



Abortion Has Become The Only Option Among The Female Students In Most Higher Learning Institutions In Kenya

At the age of 22, Vivian (not her real name) has already had three abortions. A second year student at Rongo university. She had had a strict religious upbringing whose emphasis was good character and morals.

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News >> Judiciary Launches Alternative Justice System In Narok County

P. 8. Deputy Chief Justice Philomena Mwilu has launched the Alternative Justice System



News >> Kenyans Told To Be Wary Of Personal Data Protection

P. 12. The Office of the Data Protection Commissioner (ODPC) has embarked on a country wide public awareness creation on how Kenyans can protect their personal data, their privacy and also on the complaint channels they can use.

Gen. Ogolla Laid To Rest Amid Glowing Tributes

President William Ruto led the country in giving the late Chief of Defence Forces (CDF) General Francis Ogolla a befitting send-off. General Ogolla was laid to rest at his Alego home in Siaya County in a colourful ceremony complete with a 19-gun salute. President Ruto said the country had lost a great military leader who served his country with passion and unwavering commitment.



CDF General Francis Ogolla Laid To Rest In Siaya

President William Ruto led the country in giving the late Chief of Defence Forces General Francis Ogolla a befitting send-off.

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CEMASTEA Spearheads CBC Curriculum Implementation

By: Chris Mahandara
@themtkenyatimes



Worth Noting:

- “The idea is to help teachers work as a community. The model promotes peer learning, exchange of best practices, and collaborative problem solving, providing a platform for teachers to share insights, resources, and strategies for delivering the CBC effectively.
- As a result, teachers are able to jointly study and interpret curriculum designs and other materials, develop plans and learning materials and implement lessons together.

The Centre for Mathematics, Science and Technology Education in Africa (CEMASTEA) is spearheading efforts to bolster the implementation of the Competency Based Curriculum (CBC).

Through training and capacity building for Junior Secondary School (JSS) teachers, the state agency has introduced community of practice (CoP) model to enhance collaboration and knowledge sharing among JSS teachers and learners to ensure success of the CBC.

CoP refers to a group of people who share a common concern, a set of challenges, or an interest in a topic. They come together to fulfil both individual and group goals.

According to the Program’s Coordinator George Kiruja, the concept was critical in addressing gaps in curriculum implementation, with teachers set to learn from one another and collectively deliver expected results.

“The idea is to help teachers work as a community. The model promotes peer learning, exchange of best practices, and collaborative problem solving, providing a platform for teachers to share insights, resources, and strategies for delivering the CBC effectively.

As a result, teachers are able to jointly study and interpret curriculum designs and other materials, develop plans and learning materials and implement lessons together.

The collegiality, he said, enables teachers to use locally available resources to impart knowledge to learners.

Speaking in Kisumu during a training for County Trainers for JS teachers drawn from 15 counties in Nyanza, Western and North Rift regions, Kiruja said through the advocacy efforts, CEMASTEA aims to establish vibrant CoPs at all the Junior Schools across the country for improved learning outcomes.

“CBC emphasizes learner centred strategies. Therefore, we feel that when teachers work together, they are likely to gain from one another. That way, they feel more confident, and going forward, this is going to enhance the achievement of positive learning outcomes,” he said.

The CoP, he added, can be between teachers of the same school, teachers of the same learning areas from different schools in the same school or locality.

The learning experiences, he said, can be face to face, online, or blended, with

teachers encouraged to take advantage of social media platforms like WhatsApp.

This, he said, will see the establishment of regional clusters and subject specific clusters to enable teachers to deploy innovative pedagogical approaches to address the nitty-gritty of the CBC curriculum.

CEMASTEA, he added, has developed a portal through which the teachers can share their challenges so that targeted trainings are carried out.

CoP, he said, can also be between students of the same school, neighbouring school, or students pursuing the same learning area so that they share their interests and learn from one another.

“If learners can work as a community given that they have the same expectations from the curriculum, then we expect them to not only pursue their interests but to excel as well,” he said.

This, he observed, will go a long way in assisting the learners to identify their right pathways as they move to senior school.

Lucy Wairimu, a JSS teacher in Nakuuru County, said the training was an eye opener and will enable teachers to quickly transition from the content to learner’s

centered pedagogies for effective delivery of the CBC curriculum.

“We have been imparted with a lot of knowledge that we are going to cascade to our counties. This will see teachers involve learners more and embrace community of practice for improved outcomes,” she said.

Francis Wafula, a JS teacher in Busia County, said the concept has enabled teachers to learn from one another and be more creative in the delivery of the curriculum.

“Through CEMASTEA, we have been trained on how to use locally available materials and ICT to teach,” he said.

He called for more in service training for junior school teachers to help them specialise in meeting the learner’s expectations.

Even though Junior School is domiciled in primary school, the institutions, he said, must operate independently for effective delivery of the curriculum.

This, he said, this will see the institutions have their own national games, national music, and drama festivals, and science and engineering fairs to support learners’ transition to the three pathways in senior school.

Editor’s Desk

The Mt. Kenya Times

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Group Executive Chairman
M. Danson

Our Contacts
P. O. Box 101 675 - 00101 Nairobi, Cell: 0700 161 866, 0705 215 262
Editorial Desk: editorial@mountkenyatimes.co.ke, **Adverts:** ads@mountkenyatimes.co.ke,
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NEWS IN BRIEF



DigiTax, a technology firm, has developed a solution to simplify tax compliance for private schools, ensuring seamless onboarding and compliance with the Kenya Revenue Authority's Electronic Tax Invoice Management System (eTIMS). Ufanisi Technology, an approved eTIMS compliance Integrator, has partnered with school software providers to help them integrate their solutions with eTIMS. The Tax Procedures Act was revised to digitize tax systems, and the use of electronic tax invoices was introduced for all taxpayers, including those not VAT-registered. DigiTax offers a simple, convenient, and flexible approach to electronic invoicing, accessible through computers, laptops, tablets, smartphones, and Personal Digital Assistants (PDAs). DigiTax has already integrated and onboarded several private schools onto the eTIMS platform, making the process easy, simple, and quick. The firm also provides value-added services to schools, such as clearing a backlog of tax invoices from January after the lapse of the eTIMS compliance window and ensuring the invoices are up to date.



Nakuru County is planting trees and fruits in health centres and hospital compounds to promote healthier communities and combat climate change. County Public Health Officer George Gachomba and healthcare workers are planting fruit trees in hospitals, urging residents to help the government achieve its ambitious plan of planting 15 billion trees in the next ten years. Gachomba urges students on holiday to plant at least ten trees in their compounds and on the roadside for the sake of the environment, food security, and river preservation. Nakuru residents are aware of the struggles they face during the dry months, and the current generation has grown up witnessing the realities of climate change.



Janet Oloo, a resident of Bware village in South Kanyamgako, Migori, is a beneficiary of the Building Communities Resilient to Climate Change fruit tree programme. The One Vision Kenya organisation plans to distribute 3,500 seedlings to 300 households in five wards, encouraging women to plant fruit trees for health, economic growth, and environmental conservation. Photo/Geoffrey Makokha



One Vision Kenya-NGO is partnering with Arbor Day Foundation to distribute fruit trees to residents in Migori County to help mitigate climate change and generate income. The programme, Building Communities Resilient to Climate Change, aims to empower local communities, particularly women, to plant fruit trees and contribute to climate change mitigation. The organisation plans to distribute 3,500

fruit tree seedlings to 300 households in five wards. The fruit tree programme will also be implemented in schools once students resume learning for the second term. The organisation will plant 15,000 fruit trees to help mitigate climate change, provide fruit nutrients for schoolchildren, and initiate a culture of environmental conservation among young children. Migori County Climate Change Director Linus Origa appreciates the role NGOs and civil societies play in mitigating climate change in the county and plans to continue collaborating with like-minded NGOs to bring local communities into environmental practices.



Kirinyaga County Government has intensified flood mitigation measures in Mwea due to heavy rains. The government has cleared blocked drainage trenches, expanded water canals, and deployed county road machinery to respond to flooding. The county is monitoring the ongoing rainfall and implementing prompt responses to potential disasters. Residents in affected areas have appreciated the quick response, stating it has saved them from imminent displacement. Tebere Member of County Assembly Peter Karinga commended the county government for providing excavators to clear clogged trenches and advised residents to move to higher grounds to protect themselves from overflowing rivers. The county government is also cautioning against obstructing water trenches through illegal structures and debris.



Regina Ndambuki, the Board Chair of Tanathi Water Works Development Agency (WWDA), has emphasised the importance of public participation in addressing and safeguarding water resources for future generations. She believes that, through diverse perspectives, effective solutions can be crafted to address the challenges facing the water sector in Makueni. "Together, we can navigate the challenges ahead with resolve and resilience and emerge stronger, more united, and better equipped to fulfil our collective vision of a sustainable and prosperous future," said Ndambuki. Ndambuki spoke at a public participation forum for the Strategic Plan 2023-2028, urging stakeholders to engage in meaningful dialogue and exchange ideas. The strategic plan will serve as a statement of the WWDA's commitment to transparency, accountability, and good governance in the water sector in Makueni County.

NEWS PAPER

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Employees Not Happy With Their Workplaces, Survey Shows

By: Kenya News Agency



Officials briefing journalists on the survey outcome.

Worth Noting:

- “The understanding of the current state of employee experience and its implications for customer satisfaction, decision-makers can prioritize interventions to enhance public service delivery and organizational performance,” said Gathuru.
- “What has come out of this report is so fundamental to any organization not only in the country but the entire continent because we know when Kenya does something the rest of the region follows,” she added.

The State of Employee Experience (EX) for Customer Experience (CX) Success survey carried out by the Institute of Customer Experience (ICX), Kenya reveals that the majority of employees are not happy in their workplaces.

The survey, carried out between March and April 2024 shows that the Employees Net Promoter Score (eNPS) a metric that measures employees loyalty and engagement to an organization is at 23 per cent.

“Twenty three per cent is not good enough we need to move higher than that. The reports show 30 per cent of employees are not too happy while 24 per cent find their work places not the place to be,” said Carolyne Gathuru ICX Board Director in Mombasa during the 5th Annual Africa Customer Experience Conference.

The survey respondents were from

various government and private sectors including finance, Telco, transport, manufacturing, healthcare, energy, agriculture, technology and education sectors.

The survey also revealed misalignment between EX and CX, and quiet quitting, with over 50 per cent of employees not actively engaged at work indicating a need for improved engagement strategies.

The launch of the survey aligns with the Government of Kenya’s strategic objectives as outlined in the strategic plans of various Ministries, Departments and Agencies (MDA).

“The understanding of the current state of employee experience and its implications for customer satisfaction, decision-makers can prioritize interventions to enhance public service delivery and organizational performance,” said Gathuru.

“What has come out of this report is so fundamental to any organization not only in the country but the entire continent because we know when Kenya does something the rest of the region follows,” she added.

Gathuru encouraged employers to understand their workforce likes, dislikes, what give them joy or pain at work and take necessary corrective measures.

“When we have happy employees business will flourish. If the business sector is working then the entire nation will work. We need a robust business environment that comes from the people that work in the businesses,” stated Gathuru.

The report point out disparity of how work is viewed by generation Z, Millennial, X and baby boomers. Gathuru noted the need to align Human Resource Management and internal customers’ policies to a younger workforce.

The survey shows that data and technology is key and need to be used in a way that speaks to a morphing and a dynamic strategy.

ICX Director of Customer Metrics Akshay Shah said organizations need to focus on making their employees happy as organizations traditionally have been putting a lot of efforts in the customers’ space but there is a misalignment.

He challenged organizations to put more efforts, initiatives and money to improve employees’ experiences.

“Get the culture within the organizations right coupled with aspirational leadership because without the right culture and leadership employees and

customer experiences will fail,” said Shah.

He added that the survey shows that some employees do not have emotional attachment to the organizations they are working in.

“They will come to work but mentally they have checked out. They actually are not performing and this has a big impact on the performance of the company because if employees are disgruntled they also affect the motivation of other employees in the organization thus bring productivity down,” explained Shah.

On his part, Unilever Kenya Managing Director Luck Ochieng stated that employees are the bedrock of company’s success and if they have better experience it will drive performance.

Joseph Choge, Chairman of ICX hailed the conference under the theme: ‘Elevating Employee Experience for Customer Experience Success’ saying it brought together business leaders, Chief Executives and a host of Customer Experience professionals and practitioners at both senior and mid-level management.

Besides, he said the event was insightful and participants exchanged best practices: “We encourage all organizations in the country and beyond to look at the experiences of their employees because without a happy employee then there is no happy customer,” said Choge.

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Judiciary Launches Alternative Justice System In Narok County

By: KNA

Deputy Chief Justice Philomena Mwilu has launched the Alternative Justice System (AJS) County Action Plan (CAP) model and suite for Narok County to reduce case backlog and expedite the resolution of disputes in local courts.

AJS, she said, will promote dispute resolution including reconciliation, mediation, arbitration and traditional dispute resolution mechanisms.

She observed that CAP identifies a number of justice challenges in the county among them multiple forms of gender-based violence that include sexual violence, which are prevalent across the county but often normalized, underreported, and concealed.

Mwilu stated that a key challenge damaging the legitimacy of AJS mechanisms is that of gender equality, equity and justice, saying some AJS mechanisms, both in composition and process, disfavor women and girls and fail to accord them the rights due to them.

However, to deal with such ills, she said, it is necessary to ensure that the existing forms of AJS in the county are constitutionally compliant and operate within the outer boundaries set out in the Constitution.

“We must abandon the assumption

that AJS practitioners, especially elders who come from communities in which harmful and discriminatory cultural practices occur or are prevalent, are disinterested or incapable of shifting beliefs and practices to comply with constitutional requirements,” she reiterated.

The launch was held at TM grounds in Narok town and attended by Narok Governor Patrick Ntutu, Kajiado Governor Joseph Ole Lenku, Justice Professor Joel Ngugi and Narok County Assembly Speaker Davis Dikirr.

The Lady Justice continued that the judiciary’s obligation to promote AJS is being actively pursued under a human rights framework anchored by the duty to respect, protect and transform.

“There is increased recognition amongst AJS practitioners that there can be no legitimacy where the composition, operations and decisions of these mechanisms are unconstitutional or result in rights violations and discrimination,” said the lady justice.

Governor Ntutu said the County Government will donate land and build three courts at Olkurto, Angata Barikoi and Loita areas to ease suffering for the people who travel long distances to seek justice in a court of law.

Ntutu reiterated that the county government sponsored the process because he is interested in seeing jus-



Deputy Chief Justice Philemona Mwilu with Narok County leaders led by Governor Patrick Ole Ntutu.

justice delivered to the people at a faster rate.

“I request all the cases still lying in court to be withdrawn and taken to AJS. Some of these cases have dragged for very many years,” he said.

On his part, Governor Lenku said his county was among the first counties to launch AJS in the county saying it has helped the residents get justice

faster than the formal court way.

He said since Kajiado launched the programme, over 200 cases have been registered through AJS out of which 140 cases have been resolved amicably.

“The system leaves a win-win situation. It is less costly as people do not have to travel long distances to resolve their issues,” he said.

Mzee Maranga Otuni praised the

system saying it will bring justice to the less fortunate and vulnerable people in the society.

“In AJS, people will come confidently. No one will be coerced to give any amount of money in order to get justice. The panelists will deal with the case in a very objective manner so that everyone can get justice,” he said.

Mentorship: 1,200 Students Under Wings To Fly And Elimu Scholarship Mentored On Leadership

By: MKT Reporter

@themkenyatimes

Over 1,200 beneficiaries of Wings to Fly and Elimu Scholarship drawn from Machakos, Makueni and Kajiado counties have benefited from a three day mentorship programme on leadership, education and empowerment.

The programme dubbed “The Triad to Success” is set to benefit 23,101 students across the country including 2,574 refugees from Dadaab and Kakuma camps.

Machakos University Vice Chancellor Professor Joyce Agalo hailed Equity Bank for giving students from poor and needy households an opportunity to pursue education and

achieve their dreams.

“We applaud Equity Bank and especially the CEO Dr. James Mwangi for being a visionary and magnanimous man who has enabled less privileged students to get education,” said Professor Agalo.

Addressing the students at Mumuni High School on Friday, the vice chancellor cautioned them against drug and substance abuse.

“As students avoid bad company that can influence you in to taking drugs that can derail your dreams to pursue education,” she said.

Equity Bank Limited Director of Operations Stephen Kalani said the mentorship programme is meant to equip the students with practical skills and knowledge that will help them navigate the current dynamic world.



He disclosed that the programme was running concurrently in 19 centers in all the 47 counties.

Machakos County Executive Committee Member (CECM) lauded the

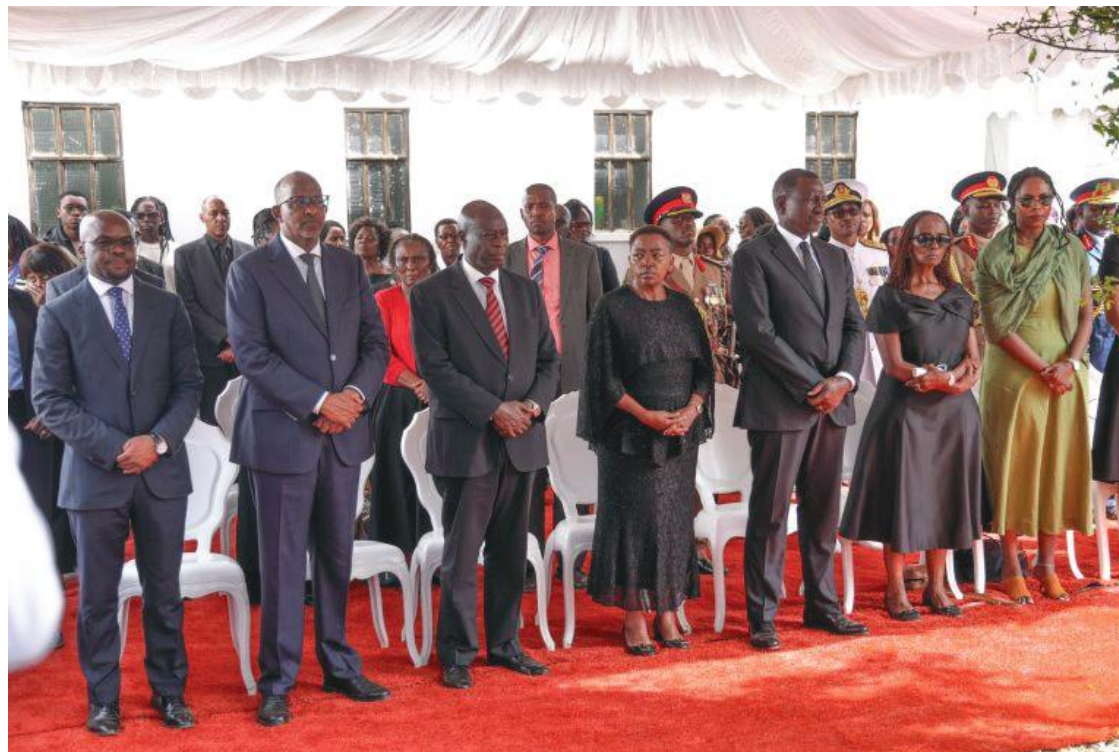
programme for transforming lives of beneficiaries.

Mutisya disclosed that the county government has started a similar programme supporting 40 students and

called on other well-wishers to sponsor less privileged children to pursue their dreams.

CDF Francis Ogolla Laid To Rest Amid Glowing Tributes

By: PCS



President William Ruto, First Lady Rachel Ruto, Deputy President Rigathi Gachagua, Defence Cabinet Secretary Aden Duale, Interior PS Raymond Omolo in Siaya.

Worth Noting:

- Speaking during General Ogolla's burial service at Obama K'Ogello Primary School, President Ruto said he was proud to have appointed and worked with the fallen CDF.
- "He loved this country and wanted the best for Kenya and would stop at nothing to make sure that Kenya was safe," he said.
- Present were First Lady Rachel Ruto, Deputy President Rigathi Gachagua, Prime Cabinet Secretary Musalia Mudavadi, National Assembly Speaker Moses Wetang'ula, governors, Cabinet Secretaries and MPs, among others.
- The President assured the country of thorough investigation on the cause of the accident that claimed General Ogolla's and the lives of nine other Kenya Defence Forces (KDF) officers.

President William Ruto led the country in giving the late Chief of Defence Forces (CDF) General Francis Ogolla a befitting send-off. General Ogolla was laid to rest at his Alego home in Siaya County in a colourful ceremony complete with a 19-gun salute.

President Ruto said the country had lost a great military leader who served his country with passion and unwavering commitment. He described General Ogolla as a consummate military officer, a passionate commander and a patriot of great humility and integrity.

"Many people do not understand the loss that we have incurred as a country. There are very few leaders who can fit in the categorisation and shoes of General Ogolla," he said.

Speaking during General Ogolla's burial service at Obama K'Ogello Primary School, President Ruto said he was proud to have appointed and worked with the fallen CDF.

"He loved this country and wanted the best for Kenya and would stop at nothing to make sure that Kenya was safe," he said.

Present were First Lady Rachel Ruto, Deputy President Rigathi Gachagua, Prime Cabinet Secretary Musalia Mudavadi, National Assembly Speaker Moses Wetang'ula, governors, Cabinet Secretaries and MPs, among others.

The President assured the country of thorough investigation on the cause of the accident that claimed General Ogolla's and the lives of nine other Kenya Defence Forces (KDF) officers.

"I want to assure the country that KDF and the Kenya Air Force have the requisite integrity and professionalism to make sure that there will be no shroud of doubt on what happened to General Ogolla," he said.

The President said the days of extrajudicial killings and political assassinations are long gone.

"There shall never be extrajudicial killings or political assassinations. It will never happen again that bodies float in River Yala. Not under my watch," he said.

President Ruto also said tribalism and ethnicity will no longer drive

the politics and governance of the country. He said every Kenyan will have an opportunity to serve the nation on account of merit as opposed to tribalism and political affiliation.

"There is no position reserved for any group or any community or any region. Kenya belongs to all of us," he said.

This, he said, will give every child in the country hope that they can grow up and become anything they want.

"I want every child, as they grow up in Kenya, to know that merit is going to be the yardstick of how far they can go," he said.

"That is the Kenya we all want to belong to. That is the Kenya I will work hard to make sure becomes a reality," he added.

Gachagua commended General Ogolla's leadership capabilities, saying he made an impact in the military during his tenure of service.

Mudavadi said the late CDF was not only an accomplished military leader but also a diplomat.

"He used these skills to serve his country," he said.

Wetang'ula said the late CDF was a fine military leader whose contribution to the nation's security is invaluable.

"He had clarity of mind of what we needed to do to secure our region," he said.

Defence Cabinet Secretary Aden Duale described General Ogolla as disciplined and a man of honour whose leadership in the military will be missed.

Siaya Governor James Orengo, Senator Oburu Oginga, and Opposition leaders Kalonzo Musyoka and Martha Karua also spoke.



Left- The late CDF General Francis Ogolla's son Joel Rabuku, Middle- widow Aileen Kathambi, Right- daughter Lorna Achieng' Omondi.

Prayers Is Key To Wielding Great Power



By: Eric Musa
EMEA.ericmusa@gmail.com

Prayer is a gift from God to you and a privilege. The gift is offered to all and all may become the wielders of the great power in prayer. However, the fact remains that the power of prayer is least exercised by the average believer. You will do well to learn the art of warfare prayer, as Christ Jesus said, “man always ought to pray and not give up().”

It is written, “Rejoice always, Pray without ceasing, with thanksgiving in all circumstances,, for this is the will of God in your life(1 Thessalonians 5:17-18). The present prayer ferventness/ exercise/temperature of many Christians needs to rise if they expect serious breakthroughs.

There ought to be in your life prayer points that are targeted at certain

needs so that as you are praying, you will not be beating the air. Therefore, locate your area of need by looking with a spiritual diagnostic eyes and identify particular areas that you ought to focus your prayers on. Select the appropriate Scriptures promising you that you desire. Meditate on them and let them sink into your spirit.

Go about the prayers fervently in any of the ways as led by the Holy Spirit: It can be Three consecutive days’ vigil. Three day’s fast (breaking daily) that is, praying at intervals and breaking the fast. Three or more days of dry fast, that is, praying and fasting three or more days without any food or drink. Let’s recall Jesus words, “ this kind can comes out ONLY BY PRAYERS AND FASTING (Mark 9:29).”

NOTE: Spend part of the vigil or fasting praying in the spirit. Praying in the Spirit is an ability to pray in tongues as given utterance by the Holy Spirit. To pray in the Spirit, you must have been baptized in the Holy Ghost .Consider1 Corinthians 14:15 “So what shall I do? I will pray with

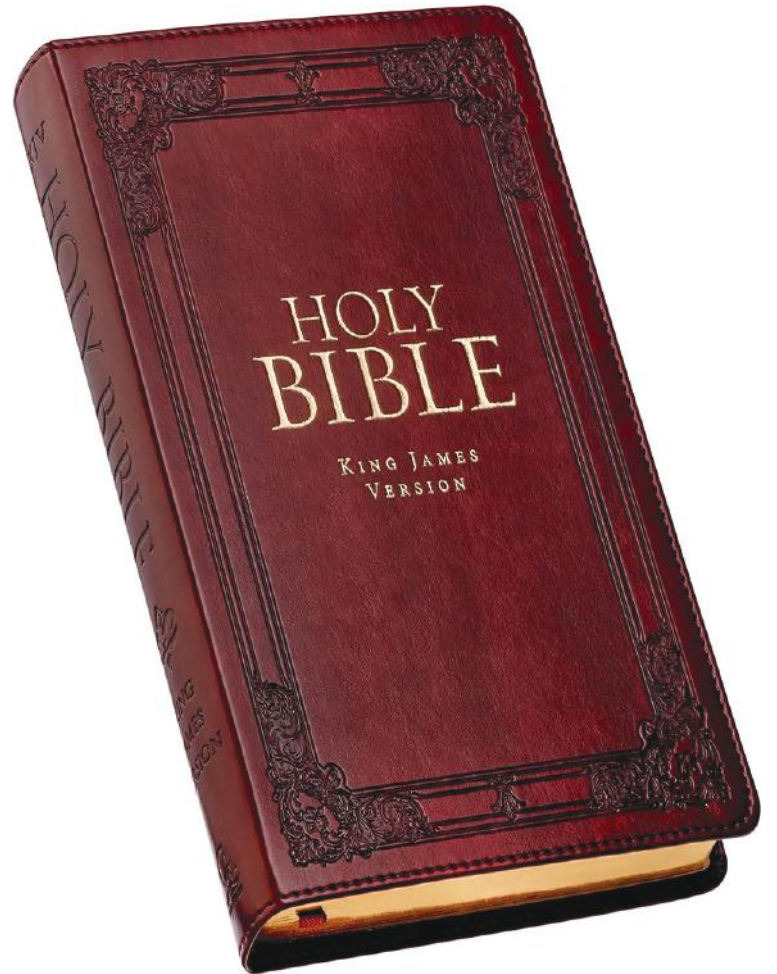
my Spirit, but I will also pray with my understanding; I will sing with my Spirit, but I will also sing with my understanding.”

You will be victorious, in Christ Jesus’ name: AMEN.

GLORY BE TO THE ALMIGHTY GOD, THE LORD OF HOSTS, KING ETERNAL.

Evangelist Eric Musa:

(My message continuously: The best decision in this earthly life is to receive Christ Jesus as your personal Saviour: Believe and confess Christ Jesus as your Lord and Saviour and be filled with the Holy Spirit:AMEN). As it is written; “NOW is the acceptable time, TODAY is the day of SALVATION.- 2 Cor 6:2”. For prayers, devotion; to support Evangelism contact Ev. Eric Musa on +254722157300 (Email: EMEA.ericmusa@gmail.com). Remember; God Loves you unconditionally, perfectly and forever.

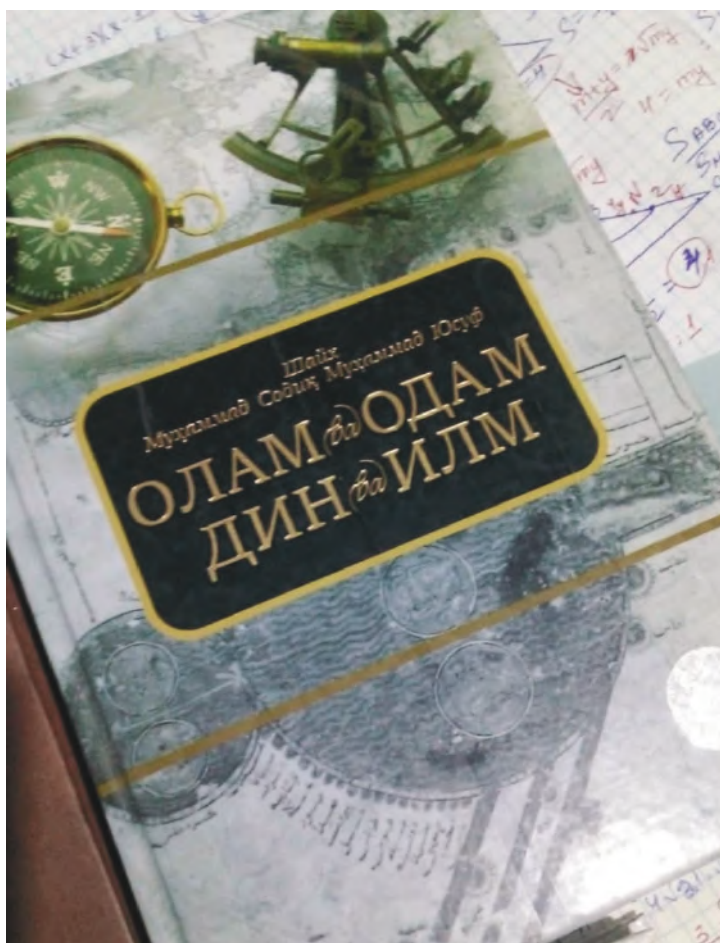


Calmness

Humans gain more knowledge and experience, their ideas and beliefs can change rapidly. The desire to achieve dreams and goals easily is a common trait among people. In the past, simple needs like food and shelter were enough to bring happiness, but in today’s complex world, many struggle with mental illnesses due to dissatisfaction with their lifestyles. What a pity, this is spread rapidly in the society. People need to meditations more day by day.

Muslims have a practice called “Namaz” or prayer, which has been a source of calmness and productivity for centuries. Starting the day with prayer helps Muslims feel happy and content. In a world where people may not have enough time to listen to their inner voice, practices like prayer can provide a sense of peace and fulfillment. By the way they have been achieving more delighted lifestyle compared to other religion’s members.

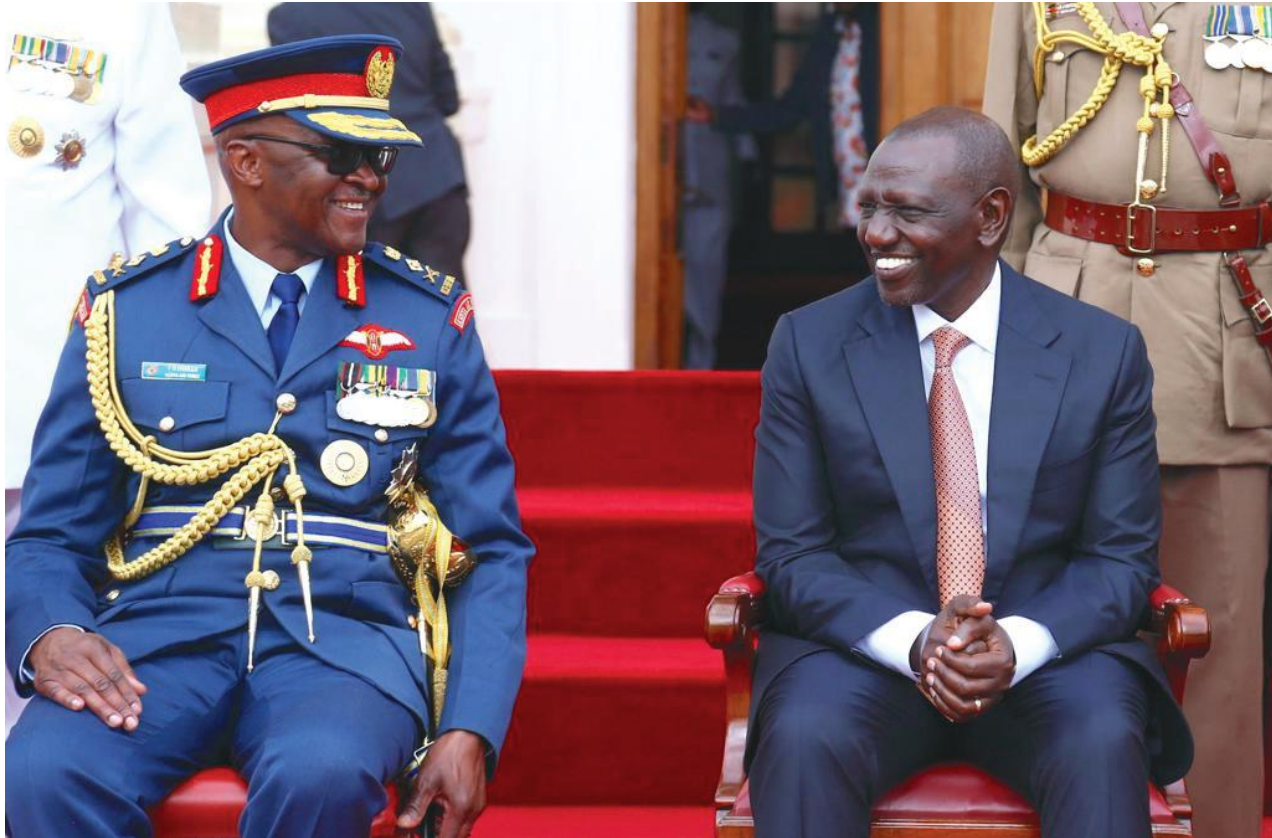
Overall, it is important for individuals to find ways to connect with themselves and find inner peace in order to navigate



Ruto Has Revealed That A Probe Team Has Been Set Up To Unearth The Cause Of The Air Crash That Killed Gen. Ogolla



By: Joseph Mutua Ndonga
mutuandonga@yahoo.com



File image of President William Ruto with late Chief of Defence General Francis Ogolla.

Worth Noting:

- As the Commander-In-Chief, the President recalled that his working relationship with departed General Ogolla was very cordial.
- He was a finest, brave, humble and indeed great General. He understood his job very well and besides he dedicated all his time to serving this nation.
- When I appointed him the CDF, I did not consider his tribe and the region that he hails from.
- I instead considered three virtues; Merit, experience and professionalism.
- Dr Ruto added; I remain committed to this course. My government will continue to give all Kenyans an equal opportunity to serve in various dockets where their strength lies.

When he assumed office, President William Ruto assured Kenyans that he would do things differently. Regarding the stigma of political assassinations and extra judicial killings, he vowed that this will never happen again under my watch. You will never hear reports of lifeless bodies being dumped and retrieved in Yala River. President Ruto reiterated this position during the burial of General Francis Omondi Ogolla, the Chief of Defense Forces (CDF). Seemingly, Dr Ruto was reacting to rumors that were being peddled around in social media. Doubting Thomases have been alleging that this was not a normal accident. We are not hiding anything. The team is carrying out a thorough investigation. Doubting Thomases should hold their horses and wait for the final report. This will put your fears to rest. It's worth noting that the history of Kenya is replete with unresolved cases of what had been documented as political assassinations and extra-judicial killings. It is hard to change the mindsets but a time has come to do so. This is because I have been walking the talk in terms of changing that narrative. As the Commander-In-Chief, the President recalled that his working relationship with departed General Ogolla was very cordial. He was a finest, brave, humble and indeed great General. He understood his job very well and besides he dedicated all his time to serving this nation. When I appointed him the CDF, I did not consider his tribe and the region that he hails from.

I instead considered three virtues; Merit, experience and professionalism. Dr Ruto added; I remain committed to this course. My government will continue to give all Kenyans an equal opportunity to serve in various dockets where their strength lies. The President had one day earlier attended the memorial service to bid General Ogolla goodbye. The ceremony held at Ulinzi Sports Complex in Langata Nairobi had been organized by the military fraternity. This happened on a day that the family of the General broke silence over what was being posted in social media. Much of what you read are pure propaganda and outright lies, Joel, Ogolla's son stated. For me, he was right. I had followed closely the narrative of some of the social media users. Without producing an iota of truth to support their claims, they would allege that this was not a normal accident. How did they know? They were not at the scene of the accident. Besides, they lacked knowledge and knew nothing about aircraft's accidents. Resorting to politicizing this matter will not help. Preliminary reports indicated that this was a normal accident but the relevant arms of the government were leaving nothing to chance. So, I urge those involved in rumor-mongering to hold their horses. Give investigators time to do their work. I'm happy to note this time the opposition outfit Azimio La Umoja-One Kenya Alliance did not resort to politicizing this unfortunate incident. Speaking during a visit at General Ogolla's home in Nairobi to console his

family, Coalition leaders led by Raila Odinga called for patience and restraint. During the memorial service, Raila stated that General Ogolla died in an air crash. He did not die while fighting an enemy. This is not the first time the country has been plunged into mourning following air crashes involving military choppers. The numbers have increased in recent past. We urge the Kenya Kwanza government to conduct thorough investigations. The final report should be made public, Azimio leaders observed. The leaders recalled some of air crashes occurred during the reigns of President Mwai Kibaki and his successor Uhuru Kenyatta. When President Ruto received the devastating report that a military chopper carrying General Ogolla had crashed, he immediately convened and chaired a high profile meeting of National Security Council (NSC) at State House Nairobi. Thereafter, he broke the sad news that the General along 9 other top military personnel had died. Two officers survived and were recuperating at hospital. Dr Ruto eulogized Ogolla as a gallant, experienced, brave and indeed a great soldier. The President also announced three days of national mourning during which the national flag will fly at half-mast. The accident occurred in Kaber area on Elgeyo Marakwet and West Pokot border. General Ogolla died while on a tour of duty of bandits prone North Rift. He had gone there to visit KDF troops deployed there under the banner of Operation Linda Maisha. After President William Ruto appoint-

ed him as the Chief of KDF, I wrote an article in this column. In the countdown to 2022 general elections, Azimio La Umoja One Kenya Coalition flag bearer Raila Odinga and his running mate Martha Karua used all the tricks in the book to cast Kenya Kwanza presidential candidate William Ruto as a person who is unfit to lead the country. Dr Ruto is taking you for a ride. They would further allege that one of his weaknesses stood as being vengeful and vindictive. After he assumed office, I listened to one of President Ruto's interviews with journalists from the mainstream media houses which covered a wide range of national issues. Dr Ruto took this opportunity to dismiss his critics. If I am vengeful and vindictive, I would not have appointed General Francis Ogolla as the head of Chief of Defense Forces (CDF). You know he was one of those who wanted to overturn my victory at the Bomas of Kenya. For this reason, I had been told not appoint him. But I told myself, if I do this I will look petty. I will also do injustice to him. I looked at chequered career. He had the best credentials. That is why I appointed him. I did not look his tribe. However, contrary to the impression created, the President said. 14 Military Generals were qualified for the position of Chief of CDF. So I had an option to pick one of them. Joseph Mutua Ndonga is a writer and political analyst based in Nairobi

Kenyans Told To Be Wary Of Personal Data Protection

By: Wangari Ndirangu
 @themtkenyatimes

The Office of the Data Protection Commissioner (ODPC) has embarked on a country wide public awareness creation on how Kenyans can protect their personal data, their privacy and also on the complaint channels they can use.

The awareness campaign that started in Nyeri County is geared towards empowering the communities on their rights as data subjects, the obligations of data controllers and processors.

According to the ODPC data Commissioner Immaculate Kassait, Data controllers and processors are people and organizations who handle big data such as Banks, Insurance companies and even government.

“We want Kenyans to be aware of how this data handlers are holding their data, what are the rights of the people when it comes to that, how to make sure that the data held is actually held in security and is not misused”, she said

Speaking during a roadshow that went round the County, Kassait said that people should be digitally aware of their information and even who they are sharing it with, especially on the web.

“We are saying data is your responsibility, “Data yako jukumu lako” it belongs to you to hold it preciously because once it gets out of your hand, then you do not know who will misuse it”, she said.

Kassait explained that in the event that one’s information is misused as in some cases that have been seen when people are contacting you when you never actually gave your consent, ODPC have a complaint mechanism where one can complain, the matter is investigated and one can actually be fined and penalized.

She gave an example of digital leaders who have been provided with a guidance note that is to assist them in understanding and implementing data protection regulations effectively, taken through capacity building but also warned that when it comes to compliance the lenders can be held

responsible for information breach and some have been found to do that. “The law provides that the maximum administrative fine that can be imposed for sharing an authorized data is Kshs. 5 million or one (1) percent of your previous whichever is lower as stipulated in Section 63 of the Data Protection Act 2019”, Kassait said.

She noted therefore that when ones information data is breached, they should report to the ODPC within 72 hours

“Our work when you report a data breach is to go beyond and investigate and if one is found liable, we have the necessary regulatory framework in terms of finding you”, Kassait said.

Nyeri Governor, Mutahi Kahiga welcomed the move by the ODPC saying his government will be working closely with them, especially more so in adherence to the Data Protection Act.

“We would want to see vibrancy. We agree that is an area that most Kenyans are still quite ignorant about and therefore we are using our own networks to be able to reach out and spread the gospel”,

He explained that as custodians of a lot of data as the government through collection of data for records, licensing also through various programmes, it is an opportunity to engage and ensure that information is secure and protected.

He called upon the office of the ODPC saying his office was ready to collaborate in terms of training his staff on the matters of data protection and they in turn are able to reach the community on awareness of their rights as far as data is concerned.

“When we look at the youth who are the greatest consumers of social media, where a lot of data and information is, I think we need to look at it by equipping them so that they can make money and also informing them so that they can be protected”, Governor Kahiga said.



ODPC Data Commissioner Immaculate Kassait after paying a courtesy call to the Nyeri Governor Mutahi Kahiga before embarking on the sensitization of data protection roadshow within the county..

Worth Noting:

- Kassait explained that in the event that one’s information is misused as in some cases that have been seen when people are contacting you when you never actually gave your consent, ODPC have a complaint mechanism where one can complain, the matter is investigated and one can actually be fined and penalized.
- She gave an example of digital leaders who have been provided with a guidance note that is to assist them in understanding and implementing data protection regulations effectively, taken through capacity building but also warned that when it comes to compliance the lenders can be held responsible for information breach and some have been found to do that.



Flagging of the roadshow.

Tetu Member of Parliament (MP) Geoffrey Wandeto lauded the significant strides being made by ODPC in terms of ensuring that data is protected and is not being used.

“All these people have been victims of these strange messages on their phones. They have been victims of the abuse on their Facebook pages and instagrams. Our accounts are always hacked and people sending pictures that are not right” he said

The MP noted that it is very important to sensitize the community especially at the ‘Mashinani’ areas where majority are farmers and therefore need to be told how their data is used by factories, agencies and other programmes that require their data not forgetting that they also taxpayers and voters and whose data is spread in different place.

Mukurweini MP John Kaguchia said everyone should come on board to help as a country, to make sure that the data in place, be it private, personal or even corporate, is protected in a certain manner.

“As a parliament, we are willing and ready and prepared to give the ODPC the legal framework that is necessary to ensure that they are able to do their work and ensure that we also enhance whatever regulations that they may deem fit, especially what they are getting from the field”, he said.

He added, “We need to have Kenyans data secure. Sensitization is necessary because this is one area I dare say many people are extremely ignorant and it is not once or twice

that people take up their phone start uploading an app and continue agreeing on all the terms and conditions given and they have not gone through them and this is harmful as it is data mining which can eventually endanger”, he said

As legislature, Kaguchia said they can assist and support the ODPC on matters intrusion of data particularly passwords and private data and therefore should continue to address and closing all the gaps so that people in Kenya can confidently, hopefully, just log into a public Wi-Fi and do bank transactions without any fear of attacks from other people.

“We must get to that point of interaction in the areas where we have to synergize from different agencies so that we can have Kenyans having the protection of their data”, Kaguchia said.

Data is a cross-cutting issue and especially when it comes to e-commerce and in the digital age, where e-commerce is a driving force behind global trade, the protection of sensitive information has become paramount. Data protection serves as the guardian of trust, ensuring that businesses and consumers can engage in online transactions with confidence.

The protection awareness campaigns to sensitize the masses on their rights will be going round Counties

Farmers Want More Extension Officers Employed To Boost Agricultural Production

By: Our Correspondent
@themtkenyetimes

Farmers have asked the Laikipia county government to employ more agriculture extension officers to boost farm production.

The county which has more than 105,000 farmers has only 100 extension officers to advise residents on the best farming practices which had resulted in poor yield since they were not enough to traverse the vast region. Each agriculture extension officer is expected to serve about 500 farmers.

Agricultural Society of Kenya, Nanyuki branch chairman Newton Kabuthia acknowledged the need for the counties to have enough extension officers to offer technical support for farmers aimed at boosting food productivity.

“Agriculture is a devolved function and therefore we call upon the county government to give a boost in the sector and bring back the extension officers to advice the local farmers for



ASK National and Mt Kenya branch officials led by Batram Muthoka in Nanyuki last week

best crop production,” said Kabuthia, adding that there was a challenge in the agriculture sector since farmers lacked on knowhow leading to poor yield.

Additionally, Kabuthia said that, agriculture being a devolved function, counties were mandated to allocate sufficient funds to employ extension officers who were significant in com-

municating to farmers about best farm inputs and chemicals to use for best result in bid to alleviate hunger. “Funds are being released to the county government and they should

consider allocating a budget geared towards sensitizing farmers through agriculture extension officers, they are significant in best farming practices,” Kabuthia pointed out.

Kabuthia further emphasised the need to strengthen 4K clubs in school as a way of training children at an early age on how to embrace farming since agriculture is Kenya’s economic backbone.

At the same time Kabuthia encouraged learners to choose agriculture as a learning subject to improve their knowledge in the sector.

The national ASK Chief Executive Officer Batram Muthoka revealed that they had developed a young farmer’s management portal to promote agriculture.

Meanwhile, they called on residents to prepare for the upcoming agriculture exhibitions next month where various agricultural technologies will be showcased.

The Mt. Kenya Times



Yes Lord, I'm Fine



Yes, I'm Fine and bold
To say you deserted a
Poor self for a mulatto
Whom you loved
By threads of fate
In a false pretext of love.

Yes, I'm Fine and bold
To say I am happy in
This marriage as
You crossed the sea,
I clung to this dusty earth
And to be sure,
It's too cold and I'm
Frozen in this marriage
Of body-earth
Gathering within my freezing chest,
Cold hands- too longing like
Madonna and child
But I won't cross the ocean.

Yes I'm fine and okay
To stress that that midnight
Moon and star are my watchmen
And as they light my hut through
This thatched roof,
Staggering over mud and poles
I feel your warmth with
A mulatto whore
In night cotton sheets
But I'm Fine and okay.

Yes I'm Fine and bold
To accept your love,

By threads of fate
That dragged you to a mulatto
And as a couple
Engages in hide and seek,
Tasting the scent of those
Phloxes and azaleas,
I too I'm Fine,
Holding beads for
Marital knots to untie.

Yes I'm Fine and bold
To kowtow to your daggered
And as you walk through
Those glacial hills to make love
Down in that whore house
At sunset,
May the 'witching hour thought
Strike thy cortex
For as you crossed the sea,
You may cross that straight
To satisfy lustful thirst with
Prosthetics-neither me nor
A mulatto after the sea!

Yes, I'm Fine and okay
To acquaint myself with threads
Of patience and loneliness
On a marital stall
For I love not because of fateful threads
That swammed you to
A mulatto in a whore-house
Where whoring became
A language of pains to me
And excitement to a mulatto
But still, I am fine and okay
In our hut
In which I take heart
Not to hurt thee.

Labass.S.Degro
+256 700 133 179
Poetry isn't dead.

The Hollow Inside



Surrounded by laughter, trapped in silence,
Yearning for connection, a soul's defiance.
Teens adrift in a sea of confusion,
Drowning in doubts, a painful illusion.

Social media's highlight reel spins,
Curated lives where perfection wins.
Comparing themselves, they feel insignificant,
Flawed and unworthy, the world's indifferent.

Anxiety a storm that rages within,
Fueled by fears they dare not speak.
Loneliness seeps through every grin,
A hollow abyss they cannot escape.

Pressure to fit in, be who they're not,
Abandoning truth, an internal plot.
Suppressing emotions, donning a disguise,
Smiles masking the sadness in their eyes.

In the depths of these teenage abysses,
A silent epidemic the world dismisses.

Mental health stigma, a burden to bear,
Too afraid to be vulnerable, to show they care.

Crying for help in a sobering hush,
Pleading for guidance, their spirits crushed.
Yet the world turns a blind eye,
As another fragile young soul begins to die.

Behind bedroom doors, a tortured embrace,
Tears streaking pillows, beauty erased.
Cutting releases the anguish within,
A temporary balm for the haunting chagrin.

Drugs and alcohol blur the harsh reality,
Numbing the ache of their fragility.
But rebelling in reckless ways,
Only intensifies the inner malaise.

Where are the beacons in this darkest night?
The safe harbors to shelter their plight?
Too many slip through society's cracks,
Their voices unheard until it's too late.

Let's shatter the stigma that silences them,
Embrace their struggles, not condemn.
For behind every smile lies a hurting child,
Praying that someone will go the extra mile.

To the teens in turmoil, you're not alone,
Your journey's valid, your story must be known.
We'll weather these storms side by side,
And together conquer the hollow inside.

Mehar Vij

My Dear School



When I remember the first days when I
stepped on the threshold of my school,
I feel excitement in my heart,
a bag on my shoulder,
a flower in my hand,
and I go to the classroom with my heart
Full of dreams. ,
I remember that he talked about the
country,
Friendship, kindness, and books.
My school allows me to pursue my
dreams.

Our school teachers have been giving
us their high knowledge and experience.
Various clubs have been organized in
the school in order to help them acquire
strong knowledge and develop into
adults using the school's opportunities.
And we try to acquire strong knowledge
by effectively using these opportunities.
My school thanks you.

Kholmirezayeva Sevinch Alisherovna He
was born on April 4, 2006 in the city of
Tashkent. He liked to read books from
a young age. Sevinch won the honor of
several reader's contests. At school,
he took an active part in competitions
in the field of personality and took the
proud 1st place in the district.



Live with gratitude
Always live in a peaceful country with a hearty
smile
Leaving behind sorrows and pains
Live happily my dear friend.

Repeat thanks to God
Be grateful every morning
You will not come to this life again and again
Live with self-worth.

Don't forget that we came for the test
Live through trials with patience
When difficulties come, do not complain
immediately
Live without worries.

Give yourself rest
Live full of beauty and strength
Without seeking divine love from others
First of all, love yourself.

Handon shot and gave way to joys
Banish the pain from your heart and live
Open your hand to prayers in difficult times
Live by asking the Creator

Mahkamova Maftuna Odiljon's daughter was
born on February 20, 1995 in Baliqchi district of
Andijan region. He graduated from the 41st general
secondary school in Bal kchi district with excellent
grades and entered the Chinabad Construction
Vocational College. He graduated from college in
2013. And he started working in the college where
he studied. In 2020, the Faculty of "Informatization
of Industry" of the Namangan Institute of
Engineering and Construction was recommended
to students in the direction "Information Systems
and Technologies". Until now, several of his poems
have been published in regional newspapers. He
was also awarded by the Minister of Higher
Education, Science and Innovation in October 2023.
Currently, she is working as a poetess, a student,
and a young teacher at Baliqchi District Vocational
School No. 1.

Life Wisdom

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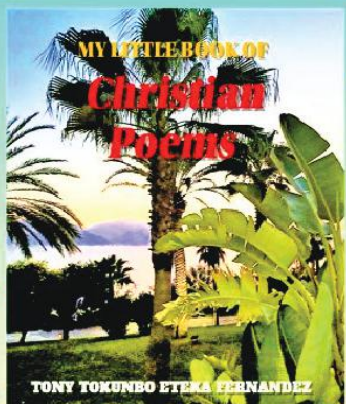
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NEWS IN BRIEF



A section of the Keek-Onyokie Community trust land in Kibuku, Kajiado West, has called for the election of new officials to manage their 2700-acre piece of community land. Over 3000 members declared May 10, 2024, as the day of their election, following a High Court ruling that the community must elect new trustees within 90 days to end 11 years of leadership differences and unending squabbles. The community first received the land from the government in 2013, and it was handed over to interim trustees led by Chairman Moses ole Parantai. In that election, Moses ole Monik was elected as the new chairman, but Parantai is alleged to have refused to hand over the instruments of power, including the title of the land, to the new team. In a meeting held on Thursday, about 3,000 Keek-Onyokie members, led by Justus Ole Manyara, endorsed Monik as their flag bearer in the May 10, 2024 election. The community respected the April 4, 2024, ruling and endorsed the queue voting system. Moses ole Monik called on supporters to maintain peace and respect the outcome of the election, stating that the members were tired of the leadership squabbles that threatened to split the community.



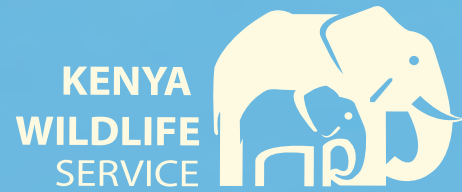
Makueni County Judiciary Chief Magistrate Peter Gesora has announced an open day on April 26, 2024, to educate the public about court processes. The event will take place at Unoa Sports Ground, where Judicial Officers from Makindu, Tawa, Kilungu, and Makueni courts will interact with the public. The event will also provide an opportunity to learn about e-filing and alternative dispute resolution mechanisms, among other services offered by the court. The theme of the event is “A Day for the Community with the Court.” Gesora appealed to the public to come out in large numbers to learn about the court processes. He also disclosed that all court files have been scanned, allowing the public to know the status of their case by clicking a button. Presiding Judge Teresia Matheka emphasised the importance of making the public aware of alternative dispute resolution mechanisms, such as plea bargain, traditional, and diversion systems, to help decongest prisons and resolve disputes amicably.



Exterior and interior views of the eco-friendly lodges in Shimba Hills National Reserve undertaken through the Kenya Marine Fisheries and Socio-Economic Development (KEMFSED) programme under the theme “improving livelihoods of coastal communities”. Kwale is leveraging sustainable tourism to promote environmental protection and provide opportunities for tourists to appreciate the rich natural and cultural heritage of their destinations.



Kwale County is focusing on eco-tourism to drive socio-economic and environmental benefits for sustainable development. The county aims to sustain and improve biodiversity and invigorate the local economy through ecotourism. Deputy Governor Chirema Kombo said the county aims to harness Kwale’s diverse tourism potential for sustainable development, focusing on promoting a better understanding of nature and wildlife conservation while generating income and opportunities for local communities. The Kenya Marine Fisheries and Socio-Economic Development (KEMFSED) programme, implemented by the State Department for Blue Economy and Fisheries with support from the World Bank, is implementing eco-bandas, eco-friendly lodges, butterfly farms, and a water tower in Shimba Hills forests. The eco-bandas offer activities such as game drives, guided nature walks, bird watching, and cultural tours. The development of eco-tourism in the Shimba Hills National Reserve is one of the top priorities of the devolved government, led by Governor Fatuma Achani.



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Karibu, Tutunze Pamoja!

Abortion Has Become The Only Option Among The Female Students In Most Higher Learning Institutions In Kenya

By: Brenda Jeptoo
@themkenyatimes



Abortion is a crime.

Worth Noting:

- One of her friends hooked her with a certain doctor who she refused to disclose his identity. Helps out students with the same case. In some cases, some students sell abortion pills for as low as ksh 2,000 but she opted to see the doctor and paid ksh 5,000.
- “I was dating older men and it was tricky because they don’t like using condoms. They are financing your lifestyle so it’s upon you to take care of yourself. I have conceived twice but immediately they know you have done it they move away. They don’t want to interact with you again.
- If you have not had an abortion while in campus, then you deserve a trophy because it’s not easy” she adds.

At the age of 22, Vivian (not her real name) has already had three abortions. A second year student at Rongo university. She had had a strict religious upbringing whose emphasis was good character and morals. But somewhere along the way Vivian deviated from the Holy Scriptures after joining campus. Like other female students, she had to adjust to the freedom of adult life in the university where you are no longer restricted by the hash rules that parents and teachers gave them while still in high school.

When in her first year, she met some ladies whom she shared a hostel with and they later became friends. During weekends they could go to clubs to have fun and would later hook up with rich and old men commonly known to them as “Wababaz” who would sleep with them and in return would give them money which they used to fund their fancy and expensive lives.

For Vivian, it seems like luck was not on her side because when she engages herself in such life she gets pregnant for old men who were old enough to be her father.

When she first realized that she would be a mother, she had to tell either her parents the truth who are

would become disappointed for her shameful character and would face a societal shame or secretly terminate the pregnancy and proceed with her studies like nothing happened. As a young girl with lofty dreams and aspiration she chooses the latter.

“My Parents are very strict and I was not ready to have a child, i am still trying to understand myself, so I did not want to risk my future” says Vivian. A

She decides to share the story with one of her friends and the lady came to her rescue. She introduced her to a clinic in Kitere. The doctor gave her two tablets; one was placed under her tongue, while the other one was inserted in her private parts. The two tablets given to her costed her 5 thousand Kenyan shillings,

“The second experience was more painful in a way that i thought was going loose my life. But God helped me and the abortion was successful. Though it took me i a while before I got healed completely and I was able to continue with my daily routine of going to school and do my studies. I would advise any young girl in campus to be contented with what the parents to avoid being used and made to commit series of abortions with the aim of continuing with their studies

and achieve their bright future” she says.

Jane (not her real name) is another student from the same institution shares a similar experience. She is an adventurous girl who lives her life to the fullest but evening, the fun come to a screeching halt when she realized she was pregnant.

“When i missed my periods i knew something was wrong because that was unlike me. Aft sometime I remembered on 14th day of February this year (Valentine’s day) i went out with my “mubaba” and after having fun we checked in one of the biggest hotel in Rongo town and one event led to another. I bought a pregnancy test kit and the results came out positively. I texted the guy responsible for the pregnancy, shared with him the results. Interestingly, he sent me ksh 10,000 as if he knew what I was going to say. The money was a clear indication that he wanted me to get rid of the pregnancy” says Jane.

One of her friends hooked her with a certain doctor who she refused to disclose his identity. Helps out students with the same case. In some cases, some students sell abortion pills for as low as ksh 2,000 but she opted to see the doctor and paid ksh 5,000.

“I was dating older men and it was

tricky because they don’t like using condoms. They are financing your lifestyle so it’s upon you to take care of yourself. I have conceived twice but immediately they know you have done it they move away. They don’t want to interact with you again.

If you have not had an abortion while in campus, then you deserve a trophy because it’s not easy” she adds.

Other students i spoke to attributed the prevalence in abortions to the societal pressure to live a certain lifestyle which forces a majority of them to look for “ financially stable” men to finance them.

The catch though is that these men are unwilling to use protection and insist on sex without protection on demand leaving female students with few options which are either to accept the raw sex or to continue suffering with financial problems. But because they would not want to strain or struggle financially they opt sex without protection.

Health care services in Rongo university does not provide abortion services to students unless they have a life threatening condition that would require one to abort. Therefore, students have to go off campus to procure unsafe abortion. Sometimes they are forced to travel long distance to find backdoor abortion clinics.

“I receive calls from students asking me if could help in prescribing drugs. They come to us bleeding and most of them lie that they didn’t know that they were pregnant. They mostly come from backstreet clinics after things go west” says one of the doctors in Rongo university clinic.

I don’t participate in such practices. They usually go to chemists and other private clinics, where they are given drugs over the counter. They find it safe there because most of them don’t ask detailed questions for the only thing they are after is money. Unlike here in our clinic where we keep records” he adds

The doctor says that unsafe abortion comes with consequences, which these students fail to fear when considering abortion as the better option. And urges the institutions and society to have forums where students especially female are giving education in dangers of abortions.

By Brenda Jeptoo, communication and media studies, students at Rongo university.



LETTERS TO THE EDITOR

Surviving The Wild: A Tale Of Human-Animal Conflict In Samburu County, Northern Kenya

In Samburu County, where the African sun kisses the golden savannah and acacia trees dance in the breeze, lies a tale of resilience and struggle. Here, amidst the beauty of the wild, residents find themselves locked in a constant battle for survival against the very creatures that roam freely at their ancestral lands.

For generations, the people of Samburu have coexisted with the majestic wildlife that calls this region home. But in recent years, this harmony has been shattered by a surge in human-animal conflicts, leaving a trail of destruction in its wake.

Lenkobian, a weathered elder with deep lines etched into his face like the ridges of the nearby hills, recounts the terror that has fascinated his commu-

nity. "We used to live in peace with the animals," he says, his voice heavy with sorrow. "But now, they come in the wee hours, hungry and ruthless, destroying everything in their path." He explains how the elephants and zebras would destroy farms during planting seasons and how hyenas would chip into goat pens to feed on them while the owners are asleep.

Lions, once idolized as symbol of strength and majesty, have become precursors of fear and despair. They loom in the shadows, their haunting calls echoing through the stillness of the night, as if to remind the villagers of their ever-looming presence.

"It's not just our livestock they prey upon," Lenkobian continues, his gaze fixed on an acacia tree adjacent to

his house destroyed by an elephant. "They take our livelihoods, our hopes for a better future. We are left with nothing but the wreckage of our dreams."

As I journey deeper into the heart of Samburu, I am met with tales of loss and anguish at every turn. Families recount the heartbreak of waking up to find their herds lay to waste, their crops trampled beyond recognition. Yet amidst the despair, there is a flicker of defiance in their eyes, a determination to reclaim what has been taken from them.

But who is to blame for this unending conflict? Is it the fault of the Kenya Wildlife Service (KWS), tasked with protecting these magnificent creatures, or are the wild animals simply

too numerous to be tamed?

I posed these questions to Ntabawua, a young mother cradling her infant son in her arms. "The KWS has failed us," she declares, her voice trembling with anger and frustration. "They promised to keep us safe, but they have abandoned us to defend ourselves against these beasts." Naserian explains that KWS is only good at doing a follow-up whenever a wild animal is killed because of its misconduct.

Yet, amidst the accusations leveled against the authorities, there are those who believe that the problem runs deeper than a mere lack of intervention. "The animals are not to blame," insists Lemerian, a wise elder with a gleam of understanding in his eyes.

"It is we who have encroached upon their territory, disrupting the delicate balance of nature."

As the sun sets over the vast expanse of the Samburu wilderness, casting colors of orange and crimson across the sky, I am reminded of the fragility of life in this untamed land. Here, amidst the clash of civilizations, survival is not guaranteed. But amidst the chaos and uncertainty, there is also hope – hope for a future where man and beast can once again coexist in harmony, bound by a shared respect for the land that sustains us all.

By Lemantaan Ben,
Communication and journalism student at Rongo university

Proper Garbage Disposal To Save Environment

By **Cherono Daisy**

A garbage-shrewn Street of Kitere, Rongo subcounty Migori County. Garbage has been a problem for market centers, causing negative effects on the environment and health of the residents. In Kitere, Migori, this problem is not an exception. The accumulation and improper disposal of waste within the market centers are causing more harm than good.

The Constitution of Kenya (2010) Article 42 provides that "Every person has the right to a clean and healthy environment," that the State will "Eliminate processes and activities that are likely to endanger the environment." Additionally, the Constitution devolved responsibilities over waste management to the 47 counties.

Market centers are vital places where people come to buy and sell goods. However, the problem of garbage in these centers has become acute. The waste that accumulates in the market center not only makes it less attractive but also causes environmental hazards. The piles of garbage can be a breeding ground for disease-carrying pests. The smell emanating from the waste can be irritating to the residents and potential customers.

According to NEMA, population increases and rates of production and consumption increase, the estimated volumes of waste generated from households, industries, agricultural services, construction, health care facilities will triple between 2009 and 2030. Kenya generates an estimated 22,000 tons of waste per day calculated by assuming an average of per capita waste generation of 0.5 kilogrammes for a current population of 45 million translating to 8 million tonnes annually.

It is estimated that 40% of the waste is generated in urban areas. Given that urbanization is increasing by 10%, by 2030, the Kenya urban population will be generating an estimate of about 5.5 million tonnes of waste every year, which is three times more the amount of waste generated in 2009. Past inventories estimate that 60% to 70% of waste generated is organic, 20% plastic, 10% paper, 1% medical waste and 2% metal.

Inefficient production processes, low durability of goods, unsustainable consumption and production patterns lead to excessive generation of waste. On encounter with Cynthia Achieng a business lady in Kitere and a resident of Kitere, Migori, or a local vendor.

"The garbage has become unbearable in this market center. Sometimes, the waste is left to decay and produce a repugnant smell. It affects our health and that of our customers. It's not good for business," she says.

The poor waste management practices within the market center has led to soil pollution and degradation. It has also lead to the contamination of water sources as the waste seeps its way into the water table. These environmental hazards are not only dangerous but also costly to remedy.

On encounter with Mr. Simon Otieno, a local environmentalist. "Garbage disposal brings about environmental pollution that affects human health, marine life, and livestock," he said. "When we dispose of waste improperly, it causes soil pollution, which negatively affects agriculture and subsequently the economy. It's therefore imperative that everyone takes responsibility for proper waste disposal." He said.

Cynthia says that the problem of garbage in the market centers requires the intervention of the county council. They should enforce regulations that govern the disposal of waste. They should also engage in education campaigns that encourage residents to be

responsible for proper waste disposal. Additionally, the council could invest in proper waste disposal facilities to ensure that all garbage is disposed of accordingly. Such facilities could include waste transfer stations, recycling centers, or waste to energy plants.

"The pollution caused by garbage is a serious issue that affects the environment, especially the air, water, and soil. The effects of this pollution are far-reaching and detrimental to not only the market center's inhabitants but also for those living outside the center. Many of the items which are often dumped in the market centers, such as plastics and chemical waste, take a long time to decompose and can be a problem for years to come.

The city council should work hand in hand with residents to ensure there are recycling and waste management programs that aim to reduce the amount of waste generated in the market centers," he says.

Citizens are key players in the management of waste. They are consumer of goods and services, generators of waste, main players of waste minimisation and sorting at source. Their participation or lack of participation thereof, determines the success or

failure of the adoption and implementation of waste management initiatives.

The shift from mixed disposal at household level to "sorting of waste at source" of recyclable materials, organic and other waste recoverable streams will be key in the realisation of sustainable waste management. Citizens are also key stakeholders to monitor compliance and reporting illegal waste dumping.

To mitigate this challenge, the county council, in collaboration with residents, should take a proactive role in waste management. They should invest in proper waste disposal systems and enforce regulations to ensure that garbage is disposed of appropriately. Through this concerted effort, we can ensure a cleaner and healthier market centers and environment.

Written by Cherono Daisy, Rongo University

BAPS Celebrates 25th Anniversary Of The Shree Swaminarayan Mandir

By: John Kariuki
@themtkenyatimes

On the occasion of the 25th anniversary of the BAPS Shree Swaminarayan Mandir, Nairobi, a prayer project was organized by the young children of the community, where they conducted prayers in 25 hospitals. The young girls aged 9-14 years prepared prayers in Kiswahili and English, which were recited in front of patients in the hospitals, praying for peace and wishing good health to the patients and their families.

The project officially started on 9th March 2024 and ended on 26th March 2024, during which young girls visited 14 hospitals in Nairobi, 4 hospitals in Thika, 4 hospitals in Ruiru, 2 hospitals in Limuru and 1 hospital in Kiambu. Amongst these hospitals, we visited 8 different wards: ICU Ward, Chemo Ward, Male Ward, Female Ward, Pediatric Ward, Dialysis Ward and Maternity Ward. At the end of the project, the girls prayed for a total of 647 patients.



tients.

As a concluding visit, the young girls namely: Saachi Patel, Siana Patel, Flora Patel, Siddhi Parekh & Murti Patel accompanied by Dr. R.K Patel, Mukesh Patel, Anjana Patel, Dr. Kinita Patel, Krisma Patel and Vrunda Patel visited Lions SightFirst Eye Hospital received by Dr. Manilal Dodhia, and Dr. Rizwana Peerbhoy on 20th April 2024. During this visit, prayers were held for 56 patients from Kitui and Kiritiri who were treated completely free of cost. The patients expressed their utmost gratitude and blessed the young girls

wholeheartedly.

The 5th spiritual leader of the BAPS organisation, Pramukh Swami Maharaj, has always emphasized the importance of service and compassion. His belief is that faith and prayers are not just spiritual practices but also powerful sources of healing. Faith can provide an additional layer of comfort and strength to patients facing illness or adversity.

This project has reinforced, Pramukh Swami Maharaj's motto "In The Joy Of Others Lies Our Own."



Matatu Operators In Machakos Sensitized On Road Use

By: William Muchiri
@themtkenyatimes

The Matatu Owners Association (MOA) in partnership with National Transport and Safety Authority (NTSA) and the traffic police have conducted a road safety clinic in Machakos to sensitize Matatu owners and the crew on road safety.

Speaking during the road safety clinic at Machakos bus stage on Friday, Albert Karakacha, the president of MOA said that the association is engaging members, drivers and stakeholders in road safety clinics to reduce the number of accidents on the roads.

Karakacha said MOA plans to conduct the road safety clinics in every county and called for support from stakeholders. "We had a meeting with the president and we agreed that within 90 days the number of accidents must go down," he said.

The MOA boss also noted that the clinics are also meant to help stop

the crackdown of matatus on the roads which also results in corruption between the involved parties.

Karakacha urged the county officials and stakeholders to form a committee that will ensure that the clinics are held every month.

He warned the drivers against drunk driving and overloading especially luggage and advised them to use courier services for the passengers' luggage rather than carrying excess luggage on the public service vehicles.

"We must create employment through the county for courier services, there should be cars for carrying luggage," added Karakacha.

Additionally, the Machakos Chief Executive Member (CECM), for Roads and Transport Rita Ndunge urged the drivers to adhere to the traffic rules and ensure all their vehicles have safety belts to reduce carnage.

Ndunge also called upon the boda boda riders to have helmets for themselves and their passengers and to observe the speed limit to ensure their safety.



Albert Karakacha, the President of MOA

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Workshop Explores Digital Banking Solutions To Empower SACCOs

By: MKT Correspondent
 @themkenyatimes

Various stakeholders Friday met in a Bomet hotel for a one-day workshop that aimed to discuss ways to strengthen Saccos using the digital technology.

The workshop that delved into leveraging digital banking solutions to address challenges faced by SACCOs was organized by the Department of Cooperatives and Marketing in collaboration with Kwara Ltd, a technology-based core banking service provider for cooperatives.

According to an area Assistant Director of Cooperatives Fred Koskei the event was convened in recognition of the fundamental role of Savings and Credit Co-operative societies (SACCOs) in Kenya's socio-economic transformation.

"SACCOs are recognized as key agents in the socio-economic transformation of our country. They play a critical role in mobilizing savings and offering financial products that enable members to generate wealth and



Some of the stakeholders

meet their social economic needs," Koskei remarked.

Koskei stressed SACCOs are integral to the realization of Kenya Vi-

sion 2030, contributing to financial inclusion and providing impetus for investments across diverse sectors.

He however noted that despite their

significance, SACCOs grapple with various challenges that hinder their ability to thrive and remain sustainable in the long term.

The workshop, attended by cooperative leaders from across the county and senior officials from the cooperative department, provided a platform to address these challenges head-on.

With a focus on digital banking solutions, participants explored how technology can revolutionize the operations of SACCOs, making them more efficient, accessible, and resilient.

Kwara Technologies, represented by Regional Sales Representative Ms Tabitha Wainaina showcased their cutting-edge solutions tailored specifically for SACCOs.

By harnessing technology, SACCOs can automate processes, improve data management, and offer a wider range of financial services to their members.

"As SACCOs embrace digital banking solutions, they can overcome existing challenges and unlock new growth opportunities," emphasized Ms Wainaina adding: "We aim to empower SACCOs with the tools and technologies they need to thrive in the digital age."

Electronic App Empowering Community Healthcare In Migori

By: MKT Correspondent
 @themkenyatimes

In July 2021, a life-changing occurrence in Maurine Wauda's home turned her disguise into motivation and a blessing to the entire community.

Maurine, a single mother of two from Migori County, narrates how the sudden demise of her daughter left her with a sad memory.

"There are some things that at times I may want to forget," she narrates. "B I vividly remember my daughter, Miriam, conceiving just immediately after getting married. Afterwards, she became sickly."

Unaware to Maurine, her daughter had an undisclosed medical condition. There was no record of her medical history. For that reason, she assumed it was the pregnancy that was making her sickly.

Anytime Maureen remembers her daughter's last words, she finds strength in the heartfelt promise:

"Mama, if I am diagnosed with cancer, I will fight until my last breath." These words serve as her primary source of motivation, giving her the courage to tirelessly assist her community.

Maureen is a community health worker from Awendo Sub County, supported by Lwala Community Alliance. She uses a digital app referred to as the Electronic Community Health Information System (eCHIS) to deliver healthcare.

The Electronic Community Health Information System (eCHIS) is a digital platform designed to manage and organize health information at the community level. It is used to collect, store, and analyze health data related to a specific community or population.

The system is used by the community healthcare providers and public health officials to track health trends, identify areas of concern, and plan targeted interventions to improve community health outcomes.



The Role Of Women And Girls In Society And The Impact On The Quality Of Education

By: Mubina Bekmirzayeva Farhodjonovna
@themtkenyatimes

As we understand, gender equality and freedom of human rights are ensured in modern Uzbekistan. With the initiative of the head of our state and Saida Mirziyoyeva, measures are being taken to protect women and create comfort for them in our country.

As we understand, the number of intelligent women and girls in our country is increasing. In our society, great attention is paid to the development of women and girls.

As Saida Mirziyoyeva said
A learned man is a support for his parents, a learned girl is the support of the whole nation.

By the way, if a young man is educated and a family is educated, the development of a girl is equal to the progressive development of the society.

Since 2018, attention to girls has increased in our country. Bringing them to the international arena is helping women and girls to have their place in our country and perhaps in the whole world.

State grants, scholarships and state awards are being established for girls of school age and higher education institutions.

Also, our daughters, who are studying with excellent grades, are receiving master's and doctoral studies on the basis of state grants.

The Youth Affairs Agency, the Girls' Voice Club and several other organizations are helping our girls in various ways to get an education.

Married and single women are supported by our state to start their own business.

Also, with Saida Mirziyoyeva's projects and her advice, prevention of any violence against our women and girls and protection

of their human rights is being implemented. After the implementation of this measure, a number of world-renowned business ladies emerged

Shahida Ibragimova
Alima Oybekovna
Maftuna Arabboyevna
They are the leaders of today
By the way, every girl has the right to development, Uzbek girls also have words to tell the world .

Mubina Bekmirzayeva Farhodjonovna



Self-Improvement Is Far More Better Than Caring For The Things Around Us

By: Mamadaliyeva Aziza Dilshodbek
@themtkenyatimes

Everything goes on the right way when we finally realise our self-improvement is far more better than caring for the things around us. Our mind'll be in peace when we start improving ourselves rather than trying to change people's opinions about us.

Even if we're the most successful, sweetest, most intelligent person in the world, there will always be some people who don't like us, who disagree with our ideas. We aren't living to be liked by everyone. We shouldn't. We're living to be loved by ourselves. So in the way of success, all the time, we mustn't listen to what people are talking about us. At the same time, we mustn't judge 'em for the way they choose to live.. People come. People leave. All we get from them is lessons.

And that's normal. I see some people being stuck at certain moment of their life, something once hit them so hard and they're still not being able to realise what's happened and move on. Oh c'mon, we've to be strong, we must always go on. Nothing deserves to regret over.
Any ideas?

Mamadaliyeva is the daughter of Aziza Dilshodbek.

He was born on October 19, 2006 in the city of Chust, Namangan region. His first book "Joy of Youth" was published in 2021. Aziza is very interested in reading books along with writing poems. He is the district and regional prize winner of the "Young Reader" competition. A number of his poems are published in district and regional newspapers. Aziza Namangan has delighted many fans with her poems on television.

Mamadaliyeva Aziza Dilshodbek



Isuzu Holds Competition To Test Knowledge And Skills In Motor Vehicle Parts

By: Eric wanjala
@themkenyatimes

With the rising number of road carnage in Kenya, most if the blame going towards vehicle manufacturer and assemblers. Isuzu East Africa has been vocal on the need for ensuring that drivers have the required skills before embarking on roads.

The Isuzu East Africa (EA) assembly plant in Nairobi recently hosted its second regional aftersales and sales challenge, the “Isuzu EA – 1 Grand-Prix Competition,” aimed at testing Knowledge and skills in motor vehicle parts, service advisory and repair expertise. Over 60 technicians, service advisors, and sales representatives from Kenya, Uganda, Tanzania were present.

While addressing the event Managing Director Rita Kavashe who recently appointed as the chair of the Isuzu EA Board highlighted and emphasized the importance of technical proficiency in ensuring road safety, aligning with the competition’s theme of ‘Keeping our roads safe, one vehicle at a time.’

“Today’s event has showcased dedication and commitment to safety and reliability therefore as our theme goes of Keeping our road safe, one vehicle at a time Isuzu brand has always been on the fore front in ensuring that we impact skills and knowledge to our customers “ Said Chair,MD EA Rita Kavashe

Julius Ndegwa, Isuzu EA Director Aftersales & Channel Development, stressed the significance of upskilling automotive technicians and drivers on road safety, citing the Eyes on the Road Campaign aimed at promoting driver wellness and vehicle reliability.

George Wambugu, Managing Director of Thika Motor Dealers (TMD) and Chairman of the Isuzu EA Dealers Council, praised the expertise shown in the competition, highlighting its contribution to fulfilling Isuzu’s promises to customers. Mr. Masakazu Fukasawa, Vice President, Aftersales Division, Isuzu Motors International FZE, commended Isuzu EA for hosting the Grand Prix competition, which will enhance aftersales teams’ skills to ensure Isuzu vehicles’ performance and safety for customers.

The competition, held at the Isuzu



(L-R) Atlas Auto Service Directors, Slim Karmali and John Kuria, Atlas Service Advisor, Anthony Gakunyi, Veda Motors Managing Director, David Mwongo, Veda Motors Automotive Service Advisor, Carolyn Kanyiri, Kirofam Service Advisor, Samuel Mbugua and Kirofam Managing Director, Jesse Kirongothi in the 2s Service advisor category during the 2024 Isuzu East Africa Grand Prix on 17th April 2024.

EA Plant in Nairobi, featured four categories: Service Technical (CV Division), Service Advisor, Spare Parts, and Vehicle Sales. Winners

will represent Isuzu East Africa at the annual global Isuzu Grand Prix competition. In 2023, Isuzu EA technicians achieved 11th position out

of 33, an improvement from 2022, demonstrating the region’s commitment to providing high-quality aftersales support.

The Crucial Role Of Kenya’s Chief Of Defense Forces

By: Murithi Christopher
@themkenyatimes

In the bustling heart of Kenya’s military apparatus, amidst the disciplined cadence of soldiers and the hum of strategy meetings, stands a figure of immense significance - the Chief of Defense Forces. In the intricate tapestry of Kenya’s security architecture, this role is akin to the steady hand that steers a ship through turbulent waters, ensuring the safety and stability of the nation. At its core, the role of the Chief of Defense Forces is multifaceted, embodying leadership, strategic acumen and unwavering dedication to the nation’s defense. This pivotal position oversees the Army, Navy and Air Force, harmonizing their efforts into a cohesive defense strategy that safeguards Kenya’s sovereignty and protects its people.

One of the paramount responsibilities of the Chief of Defense Forces



The late Kenya Defence Forces Chief Francis Ogola

is to maintain operational readiness. This entails meticulous planning,

resource allocation and continuous training to ensure that Kenya’s armed

forces are prepared to respond swiftly and decisively to any threat, be it external aggression or internal challenges. Moreover, the Chief of Defense Forces plays a pivotal role in fostering regional and international partnerships. Kenya’s security landscape is interconnected, and collaboration with neighboring countries and international allies is instrumental in addressing transnational threats such as terrorism, piracy and organized crime. Through diplomacy and strategic alliances, the Chief of Defense Forces strengthens Kenya’s defense capabilities and promotes peace and stability in the region.

The Chief of Defense Forces is also a symbol of unity and discipline within the armed forces. Their leadership sets the tone for professionalism, integrity and adherence to ethical standards, instilling a sense of pride and purpose among service members. This cohesion is not only vital for effective defense operations but also reinforces the military’s role as a trusted guardian of the nation’s values and aspirations. In times of crisis,

whether natural disasters or security emergencies, the Chief of Defense Forces assumes a pivotal role as the commander-in-chief, coordinating response efforts and providing strategic guidance to protect civilian lives and critical infrastructure.

Beyond the realm of military operations, the Chief of Defense Forces is a bridge between the armed forces and civilian authorities, ensuring civilian oversight and accountability while upholding the military’s constitutional mandate to defend the nation.

In essence, the Chief of Defense Forces is the sentinel at the helm, steering Kenya’s defense forces with unwavering dedication, strategic foresight and a steadfast commitment to safeguarding the nation’s security and prosperity. Their role is not just about military might but also about leadership, diplomacy and service to the nation and its people.

Murithi Christopher, is a communication and media studies student at Rongo University.

Mourning The Loss Of A Great Hero

By: Devina Adhiambo
@themtkenyatimes

Today, as Kenyans, we gather together in profound grief and sorrow to mourn the loss of a true national hero, General Francis Omondi Ogolla. General Ogolla, an exceptional military leader and a source of inspiration for countless individuals, has departed from our midst, leaving behind a legacy of bravery, dedication, and selflessness. As we extend our deepest sympathies to his family, we reflect on the remarkable life and contributions of this extraordinary leader

General Francis Omondi Ogolla dedicated his life to serving his country and protecting its people. Born with an unyielding spirit and an unwavering commitment to justice, he chose a career in the military, rising through the ranks with remarkable skill and determination. Throughout his illustrious career, General Ogolla demonstrated exemplary leadership, inspiring those around him to strive for excellence and embody the values of honor, integrity, and duty.

General Ogolla's military career was marked by numerous acts of bravery and valor, earning him the respect and admiration of his comrades and the nation as a whole. Whether facing the challenges of combat or leading peacekeeping missions, he exhibited unwavering courage and resourcefulness. His unwavering resolve in the face of adversity made him a symbol of hope, inspiring generations to believe in the power of perseverance and resilience.

Beyond his military achievements, General Ogolla was a strong advocate for peace and unity. He recognized that the strength of a nation lies in its ability to work together, transcending divisions and embracing diversity. General Ogolla played a pivotal role in fostering reconciliation and harmony among different communities, actively promoting dialogue and understanding. His efforts in building bridges and healing wounds will forever be remembered as a testament to his vision for a united Kenya.

General Ogolla had an indelible impact on the lives of countless individuals he encountered. He served as a mentor and role model, guiding

and inspiring the younger generation to pursue their aspirations with unwavering determination. His compassion, humility, and dedication to uplifting others made him a beloved figure among his peers and subordinates. General Ogolla's legacy will live on through those whose lives he touched, as they carry forward his teachings and emulate his exemplary character.

Today, our nation stands in mourning, united in our grief for the loss of General Francis Omondi Ogolla. His passing leaves an indescribable void in our hearts and the collective conscience of Kenya. We extend our deepest sympathies to his family, who have lost a beloved father, husband, and role model. May they find solace in the knowledge that General Ogolla's legacy will forever be cherished and celebrate

General Francis Omondi Ogolla was a true hero, a shining example of courage, leadership, and selflessness. As Kenyans, we mourn his loss and honor his remarkable contributions to our nation. His legacy will continue to inspire generations to come, reminding us of the power of service, sacrifice, and unity. Let us remember General Ogolla with grat-



The late Kenya Defence Forces Chief Francis Ogola

itude and strive to embody his values as we forge ahead, building a brighter future for Kenya in his memory.

Devina Adhiambo
Rongo university Writers club.

A Call For Government And Parental Support In Ensuring Student Well-Being

By: Perpetual John
@themtkenyatimes

With the rising cost of higher education, many students are finding it difficult to pay for even the most basic essentials. The pressures of academic success and social interaction that come with being a student on campus increase significantly when they have to decide between buying textbooks and buying food.

Campus hunger is among the most important problems that today's students must deal with. Numerous people are impacted by this silent disease, which frequently goes unrecognized and untreated. Students all around the country are compelled to make sacrifices in order to make finances meet, from skipping meals to rationing food supplies.

This is a problem that many people are responsible for solving. First and foremost, the government needs to acknowledge how serious the hunger problem is on campuses and



University Student

act quickly to address it. This can entail boosting financing for student aid programs, broadening the list of those who qualify for food assistance programs, and putting campus-based projects like meal voucher programs and food pantries into action. Universities can also put their students'

health first by arranging for inexpensive meal options, making resources like food banks easier to reach, and helping those in need financially.

Nonetheless, the government and educational establishments cannot bear the entire load. In addition, parents are essential in helping their

children succeed academically. If a student is lucky enough to have family assistance, it is crucial to have an honest conversation regarding financial difficulties. Parents ought to be urged to talk to their kids about financial planning and budgeting, and to help out when needed. Com-

munity resources and mentorship programs can act as a lifeline for students without family support, providing direction and encouragement through trying times.

It's critical to acknowledge that not every student benefits from parental support. The difficulties of college life are worse for those who are complete orphans, and they frequently have to overcome these difficulties on their own. Under such circumstances, it becomes essential for the community at large and the government to intervene and offer the required support structure.

In conclusion, everyone involved in the issue of campus hunger must work together to find a solution. Regardless of their financial situation, we can guarantee that every student has the chance to succeed academically by putting their well-being first and putting in place extensive support networks. It's time to act and show support for our fellow struggling kids.

Perpetual John, Kitui County.

SPORTS NEWS

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Sports >> *Olympic champion Peres Jepchirchir won the women's London marathon in a world record time of 2 hours 16 minutes 16 seconds for a women's only race yesterday.

Double Triumph As Kenyans Jepchirchir, Munyao Clinch London Marathon Titles

Olympic champion Peres Jepchirchir won the women's London marathon in a world record time of 2 hours 16 minutes 16 seconds for a women's only race yesterday.

The 30-year-old Kenyan came home in front of Tigst Assefa and Joyciline Jepkosgei to break the world record mark without male pacemakers.

Jepchirchir beat the women's-only course record of 2:17:01 set by Kenya's Mary Keitany in 2017.

In the men's race, Alexander Mutiso Munyao beat three-time Olympic track champion Kenenisa Bekele to win his first World Major Marathon.

The 27-year-old Kenyan came home in a time of 2 hours 4 minutes 01 second with Britain's Emile Cairess in third.

Back to the women's race, the focus was on retired British star Paula Radcliffe record of 2:15:25 in a mixed-sex marathon in London in 2003, using male pacemakers. Both Assefa and Jepchirchir had hinted at lowering it in the race.

World record holder Assefa had been the pre-race favourite but she could not live with Jepchirchir's kick for the finish line inside the final kilometre.

Both she and Jepkosgei also finished inside the previous women's-only record time.

Two-time former London marathon winner Brigid Kosgei finished fifth behind Megertu Alemu.

Poignant Day

The men's race was preceded by 30 seconds of applause for last year's winner Kelvin Kiptum, who was killed in a car accident in February.

Munyao ensured a poignant day ended with another Kenyan victory but only after being pushed by the 41-year-old Bekele.



Kenya's Peres Jepchirchir crosses the line to win the women's race in a world record time for a women's only race at the 2024 London Marathon in central London on April 21, 2024. (Photo by JUSTIN TALLIS / AFP)

The Ethiopian, who has won Olympic gold in both the 5,000 metres and 10,000 metres, came close to winning on the streets of the British capital for the first time.

Bekele and Munyao pulled clear of a group including world champion Tamirat Tola but the younger man had the legs in the final few kilometres to win by 14 seconds.

Behind them it was a great day for the British duo of Cairess and Mahamed Mahamed as they finished third and fourth respectively.

AFP



Kenya's Alexander Mutiso Munyao crosses the line to win the men's race at the 2024 London Marathon in central London on April 21, 2024. (Photo by JUSTIN TALLIS / AFP)

GET THE BEST OF WORLD

Sports >>> *Manchester United overcame an astonishing collapse to beat Coventry on penalties in an FA Cup classic yesterday, setting up a second straight FA Cup final against Manchester City.

Man Utd Beat Coventry On Penalties To Set Up Man City FA Cup Final



Manchester United's Danish striker Rasmus Hojlund scores the winning penalty in the shoot-out during the English FA Cup semi-final football match between Coventry City and Manchester United at Wembley Stadium in north west London on April 21, 2024. Manchester United won the penalty shoot-out 4-2 after the game finished 3-3 after extra time. (Photo by Ian Kington / AFP)

Manchester United overcame an astonishing collapse to beat Coventry on penalties in an FA Cup classic yesterday, setting up a second straight FA Cup final against Manchester City.

Erik ten Hag's men won the shootout at Wembley 4-2, with Rasmus Hojlund scoring the decisive spot kick after the teams were level at 3-3 after extra-time.

The game perfectly encapsulated a chaotic season for Ten Hag's men, who are well off the pace in the Premier League and had a Champions League campaign to forget.

There was no hint of what was to come when United coasted into a 3-0 lead against their second-tier opponents in the London sunshine, with goals from Scott McTominay, Harry Maguire and Bruno Fernandes.

But they have made a habit of tossing away leads in recent weeks and the match against Coventry proved no different.

Second-half strikes from Ellis

Simms and Callum O'Hare gave the 1987 FA Cup winners hope and Haji Wright levelled from the penalty spot in the 95th minute, capping a scarcely credible comeback.

Coventry fans taunted Ten Hag with chants of "you're getting sacked in the morning" as belief infused the massed ranks of supporters clad in blue.

Coventry manager Mark Robins famously played a key part in United's FA Cup final win in 1990, a victory that launched two decades of success under Alex Ferguson.

But his team's push to reach the Championship play-offs has faded in recent weeks and they travelled to Wembley as underdogs despite United's stuttering season.

- United dominate -

United, 12-time winners of the competition, settled early and took the lead in the 23rd minute after a fine move down the right.

Alejandro Garnacho fed the over-

lapping Diogo Dalot, whose cross went under the hands of the diving Bradley Collins and was tapped in by McTominay from close range.

Marcus Rashford forced a fine save from Collins late in the first half but United doubled their lead from the resulting corner, with Maguire heading home from Fernandes's cross.

Coventry, who scored twice in stoppage time to beat Premier League Wolves in the quarter-finals, struggled to make inroads against an organised United team.

They looked brighter in the early stages of the second half.

But the wind was taken out of their sails when Fernandes's shot found its way past Collins in the 58th minute, courtesy of a deflection off defender Bobby Thomas.

O'Hare headed over from an angle as Coventry continued to probe but they pulled a goal back when top-scorer Ellis Simms connected with a cross from substitute Fabio Tavares in the 71st minute after United's defence switched

off.

They made it 3-2 in the 79th minute when O'Hare's shot from just outside the box looped off Aaron Wan-Bissaka's back and over Onana.

Coventry's fans were now in full voice as their team mounted waves of attacks.

Substitute Victor Torp hit a stinging shot from the edge of the area with five minutes of normal time to go, forcing Onana into a sharp save.

But Coventry still were not finished.

Wan-Bissaka was adjudged to have handled in the penalty area and Wright scored from the spot to take the match into extra time.

Coventry looked the more likely winners in 10 long minutes of stoppage time but could not find a winner.

United captain Fernandes rattled the crossbar in the fourth minute of extra time when set up by substitute Amad Diallo.

Simms then smashed a shot off the underside of the crossbar as time ran out.

Coventry thought they had won it in the dying moments when Torp poked the ball past Andre Onana but a VAR check ruled that Wright was marginally offside.

The Championship side drew first blood in the shootout when Casemiro's weak penalty was saved by Collins.

But O'Hare and captain Ben Sheaf failed to convert, leaving Hojlund with the job of sending United through and he made no mistake.

Manchester City beat Chelsea 1-0 in the other semi-final on Saturday.

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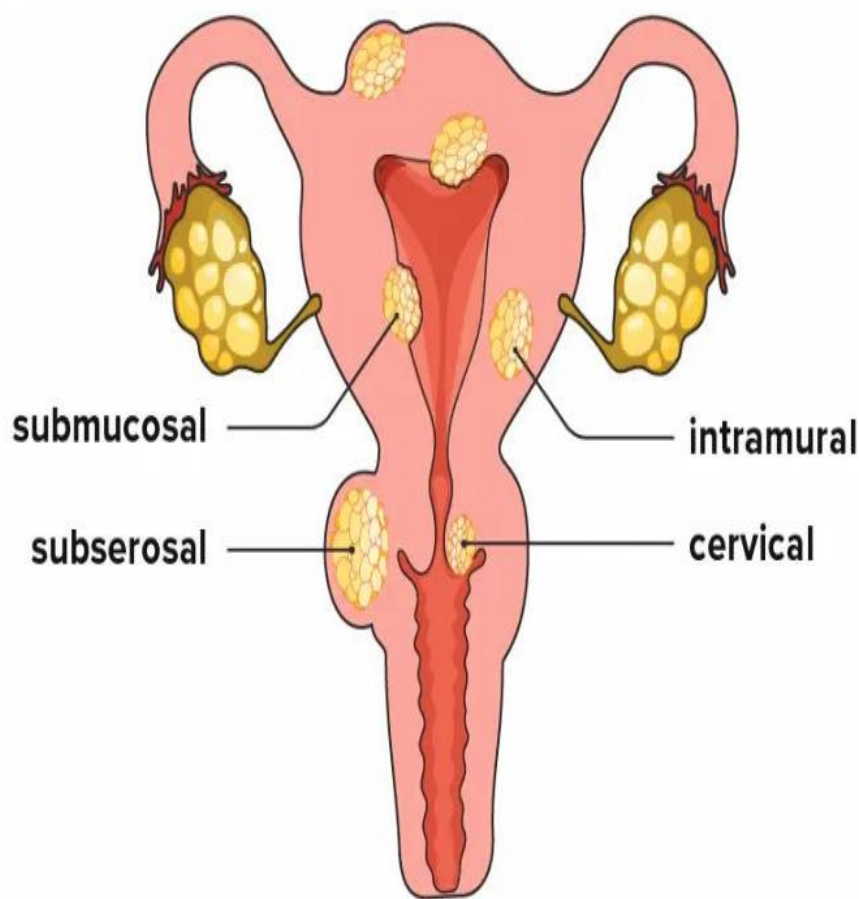




Understanding Fibroids Break The Silence

By: Micheni Grace
@themkenyatimes

Types of fibroids



MEDICALNEWS TODAY

Worth Noting:

- “I put off the idea of fibroid removal, because they were tiny. I thought it would not be a big issue. By the time I went for removal they had already increased in number and size. I had 23 of them removed,” Akinyi says.
- According to doctors 1 in 2 women have fibroids or have had fibroids in their life. Doctors advise ladies to always go for check ups so as to make sure they are fibroids free.
- “The best way to know if you have fibroids is to always go for check ups at least every 3 years,” Dr Johnstone Miheso said.
- Excising, acupuncture, dietary changes and stress management can also help reduce the chances of having fibroids.

Uterine fibroids are non-cancerous growths in the smooth muscle of the uterus. They affect 80% of women in childbearing age. Up to 70-80% of women in the world have had fibroids before they reach menopause. They can vary greatly in size and presentation. In most women, fibroids have no symptoms and hence very rare to detect.

“I was diagnosed with fibroids when I was 21. I never had any symptoms; my period was also normal. I really loved to work out and so when I felt a hard lump on the bottom part of my stomach, I decided to visit a gynecologist. After some checkups I was informed that I had three tiny fibroids in my uterus,” Mercy Akinyi stated.

However, in some women there are symptoms such as frequent urination, heavy or painful periods, pel-

vic pain, pressure on the bladder and bowels, constipation and infertility.

“I always thought that the heavy periods I received and the painful cramps were normal for any woman until I visited a gynecologist. After a series of question like; was I pregnant and when did I last receive my period, he advised me to have an ultra sound. The sonographer was the one who informed me that I had two massive growths and some tiny ones,” Moreen Kemunto noted.

These women wish that they had known earlier about what fibroids is. “I think my fibroids started growing when I was in campus, because at that time I also had heavy menstruation. I used to use packets of pads while my roommates only used some pieces. She always wondered why but then we all thought it is a normal occurrence in girls. If I had

known, I would have sought medical advice,” Moreen notes.

Some women, however, tend to ignore them if they don't have any symptoms. They put it off until when the symptoms start to show.

“I put off the idea of fibroid removal, because they were tiny. I thought it would not be a big issue. By the time I went for removal they had already increased in number and size. I had 23 of them removed,” Akinyi says.

According to doctors 1 in 2 women have fibroids or have had fibroids in their life. Doctors advise ladies to always go for check ups so as to make sure they are fibroids free.

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changes and stress management can also help reduce the chances of having fibroids.

“During my watchful period, if I had been exercising more and reducing stress and also changing my diet, I don't think the number could have increased that much. I didn't know and so I lived life like most people do. Whenever I went for checkups, the doctor always told me to just watch what would happen. I remember the second time I went for a checkup I had 5 fibroids. The doctor just advised me to continue with the watchful waiting, because I still did not have any symptoms,” Akinyi added.

The good news is that there are effective treatment strategies available. Fibroids can be managed. For example, using medication to control bleeding and shrink the fibroids and myomectomy which surgically removes the fibroids while preserving the uterus. In some cases, hysterectomy, the surgical removal of the uterus, may be recommended.

Despite the prevalence of fibroids, most people are unaware of the health issue. Understanding the risks, symptoms and available treatment options, helps individuals make informed decisions and advocate for their health.

“Fibroids are very common, but many women suffer in silence because of stigma from the society and most don't know about fibroids,” Dr Johnstone states. “Early detection and open communication with health care providers are crucial for managing fibroids.”

There is need to raise awareness on this issue and have open communications about the topic. This will also help women who are affected and make them feel supported. According to America College of Obstetricians and gynaecologists, the discussions surrounding fibroids remain shrouded in silence hence most women suffer in silence.

Initiatives aimed at raising awareness, such as online resources, support groups and educational campaigns, play pivotal role in equipping women with knowledge and support.