

The Mt. Kenya Times

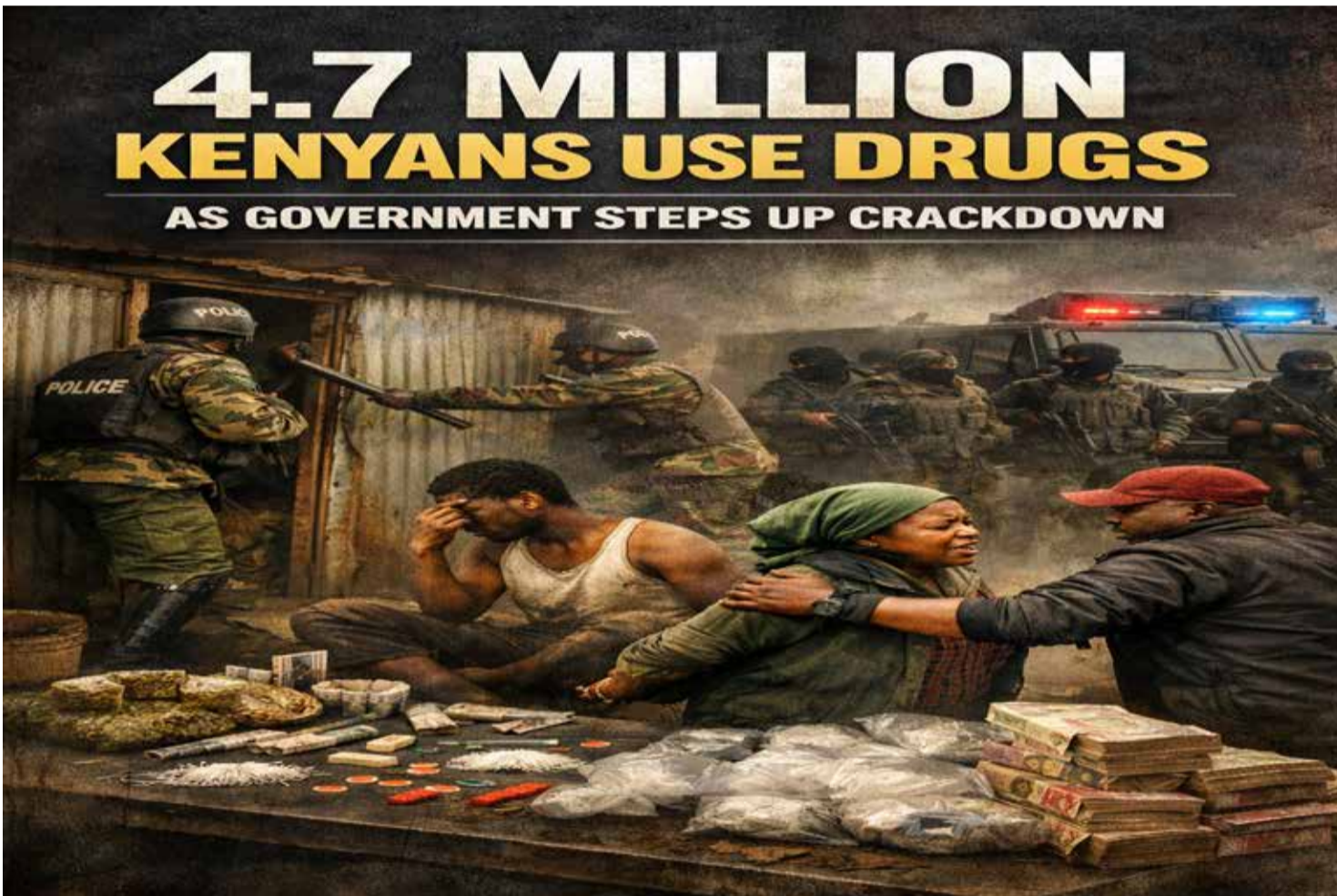
WEEKEND ePAPER

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KSh 60 (TSh 1,700 : USh 2,700 : RFr 900)

No. 0299    themtkenyatiimes

4.7M Kenyans hooked as drug war intensifies



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Strategic governance key to African universities' global competitiveness

BY MKT REPORTER

@themtkenyatimes

Some of the moments as captured in pictures

A high-level forum in Lancaster, United Kingdom, has called for African universities to embrace strategic governance and visionary leadership to remain competitive in an era of artificial intelligence, shrinking funding and rising accountability.

The conference, themed *Governing Councils as Strategic Stewards and Custodians of Institutional Performance*, brought together university leaders, policymakers and governance experts from across the world.

Delivering the keynote address, Mount Kenya University (MKU) Council Chairman and Pro-Chancellor, Dr. Vincent Gaitho, said institutional success increasingly depends on the quality of governance rather than academic excellence alone.

He urged governing councils to shift from compliance-focused oversight to strategic stewardship that drives innovation, financial sustainability and long-term growth.

Participants stressed the need for capable governing councils, cohesive leadership teams and clear separation of governance and management roles to enhance institutional performance. Discussions also highlighted digital governance, including artificial intelligence, cybersecurity, data governance and the need to diversify university revenue through research commercialisation, endowments and industry partnerships.

On the sidelines of the conference, MKU strengthened collaboration with the University of the West of Scotland (UWS) and Mount Kigali University, expanding cooperation in joint academic programmes, research, student and staff exchanges, and leadership development.

The forum concluded that bold governance reforms, strong leadership and international partnerships are essential for African universities to enhance their global competitiveness while equipping graduates with skills for innovation, entrepreneurship and the future workforce.



Editor's Desk

The Mt. Kenya Times



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

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NEWS IN BRIEF



Kipipiri MP Wanjiku Muhia's legal team, led by Advocate of the High Court Ndegwa Njiru, addressed the press at Anniversary Towers in Nairobi on Friday, 26 June 2026, expressing concern over the Electoral Code of Conduct Enforcement Committee's decision regarding remarks made by the MP on the upcoming Ol Kalou by-election and questioning aspects of the procedure used in reaching the verdict. The committee proceeded with a high-stakes hearing against Kipipiri Member of Parliament Wanjiku Muhia, despite a dramatic walkout and fierce jurisdictional objections from her legal defense team. The hearing, convened at the IEBC's Anniversary Towers headquarters in Nairobi, stems from allegations that the legislator breached the Electoral Code of Conduct with charges tied to alleged political utterances she made in the neighboring Olkalou constituency during the ongoing, high-octane campaigns for the upcoming by-election scheduled for July 16, 2026.



Universities across Kenya are preparing for the admission of Grade 10 learners under the Competency-Based Education (CBE) system in 2029 by reforming curricula, upgrading infrastructure, and training staff. Speaking during the KESSHA Annual Conference in Mombasa, Zetech University Director of Corporate Affairs and Marketing John Muai said institutions are engaging school principals to demonstrate their readiness for the transition. He noted that Zetech has formed a task force to align its programmes with the competency-based approach, emphasizing practical skills and innovation. The university has also invested in modern facilities, including a moot court, expanded science laboratories, and a nursing skills lab, while training lecturers and education students to effectively implement the new system.



Kiambu Town MP Machua Waithaka has launched grading, compaction and murraming works on ACK Kabae Road in Ndumberi Ward as part of efforts to improve infrastructure and ease movement within the constituency. The project aims to address poor road conditions that have affected residents, businesses and motorists for years. Speaking during the launch, Waithaka said the initiative reflects his commitment to practical development projects that directly benefit the community. He noted that the upgraded road will improve accessibility, enhance connectivity, and make transportation safer and more convenient for motorists, pedestrians and businesses. The MP added that better roads are key to unlocking economic opportunities and facilitating the efficient movement of goods and services.



A section of National Government Administration and National Bureau Registration and Immigration officers during a sensitization engagement held at Masinde Muliro University of Science and Technology (MMUST) in Kakamega town. The forum was presided over by the Principal Secretary for the State Department for Immigration and Citizen Services Belio Kipsang who said the officers were very critical in the issuance of vital Kenyan documents. The PS said the government has expedited issuance of national identity cards, birth and death certificates, and passports through enhanced investment in technology.

Baringo Deputy Governor Eng. Felix Kimaiyo has flagged off a donated tri-cycle ambulance that will serve remote communities in Tiaty East and Tiaty West sub-counties, improving access to emergency maternal and child healthcare. The ambulance is expected to reduce delays caused by poor road networks and long distances to health facilities. Speaking during the launch, Dandelion Africa Founder and Executive Director Wendo Sahar said



the tri-ambulance was specifically designed to reach areas inaccessible to conventional ambulances due to difficult terrain. She added that the organization had also donated pharmaceutical and non-pharmaceutical medical supplies to boost healthcare services. The ambulance will be based at Tangelbei Health Facility and serve surrounding communities.



Interior and National Administration Cabinet Secretary Kipchumba Murkomen has issued a seven-day ultimatum for individuals in possession of illegal firearms in Ang'ata Barrikoi and neighbouring areas of Migori East to surrender the weapons or face legal action. He said the firearms have been used to terrorize residents, facilitate livestock theft and fuel insecurity in the region. During his visit, Murkomen also apologized to residents over a recent security operation that allegedly resulted in the destruction of property and looting in Ngetalel village. He acknowledged the suffering of affected families, expressed the government's regret and pledged that justice would be served.

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Tharaka-Nithi “I will follow Governor Njuki’s footsteps in promoting our culture and uniting our people,” said Murugara.

Murugara pledges to emulate Njuki’s cultural agenda as leaders praise governor’s support for heritage

BY Alex Njeru

@themkenyatimes

Tharaka MP Gitonga Murugara has pledged to emulate Governor Muthomi Njuki’s commitment to promoting culture and fostering unity across Tharaka-Nithi County should if elected governor in 2027.

Speaking during the ongoing Tharaka Constituency Cultural Festival, Murugara lauded Governor Njuki for consistently sponsoring cultural festivals across the county, saying the initiative has revived the region’s rich cultural heritage while bringing communities together.

“I will follow Governor Njuki’s footsteps in promoting our culture and uniting our people. The culture of Tharaka-Nithi is rich and deserves continued investment,” said Murugara.

The legislator praised Njuki for supporting both constituency and county cultural festivals, noting that the governor’s efforts have strengthened unity among residents of Tharaka, Maara and Chuka/Igambang’ombe constituencies.

Murugara promised to promote the county’s cultural heritage further if elected governor, including empowering traditional singing and performing groups from across the county.

He announced plans to launch an empowerment programme for the groups in the near future.

He also pledged to improve



Tharaka MP Gitonga Murugara during Tharaka Cultural Exhibition event at Nkondi Chiefs Camp. | Photo: Alex Njeru.

the poor state of Nkondi Primary School and urged leaders to conduct issue-based politics instead of attacking one another.

“I will never insult fellow leaders while seeking votes. I respect Maara MP Kareke Mbiuki and Woman Representative Susan Ngugi even as we pursue the same seat,” he said.

Murugara expressed confidence that the United Democratic Alliance (UDA) would award him the party’s gubernatorial ticket, adding that he remains committed to serving

the people of Tharaka-Nithi rather than accepting a national government appointment as it happened with DP Prof Kithure Kindiki who was seeking governorship in 2022.

The MP also defended the Kenya Kwanza administration, saying several national government roads in Tharaka would soon be upgraded to bitumen standards.

He reaffirmed his support for President William Ruto and Deputy President Kithure Kindiki, saying he would continue backing government programmes, including the

Finance Bill.

Murugara predicted that President Ruto would complete his constitutional tenure and later Kindiki contests the presidency in 2032.

The three-day cultural festival, which began on Thursday and ends on Saturday, has brought together 25 cultural groups from Tharaka Constituency alongside four guest groups from Maara and Chuka/Igambang’ombe constituencies.

The event is organised by the Tharaka Constituency Cultural Festival Community-Based

Organisation under the leadership of chairman Paul Kabithi and is fully funded by the Tharaka-Nithi County Government.

Tharaka-Nithi Deputy Governor Nyaga Muisrael officially opened the festival, while Governor Muthomi Njuki is expected to preside over the closing ceremony as the chief guest.

County Executive Committee Member for Administration and Devolution Affairs Muthini Karangi and Chief Officer Mwititi Mono also commended Governor Njuki

for prioritising cultural preservation through increased funding for festivals across the county.

Karangi urged political leaders to keep politics away from cultural activities, saying such events should remain platforms for preserving heritage and empowering artists.

“Cultural festivals should not be politicised. Instead, leaders should support the performing groups and ensure our traditions are preserved for future generations,” he said.

Tharaka Cultural Exhibition Group chairman Paul Kabithi equally praised the county government for increasing support to cultural events, saying the festivals are now better organised and adequately funded.

Kabithi noted that the county government had already supported the Maara Constituency Cultural Festival and will next month sponsor the Chuka/Igambang’ombe Constituency Cultural Festival before culminating the celebrations with the county’s flagship Ura Gate Cultural Festival at Ura Gate Grounds.

Speakers at the event unanimously credited Governor Njuki’s administration for revitalising cultural activities in Tharaka-Nithi, describing the county government’s sustained investment as a key step towards preserving local traditions while promoting unity and community development.

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Reform The task force will serve for four months and tell Kenyans precisely what is wrong, fix what can be fixed immediately

Govt launches task force to reform public trustee department



The Attorney General Dorcas Oduor addressing the media. | Photo: Courtesy

BY Zipporah Odionyi and Paskal Osonga

@themkenyatimes

The government has established a taskforce to spearhead the incorporation and institutional transformation of the Public Trustee Department in a move aimed at improving the management of estates and trusts, clearing longstanding case backlogs, and strengthening protection of widows, orphans, minors, and other vulnerable beneficiaries.

Speaking in Nairobi on Friday, Attorney General (AG) Dorcas Oduor noted that the reforms would modernise one of the country's oldest public institutions and restore public confidence in its services.

"The task force will serve for four months and tell Kenyans precisely what is wrong, fix what can be fixed immediately, and hand me the legal and institutional framework to fix the rest," she directed.

According to the AG, the task force has been mandated to develop a legal framework for incorporating the Public Trustee Department into an autonomous corporate entity, review the Law of Succession Act, streamline service delivery, and recommend measures to improve governance, financial sustainability, and operational efficiency.

In addition, Oduor highlighted that the Public Trustee Department, which manages estates of persons who die intestate, trust property, and assets of minors and persons of unsound mind, had operated for decades under structural limitations that had contributed to bureaucratic delays and diminished public trust.

"Kenyans have come to my office with files that are older than their children. Widows have waited years for distribution that in a functional system should have taken months. That is not acceptable, and it will not continue," she stated.

Further, the AG announced that all files currently held by the department at headquarters and regional offices would be mapped to establish the number of pending cases, their age, and the causes of delays.

"Where a file can be closed immediately once it is found, it will be closed immediately," Oduor asserted, adding that the exercise would also support the digitization of records and improve beneficiaries' ability to monitor the progress of their cases.

The AG further reported that the task force would recommend reforms to better protect widows, widowers, orphans, and persons with disabilities while developing governance and financial arrangements necessary to transition the department into an autonomous institution.

She added that public participation forums and calls for memoranda will be conducted across the country before the final report is submitted.

Task Force Chairperson Linda Murila described her appointment as an honour and said the initiative reflected the government's commitment to reforming the justice sector.

"The establishment of the task force is a clear demonstration of the government's commitment to reform, modernization, accountability, and enhanced service delivery within the justice sector," she reiterated.

Murila disclosed that the task force would undertake broad consultations with government agencies, the judiciary, professional bodies, civil society organisations and members of the public to ensure the reforms reflect stakeholders' views.

"We recognise that meaningful institutional transformation cannot be achieved in isolation. We will therefore engage widely with stakeholders and, most importantly, members of the public," echoed the Chairperson.

Murila also pledged that the team

would execute its mandate diligently and deliver practical, implementable recommendations capable of transforming the institution within the stipulated time frame.

"We are fully aware of the expectations placed upon us, and we are committed to delivering recommendations that are practicable, implementable, and capable of delivering measurable improvements," she reaffirmed.

Meanwhile, the Attorney General maintained that the reforms mark the beginning of a new era for the Public Trustee Department, expressing confidence that the institution would emerge more transparent, efficient, and accountable in safeguarding the interests of Kenyan families and vulnerable beneficiaries.

Drugs Coast region leads a worsening national crisis as fresh NACADA figures prompt a renewed multi-agency push

4.7 million Kenyans use drugs as government steps up crackdown

BY MKT REPORTER

@themkenyatimes

At least 4.7 million Kenyans aged between 15 and 65 are currently using at least one drug or substance of abuse — a figure the government yesterday described as a public health emergency demanding a comprehensive national response and one that is reshaping Kenya's approach to law enforcement, rehabilitation, and social policy.

The statistics were disclosed at the national commemoration of the International Day Against Drug Abuse and Illicit Trafficking (IDADA), held at the NACADA Miritini Treatment and Rehabilitation Centre in Mombasa County. The event, held under the global theme "World Drug Problem: Persisting Issues, New Challenges, Innovative Responses," brought together senior government officials, anti-drug agency leadership, rehabilitation advocates, and community leaders in what amounted to an emergency summit rather than a ceremonial gathering.

The latest National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) national survey — conducted in collaboration with the Kenya National Bureau of Statistics — shows that roughly one in every six Kenyans within that age bracket uses drugs or other psychoactive substances. Alcohol remains the most widely abused substance, with 3.2 million Kenyans — one in every eight — consuming it regularly. Tobacco follows with 2.3 million users, while over 518,000 people use cannabis. Prescription drug misuse affects more than 60,000 Kenyans, and an estimated 1.77 million engage in polydrug use — the simultaneous consumption of more than one substance.

The geographic picture is equally stark. The Coast region recorded the highest regional prevalence at 29.3 per cent, with Mombasa County the worst-affected at 34.4 per cent — meaning more than one in three residents of the county uses at least one substance. Analysts have long linked Mombasa's disproportionate burden to its role as a maritime transit hub, with heroin and methamphetamine routinely trafficked through the port

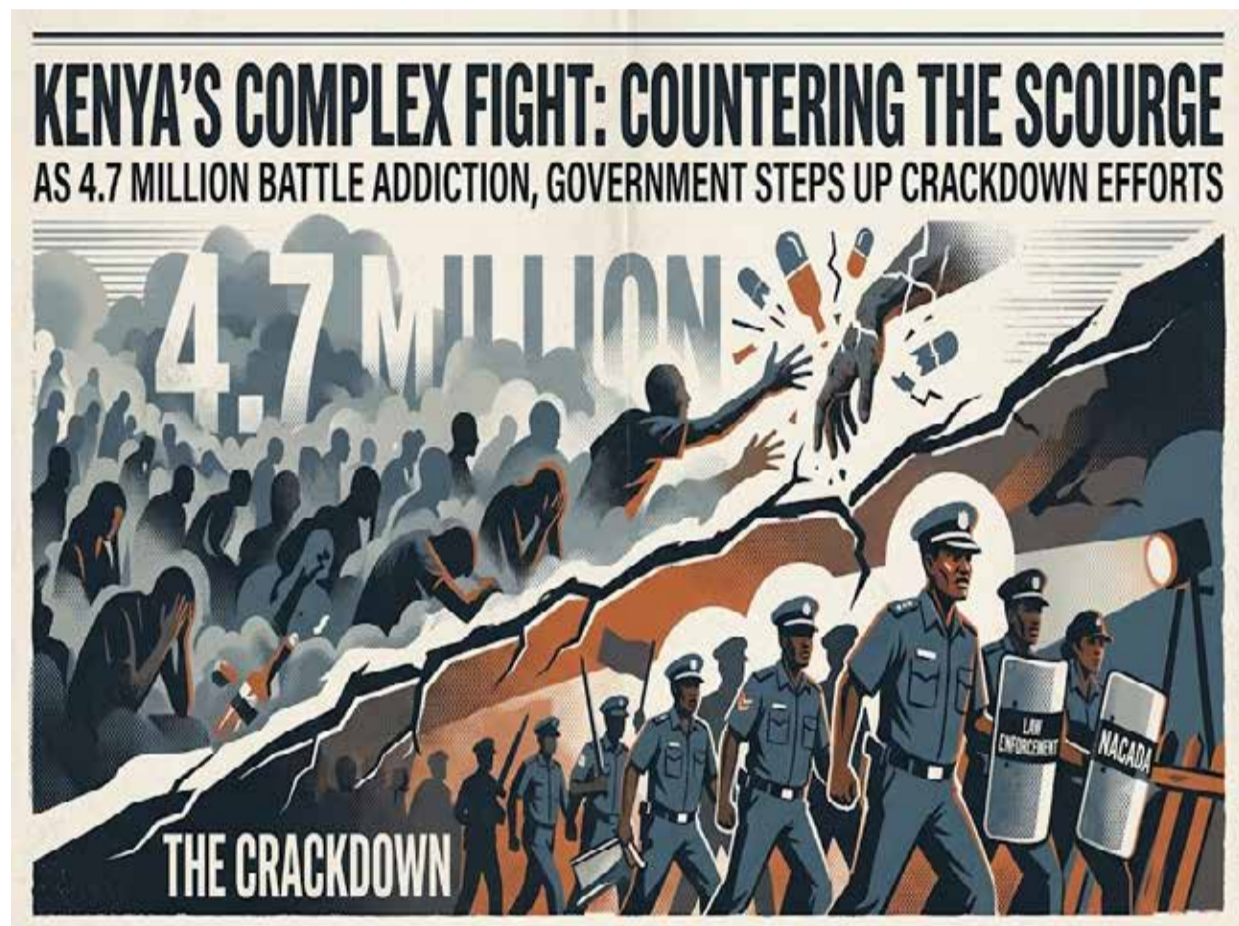
before spilling into local consumption markets.

Perhaps the most alarming dimension of the crisis is its reach into childhood. The survey found that tobacco use can begin as early as six years of age, alcohol at seven, cannabis and prescription drugs at eight, and miraa at nine. While the average age of initiation for harder substances such as heroin and cocaine is between 18 and 20 years, the pattern of early exposure to gateway substances is creating a pipeline that feeds into harder addiction in later adolescence.

Principal Secretary for Internal Security and National Administration Raymond Omollo, who represented the government at the Mombasa event, said the numbers carried a human weight that statistics alone could not convey. "These are not just statistics. They represent our children, our brothers and sisters, our colleagues, and our future workforce. Behind every number is a life that can either be lost to addiction or restored through timely intervention and support," he said.

Omollo said the government was moving decisively away from a purely enforcement-driven model toward an integrated strategy. "While enforcement remains critical, it is only one part of the solution. Sustainable success can only be achieved through a balanced and comprehensive approach that prioritises prevention, early intervention, treatment, rehabilitation, and social reintegration," he said. He called on families, schools, faith communities, and the private sector to treat substance abuse as a shared responsibility rather than a problem belonging exclusively to security agencies.

The renewed push comes on the back of a significant law-enforcement success. Security agencies recently intercepted 1,024 kilograms of 98 per cent pure crystal methamphetamine valued at approximately Sh8.2 billion in the Indian Ocean, one of the largest narcotics interceptions in the country's history. Interior Cabinet Secretary Kipchumba Murkomen, whose remarks were read at the event, framed the seizure as evidence of the government's intent to dismantle the trafficking



Illustration

networks feeding Kenya's drug crisis at source. "Our message is clear. We will continue to strengthen intelligence gathering, enhance inter-agency cooperation, and pursue traffickers relentlessly wherever they operate," Murkomen said.

The seizure, while significant, is a reminder of the scale of the trafficking challenge Kenya faces. Positioned at the intersection of Indian Ocean maritime routes and East Africa's road networks, the country is both a transit corridor and a growing consumer market for narcotics sourced from Southwest Asia and Latin America. Four magistrates' courts have been designated specifically to handle narcotics cases — at Mombasa, Jomo Kenyatta International Airport, Kahawa, and Busia — to accelerate judicial proceedings against traffickers.

NACADA Board Chairman Bishop Stephen Mairori said the authority was adopting technology-driven approaches to stay ahead of emerging drug trends, including the use of wastewater analysis to monitor drug consumption patterns in near real-time, enabling quicker and

more targeted interventions. Digital tracking of prescription medications is also being explored to tackle pharmaceutical misuse, a category that currently ensnares more than 60,000 Kenyans. "If the drug problem is changing, our responses must change with it," Mairori said.

NACADA also recognised winners of a National Essay Writing Competition for secondary school students, positioning young people as advocates rather than merely as a group at risk. Omar Mohamed of Kongowea Secondary School took the Mombasa County prize for his essay on parental and community responsibility in protecting learners from drugs. His essay's central argument — that prevention begins at home, long before anyone enters a rehabilitation centre — was one that resonated throughout the day's proceedings.

Speakers at the event said addressing substance abuse would require a whole-of-society approach, with families, religious leaders, educators, the private sector, and other stakeholders all playing active roles alongside government interventions. Officials warned that Kenya risked

losing an entire generation if preventive action was not urgently scaled up, noting that nearly half of the country's university students have used at least one drug or substance in their lifetime.

The Miritini centre, where the commemorations were held, has recently expanded its free recovery services for women — a small but tangible signal of the government's stated intent to make treatment accessible and inclusive. Officials estimate that of the 4.7 million Kenyans currently using substances, approximately 1.3 million require rehabilitation. The gap between that need and current capacity remains enormous.

For a country that has declared drug abuse a national emergency, yesterday's figures were both a reckoning and a call to arms. The question now is whether the policy commitments made in Mombasa translate into funded, sustained action — or whether Kenya's drug crisis will continue to deepen in the silence between commemorations.

Mau Complex First Lady Mama Rachel Ruto visited Kuresoi North to boost ongoing efforts to restore the Mau Complex

Gov't rallies support to restore degraded Mau Complex

BY KNA

@themtkenyatimes

The government has reported significant progress in restoring the Mau Forest Complex through the Mau Forest Complex Integrated Conservation and Livelihood Improvement Programme (MFC-ICLIP).

Speaking at Baringo Primary School in Kuresoi North during a tour by First Lady Rachel Ruto to launch the one-million fruit tree nursery project at Marindas Forest Block and commission the Mama Kitchen Garden and Biogas project, Principal Secretary for Environment and Climate Change Dr. Eng.

Festus Ng'eno said the programme demonstrates that environmental conservation and economic empowerment can be pursued simultaneously to achieve tangible results.

“By integrating conservation, livelihood improvement, circular economy, and environmental education through school programmes and sporting activities, the MFC-ICLIP is restoring the Mau Forest while uplifting the livelihoods of communities that depend on it,” said Dr. Ng'eno.

First Lady Mama Rachel Ruto visited Kuresoi North to boost ongoing efforts to restore the Mau Complex while improving livelihoods through community empow-

erment around the country's largest water tower.

Eng. Ng'eno said the initiative, themed “Linda Mau, Boresha Maisha,” is a community-owned and partner-driven programme aimed at reversing decades of environmental degradation while promoting sustainable livelihoods.

“The MFC-ICLIP is a mission to restore the Mau Forest to its former beauty and value at local, national, regional, and international levels, while renewing its ability to sustain freshwater systems, regulate rainfall, support agriculture, and secure millions of livelihoods,” he said.

He emphasized that protect-



First Lady Rachel Ruto addressing the gathering. | Photo: Courtesy.

ing the Mau Forest is not only an ecological duty but also a moral responsibility.

The Mau Forest Complex, the largest Afro-montane forest in East Africa, covers approximately 403,000 hectares and is Kenya's most important water tower, serving millions of people across the country and beyond.

It is the source to 12 major rivers, including the Mara, Sondu, Nyando, and Ewaso Ng'iro, which support agriculture, wildlife, tourism, and domestic water supply. These rivers drain into Lakes Victoria, Nakuru, Turkana, Baringo, and Natron, sustaining ecosystems of global significance.

The forest also supports internationally renowned landscapes such as the Maasai Mara and Serengeti and is a biodiversity hotspot valued at an estimated Sh197 billion.

However, PS revealed that illegal logging, charcoal burning, overgrazing, encroachment, unsustainable farming practices, and climate change have placed the ecosystem under severe pressure, prompting the launch of the MFC-ICLIP programme.

The initiative, spearheaded by the Ministry of Environment, Climate Change, and Forestry, led by Cabinet Secretary (CS) Dr. Deborah Barasa, is expected to create income-generating opportunities while supporting landscape restoration and reducing pressure on forest resources.

Eng. Ng'eno noted that environmental degradation has disproportionately affected surrounding communities, with women and girls bearing the greatest burden through longer journeys in search of firewood and water.

According to PS, the programme has already restored about 1,500 hectares of degraded forest using 1.5 million tree seedlings in Marindas (Bararget Forest Station, Eastern Mau) and Gacharage (Kuresoi Forest Station, Western Mau). An additional 1,635 hectares have been adopted for restoration under the Adopt-a-Forest initiative, including contributions from national leaders, institutions, and private sector partners. During the visit, the First Lady adopted 33 hectares for restoration.

“And just today, you have adopted 33 ha of forest land. We thank you for leading by example!” said Eng. Ng'eno. Beyond tree planting, more than 10,000 farmers have benefited from value chains such as potatoes, pyrethrum, avocado, dairy farming, beekeeping, fodder production, and tree nurseries.

Through the Trees Establishment and Livelihood Improvement Scheme (TELIS), households are allowed to grow food crops while nurturing tree seedlings, with 1,387.5 acres already allocated to 4,650 households. The programme is projected to generate over Sh333 million

per potato harvest, potentially reaching nearly Sh1 billion annually.

Eng. Ng'eno said the initiative is also promoting clean energy and climate resilience through electricity connections, boreholes, irrigation rehabilitation, and energy-saving cooking stoves.

In education, schools have been integrated into conservation efforts through kitchen gardens, fruit orchards, and environmental clubs. So far, 180 schools have established fruit orchards, with Baringo Primary School serving as a demonstration centre for climate-smart agriculture. The programme aims to expand to all 534 schools in the MFC-ICLIP area.

Conservation awareness is also being promoted through the Mau Conservation Marathon, which combines environmental stewardship with talent development.

Despite progress, Eng. Ng'eno said more work remains to achieve long-term targets, noting that the programme aims to restore over 33,000 hectares, support 148,000 farmers, develop 50 nature-positive value chains, and create at least 100,000 green jobs over the next decade.

“We are far from our target,” he said, calling for stronger collaboration between development partners, the private sector, county governments, and local communities

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Freedom fighters Leading the list is the late Josiah Mwangi Kariuki (JM Kariuki), remembered as one of Kenya's most outspoken defenders of social justice

Push to honour forgotten freedom fighters and nation builders gains momentum

MMV Associates CLG nominates 11 liberation and post-independence heroes for Kenya's highest civilian honour

BY MKT REPORTER

@themkenyatimes

A fresh campaign to recognize some of Kenya's overlooked liberation heroes, indigenous knowledge custodians and post-independence nation builders has been launched following the submission of an official nomination to the Kenya National Heroes Council seeking the conferment of the prestigious Order of the Elder of the Golden Heart (EGH) on eleven distinguished Kenyans during this year's Mashujaa Day celebrations.

The nominations, submitted by MMV Associates CLG under reference MMV/NHC/NOMINATION/2026/01, call upon the National Heroes Council to recommend the names to President Dr. William Samoei Ruto for consideration during the Mashujaa Day celebrations on October 20, 2026.

According to the petition signed by Ms. Emmah Kasis, Chief Executive Officer of MMV Associates CLG, the nominees represent a cross-section of Kenya's liberation struggle, post-independence leadership, indigenous governance and community development. The organization says the proposed honourees embody the ideals of sacrifice, justice, equality and nation-building that Mashujaa Day seeks to celebrate.

Honouring liberation heroes and defenders of justice

Leading the list is the late Josiah Mwangi Kariuki (JM Kariuki), remembered as one of Kenya's most outspoken defenders of social justice. A former Mau Mau detainee, Member of Parliament for Nyandarua North and Assistant Minister for Tourism and Wildlife, Kariuki became a national symbol of resistance against inequality after independence. His assassination in 1975 remains one of Kenya's most significant political tragedies.

MMV argues that Kariuki's lifelong fight against land injustice, poverty and economic exclusion makes him deserving of the Elder of the Golden Heart.

Also nominated is Josephine Njeri Mukuna, described as a gallant Mau Mau woman freedom fighter from Nyandarua County who endured detention, torture and displacement during the anti-colonial struggle. The organization says her nomination represents thousands of Kenyan women whose contribution to the liberation movement has largely remained undocumented.

The petition further recognizes Arap Kasis, Paramount Chief of the Koony Community in Trans Nzoia, for defending indigenous land rights during the Carter Land Commission hearings. According to MMV, he resisted European settler land alienation before fleeing to Uganda, where he reportedly refused to eat until his death in protest over the loss of his people's ancestral land.

Among the nominees are also respected Sabaot and Kalenjin elders Patrick Ngaina Masibo Chonge, Maasal Arap Sangula, and Andrew Saekwo, who are credited with preserving indigenous knowledge, customary governance systems, oral history, conflict resolution mechanisms and traditional medicinal practices despite colonial disruption.

Former legislator Jean Marie Seroney has also been nominated for his unwavering defence of constitutionalism, human rights and the rule of law despite enduring detention during the Kenyatta era.

Recognising nation builders across communities

The list also includes nationalist Masinde Muliro, remembered for his role in Kenya's independence movement and later advocacy for democracy, inclusion and equitable national development.

Former nominated Senator Zipporah Kittony has been nominated for her pioneering role in advancing women's empowerment through Maendeleo ya Wanawake Organization, where she championed economic empowerment for rural women and promoted women's participation in leadership.

Also nominated are Chemtai, recognized for championing Kalenjin community rights, land justice and



The team. National Heroes council and MMV Associates CLG officials..

political representation, and Samuel Moiben, whose post-independence leadership is credited with advocating community dignity, unity, development and equitable distribution of national resources.

MMV says the nominations intentionally reflect Kenya's diversity by recognizing heroes from the Kikuyu, Koony, Sabaot, Kalenjin and Luhya communities while also highlighting the contributions of women and custodians of indigenous knowledge.

The organization argues that the

nominations align with Articles 11 and 27 of the Constitution by promoting cultural heritage, equality and national cohesion. It also says the initiative complements the government's Cultural Revitalization Campaign by acknowledging the importance of indigenous knowledge in preserving Kenya's history.

Beyond the honours, MMV Associates CLG says it remains committed to documenting historical injustices affecting communities across all 47 counties and preserving the stories

of freedom fighters and post-independence leaders whose contributions have received limited national recognition.

In its appeal to the National Heroes Council, the organization urged the institution to recommend the 11 nominees for conferment of the Elder of the Golden Heart during the 2026 Mashujaa Day celebrations.

The petition concludes with the message: "Memory preserves truth. Truth restores dignity. Unity sustains the nation."

Vehicle inspections On paper, the policy is presented as a road safety measure. Few reasonable people would oppose genuine efforts to reduce road accidents

Vehicle inspections or revenue collection? Kenyans deserve better



By: Gitile Naituli
@themkenyatimes

Beginning July 1, 2026, owners of private vehicles that are more than four years old will reportedly be required to present them for annual inspection. Failure to comply could attract a fine of up to KSh20,000, six months' imprisonment, or both.

On paper, the policy is presented as a road safety measure. Few reasonable people would oppose genuine efforts to reduce road accidents or ensure that unsafe vehicles are removed from our roads. Every Kenyan wants safer highways. Every family wants to return home safely.

The real question, however, is whether this policy is genuinely designed to improve road safety or whether it represents yet another financial burden on citizens already struggling under the weight of rising taxes, levies, fees and penalties.

For many Kenyans, the announcement feels less like a safety initiative and more like another chapter in the government's growing appetite for extracting money from ordinary citizens. Owning a vehicle in Kenya has become increasingly expensive. Motorists already pay numerous taxes and charges. They pay fuel taxes every time they fill their tanks. They purchase mandatory insurance. They pay parking fees, licence fees, tolls where applicable, maintenance costs, spare parts whose prices continue to rise, and traffic fines for violations. Every year seems to introduce

another cost attached to the simple act of owning and operating a vehicle. Now comes another compulsory annual inspection for millions of privately owned vehicles simply because they have crossed the four-year mark.

Naturally, Kenyans are asking a simple question: why four years?

What scientific evidence demonstrates that every private vehicle automatically becomes a road safety risk after its fourth year? Modern vehicles are designed to last well over a decade when properly maintained. Indeed, a well-serviced ten-year-old vehicle may be mechanically safer than a neglected two-year-old one. Age alone is not a reliable measure of roadworthiness. Good public policy should always be evidence-based. If the government believes annual inspections for private vehicles will significantly reduce accidents, then it should present the research supporting that conclusion. Citizens deserve to understand the evidence behind policies that impose new legal obligations and financial costs.

Equally important is the issue of implementation. Before criminalising non-compliance, has the government established sufficient inspection centres across the country? Will motorists spend entire days queuing? Will rural residents be forced to travel hundreds of kilometres to access inspection facilities? What will the inspection fee be, and will it remain affordable? What safeguards exist to prevent corruption, favouritism or unnecessary failures designed to generate repeat payments?

Experience has taught Kenyans that whenever a mandatory government process is introduced without adequate preparation, long queues, de-

lays, middlemen and opportunities for rent-seeking often follow.

Public confidence cannot be built on uncertainty.

Supporters of the policy argue that inspections save lives. Certainly, defective brakes, worn tyres or faulty steering systems can contribute to accidents and should never be ignored. However, road safety is a much broader issue than vehicle age.

Many of Kenya's most serious road accidents arise from dangerous overtaking, speeding, drunk driving, distracted driving, fatigue, poorly marked roads, inadequate lighting, missing road signs, overloaded vehicles and weak enforcement of existing traffic laws. Poor road maintenance also contributes to crashes by exposing motorists to potholes, damaged bridges and unsafe road surfaces.

A comprehensive road safety strategy would therefore address driver behaviour, road engineering, enforcement and vehicle condition together, rather than placing overwhelming emphasis on one factor.

Policies should also satisfy the constitutional principle of proportionality. A government should not impose burdens that exceed what is reasonably necessary to achieve a legitimate public objective. When a policy requires millions of citizens to incur recurring costs, it should be able to demonstrate that the expected public benefit clearly outweighs the inconvenience and expense imposed.

This is particularly important at a time when many households continue to face high living costs and economic uncertainty.

The severity of the proposed penalties also raises legitimate concerns. Subjecting otherwise law-abiding motorists to possible imprisonment simply because an inspection



Vehicle inspections or revenue collection

deadline has been missed appears unnecessarily punitive. Criminal sanctions should generally be reserved for conduct that creates serious and immediate danger, not for administrative non-compliance where less restrictive alternatives may be available.

Government earns public trust not by multiplying penalties but by demonstrating fairness, transparency and reasonableness. If inspections are indeed necessary, then the process should first be affordable, accessible, efficient and free from corruption. Citizens should know precisely what standards are being applied, how inspection decisions can be challenged and how the programme will be independently monitored. Ulti-

mately, road safety is too important to become entangled with perceptions of revenue collection. Once citizens begin to view safety regulations primarily as mechanisms for raising money, compliance declines and trust in public institutions erodes.

Kenyans deserve policies that genuinely protect lives without unnecessarily increasing the financial burden on already strained households. They deserve governments that explain the evidence behind new regulations, consult widely before implementation and ensure that any restrictions placed upon citizens are proportionate to the public good they seek to achieve.

Safer roads are a national objective worthy of support. But

safety and accountability must go hand in hand. A policy that commands public confidence will always achieve more than one enforced through fear of fines or imprisonment. Good governance is not measured by the number of new obligations imposed on citizens. It is measured by whether those obligations are necessary, justified, proportionate and demonstrably improve the lives of the people they are meant to serve.

The writer is a former Commissioner with National Cohesion and Integration Commission who comments on various topical issues-



Vehicle inspections or revenue collection

SHA Participants also called on the authority to publish monthly performance reports to improve transparency, accountability, and public confidence

Civil servants call for urgent SHA reforms

BY **Cypron Esolio and Erick Mutua**

@themkenyatimes

Public servants have called for urgent reforms to the Social Health Authority (SHA), citing delays in accessing treatment, lengthy pre-authorisation procedures, biometric verification failures, and inadequate customer support.

During a public participation forum held in Kakamega town, stakeholders urged SHA to establish dedicated customer service desks and expand its physical offices to enable members to report denied claims, seek assistance, and receive guidance on registration and benefits.

Participants also called on the authority to publish monthly performance reports to improve transparency, accountability, and public confidence in service delivery.

A key proposal raised during the forum was the need to guarantee continued medical cover for retired public servants. Stakeholders recommended that monthly SHA contributions for retirees be integrated into

pension arrangements to ensure uninterrupted access to healthcare after leaving employment.

Responding to the proposal, Kakamega SHA Branch Manager John Lemiso Tago and Union of Kenya Civil Servants (UKCS) representative Julius Meto assured participants that the recommendation would be forwarded to relevant policymakers for consideration.

Teachers attending the forum expressed concern that although SHA contributions are deducted from their salaries every month, many continue to experience difficulties accessing healthcare services. They cited delayed One-Time Password (OTP) verification, biometric authentication failures, and prolonged pre-authorisation processes, saying the challenges often delay treatment and affect patient care.

Prison officers appealed to the authority to allow inmates without national identity cards to register for SHA using prison identification documents. Participants also sought clarification on how foreign nationals seeking treatment in Kenyan hospitals are accommodated under the

scheme.

Under the current arrangement, employees contribute 2.75 per cent of their gross monthly salary to the scheme, while lower-income earners pay a minimum monthly contribution of Sh300.

Despite the operational challenges, participants acknowledged that SHA, which has been operational for about 18 months, has enabled many Kenyans, including expectant mothers, to access healthcare services. However, they insisted that the authority should address existing bottlenecks to improve efficiency and restore public confidence.

The discussions came as SHA announced the disbursement of Primary Health Care (PHC) funds for the 2025/2026 financial year, covering all claims processed up to January 2026 and clearing arrears accumulated between January and June 2025.

SHA Chief Executive Officer Dr. Mercy Mwangangi said the payments would enable contracted healthcare facilities to continue providing uninterrupted services to patients across the country.

She added that the authority is pre-



Some of the residents who attended the public participation forum.

paring to release its first Primary Health Care Impact Report, which will provide details on county funding allocations, healthcare utilisation, common illnesses treated, medicine availability, and the financial burden of healthcare on uninsured Kenyans.

The public participation forum came as the government prepares to implement a review of salaries and allowances for public servants be-

ginning in July, following President William Ruto's directive to harmonise compensation across the public service.

Participants noted that the planned adjustments to gross salaries would improve the welfare of civil servants and complement ongoing government efforts to strengthen access to quality healthcare through the Social Health Authority.

The Mt. Kenya Times



Robots



A robot has a sensors,
The robot has eyes to see,
Robot have hands and legs,
Robot have brain is a computer,
With the robot will do what we are programming,
The robot can speak,
Robot is working in hospital,
Robot is a doctor,
Robot can you send our comments,
Robot very important in day today life,
Robot are acting in movies,
Hereafter robot are the main .

Robot is created with AI,
Robot are man made machine,
Robot is a smart machine,
A robot can do all kinds of work like humans which
they are program,
They are working in many jobs,
It can do all kind of work,
It cannot eat ,

P.HEMANYA
VIII D
JOHN DEWEY MAT HR SEC SCHOOL,
PANRUTI,
CUDDALORE DISTRICT,
TAMIL NADU.

Fill your cup first



Listen closely to the voice within,
Let truth and virtue gently win.
Like a tree with roots held deep,
Your strength becomes the fruit you keep.

Then love and kindness naturally stream,
Like lit lamp igniting another's gleam.
For when your cup is full and bright,
You can share its warmth and light.

Before you light another's way,
Let your own lamp greet the day.
An empty cup cannot bestow,
The strength and kindness meant to flow.

Udarde atmanatnamam—the Gita's timeless
key:
Lift yourself first, and help the world through
thee.

Care for your body, calm your mind,
Leave needless fear and doubt behind.
Exercise, rest, and gladly start,
The things that nourish soul and heart.

Nandini AnandKumar
Educator, Writer, Motivator Freelancer
(In Service of Education)

Please live your life for yourself, not for others



Live according to your true nature.
Do not try to live according to other people's
opinions. You can listen to everyone's advice, but
the final decision should be yours.
This will bring happiness to your life.
Do not wear different masks to please others.
Pretending to be someone else can create
negative thoughts and misunderstandings. The
world is wide, so walk on your own path and be
true to yourself.
It will give you peace and joy.
Life is a precious gift from God.
Live with faith in God, hope, and self-confidence.

__G.YasminSirajudheen
Secondary grade teacher
Melmalayanur block
Villupuram dt

Life is a one-time gift.
It is not possible to save it and start again.
Everyone has a unique point of view. Each person
has different thoughts, habits, styles, and goals.
People are like flowers.
Every flower has a different shape, fragrance, and
colour.
In the same way, every person is unique.
Live your life in your own way.
Do not copy others. Everyone is born for a
reason, and everything happens for a reason.

My vision of my future



I'll learn with joy and work each day,
And walk with kindness on my way.
I'll protect nature,
And save our future.
I'll learn new things and reach my goal,
With a caring heart that makes me whole.
Kindness is my greatest treasure,
Bringing joy and endless pleasure.
Kindness makes the future bright,
Spreading hope and joy each night.
My future shines with hope so true,
Filled with many things to do.
With love and peace in all I see,
I'll build the best that I can be.

I dream of days both bright and new,
With goals to reach and dreams come true.

By : C. P. Shashvinisri
Class : 7-A
School : GGHSS Pattukkottai

How can we maintain good relationships?



Whether we know them well or not, let us give
them another chance.

Every day, learn to smile.
Just as flowers bloom beautifully and spread
their fragrance, let our hearts bloom with
kindness.

This beautiful world is created by God.
We are all sustained by the air we breathe, freely
given by nature.
We enjoy countless blessings and wonders in this
world every day.

Let us begin with charity and acts of compassion.
A healthy mindset always thinks positively,
speaks kindly, and builds strong relationships.

Yet, many times, we hesitate to smile and share
our love with others.

When we forgive, smile, and help others, we create
a happier world and stronger bonds with the
people around us.

One of the greatest secrets to strengthening
relationships is forgiveness.
If people unknowingly make mistakes, let us learn
to forgive and forget.

V. JAYANTHI
Graduate teacher
Creative Writer
Chengalpattu district
Tamil Nadu India

Sharing is Caring



I planted joy inside my hand,
And watched it bloom across the land.
A piece of bread, a word, a smile,
Can brighten hearts for quite a while.
The moon still shines though stars may glow,
And rivers share wherever they flow.
Kindness never becomes less,
It only grows and brings success.
A candle lights another flame,
Yet both will shine just the same.
Sharing is caring, pure and rare,
A gift that fills the world with care.

Written by M.samiha hajra
9th c , GGHSS PATTUKOTTAL.

NTSA

Owning a car in Kenya just got harder — and more expensive

New NTSA inspection rules are tightening the road ahead for millions of motorists already stretched thin

BY Hadassah Karangu
@themtkenyatimes

For many Kenyans, a car has always meant more than just transport. It has meant independence, progress, and the quiet satisfaction of having made it. But a wave of new regulations from the National Transport and Safety Authority (NTSA) is prompting a harder question: how much longer can ordinary Kenyans afford to keep one?

Under the Traffic (Motor Vehicle Inspection) Rules, 2025, NTSA yesterday moved forward with the rollout of a mandatory vehicle inspection programme — one of the most significant reforms to Kenya's road safety framework



Car

in years. Private vehicles over four years old will now be required to undergo inspection every two years. Commercial and public service vehicles face annual checks, as before.

Brand new cars are exempt for their first four years on the road.

The new fee structure adds further costs: owners of vehicles below 3,000cc will pay

a KSh 1,000 booking fee to NTSA, plus up to KSh 1,000 at the inspection centre. Motorcycle and three-wheeler owners face a KSh 200 booking fee and a maximum KSh 300 inspection fee.

For vehicle owners already juggling rising fuel prices, insurance premiums, spare parts costs, and routine maintenance, the additional outlay stings. Small business owners — those who depend on a single vehicle for deliveries, school runs, or informal trade — are particularly exposed. Many fear those costs will eventually filter through to the price of goods and services, making consumers pay twice.

The safety case for the new rules, however, is difficult to dismiss. Kenya recorded 5,009 road fatalities in 2025,

a 5.5 per cent rise on the previous year, out of 11,638 reported accidents — the highest figure in at least five years. Human factors, including distracted driving, drink-driving, and non-compliance with traffic laws, account for the overwhelming majority of crashes. NTSA says the new inspection regime directly targets unroadworthy vehicles, which have long been linked to accidents and traffic violations on Kenyan roads.

A High Court challenge to the rules was dismissed, with the court ruling that the government had followed legal procedures in developing the regulations, including gazetted publication and nationwide stakeholder consultations conducted between February and March 2023.

To ease implementation, NTSA is licensing private vehicle inspection centres under a public-private partnership model to expand capacity and reduce delays, with clear benchmarks set for safety and emissions testing across different vehicle categories. Vehicles that pass receive an inspection report and a sticker that must be displayed at all times. Those that fail re-

ceive a defect report; owners must rectify the faults before a fresh inspection, with a free re-inspection available within 14 days at the same centre.

Critics accept that safer roads are a legitimate goal. Their concern is the pace and sequencing of reform. They argue that new compliance costs should be introduced alongside genuine support for lower-income motorists, and that enforcement must not become a revenue exercise at the expense of road users already operating on thin margins.

The debate cuts to a deeper issue. As Kenya's transport sector modernises, policymakers face a familiar balancing act: improving standards without pricing out the very citizens those standards are meant to protect. With fuel costs high, the shilling under pressure, and the cost of living showing little sign of easing, the timing of the new rules has landed in difficult terrain.

For now, Kenyan motorists are watching closely — hoping that safer roads and affordable car ownership do not become mutually exclusive goals.

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Zimbabwe The case for assent rests on constitutional propriety, institutional discipline and policy continuity

Mnangagwa's pen: constitutional duty, political choice, and a national time bomb



President Emmerson Mnangagwa

BY Norman Mwale
@themtkenyatimes

“Assent may close Parliament’s file, but it can also open the country’s.”

With the Senate and National Assembly both having voted in support, the Constitution of Zimbabwe Amendment (No. 3) Bill now sits with President Emmerson Mnangagwa for assent or reservation. For a constitutional amendment of this nature, the path is governed by Section 328, which required a two-thirds majority in both Houses and a period of public consultation before the Bill could proceed. Now that Parliament has spoken, the President may sign it into law or refer it back with objections. In practice, however, the decision is as much a political calculation as it is a legal obligation. The country is asking one question: will the President sign, or is this Bill a time bomb waiting to detonate the moment he does?

The case for assent rests on constitutional propriety, institutional discipline and policy continuity. Zanu PF legislators argue that once Parliament has spoken, the execu-

utive’s role is to give effect to that will. “Parliament has debated, amended and voted. The President must respect that process,” said a senior Zanu PF MP on the Justice Committee. Party spokesperson Christopher Mutsvanga has framed assent in the same terms: “We are a constitutional democracy. When both Houses agree, the President’s signature gives the law legitimacy.” Political analyst Eldred Masunungure of the University of Zimbabwe notes that this is the established norm since 2013. “Assent is the norm. To withhold it without reservation would be exceptional and would invite a constitutional standoff with Parliament.”

Pro-assent voices also point to investor and donor confidence. “Markets and donors watch how laws are concluded,” said a government official familiar with the Bill’s drafting. “A prompt signature signals that Zimbabwe can pass and implement legislation without inter-branch gridlock.” For supporters, the votes in both Houses provide sufficient democratic cover, and endorsement would close the loop on a measure they

describe as necessary for governance reform and long-term policy continuity.

The case for reservation or delay is advanced by opposition MPs, civil society and commentators who argue that a parliamentary majority does not resolve substantive constitutional concerns. “Numbers in the Chamber are not the same as national consensus,” said an MDC-aligned MP. Mbizo legislator Corban Madzivanhika has consistently pressed for greater scrutiny before approval. In Parliament he stated: “It is important to understand the basic tenets around the issues before we support this initiative.” In the National Assembly Hansard of 17 February 2026 he further argued that the actions of candidates “must not prejudice the institution” without clear evidence of institutional failure — a position he has extended to constitutional amendments that risk entrenching executive power.

Civil society has warned against treating assent as automatic. “Rubber-stamping legislation because both Houses voted ‘yes’ undermines accountability,” said a coalition spokesperson. Ibbo Mandaza,

director of the Southern Africa Political and Economic Series, adds the implementation risk: “Assent without genuine consultation can delegitimise the law on the ground. The question is not only whether the President can sign, but whether he should, given the concerns raised during public hearings.”

Is this a time bomb? The answer turns on what the President does next. This Bill touches constitutional architecture at its most fundamental level — presidential elections, term lengths, institutional design — and assent is virtually certain to

trigger court challenges, public mobilisation and diplomatic scrutiny. The blast, if it comes, follows the signature.

The President therefore has three paths, each with a cost. Assent delivers finality, affirms parliamentary supremacy and projects decisiveness, but stores up legal and public resistance in a country where opposition to the Bill has already drawn international attention. Reservation forces Parliament back to debate and signals responsiveness to dissent, yet risks friction with the ruling party’s commanding majority. Delay creates space for legal advice and broader

engagement, but can be read as indecision and invite pressure from all sides.

Ultimately, the Constitution grants authority to assent, but it also contemplates reservation where constitutional doubt exists. Whatever Mnangagwa decides, his signature — or its absence — will be read as far more than a procedural act. It will be read as a statement about how Zimbabwe balances majority rule with minority protections, party discipline with institutional checks, and legislative speed with legal prudence. As one veteran MP put it: “The vote gets the Bill to his desk. What happens next will tell Zimbabweans whether this is lawmaking — or a fuse being lit.”

Norman Mwale is a political writer and commentator based in Zimbabwe.

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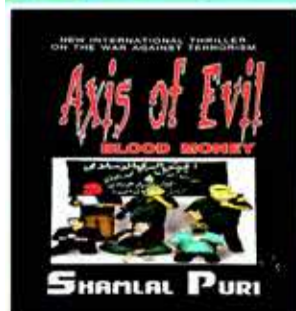
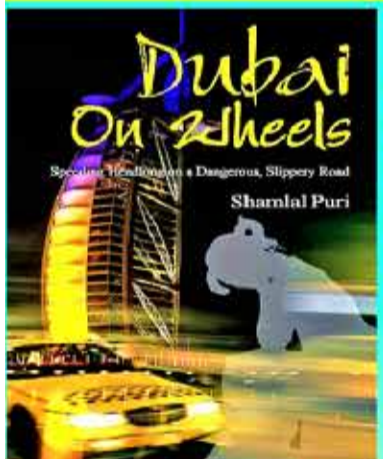
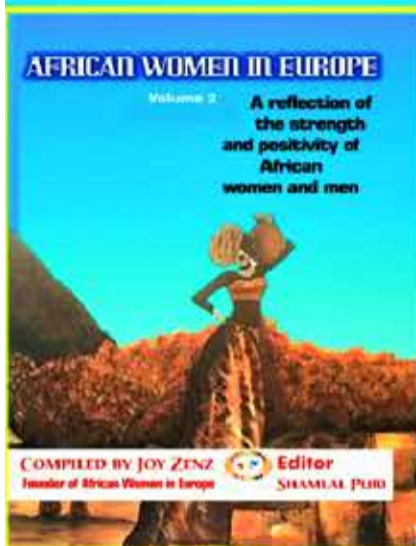
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East Africa You will not see the 24-year-old boda rider in Kampala who clocks out at 2 a.m. near Owino Market so his younger sister in Wakiso can finish A-Level

He did not leave: the good men East Africa keeps forgetting to name



By: Mukama Phillip Kahigiriza
mukphix@gmail.com

I have watched it happen across our cities. In Kampala, in Nairobi, in Dar es Salaam, in Kigali, in Bujumbura, in Juba — a young girl gets hurt once, twice, ten times, and she builds a wall. She tells her friends, she posts it online, she comes to believe it: men are bad people.

And I understand her. Disappointment is loud in every accent. Betrayal speaks Swahili, Luganda, Kinyarwanda, Kirundi, English and Dinka with the same ache. When a father disappears in Makindye, when a boyfriend lies in Westlands, when a man she trusted becomes the reason she cries into her pillow in Mlimani City or Kimironko, the wound does not ask for nuance. It asks for a label. And “bad” is the easiest one to hold.

But if we stop there, we bury the truth with the pain. Men are not a monolith. East Africa is not one story.

The men you will not see on your timeline

You will not see the 24-year-old boda rider in Kampala who clocks out at 2 a.m. near Owino Market so his younger sister in Wakiso can finish A-Level. He counts 9,000 shillings with dusty fingers and hands every coin to his mother in Nansana without being asked. He is not trending. He is just trying.

You will not see the man in Nairobi who heard “you’re pregnant” in a small flat in Eastleigh and chose to stay. He learned to change nappies from YouTube at 3 a.m. He took a job he was overqualified for near Industrial Area because providing became more important than proving. He is exhausted on the SGR train home, but he is present.

You will not see the brother in Dar es Salaam who was with his friends in Kariakoo when they began laughing at a girl crying by the daladala stage. He said, quietly, that they should not speak that way about women. He lost his seat at that table. He chose honour over popularity.



..... | Photo:

You will not see the grandfather in Kigali raising three grandchildren in Nyamirambo after his son died. His back is bent from years of hard work, but every evening he still asks them how their day went. He never used the word “trauma.” He just carried it.

You will not see the uncle in Bujumbura who walks eight kilometres from Buyenzi to sell phone chargers, then sends half the profit to his niece’s school fees. He has never posted about it. He does not know how.

You will not see the young man in Juba who queues for hours in Gudele to collect food rations, then makes sure his younger siblings eat first. He grew up too fast. But he did not grow hard.

These men are not perfect. They get angry. They forget. They have bad days. But imperfect is not the same as bad.

When the pain of a few became the verdict for all

At some point, the suffering of individuals became a sentence passed on an entire gender. A girl in Enteb-

be was abandoned, so all men are runners. A woman in Mombasa was cheated on, so all men are liars. A child in Arusha was left behind, so all men are useless.

Disappointment is valid. It deserves to be named in every city. But when it becomes a blanket, it suffocates the good men standing right beside you — the ones trying not to be like the men who hurt you.

Consider a 16-year-old boy in Eldoret yesterday. He watched his father leave home at 5 a.m. to lay bricks in a city that would never know his name. He watched his uncle in Dubai send money to Mbale every month without complaint. He watched his teacher in Kigali stay late to mark books for nothing. And then he scrolled and read: men are trash.

What is that boy supposed to do with that? He is not trash. He is a boy in Dodoma, in Gulu, in Mwanza, trying to figure out how to be good in a world that decided he was guilty before he has ever loved anyone.

The quiet goodness you miss when you look only for pain

unities and our homes. A girl’s pain is real, and it should never be dismissed.

But we cannot let the broken ones write the definition for an entire gender across an entire region.

To the young women from Lake Victoria to the Nile

I see your disappointment in Kampala traffic. I see your scars on Nairobi matatus. I understand why you built the wall in Dar es Salaam and wrote your verdict on it in Kigali. You were protecting yourself.

But I am asking you to leave a small window in that wall. Behind it are men who are fighting to be different. Sons in Bujumbura who watched their fathers fail and said, silently, that they would not do the same. Brothers in Juba teaching themselves emotional intelligence because no one taught them. Friends in Kisumu who call out another man when he disrespects a woman.

Not all men left. Not all men lied. Not all men used you. Some of them are still here — from Kampala to Juba — trying, failing, learning and trying again.

To the men of East Africa

Be visible in your goodness. Speak up at the boda stage in Kampala when another man disrespects a woman. Show up for your daughter’s school play in Nairobi without being asked. Walk your sister home in Dar es Salaam. Defend your female colleague in Kigali. Teach your younger brother in Bujumbura what respect sounds like. Change nappies in Juba without making it a performance.

Let your actions be louder than the narrative. Right now, silence is being mistaken for absence. And East Africa cannot afford to lose its good men to a lie.

We are raising a generation of girls who deserve to feel safe in every city. And we are raising a generation of boys who deserve the chance to be good without being presumed guilty. Some men are bad. Many men are tired. Many are healing. And many, quietly and stubbornly, are choosing to be good anyway — in every East African city you can name.

Those are the men worth defending. Because if we lose them, we all lose.

Mukama Phillip Kahigiriza is a Ugandan social commentator and founder of Daily Mindset Booster.

Good men across East Africa tend to be quiet. They do not film themselves paying rent in Kangemi. They do not post receipts for school fees in Morogoro. They do not go viral for keeping their promises in Gitega.

Goodness looks like a man in Kampala apologising first, even when he was only partly wrong. It looks like a husband in Nairobi choosing to listen instead of shout after a long day. It looks like a father in Dar es Salaam who shows up to every parents’ meeting, even when his shoes are worn. It looks like a son in Kigali telling his mother to rest — that he will cook today.

It looks like restraint. Like a man in Bujumbura choosing not to use his strength to harm. Like a brother in Juba choosing to stay when leaving would be easier. Like choosing to protect instead of possess.

And yes, there are bad men. There are men in every city who lie, manipulate, abandon and harm. We must name them. We must protect our daughters, sisters and mothers from them. We must hold them accountable — in our courts, our com-

Conservation The greatest act of stewardship is to plant what we may never live long enough to harvest, knowing that others will flourish because we cared

Hifadhi; Celebrating a decade of planting hope

The vision, partnership and sacrifice behind the Kaptagat Integrated Conservation Programme



BY Fredrick Chelimo
@themkenyatimes

The roadmap and understanding undertaken by Kaptagat Integrated Conservation Programme are rooted in the belief that the future matters, that tomorrow deserves protection, and that humanity has a responsibility to leave the earth better than it found it. These investments whose greatest rewards will be enjoyed not by those who make them, but by generations yet to be born. Planting a tree is one such investment and restoring forest is an even greater act of faith. It is an undertaking that is rooted in the belief that the future matters, that tomorrow deserves protection, and that humanity has a higher responsibility to this calling.

As the KICP prepares to celebrate its landmark 10th Edition on Saturday, the 11th July 2026, launch of the inaugural Hifadhi Magazine presents an opportunity not to commemorate a programme, but to honour a vision that has steadily grown into one of Kenya's most inspiring conservation success stories.

The word Hifadhi means protection, preservation and stewardship. It is therefore a fitting title for publication dedicated to documenting a movement that has spent the last decade restoring, conserving and protecting one of Kenya's most important ecological treasures - the Kaptagat ecosystem. This magazine is more than a collection of stories and photographs, it is a record of courage and a tribute to people and institutions who dared to invest in a future they may never fully witness.



Kaptagat Integrated Conservation Programme

When the idea of restoring Kaptagat first emerged, the challenge was evident. Environmental degradation, declining forest cover, pressure on water and energy resources, changing climate conditions and increasing demand on natural ecosystems threatened one of the region's most critical water towers. Rather than accepting this decline as inevitable, a coalition of committed individuals and institutions chose action. From that determination emerged the KICP, a unique model that recognized a fundamental truth; communities and forests must thrive together. What followed was not only a tree-planting campaign, but a movement.

Over the years, KICP has restored thousands of hectares of degraded landscape, protected water catchments, retabulated riparian zones and expanded forest cover across the wider Kaptagat ecosystem. But perhaps its greatest achievement lies beyond the

forest itself. The programme understood that conservation cannot succeed if communities remain excluded from its benefits. As a result, restoration was linked to livelihoods.

Through dairy development, climate-smart agriculture, clean energy technologies, water projects, bee keeping, agroforestry and income-generating enterprises, KICP transformed conservation into an engine for social and economic empowerment. The programme initiatives became a symbol of this philosophy, demonstrating protecting forests and improving household's income are not competing objectives but complementary goals.

Today, many families enjoy better livelihoods while simultaneously becoming custodians of the environment upon which those livelihoods depend. Such success does not occur by chance. It is built through partnership. As KICP celebrates ten years of impact,

profound gratitude is owed to the many stakeholders whose commitment has sustained this journey. The communities surrounding the Kaptagat ecosystem deserve the highest recognition for accepting to be part of a journey. Other numerous partners and individuals are as important as the evidence now and the future benefits. Let us acknowledge ourselves on our own small or big way.

Development partners and international organisations have equally played a critical role. Their investments, technical support and belief in the programme enabled KICP to scale its ambitions and strengthen its impact. Conservation, by its very nature, requires patience. It demands faith in outcomes that often take decades to materialize. The willingness of partners to invest in such a vision reflects a shared commitment to humanity's collective future.

At the Centre of this remarkable journey stands the patron

of KICP, Dr. Chris Kiptoo, PhD, whose unwavering commitment, strategic leadership and enduring belief in the programme have helped transform an idea into a movement.

His stewardship reflects a rare understanding that the most meaningful leadership is often measured not by immediate results but by the foundations laid for future generations. Through his guidance, KICP has remained focused on long-term impact, bringing together communities, government intuitions, development partners, professionals and conservation champions around a shared vision.

The entire KICP family – from programme leadership and technical teams to coordinators, volunteers to field officers – deserve equal recognition. Their work has frequently occurred away from public attention, yet its results are now visible across recovering landscapes, revitalized communities and growing opportunities. As preparations

intensify for the 10th Edition under the theme "10 to 20; Restore Transform. Sustain" there is much to celebrate and even more to anticipate.

The coming decade presents opportunities to deepen restoration efforts, strengthen ecosystem protection, expand climate-smart livelihoods, accelerate clean energy adoption, enhance water security and position Kaptagat as a globally recognized model of community driven conservation.

The challenge ahead is not only to plant trees, it is to nature culture, a culture where conservation becomes a shared responsibility, prepare prosperous ecosystems and where future generations inherit landscapes richer, healthier and more resilient than those of today.

As the readers turn the pages of the inaugural edition of Hifadhi magazine, they are invited to reflect on a simple but profound truth; every restored forest begins as an idea, every moment begins with a belief and every lasting legacy begins when ordinary people choose to serve a future beyond themselves. That is the story of KICP, a story of vision, partnership, hope and above all, it is a story of people whose chose to invest in a future whose fullest fruits they may never personally harvest, but whose benefits will endure for generations to come.

As we celebrate ten years of impact, we honour every hand that planted, every heart that believed, every partner that invested and above all the mind that gave birth to the idea to this remarkable journey. For in the end the truest measure of conservation is not the number of trees planted, but the future secured.

"The greatest act of stewardship is to plant what we may never live long enough to harvest, knowing that others will flourish because we cared"

China “In many cases, the biggest hurdle to innovation is not invention in the laboratory, but crossing the ‘Darwinian Sea’ between the laboratory and the marketplace,” Li told the forum

Summer Davos turns spotlight on China’s innovation-led path amid global uncertainties

BY Xinhua News Agency
@themkenyatimes

In an era defined by rapid technological advancement and mounting uncertainties, the question facing policymakers and executives is shifting: it is less about simply fostering innovation but more about how to ensure that it translates into tangible economic gains.

Against this backdrop, the World Economic Forum (WEF)’s 17th Annual Meeting of the New Champions in the northeastern Chinese city of Dalian has become a key platform for such discussions. China, with its ongoing efforts to integrate innovation into the real economy, is providing important insights into this transition.

The event, also known as the Summer Davos, is being held under the theme of “Innovating at Scale” from June 23 to 25, bringing together over 1,700 participants from more than 90 countries and regions to discuss ways to scale innovation into better jobs, stronger economies and new growth opportunities.

Innovation-driven development is the key to China’s long-term economic resilience and steady growth, said Chinese Premier Li Qiang when addressing the opening plenary of the forum on Wednesday in this coastal city in Liaoning Province.

“Over the course of long-term innovation, China has forged a path where technological innovation leads industrial upgrading, which in turn drives further technological iteration,” the premier said.

INNOVATING AT SCALE

“In many cases, the biggest hurdle to innovation is not invention in the laboratory, but crossing the ‘Darwinian Sea’ between the laboratory and the marketplace,” Li told the forum, echoing this year’s theme.

While China’s tech advances provide the wellspring for industrial development, its massive application scenarios are able to support the development of new technologies, he said.

For instance, the swift growth of China’s new energy and intelligent connected vehicle industries has



A robot gives a thumbs up to a participant of the 17th Annual Meeting of the New Champions in Dalian, northeast China’s Liaoning Province, on June 23, 2026. | Photo: Xinhua/Liu Lingyi

been underpinned by breakthroughs in areas such as new materials, power batteries and communications technologies. “This is what gives Chinese products their competitive edge, not government subsidies as some have speculated,” the premier explained.

The country’s innovation prowess is earned through years of strengthening its own capabilities and relentless hard work, and cultivated via a robust ecosystem, he added.

Just ahead of this year’s Summer Davos, the WEF announced 16 new additions to its Global Lighthouse Network, which recognizes manufacturers that excel in deploying advanced technologies. Over half of them are located in China, spanning sectors from ship-making to smart logistics.

In the outline of its 15th Five-Year Plan (2026-2030) adopted earlier this year, China has placed emphasis not only on developing frontier technologies but also on creating the industrial ecosystems and application scenarios needed to turn them into tangible output.

For Jonas Prising, CEO of workforce solutions company Manpower Group, the tech advancement and

innovation environments are equally impressive in China.

“Attitudes to AI are much more positive in China. Chinese people are very used to applying applications like WeChat and Alipay, and all kinds of technologies, for the benefit of their daily life, and you are now seeing that translate into professional lives as well,” said the senior executive.

A SOLID START

Amid global uncertainties and geopolitical conflicts, the Chinese economy has maintained strong resilience and positive momentum in kicking off the new five-year plan period.

China’s gross domestic product grew 5 percent year on year in the first quarter of 2026, and has maintained stable growth momentum in the second quarter with increasing enterprise profits and a moderate recovery in consumer prices.

The country’s stable growth is particularly significant given the sheer size of its 140-trillion-yuan (about 20.5 trillion U.S. dollars) economy and amid global energy shortages and severe supply chain disruptions,

providing much-needed certainty and serving as a “safe harbor” in an increasingly uncertain world, Li said.

“While the world is marked by turbulence and uncertainty, China stands out as one of the few places characterized by a unified domestic market and a high degree of stability,” said Yu Feng, president of Honeywell China.

“We see clear opportunities across several sectors from the 15th Five-Year Plan,” he said, pointing to domains that have already demonstrated strong growth momentum, including semiconductors, data centers, shipbuilding and energy transition.

Years of sustained investment in innovation have fueled the rapid emergence of new technologies, products and business models in China. The country’s artificial intelligence (AI) sector has experienced “explosive growth,” the premier said, noting that daily token consumption of Chinese large language models had surpassed 100 trillion by the end of May this year, ranking among the highest in the world.

“There are strong advantages in hardware experimentation and in-

novation in China,” Andrew D. Maynard, professor at Arizona State University, told Xinhua, while adding that innovation in China is advancing at a much faster pace than in Europe and North America.

“CHINA OPPORTUNITY 2.0”

Amid the rapid rise in China’s innovation capabilities, some observers have voiced concerns over China’s technological and industrial progress, even promoting the narrative of a so-called “China Shock 2.0” that frames China’s development as a shock to the global economy.

Yet a growing number of voices instead point to a “China Opportunity 2.0,” aptly used to summarize China’s more open, inclusive and tech-powered economic interaction with the rest of the world, which comes after its integration into the global economy following 40-plus years of reform and opening up.

For enterprises worldwide, “China Opportunity 2.0” represents comprehensive innovation-driven empowerment and high-return investment prospects, Premier Li stressed.

Official data showed that in 2025, a total of 14,000 new foreign-invested enterprises were established in China’s technology research and technical services sector, up 27.2 percent year on year.

“What China’s technologies and products in emerging areas bring to the world are not shocks or threats, but opportunities and empowerment,” Li added.

The premier also pledged deeper international collaboration on AI governance, voicing concern over the swift advance of AI that has significantly improved the efficiency of innovation but at the same time amplified risks ranging from technological runaway to ethical lapses.

“China will continue to participate in global governance of AI and other sectors responsibly and constructively, work with all parties to improve institutional rules, strengthen oversight and effectively manage potential risks,” he added.

(Reporting by Mu Xuyao, Hui Peipei, Hong Jing, Yang Qing, Jiang Zhaochen, Zhao Yong, Liu Bin and Ma Haoran; Video editors: Zhang Mocheng, Li Qin, Liang Wanshan and Zhao Tianlin) ■

LETTERS TO THE EDITOR



When the streets became parliament

By Levis Wangamati

Before sunrise, Kenya held its breath.

Shopkeepers hesitated at their shutters. Parents called children home early. Rumours outpaced matatus. And across the country, a familiar question hung in the air: what kind of day would this become?

By midmorning, the streets had answered.

Parliament is designed to be the nation's highest forum — where elected voices speak for the people and decisions reflect the public will. Yet history has repeatedly shown that when citizens feel unheard, another parliament quietly convenes. Its chamber is the road. Its microphone is the human voice. Its language is written on cardboard and echoed in chants that rise above the noise of ordinary life.

That is what Kenya witnessed yesterday.



The demonstrations carried more than placards. They carried questions that have occupied dinner tables, classrooms and workplaces for months — about opportunity, accountability and whether the dreams of ordinary Kenyans are drawing closer or drifting further away.

This generation is informed, connected and unafraid. It compares Kenya not only to its past but to the wider world. It expects leadership to remain accountable long after election day. Some call that impatience. Others call it patriotism. Perhaps it is both.

Dialogue is not weakness. Listening is not surrender. Accountability is not hostility. They are the foundations upon which durable democracies are built.

The streets will return to normal. But the questions will not go away.

A healthy democracy is one in which Parliament speaks for the people. A stronger democracy is one where the people never feel compelled to become Parliament themselves.

That Kenya remains worth building.

Government promises timely release of school capitation funds

By Alex Muthui

For years, Kenyan school heads opened each term the same way: scrambling for credit, deferring supplier payments, and hoping parents would quietly fill the gaps that late government funding left behind. That frustrating cycle may finally be ending.

The government has released Sh23.4 billion in capitation funds for Term Two of 2026 ahead of the April 27 school reopening — following an earlier release of Sh44.2 billion for Term One in January, the first time in recent years that funds reached schools before the gates opened. Basic Education Principal Secretary Julius Bitok has committed that capitation will now arrive at least three days before each term begins, a structural change Pres-



ident William Ruto framed as a direct presidential directive.

Going further, PS Bitok announced that per-learner funding will rise from Ksh1,420 to Ksh2,340 per year from July 2026 — a 65 per cent increase aimed at closing the gap between what schools actually spend and what the government has historically provided.

Kenya Secondary School Heads Association chairman Willie Kuria called the shift historic. “Receiving capitation before the term begins allows

principals to budget, prioritise and manage resources prudently,” he said. “It reduces unnecessary debts and ensures schools operate smoothly from day one.”

The government has also urged school administrators to manage funds with full accountability and transparency.

The promises are the right ones. Whether they outlast the current political moment is the question every school head — and every parent — is waiting to have answered.

Kenya's burning shame: how many more children must die?

By Joyleen Jepkoech

In 1991, male students at St Kizito Secondary School in Meru raped 71 girls and killed 19 of them. That single night should have been enough to change everything. It was not.

Seven years later, 26 girls burned to death in a dormitory fire at Bombolulu Girls School. In 1999, four prefects were locked inside their cubicle at Nyeri High School and set ablaze by fellow students. In 2001, 67 boys perished in the inferno at Kyanguli Secondary School in Machakos — Kenya's deadliest school fire. In 2010, two more boys died at Enderasha Boys School. In 2012, eight girls lost their lives at Asumbi Girls Primary in Homa Bay. In 2017, ten students died when fire tore through Moi Girls High School in Nairobi.

Each time, there were inqui-



ries. Each time, there were promises. Each time, nothing changed.

In 2024, 21 young boys died at Hillside Enderasha Academy in Nyeri. Then came Utumishi Girls Academy in Nakuru — 16 more lives extinguished in a dormitory in 2026.

These are not statistics. They are children with names, dreams, and futures that Kenya allowed to burn.

The pattern is damning: overcrowded dormitories, locked

exits, barred windows, absent adults, and governments that mourn publicly but act minimally. Investigations gather dust. Recommendations are ignored. Children keep dying.

One life lost is a catastrophe. More than 160 lives lost across three decades is a policy failure, plain and simple.

Enough. Not one more child should die because Kenya refuses to enforce the safety rules it already has.

Poor waste management is threatening our environment

By Cynthia Jemutai

Walk through any Kenyan town at dusk and the evidence is inescapable: uncollected rubbish heaped at roadsides, plastic choking drainage channels, and rivers reduced to open sewers. This is not a natural disaster. It is a manufactured one — the result of systemic neglect and a collective refusal to take waste seriously.

The numbers are damning. Kenya generates approximately 1.2 million tonnes of plastic waste annually, yet only nine per cent is recycled. Nairobi alone produces 2,400 tonnes of waste every single day, 30 per cent of it plastic. An estimated 92 per cent of Kenya's plastic is mismanaged, with 37 kilotons leaking into the environment and the Indian Ocean each year. The Nairobi River — once clean enough to swim in — now chokes on decades of accumulated indifference.



Kenya has the laws. The 2017 plastic bag ban was bold. The Sustainable Waste Management Act of 2022 exists. The problem is not legislation — it is enforcement and political will.

County governments must stop treating waste collection as a budget afterthought. Adequate disposal sites, functional recycling infrastructure, and genuine accountability for illegal dumping are not optional extras — they are basic gover-

nance responsibilities.

But government alone cannot fix this. Every Kenyan who tosses waste from a car window, dumps refuse near a river, or treats a public space as a personal rubbish tip is part of the problem.

A clean environment is not the government's gift to give us. It is ours to demand — and ours to earn.

Cynthia Jemutai, Kenya Coast National Polytechnic

SPORTS
NEWSPHOTOS
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BREAKING NEWS

Sports >> *The Lions of Teranga make World Cup history as Pape Gueye's stunning brace lights up BMO Field

Senegal dismantle ten-man Iraq with five-star Toronto statement



Senegal dismantle ten-man Iraq with five-star Toronto statement

By Norman Mwale

“This was Senegal showing Africa’s pedigree on the world stage. Ruthless, disciplined, and full of belief.”

Senegal delivered a resounding 5-0 victory over Iraq at BMO Field in Toronto to announce themselves as a serious force at this World Cup, turning the contest into a one-sided rout after an early red card left the Asian side with a mountain to climb. What began as a competitive opener was effectively settled inside four minutes, and the Lions of Teranga never let up, producing a performance defined by clinical finishing, midfield dominance, and the individual brilliance of substitute Pape Gueye.

The breakthrough arrived with brutal efficiency. Abdoulaye Seck rose highest to meet a corner and powered a header toward goal in the fourth minute,

with Habib Diarra getting the decisive final touch to put Senegal in front. The complexion of the match changed nine minutes later when Iraq defender Rebin Sulaka was dismissed in the 13th minute — a yellow card for bringing down captain Sadio Mané upgraded to red following a VAR review — reducing the visitors to ten men and forcing them into a defensive shell from which they never recovered.

Senegal doubled their advantage in the 56th minute through Ismaila Sarr, who fired in Lamine Camara’s cut-back after an Iraqi error to make it 2-0 and settle any lingering nerves. Three minutes later, the stage belonged to Pape Gueye. Just 89 seconds after coming on as a substitute, he curled a stunning left-footed strike from outside the box into the far corner in the 59th minute — and was not finished there. He outdid even that effort in the

71st minute with a ferocious half-volley clocked at 132 km/h that flew past the helpless goalkeeper, completing his brace and underlining his extraordinary impact from the bench. Iliman Ndiaye wrapped up the scoring in the 82nd minute with a cool long-range strike to make it 5-0 and cap a night of attacking excellence — one that made history as the first time an African nation has scored five goals in a single World Cup match.

Speaking after the match, Senegal head coach Pape Thiaw praised his side’s mentality and precision. “We respected Iraq, but we also respected ourselves,” Thiaw said. “To score five goals at a World Cup, with discipline after the red card, shows the maturity of this group. Gueye was exceptional, but it was a collective performance.” Man of the Match Pape Gueye reflected on a special evening for his country.

“That first strike felt perfect the moment it left my boot,” Gueye said. “More important is the win for Senegal and for Africa.” Iraq coach Graham Arnold admitted his side were undone by the early dismissal. “To play 77 minutes with ten men against Senegal is very difficult,” Arnold said. “We must learn quickly and be better in the next game.”

The result leaves Senegal with a significant goal-difference boost and real momentum heading into the knockout stage, while Iraq bow out of the tournament without a point. For the Lions of Teranga, Diarra’s early opener, Sarr’s 56th-minute finish, Gueye’s 59th and 71st-minute masterclass from the bench, and Ndiaye’s late screamer combined to produce a night — and a scoreline — that Toronto will not forget in a hurry.

GET THE BEST OF WORLD

Sports >> *A first-half treble for the ages — and a performance dedicated to an absent coach

Dembélé's 32-minute hat-trick fires France past Norway to top Group I



By Norman Mwale
 “His first World Cup hat-trick silenced every doubt. Tonight Ousmane was unstoppable.”
 France secured top spot in World Cup Group I with a commanding 4-1 victory over Norway at Boston Stadium in Foxborough — a result built on a blistering first-half hat-trick from Ousmane Dembélé that will live long in the memory. Both sides had already qualified for the knockout stage, but Les Bleus were intent on finishing first, and they did so in devastating fashion against a heavily rotated Norway side that left Erling Haaland on the bench. The occasion carried an emotional edge beyond the football. Head coach Didier Deschamps was absent from the touchline, having flown home to France to attend his mother’s funeral, with assistant Guy Stephan stepping in to lead the side. The squad’s

response was emphatic. The tone was set inside the opening seconds when Kylian Mbappé struck the crossbar after just 22 seconds, and it took only seven minutes for France to lead. Mbappé turned provider with a superb through ball for Ballon d’Or winner Dembélé, who cut in from the right and fired into the far corner with his left foot to make it 1-0 in the seventh minute. He doubled the advantage in the 20th with another equally precise left-foot finish into the same bottom corner, before Norway pulled one back through Thelo Aasgaard just 79 seconds later to briefly make it 2-1. The PSG forward completed his treble in the 32nd minute with a carbon-copy third, becoming only the third French player to score a World Cup hat-trick — after Just Fontaine and Mbappé himself — and producing the

second-fastest hat-trick in the tournament’s history, behind only Austria’s Erich Probst who managed the feat inside 24 minutes back in 1954. Norway’s Jørgen Strand Larsen saw a penalty saved by Mike Maignan early in the second half, and Désiré Doué headed home substitute Bradley Barcola’s cross in stoppage time to seal a 4-1 win, with Mbappé providing two assists across the evening. Dembélé, who had gone the better part of 19 major international tournament appearances without a goal before this tournament, spoke of his pride at delivering on the biggest stage. “It feels special to score three, but the most important thing is the team performance,” he said, his tournament tally now standing at four goals. Taking charge in Deschamps’ absence, assistant coach Guy Stephan praised his players

warmly: “Our thoughts are with Didier and his family. As for the game — we did what we needed to do. There was a lot of enjoyment in how we played, plenty of intensity, and we scored four goals. Ousmane got a hat-trick and Désiré scored the first headed goal of his career. We need to build on that.”
 Norway, who rested Haaland and several other key players, will now face Ivory Coast in Dallas on Tuesday 30 June, while France — likely to meet Sweden — prepare for the Round of 32 with momentum, confidence, and a squad that is clearly hitting its stride at exactly the right moment.
 Man of the Match: Ousmane Dembélé — goals in the 7th, 20th, and 32nd minutes to complete a historic first-half treble.

SPORTS NEWS



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SPORTS AS THEY HAPPEN



The importance of a healthy lifestyle in maintaining human health



By: Ahmadjonova Hayotxon
@themkenyatimes

This article discusses the importance of a healthy lifestyle in maintaining and strengthening human health. The issues of proper nutrition, physical activity, avoiding harmful habits, and preserving mental health are analyzed from a scientific perspective. In addition, the role of a healthy lifestyle in the prevention of various diseases is examined.

Keywords: healthy lifestyle, health, prevention, physical activity, proper nutrition, mental health.

Introduction

Human health is one of the most important factors in the development of society. A healthy individual can make a significant contribution not only to personal well-being but also to social progress. In recent years, there has been a worldwide increase in chronic diseases such as cardiovascular diseases, diabetes mellitus, obesity, and other health disorders. According to experts, one of the main causes of these diseases is an unhealthy lifestyle.

A healthy lifestyle is a set of habits and behaviors aimed at maintaining physical and mental well-being. It includes proper nutrition, regular physical exercise, adherence to hygiene rules, avoidance of harmful habits, and maintaining psychological balance.

The Importance of Proper Nutrition

Proper nutrition is one of the fundamental components of a healthy lifestyle. The human body requires proteins, fats, carbohydrates, vitamins, and minerals for normal functioning. A deficiency of these essential nutrients may lead to various health problems and disorders.

A balanced diet strengthens the immune system, improves the body's ability to fight diseases, and enhances work productivity. Therefore, it is recommended that daily meals include sufficient amounts of vegetables, fruits, dairy products, meat, and grain products. Fast food and foods with high sugar content should



The importance of a healthy lifestyle in maintaining human health

be consumed in moderation.

The Impact of Physical Activity on Health

Regular physical activity has a positive effect on all systems of the human body. Sports and exercise strengthen the cardiovascular system, improve blood circulation, and promote the development of muscles and bones. Moreover, physical activity helps prevent excessive weight gain and obesity.

Health professionals recommend engaging in at least 30 minutes of physical activity every day. Simple activities such as walking, running, swimming, or cycling can significantly improve overall health. Promoting a culture of sports and physical fitness among young people is particularly important for raising a healthy generation.

Negative Consequences of Harmful Habits

Smoking and alcohol consumption cause serious harm to human health. Tobacco smoke contains numerous toxic substances that negatively affect the lungs, heart, and blood vessels. Smoking can lead to chronic bronchitis, lung cancer, and many

other diseases.

Regular alcohol consumption may result in liver damage, nervous system disorders, and psychological problems. Therefore, eliminating harmful habits is an essential aspect of developing a healthy lifestyle.

Mental Health and Its Importance

Mental health is a crucial component of overall well-being. Modern lifestyles often expose individuals to stress and psychological pressure. Prolonged stress may contribute to heart diseases, sleep disorders, depression, and other health problems.

To maintain mental health, it is important to follow a proper balance between work and rest, ensure adequate sleep, maintain positive thinking, and communicate with family and friends. Participation in sports and cultural activities can also improve emotional well-being and reduce stress.

The Preventive Role of a Healthy Lifestyle

Preventing diseases is more effective and economical than treating them. Individuals who follow a healthy lifestyle have a significant-

ly lower risk of developing chronic diseases.

The primary goal of preventive medicine is to reduce the prevalence of diseases by promoting healthy lifestyle practices among the population.

Healthcare professionals should regularly educate the public about proper nutrition, physical activity, and personal hygiene. Such efforts contribute to improving public health and enhancing quality of life.

Conclusion

A healthy lifestyle is one of the most important factors in maintaining and improving human health. Proper nutrition, regular physical activity, avoidance of harmful habits, and attention to mental health can prevent many diseases. Following a healthy lifestyle not only helps individuals live longer and more productive lives but also contributes positively to the development and prosperity of society.

Ahmadjonova Hayotxon
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Worth Noting:

- Smoking and alcohol consumption cause serious harm to human health. Tobacco smoke contains numerous toxic substances that negatively affect the lungs, heart, and blood vessels. Smoking can lead to chronic bronchitis, lung cancer, and many other diseases.
- Mental health is a crucial component of overall well-being. Modern lifestyles often expose individuals to stress and psychological pressure. Prolonged stress may contribute to heart diseases, sleep disorders, depression, and other health problems.
- To maintain mental health, it is important to follow a proper balance between work and rest, ensure adequate sleep, maintain positive thinking, and communicate with family and friends. Participation in sports and cultural activities can also improve emotional well-being and reduce stress.