Gishu, hence the name County of Champions,” Bii observed.

He said those visiting Eldoret town have no reason to be bored as they can relax while enjoying their time at Arboretum and also at Nandi Park, which is just within the town’s central business district coupled with good climatic conditions.

Governor Bii’s administration has so far undertaken the completion of electrification and street lighting projects in the town and also informal settlement areas such as Munyaka, Langas, Mwanzo, Huruma, Kidiwa, Kapsoya, and Shauri, where the region has enhanced security by installing high mast security lights.

While on an inspection tour of drainage clean-up exercise of Hill School to Unity homes areas along the busy Eldoret CBD -Eldoret International Airport Road, Roads Chief Officer Eng. Abraham Kiptalam, said the County Government has made significant progress in the improvement of roads, maintenance of street lights, and opening of blocked drainages within the town and informal settlement areas.

He added, “We aim to open up all drainages that were blocked to ensure free flow of storm water which has been a major challenge in Eldoret town and its environs, during heavy rains.”

Eng. Kiptalam said the measures will go a long way in ensuring all link roads are well maintained and accessible to facilitate smooth transportation of goods and services in addition to reducing traffic jams in Eldoret, especially during rains.

The CEC for Roads Engineer Joseph Lagat, stated that the devolved unit had made a major stride in actualizing the successful completion of road works, including beautification of the town and tree planting along the streets within the CDB and high-



ways.

“As a Committee, we are satisfied with how the projects have been carried out to the set standards and also in full support of the ongoing projects being undertaken by Kenya Informal Settlement Improvement Projects (KISIP) in Uasin Gishu County,” said Eng. Lagat who is chairing the

Committee that is overseeing the implementation of the projects in preparation for the award of the Charter by the Head of State.

The conferment was to be done on August 8th but was postponed due to what the Governor says was communication from State House.

Ruto Rallies Kenyans To Reject Demos, Warns Nane Nane Planners Against Violence

By: PHIDEL KIZITO

President William Ruto has rallied Kenyans to reject demos that can disrupt peace in the country amid unease over planned protests today.

Speaking in Embu yesterday, the Head of State warned the planners of today's 'Nane Nane March' against violence.

He asserted his administration's resolve to unite the country to secure national development.

"We are a democratic country that loves peace. We do not want anarchy and demonstrations that brings death and destruction of property in our country," he said.

The cautionary statement came amid a heightened online campaign by Nane Nane conveners who have called for the storming of a key government installation to express frustration over bad governance.

Acting Inspector General of Police Gilbert Masengeli was set to address a media conference on the planned 'Nane Nane' protest as security agencies remained on high alert in major cities.

Masengeli had in remarks while meeting regional security chiefs on Tuesday urged Kenyans planning to participate in Thursday's Nane-Nane march to do so within the confines of the law.

"Every Kenyan as per the law has the liberty to demonstrate, picket, and assemble as per the law. That one everyone is very much aware of. And where the privilege of one ends is where the other starts," he said, promising adherence to the Rome Statute and the Kenyan Constitution.

Masengeli whose elevation followed reorganisation of police command following reports of rights violations asked police chiefs to deploys innovative strategies to single out anarchists among protesters.



President William Ruto at development tour of Embu County

National Assembly Passes Bill To Expedite Pension Payments For Retirees

By: PSCU

The National Assembly yesterday approved the Pensions Bill, which aims to expedite the processing and payment of pensions.

The Pensions (Amendment) Bill, 2022 amends the Pensions Act to establish a clear timeline for pension disbursement.

Government ministries and departments will now be required to submit necessary documents to the Pensions Department within 30 days of an employee's retirement. Subsequently, the Pensions Department will have a 60-day window to process pension payments for retirees.

The Bill sponsored by Kimilili MP Didmus Barasa has been met with widespread approval from members of the National Assembly.

While moving the third reading of the Bill, Barasa highlighted the amendments that will reduce the time retirees have to wait for their pen-

sions.

"This Bill that will ensure that people who retire in this country get their pensions in a period of not more than 90 days. Solving the current backlog."

Seconding the motion, Nyaribari Masaba MP Daniel Manduku said that the Bill will bring much-needed financial stability to senior citizens.

Kesses lawmaker Julius Rutto emphasized the plight of retirees who often endure lengthy delays in accessing their entitlements.

"Retirees are going to bed hungry without their benefits," he stated.

"This Bill will protect them and ensure timely access to their pensions."

Echoing these sentiments, Homabay MP Peter Kaluma, highlighted the critical importance of timely pension payments for retirees' financial stability. "Many retirees wait up to 20 years to receive their pensions," he said.

"The proposed 90-day timeline is a significant improvement."

On his part, Justice Kemei (Sigowet Soin) said, "Most public servants are



National Assembly

heavily inconvenienced after retirement trying to access their pensions. This Bill is good."

Dr John Mutunga of Tigania West underscored the need to address the backlog of pension cases and provide

adequate care for retirees. "We need to have retirees taken care of and there issues handled. Requiring the pensions department Tom process in a timely manner will work and help clear the backlog," stated Hon. Dr

John Mutunga.

Following the passage Pensions (Amendment) Bill, (National Assembly Bill No. 44 of 2022), the Speaker of the National Assembly is expected to present the Bill for assent.

Police Warn Of Potential Infiltration By Criminals In Upcoming Protests

By: Cynthia Masibo
@themtkenyatimes

Acting Inspector General of Police Gilbert Masengeli has issued a stern warning about potential criminal infiltration in the planned anti-government protests scheduled for today. "The protests, led by Generation Z and dubbed 'NaneNaneMarch', has posed a significant security threat," Masengeli said.

"Our intelligence reports indicate heightened security threats, with criminals planning to infiltrate the demonstrations and commit further crimes," Masengeli said, emphasizing the mobilization of adequate security personnel to manage any situations that arise. "In anticipation, we have ensured adequate deployment of security personnel. However, members of the public are advised to take extra caution while in crowded areas that are likely to turn riotous."

Masengeli spoke from his office where he briefed the media on the police's preparedness to handle

the planned protests. He affirmed that while Kenyans are at liberty to demonstrate peacefully, officers would not hesitate to confront individuals causing chaos.

He then cited Article 24 (1) (d) of the constitution, which mandates the balance between individual rights and the need to protect the rights and freedoms of others. "In brief, all those planning to exercise their rights of participating in public demonstrations, presenting petitions, or assembling should do so in compliance with the attendant laws."

Reflecting on past protests, Masengeli noted that initial demonstrations were peaceful until infiltrated by goons, which then turned them into riots. "The initial demonstrations held in June were peaceful but subsequent protests morphed into riots, with looters destroying and stealing property," he said. He further urged the public to remain vigilant and avoid protected areas such as the Jomo Kenyatta International Airport (JKIA) and State House.

Masengeli's caution comes amidst calls for dialogue to address the demands driving the civil disobedience.

Despite heightened security, he assured the public that measures would not be excessively intrusive. In light of this, Masengeli directed police officers to discharge their constitutional mandate of protecting life and property and maintaining law and order without fear or favor.

Masengeli urged protesters to comply with the law and exercise their rights responsibly. As the nation braces for the upcoming protests, the call for caution and adherence to the law remains paramount to ensure safety and order for all citizens.

Acting Police IG Gilbert Masengeli addressing the media



The Mt. Kenya Times



Gen-Z Plot To Overthrow President Ruto's Govt Is Ill-advised, Doomed To Fail



By: Joseph Mutua Ndonga
mutuandonga@yahoo.com



GenZ protests

Worth Noting:

- Parents, guardians and clergy would advise their children to tone down and follow the law. Initially you had good intentions but unfortunately your protests were later infiltrated by goons and criminal gangs. Keep off!
- When elections are called, you will have an opportunity to exercise your democratic and constitutional right. You are our children and we love you so much. We are tired of burying you.
- It is worth noting when Generation-Z kicked off the protests many Kenyans were made to believe that their bone of contention was the Finance Bill, 2024.
- As a result, they turned up in large numbers to support them and show their solidarity.

As Generation-Z resumes their demonstrations today, I want to share the views I had gathered from a cross section of Kenyans.

They are totally opposed to their game-plan of plotting to overthrow the government of President William Ruto.

GenZ have in the recent past been posting in social media #RutoandGachagua MustGo.

Their strategy is ill-advised and totally unacceptable. Kenya is not a banana republic.

It is a democratic country governed by the rule of law. President Ruto was popularly and democratically elected and so attempting to forcibly remove him from office is treasonable.

The constitution provides that a general election should be held after five years.

Therefore, those opposed to President Ruto's leadership should wait for his five year term to end.

GenZ will be free to choose and vote for the candidate of their choice as President.

That is if by then they will have registered as voters.

Parents, guardians and clergy would advise their children to tone down and follow the law. Initially you had good intentions but unfortunately your protests were later infiltrated by goons and criminal gangs. Keep off!

When elections are called, you will have an opportunity to exercise your democratic and constitutional right. You are our children and we love you so much. We are tired of burying you.

It is worth noting when Generation-Z kicked off the protests many Kenyans were made to believe that their bone of contention was the Finance Bill, 2024.

As a result, they turned up in large

numbers to support them and show their solidarity.

In the wake of mounting pressure, President Ruto was left with no option other than to come down.

Then he stated: I have listened and heard message of the young people.

They have come up with a raft of demands they want me to address.

Topping the list is Finance Bill 2024. They have asked me not to sign it and I have conceded. I will not sign it into law.

President Ruto have since addressed the rest of the demands including dissolving the whole cabinet, unveiling a raft of austerity measures and scrapping of unconstitutional offices starting with those of the First Lady and spouse of Deputy President.

He also put on hold the appointment of Chief Administrative Secretaries (CASs).

Besides, he scrapped confidential accounts and immediately stopped the renovation of government offices. He also stopped top government officials from travelling outside the country. My office will only approve essential trips.

But it has since emerged these demands were just a trigger.

Some of the radical Generation-Z protesters had other plans.

So far, the push by the youths is widely perceived as being plan less, anti-infiltration strategy less and post Ruto/transitional less.

Kenyans have realized this. If we follow these young people blindly, we are going to regret.

These young people are exhibiting dangerous mentality of know-it-all, entitlement and dictatorship.

They have been telling off those who

are older than them.

Turning to Politicians and religious leaders, they would tell them.

Stay away. You failed us. We are going to liberate this country and you will reap the fruits of our sweat and blood.

I have been listening to the narratives of Generation-Z.

They do not understand the history of this country and most of them have little or no knowledge on matters of law and constitutional imperatives.

I heard one of them lecturing a group old people. "Our plan is to force President Ruto to resign. We are going to replace him with former CS Fred Mwangi (President) and former CS Muthi Kagwe as DP".

This Gen-Z did not want to be corrected.

But for those who care to listen, this is what will happen.

The constitution provides that the Deputy President takes over and serve for the remainder of the term. If Gen-Z does not want Gachagua, then it means the military will take over.

The constitution does not however anticipate a military de'tat.

Those who have been ruled my military in other countries would tell you. This is the worst form of governance. It is dictatorial, oppressive and ruthless.

It is not a guarantee that the military will soon agree to hand over power back to civilians.

The crisis can worsen and take long before it is resolved.

Remember the military will have an upper hand during the negotiations.

So, the other question is. Who will they hand over power to? The power might end up in the wrong hands.

This is what happened in countries

such as Egypt, Chad, Sudan, Mali.

The citizens thought they have won after toppling their respective President through popular uprising.

But alas, the worst form of dictatorship crept back.

Though Generation-Z and millennials have been reiterating that they have no time for the opposition leaders, the leaders are still supporting them.

To me, they are simply doing this for political reasons.

If the game plan of Gen-Z succeeds, they think they will immediately step out and fill the vacuum.

This is a wishful thinking. Who told them that Gen-Z will just step aside?

While being bouyed by the triumph, they will come out to fight for their space.

I'm sure they will still stood their ground that you are old and have been at helm of power. So, you are part of the problem. Your time is over.

This will create confusion and plunge our country into anarchy.

Let me give opposition leaders in Kenya free advice. As media reports indicated, Generation-Z were not alone. They were powerful people who were pulling the string from behind.

These are the same people who will advise them not to give way.

For President Ruto, it is not too late in the day. He still have time to redeem and spruce up his image.

Come 2027 polls, you will ignore him at your own peril. He stands a high chance of getting re-elected to serve his second and final term.

Joseph Mutua Ndonga Is A Writer And Political Analyst Based In Nairobi

Zetech University Launches Postgraduate Programs In Computer Science And Information Technology

By: MKT Reporter
@themkenyatimes



Front far right, Prof. Njenga Munene, Zetech University Vice Chancellor, Deputy Vice Chancellor, Prof. Alice Njuguna, Council Vice Chairperson, Prof. Harriet Kidombo, Kiambu Deputy Governor, Rosemary Kirika and Dean School of ICT, Media & Engineering, Dr. -Ing. Wilfred Gikaru and the attendees pose for a photo after the launch of the new postgraduate programs at Zetech University...

Worth Noting:

- Ms. Catherine Muraga, the Managing Director of Microsoft ADC also remarked the fruitful partnership that they share with Zetech University for some years now, in areas of Curriculum review, faculty training and student engagement and internships.
- She explained to the audience that the courses being introduced had been tested and reviewed keenly to fit the current job market, with Microsoft ADC having been part of the team that was involved in the curriculum review and structure of the new courses. Kiambu County Deputy Governor, Rose Kirika, who also graced the event, explained the position and the crucial role of the County Government is shaping the future for the youths through technology and education.

Zetech University has launched three new postgraduate programs.

They are; Doctor of Philosophy (PhD) in Computer Science, Master of Science in Computer Science and Master of Science in Information Technology.

The launch took place yesterday at the Technology Park Mang'u Campus in an event that brought together key stakeholders in the Technological space, Industrial Sector and the Kiambu County Government.

Prof. Njenga Munene, Zetech University Vice Chancellor while opening the event noted that the programs have been meticulously designed and rigorously evaluated, culminating in their recent approval by the Commission for University Education (CUE).

Prof. Njenga further observed that the achievement comes right on the month that Zetech University is celebrating the 2nd Anniversary as a fully Chartered University.

With the introduction of the new courses, the institution is poised to be the market leader in technology, ensuring that the students are equipped with the knowledge and skills needed to thrive in a rapidly changing global landscape. The university Deputy Vice Chancellor, Prof. Alice Njuguna gave a chronology of the launching exercise saying, "At Zetech University we first identify what the problem is in the market, then rethink the solution with the help of the industry stakeholders looking at the international standards before introducing a

course. That is why companies such as Microsoft ADC and the Industries through the County government are involved in shaping the curriculum of study for these new programs."

Ms. Catherine Muraga, the Managing Director of Microsoft ADC also remarked the fruitful partnership that they share with Zetech University for some years now, in areas of Curriculum review, faculty training and student engagement and internships.

She explained to the audience that the courses being introduced had been tested and reviewed keenly to fit the current job market, with Microsoft ADC having been part of the team that was involved in the curriculum review and structure of the new courses. Kiambu County Deputy Governor, Rose Kirika, who also graced the event, explained the position and the crucial role of the County Government is shaping the future for the youths through technology and education.

"Kiambu County has been keen in equipping the youth with the necessary skills and knowledge to thrive in the ever-evolving job market, fostering innovation, entrepreneurship and self-reliance. Today, as we launch these new postgraduate programs here at Zetech University, we are not only commemorating the rich addition of the institution's course portfolio but also igniting a beacon of hope and progress for the future of our youth."

She further thanked the university

for being the forefront in embracing technological solutions, and welcomed an opportunity for partnership between Kiambu County Government and Zetech University in the areas of technology and education.

Other partners at the launching ceremony included; Ms. Elder Onsongo from the Kenya Institute for Public Policy Research and Analysis (KIP-PRA); Prof. Wanjiku Khamasi, Principal, Kenya Advanced Institute of Science and Technology (KAIST) a public institution in Konza City; Mr. Andrew Masila, the Head of Innovation at Safaricom; Mr. Amos Guni, Senior Technical Recruiter and Community Builder at Nethermind; Ms. Irene Githinji, Education and

Engagements lead at Microsoft ADC; Stella Chelangat and Joy Mwangi from the International Computer Digital Literacy (ICDL) Africa, among other partners.

"The course overview is set to specialisations in the areas of Artificial Intelligence, Cyber Security, Mobile Computing & Networking, Software Engineering, Software Architecture and Design and Data System, with core units going beyond classroom work to research, seminars, dissertations and thesis, industrial guest lecturers and bootcamps, promising a timely completion," explained, Dr. -Ing. Wilfred Gikaru, Dean School of ICT, Media & Engineering at the institution.

Looking forward, Zetech University hopes to cultivate a new generation of researchers and scholars who will push the boundaries of knowledge and contribute to groundbreaking discoveries, with advanced technical skills and the ability to solve complex problems, preparing them for high-impact careers in academia, industry, and government.

The university boasts of being a leading technological and entrepreneurial university in Kenya that is committed to promoting excellence in education and research by integrating innovation and technology to impact society.

Anchored on Integrity, Commitment to Excellence, Innovation, Customer Focus, and Teamwork; the ISO 9001:2015 certified and fully chartered University has a track record of over 25 years in nurturing holistic talents and producing market-ready graduates who are equipped with the skills and knowledge necessary to succeed in today's competitive job market.



The Chief Guest, Ms. Catherine Muraga, Managing Director, Microsoft Africa Development Center (ADC), speaking to the audience at the launch of the PhD. Computer Science, MSc. Computer Science and MSc. IT at Zetech University..

NDU-K To Leadership Education And Development In The Security Sector

By: MKT Reporter
 @themtkenyatimes

The National Defence University Kenya (NDU-K) has partnered with Africa Centre for Strategic Studies, aimed at enhancing professionalism and advanced leadership education in the security sector.

The African Center for Strategic Studies is part of the United State Department of Defense’s regional center enterprise. It has held a forum for the senior military and a civilian national security official in order to exchange perspectives on how to strengthen education and development.

Speaking in Nairobi during the senior professional military education commandant’s forum, Vice Chancellor of National Defense College –Kenya, Lieutenant General Jimson Mutai emphasized on the importance of advancing the education and development of military leaders.

While acknowledging the scholars, experts and other contributors who worked tirelessly to develop materials that will be shared during the three days of discussion, Mutai termed the conference as a landmark that will shape the military leadership in addressing various security challenges being faced today.

“We acknowledge the unique challenges and immense opportunities that are characterized in the current global and regional security environment, which are not unique to individual states or regions, rather they are global in nature,” he said.

Mutai noted that global security is characterized by a mix of traditional and non –traditional threats, influenced by geopolitical, technological, economic and environmental factors adding that the complex mix has made the global security environment increasingly volatile, uncertain, complex and ambiguous.

“Africa’s landscape is multifaceted and characterized by threats such as terrorism, cyber threats and regional conflict,” he maintained, adding that the ability to address these issues hinges on the quality of military education, which should ensure that leaders are not only aware of the threats, but also equipped with the strategies to counter them.

He underscored that the professional military education is the heart of preparing leaders to meet both traditional and emerging security challenges and through it, they foster strategic thinking, ethical leadership, and sound military capabilities among military personnel.

Mutai maintained that the education aims to develop leaders who can nav-

igate the complexities of modern warfare and security environments with competence and confidence as he maintains that the military education system lies in the regional collaboration which makes it critical.

He added that establishing robust networks and partnerships among the military colleges, resources can be shared, expertise and best practices since it is essential in fostering a unified defense strategy across the continent.

Mutai advised that it is imperative to continuously adapt professional Military Education Curricula, aligned to leverage emerging technologies, noting that in recent years, there have been advancements in digital technology which enables simulation training, provides digital learning and threats in security environments posed by developments such Artificial Intelligence(AI).

The Vice Chancellor noted that despite opportunities being provided by technologies and advancement, human capital still remains their most valuable asset, stressing that they must invest in people by providing them with tools and knowledge needed to excel in their roles.

“We have a role to develop future commanders, generals, strategies and policy makers in order to underscore the importance of continuous pro-



Group photo.

.....
 fessional development and lifelong learning in maintaining the readiness and effectiveness of our military personnel,” he stated.

As he acknowledges the challenges faced in the military such as resource constraint and political instability, Mutai recognized the opportunities for growth and innovation and urged scholars to endure collective strength and working together in order to overcome challenges and enhance professional military education across the continent.

The Vice Chancellor has urged all stakeholders to take advantage of the opportunity to collaboratively in-

novate and work together to develop solutions that will enhance professional Military Education for the security and stability of the continent.

“The lessons learnt must be taken back to respective institutions and be implemented in order to drive continuous improvement in military education,” he maintained, adding that professional military education is the cornerstone of the efforts to build a secure and stable Africa and the world at large.

End Market Wrangles, Embu Governor Pleads

By:Kenya News Agency

.....
 Embu Governor Cecily Mbarire has called for an end to incessant politics and wrangles surrounding construction of the proposed KSh700 million Embu Ultra-Modern Market by the National Government.

Controversy has rocked the market as different factions differ over ownership of the project with area (Manyatta) MP Gitonga Mukunji on one hand claiming credit by virtue of the project being domiciled in the constituency.

Recently, the MP visited the site to oversee groundbreaking just days after county officials led by Lands CEC Raymond Kinyua and his Trade Counterpart Francis Ndwiga did the site handover to the contractor.

However, Mbarire said the project was a joint venture between the

National Government that availed resources and the devolved unit that provided the land.

“There should be no problem with me doing the design work for the market and asking the President to fund it,” she said, noting the two tiers of government are working for the same people.

She said the land upon which the market is being constructed belongs to the county, adding they also used their resources to relocate over 2,000 traders in the market to pave way for the construction.

Ms. Mbarire said there should be no contest with regard to who lobbied for the market construction, saying all leaders should work together to ensure residents benefit from the project.

Speaking during a tour of the market on Tuesday, Mbarire assured traders that the logistical challenges that had occasioned the project to stall for one year had been addressed



The new Embu market under construction

.....
 and work will continue smoothly.

She told residents that depending on the availability of funds, the market will be completed within a duration

of one year and assured traders relocated from the site will be given first priority during allocation of spaces.

On his part, Kirimari Ward MCA

Ibrahim Swaleh called on the jobless youths from the area to be given job opportunities first especially for the unskilled labor.

Grace



Grace is a gentle and precious art
Like a healing balm to me and the heart
But it feels like a gentle touch
A priceless gift we cherish much
Gives hope in the darkest night
We can feel its bright light

Teaches us the gentle flight
Lifts us up when we fall
Its beauty is above all
Lives in the kindness of a helping hand
Catches us when we land
Grace opens hidden doors
And finds new lures
People are astonished by grace
Acts as the person's hidden face.

-FAJAR HAYAT

The Blue Sky Of Childhood



One day, my uncle Sahib, who lived abroad for many years, came to our house. He missed his motherland very much. This was also known from the way my uncle Sahib told me about his childhood. Frankly, I really enjoyed this story.

- Many people used to live in one yard, my uncle started talking.
- It was summer at that time. Night we brothers used to joke with each other by picking the blanket thrown in the yard. Our games never seemed to end. And my oldest brother would not be able to put us to bed. Also, my mother, aunts and uncles, who couldn't help gossiping about our shouting - "That's enough, let's go to sleep, clean up the mess" they wanted us to sleep more quietly.

On the other hand, my father was rarely at home. Most of their lives were spent in the fields. At that time, raising cattle on a collective farm was very hard work...

When I was a child, I was a stubborn child. I didn't do what my brother told

me. One day I woke up in the middle of the night. Something was moving in the middle of the blanket above me. I could see with my own eyes that it was the frogs that I was so afraid of. I screamed out of desperation, "Hey, Mom! Help!" Immediately my mother and aunt came to me. My parents saw me shaking with fear and felt worse than me.

In the morning, as usual, after washing and wiping all hands and faces, we gathered around the table. For some reason, snow fell from my mother's eyelids. That person said to me, my son, get up and call your brother Sahib from the street. I was surprised. After all, why did my brother, who is always the first to come to the table, go out today? But I started looking for my brother, I heard his cry from the house. I turned back. My mother was holding a knife, and my brother was apologizing without coming out of the closet. Seeing me, my brother slowly came out of the closet and came to me and said, "I'm sorry, brother, I just wanted to joke." At that moment, I remembered many great words my father told me about forgiveness. I hugged my brother tightly. I wiped the tears from his cheeks and said, "I forgive you, brother" I cried too, and my mother kissed me lovingly. When my uncle got up from his seat, he softly whispered to my ear: "Don't you hurt your brothers, okay?"

Nodira Jo'rayeva is a student of the Bukhara Institute of Engineering and Technology

The Art Of Public Speaking



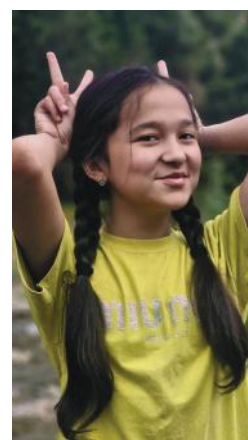
Human society has emerged, and different ways of using words and speech, conveying and receiving ideas within its capabilities have been formed. The role of public speaking is incomparable in the era of the development of time, the rapid development of people's worldview and highly advanced technologies. At a time when there is a sharp and cruel struggle for the hearts and minds of the people on a global scale, the time demands the ability to respond to this process with deep knowledge and enlightenment, mastering the art of conveying ideas through oratory skills. On all fronts, the effect of public speaking is invaluable in leading the entire community forward, awakening a sense of patriotism, and eliminating certain human vices. It is known that the art of public speaking was formed in Greece at the beginning of the 5th century BC. The names of creative orators such as Aristotle, Demosthenes, and Cicero are world famous. They brought rhetoric, that is, the art of speaking to high heights. Aristotle explained that if there is no clarity in the speech, the intended goal cannot be achieved, and the main achievement of the art of speaking is its clarity and comprehensibility. The speaker should apply the speech to the general public only after thoroughly studying the speech he is preparing. These requirements have not lost their importance until now. These ideas of Aristotle are accepted as theories in the current school of rhetoric. Freedom of thought prevailed in the speeches of

Cicero, who became famous for court oratory, and the philosophical, political, and moral views of the orator were always harmoniously embodied. As an orator, Cicero paid special attention to the issue of emotional impact on his audience. That is why his speeches often contain lofty words, phrases and sentences, and the general direction of his speech was inclined to a grandiose style. However, among this magnificence, he also used simplicity, humor, and rhetorical questions. From this point of view, his style of speech was similar to a mixed and generalized style.

Cicero attached special importance to the fluency, beauty, expressiveness and musicality of the text. In his opinion, "the main goal of any speaker is to arouse the pleasure of the listener and make him inclined." That is why, as we mentioned above, Cicero paid more attention to emotional impact. Even now, important steps are being taken in the study of this field. We can give examples like Dale Carnegie, Eric Toms, Anthony Robbins. Self-confidence is highly valued in Dale Carnegie's thoughts on public speaking. Cicero also recognized in his book "The Art of Oratory" that "The existence of self-confidence is a great wealth" [4]. A speaker's self-confidence is enhanced when he feels as if he has already passed these steps, so that he feels confident in front of the audience. The listener listens attentively without any doubt to the words of the speaker. In conclusion, we thought that it is permissible to mention our views on public speaking. First of all, the speaker should pay attention to the speech material he is preparing. Must be able to properly place the introduction, body and conclusion. In order not to bore the listeners, it is useful to use various stories or anecdotes and use gestures (hand movements). Clarity and brevity should be the main and daily weapons of the speaker.

Erkinboyeva Hulkar

Asphalt Grass



Here is the green again,
Say grass from healthy soils.
So good for the lawn,
The rustle of rain wipes the leaf.

They are not thrown immediately at a glance,
They are happy with food,

But for every herb that grows,
Soft and peaceful lands are not divided.

With a few struggles and hardships,
Many grasses over the asphalt.
With so much pain,
People are not aware of it.

What you put in gold coins,
It doesn't touch the asphalt for the sake of it,
On the day the weak mower ends,
Why is the value of greenness lower than money?

Gulchehra Iskanderova was born on April 10, 2010 in Gallaorol district of Jizzakh region. Graduated from the School of Talented Young Journalists. Author of many poems.

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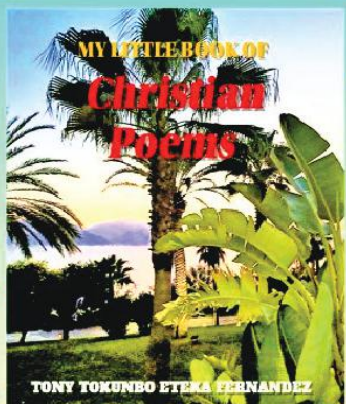
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Kikuyu Residents Celebrate Completion Of A New School

By: MKT Correspondent

@themkenyatimes

Residents of Kikuyu Constituency, Kiambu County are celebrating following the completion of Ndiguini Primary School.

The primary school whose construction began in 2019 is a big relief to area children who were forced to trek for many kilometers to schools in Kamangu and Gitutha areas in pursuit of education.

The construction was funded by the Kikuyu Constituency National Government Constituency Development Fund (NG-CDF).

Kikuyu MP Kimani Ichung'wah said that the completion of the school marks a significant milestone for the residents.

Ichung'wah further said that the school will not only be an educational institution but a symbol of hope

and progress for the children and their parents.

The MP said the story of Ndiguini Primary School is a powerful reminder of what can be achieved when a community comes together with a shared vision and determination.

"The school's establishment and its ongoing impact underscore the importance of community-driven initiatives in building a better future for all," the legislator added.

The school has grown significantly and has fully registered and enrolled over 200 pupils while the deployment of staff by the Teachers Service Commission (TSC) has enhanced the quality of education provided.

A parent at the school Jane Wanjiku said the school would enhance the academic performance of children as they will utilize the valuable time they spent while walking to distant schools to study.

"We used to worry about the long distances our children had to travel



Ndiguini Primary School

to get education. Ndiguini Primary has brought education closer to us and has given our children a chance to learn and grow in a safe environ-

ment," she said.

As the school continues to thrive, the community remains committed to supporting its growth and ensur-

ing that it continues to serve as a beacon of hope and opportunity.

World Bank Funded Project To Benefit Over 800,000 Youths

By: MKT Reporter

@themkenyatimes

A World Bank-funded project is set to benefit over 800,000 youths nationwide, aiming to enhance targets to increase their employability.

The National Youth Opportunities towards Advancement (NYOTA) targets to address rising unemployment amongst the youth through skilling, financing and promotion of a culture of saving to derisk their livelihoods.

Youth Affairs and Creative Economy Principal Secretary Ismail Maalim Madey said the project being rolled out jointly with the State Department for Labour and Micro and Small Medium Enterprises (MS-MEs) will support the youth to unlock their entrepreneurial skills and at the same time access financing and opportunities to enhance their employability.

Speaking at Jomo Kenyatta International Stadium in Kisumu during the launch of International Youth Week celebrations, the Principal Secretary said the initiative was part of the government's efforts to address unemployment in the country urging



the youth to take advantage of the project and other ongoing interventions.

"This project encourages determination and zeal to achieve goals, regardless of personal connections. Work hard and don't let it pass without benefiting from it," he said.

The number of unemployed youths in the country is increasing as mil-

lions graduate from universities and middle-level colleges.

"The government and the private sector alone cannot absorb all these people. Therefore, we must be creative and take advantage of the youth fund and other government programs to address this challenge," he said.

The State Department is currently

conducting a national talent search to support and nurture creatives. The search, dubbed 'Who's next', aims to identify Kenya's next big stars in various categories. Meanwhile, the disciplines mentioned include music, drama, comedy, performing arts, dance, and content creation, among others.

Madey announced that auditions

will be conducted online through the Talanta Hela website, followed by physical auditions in collaboration with county governments. "We have made the process simple. If you have talent you can do a short video recording and post it on the portal on Talanta Hela website to be auditioned," he said.

Speaking during the same occasion, Youth Enterprise Development Fund (YEDF) Chief Executive Officer (CEO) Josiah Moriasi said the uptake of the funds has improved.

The fund has so far disbursed Sh15.4 billion to youths and youth groups across the country, whereas, in Kisumu County it has disbursed Sh. 600 million to 16,000 youths.

He highlighted, the fund has developed new products to broaden its reach and ensure maximum access to the funds for all youths.

Talanta loans, green loans, migrations loans, and LPO financing are among the products targeted at individual borrowers.

Meanwhile, the International Youth Week activities serve as a preparation for the International Youth Day celebrations slated for Mombasa tomorrow.



PROJECT CATALOG

Malindi Phase 7	MALINDI	FROM AS LOW AS Kes.129,000	Kithimani Springs	MACHAKOS	FROM AS LOW AS Kes.1.50M
Great Oasis Gardens	NANYUKI	FROM AS LOW AS Kes.399,000	Ocean View Ridge Vipingo	VIPINGO	FROM AS LOW AS Kes.1.750M
Wema Gardens	NARO MORU	FROM AS LOW AS Kes.439,000	Vuyanzi Gardens	KITALE	FROM AS LOW AS Kes.1.995M
Love Gardens	KAJIADO	FROM AS LOW AS Kes.950,000	Achievers Paradise Phase 2	NGONG	FROM AS LOW AS Kes.1.995M
Ushindi Gardens	NAKURU	FROM AS LOW AS Kes.1.095M	Achievers Business Park	NGONG	FROM AS LOW AS Kes.3.95M
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Kenya's Constitutional Pillars: Media Freedom And Environmental Rights



By: Odhiambo Jerameel Kevins Owuor
@themkenyatimes



Media Freedom and Environmental Rights.

Worth Noting:

- The Constitution further strengthens environmental protection through Article 69, which outlines specific state obligations. These include ensuring sustainable exploitation of natural resources, achieving and maintaining tree cover of at least ten percent of the land area, and protecting indigenous knowledge related to biodiversity.
- The case of Friends of Lake Turkana Trust v Attorney General & 2 others (2014) demonstrated the practical application of these provisions, with the court affirming the state's duty to protect water resources from potential harm caused by development projects. This decision highlighted the judiciary's role in upholding constitutional environmental rights.
- Media freedom has played a pivotal role in advancing environmental awareness and accountability in Kenya. Investigative journalism has exposed illegal logging, wildlife poaching, and industrial pollution, leading to public outcry and government action.

"Freedom of expression is the matrix, the indispensable condition of nearly every other form of freedom," asserted Justice Benjamin N. Cardozo, a sentiment that resonates deeply with Kenya's constitutional journey. The Kenyan Constitution of 2010 marked a significant milestone in the nation's legal framework, enshrining both freedom of the media and the right to a clean and healthy environment as fundamental rights. This comprehensive document not only recognized these rights but also provided mechanisms for their protection and enforcement. The interplay between media freedom and environmental rights has proven crucial in Kenya's democratic development, fostering transparency, accountability, and sustainable practices.

Article 34 of the Kenyan Constitution explicitly guarantees freedom of the media, prohibiting state interference and censorship. This provision has been instrumental in shaping the media landscape, allowing for diverse voices and perspectives to emerge. The case of Nation Media Group v Attorney General (2016) further cemented this right, with the court ruling against government attempts to restrict media coverage of sensitive political events. Similarly, Article 35 enshrines the right to access information, complementing media freedom by ensuring journalists and citizens can obtain crucial data for informed discourse. These constitutional safeguards have empowered the media to act as a watchdog, exposing corruption and environmental malpractices.

The right to a clean and healthy environment, enshrined in Article 42, represents a progressive step in Kenya's constitutional framework. This provision recognizes the intrinsic link between environmental well-being and human rights, obligating the state to protect and conserve the environment for present and future genera-

tions. The landmark case of Peter K. Waweru v Republic (2006) affirmed this right, with the court emphasizing the government's duty to prevent environmental degradation. This ruling set a precedent for subsequent environmental litigation, providing a legal basis for citizens and organizations to challenge actions detrimental to the environment.

The Constitution further strengthens environmental protection through Article 69, which outlines specific state obligations. These include ensuring sustainable exploitation of natural resources, achieving and maintaining tree cover of at least ten percent of the land area, and protecting indigenous knowledge related to biodiversity. The case of Friends of Lake Turkana Trust v Attorney General & 2 others (2014) demonstrated the practical application of these provisions, with the court affirming the state's duty to protect water resources from potential harm caused by development projects. This decision highlighted the judiciary's role in upholding constitutional environmental rights.

Media freedom has played a pivotal role in advancing environmental awareness and accountability in Kenya. Investigative journalism has exposed illegal logging, wildlife poaching, and industrial pollution, leading to public outcry and government action. The Constitution's protection of whistleblowers, as stipulated in Article 33(2), has further encouraged the disclosure of environmental violations. The case of Okiya Omtatah Okoiti v Communication Authority of Kenya & 8 others (2017) underscored the importance of this protection, safeguarding the rights of individuals who reveal information in the public interest.

The intersection of media freedom and environmental rights is particularly evident in the realm of public participation. Article 10(2) of the

Constitution establishes public participation as a national value and principle of governance. This provision has been instrumental in ensuring that communities affected by environmental decisions have a voice. The media's role in facilitating this participation was highlighted in the case of Mui Coal Basin Local Community & 15 others v Permanent Secretary Ministry of Energy & 17 others (2015), where the court emphasized the need for adequate public consultation in resource extraction projects.

Environmental litigation in Kenya has been significantly bolstered by constitutional provisions. Article 70 grants individuals the right to seek redress for environmental harm, removing previous barriers to standing in environmental cases. This has led to an increase in public interest litigation, as seen in the case of Save Lamu & 5 others v National Environmental Management Authority (NEMA) & another (2019), where community organizations successfully challenged the environmental impact assessment of a proposed coal power plant. The court's decision in this case underscored the importance of considering long-term environmental impacts in development projects.

The Constitution's recognition of international law as part of Kenyan law, as stipulated in Article 2(6), has further strengthened environmental protection. This provision has allowed Kenyan courts to draw upon international environmental principles and treaties in their judgments. The case of African Centre for Rights and Governance (ACRAG) & 3 others v Municipal Council of Naivasha (2017) exemplifies this approach, with the court referencing international environmental standards in its ruling on waste management practices. This integration of international norms has elevated Kenya's environmental jurisprudence to global standards.

Media freedom has also been instrumental in promoting environmental education and awareness. Article 11 of the Constitution recognizes culture as the foundation of the nation, including traditional knowledge systems that often encompass sustainable environmental practices. The media's role in disseminating this knowledge, as well as scientific information on environmental issues, has been crucial in fostering a culture of environmental stewardship. The case of Joseph Letuya & 21 others v Attorney General & 5 others (2014) highlighted the importance of preserving indigenous environmental knowledge, with the court recogniz-

ing the rights of forest-dwelling communities to their ancestral lands and traditional practices.

The constitutional framework for media freedom and environmental rights in Kenya has faced challenges, particularly in implementation. Despite strong legal protections, journalists investigating environmental issues have sometimes faced intimidation and harassment. The case of Standard Group Limited v Attorney General & 4 others (2013) addressed these concerns, with the court reaffirming the media's constitutional protections and the state's obligation to ensure a safe working environment for journalists. Similarly, environmental rights have sometimes clashed with development interests, requiring careful judicial balancing.

The digital age has brought new dimensions to both media freedom and environmental advocacy in Kenya. Article 33 of the Constitution, which guarantees freedom of expression, has been interpreted to include digital communication platforms. This has expanded the avenues for environmental reporting and activism, as seen in the widespread use of social media to mobilize support for conservation efforts. However, it has also raised new legal questions, as exemplified by the case of Bloggers Association of Kenya (BAKE) v Attorney General & 3 others (2018), which challenged regulations that could potentially restrict online freedom of expression.

In conclusion, Kenya's constitutional provisions on media freedom and the right to a clean and healthy environment have created a robust framework for advancing these fundamental rights. The synergy between these two areas has fostered a more informed, engaged, and environmentally conscious society. As Kenya continues to navigate the complexities of sustainable development, the role of the media in environmental advocacy remains crucial. The ongoing interpretation and application of these constitutional rights by the judiciary will undoubtedly shape the future of environmental governance and media freedom in the country, setting precedents that may influence legal frameworks across Africa and beyond.

The writer is a legal researcher

LETTERS TO THE EDITOR



The Power Of Sorry

By: **Ishmael Nyanoti**

Sometimes, we hear the word “sorry” in our daily lives. But what is it really? “Sorry” can be a powerful thing to say in relationships with family members, friends, or a boyfriend or girlfriend.

When we say sorry, it means that we are concerned about the other person’s

feelings. For example, in families a small fight can turn into something big when nobody apologizes. However just an apology can heal this so fast. This little term strengthens sibling relationship by making each one of them feel valued and honored.

In dating it is as necessary to say sorry as anywhere else. Misunderstand-

ings and mistakes are normal things. When we acknowledge wrongs made, it shows how mature and respectful someone is. It also demonstrates to our loved ones that what matters most is our love and not prides thus building trust among each other.

Apologies work wonders even in friendships. Friends will always argue

at some point. However, fixing something does not depend on who is right or wrong but how much you care about your friend. Apologies are essential for maintaining strong friendships throughout time

Other people think that saying sorry makes them appear weak. This perception isn’t true as saying sorry needs

bravery. It proves that you have the inner strength to accept your fault. Implicitly, it guarantees emotional stability and sagacity

However, don’t just utter “sorry”.

Government Communication Should Be Improved

In an era where citizens are more informed and engaged than ever, government communication must undergo a significant transformation. The traditional, one-way communication models are no longer sufficient; governments must adopt strategies that prioritize transparency, responsiveness, and inclusivity.

To improve communication moving forward, governments should streamline their messaging to ensure clarity

and consistency across all platforms. This approach will help reduce misinformation and enhance public understanding. Tailoring messages to meet the diverse needs of citizens is crucial, as it fosters a more engaged and informed populace.

Leveraging digital platforms is essential for facilitating real-time communication and engagement. Social media and interactive websites can serve as vital tools for reaching cit-

izens where they are most active. Moreover, fostering two-way communication through forums and surveys will empower citizens, making them feel heard and valued in the decision-making process.

Adopting data-driven approaches will enable governments to assess the effectiveness of their communication strategies and adapt based on citizen feedback. Continuous evaluation and improvement are key to maintaining

relevance in an ever-changing landscape.

Lastly, investing in training for communication teams is vital. Equipping them with the skills to navigate the modern media environment will enhance their ability to respond effectively to emerging issues.

By implementing these strategies, governments can significantly improve their communication efforts, ultimately fostering greater public

trust and participation in the democratic process. In doing so, they will not only enhance service delivery but also create a more collaborative and transparent governance framework.

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

The Transformative Power Of Public Participation In Kenya’s Governance

Public participation has emerged as a cornerstone of good governance in Kenya, with the potential to transform the relationship between the government and its citizens. By actively involving the public in decision-making processes, the government can enhance the legitimacy of its actions, improve the quality of its decisions, and foster a more inclusive and democratic society.

One of the key benefits of public participation is its ability to enhance the legitimacy of government policies and actions. When citizens are engaged in the decision-making process, they feel a sense of ownership and investment in the outcomes. This fosters transparency and accountability, as the government is held accountable to the people it serves. As a result, citizens are more likely to trust and support the government’s initiatives, leading to more effective implementation of government agendas.

Moreover, public participation leads to better-informed decisions that reflect the diverse needs and interests of the community. By incorporating a wide range of perspectives, the gov-

ernment can identify and address the unique challenges faced by different segments of society. This is particularly important for marginalized groups, who often lack a voice in traditional decision-making processes. By ensuring that their concerns are heard and addressed, public participation promotes equity in resource allocation and service delivery.

Furthermore, active citizen involvement is fundamental to the strengthening of democracy in Kenya. When citizens actively participate in public affairs, they become empowered to hold their leaders accountable and to shape the policies that affect their lives. This empowerment fosters a sense of civic engagement and pride, as citizens recognize their role in shaping the future of their communities and the nation as a whole.

Finally, public participation can contribute to the achievement of sustainable development goals. By incorporating the input and expertise of citizens, the government can prioritize projects and initiatives that align with the needs and aspirations of local communities. This ensures that development efforts are responsive to



Public Participation In Kenya’s Governance

the unique challenges and opportunities present in different regions of the country, leading to more sustainable and impactful outcomes.

In conclusion, public participation is a powerful tool for transforming the relationship between the government and its citizens in Kenya. By enhancing legitimacy, improving decision-making, promoting inclu-

sivity, strengthening democracy, and facilitating sustainable development, public participation has the potential to usher in a new era of good governance and citizen empowerment. As the government continues to implement its agendas, it must prioritize the active engagement of citizens at all levels of decision-making, ensuring that the voice of the people re-

mains at the heart of the nation-building process.

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

Health PS Lauds Contribution Of CHPs In Health Care Provision

By: Kenya News Agency

Public Health Principal Secretary Mary Muthoni has said that Community Health Promoters (CHPs) across the country have been able to register 7.43 million households against the targeted 12.5 million families.

Speaking in Murang'a County, Muthoni underscored CHPs tireless dedication in primary health promotion, disease prevention and bridging the gap between communities and health facilities as invaluable.

"CHPs are the backbone of primary health care. Everything that we do in primary health care is hinged on them," she said, adding that they are a bridge for the community to health care facilities.

Muthoni said over 7.43 million households have directly benefited from the healthcare services offered by CHPs across the country.

She added that in a normal house-

hold in Kenya, you will find that we have about five people per family.

The PS said 3.4 million persons have been screened for hypertension and 228,000 out of these have been referred to medical facilities for treatment.

"This means many people in our households are living without knowing whether they have other ailments or underlying conditions," she said.

"Our normal operations sometimes as a people is that if you have a headache for example, you visit a nearby chemist to buy drugs and then you self-medicate," added the PS.

She further said 188,000 pregnant women have been identified and 77,000 of them who did not know they needed to go to a health facility were advised to visit one for care.

"The Ministry urges expectant mothers to go for pre-natal and post-natal care to ensure that they are checked upon and monitored by professional health care givers," said Muthoni.

She noted that data is important when it comes to assisting the Ministry in terms of knowing the num-



ber of people who are affected by a certain disease, which will enable us to accurately provide treatment and solutions to such health challenges

"It is important when we have figures we are able to know how many people we are treating in the country and how many people are referred for

further treatment," she said.

The PS reiterated the importance of CHPs promising to support them in fulfilling their duties, noting that Kenya has 107,000 community health promoters across the county.

"As the national government, we appreciate our CHPs and the program's

impact, since it was launched in September last year," she said, adding that they have been the unsung heroes of healthcare, serving their communities tirelessly.

Wildlife Conservationist Calls For Proper Management Of Monkeys

By: KNA

A wildlife and environment conservationist has called upon the Kenya Wildlife Service (KWS) and Murang'a county government among other stakeholders to employ better strategies on how to contain monkeys at conservancies.

Justus Nyamu, who has been championing elephant welfare, observed that the marauding monkeys in urban centres and villages within Murang'a has led to human wildlife conflicts.

He said destruction caused by monkeys is not listed among cases for compensation, adding farmers have been subjected to huge losses caused by the primates.

Speaking when he paid a courtesy call to the Muranga County Commissioner Joshua Nkanatha, the conservationist stated that the monkeys need to be contained at forests and game parks

He observed that human activities

like littering in the streets contribute to an ever increasing population of monkeys near residential areas and work-places.

Nyamu added that the primates adapt to eating human food scraps, which can lead to increased interactions with humans and the potential spread of diseases that can be transmitted from animals to humans.

"What attracts monkeys close to people is poor management of solid waste. Dustbins are rarely emptied and monkeys are highly adaptable animals, they have a conditional reflex. The moment they start eating from the pit, they can't go back to the wild.

"After every month, we get new young ones, and some of these young ones have never eaten anything else apart from the leftovers and even easy ways of eating maize and food crops," said Nyamu.

To properly manage the monkey infestation, Nyamu opined that the KWS in collaboration with the county government and the office of county commissioner, should first conduct a survey on residential areas where



Monkeys

monkeys have mostly become a menace, before working on better plans to mitigate the problem.

"It is a collective responsibility that the county commissioner, who is the chairperson of the County Compensation Committee, county government and other non-state actors, have to show the commitment in not only eradicating but also coordinating and

also supervising other activities that are environment related," he added.

Nyamu, who spearheads the Elephant Campaign walk, which creates public awareness on the importance of environment and wildlife conservation was in Murang'a for three days to create awareness on the welfare of Elephant before he was flagged off by the county commissioner Joshua

Nkanatha to continue with the campaign in the neighbouring Kirinyaga County.

During his tours, Nyamu sensitized residents of Kiambu, Nairobi and Murang'a, amid plans to sensitize locals of six more counties before ending their 18th Elephant Campaign walk edition in Addis Ababa, Ethiopia in October this year.

AGRA's YEFFA Program Promotes Youth In Agriculture For Resilient Food Systems



By: Aoma Keziah
@themtkenyatimes

Alliance for a Green Revolution in Africa (AGRA) convened a session with over 100 youth in Nairobi, in agri-food systems to discuss the issue of climate change and possible solutions. The youth shared new approaches that they have employed to reduce climate vulnerability in country. This is the fourth convening, since AGRA kicked off National Level conversation on climate.

Speaking at the session, AGRA Head of Climate Adaptation, Sustainable Agriculture and Resilience, Kindie Fantaye said, "Together, we can build a sustainable future where our youth are not only survivors of climate change but leaders in creating a resilient and prosperous Kenya.

Elizabeth Ngeny, Advisor Gender and Affirmative Action-Presidents Economic Transformation Office in her keynote address noted that "Civic organizations, NGO's and academic institutions play a huge role in advancement of climate change intervention initiatives. Organizations such as the Kenya Met Department and University of Nairobi's Institute for Climate Change Research have been instrumental in conducting climate change research. We would like to thank the civic organizations, NGO's and our development partners like the Mastercard Foundation and AGRA which is very dear to us for their contributions to climate change interventions and adaptation initiatives." She noted.

AGRA's YEFFA program aims to create a supportive environment where young entrepreneurs can thrive in agriculture. The initiative focuses on providing resources, training, and mentorship to help youth innovate and adapt to the challenges posed by climate change. By equipping young people with

the necessary tools and knowledge, YEFFA seeks to ensure the future of agriculture is both prosperous and resilient.

Dr Jeremiah Rogito, Specialist Food Systems and Land Use at AGRA also remarked that, "All these voices to regional voices, all these will be brought together for Africa Food System Forum in Kigali Rwanda 2nd to 6th September Kigali Rwanda. We look forward to amplify the voice of the youth what they need to see happening on climate action in the continent We use these voices to global engagement like COP29 to change policies that favor the youth In Agriculture." He added

Key speakers at the session included leading experts in agricultural innovation and climate resilience, who emphasized the need for youth-driven solutions to tackle the adverse effects of climate change on food security. They discussed various strategies to enhance agricultural productivity while minimizing environmental impact, highlighting successful case studies from different



Dr Jeremiah Rogito, Specialist Food Systems and Land Use at AGRA.

regions.

Participants were also given the opportunity to engage in interactive workshops, where they explored practical approaches to sustainable farming and climate adaptation. These sessions provided a platform for young entrepreneurs to share their experiences, network with industry leaders, and gain insights into

emerging trends in agriculture.

The YEFFA program is a testament to AGRA's commitment to transforming Africa's agricultural landscape. By nurturing the next generation of agricultural leaders, AGRA aims to build resilient food systems that can withstand the challenges of a changing climate and ensure food security for future generations.

Why Gender CS Nominee Stella Lang'at Failed Vetting Test

By: Capital Correspondent

The National Assembly Committee on Appointments rejected the nomination of Stella Lang'at as President William Ruto's nominee for Gender, citing her failure to demonstrate strategic planning and cultural sensitivity.

The committee recommended Lang'at's rejection, noting her current role as Director of Administration in the Ministry of Interior, in a report tabled for House debate yesterday.

"The nominee is unsuitable for the position to which she was nominated as she was unable to respond in a satisfactory manner to the queries raised during the approval hearing related to Gender, Heritage and Culture," the report states.

The committee said the ministry to which Stella was nominated requires leadership with a strong strategic vi-

sion, cultural sensitivity and a deep understanding of policy management.

The report, presented by Majority Leader Kimani Ichung'wah, cleared the rest of President Ruto's Cabinet nominees.

The committee generated the report after concluding approval hearings on Sunday, having vetted twenty Cabinet nominees.

The report was later debated before MPs took a vote adopting it.

The names will now be forwarded to the President for appointment and swearing in set for Thursday morning.

The law requires the President to submit a new name for vetting to replace Stella.

Records show that the Appointing Committee, tasked with vetting Cabinet Secretary nominees, received 1,300 submissions against the individuals.

Out of the 1,300 submissions, House Speaker Moses Wetang'ula, who is also the Appointment Committee Chairperson, stated that 1,087 were



The Appointments Committee resolved to reject Lang'at for lack of strategic leadership and cultural sensitivity/FILE

in accordance with Article 118(1)(b) of the Constitution and Section 6(9) of the Public Appointments (Parliamentary Approval) Act, 2011.

The Speaker highlighted that the rest of the submissions generally opposed the appointment of more than

one nominee, and some were unrelated to the vetting exercise.

The presentation of the report came as the United States called for the rejection of candidates with integrity issues amid sustained protests pushing for accountability in gov-

ernment.

The Embassy made the statement on Thursday when the National Assembly Committee began vetting President Ruto's Cabinet nominees.

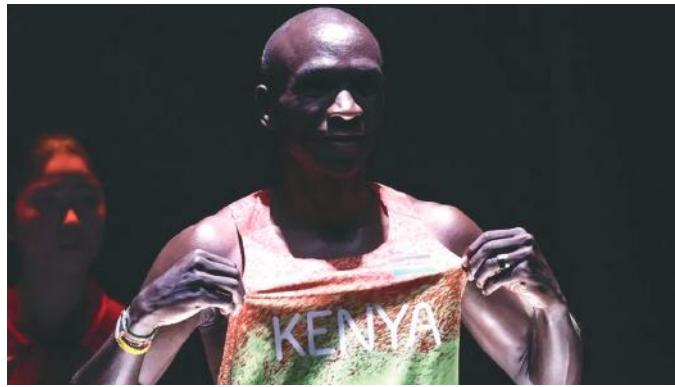
Sports >> *Eliud Kipchoge is used to leading from the front, but the Kenyan is pursuing his own place in the sporting history books at the Paris Olympics.

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Heat And Hills In Way Of Kipchoge And Olympic History



Two-time Olympic champion Eliud Kipchoge models Team Kenya's new kit .

Eliud Kipchoge is used to leading from the front, but the Kenyan is pursuing his own place in the sporting history books at the Paris Olympics.

On Saturday the 39-year-old will look to become the first person to win three consecutive marathon titles at the Games.

As well as holding off a field dominated by younger competitors, Kipchoge will be battling the weather.

Temperatures in the French capital were impacted by extreme heat last week, with the mercury rising into the mid 30s Celsius.

"The course is really tough – about 40% is really hilly – and I think the temperature will contribute a lot," he told BBC Sport Africa.

"Even by eight, nine, 10, in the morning, I think it will go up to 30 degrees. It is tough to run a full marathon [in] 30 degrees.

"It will take a lot of time for us to climatise, to prepare the mind to go through that tough temperature on the course."

From a starting elevation of 36 metres above sea level in the centre of the city, the route will climb to a peak of 183m on the road to Versailles ahead of a second, sharper ascent to 172m before the 30km mark as the competitors return to Paris.

The start will be at 08:00 local time (06:00 GMT), and Kipchoge altered his training regime at his base in Kaptagat in a bid to add another gold medal to his

ones from Rio 2016 and Tokyo 2020.

"I will keep in my mind about running the hilly course and try to do some runs [in] high temperatures to conduce my body towards Paris," he explained in an interview during his preparations.

"Sometimes timing to train maybe at 10am, 11am to feel that heat.

"It will depend on the day because it might be a faster marathon, it might be slow.

"But [at the] Olympics we don't consider time."

Kipchoge 'fighting for history'

When Kipchoge crossed the finish line in Sapporo, Japan, three years ago he matched the achievements of successive Olympic marathon champions Abebe Bikila (1960 and 1964) and Waldemar Cierpinski (1976 and 1980).

The Kenyan no longer holds the world record over 26.2 miles (42.195km), with his mark bettered by the late Kelvin Kiptum last October, but is "fighting for history" as he looks to surpass the men from Ethiopia and East Germany.

"I want to go into history books, to be the first human being to win back-to-back-to-back," he said.

Back in April, Kipchoge said his "huge expectation" was to win in Paris despite finishing 10th at March's Tokyo Marathon – his lowest ever competitive placing.

"It will put more pressure [on] and a lot of expectations are there," he said.

"If I lose a marathon then I'll get disappointed. But then I go back and start the journey again."

On the rare occasions Kipchoge does not top the podium – which has happened just three times since the start of 2014 – he draws inspiration from challenges which other elite sportsmen have endured.

He cites the examples of seven-time Formula 1 world champion Lewis Hamilton at Mercedes this season and former UFC title-holder Francis Ngannou being knocked down in a boxing match by Anthony Joshua in March.

"You can be in good shape but that one punch can knock you out and finish you in one second," Kipchoge added.

"It's not about losing. It's about getting up and going straight to your goal again."

Happy memories in Paris

Kipchoge is also returning to the city where his senior career took off after winning gold in the 5,000m at the 2003 World Championships, aged just 18.

"This Olympics is special for me, happening in Paris where I started my life in sport," he said.

"It's the genesis of me going to the global arena to run, being on the start line with really experienced people and getting exposure.

"I can say I was really happy. It impacted my life in a positive way."

Kipchoge is set to line up alongside Ethiopian great Kenenisa Bekele, a man two years his senior who finished third in that track final in Paris 21 years ago.

The Kenyan says "being self-disciplined, consistent and respecting the sport" has been key to his longevity.

The next chapter

Kipchoge is refusing to confirm

if he will retire after the Games, with his aim still to inspire more people to take up running.

"If you can tell me the world has become a running world I will retire," he said.

"I want all families to make running their lifestyle; wake up in the morning, wear shoes, get out of the door and run and come back. That's what I need.

"If we get over three billion people running then this world will be united, which will be beautiful and we'll get rid of all this negativity going around.

An example of the sport providing opportunities will come in the hours after Kipchoge takes to the streets in Paris, when the public will be able to run the marathon course., external

Starting at 21:00 local time, 20,024 runners will trace the steps of the elite men, with the same number following a 10km course two and a half hours later.

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BBC

GET THE BEST OF WORLD

Sports >>> *Kenya's Edwin Kurgat, Jacob Krop and Ronald Kwemoi squeezed through to the finals of the men's 5000m at the Paris Olympics in a hard-fought qualification rounds.

Kenyan Trio Scrap Through To Final Of Men's 5000m At Paris Olympics



Kenya's Ronald Kwemoi (L) and Edwin Kurgat celebrate after qualifying for the final of the men's 5000m. PHOTO/ALEX ISABOKE.

Kenya's Edwin Kurgat, Jacob Krop and Ronald Kwemoi squeezed through to the finals of the men's 5000m at the Paris Olympics in a hard-fought qualification rounds.

Krop (14:08.73) and Kurgat (14:08.76) finished fourth and fifth in Heat 1, in a race won by Norwegian Gilje Narve Nordas who clocked 14:08.16.

Hagos Gebrihwet of Ethiopia (14:08.18) and Belgium's John

Heymans (14:08.33) finished second and third respectively.

It was a close shave for Kwemoi in Heat 2, having to put on the nitroburners to finish sixth after clocking 13:52.51.

World champion Jakob Ingebrigsten of Norway crossed the finish line first in 13:51.59, ahead of Ethiopian Biniham Mehary (13:51.82) and Kenyan-born Belgian Isaac Kimeli (13:52.18) in second and third respectively.

The final for the 12-and-a-half lap race is scheduled for Saturday with Kenya hoping to win their first Olympics title since John Ngugi in 1988 in Seoul, South Korea.

Capital Sport

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SPORTS AS THEY HAPPEN



South African Author Honored For His Creativity



By: Mulamuleli Tshitangano
@themtkenyatimes

Worth Noting:

- Mufamadi expressed his excitement about writing a book in his native language, making it accessible to his community, including the elderly, who can have their grandchildren read it to them. He also noted that the book can help non-Tshiven speakers learn the language.

- Mufamadi's inspiration for writing the book came from observing Grade 4 learners struggling with reading and writing due to the transition from their home language to English in the foundation phase. He believes his book, written in both languages, can help learners improve their reading and writing skills.

Tshimangadzo Mufamadi, a South African local author from Ha-Mashau village, has received his third award at the Seventh African Annual Global Honoree Authors Awards. His book, "Tsumbandila ya grade 1-3", written in both Tshivenda and English, was recognized at the ceremony held at Sandton Library in Johannesburg on July 31, 2024. Mufamadi expressed his excitement about writing a book in his native language, making it accessible to his community, including the elderly, who can have their grandchildren read it to them. He also noted that the book can help non-Tshivenda speakers learn the language.

Mufamadi's inspiration for writing the book came from observing Grade 4 learners struggling with reading and writing due to the transition from their home language to English in the foundation phase. He believes his book, written in both languages, can help learners improve their reading and writing skills.

Mufamadi's passion for writing began at 17, encouraged by his high school teacher's feedback on his handwritten manuscripts. Despite facing discouragement, he persevered and is now honored to be recognized for his work. He recommends his book for learners struggling with reading and writing. He can be contacted on Facebook or at ☎+27 76 568 0493.



Tshimangadzo Mufamadi.