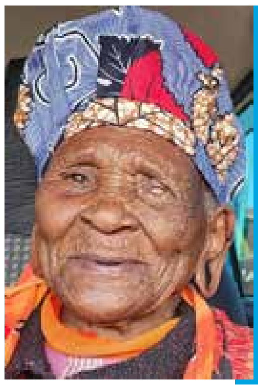

Kenya's ageing crisis: Act now or pay later

Kenya's population of people aged 60 and above will more than double from 2.9 million to 6.4 million by 2045, and the country's health, social protection and care systems are nowhere near ready for that shift, geriatric specialists warned yesterday.

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Lamu refinery: Development must never outrun the law — or leave anyone behind

Kenya has every reason to welcome an investment capable of transforming its industrial and energy landscape.

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The Mt. Kenya Times

Daily ePAPER

Countdown 2027 Kiharu MP urges government to reveal full shareholding of proposed KSh2 trillion Lamu project

Who owns the Lamu refinery?

Kiharu MP Ndindi Nyoro yesterday demanded that the government publicly disclose the full shareholding structure of the proposed KSh2 trillion Dangote East Africa Refinery in Lamu, alleging that President William Ruto may have personally demanded equity stakes from Nigerian billionaire investor Aliko Dangote as a condition for the project's advancement in Kenya, a claim the government has not addressed and one that has amplified questions about transparency surrounding the country's largest proposed private infrastructure investment.

Speaking at a public rally in Subukia Town, Nakuru County, during what his People's Party of Kenya has branded a county-wide political tour, Nyoro said Kenyans had a right to know precisely who owned shares in a project of such profound national consequence. His remarks came days before the refinery is scheduled to break ground on Wednesday in a ceremony Ruto is expected to lead alongside regional heads of state, and arrived as the first heavy construction machinery for the project was already being unloaded at the Port of Lamu.

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Kiharu MP Ndindi Nyoro

Leaders rally round Karua after father's death

BY Jane Njeri
@themtkenyatimes

Some of the moments as captured in pictures

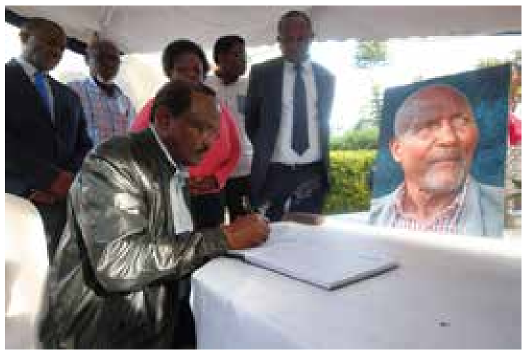
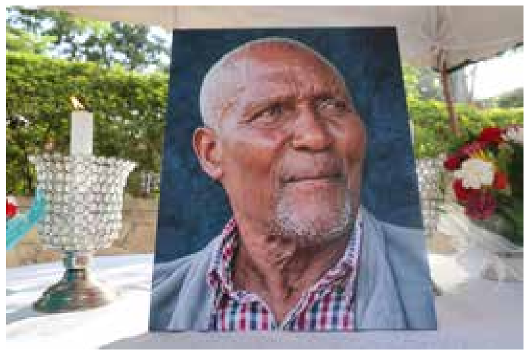
People's Liberation Party leader Martha Karua yesterday received friends and political colleagues at her Nairobi home following the death of her father, Jackson Karua, after returning from Kirinyaga where the family had gathered to begin mourning.

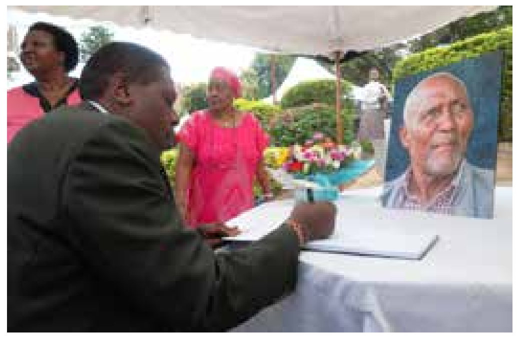
Karua said the cross-party support had been a source of genuine strength. "The outpouring of condolences, prayers and support has truly meant a great deal to us," she said.

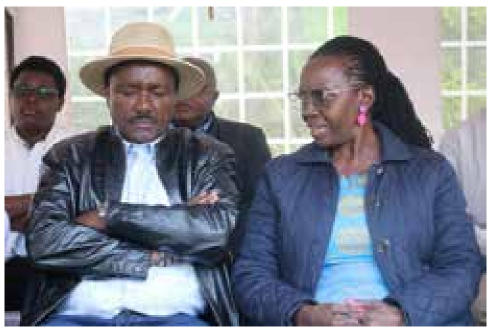
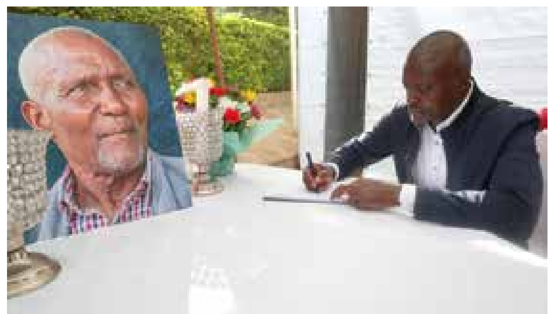
Among those who visited were her daughter Waithera Chege, Eugene Wamalwa, former Interior Cabinet Secretary Fred Matiang'i, Kiharu MP Ndindi Nyoro, former Cabinet minister Mukhisa Kituyi and Wiper leader Kalonzo Musyoka. The gathering brought together leaders from competing political formations — a reflection of the personal bonds that frequently transcend party lines in Kenyan public life.

Jackson Karua had been a deeply familiar presence in Kirinyaga County. In 2022, he spoke on camera after his daughter was named Raila Odinga's running mate. "I did not expect this. I did not think I would see the day," he said, his voice breaking unmistakably with pride.

For a leader who has spent three long decades in Kenyan politics, the loss is a reminder that behind every public figure is a private story — and a family quietly carrying it.

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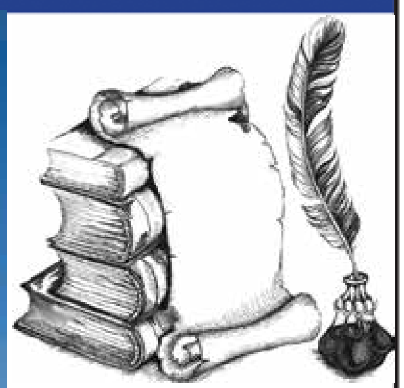

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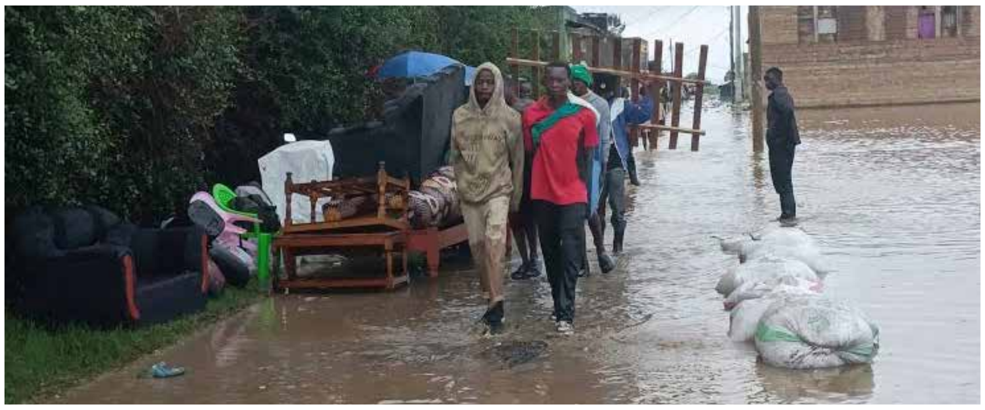
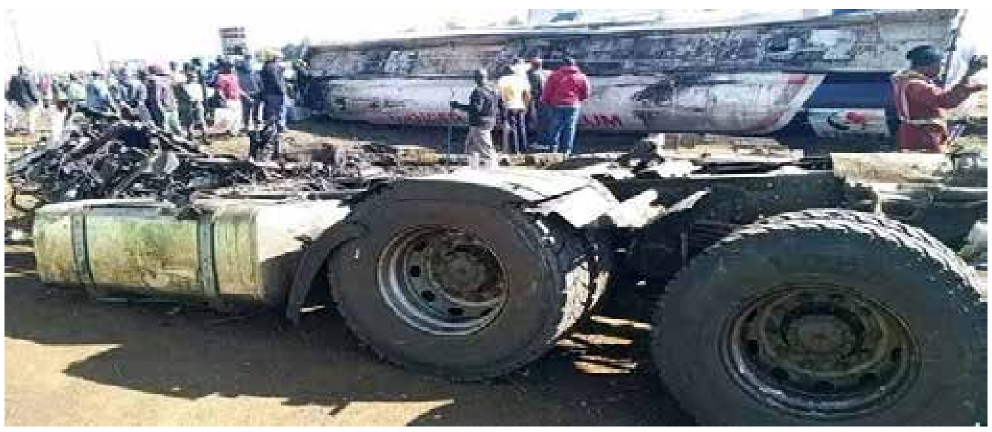
NEWS IN BRIEF

The government plans to nearly triple the storage capacity of Mengit Dam in Nakuru County, expanding it from 150,000 cubic metres to 400,000 cubic metres under a rehabilitation and expansion programme set to transform smallholder farming in Nyota Ward, Kuresoi North Constituency. The project, once complete, is expected to deliver reliable irrigation water to approximately 1,000 households and open up 600 acres of previously rain-dependent farmland to year-round cultivation. Officials said the expansion would reduce the vulnerability of farming families to erratic rainfall patterns that have repeatedly devastated harvests in the area. The intervention comes as the government intensifies efforts to boost food security through water infrastructure investment in historically underserved constituencies, with Kuresoi North among the areas earmarked for priority development in the current budget cycle.

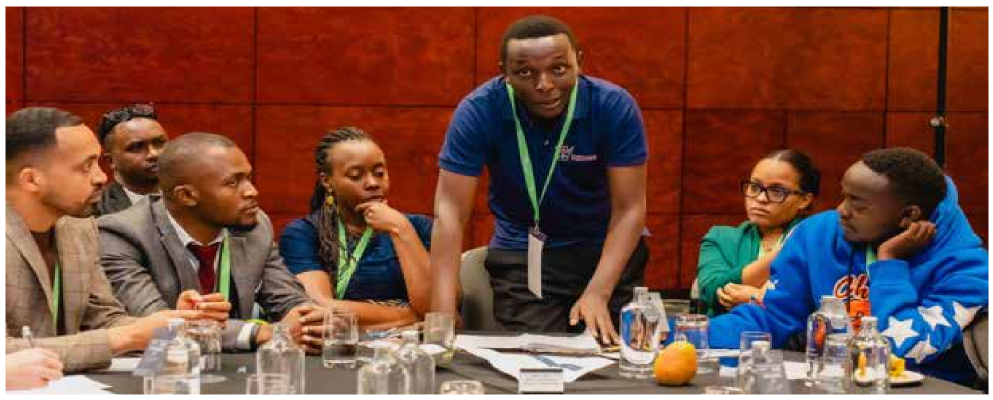


The Naivasha Tourism Association yesterday called on the Nakuru county government to repair and upgrade the town's drainage infrastructure before the onset of expected heavy rains, warning that failure to act could devastate a sector that sustains hundreds of livelihoods around the lakeside town.The association said El Niño conditions posed a direct threat to tourism businesses, hotels, and ancillary operators who depend on accessible roads and a functional environment to attract visitors. Flooding, it noted, had previously cut off key routes and rendered parts of the town impassable, driving away tourists at critical revenue periods. Officials urged the county to treat the drainage upgrade as an emergency rather than a routine maintenance matter, arguing that the economic cost of inaction would far outweigh the investment required to address it.

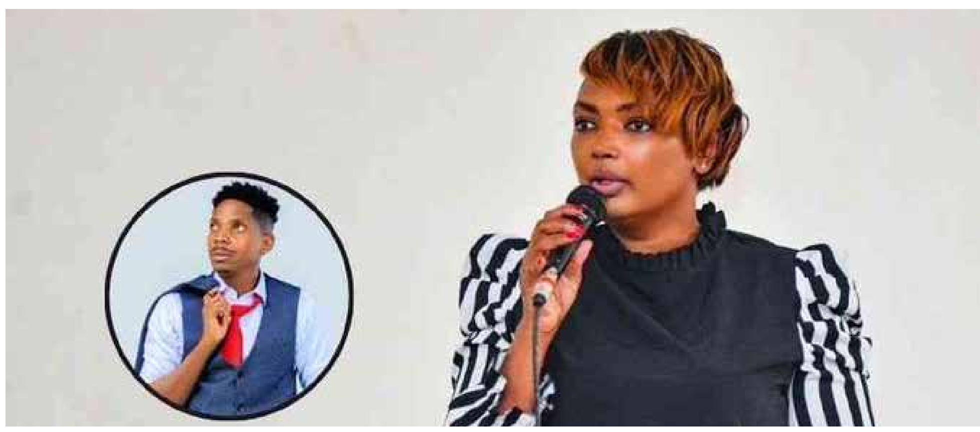


Two men died at the weekend when their vehicle collided with a trailer near Longonot town along the Naivasha–Mai Mahiu road, among them a member of the Kikuyu Council of Elders. The two were travelling from Naivasha toward Mai Mahiu when the accident occurred. The identity of the elder has not been publicly disclosed, and police are yet to release a formal statement on the cause of the crash. The Kikuyu Council of Elders confirmed the loss of one of its members and conveyed condolences to the families of both victims. The Naivasha–Mai Mahiu road has recorded a series of fatal accidents in recent years, with authorities repeatedly citing speeding and overloaded commercial vehicles as the leading causes of fatalities along the stretch.

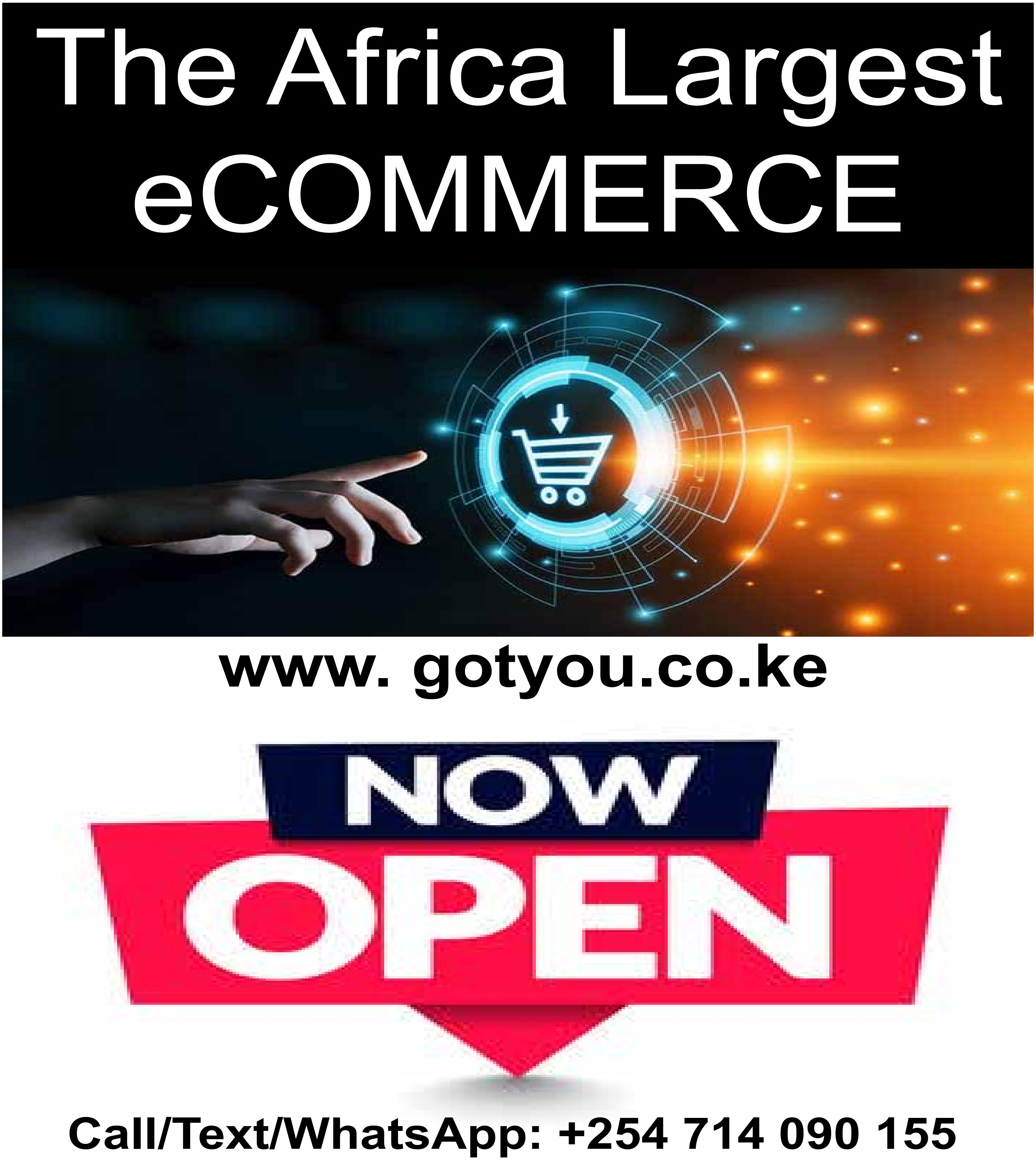
Kenya has set a target of producing at least half of its essential health products locally by 2030, with Health Cabinet Secretary Aden Duale yesterday outlining the government's plan to cut the country's dependence on imported medicines and build a more resilient pharmaceutical sector. Speaking at the opening of the sixth PharmaReg AfriSummit 2026, Duale said the target is anchored in the 2026–2030 Health Products and Technologies Local Manufacturing Strategy, which combines expanded domestic production with stronger regulatory oversight and broader access to quality medicines. The push comes as Africa imports more than 70 per cent of the health products it consumes, a dependence that the Covid-19 pandemic exposed as a critical vulnerability. Kenya currently faces a pharmaceutical supply gap estimated at 70 per cent of domestic demand.



Africa is simultaneously grappling with a shortage of 5.5 million health workers and a paradox that undermines any straightforward solution: nearly one million trained health professionals across the continent remain without meaningful employment. The figures were laid bare at Ubuntu Rising 2026 in Cape Town, where more than 80 young health professionals, researchers, innovators, entrepreneurs and higher education representatives convened to confront what organisers described as one of the continent's most urgent structural contradictions. Participants said the crisis was not simply a production problem but a deployment, retention and financing failure that no amount of training alone could solve. The gathering produced a set of recommendations on reforming African health systems, with youth leadership and cross-border workforce mobility among the priorities delegates pressed governments to address urgently.



Nominated Senator Karen Nyamu yesterday accused comedian and activist Eric Omondi of orchestrating a coordinated campaign to disrupt her speech at an endometriosis awareness event in Nairobi, claiming he mobilised a section of the audience to drown her out with "Wantam" chants at the Kenyatta International Convention Centre. Nyamu was addressing Natalie Githinji's Endometriosis Warriors gathering when the chants broke out, cutting short her remarks. She said the disruption was deliberate and traced it directly to Omondi, with whom she shares a child. Omondi denied involvement. The incident drew sharp reactions on social media, with opinions divided between those who viewed it as political harassment and others who saw it as a legitimate expression of public sentiment toward the senator.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NYS NYS signed a Memorandum of Understanding with the Nakuru County Government

NYS fights to save KSh2.1B Nakuru road deal in court

BY David Kimani
@themtkenyatimes

Attorney General argues inter-governmental collaboration is lawful as residents press petition over public participation

By David Kiamni

The National Youth Service yesterday opposed a petition before the High Court seeking to have its KSh2.1 billion road maintenance agreement with the Nakuru County Government declared unconstitutional, arguing the deal was a lawful inter-governmental arrangement that disclosed no reasonable cause of action against the service.

NYS, through the office of the Attorney General, filed a Preliminary Objection asking the court to dismiss the petition with costs, saying the engagement with the county government constituted a lawful inter-governmental collaboration. The objection marks a significant escalation in a legal dispute that has paralysed one of Nakuru Governor Susan Kihika's flagship infrastructure programmes.

The challenge was brought by four Nakuru residents — Simon Nasieku, Benson Macharia, Kepha Omuyoma and Paul Muchiri — who filed two related petitions before Judge Julius Nangea, challenging the deal on grounds of lack of public participation. The four want the court to stop the county government from approving or making any payments to NYS.

NYS signed a Memorandum of Understanding with the Nakuru County Government on November 7, 2025, for the execution of the KSh2.1 billion road deal, including the maintenance of all feeder roads under the Imarisha Barabara programme. The programme was designed to upgrade low-volume tarmac and gravel roads across various wards in the county.

The deal ran into legal trouble almost immediately after it was signed. The High Court suspended the agreement after the county failed to defend itself in the initial hearing, with Judge Nangea ruling that the conservatory order would remain in force until the petition is determined.

The petitioners told the court that the deal was shrouded in secrecy and violated constitutional principles of transparency, accountability and prudent use of public resources. They also pointed out that the Nakuru County Assembly, through a letter dated November 13, called for the halting of the implementation of the MoU.

In addition to the court proceedings, Nasieku and Macharia wrote to Controller of Budget Margaret Nyakang'o to stop any payment request from the Nakuru County Government emanating from the MoU. They argued the arrangement would disrupt planned development activities captured in the county's Annual Development Plan and approved estimates for 2025.

The petitioners submitted that the MoU went against Article 10 of the Constitution because it was not subjected to public participation, a requirement that has increasingly become central to legal challenges against county government decisions across Kenya.

Critics say that bypassing procurement rules undermines accountability, while supporters of the deal argue that the involvement of NYS could expedite implementation. The case has drawn attention beyond Nakuru, touching on the broader and largely unsettled question of whether counties can assign public works directly to national government agencies without open competitive tendering.

The Attorney General's Preliminary Objection will be tested against those arguments when the matter returns to court. For Kihika, the stakes are considerable. The Imarisha Barabara programme has been central to her administration's infrastructure narrative, and its suspension has left a visible gap in a county where road conditions remain a persistent voter concern.

With Kenya's general election now less than twelve months away and public works scrutiny intensifying, the outcome of the Nakuru road case will carry weight well beyond the courtroom.

Lamu residents: Compensate us first

Lamu residents yesterday demanded fair compensation and a resettlement plan

BY Fatuma Ali
@themtkenyatimes

Lamu residents yesterday demanded fair compensation and a resettlement plan before construction begins on the proposed KSh2 trillion Dangote East Africa Refinery, ahead of President William Ruto's groundbreaking at the Magogoni site on Wednesday.

Residents, scarred by the KSh310 billion Lamu Port project — which disrupted fishermen's livelihoods and sparked lengthy compensation court battles — said they would not be sidelined again. Mohamed Abdulkadir, organising secretary of the Lamu branch of the Council of Imams and Preachers of Kenya, said it must first deliver for local communities. "Let the investor engage us in CSR projects so that our real needs are addressed. We want to see improved healthcare, education and clean water in villages surrounding the project site," Abdulkadir said.

Lamu Governor Issa Timamy warned residents against selling land cheaply, projecting the project would draw more than 100,000 workers and push values higher. "Landowners should not rush to sell their land cheaply. The value will only rise as the project progresses," Timamy said.

Greenpeace Africa has demanded an independent environmental and social impact assessment before approvals are issued. Deputy President Kithure Kindiki has described the refinery — designed to process 700,000 barrels of crude oil daily and create 60,000 jobs — as a project that will "unlock the economy of Lamu and the Coast region."

For Lamu residents watching dignitaries arrive, unlocking must start with honest answers and a genuine seat at the table.


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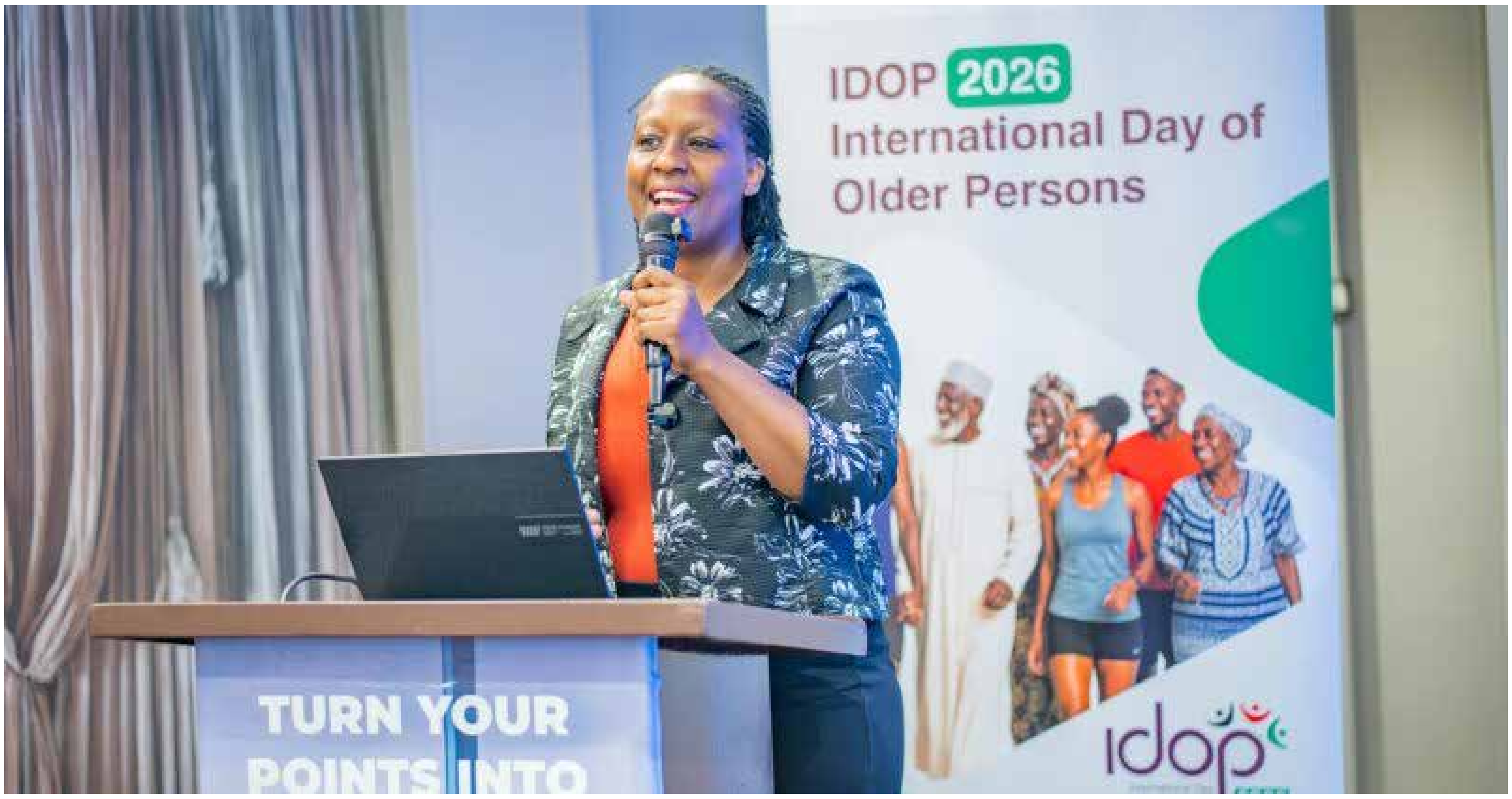
Ageing crisis "This is not simply a demographic statistic," Atambo said. "It has major implications not just for the healthcare system but for the economy and most importantly for the wider society."

Kenya's ageing crisis: Act now or pay later

With the elderly population set to more than double by 2045, specialists warn that the time to build geriatric systems is today, not tomorrow

BY Agnes Watiri
@themtkenyatimes



Dr. Lydia Atambo, Co-founder of ACEHOP and IDOP Conference Chair

Kenya's population of people aged 60 and above will more than double from 2.9 million to 6.4 million by 2045, and the country's health, social protection and care systems are nowhere near ready for that shift, geriatric specialists warned yesterday.

The warning came as medical professionals, government officials and development partners gathered to mark the International Day of Older Persons, using the occasion to press for policy action rather than ceremonial recognition. The numbers alone make the case. Kenya's 2019 Population and Housing Census recorded about 2.7 million older persons, roughly six per cent of the total population. Within two decades, that figure is expected to more than double, creating demands on public services that are already stretched.

Dr Lydia Atambo, a physician specialising in geriatric medicine and co-founder of the African Centre of Excellence for Healthy Older Persons (ACEHOP), said the projection should be read as an economic and structural warning, not merely a demographic footnote.

"This is not simply a demographic statistic," Atambo said. "It has major implications not just for the healthcare system but for the economy and most importantly for the wider society."

The core of her argument is that Kenya still treats geriatric care as a specialist service confined to urban hospitals, when the evidence points clearly in the opposite direction. If the country is to cope with six million older citizens requiring varying levels of care, geriatric medicine must be embedded in primary healthcare, community health systems, home-based care programmes, rehabilitation services and palliative care networks that reach every county.

"Geriatric care cannot remain a specialist service that is only found in cities and major towns. It has to be devolved," she said.

Atambo also raised an issue that rarely features in demographic projections: who, exactly, will provide the care? The traditional answer, unpaid family members, is becoming less reliable. Children are increasingly living away from their parents. Family units are getting smaller. More women, who have historically borne the bulk of informal caregiving, are participating in the formal workforce. That combination is quietly dismantling the assumption that families will absorb whatever the formal care system fails to provide.

"Care is not simply a social responsibility," Atambo said. "It can also be looked at as an economic sector that can create jobs and enable families to remain economically productive."

The Ministry of Health added its own dimension to the discussion. Dr Esther Muinga, speaking for the ministry, said the ageing question cannot be separated from the growing burden of non-communicable diseases, which rise sharply with age and already place significant pressure on Kenya's health facilities.

Muinga's argument was that healthy ageing does not begin at sixty. It begins at birth. Nutrition, immunisation, education, safe environments, mental wellbeing and early prevention of chronic disease all shape the health of the elderly person that every child will eventually become.

"What we do for a child at the age of two years determines how the future looks for them," she said.

She also challenged the tendency to design health systems around individuals in isolation, arguing that universal health coverage must be structured around families and communities. The ministry has established a technical working group on healthy ageing and is implementing a set of strategies intended to raise the quality of care for older people, though officials acknowledged that implementation at county level remains uneven.

A recurring theme across all the presentations was resistance to the framing of older people as a burden. Dr Jane Muita made the point directly, arguing that longer life expectancy is not a problem to be managed but a product of decades of improvements in health and development that Kenya should regard as an achievement.

"Age is an achievement, not a problem," Muita said. "Older persons are contributors and not simply dependent."

She cited the economic and social value that older people continue to generate through employment, community leadership, knowledge transfer and the kind of practical experience that cannot be acquired from a classroom or a training programme. She also urged Kenya's media to examine the way ageing is reported, arguing that reducing older people to stories of illness, dependency and vulnerability does active harm by shaping public attitudes and policy in ways that marginalise a growing portion of the population.

Dr Tasneem Yamani, Technical Advisor at Suqoon Kenya, reinforced that point from the perspective of journalistic practice, urging reporters to speak directly with older people rather than simply reporting about them.

"Age does not remove somebody's voice," Yamani said.

Julie Omollo of the State Department for Social Protection said the government intends to use the International Day of Older Persons as a platform for wider national and county-level engagement, with older people placed at the centre of those conversations rather than as passive recipients of policy decisions made in their absence. She called on the media to amplify their voices, raise awareness of existing social protection programmes and hold institutions accountable for delivering on commitments already made.

The practical list of what needs to happen is long. Specialists called for stronger pension systems, broader financial literacy, accessible retirement planning, age-friendly workplaces, transport infrastructure that older people can actually use and housing that accommodates declining mobility. They also pressed for more investment in preventing the conditions that drive care needs in the first place, arguing that every shilling spent on early intervention reduces the much larger expenditure required at the point of crisis.

Atambo's closing message was characteristically direct.

"We cannot wait until 2045 to start preparing," she said.

Kenya has roughly two decades to build the systems, train the workforce, reform the financing and shift the cultural attitudes that a population of six million older citizens will require. Two decades sounds like time. In public health and social infrastructure, it is not.

Lamu refinery The government has not responded publicly to those specific allegations. The shareholding structure of the Lamu project, however, is not entirely unknown

Who owns the Lamu refinery? Nyoro demands answers as groundbreaking looms

With a KSh2 trillion refinery days from breaking ground, opposition MP Ndindi Nyoro is demanding transparency over shareholding — and raising uncomfortable questions about how Kenya manages its biggest investment deals

BY James Mwangi
@themtkenyatimes

Kiharu MP Ndindi Nyoro yesterday demanded that the government publicly disclose the full shareholding structure of the proposed KSh2 trillion Dangote East Africa Refinery in Lamu, alleging that President William Ruto may have personally demanded equity stakes from Nigerian billionaire investor Aliko Dangote as a condition for the project's advancement in Kenya, a claim the government has not addressed and one that has amplified questions about transparency surrounding the country's largest proposed private infrastructure investment.

Speaking at a public rally in Subukia Town, Nakuru County, during what his People's Party of Kenya has branded a county-wide political tour, Nyoro said Kenyans had a right to know precisely who owned shares in a project of such profound national consequence. His remarks came days before the refinery is scheduled to break ground on Wednesday in a ceremony Ruto is expected to lead alongside regional heads of state, and arrived as the first heavy construction machinery for the project was already being unloaded at the Port of Lamu.

"Wakenya wanataka wajue who are the shareholders of Dangote refinery even ikijengwa pale Lamu," Nyoro said, switching between Swahili and English for emphasis. "Tusiaze hiyo biashara na ukora." He called for an environment in which investors such as Dangote could operate freely without facing demands for kickbacks or forced shareholding transfers. "The people who know him know that any business development in the country, he normally demands he be given a share in those companies," Nyoro alleged, without providing evidence to substantiate the claim. "We want investors like Dangote to come to Kenya and operate in an open environment without being asked for money or shareholding in their companies," he added.

The government has not responded publicly to those specific allegations. The shareholding structure of the Lamu project, however, is not entirely unknown. At a capital markets forum in Nairobi in August, David Ndii, Ruto's chief economic adviser, disclosed that Dangote had offered East African governments a combined 30 per cent equity stake in the proposed refinery. Kenya was in discussions about a 10 per cent position valued at approximately KSh64.7B, with Ethiopia and Rwanda also in discussions about participation. "The total for the region is about $1.5 billion," Ndii said at the time. "I don't actually see a challenge in doing that, and if some of them are not off-taking, we will backstop." Uganda, which has its own domestic refinery ambitions, had at the time of that forum yet to signal its position.

Under the project's financing structure, Dangote plans to fund approximately 70 per cent of costs through debt and 30 per cent through equity, retaining the majority of the equity tranche within the Dangote Group. That arrangement broadly mirrors the structure of his flagship Lagos refinery, in which the Nigerian National Petroleum Corporation holds a 7.25 per cent stake while Dangote retains approximately 87 per cent following a partial public offering launched earlier this month on the Nigerian Stock Exchange.

The Lamu refinery, described by its backers as the largest single infrastructure investment ever proposed in Kenya, carries a total project cost of approximately KSh2.6 trillion, incorporating the refinery itself, a petrochemical complex and associated port infrastructure. The plant is designed to process 700,000 barrels of crude oil per day, drawing feedstock from oilfields in Kenya and Uganda. Dangote told Ruto during a tour of the Lagos facility on Friday that the Lamu plant would also generate up to 1,000 megawatts of electricity, with 500 megawatts potentially available for direct supply to the Kenyan government — a development that would carry significant implications for the country's energy costs.

Ruto, who toured the Dangote Petroleum Refinery in Lekki, Lagos, alongside First Lady Rachel Ruto and senior government officials last Friday, described the existing plant as a model for what Africa could achieve collectively. "This huge achievement is a testament to what African governments, investors and financial institutions can do together," he said. He added that the planned Lamu facility would be even larger — a projection complicated by Dangote's own expansion plans for Lagos, which would take that refinery to 1.4 million barrels per day by 2029, leaving Lamu at half its size.

Kiharu MP Ndindi Nyoro

The first ground-level evidence that the project was advancing beyond political announcement arrived on Friday, when 2,930 metric tonnes of heavy construction machinery were unloaded from the vessel MV Da Yang Bai He at the Port of Lamu. The delivery arrived one day after Ruto's Lagos tour and four days before the ceremony, providing the earliest physical confirmation that construction preparations were already under way on the Kenyan coast.

For Nyoro, however, the political choreography surrounding the project — the presidential Lagos tour, the machinery's arrival, the impending grand groundbreaking — raises accountability questions that ceremony alone cannot answer. His demands touch on a legitimate governance concern: whether Kenya's framework for managing large foreign direct investments adequately protects investors from informal extraction while ensuring citizens hold transparent, meaningful stakes in infrastructure of strategic national importance.

The offer of a 30 per cent regional stake, according to analysts familiar with the project, was structured partly to bind host governments commercially to the project's success, making political interference or obstruction structurally less attractive for any party holding equity. A refinery designed to eventually process most of East Africa's fuel requirements, and potentially supply electricity to national grids, concentrates enormous economic influence in a single privately owned facility and demands rigorous, independent regulatory oversight, clear public disclosure of all ownership arrangements and sustained parliamentary scrutiny to ensure that national interest is genuinely protected.

Parliament has not yet formally debated the terms of Kenya's proposed KSh64.7B equity participation, nor has it received a detailed briefing on the governance arrangements that would govern that stake once acquired. The project also promises 60,000 jobs and downstream industries including fertilisers, chemicals and packaging. With groundbreaking now hours away and a project of this magnitude already generating competing narratives about who stands to benefit and on precisely what terms, the need for open, independent parliamentary scrutiny has never been more urgent.

Floods The first test should therefore be infrastructure. Every county knows its notorious flood points. Every major town has roads that become impassable after hours of serious rain

The rains are coming: Is Kenya ready for what comes with them?

BY Levis Wangamati
@themtkenyatimes

El Niño-influenced short rains are forecast for October to December — and the country's response will reveal whether warnings have finally translated into action

By Levis Wangamati

The clouds will not wait for government meetings. They will gather over the hills, darken the afternoon sky and eventually release whatever water the season carries. Somewhere in a Kenyan village, a farmer is watching the sky and wondering whether to plant. In a town, a mother is studying a leaking roof and calculating whether her family can endure another season of flooded roads. In Nairobi, a commuter may soon be staring at stagnant water blocking the road home, wondering why the same drainage failure that caused chaos last year remains unresolved. The warning has been issued. Kenya is heading into an October to December period in which El Niño conditions are expected to influence the short rains, raising the possibility of enhanced rainfall and flooding across vulnerable areas.

The question is no longer whether Kenyans have heard the warning. They have. The real question is whether the country has learned enough from previous disasters to act before the water rises. Kenya Meteorological Department forecasts are not merely documents for government offices and television bulletins. They are tools meant to help farmers plan, emergency teams prepare, counties identify vulnerable communities and families protect themselves. The department continues to provide seven-day, county-level and health-related weather information precisely because forecasts are supposed to translate into decisions on the ground.

Kenya has been through this before. Heavy rains arrive, roads disappear beneath muddy water, rivers burst their banks, homes are swept away and families search desperately for missing relatives. Then comes the familiar cycle of emergency response: helicopters, rescue teams, food distribution, temporary shelters and hurried promises that something must change. By the time the water retreats, attention moves elsewhere. The danger with every new warning is that it becomes another announcement people hear, discuss briefly and forget. Rainfall, however, does not care whether Kenyans are tired of warnings. It does not negotiate with poorly planned settlements, blocked drainage systems or unfinished infrastructure.

This is why preparedness must begin long before the first major flood. The Ministry of Health has already directed counties to strengthen emergency coordination, identify health facilities that could be flooded or become inaccessible and ensure essential medicines, vaccines and supplies are stocked. The Kenya Defence Forces is also strengthening emergency medical capacity ahead of the anticipated rains, according to the World Health Organization. These steps matter, but preparation cannot remain concentrated inside government offices. A health facility may have medicine, but what happens if the road leading to it is underwater? A county may have an emergency plan, but what happens when residents do not know where to go when evacuation becomes necessary?

The first test should therefore be infrastructure. Every county knows its notorious flood points. Every major town has roads that become impassable after hours of serious rain. Every river basin has communities that understand the danger far better than officials in distant offices. Before the rains intensify, these areas should be mapped publicly, drainage systems cleared, bridges inspected and emergency access routes identified. This cannot become another exercise where officials arrive with cameras, inspect a drainage channel and disappear. Residents need to see actual work. They need to know which roads will close during dangerous flooding, where evacuation centres are located and who to call when lives are at risk.

Nairobi presents an especially important test because the city has repeatedly experienced the consequences of intense rainfall. Flooding is not simply a problem caused by how much rain falls from the sky. The impact is worsened by poor drainage, construction in vulnerable areas, waste blocking waterways and settlements built on flood-prone land. The coming rains will therefore test not only the weather but also the effectiveness of urban planning and disaster management. A city cannot keep treating predictable flooding as though every downpour were an unexpected act of nature.

There is also a quieter danger that receives less attention than dramatic images of flooded roads: public health. Heavy rainfall can contaminate water sources, disrupt sanitation and increase the risk of waterborne diseases. It can also cut access to healthcare when roads become impassable. Preparation must therefore extend beyond rescue operations. Clean water, sanitation, food safety, disease surveillance and functioning health facilities must be treated as components of the same emergency plan. Kenya's own meteorological services maintain biometeorological information linking weather conditions to potential health challenges, underlining the direct connection between climate and public health.

Farmers face a different calculation entirely. For them, rain is both opportunity and threat. Adequate rainfall can replenish water sources, support crops and improve food production. Excessive rainfall, however, can wash away seeds, destroy crops, erode soil and leave farmers with crushing losses precisely when they were hoping for recovery. Kenya Met's climate assessments have noted that stronger October to December rainfall could ease some dry-season deficits while simultaneously increasing flood risks in vulnerable river basins. That contradiction should shape the national conversation: rain should not automatically be treated as bad news. The problem arises when a potentially beneficial season becomes destructive because preparation was inadequate.

The same logic applies to food prices. When crops are destroyed, the consequences eventually reach the household shopping basket. A farmer's flooded field becomes a consumer's expensive market. A damaged road becomes a trader's higher transport cost. A flooded market becomes a shortage of essential food. This is how weather stops being a meteorological story and becomes an economic one. A Kenyan family that never follows weather forecasts may still feel the effects of rainfall through the price of maize, vegetables, transport or drinking water.

There is therefore a need for a different culture of preparedness. Kenyans should not wait until water enters their homes before asking what the forecast means. Families living in vulnerable areas should know the safest routes out of their neighbourhoods. Schools should have emergency procedures. Farmers should use weather information when making planting decisions. Drivers should take flood warnings seriously rather than attempting to cross dangerous floodwaters. Landlords should inspect roofs and drainage before heavy rainfall arrives. Communities should identify vulnerable people — including children, older persons and people living with disabilities — who may need assistance during an emergency.

Responsibility must not, however, be pushed entirely onto ordinary citizens. Government has greater resources, information and institutional authority. Counties must demonstrate what they are doing with the warnings they receive. National agencies must coordinate rather than duplicate efforts. Emergency supplies should be pre-positioned before disasters strike rather than procured after headlines begin documenting devastation. Rescue equipment should be deployed where it is most likely to be needed. Communication channels must remain functional. And when warnings are issued, they should reach ordinary Kenyans in language and formats they can understand and act upon.

The coming rains will also test whether Kenya has finally learned to value prevention as much as reaction. Rescue matters, but prevention saves more than rescue can ever recover. A family rescued from a flooded house is still a family that may have lost its home. A patient retrieved from an inaccessible hospital is still a patient who may have suffered because the access road was not maintained. A farmer pulled from floodwater is still a farmer whose livelihood may have been destroyed. The greatest measure of success will not be the number of rescue missions Kenya conducts. It will be the number of emergencies that never become disasters.

The warning has arrived early enough for action. Kenya Met is already publishing localised forecasts, and the national response machinery is beginning to prepare for the October to December period. That gives the country a meaningful advantage: time. What happens next will determine whether that advantage is used wisely. If drainage is cleared before flooding, roads inspected before bridges fail, medicines stocked before clinics are overwhelmed and vulnerable communities warned before evacuation becomes urgent, the forecast will have served its purpose.

If the country waits for the first catastrophic images before acting, however, the problem will not be the rain. The problem will be that Kenya saw the clouds gathering and still chose to wait.

The coming season should be treated neither with panic nor complacency. El Niño is not synonymous with relentless rain everywhere, and weather impacts vary considerably across regions. What Kenya needs is disciplined preparation grounded in the best available forecasts, local knowledge and continuous updates. The country cannot afford another season of encountering predictable problems only after they have caused irreversible damage.

The clouds are coming. Farmers are watching them. Families are watching them. Counties should be watching them too.

This time, Kenya should not wait for the water to rise before demonstrating that it was ready.

Health **Alimatravir is being developed as a form of pre-exposure prophylaxis, commonly known as PrEP. Unlike daily oral PrEP, the medicine is designed to be taken once a month.**

Kenya's new HIV prevention pill: Can local manufacturing change healthcare?

Kenya has been selected to manufacture an investigational once-monthly HIV prevention pill — raising larger questions about the country's pharmaceutical future

Kenya's new HIV prevention pill

BY Collins Kibet
@themtkenyatimes

Kenya was yesterday selected as one of three African countries preparing to manufacture alimatravir, an investigational once-monthly oral pill being developed to prevent HIV infection. The development matters not only because of the medicine itself, but because Kenya is being positioned on the production side of an important health innovation rather than simply waiting to receive imported supplies.

Alimatravir is being developed as a form of pre-exposure prophylaxis, commonly known as PrEP. Unlike daily oral PrEP, the medicine is designed to be taken once a month. If clinical trials confirm its safety and effectiveness and regulators approve it, the medicine could provide another prevention option for people who find daily medication difficult to maintain. There is, however, an important reality that cannot be overlooked: alimatravir is still investigational. It is currently in Phase 3 clinical development and has not yet been approved for general use. Its future will depend on the results of ongoing trials and subsequent regulatory review.

For Kenya, the significance goes beyond HIV prevention. Universal Corporation Limited, a Kenyan pharmaceutical manufacturer, is among the generic manufacturers selected under voluntary licensing arrangements announced by Merck. The licences cover potential production for 129 low- and middle-income countries, subject to successful development and regulatory approval. This could give Kenya an opportunity to strengthen its local pharmaceutical manufacturing capacity while potentially contributing to medicine supply across other developing countries.

For decades, African healthcare systems have depended heavily on imported medicines and medical supplies. Kenya itself still produces only a fraction of the medicines required to meet domestic demand. The World Health Organization has highlighted the need for Kenya to strengthen local manufacturing of health products and technologies. The alimatravir arrangement therefore raises a much bigger question: can Kenya use this opportunity to build a pharmaceutical industry capable of producing more essential medicines locally?

One of the most important questions for ordinary Kenyans will be affordability. Reports indicate that alimatravir could potentially be supplied to national health systems for around US$5, or roughly KSh650, per person per year. This, however, is a projected future price and should not be confused with a current retail figure. The medicine must first successfully complete clinical development and receive regulatory approval. If the anticipated pricing becomes achievable, affordable manufacturing could help expand access to HIV prevention, particularly in countries where healthcare resources remain limited.

Affordable production does not, however, automatically guarantee affordable healthcare. The medicine would still require effective procurement, distribution, financing and healthcare infrastructure. Kenya would also have to ensure that it reaches the populations most in need of HIV prevention services. Public awareness would remain equally important, because even the most advanced medicine cannot deliver meaningful public-health impact if people do not know about it or cannot access it.

The development could also carry significant implications for employment and industrialisation. Pharmaceutical manufacturing requires scientists, pharmacists, laboratory technicians, engineers, quality-control specialists, logistics professionals and other skilled workers. Expanding domestic production could therefore create employment opportunities while strengthening Kenya's industrial base, and could encourage further investment in research, technology and specialised manufacturing skills.

These developments come as Kenya is already pursuing a broader strategy to expand local production of medicines and other health products. This year, the country launched its Health Products and Technologies Local Manufacturing Strategy for 2026–2030, aimed at strengthening domestic production and reducing reliance on imported health products. The alimatravir manufacturing arrangement could therefore become part of a wider effort to make Kenya more self-reliant in healthcare manufacturing.

Could Kenya eventually become a regional pharmaceutical manufacturing hub? The licensing arrangement involving manufacturers in Kenya, Uganda and South Africa potentially opens a pathway for African production to serve a large number of low- and middle-income countries. But becoming a pharmaceutical hub requires more than establishing factories. Kenya would need reliable electricity, modern laboratories, skilled personnel, strong regulatory institutions, adequate financing, efficient transport systems and predictable markets. Above all, medicines must consistently meet rigorous safety and quality standards.

Kenya's role is also significant because the country is involved in clinical research surrounding the medicine. The Kenya Medical Research Institute is participating in late-stage research involving young women in Kenya, Uganda and South Africa. Kenyan researchers are therefore contributing directly to the evidence that will determine whether the medicine can eventually be approved. Kenya is potentially participating across several stages of the process — from research through manufacturing and, eventually, distribution.

It would, however, be premature to describe alimatravir as a solution to Kenya's HIV challenge. HIV prevention requires a combination of approaches, including testing, counselling, condoms, existing PrEP options, treatment programmes and public-health education. Alimatravir, if eventually approved, would become one additional tool rather than a replacement for existing prevention and treatment strategies.

Kenya must also ensure that enthusiasm surrounding the announcement does not outpace the scientific evidence. Alimatravir remains under investigation, and its widespread use depends on successful clinical trials and regulatory approval. That distinction is particularly important because promising medicines must undergo rigorous scientific evaluation before they can become part of routine healthcare.

Perhaps the bigger opportunity lies beyond one HIV prevention pill. Kenya has a chance to demonstrate that African countries can participate meaningfully in the research, development and manufacturing of medicines rather than remaining primarily consumers of products manufactured elsewhere. If successful, the experience could help build skills, attract investment, strengthen local pharmaceutical companies and contribute to greater long-term health security.

The real test, however, will be whether the opportunity translates into tangible benefits for ordinary Kenyans. Can Kenya produce medicines that are safe, affordable and accessible? Can local manufacturing reduce dependence on imports without compromising quality? Can pharmaceutical investment create meaningful employment and technological development? And can Kenya eventually manufacture a wider range of essential medicines for its own population and the broader African market?

Kenya's new role in the potential manufacture of alimatravir therefore represents more than a story about a single HIV prevention pill. It is a test of the country's ambitions in healthcare, science and manufacturing. The medicine must still pass through clinical trials and regulatory approval, but the manufacturing agreement has already opened an important conversation about Kenya's place in Africa's pharmaceutical future.

The answer to whether local manufacturing can change healthcare in Kenya will depend not simply on whether the country can produce a new HIV prevention pill, but on whether it can turn that manufacturing capacity into a sustainable system delivering safe, affordable and accessible medicines to the people who need them most.

Development The Constitution provides the starting point. Article 10 makes public participation, transparency, accountability and sustainable development national values and principles of governance

Lamu refinery: Development must never outrun the law — or leave anyone behind

"The true measure of development is not how high we build, but how widely the opportunity reaches—and whether the law ensures that no citizen is left standing outside the gates of progress."

Kenya has every reason to welcome an investment capable of transforming its industrial and energy landscape. The proposed 700,000-barrel-per-day Lamu refinery, estimated at between $15 billion and $17 billion, could create employment, stimulate infrastructure development, attract supporting industries and strengthen Kenya's position as a regional energy and logistics hub. Reports indicate that groundbreaking is scheduled for September 30, 2026, with the Government projecting more than 60,000 jobs from the wider development. Yet an undertaking of this magnitude cannot be reduced to a groundbreaking ceremony, impressive projections or promises of jobs. Kenya must ask a more fundamental question: will this development be conducted in a manner that is transparent, lawful, inclusive and genuinely beneficial to the people?

The question is not whether Kenya should attract foreign capital. It should. The question is whether foreign investment is entering the country through a process sufficiently transparent, participatory, environmentally responsible and protective of Kenya's long-term economic interests. That distinction matters.

The project is reportedly being developed by Aliko Dangote's group within the LAPSSET Special Economic Zone, with Engineers India Limited selected to provide project-management and engineering, procurement and construction-management services. Yet important commercial questions remain. Reuters has raised concerns about crude supply because Kenya currently has no commercial crude production capable of feeding a refinery of this scale, while supporting storage infrastructure at Lamu remains incomplete. These are not necessarily reasons to oppose the project. They are reasons to interrogate it carefully before Kenya commits itself to its long-term consequences.

The Constitution provides the starting point. Article 10 makes public participation, transparency, accountability and sustainable development national values and principles of governance. Article 35 gives citizens the right to access information held by the State and, where necessary to exercise or protect a right, information held by another person. Article 42 guarantees every person the right to a clean and healthy environment, while Article 69 places obligations upon the State concerning sustainable exploitation, utilisation, management and conservation of the environment and natural resources.

These are not decorative constitutional provisions. They have practical consequences for a project capable of reshaping the economic, environmental and social future of an entire region.

The Access to Information Act, 2016 strengthens this position by establishing a right to information and a presumption in favour of disclosure. The 2023 Access to Information Regulations further contemplate disclosure relating to private bodies involved with public resources, public benefits or natural-resource projects, including project details, agreements, licences, environmental reports and other information necessary to protect rights, public health and safety.

Kenyans therefore deserve answers. What exactly has the Government negotiated with investors? What tax incentives, land arrangements, guarantees or infrastructure commitments are involved? Who ultimately owns and controls the investment? What will Kenya receive in taxes, employment, technology and local economic activity? What happens if the refinery becomes commercially unviable? These questions should not be answered through political speeches. They should be answered through accessible documents.

The Petroleum Act, 2019 provides an additional framework for local participation through local-content requirements and responsibilities assigned to the Petroleum Regulatory Authority. Therefore, promises of tens of thousands of jobs must translate into measurable commitments. Kenyans should know how many people will be employed during construction, how many permanent positions will follow, what proportion will be skilled, what training will be provided and which Kenyan companies will participate in the supply chain.

But inclusion must go beyond jobs. A modern national project cannot claim to serve Kenyans while leaving persons with disabilities on the margins. The question must therefore be asked from the beginning: where are persons with disabilities in the Lamu refinery's employment, procurement, training, entrepreneurship, accessibility and community-development plans?

Persons with disabilities should not be remembered only when a project requires a photograph of inclusion. They should be part of the planning architecture itself. Recruitment facilities, workplaces, public information, transport infrastructure, communication systems and community engagement must be accessible. Training opportunities should deliberately reach persons with disabilities, while procurement and enterprise-development programmes should create genuine opportunities for disability-owned businesses and suppliers.

Inclusion should also extend to the wider communities affected by the project. The people of Lamu have reportedly raised concerns about transparency and participation while making clear that they are not opposed to investment itself. Their concern is that communities should have a meaningful voice in decisions affecting their land, livelihoods and future.

Lamu is not an empty geographical space waiting for capital. It is an historic cultural landscape, a marine ecosystem and home to communities whose livelihoods are closely connected to the coast. Concerns have also been raised about the proximity of the development to Lamu Old Town, a UNESCO World Heritage site, and possible impacts on marine and other sensitive ecosystems. Environmental assessment and meaningful public participation must therefore be treated as substantive safeguards, not administrative formalities.

There is also a public-finance dimension. Article 201 requires openness and accountability in public finance and public participation in financial matters. If public money, guarantees, land, tax expenditures, infrastructure or other public resources are committed to facilitate the refinery, Kenyans have a legitimate interest in knowing what is being committed and what risks the country is assuming.

Public-private investment does not make public accountability disappear. Ownership and beneficial control deserve equal scrutiny. Citizens should be able to establish who ultimately owns and controls the project, who finances it and who stands to benefit from the economic activity it generates. Kenya should publish the ownership and financing architecture in language ordinary citizens can understand.

The opportunity is enormous, but so is the responsibility. Foreign capital can bring financing, technology and expertise while Kenyan capital participates through pension funds, banks, SACCOs, investment companies, contractors and other enterprises. Local communities, young people, women and persons with disabilities should not merely watch wealth being created around them; they should have identifiable pathways into that wealth.

The greatest danger is the resource curse—a situation in which enormous economic potential fails to produce broad prosperity because of weak institutions, corruption, inequality, environmental damage or competition over economic rents. Lamu must not become a place where world-class infrastructure rises while surrounding communities remain economically peripheral.

Before construction proceeds, Kenya should therefore ask five straightforward questions: What exactly has Kenya negotiated? Who owns and controls the project? What does Kenya receive? What risks does Kenya assume? And how will citizens—including persons with disabilities and other historically excluded groups—participate and monitor compliance?

The Government should publish the principal investment agreements, ownership structure, financing model, fiscal incentives, land arrangements, environmental approvals, local-content commitments, employment targets, accessibility and inclusion measures, and public-resource commitments, subject only to narrowly defined lawful confidentiality. Kenya does not have to choose between foreign investment and Kenyan interests. It can have both.

Lamu can become a refinery, an industrial hub and an engine of regional growth. But development must remain subordinate to the Constitution, the law and the public interest. Most importantly, development must not create a new generation of people who live beside opportunity but remain excluded from it.

The first barrel of crude should enter Lamu after Kenyans have had a reasonable opportunity to know who owns the refinery, who finances it, who carries the risks, who receives the rewards and whether every Kenyan—including persons with disabilities—has a fair opportunity to participate in the prosperity it creates.

"A nation does not truly prosper when a few stand at the centre of opportunity while others are left at its edges; prosperity becomes development only when dignity, participation and opportunity reach everyone."

Mr. Fredrick Kipchumba Chelimo – PWD

Email; fkipchelimo@yahoo.com

Tech **Nikki Germany, chief executive of Moringa, said the studies pointed to encouraging progress but also to persistent structural weaknesses**

Kenya's digital ambition is outpacing its technology workforce, new Moringa reports show

BY Jane Njeri
@themtkenyatimes

Kenya's technology sector is generating more skilled graduates and opening new career pathways, but employers are still struggling to translate digital ambition into practical workforce capability, according to two new studies released yesterday by Moringa, one of East Africa's leading technology training institutions.

The findings arrive at a moment when Kenyan organisations are channelling significant investment into digital transformation, artificial intelligence, data and cybersecurity — yet the gap between strategic intent and ground-level execution remains wide.

Nikki Germany, chief executive of Moringa, said the studies pointed to encouraging progress but also to persistent structural weaknesses. "Technology skills create value when people can apply them to real problems," Germany said. "The findings show encouraging movement from learning into work and income, but they also show that employability depends on more than technical knowledge alone. Experience, communication, commercial awareness and understanding how technology supports business outcomes are becoming increasingly important."

The Moringa Outcomes Impact Study 2026, drawn from responses by 350 alumni, found that two in three graduates moved into a higher income bracket after completing their training. Some 70.9 per cent of graduates who secured a work opportunity did so before graduation or within six months, rising to 86.3 per cent within a year. Internships remained the most common entry point, accounting for 29.1 per cent of first opportunities reported by respondents.

Sebastian McKinlay, the Board Chairman, Moringa during the during Moringa's Partners Appreciation Event on 24 September 2026, Nairobi Kenya.

Income mobility was equally notable. Among 163 alumni who reported having no income before enrolling, 69.9 per cent were earning at the time of the survey, with 22.7 per cent taking home KSh100,000 or more per month. The report acknowledges that career experience, continued learning, professional networks and broader labour-market conditions also contributed to these outcomes.

Employer feedback gathered alongside the graduate data signals that demands on technology workers are shifting. Communication, commercial awareness and business understanding emerged as priority areas, reflecting a broader trend in which technology roles are becoming more closely integrated with wider business functions.

Graduate career paths are also diversifying. Respondents reported moving into full-time employment, internships, contract roles, freelancing and entrepreneurship. Among eligible alumni who answered questions on business ownership, 20.2 per cent said they operated or co-owned a business — underscoring the entrepreneurial potential being unlocked through technology training.

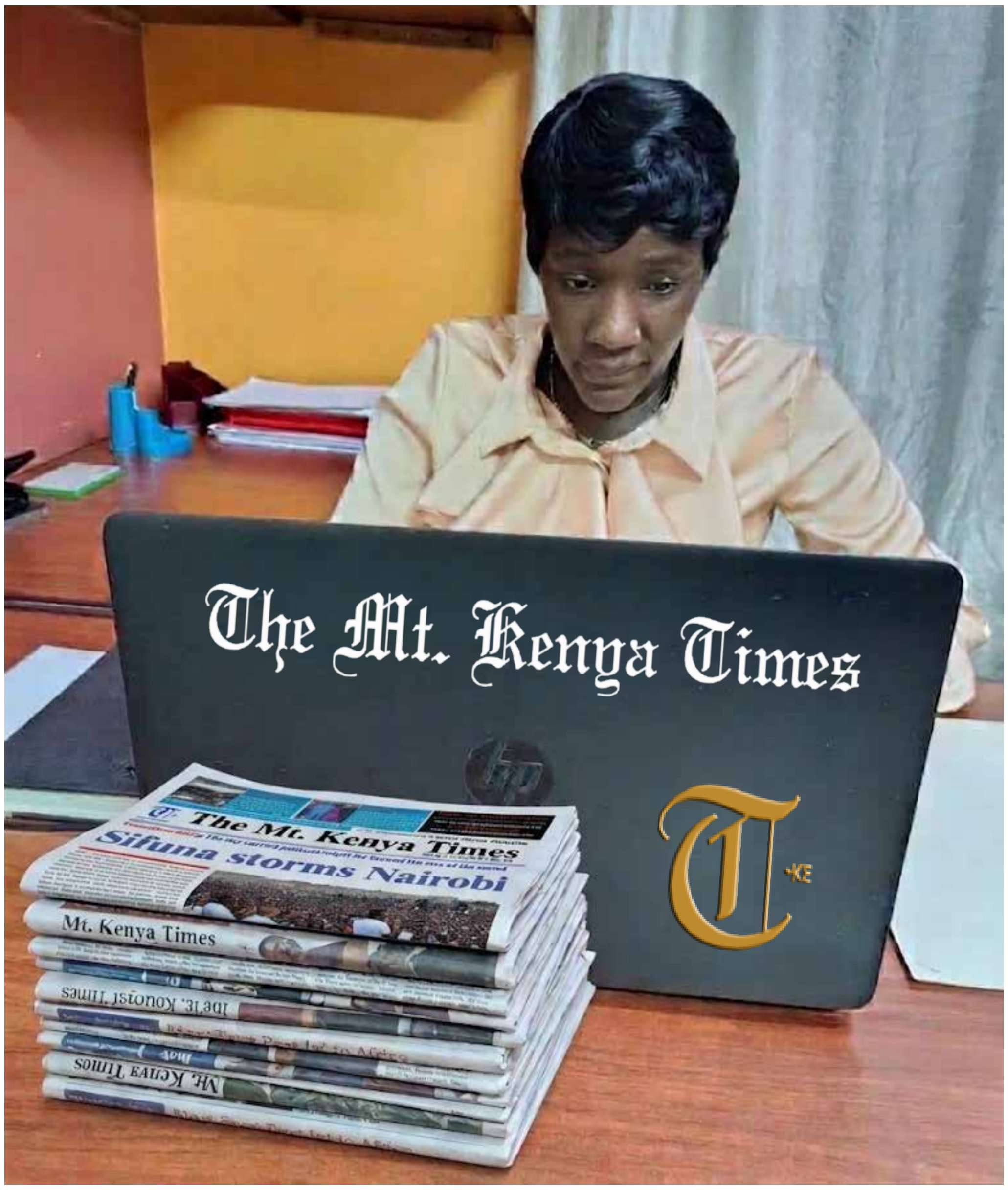
Those findings sit against a more sobering corporate backdrop. Moringa's Kenya Technology Workforce Capability Report 2026, based on interviews with 166 senior executives across eight sectors, found that while 72 per cent of organisations consider digital transformation a top strategic priority, 73 per cent remain at early or developing stages of workforce capability maturity.

Artificial intelligence emerged as the single most difficult capability to build. Some 48 per cent of executives identified AI engineering as the hardest skill area to develop internally, rising to 62 per cent among large enterprises — suggesting the organisations most exposed to AI disruption are finding it hardest to build adequate internal capacity.

The report also exposed a gap between investment in learning and actual outcomes. While 77 per cent of surveyed organisations use online platforms for upskilling, only 16 per cent rated their approach as very effective. Executives pointed to practical, hands-on learning and closer alignment with business needs as the factors most strongly associated with effective workforce development.

Germany said bridging the gap between training and application required deliberate effort on both sides. "For graduates, that means more exposure to real work and stronger business understanding," she said. "For employers, it means investing in capability-building approaches that translate into measurable workplace performance."

Both reports were formally launched at Moringa's Partners Appreciation Event on 24 September, bringing together senior employers, industry partners, Moringa alumni and technology ecosystem stakeholders in Nairobi yesterday.



Nikki Germany, CEO of Moringa during Moringa's Partners Appreciation Event on 24 September 2026, Nairobi Kenya

Parents

We live in our home five of us in total,
To my parents, I am the spoiled firstborn child.
Whatever I want, they always make ready for me,
My father provides everything for us all.

My victory in this life, my paradise is my mother,
Because you exist, I always in my prayers,

My mother, my dear well-wisher, my wise one.

To string together the pearls of words to praise you, I seek words with all my strength.
You are my high mountain that I lean on,
I appreciate the bread and salt you have given me..

Pukharbaeva Shakhsanem is a 2nd-year student in the Faculty of Philology, majoring in English Language and Literature, at the Nukus State Pedagogical Institute named after Ajiniyaz. Her hobbies include reading English books, listening to music, and baking.

There is always a way

There is always a way
Designed by the Lord to save you away

As life is a great bay
Always tending to sway
Obstacles come in array

The Lord's hands stretch as a shining ray
Even though you are far away
To overcome the struggles anyway

The jumped off jobs half way
Could be completed someway
The mistakes rectified survey
Shows you a new pathway

Tiring efforts take to longway

Make you rich grand Norway
Knock the doors of the subway
To consume the fruits of the doorway

Travelled very long through the highway
Always keep open the gateway
Using the opportunities straight away
Ever use an undisturbed flyway
Instead of a slow in railway

Whenever you stumble
Walk away
Recovering yourself underway

Where there's a will
There's a way
Always find that rightway
Passing through the lucky super highway!!!!

Anyway do not slipaway
Be a unique person of weigh!

Vijayalakshmi V.R.
Graduate Teacher
CW Writers Group
Kanchipuram District
Tamil Nadu, India

There is always a way

There are various ways before you.
The good and bad ways show their paths clearly.
However, you should choose the right way.

Sometimes, the ways are hidden. Your mind may become blank,
and your eyes may lose their shine.
But the right way will eventually appear before you.

Some paths are uneven, and some paths are not well lit.
But your heart can bring light through your thoughts.
It gives you hope and confidence in every situation.

So, remember that there is always a path before you.
You just need to find which path is right for you.

__G.YasminSirajudheen
Secondary grade teacher Melmalayanur block
Villupuram dt

Behind every man there is a woman

Friends, I am telling you the truth there is a woman behind every man. It may be in the form of a mother, sister, or wife, but there must be a woman behind every man's success. So many men have prospered with the help of a woman behind them.

Can you name a man who became successful without the help of a woman?
There is none.

A mother cares for her child from the moment she conceives it in her womb. There is no instrument to measure the love and dedication of a mother. She even goes to the extent of sacrificing her time, food , and herself for the welfare of her child. Such is the love of a mother for her child.

Next, let us talk about the role of a wife in a man's life. She boosts, inspires and encourages her husband. She will never be a stumbling block to her husband's welfare. She does everything to help him reach greater heights. From the common man on the street to the great heroes in history, their partners have helped them achieve greater heights.

To quote a few examples of how mothers have made heroes: The great Maratha ruler Shivaji emerged as a successful ruler and established the Maratha kingdom only because of the inspiring and motivating tales narrated by his mother, Jijabai. Even the dedication of Kasturba in the life of our Father of the Nation, Mahatma Gandhi, is noteworthy. At every twist and turn, she gave him invaluable moral courage and strength. She stood behind him even during times of trials and tribulations. Ultimately, Mahatma Gandhi succeeded in making the country free, and much of the credit goes to Kasturba.

Like this, we can speak a lot about women. In Hindu mythology, even Lord Shiva could not execute his duties without the power received from his wife, Parvati. God becomes successful with the energy received from the female goddess.

Most of the time, due to the help rendered by the female, man becomes successful. she stands behind the screen. Men are projected as successful, but the real cause of success is definitely a woman. She does not come to the forefront. She is always simple and humble. She never expects any reward or prize.
She is happy to see her man achieve his goal.
There is a woman behind every man's success.

Brinda. D
Creative writers
GHS Melpattampakkam
Tamilnadu, India

There is always a way

There is always a way,
But some people can see it, not many.
There is always an opportunity,
But some students see it, not all, not everyone.

It is because of the weakness in ourselves.
Each and every moment,
There is a competition,
There is an opportunity,
There is a way.

But most of us forget to see it.
If you see it,
If you take time and see it,
You will definitely be successful in your life.

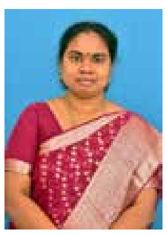
Not only in your life,
You will be a role model for everyone in this world.
There is no expiry date for your dreams.
Who said there is an expiry date for your dreams?

There are many successful people in life,
Like A.P.J. Abdul Kalam, a President, a Prime Minister, and many others.
What is the difference between us and them?
The only difference is that we are searching for the opportunity till now,
But they didn't wait for it.
They created it.

So there is always a way.
See it, otherwise create it.
It's your life.
You should live for yourself, not for others.

V. S. NITHIYASRI VIII
JOHN DEWEY MAT HR SEC SCHOOL,
CUDDALORE, TAMILNADU

A Prayer for Peace



Let every heart be filled with peace
Let every war and hatred cease...
Let children smile and freely play
Let kindness guide us every day...

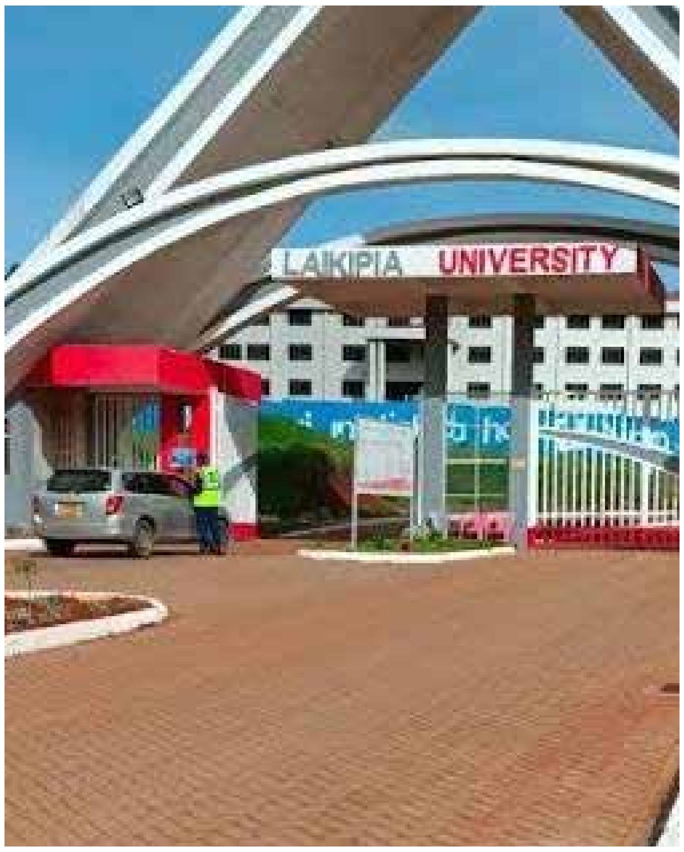
Let hands unite, let voices care...
Let love and hope be everywhere...
Together, let us always say...
Peace begins with me today...

Mrs.D SILAMBARASI
SGT PUP SCHOOL
MELMANAVOOR
VELLORE RURAL BLOCK
VELLORE DISTRICT
India

Laikipia University: **The university, situated in Nyahururu and overlooking the Aberdare Ranges, sits apart from the concrete sprawl that defines most urban campuses in Kenya**

Laikipia University: Where education meets nature's beauty

Perched above the Aberdare Ranges, a Nyahururu campus is quietly becoming one of Kenya's most remarkable academic environments



Laikipia University

BY Victorine Nekesa
@themtkenyatimes

Tucked into the cool highlands of Laikipia at an elevation of more than 2,300 metres above sea level, Laikipia University offers something few institutions anywhere in the world can genuinely claim: a campus where colobus monkeys share the trees with students heading to morning lectures, and where mist rolls softly across an evergreen landscape that looks far more like a national park than a conventional place of higher learning.

The university, situated in Nyahururu and overlooking the Aberdare Ranges, sits apart from the concrete sprawl that defines most urban campuses in Kenya. The air is clean, mornings are cool and quiet, and the scenery remains lush throughout the year. For students, the climate is as much an asset as any library or laboratory — keeping minds alert and free from the heat and dust that weigh on lowland towns, making it particularly well-suited for reading, research and reflection.

What distinguishes Laikipia University most, however, is its relationship with the natural world immediately around it. Indigenous trees and dense thickets within the compound provide habitat for a variety of bird species and small wildlife. The most remarkable residents are a troop of black-and-white colobus monkeys — a species that is increasingly rare across much of Kenya and instantly recognised by its striking long white mantle and jet-black body. These gentle, leaf-eating primates have made the campus their permanent home and, in doing so, have become as central to the university's identity as its academic programmes.

"You can be sitting in a lecture and look out to find colobus monkeys leaping from tree to tree," said one first-year student. "It feels like studying inside a national park." The monkeys, calm and entirely non-aggressive, have drawn the attention of researchers and nature enthusiasts alike, and their continued presence reflects the institution's quiet but meaningful commitment to conservation.

Beyond the wildlife, the campus holds another understated attraction. Lake Chacha, a small man-made lake set within the university grounds, adds to the beauty of the environment while supporting fish farming and small-scale agricultural activity in the surrounding area. It is just one of several features that have led tourism stakeholders to identify Laikipia University as a potential academic tourism destination — one that could complement Nyahururu's existing attractions, among them Thomson Falls and Marmanet Forest, in drawing a wider range of visitors to the region.

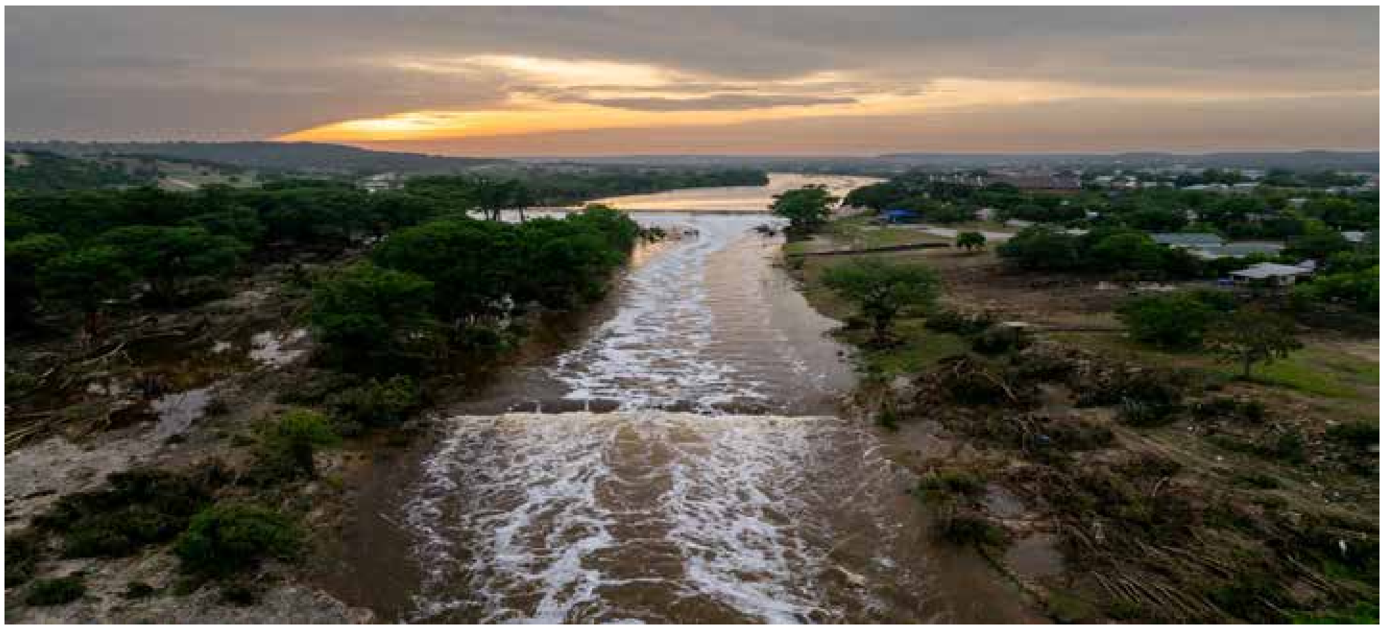
If appropriately marketed, the university could attract researchers, conservationists and nature lovers seeking a thoughtful alternative to conventional tourism. The university has not yet fully capitalised on these assets, but for now it remains one of Kenya's more quietly remarkable institutions — a place where education and the natural world do not compete for space, but coexist with a kind of uncommon, unhurried grace.

El Niño The experience should provide an important lesson. Preparedness should begin before communities are cut off, health facilities become inaccessible or disease outbreaks are reported

We must prepare for El Niño's health fallout

Safe water, open roads and early warning systems must be in place before the rains arrive

BY Dennis Wendo
@themtkenyatimes



El Niño

We should not wait for the next floodwaters to rise before preparing for the health emergencies that often follow heavy rains.

The country is anticipating wetter-than-normal conditions this season. El Niño should be treated not only as a weather event but as a national public health and disaster preparedness test.

We have experienced the consequences of flooding this year. By early May, floods had affected 27 counties and claimed 122 lives, while damaging roads, water systems and other infrastructure and disrupting access to essential services.

The experience should provide an important lesson. Preparedness should begin before communities are cut off, health facilities become inaccessible or disease outbreaks are reported.

One of the immediate concerns is water safety. In many cases, floodwaters contaminate wells, rivers and other water sources with human and animal waste, increasing the risk of cholera, typhoid, dysentery and other waterborne diseases.

Stagnant water creates mosquito breeding grounds, increasing the risk of malaria and other vector-borne diseases. The health consequences of flooding go beyond disease.

Displaced families usually face overcrowding, poor sanitation, food insecurity and limited access to healthcare. Pregnant women, children, older persons, persons with disabilities and people living with chronic conditions are vulnerable when health services are disrupted.

A health facility does not necessarily have to be flooded to become inaccessible. A damaged bridge, impassable road, power outage or fuel shortage can prevent patients from reaching care and emergency teams from reaching affected communities.

The Ministry of Health has already identified disease surveillance, laboratory preparedness, safe water, sanitation, risk communication and continuity of essential health services as important components of its El Niño preparedness.

The challenge now is implementation.

County governments should ensure that health facilities in flood-prone areas have adequate medicines, emergency supplies, clean water, backup power and functioning referral systems. Disease surveillance should also be strengthened at community level so unusual increases in diarrhoea, fever and other symptoms can be detected and acted upon early.

Water safety requires equal attention. Vulnerable water sources should be identified and monitored, while communities receive practical information on treating and safely storing drinking water, maintaining sanitation and avoiding food contaminated by floodwater.

Public communication remains critical. We should not have to wait for an outbreak before receiving information about safe water, sanitation, mosquito control, evacuation and when to seek medical attention.

Preparedness should also extend beyond the health sector. Disaster management agencies, water authorities, county governments, humanitarian organisations, community health structures and local leaders need coordinated plans that are operational before the rains intensify.

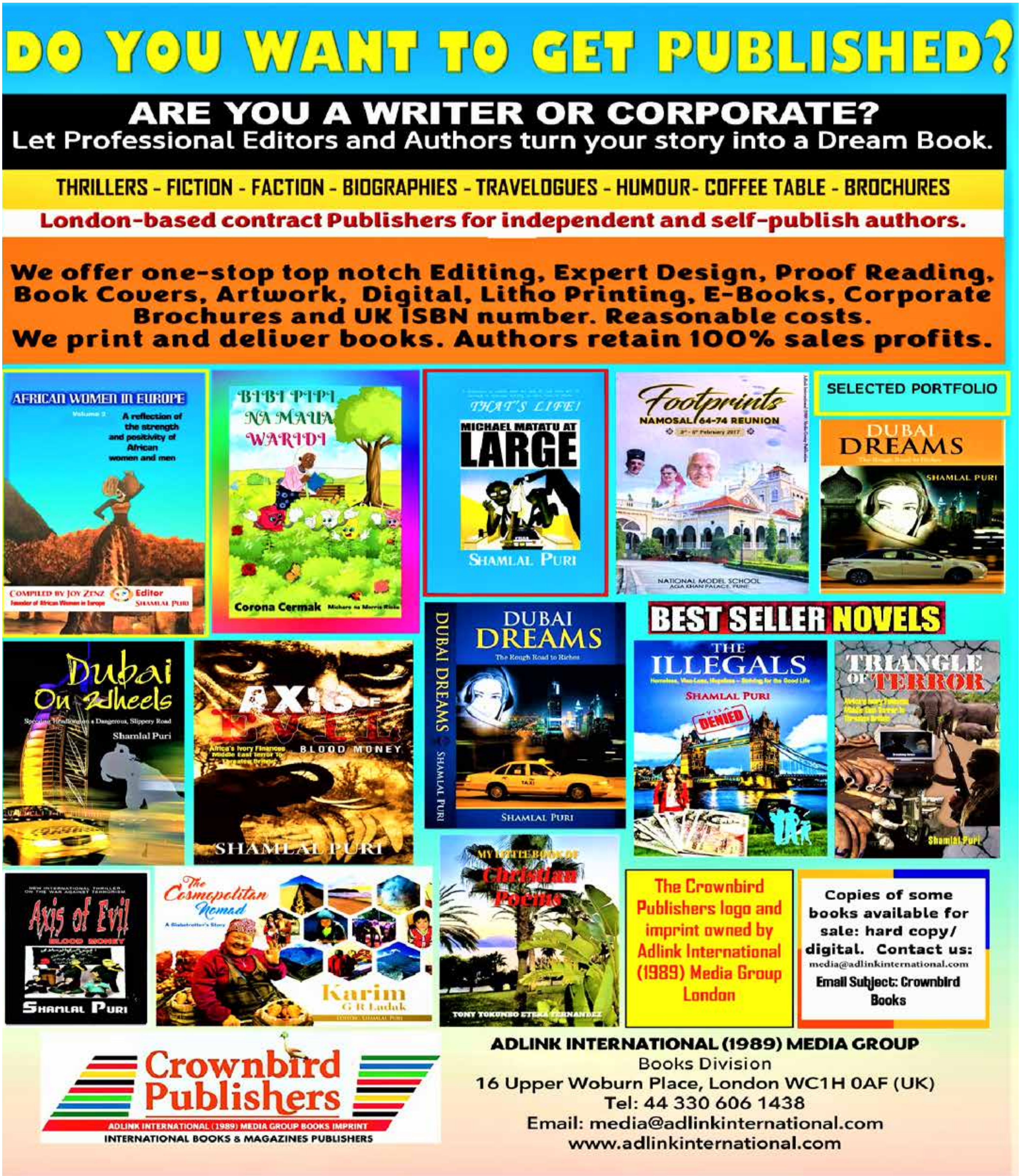
Mental health should not be forgotten either. Flooding results in the loss of homes, livelihoods and loved ones. Psychosocial support should therefore form part of emergency response and recovery.

Most importantly, the nation should turn the lessons of the recent floods into action. The country cannot control the rains, but it can determine how prepared it is for their consequences.

The measure of preparedness will not be the number of meetings held or contingency plans written. It will be whether communities have safe water, whether health facilities remain accessible, whether emergency teams can reach vulnerable populations and whether emerging disease outbreaks can be detected and contained early.

El Niño preparedness is ultimately about protecting lives before the crisis arrives.

We have experienced the consequences of flooding this year. By early May, floods had affected 27 counties and claimed 122 lives, while damaging roads, water systems and other infrastructure and disrupting access to essential services.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AFRICAN WOMEN IN EUROPE
A reflection of the strength and positivity of African women and men
COMPILED BY JOY ZENZ
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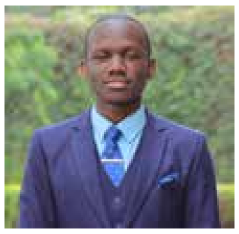
Emperor Consider the judiciary. The 2010 Constitution deliberately fortified judicial independence as a check on executive excess

The emperor's new constitution: How Ruto's reign unmasks the ghost of imperial presidency



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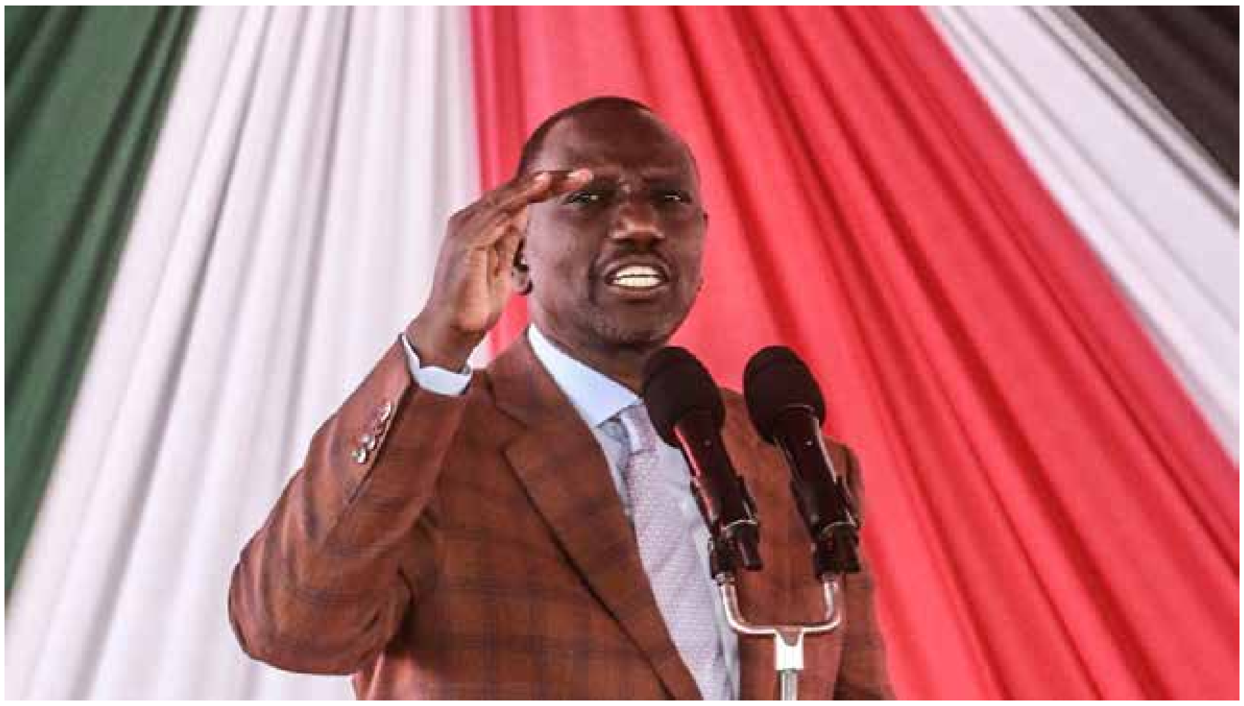


President William Ruto

In August 2010, Kenyans voted overwhelmingly for a Constitution that was meant to bury the imperial presidency once and for all. Article 1 placed sovereignty squarely in the people. Chapter Nine dispersed executive power, subordinated the President to the Constitution, and ring-fenced independent institutions and devolution so that no single man could again treat the state as personal property. That was the promise sealed in blood after the 2007–08 post-election violence. Fifteen years later, under President William Ruto, that promise is being systematically dismantled. The imperial presidency has not died; it has merely changed its wardrobe and returned wearing the language of "bottom-up" while governing from the top down with increasing contempt for the very document it pretends to honour.

This is not mere rhetorical excess. It is observable fact. The same William Ruto who once campaigned against the 2010 Constitution because it clipped presidential wings now occupies the office and behaves as if those wings were never clipped. The pattern is familiar to any student of Kenyan political history. Jomo Kenyatta centralized power through the Provincial Administration and one-party dominance. Daniel arap Moi perfected the art of personal rule, turning the state into an instrument of patronage and coercion. Mwai Kibaki and Uhuru Kenyatta tested the new constitutional boundaries. Ruto is tearing at them with open hands.

Consider the judiciary. The 2010 Constitution deliberately fortified judicial independence as a check on executive excess. Yet Ruto's administration has repeatedly branded judges "cartels" when rulings inconveniently restrained executive projects. Court orders have been treated as suggestions rather than commands. The regime continued road works despite injunctions, pushed ahead with policies after conservatory orders, and publicly declared that "no courts of law will stand in my way." When the High Court blocked the housing levy and other measures for lack of proper constitutional foundation, the response was not compliance but rhetorical warfare and legislative workarounds. This is not the language of a constitutional president; it is the language of a ruler who regards the judiciary as an obstacle to be managed rather than a co-equal branch to be respected.

The same contempt extends to the streets. The 2024 Gen Z protests against punitive taxation and governance failures were met with live ammunition, abductions, and enforced disappearances. Amnesty International and local human rights groups documented dozens of deaths and scores of disappearances. Police were filmed shooting unarmed demonstrators. The President's own reported remarks about shooting protesters "in the leg" and the subsequent denial of systematic abductions reveal an executive that views popular dissent not as a constitutional right under Article 37 but as a security threat to be crushed. Compare this to the post-2007 trauma that birthed the 2010 Constitution: Kenyans rejected the idea that the state could kill its way to order. Under Ruto, the old methods have returned under new justifications.

Parliament, designed as a counterweight, has been largely captured through inducements and coalition arithmetic. Unpopular Finance Bills and housing levies were rammed through despite public outrage. Independent commissions under Chapter Fifteen have been starved of resources or placed under executive influence. Devolution, the great vertical dispersal of power, has been undermined by delayed funding and central directives that treat governors as junior administrators rather than constitutional partners. Emergency spending under Article 223 has ballooned into hundreds of billions of shillings, with the Controller of Budget raising repeated alarms about items removed from the regular budget only to reappear as "emergencies." Public debt has climbed sharply since 2022, loading future generations with the cost of present executive preferences.

> **The same contempt extends to the streets. The 2024 Gen Z protests against punitive taxation and governance failures were met with live ammunition, abductions, and enforced disappearances. Amnesty International and local human rights groups documented dozens of deaths and scores of disappearances.**

These are not isolated missteps. They form a coherent pattern: the concentration of power, the personalization of the state, the weakening of institutional counters, and the conversion of constitutional offices into instruments of loyalty. The irony is almost literary. The man who once opposed the Constitution because it limited the presidency now occupies that limited office and proceeds to act as if the limits never existed. It is the emperor's new constitution, beautiful on paper, discarded in practice whenever it inconveniences the wearer.

History supplies the correlation that makes the diagnosis unavoidable. The imperial presidency flourished under the old constitution because power was concentrated, institutions were subordinate, and accountability was optional. The 2010 document was a deliberate architectural response: separation of powers, independent commissions, devolution, a robust Bill of Rights, and explicit limits on presidential authority. When an administration systematically attacks the judiciary's legitimacy, ignores court orders, co-opts Parliament, underfunds oversight bodies, and responds to peaceful protest with lethal force, it is not merely governing poorly. It is reconstructing the very architecture the Constitution was designed to dismantle.

The deeper insight is this: constitutions do not enforce themselves. They require men and women of institutional courage. When the executive treats constitutional constraints as temporary inconveniences, and when other arms of government fail to push back with sufficient force, the document becomes parchment rather than living law. Kenya's tragedy is not that the imperial presidency has returned; it is that too many actors still treat its return as inevitable rather than intolerable.

This cannot stand. Parliament must reclaim its oversight role and refuse to rubber-stamp executive overreach. The judiciary must continue to adjudicate without fear or favour, and the political class must stop treating judicial independence as a bargaining chip. Independent commissions must be properly funded and shielded from capture. Civil society, the media, and ordinary citizens especially the young who have already paid in blood must refuse to normalize the abnormal. Governors must defend devolution not as a favour from Nairobi but as a constitutional right. And the President himself must be reminded, categorically and without apology, that he is a creature of the Constitution, not its master.

The 2010 Constitution was not a polite suggestion. It was a hard-won covenant after bloodshed and betrayal. To watch its deliberate erosion under the banner of "hustler" politics is to watch the recycling of an old tyranny in new language. Kenyans did not vote for an emperor in 2010. They voted to end one. The current trajectory is a betrayal of that vote, a repudiation of history's hard lessons, and an insult to the intelligence of a people who know the difference between constitutional democracy and personal rule. The ugly face of the imperial presidency is once again visible. The only question left is whether Kenyans will look away or force it back into the constitutional cage where it belongs.

The writer is a social commentator

Education There was something dramatic and unforgettable about KCPE. Every child knew that Class Eight mattered. Every parent knew it too

Sometimes I wish KCPE had not been scrapped by competency-based education

The exam gave Kenya structure, suspense and a shared purpose, even as its pressure took a toll

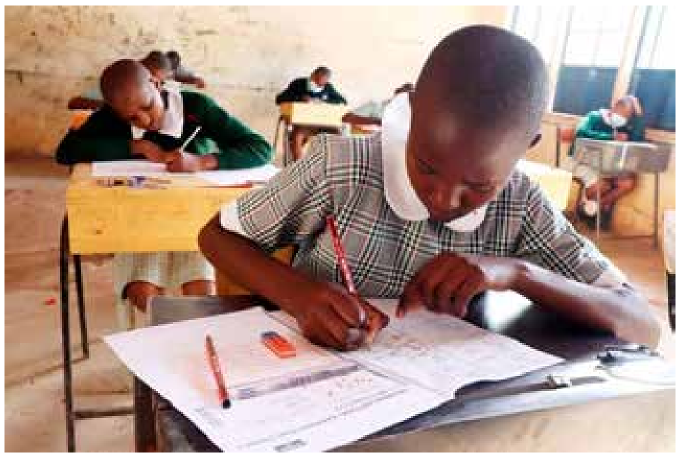
BY Ashford Kimani
@themtkenyatimes

For thirty-eight years, the Kenya Certificate of Primary Education, popularly known as KCPE, was more than just an examination. It was a national event. It was a season. It was a culture. It was a pressure cooker that shaped the rhythm of life in homes, schools, villages and towns across Kenya. Today, with the Competency-Based Education system having phased it out, many people are slowly discovering that KCPE was not merely an exam. It was the heartbeat of Kenya's education ecosystem.

There was something dramatic and unforgettable about KCPE. Every child knew that Class Eight mattered. Every parent knew it too. Teachers organised their entire school calendar around it. Schools measured their reputation by it. Entire communities celebrated or mourned because of it. It gave education a sense of climax and direction.

For many Kenyans, waking up at 4 a.m. for tuition, carrying piles of revision books, attending academic clinics during holidays and hearing constant reminders about "your future" became part of growing up. KCPE created seriousness. It created urgency. It made school feel important.

The pressure was enormous, yes, but pressure also created focus. Learners understood from an early age that effort mattered. There was a target ahead. There was a mountain to climb. The dream of joining a national school or a prestigious extra-county school motivated thousands of learners from humble backgrounds. Some children from villages with no electricity fought their way through difficult conditions because KCPE offered the possibility



KCPE

of social mobility.

The exam equalised people in a strange but powerful way. Whether one came from Nairobi or Turkana, from a rich or poor family, everyone sat the same paper. The score became the language of comparison. It was imperfect, but it was clear. Kenya understood the system.

KCPE also created memories that generations still carry emotionally. The tension in school compounds during mock exams. The fear of mathematics papers. The excitement after finishing Science. The sleepless nights before results day. Families crowding around radios and televisions waiting for top candidates to be announced. Newspapers printing rankings and school performances. Villages proudly producing "the best student in the area." Those moments made education feel alive.

Today, many people quietly admit that something disappeared with the death of KCPE.

Under the new system, assessment is spread across many years and many activities. While the intention behind Competency-Based Education may be noble, the emotional climax that KCPE created is gone. There is no single defining moment that unites the country educationally. The atmosphere feels flatter. School routines feel ordinary. The sense of academic suspense has reduced significantly.

Some learners now move through school without feeling that powerful urgency that once existed. Teachers, too, sometimes struggle to create the same level of academic seriousness. Parents who grew up under KCPE occasionally find it difficult to connect emotionally with the newer system because they were conditioned to believe that one major exam symbolised achievement.

One cannot ignore the psychological power KCPE had over society. Threats were built around it. Motivational speeches revolved around it. Children were constantly reminded that "KCPE will determine your future." Sometimes the pressure became unhealthy, but it undeniably made education command respect.

Schools became highly organised because of KCPE. Academic targets were visible everywhere. Mean scores were discussed passionately in staffrooms. Revision programmes were intense. Even weak schools fought desperately to improve because performance was public and measurable.

The end of KCPE also marked the death of certain traditions in Kenyan schools. The famous academic rallies. Ranking charts pinned on classroom walls. Candidates receiving special treatment. Motivational banners across compounds. Night revision in boarding schools. Prayer days attended by emotional parents. Candidate sweaters inscribed "KCPE 2023." Those traditions created identity and belonging.

Critics of KCPE are correct when they say the system encouraged cramming, unhealthy competition and excessive pressure on children. Some schools became almost military institutions. Learners were punished harshly for poor marks. Anxiety and fear were common. In some cases, children were reduced to numbers and grades. Reform was necessary.

But even as Kenya moves forward, nostalgia for KCPE continues growing because people are not only missing the examination itself. They are missing the structure, clarity, excitement and emotional energy it brought into the education system.

A society functions best when its institutions create meaning and aspiration. KCPE did that. It gave children something concrete to pursue. It made success visible. It made effort measurable. It made school feel consequential.

Today, many schools are still trying to redefine motivation under the new curriculum. Without one central national climax, the educational journey sometimes feels fragmented. Learners move from one assessment to another without the emotional gravity that once came with preparing for a single life-defining examination.

Perhaps the future will eventually normalise the Competency-Based Education system and create new traditions that future generations will treasure. Every education system evolves with time. But for millions of Kenyans who lived through the KCPE era, there will always remain a strange emotional attachment to those days.

The mention of KCPE still awakens memories of sharpened pencils, brown mathematical sets, tense examination rooms, anxious invigilators and parents praying silently outside school gates. It reminds people of ambition, fear, discipline, pressure, dreams and hope all compressed into one national experience.

Kenya did not just retire an examination. It retired an era.

Ashford teaches English and Literature in Gatundu North Sub-county and serves as Dean of Studies.

Safety The programme was presided over by the Headmistress, S. Malarkodi. All the teachers of the school actively participated and extended their valuable support to make the programme meaningful

Road safety awareness programme

BY MKT REPORTER
@themtkenyatimes

A Road Safety Awareness Programme was conducted at Government Model High School, Tirur, Tiruvallur District, Tamil Nadu, India, on 25 September 2026 (Friday) for the students of Classes VI to VIII. The programme aimed to create awareness among students about the importance of following traffic rules and practising safe road habits.

The programme was presided over by the Headmistress, S. Malarkodi. All the teachers of the school actively participated and extended their valuable support to make the programme meaningful and successful. English Teacher Rajesh Kanna B. N. organised and coordinated the event effectively.

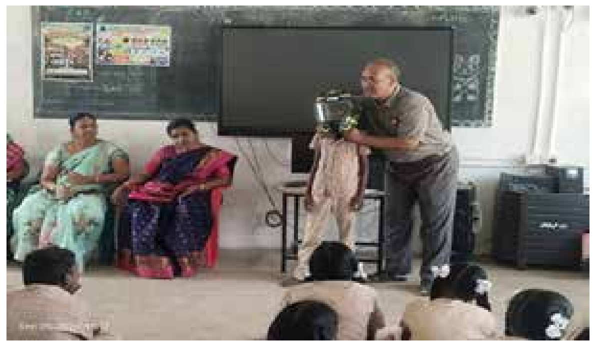
The students were introduced to essential road safety practices, including obeying traffic signals, using pedestrian crossings, walking safely on roads, wearing helmets while riding bicycles or two-wheelers, and using seat belts while travelling in vehicles. The importance of being alert and responsible road users was also emphasised.

As part of the programme, the students took a Road Safety Awareness Pledge and enthusiastically raised meaningful road safety slogans. A role play was also performed by the students to demonstrate common road situations and the importance of safe behaviour.

To encourage and appreciate the active participation of the students, candies were distributed at the end of the programme. The programme was highly interactive and successfully promoted a strong sense of road safety responsibility among the students.

Government Model High school Tirur Tiruvallur District , Tamil Nadu. India- 25/09/2026 Friday - Road safety awareness program conducted to the students of VI -VIII. Headmistress S Malarkodi presiding over the program. All other teachers participated. English Teacher Rajesh Kanna B N organised the event in a great manner. Candies were distributed to the students. Awareness programs pledge to be taken by the students. Slogans were given by the students. Roll play done by the students.

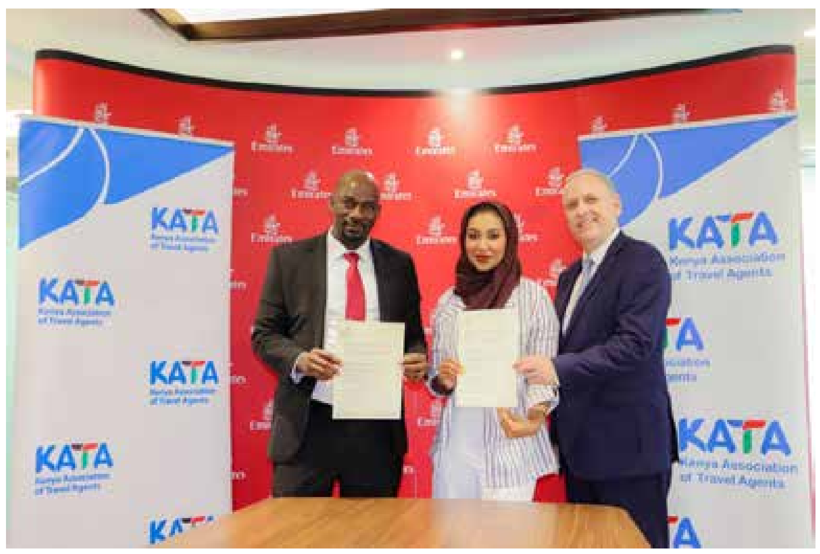



Business Kithitu said the partnership positioned Kenyan travel agents more competitively in an outbound market that was growing in both scale and complexity.

Emirates Holidays and KATA sign deal to boost Kenyan outbound travel

The partnership links a global holiday portfolio with more than 300 Kenyan travel agencies, opening wider destination choices for travellers



BY Grace Wanja
@themtkenyatimes

Emirates Holidays and the Kenya Association of Travel Agents yesterday signed a Memorandum of Understanding in Nairobi, bringing together one of the world's largest airline holiday brands and Kenya's principal travel trade body in a bid to expand outbound tourism from the country.

The agreement, signed at the Emirates Travel Store in Nairobi, pairs Emirates Holidays' global portfolio of destinations and package holidays with KATA's network of more than 300 travel agencies across Kenya. Under its terms, the two organisations will collaborate on joint marketing, trade webinars, industry events and targeted holiday packages for KATA member agencies.

Maitha Albutehi, Emirates Holidays business development manager for Africa markets, and Dr Joseph Kithitu, KATA chairman, signed the MoU. Christophe Leloup, Emirates country manager in Kenya, and Nafisa Salim, Emirates sales manager for Kenya, attended the ceremony.

Leloup said the agreement built on Emirates' decision in July to launch a third daily service between Nairobi and Dubai. "We are now focused on leveraging this enhanced connectivity to stimulate leisure travel and unlock new growth opportunities," he said. "Working closely with KATA and its extensive network of travel agencies will allow us to increase awareness of Emirates Holidays, strengthen agent capability and deliver greater value to travellers across Kenya."

Kithitu said the partnership positioned Kenyan travel agents more competitively in an outbound market that was growing in both scale and complexity. "Our members must be well positioned to respond to this demand," he said. "This partnership strengthens the connection between travel agents and a global travel ecosystem, creating opportunities for KATA members to expand their reach and diversify their offerings."

Dubai will serve as the primary leisure focus of the collaboration, though the wider Emirates Holidays portfolio spans destinations including Bali, the Maldives, Thailand, Greece, Australia, Jamaica and more than a dozen others. The partnership will also support inbound tourism, with Emirates Holidays continuing to offer international visitors bespoke packages into Kenya.

Emirates first began flying to Nairobi in 1995 and now operates 21 weekly flights on the route, making it one of the airline's most established African connections. It remains the only carrier serving Nairobi with enclosed first-class cabin suites.

The MoU forms part of Emirates Holidays' broader strategy to deepen its presence across key African markets through structured trade partnerships.

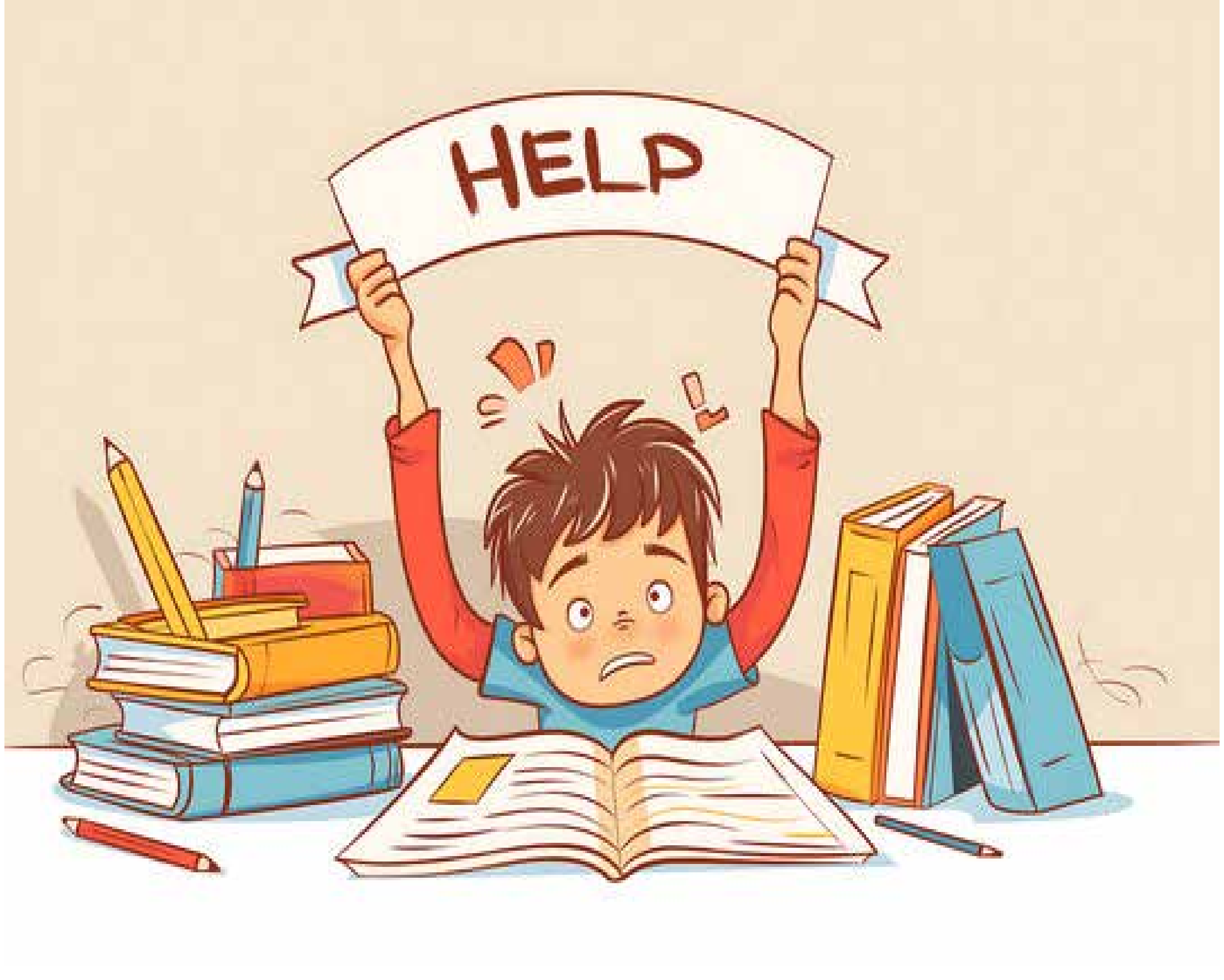
Mental health **The theoretical foundation for this construct rests on three interlinked mechanisms. The first is internalised limitation**

Youth stress mania: Internalised limitation in the transition to adulthood

Economic pressure, online comparison and family silence are driving a cycle of stress among young people

By: Wanjohi. P. Mugambi

@themtkenyatimes



Mental health

Youth stress mania is an emerging psychosocial concept that describes a pattern of intense, fluctuating stress responses among young people who are navigating the transition to adulthood amid economic uncertainty, constant social comparison and compressed timelines for achieving success. Unlike clinical categories that isolate anxiety or depression as individual disorders, youth stress mania captures the collective and cyclical nature of stress as felt in everyday life. It shows up as alternating periods of high functioning and withdrawal, emotional volatility, disrupted sleep, irritability, lost motivation and engagement in risky behaviour intended to bring some short-term relief. The term mania is used here not in the psychiatric sense of bipolar disorder, but to describe the windlike movement of stress that shifts rapidly within individuals and also across peer groups.

The theoretical foundation for this construct rests on three interlinked mechanisms. The first is internalised limitation. Young people are exposed over long periods to repeated social messages that question their competence and future. These messages originate in family discourse, educational settings, religious institutions and community savings groups. Over time, external evaluation becomes internal belief. When a young person hears for many years that they cannot achieve, cannot lead and cannot manage resources, the result is not simply low self-esteem but a reduction in help-seeking and willingness to try. Research on self-efficacy shows that perceived capability is a much stronger predictor of action than actual skill. When permission to try is withdrawn socially, skill remains unused. The youth does not fail due to lack of capacity, but due to lack of socially granted legitimacy to attempt.

The second mechanism is amplified social comparison. The expansion of mobile internet has transformed reference groups for youth. Previously, comparison was limited to immediate peers within a village or school. Today, a young person compares their daily reality with curated images of success from thousands of peers in urban centres. Social comparison theory indicates that upward comparison under conditions of low control leads to shame rather than motivation. The device that provides information also delivers a constant measure of perceived inadequacy. This is compounded by economic conditions where visible markers of success such as clothing, housing and consumption are highly salient, while pathways to income are constrained. The result is a persistent gap between expected life markers and available means, which is experienced as personal failure rather than structural limitation.

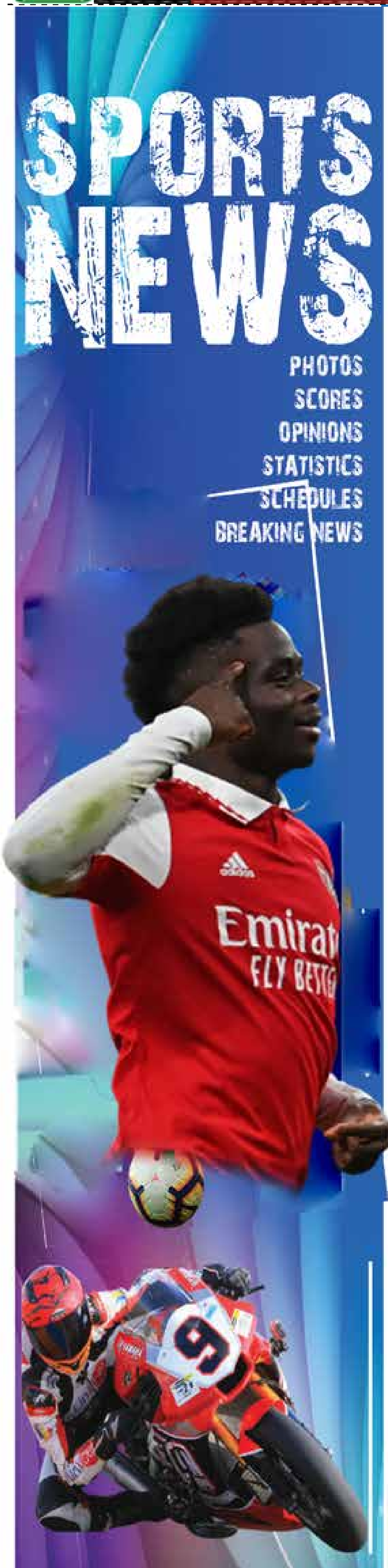
The third mechanism is accelerated role pressure. Societies hold implicit, age-linked expectations for early financial independence, marriage, parenthood and contribution to family. These expectations are not formally codified but are socially enforced through gossip, indirect advice and conditional support. Young men face pressure to demonstrate financial capacity early, while young women are expected to show compliance and respectability, all while managing economic needs. When these timelines are not met, social stigma increases, which further isolates the young person and reduces access to social capital. Stress therefore becomes not only about a lack of money but about the social meaning of that lack. Youth report that the most stressful questions are not about employment itself but about when they will provide, when they will marry and when they will become responsible.

Silence is a maintaining factor. In many families, there is no culturally accepted vocabulary for psychological distress that does not pathologise or moralise the person. Expressions of stress are often interpreted as laziness, lack of prayer or weak character. Consequently, many young people adopt a strategy of saying they are fine while experiencing significant internal distress. This mismatch between public presentation and private experience prevents early support. Coping then shifts toward private behaviours that provide immediate distraction, such as excessive screen time, gambling, alcohol use and transactional relationships. These behaviours provide short-term regulation but increase long-term stress and reduce future opportunities, and so create a cycle.

Intervention approaches that focus only on skills training or financial capital without addressing these psychosocial mechanisms show low completion and retention rates. Evidence from community-based programmes suggests that sequencing itself matters. Creating a space for naming and externalising internalised messages before technical training increases engagement and application. Methods that use participatory drama, drawing and narrative allow youth to see that their experience is shared rather than individual failing. This process of externalisation reduces self-blame and helps build collective efficacy. When young people act or draw the social messages that have limited them, they begin to question who benefits from those messages and whether they are accurate. This is consistent with narrative therapy and liberation psychology approaches that treat problems as separate from persons and located within social discourse.

The concept of divinity in this framework is defined not as religious doctrine, but as restoration of worth. It refers to practices that reaffirm that a person is not broken but unheard. Practices that combine listening, witnessing and documentation have shown promise. For example, when youth see their ideas and names documented in local publications or community exhibitions, their sense of agency increases. This is not because publication itself provides income, but because it provides social recognition that counters the dominant message of incapability. Artivism, understood as the use of low-cost creative forms such as drama and journalism to document lived experience, functions as a psychosocial intervention rather than only as advocacy.

Youth stress mania therefore requires a response that integrates psychosocial and economic support. It cannot be addressed by a single workshop or a one-time cash transfer. It requires consistent spaces where young people can be vulnerable without penalty, where failure of small projects is treated as data for learning rather than evidence of incapability, and where local knowledge is translated into accessible formats. It requires adults to shift from telling youth to be strong toward building structures that allow them to be weak safely and then recover. Future research should examine the prevalence of this pattern across different youth populations, its relationship to livelihood disruption, and the effectiveness of sequencing healing and skills in improving retention, savings behaviour and mental wellbeing outcomes. The central argument is that when young people are heard before they are taught, their capacity to learn, save and lead increases measurably.



Sports >> *Félix and Ramos score as Portugal end Norway's 14-match home unbeaten run

Portugal beat Norway 2–1 in Oslo

By **Andalo Christine Ingutia**

Portugal defeated Norway 2–1 at Ullevaal Stadion yesterday in a UEFA Nations League Group A4 match, ending the hosts' 14-match unbeaten run at home. João Félix and Gonçalo Ramos scored for the defending champions, who took advantage of Norway's mistakes, while Erling Haaland pulled one back for the home side. The result gave Portugal three important points, but Norway was left disappointed after dominating large parts of the match.

Portugal took the lead in the 17th minute when Félix finished from the edge of the area after receiving a pass from Pedro Neto. Félix found space inside the Norwegian defence before sending the ball past goalkeeper Ørjan Nyland and into the bottom corner. The goal came after Norway had created the first chance of the match, when Haaland mishit a volley after being picked out by Martin Ødegaard, and Portugal goalkeeper Diogo Costa made the save. Haaland then had another opportunity when Costa spilled the ball into his path, but Portugal defender Rúben Dias blocked the effort.

Norway continued to control much of the game and created several chances. The hosts had 62 per cent possession in the first half but failed to find an equaliser before the break. Haaland was also closely involved in Norway's attacks as the home side kept the pressure on Portugal's defence, with two of his headers saved by Costa before the interval.

Six minutes into the second half, Norway drew level through Haaland. The Manchester City striker tapped in from Patrick Berg's header across goal, beating Costa at close range. It was Haaland's 65th goal for Norway in 57 appearances.

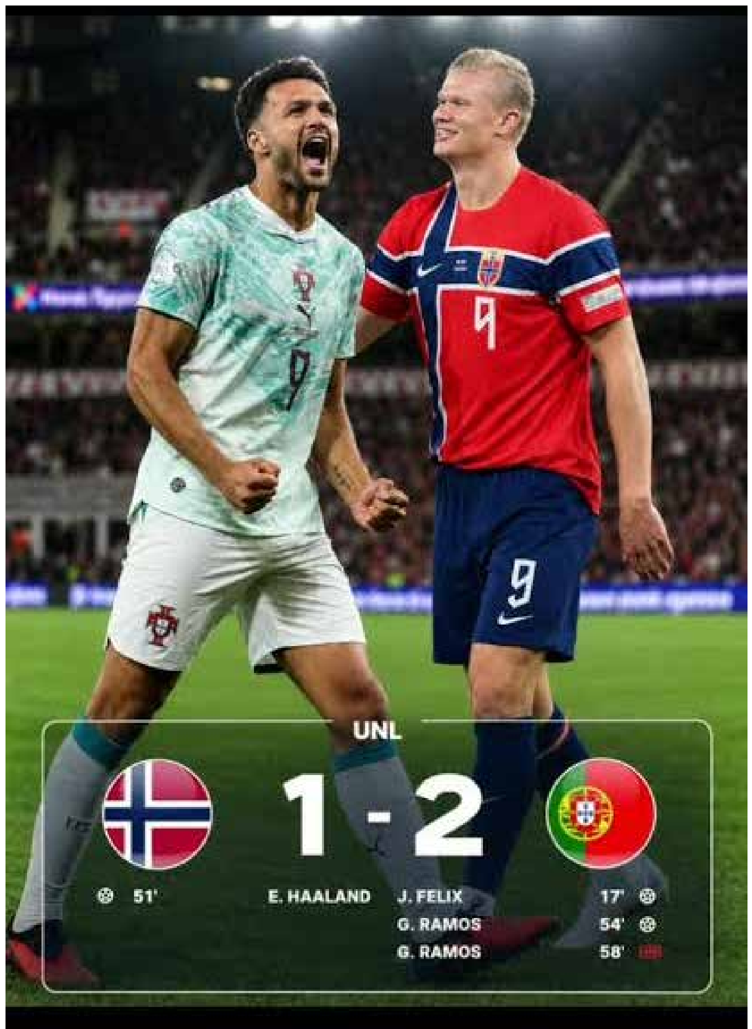
Norway's joy was short-lived. Three minutes later, Nyland made a costly error while playing the ball out from the back. Ramos pounced on the ball, went round the goalkeeper and scored into an empty net to give Portugal a 2–1 lead in the 54th minute. The blunder came at a difficult moment for Norway, which had just equalised and was looking to build on its momentum. Ramos also had a goal disallowed for offside after a long ball forward from Costa caught the Norway defence out.

Norway, under head coach Ståle Solbakken, pushed forward in search of an equaliser, but Portugal defended well in the closing stages and held on for the victory. The hosts controlled the final 15 minutes and Andreas Schjelderup forced Costa into action, but Portugal's defence remained intact. Norway finished with more shots than Portugal but could not find another goal.

Portugal head coach Jorge Jesus praised his side's defensive resilience after the match and singled out central defenders Dias and Renato Veiga for their handling of Haaland. Jesus, who has won both of his matches since taking charge, described Norway as one of Europe's top five teams.

Félix, who scored in consecutive Nations League matches, said Portugal could be a very strong team if everyone pulled in the same direction. Ramos, who started in place of Cristiano Ronaldo, said the most important thing for him was to show what he could do whenever called upon.

Portugal secured three points despite Norway finishing with 59 per cent possession and creating pressure for much of the match. Jesus made four changes to the side that beat Wales in his first match in charge, with Ronaldo starting on the bench and not coming on. Ronaldo had taken seven shots without scoring in the win over Wales, his most



in a game for his country since October 2025.

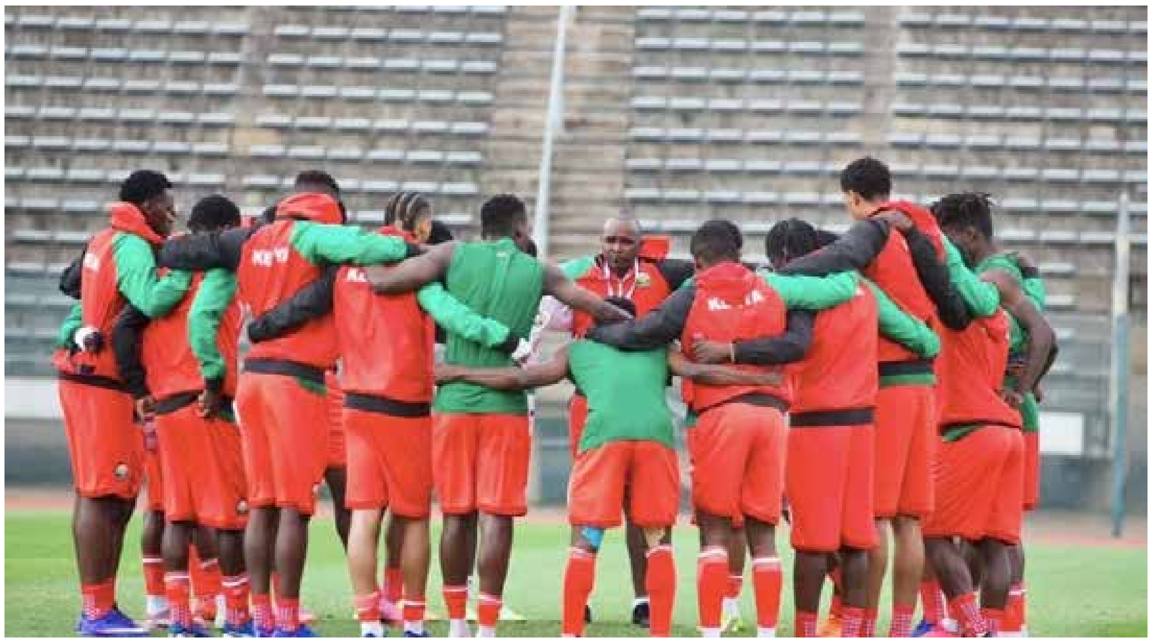
The result leaves Portugal top of Group A4 with six points from two matches, ahead of Denmark and Norway on three each. Denmark, who beat Wales 2–0 yesterday, sit second on goal difference. Norway had opened their campaign with a 3–2 win over Denmark on Thursday, when Haaland scored twice, while Portugal began with a 1–0 victory over Wales. The top two teams in each League A group advance to the quarter-finals in March 2027. Matchdays three and four follow in early October.

The two teams are scheduled to meet again in Portugal on Sunday, October 4. Norway will be hoping to use the home defeat as motivation, while Portugal will look to build on the victory and extend their lead in the return fixture.

Sports >> *Claim demands unpaid allowances and work permits for coach McCarthy ten months before polls

Ngula takes Harambee Stars pay row to tribunal

By **Martin Weche**



Harambee Stars

Football fan Brian Ngula yesterday asked the Sports Disputes Tribunal (SDT) to compel the Football Kenya Federation (FKF) and the Ministry of Sports to pay Harambee Stars' outstanding allowances and secure work permits for head coach Benni McCarthy and his foreign technical staff.

In his statement of claim, Ngula wants the tribunal to order both bodies to file a verified schedule of all allowances owed to players and technical staff, with a timetable for settlement within a period the panel sets. He also seeks an order requiring them to give the squad "timely and transparent information" on money due for national team duty.

The claim also targets the immigration status of the technical bench. Ngula asks that the respondents take all necessary steps within their mandates to obtain lawful work authorisation for McCarthy and every foreign member of his staff.

The SDT has set Tuesday, October 6 for a hearing on Microsoft Teams. FKF and the ministry must file responses by noon on Friday, October 2, after which Ngula may submit a further affidavit. The tribunal noted "the exigency of the matter" and allowed oral representations. Luke Wamugunda chairs the panel, assisted by Allan Mola and Victor Omwebu. The tribunal has not yet ruled, and the respondents have not yet filed their replies.

The filing follows a disrupted week for the national team. Players boycotted training for several days over allowances they said were outstanding from previous assignments, with reports putting the demand at KSh80,000 each for the matches against Senegal and Lesotho. McCarthy then disclosed he has worked without a permit since his appointment in March 2025, leaving Kenya after each camp.

FKF said the ministry had confirmed clearing one outstanding payment, while other allowances were "at different stages of processing." On the permits, the federation described the matter as administrative and being handled with the relevant authorities. Striker Ryan Ogam confirmed that players had received part of the money, although concerns remained over whether the amount was sufficient.

McCarthy has backed his players. "These players do not earn what Manchester United players earn," he said, adding that allowances matter to them. He has said he and members of his staff went about one-and-a-half years without permits, and that his wish to see the national team better run is one reason he has not walked away.

In Saturday's opening 2027 Africa Cup of Nations qualifier at Nyayo National Stadium, Kenya trailed to a 36th-minute goal from Eritrea's Nahom Girmai before Ogam levelled in the 87th minute for a 1–1 draw. McCarthy said the off-field disruption had cost his side. Kenya are third in Group D on one point, behind South Africa on three, ahead of Thursday's trip to Guinea.

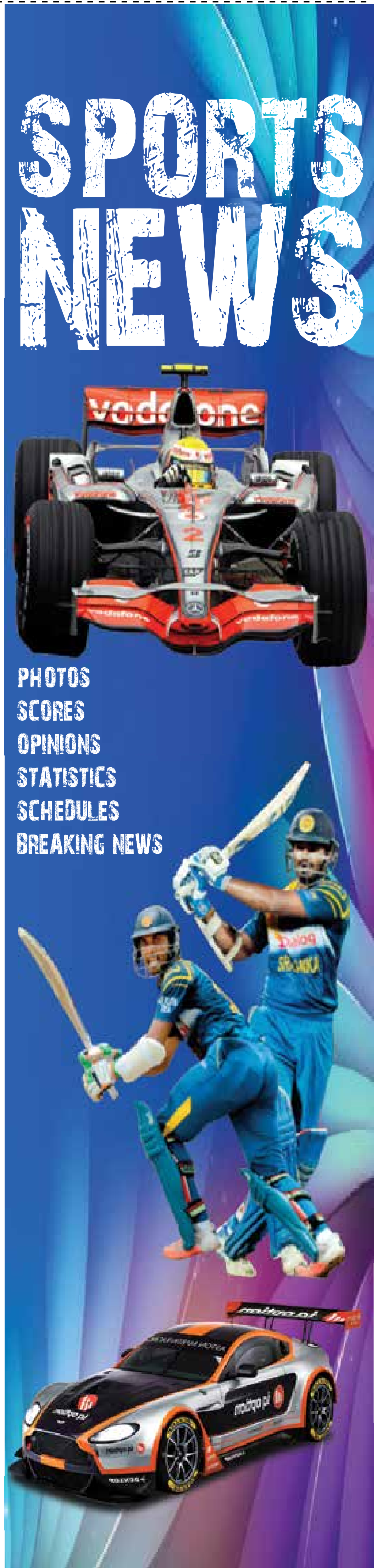
The dispute will unfold against an election calendar that is now fixed. The Independent Electoral and Boundaries Commission (IEBC) has gazetted Tuesday, August 10, 2027 as polling day, with public officers seeking elective office required to resign by Tuesday, February 9, and campaigns running from Saturday, May 29 to Saturday, August 7. Political parties must submit membership lists by Tuesday, March 16, and complete primaries by Sunday, May 9, leaving a defined window in which every public institution's record will be weighed. The IEBC estimates it will need KSh67.07B to run the polls.

The hearing falls about ten months before voting, in a season when the government will face voters and be judged on delivery. Any payment made after the filing may be read by some as routine compliance and by others as electoral positioning, a distinction the ministry can narrow only by publishing what it owes and when it will pay.

The sporting stakes are equally concrete. Kenya has qualified for next year's finals as hosts, which makes the national team one of the most visible public undertakings of an election year. How promptly the state pays those who wear the shirt will be noticed.

Ngula's prayers centre on information, deadlines and lawful documents, the administrative basics any national programme requires. That a supporter, rather than a player, brought the claim underlines how publicly the dispute has unfolded.

The October 6 hearing will be the first test of whether the state can settle its ledger before the campaign begins.



SPORTS AS THEY HAPPEN

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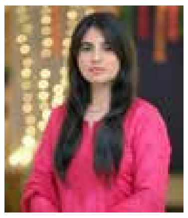
Annwen Jordan: Redefining women's leadership, creative excellence & purpose-driven legacy



By: Anila Bukhari
@themtkenyatimes

Annwen Jordan, widely known as Miss Jay, is a visionary leader, professional model, creative director, entrepreneur, and women's empowerment advocate whose work reflects a powerful intersection of creativity, leadership, purpose, and social impact. With more than a decade of experience across the fashion, beauty, and creative industries, she has evolved from an accomplished model and brand ambassador into a multifaceted entrepreneur dedicated to creating platforms where women can discover their confidence, develop their potential, and build meaningful legacies.

Her journey is rooted in a simple but powerful belief: every woman has a story, a purpose, and the potential to create an impact beyond herself. Through her leadership and creative ventures, Annwen continues to build opportunities that encourage women to lead boldly, live intentionally, and contribute positively to their communities.

Annwen's professional journey began in the world of modelling, where she gained valuable experience working with respected local and international brands, participating in high-profile campaigns, appearing in fashion publications, and walking runways. Her years in front of the camera gave her more than industry exposure; they allowed her to understand the importance of storytelling, visual identity, personal branding, and authentic representation.

Over time, her curiosity about what happens behind the scenes developed into a passion for creative direction and brand development. She began exploring the strategic side of the industry, developing expertise in brand positioning, campaign conceptualisation, audience engagement, and visual storytelling. This evolution enabled her to move beyond simply representing brands to helping shape the stories those brands communicate to the world.

Today, Annwen serves as Co-Founder and CEO of Miss Gauteng Exclusive and the Agents of Change Foundation, formerly known as the MissGE Foundation. Through these platforms, she has created a leadership and transformational ecosystem focused on developing young women and equipping them with practical tools for personal and professional growth.

The work of these platforms extends far beyond traditional pageantry. Annwen and her team focus on leadership development, education and skills development, entrepreneurship training, mentorship, personal growth, and community impact. Their objective is to help young women recognise their abilities and transform those abilities into purposeful action.

Through the programs she leads, hundreds of young women have experienced opportunities for growth and transformation. Many alumni have progressed into entrepreneurship, leadership positions, further education, and community-focused initiatives. For Annwen, these outcomes represent more than professional achievements; they demonstrate what can happen when young women are given encouragement, guidance, mentorship, and an environment in which they are empowered to believe in their own potential.

Her approach to empowerment is holistic. She understands that sustainable transformation requires more than inspiration. Women also need access to knowledge, skills, mentorship, confidence-building opportunities, and platforms through which they can turn their aspirations into meaningful results. This philosophy continues to influence the initiatives she develops and the communities she serves.

Alongside her leadership work, Annwen has established herself as a respected creative and industry professional. As a Showcase Director and through her model management agency, Jordanlegacy, she plays an important role in coordinating fashion productions and managing models and talent for creative projects.

Her work often requires her to bring together diverse creative professionals, including models, makeup artists, production teams, creative directors, and other industry specialists. From small-scale productions to larger fashion showcases, she understands how to transform an initial concept into an organised and engaging visual experience.

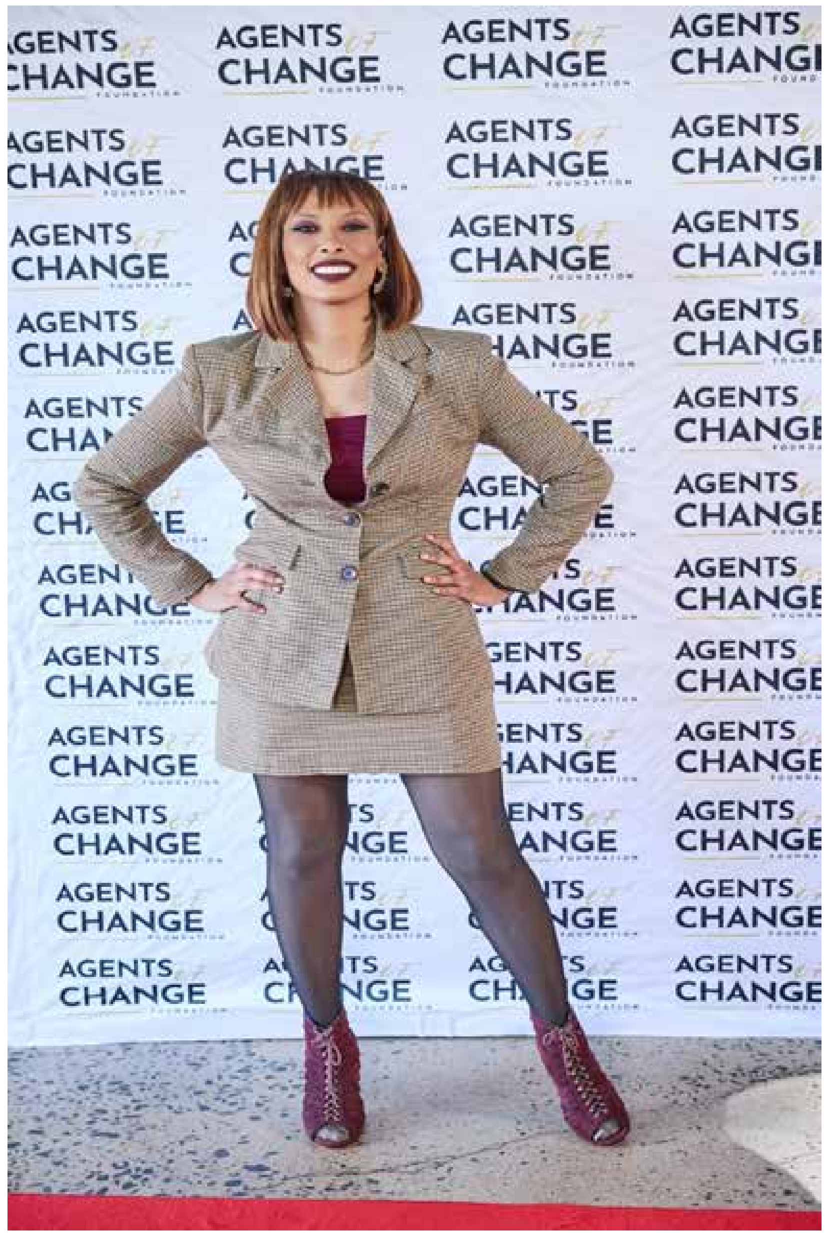
What distinguishes Annwen's creative approach is her belief that every individual and every brand has a story worth telling. Her responsibility, as she sees it, is to help refine that story without losing its authenticity. Whether she is developing a campaign, directing a showcase, managing talent, or mentoring an emerging leader, she brings together creativity, structure, strategic thinking, and attention to detail.

Her professional philosophy is built around five defining principles: purpose, leadership, creativity, legacy, and social impact. These principles are reflected throughout her work and provide a consistent foundation for the brands, initiatives, and people she supports.

Annwen approaches leadership with discipline and intentionality. She understands that visibility alone does not create lasting influence; meaningful leadership requires responsibility, consistency, service, and the willingness to develop others. Her work demonstrates a commitment to creating spaces where women can move from potential to participation and from ambition to purposeful action.

At the heart of Annwen's journey is the concept of legacy. She is passionate about building something that extends beyond personal achievement and creates opportunities for others to grow. Her vision is not simply to be part of the creative and leadership industries, but to contribute to their evolution by helping more women find their voices, strengthen their capabilities, and step confidently into positions of influence.

Her story also reflects the evolving role of modern women in creative entrepreneurship. She has successfully combined fashion, media, leadership development, talent management, entrepreneurship, and community empowerment into a professional ecosystem that reflects both her creative background and her commitment to social change.



Annwen Jordan

Grounded in faith and guided by purpose, Annwen describes herself as God-fearing, full of life, and intentional about how she lives and works. Her faith and values influence the way she approaches responsibility, relationships, leadership, and service.

As she continues to expand her work through Miss Gauteng Exclusive, the Agents of Change Foundation, Jordanlegacy, and future creative initiatives, Annwen Jordan remains focused on one enduring objective: creating meaningful opportunities for people to recognise their worth, develop their potential, and leave a positive mark on the world.

Her journey from the runway to leadership, from modelling to creative direction, and from personal success to empowering others illustrates a career shaped by evolution and purpose. For Annwen Jordan, success is not measured only by the campaigns she creates, the stages she directs, or the brands she builds. It is also measured by the women who become more confident, more capable, and more courageous because they encountered an opportunity she helped create.

That is the legacy she continues to build—one rooted in purpose, driven by creativity, strengthened through leadership, and ultimately designed to create lasting impact.

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