



Kenya gains continental health influence as PS Mary Muthoni elected to key African role

Kenya has strengthened its position in regional and continental health leadership following the election of Principal Secretary Mary Muthoni as chairperson of the African Permanent and Principal Secretaries for Health.

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Kindiki urges regulators to boost coordination for efficient service delivery and stronger governance

DP Kindiki has called on Kenya's regulatory bodies and agencies to strengthen coordination, warning that inefficiencies, duplication, and delays undermine government performance

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Daily ePAPER

Politics Jimi blamed the current political structure for declining living standards, arguing that it has failed to address citizens' needs and must be replaced

Wanjigi bets on economic reforms in his 2027 bid

Presidential aspirant Jimi Wanjigi has launched a sweeping critique of Kenya's political and economic systems, calling for a new era of economic transformation during a delegates meeting in Murang'a County.

Speaking at Kwacha House on Tuesday where he hosted a delegation from Murang'a county, the Safina Party leader said the country is facing what he described as an "economic plague" affecting households and businesses across all regions.

He blamed the current political structure for declining living standards, arguing that it has failed to address citizens' needs and must be replaced.

"This is a political conversation about our country, our economy and our lives," Wanjigi said, adding that meaningful change must be driven by the people rather than elite political arrangements.

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Presidential aspirant Jimi Wanjigi

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Gachagua: united opposition to field one Candidate

BY MKT REPORTER

@themtkenyatimes

Some of the moments as captured in pictures

Former Deputy President Rigathi Gachagua has reaffirmed that the United Opposition will field a single presidential candidate in the 2027 General Election, as political alignments begin to crystallize ahead of the highly anticipated contest.

Speaking during public engagements in Gatanga Constituency, Murang'a County, Gachagua dismissed claims of division within the opposition, insisting that unity remains intact despite growing speculation about rival ambitions among key leaders.

He alleged that some individuals within the opposition are working in cahoots with the government of William Ruto to create confusion and weaken the coalition from within. According to Gachagua, such efforts are aimed at projecting an image of a fragmented opposition incapable of mounting a credible challenge. "We are aware of attempts to divide us, but we remain focused. The opposition will present one candidate, and all of us will support that candidate fully," he said.

The former DP emphasized that the coalition is committed to a structured nomination process that will produce a consensus flagbearer.

He assured supporters that all aspirants have agreed in principle to back the eventual winner, a move he said would prevent vote-splitting and strengthen the opposition's chances.

Gachagua also signaled his willingness to step aside if another candidate is selected, saying the priority is to unite Kenyans around a common agenda rather than individual political ambitions.



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Editor's Desk

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Group Executive Chairman
M. Danson
LinkedIn: <https://www.linkedin.com/in/dan-mwangi-1b47446b/>

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

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NEWS IN BRIEF



One of the world's billionaires, Warren Buffett, has given Kenya Sh3.8 billion again for health, helping fill the gap left by US aid cuts under Donald Trump. Buffett has been giving the funds through the Susan Thompson Buffett Foundation. The Sh3.8 billion goes to Kenya's State Department of Medical Services to support health services.



The Kenya Association of Health Care Support Assistants (KAHSA) Secretary General Rina Ndeta has called on the government to intensify a crackdown on institutions offering substandard training, warning that the trend is producing unqualified personnel and endangering patient safety. Speaking in Thika, Ndeta raised concern over colleges shortening mandatory training periods, with some compressing six-month caregiver courses into as little as three weeks, compromising the quality of skills imparted to learners. She warned that such practices are producing incompetent graduates who pose a serious risk to patients and urged authorities to act firmly against non-compliant institutions.



Kenyatta National Hospital (KNH) has signed a strategic Memorandum of Understanding with Xiangya Hospital of Central South University to strengthen global health collaboration. The agreement, signed by KNH's CEO and Stephen Zeng, focuses on cooperation in medical care, research, and health promotion. Priority areas include orthopedics, gynecology, infectious diseases, dermatology, surgery, and respiratory medicine. The partnership will emphasize medical training, joint research, and improved service delivery. It also introduces telemedicine for real-time consultations and a medical green channel for specialized care access. Witnessed by Erick Ruto, the MoU promotes knowledge exchange, capacity building, and innovation to enhance healthcare outcomes in Kenya.



Government officials and the Kenya Red Cross Society assessed landslide damage in Kipkaa, Siroch, and along the Iten-Kabarnet road after heavy rains triggered mudslides on May 2. Led by Michael Odulwo, the team found at least ten households affected, with five displaced in Kipkaa and five in Siroch. A landslide also blocked the road, disrupting transport. Relief efforts included food and bedding distribution, while Kenya National Highways Authority worked to clear debris. Isaac Koeh confirmed three homes were destroyed and urged relocation and sustainable land use to reduce future landslide risks.

Residents of Antobentwe Kiongo Market in Igembe North are benefiting from improved services following the revival of the Meru Youth Service. County Secretary David Baariu joined recruits in a clean-up exercise, part of training focused on service delivery and skills development. The programme targets markets across Meru County, promoting hygiene and community welfare. Youths, selected from all wards, receive a daily stipend while gaining discipline and practical skills. After training, they will join vocational centres and receive start-up kits, supporting employment and encouraging self-reliance.

Education Prof. Bitok said that the ministry's budget had already been enhanced and presented to parliament to await the next financial allocations

PS Bitok: Schools to get increased funding in next budget

BY Jane Ngugi

@themkenyatimes

Schools will get enhanced capitation in the next budget in a bid to ease the financial strain on the institutions, Basic Education PS Prof. Julius Bitok has said.

Prof. Bitok said that the ministry's budget had already been enhanced and presented to parliament to await the next financial allocations.

The PS further said the government was working towards a solarization project that will see all schools convert to solar energy in a bid to cut electricity costs and ensure uninterrupted electricity supply.

Prof. Bitok was speaking in Nakuru County during Elimu Mashinani Convention on Tuesday night, where he engaged stakeholders on practical solutions to improve education standards.



PS Julius Bitok being welcomed to the forum on Tuesday night.

He rallied the stakeholders to stand together in shaping a more inclusive, quality-driven future for every learner under the hashtag #ElimuThabiti.

The PS urged principals to regularly engage with their learners in a bid to thwart school unrest by dealing with any issues before they spiral out of control.

Bitok told the stakeholders that the issues of drug abuse and teenage pregnancies were a cause of concern and appealed to all stakeholders to work together towards eliminating them in educational institutions.

He further said girls who drop out of school due to pregnancy should be allowed to return and complete

their studies after delivery.

He added that education officials were working closely with national government administrators to trace any other students who may have dropped out of school for other reasons to ensure they are readmitted.

Botok challenged the stakeholders to come together and identify ways of ensuring better performance in the national exams saying that last year's results for the county were unsatisfactory.

He noted that out of the 49000 candidates in the county, only 7200 attained the university cutoff mark of a C+.

He assured KNEC examiners that their dues would be paid within the next two weeks, saying the delay had been occasioned by lack of finances.

The PS told the stakeholders that the government would in the next few weeks roll out the KEMIS programme to establish the exact num-

ber of students in schools, saying that some head teachers could be misrepresenting the actual number of students in their institutions.

In his remarks, Nakuru County Commissioner Dr. Loyford Kibaara admitted that drug trafficking in education institutions remains a major challenge.

However, Kibaara said administrators and security agencies were monitoring this across institutions to nip the practice.

He urged school administrators, who may need the help of sniffer dogs to trace for drugs within their institutions to liaise with the national government administrators in their regions.

Kibaara further said criminal gangs continue to endanger students by recruiting them and forcing them to drop out of schools.

He noted that security agencies had already arrested several suspects and the crackdown will be sustained.

The county commissioner called on government administrative and security agencies to remain vigilant at all times.

Health Dr. Oluga emphasized that health security is a shared national responsibility, integrating multiple sectors such as Defence, Interior, Environment, and Agriculture

State steps up health security measures as zoonotic disease risks rise

BY MKT REPORTER

@themkenyatimes

The government has reaffirmed its commitment to strengthening national health security through a coordinated, multi-sectoral approach amid rising threats from zoonotic diseases—illnesses transmitted from animals to humans.

Speaking at the inaugural Kenya Health Security Convention 2026 in Mombasa, Medical Services Principal Secretary Ouma Oluga said the country is building on a strong legal and institutional framework, anchored by the operationalisation of the Kenya National Public Health Institute (KNPHI). He noted that key laws—including the Social Health Insurance Act, Primary Healthcare Act, Public Health Act, and Digital Health Act—provide a solid basis for emergency preparedness and response.



PS Ouma Oluga

Dr. Oluga emphasized that health security is a shared national responsibility, integrating multiple sectors such as Defence, Interior, Environment, and Agriculture. "Health security is not just a health issue; it is a national security concern," he said, highlighting KNPHI's central role in coordinating responses.

He also pointed to progress in local pharmaceutical production, revealing that Kenya BioVax Institute is

close to producing its first vaccine vial. This is expected to reduce reliance on imports and improve access to essential medical supplies. At the same time, he challenged the Kenya Medical Supplies Authority (KEMSA) to streamline supply chains and ensure efficient delivery of medical commodities.

KNPHI Acting Director General Kamene Kimenye said the institute, established in 2022 and operation-



Some of the stakeholders attending the conference. | Photo: Courtesy.

alised in 2025, is tasked with providing health intelligence, coordinating emergency preparedness, and leading responses. She noted that zoonotic diseases now account for about 70 percent of new global infections, underscoring the need for enhanced surveillance, public awareness, and timely veterinary care.

In addition to zoonotic threats, the institute is addressing antimicrobial resistance, another growing global concern. KNPHI Board Chairman Paul Kariuki said the institute is consolidating previously fragmented responses into a unified system, improving coordination and resource mobilization. He added that the roll-out of the Field Epidemiology and Laboratory Training (FELT) pro-

gramme aims to strengthen early detection and response capacity across counties.

The convention also brought together international partners, including the World Health Organization (WHO), which reaffirmed its support for Kenya's health security agenda. WHO Acting Representative Neema Kimambo emphasized the importance of evidence-based policymaking and sustainable financing, urging governments to establish dedicated emergency funds for rapid response. As Kenya strengthens its health systems, officials say a coordinated, well-funded, and data-driven approach will be critical in safeguarding the country against current and emerging health threats.

Health PS Muthoni noted that the role presents an opportunity to enhance coordination among African nations in addressing cross-border health challenges

Kenya gains continental health influence as PS Mary Muthoni elected to key African role

BY WMW

@themtkenyatimes

Kenya has strengthened its position in regional and continental health leadership following the election of Principal Secretary Mary Muthoni as chairperson of the African Permanent and Principal Secretaries for Health.

The election took place during a high-level consultative meeting on cross-border collaboration for health security held in Brazzaville, DRC, bringing together senior health officials from across the continent to chart a coordinated approach to emerging public health threats.

In a statement, Muthoni, the PS for Public Health and Professional Standards described her election as both an honour and a reflection of Africa's collective commitment to strengthening cooperation in the health sector.

She noted that the role presents an opportunity to enhance coordination among African nations in addressing cross-border health challenges, including disease outbreaks and public health emergencies.

"This outcome underscores growing continental momentum toward unified and coordinated action on public health," she said, adding that African countries are increasingly working together to build resilient and future-ready health systems.

The Ministry of Health also hailed the development as a significant milestone, not-



PS Mary Muthoni addressing the meeting after her election.

ing that it reinforces Kenya's growing influence in shaping Africa's health agenda.

It said the appointment is expected to boost regional collaboration, particularly in disease surveillance, emergency preparedness, and response mechanisms.

According to the ministry, Muthoni's leadership will help expand access to shared expertise, innovations, and best practices across African health systems, while also supporting efforts to strengthen coordinated responses to cross-border health threats.

The position further enhances Kenya's role in mobilising partnerships and advancing resilient health systems capable of protecting communities and supporting the Universal Health Coverage agenda.

Officials said the election

reflects a shared commitment among African nations to deepen cooperation across health sectors through collective leadership and strategic partnerships.

For Kenya, the appointment is seen as a strategic opportunity to strengthen its engagement in regional health diplomacy, while leveraging continental platforms to drive reforms and improve healthcare delivery at home and across the region.

The consultative meeting, which brought together Permanent and Principal Secretaries responsible for health across Africa, is part of ongoing efforts to enhance cooperation in addressing shared health challenges, including pandemics, infectious diseases, and health system resilience.

Muthoni's election comes at a time when African countries are prioritising stronger coordination and unified strategies to safeguard public health, particularly in the wake of recent global and regional health crises.

With Kenya now at the helm of this continental platform, expectations are high that the country will play a pivotal role in driving collaborative solutions, strengthening health security, and accelerating progress toward equitable and accessible healthcare for all Africans.

The PS also paid a courtesy to Kenya's Ambassador to DRC Eng. Peter Tum in Kinshasa.

Their discussions focused on Kenya's regional health priorities and the importance of strengthening diplomatic and



Permanent and Principal Secretaries in a group photo.



PS Mary Muthoni with Ambassador Peter Tum

intergovernmental collaboration, surveillance, preparedness, and response; key pillars in managing public health risks in an increasingly interconnected region.

The talks also explored ways to advance partnerships that support cross-border disease

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Industrial Park The slow progress was largely attributed to delays in the disbursement of funds from the national government

Lawmakers raise concern over slow progress at Naromoru Industrial Park project

BY PSC

@themkenyentimes

A sub-committee of the National Assembly Departmental Committee on Trade, Industry and Cooperatives has raised concerns over the slow pace of construction at the Nyeri County Aggregation and Industrial Park (CAIP) in Naromoru.

The team, led by Othaya Member of Parliament Wambugu Wainaina, conducted an inspection visit to assess the status of the project, which is part of a nationwide initiative aimed at promoting value addition and industrial growth at the county level.

During the Tuesday visit, the committee observed that the project is currently at about 30 per cent completion, with development taking



Othaya MP Wambugu Wainaina (left) and other stakeholders at Naromoru Industrial Park. | Photo: courtesy.

place in phases.

The slow progress was largely at-

tributed to delays in the disbursement of funds from the national gov-

ernment, a situation that has affected the project delivery timeline.

Members of the committee expressed concern that continued funding challenges could further stall the project, denying residents the expected economic benefits such as job creation and market access for agricultural produce.

Nyeri County Chief Officer for Trade, Ibrahim Adan, assured the legislators that the county government remains committed to seeing the project through to completion.

He noted that the county recognises its shared responsibility in implementing the project and is making efforts to allocate resources despite financial constraints.

However, Adan acknowledged that inconsistent flow of funds has posed a major challenge, slowing down construction and affecting overall

implementation.

Wainaina emphasized that the inspection visits are part of the committee's oversight role to ensure accountability in the use of public funds.

He said the committee is keen on ensuring that all ongoing projects are completed within the set timelines for the benefit of Kenyans.

The Naromoru CAIP is expected to play a key role in boosting local production and supporting farmers once completed.

Wainaina praised the choice of Naromoru as the project site, describing it as ideal for Nyeri County. He noted that the area is widely regarded as the county's food basket, where a large share of farming activities takes place and which supplies a significant portion of agricultural produce to the region.

Thus, he said, the timely and speedy completion of the project will greatly benefit farmers in the region by enhancing value addition and providing proper storage facilities for their produce, noting that the industrial park will include cold rooms to help reduce post-harvest losses and improve market access.

Illicit brews In Bungoma County, enforcement efforts resulted in multiple arrests and significant recoveries across different locations.

Operation on drugs and illicit brews gains ground in various counties

BY NHS

@themkenyentimes

Recent coordinated operations across multiple counties have yielded significant results in the ongoing fight against illicit drugs and illegal brewing.

The operations, conducted by police officers supported by other agencies, demonstrate a sustained commitment to dismantling illegal supply chains and protecting communities from the harmful effects of substance abuse.

In Meru County, a targeted operation in the Kaguma area, Gaitu East Location within Imenti Central Sub-County, led to the seizure of approximately 1,700 litres of illicit

brew (mugacha). One suspect was apprehended during the operation and subsequently escorted to Gaitu Police Station, pending arraignment.

In Bungoma County, enforcement efforts resulted in multiple arrests and significant recoveries across different locations.

In Chemogee Sub-location, officers arrested one suspect and confiscated 20 litres of busaa. A separate, more extensive crackdown in Mayanya Vitunguu, conducted with the support of National Government Administration Officers, led to the arrest of seven suspects and the recovery of 6,430 litres of kangara and 62 litres of chang'aa.

Operations in Nyamira County also yielded results, where a multi-agency team raided Miti Mbili Village

and arrested two suspects.

A search conducted during the operation led to the discovery of 20 litres of a substance suspected to be chang'aa, stored in a yellow jerrican.

In Kiambu County, police officers on mobile patrol arrested one suspect found in possession of 24 rolls of cannabis, along with three packets of rolling papers, a pair of scissors and a rolling flag — items indicative of distribution activity.

Meanwhile, in Murang'a County, officers attached to Kabati Police Station recovered 35 rolls of cannabis sativa. The suspect was arrested, processed and formally charged. The recovered exhibits are being preserved pending analysis by the Government Chemist.

In the Nairobi area region, author-



A police officer destroying some of the siezed illegal brews. | Photo: courtesy.

ities arrested one suspect found in possession of 80 rolls of bhang, further underscoring the widespread nature of narcotics distribution networks in urban settings.

The significant quantities of illicit substances seized and the number of arrests made reflect both the scale of

the problem and the determination of authorities to address it decisively. Continued vigilance and community cooperation remain critical in sustaining these gains and curbing the proliferation of illegal drugs and brews nationwide.

Gachagua: united opposition to field one Candidate



Rigathi Gachagua addressing the rally

Contd from page 2

His remarks come at a time when opposition politics in Kenya has seen renewed activity, with various leaders holding consultative meetings and grassroots engagements across the country.

Analysts say the push for a single candidate mirrors past coalition strategies aimed at consolidating votes against an incumbent.

During the Murang'a tour, Gachagua cautioned individuals allegedly being used to sow discord within the opposition, urging them to refrain from making unverified claims about disunity.

He also weighed in on regional political discourse, referencing remarks by Samia Suluhu regarding youth activism. Gachagua alleged that President Ruto had traveled to Tanzania to study how to handle Gen Z-led protests, claims that have not been independently verified.

He urged young Kenyans to remain vigilant and actively participate in democratic processes, including acquiring and safeguarding their national identification cards, which are essential for voter registration.

On the upcoming by-election in Ol Kalou Constituency, Gachagua accused the ruling party of attempting to influence the outcome through unethical practices, including the alleged purchase of national identity cards from voters. He warned youths against selling their IDs, describing the practice

as a threat to electoral integrity. "The youth must protect their future by refusing to be manipulated. Your ID is your power," he said.

He, however, expressed confidence that the nominations scheduled for Saturday would be conducted in a free and fair manner, urging residents to turn out in large numbers. Gachagua was accompanied by several leaders, including Senator Joe Nyutu, Kigumo MP Munyoro, senator John Kinyua, EALA MP Kanini Kega and Gatanga MP Edward Muriu.

The leaders echoed his sentiments, criticizing the government over what they termed as economic mismanagement, rising cost of living, and corruption.

They argued that Kenyans are increasingly dissatisfied with the current administration and are looking for alternative leadership that prioritizes accountability, economic recovery, and inclusive governance.

Political observers note that as the 2027 election approaches, both the government and opposition are intensifying grassroots mobilization, with alliances, messaging, and strategy expected to play a critical role in shaping the outcome.

Gachagua concluded by reiterating that unity will be the opposition's strongest asset, expressing confidence that a consolidated front will resonate with voters seeking change.

Also in the team were several former, current and aspiring leaders.



Daddy Mukadi, Airtel Africa Chief Regulatory Officer and Chair of GSMA's Africa Policy Group.

Africa urged to rebrand telecoms as vital economic engine to close digital gap

BY Felix Njenga

@themkenyatimes

African governments have been challenged to fundamentally redefine telecommunications as a foundational economic pillar rather than a secondary support service.

During the inaugural General Assembly of the Posts and Telecommunications Sector, leaders argued that the continent's digital future depends on bold policy shifts and aggressive tax reforms designed to integrate millions of citizens into the modern economy.

Daddy Mukadi, Chief Regulatory Officer of Airtel Africa and Chair of the GSMA's Africa Policy Group, emphasized that the digital sector has evolved into a vital core of national development. He noted that every critical industry ranging

from finance and security to health and transport is now intrinsically dependent on digital technology for its expansion and efficiency. This shift in perspective is necessary to address a significant paradox currently facing the continent while mobile network coverage now reaches 95% of the African population, approximately 75% of people remain offline.

The primary obstacle to closing this "usage gap" is the lack of affordability regarding mobile devices and infrastructure. Despite these challenges, the mobile sector contributed US\$220 billion to the African economy in 2024, representing 7.7% of the total GDP, with projections suggesting a rise to US\$270 billion by 2030. To unlock this potential, Mukadi proposed specific fiscal interventions, including a two-to-three-year tax exemption

on entry-level smartphones priced between US\$40 and US\$150 and a three-year removal of import duties on telecommunications equipment.

According to Mukadi, these targeted measures would stimulate long-term investment, lower the barrier to entry for the average citizen, and accelerate the rollout of high-speed connectivity. He urged a closer collaboration between the public and private sectors to create a regulatory environment that fosters innovation while protecting consumer interests. By treating telecommunications as a core economic engine, African nations can deliver more inclusive and sustainable progress, ultimately connecting more businesses and communities to the global digital marketplace.

Jimi He blamed the current political structure for declining living standards, arguing that it has failed to address citizens' needs and must be replaced

Jimi Wanjigi unveils bold economic reform agenda as he rallies support for 2027

BY MKT REPORTER

@themkenyaintimes

Presidential aspirant Jimi Wanjigi has launched a sweeping critique of Kenya's political and economic systems, calling for a new era of economic transformation during a delegates meeting in Murang'a County.

Speaking at Kwacha House on Tuesday where he hosted a delegation from Murang'a county, the Safina Party leader said the country is facing what he described as an "economic plague" affecting households and businesses across all regions.

He blamed the current political structure for declining living standards, arguing that it has failed to address citizens' needs and must be replaced.

"This is a political conversation about our country, our economy and our lives," Wanjigi said, adding that meaningful change must be driven by the people rather than elite political arrangements.

He dismissed traditional coalition politics based on power-sharing among a few leaders, saying such approaches have contributed to the country's current challenges. Instead, he called for a broad, people-centered movement focused on shared economic interests, noting that Kenya's political landscape and demographics have significantly shifted.

Invoking the legacy of Kenneth Matiba, Wanjigi urged Kenyans to take charge of their future, emphasizing that the time had come for citizens to determine their own destiny.

Central to his address was a proposed "Five Fist Agenda" aimed at restructuring the economy.

The plan focuses on building a healthy, educated and skilled population; creating a debt-free, business-friendly economy; investing in infrastructure; eliminating tax and regulatory burdens; and strengthening governance and the rule of law.

Wanjigi proposed a "debt brake" policy that would involve suspending and potentially cancelling payments on what he termed unconstitutional or illegal public debt pending an independent forensic audit.

He said this could unlock more than KSh2 trillion to stimulate the economy and fund essential services.

He also pledged to stop government borrowing from domestic financial markets to free up capital for private sector growth and expand access to affordable credit for entrepreneurs.

On taxation, he proposed replacing Value Added Tax with a five percent sales tax to boost consumption and economic recovery.

He further outlined plans to reform corporate and property taxes to attract investment and encourage innovation.

The Safina Party leader pledged free basic education and technical training, subsidized university education, and increased investment in modernizing public schools.

He also proposed a tax-funded universal healthcare system, emphasizing that health services should be accessible to all as a public good.

Food security and agricultural productivity featured prominently in his agenda, with a focus on supporting small-scale farmers through improved access to financing, technology, and organized markets to ensure sustainable production and better returns.

Wanjigi also highlighted industrialization and technology as key drivers of economic growth, proposing an innovation-led strategy to expand manufacturing, strengthen local industries, and position Kenya as a competitive player in global supply chains.

On energy, he said Kenya has the potential to become a regional leader in green energy by harnessing geothermal, solar, wind, and hydrogen resources. He pledged to develop long-term policies to support large-scale investment and ensure energy security.

Infrastructure and digital connectivity are also part of his vision, including the expansion of roads, rail networks, and fiber optic systems, alongside affordable internet access and free basic connectivity in public institutions.

He emphasized the need for strong governance, accountability, and the rule of law, proposing reforms to ensure public officials focus solely on public service and to decentralize policing oversight to locally elected authorities.

Referencing Kenya's independence struggle, Wanjigi said while political freedom had been achieved,



Some of the delegates who Jimi Wanjigi met. Photos/courtesy

economic independence remains unfinished, calling for a renewed push toward economic sovereignty.

He further urged Kenyans to unite

in reshaping the country's future, describing the movement as a collective effort to secure prosperity and stability for all.

"Together, we reset Kenya. Together, we rise," he said.



Some of the delegates who Jimi Wanjigi met. Photos/courtesy

Education Waithaka emphasized that improved infrastructure will ease movement, stimulate local businesses, and enhance access to schools and health services

Kiambu MP rolls out free education plan, infrastructure upgrades

BY Felix Njenga
@themtkenyatimes

Kiambu MP Machua Waithaka has stepped up efforts to expand access to education, improve road networks, and equip young people with practical skills, outlining an ambitious development agenda during a community engagement at Kasarini Secondary School.

Speaking to students, parents, and teachers, the legis-

lator said key infrastructure projects are already underway, including the upgrade of several access roads to bitumen standards. He noted that spur roads linking interior areas will be prioritized to enhance connectivity.

“We are moving from promises to implementation. These roads will be fully tarmacked, and I will personally ensure contractors deliver on time,” he said, adding that similar works are ongoing in Thindigwa, including a 3.6-kilo-

metre stretch near key public facilities.

Waithaka emphasized that improved infrastructure will ease movement, stimulate local businesses, and enhance access to schools and health services.

In education, the MP announced the release of over Sh2.1 million to clear school fees at Kasarini Secondary School, effectively making learning free for students. He said the move is part of a broader initiative to elimi-



Kiambu MP Machua Waithaka poses for a photo with a dummy cheque joined by students, parents and ACK St. Joseph Riabai secondary school administration leaders.

nate fees in all day secondary schools across the constituency.

“No child should stay home because of school fees. Parents should now bring all learners back to school,” he said.

Earlier, the MP visited ACK St. Joseph Riabai Secondary School, where he disbursed KSh1.7 million to support students and called on local leaders to identify and return out-of-school children to

classrooms.

He also urged school leavers to explore vocational training opportunities, highlighting the constituency’s Jitume Centre, which offers skills in trades such as plumbing, electrical work, catering, and digital services.

“University is not the only path. Skills training can open doors to employment and entrepreneurship,” he said, noting that some trainees are already accessing online jobs,

including international contracts.

Waithaka further encouraged young people to remain focused and seek support when facing challenges, stressing the importance of mental well-being.

On security, the MP cited recent upgrades at Kiamumbi Police Station, including a modern administration block housing the Directorate of Criminal Investigations, as part of efforts to improve service delivery.

He called for continued collaboration between leaders and residents, saying sustained partnerships are essential to driving development and ensuring no child is left behind.

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Education To enroll a child is not to educate them. To transition them is not to sustain them. Education is not an event; it is a journey.

The illusion of access: How Kenya is losing its children to silent dropout



By: Gitile Naituli

@themkenyaintimes

A nation does not fail all at once. It erodes quietly, often beneath the comfort of statistics that appear to tell a story of progress. Numbers can be arranged to reassure, to celebrate, even to deceive.

And nowhere is this more dangerous than in the story we tell ourselves about education.

Education, in its purest sense, is the great equalizer. It is the one institution that promises a child born into poverty that their future need not resemble their past. It is the bridge between circumstance and possibility. But that promise depends not merely on access, but on continuity.

To enroll a child is not to educate them. To transition them is not to sustain them. Education is not an event; it is a journey.

In Kenya today, that journey is quietly collapsing. The figure is stark: 151,630 students have dropped out under the Competency-Based Curriculum (CBC), now rebranded as CBE.

These are not just numbers. They are children whose futures have been interrupted, whose dreams have been deferred, and whose potential has been abandoned, not by choice, but by circumstance. Behind each statistic is a family forced to choose between survival and schooling.

Yet even as this silent cri-

sis unfolds, the official narrative remains triumphalist. The government proudly announces Grade 10 transition rates, projecting an image of seamless progression and universal success. On paper, it appears that Kenya is advancing, that every child is moving forward within the system.

But this is a dangerous illusion. Joining is one thing. Continuing is another.

What does it mean to celebrate transition when tens of thousands cannot afford to stay? What is the value of enrollment if retention is collapsing?

A system that brings children in only to push them out through hidden costs is not expanding opportunity. It is recycling inequality.

The truth is that education in Kenya is becoming quietly unaffordable. Parents are being asked to shoulder an ever-growing burden: uniforms, learning materials, activity fees, development levies, transport costs, and, increasingly, informal charges that vary from school to school. For families already struggling with high taxes, rising food prices, and stagnant incomes, these costs are not incidental. They are prohibitive.

And so, children disappear. Not in dramatic exits, but in slow withdrawals. A missed term becomes a missed year.

A temporary absence becomes permanent. A student who once sat in a classroom is now at home, in the fields, in informal work, or simply waiting for a chance that may never come again. This is not merely a failure of policy; it is a betrayal of a national commitment.

Kenya once made a bold and historic decision under President Mwai Kibaki: that primary and later secondary

education would be free and accessible to all. It was not a perfect system, but it was transformative. It expanded opportunity, reduced inequality, and affirmed a simple but powerful principle, that no child should be denied education because of poverty.

That legacy is now under strain.

What we are witnessing is not the formal abolition of free education, but its gradual hollowing out. The language remains, but the reality is shifting. Education is still called “free,” but the costs tell a different story. And it is the poorest households, those who most depend on public education, who are being pushed out.

In Kenya today, that journey is quietly collapsing. The figure is stark: 151,630 students have dropped out under the Competency-Based Curriculum (CBC), now rebranded as CBE. These are not just numbers. They are children whose futures have been interrupted, whose dreams have been deferred, and whose potential has been abandoned, not by choice, but by circumstance. Behind each statistic is a family forced to choose between survival and schooling.



Silent school dropout

The Competency-Based Curriculum itself is not inherently flawed. Its emphasis on skills, creativity, and practical learning is, in many respects, a step forward. But a curriculum, however well-designed, cannot succeed in a context where learners cannot afford to participate. Reform without affordability is exclusion by another name. A system that measures success by how many students enter, while ignoring how many leave, is fundamentally dishonest.

We must begin to ask harder questions. What is the real retention rate across the system? How many students complete each cycle of education? What are the hidden costs that families are being forced to bear? And most importantly, what is the government doing to ensure that education remains genuinely accessible? Because the consequences of inaction are profound.

Every child who drops out represents not only a personal loss, but a national one. It is a reduction in human capital, a weakening of the workforce, and an expansion of inequality. It is also, inevitably, a social risk. A generation that feels excluded from opportunity does not simply accept its

fate; it reacts to it.

We are already seeing the signs.

The growing frustration among young people, the anger, the disillusionment, the sense that the system is rigged against them, is not accidental. It is the predictable outcome of a society that promises opportunity but delivers barriers. When education fails, everything else begins to fracture. This is why the issue demands urgency, honesty, and political will.

First, the government must restore the integrity of free education by addressing hidden costs and ensuring that capitation funds are sufficient, timely, and transparent. Schools should not be forced to pass financial burdens onto parents in order to function.

Second, there must be a deliberate focus on retention, not just enrollment. Success should be measured by how many students complete their education, not how many begin it. Third, targeted support must be provided to vulnerable households. Bursaries, subsidies, and social protection programs should not be treated as optional add-ons, but as central pillars of the ed-

ucation system. Finally, there must be honesty in public communication. Celebrating transition rates while ignoring dropout figures is not leadership. It is misdirection.

A country that loses its children to unaffordable education is not progressing; it is retreating. Kenya stands at a crossroads. It can continue down the path of statistical illusion, comforted by numbers that mask a deeper crisis. Or it can confront the reality, restore the promise of free education, and ensure that every child who enters the system is given a fair chance to complete it. Because in the end, the measure of a nation is not how many children it enrolls, but how many it refuses to leave behind.

The writer is a former NCIC Commissioner who comments on various topical issues

Governance Kenya's 127 Regulatory Authorities and Agencies (RAAs) must operate as a unified system rather than fragmented entities - Kindiki

Kindiki urges regulators to boost coordination for efficient service delivery and stronger governance

BY DPCS and WMW
@themkenyatimes

Deputy President Kithure Kindiki has called on Kenya's regulatory bodies and agencies to strengthen coordination, warning that inefficiencies, duplication, and delays undermine government performance and public trust. Speaking yesterday during

the opening of the 3rd Annual Regulatory Authorities and Agencies Conference held at South Eastern Kenya University in Kitui County, Kindiki said regulatory institutions play a central role in shaping how citizens experience government services and economic opportunity.

He stressed that Kenya's 127 Regulatory Authorities and Agencies (RAAs) must operate

as a unified system rather than fragmented entities working in isolation. According to him, poor coordination often results in duplication of roles, bureaucratic delays, and confusion that slows down service delivery.

"We must ensure that the presence of the 127 regulators translates into coordinated strength, clarity, and efficiency rather than duplication,

confusion, and delay," he said.

The Deputy President noted that Kenyans expect regulatory institutions to act with urgency, fairness, and transparency, especially because their decisions affect nearly every sector of the economy, from licensing and compliance to safety standards and market regulation.

He warned that weak or inconsistent regulatory action erodes public confidence in government. Conversely, he said, fair, firm, and predictable regulation strengthens trust and legitimacy.

"When regulatory action is weak, inconsistent, or compromised, government itself appears weak," he said. "But when regulation is firm, fair, and predictable, government earns trust, credibility, and legitimacy."

Kindiki urged agencies to avoid complacency, emphasizing that performance must not only be internal but visible and tangible to citizens. He said public service institutions must demonstrate impact in how they regulate markets, enforce standards, and protect livelihoods.

"It is not enough that you are working; your work must be seen, felt, and experienced by the citizens we serve," he stated.

He further underscored the importance of adhering to constitutional principles under Article 232, which outlines values and principles of public service, including accountability, responsiveness, and fairness.

"No citizen should ever have to ask where the government is because the government is present wherever rules are set, standards enforced, safety assured, and fairness upheld,"



Deputy President Kithure Kindiki being welcomed to address the conference by Head of Public Service Felix Koskei.

he said.

In his formal statement, Kindiki reaffirmed the government's commitment to improving efficiency in public service delivery, protecting livelihoods, and creating a fair and predictable regulatory environment. He emphasized that regulators must align their work with the Bottom-Up Economic Transformation Agenda (BETA), which focuses on reducing business costs, improving compliance, enhancing fairness, and boosting economic opportunity.

He said regulatory agencies must exercise their statutory powers; including licensing, inspections, approvals, and enforcement in a manner that supports economic growth while safeguarding public welfare.

The Deputy President also highlighted the need for regulatory reforms that enhance transparency, reduce risks, and improve the overall quality of life for citizens.

The conference brought together senior government officials, including the Head of Public Service Felix Koskei, principal secretaries, and board members of various regulatory agencies, all tasked with improving coordination and performance in the public sector.

Kindiki concluded by reiterating that effective regulation is central to governance, economic stability, and public confidence, urging agencies to embrace discipline, collaboration, and efficiency in executing their mandates.



Some of the delegates in a group photo.



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Human rights Human rights defenders across East Africa have condemned Tanzania's president for remarks they say amount to a call for transnational repression of youth-led protest movements.

Suluhu's 'crack the whip' remarks spark regional rights storm

BY MKT REPORTER

@themkenyatimes

Tanzania's President Samia Suluhu Hassan is facing a fierce backlash from human rights activists after calling on regional governments to "crack the whip" on Gen Z protesters opposing the administrations of both Kenya and Tanzania.

The Kenya Human Rights Commission led the condemnation, accusing Suluhu of actively promoting repression across East Africa and undermining democratic freedoms that generations of activists fought to secure. The remarks, delivered as civic tensions in both countries remain dangerously elevated, have drawn comparisons to a pattern of political intolerance that critics say is rapidly tightening its grip on the region.

"We are not threatened by your

calls for transnational violence," said activist Geoffrey Mboya. "We shall continue to defend our hard-earned freedoms and what remains of democracy." Fellow activist Deus Kanyesigye was equally defiant: "The stage is being set for more violence. We remain steadfast in the fight for our people."

The statements land against a deeply troubling backdrop. Tanzanian opposition leader Tundu Lissu has remained in detention for over a year. Last year's arrest and alleged torture of prominent activists Boniface Mwangi and Agather Atuhaire drew international condemnation, while a commission of inquiry found that 518 people were killed in post-election unrest following Tanzania's 2025 presidential elections — a finding that cast a long shadow over Suluhu's administration.

KHRC Deputy Director Corne-



Tanzania's President Samia Suluhu Hassan

lius Oduor was unequivocal. "We shall continue to stand in solidarity with our brothers who are being oppressed in their own country, and we do not need anyone's permission," he said.

Some activists widened the lens to include Kenya's own leadership. "We feel threatened," said Felix Wambua. "It seems President Ruto went to get some notes from Suluhu." Activist John Ndegwa added

pointedly: "Ruto and Suluhu did not invent mikwaju. Our forefathers faced the same repression."

Across the region, the message from civil society is unambiguous — intimidation will not silence them.

The Mt. Kenya Times



A warrior's bane



As I close my eyes,
a whisper calls,
soft yet piercing,
echoing through the halls
of broken visions,
where war befalls.

There's no escape,
it's etched, engraved.
My mind not able,
forever enslaved.
Once my eyes close,
the movie starts,
my heart still beats,
yet my soul departs.

These burdens carried,
a heavy weight,
all innocence gone,
it desecrates.
A mind so young,
so full of vision,
now torn apart
by moral collision.

I danced with demons,
I fought with dreams,
I bled in silence

amidst the screams.
I battled shadows,
I begged for light,
but darkness lingered,
refusing flight.

I open my eyes to escape,
to flee from a tired soul,
grasping ahold of sanity,
afraid of losing control.
Yet the chains still rattle,
the scars still burn,
and every page of memory
refuses to turn.

The warrior within me
is weary, worn,
a soldier of battles
I never chose to adorn.
But still I rise,
though broken, though scarred,
for even in ruin,
the spirit is hard.

And if tomorrow brings
another war to fight,
I'll carry my bane
into the night.
For though I tremble,
though I fall,
I am the warrior,
I endure it all.

Keith Onyango - Rongo university

Sometimes God doesn't draw the map



Sometimes God doesn't draw the map,
Nor mark each twist and bend,
He simply whispers, "Trust in Me,
I'll guide you to the end."

When dawn is still a distant dream
And hope feels deep and long,
Faith becomes the quiet bird
That greets the dark with song.

You walk through paths all veiled in mist,
No signposts to be seen,
Yet somewhere in the silent hush
His presence walks between.

A flicker comes, a gentle glow,
Just when you feel unsure,

Not all at once, but step by step—
Enough to help endure.

When life turns rough, the road uneven,
And strength begins to sway,
A tender hand you cannot see
Still leads you on your way.

No grand design is shown to you,
No answers loud or clear,
Only a calm within your soul
That tells you He is near.

The waves may rise, the winds may roar,
The sail may lose its aim,
Yet through the storm, the unseen Guide
Still knows your boat by name.

You reach a shore you've never known,
With skies serene and wide,
And only then you understand—
He walked there by your side.

Nandini

This is what a toxic relationship looks like: neither cutting it off not letting it go



I learn from what they do well,
I take the good they carry,
but I cannot embrace
the shadows they keep.
It leaves me standing in between—
not able to cut them off,
not willing to hold them close.
So I stay,
learning without becoming,
seeing without accepting,
walking my own line in silence.

Some are born with a gift,
a spark that shines without effort,
a talent that feels like a blessing
placed gently in their hands.
Yet behind that light,
there is something sharp—
a mind that bends,
a heart that feels small in strange ways.
I watch, I wonder,
why beauty and cunning
walk together in the same soul.

*Krishnaveni
Graduate teacher
Cuddalore district
Tamil Nadu
India.*

The Biggest Lie in the World



The biggest lie in the world
is just three words.
And we all say it
again and again—
"I am fine."

When someone asks,
"How are you?"
we simply reply,
"I am fine."

But the truth is,
we are not really fine.
We are just acting.

I don't know why we do this.
We carry untold stories
in our hearts,
confusion in our minds,
and pain within us.

Yet we still say,
"I am fine."

It remains
a quiet mystery of the heart.

V. S. NITHIYASRI
VIII
JOHN DEWEY MATRIC HIGHER SECONDARY
SCHOOL, PANRUTI, TAMILNADU.

What does mother bird say to babies



Learn learn to tweet
You are born to give melodious treat
Learn learn to fly
Your destiny as implied.

The mother phoenix
Teaches to burn ego & focus on ethics.
The mother peacock
With attitude dance & rock.

The mother swan
Separate evil & be gracious for been born.
The mother parrot
Attract by friendly chat.
The mother pigeon
Stay alert for communication.
The mother eagle
Be strong but not feeble.
The mother woodpecker
To succeed be a hardworker.
The mother crow
Share food & together mourn in a row.

These teachings mean a lot
Why don't we follow as our life is short.
G.Sarala.



In a world that speaks in hurried tones,
Where hearts grow used to standing alone,
There once was a language, soft and deep—
A promise the soul was meant to keep.
It lived in smiles that asked for nothing,
In gentle words that carried something,
In hands that helped without a name,
In quiet acts untouched by fame.
But now we scroll past silent pain,
Too busy chasing loss and gain,
We measure worth in likes and views,

And slowly unlearn what we once knew.
A tired man on a crowded street,
A child with hope and worn-out feet,
A friend who laughs but hides the ache—
Kindness is there, if we choose to wake.
It isn't loud, it doesn't shine,
It won't demand a grand headline,
Yet it can heal what words can't mend,
And turn a stranger into a friend.
Perhaps it's time we learn again,
This language lost among all men—
To speak in care, in warmth, in light,
To choose to be a reason someone's alright.
For in the end, when all is gone,
When victories fade and we move on,
The only echoes that will stay...
Are the gentle words we gave away.

Sangeeta Khattar
TGT English
DAV Public School
NH-3 ,NIT, Faridabad

Kindness: A forgotten language

Conflict Kindiki noted that the government is treating the recent incidents not as isolated cases but as part of a broader security challenge requiring sustained intervention

Kindiki assures firm security response in Kitui as government moves to contain deadly flare-Ups

BY DPCS and MKT Reporter
@themtkenyaintimes

Deputy President Kithure Kindiki has assured residents of Kitui County that the government has strengthened security operations following recent deadly incidents linked to resource-based conflicts in the area.

Speaking yesterday after attending the 3rd Annual Regulatory Authorities and Agencies Conference at South Eastern Kenya University, the Deputy President said security agencies have been instructed to intensify surveillance, increase patrols, and improve coordination to prevent further escalation of violence.

Kindiki noted that the government is treating the recent incidents not as isolated cases but as part of a broader security challenge requiring sus-

tained intervention. He emphasized that both immediate and long-term measures are being implemented to restore stability and protect communities.

“I want to assure the people of Kitui that the government will ensure they are safe. The government has directed all those responsible for security to ensure the latest incident is not treated as an isolated case,” he said.

The Deputy President acknowledged that the clashes in Kitui are largely driven by competition over natural resources such as land and water, especially in areas prone to drought and environmental stress. He warned that such tensions are often exploited by criminal elements who use local grievances to instigate violence, cattle rustling, and other forms of insecurity.

He said the government is

committed to dismantling criminal networks that thrive under the guise of resource disputes, adding that similar strategies used to curb banditry in other regions will be applied in Kitui.

“The same way we have been able to suppress banditry and terrorism significantly, we will do the same to crack down on those hiding in resource conflicts to perpetuate crime,” he stated.

Kindiki further emphasized that no individual, regardless of social or political standing, will be exempt from prosecution if found culpable. He warned that accountability would extend to public officials and political leaders alleged to be involved in fueling or benefiting from the conflicts.

“If a political leader or a government official is involved, then action will be taken

against them because crime is crime and is punishable by law,” he said.

The Deputy President also revealed that the government is working on a multi-agency long-term strategy that includes strengthening early warning systems, improving intelligence gathering, and enhancing rapid response capabilities in volatile areas.

In addition, he said the government is engaging local leaders, peace committees, and community elders to support reconciliation efforts and promote dialogue among affected communities. Development initiatives aimed at improving access to water, infrastructure, and alternative livelihoods are also part of the broader peace-building framework.

Residents have in recent weeks expressed concern over recurring clashes that have



Deputy President Kithure Kindiki in Kitui yesterday.

disrupted normal life, displaced families, and heightened fear in some parts of the county. Security agencies have since increased their presence in hotspot areas, with patrol units deployed to deter further violence.

Kindiki concluded by reaffirming the government’s commitment to ensuring last-

ing peace and stability in Kitui and other regions facing similar challenges, stating that security is a fundamental responsibility that the state will not compromise on.

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Politics Waiguru said the opposition cannot win a fair election against President Ruto and therefore asked Kenyans not to be hoodwinked to support a “losing side.”

Waiguru cautions Mt Kenya saying there is no angel in opposition to replace Ruto



Governor Ann Waiguru with some of bursary beneficiaries.

BY MKT REPORTER
@themtkenyatimes

Kirinyaga Governor Anne Waiguru says the opposition has no chance of defeating President William Ruto in the 2027 elections and warned Mt. Kenya against taking its position in Government for granted

Waiguru said the opposition cannot win a fair election against President Ruto and therefore asked Kenyans not to be hoodwinked to support a “losing side.”

She said the opposition has no political angels that can replace President Ruto, saying each of the aspirants has his shortcomings.

“Politics in not religion, each one of them has fallen short of the glory of God. So don’t look for angels. There are no angels, you can’t tell me Ruto

is bad, Rigathi Gachagua is good, were they not together in Government, have you forgotten?” she posed.

Kirinyaga Governor Anne Waiguru says the opposition has no chance of defeating President William Ruto in the 2027 elections and warned Mt. Kenya against taking its position in Government for granted Waiguru said the opposition cannot win a fair election against President Ruto and therefore asked Kenyans not to be hoodwinked to support a “losing side.”



The second term Governor further said most of Presidential aspirants are not serious contenders but are just out to marshal following so as to get bargaining powers to advance personal interests.

Speaking during the official launch of disbursement of KSh129.5 million bursaries to needy students at the County Headquarters in Kutus, Waiguru noted that winning Presidential election is not a walk in the park warning aspirants that social media buzz should not be misconstrued as political popularity.

The Governor noted that becoming a President in the country requires lot of resources and planning and therefore some of the aspirants should stop equating their social media popularity with votes.

Waiguru said President William Ruto had to wait for 10 years while planning and

working hard on how to inherit the seat from his predecessor Uhuru Kenyatta who had equally also waited for years. “It’s not a matter of waking up and finding you have 5000 likes on social media and think you can become the President. For Ruto to be on that seat, there was lot of planning.

Even Uhuru did not just wake up and become President. It’s not that easy,” Waiguru stated. The Governor claimed that some of the Presidential aspirants are already trying to cut deals on how they can drop their bid and in return get positions.

She asked people from Mt. Kenya region not to take for granted, privileges and opportunities they have enjoyed over the years for being in government.

Waiguru warned that the region risks being in political cold after the 2027 elections if it decides to support the opposition.

“Let me tell you for free, it’s you to decide where you will be in government or the opposition. It will not be easy to win the 2027 elections against President Ruto,” she said.

The Governor said once the opportunity sleeps away, the region will realize how important it is to be part of a ruling government.

“As people from Mt. Kenya we have gotten used to being in government and we are now taking it for granted. You people of Kirinyaga you have tarmac everywhere, go to other places and see for yourself. As a region, we have been in Government for very long time and we have benefitted a lot, now you want to be in the opposition,” she said.

He asked Kenyans to support President Ruto for a second term saying he had performed well in terms of development.

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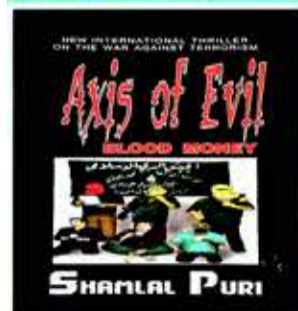
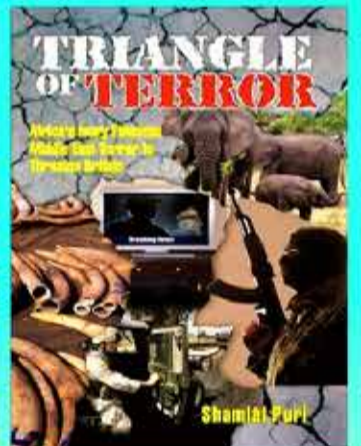
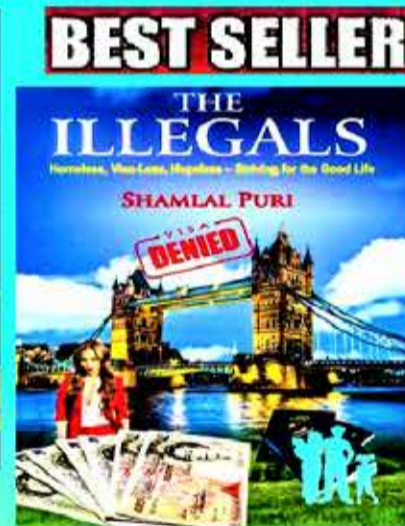
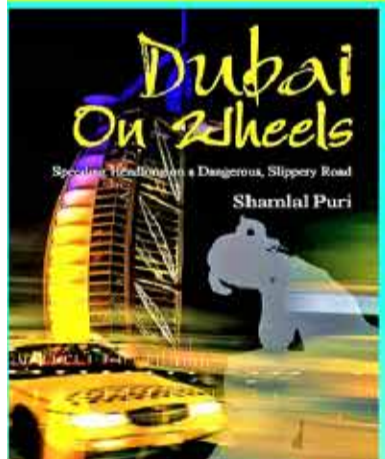
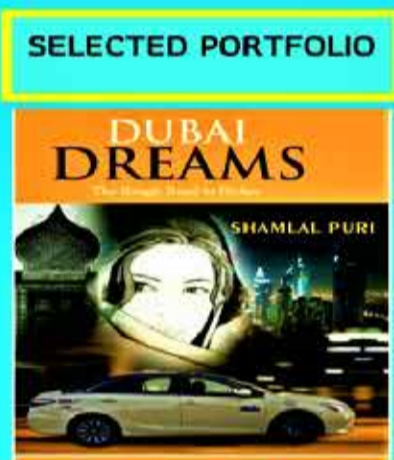
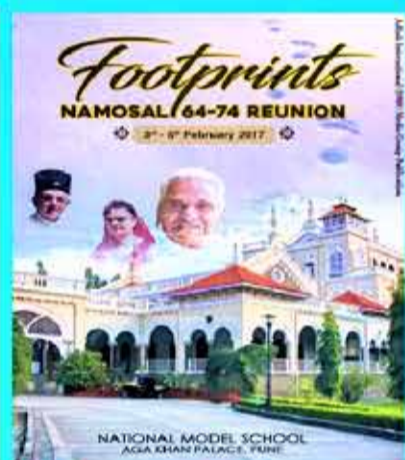
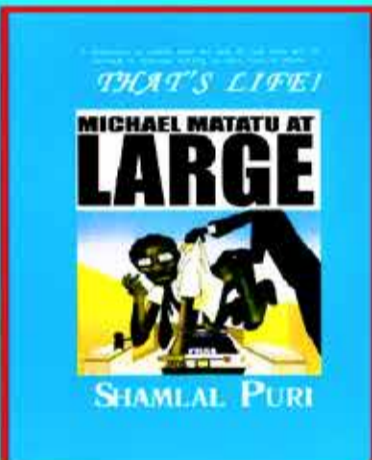
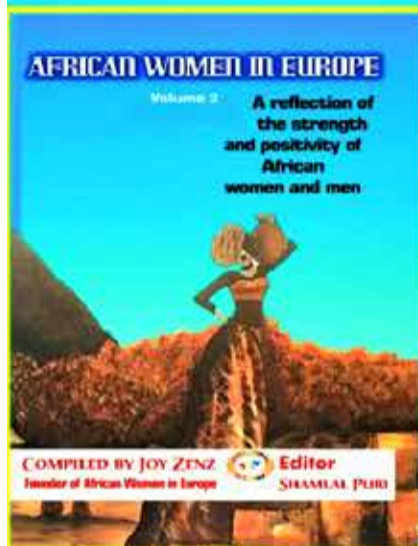
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Xenophobia Areas such as Addo, Valencia, and Alexandra have been hotspots for xenophobic violence

The xenophobia epidemic: A Threat to South Africa's future

BY Norman Mwale
[The PenPusher]
@themtkenyatimes

In the streets of Johannesburg, fear stalks the shadows. For many foreigners, South Africa's promise of opportunity has turned into a nightmare of violence and hatred. Xenophobic attacks are shattering lives, tearing communities apart, and threatening the nation's fragile social fabric. As the world watches, one question echoes: will South Africa succumb to the poison of xenophobia, or can it rise above and reclaim its place as a beacon of hope in Africa?

Areas such as Addo, Valencia, and Alexandra have been hotspots for xenophobic violence, with reports of mobs attacking immigrant families, looting, and burning homes. In Addo, four people were killed, dozens injured, and hundreds displaced, echoing the devastating Alexandra Riots of 2008, which claimed 62 lives and displaced tens of thousands. The vigilante group Operation Dudula has also been targeting migrant-owned businesses and homes, perpetuating a culture of fear and intimidation.

The reasons behind this violence are complex, but experts point to socio-economic struggles, unemployment, and inequality as contributing factors. As President Cyril Ramaphosa noted, "We must not allow concerns over illegal migration to breed prejudices and hatred". However, some argue that government responses have been inadequate, and that anti-migrant discourse from officials has fuelled the violence.

Foreign governments

have taken notice. Kenya and Nigeria have warned their citizens about the risks of xenophobic attacks in South Africa, while Ghana has summoned the South African envoy to protest harassment and intimidation. "The attacks are a stark reminder of the need for regional cooperation and solidarity," said Ghana's Foreign Ministry.

The Zimbabwean government responded to the attacks by issuing an urgent advisory to its citizens, urging them to stay indoors, limit unplanned movement, and keep essential documents with them at all times. The government, through the Zimbabwean Embassy in South Africa, condemned the attacks and expressed commitment to ensuring the safety, dignity, and well-being of its nationals.

Ordinary people are also speaking out. "I'm scared to walk the streets, I fear for my safety and my family's well-being. We've seen people shot, burnt alive with tyres, and stabbed to death with knives. It's like we're killing each other like animals. We just want to live and work in peace," said Mstophher Ncube, a Zimbabwean citizen in Cape Town. Thembi Patel, a South African resident in Johannesburg, echoed this sentiment: "It's heart-breaking to see people attacking innocent foreigners. We need to learn to live together and support each other".

Xenophobia has serious consequences, not only for the victims but also for South Africa's reputation and regional relations. As the African Union Commission Chairperson Moussa Faki Mahamat stated, "Xenophobia has



Xenophobia epidemic

no place in Africa". The country's reputation as a xenophobic nation deters foreign investors, tourists, and businesses, ultimately harming the economy. Xenophobic attacks have led to warnings from countries like Kenya and Nigeria, with some even recalling their diplomats from Pretoria.

The economic fallout is significant. Xenophobic violence discourages foreign direct investment, damaging South Africa's economic development. The tourism sector, a vital contributor to the economy, is also threatened as violent crime, including xenophobic attacks, deters tourists. Furthermore, xenophobic violence disrupts trade and commerce, affecting businesses and entrepreneurs.

The African Continental Free Trade Area (AfCFTA) initiative, aimed at creating a single market for goods and services across Africa, is also threatened by xenophobia. The attacks undermine trust and cooperation among African nations, hindering regional integration and economic growth.

The South African government has condemned the attacks, with President Ramaphosa promising to crack down on

perpetrators. The South African National Defence Force (SANDF) has been deployed to affected areas. African governments and human rights organisations have also condemned the violence, calling for diplomatic efforts to address the issue. To address xenophobia, experts recommend implementing citizen diplomacy initiatives, cultural exchange programmes, and economic cooperation to foster understanding and eliminate stereotypes.

Measures are being taken to prevent future incidents, including increased security presence in hotspots, community outreach programmes, and diplomatic efforts to promote regional cooperation and understanding. The Zimbabwean government is working with international partners to address the issue, and the South African government has promised to investigate and prosecute those responsible for the attacks.

Controversy Surrounds Ramaphosa's Meeting at Mnangagwa's Farm

BY Norman Mwale
@themtkenyatimes

In the complex web of regional politics, unexpected encounters can spark intense scrutiny. South African President Cyril Ramaphosa's recent meeting at President Emmerson Mnangagwa's Precabe Farm in Kwekwe, Zimbabwe, has raised eyebrows, highlighting the delicate balance between diplomatic engagement and scrutiny of corruption. As details emerge, it's clear that this incident touches on broader themes of transparency, accountability, and the challenges of navigating relationships in Southern Africa's business and politics landscape.

South African President Cyril Ramaphosa has defended his decision to attend the meeting, saying he didn't know who else would be there. The meeting, which took place at Precabe Farm, was attended by Wicknell Chivayo, a businessman with links to alleged corruption and a "person of interest" to South African law enforcement agencies.

According to Ramaphosa's spokesperson, Vincent Magwenya, the President was invited to Zimbabwe by Mnangagwa and had no prior knowledge of Chivayo's presence. "The President was invited by his counterpart to Zimbabwe. He had no knowledge of who would be there. When he was there, he had no sense of who this person was..." Magwenya said.

The meeting has sparked criticism, with questions raised about Ramaphosa's judgment and potential links to Chivayo's business dealings. South Africa's Financial Intelligence Centre has flagged transactions between a Chivayo-linked firm and a South African printing company.

Magwenya emphasised that South African law enforcement agencies should continue investigations into Chivayo's activities "with no fear or hesitation". "The President has nothing to hide," Magwenya said.

But the incident raises broader questions about Ramaphosa's credibility and efforts to combat corruption in South Africa. How does this incident impact his anti-corruption drive, and what implications does it have for South Africa's relationships with international partners and investors? Moreover, should South African law enforcement agencies face scrutiny for not informing Ra-



Presidents Cyril Ramaphosa's recent meeting with Emmerson Mnangagwa

maphosa about Chivayo's presence at the meeting?

The episode also highlights the complexities of regional diplomacy and the challenges of navigating relationships with businesspeople linked to alleged corruption. How can South Africa balance its diplomatic relationships with regional partners like Zimbabwe while upholding its own laws and values? And what does this meeting reveal about the relationship between Zimbabwe's government and businesspeople like Chivayo?

Zimbabwe's government must also address concerns about corruption and money laundering linked to its associates. Does this meeting signal a shift in Zimbabwe's diplomatic approach towards South Africa and the region? What impact might this have on Zimbabwe's efforts to re-engage with international financial institutions and attract investment?

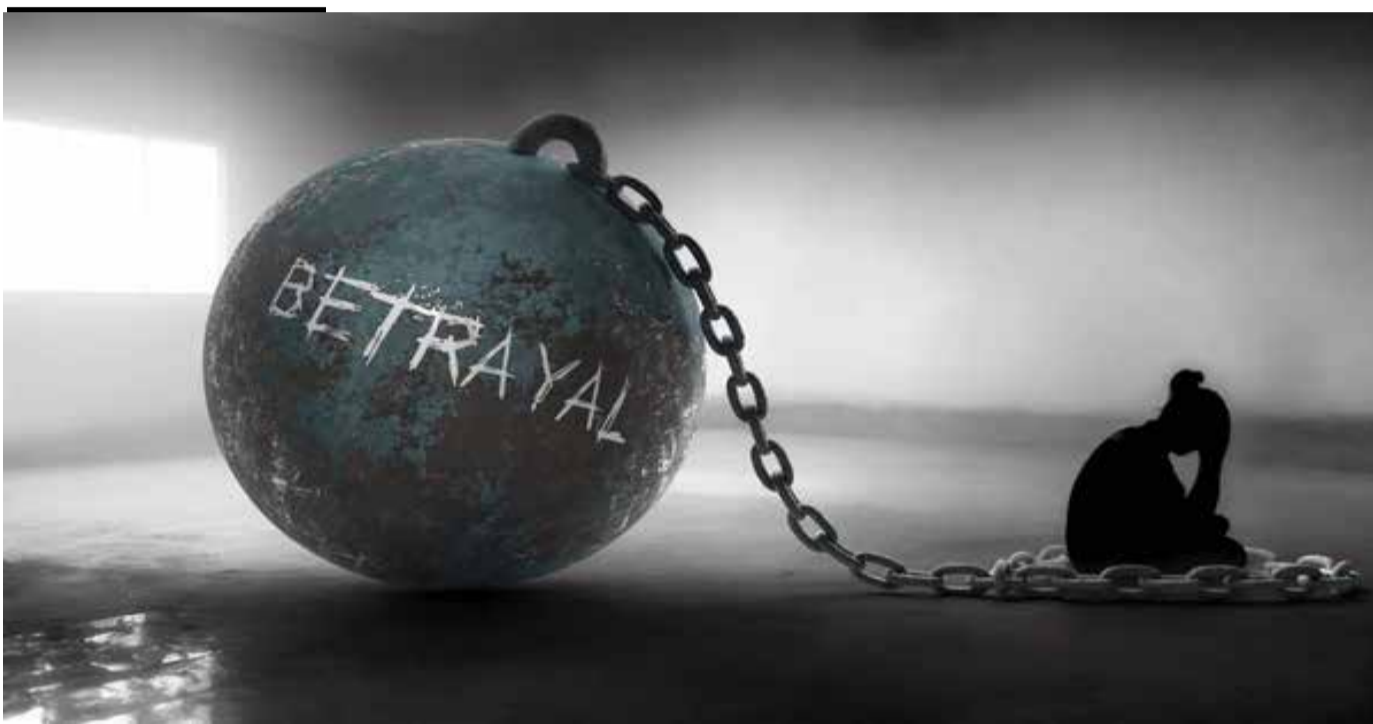
As the region grapples with these questions, it's clear that transparency and accountability are crucial for building trust and promoting economic growth. How can countries like South Africa and Zimbabwe balance their national interests with regional and international obligations to combat corruption? The answers will have far-reaching implications for the Southern African Development Community (SADC) and the African Continental Free Trade Area (AfCFTA) initiative.



Corban Madzivanyika - MP

Betrayal Some people do not betray you by accident — they do it by design, and understanding that distinction may be the most important thing you ever learn.

The quiet epidemic: Understanding the psychology of chronic betrayal



By: Mukama Phillip Kahigiriza
mukphix@gmail.com

There is a category of betrayal that defies easy explanation. It is not born of desperation, revenge, or a single lapse in judgment. It is habitual, calculated, and for certain individuals, deeply rewarding. While most people feel guilt after violating trust, research in behavioural psychology reveals a subset for whom betrayal functions not as a moral failing but as a deliberate strategy. Understanding them is not about excusing them. It is about stopping the dangerous habit of calling a pattern an accident.

Psychologists have long identified what is known as the Dark Triad — narcissism, Machiavellianism, and sub-clinical psychopathy — to describe individuals who prioritise self-interest, manipulate others instrumentally, and experience little empathy.

For such people, betrayal offers something loyalty simply cannot: power without the slow labour of building. Destroying a relationship or a reputation takes minutes. Building either takes years. For someone oriented toward dominance and efficiency, the arithmetic is straightforward. Betrayal becomes a shortcut to significance.

A second driver is control through manufactured instability. Trustworthy people are predictable, and predictability allows others to plan, defend themselves, and walk away. For individuals who equate control with safety, that predictability feels threatening. Engineering chaos — through leaked secrets, broken confidences, or calculated conflict — restores their sense of leverage. The confusion they create in their victims is not collateral damage. It is the objective.

The third and most complex motivation is intimacy without vulnerability. Genuine closeness requires mutual risk. For individuals with deep attachment wounds, that risk is intolerable. Betrayal offers a counterfeit substitute — they learn your fears,

ambitions, and insecurities, achieving a form of closeness while never exposing their own. It is intimacy at arm's length, with a knife held carefully between.

The origins of this pattern vary. Developmental psychology points to early environments where deception was rewarded and empathy was punished. A child who learns that lies protect and manipulation wins can adapt by gradually excising guilt as a survival mechanism. By adulthood, the capacity to harm without remorse is not monstrous — it is practised. Clinical work also documents individuals with no clear trauma history for whom betrayal is simply exploratory. Other people's boundaries are variables. Their reactions are data. Trust is not sacred — it is a hypothesis to be disproven.

Perhaps the most uncomfortable truth is that chronic betrayal persists because it is rewarded — often by its victims. We mislabel repetition as remorse. We interpret renewed access as changed character. We call it forgiveness when it is actually an avoidance of the grief that comes with finality. In doing

so, we underwrite the very behaviour that harmed us.

This does not transfer blame to the betrayed. It clarifies where power lies. You cannot rehabilitate someone who is satisfied by the act you want them to stop. But you can withdraw the conditions that make it profitable. That begins with measuring apologies against patterns rather than intentions. Access to your life, your business, and your peace must be contingent on demonstrated consistency — not on potential, charisma, or the convenient narrative of a difficult past.

It also requires grieving the relationship you believed you had, not the one that actually

existed. The person who repeatedly betrays you is not a flawed version of your ally. They are an entirely different category.

The data is clear: some people are not conflicted about betrayal. They are organised around it. Recognising that is not cynicism — it is self-preservation. It is the difference between asking why it happened and asking why it is still happening. The second question is the one that gives your life back.

Mukama Phillip Kahigiriza is a corporate communicator, journalist and author. He can be reached at mukphix@gmail.com



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Rwanda Rising fuel prices in Rwanda have increasingly impacted multiple sectors of the economy

Rising fuel prices reshape daily life, business in Rwanda

BY Xinhua News Agency
@themkenyatimes

Rising fuel prices in Rwanda have increasingly impacted multiple sectors of the economy, significantly affecting transport costs, food prices, and everyday life for citizens. Over recent months, fuel prices have risen sharply, driven by global market trends, supply dynamics, and policy adjustments by the Rwanda Utilities Regulatory Authority (RURA).

In early March, petrol prices were capped at 1,989 Rwandan francs per liter, while diesel stood at 1,948 francs. However, by early April, RURA revised the prices upward, with petrol rising to 2,303 francs and diesel to 2,205 francs per liter. Later in mid-April, petrol prices surged further to 2,938 francs per liter, while diesel remained unchanged, a move intended to cushion public transport and broader economic activity.

These increases have had a direct effect on public transport fares, which were adjusted to 59.28 francs per passenger per kilometer within Kigali and 41.58 francs for intercity travel. As a result, commuters are facing higher travel costs, while transport operators struggle to balance rising fuel expenses with customer resistance to fare hikes.

Motorcycle taxi riders, a key component of urban mobility, have been particularly affected. Riders report difficulty passing on increased costs to passengers, many of whom are unwilling or unable to pay higher fares due to stagnant incomes. This has reduced profitability in the



Fueling station

sector, with some operators noting that earnings barely cover fuel costs, leaving little or no profit.

The impact of rising fuel prices extends beyond transport to the broader cost of living. Increased transportation costs have led to higher prices for goods, especially food items, as traders pass on the additional expenses to consumers. Many residents report that basic commodities have become more expensive, contributing to financial strain for households.

Businesses, particularly in the food and hospitality sector, are also feeling the pressure. Restaurant operators in Kigali have reported increased costs of sourcing ingredients due to higher transport

expenses. This has forced many to raise menu prices, which in turn has reduced customer demand. Diners are becoming more price-sensitive, often opting for cheaper meals or reducing how frequently they eat out.

In addition to food costs, operational expenses such as cooking gas, electricity, and staff transportation have also risen, further squeezing profit margins for businesses. Some business owners have noted declining daily sales and overall revenue as a result of these combined pressures.

RURA has attributed the fuel price adjustments to international oil market trends and supply conditions, while also implementing measures such as

maintaining diesel prices to mitigate broader economic impacts. Authorities continue to monitor the situation and encourage citizens and businesses to adapt to the changing economic environment.

Despite these efforts, the effects of rising fuel prices are already deeply felt across Rwanda. For many citizens, the increases are not just an economic statistic but a daily reality that is reshaping how they travel, work, and manage their household budgets. As global uncertainties persist, the pressure on fuel prices is expected to remain a key concern for both policymakers and the public.

Trump threatens to bomb Iran at much higher level if peace deal is not reached



Previously bombed premises in Iran

BY Xinhua News Agency
@themkenyatimes

U.S. President Donald Trump said on Wednesday that if Tehran does not agree to a peace deal with Washington, U.S. forces will resume bombing "at a much higher level and intensity than it was before."

"Assuming Iran agrees to give what has been agreed to, which is, perhaps, a big assumption, the already legendary Epic Fury will be at an end, and the highly effective Blockade will allow the Hormuz Strait to be OPEN TO ALL, including Iran," Trump wrote in a post on his Truth Social account. "If they don't agree, the bombing starts, and it will be, sadly, at a much higher level and intensity than it was before," he added. On Tuesday at a White House news briefing, U.S. Secretary of State Marco Rubio said the military operation Epic Fury was already over. "The operation is over. Epic Fury, as the president notified Congress, we're done with that

stage of it," Rubio told reporters.

Also on Tuesday, Trump said the U.S. military will pause its effort to guide vessels through the Strait of Hormuz for now while maintaining its blockade of Iranian ports, given "great progress had been made toward a Complete and Final Agreement with Representatives of Iran." The United States and Iran are closing in on a one-page memo to end their war, U.S. online media outlet Axios reported on Wednesday. A potential deal would involve Iran committing to a moratorium on nuclear enrichment and the United States agreeing to lift sanctions, with both sides lifting restrictions on transit through the Strait of Hormuz, it said. The New York Post reported on Wednesday that Trump said it is "too soon" to start thinking about face-to-face peace talks between the United States and Iran, despite optimistic reports that the two nations were closing in on a potential framework to end their war.



LETTERS TO THE EDITOR

The silent struggle: Why the boy child cannot be left behind

By Beatrice Chepkemoi

Boys are struggling — and society has largely looked the other way.

While the push for gender equality has rightly elevated women and girls, the boy child has been left to navigate a different but equally damaging set of pressures, mostly in silence. From childhood, boys are conditioned by phrases like “man up” and “boys don’t cry” — casual instructions that quietly teach them to suppress emotion, equate vulnerability with weakness, and face their battles alone.

The consequences are not abstract. Suppressed emotion does not disappear — it resurfaces as anger, withdrawal, and deteriorating mental health. Yet seeking help remains stigmatised. Therapy, open conversation, even confiding in a friend — for many boys, these are perceived not as courage but as



failure. That stigma is costing lives.

The expectation that boys should simply “figure things out” compounds the damage. Without safe spaces to express themselves, many young men grow into adults who are emotionally isolated, relationally stunted, and ill-equipped to contribute healthily to families and communities.

Advocating for boys does not undermine women’s empow-

erment — it completes it. True progress is not a competition between genders. A society that uplifts one while neglecting the other builds on an unstable foundation.

Redefining strength — as the courage to speak, to seek help, to feel — is not a soft agenda. It is an urgent social necessity.

The boy child is not unbreakable. It is time we stopped pretending otherwise.

Retirement on trial: When benefits become a political weapon

By Oliver Ogotu

Kenya’s Senate is weighing a proposal to revoke former President Uhuru Kenyatta’s retirement benefits, triggering a debate that reaches far beyond one man’s pension.

The Presidential Retirement Benefits Act exists for a clear purpose — to afford former heads of state security, dignity, and a defined post-office role. Proponents of the Senate motion argue Uhuru has breached that spirit by remaining politically active, citing his perceived alliances and continued influence within party structures. To them, this is accountability, not punishment.

Critics disagree, and they have a point. Tying a former president’s entitlements to political silence sets a dangerous precedent. If state benefits can be withheld based on speech or association, they cease to be legal protections and become



instruments of control — rewards for loyalty, penalties for dissent. That is not accountability. That is coercion.

The distinction matters enormously. Kenya’s democratic credibility rests partly on how it treats those who have already relinquished power. A system that guarantees benefits only to compliant former leaders is a system that has weaponised retirement.

This debate will ultimately define something larger than Uhuru’s post-presidency — it will determine whether Kenya’s institutions are governed by law or by the political mood of the moment.

That is a test no democracy should fail.

Oliver Ogotu is a student at Rongo University.

Filipino English teacher brings a new learning experience to our school

By: Madina Mirzayeva

Recently, our school welcomed a professional English teacher from the Philippines. This new experience has brought great excitement and interest among students and teachers. Learning English with a foreign teacher is a rare and valuable opportunity for us.

From the very first lessons, it became clear that the teaching style is different from traditional classroom methods. The teacher uses a very interactive and communicative approach. Instead of only relying on textbooks, lessons include speaking activities, question-and-answer sessions, role-plays,

and real-life examples. This makes the classes more engaging and easier to understand.

One of the most important aspects of these lessons is encouraging students to speak freely. The teacher motivates students not to be afraid of making mistakes and explains that mistakes are a natural part of learning. Because of this, students are becoming more confident and active during lessons.

During the classes, students are learning how to introduce themselves, express their opinions, and participate in simple conversations. Since the lessons are practical and based on real-life situations, students are able to

learn faster and remember better.

In addition, the teacher also shares interesting information about Filipino culture, traditions, and daily life. This helps students broaden their worldview and develop respect and curiosity toward other cultures.

Teachers also appreciate this experience. They believe that having a foreign teacher in the classroom makes the learning environment more dynamic, modern, and effective. Students are now more motivated and look forward to English lessons.

In conclusion, the presence of the Filipino English teacher has become a valuable opportunity for

our school. It not only improves students’ English skills but also helps them build confidence and global communication abilities. This experience is an important step toward preparing students for the future.

Madina Mirzayeva is an 8th-grade student at School No. 16 “Jasorat” in Kasbi district, Kashkadarya region. From an early age, she has shown a strong passion for creativity, reading, and journalism, and is recognized as an active, curious, and dedicated student.



Madina Mirzayeva with Pe Ma Bebs Arellano(teacher)

SPORTS
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Sports >> *Kenya's Junior Starlets begin camp preparations for a two-legged FIFA U-17 Women's World Cup qualifier against Uganda, eyeing a second consecutive World Cup berth.

Starlets go to war: Kenya's U-17 girls target back-to-back World Cup glory



Kenya's Junior Starlets

By **Martin Weche**

Kenya's Under-17 women's football team, the Junior Starlets, pitched camp on Wednesday to begin preparations for a two-legged FIFA U-17 Women's World Cup qualifier against Uganda, with the first leg scheduled for May 22 at FUSA Stadium in Kabaka and the return fixture set for May 30 at Nyayo Stadium in Nairobi.

The Starlets earned their place in the second round with a commanding 7-1 aggregate demolition of Namibia in the opening round — a result that signalled intent and sent a clear message to rivals across the continent. Head coach Mildred Cheche named a 30-player provisional squad on Monday, May 4, with seven new faces brought into the fold: Florence Mboya, Daisy Adongo, Jael Nanjala, Grace Wangari, Martha Musimbi, Rochelle Faith and Khadija Furaha. The group will be trimmed to a final 23 ahead of

the tie.

Cheche, who has built a reputation for nurturing young talent through the ranks of Kenyan women's football, made no attempt to downplay the magnitude of the challenge awaiting her side. "It will be a very tough match but we will prepare well for it," she said. "I believe in my players — they are very talented and ready to face the challenge. The dream is to qualify again for the World Cup."

That dream is grounded in recent history. The two sides met at the same stage last year, with Kenya prevailing 5-0 on aggregate before being eliminated by Cameroon in the final qualifying round. The memory of that narrow miss will sharpen minds in camp, but it will also serve as proof that this group belongs at the highest level of the continental qualifying process.

Uganda arrive in the tie with momentum of their own. The Teens Cranes dismantled Zimbabwe

6-1 on aggregate — winning 2-0 in Harare before a dominant 4-1 home victory in Kampala — and will be no strangers to the pressure of knockout football. Their coach and technical staff will have studied Kenya's Namibia display closely, and Cheche's preparation will need to account for a side that is organised, physical and playing on home soil in the first leg.

The stakes extend well beyond national pride. The FIFA U-17 Women's World Cup qualification process for the Morocco 2026 tournament involves three rounds of home-and-away matches. Of the 30 teams that entered the first round — with Nigeria exempted on the basis of past performance — 15 winners advanced to join the Super Falcons in the second round. From those 16 teams, eight will progress to the third round, and the four winners of those two-legged ties will secure places at the tournament.

Morocco 2026 forms part of an expanded 24-team edition of the tournament, part of a series the host nation will stage through to 2029 — a structural shift by FIFA designed to broaden participation and deepen the women's game across emerging football markets. For African nations, the expanded format represents both opportunity and heightened competition.

For the Junior Starlets, the context is both inspiring and sobering. Their historic debut at the 2024 FIFA U-17 Women's World Cup in the Dominican Republic broke new ground for Kenyan women's football, and the expectation of a second consecutive appearance now rests on the shoulders of a young, talented, and increasingly battle-hardened squad.

Coach Cheche and her players know exactly what is required — and they are preparing accordingly.

GET THE BEST OF WORLD

Sports >> *Police FC coach Nicholas Muyoti has vowed to go all the way in the FKF Cup after a hard-fought quarter-final win over Shabana FC booked a semi-final date with Bandari

Muyoti sets sights on cup glory as Police march into the last four



Kenya Police FC head coach Nicholas Muyoti

By: **Martin Weche**

Kenya Police FC head coach Nicholas Muyoti has declared his side capable of winning the FKF Cup outright, with the defending champions targeting a final berth after a hard-fought 1-0 quarter-final victory over Shabana FC at Gusii Stadium over the weekend.

The win, grinding and disciplined as knockout football demands, secured Police's place in a semi-final pairing against Bandari FC — a side Muyoti respects but does not fear. The four remaining teams in the competition — Police, Bandari, KCB and Tusker — represent the upper tier of Kenyan club football, and Muyoti is under no illusions about what lies ahead. Yet his confidence, measured and deliberate, carries the weight of a coach who understands tournament football.

"The teams that have remained in this tournament are good, but our immediate focus is the

semi-final against Bandari FC," Muyoti said. "Our focus is to beat Bandari and qualify for the final because they have also eliminated a tough team, Mfalme FC, which did well against big names in previous rounds."

Bandari's route to the last four was not without difficulty, and Muyoti's scouting instincts are clearly sharp. He is not dismissing an opponent who dispatched Mfalme FC — a side that had already troubled stronger clubs earlier in the tournament. That acknowledgement speaks to a tactical maturity increasingly evident in his management of the squad.

At the centre of Police's continental ambitions stands captain Aboud Omar, a figure Muyoti singled out for both leadership and technical quality. "I can also praise Aboud Omar as a captain for the way he organises his teammates and the way he takes his free kicks," the coach said. Omar's influence, both positional and psychological, appears to

be a central pillar in how Police approach high-stakes matches.

Muyoti was equally candid about the motivational architecture driving his players. "My boys know the meaning of lifting this tournament. We must work extra hard," he said, before drawing a wider frame around what cup success represents. "Playing at the continental level is a good opportunity for players and coaches to market themselves."

It is a statement that reflects the dual reality of Kenyan club football — results drive contracts, and contracts drive careers.

That continental incentive sharpens everything. The FKF Cup winner earns a berth in the CAF Confederation Cup, a stage where Kenyan clubs have historically struggled to assert themselves. For Police, who last lifted the trophy in 2024, reclaiming it would represent continuity of ambition rather than nostalgia — a statement that the club remains structurally competitive, not merely occasionally dangerous.

Muyoti has also, with characteristic pragmatism, acknowledged what the league table cannot offer his side this season. The FKF Premier League title, he confirmed, is beyond reach. The cup, therefore, is not a consolation prize — it is the mission. That clarity of purpose, redirected and resolute, often separates sides that merely participate in knockout rounds from those that win them.

The semi-finals are scheduled for May 16, with KCB facing Tusker in the second fixture of what promises to be a compelling double-header. Between the four clubs on that date, there is a combined history of league titles, continental appearances and cup pedigree that underscores just how high the stakes have become.

For Muyoti and Kenya Police, the message is simple and unambiguous — they came to Gusii to win, and they intend to finish what they have started.

SPORTS NEWS



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SPORTS AS THEY HAPPEN



Turning strength into transformation: A journey of purpose, power and women's empowerment



By: Anila Bukhari
@themkenyatimes



Worth Noting:

- Alice's journey began with a strong academic foundation. After earning a degree in Economics, she moved to Dubai to pursue professional opportunities and broaden her horizons. It was during this phase of her life that she began to shape her vision of creating something meaningful—something that would go beyond conventional career paths and contribute to real impact. With determination and clarity of purpose, she transformed that vision into Bright & Fit, a global platform dedicated to empowering women through structured wellness and personal development programs.
- Under her leadership, Bright & Fit evolved into a multidisciplinary ecosystem supported by experts in fitness, nutrition, coaching, and mental well-being.

Alice Veglio is an entrepreneur, author, athlete, and women's empowerment leader who is redefining transformation in the modern wellness industry through vision, resilience, and purpose-driven leadership. As the Founder and CEO of Bright & Fit, she has built one of the most influential female wellness communities across Europe and the UAE, impacting the lives of more than 65,000 women through holistic programs that combine fitness, nutrition, mindset, and personal growth.

Her work is not limited to physical transformation; instead, it is rooted in a deeper philosophy that true change begins within. Alice strongly believes that the body can only evolve when the mind shifts first. This principle has become the foundation of her approach, guiding thousands of women to reconnect with their self-worth, rebuild confidence, and create lasting transformations that extend far beyond appearance. Through discipline, movement, and self-awareness, she empowers women to break free from limiting beliefs and step into their fullest potential.

Alice's journey began with a strong academic foundation. After earning a degree in Economics, she moved to Dubai to pursue professional opportunities and broaden her horizons. It was during this phase of her life that she began to shape her vision of creating something meaningful—something that would go beyond conventional career paths and contribute to real impact. With determination and clarity of purpose, she transformed that vision into Bright & Fit, a global platform dedicated to empowering women through structured wellness and personal development programs.

Under her leadership, Bright & Fit evolved into a multidisciplinary ecosystem supported by experts in fitness, nutrition, coaching, and mental well-being. The platform integrates science-backed strategies with practical tools to guide women through both physical and emotional transformation. It is not simply about achieving fitness goals; it is about creating a sustainable and empowering lifestyle where women feel strong, confident, and in control of

their lives.

What makes Alice's work truly powerful is that it is deeply personal. Her own life story reflects the resilience and strength she encourages in others. At a young age, she was diagnosed with a severe spinal condition that could have limited her physical capabilities. Later, she faced additional challenges related to cardiac health. Instead of allowing these obstacles to define her, Alice chose a different path. She turned adversity into motivation and used sport as a way to rebuild her body and mindset.

Through consistent effort and determination, she not only overcame her limitations but went on to become a marathon and ultra-distance runner. Endurance sports became more than just physical achievements—they became symbols of mental strength, perseverance, and human potential. For Alice, every race represents a message: that the limits people believe in are often self-imposed, and with the right mindset, they can be overcome.

One of her most notable recent achievements was completing a 50-kilometer endurance running event designed to raise awareness about women's mental health and inner strength. This milestone was not just a personal victory; it was a powerful statement aligned with her mission. It highlighted the importance of resilience, emotional well-being, and the ability of women to push beyond invisible barriers that society or self-doubt may place on them.

In addition to her entrepreneurial and athletic accomplishments, Alice is also a certified coach, motivational speaker, and bestselling author. She frequently speaks at international conferences and events focused on leadership, wellness, and personal transformation. Her voice resonates with diverse audiences because it is grounded in authenticity, lived experience, and a genuine desire to inspire change.

Her influence and impact were further recognized in 2023 when she was crowned Miss Multiverse. This title celebrated not just her внеш beauty, but more importantly her resilience, purpose, and contribution



Alice Veglio

to society. It symbolized a new definition of success—one that values strength, intelligence, compassion, and impact over superficial standards.

Despite her growing global presence, Alice remains deeply connected to her mission. She continues to expand Bright & Fit while staying focused on the core message that transformation is not about perfection, but about freedom. She encourages women to embrace their individuality, trust their journey, and release the need for external validation.

Alice Veglio's work is shaping a new narrative in the wellness in-

dustry—one that prioritizes mental strength as much as physical health, and inner growth as much as внеш success. Through her leadership, she is building more than a brand; she is creating a movement where women are empowered to rise, evolve, and redefine their own limits.

Today, she stands as a symbol of what is possible when purpose meets determination. Her journey continues to inspire thousands of women around the world to believe in themselves, take control of their lives, and understand that true transformation begins the moment they stop doubting who they are.