



Kindiki: Stop inciting Gikomba traders, we have a solid plan for a world class market for them
Deputy President Kithure Kindiki has asked traders in Gikomba, Nairobi not to be incited to reject a modern market by clueless politicians who have no plan for them. Page 12



MPs alarmed as KSh6.6 billion deficit threatens school feeding programme
A parliamentary committee has raised serious concerns over a significant funding shortfall affecting the school feeding programme for vulnerable children Page 18

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Politics Gachagua slammed the government for targeting the vulnerable while shielding the powerful

UAG condemns Gikomba raid, vows justice

Leaders from the United Alternative Government (UAG) yesterday joined small-scale traders in Gikomba Market, Nairobi, condemning what they described as a brutal and unjust demolition carried out under cover of darkness by the government.

The raid, which destroyed traders' stalls without notice, sparked outrage among both political leaders and the affected business community.

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Former Deputy President Rigathi Gachagua addressing Gikomba traders as other United Alternative Government leaders looks on. Photo | Courtesy.

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SCAN TO REGISTER

MKU School of Pharmacy launches tree planting initiative to boost learning and sustainability

BY MKT REPORTER

@themtkenyatimes

Some of the moments as captured in pictures

The School of Pharmacy at Mount Kenya University, through the MKU School of Pharmacy Alumni Network (MKU-SPAN) and MKU Pharmacy Students Association (MKUPSA) yesterday hosted a Tree Planting Day under the theme “Growing a Living Herbarium for Learning, Research and Environmental Stewardship.”

The event brought together students, staff, partners, donors, and the local community in a collaborative effort to promote environmental sustainability and academic innovation.

The initiative seeks to establish a living herbarium to serve as a sustainable resource for teaching, research, and conservation of medicinal plants. Students gain hands-on experience in pharmacognosy and natural product development, linking education directly to environmental stewardship.

School leadership emphasized the importance of preserving biodiversity, noting the initiative aligns with SDG 13 and 15 on climate action and sustainable ecosystems.

The activity also contributes to Kenya’s national target of planting 15 billion trees by 2032, aimed at restoring degraded landscapes and increasing tree cover.

Partners and donors, including AAR Healthcare, Analabs, and Najimudu Empowerment Initiative, lauded the integration of sustainability into academic programs and pledged continued support. Students actively engaged in planting and learning sessions, reinforcing their role as future healthcare professionals mindful of environmental responsibility.

The School of Pharmacy reaffirmed its commitment to advancing innovative, sustainable approaches in education, research, and community engagement, ensuring a lasting impact on both the environment and future healthcare practice.



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NEWS IN BRIEF



A partnership between Gersthofen and Kisumu County has delivered a KSh5 million water project set to benefit at least 800 households in Chulaimbo. The project, launched by Gersthofen First Mayor Michael Wörle and Kisumu Deputy Governor Mathew Owili, will be managed by Kisumu Water and Sanitation Company (KIWASCO) and is expected to expand access to clean piped water in Kisumu West. The initiative comes a year after the county government signed a memorandum of understanding twinning Kisumu with Gersthofen, a deal aimed at unlocking collaboration in key sectors including water, environment and skills development.



Future4Binti Programme Manager Viola Rutto during the launch of the Future4Binti Programme at Kalya Gardens hotel in Kapenguria Constituency, West Pokot County. The programme aims to Combat FGM and early marriage in West Pokot County.



Cabinet Secretary for Investments, Trade and Industry Lee Kinyanjui emphasized the need to strengthen healthcare systems to better manage Non-Communicable Diseases (NCDs) such as cancer, diabetes, and hypertension, urging leaders to prioritize funding, staffing, and facility upgrades for early diagnosis and effective treatment. Drawing from his experience as Nakuru Governor, he highlighted the importance of accessible cancer centers. Speaking at a funeral in Nakuru, he also urged political leaders to focus on completing their terms and for residents to vote cautiously. On trade, Kinyanjui noted a \$1.4 billion deal giving Kenyan farmers access to Chinese markets, and praised the Rironi Mau Summit road for boosting tourism, trade, and connectivity in Nakuru.



Residents of Maara Constituency in Tharaka Nithi County celebrated the groundbreaking of the Kenya Medical Training College (KMTTC) Maara campus in Magutuni. Maara MP Kareke Mbiuki noted that the push for a local medical training facility began nearly a decade ago. The campus required a Level Four hospital and at least 10 acres of land, criteria only met by Magutuni, with the land previously held by a local cooperative and the county government. Mbiuki thanked the community for releasing the land, now titled to KMTTC, and praised the county government for attaching the campus to Magutuni Level Four Hospital, enhancing both training and healthcare services in the area.



Cohort 8 interns deployed to the State Department for Irrigation attended a one-day induction at the National Irrigation Authority Headquarters, Nairobi, aimed at equipping them with essential knowledge of public service operations. Representing the Principal Secretary, Director of Administration Gibson Kamau Muhuhu wished the interns a productive experience. The training focused on building capacity in areas including Public Finance Management, organisational structure, Public Service Code of Conduct and Ethics, workplace safety, mental health, Performance Contracting, and substance abuse prevention. Interns also engaged with heads of directorates, learning to exercise professionalism, uphold workplace ethics, and understand government systems to effectively support the department's mandate.



Mombasa Governor Abdulsamad Nassir yesterday announced a 100 per cent waiver on land rate penalties and interest for a period of 45 days, in a move aimed at cushioning residents from tough economic times while enabling the county to recover over Sh1 billion in land rate arrears.

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Safety Muriuki emphasised that road safety remains a major concern, urging motorists to plan their journeys in advance and avoid fatigue while driving.

Arrive Alive This Easter: Health Ministry and NTSA issue strong safety warning

BY MKT Correspondents

@themtkenyatimes

As the Easter holiday kicks off, Kenyans have been urged to prioritise safety following fresh advisories from the Ministry of Health and the National Transport and Safety Authority (NTSA), warning of increased risks during the festive period.

In a statement issued by Principal Secretary for Public Health and Professional Standards, Mary Muthoni Muriuki, the Ministry of Health called on citizens to remain vigilant as the season is marked by heightened travel, social gatherings, and celebrations across the country.

Muriuki emphasised that road safety remains a major concern, urging motorists to plan their journeys in advance and avoid fatigue while driving.

She called on drivers to strictly observe traffic rules, avoid speeding, and ensure that all passengers wear seatbelts, with children properly restrained. She further warned against driving under the influence of alcohol or drugs, noting that such behaviour significantly increases the risk of fatal accidents.

Beyond the roads, the Ministry highlighted the importance of food safety and hygiene. Kenyans were advised to consume freshly prepared and well-cooked food, wash hands regularly with soap and safe water, and avoid food from unhygienic environments.

Proper storage of food to prevent contamination was also underscored.

To curb the spread of communicable diseases, Muriuki urged the public to maintain personal hygiene at

all times and avoid sharing personal items.

She advised those experiencing symptoms such as fever, diarrhoea, or persistent cough to seek medical attention promptly.

The Ministry also raised concerns over water safety, particularly in flood-prone areas, advising the public to drink treated or boiled water and avoid potentially contaminated sources.

As families and communities come together to celebrate, the Health Ministry called for responsible behaviour, including moderation in alcohol consumption, vigilance in crowded places, and ensuring the safety of children and vulnerable persons.

Kenyans were further encouraged to be prepared for emergencies by keeping essential contacts accessible and seeking immediate assistance from the nearest health facility when necessary.

For emergencies, the Ministry provided helplines including 719, 0729 471 414, and 0732 353 535.

At the same time, NTSA has stepped up enforcement efforts in collaboration with the National Police Service. In a statement issued yesterday, NTSA Director General Nashon Kondiwa warned motorists against reckless driving habits that continue to claim lives on Kenyan roads.

Kondiwa identified speeding, drunk driving, and driver fatigue as leading causes of road accidents and urged motorists to slow down, rest adequately, and take breaks during long journeys.

He also cautioned against dangerous overtaking, poor lane discipline, and operating unroadworthy vehicles, noting that such vehicles will



PS Mary Muthoni Muriuki addressing a public meeting in Gichugu, Kirinyaga county yesterday | Photo: Courtesy.

be impounded.

Motorists were further advised to safely park off the road in case of breakdowns and place warning triangles at a safe distance to alert other drivers.

NTSA has deployed traffic officers, speed cameras, and sobriety checkpoints at strategic points nationwide to enhance compliance.

Both agencies reiterated a unified message: every life matters. As Kenyans mark the Easter season, they are urged to act responsibly, safeguard their health, and ensure they arrive safely to celebrate with their loved ones.

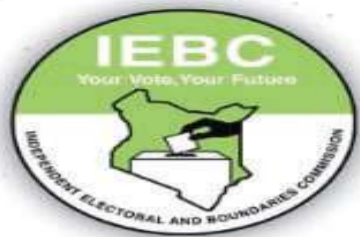


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NAIROBI

Dedan Kimathi Foundation plants 9,000 trees to protect Nairobi river



Ms Evelyn Kimathi

BY WMW

@themkenyatimes

In a major environmental initiative, the Dedan Kimathi Foundation, led by CEO Evelyn Kimathi yesterday spearheaded the planting of thousands of trees along the Nairobi River in Njiru Division, Nairobi.

The exercise drew participation from diverse groups, including the Kenya Defence Forces' Army Corps of Transport, the Climate Worx Initiative under the Ministry of Environment, Climate Change & Forestry, the National Youth Service, and local government administration officers. The 9,000 tree seedlings for the exercise were supplied by CKL Africa Ltd, in line with an existing memorandum of understanding with the foundation.

The initiative is part of the foundation's ongoing commitment to protect the Nairobi River, following

government-led reclamation of its riparian zone.

The foundation aims to establish a forest buffer along the river to safeguard this critical water source.

Ms. Kimathi expressed satisfaction with the progress of past tree-planting efforts, attributing the success to careful aftercare, constant supervision by Climate Worx youth under the National Youth Service, and growing community support for the environmental restoration work.

"This exercise is part of our continuous effort under the dkfgreen-legacy initiative," Ms. Kimathi said.

"Tree growing remains one of the most effective tools to mitigate climate change by increasing carbon sinks, and we are committed to accelerating these efforts along Nairobi River."

The tree-planting drive aligns with national and global climate action goals, emphasizing community involvement, sustainable practices, and protection of vital water resources. Participants noted that such initiatives not only support environmental conservation but also foster awareness and engagement among local communities in addressing climate change challenges.

With the completion of this latest planting, the Dedan Kimathi Foundation continues to demonstrate leadership in environmental conservation, championing tree-growing as a practical solution to combat climate change and protect Nairobi's ecological heritage.



Some of those who took part in the planting exercise | Photo: Courtesy.



Nairobi politician Millicent Omanga addressing Gikomba traders yesterday.

United Alternative Government condemns Gikomba night raid, vows justice for traders

BY William Muchiri

@themkenyatimes

Leaders from the United Alternative Government (UAG) yesterday joined small-scale traders in Gikomba Market, Nairobi, condemning what they described as a brutal and unjust demolition carried out under cover of darkness by the government.

The raid, which destroyed traders' stalls without notice, sparked outrage among both political leaders and the affected business community.

UAG team leaders, including Deputy President Rigathi Gachagua, former Vice President Stephen Kalonzo Musyoka, former Defence CS Eugene Wamalwa, Speaker Emeritus Justin Muturi, and JB Muturi, visited the market to show solidarity with traders and to publicly denounce the demolition.

Speaking at the market, Gachagua led the leaders in criticizing the government for targeting the most vulnerable citizens while allowing the powerful to continue unchecked.

"It is an international shame and absurdity that a regime whose fortunes are dwindling has chosen to harass helpless traders at the bottom of the economic pyramid, while others loot the country to unprecedented levels," he said.

He vowed that "your market will not be taken, and any attempts by known land grabbers will be exposed."

Muturi described the demolition as "midnight cruelty" and a betrayal of hardworking Kenyans. "These stalls were not just structures—they represented livelihoods, hope, school fees, and dignity.

To bring them down in the dead of night is inhumane," he said. Muturi pledged that the UAG will fight for justice, compensation, and accountability for the affected traders.

Musyoka added that the raid represented a blatant disregard for court orders obtained to stop the eviction. "When a regime treats court orders as optional, no Kenyan is safe. Not traders, not farmers, not anyone trying to make ends meet," he said.

He affirmed that Gikomba is a lifeline for thousands and that the UAG will ensure justice is served.

The leaders criticized the government's justification of development as a cover for land grabbing. They emphasized that the market had been legitimately built by traders through hard work to sustain their families, and any covert attempts to seize it would be thwarted. Recovery measures, according to the UAG, will be instituted following the next general elections on August 10, 2027.

During the visit, the leaders called on the traders to remain firm in demanding their rights, assuring them that the UAG is committed to restoring their market and holding those responsible accountable. "Development cannot and must never be built on the tears of ordinary citizens," Muturi stated.

The UAG team's intervention highlights growing tensions over urban livelihoods, legal compliance, and political accountability in Kenya. Their collective message to the traders was clear: the Gikomba community is not alone, and efforts to undermine their livelihoods will not go unchallenged.

Environment The forum aimed to establish a living herbarium that will be a sustainable resource, supporting teaching, research and the conservation of medicinal plants

MKU hosts tree planting day to boost learning, research and environmental conservation

BY James Wakahiu

@themtkenyatimes

Mount Kenya University (MKU), through an initiative of the School of Pharmacy Alumni Network (MKU-SPAN) and the Pharmacy Students Association (MKUPSA) hosted a Tree Planting Day.

Held under the theme “Growing a Living Herbarium for Learning, Research and Environmental Stewardship”, the event brought together students, staff, partners, donors and the wider Thika community in a collaborative effort to promote environmental sustainability and academic innovation.

The forum aimed to establish a living herbarium that will be a sustainable resource, supporting teaching, research and the conservation of medicinal plants.

A living herbarium, often exemplified by botanical gardens or specialized plant collections, is a curated, scientifically managed collection of living plants grown for study, education and conservation.

The herbal garden will provide students with hands-on learning opportunities while enhancing the school’s capacity for research in pharmacognosy and natural product development.

Speaking during the event, the Principal Corporate Services, Communication & Alumni Relations, who is also MKU’s Director of Linkages, Prof. Mwangi Peter Wanderi reminded everyone of the critical need to embrace vision 2030 at an individual level in order to support positive change in the country.

The school’s leadership, led by the Dean, Dr Michael Mung’oma emphasized the critical role of plants in healthcare and the need to preserve biodiversity for future generations. “This initiative bridges education and environmental responsibility, ensuring that our students appreciate the direct link between nature and medicine,” he said.

The dean also cited the UN’s SDG (Sustainable Development Goals) 13 and 15, which requires collective combating of climate change and its

action as well as promoting sustainable use of terrestrial ecosystems. Through this activity, the School of Pharmacy reaffirmed its commitment to supporting national and global environmental goals.

The day also contributes to Kenya’s national target of planting 15 billion trees by 2032, an initiative aimed at restoring degraded landscapes and increasing national tree cover to over 30 per cent.

Initiated in 2023, national tree planting days are official public holidays focused on nation-wide planting efforts, with over 150 million seedlings often planted in one day.

Kenya’s national forest cover is estimated at 9 per cent (roughly 5.2 million hectares), with a total tree cover of 12 per cent.

While this is a significant increase, it remains below the 10 per cent constitutional target.

To bridge the gap, a country-wide initiative is led by the Kenya Forest Service (KFS) in collaboration with the government, NGOs, and community groups, often targeting degraded landscapes.

According to Prof Peter Kirira, Deputy Vice-Chancellor in charge of Administration, Planning and Institutional Advancement (APIA) at

“Held under the theme “Growing a Living Herbarium for Learning, Research and Environmental Stewardship”, the event brought together students, staff, partners, donors and the wider Thika community in a collaborative effort to promote environmental sustainability and academic innovation.



MKU students pose for a photo during the tree planting day organised by the School of Pharmacy. | Photo: Courtesy

MKU reinstated that growing trees is more impactful than just planting them and encouraged sustainable stewardship in conservation.

Partners and donors present at the event including AAR Healthcare, Analabs and Najimudu Empowerment Initiative commended the uni-

versity for integrating sustainability into academic programmes and pledged continued collaboration in similar initiatives.

The students also actively participated in planting and learning sessions, reinforcing their role as future healthcare professionals who are

conscious of environmental stewardship.

The School of Pharmacy remains committed to advancing innovative, sustainable approaches to education, research, and community engagement.



MKU students, staff and Thika community members during the tree planting day organised by the MKU School of Pharmacy.

| Photo: Courtesy

AI Thang'wa emphasized the urgency of aligning Kenya's development agenda with the fast-evolving realities of the Fourth Industrial Revolution

AI motion sparks push for tech-driven future in Kenya

BY MKT REPORTER

@themtkenyatimes

A renewed push to position Kenya at the forefront of the global digital revolution is underway after Kiambu Senator, Karungo Thang'wa tabled a landmark motion advocating for the development of a comprehensive policy framework on Artificial Intelligence (AI) and emerging technologies.

Presenting the Notice of Motion yesterday, Thang'wa emphasized the urgency of aligning Kenya's development agenda with the fast-evolving realities of the Fourth Industrial Revolution.

He noted that technologies such as AI, blockchain, and financial technology are increasingly shaping global economies by driving innovation, enhancing productivity,

and creating new employment opportunities.

The motion acknowledges Kenya's notable strides in digital infrastructure and mobile innovation, positioning the country as a potential leader in Africa's technology-driven transformation.

It further aligns with the African Union Continental AI Strategy, which advocates for ethical, inclusive, and responsible deployment of artificial intelligence grounded in African values.

Importantly, the proposal seeks to operationalize the recently launched Kenya National Artificial Intelligence Strategy 2025–2030 by providing legislative backing and ensuring policy coherence across sectors.

Among the key proposals in

the motion are the promotion of research and development of locally relevant AI solutions, establishment of ethical guidelines to govern AI use, and the creation of innovation-friendly “sandboxes” where emerging technologies can be safely tested under supervision. The motion also underscores the need to strengthen public-private partnerships to nurture digital skills and expand innovation ecosystems across the country.

A central pillar of the proposal is education reform, with the senator advocating for the integration of AI and coding into the national curriculum. He stressed that equipping learners with digital skills from an early age is critical to preparing Kenya's workforce



Senator Karungo wa Thangw'a during a previous Senate engagement | Photo: Courtesy.

for the future economy.

Earlier, Thang'wa reiterated his commitment to ensuring that school-going children are introduced to AI concepts early, arguing that familiarity with emerging technologies will enhance competitiveness and innovation among young Kenyans.

Addressing concerns about job displacement, the senator urged stakeholders to shift focus from potential job losses

to the vast employment opportunities AI is expected to generate. “The conversation should not only be about how many jobs AI will eliminate, but rather how many it will create which are many,” he said.

He called on government agencies, the private sector, academic institutions, and the youth to collaborate in building a robust, inclusive, and forward-looking digital econ-

omy.

As Kenya intensifies efforts to harness the benefits of emerging technologies, the motion signals a growing recognition within Parliament that strategic policy direction and legislative support will be key in shaping the country's technological future.

“The future is now. Let's build it together,” the senator affirmed.

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Tea “Despite global economic pressures, the tea sector is firmly back on a growth path,” CS Kagwe said.

Kenya Tea industry hits KSh218.79 billion in 2025 as exports and markets reach record highs



KTDA Holdings chairman Enos Njeru (left) explaining tea processing procedures to stakeholders led by CS Mutahi Kagwe yesterday | Photo: Courtesy.

BY WMW
@themkenyatimes

Kenya’s tea industry has recorded a historic recovery, posting a total marketed value of KSh218.79 billion in 2025, signaling not just a rebound from global economic shocks but a structural transformation toward quality-driven, globally competitive exports.

The announcement came during the release of the 2025 Kenya Tea Industry Performance Report at Rukuriri Tea Factory in Embu County, led by Cabinet Secretary for Agriculture, Mutahi Kagwe, who hailed the performance as a milestone for the sector and a major boost for smallholder farmers.

“Despite global economic pressures, the tea sector is firmly back on a growth path,” CS Kagwe said.

“The record value reflects deliberate reforms, market expansion, and a shift toward quality and value addition. We are now exporting to 100 in-

ternational markets, up from 96 last year, including emerging hubs like Oman, Japan, Ireland, and Kazakhstan.”

The report shows that export earnings reached KSh186.91 billion, with a total volume of 652.8 million kilograms, while domestic sales rose to KSh19.13 billion, contributing to an overall increase in total market value compared to 2024.

Traditional markets such as

“The record value reflects deliberate reforms, market expansion, and a shift toward quality and value addition. We are now exporting to 100 international markets, up from 96 last year, including emerging hubs like Oman, Japan, Ireland, and Kazakhstan.”



Pakistan and Egypt recorded steady growth, while newer destinations demonstrated significant potential, reflecting Kenya’s aggressive diversification strategy.

Industry players, including KTDA Holdings Limited, credited reforms under the government’s Bottom-Up Economic Transformation Agenda (BETA) for strengthening the sector, improving farmer earnings, and enhancing traceability and quality.

Kagwe announced the implementation of two transformative frameworks, the Tea (Registration and Licensing) Regulations, 2026, and the Tea (Levy) Regulations, 2026, which aim to enhance traceability across the value chain, curb leaf hawking, middleman exploitation, and

weighment falsification, and protect smallholder interests.

A 0.8% export levy will fund marketing, research, and infrastructure, while a 100% levy on imported tea is designed to protect local producers without burdening farmers.

In addition, the Tea Board of Kenya plans to launch a B2B e-commerce platform connecting farmers directly to international buyers, strengthening trade ties under the African Continental Free Trade Area (AfCFTA) and bilateral agreements. A key focus of the reforms is to increase smallholder earnings from KSh59 per kilogram in 2022 to KSh100 per kilogram by 2027, benefiting over 834,000 farmers and millions of Kenyans dependent on the tea value chain.

The CS emphasized that these measures will create a more sustainable and globally competitive tea industry.

KTDA Holdings Chairman Enos Njeru described the report as a “turning point for Kenyan tea, emphasizing value over volume and global competitiveness.” Embu Senator John Karanja commended the government for prioritizing farmer welfare and urged further investment in modern tea processing fa-

cilities to increase value addition. Meanwhile, industry analyst Ralph Matheka noted that Kenya’s diversification into emerging international markets could shield the sector from global price shocks and improve earnings stability for farmers.

The 2025 Tea Industry Report marks more than just recovery; it represents a structural reset for the sector.

With new laws, improved market access, and direct trade platforms, Kenya is positioning itself as a global tea powerhouse while ensuring that millions of households dependent on the crop enjoy higher returns and a sustainable future. “Today’s achievements reflect the synergy between government, industry stakeholders, and our farmers. Kenya’s tea is not only back, but it is poised to set new standards in quality, value, and global reach,” Kagwe concluded.

The event was attended by stakeholders across the tea value chain, including KTDA officials, smallholder representatives, county leaders, and members of the Ministry of Agriculture.

Also present were area political leaders led by governor Cecily Mbarire.



Agriculture and Livestock Development CS Mutahi Kagwe (in green) and other officials at Rukuriri tea factory in Embu county yesterday | Photo: Courtesy.

Politics He checked the progress of Mukarara Modern Market and Riakithiga- Ngungu- Kiang'ombe Road in Gichugu Constituency

Kindiki: Stop inciting Gikomba traders, we have a solid plan for a world class market for them

BY DPCS
@themkenyatomtimes

Deputy President Kithure Kindiki has asked traders in Gikomba, Nairobi not to be incited to reject a modern market by clueless politicians who have no plan for them.

Prof. Kindiki said it will only take a few months to complete the modern facility that will accommodate thousands of traders who already have a stake in the market.

"We are requesting the 6,300 traders of Gikomba market to give us a few months to build a modern market for them and their years of suffering, including persistent fires, will



Deputy President Kithurw Kindiki and other leaders inspecting development projects in Kirinyaga county yesterday. | Photo: Courtesy.

be a thing of the past," DP said.

He spoke yesterday in Kirinyaga County where he inspected several projects under construction by the government in the devolved unit.

He checked the progress of Mukarara Modern Market and Riakithiga- Ngungu- Kiang'ombe Road in Gichugu Constituency.

The DP accused opposition leaders of looking to score cheap political points by inciting the traders without presenting a viable option to the perennial troubles facing them.

"There are those political opportunists inciting our people to stay in an unsafe and risky places prone to floods and fires. We are urging our traders to be a bit patient and understanding, and allow the Government to construct a decent, modern first world status market," DP noted.

The DP said the government is overseeing massive development across the country with all counties benefitting from equitable share of projects.

In Kirinyaga County alone, 510 kilometres of roads are underway at a cost of KSh29 billion. Gichugu Constituency has received 100 kilometres of tarmac roads.

The County has also been

allocated KSh440 million to connect 7,500 additional households to electricity.

The DP added that phase one of the affordable housing project in Mbaragwe comprising 110 units built at a cost of KSh270 million is complete.

Phase two, which will include nearly 500 units, is set to begin at a cost of KSh1.2 billion.

Further, construction of 580 hostel rooms at Gichugu TVET is underway at a cost of KSh192 million.

"In Kirinyaga County, we have allocated 15 billion shillings for modern markets, roads, affordable housing and hostels," he said.

Prof. Kindiki called on political leaders to be respectful regardless of political affiliations, emphasizing that leadership will be decided by the people.

"Stop looking down and insulting leaders, especially our women leaders who were elected by the people. You have no power to decide who should lead or not, that power lies with the people," he said.

He was accompanied by Kirinyaga Deputy Governor David Githanda, MPs Gichimu Githinji (Gichugu), Mary Maingi (Mwea), PS for Public Health Mary Muthoni, MCAs local leaders and residents.

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United Alternative Government leaders in Gikomba market

CHURCH The event drew thousands of worshippers from across the county and beyond, uniting faith leaders, government officials, political leaders...

Othaya institutions get huge donations during AIPCA Holy Oil consecration event

President William Ruto urged the youth to reject drugs, alcohol at Mahiga Holy Oil consecration where he announced donations to local institutions

BY William Muchiri

@themkenyatimes

President William Ruto has called on Kenyan youth to shun drug abuse and alcoholism, warning that the twin vices continue to undermine the nation's development and the potential of its young generation.

He made the appeal during the 2026 Holy Oil Consecration Service of the African Independent Pentecostal Church of Africa (AIPCA) held at Kagere Church in Othaya Constituency, Nyeri County.

The service, the climax of a week-long spiritual calendar for AIPCA, was presided over by His Eminence Archbishop Samson Muthuri, assisted by His Grace Archbishop Frederick Wangombe and His Grace Archbishop Dr. David Njuguna.

The event drew thousands of worshippers from across the county and beyond, uniting faith leaders, government officials, political leaders, and community members in a spirit of fellowship and national renewal.

President Ruto reiterated the administration's commitment to addressing drug and substance abuse through a whole-of-society approach.

"This challenge demands collaboration among families, religious organisations, communities, and government," he said, emphasizing that the fight must be decisive and sustained.

He noted that a dedicated taskforce, comprising the National Campaign Against Drug Abuse Authority (NACADA) and the Anti-Narcotics

Police Unit, is actively pursuing syndicates involved in smuggling illicit drugs into the country, as well as those engaged in the production and distribution of illegal alcohol.

The President also reaffirmed his government's willingness to work closely with churches, community leaders, and civil society to protect young people from destructive lifestyles.

The President's visit was hosted by Othaya MP Wambugu Wainaina, who described it as an honour and a reinforcement of community solidarity. "His presence has uplifted our spirits and strengthened the Church's role in societal transformation," said Wainaina.

In a show of tangible support to the local community, the President announced substantial donations to key educational and community institutions in Othaya.

This followed a plea by the area MP for their assistance.

These include Kenyatta Mahiga High School, St. Agnes Birthia Girls, and Mahiga Girls High School, each receiving KSh10 million toward infrastructural improvements. Additionally, Kagere Coffee Factory was allocated KSh 3 million to support the revamping of local coffee value-chain services, and the Mahiga Ugachiku Youth Welfare Group received KSh 2 million to bolster youth empowerment and economic activities.

The area MP thanked the president for various development projects worth hundreds of millions of shillings being undertaken in the consti-



President William Ruto being welcomed by top AIPCA leadership yesterday | Photo: Courtesy.



President William Ruto and Nyeri Governor Mutahi Kahiga sharing a light moment yesterday.



Othaya MP Wambugu Wainaina addressing the gathering yesterday.

tuency.

The president was accompanied by among others; Cabinet Secretary Geoffrey Ruku, Principal Secretaries Alex Wachira and Anne Wang'ombe,

Nyeri Governor Mutahi Kahiga, his deputy David Kinaniri, former Cabinet Secretary Moses Kuria and several MPs.

The president hit out at his oppo-

nents saying they have nothing to offer, a sentiment that had earlier been raised by the area governor.

Where feelings fade



No heartbeat races, no longing stays,
Just lifeless nights and endless days.

The world still moves, I stand the same,
Untouched by love, unchanged by pain.

I used to feel in waves so deep,
Now even sorrow forgets to weep.

It's not peace... it's something less,
A quiet void I can't express.

Perhaps I felt too much, too real,
And lost myself in what I feel.

Now I exist... just drifting through,
Where feelings died—
and I did too.

©Dr. Daksha Udhani
Ahmedabad

The fire that once burned softly inside,
Has dimmed to ashes I no longer hide.

No tears fall now, no storms arise,
Just empty echoes behind my eyes.

Where laughter lived, there's silent air,
No joy to hold, no pain to bear.

A hollow calm has taken its place,
Like time stood still in a vacant space.

Always let your conscience be your guide



Your inner voice guides you the way
As you follow that, you will be at your destination.

The way you follow your conscience
You never stumble and imbalance .

Rajesh Kanna B N

RAJESH KANNA .B N
M.Sc.,M.A., B.Ed.,
PGDG&C, CELT.,
BT Asst
GMHSCHOOL,
TIRUR.
TIRUVALLUR DISTRICT.
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Yes absolutely you are the master of your tasks.
Inner strength and courage makes you step up.

The conscience trains your thoughts
Leads you come away from the knots.

The way you proceed with these lines
You never get trapped in the problems of mine.

Save the earth



Save nature,
Help every creature.
Save our Earth,
That's what matters.
Save our Earth,
Save our life.

By
S. Yasir Shihan.
VI Standard
Government High School
SakkaraKkottai.
Ramanathapuram.

Save our Earth,
Save our life.
Plant more trees,
Make our Earth pollution-free.
Save the rivers,
Stay away from fever.

School



School is the place to think,
Everyone join the school,
In the school we can meet many friends,
In school we can improve over knowledge,
The school is the only place to learn,
The school is the Jolly to play,
School have teacher to teach,
Teacher can solve our doubt,
The school is the happy place,

P.HEMANYA
VII
JOHN DEWEY MAT HR SEC SCHOOL
PANRUTI CUDDALORE DISTRICT.

Save our earth



Another major problem is deforestation. Trees are cut down for roads, buildings, and industries. Trees are very important because they give us oxygen, provide shelter to animals, and help in maintaining rainfall. If we continue to destroy forests, many living beings will lose their homes, and climate change will become worse.

To save our Earth, we must take small but meaningful steps. We should plant more trees, avoid using plastic, save water, and reduce waste. We should also use public transport, recycle materials, and keep our surroundings clean. Saving electricity and using renewable energy like solar power can also help protect the environment.

Students and young people play an important role in saving the Earth. They can spread awareness, participate in clean-up activities, and encourage others to care for nature.

If every person takes responsibility, we can make a big difference.

In conclusion, Earth is a precious gift, and we must protect it with love and care. Saving the Earth is not just a choice—it is a necessity. Let us all join hands and promise to keep our planet green, clean, and beautiful.

Dr.Meera.T
Erode

Earth is our only home. It gives us air to breathe, water to drink, food to eat, and land to live on. Nature provides us with everything we need for life. But today, our Earth is facing many problems because of human activities.

Pollution, deforestation, global warming, and plastic waste are harming our planet. So, it is our duty to save the Earth and protect it for future generations.

One of the biggest threats to Earth is pollution. Air pollution is caused by smoke from factories, vehicles, and burning fuels. Water pollution happens when waste and chemicals are thrown into rivers, lakes, and seas. Land pollution is caused by plastic, garbage, and harmful materials.

These forms of pollution damage nature and affect the health of people, animals, and plants.

School is the place to learn,
School is a place to read ,

Give, but don't let it empty you



Just try to be what you are the same.

Let the joy empty your sadness,
Let the courage empty your weakness,
Let the peaceful mind empty your madness,

But

Don't let the generosity empty you!

We all know the famous proverb "Charity begins at home"
Don't push yourself to roam,
Without anything for you
In the future.

Giving alms to the needy is an honour,
Keeping some portions for you is the wise manner.

Don't let others to cover your fame

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Business A seasoned veteran of the Holcim Group, Mr. Ndugwa brings over two decades of executive experience across sub-Saharan Africa.

Executive Transition: Bamburi Cement PLC appoints Mr Geoffrey Ndugwa as its new Chief Executive Officer



Mr Geoffrey Ndugwa

BY MKT REPORTER

@themtkenyatimes

Local cement and concrete solutions provider Bamburi Cement Plc Board has announced the appointment of Mr. Geoffrey Ndugwa as the Chief Executive Officer (CEO), effective 1st April 2026.

Mr. Ndugwa succeeds Mr. Mohit Kapoor, who concludes his successful assignment in the country.

A seasoned veteran of the Holcim Group, Mr. Ndugwa brings over two decades of executive experience across sub-Saharan Africa.

He most recently served as the Mergers and Acquisitions Projects Director for the Holcim Group MEA Region and

previously held the role of CEO at Lafarge South Africa.

Confirming the appointment, Bamburi Cement Board Chairman Dr. John Simba described Mr. Ndugwa as a transformative leader known for driving sustainable profitability and establishing rigorous governance frameworks. While paying tribute to the outgoing CEO, Mr Kapoor, Dr Simba confirmed that the company had stepped up its business and Human Capital development efforts to position Bamburi Cement as a leading local cement products manufacturer.

“The Board is delighted to welcome Mr. Ndugwa. He is a seasoned business leader who has successfully held several strategic roles across the continent, delivering excellent

corporate results,” said Dr. Simba. “We also extend our sincere gratitude to Mr. Mohit Kapoor for his leadership in stabilizing the business during a critical transition phase.” He added, “We also want to extend our appreciation to the outgoing CEO, Mr Mohit Kapoor, who has stabilised the business and provided leadership at a unique phase of the business turnaround and transition process.”

A Master of Business Administration (MBA) Degree Holder from the Edinburgh Business School (Heriot-Watt University, UK), Mr. Ndugwa also holds a B.Eng. (Hons) in Civil Engineering from the University of East London. He also holds a PGD in Marketing from the UK Chartered Institute of Marketing (CIM)

and is a Chartered Marketer.

He is a member of both the Uganda Institute of Professional Engineers and the UK Chartered Institute of Marketing and is a graduate of the Lafarge University/INSEAD Executive Development programme.

Mr. Ndugwa started his career as a Structural Engineer before joining Lafarge in Uganda in 2001. He held various positions until 2006, when he briefly joined Barclays Bank as Head of Business Support. He rejoined Lafarge in 2007 to lead Bamburi Special Products Ltd. In March 2012, he was appointed General Manager, Marketing, Innovation & Corporate Sales at Lafarge

Cement WAPCO, Nigeria PLC, a position he held until April 2014, when he was appointed Commercial Director for Bamburi Cement Ltd.

In November 2019, he was appointed Country Chief Executive Officer (CCEO) of Lafarge in Malawi, a position he held until he moved to Lafarge Cement Zimbabwe as CCEO in January 2022.

In recent months, Bamburi Cement, a member of the Amsons Group, has reinforced its strategic ambition to secure long-term clinker self-sufficiency, enhance production capacity, and support national infrastructure demands.

As part of its corporate business development plans, Bamburi Cement late last

year signed a US\$250 million (KSh32 billion) Engineering, Procurement, and Construction (EPC) contract with Sino-ma CBMI Construction Co., Ltd for the construction of a turnkey clinkerisation factory in Matuga, Kwale County.

The construction of the state-of-the-art 1.6 million tonnes-a-year new clinkerisation plant, incorporating advanced, carbon-neutral technologies to reduce environmental impact, is part of Bamburi Cement’s corporate strategy to double its production capacity for quality cement and concrete products, to power Kenya’s infrastructure development and economic transformation.

Through the turnkey clinkerisation factory, Bamburi Cement Plc aims to more than double its clinker and ultimately its cement production capacities, from 1 million Tons to 2.6 million Tons for Clinker and from 1.8 million Tons to 4 million Tons for quality cement.



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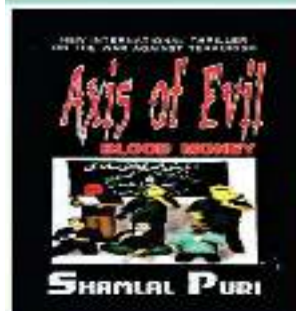
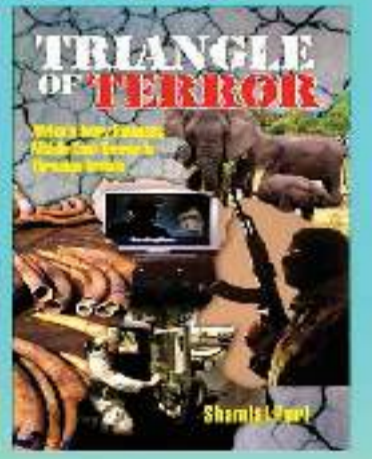
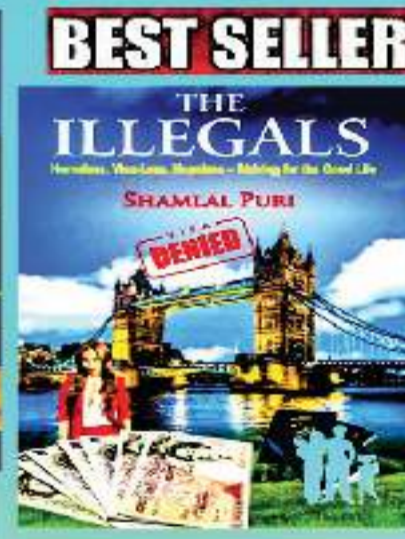
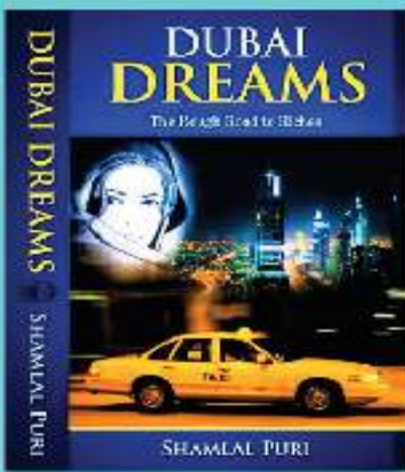
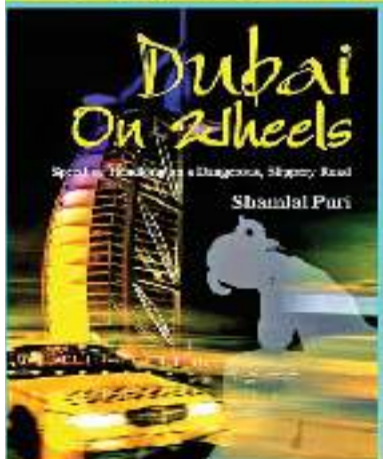
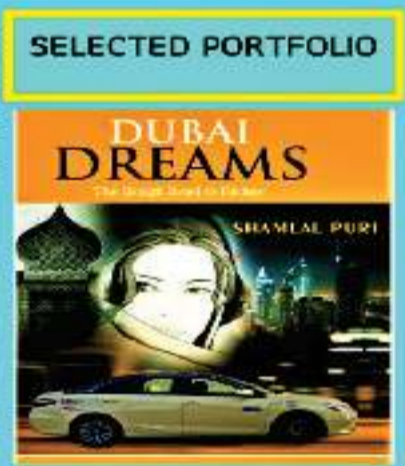
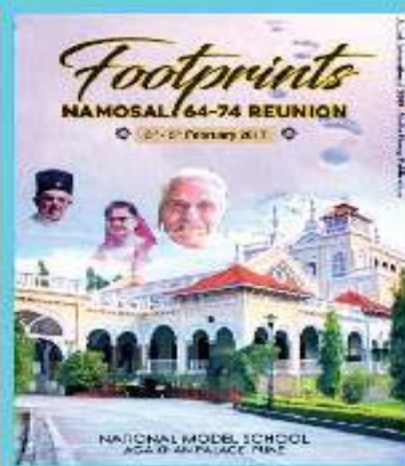
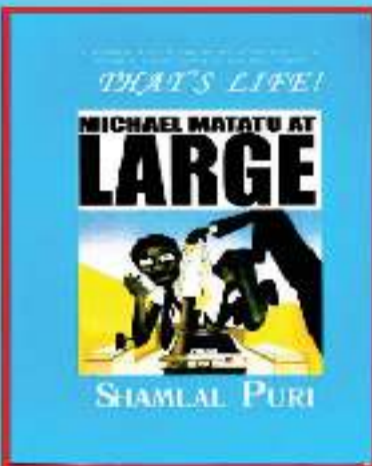
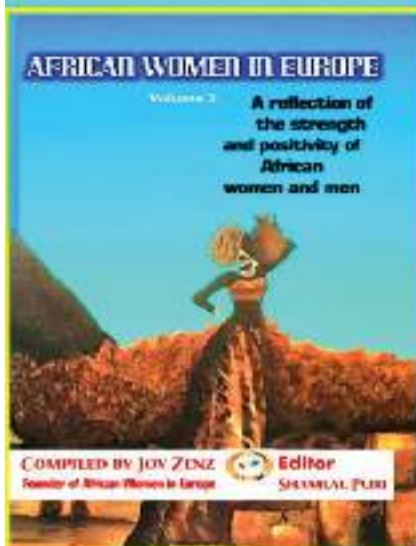
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Education In the current budget, only KSh1.7 billion has been allocated, leaving a deficit of about KSh6.6 billion.

MPs alarmed as KSh6.6 billion deficit threatens school feeding programme

BY PSC

@themkenyatimes

A parliamentary committee has raised serious concerns over a significant funding shortfall affecting the school feeding programme for vulnerable children in Kenya's arid and semi-arid regions, warning that the deficit could reverse gains made in school enrolment and retention.

The National Assembly's Public Investments Committee on Governance and Education heard that the National Council for Nomadic Education in Kenya (NACONEK) requires approximately KSh8.3 billion annually to effectively run the programme.

However, in the current budget, only KSh1.7 billion has been allocated, leaving a deficit of about KSh6.6 billion.

This shortfall, lawmakers were told, has already begun to negatively impact service delivery, exposing thousands of learners to the risk of dropping out of school.

NACONEK Chief Executive Officer Harun Yussuf, who appeared before the committee, explained that the programme is crucial in supporting education among children from nomadic and marginalised communities.

He noted that the cost of feeding a child stands at about KSh22 per day for roughly 51 days in a term, which cumulatively translates to the KSh8.3 billion annual requirement.

Due to limited funding, the council has been forced to scale down its operations, with Yussuf indicating that the programme will, for now, prioritise providing porridge as a temporary measure.

He added that NACONEK is currently working with the National Treasury to streamline capitation in a bid to improve sustainability.

Beyond feeding, the council is also grappling with infrastructural challenges, particularly the lack of modern school kitchens. Yussuf pointed out that while parents in many parts of the country support school feeding initiatives, communities served by NACONEK often lack the financial capacity to construct proper cooking facilities. As a result, the burden falls on the government, which currently



NACONEK Chief Executive Officer Harun Yussuf

lacks adequate resources to meet this need.

He revealed that NACONEK has only piloted clean energy cooking solutions in six schools, with plans to expand to 14 more. However, these efforts remain constrained by insufficient funding.

Members of Parliament acknowledged the unique socio-economic challenges facing nomadic and marginalised communities and called for urgent government intervention. Narok Woman Representative Rebecca Tonkei stressed that expecting such communities to finance infrastructure like kitchens is unrealistic and could lead to increased school dropouts.

“

NACONEK Chief Executive Officer Harun Yussuf, who appeared before the committee, explained that the programme is crucial in supporting education among children from nomadic and marginalised communities.

Sotik MP Julius Sigei echoed these sentiments, noting that such communities require targeted support and affirmative action to bridge long-standing inequalities. He emphasised the need for increased allocation of resources to uplift these populations while maintaining safety standards.

However, Lunga Lunga MP Chiforomodo Mangale Munga cautioned against compromising quality, insisting that all Kenyan children deserve access to clean and modern facilities regardless of their location. “We should not lower standards. These are Kenyan children and must have access to proper kitchens. The council should seek additional resources to meet these expectations,” he said.

The committee also raised concerns over irregular disbursement of funds, as flagged by the Auditor-General's reports for the financial years 2021/2022, 2022/2023, and 2023/2024. MPs noted that delays in funding had, in some cases, resulted in schools going for months without receiving food supplies, undermining the programme's effectiveness.

Kasipul MP Boyd Ong'ondo Were, who chaired the session, assured

NACONEK that the committee would make recommendations aimed at addressing both funding and operational challenges.

“This matter is before the committee, and we will ensure appropriate recommendations are made so that you receive adequate funding,” he said.

Kilome MP Thaddeus Nzambia sought clarification on the sustainability of the council's funding model, while Bomachoge Chache MP Alpha Miruka proposed granting NACONEK greater autonomy to improve efficiency in its operations.

Miruka further suggested involving senior officials in the education sector, including the Cabinet Secretary and Principal Secretary, to ensure a coordinated approach in resolving the issues.

Lawmakers also called for a broader government strategy, warning that continued budgetary cuts across sectors could undermine efforts to support vulnerable learners.

The concerns emerged as the committee reviewed NACONEK's financial statements for the year ending June 30, 2025. MPs emphasised the need for reforms to ensure consistent funding, improved infrastructure, and stronger oversight mechanisms.

They warned that if the funding gap is not urgently addressed, the school feeding programme—widely regarded as a key incentive for enrolment and retention in marginalised regions—could collapse, leaving thousands of children at risk of dropping out of school.



Some of the parliamentarians during the session. | Photo: Courtesy.

CSR A new computer laboratory at Irigithathi Secondary School marks a quiet but consequential shift in what public education can look like beyond the city

Opening doors: how KEBS and Angaza Foundation are rewiring opportunity in rural Kenya

BY MKT REPORTER
@themkenyaintimes

The Kenya Bureau of Standards has handed over a fully equipped computer laboratory to Irigithathi Secondary School, in a partnership with the Angaza Center Foundation that officials say represents one of the most tangible expressions yet of corporate investment in rural digital education.

The facility, spearheaded by KEBS Managing Director Esther Ngari under the agency's corporate social investment programme, was officially commissioned on Friday in a ceremony attended by education officials, foundation representatives, and students whose reception of the new equipment left little doubt about its significance. For a school in a community where access to technology has long been a privilege rather than a standard provision, the handover carries weight well beyond the occasion itself.

"This computer lab is not just about machines; it is about opening doors to knowledge, innovation and opportunity for these students," Ms Ngari told guests. "We are investing in their future and in the future of our country." The remarks drew sustained ap-



KEBS Managing Director Esther Ngari

plause — a response that reflected not merely courtesy but the recognition, shared by most in attendance, that the statement was also a promise.

The intervention arrives at a critical juncture. Kenya's Competency-Based Curriculum has placed digital literacy at the centre of modern schooling, yet infrastructure in rural and peri-urban institutions has consistently lagged behind policy intent. Students in such schools have too often been asked to compete in an economy built on skills they have studied in theory but rarely practised. The laboratory at Irigithathi directly confronts that contradiction.

The Angaza Center Foundation, whose mandate centres on youth empowerment in underserved communities, added institutional depth to the partnership. "We believe in creating opportunities that enable young minds to thrive," a foundation representative said. "Access to technology is a powerful equaliser, and today's launch is a step towards bridging that gap." Their involvement points to a model of structured collaboration that goes beyond philanthropic gesture toward something more durable.

A tree-planting exercise accompanied the proceedings — a deliberately chosen addi-

tion that positioned environmental stewardship alongside educational investment as twin obligations of responsible community partnership. Education stakeholders present called on corporations and foundations alike to replicate the model, arguing that targeted, community-rooted intervention produces outcomes that broad policy seldom achieves alone. Actor and philanthropist Denzel Washington's oft-cited observation — that behind every successful person stands a mentor who believed in them first — was invoked as a reminder that equipment without guidance is only half the gift.

The laboratory is now open. Whether it fulfils its promise will depend on what follows — the teachers who staff it, the students who use it, and the partners who remain invested beyond the ribbon-cutting. If Friday's ceremony is any measure of intent, the case for optimism is stronger than it has been in some time.



A new computer laboratory at Irigithathi Secondary School marks a quiet but consequential shift in what public education can look like beyond the city.

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Iran The fallout from conflict in the Middle East, thousands of miles away, is rippling through price and cost channels across multiple African countries.

Middle East conflict ripples through African economies

BY Xinhua News Agency

@themtkenyatimes

On a bustling afternoon in Nairobi, the Kenyan capital, the Kibera minibus terminus is a cacophony of noise. Amid the pungent scent of fuel and the blare of horns, drivers complained about climbing operating costs.

The fallout from conflict in the Middle East, thousands of miles away, is rippling through price and cost channels across multiple African countries.

It is being felt through rising household expenses, disrupted logistics and mounting trade costs.

Threat of “fuel droughts”

In Addis Ababa, the capital of Ethiopia, long-distance bus driver Tassew Tesfaye dreads a particular sound, the hollow “click” of a fuel nozzle, signaling that a station has run dry yet again. The energy squeeze linked to tensions in the Middle East has left many fuel stations across Africa facing “fuel droughts.” “With a single click, an entire day’s livelihood goes down the drain,” Tassew said.

Without fuel, his vehicle cannot start. His family’s sole source of income is at immediate risk. Persistent shipping disruptions in the Red Sea, compounded by heightened tensions in the Strait of Hormuz, have contributed to a global rise in fuel prices. In response, Ethiopian Finance Minister Ahmed Shide has urged citizens and major institutions to use fuel rationally and sparingly to weather a survival test affecting the entire nation.

“Triple price shock”

The impact of rising energy prices is increasingly evident at the macroeconomic level. South African Reserve Bank Governor Lesetja Kganyago warned that if tensions in the Middle East persist, South Africa’s inflation rate could climb above 5 percent. Fuel shortages are also posing a growing challenge to the continent’s food security. Ralph Mathekga, a senior expert at the Liechtenstein-based Geopolitical Intelligence Services, told Xinhua that diesel remains central to agricultural



Iranians protesting bombing in their country. | Photo: Courtesy.

production. If the costs of fertilizer and food production rise alongside oil prices, consumers could face a “triple price shock,” he said.

Logistical bottleneck

As conflicts in the Middle East drag on, many international cargo ships have been forced to reroute around Africa via the Cape of Good Hope. This diversion adds roughly 3,500 to 4,000 nautical miles to voyages and extends transit times by 10 to 14 days. For shipping companies, this has become an unavoidable reality. At South Africa’s ports of Durban and Cape Town, the concentrated arrival of rerouted vessels has spiked workloads. However, port turnaround efficiency has failed to keep pace, hampered by aging equipment and limited operational capacity. As a result, waiting times at anchorage have lengthened considerably, in

some cases stretching to hundreds of hours. The resulting congestion has further driven up transport costs,



In Addis Ababa, the capital of Ethiopia, long-distance bus driver Tassew Tesfaye dreads a particular sound, the hollow “click” of a fuel nozzle, signaling that a station has run dry yet again. The energy squeeze linked to tensions in the Middle East has left many fuel stations across Africa facing “fuel droughts.” “With a single click, an entire day’s livelihood goes down the drain,” Tassew said.

placing additional strain on regional trade and logistics networks. Thorstein Andreassen, a spokesperson for the Danish bunker supplier Monjasa, said that rerouting trends began as early as 2023, when security conditions in the Red Sea deteriorated. The company has since seen a notable increase in bunker fuel demand, with another surge recorded during recent U.S. and Israeli strikes on Iran.

Quest for resilience

Skyrocketing freight costs and high imported fuel bills are placing growing pressure on foreign exchange reserves across Africa, contributing to heightened inflation risks.

At the local level, many small businesses are struggling to stay afloat as they absorb the impact of these broader economic pressures. These external shocks lay bare Africa’s

structural vulnerabilities. Limited domestic energy processing capacity and heavy reliance on global supply chains have left several countries particularly exposed. Patrick Lumumba, a Kenyan scholar and former director of the Kenya Anti-Corruption Commission, highlighted a persistent paradox: despite abundant natural resources, Africa continues to “export crude oil while importing refined products,” leaving it vulnerable to global disruptions. As uncertainties in the Gulf region persist, strengthening economic resilience is becoming increasingly critical. Advancing the African Continental Free Trade Area, expanding local refining capacity and investing in renewable energy are seen as key steps toward reducing external dependence and enhancing long-term stability, Lumumba said.

LETTERS TO THE EDITOR

Kenya's gig economy is booming — but who is really profiting?

For thousands of young Kenyans, a smartphone and a stable signal have replaced a pay slip — but the digital dividend is proving far harder to collect than advertised.

Across the country, a new generation is turning to live streaming, freelancing, and social media content creation to survive joblessness. The appeal is obvious: in a labour market where formal employment remains scarce, these platforms offer entry at near-zero cost.

The opportunity is genuine. Henry Jenkins' concept of participatory culture captures it well — ordinary people becoming producers, not merely audiences. Young Kenyans are building personal brands, crossing borders, and finding paying work unimaginable a decade ago.

Yet the economics are stacked against creators. Earnings are volatile, hostage to shifting algorithms and audiences that evaporate overnight. Platforms



absorb a significant revenue cut before a single shilling reaches the person who made the content. What looks like entrepreneurship is often piecework — high effort, unpredictable reward, zero benefits.

The human cost goes further. Burnout, harassment, and constant pressure to stay visible are occupational hazards. As Manuel Castells observed, digital networks reshape power as

much as they redistribute it — and here, power stays firmly with the platforms.

Kenya has no legal framework protecting digital workers. That is a policy failure. Regulators must act — because the digital economy has handed Kenyan youth a door, and right now it opens onto a revolving trap.

Emelda Otieno is a student at Laikipia University.

How to avoid cheating

Infidelity rarely arrives without warning — it fills the space that honesty failed to occupy first.

The most effective protection a young couple can build is not suspicion or surveillance but structure — the kind established early, when affection is still easy and the hard conversations feel unnecessary. In the first weeks of a relationship, partners should clarify what exclusivity means to each of them, how they regard friendships with former partners, and where each draws the line at betrayal. Assumptions left unspoken have a way of hardening, quietly, into the exact grievances that create distance later.

Emotional intimacy demands the same deliberate attention. Daily frustrations, private ambitions, and small personal wins should reach a partner before they reach anyone else. When an outside friend becomes the primary confidant, the central bond does not break at once — it simply thins, un-



til someone else steps into the gap. The same logic applies to digital life. Agreeing on phone transparency and limits around late-night messaging is not about control; it is about removing the secrecy in which most affairs quietly begin.

Loneliness inside a relationship is among the most under-reported warning signs. Many infidelities begin because someone, somewhere, finally listened. Naming that feeling to a partner — and requesting a regular check-in — closes the opening before it widens. Shared novelty helps too: new experiences keep investment

inside the partnership rather than drawing attention outward. Where tension persists, couples therapy is not a concession of failure but an early investment in repair skills, sought before resentment creates the conditions for betrayal.

No set of habits offers absolute immunity. But a relationship built on honest communication, firm boundaries, and sustained intimacy does not leave much room for temptation to move in.

Kwamboka is a student at Laikipia University.

Africa's housing crisis

Africa is urbanising at a pace the world has never seen — and its cities are failing, visibly and urgently, to keep up.

In Nairobi, Lagos, and Johannesburg, the arithmetic is unforgiving. Millions arrive each decade in search of work and dignity, yet the housing stock, the planning frameworks, and the political will to receive them have not moved at anything close to the same speed. The result is visible in every direction: informal settlements pressing against gleaming commercial towers, families sharing single rooms, and entire neighbourhoods with no clean water, no sanitation, and no security of tenure.

The causes are not mysterious. Speculative land markets have placed formal housing beyond the reach of low- and middle-income households. Weak planning systems have allowed uncontrolled settlement to fill the void. Governments have chronically under-invested in



public housing, treating it as a welfare afterthought rather than a structural economic priority. The urban poor — the majority of whom work in the informal sector — have been left to improvise shelter in conditions that compound every other disadvantage they face.

The consequences extend well beyond discomfort. Overcrowded settlements accelerate the spread of disease, intensify flood risk, and generate the social pressures that feed crime and instability. Inadequate housing does not merely reflect poverty — it entrench-

es it, stripping residents of the stability from which economic participation becomes possible.

Solutions exist: public-private housing partnerships, land governance reform, investment in slum upgrading, and genuine community participation in urban planning. What has been missing is urgency. Africa's cities will not wait for governments to find a convenient moment — and neither, any longer, will their residents.

Collins Kibet is a student at Koitalel University.

The Gen Z wave

Kenya's Generation Z has already rewritten the rules — the country is only beginning to understand how profoundly.

Born between the late 1990s and early 2010s, this is the first Kenyan generation to grow up entirely inside the digital world. The consequences have been far-reaching. Social media has handed young people a civic platform of extraordinary reach, and they have used it — organising accountability campaigns, challenging government decisions in real time, and forcing national conversations that older institutions have long preferred to avoid. Influence, they have demonstrated, no longer flows exclusively through established political channels.

Economic necessity has sharpened their instincts further. Confronted with high unemployment and rising living costs, many young Kenyans have abandoned the expectation of formal employment



altogether, turning instead to freelancing, content creation, and digital entrepreneurship. This is not idealism — it is adaptation under pressure, and it is producing a generation that is building livelihoods on its own terms rather than waiting for a system that has consistently under-delivered.

The pressures are real. Social media comparisons, economic anxiety, and the expectation of early success have intensified mental health struggles across the cohort. Yet Gen Z has also been the generation to break

the silence on those struggles — discussing mental health, gender equality, and corruption with a frankness that previous generations rarely permitted themselves in public.

Critics call them impatient. They are. Kenya has given them every reason to be — and a generation that refuses to inherit broken systems without protest is not a problem to be managed but a force to be reckoned with.

Alphonse Mambo is a student at Laikipia University.

SPORTS NEWS

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Sports >> *The inaugural FIFA Women's Series is set to receive a massive dose of star power as Australia officially unveiled a world-class roster for the four-nation tournament at Nyayo National Stadium.

Chelsea, Arsenal stars set to tour Kenya for Fifa Global Series tourney



Australian forward Sam Kerr has been outstanding for Chelsea in the Women's Super League this season.

The inaugural FIFA Women's Series is set to receive a massive dose of star power as Australia officially unveiled a world-class roster for the four-nation tournament at Nyayo National Sta-

dium. Leading the "Matildas" is none other than Chelsea phenomenon and Australia's all-time leading goalscorer, Sam Kerr.

Her inclusion is a massive statement of intent from the world's 15th-ranked team and marks one of the most high-profile visits by a reigning global football icon to Kenyan soil.

Kerr is not the only household name making the trip to Nairobi. The squad is heavily fortified by Arsenal's defensive and offensive engines; Steph Catley, the Gunners' versatile defender and Matildas captain will bring veteran leadership to the backline.

Caitlin Foord is also in the squad; the clinical Arsenal forward, known for her explosive pace and creative flair, is expected to spearhead an attack that will provide a stern test for their opponents.

The presence of these Women's Super League (WSL) stars

elevates the tournament from a regional friendly series to a legitimate global showcase.

For Beldine Odemba and her Harambee Starlets, the arrival of such a star-studded Australian side represents a "dream-come-true" tactical challenge.

While Kenya (ranked 134th) enters as the underdog, the opportunity to share a pitch with players of Kerr and Catley's caliber is viewed as invaluable preparation for the 2026 WAF-CON in Morocco.

With Australia confirmed to face Malawi and potentially Kenya, local fans are expected to turn out in numbers.

The prospect of seeing WSL stars in the heart of Nairobi has already sparked a frenzy on social media, with many viewing this as a pivotal moment for the growth of women's sports in the country.

The tournament kicks off on Saturday, April 11, with Australia taking on Malawi at 2:00 PM, followed by Kenya's clash with India.

However, all eyes are already drifting toward the potential showdowns featuring some of the finest talents in the modern game.

Capital sport

GET THE BEST OF WORLD

Sports >> *Harambee Stars have made positive strides in the latest FIFA World Rankings, climbing two places to the 111th position.

Harambee Stars reap rewards of third-place finish at Fifa Global Series



Harambee Stars players celebrate with their bronze medals at the Fifa Global Series in Rwanda. PHOTO/HARAMBEE STARS.

Harambee Stars have made positive strides in the latest FIFA World Rankings, climbing two places to the 111th position.

The rise comes on the heels of the team's performance during the recent FIFA Series international window held in Kigali, Rwanda.

Under the guidance of head coach Benni McCarthy, Kenya secured a convincing 3-0 victory over Grenada, which provided the necessary points to fuel their upward movement.

Despite a narrow 5-4 loss on penalties to Estonia following a stalemate in regulation time, the

overall performance during the ranking period was enough to see the Stars leapfrog their previous position.

The latest rankings also provide a clear picture of the hierarchy within the CECAFA region.

While Kenya continues its steady climb, they remain the second-highest-ranked team in the region, trailing behind Uganda, who maintain their lead at position 88.

However, the gap between Kenya and its neighbors is tightening.

Tanzania is breathing down Stars' necks at 113th, while Su-

dan (117th) and Rwanda (128th) continue to show competitive consistency.

This upward trajectory is a timely boost for the national side as they prepare for next year's Africa Cup of Nations (Afcon).

The incremental rise reflects a stabilizing squad that is beginning to find its rhythm against diverse international opposition, from the Caribbean flair of Grenada to the tactical European style of Estonia.

With several key players currently plying their trade in top-flight European and Asian leagues, and the ongoing efforts

by the technical bench to scout diaspora talent, the goal for Harambee Stars remains a return to the top 100, a threshold they last crossed consistently in 2018.

As the team prepare for their next assignment, the focus will be on maintaining this momentum to ensure a favorable seeding in upcoming continental draws.

Capital sport

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SPORTS AS THEY HAPPEN



From Broken Beginnings to a Life of Faith, Service, and Unshakable Purpose



By: Anila Bukhari
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Worth Noting:

- At a young age, Kem made a life-altering decision that would redefine her path entirely. Without being prompted by family or peers, she independently sought out a church, driven by a deep inner calling. It was there that she experienced a profound spiritual transformation, giving her life to Jesus Christ. This moment marked the beginning of a lifelong journey rooted in faith, purpose, and service. Her relationship with God became her anchor, guiding her through every storm and shaping her identity as a woman of strength and conviction.
- As she grew older, Kem channeled her experiences into building a life grounded in faith and dedication. She embraced the role of a mother with love and commitment, raising her children with the same values that had transformed her own life.

Kem Arfaras is a resilient author, evangelist, mentor, and educator whose life stands as a powerful testimony of perseverance, faith, and transformation. Her journey began even before her birth, marked by a life-threatening incident when her mother survived a near-fatal electrocution while carrying her. This moment, though filled with danger, symbolically set the stage for a life that would be defined by survival, strength, and divine purpose.

Growing up, Kem faced a childhood layered with challenges that could have easily derailed her future. Her father abandoned the family, leaving her mother to navigate the overwhelming responsibilities of raising children under difficult financial and emotional conditions. Poverty, instability, and emotional hardships became a regular part of her early years. The absence of a stable family structure, coupled with personal adversity, exposed Kem to an environment where hope often seemed distant. Yet, even in the midst of these struggles, there was a quiet resilience forming within her—a strength that would later become the foundation of her life's mission.

At a young age, Kem made a life-altering decision that would redefine her path entirely. Without being prompted by family or peers, she independently sought out a church, driven by a deep inner calling. It was there that she experienced a profound spiritual transformation, giving her life to Jesus Christ. This moment marked the beginning of a lifelong journey rooted in faith, purpose, and service. Her relationship with God became her anchor, guiding her through every storm and shaping her identity as a woman of strength and conviction.

As she grew older, Kem channeled her experiences into building a life grounded in faith and dedication. She embraced the role of a mother with love and commitment, raising her children with the same values that had transformed her own life. Family became a central pillar of her existence, and she worked tirelessly to create a nurturing and stable environment for her loved ones—some-

thing she herself had longed for in her early years.

Professionally, Kem devoted over three decades to operating a successful home daycare, a venture that not only provided for her family but also allowed her to impact the lives of countless children. Her dedication to early childhood development did not go unnoticed; she received recognition for her excellence in this field, reflecting her deep understanding of children's emotional, social, and educational needs. Her daycare was more than just a business—it was a place of care, growth, and positive influence, where children were nurtured with compassion and purpose.

In addition to her work in childcare, Kem also served as a teacher for three years in a Christian school. During this time, she combined her passion for education with her faith, guiding young minds not only academically but spiritually. Her role as an educator allowed her to instill values of integrity, faith, and perseverance in her students, further expanding her impact within her community.

Kem's commitment to children extended beyond the classroom and daycare setting. She took on the role of a Guardian Ad Litem, advocating for children in need within the legal system. In this capacity, she became a voice for the voiceless, standing up for the rights and well-being of vulnerable children. This work required compassion, strength, and unwavering dedication—qualities that Kem possessed in abundance. Her advocacy reflected her deep desire to protect and uplift those who, like her younger self, faced difficult circumstances.

Alongside her professional and advocacy work, Kem nurtured a lifelong passion for writing. From childhood, she found solace and expression in words, using writing as a way to process her experiences and share her faith. Over time, this passion evolved into authorship, and she began creating children's books designed to inspire faith, purpose, and self-worth. Her stories are not merely tales for entertainment; they are tools for transformation, aimed



Kem Arfaras

at guiding young readers toward a deeper understanding of their identity and potential.

Kem's vision extends far beyond her immediate surroundings. She is actively involved in global outreach, mentoring, and tutoring, reaching individuals from diverse backgrounds and cultures. Her ability to connect with people on a personal level, combined with her unwavering faith, allows her to inspire others to overcome adversity and embrace their God-given purpose. Whether through one-on-one mentoring or broader outreach initiatives, she remains committed to making a meaningful difference in the lives of others.

Currently, Kem is working toward the development of her nonprofit organization, Faces of Promise. This initiative reflects her lifelong mission to empower individuals, particularly those who have experienced hardship, to recognize their worth and potential. Through this platform, she aims to provide resources, mentorship, and support to help oth-

ers transform their lives, just as she transformed hers.

Throughout her journey, Kem Arfaras has remained guided by an unshakable faith. Her life is a testament to the power of resilience, the importance of purpose, and the transformative impact of believing in something greater than oneself. Despite the trials she faced, she chose not to be defined by her circumstances but to rise above them, using her experiences as a source of strength and inspiration.

Today, Kem continues to walk boldly in her calling, encouraging others to do the same. Her story serves as a beacon of hope, reminding the world that no matter how difficult the beginning may be, a life of purpose, faith, and impact is always within reach.