



CEPHEUS

The story of the youngest president in West Africa
International page 6

Moscow panic after attack
world page 9

Government tries to reintroduce Affordable Alcohol business pg 19

Ruben Dias rated The best defender Sports Page 32

WHO WILL TAKE OVER THE MANTLE?

With the continuous campaigns for Azimio leader Raila Odinga to get the office of the AU chairperson a vacuum on opposition leadership will be left. A such there's a rush on who will take over leadership of the Opposition with different leaders in the parties taking sides. **PAGE 6**

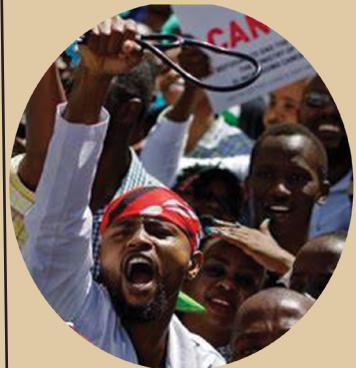


HON. ALI HASSAN JOHO
Former Governor Mombasa County



HON. WYCLIFFE AMBETSA OPARANYA
Former Governor Kakamega County

NATIONAL
Doctord take to the road over intern stipent



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CEPHEUS BUSINESS NEWS

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Government Seeks to Reinforce Affordable Alcohol to Combat Infl. Brews

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Resumption of Premire League
The Extreme Sport Of The Month
Downhill Race

2024 Most Valuable Player Candidates

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SUMMARY

Magazine Title: Cepheus

Issue date: 02/04/2024

Cover story: Who will take over the mantle?

Kenyan politics- Azimio leaders indulge in leadership rumble on who will take over after Raila exits as the head.

Joho and Oparanya make the Azimio La UMoja face internal division among its members.

Feature:

Wasini Island, Kenya's Hidden Gem.

Activities such as scuba diving and snorkelling are detailed here.

In addition, the Cepheus includes inspiring story of uncelebrated heros in Mombasa from individuals who have impacted the county by garbage collection.

News

National- The UN court orders Israel to allow food and medical aid into Gaza.

This newsstory is widely elaborated .

International - The new Senegal president elect win raises eyebrows .He is below 50 years is and among the youngest presidents in Africa.

Fashion spotlight:

As a form of expression, we discuss fashion as a tool for cultural preservation and the lines between masculinity and femininity.

We show how fashion allows one to communicate who they are and what they stand for without saying a word.

Health and wellness tips:

Here we dig into the ongoing doctor's strike in Kenya which has been on run for 3 weeks now.

We talk about how the patients at the hospitals are suffering as they're left unattended.

We also talk about Polycystic Ovary Syndrome that is how it is diagnosed and its treatment. Some of its symptoms may include irregular periods, excess body hair , weight gain and acne.

Sports

We give the weekends fixtures for both men and women football.

Also the stadiums where the games will take place and the time in both G.M.T and E.A.T

We also talk about the return of Mitchell Robinson to court after 50-game absence.

Conclusion: Cepheus offers a holistic approach to politics, health and fashion empowering readers to nourish their bodies and nurture their bodies.

Prescribing Change Doctor's Striking Journey for Better Healthcare

Kenyan doctors strike for better pay, conditions, and medical intern posting, causing healthcare crisis; court order ignored.

**Rehema Chasama-ni, MOMBASA
2013**

Doctors wanted a 300 per cent salary increment as stipulated in a collective bargaining agreement (CBA) signed in 2013. This would see the lowest paid doctor pocket Sh342,000 and the highest paid pocket slightly over Sh940,000, up from the current Sh500,000 for the highest paid and Sh40,000 for the lowest paid.

2017
In 2017, doctors at Kenya's public hospitals held a 100-day strike — the longest ever held in the country — to demand better wages and for the government to restore the country's dilapidated public-health facilities. They also demanded continuous training of and hiring of doctors



Doctors take to the streets displaying their grievances (File Pinterest)

to address a severe shortage of health professionals. At the time, public doctors, who train for six years in university, earned a basic salary of \$400-\$850 a month, similar to some police officers who train for just six months.

About 2,500 public health institutions were affected by the strike. A number of patients were reported to have died from a lack of medical care during the walkout. The government and union officials signed a deal to address pay and other issues in dispute, said Ouma Oluga, secretary-general of the Kenya Medical Practitioners, Pharmacists and Dentists Union

Dentists Union. Doctors at Kenya's public hospitals began a nationwide strike in March 2024, accusing the government of failing to implement a raft of promises from a collective bargaining agreement signed in 2017 after a 100-day strike that saw people dying from lack of care. The Kenya Medical Practitioners Pharmacists and Dentists Union said they went on strike to demand comprehensive medical cover for the doctors and because the government has yet to post 1,200 medical interns.

Dr. Dennis Miskellah, KMPDU Deputy Secretary General

Dr. Dennis Miskellah, deputy secretary general of the union, said they would disregard the court order the same way the government had disregarded three court orders to increase basic pay for doctors and reinstate suspended doctors. Miskellah said

a seven-day strike notice on March 4th beginning the next week on Monday. The Kenya Medical Practitioners and Dentists Union (KMPDU) on Monday staged a peaceful demonstration in Nairobi, protesting among other things the shooting of their Secretary General Davji Atallah by police during a similar demonstration in Nairobi last week. The medics were pushing for the posting of medical interns by the government on Thursday when Atallah was struck by a teargas canister.

Dr. Davji Bhimji, secretary-general of KMPDU, said 4,000 doctors took part in the strike despite a labour court order asking the union to put the strike on hold to allow talks with the government. Dr Dennis Miskellah, deputy secretary general of the union, said they would disregard the court order the same way the government had disregarded three court orders to increase basic pay for doctors and reinstate suspended doctors. Miskellah said

medical interns make up 27% of the workforce in Kenya's public hospitals and their absence means more sick people are being turned away from hospitals. Some doctors, however, have remained on duty to ensure patients in the intensive care units don't die. In an interview with leading broadcaster Citizen TV, Miskellah said doctors were committing suicide out of work-related frustration, while others have had to fundraise to get treated for sickness due to a lack of comprehensive health coverage. The impact of the strike was felt across the country with many patients left unattended or being turned away from hospitals across the East African.

The court has given direction that the strike is either stayed or suspended. The strike has not been stayed and has not been suspended, disabling the ability of the role of government approach to proceed, and to deal with the meeting issues which the union has raised.



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Wasini Island, Kenya's Hidden Gem of

Natural Paradise: Wasini Island's pristine coral reefs and diverse marine life offer unparalleled opportunities for snorkeling, scuba diving, and dolphin watching.

Cultural Gem: With its Swahili-speaking Muslim community and vibrant traditions, Wasini Island provides a unique cultural experience alongside its stunning natural beauty.

Iyvone Ndanu, Mombasa

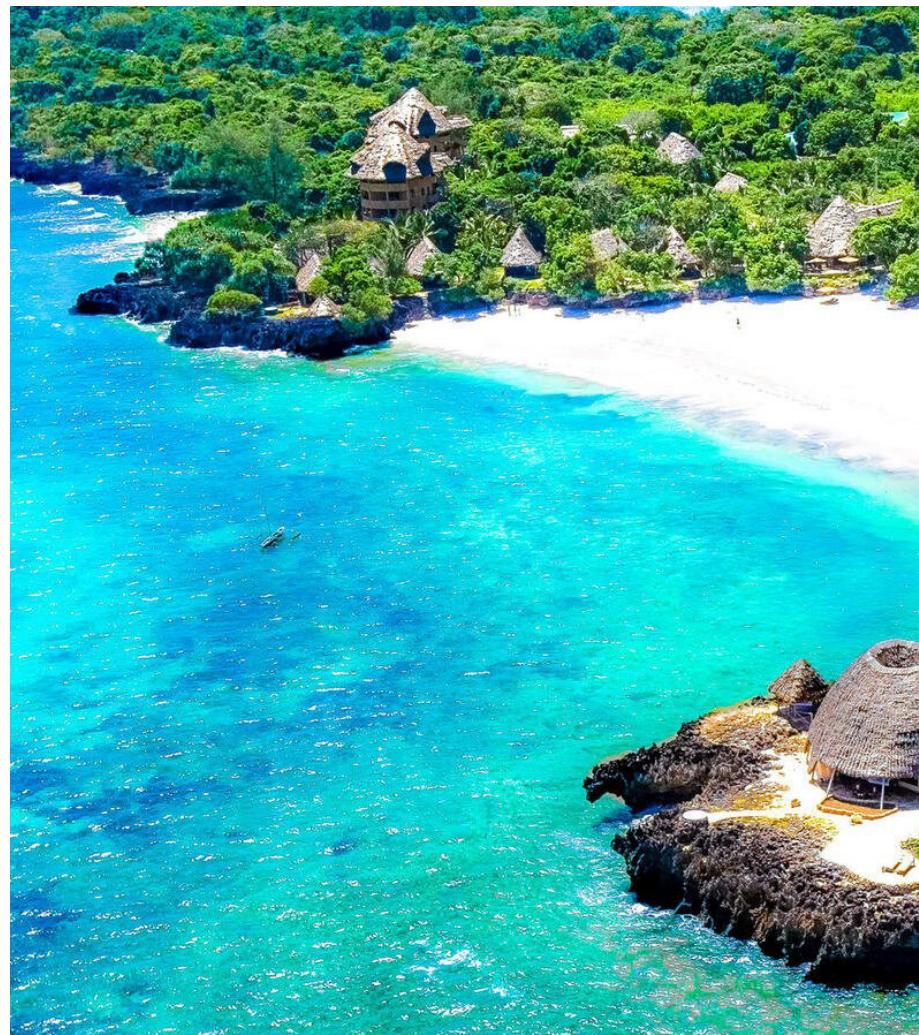
Wasini Island is a small island located off the southern coast of Kenya, near the border with Tanzania. It is part of the Kwale County and is approximately 5.5 kilometers long and 2.5 kilometers wide. The island is known for its unspoiled coral reefs, crystal-clear waters, and diverse marine life, making it a popular destination for snorkeling, scuba diving, and dolphin watching. The island is home to a small community of about 2,000 people who make their living primarily from fishing and tourism. The residents are mainly Swahili-speaking Muslims, and the island has a rich cultural heritage, including traditional dances, music, and cuisine. Visitors to Wasini Island can take a boat tour to explore the surrounding waters, visit the Kisite- Mpunguti Marine National Park, which is known for its coral gardens and abundant marine life, or take a tour of the island to learn about its history and culture. The island also has several restaurants that serve fresh seafood and other local dishes.

Attractions of Wasini Island

The island is known for its beautiful beaches, coral reefs, and vibrant marine life, making it a popular destination for tourists looking for a peaceful and relaxing getaway. Here are some of the main attractions of Wasini Island:

Snorkeling and Scuba Diving

The coral reefs around Wasini Island are home to a wide variety of marine life, including colourful fish, sea turtles, and dolphins. Visitors can go snorkeling or



Aerial view of Wasini Island

scuba diving to explore the reefs and see the amazing underwater world up close. Wasini Island,

Snorkeling

Wasini Island is surrounded by clear, warm waters that are perfect for snorkeling. You can rent snorkeling gear from one of the local tour operators or bring your own. The most popular snorkeling spot is the Kisite- Mpunguti Marine National Park, which is home to a diverse array of marine life, including colourful fish, dolphins, turtles, and even whale sharks (in the right season). Snorkeling trips typically last around 2-3 hours and are usually accompanied by a local guide who can point out interesting marine life and ensure your safety.

Scuba Diving

Wasini Island is also a great destination for scuba diving, with a number of dive sites around the island. You can rent scuba diving gear from one of the local dive shops or bring your own. Some popular dive sites around Wasini Island include the Kisite Archipelago, the Shimoni Caves, and the Pinnacle. The wa-

Pristine Beauty and Marine Majesty



ters around Wasini Island are home to a variety of marine life, including sharks, rays, eels, and a wide range of fish and invertebrates. If you're new to scuba diving, there are a number of dive shops on the island that offer beginner courses and certification programs.

The dolphin watching tour

It usually starts early in the morning and lasts for about two hours. You will board a traditional dhow boat and sail out into the Indian Ocean with experienced guides who know the best spots to see dolphins. Once you spot the dolphins, the boat will slow down and you can watch as they swim and play in the water. If you're lucky, they may even swim close to the boat and interact with you. Some tours also offer the opportunity to snorkel in the coral reefs and see a variety of marine life, including colourful fish, sea turtles, and even whales.\

Chale Island National Reserve

Chale Island National Reserve is a small protected area that covers an area of about 1.3 square kilometers and is managed by

the Kenya Wildlife Service. The reserve is located on Chale Island, which is a small island off the coast of Wasini Island, and is known for its beautiful beaches, coral reefs and marine life.

The reserve is home to a variety of terrestrial and marine wildlife, including several species of primates, reptiles, and birds. Visitors to the reserve can enjoy guided nature walks, bird watching, and snorkeling or diving to explore the coral reefs and marine life around the island. Chale Island National Reserve is a popular destination for eco-tourism and is known for its efforts to promote sustainable tourism practices. The reserve works closely with the local communities to support conservation efforts and promote the development of eco-friendly tourism activities that benefit both the environment and the local communities. Visitors can take a guided tour of the reserve to see some of the rare and endangered species that live there.

Wasini Village

Wasini Village is a small fishing village located on Wasini Island in the Indian Ocean, off the coast of Kenya. The village has a population of around 2,000 people, who are primarily of Swahili origin. Wasini Island is part of the Kisite-Mpunguti Marine National Park, which is known for Kenya safari tours, its coral reefs and diverse marine life. As a result, the village has become a popular tourist destination, offering opportunities for snorkeling, scuba diving, dolphin watching, and other water activities. Visitors to Wasini Village can also experience the local culture by visiting the village's historic mosque, traditional Swahili houses, and participating in cultural activities such as drumming and dancing.

Beaches

There are several beaches on Wasini Island that are worth visiting. One of the most popular beaches is Shimoni Beach, which is located on the mainland near the island. Shimoni Beach is known for its clear waters and white sandy beaches. Visitors can en-

joy snorkeling, and sunbathing here. Overall, Wasini Island is a great destination for beach lovers and those who enjoy exploring the beauty of the ocean. Wasini Island is a beautiful and peaceful destination that offers a wide range of attractions for visitors of all ages. Whether you want to explore the underwater world, watch dolphins, or simply relax on the beach, this island has something for everyone.

Wasini Island – A Sea-Safari to One of the World's Premier Ocean National Parks
Wasini Island! You can call it a little slice of paradise. Home to dolphins, a vital migratory route to whales and seabirds, pristine coral reefs, aqua azure clear waters, fine white sandy beaches, mangrove jangles, historical sites, and authentic Swahili cuisines. Kisite Mpunguti marine park
Kisite Mpunguti Marine Park is the best marine park in Africa and the second-best in the world. So, if you get an opportunity to explore this marvel

world... take it! And here are important points to note first. The marine park is under the management of Kenya Wildlife Service and there is an entry fee to the park. Plastic water bottles are not allowed at the park. Boats are locally owned and rates depend on whether it's a fiber or dhow boat. Dhows are usually costly but fun and comfortable to cruise on. If you are budget conscious, you can hire a boat as a group and cost-share the fee. Ok, let's voyage... If it is your lucky day, you might spot pods of dolphins along the Wasini channel before even your boat sails a nautical mile. Swahili traditional dhow to date remains the best way to explore the Wasini reefs and the voyage takes about an hour to the park. The snorkeling experience is beyond dreams. When you need a little break from snorkeling, you can take a walk around the reef, sunbathe, build castles on the fine sands before tides return, and wash away all traces of visitors.

Where to eat and sleep
Wasini Island has several restaurants aligned along its shores overlooking the water channel. If not all, most restaurants require you to pay for your meal upfront when you make an order. Bidabadu and Pilipipa are the most popular restaurants for their exemplary services and tasty Swahili cuisines. If you intend to spend the night, Shimoni Reef Hotel offers the best accommodation experience. It has charming Swahili-like cottage suites that rhyme well with your sea safari expedition. There is an entry fee to Coral Garden and Shimoni Caves and rates depend on whether you are a local citizen, resident, or non-resident. If privacy and flexibility are your taste, you can hire a private dhow at an extra cost.

Top UN court orders Israel to allow food and medical aid into Gaza

The UN's top court has ordered Israel to enable the unhindered flow of aid into Gaza in order to avert a famine.

In a unanimous decision, the International Court of Justice (ICJ) said Israel had to act "without delay" to allow the "provision... of urgently needed basic services and humanitarian assistance".

This follows warnings that famine could hit Gaza within weeks.

Israel has called allegations it is blocking aid "wholly unfounded".

Giving its response to the court order, the Israeli foreign ministry said it was continuing "to promote new initiatives, and to expand existing ones" to allow a continuous flow of aid into Gaza "by land, air and sea", working with the UN and others.

It said that Hamas was to blame for the situation in Gaza and for starting the war. The latest ruling by the court in The Hague comes after South Africa asked it to bolster an order issued to Israel in January to take all measures to prevent genocidal acts in Gaza.

South Africa said it had an obligation to act to prevent genocide as a signatory of the UN's 1948 Genocide Convention.

The country has been highly critical of Israel's military operation in Gaza and its governing African National Congress (ANC) has a long history of solidarity with the Palestinian cause.

Although orders issued by the ICJ are legally binding, the court lacks the power to enforce them. The UN Security Council is the only UN body which can introduce measures to try to ensure compliance.



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The Dynamics of Kenyan Politics: Azimio, Joho, and Oparanya in the Leadership Rumble

Currently, all eyes are on the opposition coalition Azimio La Umoja, which is navigating its way through a complex web of alliances and ambitions. At the heart of this coalition lies a notable leadership rumble between two influential figures: Governor Hassan Joho and Governor Wycliffe Oparanya, both vying for a prominent role in steering the opposition's course.

Azimio La Umoja, meaning "Unity Declaration" in Swahili, is a coalition formed by various political heavyweights with the aim of presenting a formidable challenge to the ruling party in the upcoming elections. Led by former Prime Minister Raila Odinga, Azimio has gained significant traction, attracting key figures from across the political spectrum.

However, within the ranks of Azimio, a power struggle has surfaced, primarily between Governor Joho of Mombasa County and Governor Oparanya of Kakamega County. Both governors wield considerable influence in their respective regions and possess a strong political base, making them formidable contenders for leadership roles within the coalition.

Governor Joho, often referred to as the "Sultan of Mombasa," has established himself as a charismatic and outspoken leader with a passionate following. His tenure as governor has been marked by ambitious development projects and a vocal stance on national issues, earning him both admirers and critics alike. Joho's political aspirations extend beyond Mombasa, and he has positioned himself as a key player on the national stage, advocating for progressive change and unity within the opposition ranks.

On the other hand, Governor Oparanya brings a wealth of experience to the table, having served as the Chairperson of the Council of Governors and played a crucial role in coordinating

INTERNATIONAL POLITICS

A +1 below 50years-President-Elect



president-elect Bassirou Diomaye Faye

Senegal's anti-establishment leader Bassirou Diomaye Faye, whose weekend election victory could be officially confirmed within days, was welcomed at the presidential palace Thursday by outgoing leader Macky Sall. The meeting, which came after weeks of crisis surrounding the vote, suggested a swift and peaceful handover in the West African nation that prides itself on democratic stability in a coup-hit region. Faye, 44, was only freed from prison 10 days before the election, along with his mentor Ousmane Sonko, who was barred from running following a criminal conviction he says was politically motivated. The outgoing president received both men in what his office called "a courteous meeting where they discussed at length the major issues for the state, as well as the inauguration ceremony". According to provisional results, Faye won the first round of the vote outright with 54.3 percent, far ahead of Sall's hand-picked candidate, former prime minister Amadou Ba. He came second with 35.8 percent of the vote. Senegal's Constitutional Court could declare Faye the official winner before the weekend, which would make a handover possible before April 2, the official end of Sall's term. Sall provoked a political crisis in February by suspending the presidential election just days before polls were to open, citing security concerns. The move sparked protests and clashes that left four people dead, before the Constitutional Court ordered him to set the date for March 24. Faye, who has never held elected office, is set to become the fifth president of the West African country of around 18 million people. He has promised to restore national "sovereignty" and implement a programme of "left-wing pan-Africanism".

devolution efforts across the country. His leadership style is often characterized as pragmatic and consensus-driven, earning him praise for his ability to navigate complex political landscapes. Oparanya's influence in Western Kenya cannot be understated, and his support base remains steadfast in their loyalty to his leadership. The rivalry between Joho and Oparanya has led to speculation and tension within Azimio, with supporters of each camp advocating for their preferred candidate to take on a more prominent role within the coalition. While both leaders publicly express commitment to unity and cooperation, behind the scenes, the battle for influence and control intensifies.

As Kenya approaches the next general elections, the outcome of this leadership rumble within Azimio La Umoja could have significant implications for the country's political landscape. The ability of the coalition to present a united front and effectively challenge the ruling party will depend on its ability to navigate internal tensions and foster consensus among its diverse members.

Ultimately, whether Governor Joho or Governor Oparanya emerges as a dominant figure within Azimio, their leadership will play a crucial role in shaping Kenya's political future. As the nation stands at a crossroads, the choices made within the opposition coalition will undoubtedly have far-reaching consequences for the trajectory of Kenyan politics in the years to come.

Amidst the leadership rumble between Governor Joho and Governor Oparanya, Azimio La Umoja faces another challenge: internal divisions among its members. While the coalition aims to present a united front against the ruling party, underlying tensions and competing interests have led to fractures within its ranks.

These divisions manifest in various forms, including ideological differences, personal ambitions, and regional loyalties. Some members advocate for a more radical approach to opposition politics, pushing



Picture of Oparanya, Raila and Joho

for sweeping reforms and confrontational tactics, while others prefer a more moderate and consensus-driven strategy.

Furthermore, personal ambitions and aspirations for leadership positions within the coalition have created friction among Azimio members. The competition for influential roles and positions on the coalition's leadership hierarchy has fueled resentment and distrust, hindering efforts to foster unity and cohesion.

Regional dynamics also play a significant role in exacerbating divisions within Azimio. Kenya's diverse ethnic and regional landscape means that political alliances often reflect underlying regional interests and grievances. As such, disagreements over resource allocation, representation, and power-sharing among different regions have strained relations within the coalition.

The leadership rumble between Governor Joho and Governor Oparanya serves as a microcosm of these broader divisions within Azimio. While both leaders command substantial support within their respective regions, their ambitions for leadership roles within the coalition have intensified existing tensions and rivalries.

In navigating these challenges, Azimio La Umoja faces the daunting task of balancing competing interests and reconciling divergent viewpoints among its members. The coalition's ability to overcome internal divisions and present a coherent and unified vision to the electorate will be crucial in its bid to challenge the ruling party in the upcoming elections.

As Kenya's political landscape continues to evolve, the fate of Azimio La Umoja hinges on its ability to transcend internal divisions and forge a common agenda that resonates with the aspirations of the Kenyan people. Only through genuine dialogue, compromise, and inclusivity can the opposition coalition hope to realize its goal of effecting meaningful change and ushering in a new era of governance in Kenya.



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Moscow hall concert attack in Russia

Deadly terrorist attack at Crocus City Hall near Moscow during a rock concert leaves hundreds dead, marking the deadliest act of terrorism in Moscow in over a decade.

Story by Iyvone Ndanu

Crocus city hall concert venue near Moscow was about to host a rock concert when the gunmen burst into the foyer and then theatre itself killing and wounding hundreds of people. The assault was the deadliest act of terrorism in the Russian capital in more than a decade.

More than 6000 Russians had flocked to the Crocus City Hall retail and concert by rock group picnic. One witness said the violence erupted minutes before the band were due to come on stage. Picnic's band members themselves were unharmed.

The security guard described how the heavily-armed attackers burst into the foyer firing bullets as he and his colleagues were working at the central entrance.



Image of Crocus city hall attack (File Photo)

ISSUES IN MOSCOW

Terrorism Threat: The attack at Crocus City Hall highlights the persistent threat of terrorism in Russia, posing significant challenges to national security and public safety.

Security Measures: Questions arise regarding the effectiveness of security measures and readiness to respond to such attacks, indicating a need for improved security protocols and emergency response strategies.

Trauma and Public Safety: The incident has caused widespread trauma among the public and raised concerns about ensuring the safety of civilians during large-scale events, emphasizing the need for enhanced security measures and crisis management protocols.

"There were three other security guards and they hid behind an advertising board," he told Russian telegram channel Baza. "And those attackers passed 10m [30ft] away from us - they started shooting randomly at people on the ground floor."

Inside the auditorium a woman said she and other visitors rushed towards the stage, as soon as they realised shots were being fired. "I saw a person in the stalls with a sidearm

“

The violence erupted minutes before the band was due to come on stage.

Picnic’s band members themselves were unharmed.”

and there were cracks [of gunfire] going off, I was trying to crawl behind a loudspeaker,” she told Russian TV.

Fire and plumes of smoke rose into the sky and the hall's facade burst into flames as glass on the top two floors of the building blew out. The fire appeared to have started when the attackers threw some kind of incendiary device. One man, Vitaly, described seeing the attackers

opening fire while he was on a balcony in the concert theatre: “They threw some petrol bombs, everything started burning. We were led out towards an exit.” Another eyewitness said children and teenagers were in the complex at the time of the attack, taking part in a ballroom dancing competition.

While some of those in the concert hall were able to flee to the parking area from the stage, others headed to the roof and Russian authorities said about 100 more had escaped through the basement. Dozens of ambulance crews were immediately sent to the scene and stood outside the complex in Krasnogorsk for some time after the attack.

The gunmen sprayed civilians with bullets just before Soviet-era rock group “Picnic” was to perform to a full house at the 6,000-seat the Crocus City Hall just west of Moscow.

Verified proof showed people taking their seats in the hall, then rushing for the

exits as repeated gunfire echoed above screams. Other showed men shooting at groups of people. Some victims lay motionless in pools of blood.

Moscow Mayor Sergei Sobyanin responded by cancelling all public events in the capital over the weekend.

"I am sorry for the loved ones of the victims," he said. In the following hours several other regions also cancelled events, including Russia's second biggest city St Petersburg.

Russian Foreign Ministry spokeswoman Maria Zakharova called on the international community to condemn the incident, calling it "a monstrous crime". Ukraine's government was quick to deny any involvement in the attack, which comes more than two years after Russia launched a full-scale invasion of its neighbour.

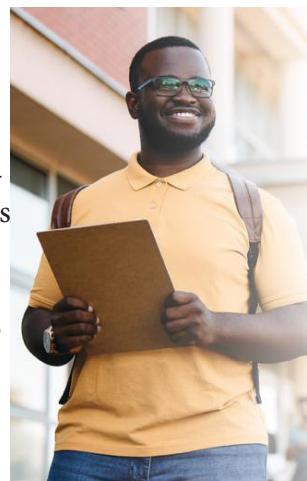
Friday night's attack was the worst targeting civilians in Moscow for years, but it brought back memories of a theatre siege in the capital in 2002, when 40

Chechen militants took more than 900 people hostage during a musical called NordOst. Russian security services eventually stormed the theatre, pumping sleeping gas into the hall. Some 130 hostages died.

Security has now been tightened at airports and stations.

White House spokesman John Kirby said the images of the shooting were "horrible and hard to watch". "Our thoughts obviously are going to be with the victims of this terrible, terrible shooting attack," he said.

Russia observed a national day of mourning on Sunday after a massacre in a Moscow concert hall killed 137 people, the deadliest attack in Europe to have been claimed by the Islamic State jihadist group. President Vladimir Putin has vowed to punish those behind the "barbaric terrorist attack," saying four gunmen trying to flee to Ukraine had been arrested. "The whole country is in mourning with those who lost their loved ones in this inhumane tragedy," public television channel Russia 24 said on Sunday morning.



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COHORT MAY – JULY 2024

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Duration of the Industrial Attachment

The attachment lasts for a period of Three (3) Months May – July 2024. The Council will provide a monthly stipend for the trainees upkeep.

Eligibility

Students pursuing degree or diploma in Journalism, Media Studies, Communications, Digital and Corporate Communication, students registered for attachment who meet the above requirements are eligible to apply.

Eligibility Requirements

- Final year students from a recognised university or college.
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- Valid registration for Industrial attachment unit at College or University.
- Academic transcripts for the current academic year.
- Valid Student Identification Card.
- Valid MCK Student Press Card 2024.
- Sample of journalistic work done before, including online content school project etc.

Placement

Beneficiaries will be placed in recognised media outlets across the country under the following areas of specialisation; Print, Broadcast Radio/Television, Technical/ Production and Digital.

Method of Application

Interested students can apply by submitting all requirements through online portal: <https://mediacouncil.or.ke/opportunities/careers> with the subject title: Application for MCK Media Industrial Attachment Programme on or before Friday 12th April 2024.

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Exploring the Rich

Story by Christine Kadzo

Nestled along the picturesque East African coast lies a cultural gem that captivates with its vibrant traditions and rich heritage: Swahili culture. Spanning centuries, this diverse tapestry of customs, language, and arts reflects a unique fusion of African, Arab, and Indian influences, shaped by centuries of trade and interaction along the Swahili Coast.

Language:

At the heart of Swahili culture lies its language, Kiswahili, a lingua franca spoken by millions across East Africa. With its rhythmic cadence and expressive vocabulary, Kiswahili serves as a unifying force, connecting people from diverse backgrounds. Its roots trace back to the interactions between Bantu-speaking communities and Arab traders, evolving over time to incorporate elements of Arabic, Persian, and Portuguese.

Cuisine:

No exploration of Swahili culture is complete without indulging in its tantalizing cuisine. Influenced by Indian spices, Arabic flavors, and indigenous ingredients, Swahili dishes offer a sensory journey like no other. From aromatic biryanis and flavorful pilau rice to succulent grilled meats and freshly caught seafood, every bite tells a story of cultural exchange and culinary innovation.

Architecture: Icons of Swahili Identity

Wandering through coastal towns like Lamu and Zanzibar, one encounters a striking blend of architectural styles that embody Swahili identity. Intricately carved wooden doors, adorned with



House designs dominated around the coastal region

Swahili Culture

brass studs, stand as symbols of prosperity and heritage. Swahili architecture reflects both practical considerations, such as natural ventilation to combat the tropical heat, and aesthetic sensibilities, with ornate balconies and courtyard layouts fostering community interaction.

Music and Dance: Rhythms of Celebration

Music and dance infuse Swahili life with joy and celebration. From the infectious beats of taarab music, blending Arab melodies with African rhythms, to the energetic movements of ngoma dance, each performance is a testament to the resilience and creativity of Swahili artists. Whether commemorating weddings, religious festivals, or everyday triumphs, music and dance serve as expressions of cultural pride and solidarity.

Art and Craftsmanship: A Tradition of Excellence

Swahili artisans showcase their mastery through exquisite craftsmanship, produc-



Sample of the vast variety of swahili dishes cooked in the Coast

ing intricate wood carvings, vibrant textiles, and delicate ceramics. The art of kanga printing, with its bold patterns and symbolic motifs, reflects social commentary and personal expression. Meanwhile, the skillful carving of ornamental doors and furniture preserves centuries-old techniques, ensuring that each piece carries forward the legacy of Swahili craftsmanship.

As the world continues to evolve, Swahili culture remains a beacon of resilience and creativity, adapting to new influences while preserving its core identity. From its language and cuisine to its architecture and arts, Swahili culture invites us to embrace diversity and celebrate the beauty of cultural exchange. By honoring its traditions and nurturing its creative spirit, we ensure that the vibrant tapestry of Swahili culture continues to enrich lives for generations to come.



JOB OPPORTUNITY

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Models showing their dresscode

Fashion has always been a powerful means of self-expression. It goes beyond the mere act of dressing up and becomes a reflection of our personality, beliefs, and individuality. From the clothes we wear to the accessories we choose; fashion allows us to communicate who we are and what we stand for without saying a word. It is a visual language that speaks volumes, conveying messages and making statements about our identity, culture, and aspirations.

Throughout history, fashion has played a vital role in defining social status and cultural belonging. From the elaborate garments worn by royalty to the distinctive clothing of various subcultures, fashion has served as a visual marker of identity and belonging. It has the power to unite communities and create a sense of shared values and aesthetics.

In today's society, fashion has become more accessible than ever before. With the rise of fast fashion and the democratization of style through social media, individuals have more opportunities to experiment with their personal style and express them-

selves through clothing. Fashion has become an open playground where people can freely explore their creativity, challenge societal norms, and push boundaries. One of the ways fashion allows for self-expression is through the choice of clothing styles. Whether we opt for classic, minimalist pieces or bold, avant-garde designs, our fashion choices speak volumes about our personality and tastes. A person who prefers clean lines, neutral colors, and timeless silhouettes may be seen as someone who values simplicity and elegance. On the other hand, someone who embraces vibrant colors, patterns, and unconventional cuts may be perceived as bold, adventurous, and unafraid to stand out.



African wear showcased by female models

Fashion also provides an avenue for cultural expression. Traditional garments, fabrics, and patterns often hold deep cultural significance and are worn to celebrate one's heritage and roots. By incorporating elements of their cultural identity into their outfits, individuals can proudly display their heritage and pay homage to their ancestry. Fashion becomes a tool for cultural preservation and

a means to connect with others who share similar backgrounds. Moreover, fashion has the power to challenge societal norms and break down barriers. It can redefine gender roles and blur the lines between masculinity and femininity. The rise of gender-neutral fashion has created a space where individuals can express their gender identity without conforming to traditional stereotypes. Fashion becomes a vehicle for self-discovery, allowing people to explore and embrace their authentic selves.



Male Model

Inclusivity is another important aspect of fashion as a form of expression. The industry has gradually recognized the need for diversity and representation, leading to a shift towards more inclusive and body-positive narratives. Models of different sizes, ethnicities, and backgrounds are now gracing the runways and advertising campaigns. This inclusivity sends a powerful message that fashion is for everyone, regardless of their age, size, or background. It allows individuals to see themselves represented in the indus-



try, fostering a sense of belonging and self-acceptance.

Fashion also serves as a means of empowerment. When we feel confident in our appearance, it radiates through our entire being. The right outfit can boost our self-esteem, give us a sense of empowerment, and allow us to face the world with poise and assurance. Fashion empowers us to celebrate our bodies, embrace our flaws, and showcase our personal beauty. It reminds us that we are unique, and our style is a reflection of our inner strength and resilience.

The advent of social media platforms has revolutionized the way fashion is consumed and shared. Online communities and influencers have created spaces where individuals can showcase their unique style, inspirations, and fashion journeys. This digital landscape has democratized fashion, giving a voice to those who were previously marginalized by traditional gatekeepers of the industry. It has allowed for the emergence of diverse fashion narratives, sparking conversations, and inspiring others to embrace their individuality.

However, as we delve deeper into the world of fashion as a form of expression, it is crucial to acknowledge the environmental and ethical implications of our choices. The fast fashion industry, with its emphasis on rapid production and disposable clothing, has contributed to environmental degradation and exploitation of workers in the supply chain. As consumers, we have a responsibility to make informed choices and support sustainable and ethical fashion practices. By opting for slow fashion, recycling and upcycling garments, and supporting brands that prioritize ethical production, we can align our fashion choices with our values and contribute to

a more sustainable future. In conclusion, fashion is a powerful tool for self-expression. It allows us to communicate our identity, culture, and beliefs to the world. Fashion empowers us to challenge societal norms, embrace our individuality, and celebrate diversity. It is an art form that evolves with society, reflecting the ever-changing landscape of our cultural, social, and personal narratives. As we navigate the world of fashion, let us be conscious of our choices and strive to make them aligned with our values, ensuring that fashion remains a positive and meaningful form of self-expression for generations to come.

**"YOU CAN
HAVE ANY-
THING YOU
WANT IN
LIFE IF YOU
DRESS FOR
IT."**

Story by Christine Kadzo





Written by: Ernest Mwerese

Driving or walking in major towns in Kenya there are places where pollution levels are extreme, in Nairobi's largest slums of Kibera, Mathare and Dandora for example, residents dump their wastes on the road side and it is solid waste that cannot go unnoticed. Huge piles of rubbish being burnt or dumped accumulate over a period of time, posing not only environmental but health risk for millions of lives through air pollution.

Mombasa is the sea port city of the coast of Kenya along the Indian Ocean. It is the country's oldest and second largest city after the capital Nairobi with an estimated population of 1.5 million people. Its metropolitan region is the second largest in the country and has a population of approximately 3 million people. Currently, the city generates over one thousand tons of waste daily. Solid waste management in Kenya is still a major challenge and a health risk to residents living close to dumpsites, its management is an expensive venture gobbling up huge amounts of revenue.

According to Dr. Gofrey Nyongesa Nato former CEC, Mombasa County and Dean School of Humanities and Social Sciences in TUM, the estimated per capita generation of solid waste is about 0.6 which brings about 900 tons of solid waste generated per day that is then to be managed by the county government of Mombasa

He adds that the major challenge with this arises the challenge on how the garbage will be collected, transported and disposed as mandated by the constitution. In Mombasa the collection efficiency is at about fifty six percent which means that about forty four percent of the waste generated is not formally managed which means it will leak into the environment and Mombasa being a coastal city it may also leak into the ocean. As such to curb this challenge the collection process may need about sixty tipping trucks every day archive the desired goal.



Dr. Godfrey Nyongesa

"There is no formal sorting of waste and the activity is mainly in the hands of informal sector of which scavengers are major stakeholders, street pickers and dumpsite pickers are different kinds of scavengers. Honestly, I believe they perform a very important job because some of them collect garbage even in the Central Business Department (CBD) of Mombasa. They pick up boxes including TV and radio boxes instead of disposing them away they pile them together and place them where the recyclables will be picked for recycling. Many at times they are humiliated and harassed by the county government law enforcers and in addition they are yet to be recognized by being licensed." James Masaulu, Tudor Dumpsite Yard Coordinator.



James Masaulu Tudor Coordinator

"This life, I was born in it because my mother gave birth to me in a dumpsite and there was no other option. I was not able to go through school that's why I was forced into dumpsite life so as to cope up with life and at least lend a hand to my mother who stays with my other young siblings who need to eat and as such I had to step up and help the situation and that's how I found myself in this life (Garbage collection)" Ropa Boy Garbage Collector



Ropa Boy Garbage Collector

"It's approximately nine years since I started this job and the reason, I found myself in the dumpsite is mainly family problems as my parents divorced. I got used to this dumpsite life because I used to hang around with my friends a lot. I used to get fifty shillings or one hundred shillings per day and sometimes I opted not to eat home and instead fund for my own food in a hotel or sometimes I would buy for the family if they had nothing at the time. That became my new normal and a daily routine." Jackson Samuel Bahati, Garbage Collector.



Scavengers sorting out garbage from a truck



Jackson Samuel Bahati
Garbage Collector

Such are stories of our uncelebrated heroes and how they got into this unappreciated venture of Garbage collection.

Scavengers have different socio economic and social demographic characteristics. Males and females of all ages and socials are involved in recovery of waste recyclables. Scavengers recover the recyclable materials directly from waste. They then sell the material to dealers or contractors which resell these to middlemen or recycling industries. Johnstone Mudendi a garbage collector laments on how they are oppressed by the government in not only official recognition in form of license but also in

regular bribes from already that which is too little to fend for the families of the scavengers.

Most of the material consist of a variety of papers, cardboards, metal, scrub, plastic, bones and many more. The price of an item depends on the quality of agreement among scavengers and the contractors. The earnings of scavengers depend on the recovered number of recyclable materials from waste or purchasing from the households and the quality of recyclable materials collected.



Dr. Cosmas Munga

"We want this industry to be recognized because most of the participant are local people. These are people who sometimes are discriminated as people are associate with drugs and affiliated with robbery. Thus, we are taking plastic waste collection just like

any other job. So, we have come through World Wide Fund for Nature Kenya (WWF Kenya), we have developed a responsible business conduct which is a document that has been recognized the importance of waste collection and we treat plastic waste collecting and recycling as a business. This document is already at a high-level development stage and once it is complete, it will be adopted and the Government can use it to convert that sector into a mobile sector that anyone can feel and would like to work in that environment." Says DR. Cosmas Munga Marine Scientist and Senior lecturer in The Technical University of Mombasa.

The overall impact of activities of scavengers is positive economically and environmentally, this can be improved further if the government or organized private sector helps them by organizing them, providing their medical health facilities like PPE and financial incentives. This group of youth occupy a dignified place in Kenya's war on climate change. Sadly, they remain Kenya's Uncelebrated heroes.

CEPHEUS BUSINESS NEWS

A NEW ERA OF MARKETING

Government Seeks to Reintroduce Affordable Alcohol to Combat Illicit Brews

THE JOURNEY OF A YOUNG FEMALE FARMER

Emily Hayes: From small farm to sustainable success, inspiring others.



Special Edition



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The Journey of a Young Female Farmer

In the heart of the countryside, where golden fields stretch to meet the horizon, there lies a tale of resilience, passion, and triumph. Meet Emily Hayes, a young woman whose journey from humble beginnings to thriving success in the world of agriculture is as inspiring as the sun rising over her farm each morning.

Emily's story began like many others – with a dream and determination. Growing up on her family's small farm, she developed a deep love for the land and a keen interest in sustainable farming practices. Armed with this passion and a relentless drive to make a difference, Emily set out to carve her own path in the agricultural industry.

Starting small, Emily leased a modest plot of land and began cultivating organic vegetables. With her hands in the soil and her heart in her work, she poured every ounce of energy into her fledgling business.

Despite the challenges and uncertainties that often accompany entrepreneurship, Emily remained undeterred, fueled by her unwavering belief in the importance of sustainable agriculture and her desire to contribute positively to her community. As seasons passed and her crops flourished, Emily's reputation as a skilled farmer with a commitment to quality and environmental stewardship began to spread. Local markets eagerly welcomed her fresh produce, and demand for her goods grew steadily. Encouraged by this early success, Emily dared to dream even bigger.

With a leap of faith, Emily expanded her operations, investing in additional land and diversifying her crops. She embraced innovation, incorporating technology and modern farming techniques to optimize efficiency and yield. Through it all, she remained true to her values, prioritizing sustainability and ethical practices every step of the way.

The fruits of Emily's labor soon became evident as her once-small business blossomed into a thriving enterprise. From humble beginnings, she had cultivated not only a bountiful harvest but also a strong



Emily with a sample of the products from her handy work

community of loyal customers and fellow farmers alike. Her dedication to quality, coupled with her unwavering commitment to sustainability, set her apart in an industry often dominated by tradition and convention.

Today, Emily stands as a beacon of inspiration for aspiring farmers everywhere, especially young women like herself who dare to defy expectations and pursue their passions fearlessly. Her journey serves as a reminder that with hard work, perseverance, and a deep connection to the land, anything is possible.

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KDC JOB VACANCIES

The Kenya Development Corporation (KDC), a premier Development Finance Institution (DFI) incorporated on 27th November 2020 following the merger of Industrial & Commercial Development Corporation (ICDC), IDB Capital Ltd (IDB) and Tourism Finance Corporation (TFC). The Corporation's mandate is to promote sustainable socio-economic development by providing development finance, infrastructure finance, business support and advisory services to medium and large-scale industries, infrastructure projects and commercial undertakings in target sectors in Kenya and elsewhere.

The Corporation wishes to recruit the following:

1. **Director Investments**
2. **Deputy Director, Investments Appraisal and Administration**
3. **Assistant Manager, Management Advisory Services**
4. **Assistant Manager, Business Development**
5. **Assistant Manager, Corporate Communication**
6. **Senior Partnership Development and Resource Mobilization Officer**
7. **Research and Innovation Officer**
8. **Social Safeguards Expert**
9. **Legal Assistant**

APPLICATION GUIDELINES

Detailed application instructions are available on the KDC website www.kdc.go.ke under the Careers section. The applications should be received by **16th April 2024**. Only shortlisted candidates will be contacted.

Kenya Development Corporation is an equal opportunity employer and is committed to implementing the provisions of the Constitution of Kenya Chapter 232 (1) on fair competition and merit, representation of Kenya's diverse communities and affording equal employment opportunities to men and women, members of all ethnic groups and persons living with disabilities. Therefore, women, persons living with disability, the marginalized and the minorities are encouraged to apply.

Canvassing in any form will lead to automatic disqualification.

BUSINESS NEWS

Government Seeks to Reintroduce Affordable Alcohol to Combat Illicit Brews

KENYAN TRENDS

The government is working on a model of reintroducing low-priced but healthy and affordable alcoholic drinks as one of the ways of eradicating illicit brew on the market.

Deputy President Rigathi Gachagua said that under the model, the government will also address taxation, which impedes production of cheaper but healthy brands. Mr Gachagua spoke on Monday in light of the ongoing government crackdown on illicit liquor manufacturers and sellers. He said talks are ongoing with a leading alcoholic beverages manufacturer over production



of the low-priced beverage. “We have asked the manufacturer to start a cheap, healthy and affordable alcoholic drink. We will address the taxation issue. The main problem is on the portable spirits, whose alcohol level is extremely high and toxic- which have ruined families.

As a government we have a responsibility to eradicate the illicit brews,” said the DP. Speaking in an interview at vernacular stations Kameme TV and Kameme FM on Monday, Mr Gachagua explained that the ongoing fight is targeting manufacturers and sellers of the illicit and illegal brews.

The Deputy President highlighted the government's achievements and the ongoing efforts to turn-around the economy.

"Legit businesses will not be affected by the crackdown. Bar owners must unite and work with the government in eradicating the rogue traders and manufacturers producing the killer drinks. Instead of rushing to court to fight the crackdown, the bar owners should establish an organization to eradicate the rogue traders amongst them," he said.

He added: "Bar owners must stop claiming that the government is fighting their businesses. They should assist the government eradicate illicit drinks as they have also destroyed their businesses. We are not fighting legitimate businesses because the Ruto Administration supports genuine enterprises," he stated.

He said the Government will not allow unscrupulous traders to kill people.

Greed and overnight chase for accumulation of wealth led us into this menace. Let us be reasonable and responsible towards wealth creation. We will do whatever we can to win the war. The illicit brews have ruined families and killed young people," he said.

He also urged governors to open rehabilitation wards in Level Four hospitals to treat addicts of alcoholism.



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EXCITING CAREER OPPORTUNITY

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ECHO REPORTER

REPORTS TO THE ECHO EDITOR

OVERALL PURPOSE OF THE JOB

This role is responsible for creating engagement, awareness and traffic to our digital platforms.

JOB RESPONSIBILITIES:

- Monitor Standard brands to maintain their good name among the digital community.
- Detect social trends and act accordingly, spreading their knowledge to the rest of the newsroom.
- Engaging new social media audiences whilst sharing best practices.
- Promote conversation with the users on social media.
- Make suggestions to the rest of the Standard newsroom in order to increase social media traffic.
- With the Radar Desk, spot and nurture UGC to improve Standard's depth and breadth of coverage, especially through U-Report.

Interact with the audience and answer simple queries (mistakes, critics, etc.) whilst referring up any more sensitive matters.

- Encourage, monitor, respond, and edit users' comments on our digital platforms, ensuring the comments meet our rules of behavior.
- Spot stories or trends from social media activities, contributing to the Converged Standard Newsroom's idea generation for stories and treatment.
- Researching and collecting background information required to make stories complete, topical, informative, credible and analytical.
- Compliance with Editorial Journalistic Ethics.
- Writing and processing stories collected to ensure they are balanced, properly presented, free of error and in line with laid down editorial policy and house-style.
- Mentoring junior reporters in investigative reporting.
- Participate in hiring and disciplining of employees' activities from time to time.

QUALIFICATIONS AND EXPERIENCE:

- A Bachelor's degree in Media, Journalism or related discipline.
- 2 years' relevant experience with strong social media skills.

SKILLS AND OTHER ATTRIBUTES

- Ability to work within established rules, regulations, Policies and practices.
- Ability to make independent decisions.
- Innovative and conceptual.
- Speed and accuracy.

If you possess the above qualifications and the drive to meet the challenge, send your application and resume to vacancies@standardmedia.co.ke not later than **29th March, 2024**.

Please note that **ONLY shortlisted candidates will be contacted**.

The Standard Group is an equal opportunity employer and as such, canvassing of any form will lead to automatic disqualification.

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VACANCY ANNOUNCEMENT

The Independent Policing Oversight Authority (IPOA) is a state Authority created under an Act of Parliament No.35 of 2011. The Authority wishes to recruit results-oriented Kenyan citizens with drive, vision and creativity to fill the following vacant positions: -

No	Job Reference	Designation	Job Grade	Vacant Position
1	IPOA/HR/01/2024	Deputy Director, Human Resource Management and Administration	Grade 3	1 Post
2	IPOA/HR/02/2024	Senior Assistant Director, Finance	Grade 4	1 Post
3	IPOA/HR/03/2024	Senior Assistant Director, Human Resource Management	Grade 4	1 Post
4	IPOA/HR/04/2024	Senior Assistant Director, Inspections	Grade 4	1 Post
5	IPOA/HR/05/2024	Senior Assistant Director, Investigations (Re-advertisement)	Grade 4	1 Post
6	IPOA/HR/06/2024	Assistant Director, Administration	Grade 5	1 Post
7	IPOA/HR/07/2024	Assistant Director, Counselling Services	Grade 5	1 Post
8	IPOA/HR/08/2024	Assistant Director, Regional Office	Grade 5	1 Post
9	IPOA/HR/09/2024	Assistant Director, Security Services	Grade 5	1 Post
10	IPOA/HR/10/2024	Principal Inspections Officer	Grade 6	1 Post
11	IPOA/HR/11/2024	Principal Monitoring Officer	Grade 6	1 Post
12	IPOA/HR/12/2024	Principal Planning Officer	Grade 6	1 Post
13	IPOA/HR/13/2024	Principal Office Administrator	Grade 6	1 Post
14	IPOA/HR/14/2024	Database and Applications Administrator II	Grade 9	2 Posts
15	IPOA/HR/15/2024	Inspections Officer II	Grade 9	2 Posts
16	IPOA/HR/16/2024	Investigations Officer II	Grade 9	2 Posts
17	IPOA/HR/17/2024	Forensic Officer II	Grade 9	2 Posts
18	IPOA/HR/18/2024	Call Centre Officer II	Grade 9	2 Posts
19	IPOA/HR/19/2024	Accountant II	Grade 9	1 Post
20	IPOA/HR/20/2024	Office Administrator II	Grade 9	1 Post
21	IPOA/HR/21/2024	Security Officer II	Grade 9	1 Post
22	IPOA/HR/22/2024	Supply Chain Management Officer II	Grade 9	1 Post
23	IPOA/HR/23/2024	Communications Officer II (Videography and Photography)	Grade 9	1 Post
24	IPOA/HR/24/2024	Planning Officer II	Grade 9	1 Post
25	IPOA/HR/25/2024	Legal Officer II	Grade 9	8 Post
26	IPOA/HR/26/2024	Driver II	Grade 12	5 Post
27	IPOA/HR/27/2024	Office Assistant II	Grade 13	1 Post

How to apply:

Interested persons who meet the requirements should submit their application through Post Office, email or by hand delivery, clearly indicating the position and job reference number, on both the cover letter, envelope and email applications, together with IPOA Employment form, a detailed CV, copies of academic certificates, national identity card, names and telephone contacts of three referees, so as to reach the Authority by **Tuesday, 2nd April, 2024** to:

Director/Chief Executive Officer,
Independent Policing Oversight Authority,
1st Ngong Avenue, ACK Garden Annex, 2nd Floor,
P.O. Box 23035 - 00100, NAIROBI.

Email: for Job grades 3-6 use recruitment_m0324@ipoa.go.ke

For Job grades 9-13 use recruitment_s0324@ipoa.go.ke



Rehema Chasamani

SAME SEX MARRIAGE

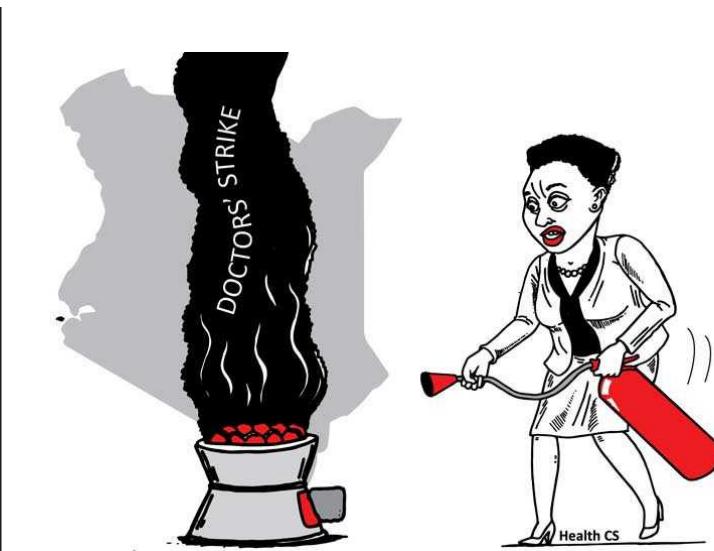
Love comes in all forms. It would be wrong to say that a person cannot marry someone just because they are not from the opposite sex. The world is evolving more than ever and we need to keep up with times. Same-sex marriage is when any person chooses to marry the same sex instead of the opposite. We should not shun this concept anymore. In other words, gone are the days when people had to be ashamed because of their sexuality. In today's accepting world, we must make way for every human being irrespective of their gender. One needs to realize that there are more than two genders. The society needs to be more inclusive of all kinds of people. It will make the world a happier place when everyone feels they are accepted and appreciated. I do not think someone's life and romantic life should even concern you unless it involves you.

Importance of Same-Sex Marriage

All of us are human beings at the end of the day. Before labeling each other with the religion we follow or the people we choose to love. Everyone must realize this fact and act like it. Same-sex marriage is more than important in today's time as the world is progressing. Moreover, people can finally be themselves and own their individuality. Just because someone does not love a person from the opposite sex, it does not make

EDITOR-IN-CHIEF
Ernest Mwerese

EDITOR
Christine Kadzo
Rehema Chasamani
Iyvone Ndanu



Harry

Is it fair for Kenyan doctors to continue with their 3 month old industrial strike?ERNEST
MWERESE

It's a moral dilemma question. Right now, patients are losing their lives due to the strike, but if they go back before the government honors CBA, patients will still lose their lives .

them wrong. We can love anyone we want. In addition, it is better to spend the rest of your life with someone from the same sex you love rather from the opposite sex whom you don't even like. People will obviously lead happy lives with their loved ones rather than being forced to marry someone. Same-sex marriage gives the other people hope that they can also have a future. In addition, it paves a brighter path for the LGBTQ community. This community has already suffered enough due to discrimination. They deserve to be able to marry whomever they wish irrespective of gender or sex

I lost my brother in law three years ago, he admitted at a hospital on Thursday and a scan was required, the hospital didn't have one. No public hospital had one so we were referred to two different private clinics. The cost was 6,500 shillings and it wasn't until late Friday that we were able to raise this money. He was on oxygen support by then, and we needed an ambulance to get him there. the government ambulances were all "busy" so a private ambulance required an additional 3000 shillings, it took us another half a day to raise this. He had the scan on Saturday at around eleven. We went back to the hospital eager to give the

doctor the report so he could commence with treatment.

But unfortunately the doctor had travelled to attend to family matters in the morning and there was no other doctor. Treatment had to wait until Monday. He didn't make it to Monday. He died on Saturday night. Leaving my pregnant sister a widow at 28, his daughter is growing without a father and he never got to meet his son.

I have also lost two friends during childbirth as they wait inn queue to go for a c-section at Pumwani maternity.

The politicians and doctors have good medical cover that can afford them treatment at private hospitals. Most of us don't.



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Polyzystic Ovary Syndrome (PCOS) Does Woman know about this condition?

Polyzystic ovary syndrome (PCOS) is a condition in which the ovaries produce an abnormal amount of androgens, male sex hormones that are usually present in women in small amounts. The name polyzystic ovary syndrome describes the numerous small cysts (fluid-filled sacs) that form in the ovaries. However, some women with this disorder do not have cysts, while some women without the disorder do develop cysts.

Ovulation occurs when a mature egg is released from an ovary. This happens so it can be fertilized by a male sperm. If the egg is not fertilized, it is sent out of the body during your period. In some cases, a woman doesn't make enough of the hormones needed to ovulate. When ovulation doesn't happen, the ovaries can develop many small cysts. These cysts make hormones called androgens. Women with PCOS often have high levels of androgens. This can cause more problems with a woman's menstrual cycle. And it can cause many of the symptoms of PCOS.

Treatment for PCOS is often done with medication. This can't cure PCOS, but it helps reduce symptoms and prevent some health problems.

What causes PCOS?

The exact cause of PCOS is not clear. Many women with PCOS have insulin resistance. This means the body can't use insulin well. Insulin levels build up in the body and may cause higher androgen levels. Obesity can also increase insulin levels and make PCOS symptoms worse.

PCOS may also run in families. It's common for sisters or a mother and daughter to have PCOS.

What are the risks for PCOS?

You may be more likely to have PCOS if your mother or sister has it. You may also be more likely to have it if you have insulin resistance or are obese.

What are the symptoms of PCOS?

The symptoms of PCOS may include:

Missed periods, irregular periods, or very light periods

Ovaries that are large or have many cysts

Excess body hair, including the chest, stomach, and back (hirsutism)

Weight gain, especially around the belly (abdomen)

Acne or oily skin

Male-pattern baldness or thinning hair

Infertility

Small pieces of excess skin on the neck or armpits (skin tags)

Dark or thick skin patches on the back of the neck, in the armpits, and under the breasts.

How is PCOS diagnosed?

Your health care provider will ask about your medical history and your symptoms. You will also have a physical exam. This

will likely include a pelvic exam. This exam checks the health of your reproductive organs, both inside and outside your body.

Some of the symptoms of PCOS are like those caused by other health problems. Because of this, you may also have tests such as:

Ultrasound. This test uses sound waves and a computer to create images of blood vessels, tissues, and organs. This test is used to look at the size of the ovaries and see if they have cysts. The test can also look at the thickness of the lining of the uterus (endometrium).

Blood tests. These look for high levels of androgens and other hormones. Your health care provider may also check your blood glucose levels. And you may have your cholesterol and triglyceride levels checked.

How is PCOS treated?

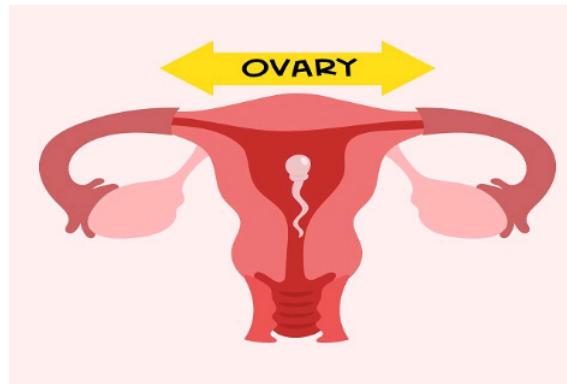
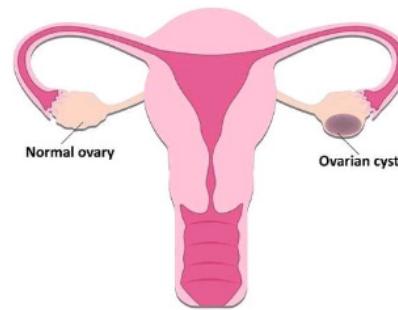
Treatment for PCOS depends on a number of factors. These may include your age, how severe your symptoms are, and your overall health. The type of treatment may also depend on whether you want to become pregnant in the future.

If you do plan to become pregnant, your treatment may include:

A change in diet and activity. A healthy diet and more physical activity can help you lose weight and reduce your symptoms. They can also help your body use insulin more efficiently, lower blood glucose levels, and may help you ovulate. Medications to cause ovulation. Medications can help the ovaries to release eggs normally. These medications also have certain risks. They can increase the chance for a multiple birth (twins or more). And they can cause ovarian hyperstimulation. This is when the ovaries release too many hormones. It can cause symptoms such as abdominal bloating and pelvic pain.

What are the complications of PCOS? Women with PCOS are more likely to develop certain serious health problems. These include type 2 diabetes, high blood

Ovarian cyst



pressure, problems with the heart and blood vessels, and uterine cancer. Women with PCOS often have problems with their ability to get pregnant (fertility).

Living with PCOS

Some women struggle with the physical symptoms of PCOS, such as weight gain, hair growth, and acne. Cosmetic treatments, such as electrolysis and laser hair removal, may help you feel better about your appearance. Talk with your health care provider about the best ways to treat the symptoms that bother you.

When should I seek medical care?

If you have missed or irregular periods, excess hair growth, acne, and weight gain, call your doctor for an evaluation.

Key points

PCOS is a very common hormone problem for women of childbearing age.

Women with PCOS may not ovulate, have high levels of androgens, and have many small cysts on the ovaries.

PCOS can cause missed or irregular menstrual periods, excess hair growth, acne, infertility, and weight gain. Women with PCOS may be at higher risk for type 2 diabetes, high blood pressure, heart problems, and endometrial cancer.



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With extra fries

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► **Burger**

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► **Cheese Burger**

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► **Cheese Burger**
With Cheese and Mayo

9,99\$

► **French Fries**
With extra sauce

300Ksh

► **French Fries**
id aliquet risus feugiat in
ante metus dictum

600Ksh

► **Hot Dog**
id aliquet risus feugiat in
ante metus dictum

9,99\$

► **Hot Dog**
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ante metus dictum

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$$M = \left(\frac{x_1+x_2}{2}, \frac{y_1+y_2}{2} \right)$$

Choose 3 Words for Today

Daily Positivity +

M	J	R	S	T	V	U	R	O	Z
E	W	S	U	C	C	E	S	S	A
N	I	A	B	Q	G	H	L	W	P
E	T	V	X	B	A	I	S	C	A
R	A	Q	W	A	Y	Y	C	O	T
G	W	E	A	L	T	H	J	M	I
Y	G	A	Q	A	O	G	K	F	E
K	I	N	D	N	E	S	S	O	N
C	A	N	I	C	Q	X	V	R	C
P	R	A	W	E	J	T	U	T	E

Let the 3 words you choose be with you today.

NAME _____

SUDOKU # 03

INSTRUCTIONS

Use the numbers 1 to 9 to complete the Sudoku.
Only use each number once in each row, column and grid.

5			2		7			
4	2			9			6	
	9		8	1		4	2	
	5	7				3		
2	6	4			9	8		
4			6	5		7		
7	3	1	5				7	
	2			3	2		6	
				7	8	5		

$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$


MOGALAKWENA LOCAL MUNICIPALITY

ERRATUM OF PUBLISHED VARIOUS TENDER ADVERTISEMENTS

Mogalakwena Local Municipality hereby invites suitably qualified service providers to tender for the below mentioned projects.

No:	Project Name	Tender Number	Compulsory Briefing Session(s)	Closing Date and Time	New Closing Date and Time	A Non Refundable Fee
1.	Appointment for a panel of professional service providers for funding application on risk, design and construction monitoring of infrastructure projects for a period of three (03) years on an as and when required basis	01-2022/2023	None	17 October 2022 at 12pm	24 October 2022 at 12am	R5500.00
2.	Appointment of a panel of contractors for the implementation of various engineering projects for a period of three (03) years on an as and when required basis	02-2022/2023	None	17 October 2022 at 12pm	24 October 2022 at 12am	R6000.00
3.	Once off supply, delivery, installation and commission of 600kva and 300kva standby diesel generator and upgrading	03-2022/2023	07 October 2022, 10:00 p.m Venue: Old Council chambers	27 October 2022 at 12pm	01 November 2022 at 12:00 p.m	R1000
4.	Service provider for the supply and delivery of municipal vehicles on full maintenance lease. Installation of tracking, fleet management and fuel management systems for a period of thirty-six (36) months	04-2022/2023	None	27 October 2022 at 12pm	01 November 2022 at 12:00 p.m	R1000
5.	Appointment of professional service provider for provision of financial management support program for a period	05-2022/2023	None	28 October 2022 at 12pm	31 October 2022 at 12:00 p.m.	R1000
6.	Appointment for retail fuel filling station within Mogalakwena area for the supply and delivery of all grades of fuel and lubricants for the municipal vehicles for a period	06-2022/2023	None	28 October 2022 at 12pm	31 October 2022 at 12:00 p.m.	R1000
7.	Appointment for provision of managed ICT services for a period of 3 years	07-2022/2023	None	27 October 2022 at 12pm	31 October 2022 at 12:00 p.m.	R1000

Technical Enquiries related to this tenders must be addressed to Technical Services Mrs. Eva Phaho at 015 491 9799/9803 and Supply Chain Related enquiries must be addressed to supplychain@mogalakwena.gov.za or 015 491 9649/9650/9647.

Technical Enquiries related to Generator must be addressed to S Tharyane / E Mametela, at 015 491 9601, For Municipal Vehicles and retail fuel filling station at S Bambo 9693, For Financial Management at NC Sekwakwa 9695, For Mr Provision of Managed ICT Services at Bontsi K 9710 and administrative enquiries must be addressed to supplychain@mogalakwena.gov.za or 015 491 9649/9652/9671/9733/9647.

CEPHEUS SPORTS

2024

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The Extreme Sport Of The Month

Downhill Race

REHEMA CHASAMANI,
MOMBASA

WOMEN'S SUPER LEAGUE

The Blues have won the Women's Super League in each of the past four seasons and the FA Cup in the previous three - but could go even further this time. They are through to the semi-finals of the Champions League after beating Ajax over two legs in their last-eight meeting, face Manchester United in the last four of the FA Cup, and the current WSL leaders could collect the first trophy of a potential four in the League Cup this weekend. No English women's side has ever won four major trophies in a season, while the last team to win a Treble were Arsenal when they lifted the league, FA Cup and Uefa Women's Cup in 2007 - a year they also won the Community Shield. Is Arsenal who will be aiming to spoil Chelsea's quadruple dreams in the Continental League Cup on Easter Sunday - just as they ruined a potential treble for the Blues by winning the same final 3-1 last season. Chelsea defender Lawrence, 28, says the squad are taking nothing for granted in their quest for the quadruple.

"It's always there, we talk about it, But our focus is on day by day. We work towards the next game, but we are excited to be in this position". (Lawrence -Chelsea defender) But all season it has been a quick turnaround, playing for four different trophies, and we have just been accustomed to it."(Emma-Chelsea's manager)



FA CUP SEMI-FINALS

The 2023-24 Emirates FA Cup semi-finals will take place on Saturday 20 and Sunday 21 April at Wembley Stadium connected by EE, and further details have now been confirmed.

Saturday 20 April

Manchester City v Chelsea

5.15pm on BBC One, BBC iPlayer and BBC Sport

Sunday 21 April

Coventry City v Manchester United

3.30pm on ITV1, UTV, STV and ITVX

These kick-off times were agreed with the clubs, local authority, members of the Safety Advisory Group and broadcasters, and both matches were deemed medium risk by the police. The winning and losing sides will receive £1,000,000 and £500,000 respectively from the competition's prize fund. The Final will be contested at Wembley Stadium on Saturday 25 May.

Knicks center Mitchell Robinson returns to court after 50-game absence. The 7-footer had not played since suffering a stress fracture in his left ankle during a Dec. 8 loss at Boston. Mitchell Robinson returned to the court Wednesday night against the Toronto Raptors, his first action since a left ankle injury in December sidelined him for 50 games. Robinson came off the bench and scored eight points in 12 minutes in the Knicks' 145-101 victory. Robinson, in his sixth season, came in averaging 6.2 points and a career-high 10.3 rebounds in 21 games.

"You never know what to expect but it's a good baseline for us," Knicks coach Tom Thibodeau said. "I liked the way he moved. He'll get better and better each day"

"It was great just to have him out there, just to have him happy," New York guard Donte DiVincenzo said. "Just his spirit, it really is contagious for us, not to mention what he brings on the defensive end."

Robinson, in his sixth season, came in averaging 6.2 points and a career-high 10.3 rebounds in 21 games

EDITORIAL TEAM



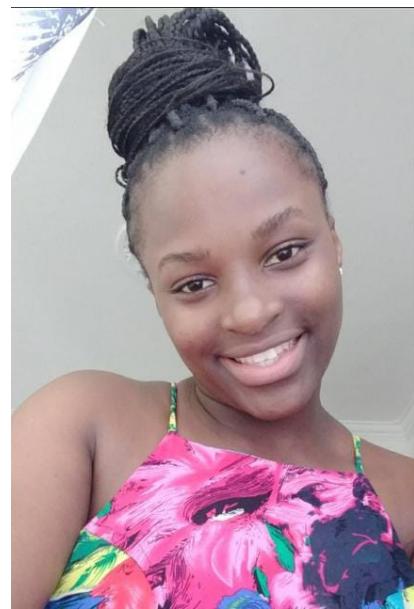
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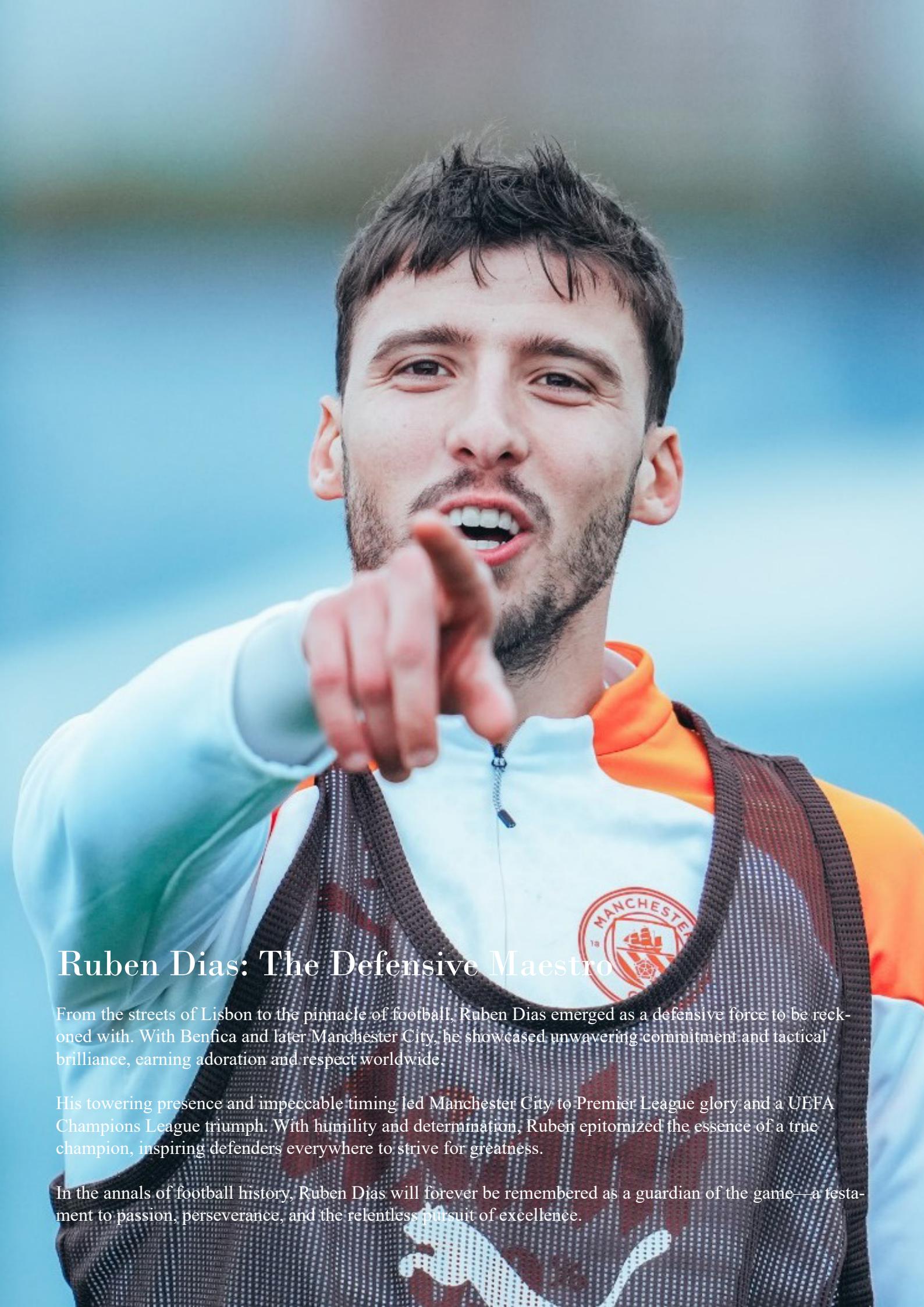
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CHASAMANI
DMAC/0740/2022



YVONNE NDANU KWINGA
DMAC/0751/2022



Ruben Dias: The Defensive Maestro

From the streets of Lisbon to the pinnacle of football, Ruben Dias emerged as a defensive force to be reckoned with. With Benfica and later Manchester City, he showcased unwavering commitment and tactical brilliance, earning adoration and respect worldwide.

His towering presence and impeccable timing led Manchester City to Premier League glory and a UEFA Champions League triumph. With humility and determination, Ruben epitomized the essence of a true champion, inspiring defenders everywhere to strive for greatness.

In the annals of football history, Ruben Dias will forever be remembered as a guardian of the game—a testament to passion, perseverance, and the relentless pursuit of excellence.