



**When Cheating Becomes Strategy: Why Kenya Must Refuse Machiavelli's Trap**

Niccolò Machiavelli, the 16th-century Florentine political thinker, once observed that "fairness is a weapon invented by the weak to restrain the strong." In his view, politics was not a field of virtue but of cunning. The man who clings to morality while others cheat, he said, is not noble. He is prey. According to this logic, to survive, one must play dirty or perish.

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**News>> Gachagua Vows To Uphold JM Kariuki's Legacy, Pledges Fight Against Injustice And Misrule**

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# Global Push: Kenya Adds Embassies



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The Cabinet, chaired by President William Ruto endorsed the creation of an Embassy of the Republic of Kenya to the Vatican City, aimed at deepening engagement with the Holy See and advancing Kenya's global, moral, and development diplomacy.

The Vatican City, home to the Holy See and the seat of the Roman Catholic Church, wields considerable influence in peace, interfaith dialogue, and humanitarian affairs.



President William Ruto during yesterday's Cabinet meeting.

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"ALL BUSINESSES ONE PLATFORM"

# Gachagua, Kalonzo And Wamalwa In Gilgil, Nakuru County


By: MKT Reporter  
@themtkenyetimes

*Some Of The Moments As Captured In Pictures*

A section of United Opposition leaders yesterday attended the burial ceremony of Terry Kariuki, wife of JM Kariuki. After the ceremony, the leaders; Rigathi Gachagua, Kalonzo Musyoka, Eugene Wamalwa and dozens of former, current and upcoming political leaders addressed thousands of their supporters in Gilgil town. They noted that their commitment to building a better Kenya, free from corruption and the insatiable appetite for greed, remains unstoppable.



Editor's Desk




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# NEWS IN BRIEF



Chair of the National Council on the Administration of Justice (NCAJ), Chief Justice Martha Koome (l), and Interior Cabinet Secretary Kipchumba Murkomen (r) share a light moment on Monday during the launch of the Administration of Justice in Kenya Annual Report 2024/25, themed “Monitoring, Evaluation and Learning Guiding Framework for Kenya’s Justice Sector, 2025.”



Deputy President Prof Kithure Kindiki yesterday at his Karen office met with the members of the National Assembly and Senators from Mt Kenya region to receive feedback on the status of Government Programmes and projects in their areas of representation.



The Government of Kenya has reaffirmed its commitment to advancing local vaccine research, development, and manufacturing as a key pillar of health security and universal health coverage (UHC). To further this agenda, the Principal Secretary for Public Health and Professional Standards, Mary Muthoni yesterday held a meeting with the International AIDS Vaccine Initiative (IAVI) to explore deeper collaboration in vaccine innovation, research, and capacity development. The discussions focused on strengthening partnerships that will support Kenya’s growing vaccine ecosystem and accelerate progress toward self-sufficiency in vaccine production. The meeting brought together representatives from IAVI, led by Dr Kundai Chinyenze, alongside teams from the Kenya Biovax Institute, Kenya National Public Health Institute (NPHI), Pharmacy and Poisons Board (PPB), and the Kenya Medical Research Institute (KEMRI).



From Left to Right: Antony Kuria, Country Sales Manager, Kenafic Beverages and Bottling Limited; Mayur Shah, Group Managing Director, Kenafic Group; Chehar Shah, Managing Director; and Emmaculate Aoko, Brand Manager, STEAM, at the Kenya Beverage Excellence Awards 2025 held at the Hyatt Regency Hotel, Nairobi, on Monday. STEAM won four awards, including Most Preferred Energy Drink, Most Preferred New Beverage Concept for STEAM Recharge, First Runner-Up for Best Marketing Campaign of the Year for the ‘Power Up Game On’ campaign, and recognition for Outstanding Beverage Innovation.

Street vendors in Embu town have raised concerns over alleged harassment, arbitrary arrests, and extortion by county government askaris, saying it has made running their businesses increasingly difficult. The vendors told the Kenya National Chamber of Commerce and Industry (KNCCI), Embu Branch, that enforcement officers have confiscated goods, demanded bribes, and sometimes physically assaulted traders, contradicting promises by Governor Cecily Mbarire to support small-scale businesses. Some said they now carry their wares even to public toilets to prevent them from being seized. KNCCI Chair Mugo Mate called for a meeting with county officials, including the Governor, to find a lasting solution and ensure vendors can conduct business within the provisions of the County Finance Act.



# NEWS PAPER

IN BUSINESS



# The Mount Kenya Times

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# Kenya's Digital Journey, The Vision That Built A Connected Nation

*As former Minister of Information, Transport and Communications, Prime Cabinet Secretary Musalia Mudavadi recalls of the remarkable strides made so far*

By: OPCS PRESS SERVICE

@themkenyaintimes

## Worth Noting:

As Safaricom celebrates twenty-five years of transforming lives, Mudavadi noted that the country's digital transformation began three decades ago, driven by bold policy reforms and visionary leadership.

"We dared to dream of a connected Kenya a time of bold ideas and decisivereforms, when we laid the foundations for a digital revolution," Mudavadi said.



Prime Cabinet Secretary Musalia Mudavadi with former Safaricom CEO Michael Joseph.

Kenya has made remarkable strides in communication, trade and industry in the last two and a half decades.

Prime Cabinet Secretary Musalia Mudavadi said the journey spans from a tightly controlled communications system to a dynamic digital economy that is now admired across the region.

As Safaricom celebrates twenty-five years of transforming lives, Mudavadi noted that the country's digital transformation began three decades ago, driven by bold policy reforms and visionary leadership.

"We dared to dream of a connected Kenya a time of bold ideas and decisivereforms, when we laid the foundations for a digital revolution," Mudavadi said.

He further said is during his tenure as Minister for Finance that he played a key role in steering Kenya toward liberalizationand technological inno-

vation at a time when communication was limited, expensive, and monopolized.

"I spearheaded the liberalization of our economy, removing price and exchange controls and embedding the principles of afree-market economy that encouraged innovation and private enterprise," Mudavadi reflected.

In the early 1990s, Mudavadi's reforms dismantled rigid economic structures, opening doors for private sector participation in key industries.

Later, as Minister for Information, Transport and Communications, he championed the liberalization of the communications sector, breaking up the State monopoly and opening the airwaves to new voices.

That shift ushered in a new era one defined by the rise of private radio stations, increased media freedom, and mostcrucially, the birth of mobile te-



Prime Cabinet Secretary Musalia Mudavadi with a section of leaders including James Orengo and Martha Karua at a past Safaricom event. Photo/FILE

lephony.

During this transformative period, the government licensed Safaricomand Kencell (now Airtel), unlocking a technological revolution that changed how Kenyansconnect and conduct business.

"Working closely with Michael Joseph and the dedicated Safaricom team, we witnessed the rise of a home-grown success story that would go on to empower millions and place Kenya at the heart of Africa's digital innovation journey," Mudavadi said.

The results of those reforms have been profound.

Kenya now leads the continent in digital finance, innovation, and connectivity.

From the first mobile calls in the early 2000s to the introduction of M-Pesa the world's leading mobile money platform the nation has transformed

into a regional technology powerhouse.

Today, more than 95 percent of Kenyans own a mobile phone, and mobile money has become a cornerstone of everyday life.

The communications revolution has created jobs, driven entrepreneurship, and enabled access to services from health to education.

"As I look back, I take pride in how far we have come a testament to vision, courage, and the enduring spirit of the Kenyan people," Mudavadi noted.

He reiterated that Safaricom's success, and Kenya's broader digital rise, stand aspowerful lessons in what visionary policy, public-privte collaboration, and adaring spirit can achieve turning a once-closed system into a connected nationthat continues to innovate for the future.

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# The Mt Kenya Times



10th

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# Gachagua Vows To Uphold JM Kariuki's Legacy, Pledges Fight Against Injustice And Misrule

By: MKT Reporter  
@themkenyatimes

Former Deputy President Rigathi Gachagua has vowed to continue the fight for justice and good governance that the late JM Kariuki championed, describing the independence-era politician as a timeless symbol of courage and integrity.

Speaking in Gilgil, Nakuru County during the funeral service of Terry Wanjiru Kariuki, wife of the late JM Kariuki, Gachagua hailed the fallen icon as an enduring source of inspiration for generations of Kenyans who have stood up for truth and fairness.

He said JM Kariuki's legacy, defined by his stand against corruption, inequality, and political intimidation remains relevant today as the country grapples with leadership challenges.

"Like JM Kariuki, I will not be cowed by intimidation or threats," Gachagua declared, adding, "I am determined to continue fighting to liberate Kenyans from poor leadership and mismanagement that continue to hold our nation back."

The DCP leader also drew historical



Rigathi Gachagua with other leaders in Gilgil yesterday.

parallels, noting that those who betrayed and assassinated JM Kariuki came from within his own community. He cautioned Central Kenya residents to remain vigilant against "traitors" who, he said, undermine the people's unity and interests for personal gain.

"Let us be careful who we trust with leadership. Loyalty and integrity must guide our choices," Gachagua urged.

Responding to President William Ruto's recent remarks that the op-

position seeks only to share power, Gachagua accused the government of deflecting from its failures, claiming that corruption and mismanagement have worsened under Ruto's administration.

He insisted that the opposition's mission is not about political appointments but about restoring accountability and fairness in governance.

Gachagua was accompanied by Wiper Party leader Kalonzo Musyoka, who echoed his sentiments, urging Kenyans to preserve JM Kariuki's



Rigathi Gachagua with other leaders in Gilgil yesterday.

ideals of justice, equality, and service to the people.

DAP-K leader Eugene Wamalwa who was also present also called for unity within the opposition, affirming that they will not join the government "at any cost," stressing their commitment to principle and the country's best interests.

JM Kariuki, who served as Nyan-darua North MP, was a vocal critic of corruption and economic inequality before his assassination in 1975, a tragedy that remains a defining moment in Kenya's political history.

Several other leaders attended the ceremony.

# Two Nyeri Residents Win Sh1 Million Each in Coca-Cola Promotion

By: James Wanjiku  
@themkenyatimes

A construction worker and a small businesswoman from Nyeri County have become the latest winners of the weekly grand prize in Coca-Cola's Funua Flava Pata Mita under-the-crown promotion.

George Wachira Miano and Mary Ngatha Wangondu, who were named the 10th and 11th winners, received their cheques on Wednesday at Mediawash Distributors in Karatina town.

The promotion now has only one more Sh1 million weekly winner to be announced before it concludes later this week.

Wachira said he first learned about the promotion through social media videos and radio advertisements but initially dismissed it.

His belief grew, however, after a small but convincing win.

"One evening I was walking home from work, feeling completely worn out. I decided to buy a 200ml Co-



George Wacira funua 10th winner

ca-Cola from a vendor. I sent the code under the crown to 40111 and won 50MB of data. That small win made me believe the promotion was genuine," he said.

He plans to use his winnings to start a family business and buy his wife a washing machine.

Ngatha, a small-scale trader, said she had seen the promotion several times on TikTok and TV before deciding to try her luck.

"I bought my favourite Fanta Black-

currant and sent the code several times," she said.

"At first, I only won 50MB of data. When a Coca-Cola representative called to say I had won Sh1 million, I could not believe her. I only accepted it after she explained everything clearly."

Ngatha plans to use the money to complete payment for a plot she has been buying in instalments and later develop it into a business.

According to Ampher Apidi, Expe-



Mary Ngatha funua 11th winner

riential Marketing Manager at Coca-Cola Beverages Kenya, the Funua Flava Pata Mita promotion has continued to attract enthusiastic participation nationwide.

"So far, 11 millionaires have been crowned from counties including Baringo, Uasin Gishu, Meru, Kisumu, Nyeri, Migori, Mombasa and Nairobi," he said, adding that thousands of consumers have also won cash prizes worth Sh100,000, Sh10,000 and daily data bundles.

Previous weekly winners include Paul Onyango and Sharon Ndunge from Nairobi; Linet Moraa Mugire from Eldoret; Miriam Wakio Kidungwa from Mombasa; and Emmanuel Kerario Gikumi, a 21-year-old student from Migori.

To participate, consumers buy a 300ml glass bottle of Coca-Cola, Fanta, Sprite, Stoney, Krest or Schweppes and send the code under the yellow crown cap via SMS to 40111.

# New Embassies To Be Opened In Vatican, Denmark and Vietnam to Boost Kenya's Global Influence

By: MKT Reporter  
 @themtkenyatimes

Plans to establish new embassies took off yesterday

This is after a Cabinet meeting approved the establishment of new embassies in the Vatican City, Copenhagen (Denmark), and Hanoi (Vietnam) as part of Kenya's strategy to strengthen its global diplomatic and economic presence.

The Cabinet, chaired by President William Ruto endorsed the creation of an Embassy of the Republic of Kenya to the Vatican City, aimed at deepening engagement with the Holy See and advancing Kenya's global, moral, and development diplomacy. The Vatican City, home to the Holy See and the seat of the Roman Catholic Church, wields considerable influence in peace, interfaith dialogue, and humanitarian affairs.

A resident mission, the Cabinet noted, will strengthen bilateral cooperation in areas such as peace-building, climate action, humanitarian initia-

tives, and education, while enhancing Kenya's collaboration with the Vatican's vast network of faith-based institutions.

The decision is also expected to deepen partnerships with Catholic development agencies that collectively operate more than 7,700 schools and 500 health facilities in Kenya, aligning with the government's Bottom-Up Economic Transformation Agenda (BETA) by supporting social welfare, education, and healthcare initiatives.

"The Vatican plays a unique role in promoting global peace and social justice. Establishing a resident embassy will enhance Kenya's moral and humanitarian diplomacy," the Cabinet communiqué stated.

In addition, Cabinet approved the opening of new embassies in Copenhagen and Hanoi, part of Kenya's continued push to expand its diplomatic footprint and tap into new trade and investment opportunities.

The mission in Denmark will strengthen Kenya's ties with Nordic countries known for their leadership in green energy, innovation, and sustainable development. The embassy



The Cabinet in session yesterday. Photos/Courtesy.

in Vietnam will serve as a gateway to deepening trade and cooperation with the fast-growing economies of South-east Asia.

The expansion of Kenya's diplomatic network, Cabinet said, aligns with the country's foreign policy goal of

enhancing global partnerships that support national development, attract investment, and promote Kenya's role in international peace and environmental initiatives.

The latest decisions underscore the government's commitment to ele-

vating Kenya's profile on the global stage while leveraging diplomatic engagement to deliver tangible social and economic benefits at home.

# Parliamentary Committee Adopts Regulations On County Licensing Procedures

By: PSCU  
 @themtkenyatimes

The Committee on Delegated Legislation has reviewed and adopted a set of regulations aimed at establishing a national legislative framework for standardized licensing procedures across the 47 counties.

Chaired by Samuel Chepkong'a (Ainabkoi), the Committee yesterday examined the County Licensing (Uniform Procedures) Regulations, 2025.

The Principal Secretary for the State Department of Investment Promotion, Hassan Abubakar, appeared before the committee and briefed members on the new guidelines.

Mr. Abubakar, who represented Lee Kinyanjui, the Cabinet Secretary for Investments, Trade, and Industry, also responded to concerns raised by Members of Parliament regarding the

regulations.

He informed the Committee that the regulations seek not only to provide a framework for uniform licensing procedures by county governments but also to ensure predictability and efficiency in licensing processes across all counties.

Mr. Abubakar defended the new guidelines, noting that they will encourage private sector participation and promote ease of doing business within the devolved units.

The Chepkong'a-led committee will now compile a report on the regulations to be presented to the National Assembly for debate and approval.



Some of the committee members during yesterday's session. Photo/PSCU.

# Waiguru: Bold Reforms Turning Kirinyaga Into An Investment Hub

By: MKT Reporter  
@themkenyatimes

Kirinyaga Governor Anne Waiguru has said deliberate policy reforms focused on inclusive and locally driven growth are transforming Kirinyaga into a magnet for investors and innovation.

Delivering her State of the County Address at the Kirinyaga County Assembly, Waiguru said strategic infrastructure investment, simplified business processes, and targeted SME support have made the county a fertile ground for enterprise.

“The rise of new rice mills, flour mills, fish hatcheries, eco-tourism lodges, and value-addition hubs reflects a deliberate shift toward inclusive, locally anchored development,” she said.

The Governor reported that the Gross County Product has grown from Sh114.9 billion in 2017 to Sh190.79 billion in 2024, with an economic

growth rate of 5.4%, above the national average. The poverty rate has dropped from 23% to 21%, lifting about 52,000 households out of poverty.

Waiguru said her administration has recovered over 800 acres of grabbed public land, now earmarked for schools, hospitals, and agricultural projects. The county has also upgraded infrastructure, grading 7,151km and graveling 2,265km of roads, and paving 118,550 square metres of cabro in seven major towns to boost business and connectivity.

She highlighted the progress of the Sagana Industrial City, which will include an Export Processing Zone, Special Economic Zone, and an Affordable Housing component. The project is expected to create 10,000 direct and 170,000 indirect jobs, with 63 investors already showing interest.

Through the Wezesha Kirinyaga programme, more than 100,000 farmers have benefitted from agricultural value chains, while revenue collection has more than doubled to Sh852



Governor Anne Waiguru at the County Assembly chambers. Photo/Courtesy.

million, thanks to the Kiripay digital system.

On health, Waiguru said the county

has expanded access through new facilities, additional staff, and the upgraded Kerugoya County Referral

Hospital, which now offers specialised services including oncology and orthopaedics.

# The Mt. Kenya Times



# The 11th World Scout Parliamentary Union General Assembly Officially Kicks Off In Nairobi

By: MKT Correspondents

@themkenyatimes

The 11th World Scout Parliamentary Union (WSPU) General Assembly officially opened yesterday at the Safari Park Hotel, Nairobi, marking a historic first for Africa.

The five-day global gathering, running from November 9–13, 2025, brings together Scout-oriented parliamentarians from across the world under the theme “Parliamentary Scouts in SDGs, Creative Economy and Climate Action.”

The official opening ceremony was presided over by the Chief Guest, Deputy Speaker of the National Assembly Gladys Boss Shollei, and moderated by Dagoretti South MP John Kiarie Waweru, who also serves as the WSPU Kenya President.

Funyula MP Wilberforce Oundo, the Chairperson of the 11th WSPU General Assembly Host Committee, joined the proceedings alongside distinguished guests from the global Scouting fraternity.

In a speech delivered on behalf of Moses Wetang’ula, Speaker of the National Assembly and Patron of the Kenya Scouts Association, the Deputy Speaker reaffirmed the Speaker’s commitment to nurturing youth leadership through Scouting.

“Scouting has shaped the lives of many young people through discipline, service, and good upbringing,” Speaker Wetang’ula noted in his message. “I encourage our youth to join the Scouts Movement and take advantage of its values in building character and leadership.”

The Chief Scout of Kenya, former National Assembly Speaker Francis Ole Kaparo echoed similar sentiments, urging the youth, especially Generation Z to embrace the Scouts’ values of honesty, sincerity, and commitment to duty.

“Scouting remains a guiding light for young people to lead by example and contribute positively to society,” he said.

In his opening remarks, Kiarie emphasized the importance of preparing Scouts for the challenges of a digital, fast-changing world.

“Scouts are called to explore, innovate, and stay fit for purpose in an increasingly digital era,” he urged.

The WSPU General Assembly, which convenes every three years, provides a platform for parliamentarians and Scout leaders to discuss the direction and development of the global Scout Movement, youth poli-



John Kiarie



Poppins Misoi, WSPU Kenya Executive Director



WSPU officials



Deputy Speaker Gladys Boss



Francis Ole Kaparo



Some members of WSPU

cy cooperation, and legislative support for Scouting initiatives.

Ahead of the main Assembly, a Youth Assembly was held in Nyeri from November 6–9, 2025, offering young leaders a vibrant platform for dialogue and exchange.

Led by Kiarie, the forum empowered youth participants to contribute to global advocacy efforts and influence the outcomes of the General Assembly.

As part of their pre-Assembly activities, delegates visited Nyeri, the cradle of Scouting in Kenya and paid homage at the resting place of Robert Stephenson Smyth Baden-Powell, founder of the Scout Movement.

The visit was hosted by Nyeri Governor Mutahi Kahiga, who welcomed the delegation and reaffirmed Nyeri’s historical significance in global Scouting.

The participants also enjoyed a morning excursion at the Nairobi National Park, where they experienced Kenya’s world-famous wildlife.

Later in the day, the delegation made a courtesy call to the Speaker of the National Assembly, and a visit to the Chambers during the afternoon sitting of the house.

The 11th WSPU General Assembly stands as a milestone for both Kenya and Africa, symbolizing a strengthened partnership among parliamenta-



Some members during yesterday's session.

ry Scouts worldwide and a renewed commitment to advancing sustainable development, youth empower-

ment, and climate action through the global Scouting movement.

# Cabinet Backs New Project Pricing Rules, Land Loan Waiver And Key Infrastructure Reforms

By: MKT Reporter  
 @themtkenyatimes

President William Ruto yesterday chaired a Cabinet meeting at State House, Nairobi, that approved a series of major policy and infrastructure measures aimed at improving transparency, strengthening devolution, and enhancing economic growth.

Among the key decisions was the adoption of a Comprehensive Framework for Infrastructure Projects Pricing, designed to curb inflated project costs, promote transparency, and ensure value for money in public investments.

The new framework will eliminate irregular and inconsistent pricing practices that have long burdened government projects by introducing a data-driven costing system. It will be coordinated by the Chief of Staff and Head of the Public Service through a Multi-Agency Technical Working Team, which has already developed sectoral pricing models and proposed a National Infrastructure Pricing Database (NIPD).

Cabinet observed that, despite heavy



Cabinet members praying before start of the business yesterday.

investment in infrastructure over the past two decades, Kenya continues to experience cost variability and overruns due to outdated, precedent-based estimates. The new system will adopt the First Principles Approach (FPA) — used in the United Kingdom, Australia, and Singapore — to ground project costing in data and analysis, potentially reducing overruns by up to 25 percent.

In a move aimed at easing the burden on low-income settlers, Cabinet also approved a waiver of interest and

penalties on outstanding land settlement loans worth KSh12.3 billion. The waiver will benefit settlers in 520 schemes across 26 counties, allowing them to obtain title deeds, regularise land accounts, and use their land as collateral for investment.

The decision, which supports the Bottom-Up Economic Transformation Agenda (BETA), follows recommendations by the Land Settlement Fund Board. Beneficiaries will be given a 12-month moratorium to clear principal balances.



President William Ruto and Deputy President Kithure Kindiki

Cabinet further approved the dualling of the 23.5km Muthaiga–Kiambu–Ndumburi Road to ease congestion and improve mobility between Nairobi and Kiambu counties. The project will expand the corridor into a dual carriageway with bypasses, loops, and non-motorised lanes, in line with Vision 2030 and the UN Sustainable Development Goals.

In a major environmental move, Cabinet endorsed the Nairobi National Park–Athi–Kapiti Wildlife Corridor Project, which will reconnect Nairobi

National Park to conservancies in Machakos and Kajiado counties to protect migratory routes and reduce human–wildlife conflict.

To strengthen devolution, Cabinet also approved the Public Finance Management (Amendment) Bill, 2025, proposing to split the County Governments Additional Allocations Bill into two separate laws to speed up fund disbursement and improve service delivery at the county level.

# UN Demands Justice As Shadows Of Violence Haunt Tanzania’s Election Aftermath

By: MKT Correspondent  
 @themtkenyatimes

The United Nations has issued a resounding call for an independent investigation into the chilling reports of mass killings and disappearances that followed Tanzania’s October 29 general election. As the dust settles on what was meant to be a democratic exercise, disturbing accounts have emerged of widespread brutality, prompting global outrage and a demand for accountability. UN High Commissioner for Human Rights Volker Türk revealed that his office had received credible reports from multiple sources indicating that hundreds of civilians—many of them protesters—were killed, injured, or detained in a sweeping crackdown by security forces. The violence, which coincided with an internet blackout and a nationwide

curfew, has left families in anguish, searching desperately for missing loved ones and answers that remain elusive.

Türk described the situation as harrowing, citing testimonies of families going from one police station to another, one hospital to the next, hoping to find their relatives. The UN’s concern is compounded by allegations that bodies of victims may have been secretly removed and hidden by security forces, raising fears of a deliberate cover-up. While the exact number of casualties remains unverified due to the volatile security environment, the scale of the reported violence has sparked alarm across the international community. The UN has urged Tanzanian authorities to allow an impartial and transparent investigation, emphasizing that justice must not be delayed or denied.

The call for accountability has also been echoed by Tanzania’s main opposition party, CHADEMA, which

has appealed to both the UN and the International Criminal Court to intervene. The party claims that the violence was not only excessive but targeted, with reports suggesting that even foreign nationals, including Kenyans, may be among the dead. Footage circulating online shows graphic scenes of unrest, with bodies strewn across streets and tear gas clouds engulfing crowds of demonstrators. These images have intensified pressure on President Samia Suluhu Hassan’s administration, which has so far maintained that the elections were free and fair.

The UN’s demand for an independent probe is not merely procedural—it is a moral imperative. In a region where democratic institutions are still maturing, the integrity of elections and the protection of civil liberties are cornerstones of progress. The Tanzanian government now faces a critical test: whether it will uphold the principles of transparency and justice or allow impu-



UN High Commissioner for Human Rights Volker Türk

nity to fester. The international community, led by the UN, is watching closely. The outcome of this investigation could shape not only Tanzania’s political future but also its standing on the global stage.

As Tanzanians mourn and demand answers, the world must stand in solidarity with the victims and their families. The promise of democracy

must never be overshadowed by violence. The UN’s call is a reminder that every life lost in the pursuit of justice matters, and that silence in the face of such atrocities is not an option. Tanzania must confront its darkest hour with courage, truth, and a commitment to healing.

# Ruto Hails Opening Of ITC Regional Hub In Nairobi, Pledges Stronger Support For MSMEs

By: MKT Correspondent  
 @themtkenyatimes

President William Ruto has lauded the International Trade Centre (ITC) for establishing its regional hub in Nairobi, saying the move will link East African producers and value chains to global markets.

Speaking during the 25th East African Community (EAC) Micro, Small and Medium Enterprises (MSMEs) Trade Fair at Uhuru Gardens, the President said the new office — located at the United Nations Gigiri Complex — marks ITC's first branch outside Geneva, Switzerland.

The office was officially opened by the Director-General of the UN Office at Nairobi (UNON), Zainab Hawa Bangura.

"We express our sincere gratitude to Executive Director Pamela Coke-Hamilton and the United Nations system for this honour," said President Ruto, adding that the move strengthens Kenya's position as a regional trade hub.



President William Ruto admiring some of the artifacts yesterday. Photos/Courtesy

He reaffirmed the commitment of EAC Heads of State to eliminate persistent non-tariff barriers that hinder cross-border trade, noting that the annual trade fair provides an ideal platform to advance regional economic integration.

The President highlighted ongoing government efforts to empower small businesses through affordable financing, training, and market access. He said more than KSh80 billion has been disbursed to 26.7 million Kenyans under the Hustler

Fund since 2022, lowering interest rates from as high as 100 per cent to just 8 per cent.

Ruto noted that digital lending has helped millions build credit histories and improve access to finance, while seven million Kenyans previously blacklisted by the Credit Reference Bureau have been given a second chance to rebuild their financial reputation.

He added that the government is exploring the securitisation of credit scores to enable young people and



President William Ruto admiring some of the artifacts yesterday. Photos/Courtesy

women without collateral to access loans.

Through the NYOTA Programme, 110,000 young entrepreneurs have received training, mentorship, and start-up grants, while County Aggregation and Industrial Parks are being established in all 47 counties to promote agro-processing and boost competitiveness.

President Ruto said Kenya's shift from consumption to production subsidies in agriculture has doubled maize output to an estimated 75 mil-

lion bags this season. He also cited the Affordable Housing Programme and the 100,000km digital super-highway as key drivers of job creation and economic inclusion.

The President urged EAC member states to leverage the African Continental Free Trade Area (AfCFTA) and domesticate the AfCFTA Protocol on Women and Youth in Trade to promote inclusive growth.

# StarTimes Launches Christmas Campaign With Free Upgrades For Subscribers

By: MKT Correspondent  
 @themtkenyatimes

StarTimes media has rolled out its Christmas Campaign 2025, offering subscribers upgraded channel packages, extra viewing days, and a range of entertainment aimed at enhancing value during the festive season.

The campaign runs from November 8, 2025, to January 15, 2026, targeting both DTT (antenna) and DTH (dish) customers.

For DTT subscribers, recharging the Nyota bouquet will automatically upgrade them to Basic for a month.

Those on Basic will gain access to Classic channels at no additional cost, while Classic subscribers will receive five extra viewing days.

DTH subscribers benefit similarly, with Nova users upgraded to Smart, Smart subscribers moved to Super,

and Super users also receiving five extra days free.

Myke Mwai, Head of PR and Content Syndication at StarTimes, said the initiative reflects the company's commitment to customer value.

"This Christmas, we want our subscribers to enjoy more for less, while also bringing them premium entertainment that captures the joy and warmth of the holidays," Mwai said.

He added that the festive content lineup spans from drama, reality TV, children's programming, and live sports with highlights including the Filipino blockbuster Gangs of Manila, the fourth season of Hello Mr. Right, and kid-favorites Super Wings, Milo, and Ben 10.

Mwai said that sports enthusiasts can follow live football from top leagues, including the Bundesliga, LaLiga, Saudi Pro League, and Carabao Cup.



StarTimes CEO Carter Luo during a past media briefing. Photo/Courtesy.

**14 POEMS**

## Responsibilities Of Children



Responsibilities of children are too much,  
They have umpteen responsibilities,  
Yet they feel relaxed as if there is none.  
They have their own self-responsibility:

Taking care of their health,  
Eating right, staying fit,  
Managing time for study and play.  
They have home responsibility to support their family,

Helping with simple job keeping it tidy.  
Society responsibility: following rules and regulations,  
Obeying traffic, respecting neighbours.  
National responsibility: being patriotic,

Respecting the national flag and

symbols,  
Keeping surroundings clean,  
Planting trees and caring for them.  
Conservation of energy: switching off lights and fans,

Saving water at all times.  
Helping others when they are in need,  
Listening to elders, respecting them,  
Making good decisions,

Not polluting the environment, but saving nature  
Avoiding illegal activities and wrongdoings.

All these are the responsibilities of children.  
Let's train children to follow all responsibilities

Brinda. D  
GRADUATE TEACHER,  
GOVT HIGH SCHOOL,  
MELPATTAMPAKKAM  
CUDDALORE, Tamilnadu India  
creativewritersmag@gmail.com

## Bones Beneath The Skin Of Hope



Invent new life, create new cars,  
But hearts grow cold to pain so near,  
When hunger's voice falls on deaf ear.

Trillions spent on war and might,  
While souls fade out in silent night,  
Their ribs like cages, fragile, bare,  
The world moves on — but do we care?

A world without hunger — not a dream,  
If kindness flows like a living stream,  
When hearts unite and hands extend,  
Poverty's curse will find its end.

In this new age of science and light,  
Man conquers depths beyond all sight,  
Machines now work where humans tire,  
Yet hunger burns — an endless fire.

While cities glow with neon skies,  
Empty bowls tell unheard cries,  
Children sleep with tear-stained cheeks,  
Dreaming of food they've not seen in weeks.

We build our wealth, we reach the stars,

Durgadevi V  
BT Assistant  
GHS Nesal  
Tiruvannamalai Dt

## FEEDBACK

### V. JAYANTHI

Dear sir

"Heartfelt thanks to the Mt Kenya Times news publisher for giving me this wonderful opportunity to feature my article.

Your support and encouragement mean a lot to me. It's truly an honor to see my work reach international readers. This recognition inspires me to keep writing with more passion and purpose.

I'm truly delighted to share that my article has been published in the Kenya Daily News. This achievement wouldn't

have been possible without Creative Writers guidance Great Brinda Mam support, and as well as Anandhi Mam's encouragement.

Once again, I express my heartfelt gratitude to both of you. 🙏

With deep gratitude and respect,  
V. JAYANTHI  
Graduate teacher  
PUMS KONGANANCHERRY

### Rajesh Kanna B N

Respected sir,  
Greetings to you. I am Rajesh Kanna B N, working as a teacher from Tamil Nadu, India. Everyday you give us space for our poems published in your Esteemed daily paper. It makes us feel happy and encouraging us to write continuously. We congratulate you all the best for doing this wonderful service to the development of young writers.

We are the part of Creative writers from Tamil Nadu. Mrs Brinda is the founder

of CW. We all are admired, on seeing her tireless job, efforts and organised neatly, support the young minds and writers.

We are always remembered her service and dedication. Thank you Brinda mam.

And also you gave us a wonderful platform in your International Mt. Kenya Times epaper. We are always remembered and grateful to you.  
Thank you sir 🙏🙏🙏🙏🙏.

## The Flute Song



What adds life to her years?  
It's the smile her face wears  
Soft yet firm, from her  
I have many to learn  
Even arduous tasks are a cake walk  
Anxiety drips if you hear her talk  
Considerate headmistress of our school  
Unity is her only rule  
Harsh words don't slip her lip  
Her understanding heart holds you in grip  
Fixes issues in a composed way

Keeping negativity at bay  
Delegates duties to all  
Never makes anyone feel small  
Her dedication and wise management  
Dissipates the aroma of her scent  
To teachers who effuse the fragrance  
Glad I got a chance to work with you  
Feel fortunate among the few  
Despite holes, the flute works  
and brings about a song  
As a strong woman, you break challenges  
and rise along.

A. Mabel Judy Fernando.  
B. T Asst English  
T. S. M Nagar  
Chennai

## Your Memory Is A Treasure



Your memory is a treasure we hold in our hearts,  
Loved beyond words, missed beyond measure.  
Your love still guides us, though we cannot see you,  
For memories are the legacy of love.

Your spirit lives within us — always and forever.  
We carry your light wherever we go.  
Heaven gained a beautiful soul,  
Whose journey continues beyond the stars.

The stars now shine a little brighter because of you.  
You are at peace... but your love remains.

Mrs. V. RANJANI VEERA  
M.A., B. Ed.  
GRADUATE TEACHER ( ENGLISH )  
PONDICHERRY,(DISTRICTS)  
INDIA.

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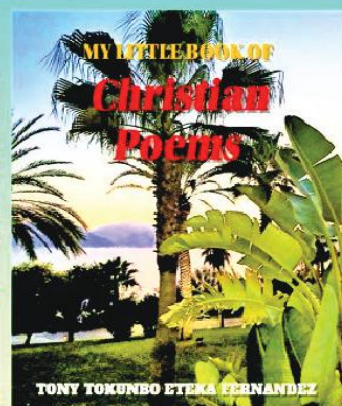
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# Justice Or Silence? Mbijiwe's Family Demands Answers As Pressure Mounts On Police Chiefs

By: David Kimani  
 @themtkenyentimes

The mystery surrounding the disappearance of security analyst Mwenda Mbijiwe has taken a dramatic turn, as his family now demands the government produce him—dead or alive—and calls for the arrest of Inspector General of Police Douglas Kanja and Director of Criminal Investigations Mohamed Amin. This bold move comes after four agonizing years of silence, speculation, and what the family describes as deliberate obstruction of justice. Mbijiwe, a former Kenya Defence Forces officer and respected commentator on national security, vanished in June 2021 under circumstances that remain disturbingly unclear. His disappearance has haunted his family and shaken public confidence in the country's security institutions.

During a recent court session, lawyer Evans Ondieki, representing the Mbijiwe family, described the case as a circus that has dragged on far too long. He accused the police of detaining Mbijiwe incommunicado and defying a court order issued on October 28, 2025, which directed them to produce him without delay. Ondieki urged the court to issue arrest warrants against both Kanja and Amin, citing their failure to comply with the order and their absence from the proceedings. The Office of the Director of Public Prosecutions confirmed that it had received the case file from the DCI, but no action had been taken, further fueling suspicions of a cover-up.

The family's frustration is palpable. For years, they have knocked on every door, visited countless police stations and hospitals, and pleaded with authorities for information. Yet, they remain in the dark. Their demand is simple: accountability. They want to know what happened to their son, brother, and father. They want closure. And they want those responsible for the delay and silence to face the full force of the law. The emotional toll has been immense, and their resolve has only hardened with time.

This case has ignited a broader conversation about enforced disappearances in Kenya and the culture of impunity that often surrounds them. Mbijiwe's disappearance is not an isolated incident. It is part of a troubling pattern where individuals vanish, and institutions tasked with protecting citizens either remain silent or actively obstruct investigations. The call for the arrest of top police officials is unprecedented and signals a growing demand for transparency and justice from the public.

Justice Martin Muya, presiding over



Security analyst Mwenda Mbijiwe

## Worth Noting:

- The family's frustration is palpable. For years, they have knocked on every door, visited countless police stations and hospitals, and pleaded with authorities for information. Yet, they remain in the dark. Their demand is simple: accountability. They want to know what happened to their son, brother, and father. They want closure. And they want those responsible for the delay and silence to face the full force of the law. The emotional toll has been immense, and their resolve has only hardened with time.
- This case has ignited a broader conversation about enforced disappearances in Kenya and the culture of impunity that often surrounds them. Mbijiwe's disappearance is not an isolated incident.

the case, emphasized the need for respect for court orders and directed the DCI and ODPP to provide a comprehensive report on Mbijiwe's whereabouts. The pressure is mounting, and the stakes are high. If the government fails to act decisively, it risks eroding public trust and sending a dangerous message that those in power are above the law.

The silence from the police leadership has been deafening. Neither Kanja nor Amin has publicly addressed the matter, and their continued absence from court proceedings only deepens the suspicion. For a nation that prides itself on democratic values and the rule of law, this case is a litmus test. Will the institutions charged with upholding justice rise to

the occasion, or will they falter under the weight of political pressure and bureaucratic inertia?

As the legal battle intensifies, civil society groups and human rights organizations have begun rallying behind the Mbijiwe family. They argue that the government must not only produce Mbijiwe but also explain the circumstances of his disappearance and hold those responsible accountable. The demand is not just for one man—it is for every Kenyan who has ever feared that justice might be denied.

The Mbijiwe case is a stark reminder that justice delayed is justice denied. It is a call to action for every citizen, every leader, and every institution. The family's courage in demanding

answers and accountability should inspire a national reckoning. Kenya must confront the uncomfortable truths about its security apparatus and ensure that no one—no matter how powerful—is immune from scrutiny.

As the court prepares to make its next move, the country watches with bated breath. The outcome will not only determine the fate of Mwenda Mbijiwe but also set a precedent for how Kenya handles cases of enforced disappearance. The family's demand is clear: produce him dead or alive. Anything less is unacceptable.



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# When Cheating Becomes Strategy: Why Kenya Must Refuse Machiavelli's Trap

By: Martin Masinde  
 @themtkenyatimes



## Worth Noting:

- Yet the tragedy of Kenya is not that we have cheaters. It is that we have come to admire them. Our public imagination now equates to ruthlessness with leadership. We no longer ask whether our rulers are honest; we only ask whether they are “smart enough” to get away with it. And that, precisely, is how corruption becomes culture and impunity becomes system.
- To be clear, Machiavelli was not celebrating evil for its own sake. He was describing how power actually operates when unrestrained by law or conscience. His warning was that politics, when stripped of ethics, becomes a jungle. In Kenya, that jungle is our reality.

Niccolò Machiavelli, the 16th-century Florentine political thinker, once observed that “fairness is a weapon invented by the weak to restrain the strong.” In his view, politics was not a field of virtue but of cunning. The man who clings to morality while others cheat, he said, is not noble. He is prey. According to this logic, to survive, one must play dirty or perish. In Machiavelli’s cruel calculus, the end justifies the means.

That view may explain much of Kenya’s political history and, perhaps, our current moral crisis. Here, the art of deceit has long been dressed as a strategy. Election manipulation is rebranded as “mobilization.” State capture is sanitized as “policy continuity.” Corruption is romanticized as “hustling.” Those who lie most convincingly are celebrated as political geniuses. Those who play by the rules are ridiculed as naïve. In Kenya of today, Machiavelli would fit right in.

Yet the tragedy of Kenya is not that we have cheaters. It is that we have come to admire them. Our public imagination now equates to ruthlessness with leadership. We no longer ask whether our rulers are honest; we only ask whether they are “smart enough” to get away with it. And that, precisely, is how corruption becomes culture and impunity becomes system.

To be clear, Machiavelli was not celebrating evil for its own sake. He was describing how power actually operates when unrestrained by law or conscience. His warning was that politics, when stripped of ethics, becomes a jungle. In Kenya, that jungle is our reality. One where morality

is suspended every election season, where truth becomes relative, and where the law bends toward whoever has the numbers, the money, or the guns.

But must we accept this as destiny? I take a different position. I believe that while one must understand Machiavelli, one must never become him. In a society overrun by crooks, the goal should not be to out-cheat them but to expose them, to turn light into a weapon. True strategy is not corruption perfected; it is corruption unmasked.

Playing fair is not weakness; it is moral courage. But it must be backed by vigilance, intelligence, and preparation. Kenya’s reformers have often failed not because their cause was wrong but because they were blind-

sided by those who rigged the game. To play fair in a crooked system without a plan to reveal and neutralize the crookedness is indeed to step into battle unarmed.

Therefore, the way forward is not to abandon principles but to defend them with strategy. Fairness must be fortified by foresight. Transparency must be shielded by technology. Law must be reinforced by accountability. Morality must be protected by citizens who refuse to be spectators in their own betrayal.

History may glorify the victors, but conscience judges them differently. Kenya does not need another “winner at any cost.” We need leaders who understand that legitimacy is the only victory that endures. To “win dirty” is to inherit a poisoned kingdom. To

“lose clean” is to build a moral foundation from which the next victory will rise.

In the end, Machiavelli was right about one thing, the world rewards those who understand when to abandon their principles. But what he missed is that great societies are built not by those who abandon their principles but by those who hold onto them when it is hard to do so.

Let the crooks conspire. Let the corrupt plot. Those who choose integrity must prepare, not surrender. For when truth is armed with strategy, deceit eventually defeats itself. Kenya’s redemption will not come from those who cheat best but from those who play fair, expose the crooks, and still win.



# Early Detection And Prevention Methods Of Cardiovascular Diseases



By: Avazbekova Rayyonaxon  
@themtkenyatimes

## Worth Noting:

- Cardiovascular diseases remain the leading global cause of death, with over 17 million lives lost annually.
- Artificial intelligence now enables early detection of arrhythmias and predicts cardiac events before symptoms appear.
- Genetic screening identifies DNA variations linked to heart disease, allowing for personalized treatment.
- Biomarkers like troponin and BNP help detect early disease progression and classify patient risk.
- Stem cell therapy and robotic-assisted surgery offer advanced, precise treatment options.
- Lifestyle changes—healthy diet, exercise, stress management, and regular check-ups—are key to prevention.
- Digital tools such as smartwatches and mobile apps support continuous heart monitoring and early alerts.



Cardiovascular diseases (CVDs) remain the leading cause of death globally, claiming over 17 million lives annually according to the World Health Organization. These alarming figures underscore the urgency of advancing early detection, prevention, and treatment strategies—especially in developing nations like Uzbekistan, where late diagnosis, poor nutrition, chronic stress, and sedentary lifestyles continue to threaten heart health. The burden of cardiovascular disease is not only medical but also economic, as it affects productivity, increases healthcare costs, and places strain on families and communities.

Traditional diagnostic tools such as electrocardiography (ECG), echocardiography, and laboratory analyses still play a vital role in identifying heart conditions. These methods are widely used and accessible, providing essential insights into heart rhythm, structure, and function. However, recent breakthroughs in digital medicine and artificial intelligence (AI) have revolutionized cardiac care. AI algorithms now detect arrhythmias from ECG data, calculate risk factors, and predict cardiac events before symptoms emerge. Systems like CardioInsight (USA) and HeartLogic (Japan) offer real-time monitoring and early alerts, helping clinicians intervene before a heart attack occurs. These technologies are particularly valuable in remote or underserved areas, where access to specialists may be limited. Genetic screening has also emerged

as a powerful tool in identifying predispositions to heart disease. DNA variations affecting cardiac muscle and vascular elasticity can now be mapped, enabling personalized treatment plans tailored to each patient's genetic profile. This approach allows for more accurate risk assessment and early intervention. Biomarkers such as troponin, BNP (B-type natriuretic peptide), and hs-CRP (high-sensitivity C-reactive protein) are increasingly used to detect disease progression at its earliest stages. These indicators help clinicians classify patients into risk categories and monitor treatment effectiveness over time.

On the treatment front, innovation is reshaping cardiology. While conventional therapies—beta-blockers, anticoagulants, statins—remain foundational, new biomedical approaches are gaining ground. Stem cell therapy regenerates damaged heart tissue using cultured cells from the patient's own body, offering hope for those with heart failure or myocardial infarction. 3D heart modeling helps surgeons plan complex procedures with precision, reducing complications and improving outcomes. Robotic-assisted cardiac surgery minimizes human error and enhances safety, making surgical interventions more efficient and less invasive. These advancements are transforming the way heart diseases are managed, offering patients faster recovery and improved quality of life. Prevention, however, remains

the cornerstone of cardiovascular health. Lifestyle modifications have proven highly effective in reducing the risk of heart disease. A balanced diet low in saturated fats, salt, and sugar and rich in fruits, vegetables, and omega-3 fatty acids supports heart function and reduces cholesterol levels. Regular physical activity—such as walking, swimming, or cycling for at least 30 minutes a day—strengthens the cardiovascular system and helps maintain a healthy weight. Stress management through meditation, breathing techniques, and positive thinking is essential, as chronic stress is a known contributor to hypertension and heart disease. Avoiding harmful habits like smoking and excessive alcohol consumption further protects heart health.

Regular medical check-ups are also crucial. Routine monitoring of blood pressure, cholesterol, glucose levels, and ECG readings can detect early signs of cardiovascular issues and prompt timely intervention. In recent years, digital tools like mobile health apps and smartwatches have become popular for continuous heart monitoring. Devices such as the Apple Watch, which participated in the Apple Heart Study, have demonstrated success in identifying irregular heart rhythms and alerting users to seek medical attention. These technologies empower individuals to take control of their health and make informed decisions.

The integration of cutting-edge technologies, genetic insights, AI diagnostics, and lifestyle interven-

tions has significantly improved patient outcomes. Early detection and personalized treatment reduce complications, hospitalizations, and mortality rates. Public awareness campaigns play a vital role in educating communities about heart health, encouraging healthy habits, and promoting regular screenings. Governments and healthcare providers must invest in digital infrastructure, training, and outreach to ensure that these innovations reach all segments of the population.

In Uzbekistan and similar developing countries, the challenge lies in bridging the gap between advanced medical technologies and local healthcare systems. Strengthening primary care, expanding access to diagnostic tools, and training healthcare professionals in modern cardiology practices are essential steps. Collaboration between public and private sectors, international partnerships, and community engagement can accelerate progress and reduce the burden of cardiovascular disease.

## Author Bio

Avazbekova Rayyonaxon was born on March 12, 2008, in Andijan city, Uzbekistan. She is a first-year student in the General Medicine program (Group 25-11) at the Andijan Branch of Kokand University. Her scientific articles have been published in both national and international journals.

# U.S., Syria Move Toward Resetting Ties As Trump Meets Al-Sharaa To Discuss Sanctions, Security

By: Xinhua News Agency  
 @themtkenyatimes

U.S. President Donald Trump on Monday met with Syrian interim leader Ahmad al-Sharaa at the White House, widely seen as a crucial step towards normalizing U.S.-Syria relations.

It's the first visit by a Syrian leader to the White House since Syria's independence in 1946. Unlike standard state visits, Trump did not greet al-Sharaa at the White House's main entrance; instead, the Syrian leader entered through a side gate in a low-profile arrival. Their closed-door meeting, held in the Oval Office without reporters present, focused on lifting U.S. sanctions on Syria and Syria's entry into the U.S.-led global coalition fighting the Islamic State (IS) group.

Marco Rubio, U.S. Secretary of State, later announced that he issued a suspension of mandatory Caesar Act sanctions, passed by the U.S. Congress in 2019 amid Syria's civil war, which imposed sweeping sanctions on Damascus. "The suspension of Caesar Act sanctions supports

Syria's efforts to rebuild its economy, restore ties with foreign partners, and foster prosperity and peace for all its citizens," Rubio said in a statement.

The Syrian side seeks the permanent repeal of U.S. sanctions, which would require the U.S. Congress to act. Trump waived the Caesar Act sanctions on Syria for 180 days when he first met with al-Sharaa in May. During the talks, the Syrian leader agreed to join the U.S.-led global coalition fighting IS, which remains active in Syria, the New York Times reported, citing a Trump administration official who spoke on the condition of anonymity. The United States will also allow Syria to resume work at its embassy in Washington that is focused on counterterrorism, security and economic cooperation, said the report. Syria has launched a large-scale security operation across several provinces to track down IS cells, said Syria's interior authorities on Saturday, when al-Sharaa arrived in Washington. "President Trump made clear the United States expects to see concrete actions by the Syrian government to turn the page on the past and work towards peace in the region," Rubio said in his statement.

Washington is reportedly mediating talks on a potential Syria-Israel se-



US president Donald Trump with Syria's Ahmad Al-Sharaa on Monday.

curity accord. Ahead of al-Sharaa's arrival, the UN Security Council voted Thursday to remove al-Sharaa and Syrian interim interior minister Anas Khattab from the IS and al-Qaeda sanctions list. The White House followed suit the next day. Al-Sharaa once joined al-Qaeda and was wanted by the United States as a

terrorist with a bounty of 10 million U.S. dollars on his head. He broke his ties with the group years ago and led the rebel forces that toppled then Syrian President Bashar al-Assad in December 2024. Analysts note that after more than a decade of devastating conflict, Syria's political transition still faces daunting challenges. Sec-

tarian violence and attacks by IS remnants persist, while humanitarian and economic crises remain severe. The World Bank estimated in a recent report that Syria's reconstruction needs more than 200 billion U.S. dollars.

# Cameroon Says Peace, Stability Restored After Post-Election Violence

By: Xinhua News Agency  
 @themtkenyatimes

Cameroon's Minister of Territorial Administration Paul Atanga Nji has reassured the public and international visitors that peace and stability have been fully restored in the country following post-election protests.

While visiting Maroua, the chief town of the Far North Region, on Monday, Atanga Nji said there was "hope and optimism" as social and economic activities across the country have resumed normally after authorities successfully brought the situation under control. "It is important for us to consolidate peace, unity and tranquility. We have to avoid any form of hate speech, any form of tribalism," Atanga Nji said during a meeting with the region's authorities. "We should avoid any form

of disorder because we never know when it could end." Protests erupted in the Central African nation after opposition candidate Issa Tchiroma Bakary claimed to have won the Oct. 12 presidential election. Demonstrations by young Cameroonians demanding "the truth of the ballot" turned violent, resulting in casualties and property damage. Last week, incumbent President Paul Biya was sworn in for an eighth term after securing 53.66 percent of the vote.

Paul Atanga Nji



# The Battle Within Drugs And Substance Addiction

By: Lilian Njeru  
 @themkenyatimes



Drugs And Substance Addiction

**Worth Noting:**

- In many homes across the country, addiction has turned families into battlegrounds. Parents watch helplessly as their children slip through their fingers, while siblings tiptoe around the chaos of dependency. These homes are often labelled “dysfunctional,” but behind that cold word lies deep emotional ruin families that once laughed together now divided by mistrust, anger and despair.
- The father who used to provide is now lost to the bottle. The son who once showed promise is now chained to substances stronger than his will. And the mother, once the pillar of strength, silently weeps for the family she no longer recognizes.

Behind the laughter in clubs, the thumping music at parties and the endless Instagram reels of “soft life,” a quiet tragedy unfolds. Drug and substance abuse has crept into the heart of Kenyan society, leaving in its wake broken homes, lost dreams and untold pain. What begins as curiosity, rebellion or a desperate attempt to fit in often ends in dependency.

In many homes across the country, addiction has turned families into battlegrounds. Parents watch helplessly as their children slip through their fingers, while siblings tiptoe around the chaos of dependency. These homes are often labelled “dysfunctional,” but behind that cold word lies deep emotional ruin families that once laughed together now divided by mistrust, anger and despair. The father who used to provide is now lost to the bottle. The son who once showed promise is now chained to substances stronger than his will. And the mother, once the pillar of strength, silently weeps for the family she no longer recognizes.

The tragedy is not confined to one age group. Kenya’s youth are increasingly vulnerable to drug use. According to global and local studies, one in every four young people will experiment with a substance before the age of 25. The younger they start, the greater the damage. What

begins as a “fun night out” or “just one puff” can spiral into a lifelong battle with addiction. Drugs don’t just steal time; they steal potential. They steal dignity. They rob our country of its future leaders, innovators and builders.

Substance abuse is more than just a personal choice; it’s a reflection of a society in distress. Unemployment, pressure to succeed and the unbearable weight of survival have pushed many young Kenyans to seek escape in alcohol, pills or hard drugs. For others, social media plays a subtle role glamorizing substances through influencers and celebrities who portray intoxication as confidence, rebellion, or luxury. Yet, behind every viral clip of laughter lies someone’s silent cry for help.

Women, too are increasingly being drawn into the struggle. Once considered rare, female addiction is now a growing crisis. In Murang’a, a county that has been vocal about this issue, countless women and girls are battling substance use in silence. The consequences run deep. When a mother is lost to drugs, entire families fall apart. Children grow without stability, homes crumble and the cycle of dysfunction continues. The shame attached to women who use drugs is double-edged, society condemns them more harshly yet offers them less help. They become invisible sufferers in a world that only

whispers about their pain.

And in our schools, the story grows darker still. Among high school students, substance use is tearing dreams apart. The bright student with potential turns into a dropout. A girl experimenting with alcohol or marijuana finds herself pregnant, her education cut short and her confidence shattered. On university campuses, young adults lose themselves to addiction masked as freedom. When the party ends and reality sets in, depression and regret take over and far too often, the cycle repeats into adulthood. These are not just statistics; they are human stories, stories of potential loss before it could even bloom.

Yet amid all this pain, there is hope. Recovery is possible. It all begins with empathy not judgment. For too long, addiction has been seen as a moral failure instead of an illness. We whisper about those who struggle, mock them or cast them out. But we forget: addiction thrives in silence and shame. What those suffering need is understanding a listening ear, a safe space and the reassurance that they are not alone.

Families can heal, but they must first acknowledge the problem. Schools must move beyond punishment and create counseling systems that offer guidance and early intervention. Communities can play a powerful role too by building reha-

habilitation networks that are affordable and accessible. And for those already caught in the storm, help exists. Rehabilitation centers, therapy groups and community initiatives across Kenya are proof that a second chance is always within reach.

Let us not forget that every addict is someone’s child, someone’s sibling, someone’s parent. Behind every addiction is a story that could have gone differently if only we had listened sooner. As a society, our greatest failure is not that people fall, but that we often let them fall alone.

The fight against drug and substance abuse will not be won through condemnation or fear, but through compassion and courage. By speaking openly, supporting recovery and addressing the root causes poverty, unemployment and mental health we can begin to heal our communities.

Because the truth is simple yet profound: no one chooses addiction. But together, we can choose to offer hope.

So let us say “no” not just to drugs, but to silence. Let us say “yes” to understanding, to treatment and to giving every person the chance to rebuild. Those in drugs are not lost causes; they are wounded souls waiting for light and that light begins with us.

# SPORTS NEWS

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BREAKING NEWS



**Sports >>** \*Muthaiga Golf Club's Greg Snow secured his maiden Sunshine Development Tour – East Africa Swing title after holding off a late charge from the chasing pack to win the Betika Masters at Limuru Country Club

## Snow Survives Final-Round Pressure To Triumph At Eighth Leg Of Sunshine Development Tour

Muthaiga Golf Club's Greg Snow secured his maiden Sunshine Development Tour – East Africa Swing title after holding off a late charge from the chasing pack to win the Betika Masters at Limuru Country Club.

Snow entered the final round with a commanding six-shot lead but endured a difficult day on the course, posting a 1-over-par round that significantly trimmed his advantage.

His front nine featured bogeys on the 1st, 4th, 6th and 7th, with birdies on the 2nd and 9th offering brief relief.

The pressure continued on the back nine, where he dropped shots on the 10th and 14th before steadying his round with a birdie on the 15th.

The decisive moment came at the par-5 18th, where Snow produced a crucial eagle to close out the tournament on a total of 10-under par 206, securing a hard-fought victory.

He earned KSh 400,000 for the win.

Speaking after his win, Snow said, "I had a tough round today but I am glad to have pulled it off. It feels really great to have won my first title on the Tour. When I was tied with Celestin after the first nine, I was telling myself that surely you can't let this go. I was asking my caddy how the situation was as we went on and he guided me through the second nine. On the 18th I was lucky to hit the fairway after going to the rough, but I tried my best to commit to the shot and finish well."

Windsor's Njoroge Kibugu finished second after a spirited final round.

Kibugu opened strongly with three quick birdies on the 2nd, 3rd and 4th, but a triple bogey on the 6th wiped out his early gains.

On the back nine, he added further birdies on the 11th, 15th



Greg Snow poses for a photo with his Betika Masters trophy.

and 18th to return a 3-under-par score and finish the tournament at 7-under par 209.

Kibugu said: "I feel really well today because I feel like I hit the ball better than in the previous rounds. I got unfortunate on the 6th where I hit a triple bogey, but overall I am happy with the second-place finish and the fight I showed today, especially after that setback on the 6th. I feel like I did all I could today."

Kibugu took home KSh 214,000.

Rwanda's Celestin Nsanuwerwa claimed third place after a steady and competitive final round.

Playing in the same group as Snow, Nsanuwerwa opened with a bogey on the 1st but immediately responded with a birdie on the 2nd.

His eagle on the 9th briefly drew him level with Snow at the top.

The back nine brought a mix of birdies on the 10th and 18th and bogeys on the 11th, 14th and

15th, leaving him at 1-under par for the round and 6-under par 210 for the tournament.

He earned KSh 144,700.

Nsanuwerwa said after his round:

"It's not a bad position for me because I came with a plan of finishing top three at VetLab and Limuru, and I managed to do it. For today, I tried to attack and go for the win, but I couldn't do it as my putter was off, and the pin positions were also tough. When I went tied for the top I didn't even know because I wasn't checking the scores, so I had no pressure from that. If I could have played better on the back nine, I would have taken it today."

The eighth leg of the SDT-EAS attracted 88 players from across Africa and beyond, all competing for a share of the Ksh 2 million prize purse, as well as Official World Golf Ranking (OWGR) points, World Amateur Golf Ranking (WAGR) points,

and Safari Tour Order of Merit points, which are critical for qualification into the 2026 Magical Kenya Open on the DP World Tour.

The Sunshine Development Tour – East Africa Swing now moves to its ninth leg, scheduled for next month at the PGA-accredited Vipingo Ridge Golf Resort in Kilifi County.

The season will then culminate in the Tour Finale in January 2026 at the Karen Country Club, where the top 30 players from the Tour will face off against the top 30 from South Africa's Big Easy Tour. The finalists will compete for cards to earn promotion to the main Sunshine Tour.

Capital Sport

GET THE BEST OF WORLD

**Sports >>>** \*Zetech University Sparks' 'character development' at the Women's Basketball Africa League (BAL) Zone V qualifiers continued with a 44-86 loss to Rwanda Energy Group (REG) at the Nyayo Gymnasium yesterday afternoon

# Tough Day In Class For Zetech University As Students Whooped By Rwandese Giants At Zone V BAL Qualifiers

Zetech University Sparks' 'character development' at the Women's Basketball Africa League (BAL) Zone V qualifiers continued with a 44-86 loss to Rwanda Energy Group (REG) at the Nyayo Gymnasium yesterday afternoon.

The students came into the game with a much-needed lift from their Group B opener loss to Les Hippo, in which they went down 61-75.

However, it was another tutorial in basketball for the varsity side who were picked apart with ease by the Rwandese giants.

Often bereft of the heart to drive into the paint, Zetech resorted to three-pointers, which most often than not resulted into turnovers.

In contrast, their opponents – true to their name – were full of energy in offense and defence, fuelled by an aggressive gameplan that saw them exploit every laxity by the Kenyans.

Contrastingly, Zetech began the game brightly, showing sparks of brilliance but ultimately fell short, trailing 16-24 heading into the second quarter.

REG showed their strength in the second quarter, racing to a 50-28 lead at the end.

Zetech could only muster eight points in the third quarter as the Rwandese extended their advantage to 73-36.

The final quarter was more of a contest but by then the damage had been done as REG eventually took all the points on the board.

Beryl Adhiambo was the only Zetech player to enter the double digits, sinking 11 points for the losing side in addition to seven rebounds.

Kadidia Maiga was the star-woman for the winners, sinking a game-high 15 points, one assist and 11 rebounds.

The Kenyans next play Tanzania's Don Bosco Lady Lioness at the same venue on Thursday.



Zetech University Sparks' Mary Lisa Omondi (L) battles for the ball with REG's Kadidia Maiga. PHOTO/KENYA BASKETBALL FEDERATION

# SPORTS NEWS



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Capital Sport



# Diedre Watson-Taylor: A Lifelong Commitment To Humanitarian Service And Empowerment



By: Anila Bukhari

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## Worth Noting:

- Diedre's professional journey began in healthcare, where she specialized as an obstetrics and gynecology (OB-GYN) nurse. Her extensive experience in women's health fueled her commitment to advocating for health equity, particularly for underserved populations. She understands that good health and access to quality care are fundamental human rights, and she has dedicated her career to bridging gaps in healthcare services for women and families facing socio-economic hardships.
- Throughout her career, Diedre has worked tirelessly to educate women about reproductive health, maternal care, and the importance of holistic well-being. She has volunteered in numerous outreach programs, offering free health screenings, educational workshops, and emotional support to marginalized communities.

Diedre Watson-Taylor is a compassionate and dedicated humanitarian whose life's work revolves around service, healing, and empowering vulnerable communities. As a loving wife and devoted mother of two boys, she exemplifies the virtues of kindness, resilience, and unwavering commitment to making a difference in the lives of others. Her journey is rooted in a deep sense of purpose to uplift marginalized populations, promote health equity, and foster sustainable community development.

Born and raised in the United States, Diedre's path has been shaped by her profound belief in human dignity and social justice. Over the years, she has established herself as a compassionate leader, a dedicated healthcare professional, and a visionary entrepreneur whose efforts are driven by a passion to serve humanity. Her multifaceted career and humanitarian initiatives reflect a steadfast commitment to addressing social disparities and advocating for those in need.

### \*A Passionate Advocate for Women's Rights and Health Equity\*

Diedre's professional journey began in healthcare, where she specialized as an obstetrics and gynecology (OB-GYN) nurse. Her extensive experience in women's health fueled her commitment to advocating for health equity, particularly for underserved populations. She understands that good health and access to quality care are fundamental human rights, and she has dedicated her career to bridging gaps in healthcare services for women and families facing socio-economic hardships.

Throughout her career, Diedre has worked tirelessly to educate women about reproductive health, maternal care, and the importance of holistic well-being. She has volunteered in numerous outreach programs, offering free health screenings, educational workshops, and emotional support to marginalized communities. Her efforts have helped countless women navigate complex health issues, empowering them to take control of their lives and advocate for their own health and that of

their families.

Her advocacy extends beyond individual care; she actively campaigns for policy changes that promote access to healthcare, social justice, and gender equality. Diedre's work is characterized by compassion, integrity, and a relentless desire to ensure that no one is left behind due to systemic inequalities.

### \*Spiritual Leadership and Humanitarian Service\*

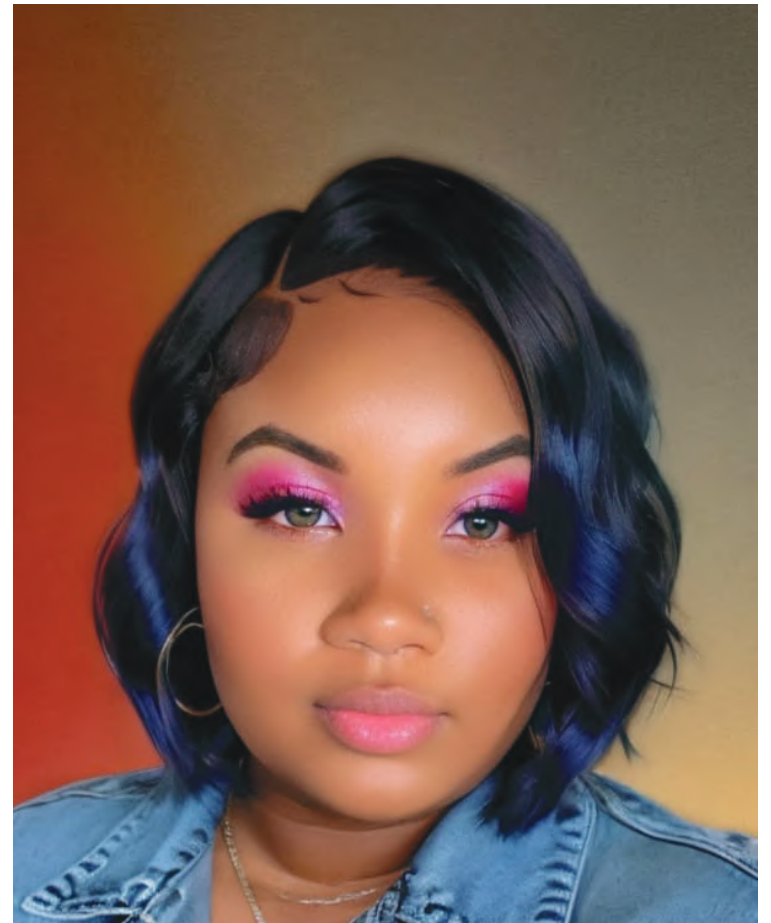
In addition to her healthcare and advocacy work, Diedre is an ordained minister. Her faith deeply influences her approach to humanitarian service, guiding her to serve with empathy, humility, and grace. She believes that spiritual strength is essential for healing and transformation, especially for those affected by adversity and injustice.

As a minister, she offers spiritual counseling, community outreach, and support to families facing hardship. Her ministry is rooted in the principles of love, hope, and resilience—values that inspire her to work tirelessly for social justice and human rights. Whether providing comfort during times of crisis or advocating for social change, Diedre's spiritual leadership complements her humanitarian efforts, creating a powerful force for positive impact.

Her ability to combine faith with action has made her a respected figure among community members, faith leaders, and social activists alike. She understands that true humanitarian work involves both addressing immediate needs and fostering long-term empowerment.

### \*Entrepreneurship as a Tool for Community Development\*

Beyond her roles in healthcare and spiritual leadership, Diedre is a successful entrepreneur dedicated to community upliftment. She owns Loc'd In LLC, a business enterprise that reflects her belief in economic empowerment as a means to social change. Through her entrepreneurial ventures, she creates opportunities for employment, skills development, and community engagement. Her leadership style emphasizes



Diedre Watson-Taylor

integrity, innovation, and social responsibility. She strives to develop initiatives that promote economic independence and sustainability, especially within disadvantaged communities. Her business endeavors serve as platforms to mentor aspiring entrepreneurs and to promote community-driven development. Diedre's entrepreneurial spirit underscores her understanding that economic empowerment is vital for addressing root causes of poverty, inequality, and social exclusion. Her work exemplifies how business can be harnessed as a force for good, fostering resilience and self-sufficiency.

### \*A Life of Service and Inspiration\*

Throughout her life, Diedre Watson-Taylor has been a beacon of hope and a catalyst for change. Her relentless dedication to advocating for human rights, health equity, and social justice has touched

countless lives. She believes in the inherent dignity of every individual and works tirelessly to ensure that marginalized populations are heard, supported, and empowered.

Her story is a testament to the transformative power of compassion and service. She continues to inspire others through her actions, demonstrating that true humanitarian work requires both heart and action. Diedre's legacy is one of love, resilience, and unwavering commitment to creating a more just and equitable world.

As she advances her humanitarian initiatives, Diedre remains committed to making a difference—one life, one community at a time. Her life's work exemplifies the profound impact that dedicated individuals can have in shaping a world where everyone's human rights are respected and upheld.