



Tharaka Nithi Leaders Secure Billions In Development Projects After State House Meeting With President Ruto

In what has been hailed as a historic breakthrough for the people of Tharaka Nithi, a high-powered delegation of the county's leadership, led by Governor Muthomi Njuki, emerged from a meeting with President Dr. William Ruto at State House, Nairobi, bearing a raft of development pledges amounting to tens of billions of shillings.

Page 18

NAIROBI INTERNATIONAL DIGITAL CONFERENCE, 10TH ANNIVERSARY ROADSHOW

WHERE: TWO RIVERS MALL - NAIROBI
WHEN: 17-21ST SEPTEMBER 2025

Contact Us:

+254 720 918 828 / +254 732 104 439 / +254 714 974 784
+254 712 642 274 / +254 713 318 438 / +254 721 461 431
conference@exponentialinternational.com

FREE ENTRY



SCAN TO REGISTER

exponentialinternational.com

BOOK NOW

The MT. KENYA TIMES

Creative Rewards

Daily ePAPER

Tuesday, August 5, 2025

No. 01359 www.mountkenyetimes.co.ke

[f](https://www.facebook.com/themtkenyatimes) [i](https://www.instagram.com/themtkenyatimes) [t](https://www.twitter.com/themtkenyatimes) themtkenyatimes



News>> You Have Misplaced Priorities, Former CS Linturi Tells President Ruto

P. 8. Former agriculture Cabinet Secretary Mithika Linturi has come out to hit out at Kenya Kwanza government for promising to give out KSh600 million to Harambee Stars if they win CHAN.



News>> Kajiado And Narok Farmers Oppose Proposed Seed Bill 2025

P. 12. Farmers from Kajiado and Narok have opposed the proposed seed Bill 2025 warning it will create confusion in the seed sector and weaken quality. They warn that if the new bill is enacted, it will potentially open the door for substandard or counterfeit seeds to flood the market.

Muturi In The US To Advocate For Partnerships

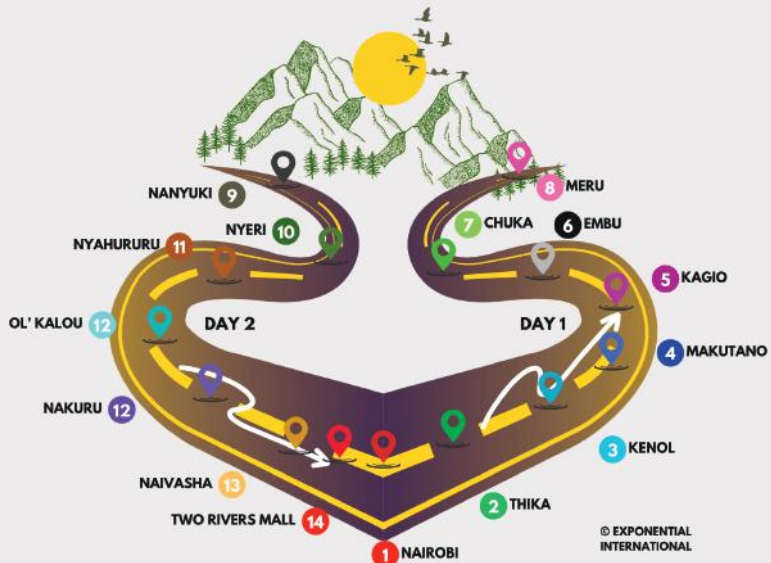
The former Speaker of the National Assembly and Chairperson of the People's Restorative Justice Commission (PRJC), Justin Muturi, has intensified his pursuit of solidifying Kenya's agenda towards justice, reconciliation, and constitutional accountability following his visit to the United States of America to seek areas of collaboration. The immediate former Attorney General and Opposition-backed restorative justice champion left the country on Tuesday for a week-long trip seen as a bold and progressive step in helping Kenya reckon with its painful past and foster national healing a month after Gen Z protests that marked the anniversary with the same mix of mourning and mischief that defined 2024.



The former Speaker of the National Assembly and Chairperson of the People's Restorative Justice Commission (PRJC), Justin Muturi

STORY ON PAGE 9

NAIROBI - MT KENYA CIRCUIT ROADSHOW ROADMAP (17-18 SEPT 2025)



SCAN TO REGISTER



NAIROBI INTERNATIONAL DIGITAL CONFERENCE, 10TH ANNIVERSARY ROADSHOW

Gala Dinner

WHERE: TWO RIVERS MALL - NAIROBI
WHEN: 17-21ST SEPTEMBER 2025

Contact Us:

+254 720 918 828 / +254 712 642 274
+254 713 318 438 / +254 721 461 431
conference@exponentialinternational.com

exponentialinternational.com

President Ruto Hosts Tharaka Nithi County Leaders

By: MKT Reporter
 @themtkenyentimes

Some Of The Moments As Captured In Pictures

President William Ruto yesterday hosted hundreds of leaders from Tharaka Nithi County. The leaders, led by area governor Muthomi Njuki were hosted at State House, Nairobi where they gave the Head of State their development, economic and social wish-list (see another story in this edition). In his address, the President pledged to have their issues looked after. "The transformation of our country will only become a reality with leaders who make that are not only necessary and bold, but also right," the President said, adding, "For far too long, Kenya has lagged behind its peers because we procrastinated in making bold decisions." The President said he was pleased that his government's decisions on universal health coverage, quality and affordable education, affordable housing and revitalised agriculture are paying dividends to the citizens of our country. During the meeting, he explained his administration's transformation agenda, including the provision of water and the construction of Nithi Bridge.



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@mountkenyentimes.co.ke, **Adverts:** ads@mountkenyentimes.co.ke,
News Desk: news@mountkenyentimes.co.ke, **Web:** www.mountkenyentimes.co.ke

Facebook: facebook.com/themtkenyentimes, **Instagram:** instagram.com/themtkenyentimes/, **Twitter:** twitter.com/themtkenyentimes
LinkedIn: <https://www.linkedin.com/in/the-mt-kenya-times/>

MT KENYA BUSINESS CONFERENCE CIRCUIT

NAIROBI INTERNATIONAL DIGITAL BUSINESS CONFERENCE, 10TH ANNIVERSARY ROADSHOW



Gala Dinner

Nairobi Edition

Exhibit | Dine | Engage | Directory

Roadshow

17-18 SEPTEMBER 2025

8.00 AM - 5.00 PM

Nairobi
Mt. Kenya
Central Rift

Exhibition

19-21 SEPTEMBER 2025

8.00 AM - 5.00 PM

Two Rivers
Mall
Nairobi

Gala Diner

21 SEPTEMBER 2025

7.00 PM - 10.00 PM

Muthaiga
Golf Club

Contact Us:

+254 720 918 828 / +254 722 104 639
+254 714 974 754 / +254 712 642 274
+254 713 318 438 / +254 721 461 431

exponentialinternational.com

conference@exponentialinternational.com

Register Now

<https://t.ly/U30xm>

Scan Here
to Register



Exhibition



Dinner



Roadshow



Directory



Close Deals

Don't miss this opportunity; 'Where Great Business Minds Connect and Grow'

Sponsorship package:

Platinum: KES 2M	Gold: KES 1M	Silver: KES 500K	Bronze: KES 250K	Brass: KES 100K
----------------------------	------------------------	----------------------------	----------------------------	---------------------------



Gala Dinner Charges:

KES 10,000/- Per Person	VIP: KES 20,000/- Per Person	VVIP: KES 30,000/- Per Person
-----------------------------------	--	---

NEWS IN BRIEF



Meru County Governor Isaac Mutuma has reaffirmed his administration's commitment to empowering and growing youth talents across the county, particularly through organised sports activities. Speaking Sunday at Maili Tatu Stadium during the Njia ward football tournament, the Governor underscored the importance of nurturing talents as a pathway to youth empowerment. In the Njia ward tournament, ten teams were competing, with the Mailitatu Stallion Team emerging as the winner and walking away with a cash prize of Sh200,000 for their victory. The County Boss emphasised that such tournaments were not only recreational but also acted as a critical sourcing ground for forming the county's official sports teams. Echoing the Governor's sentiments, Njia Ward Member of County Assembly Ali Mwenda noted that talent among the youth should be nurtured at all costs.

By Kamanja Maeria



The Cabinet Secretary for Environment, Climate Change, and Forestry, Deborah Barasa, has urged the public to register and obtain licenses to produce tree seedlings for sale to the government. This initiative, aimed at empowering local communities, is part of the government's broader effort to achieve its ambitious 15 billion trees goal. Speaking during the 2nd anniversary of the Western Women Congress at Busibwabo Secondary School in Busia County, Barasa highlighted that the government intends to directly purchase quality seedlings from local communities, thus reducing the need to transport seedlings across the country.



Farmers from various irrigation schemes in Turkana, including Morulem, Lokubae, Elelea, Katilu, and Nawapeto, have strongly supported the adoption of contract farming as a key strategy to enhance agricultural and horticultural production across the county. The endorsement took place during a forum discussing the Turkana County Agriculture Policy 2025, where successful contract farming initiatives were highlighted. Key successes, such as maize production in Katilu and Morulem in partnership with Kenya Seed Company and the World Food Programme (WFP), were celebrated. The forum also highlighted the promising horticultural project by Hydroponics Africa Company in Letea, further underscoring the model's potential. Francis Esibitar, Coordinator of the Turkwel Irrigation Scheme, shared that contract farming has benefitted 279 farmers, who collectively sold 21.9 metric tonnes of groundnuts valued at Sh1.7 million to markets like Egerton University, INSTA Products, and Green Forest Company.



Kenyans, especially those in remote areas with limited access to electricity and the internet, will soon benefit from the Solar Powered Educational Learning Library (Solar SPELL), a solar-powered portable library device. Developed by Laura Hosman, an associate professor at Arizona State University, SolarSPELL provides offline digital libraries with educational content, accessible through WiFi, even without a constant internet connection. The Solar SPELL system creates a local WiFi network where users can connect devices like laptops, smartphones, and tablets to access a wealth of resources, including science, math, health, and language lessons. The content, curated specifically for each community, is loaded onto a microSD card and can be customised locally.

Dr. Atsushi Hanatani, JICA Nexus Advisor to the Department of Refugee Services, is leading a training program aimed at enhancing the technical capacity of water service providers in areas such as meter reading, billing, and revenue collection. The goal is to improve the efficiency of water delivery to residents. During the session in Turkana, Dr. Hanatani emphasised the importance of participants sharing the knowledge and skills they acquire with their colleagues, ensuring a broader impact on the sector.

CENTRAL KENYA NATIONAL SHOW

Kabiruini Showground

10th-13th
SEPT
2025



THE AGRICULTURAL SOCIETY OF KENYA
"Your Agricultural and Trade Partner of Choice"

SHOW RUNDOWN

- 9th - Pre-Show / Judging Day
- 10th - 1st Day (Business Day)
- 11th - 2nd Day (Farmers Day)
- 12th - 3rd Day (Official Opening)
- 13th - 4th Day (Family Day)

- Pre-Show sticker - KES 500
- Pre- Show Ticket - KES 200
- Essential Sticker - KES 4,000
- Trade Attendant Ticket - KES 1,100

PERIMETER:
Adult - KES 300
Child - KES 250

SPECIAL PARTY
Adult - KES 250
Child - KES 200

nyeri@ask.co.ke 
@agrisocietyofke 
Agricultural Society of Kenya 
www.ask.co.ke 

020 352 3018, 0722 212 642

THEME: "Promoting Climate Smart Agriculture and Trade Initiatives for sustainable Economic Growth"

Football: Teams Fight Out To Get To Quarter Finals In Governor Waiguru's Minji Minji Tournament

By: MKT Correspondent

@themkenyentimes

Worth Noting:

- Team captain Dennis Munene expressed joy over the win and praised the tournament's impact on youth in the county.
- "Today we defeated Jubilee FC from Gichugu and we are very happy that we were able to get 3-1 in our round of 16. We are hopeful that our training and momentum from this game will help us persevere through the next 8 teams and hopefully end up qualifying for the finals and eventually winning the top prize of Ksh. 1.5 million," said Munene.

Governor Anne Waiguru's Minji Minji Football Tournament entered a thrilling stage this weekend as the round of 16 officially began as team battled to get to the quarter finals.

In one of the matches, Kiamaina FC emerge victorious with a 3-1 win over Jubilee FC, securing their place in the quarter-finals.

Team captain Dennis Munene expressed joy over the win and praised the tournament's impact on youth in the county.

"Today we defeated Jubilee FC from Gichugu and we are very happy that we were able to get 3-1 in our round of 16. We are hopeful that our training and momentum from this game will help us persevere through the next 8 teams and hopefully end up qualifying for the finals and eventually winning the top prize of Ksh. 1.5 million," said Munene.

Hosted across key venues including the Prisons Grounds, the tournament has become a major avenue for talent development, youth empowerment, and a spirited campaign against drug and substance abuse.

"This tournament has been a blessing to us youth as it has tremendously helped us nurture our talents and kept us motivated," Munene added.

Despite the loss, Jubilee FC captain Morris Njogu remained hopeful and thanked the county leadership for creating such a vital platform.

"We are disappointed, but this is not the end of our team. We are going to resume training immediately to ensure we are ready for the next tournament," Njogu said.

In another encounter, Kianyaga FC beat Mutitu FC to proceed to the quarter finals in a penalty shootout after a



1-1 draw.

Nominated MCA Bosco Gichangi, said the tournament has helped elevate football in the county as more talents emerge.

"I want to congratulate the Department of Sports and most importantly Governor Anne Waiguru for initiating this noble tournament. It has brought

people together and given the youth something positive to focus on, helping to reduce drug abuse, alcoholism, and other social vices," said Gichangi.

County Executive Committee Member for Sports, Dennis Musyimi, said eight teams played their games over this weekend while the rest will have their encounter on Sunday next week-

end.

"From here, we move to the quarter-finals, semi-finals, and then the finals. The winner takes home Ksh. 1.5 million, second place Ksh. 1 million, third Ksh. 750,000, and fourth Ksh. 500,000. The teams are excited, and we say, may the best team win," he said.



The

MT. KENYA TIMES

Where Investors Get Returns

To advertise in Mt. Kenya Times read by discerning Kenyan professionals and the business community contact our exclusive **UK & Europe** Advertising and Marketing representatives.



ADLINK INTERNATIONAL (1989) MEDIA GROUP
 16 Upper Woburn Place, London WC1H 0AF
 Phone: 0330 606 1438 (44 330 606 1438)
 Email: media@adlinkinternational.com
www.adlinkinternational.com
 Contact: Mr Shamlal Puri

The Africa Largest eCOMMERCERCE



www.gotyou.co.ke

**NOW
OPEN**

Call/Text/WhatsApp: +254 714 090 155

You Have Misplaced Priorities, Former CS Linturi Tells President Ruto

By: Dennis Dibondo
@themkenyatimes

Former agriculture Cabinet Secretary Mithika Linturi has come out to hit out at Kenya Kwanza government for promising to give out KSh600 million to Harambee Stars if they win CHAN.

“We wonder which is of more importance. Is it paying for free education for our children, or is it giving Harambee Stars KSh600 million so we must get our priorities right,” he said.

He said the legislators should ensure sufficient resources are allocated to the education sector which should be given more priority than sports.

“The economy is not doing well and parents are suffering so Members of Parliament should do more than saying what they are doing as they have

become sycophants,” Linturi said.

Linturi who is also Democracy for Citizens Party (DCP) Organizing Secretary condemned the recent abductions alleging the government is behind it.

“We need to remind President William Ruto that when he took oath of office there is nowhere where he was allowed to kill or abduct people,” Linturi said.

He said those who break the law should be arrested and arraigned in a court of law.

“We will not allow arbitrary orders to intimidate or suppress people,” Linturi said yesterday at Gitoro North Imenti constituency Meru County.

The former Meru senator said Kenyans should be patient and wait to change it is just two years down to send the current regime home in the polls.

Linturi said DCP will field candidate in all seats in Meru and Tharaka Nithi counties.



Former agriculture Cabinet Secretary Mithika Linturi speaks to the press at the DCP offices in North Imenti Meru county after he met aspirant from, Meru and Tharaka Nithi County. Photo/Dennis Dibondo

Linturi said they will team up with other opposition parties to field one presidential candidate strong to send President William Ruto.

“The Kenya Kwanza are saying we do not have an agenda but our first

agenda is to send William Ruto home the rest will follow because when he is there nothing is working from health education and even our people are facing economic hardships with his cost of living,” Linturi said.

Linturi was accompanied by senatorial aspirants Mugambi Imanyara, Timothy Murithi, North Imenti MP aspirant Mugambi Imanyara, among others.

Evangelical Alliance Of Kenya Welcomes New Drug And Substance Abuse Policy

By:Correspondent
@themkenyatimes

The Evangelical Alliance of Kenya (EAK) says it welcomes and fully supports the newly released National Policy for the Prevention, Management, and Control of Alcohol, Drugs, and Substance Abuse spearheaded by NACADA and the Interior Ministry.

The alliance applauded the policy’s bold, multi-sectoral approach to confronting the escalating crisis of substance abuse in our nation.

“The policy’s emphasis on prevention, treatment, rehabilitation, and community empowerment aligns with our mission to foster healthy, God-honouring communities,” the alliance stated.

“We particularly commend the policy’s protection of vulnerable groups—especially children and youth—from the deceptive influences of harmful substances and their aggressive marketing.”

It explained that its grounding in evidence-based interventions, human dignity, and constitutional rights reflects a firm foundation for national healing and transformation.

“The EAK and her members have been actively involved over the years in this matter. Teens Challenge Kenya, for instance, is a ministry of our member church that has done a lot in prevention and rehabilitation of many lives through its proven biblical and scientific approaches in this sector,” it stated.

It stated that it will continue to actively participate in mobilizing member churches and institutions across the counties to support awareness creation, pastoral care, rehabilitation efforts, and advocacy for a drug-free Kenya.

“We call upon all stakeholders—faith groups, civil society, policymakers, families, and the private sector—to unite under this framework for a renewed, healthier, and more productive society,” it stated.



Muturi In The US To Advocate For PRJC Partnerships

By: KBC Digital
 @themtkenyatimes



The former Speaker of the National Assembly and Chairperson of the People's Restorative Justice Commission (PRJC), Justin Muturi

Worth Noting:

- The commission was officially launched on Tuesday, June 24, 2025, at Ufungamano House in Nairobi, with opposition leaders led by Wiper leader Kalonzo Musyoka spearheading the ceremony that marked the birth of the initiative.
- While acknowledging that the formation of the commission was not only timely but essential to ensure Kenya begins to confront its deep-seated traumas and historical injustices, Muturi remained optimistic that the commission would address many atrocities recently witnessed in the country.
- “But I want to observe that all societies emerging from a history of oppression and human rights face a challenge of reconciling their past. This is not new and has happened in various parts of the world. A people-led commission seeking to restore justice among citizens,” he observed.

The former Speaker of the National Assembly and Chairperson of the People's Restorative Justice Commission (PRJC), Justin Muturi, has intensified his pursuit of solidifying Kenya's agenda towards justice, reconciliation, and constitutional accountability following his visit to the United States of America to seek areas of collaboration.

The immediate former Attorney General and Opposition-backed restorative justice champion left the country on Tuesday for a week-long trip seen as a bold and progressive step in helping Kenya reckon with its painful past and foster national healing a month after Gen Z protests that marked the anniversary with the same mix of mourning and mischief that defined 2024.

“I am away in the US on my PRJC issues whereby I am seeking partners in that endeavour,” he said.

According to Muturi, the creation of the commission by opposition figures was a significant and mature gesture of political leadership, aimed at seeking redemptive solutions beyond electoral politics, affirming that the PRJC provides a structured avenue for national healing.

The commission was officially

launched on Tuesday, June 24, 2025, at Ufungamano House in Nairobi, with opposition leaders led by Wiper leader Kalonzo Musyoka spearheading the ceremony that marked the birth of the initiative.

While acknowledging that the formation of the commission was not only timely but essential to ensure Kenya begins to confront its deep-seated traumas and historical injustices, Muturi remained optimistic that the commission would address many atrocities recently witnessed in the country.

“But I want to observe that all societies emerging from a history of oppression and human rights face a challenge of reconciling their past. This is not new and has happened in various parts of the world. A people-led commission seeking to restore justice among citizens,” he observed.

On the issue of corruption in Kenya, he called upon leaders, especially those serving at the top level in government, to show firm commitment in effectively addressing the vice through the adoption of more comprehensive and radical approaches which target the governance and political conditions that allow it to

flourish.

“Any initiative to fight corruption must start at the top, and political goodwill must be demonstrated, but how can that happen when all manner of corrupt deals start within State House? It is not a lack of laws. It is sincerity that lacks in all the past and current efforts. Many, if not all, of the institutions set up to fight corruption are themselves the dens of endemic corruption. We therefore must go to the basics and ask ourselves simple questions about integrity and accountability, particularly of us, the leaders,” his tweet read.

The current political leadership, like its predecessors, has shown a lack of goodwill to implement the policies that are in place in taming the scourge which is prevalent at every level and affects access to essential services such as water, education and healthcare.

Bribery, extortion and kickbacks are some of the key forms of corruption in public service delivery and production.

In 2025, corruption in Kenya remains a significant challenge, impacting public service delivery and human rights.

While efforts to combat corruption

are ongoing, including asset recovery and legal frameworks, bribery and grand corruption continue to be major concerns.

The judiciary, police, and land services are particularly vulnerable sectors.

Muturi's visit coincides with former Deputy President Rigathi Gachagua's multi-week U.S. tour engaging the Kenyan diaspora, in a move that's widely seen as preparing the ground for the 2027 General Election.

Gachagua's US trip began on July 10 with his arrival in Seattle, Washington, where jubilant diaspora Kenyans warmly greeted him upon landing at Seattle-Tacoma International Airport.

The tour has included stops in Seattle, Boston, Baltimore, and Maryland, where he and his wife, Pastor Dorcas Rigathi, are holding town hall meetings, cultural receptions, and investor events.

Refrain From Politicising Development Projects, PS Muthoni

By: Mutai Kipnetich
@themkenyatimes

Public Health and Professional Standards Principal Secretary Mary Muthoni has urged leaders in Kirinyaga County to stop politicising national government development projects in the region.

Speaking during a church service at St. Mary's Consolata Mbiru Church in Gichugu on Sunday, Muthoni emphasised that nearly all previously stalled projects have now resumed, and the government is committed to ensuring their completion.

She cautioned, however, that continued political interference could derail progress.

Among the key projects currently underway in the county are road construction, last-mile electricity connectivity, construction of modern markets, and affordable housing initiatives.



Principal Secretary for Health and Professional Standards Mary Muthoni with other worshippers last Sunday..

Highlighting the transformative impact of the affordable housing project in Kianyaga, PS Muthoni noted its positive impact on local business and economic activity.

She added any additional development projects that could further revit-

alise the town.

Distancing herself from recent political disputes, the PS reaffirmed her commitment to supporting and advancing government initiatives that benefit the public.

“As a Principal Secretary, I am fo-



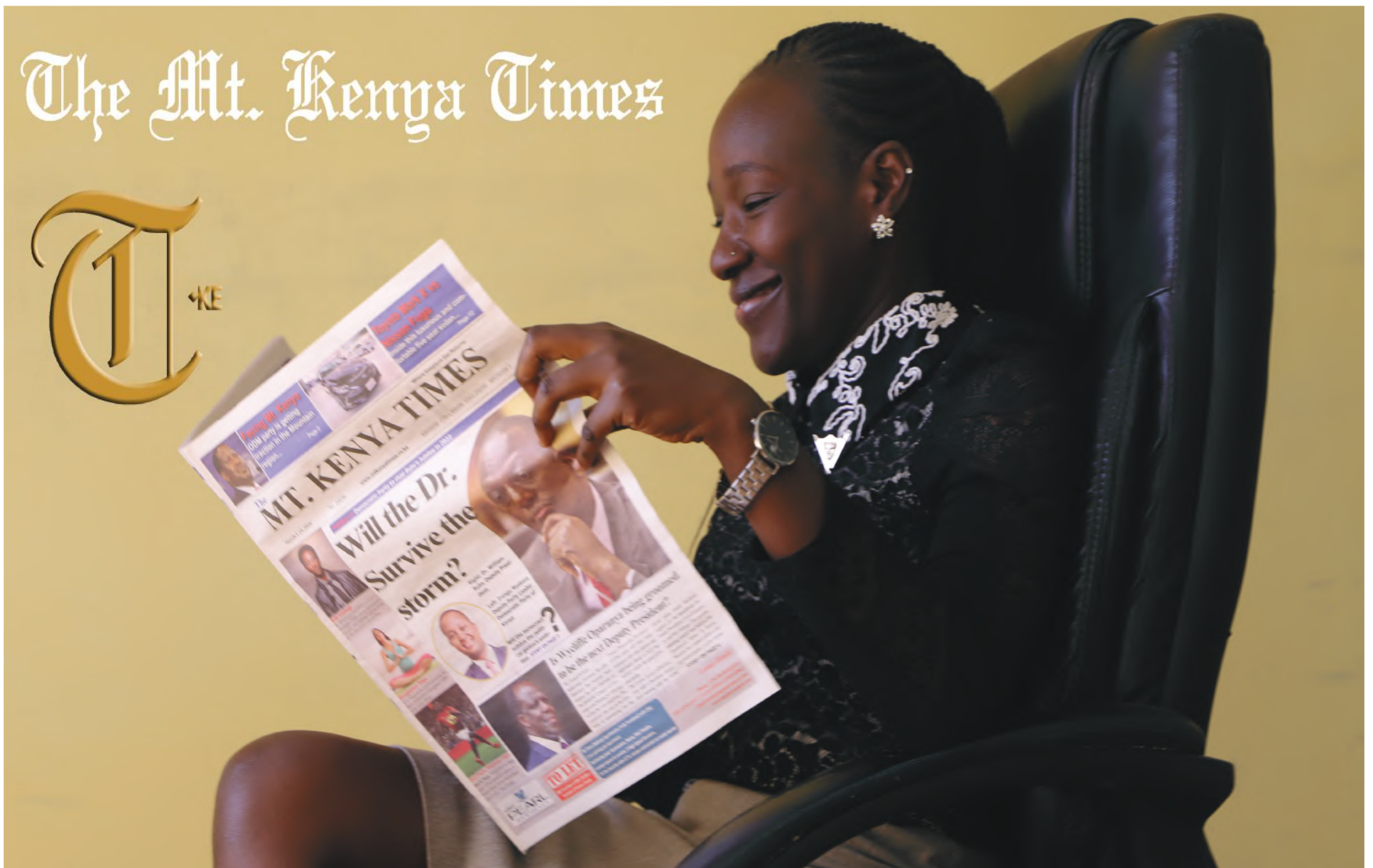
Kianyaga Affordable Housing Project..

cused on delivering development to all Kenyans, and I will continue to advocate for projects that improve lives,” she said.

Her remarks come in the wake of growing tensions among local politicians over the proposed site for a new Kenya Medical Training College

(KMTC) in the county.

While some leaders are pushing for the facility to be located in Kirinyaga Central near Kerugoya Referral Hospital, others are advocating for its construction in Gichugu, neighbouring the Kianyaga Level 4 Hospital.



Gov't Urged To Invest, Enhance Support For The Creative Sector To Harness Talents And Create Jobs For Kenyan Youths

By: John Kamau
 @themkenyatimes

The government has been challenged to up support for the creative sector so as to unlock the sector's economic potential as well as create jobs for the youth.

The creative and arts industry is taunted as the best shot towards addressing the unemployment crisis in the country according to stakeholders and players in the sector.

The stakeholders maintain that harnessing and honing talents among the Kenyan youths will significantly address joblessness among youths and especially the thousands of graduates who are being churned out of colleges and universities annually.

They aver that the government can support the growth of the creative economy by investing in infrastructure, developing entrepreneurial skills, reviewing policies that hinder growth and promoting digital platforms.

This includes strengthening copyright laws, ensuring fair compensation for artists and establishing a creative fund to provide financial support to creatives thereby fostering business growth and innovation.

Prof George Maina, the Founder and Director of Milestone Institute based in Thika quipped that the creative sector has a myriad of opportunities which if unlocked, will create jobs for over 5 million talented youths.

"The government support can encourage the development and use of online platforms that help creatives connect with audiences, market their work, and monetize their skills. It's high time it recognize the economic and social impact of the creative economy and champion its growth within government policy," Prof Maina said.

Speaking during the college's cultural day in Thika town, Prof Maina asserted that creatives talents should be supported so as to make a meaningful life out of their art adding that time is ripe for talented but jobless youths turn their talents into their sources of income for them to lead decent lives.

He pointed out that the creative economy being one of the fastest growing sectors should be identified not only as a source of employment but also as an enabler of national cohesion and innovation adding that Kenya's creative economy presents economic and cultural opportunities that require development.

Prof Maina rallied Kenyan youths including students in tertiary and higher learning institutions to exploit opportunities in the digital space to grow and sustain their talents.

"I'd advice the youth in the creative industry to use their phones and rightly exploit the social media platforms to drive their growth in the industry. There's no need to wait. They don't require huge equipments like cameras to start and grow, they can use their phones for the work," he said.



Prof George Maina, the Founder and Director of Milestone Institute based in Thika

Similar sentiments were echoed by the institution's Principal George Kairu who rallied support for the talented youths so as to perk up their livelihoods. He averred that most youths are jobless despite being skilled due to frustrations from the government and at times by the society.

"We plead with the government through the Ministry of Culture, Arts and Heritage to make the funds available for the talented youths so that they can be able to monetize their work. Producing content is costly and with fi-

nanial hiccups our youth end up losing hope," she said.

Students led by Walter Mwikali and Mary Wangari called on the government to scout and support talents in villages, schools, universities and colleges adding that the state should establish public-private partnerships (PPPs) to expand training opportunities and bridge the digital divide in creative communities.

Kenya's creative sector's evolution is attributable to many factors including the expanded digital environment, char-

acterized by increased consumption of creative works, improved Internet infrastructure, better legislative framework, and a growing global interest in Africa's creative sector.

Collectively, these factors have created opportunities for diverse revenue streams, especially for the youth who make the biggest number in the population and whose innovative and creative talents have thousands seeking entrepreneurship opportunities for the betterment of their livelihoods.



Creative talents

Worth Noting:

- Prof George Maina, the Founder and Director of Milestone Institute based in Thika quipped that the creative sector has a myriad of opportunities which if unlocked, will create jobs for over 5 million talented youths.
- "The government support can encourage the development and use of on-line platforms that help creatives connect with audiences, market their work, and monetize their skills. It's high time it recognize the economic and social impact of the creative economy and champion its growth within government policy," Prof Maina said.
- Speaking during the college's cultural day in Thika town, Prof Maina asserted that creatives talents should be supported so as to make a meaningful life out of their art adding that time is ripe for talented but jobless youths turn their talents into their sources of income for them to lead decent lives.

Kajiado And Narok Farmers Oppose Proposed Seed Bill 2025

By: Dennis Dibondo
 @themtkenyatimes

Farmers from Kajiado and Narok have opposed the proposed seed Bill 2025 warning it will create confusion in the seed sector and weaken quality.

They warn that if the new bill is enacted, it will potentially open the door for substandard or counterfeit seeds to flood the market.

The farmers said the new bill will also introduce cartels who will use shortcuts to sell fake seeds to farmers inevitably leading to low production and food insecurity.

The Bill which is currently before the Senate proposes to introduce a dual certification system involving the Kenya Bureau of Standards (KEBS).

The farmers called on the Senate to reject the new bill noting they have total and unwavering confidence with KEPHIS.

“We are completely opposed to the new bill. Before KEPHIS came in three years ago, cartels used to sell to us fake seeds which could not even germinate. We have confidence with KEPHIS. Let KEPHIS assist us in rejecting the new bill,” David Kurgat, a farmer from Kajiado South said.

Since KEPHIS came in, production has improved tremendously. We are fully impressed by them. They educate us at the grassroot levels on the best farm practices. The Senate should not pass this bill. We trust KEPHIS,” another farmer from the area said.

The farmers said if enacted, the Bill would introduce a second seed regulator, the Kenya Bureau of Standards (KEBS) to run a parallel seed registration system.

The farmers from the two counties emphasized that they already know and trust KEPHIS for certified seeds.

They fear the proposed changes will make it harder to trace and access genuine seeds.

Both the KEPHIS and farmers are calling on the Senate to reconsider the Bill, warning that its passage could reverse gains made in protecting Kenya’s seed systems and food security.

KEPHIS warns that this would create confusion in the seed sector, weaken quality assurance, and potentially open the door for substandard or counterfeit seeds to flood the market.

The agency believes the move undermines its legal mandate and may be influenced by commercial cartels aiming to erode regulatory oversight for profit.

KEPHIS Board warns that its enactment could weaken government oversight and expose farmers to substandard and counterfeit seeds.

The board also warned that unscrupulous



Khephis Board chairman Joseph M'ruaki speaks in a press briefing in Kajiado South..

traders may take advantage of the gap created by the new bill and start selling fake seeds leading to reduced yields and food insecurity.

They said this would create confusion among farmers and dilute KEPHIS’ regulatory role.

KEPHIS Board Chairperson Joseph M’ Eruaki regretted that cartels will take advantage and start using shortcuts to bring in seedlings that are not well researched.

He said if enacted the bill will bring a lot of problems in the seed sector noting that KEPHIS is the best suited to regulate the industry.

“KEPHIS is the only accepted regulator because it represents the government both locally and internationally. The amendment being introduced is

not even internationally accepted.

Cartels will take advantage and start using shortcuts to bring in seedlings that are not well researched. They should not only be researched at the laboratory but all the recommended zones. This is why KEPHIS is best suited to regulate the industry,” said M’Eruaki.

He called for stronger collaboration with agricultural stakeholders, urging farmers to utilise KEPHIS services such as soil testing and certified planting materials.

“We encourage farmers to take advantage of KEPHIS services to ensure they access quality inputs,” he said.

M’ Eruaki said the Bill introduces a parallel seed registration system

under the KEBS, which could cause confusion among farmers over which agency is responsible for seed certification.

He warned that this move would undermine its legal mandate and compromise the government’s ability to guarantee farmers access to quality-assured seeds.

The chairman said the agency also fears that the bill may be influenced by powerful cartels seeking to weaken regulatory controls for their own commercial gain.

He urged the Senate to reject the Bill, warning that having two regulators in the seed sector would dilute accountability, disrupt quality control mechanisms, and ultimately harm Kenyan farmers.



Some of the farmers from Kajiado south address media opposing the new seed bill 2025..

Worth Noting:

- The farmers called on the Senate to reject the new bill noting they have total and unwavering confidence with KEPHIS.
- “We are completely opposed to the new bill. Before KEPHIS came in three years ago, cartels used to sell to us fake seeds which could not even germinate. We have confidence with KEPHIS. Let KEPHIS assist us in rejecting the new bill,” David Kurgat, a farmer from Kajiado South said.
- Since KEPHIS came in, production has improved tremendously. We are fully impressed by them. They educate us at the grassroot levels on the best farm practices. The Senate should not pass this bill. We trust KEPHIS,” another farmer from the area said.

Am Ready To Be Your Governor In 2027, Munya Tells Meru Residents

By: Dennis Dibondo
@themtkenyatimes

Former Meru governor Peter Munya said he is ready to reclaim the Meru gubernatorial seat in 2027.

Munya who served as Agriculture cabinet Secretary said he is now concentrating on building his party PNU in grassroots to have muscle to flex with other parties.

“I want the people of Meru to have bargaining power when they are at the national table. Last general elections Merus were duped and we have ended up regretting,” Munya said.

Munya said he will support Former Interior Cabinet Secretary Fred Matiangi for President.

“We had planned for Matiangi to come to Meru but he cancelled after we realised goons had been planned by the state to disrupt our meetings and cause chaos,” he said.

He spoke at Kariene market, Central

Imenti constituency on Sunday when he opened a PNU office.

He said they have opened PNU offices in every constituency in Meru county.

He urged Merus to rally behind PNU to have higher bargaining power in 2027.

“Merus are not going to give out votes freely like matchsticks for lighting cigarettes,” Munya said.

Munya slammed the current administration led by president William Ruto for the high cost of living in the country, abductions and corruption.

He said the PNU party will also seek to have candidates across the country.

Last Week Devolution Empowerment Party Secretary General Al Hajj Mwendia urged Munya and former Meru Governor Kiraitu Murungi to go for national seats and leave Meru governor Mutuma M’ethingia in the governor’s seat.

But responding to Mwendia’s suggestion Munya said he will go for the gubernatorial seat.

“He is not my advisor, he is not in



Former Meru governor Peter Munya after opening an office in Kariene Central Imenti constituency on Sunday.

my party. If he wants a national seat, let him go for it himself,” Munya said.

Munya urged Meru not to use sub-tribal politics electing Meru governor.

“The governor’s seat is not a sub-

tribe seat; if you are elected Meru governor you will work for the entire Meru, not one sub tribe,” Munya said.

He said currently he has gained a lot of experience working as a cabinet secretary after losing the governor seat

in 2017.

He said since he left the governor seat the allocation to Meru county from national government has been increasing annually yet few tangible development.

Kenya Association For The Welfare Of People With Epilepsy Steps Up Awareness Campaign On Epilepsy In Kariobangi

By: Cynthia Masibo
@themtkenyatimes

The Kenya Association for the Welfare of People with Epilepsy (KAWE) has intensified its grassroots awareness campaign on epilepsy, with the latest outreach held at Kariobangi North Health Centre. The initiative seeks to demystify the condition, promote understanding, and combat the stigma faced by people living with epilepsy.

Speaking during the event, Faith Muthoni, a representative from KAWE, emphasized the organization’s commitment to improving the welfare of those affected by epilepsy across Kenya. “We are trying to create awareness about epilepsy. We want to demystify misconceptions concerning the condition. People with epilepsy face stigma and many challenges in the community, and that’s why we are here to tell people that epilepsy is just a condition like

any other,” said Muthoni.

KAWE’s approach involves engaging directly with communities through local health centres and working closely with community health promoters (CHPs). Muthoni explained that the organization regularly holds outreach events in different health facilities both within and outside Nairobi. “We go to various health centres from the grassroots. We’ve been to Uruma Health Centre before, and today we are in Kariobangi. The next stop will be another health facility,” she noted.

In their awareness drive, KAWE partners with the county government and the Ministry of Health. The collaboration facilitates access to CHPs and enhances the organization’s ability to reach more people at the community level. “Like today, we were supported by the local health administration, including the CHPs who were mobilized through the county. Madam T Centre helped us ensure their presence,” Muthoni said.

On the question of the prevalence

of epilepsy, Muthoni pointed out that the numbers are significant, both globally and locally. “Worldwide, about fifty million people live with epilepsy. In Nairobi, we see a considerable number. At our clinics, we can attend up to a hundred patients per day,” she revealed.

She further highlighted the multiple causes of epilepsy, ranging from complications during childbirth to head injuries and substance abuse. “Substance use, especially marijuana,

can contribute to the condition. In some cases, children may develop epilepsy due to complications during birth. Accidents and trauma to the head may also result in epilepsy, although not all such cases lead to the condition,” Muthoni explained.

Muthoni encouraged parents who have children with epilepsy not to hide them due to fear of stigma. Instead, she urged them to seek medical attention and support. “Epilepsy is a manageable condition, and

there’s nothing to be ashamed of. With the right care and information, people living with epilepsy can lead full, productive lives,” she said.

KAWE’s ongoing efforts aim to ensure that epilepsy is better understood, less feared, and more openly addressed across communities. Through education, partnership, and advocacy, the organization continues to bring hope and empowerment to those affected by the condition.



My Teacher



My teacher's name is Brinda,
She is a gem
She is a very good teacher,
She is very intelligent
She teaches us English,
She is very patient and caring
Her nature is kind, and her heart is fair.

She's very supportive,

She teaches with ease,
She Makes complex things simple,
She talks very politely, with a gentle tone,
She is a true role model, in every way

She's disciplined and punctual,
A teacher who sets an example, for all

She is my favorite teacher,

Varsha . K.
Government High School,
Melpattampakkam, Cuddalore district,
Tamil Nadu
India

Stay Kind, Their Hate Is Not Your Burden



As long as there is Sunrise 🌅 and
Sunset 🌇
I think I can survive as I wake up from my
rest
I want to be humble and always with a
request, plea
I always convey myself that I'm not too
old to be glee
I wish to get love from all souls and live
happy life in flee
Whole of my love I seed in all beautiful
souls but not a crappy !
And whispers in every heart I come
across as a fee
Nothing in this world stays the same too
long
Other than the true love ❤️ among, that
grow strong
Normally I feel guilty for things I have no
control over

But for love I am always a beggar, and a
greedy trover
Because I afraid I won't find people, who
Comes in my way, loves me as deeply as
I do !
I have a very big splendid and lavish
heart,
And sometimes I think, I myself hate it
But I know I forgive and forget many
other things
In the midst of true hearts , and
happiness it brings!
So no problem what ever comes in our
way
Collect all the kind words and gestures
to make it sway
Don't feel bad about, that you are
trodden
Stay kind, their hate is not your burden.

SAVAAL SATHIYA

SATHIYA . V
B.T Assistant (English)
GHS THEMMAVUR
PUDUKKOTTAI DISTRICT
TAMIL NADU

Gender Equality



Girls like blue, boys like pink,
But both like many colors, in their own way,
They both can wink and blink,
with eyes so bright,
No rules can define, their individual light.

Both go to school, and learn with happiness
Boys and girls are cool,
They are just being themselves free,
They both can swim in the pool with delight,
Their dreams are shining with all their might.

They can work as a team, and achieve great
things,
Together they can fly high
Till their hearts sing,
They experience boredom, and freedom
And deserve equal importance, in all they do.

there is no partiality amongst them
They are unique and free,
just like a breeze, and water
They have no expectations,
All they need is just equal space,
For boys and girls to grow, with love and pace.

S. Ruban
Class 8 A
Government High School,
Melpattampakkam, Cuddalore district,
Tamil Nadu
India

A Beautiful Mistake



A youthful teenage girl was I
With friends went to the lake nearby.

Boys and girls who knew to swim,
Jumped, dived and enjoyed to the brim.

Not as a coach stood I on the bank
Knowing nothing about swimming I am
frank,
But boasted as I am a master in
swimming,
Boys and girls mocked as if they are
trimming.

I gently said a lie and physically jumped,
Leaped into water when none nearby

dumped,
Heart pulsated like an Arabian horse ride,
Shook and waved hands and legs for an
aid.

In the beginning I was eating, biting the
water,
Then drinking and breathing begin to
barter,
None to see my agony even though I cry,
Tears overflowed the water, no CCTV
captured my try.

At last Eureka ... Eureka in the water I
floated,
Luckily had a great escape

BRINDA . D
CREATIVE WRITERS
GRADUATE TEACHER,
GOVT HIGH SCHOOL,
MELPATTAMPAKKAM
CUDDALORE,
Tamilnadu India

Friends



Friends are our happiness
They bring joy to our lives
Friends are our well-wishers
Their love doesn't have any measures

Friends help us grow, learn, and explore
They decrease our high pressure
Friends bring out the best in us, no mess
In our stress, friends are comfort, love,
and guide

They stand by our side
As a loyal companion and a guide
Friends are a treasure, pure and true
They're our precious gift, forever

T.Vasugi,
B.T Asst,
Kamaraj Matriculation Higher Secondary
School,
Kovilpatti.

DO YOU WANT TO GET PUBLISHED?

ARE YOU A WRITER OR CORPORATE?

Let Professional Editors and Authors turn your story into a Dream Book.

THRILLERS - FICTION - FACTION - BIOGRAPHIES - TRAVELOGUES - HUMOUR- COFFEE TABLE - BROCHURES

London-based contract Publishers for independent and self-publish authors.

We offer one-stop top notch Editing, Expert Design, Proof Reading, Book Covers, Artwork, Digital, Litho Printing, E-Books, Corporate Brochures and UK ISBN number. Reasonable costs. We print and deliver books. Authors retain 100% sales profits.



The Crownbird Publishers logo and imprint owned by Adlink International (1989) Media Group London

Copies of some books available for sale: hard copy/digital. Contact us: media@adlinkinternational.com Email Subject: Crownbird Books



ADLINK INTERNATIONAL (1989) MEDIA GROUP
Books Division
16 Upper Woburn Place, London WC1H 0AF (UK)
Tel: 44 330 606 1438
Email: media@adlinkinternational.com
www.adlinkinternational.com

BUSINESS

Fury Over Rice: Farmers Slam Government's Duty-Free Import Decision

By: Cynthia Masibo
@themtkenyatimes



Fred Ogolla, the Deputy Vice Chancellor of Uzima University issuing his address to the media

Worth Noting:

- Currently, Kenya consumes about one million metric tons of rice annually, yet produces only 300,000 tons locally. Instead of investing in irrigation, modern farming techniques, and marketing support to close this gap, the government continues to rely on external suppliers a move many see as short-sighted and destructive.
- Ogolla pointed to Tanzania as a regional example of success. "They banned rice imports, focused on their farmers, and now produce over 2.4 million metric tons. Kenya has the same potential if not more but lacks the political will to make it happen."

A fierce backlash is unfolding across the country as the government's latest decision to allow the importation of 500,000 metric tons of duty-free white rice sparks outrage among local farmers, traders, and economic experts.

Through Gazette Notice issued on July 28, the government has cleared the way for rice imports without duty charges until December 31, 2025. While the move is being framed as a solution to food shortages, critics warn it may deliver a crushing blow to Kenya's domestic rice industry.

"This is an attack on our economy and the people who feed this nation," said Fred Ogolla the Deputy Vice Chancellor of Uzima University "Kenya should be empowering its farmers, not sidelining them for the benefit of foreign exporters and a few well-connected individuals."

Currently, Kenya consumes about one million metric tons of rice annually, yet produces only 300,000 tons

locally. Instead of investing in irrigation, modern farming techniques, and marketing support to close this gap, the government continues to rely on external suppliers a move many see as short-sighted and destructive.

Ogolla pointed to Tanzania as a regional example of success. "They banned rice imports, focused on their farmers, and now produce over 2.4 million metric tons. Kenya has the same potential if not more but lacks the political will to make it happen."

The pain is being felt most in rice-producing regions like Mwea, Ahero, and Bura, where farmers say the influx of cheap imports will wreck their ongoing harvest season, trigger job losses, and shutter businesses in the rice value chain.

"How are we supposed to compete?" one frustrated farmer asked. "We are overtaxed and underfunded, while importers enjoy zero duty and government protection."

Ogolla accuses the government of

deliberately creating a hostile environment for local producers. The group argues that the same duty-free quota was introduced in 2024, but instead of lowering rice prices, it enriched a few traders while everyday Kenyans saw no benefit.

The ripple effect is wide: millers, transporters, input suppliers, and small retailers all stand to lose. And as import duties usually 35% are waived, the national treasury will suffer significant losses, even as Kenyans continue to bear the weight of increased taxation.

"We cannot keep raiding payslips, increasing fuel prices, and taxing everything in sight while letting billions slip away through imports," Ogolla said. "This policy doesn't make economic sense. It makes elite profits."

Ogolla is now demanding urgent action. His demands include immediate cancellation of the gazette notice, reinstatement of the 35% import duty, and full government backing for

Kenya's National Rice Development Strategy.

They're also calling for an open, inclusive, and well-funded plan to reach self-sufficiency in rice production by 2030. That means investment in irrigation, post-harvest infrastructure, and support for local millers and cooperatives not reliance on Japan or any single foreign partner.

"This is a fight for our survival," Ogolla said. "It's about jobs, food on the table, and the dignity of Kenyan farmers. We must stop being a dumping ground for foreign goods while neglecting our own."

He ended with a rallying call to faith leaders, civil society, the media, and all citizens: "Join us in defending our economy. Bad policy can be deadlier than bullets. We must evolve from a consumption-driven nation to one that values production. The time to act is now not in 2027."



WEB SOLUTIONS



Oracom Web Solutions

Relax....we take the worries out of web

Web Design

- Modern and classy website
- Easy to navigate
- Mobile ready and cross browser friendly

Web maintenance

- Search Engine Optimization
- Content Management Services
- Social Media Marketing

And many much more...

0729990583 | fb: Oracom kenya web solution | www.oracom.co.ke

Tharaka Nithi Leaders Secure Billions In Development Projects After State House Meeting With President Ruto

By: Alex Njeru
@themkenyatimes

In what has been hailed as a historic breakthrough for the people of Tharaka Nithi, a high-powered delegation of the county's leadership, led by Governor Muthomi Njuki, emerged from a meeting with President Dr. William Ruto at State House, Nairobi, bearing a raft of development pledges amounting to tens of billions of shillings.

The delegation included Principal Secretary Blue Economy Betsy Muthoni, Tharaka Nithi Deputy Governor Nyaga Muisrael, Senator Mwenda Gataya, Women Representative Susan Ngugi, Maara MP Kareke Mbiuki, Chuka/Igambang'ombe MP Patrick Munene, Tharaka MP Gitonga Murugara, and County Assembly Speaker John Mbabu.

Governor Njuki presented a comprehensive needs assessment touching on water, roads, housing, and infrastructure which the Head of State responded with "unprecedented commitment to uplift the lives of Tharaka Nithi residents."

Among the major promises made by President Ruto was the construction of 2,600 affordable housing units across the county at a cost of KSh 3.9 billion, part of his administration's broader affordable housing agenda.

To stimulate local trade and support small businesses, the President also promised the construction of four modern markets in all three sub-counties. One of the markets is already at the procurement stage, with the entire initiative costing KSh 1.2 billion.

Water access, a long-standing challenge in Tharaka Nithi, received special attention. A last-mile water connectivity project backed by the African Development Bank (AFDB) will be implemented at a cost of KSh 1.4 billion. Additionally, a critical pipeline to deliver water from Chuka to Kathwana is in progress, with the tender already advertised and set to close this Friday.

The President also revealed that the National Government is in talks with AFDB for further water projects, with more announcements expected by December. Meanwhile, existing water projects under the National Irrigation Authority, including those at Kibung'a and Kikimiki, are to receive direct funding.

President Ruto further announced that Tharaka Nithi's road infrastructure budget has been tripled from KSh 400 million to KSh 1.4 billion marking a massive investment in regional connectivity.

Roads set to benefit include Kibugua-Magenka-Itigururu, Chiakariga-Marimanti Road, Chogoria-Weru-Marima, Keria-Ma-

gutuni-Kathwana, Mionponi-Mukothima-Gatunga, and Kaanwa-Mwanjati-Kamuteria.

Perhaps most symbolic is the green light for the construction of the long-awaited Nithi Bridge, which has for years remained a risky passage and bottleneck for commuters. The procurement process is set to commence immediately, with the bridge expected to be completed by 2027 at an estimated cost of KSh 7 billion.

Electricity expansion also featured prominently in the President's commitments. A total of KSh 1.1 billion has been earmarked for last-mile power connectivity, ensuring that more households in rural Tharaka Nithi are connected to the national grid.

The county's legislative arm will also benefit, with KSh 100 million allocated for the construction of a modern County Assembly complex to support efficient lawmaking and public participation.

Speaking after the meeting, Governor Njuki said the pledges marked "a new dawn for the county," adding that the unity of purpose among local leaders had played a key role in securing the commitments.

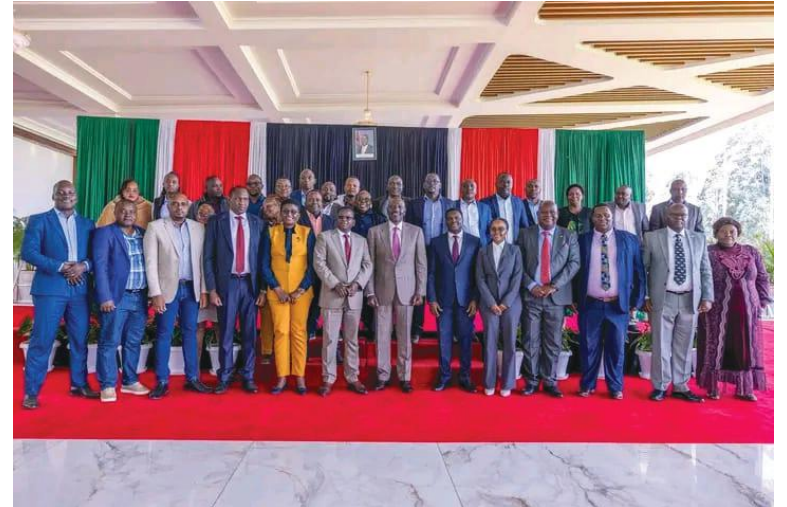
"This was not about politics, it was about development. We spoke in one voice, and the President listened." Governor Njuki emphasized the need for the county to remain focused and united to ensure that the promises made are translated into actual projects on the ground.

Residents across the county have welcomed the announcements with optimism. From the highlands of Chogoria and Chuka to the lower parts of Marimanti and Mukothima, the promise of better roads, reliable water supply, modern housing, and electrification has rekindled hope.

"This is the kind of news we've waited for years," said Timothy Kirimi, a trader in Marimanti. "If even half of these projects are completed, Tharaka Nithi will change forever."

As the county leadership returns from Nairobi with signed commitments and timelines, all eyes now turn to implementation. The people of Tharaka Nithi will be watching keenly, hopeful that this State House visit will not go down as another grand political promise but as the beginning of a transformative era.

While the State House meeting was ongoing, Deputy President Prof Kithure Kindiki was holding a meeting with women in small micro business from Meru County at his home in Irunduni village in Tharaka constituency.



President William Ruto with some of Tharaka Nithi County leaders at State House, Nairobi yesterday.



President William Ruto listening as Tharaka Nithi leaders put forward their requests.



Tharaka-Nithi County Governor Muthomi Njuki addressing the gathering.

Worth Noting:

- To stimulate local trade and support small businesses, the President also promised the construction of four modern markets in all three sub-counties. One of the markets is already at the procurement stage, with the entire initiative costing KSh 1.2 billion.
- Water access, a long-standing challenge in Tharaka Nithi, received special attention. A last-mile water connectivity project backed by the African Development Bank (AFDB) will be implemented at a cost of KSh 1.4 billion. Additionally, a critical pipeline to deliver water from Chuka to Kathwana is in progress, with the tender already advertised and set to close this Friday.

Mechanisms For Combating High Blood Pressure And Heart Diseases



By: Muxtorova Fotimaxon Shuhratjon
@themkenyatimes

Abstract. This article analyzes the main causes, clinical symptoms, complications, and methods of treatment and prevention of high blood pressure (arterial hypertension) and heart disease. It also discusses advanced coping mechanisms to maintain cardiovascular function and improve patients' quality of life. In addition, practical recommendations are given on how to deal with risk factors such as stress, malnutrition, lack of physical activity, and obesity. The important role of healthy nutrition, physical activity, and a healthy social and spiritual environment in preventing cardiovascular disease is emphasized.

Keywords: High blood pressure, heart disease, arterial hypertension, prevention, treatment, stress, coronary heart disease, healthy lifestyle, blood pressure control, obesity, healthy eating, pulse, blood vessels, stroke, heart failure, nutrition, genetic factors, physical activity, ecology, mental state, heredity, diabetes.

Cardiovascular diseases remain one of the leading causes of death and disability worldwide. Among them, the most common are arterial hypertension, stroke, ischemic heart disease, and heart failure.

High blood pressure stands out as the main risk factor for the development of these diseases. According to studies conducted by the World Health Organization (WHO) and other medical institutions, signs of hypertension are observed in 35–40% of the population over the age of 40 in Uzbekistan. Therefore, early detection, comprehensive treatment, and preventive measures for cardiovascular diseases remain among the key challenges.

Arterial blood pressure is created by the pressure exerted on the arteries when the heart contracts to pump blood. It has two main indicators:

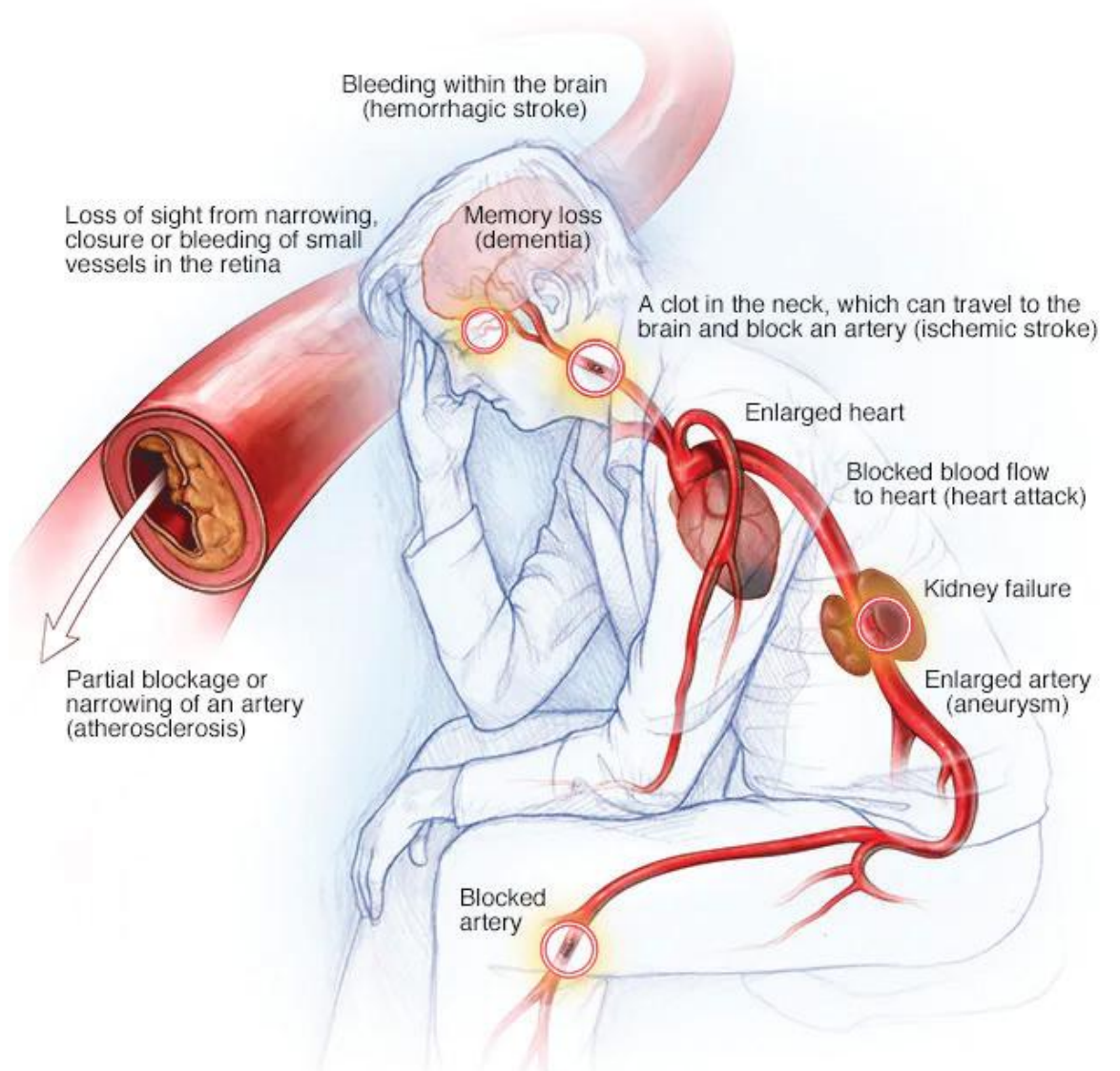
Systolic pressure (upper pressure): the pressure when the heart contracts.
Diastolic pressure (lower pressure): the pressure when the heart relaxes.

Normal blood pressure levels are as follows:

Normal: <120/80 mm Hg
Pre-hypertension: 120–139/80–89 mm Hg
Stage 1 hypertension: 140–159/90–99 mm Hg

Stage 2 hypertension: >160/100 mm Hg

Hypertension is divided into two main types:



© MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.

Primary (essential) hypertension: the exact cause is unknown, but genetic predisposition, stress, obesity, and poor nutrition are considered major factors.

Secondary hypertension: caused by kidney diseases, endocrine disorders, heart conditions, or central nervous system problems.

Arterial hypertension increases the workload on the left ventricle of the heart, which over time leads to left ventricular hypertrophy, heart failure, and impaired coronary circulation. High blood pressure narrows the heart's blood vessels, limiting the oxygen supply to the heart muscle.

Factors causing high blood pressure include: heredity, obesity, physical inactivity, chronic stress, a high-salt diet, consumption of alcohol and tobacco products, diabetes mellitus, and aging.

Hypertension often develops silently over the years, but some possible symptoms include:

- Headaches
- Dizziness
- Black spots in front of the eyes
- Rapid heartbeat
- Nosebleeds

Sleep disturbances
Fatigue

If hypertension is not diagnosed and treated on time, it can lead to severe complications such as:

- Stroke
- Myocardial infarction
- Heart failure

Kidney failure

Diagnosis is made using the following methods: regular blood pressure monitoring, electrocardiography (ECG), blood biochemical tests (creatinine, cholesterol, glucose), kidney ultrasound, eye fundus examination, and other investigations.

To combat this disease, patients need to change their lifestyle, which includes:

1. Nutrition: Reduce salt, sugar, and saturated fats in the diet; increase consumption of fruits and vegetables.
2. Physical activity: At least 30 minutes of exercise daily is recommended.
3. Stress management: Meditation, yoga, and other relaxation techniques help reduce stress.
4. Medication: Various drugs such as beta-blockers, angiotensin-convert-

ing enzyme (ACE) inhibitors, and diuretics are used in the treatment of hypertension and heart disease.

In conclusion, every person is responsible for their own health, which requires undergoing medical examinations at least every six months. To reduce the risk of heart diseases, it is necessary to promote a healthy lifestyle among the population, provide training and consultations on disease management, and increase public awareness about cardiovascular health. Promoting healthy habits and ensuring early diagnosis play a crucial role in preventing heart diseases.

It should be noted that combating cardiovascular diseases requires a comprehensive approach, which includes a healthy lifestyle, medication, regular monitoring, and modern medical technologies.

A healthy heart is the key to a healthy life.

Muxtorova Fotimaxon daughter of Shuhratjon
2nd-year student, Alfraganus University

Worth Noting:

- **Primary (essential) hypertension:** the exact cause is unknown, but genetic predisposition, stress, obesity, and poor nutrition are considered major factors.
- **Secondary hypertension:** caused by kidney diseases, endocrine disorders, heart conditions, or central nervous system problems.
- **Arterial hypertension increases the workload on the left ventricle of the heart, which over time leads to left ventricular hypertrophy, heart failure, and impaired coronary circulation. High blood pressure narrows the heart's blood vessels, limiting the oxygen supply to the heart muscle.**
- **Factors causing high blood pressure include: heredity, obesity, physical inactivity, chronic stress, a high-salt diet, consumption of alcohol and tobacco products, diabetes mellitus, and aging.**

Kenya Hosts Specialised Training On Terrorism Financing And Money Laundering



By: Cynthia Masibo
@themtkenyatimes



Worth Noting:

- The course, titled “Countering Terrorism Financing and Money Laundering – Foundational Level”, is designed to build the skills and institutional resilience of Kenya’s security, financial, and regulatory agencies. It brings together participants from legislative and executive bodies, civil society, and institutions responsible for financial regulation and law enforcement.
- Speaking during the launch, Major General John Nkoimo, the General Officer Commanding Kenya’s Central Command, who represented the Chief of Defence Forces, underscored the importance of international cooperation in tackling terrorist financing.
- “Countering terrorism financing is a collective commitment that can only be achieved through integrated institutional coordination and effective international cooperation,” he said. “We are deeply honoured by your kind decision to come to Kenya in order to further enhance close collaboration in our global efforts to fight terrorism.”



Major General John Nkoimo, the General Officer Commanding Kenya’s Central Command (centre) during the launch of a specialised training on Counterterrorism Financing and Money Laundering – Foundational Level in Nairobi/HANDOUT

Kenya yesterday officially launched a five-day specialised training programme aimed at strengthening national and regional efforts to combat terrorism financing and money laundering. The training, which began in Nairobi, is being conducted by the Islamic Military Counter Terrorism Coalition (IMCTC) under its strategic initiative known as ‘Capacity’.

The course, titled “Countering Terrorism Financing and Money Laundering – Foundational Level”, is designed to build the skills and institutional resilience of Kenya’s security, financial, and regulatory agencies. It brings together participants from legislative and executive bodies, civil society, and institutions responsible for financial regulation and law enforcement.

Speaking during the launch, Major General John Nkoimo, the General Officer Commanding Kenya’s Central Command, who represented the Chief of Defence Forces, underscored the importance of international cooperation in tackling terror-

ist financing.

“Countering terrorism financing is a collective commitment that can only be achieved through integrated institutional coordination and effective international cooperation,” he said. “We are deeply honoured by your kind decision to come to Kenya in order to further enhance close collaboration in our global efforts to fight terrorism.”

The training focuses on seven core areas: legal frameworks, sources and means of terrorism financing, financial analysis and detection, international and regional cooperation, prevention strategies, awareness and training programs, and the promotion of a culture of reporting suspicious financial activities.

It also seeks to enhance participants’ ability to use modern tools in analyzing financial data and detecting unusual or suspicious transactions. A key objective of the program is to improve coordination and information sharing between national institutions and international partners to

disrupt illicit financial flows used by terrorist organizations.

Major General Nkoimo emphasized that the IMCTC initiative is more than just a training exercise it is a strategic investment in building networks and empowering institutions to confront one of the most pressing security threats of the 21st century. “Such capacity-building efforts are vital in enhancing our national ability to dismantle the financial infrastructure that supports terrorism. This is practical support that strengthens our frontline institutions,” he said.

Kenya became the newest member of the IMCTC on September 1, 2022, joining a coalition that now includes 43 member states. The coalition, headquartered in Riyadh, Saudi Arabia, is currently led by Major General Mohammed bin Saeed Al-Moghedi.

Since its inception, IMCTC has developed a multi-dimensional approach to fighting terrorism, with a focus on ideology, communications,

counter-terrorist financing, and military coordination. Its training programs are aligned with global best practices and encourage cooperation between governments, financial institutions, civil society, and international bodies.

The Nairobi training is part of a series of regional and national engagements by IMCTC aimed at bolstering the capacity of its member states to prevent and respond to the growing threat of terrorism and cross-border financial crime.

As terrorist groups increasingly exploit sophisticated financial systems to fund their operations, stakeholders in Kenya and beyond agree that a united and proactive approach is essential to cutting off these lifelines and securing communities.

Mugumo In Motion: Kahumbu Ward's Genz Tournament Revives Youth And County Spirit

By: Gitaũ wa Kũng'ũ
Kahumbu Ward, Murang'a County
@themtkenyentimes

In a whirlwind of dust, determination, and dancing dreams, the GenZ Football Tournament lit up Mugumoini Playground this past Sunday with the vivacity stirring lax young football talents and summoned history at the same time.

Beneath the symbolic shadow of Mugumo, the sacred fig tree of the Gikũyũ, Kahumbu young football talents roled the ball to score goals to the exuberance of the soccer thrill as fans enjoyed the thrilling moments. It was more than just a football tournament.

The pitch may be pothole-ridden, but that did not stop Mugumoini FC from claiming their namesake turf, winning the men's finals against Kairi FC and walking off with KSh 50,000. In what many called "a duel of dust and destiny," the victory became poetic: the home team conquering the homeland soil.

Kairi Queens stole the women's finals with elegance and fire, securing KSh 20,000 in a performance that was part protest, part prophecy.

Every team received kits, footballs, and a stipend of KSh 4,000, while referees and linesmen earned KSh 1,000 and KSh 500 respectively. But it was the awards that turned heads—and chuckles. Best Goalkeeper took home a gas cylinder, top scorer won a microwave, and other standout players were gifted with cash bonuses.

"We shall also sponsor three players per team to attend the Kenya vs. Morocco match at Kasarani on Sunday, 10th August to inspire the blooming talents that they too can play at the National football team Harambee Stars and across the world," Kahumbu MCA Chefman ascertained.

However, the tournament also cast a spotlight on the need for structured county development, especially in sports and creative talent. Mugumoini is more than a neglected pitch—it's a metaphor for neglected potential.

The Mugumoini playground which the posters from MCA's office clearly called Mugumoini Mugumoini Stadium, is the playground for Mugumoini Primary School. The name 'Mugumoini' literally translates to the "place of the Mugumo tree".

The 'Mugumoini Stadium' is just one of the Ward's football pitches where the all nineteen teams that were enrolled in the competition clashed however scream for worthy attention from the County government.

With the patronage of Hon. Chefman Isaac Njoroge, the event welcomed 15 men's and 4 women's teams, proving that talent survives even when infrastructure falters.



"We thank MCA Chefman and Murang'a County government under Governor Kang'ata and Youths CECM Gacuca for supporting football talents. I think Mugumoini shouldn't be a one-day miracle. Looking forward to many more," one Mugumoini player commented.

One elderly fan of the game commented that he was enjoying more than the experience of the tournament.

"To me however, this is an awaken-

ing of the community. Mugumoini is where the Mugumo tree once stood, or still stands spiritually. I hope Mhesh Chefman takes this chance to usher in the rebirth of the traditional Gikũyũ shrines," Mzee said.

The tournament is also happening across the other ward in Murang'a County.

"This tournament was a worthy opportunity for not only talent development but also a social economic development program fighting idle-

ness and alcoholism, drugs and substance abuse. We had an opportunity for physical therapy, sharing joy and promoting local businesses such as tea kiosks, and mama mboga kibandas that sold healthy fruits," Mhesh Chefman said.



Worth Noting:

- Kairi Queens stole the women's finals with elegance and fire, securing KSh 20,000 in a performance that was part protest, part prophecy.

- Every team received kits, footballs, and a stipend of KSh 4,000, while referees and linesmen earned KSh 1,000 and KSh 500 respectively. But it was the awards that turned heads—and chuckles. Best Goalkeeper took home a gas cylinder, top scorer won a microwave, and other standout players were gifted with cash bonuses.

- "We shall also sponsor three players per team to attend the Kenya vs. Morocco match at Kasarani on Sunday, 10th August to inspire the blooming talents that they too can play at the National football team Harambee Stars and across the world," Kahumbu MCA Chefman ascertained.

SPORTS NEWS

PHOTOS
SCORES
OPINIONS
STATISTICS
SCHEDULES
BREAKING NEWS



Sports >> *A Dutch soccer players' group is preparing a "potentially billion-dollar" Europe-wide class action claim against FIFA and other associations, seeking compensation over alleged loss of income due to restrictive transfer rules

FIFA Faces Class Action Over Player Transfer Regulations



FIFA Club World Cup - Group D - Esperance de Tunis v Chelsea - Lincoln Financial Field, Philadelphia, Pennsylvania, U.S. - June 24, 2025 General view of the FIFA logo before the match REUTERS/Lee Smith/File Photo

By Reuters

A Dutch soccer players' group is preparing a "potentially billion-dollar" Europe-wide class action claim against FIFA and other associations, seeking compensation over alleged loss of income due to restrictive transfer rules, it said yesterday.

The Dutch Foundation for Justice said world soccer governing body FIFA's rules had affected approximately 100,000 players in European member states and the United Kingdom since 2002.

The foundation added that consultancy firm Compass Lexecon had estimated that damages could run into billions of euros, with the foundation's board member Dolf Segaar telling Dutch news agency NOS that "it is a billion-dollar claim".

The Dutch Football Association (KNVB) is among the associations to be named in the suit.

"This case is being brought in the Netherlands under the Dutch Act on the Settlement of Mass Damages in Collective Action (WAMCA), which allows this legal action to be launched by JfP on behalf of a large group of professional footballers," it added.

FIFA and the KNVB did not immediately respond to emailed requests for comment.

The foundation added that a preliminary analysis from Compass Lexecon estimated that professional footballers collectively earned around 8% less over their careers than they would have due to FIFA's regulations.

"All professional football players have lost a significant amount of earnings due to the unlawful FIFA Regulations," foundation chair Lucia Melcherts said in a statement.

"Justice for Players' is bringing this claim to help achieve justice for footballers and fairness."

DIARRA RULING

The foundation added that the case was launched following a ruling on French player Lassana Diarra, who was fined 10 million euros (\$11.56 million) by FIFA for leaving Lokomotiv Moscow one year into a four-year deal.

In October 2024, the Court of Justice of the European Union said some of FIFA's rules on player transfers went against European Union laws and free movement principles in the case linked to former Chelsea, Arsenal and Real Madrid player Diarra.

Following the ruling by the EU's top court, FIFA in December adopted an interim framework concerning the Regulations on the Status and Transfer of Players.

The interim regulatory framework affects the calculation of compensation payable if there is a breach of contract and the burden of proof in relation to both

compensation payable and an inducement to breach a contract.

Justice for Players said it will be advised by law firm Dupont-Hissel, founded by Jean-Louis Dupont.

Dupont is the same lawyer who took the landmark case of Belgian Jean-Marc Bosman, which in 1995 cleared the way for players in the European Union to move to other clubs at the end of contracts without a transfer fee being paid.

Dupont-Hissel also represented Diarra in his case against FIFA, with Dupont saying in 2024 that a judgment backing the player would be a milestone in modernising football governance.

He added that it would allow players' unions and club associations to regulate their employment practices.

GET THE BEST OF WORLD

Sports >>> *Sports Principal Secretary (PS) Elijah Mwangi has urged stakeholders from across Kenya's sporting ecosystem to show up in large numbers, for the inaugural Kenya National Sports and Career Symposium Fair

Sports PS Mwangi Rallies Support For Kenya's First National Sports And Career Symposium



Sports Principal Secretary (PS) Elijah Mwangi

Sports Principal Secretary (PS) Elijah Mwangi has urged stakeholders from across Kenya's sporting ecosystem to show up in large numbers, for the inaugural Kenya National Sports and Career Symposium Fair, set for August 6 to 8, 2025, at the Kenyatta International Convention Centre (KICC) in Nairobi.

Speaking during a media briefing held earlier Monday at a city hotel, PS Mwangi described the event as a timely and vital platform for sportsmen, professionals, and institutions to align themselves with emerging global trends in sports.

"Kenya, as a renowned global sporting powerhouse and cultural diversity, cannot afford to remain on the sidelines of these trans-

formations. We must be active elements in this regard based on the metamorphosis of the global sporting arena," said Mwangi.

He emphasised that the symposium offers an opportunity for the sports community to position itself strategically within a dynamic and increasingly professional international sports landscape.

Echoing the call to action, Kenya Academy of Sports (KAS) chairman, Albert Cege, urged stakeholders not to miss the chance to participate in what he termed a defining moment for the future of Kenya's sports sector.

He reaffirmed KAS's commitment to strengthening the national sports agenda, citing the ongoing launching and construction of 37

sports academies across the country as a step in the right direction. "We have launched 37 sports academies through the Sports Ministry, and God willing, we will be able by 2027 to have all the sports academies ready for use," he noted.

He also highlighted the success of KAS-led sports holiday camps, pointing out that the 2024 edition attracted close to 3,000 students—a clear indication of growing interest in sports as a career path.

"We have had very successful sports holiday camps, for instance, last year's edition, which attracted 3000 students across seven sports disciplines, where we try to nurture their unique talents."

The three-day event, themed "Exploring Career Opportunities in Sports," is designed to spotlight the wide range of professions that exist beyond active play.

From sports law and administration to journalism, media, innovation, and technology, the symposium will bring together students, athletes, institutions, federations, and global experts to exchange ideas, network, and learn.

Citizen Sport

SPORTS NEWS



PHOTOS
SCORES
OPINIONS
STATISTICS
SCHEDULES
BREAKING NEWS



SPORTS AS THEY HAPPEN



Sincere People



By: Aytuvova Khurshida
@themkenyatimes

Worth Noting:

- I went in, we talked freely, I felt free. I have never been so free. I really liked the director's kindness. The events happened so quickly that I started working that day. The deputy director was an even nicer woman. He gave me lessons on the days I wanted, at the hours I wanted. And I went to school before my class started.
- The school was an old building, although recently renovated, it was a small school with only one floor. But the school was filled with cheerful laughter and thirst for knowledge. Every child I met tried to find out what kind of foreign teacher he was, who looked at me with interest.

My first students, my first lovers. I miss them so much that tears come to my eyes when I remember them. For them, I was not a teacher, but a friend, and they were not students, but my confidants, my brothers and sisters. I am grateful for every moment I spent with them. I did not know that there is such a quiet village in our district. It was when I was looking for a job.

A teacher told me that he needed a teacher for his school in such and such a village. It is said that the old teacher retired. They said they could get it right away. I was thinking, I was really scared. Becoming a teacher for the first time. Questions about whether they like me, whether I can give them the necessary knowledge began to come to my mind. But something began to draw me to that school. The next day I went to meet the director.

I went in, we talked freely, I felt free. I have never been so free. I really liked the director's kindness. The events happened so quickly that I started working that day. The deputy director was an even nicer woman. He gave me lessons on the days I wanted, at the hours I wanted. And I went to school before my class started.

The school was an old building, although recently renovated, it was a small school with only one floor. But the school was filled with cheerful laughter and thirst for knowledge. Every child I met tried to find out what kind of foreign teacher he was, who looked at me with interest.

The bell rang and I went to class. The students were very excited. As if I was strict for them. But after we got to know each other, everyone started to feel at ease. I just went to the meeting because it was my first lesson and I went unprepared. But we did not know that the lesson was over for an hour, playing interesting games and telling jokes.

I became a real teacher for the first time in my life. I felt like a teacher. My biggest childhood dream came true. When I was a child, I thought, "I will definitely become a teacher in the future, and at least I will be one of the kind, sincere and generous



teachers." After elementary school, I went to middle school, i.e. 5-6 classes.

We studied with them in the same way. I opened up to each other and my mood was lifted that day. I loved all students equally. Gradually, they began to see me as their sister. They always came prepared for classes and respected me.

A real teacher can be a teacher only if he can find a way to the heart of the student and listen to his thoughts. They always cheered me up. Especially 6th graders.

Begzod was a very cheerful and friendly boy. His closest friend was Farrukh. Begzod always loved humor and cheered up others even in difficult moments in class. Begzod's funny anecdotes became an integral part of class life. There was also a girl named Masuma in the class.

He was very intelligent and thoughtful, everyone in the classes was inspired by him. Students named Farrukh Mirislam Baharo and Diyozbek Bahrom were my favorite students. Not only these students, but all the people of this village were kind, simple people who did not know what evil was, always helped each

other, and had a bright face.

Nowadays, it is really difficult to find such rare people. But I am thankful that I met such people. I learned what I didn't know by asking. And all this caused my self-confidence to increase.

All the students in the school, even the teachers, envied our relationship. Even the director of the school came to my father and expressed his gratitude, saying, "I have never seen a student holding the teacher's hand, thank you for the upbringing of your daughter."

But these joys, such displays of affection did not last long. I was with them for only six months. I had to quit my job because we were moving to the city. When I was saying goodbye, she started crying, I even cried when I came home. I wish everyone good luck. They also begged me not to leave because they miss me. But I had to leave because the poor city is far from here.

But I will never forget that they were such pure people, they were all simple and innocent people who did not know what arrogance was. This small school brought unforgettable moments to my life. They say

that the first of everything is always good and valuable. The first job, the first students, the first loving eyes, the first trusts, the first gifts, everything became precious to me. At that time, I felt that school life is not only about books and classrooms, but it is an endless place of friendship, solidarity and life lessons.

Aytuvova Khurshida was born on June 5, 2002 in Saykhunabad district of Syrdarya region. She graduated from the Faculty of Philology of Gulistan State University, Russian language department. Official delegate of several forums, member of international organizations, „Global Education Ambassador” SPSC ambassador. Member of the international writers' association „Juntos por las Letras” of Argentina. Her creative works have been published in international newspapers and magazines. Author of the international anthology „Yaratıcılık mucizeleri”.