

Raila banks on chosen eight to deliver polls

Exams start amid insecurity and leakage claims

Page 8 More than 1.2 million candidates will sit the KCPE tests as government puts teachers on the spot over cheating



A head teacher carries KCPE exam papers in Kisumu to her school. PD/FILE

Kenya turns on the charm in classic golf tournament



PG 32
President Uhuru Kenyatta with former Prime Minister Raila Odinga (second left) and Sports CS Amina Mohammed and her Tourism counterpart Najib Balala and Kenya National Chamber of Commerce and Industry President Richard Ngatia at the Magical Kenya 2022 series Golf tournament at Muthaiga Club yesterday. PD/DAVID NDOLI

Sky Team: Clique of robust and experienced politicians has been facilitated and tasked with not only selling ODM leader's manifesto but also to counter any attacks on him in run-up to elections **PAGE 4**



Page 5 Aspirants are paying up to Sh1 million to take part in primaries. Some outfits have been overwhelmed they keep changing their deadlines

Parties mint billions in nominations

PARTY PRIMARIES FEES



Position	Male	Women
MCA	Sh50,000	Sh25,000
MP	Sh200,000	Sh100,000
CWR	Sh200,000	Sh200,000
Senator	Sh250,000	Sh125,000
Governor	Sh500,000	Sh250,000
President	Sh1million	Sh500,000



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MCA	Sh50,000	Sh25,000
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Governor	Sh500,000	Sh350,000
President	Sh1million	Sh500,000

POINTERS



NEWS BEAT PAGE 9

Respect religious rights of learners, principals urged



SPORTS ARENA PAGE 28

Patel seals back-to-back rally victory

WEATHER TODAY

Nairobi	29°	Nyeri	29°
Mombasa	31°	Kitui	31°
Kisumu	31°	Wajir	38°

County assets valuation to start in a week's time

Committee says Sh181 million process will be executed in two phases before the August polls

by Alvin Mwangi
PeopleDailyKe

County governments will soon claim full ownership and know the exact value of the multi-billion-shilling properties previously owned by defunct local authorities.

The Intergovernmental Relations Technical Committee (IGRTC) said it has announced an exercise to value and transfer the assets to counties.

IGRTC acting chair John Burugu said the Sh181 million process will begin on March 14 and be conducted in two phases.

"We are on course to ensure that before the General Election every county knows the value of their property. The valuation and transfer exercise is in two phases. The first lot will be conducted in 26 counties while the second phase will start by the end of April," Burugu said.

Speaking at the weekend, Burugu said a team of experts has been assembled under IGRTC and the National Technical Coordination Committee.

Committee comprises representatives from the ministries of Devolution, Lands, Interior, Health, Agriculture, IGRTC, office of the Attorney General, Council of Governors and National Land Commission.

Between 2016 and 2018, the agency prepared and disseminated a register of all assets and liabilities of old local authorities.

However, the assets are yet to be valued and officially transferred to the 47 counties. IGRTC succeeded the former Transition Authority (TA), whose term expired in 2016 after overseeing the transition from the local authorities to devolved governments.

However, TA's term expired before it could identify all the properties owned by the authorities, value and transfer them to the counties created by the 2010 Constitution.

Currently, many county governments



Acting Intergovernmental Technical Relations Committee chair John Burugu (right) with a member, Perminus Ndimitu at a presser recently. PD/BERNARD MALONZA

do not know the value of the properties they inherited from the defunct authorities. Others have claimed that they are yet to receive asset registers.

Public entities

"In this regard, IGRTC was tasked with preparing inventories of assets and liabilities of the government, other public entities and local authorities," Burugu said.

Scenario has put at risk thousands of properties valued at billions of shillings

but which could not be traced by counties.

They include pieces of land, buildings and houses, vehicles, schools, health facilities among other assets.

IGRTC board member and chair of the Audit and Risk Management Perminus Ndimitu said the valuation and transfer of assets is key in public finance management.

Since its establishment, the chairman revealed, IGRTC has prepared and disseminated registers of assets and liabilities of the 175 defunct local authorities.

It has also completed the process of identification, verification, validation of assets and liabilities of the national government relating to devolved functions.

IGRTC has also prepared and disseminated registers of all assets and liabilities of the national government relating to devolved functions.

Third phase is the valuation and transfer to county governments of all assets of the defunct local authorities and assets of the national government relating to devolved functions.

SEAMLESS TRANSFERS

- The Intergovernmental Technical Relations Committee has successfully unbundled transfer of function of museums, libraries, disaster management and joint loans board scheme to counties.

- It has done the same with betting licensing and other forms of gambling, water and agriculture sector.



Four contract Covid as ministry misses vaccination target

by George Kebaso
Morarak

The inoculation drive against Covid-19 recorded 5,038 vaccinations in 24 hours.

This even as the country recorded four new Covid cases from 3,956 tests conducted in the last 24 hours. The positivity rate now stands 0.1 per cent.

Contrary to the Ministry of Health's projections early last month to vaccinate one million people daily, data at Afya House shows it has only managed an estimated average of 40,000 per day.

"As of March 5, a total of 16,876,436 vaccines have been administered across the country. Of these, 7,879,179 are partially vaccinated while those fully vaccinated are 7,709,875," Health Cabinet Secretary Mutahi Kagwe yesterday said.

Report indicates that another 1,028,336 doses have been administered to those between 15 to 17 years while 259,046 are booster doses.

In the last seven days, the average positivity rate is 0.3 percent from data available at the ministry.

The deadly Covid-19 dis-

ease has already claimed 5,641 lives since it was first reported in the country two years ago. During the period in review, an average of 43,183 people were being vaccinated per day, still falling far below the projections.

Yesterday's report showed that the uptake of the second dose was at 64.1 per cent, while the proportion of adults fully vaccinated was 28.3 per cent.

Booster shots

The government is working towards vaccinating a targeted population of 27,246,033.

Last week, Covid-19 Vaccine Deployment Task force chairman, Dr Willis Akhwale said the ministry is targeting 4.2 million Kenyans who are fully vaccinated to receive their booster shots by December.

"The government hopes to fully vaccinate 19 million people by end of June. During the same period we are targeting to vaccinate 2.9 million teenagers between 15 and 17 years," he said when he received a tranche of 1.36 million doses of Pfizer vaccines from the United States Government.

Police launch probe into the murder of Ndarugo plantations director

by Mathew Ndungu
PeopleDailyKe

Police have launched investigations into the shooting of a businessman and Director of Ndarugo Plantation in Juja, Kiambu county.

Sudhir Shah, 66, who was in the company of his colleagues, was on Saturday afternoon shot dead in un-

clear circumstances after touring the farm when they were attacked.

Among the directors who escaped narrowly is Francis Michuki, son to former Internal Security Minister John Michuki.

It has now emerged that several people at the scene were armed but never fired a single shot at the assailant. Senior Sergeant Jesse Kariuki at-

tached to the Administration Police's VIP escort and also Michuki's bodyguard said they drove to the farm in a convoy of three vehicles where the directors held a brief meeting.

They were accosted by two men on a motorcycle. "One of the suspects was armed with a pistol and ordered everyone to lie down. A shoot out ensued and the assailant's bullet

hit Shah on the chest," Kariuki said.

Head of Investigations Bureau at the DCI headquarters John Gachomo yesterday led a team of detectives to revisit the crime scene as investigations commence.

Investigations have been taken over by the Homicide team.

Questions have been raised on the action of some of the deceased's

colleagues, who are said were armed but did not fire back at the gunman.

"Investigations have been launched. We shall analyse the call data and subject the recovered empty cartridges to ballistic examination," a detective told People Daily.

"It appears the gunman targeted only the deceased as no other director was injured," he added.

Surprising uses people invented for plastic waste

Researchers have predicted more plastic than fish in the ocean by 2050. Now, some good people have been developing clever and inventive ways to use all of those plastic bags, bottles and straws

With Kirungustu Jnr.

@KirungustuJ



Convert them into food

Really. Two professors from the University of Illinois Urbana-Champaign and Michigan Technological University are hoping to solve world hunger and overflowing landfills by turning plastics into food. Ting Lu and Stephen Techtmann are using microorganisms to metabolise the waste. First, they break down plastic waste and then feed it to hungry plastic-loving bacteria. The bacteria thrive, creating more bacteria cells that can be dried and turned into edible protein powder. Yummy?



Vanilla flavouring from plastics

Two researchers at the University of Edinburgh in Scotland have figured out how to convert terephthalic acid into vanillin using E coli bacteria. Terephthalic acid is the basic sub-unit broken down from plastic bottles made with polyethylene terephthalate. Its chemical composition is also similar to vanillin, the stuff vanilla flavouring is made out of. Vanillin is either extracted naturally from vanilla beans or made from chemicals and is found in foods and even in things like cleaning products and cosmetics. Converting terephthalic acid to vanillin, will help solve the plastic bottle waste problem and at the same time deal with the world's high demand for vanilla flavouring.

Turn plastics into fertiliser

A team of scientists at the Tokyo Institute of Technology has discovered a method to chemically convert bio-based plastics into fertiliser. Bio-based plastics are used as a more sustainable alternative to petroleum-based plastics. The scientists used the process of ammonolysis to create urea (a nitrogen-rich substance) out of ISB, which is a byproduct of (PIC) a bio-based plastic. To test out the fertiliser, the researchers conducted plant growth experiments and found the plants which used the PIC fertiliser grew better than plants that were only given regular fertiliser.



Bricks stronger than concrete

Kenyan Nzambi Matee takes recycled trash that other recycling facilities can't use, such as sandwich bags, milk jugs, and ropes, and turns the waste into sturdy plastic bricks. Her company, Gjenge Makers uses sand and plastic mixed together and heats them at high temperatures, compressing them into bricks. Though you may not expect it, her plastic bricks are stronger than concrete. The great thing about this product is that it's made from the sort of materials that usually end up in landfills because recycling centres can't accept them. The bricks consist of high-density polyethylene (milk and shampoo bottles), low-density polyethylene (cereal bags and sandwich bags), and polypropylene (ropes and buckets). And because neither the process nor the materials are expensive, Matee can keep the cost of the bricks low.



Make a T-shirt out of plastics

In a study, researchers took polyethylene, the most common plastic used today and the type of plastic that makes up plastic bags, and turned it into a wearable fabric. The fabric is made by weaving polythene fibres on industrial looms into textiles that researchers say are less damaging to the environment than traditional textiles like wool and cotton. The fibres can be dyed into different colours before the weaving process. Instead of repelling water as plastic does, these fibres allow water to escape. This means when you workout, your sweat won't get trapped inside of the clothing but willwick away.



In case you have not imagined a plastic boat...

Given a chance, most plastics will happily float on whatever water body you toss them into. It's a property an environmental organisation in Lamu exploited in 2017 to build a boat out of recycled plastics. Using traditional dhow builders and techniques,

they built the world's very first 100 per cent recycled plastic dhow (sailing boat) and covered it in 30,000 multi-coloured flip flops. They called the boat Fliplopi. And in 2019, the Fliplopi completed their first ground-breaking expedition, sailing over 500km from

Lamu, Kenya to Zanzibar, Tanzania, stopping at 12 communities along the way. The boat has been a key pillar in the fight to end single-use plastic and leading a plastic-reuse revolution through education, sailing expeditions, positive storytelling and campaigns.

Sky Team that shapes Raila bid towards election

Governors and MPs appear to be on special assignment, with access choppers and low fixed-wing aircraft

by Eric Wainaina

@PeopleDailyKe

An emerging clique of eight politicians dubbed the "Sky Team" is causing ripples within Raila Odinga's campaign circle as it traverses the country routing for his presidential bid.

Comprising youthful and energetic politicians with the fondness for hopping from one rally to another using helicopters, the team has emerged as the focal point in Raila's campaigns, earning both the envy and wrath of senior politicians who feel side-lined.

Though the leadership of several parties coalescing around Azimio la Umoja, which has the backing of President Uhuru Kenyatta, has declared itself as Raila's army and has been gracing many rallies in their respective constituencies, the nine politicians is apparently said to be stealing the show.

The Sky Team, which comprises a few governors and MPs, appears to be on a special assignment, such that they have both choppers and low fixed-wing aircrafts at their disposal to facilitate crisscrossing the country to attend campaign rallies. Those in the know say the group can attend up to four events taking part in different corners of the country in a day.

Members of the team, who are also turning out to be Deputy President William Ruto's vociferous critics due to their sharp tongues comprise Mombasa Governors Hassan Joho and Charity Ngilu (Kitui), Narok Senator Ledama ole Kina, Murang'a Woman Rep Sabina Chege and Gladys Wanga (Homa Bay), MPs Kanini Kega (Kieni), Junet Mohammed (Suna East) and Babu Owino (Embakasi East).

And although Raila's presidential campaign secretariat, through its spokesperson Prof Makau Mutua, has announced that "we are still reconstituting our campaign structures", activities of the team and its apparent special treatment has left little doubt that they have key assignment that has also boosted their profile.

Sources within the Azimio camp revealed that there are deliberate efforts to assemble a cabal of politicians who will match the aggressiveness of the Tanga Tanga brigade comprising Mathira MP Rigathi

Gachagua, Ndindi Nyoro (Kiharu), Alice Wahome (Kandara), Oscar Sudi (Kapsabet) and Didmus Barasa (Kimili) who shoot from the hip in favour of DP.

The source intimated to the People Daily that designers of the Azimio la Umoja and some state operatives who are part of the team working on Uhuru's succession in favour of Raila, had a hand in assembling the team to take on the Tanga Tanga brigade as they market the former premier.

"Those people are not there by mistake and neither are they getting the special treatment for the sake of it. The faces have been deliberately assembled from different regions, and entrusted with an assignment which is to deconstruct Ruto and build a better image for Raila in the eyes of the public through the rallies they attend," the source said.

The operations of the team are akin to that of members of the DP's defunct United Republican Party (URP) that comprised former Majority leaders Aden Duale (parliament) and Kindiki Kithure (senate); then Kericho senator Charles Keter and Kipchumba Murkomen (Elgeyo Marakwet), Meru Senator Mithika Linturi who in 2014, crisscrossed the country in choppers to campaign for Jubilee and market Ruto as Uhuru's successor.

Attack on DP

One minute in the morning hours, Kanini and Sabina are attending an event in their respective constituencies or in Nairobi, next, they are with Joho, Junet, Ledama and Babu in a photo moment standing next to an aircraft before boarding and the other, they are sharing a podium in Western, Nyanza or Coast where they viciously attack DP.

Since Azimio la Umoja team kicked off their official campaign on January 15 at Thika Stadium in Kiambu, the eight, save for Sabina who has been unwell since February 15, before she irked elections officials with claims of rigging, have been to 20 counties and attended more than 30 stopover rallies by yesterday.

Political analyst Peter Ng'ethe says the formation of the team and treatment it is getting "is not an act of coincidence" but a well calculated move by Azimio la Umoja team to infuse into Raila campaign a new and more energetic team.

"These are seemingly young and eloquent campaigners who have the charisma and charm. Raila Odinga has entrusted them and has elevated them in the Azimio



Sky Team members

Kanini Kega (Kieni MP), **Ali Hassan Joho (Mombasa Governor)** and **Junet Mohammed (Suna East MP)** atop a car in Machakos on Saturday. PD/FILE

AZIMIO SKY TEAM

● Campaigns for the August 9 polls promise to be bruising and bare-knuckled

● The Sky Team, which comprises a few governors and MPs, appears to be on a special assignment, such that they have both choppers and low fixed-wing aircrafts at their disposal

● The operations of the team are akin to that of members of the DP's defunct United Republican Party that comprised former Majority leaders Aden Duale (parliament) and Kindiki Kithure (senate);

hierarchy. They are able to resonate with the aspirations of the younger voters hence a very important team for the campaigns," Ng'ethe told *People Daily*.

Others who occasionally feature in the rallies, are Laikipia Governor Ndiritu Muriithi who also chairs Raila's campaign board, newly appointed Jubilee Party Secretary General Jeremiah Kioni who is also the Ndaragwa MP, Mishi Mboko (Likoni) and former Gatanga MP Peter Kenneth.

The activities of the Sky Team have reportedly caused discomfort within some quarters, with Suba South MP John Mbadi, who is eyeing the Homa Bay governor seat, and his Suba North counterpart Millie Odhiambo said to have expressed their reservations. This was after Wanga got the support from some of the Azimio brigade led by Ngilu, Ledama, Sabina, and Babu who graced her gubernatorial launch in Homa Bay before flying to Nyahururu on an Azimio la Umoja campaign rally on the someday.

On February 22, Babu, who has so far attended all rallies in and outside Nairobi which is his political base, was together with Joho, Ledama and Junet photographed next to a red helicopter before boarding for Taita Taveta where Raila had a rally. The following day at 9pm, he released a video of him navigating a low fixed wing aircraft back to Nairobi, captioned: "Flying back to Embakasi East Republic with my Passengers after a series of successful Rallies with Baba at the coast."

Airborne

He, Joho, Ledama, Kanini, Junet, Wanga and Mboko later on February 22 had appeared at Nairobi hospital accompanied by Raila to visit Sabina, a suggestion that some of them travelled back on the same plane Babu was flying. Kanini who was a week ago elevated to the position of the director of the Jubilee elections board has declared himself one of Raila's "Number One" general to ensure the former premier wins on August 9. "Since I started participating in the election, many Kikuyus, including myself have never voted for Baba, but come August 9, we will queue in the polling sta-

tion to vote for him so that he can be the president of the republic of Kenya, and that is why I am aggressively campaign for him across the country and I can assure you that the responsive is very positive," Kanini said.

The Kieni MP, who is also among the key leaders leading the campaign to rejuvenate Jubilee Party, has been posting photos, which mostly feature him, Joho, Sabina, Babu, Wanga, Junet, Ledama and lately comedian Felix Odiouru alias Jalango boarding aircrafts.

"Their (Kanini, Sabina and Kioni) efforts in mobilising for Raila, particularly in central Kenya and revival of our Jubilee Party can be seen and felt more than before. They have been brave and constant in their activities which definitely makes them an asset both to the party and the campaign team," the Jubilee Party deputy secretary general Joshua Kutuny says.

Governor Joho, who is also the ODM deputy party leader, has been flying to all Azimio rallies and has declared that he would stop at nothing to ensure Raila wins.

"For us, we are here to (politically) squeeze Ruto. Our little efforts so far have forced him to fly to the US and UK to cry foul. His friends should tell him that more is yet to come," he said during the Ukambani rally on Saturday.

The county chief who has been Raila's point man at the Coast after successfully elbowing out Tourism minister Najib Balala, has increased his visibility nationally, including sustaining Raila's campaign when his party leader had travelled to India and Dubai last month.

For Governor Ngilu, she has not been missing any political rally or event organised in favour of Raila, and has been receiving special treatment. Together with her Machakos counterpart Alfred Mutua and Prof Kivutha Kibwana (Makueni), Ngilu has become Raila's pillar in Ukambani. During the Jubilee and ODM separate National Delegates Convention a week ago, Ngilu who is a leader of women league fighting for Raila who adorn blue berets dubbed "Jeshi la Baba", spoke on behalf of women and has featured in all rallies.



Sabina seeks direct nominations for female aspirants during polls

by Wangari Njuguna
@PeopleDailyKe

Murang'a Woman Representative Sabina Chege (*pictured*) is proposing political parties give direct nominations to female candidates vying for elective seats.

Chege said the move would help increase chances of having more women elected and boost gender balance in political leadership. She however said this should be for the

strong candidates who will be able face off with the male opponents at the ballot come August.

"I know political parties can support us in getting more women on board and even support them financially where possible," she said.

"I would also urge the presidential candidates to consider picking female running mates so that we can have gender balance in leadership" she added.

Chege also urged women not to

shy away from vying for the seats as they have the same capacity as men.

"Women should not be cowed or bow down to any form of intimidation, they should put a brave face" she remarked.

Chief Administrative Secretary in the ministry of Labour and Social protection Rachael Shebesh on her part said the ministry is keen to support women leadership in all the sectors.

She said they have identified

seven female candidates who shall be vying for the gubernatorial seats in various counties and they shall support their bid.

"We are not looking at their political parties but we would like to ensure that when the Council of Governors sit, there will be women representation," said Shebesh.

The two spoke in Kandara, Murang'a when they paid a visit to Eddah Gachukia, a former nominated MP.

Minting millions from party tickets

Leading political outfits are charging Sh500,000 for governor aspirants and Sh250,000 for MPs, Senator and Woman Rep positions

by Jeremiah Kiplang'at
@jere_kiplangat

Political parties with large following are revelling in good fortune as thousands of aspirants seek nomination for various seats.

Rough estimations show that the leading parties associated with Deputy President William Ruto, Raila Odinga, Kalonzo Musyoka and Musalia Mudavadi are raking in millions of shillings from aspirants.

Indeed, many parties have extended the application periods to provide more time for candidates to bank money and get clearance. Aspirants are parting with huge amounts of money to get the greenlight to be included in the parties' lists before the March 26 deadline. The nominations are slated for mid April.

Although the leading parties are charging premium rates for the tickets, they are reporting huge traffic to their offices as desperate aspirants line up to be cleared.

Orange Democratic Movement, United Democratic Alliance, Wiper Movement, Jubilee and Amani National Congress have reported a hive of activity in their offices this week, with aspirants waiting for long hours to get clearance.

Others that have attracted interest are

Kanu, Ford-Kenya, DAP-K, Chama Cha Kazi and Farmers Party.

Riding on their popularity, these parties have tagged a high price on their tickets, hoping to reap as much as possible from aspirants.

UDA, which is participating in elections for the first time, has reported a huge appetite for its tickets, with reports indicating it has registered over 5,000 aspirants for various seats across the country. The party said it could not yet ascertain the exact number of aspirants for each post.

All the leading parties are charging amounts ranging from Sh500,000 for governor aspirants, Sh250,000 for MPs, Senator and Woman Representative, and Sh50,000 for MCA posts.

They have, however, introduced affirmative intervention for women and youths who will pay half of the figures. In addition, ODM is charging Sh250,000 for anyone who wants to be a deputy governor.

Mathira MP Rigathi Gachagua, who is a senior UDA member, said there was huge interest in the party, which has entered into a coalition with ANC and Ford Kenya to form Kenya Kwanza Alliance. "UDA party has become a mass movement with over 5,000 paid-up aspirants as of this evening (last Friday)," said Gachagua.

Yesterday, UDA asked those who have submitted their details to contact them if they fail to get a confirmation text by yesterday. "We will be sending SMS confirmation to all our aspirants with their nomination details.

"If you do not receive an SMS by 6pm on



CASH BOOST

● **Rigathi Gachagua:** UDA has become a mass movement with over 5,000 paid-up aspirants by Friday evening.

● **Irungu Nyakera:** The Farmers Party will not have nominations. This is provided for in our constitution. We are offering an equal chance to everyone who aligns with our focus.

Farmers Party chairman Irungu Nyakera. PD/FILE

Sunday, March 6 2022, please contact the UDA head office," it said in a statement.

The two leading parties, ODM and UDA, will field candidates in most of the 1,450 wards, 290 constituencies and 47 counties, although they are in talks with parties within their coalitions to support partner parties in particular zones.

ODM is a key member of the Azimio la Umoja movement while UDA is a member of the Kenya Kwanza Alliance.

With each getting at least two aspirants for governorship in over 30 counties, they are making at least Sh30 million for the race alone. The MCA seat is also bringing in lots

of money as the parties are looking at having candidates in over half of the wards, which roughly translates to Sh75 million if two candidates show interest.

They will also make a fortune from other seats across the country.

In a notice, the chairperson of ODM's National Elections Board, Catherine Mumma, said they would accept applications for governor, senator, MP, Woman Representative and MCA.

"All aspirants are advised to familiarise themselves with the Constitution and laws relating to elections, the party's constitution and party primaries, and nomination rules and to ensure their applications meet all the standards and requirements," she said. The party is receiving aspirants' applications until next Sunday.

Jubilee Party, led by President Uhuru Kenyatta, is also eyeing a share of the nominations fortune after extending the period for candidates to obtain its tickets to March 11.

The nominations windfall has also awoken hitherto dormant parties, which are keen to have a bite of the pie by offering cheaper and direct tickets.

Farmers Party chairman Irungu Nyakera told 'People Daily' it was offering aspirants the possibility of getting direct tickets, adding that they would not hold nominations.

The party is charging Sh250,000 for those seeking its tickets for governor, Sh150,000 for senator, Sh75,000 for MPs and Sh35,000 for Ward representatives. It is charging half the amount to women and youth.

"We have eight aspirants for governor seats, 11 for Senate, 15 Woman Representatives, 24 Members of Parliament and 89 members of county assemblies," he said.

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Wetang'ula defends KKA claim on election rigging

Kenya Kwanza politicians accuse State of turning a blind eye on insecurity in parts of Rift Valley counties

■ by Wycliff Kipsang
@Wysang08

Kenya Kwanza Alliance (KKA) leaders yesterday took their campaigns to Deputy President William Ruto's North Rift backyard where they sought to defend his United States tour and his remarks on a plot to rig the August presidential election.

Led by Ford Kenya chief Moses Wetang'ula, who attended church service at St Mary's Queen of Peace Catholic church in Osorongai Uasin Gishu, they defended Ruto's claim of a scheme to influence the outcome of the August 9 poll.

Wetang'ula said KKA read sinister motives when members of the national government administration officers were allegedly included in the elections preparation team.

"Please pray for our country so that we have a free and fair election. *Hiyo mpango wanapanga hawatafafulu* (the election rigging plot will fail). IEBC has the constitutional mandate to manage elections and it has not solicited for any support from the provincial administration. Any unsolicited support to IEBC is unwarranted," said the Bungoma senator.

He said the Deputy President's overseas trip was meant to strengthen Kenya's ties with our friends abroad."

Ruto has come under fire from his presidential race rival Raila Odinga's allies over rigging remarks that he made at the Karson Institute for Race, Peace and Social Justice in Loyola University, Maryland.

Name calling

Azimio La Umoja politicians have told off the DP and dared him to record a statement about the alleged plot with relevant government agencies when he returns to Kenya.

Raila's allies claim the DP had sensed defeat and was whipping up emotions to win the sympathy of the international community.

Yesterday, Ruto's allies also criticised their Azimio La Umoja opponents whom they accused of having nothing to offer Kenyans, other than name-calling.

"They seem not to have anything tangible to tell Kenyans. Their main agenda is to mention the name of William Ruto and



Ford Kenya leader Moses Wetang'ula (right) accompanied by several MPs when they attended mass at the St Mary's Queen of Peace-Osorongai Parish, Uasin Gishu County. PD/WYCLIFF KIPSANG

criticise his tour of the United States in their campaign rallies," said Wetang'ula.

"Raila (Odinga) went to China and other Middle East countries but did we talk about it?" posed Wetang'ula.

The Kenya Kwanza team, which included MPs Caleb Kositany (Soy), Janet Stitieni (Turbo), Nelson Koech (Belgut), Gladys Shollei (Uasin Gishu Woman Rep) and Kericho Senator Aaron Cheruiyot (Kericho) said theirs was the only outfit with an agenda for Kenya. They also drummed up support for Ruto's bottom-up economic model.

Wetang'ula expressed optimism that they will win the next election and called on Kenyans to turn up in large numbers on election day and exercise their demo-

catic right.

"Let's shame our competitors with a landslide win so that they don't have a chance to go to court, swear in themselves or request for a handshake," said Wetang'ula.

Runaway insecurity

The leaders accused the government for turning a blind eye on runaway insecurity in Kerio Valley which has left hundreds dead and many others displaced from their homes.

"For how long will innocent lives be lost for action to be taken? The lives which have been lost in the region are even more than all those that have been lost in terror attacks. Every part of Kenya is important. Every life matters," said Senator Cheruiyot.

He attributed the confusion surrounding the proposed merger between Kalonzo Musyoka's OKA and Raila's Azimio to mistrust.

"It's a coalition of men who cannot keep their word. And I'm sure it will not stand the test of time," he said.

Koech said Kenya Kwanza was not worried about the outcome of the August election.

"We don't fear you beating us in an election. What we want is free and fair election," said Koech who called on the electorate to vote out Rift Valley leaders who do not support Ruto.

RIGGING SAGA

● During his tour of US, DP William Ruto sparked a storm when he claimed that the government was planning to rig the August 9 elections.

● Ruto said that there was concern among Kenyans about deliberate intrusion of State agencies to manipulate the outcome of the election.

● But Raila's ODM party dismissed Ruto's claims, saying the DP was setting the stage to dispute the outcome of the August 9 polls.



Deputy President William Ruto (left) with Kenya's High Commissioner to UK Manoah Esipisu at Heathrow Airport. Ruto is in the UK for a series of meetings. DPPS

Ruto arrives in UK after controversial United States tour

■ by Rawlings Otieno
@PeopleDailyKe

International Studies moderated by Mvemba Phezo Dizolele.

Deputy President William Ruto has arrived in the United Kingdom (UK) for a series of engagements for three days before returning home.

Ruto and his entourage, who arrived in London yesterday morning, were received by Kenya's High Commissioner to the UK Manoah Esipisu.

The Deputy President is scheduled to meet senior government officials, visit the National Counter Terrorism Centre and make an address at the Commonwealth Secretariat and Royal Institute of International Affairs-Chatham House.

He is also expected to engage Kenyans living in the UK.

Ruto's Presidential Campaign Secretariat Head of International Relations Ababu Namwamba posted on his official social media pages that the Deputy President will be at the Holiday Inn, Bloomsbury-London.

Accept outcome

On Friday, while in the United States, Ruto who is running for the Presidency said he would accept the outcome of the August 9 elections.

"I am a firm believer in the rule of law and will accept the outcome of the elections," Ruto said during an interview at the Centre for Strategic

But his US tour sparked a storm following his claims that the government was planning to rig the elections.

Ruto said there was concern among Kenyans about deliberate intrusion of State agencies to manipulate decisions of the people in the General Election.

But Raila's ODM party dismissed Ruto's claims, saying the DP was setting the stage to dispute the outcome of the August 9 polls.

ODM chairman John Mbadi said Ruto was crying foul by claiming the winner of the presidential election was predetermined.

"The signs are clear. The mountain (Mt. Kenya region) is shifting its support from Ruto. There is no way he is going to win this presidency. No wonder he has started speaking the language he is speaking," said Mbadi.

In the interview with Dizolele, Ruto said he differed with President Kenyatta after the March 9, 2018 handshake with ODM leader Raila Odinga.

"Uhuru Kenyatta is my boss and my good friend although we have different points of view on matters to do with how we want to take Kenya forward," said Ruto.



President Yoweri Museveni (centre) with Wiper party leader Kalonzo Musyoka (right) and Baringo Senator Gideon Moi at Nakasero State Lodge, Uganda on Saturday. PD/DENNIS KAVISU

Kalonzo, Gideon hold talks with Museveni

■ by Jeremiah Kiplang'at
@PeopleDailyKe

Uganda President Yoweri Museveni hosted One Kenya Alliance principals Kalonzo Musyoka and Baringo Senator Gideon Moi on Saturday as the two prepare to represent Kenya in South Sudan peace talks to be hosted in the East African country.

The African Union Peace and Security Council at a meeting held on January 25 tasked Museveni to convene a meeting to look into the situation in South Sudan.

"Acting under Article 7 of its Protocol, the Peace and Security Council welcomes the efforts of H.E. President Yoweri Musev-

eni and his intention to convene a retreat in Kampala, Uganda, for the South Sudan Presidency to resolve the outstanding areas of the 2018 Revitalized Peace Agreement and encourages IGAD to support these efforts," the AU communiqué reads.

South Sudan envoy

President Uhuru Kenyatta appointed Kalonzo Kenya's special envoy to South Sudan in 2018.

"I hosted a Kenyan delegation led by the former Vice President H.E Stephen Kalonzo Musyoka, at Nakasero State Lodge. We held talks on the peace process in the Great Lakes Region. I also made a case for unity and patriotism as the basis

for building strong armies," said Museveni.

The Wiper leader, who before was one of the country's long-serving Foreign Affairs ministers and has been credited with playing a role in the realisation of South Sudan's independence in 2011, said their focus was on the country's stabilisation in the coming peace retreat.

"Together with OKA @MoiGideon, we met with Ugandan President @KagutaMuseveni at State House Nakasero, Kampala for lengthy & deep deliberations. Chief among the talks was the planned peace retreat with South Sudan President Salva Kiir and his First Vice President Dr Riek Machar," he said.



THE PRESIDENCY

Dear Candidates,

Examination time is here. We would like to wish you all the best as you sit for the Kenya Certificate of primary Education (KCPE), and the Kenya Certificate of Secondary Education (KCSE) examinations.

Remember what we have always told you, that examinations are not an end to themselves, so whatever the outcome, we believe in you. We know you have been imparted with adequate knowledge and information for the task ahead of you. Your dedication and hard work will surely lead you to victory. Cheating will not give you yields, instead it will destroy you. Trust in your hard work.

The significant reforms we have implemented as Government in the education sector ensure that each one of you has an opportunity to be part of something great in the building of our great Nation.

May God give you a good understanding, and may God bless the work of your hands.

BARAKA TELE!

Best Wishes

H.E Hon. Uhuru Kenyatta, C.G.H,
President of the Republic of Kenya, and
Commander - in - Chief of the Defense Forces

H.E The First Lady
Margaret Kenyatta



State steps up security at schools in bandit-prone areas

by Wycliffe Kipsang
@PeopleDailyKe

Security has been stepped up in the banditry-prone counties of the North Rift as the Kenya Certificate of Primary Education (KCPE) examination kicks off countrywide on Monday.

The move comes amid heightened tension in Baringo South and Baringo North sub-counties following the killing of eight people by armed bandits in the last 24 hours alone forcing residents to flee their homes fearing for their lives.

Fear and apprehension have gripped the region with some learners risking missing the exams as the situation threatens to get out of hand.

"The fate of many learners remains unknown. How are they expected to compete with their counterparts

in other parts of the country under such harsh conditions? For how will we continue to witness such killings for the government to act?" asked Baringo South MP Charles Kamuren.

The residents complained that the government has been talking tough on the insecurity menace ravaging the region but has done little to address their plight.

But Rift Valley regional coordinator Maalim Mohammed yesterday assured parents and learners in the region all candidates in the bandit-prone counties will sit their exams.

"All students will be accommodated and will sit their exams as we have relocated them to safer grounds. All logistical arrangements have been put in place to ensure that the examination is not disrupted as all examination centres will be



MOHAMMED

All students will be accommodated and will sit their exams

manned by enough security personnel," said the administrator.

This comes at the backdrop of growing tension in Baringo North and Baringo South sub-counties following the killings. During the first attack on Friday, three people were shot dead at Kasilia in Baringo South sub-county by armed bandits from a neighbouring community.

Among the dead is a milk vendor who was riding on a motorcycle while the other two were shot dead when they were ambushed. Other deaths were also reported at Kapturo area of Baringo North following another banditry attack on Friday evening.

According to Baringo County Commissioner Abdirassak Jaldesa, the bandits were shooting at anybody they met indiscriminately.

"We don't know their mo-

tive. It seems they want to install fear on the residents and cause tension for people to flee the region," said Jaldesa.

The killings came days after Mohammed, who toured Baringo accompanied by top Rift Valley security team announced the rollout of a forceful disarmament exercise in the region. This follows the lapse of the ultimatum the government had issued to herders in the region to surrender illegal firearms in their possession.

"We will not relent until we seize all illegal firearms in the wrong hands. We have mapped out all insecurity hot spots in Rift Valley," warned the administrator.

According to Mohammed, profiling of persons involved in the attacks is ongoing and those identified are under investigation by the Directorate of Criminal Investigations (DCI).

BRIEFLY

Parents appeal for certificates release

Parents in Naivasha have petitioned the Education CS Professor George Magoha to intervene and have school principals release academic documents for students with pending school fees. They noted that hundreds of students could not join colleges and universities due to the current crisis forcing them to drop from school and engage in drug abuse. This emerged when over 600 students from needy families received over Sh1.9m in bursary from Nakuru county government. According to Lakeview MCA Simon Wanyoike Wanango, 10s of students had failed to join higher institutions of learning due to lack of the certificates. He appealed to the Magoha to intervene and compel the school heads to release the documents. "We are worried by the high number of certificates being held by schools due to pending school fees and this has led to an increase in usage of drugs," he said. Wanango at the same time decried the low bursary allocations. - Kirera Mwiti

It's all systems go as 1.2m learners start KCPE today

Enhanced security across the country as education stakeholders promise to deliver credible exams

by Irene Githinji and Mathew Ndung'u
@PeopleDailyKe

All is set as the 1.2 million 2021 Kenya Certificate of Primary Education (KCPE) candidates start their national exams this morning with the Mathematics paper.

Kenya National Examination Council (KNEC) Chief Executive Officer (CEO) Dr David Njengere said that all is ready and the Government is following keenly on areas that recently had insecurity issues to ensure the exam is taken without any disruptions.

"Everything is ready and the exam starts today at 8.30am. We had insecurity issues in parts of Rift Valley, especially Baringo but the Regional Commander and Regional Director of Education have addressed the situation. We are in touch with them so that we can stop anything from jeopardizing the exam process," said Njengere yesterday.

The CEO, who wished all candidates well in their papers, will lead in opening of exam container in Nairobi West, which is to be opened at 6.30am instead of the previous 6.00am.

According to Njengere, this is part of taming any form of early exposure, which is expected to reduce time invigilators have from container to exam centre and will also be less time to 8.30am, the official start time.

Separately, Education Cabinet Secretary

George Magoha said that a sizeable number of invigilators have been well trained but warned a small percentage of teachers out to make money out of the exam exercise.

He said the Ministry and KNEC is able to pick instances of early exposure of the papers while marking, which leads to disqualifying results.

"Unfortunately for them, we are watching them even in their telegram groups. The challenge comes when they take two papers in the morning. They corrupt and send it to social networks and then start the paper two or three hours later but the child is already in the exam hall... By the time they give them a stolen paper, it is useless because there are policemen everywhere and all this does is confuse children," the CS said.

SECURITY CHALLENGES

Magoha said the early exposure by a very small fraction of invigilators is the only gap the Ministry has at the moment but insisted that all papers are sacrosanct.

Saying all exam stakeholders are fully in control, Magoha stated that no paper has leaked and over 200,000 invigilators and more than 45,000 security agents have been contracted for the exercise.

"If the container is near an exam centre, there is no reason why the principal should be given the exam two hours earlier, they can be given the papers at about half an hour to exam time. Our instruction was that containers should be opened at 6.30am not at 6am," said the CS.

He said that the exams are already in the container and even though cartels are very active to interfere with the process 'they will get nothing'.

"Candidates should not be hoodwinked



Giligil Academy KCPE candidates rehearse on Friday ahead of today's start of exams. RAPHAEL MUNGE

EXAMINATION KICKS OFF

All is set as the 1.2 million 2021 Kenya Certificate of Primary Education (KCPE) candidates start their national exams this morning

Over 200,000 invigilators and more than 45,000 security agents have been contracted for the exercise

KCPE centres will be served from 491 distribution containers while Kenya Certificate of Secondary Education (KCSE) centres will be served from 483 distribution centres

because the exams will be opened at the right time. The way the brain works, it is better you respect it and allow it to remember what it can and you will do very well," he advised.

He urged those tasked to pick exams from the container to keep time saying that helicopters are on stand by, especially in areas where there are security challenges to ensure exams are delivered to the centre and back to the container.

At the same time, Magoha has warned that no politician will be allowed to enter any public or private learning institutions from today, until all the 2021 national exams are completed.

Magoha banned all politicians from holding rallies and or touring the schools until the exams are completed.

While making the strict remarks after inspecting Class Eight pupils' preparedness at Kimunyu Primary School in Gaturu South, Magoha upheld that until all the exam materials are transported to the command and control centre in Nairobi, all schools are out of bounds for all politicians.

"We are making an absolute ban and politicians will only be allowed within the

school premises after all exams are done and materials transported back to Embakasi in Nairobi," he said.

Magoha who advised politicians to alternatively hire stadiums constructed across the country upheld that the candidates must be allowed to sit exams in a friendly and serene environment devoid of politicking.

"There will be no exemptions here and I have briefed the President whom we are together in this. If you try, you will face the full force of law. Children have a right to sit exams in a conducive environment and that we have guaranteed to offer," he warned.

The CS also assured that centre managers who have been consolidated to manage exams elsewhere will be fairly remunerated.

"I am hearing a lot of noise, maybe because of money. We may not pay them to the level we are paying real centre managers but they will be paid a token," he added.

KCPE centres will be served from 491 distribution containers while Kenya Certificate of Secondary Education (KCSE) centres will be served from 483 distribution centres.

Respect religious rights of learners, principals urged

Some institutions accused of interfering with students' basic freedoms, denying admission and expelling others on flimsy grounds

by Irene Githinji
@gigithee

Schools heads have been warned against violating learners' religious rights.

Education PS Julius Jwan (right) says some schools have been interfering with learners' freedom of worship, denying them admission or expelling them.

"The ministry has achieved significant milestones in ensuring no child is left behind or excluded from getting education. But even as the government allocates more resources to ensure all children are in school, a few administrators and managers are using flimsy excuses to keep learners away from school," said Dr Jwan in a circular released on Friday to all county directors of education.

Jwan said the ministry wants to ensure the religious rights of learners are protected, adding that school administrators, boards of management, sponsors and other stakeholders should not violate these freedoms.

"Enforce this circular and cascade the same to all sub-county directors of education," the PS directed.

He said violations include prohibition from wearing religious attire such as hijabs and turbans, and forcing students to study subjects such as Islamic religious education, Christian religious education and Hindu religious education.

The PS said some schools are denying learners an opportunity to observe religious rites, and failing to allocate worship rooms or spaces.

Also, some schools force learners to participate in religious rites and activities that are contrary to their beliefs.

The PS issued the circular as directed by Education Cabinet Secretary George Magoha, who at the weekend said there is nothing wrong with a child wearing an Akorino turban in learning institutions.

He said children of the Akorino faith should not be discriminated against by virtue of the turban.

"There is another policy statement I want to make here regarding the Akorino sect in the country. I have been seeing many children and grandchildren in primary and secondary schools with Akorino



WHAT THE LAW SAYS

- No one should be compelled to act or engage in an act that is contrary to one's religion.

- The Basic Education Act 2013 protects the rights of children to access education.

- Section 4 on the guiding principles in provision of education provides, among others, the right of every child to free and compulsory basic education.

- The PS said violation of religious rights in schools has negative effects on maintenance of peace and tranquility, with some students dropping out.

2013

Year when the Basic Education Act came into effect.

BRIEFLY

Let's make Kakamega a major hub, says former Ketraco boss

Former Kenya Electricity Transmission Company chief executive Fernandes Barasa has promised to transform Kakamega County into an investment hub if elected governor in the August 9 elections.

"Kakamega is the second-largest county in Kenya and it has the potential of becoming an investment hub," he said.

"Governor Wycliffe Oparanya has done a commendable

turbans and there is nothing wrong with that. We will issue a circular to all sub-county directors of education to enforce this issue," he said on Saturday.

The PS added that violation of religious rights is against various legislation, regional and international conventions.

He cited the Constitution which acknowledges that Kenyans have diverse ethnic, cultural and religious backgrounds.

Chapter 4 on the Bill of Rights, he said, bestows fundamental freedoms that include freedom of conscience, religion, belief and opinion. He stressed on the right to manifest one's beliefs through worship, practice and teaching, adding that no one should be denied access to any institution, employment, facility, or enjoyment of any right owing to religion.

Group wants voter list period extended

by Mathew Ndung'u
@PeopleDailyKe

Election, especially special interest groups recognised under Article 100 of the Constitution. He asked IEBC to reconsider the closure of the registration.

"In focus is the issue of minorities and indigenous people who already face the brunt of discriminatory policies.

Ending the voter registration is retrogressive and a curtailment of people's inherent right to vote," said Okeno.

IEBC terminated the voter registration process on February 28, netting 2.5 million electors out of the projected 6,000,000 voters.

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PSV owners must join fight on road carnage

On Tuesday last week, Kenya recorded eight deaths within 24 hours in various parts of the country. Their demise came at a time when eyebrows are being raised over the high rate at which accidents are consuming lives and crippling others on our roads.

In the first four weeks of this year, 349 Kenyans had died through road accidents, according to figures released on January 26 by the National Traffic Commandant Mary Omari. Those statistics have since risen more than twofold. That is a very dangerous trend that demands a call to action.

At the moment, the police officers tasked with enforcement of traffic rules on our roads are trying their best. Last week alone, 1,700 vehicles whose drivers were found flouting traffic rules were impounded. That is a step in the right direction, with a hope that the police officers from within their own ranks who seek bribes from errant owners and drivers of Public Service Vehicles (PSVs) will equally be reined in.

It is easy - and quite reasonable - to point accusing fingers in the direction of State officers and institutions, especially the National Police Service (NPS) and the National Transport Safety Agency (NTSA) whenever a road accident of whatever magnitude occurs and lives are lost. Deservedly so because they are the ones whose docket the maintenance of law and order on our roads are vested.

Each year, thousands of Kenyans lose lives through road accidents mainly due to avoidable reasons that range from unqualified drivers and speeding to drunkenness and unroadworthy vehicles. It is, however, noticeable that leading PSV operators - mostly the Matatu Welfare Association (MWA), the Matatu Owners Association (MOA) and the various saccos have not taken any serious steps to help get rid of the mess in the industry.

Apart from the outright breach of traffic rules, notoriously untidy PSV drivers and touts engage in a number of other uncouth activities. This rogue behaviour would not be rampant if PSV operators in the country resolved to end the menace. They actually abet these primitive conducts. MWA, MOA and Saccos are doing a great disservice to this country as they are the largest contributor to the mayhem that repeatedly engulfs our roads.

The mess bedeviling our roads today would not have reached the alarming proportions had MWA, MOA and Saccos taken upon themselves to impart discipline in the business. It is time they did that.

THOUGHT OF THE DAY

EZRA POUND

Great literature is simply language charged with meaning to the utmost possible degree

QUOTED TODAY



It is unfortunate that young children are used as cattle rustlers instead of being in school, something that should not be encouraged, during this era. Education pays.

RIFT VALLEY REGIONAL COMMISSIONER MOHAMMED MAALIM



Political parties can support us in getting more women on board. I would also urge the presidential candidates to consider picking female running mates so that we can have gender balance in leadership.

MURANG'A WOMAN REP SABINA CHEGE



It is noted that even as the government allocates more resources to keep all learners in school, a few school administrators and managers are using flimsy excuses to keep learners away from school.

EDUCATION PS JULIUS JWAN



KICD's role should not stifle imagination in literature

ISAM LATOTI

KICD should seize the opportunity to introduce in schools assorted writings that speak of current realities

Before Kule's *Blossoms of Savannah*, there was Margaret Ogola's *The River and The Source* that had replaced Ngugi's *The River Between* in 2012. This list of books goes back to the times of Amadi's *The Concubine* and Achebe's *Things Fall Apart*.

Granted, those who interacted intimately with the texts recall characters like Waiaiki, Akoko, Chief Nanga, Shylock, Ihuoma and Okonkwo amongst others. That these books are worthy is not in doubt. They have their own strengths that make them suitable for learners.

However, KICD needs to wake up to the realities of our time. It should strive to accommodate diverse and experimental writings that excite the mind. It is self-defeatists to confine imaginative literature to some rigid moralistic structure and expect young minds to become quintessential creatives as envisioned by the CBC!

What is troubling is a feeling that KICD, like the defunct Kenya Institute of Education, has a modicum of subliminal bias for literary works by authors of a certain age or at least works that contain predetermined lessons. Whether this is a coincidence or not is beyond many of us.

However, that KICD has a penchant for recycling set books that had been selected in past years is not in doubt. It would be excusable if Kenya was a 'literary desert' but is not the case. The country

is currently teeming with diverse top-notch writings that are debated at international platforms. That such works are rarely acknowledged at home is 'criminal'! The books' selection process is very competitive. The publisher and the author are guaranteed millions of shillings if KICD gives a nod to a book. To avoid canvassing, KICD even adopted blind tendering process to give all submitted works an equal chance of winning.

While such efforts are laudable, the focus should be more on the content than process. Many great books published by local writers can easily meet the threshold required by KICD for use in school. What better satire can we cite except Binyavanga's *How to Write About Africa*?

Isn't this theme topical at a time the image of Africa is seen through the jaundiced eye of the West? What of Yvonne Awuor's *Dust*? Isn't this beautiful story of crime, family-strife and redemption relevant for Kenya today? What of Khadija's *House of Rust* and its magical realism? What of Kombani's *Of Pawn and Players*? Isn't it a book to read when the pandemic of gambling is unleashed amongst the youth? There are more writers in this category.

KICD needs to open up readership for Kenyan learners. It should seize the opportunity to introduce in schools assorted writings that speak of current realities. Above all, it must turn reading literature in class from the drudge that it is into an undertaking of sheer fun and enjoyment.

Ngugi, Ogola, Oludhe, Ogot et al are soaring foundation writers. Still, KICD can look beyond them and see a crop of brilliant emergent writers with something equally worthy to offer.

They too deserve recognition.
—The writer comments on topical issues

SEND YOUR OPED TO: peoplespeak@mediamax.co.ke

Ukraine: World needs new morality for super powers

The outrage with which the Russian invasion of Ukraine has been greeted in the West by the US and her key NATO allies would almost be amusing if it was not over such a tragic issue.

The US and NATO allies have zero credibility in this matter. They, especially the US, are among the biggest warmongers in the world. They have for decades now been invading weaker countries at will either directly or through proxies.

It is sheer hypocrisy for them now to manufacture outrage against Russia's invasion of Ukraine. No wonder Russia simply shrugs off their outrage.

A short walk down memory lane will suffice to illustrate this.

In 2003, the US led a bunch of its allies- Britain, Australia and Poland in invading Iraq supposedly to disarm Iraq of weapons of mass destruction. The evidence then was scanty, and this was subsequently proved to have been completely false. Iraq was destroyed, and its leader then, Saddam Hussein, was deposed and hanged by the allied forces. The US and its allies then invaded Iraq to facilitate a major plunder of its oil resources.

In early 2011, the usual suspects—the US, and its NATO allies

GATHU KAARA

The US and NATO allies lack credibility and moral authority to manufacture outrage against Russia's invasion of Ukraine

comprising UK, France and Canada intervened in a civil war in Libya on the side of insurrectionists. These insurrectionists were having a hard time making any headway, and looked set to be defeated militarily by Libyan forces.

Warplanes from these four countries pounded Libya with airstrikes, destroying most of its fighting equipment, and laying to waste a huge swathe of the country. During the war, Libyan leader, Muammar Gadaffi, was captured and killed. The rest of the country was destroyed by the civil war.

The US and its allies then abandoned Libya to its devices, a once proud nation destroyed. A former first world country is now a complete shambles, with no end in sight.

No, the US and its NATO allies are not the people to start sanctimonious posturing when others do exactly what they have perfected. They do not have a shred of moral authority.

Back to Ukraine.

Russia used to be a global power that held the balance of terror side by side with the US. That power went down when the Soviet Union it led disintegrated on its internal contradictions.

Russia is beginning to assert itself as a global power once again. With a global-size economy, and the world looking for leadership beyond the current unipolar power structure dominated by fading US, Russia has seen opportunity to expand its hegemony.

Russia's President, Vladimir Putin, a relic of the cold war, relishes nothing more than a "cold war" stand-off that profiles his country's military prowess. That's why there's so much unnecessary bombing of hapless Ukraine.

The foregoing is not to justify the Russian invasion. It is to raise the real issue that must be addressed beyond all the sanctimonious posturing- that of global powers running roughshod over weaker countries whenever the fancy hits them simply

because they can.

There has to be a new mechanism to deal with this matter. Unfortunately, the United Nations Security Council (UNSC), the organization designed to act as the "conscience" of the world, is hostage to these very powers with their unbridled appetite for global hegemony. They can veto any resolution of the Security Council that goes against them or their allies. Case closed.

A new mechanism is needed.

This mechanism must bring a new morality to bear on global affairs. That means that the global powers themselves must sit down and agree to stop invading other countries, and put together a mechanism that addresses the concerns that are likely to lead to such invasions.

The global powers must accept to bring their grievances before such a mechanism for resolution when they find compelling imperatives for invading other countries.

Nothing else will work. Unless such a mechanism comes into force, powerful countries will continue invading weaker countries at will, facilitated by powerful propaganda being deployed depending on what side of the invading forces one falls.

— gathukara@gmail.com

WITH A LIGHT NOTE



President? Yes... No... Arrest pap!

A blogger in Mali, who proclaimed himself president ended his satirical video post by pleading, "Don't send the police after me! It's just a joke." Unfortunately, they did. "I have decided to officially announce myself as president of the civilian transition," said Tandina Elhadji Beyt'allah, in a gentle dig at the leaders of the country's military junta, who have yet to deliver promised elections. But the military didn't see the joke, even arresting another Timbuktu man who joked he was ready to serve as Beyt'allah's PM.

—AFP

Global environmental capital Nairobi in jeopardy?



SERGEY FOMENKO

We can only hope Nairobi will continue as the global environmental capital

keep politics away from the multilateral debate on environment, which is too important for humanity to be exploited for selfish political gain.

These countries chose to use the platform of UN Environment Assembly for their belligerent propaganda under the false pretext of the so-called "Russian invasion of Ukraine" spreading disinformation and lies like the "shelling by the Russians of a Ukrainian nuclear power station". Today, it has been well established, including by IAEA and the Ukrainians themselves, that the power station in question has never been shelved, and it is functioning normally to produce electricity for the Ukrainian people. The only danger to the nuclear power installations in Ukraine comes from the Kiev regime and its racist Neo-Nazi stor-

keholders (with swastikas and other Hitlerian paraphernalia) who are now harassing Africans and Asians in Ukraine and whom the European Union and its friends so energetically support and protect.

Never before has the "Nairobi Spirit" been so brutally violated.

Driven by the understanding of the importance of a concerted multilateral response to the current global environmental crises, the Russian delegation has made every possible effort to prevent this very sad situation and salvage the "Nairobi Spirit". We participated in all negotiations in good faith and in a non-politicised manner demonstrating flexibility and constructive approach.

Unfortunately, the countries that declare themselves "leaders of global environment" (and who, incidentally,

were the perpetrators of aggressions against Yugoslavia, Iraq, Libya, and Syria) had their way thus betraying the trust and confidence of generations of environmental experts and decision-makers from around the world in open, honest, and professional multilateral environmental dialogue in Nairobi for the common good of humankind.

The damage is done. We can only hope it is not yet irreversible and Nairobi will continue as the global environmental capital, the only UN capital in the Global South. We will always support Nairobi.

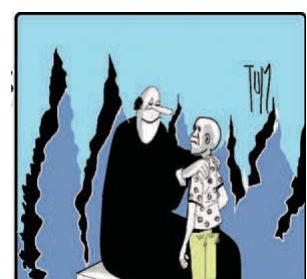
I kindly ask my Kenyan friends not to blame Russia for the difficulties in international trade that Africa is currently experiencing. The disruptions in global economy and trade are a direct result of the illegal and hysterical "sanctions" that the European Union, the US and some others have imposed on Russia.

— The writer is ambassador of Russia in Nairobi

Two people, one salary, two votes!

Finally, Indian Siamese twins Sohan and Mohan Singh were given dark glasses so they could vote in secret without the other knowing who it was for in recent Punjab elections. While the men, who are joined at the hip, have two votes, they only get one salary for working for the local electricity company in Amritsar.

—AFP



TRUTHS: A parent's greatest responsibility is to point the way to God.

#TWEETS TO THE EDITOR



Let's all stand with Baringo first

@Cfc_Kemboi: No Way You Are A Kenyan Standing With Ukraine and not Standing With Our Own People Baringo is Bleeding ...people are Dying daily...mother's are losing their sons daily it hurts mahn...Where is our government? What is the solution? Who is to blame?

Former CJ is such a humble man!

@zakheem_ajaran: I accompanied RtD. CJ @WMutung'a to TZ, on arrival at Julius Nyerere Int. Airport, the pick up car from the embassy delayed, CJ said let's take a taxi, mimi sina shida. He was so powerful but a simple man. I hope to share these stories one day!

Thomas Partey is an amazing player

@DammitArsenal: Thomas Partey has stepped up his performances ever since he rated his Arsenal career to be 4 out of 10. Hope he continues to ball, and scores that outside of the box banger we all have been waiting for. Amazing player.

Win to bring positivity in this world

@EliudKipchoge: I am so proud to win in the streets of Tokyo, where the people have running in their heart and minds. It's great to now have won 4 out of the 6 Abbott World Marathon Major races. Finally, I want to say I want this world to unite. My win today is to bring positivity in this world.

///   PeopleDailyKe ///  People Daily

From the Counties

Why I am no longer interested in the presidential race

It all started as a mockery. Mama Hiro, daughter of my mom-in-law, could not hide her amusement that I had really intended to vie for presidency in the August polls.

"Let us just speak the truth," she said, a wry smile dancing on her lips. "You actually believed you would be nominated to vie for presidency?"

"But why not?" I asked.

"I thought you should know that each party has its owners," she said. Well, this was not news to me. But I was aware that the Chameleon Party was still new, and so it had not yet become anybody's property. And more so, the founder, Mr Kige Ugeu had assured me of direct nomination provided I paid the requisite fee, which I did.

"All the party wanted was nomination fee, and I paid it," I informed Mama Hiro. The scornful look on her face gave way to a frown.

"You mean you paid for nomination?"

"But of course! It cannot be free," I retorted.

"How much?" From the tone of her



MCA GWINSO

It occurred to me that getting a refund would mean severing ties with Chameleon Party

voice, I could tell we were not about to have a friendly chat.

"Not much," I said trying to downplay the matter.

"How much?" she insisted.

"Just a million bob." My housemate gazed at me as if my head had suddenly turned into a pumpkin.

"One million shillings? And you did not tell me?"

"They will refund it, anyway," I mumbled.

"And they better do so quickly. There are better things to do with one million shillings," she said, and to my relief, pursued the matter no further. If only she knew I had actually paid close to two million shillings to keep my competitors at bay!

Now I needed to contact Mr Kige urgently. I called him.

"Ah mheshimiwa, it's always a

pleasure to hear from you," came the squeaky voice from the other end.

"I would like us to meet now to discuss a serious issue." I tried to sound businesslike.

"Ok. At our usual restaurant in half an hour's time," said he.

As I left the house, Mama Hiro said, "Let them refund all the money. Don't accept partial payment."

Meanwhile, it occurred to me that getting a refund would mean severing ties with the Chameleon Party. Was I ready to shop for another party, given that deadlines were fast approaching?

And by the way, was I still interested in vying for presidency? These and other questions occupied my mind as I sat in the restaurant waiting for Mr Kige.

Before long, the party founder joined me. "Yes Mheshimiwa. Now

pour words into my ears," he chuckled. I told him about my decision to withdraw from the race for presidency, and that I wanted a refund of the nomination fees. As I spoke, Mr Kige stared at me expressionlessly.

"Point of clarification," he said when I had spoken, "you did not withdraw. It is the delegates who decided our party was not going to field a presidential candidate." Well, that was true, but what difference did it make? What I wanted was my money back.

"Now, we can refund your money, but not the whole of it," Mr Kige said.

"Why?"

"It is like this. We already used part of it to organise the delegates convention. Then we also used part of it to support war victims in Ukraine," Mr Kige said without batting an eyelid.

"What is the meaning of all that?" I asked.

"We can only refund you half a million," he asserted. For a moment I thought I was not hearing right.

"How much?"

"Five hundred thousand Kenya shillings is all we can give you. And by

the way Bwana Gwino, I am sure you don't want to look for another party. So I was thinking, why don't we retain that half a million and hand you a direct ticket to vie for governorship?" Before I could open my mouth, his phone rang.

"Hello...yes...Listen here, I told you I shall pay! What is five million after all?...Yes...Bwana, I have handled much more than that, so *usiniharakishe*," Kige snarled and hang up. He then turned to me with a gentle smile. "Bwana Gwino, what have you decided? I need to leave for another meeting."

I was too angry to say anything meaningful, so I told him I would get back to him soon. My heart sank when I remembered we had not signed any legal document showing I had paid the nomination fee. I went back to the house to face a bundle of curiosity - Mama Hiro.

"Did you get the refund?" she asked upon setting her eyes on me.

"I will explain later. Let me first rest," I murmured. *Mbele haiko sawa.*

—a.otieno@pu.ac.ke

The Politician



Impeachable Sources

Beloved aliens from outer space giving parents big headache

Kenyan parents have raised the alarm over what they say is an invasion of their homes by little aliens from outer space.

The invaders, they say, have not only occupied every available space in the house, they are making life completely impossible with their rude interrogation and endless demands.

Harassed parents are now asking the government to come to their rescue and drive back the invaders to their natural abodes.

"They have captured the sofa, forcibly taken over the remote control, invaded our personal space and held the mobile phones hostage," said one visibly exhausted parent, who did not want to be named for fear of severe reprisals from the invaders.

The aliens are also reportedly

bombarding the parents with a volley of questions, most of which the victims cannot answer, and harassing them with endless demands, many of which cannot be met.

Besides, the invaders are said to possess voracious appetites and humongous thirsts.

"They are eating us out of home and house," said another parent who also sought anonymity.

She alleged that the invasion was part of the government's sinister plot to drive the people bankrupt.

"This is economic sabotage by the State. It is part of a wider plan to drive us into abject poverty. How else can one explain the coincidence between the skyrocketing prices of basic commodities and the invasion?" posed the distraught parent.

"Even then, I sometimes to my horror, still find them awake, the remote control or phone firmly in hand," he said.

Impeachable sources say some

MAMBO MATATA

The invaders are said to possess voracious appetites and humongous thirsts

parents were seriously considering taking flight from their homes until the invaders are driven back to where they belong at the end of the season.

One parent said he had taken temporary refuge in the bar, only sneaking back into the house in the dead of the night when the invaders are expected to be exhausted and asleep.

"Even then, I sometimes to my horror, still find them awake, the remote control or phone firmly in hand," he said.

But another parent said there was

no hope of escape as the invaders had detained her in the house to ensure all their many demands are met and their welfare is taken care of.

She said that while in the past she had the freedom to leave the house anytime she wished and come back when she fancied, that was now wishful thinking.

"I am now a prisoner of parenthood. I can't go anywhere I want or do whatever I wish," the poor parent said mournfully.

Another parent described the situation as outright slavery, saying that for all the work they are forced to do and all the expenses they have to incur during the invasion, they get nothing in return.

Instead, he said, they are paid back with permanent pouts, tantrums and being made to feel guilty when they

fall short of the invaders' extremely high expectations.

"Teachers are paid to deal with these rascals, we are not. That's why they should spend more time with them and allow us to enjoy our freedom," he said.

Most parents remembered with nostalgia when – not in the too distant past – the aliens would invade for only a few days before they were driven back.

"Those were the good old days," said one father, with a longing smile.

By the time of going to press, the parents' association was preparing to petition the Education Cabinet Secretary to reduce school holidays to a maximum of two weeks to save them from their beloved tormentors.

— matatacolumn@gmail.com

Baringo sorghum farmers moan lack of crop market

Lamentations could be a thing of the past after East African Breweries Limited expresses interest

■ by Wycliff Kipsang
@Wysang08

A decision by a group of farmers from the arid Lawan in Barwessa area in Baringo North sub-county in Baringo to venture into sorghum farming is changing lives.

Besides ensuring food security, the initiative has also seen a significant drop in rampant cases of cattle-rustling that was the norm as sorghum farming fast takes over livestock rearing.

When People Daily toured the area, we found many farmers toiling in their farms with others already harvesting their produce.

"Unlike maize that we have to wait for more than nine months to be ready for harvesting, sorghum takes only 63 days to be harvested. Sorghum can also do well in areas with unreliable rainfall unlike maize which sometimes wither under harsh climatic conditions," said Mary Chepkere.

Already, Chepkere's five-acre farm is already under sorghum. The mother of six expects to harvest more than 50 bags this season.

However, the farmers' major challenge is lack of a ready market, but this will soon be a thing of the past after East African Breweries Limited expressed interest in their produce.

Brewer's representatives are expected to tour the area next week to reach into a formal agreement with the farmers.

"With sorghum, we are assured of a steady income throughout the year as we can plant it three times a year. Our people should be encouraged to venture into it and hunger, which has ravaged them over the years will be a thing of the past," said Colonel (Rtd) Moses Kwonyike, the brainchild of the initiative.



Mary Chepkere (left) with her children at her farm in Lawan area of Baringo North sub-county in Baringo. PD/WYCLIFF KIPSANG

Colonel (Rtd) Kwonyike, who has also planted sorghum in his five-acre piece of land approached the Food Crops Research Institute that provided the farmers with fast maturing Gadam variety sorghum seeds.

Stray elephants

The farmers, however, have to reckon with stray elephants from the nearby Kamnarak Game Reserve, which usually damage their crops. They have since called on Kenya Wildlife Service to fence off the reserve to curb possible human-wildlife

TO REACH ITS POTENTIAL

- Baringo Governor Stanley Kiptis said plans are underway to put more than 10,000 acres of dry land in Kerio Valley under irrigation.

- Governor said the county government will also expand Perkerra, Eldume and Barwessa irrigation schemes to achieve its full potential in food production.

conflict. Birds that feed on sorghum seeds have also been giving the farmers sleepless nights, especially when it is almost ready for harvesting.

"Sorghum farming is very labour intensive and if we can get incentives from the government including subsidised seeds, fertilizer and tractors to prepare our farms we will turn this valley into a grain basket," said Joshua Kipti, another farmer.

Governor Stanley Kiptis welcomed the initiative, saying the area has a big potential in sorghum farming, as one of the orphan crops that can make the area be self-reliant in terms of food sufficiency.

According to Kiptis, his administration has been supporting the farmers by sending their officers to offer extension services to them.

"To minimise attacks from birds, we have been encouraging the farmers to go full blast and commercialise sorghum farming and the results are encouraging. This will not only boost production but minimise the bird damage as the risk will be spread over a large area," Kiptis said.

Fresh crisis looms as Mombasa medics threaten strike over pay

■ by Reuben Mwambingu
@reubenmwambingu

Medical workers in Mombasa have asked the public to brace for a "prolonged health crisis" as doctors, nurses and other health employees down tools starting today to protest delayed salaries and non-remittance of salary deductions.

Kenya Medical Practitioners, Pharmacists and Dentists Union (KMPDU) chair Coast branch Dr Ahmad Mkuchie, speaking at the weekend, announced that health workers union will mobilise their colleagues to paralyse services in all the public facilities in the county.

It will be the second time health workers are downing their tools over salaries in less than three months after a similar strike in Decem-



ber last year. Hassan said all the unions including KMPDU, Kenya National Union of Nurses, Kenya National Union of Medical Laboratory Officers, Kenya Health Professionals Society, Kenya Union of Clinical Officers and Kenya National Union of Pharmaceutical Technologists among others have joined hands to down tools.

"We have realised that the county

has been toying around with our lives. After every two months they hold our salaries. It is like a cycle," Mkuchie said, noting that they have not been paid their January and February salaries.

Kenya National Union of Pharmaceutical Technologists Secretary Juma Abdalla Ali said they are also firmly in solidarity with other health workers.

Young entrepreneur not afraid to try new business ventures

■ by PD Correspondent
@PeopleDailyKe

Wangeci Warui is not your ordinary business lady. She has excelled at running a chain of businesses; being a tax consultant, rice miller, running a car hire business and household goods wholesaler.

Her success she says has not been automatic or by accident but a product of intentional decisions based on being keen, she says.

"Running startups and SMEs can be consuming and draining," Warui says.

She also points out that it takes application of lessons which in most cases one learns on the go.

One of those lessons, she says is "you need to be passionate and work with people who share in your vision. Paying attention to notice deviations in behavior that affect production is an instinct. It gets better with time."

While running Bright Steps Car Hire Services, she has learnt that the right management requires good employees who demonstrate loyalty.

"The external success of any business is a product of internal success and it requires the right team to stay innovative," she says.

Warui in her early 30s highlights that unique selling points are key as they help you stand out. For example, the company offers towing services and has mechanics on standby to better their services.

She says time is another



WANGEKI

Running startups and SMEs can be consuming and draining

crucial resource and factor adding that you create time to pursue your goals.

"Any entrepreneur who desires to succeed must be willing to create time to try their hand at different opportunities while managing the risks involved," she says.

As a tax consultant, she has also learnt that having the right systems plays a major role in the success of entrepreneurship.

She says that one day she found her wholesale and rice milling shops broken into by thieves who stole almost half the stock and equipment.

"This was painful and it taught me the importance of insuring my property to cushion the business from such eventualities," she says.

Kemri partners with global firm to aid cleft surgeries

■ by Mathew Ndung'u
@PeopleDailyKe

The Kenya Medical Research Institute (Kemri) has entered into a multi-million shillings partnership with a global charitable organisation supporting corrective surgeries for cleft deformities.

Partnership between Kemri and Smile Train will see the institutions collaborate on research and capacity building on cleft deformities and care.

Cleft is a common but under reported facial birth difference in which patients experience difficulty in breathing, eating and speaking.

Causes of cleft remain unknown but risk factors include environmental factors, diet of the mother during pregnancy as well as genetics.



Smile Train Programme Director for East Africa Jane Muturi upheld the need for innovations among professionals and collaborations among the various fields.

Speaking during the conclusion of a two-week training on Cleft Research Methodology jointly facilitated by the Kemri Graduate School of Health Sciences and Smile Train, she rooted for advocacy on inclusion of cleft care programmes in national health policies.

Boost for ex-Wajir governor as rival endorses his bid to recapture seat

by Hillary Mageka

@hillarymageka

Former Wajir Governor Ahmed Abdullaah's bid to recapture the seat has received a major boost after one of his challengers Mohamud Abdi-Kadir Abdille stepped down in his favour.

Abdille, a US-based IT specialist who had declared interest in the seat last year, backed down and declared that he will support Abdullaah.

"For the sake of the Mantaan com-

munity and unity, I will shelve my ambitions as a gubernatorial candidate and fully unconditionally support my brother Ahmed Abdullaah. I urge all of you to support, elect and campaign for his success. In 2027 I need your support wholeheartedly," Abdille, declared on Sunday in a ceremony organised by the Mantaan Council of Elders.

Abdille observed that he opted out of the race to make it easy for their Mantaan community to unite behind one candidate.



Mohamud Abdi-Kadir Abdille and Ahmed Abdullaah at a past event.

"At the end of the day, only one of us from Wajir West could give it (gubernatorial bid) a shot. After consulting my friends and different members of the community, I decided to help my brother Ahmed Abdullaah increase his chances of getting the seat so that he has a second opportunity to propel Wajir county to greater heights just as he did in his first term (2013-2017)," said Abdi-Kadir.

He said the people of Wajir needed leaders who can sacrifice their personal interests and aspirations

for the greater good.

He rallied the community to support the ex-county chief to recapture the seat which he lost in 2017 to Mohamud Abdi, who is from the Fai sub-clan of the Degodia clan.

Mantaan is one of the sub-clans from the Degodia clan, who promised to vote for Abdullaah, who is seeking to run in an ODM ticket in the August 9 General Election.

The county is inhabited by three major clans: Degodia, Ogaden, and the Ajuran.

Prominent political families lock horns in Narok contests

Ntutus and Tunais gang up against the Sunkulis, Konchellahs and the Ntimamas

by George Sayagie
@PeopleDailyKe

As the August 9 General Election draws close, the contests are shaping up as a battle of political titans in Narok county where three prominent families are ganging up against each others' choices.

The families battling to control the affairs in the vast county are the Ntutus and the Tunais on one hand against the Sunkulis, the Konchellahs and Ntimamas on the other side.

Kindred of the late Paramount Chief Lerionka ole Ntutu has surprised many by closing ranks with Governor Samuel Tunai despite politically parting ways for a number of years.

Tunai and Ntutu families are now fronting one candidate, Patrick ole Ntutu, to replace the outgoing governor, Samuel Tunai.

Fiery Kimintet Ward MCA Kuya Kijape, who is governor Tunai's uncle, Emurua Dikirr MP Johanna Ngeno, who is married to a daughter of the Ntutus, and former Senator Stephen ole Ntutu, are the deal-makers in the scheme.

In their line-up, Patrick Ntutu will be governor candidate while Governor Tunai will run for the senate. The two families and Ng'eno have been conducting joint campaigns, the latest being on Friday where Tunai endorsed Ntutu, the former Labour Chief Administrative Secretary, to replace him.

Tunai project

The move has ignited a response from three other prominent families in Narok: The late William ole Ntimama's, the Sunkulis and Konchellahs in Trans Mara who, despite fielding candidates in different positions, have united behind Narok North MP Moitalel ole Kenta's bid for governor. Kenta will use the Azimio La Umoja movement vehicle in the race.

During an Azimio La Umoja rally in Nairkarra village in Narok West on Saturday, Kenta, Kilgoris MP Gideon Konchella and Youth Affairs Principal Secretary Charles ole Sunkuli vowed to block Ntutu from winning the seat arguing he was a project of Tunai and his allies.

Kenta accused Tunai of pushing for election of his foe-turned-ally to make sure he protects his interests when he leaves office.



Outgoing governor Samuel ole Tunai.



Former Labour CAS Patrick ole Ntutu.



Narok North MP Moitalel ole Kenta.



Kilgoris MP Gideon Konchella.



Youth Affairs PS Charles ole Sunkuli.



Narok Woman Rep aspirant Lydia Ntimama.

"You are trying to bring a person of your choice in the name of Ntutu to protect your interests," said Kenta.

Kenta further said they had a plan to deny Tunai the senate seat. They are backing Konchella, who is not seeking re-election in Kilgoris. He is serving a fourth term.

"If I take office, I will make sure all the resources lost in Narok County during Tunai's reign are returned. But if Ntutu takes over he will protect him," he added.

But at a different rally in Narok East, Tunai accused Kenta of dividing residents along ethnic lines.

Tunai said leadership is a calling to lead without considering where the people

TUNAI AND NTUTU

- The family of the late Paramount Chief Lerionka ole Ntutu has surprised many by closing ranks with Governor Samuel Tunai despite politically parting ways for a number of years.

- In the 2017 General Election CAS Ntutu ran against incumbent Tunai and came second. He is making his second attempt using Deputy President William Ruto's United Democratic Alliance.

come from or which ethnic community they belong.

"If I say Ntutu is the one who will be governor after me, I know he already has a blueprint of what he will do but more importantly, he will unite everybody and promote cohesion and peace," said Tunai.

Risky gamble

The Ntutus produced the first Narok Senator Stephen Ntutu.

In the 2017 General Election CAS Ntutu ran against incumbent Tunai and came second. He is making his second attempt using Deputy President William Ruto's United Democratic Alliance.

Tunai called on residents not to gamble with their lives and vowed he will do all it takes to block Kenta from succeeding him.

But PS Sunkuli, who dropped out in favour of Kenta, accused Tunai of being among the most underperforming governors and asked him to stop "imposing" Ntutu on the people.

"Narok is among the most underdeveloped counties in Kenya. Tunai failed to achieve what he was elected to do, including uniting all communities in the county," said Sunkuli.

He also called on the Director of Criminal Investigations to probe the governor's claims that Kenta is a tribalist, arguing it was a way of creating tensions among communities.

The Ntutuma heirs too have been trying to enter active politics and will also be in the 2022 ballot under the Azimio La Umoja movement. They are against the election of Ntutu as governor.

Lydia Naneu Ntimama, the daughter of former Cabinet minister and Maasai kingpin Ntimama, has unsuccessfully vied twice for Woman Rep position and has already declared that she is running for the same position in August.

Her brother, Temipes Ntimama, has also declared interest in the Narok North seat, previously held by his father.

Uhuru-Ruto split causing tension ahead of polls - group

by Rawlings Otieno
@PeopleDailyKe

The fallout between President Uhuru Kenyatta and his deputy William Ruto has caused divisions in the country that could result in violence, a lobby group has warned.

International Alert Peace Actors Forum says the tense political environment, campaign chaos, hate speech and general sense of political chaos did not bode well for the country.

"There are growing fears that Kenya will once again plunge into chaos and violence in the run-up to and after the 2022 elections unless Kenyans, both ordinary citizens and the political elite, come together to change the political situation," the organisation says in a report dubbed *The Path Towards August 2022 Elections in Kenya*.

The report points out that in ODM leader Raila Odinga's stronghold of Nyanza and Ruto's North Rift home turf, sections of the population were not willing to settle for any other outcome other than a win in the election by their leader.

While launching the report, Peace Actors Forum (PAF) representative Chris Wakube, International Alert Country Director Rabindra Gurung and International Alert Director of Programmes Kathryn Tomlinson observed that Kenya's elections have always been a flashpoint for conflict.

Potential hotspots

They further added that the country's history is replete with recurring episodes of election-related violence in which thousands of people have died and hundreds of thousands more have been internally displaced.

The Peace Actors Forum, with support from International Alert, hosted six regional dialogue forums in different regions of Kenya.

The dialogues were conducted in the North Rift/Western Kenya, Coast, Nairobi, Nyanza, Central and the North-Eastern regions, covering 30 counties, which had been identified as potential hotspots.

In their regional dialogues across the country, the group noted that young people, particularly the unemployed, were increasingly self-organising either as illegitimate gangs and militia groups or as boda boda riders and other self-help groups in readiness to lend both legitimate and violent support to politicians.

Businesshub



Yields on eurobond continued to spike last week as the Russia-Ukraine war forced foreign investors to reduce their exposure to emerging economies. FILE

Kenya set to pay more interest for Eurobond debt, CBK data shows

YIELDS: Yields on Kenya's Eurobond continued to spike last week as the Russia-Ukraine war forced foreign investors to reduce their exposure to emerging economies.

This means that the government will pay more in interest to investors compared to before helping to put pressure on the National Treasury.

Central Bank of Kenya (CBK) data shows that yields on eurobond rose by 28 basis points last week after rising by 86 basis points the previous week. "In the international market, yields on Kenya's Eurobonds rose by an average of 28.4 basis points," the banking sector regulator said in its weekly bulletin.

This also means that the country's plan to issue another Eurobond this year could face challenges as investors grow wary of emerging markets.

National Treasury has been planning to go back to the international debt market to raise up to \$2.19 billion before the end of the current fiscal year as part of budget deficit financing measures.

It has proposed a budget deficit of Sh846 billion which will force the government to

seek funding from the international market. Eurobonds are the most popular avenues for such large scale borrowings due to their relatively low interest rates.

The secondary market yields on Kenya's \$6.1 billion (Sh694.4 billion) Eurobonds normally go up due to high risk perception on the debt, this makes prices to drop which results in rising yields. The four outstanding Eurobonds are traded on the Irish and London stock markets.

Secondary market

Performance of a country's bonds on the secondary market have a bearing on its ability to successfully issue in the primary market.

The increase in yields will now see Kenya pay over five per cent from as low as three per cent last year. However, Eurobond yields on Ghana and Angola were far higher at seven and nine per cent respectively. African countries' debt woes have featured prominently in the news since last year as they moved to seek debt restructuring indicating their deteriorating cashflow positions.

— John Otini

BRIEFLY

Stanbic opens new branch in Kisumu

Stanbic Bank Kenya has opened a new branch and signed a Memorandum of Understanding (MoU) with the County Government of Kisumu in a bid to contribute to the growth and development of the county. Chief executive Charles Mudiwa (pictured) and Governor Anyang Nyong'o agreed on a financing scheme to empower business elites. "The new branch will be a one-stop hub where customers can carry out all their banking and transaction needs 24/7 anytime with the inclusion of cash deposit machines and ATMs," said Mudiwa. — Kepher Otieno



Increased taxes forcing manufacturers to pass on cost of raw materials to end users as they adjust to inflation surge

■ by Herald Aloo
@PeopleDailyKe

Increased taxes on suppliers and surging fuel prices left Kenyan businesses grappling with increased costs of operation in the month ending February, latest economic health indicator report for the manufacturing sector shows.

Stanbic Bank Purchasing Managers' Index (PMI) shows that despite businesses experiencing renewed expansion activity last month, input costs rose at a fastest pace in 41 months, forcing firms to pass on rising costs to end consumers as they adjust to inflation surge.

Domestic demand, analysts point out, recovered strongly in February driven by increased customer numbers following a reduction in Covid-19 cases as well as heightened marketing efforts by firms.

"Firms responded to the higher demand by increasing their output and quantity of purchases significantly during the month," said Kuria Kamau, Fixed Income and Currency Strategists at Stanbic Bank. That said, he added, input prices for firms rose at the fastest rate in 41 months largely due to higher tax burdens and rising energy costs.

Solid improvement

Kenya's headline PMI rose above the 50.0 neutral thresholds, up from 47.6 in January to 52.9 in February. The index pointed to a solid improvement in the health of the private sector economy, helped by a recovery in business activity as Covid-19 cases downsized.

The PMI survey covered, among others, variables such as output and input prices



The increased cost of living in the recent past has been largely due to introduction of a litany of taxes. FILE

inflation which are both lead indicators of probable changes in consumer pricing.

It said the rate of overall input cost inflation was the strongest seen since September 2018, adding that output charges were raised at a solid pace accordingly.

Despite the latest report by Kenya National Bureau of Statistics (KNBS) showing that the monthly inflation marginally dropped to 5.07 in February, there is little to celebrate as the overall cost of essential commodities remains high.

Experts explain that this paradox, where inflation drops while costs of basic items surge, can be well linked to the little impact of government subsidy programmes, tax burden, and high cost of importation of raw materials caused by the global chain snarls. Kamau said that recovery in demand allowed firms to increase their output prices at the fastest rate in three months to pass on the higher input costs and protect their margins.

"While the 12-month outlook by firms rose marginally from January, it is now at a 5-month high as concerns around the Covid-19 pandemic begin to dissipate," he noted. PMI reveals that purchasing activi-

ty expanded sharply and at the quickest pace for 16 months, implying the growing demand for commodities despite rising input prices and global shortage.

This helped firms bolster their stocks amid increased confidence that sales would continue to grow.

Churchill Ogutu, an economist at IC group, says that "other inputs such as transportation costs and global oil prices that have been high for over one year, erodes the cost-reduction programmes placed by the government."

Financial strength

As the taxes weaken the financial strength of manufacturers, they are further struggling with the shortage of raw materials and expensive global freight delays, which worsened following the Ukraine-Russia tension.

For instance, shortage of raw materials such as plastics, steel, copper, and other semiconductors used in electronic devices has seen manufacturers in automotive and household electronics hike their prices by at least 20 per cent as production also scales down.

Shofco members count their blessings

SACCO: Saccos continue to become more popular, especially with people who have had very few success when it comes to acquiring loans from bank. A few years ago, Mary Mugana-Mesh almost lost a 34-seater matatu she had bought through a bank loan. The rates charged almost drove her crazy. She was about to give up in the matatu business, a trade passion she shares with her husband.

For two years she was continuously under pressure, and scared what she will do if she lost the vehicle. "However, now I have something to smile about," she said.

The loan amounted to Sh500,000 and the bank was charging a 12 per cent. Six months ago Mesh walked into a bank to cash a cheque of over Sh1 million to buy her second matatu and today she sleeps easy and continues with her professional career not worried about

stressing phone calls from banks. Mesh is a beneficiary of Shining Hope For Communities (Shofco) Sacco which boasts loans that are of low interest rates compared to peers which she has invested in.

"One of the things I have been happy about from last year is getting a big loan which financed a big investment," Mesh said. Julius Ingutia, a resident of Kibera is another proud beneficiary of Shofco after accessing an almost interest free loan to buy a car.

"The Sacco has been beneficial to me and has helped me to take my children to school, and recently supported me to buy a car at 0.6 per cent interest rate," he said. Shofco chairman, Kennedy Odede said for an organisation that started from a humble background, having disbursed up to Sh300 million in loans is not a mean feat.

— George Kebaso



KURIA KAMAU

Firms responded to the higher demand by increasing their output and quantity of purchase



NEW OFFICE SPACE: Jeff Ngeta, managing director at Izwe Kenya Holdings (centre), Head of marketing Shazeen Kassam and chief commercial officer Stephen Ndimba (right) cut the tape during the launch of the firm's new office in Nairobi. Izwe is a non-deposit-taking financial institution authorised to issue check-off loans to selected parastatals. PD/JOHN OCHIENG



THINKING BUSINESS: Jeremy Awori, Absa Bank Kenya CEO with (from left): Winnie Ngumi, Space & Style Ltd MD, Elizabeth Wasunna, Business Banking Director, Absa Bank and Nancy Muthoni, Vice President Women in Business KNCCI during the Women in Business Forum hosted by Absa at a Nairobi hotel. The sessions aim at nurturing women entrepreneurs.



EYES ON THE FUTURE: A 26-year-old Brian Muceru and Irene Mureithi receive dummy cheques for Sh100,000 and Sh250,000 respectively after emerging winners in the Jibost Na Lotto campaign at the firm's headquarters in Nairobi. Irene plans to use the cash to boost her wholesale maize distribution business. PD/GERALD ITHANA



EXCITED WINNER: Tatua3 Representative Olivia Nadia applauds after handing over a brand new bricks machine to Patrick Cheruiyot Ruta from Nakuru County after winning during the Tatua Bonanza Live Show at the firm's headquarters in Nairobi. Patrick plans to help people from his locality by producing cheaper and affordable building bricks with the help of the machine. PD/GERALD ITHANA



AWARD FOR EXCELLENCE: Experts Skaters Ltd Director James Karanja presents a medal to the overall winner of Inter Private School Skating Competition in six years category Nathan Komora of Great Queens and Kings School. With them are Abok Daniels from MM Shah and Salman Bhajji who were in second and third position. Two hundred learners from 10 schools in Mombasa County participated in the competition held at Light International School.



WELL-DESERVED RECOGNITION: Prof. Margaret Kobia, Cabinet Secretary, Ministry of Public Service and Gender gives an award to Ruth Samoei for her role in facilitating disadvantaged deaf communities to favourably compete for available business opportunities in an already saturated market at the 2022 ZURI Awards held in Nairobi.



CRUNCHING THE NUMBERS: Kenya Power acting Managing Director and CEO Rosemary Oduor confers with Stephen Vikiru, acting General Manager Finance getting down to the nitty-gritty of performance during the company's investor briefing in Nairobi. Kenya Power posted a net profit of Sh3.8 billion for the half-year period ended December 31, 2021.



IMPROVED ORAL HYGIENE: From left: Colgate-Palmolive General Manager, East Africa Vijay Ameta, Ministry of Health head of Oral Health Services Miriam Muriithi and Kenya Dental Association President Tim Theuri pose for pictures at the launch of the new Colgate Maximum Cavity Protection toothpaste. The newly introduced toothpaste uses an improved formulation with the addition of arginine that strengthens teeth. PD/ ALICE MBURU

World News

PM Modi campaigning

India's Prime Minister Narendra Modi (second right) gestures to supporters from a car during a road show ahead of the seventh phase of the Uttar Pradesh state assembly elections in Varanasi. On the last day of campaigning, Modi addressed a public rally, where he said that the Opposition was indulging in politics even on Ukraine crisis. Modi said that he is confident that the BJP will form the government in Uttar Pradesh.

AFP



Russia, Ukraine war toll rises as civilian fatalities shoot up

United Nations says least 364 civilian deaths confirmed in Ukraine as refugee figures hit 1.5 million

Moscow, Sunday

The United Nations Human Rights office has updated the number of casualties it has confirmed in Ukraine since the start of the Russian invasion, on 24 February.

It says at least 364 civilians have been killed, including 25 children, and 759 others injured.

But, it adds, the real figures are likely to be "considerably higher".

"Most of the civilian casualties recorded were caused by the use of explosive weapons with a wide impact area, including shelling from heavy artillery and multi-launch rocket systems, and missile and air strikes," the office says.

Russian President Vladimir Putin and France's Emmanuel Macron spoke by phone for nearly two hours. The Elysée said Macron had urged Putin to end the

Russian assault and ensure the security of Ukraine's nuclear sites after shelling caused a fire on the site of the Zaporizhzhia nuclear plant. Putin told Macron Russia did not seek to attack nuclear plants, the French readout says.

Putin also told Macron that Russia would achieve its aims through "negotiation or war", the French presidency said.

Meanwhile the Kremlin readout says Putin blamed Ukrainians for the nuclear plant incident. He told Macron it had been a "provocation" staged by "Ukrainian radicals". Ukraine has blamed shelling by Russian forces.

The Kremlin added that Russian and Ukrainian personnel were jointly guarding the site, and that the radiation levels were "normal".

Putin also said Saturday's attempts to evacuate civilians from the southern cities of Mariupol and Volnovakha had failed because "Ukrainian nationalists" refused to let people leave and used the temporary ceasefires only to reinforce and entrench themselves.

Ukraine said Russian shelling had con-

UKRAINE WAR DAY 11

- Russian forces will fulfill all their assigned tasks and the operation in Ukraine is proceeding in accordance with the plan and schedule

- The Russian Armed Forces have destroyed 2,037 Ukrainian military infrastructure objects since the start of the operation

- Ukraine and Russia will hold the next round of peace talks on Monday

tinued during the ceasefires on both Saturday and Sunday. Earlier today the Red Cross said the two sides had failed to agree details of how the evacuations would work.

Around 3,500 anti-war protesters have reportedly been detained across Russia today, according to Russian news agency Interfax citing the interior ministry.

Those who were arrested were taken to local police stations for questioning where "the issue of bringing them to justice is being decided", said an interior ministry spokesperson.

According to human rights website OVD-Info, a total of 10,946 people have been detained at anti-war protests across Russia since Moscow began its invasion of Ukraine. Russia has "practically" completed the mission of destroying Ukraine's main military infrastructure, including weapon warehouses, ammunition depots, aviation and air defence systems, President Vladimir Putin said Saturday. Russian forces will fulfill all their assigned tasks and the operation in Ukraine is proceeding in accordance with the plan and schedule. - BBC

BRIEFLY

Iran, IAEA hold talks as dialogue near end

The head of the global nuclear watchdog and senior Iranian officials have held crucial talks as Iran and world powers are on the verge of restoring their 2015 nuclear deal. Rafael Grossi, the director general of the International Atomic Energy Agency (IAEA), met Iranian Foreign Minister Hossein Amirabdollahian and nuclear chief Mohammad Eslami in the capital, Tehran, on Saturday. A major talking point was IAEA safeguards probes, including into several sites where undeclared radioactive materials were found several years ago. After his meeting with Eslami, the IAEA director told reporters that even as safeguards issues and the JCPOA run parallel to each other, they are closely interrelated.

- Xinhua



Mali soldiers killed in complex rebel raid

A rebel attack on an army base in central Mali on Friday has killed at least 27 soldiers and wounded 33 more, the government said, adding that at least seven soldiers are still missing following the complex attack in the rural commune of Mondoro, which involved car bombs. Seventy "terrorists" were killed in the military's response, the statement said on Friday, without specifying which armed group was responsible. Affiliates of both al-Qaeda and ISIL (ISIS) are active in central Mali. The Mondoro base is near Mali's border with Burkina Faso and has previously been targeted by rebels fighting the Malian state and foreign forces. About 50 soldiers died after an attack on Mondoro and the nearby Boukassi camp in September 2019.

- AFP

Chinese firm opens office to boost Covid-19 fight in East Africa

Nairobi, Sunday

Through continued collaboration between China and East African countries in the fight against Covid-19, a leading firm in the Far East country has opened a local office to boost its presence.

China National Biotech Group Limited, (CNBG), a subsidiary of China National Pharmaceutical Group Corporation (Sinopharm) has also joined hands with the Kenyan government to set up a vac-

cine manufacturing plant.

Kenya has previously received numerous doses of the Chinese-manufactured Sinopharm Covid-19 vaccines to boost its fight against the virus. Other East African nations have benefited from the relationship by receiving millions of Sinopharm doses.

"With the Sinopharm Chemical Agency now fully in Kenya, we intend to boost the fight against Covid-19 in the East African region and beyond" Jimmy Wu Hongjon,

Sinopharm East Africa Limited Managing Director.

Kenya's Health Cabinet secretary Mutahi Kagwe said the local manufacturing of highly specialised healthcare products will be a significant step towards self-sustenance and availability of medical supplies.

China has in the past donated 200,000 doses of Sinopharm to Kenya to reinvigorate the pandemic fight and Kenya shall be getting more supplies in the near future.

More than 1.9 billion doses of Sin-

opharm Covid-19 vaccine has been administered with the safety and efficacy in China, one of the countries in the world that has registered remarkable success in containing the pandemic globally. China is already collaborating with African countries to manufacture Sinopharm vaccines on the continent, training and medical support in what will help mitigate logistical challenges most countries in the continent are facing, including transportation.

- Xinhua



JIMMY WU HONGJON

With the Sinopharm Chemical Agency now fully in Kenya, we intend to boost the fight against Covid-19

Spice ➤ Flavour your day



@adalla_allan



NO LONGER ELUSIVE

The debate on whether local music genres can propel the Kenyan sound to the international market still rages on, with industry players singling out gengetone to succeed where others have fallen short, writes Adalla Allan

It is more of an international tone just like the Afrobeat," he intimates.

Misunderstood concept

Kashkeed, a beatmaker, music video director and manager of gengetone group Mbuzi Gang, says the problem is that fans don't understand what gengetone is, as they have categorised it where it doesn't belong.

"We need to create an environment where we understand what gengetone really is. As creatives, we need to share information with these young generations of artistes to follow certain prescribed directions. We need to be open as creatives to tell how the industry works. West Africans have not been able to sample gengetone, meaning the gengetone is on another higher level," he confides.

He adds that the genre can be the third most streamed in Africa after amapiano and Afrobeat, pointing out the *Shamra Shamma* jam by Mbuzi Gang has got 20 per cent play time from Kenya, while 80 per cent is from across the world.

Boomplay Kenya artiste relations manager Arthur "Jinx" Oloo supports the notion that gengetone is a big genre as evidenced by the Figa music hit done by Jamaican dancehall singer Konshens in collaboration with Ethic.

"It was a big step forward. Streaming has been consistent for the last few years, and more excitement could be found when our artistes do more collaborations with other like-minded artistes from elsewhere," he says in conclusion.

Since gengetone made its debut on the Kenyan airwaves in 2017 following the release of Ethic's trailblazing song *Lamba Lolo*, the music genre has generated a lot of mixed feelings, especially after it seemingly faded from the local playlists. It has since been eclipsed by foreign genres such as amapiano of South Africa and Afrobeats of Nigeria. When it started, gengetone was a big business for the artistes, producers, videographers and video vixens.

To try to resuscitate the genre's lost glory, various players in the music industry—including promoters, producers, artists, managers and producers—have provided their views on where the rain started beating gengetone and how it could be rescued from going to oblivion.

Divergent reception

Rama Ramzy, a music director based in Malindi, compares gengetone with hip-hop, as when it emerged, it earned the same reception as hip-hop music that originated in the USA.

"There is something about gengetone that reminds me of Niggas Wit Attitude [NWA], an American hip-hop group whose members were among the earliest and most significant popularisers and controversial figures of the gangsta rap sub-genre. Among them Ice Cube, Dr Dre and Snoop Dogg, they got both positive and adverse reception

from people. Further, 2Pac's rap music was banned by the US vice president in 1992 since it attracted controversy. The same applies to gengetone," he says.

Ramzy adds that it's possible to work with gengetone artistes, and that corporate companies should be endorsing them. "There is also a gap in artiste management. We need to be gengetone ambassadors since it is no different to any other dancehall music or hip-hop. People react to fame and money differently. I enjoy it when they are well paid because money exposes them to other things including the way they dress and behave. Gengetone is a music to chill with in a club or party just like any other music," he says.

For Wahu Kagwi, who has been in the music scene for more than 20 years, she has always wanted to work with gengetone artistes.

"Everybody has something to learn from another as older ones have to educate the young and vice versa. The advantage of being older in the game is bringing to the table our experiences. I work mostly with younger artistes because they know what's going on in the culture. And that is the collaboration we want to see. It is not all about competition," she says.

However, Wahu advises that the bridge to corporate is what it's needed to be worked on. "In terms of how we support each other, I have a lot to learn. This one never goes with experience as things do change

and we should accept and learn how to cope with them. I should be sane about building my brand and social media," she says.

Brand advertiser Njoki Kiuru says the raw culture and authenticity of the artiste is what makes brands pick a music track.

"Safaricom looked for Chris Kaga since he was authentic in his *Uko Onsong*. Your identity defines your culture and a brand is not different from that. Once people have adopted the culture, they listen most to it. There is a fine line on advertising on alcohol brands and other brands, such that you don't have to be under-18 and you can't be in a video where people are drinking alcohol and misbehaving.

"Everyone including me was in utter shock when we first heard the *Lamba Lolo* song by Ethic, as it drew more attention for its powerful shameless language, but people embraced it with time. The authenticity and the completely raw culture is what made Ethic win the hearts of the audience," she says.

Among most streamed

Mdundo.com head of licensing Kiplagat Kiprop, says that gengetone mix streams come in fourth on Mdundo streams in Africa, which shows that the genre can do even better if supported well. "Amazingly, gengetone is mostly consumed in Columbia. This is a clear indication that we can make it global from the resources that we can put together."



Campus life toughens the skin

We all are aware of the famous sentence "unasoma uende wap?" And true to that, most of us studied so hard so we could make it to campo—a place described by our predecessors as heaven on earth. What they never told us is that in campus, it's everybody for themselves and God for us all.

Well, campo life is a different experience from the picture we had visualised in our minds. In for a rude shock, a naive personality, fresh from a village high school, gets admitted to a campus many miles away from home after spending all their years right from infancy to adulthood in the same environment with the same playmates and same village activities. No other exposure.

The hustles and bustles start once they get to the different environment and are forced to change their lifestyle, as they try to fit in. Eventually, many of the comrades tend to fall under that part of adulthood; they term it as a scam.

It is undeniable that in uni there is a lot of freedom and it depends on how you are going to make use of the freedoms, because freedom exaggerated or misused turns to be chaotic. Having to juggle between academics and life away from school is one underrated responsibility. You know the situation of having to balance the normal comrades' weekend fun and the all-time demanding units and projects, yeah. One step missed you're out for one academic year or even total termination of the studies. In a nutshell, it's never easy.

First, you have to share hostel rooms. Having to live with somebody who you have met for the first time in campus is quite a task. A total stranger, but basically having to share the same room without having a grace period of knowing each other well. A great kind of tolerance is required. For those that are lucky enough to get cooperative roomies, the cost of living becomes easier.

Just to mention, the shift of the name comrade to an alumnus after graduation is the favourite part in their lives. This is the time a comrade gets to unwind before the reality of tarmacking hits in. There comes a time when oversleeping at your parents house becomes an offense. After milking them of every coin they had while schooling, their expectations are that after graduation, the learned fellow will get a job and start paying them back what they sowed.

How comrades still manage to come out of campus successful is a motivational tool that keeps them going on with life even after campus. Indeed, what that doesn't kill you makes you stronger, and that is definitely the life in the Uni.

Clique & Clicks ▶ Get Spotted

WE CELEBRATE HIM



Priest Pugya Amrutswarupdas leads participants in prayers.

■ by Philip Kamakya

The Shree Jalaran temple in Nairobi celebrated the life, work and values of the fifth spiritual successor of socio spiritual Baps Shri Swaminarayan Sanstha. Through his inspiration and guidance, he personally consoled 250,000 people, wrote more than 750,000 letters, visited more than 17,000 villages, towns and cities across the six continents. He inspired his followers to imbibe the qualities of peace and cultural inclusivity.

PD/PHILIP KAMAKYA



Jayesh Asher receives blessings from Priest Pugya Amrutswarupdas at Shree Jalaram Temple.



Parth Gadhi with his daughter Yihaa Gadhi.



Kirit Patel with Sudhir Pathak.



Priest Pujya Brahmaskirjandas entertains the guests.

All about the photo

■ by Milliam Murigi

Vivo mobile Kenya recently launched its 5G-enabled smartphone, Vivo V23, at Emara Hotel Ole Sereni. The photography-oriented device comes with a unique colour changing design feature. Present at the event were musician Size 8, music group Elani, content creator Jaymo Ule Msee, Communication Authority of Kenya Director licensing, compliance and standards Matano Ndaro and Vivo Mobile Kenya General Manager Shyam Xie.

PD/ALEX MBURU



Vivo Kenya GM, Shyam Xie, Safaricom Marketing and Sales Manager Masoko Minal Pattani and CA's Matano Ndaro.



It is selfie time for Size 8, Elani's Brian Chweya and Jamo Ule Msee.



James Irungu, Vivo Kenya Brand and Communications Manager, makes his remarks.



Host Chris Kirwa.

Ten...

Sports organisations that have discarded Russia

FIFA and UEFA

FIFA, soccer's global governing body, announced last week that it was suspending all Russian teams, both national and club squads, from international competition until further notice. In a joint statement by FIFA and UEFA, which oversees the game in Europe, the groups said they hoped "the situation in Ukraine will improve significantly and rapidly so that football can again be a vector for unity and peace amongst people."

UEFA joined FIFA in Monday's announcement by announcing that Russian teams were suspended from international competition, including at the Champions League and the second-tier Europa League. UEFA had followed the same protocol as FIFA with Sunday's sanctions barring the flag, anthem and name.

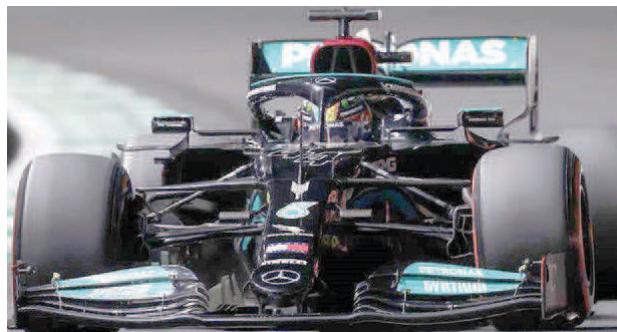
Spartak Moscow, a men's team that had advanced to the round of 16 of the Europa League, is no longer eligible. Its opponent, RB Leipzig, will advance to the quarterfinals.

Last week, UEFA moved the Champions League final, the world's biggest club match, from St. Petersburg to suburban Paris on May 28.



Formula One

Formula One cancelled the Grand Prix in Sochi as a result of Russian aggression. Formula One, motorsport's governing body FIA, and the teams discussed the situation and came to the conclusion that it was "impossible to hold the Russian Grand Prix in the current circumstances. The race, which joined the calendar in 2014, was scheduled for Sept. 25 at Sochi's Olympic Park.



International Skating Union

The International Skating Union, which governs figure skating, synchronized skating, speedskating and short-track speedskating around the world, barred skaters from Russia and Belarus in a decision that affects the figure skating world championships this month.

Russian Olympic gold medalist Anna Shcherbakova and Kamila Valieva will not be allowed to compete in the event in Montpellier, France. Valieva, the 15-year-old who finished out of the running for a medal in the Olympics free skate, had been allowed to skate as her appeal of a positive drug test is considered.



WTA, ATP, ITF

The Women's Tennis Association and the Association of Tennis Professionals jointly announced that they would "suspend" a combined tournament scheduled for October in Russia. The International Tennis Federation's board suspended the membership of the two countries' tennis federations and withdrew their entries from all ITF international team competition.

Players from Russia and Belarus will be allowed to compete in international tennis events on Tour and in the Grand Slam tournaments, but they will not be allowed to compete under the name or flag of Russia or Belarus.



As the invasion of Ukraine continues, sports leagues and organisations have begun to sideline Russia's teams and athletes, here is a look at the confirmed cases, as compiled by Webster Nyandika

International Olympic Committee

The IOC's executive board, in its recommendation to not allow Russian or Belarusian athletes and officials to participate, said in a statement that it was moving "to protect the integrity of global sports competitions and for the safety of all the participants."

If that is not possible because of short notice, the IOC urged organizations to "do everything in their power to ensure that no athlete or sports official from Russia or Belarus be allowed to take part under the name of Russia or Belarus. Russian or Belarusian nationals, be it as individuals or teams, should be accepted only as neutral athletes or neutral teams. No national symbols, colors, flags or anthems should be displayed."



World Rugby

The Dublin-based governing body for rugby union, which says it comprises 128 national member federations, stated Monday that it was barring Russia and Belarus from all international and cross-border club play. In addition, Russia's rugby union organization is suspended from World Rugby membership until further notice. World Rugby said it was taking action to "protect the rugby family and take a strong stance against the conflict."



FIVB

The world governing body for volleyball moved the men's world championships, scheduled for Aug. 26 to Sept. 11. The event was to have been played in Moscow, with group matches in several cities around the country.



World Athletics

The governing body of track and field, cross-country running, race walking, mountain running and ultra running, World Athletics announced that "all athletes, support personnel and officials from Russia and Belarus will be excluded from all World Athletics Series events for the foreseeable future, with immediate effect."

Included in the upcoming events are the World Athletics Championships Oregon22, which begin Friday in Oman.



"Anyone who knows me will understand that imposing sanctions on athletes because of the actions of their government goes against the grain," said Sebastian Coe, the World Athletics president. "I have railed against the practice of politicians targeting athletes and sport to make political points when other sectors continue about their business. This is different as governments, business and other international organizations have imposed sanctions and measures against Russia across all sectors. Sport has to step up and join these efforts to end this war and restore peace. We cannot and should not sit this one out."

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National Hockey League

The National Hockey League announced Monday that it was suspending relationships with business partners in Russia, pausing Russian language social and digital sites and not considering Russia as a location for future events.

The league expressed sympathy for the NHL's Russian players, saying, "We understand they and their families are being placed in an extremely difficult position."

International Ice Hockey Federation

The IIHF suspended all Russian and Belarusian national and club teams from federation competitions of all ages. They also withdrew the hosting rights of the 2023 world junior championships from Russia upon urging from the hockey federations of Switzerland, Latvia and Finland.

The decision affects participation by Russia and Belarus in six IIHF events in 2022, including the men's and women's world championships and the men's and women's under-18 championships.

TWOINONE

Forgiveness and other relationship lessons we learn from politicians

With the General election scheduled to take place on August 9, the political temperature in the country is high. However, there are many relationship lessons that one can learn from our politicians.

One is that they are like that man who cheats on his wife and when caught, promises never to do it again, but ends up doing it anyway because that's his habit. The wife on the other hand quickly forgives him, or forgets, because of the many nice promises he gives. Sometimes due to societal pressure or just her own wrong beliefs, she accepts it. After all, how can I start all over again, she says. That's what our politicians do and we the electorate forget how they failed to fulfill their promises and allow ourselves to get cheated again.

Second, in this season of forming coalitions, we are seeing the most unlikely partners coalescing together just to win elections. Those who said nasty things about each other quickly turn back and shake hands leaving those who fought each other for their sake bewildered. It's like a wife or husband who keeps complaining about their spouse to the extent of letting their friends and family know how bad they are. Their supporters get sucked into their squabbles to the point of mourning more than the bereaved. But in a complete twist of events, like the earthquake we were told, you see the two bitter rivals back together leaving their supporters looking like fools.

Thirdly, we should not behave like the politicians who wash their dirty linen in public. No matter what happens between marriage partners, be civil enough with each other. We don't want the children to see things flying around in the house. Even when we have to separate, let it be done in a civil way knowing there are still children to be parented. Who knows, one day you may just need each other's favour?

Finally, and this is a good one, we should be quick to forgive each other no matter what has happened between us like the politicians do. They say in politics there are no permanent enemies, and so it should be in marriage. For the two cannot become one if they are unable to forgive each other whenever there is an offence.

You ► It's all about Life & Style

My boyfriend is ghosting me: How do I find closure?

Hi Achokis. I have been in a relationship for the last two years. Recently, my boyfriend started behaving strangely. Each time I call him, he promises he would call back, but doesn't. Even when he does, he promises that we would meet, but something comes up at the eleventh hour. My friends tell me that I should forget about him, but what if it's true that he's been busy or is going through something and will bounce back. I don't want to move on without proper closure. Why would he not want to tell me if it's over with us? Please advise!

Maria

OUR TAKE...



THE ACHOKIS

Thank you Maria for seeking help. We can only imagine your predicament. The only person to tell you what is happening is your man and he seems to be ghosting you. There are many reasons why people ghost their partners in a relationship. They may not be able to bring themselves to the place of hurting their partners when breaking off a relationship. So instead of facing you and letting you know that, they will begin to ghost you hoping that you may read between the lines and let the relationship die a natural death.

Based on how they grew up, they may be afraid to express their own feelings. Maybe they grew up with a parent who could cut them off when they tried to talk or even make them feel guilty for speaking their mind. They may also not want to be blamed for the break-up, so they want you to be the one to break it or are looking for a good enough excuse to do so.

Do some reflection

Whatever the case, we are not saying that this is the way to do it. We are strong proponents of proper closures in relationships, but are also alive to the fact that

there are some people who may never give their partner that chance because of the reasons above.

Looking back, were there some red-flags that you failed to see or some hints that he dropped trying to communicate to you that it was over? Do your friends know something that you don't? Could what they are telling you be possibly true? All this leaves a lot of questions to be answered.

Way forward

So, what do you do in such a case? You must rise up and take charge of your life. Don't let someone else control it. Write him an email and see if he replies and what he replies. Be direct with him and ask him if the relationship is still on or not. Don't beat about the bush and don't let him give you a vague answer. Maybe it is true that he is busy or going through something. By writing to him instead of facing you, he may be bold enough to tell you exactly what is happening. If he doesn't take the gauntlet, then consider it done and move on from that relationship.

*The writers are marriage and relationship coaches
Barnieachoki@gmail.com*

QUOTE OF THE WEEK



Some-times the only way to get clo-sure is by accepting that you'll never get it.

— John Mark



MILLENNIAL MIX WITH NJERI MAINA

Refuse to partake one-sided love

Know of a man who keeps saying 'hi' on Facebook and just will not quit? He will happily have a one-sided conversation in your inbox for time immemorial. How about the girl who keeps texting the man even when he will not reply? The girl who remembers birthdays, anniversaries and will send good wishes to the man's inbox only to be met by blue ticks. She will vow that she will never talk to him again then will invariably regress. What could make someone pester, threaten, cajole and beg for attention to this extent? Society and a remarked love for self are the simple

answers to that question.

The patriarchal system tends to measure the depth of love by the degree of hurt it metes out on the person doing the loving. We are told that love hurts so good, while the truth is that love should not hurt at all. This is why most of the people who have one-sided conversations claim that they love too much, yet the only thing they are guilty of is an unhealthy obsession with the other person. Love is supposed to be reciprocal.

Lack of reciprocity should be a huge red flag that should send even the boldest lovers in a run. However, many

people take lack of reciprocity as a sign to stay and convince the other person why they should love them. Often times, the blue-ticked person will make excuses for their partner's cold behaviour and stay as they cast themselves in the role of saviour.

People also stay in such relationships out of a lack of self-love and self-esteem. Self-love and self-esteem stem from self-control and sticking with those things that do not hurt you. It comes from not taking the easy route of reaching out. Self-love is found in breaking the loop and caring for your

self instead of seeking validation in others.

If you are stuck in the loop of texting someone who will not text back, leave them. Heck, if they text back after more than six hours leave them. If you are always initiating communication, just leave. The initial hurt once you break off the imaginary relationship will be immense, but more worthwhile than the hurt doled out to yourself every time you beg for unrequited love. You are not here to prove how much you can love a person who does not reciprocate. You are not here to suffer in the name of love.

Your Health ▶ It matters

How opioid treatment turns addicts' lives

Kassim Chai and Masika Pili highlight how their lives changed after they enrolled into the treatment programme that cater for people who want to stop drug abuse

by Jasmine Atieno
@sparkleMine

Before Kassim Chai became a peer educator at Reachout Centre Trust in Mombasa, he had been an addict for over 15 years. His drug of choice: heroin. The havoc the drug caused on his health, both mental and physical, and on his life including his relationship with family, piled to the point he had to look for a way out.

That's how in January 2018, he enrolled into the Medically Assisted Therapy (MAT) programme at the Reachout Centre Trust.

"I was tired of using drugs and wanted help to stop. I had heard about the MAT Programme, but everywhere I went, it wasn't available yet. My family had been greatly affected by my situation. My mum, wife and children, who depended on me, were so helpless and struggled, but still praying for me. I needed to save my life. So I was ready to get on treatment. I was enrolled in January 2018 until January 2020, because the treatment runs for two years," shares Kassim.

He started off with 120ml of methadone, which was gradually reduced by 5ml per month and finally to 2.5ml until he left the programme.

He says the prescription of the treatment depends with how much of the drugs an individual had been using. Ten days after leaving the programme, he was on painkillers.

"I needed them because I was constantly tired. I also had heavy diarrhoea because the methadone was in my blood and it needed to come out. But after three months, I was strong. The appetite for drugs was all gone. A lot of people make the mistake of using the treatment while still trying to inject drugs and this comes with grievous results. People even pass out from morning to evening. But if you don't mix, everything goes well," says Kassim.

His sentiments are shared by Masika Pili, who after finding out she was

More about people who inject drugs



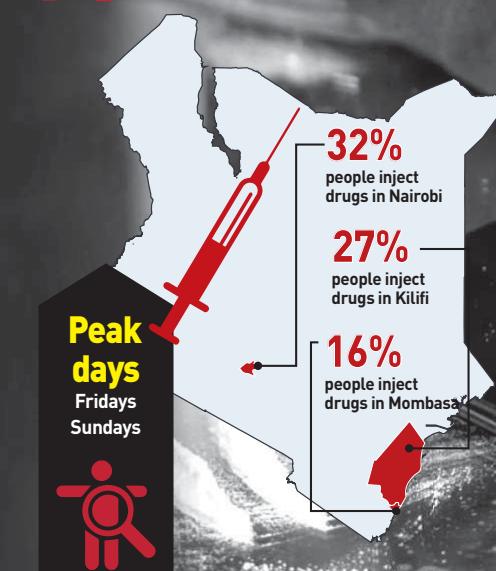
11,849
average number of people who inject drugs (PWIDs) on normal days in 2018.

16,063 on peak days
1,831 users aged 18 and below
2,405 women who inject drugs
10,951 PWIDs without injecting



402 hotspots where people inject drugs across 15 counties

151 were streets/alleys,
130 were injecting dens
39 were uninhabited building



SOURCE: 2018 KENYA POPULATION MAPPING AND SIZE ESTIMATION IN SELECTED COUNTIES IN KENYA: PHASE 1, 2020 WORLD AIDS DAY REPORT KENYA HIV PROGRESS INDICATORS GRAPHIC: MICHAEL MOSOTA



Kassim Chai,
peer educator
at Reachout
Centre Trust
in Mombasa.
COURTESY

HIV+, turned into drug use. She has been in the programme now for nearly a year and half. As she shares, it is not a walk in the park.

"When you are using all these medicines, you must have money at least for food. When you get to the centres, you find people right there still injecting drugs. This can easily pull you back. If your mind is not strong enough you can easily relapse," she says.

She experienced the stigma that comes with the tag, *teja*, (a person who injects drugs), and realised people were becoming afraid of her the more she used drugs. Usually, *mateja* are considered criminals and thieves— something she did not want to be associated with her. She was lucky to meet a win-off, someone who had gone successfully gone through the programme and has fully recovered, who sponsored her.

"It takes accepting your situation, because after being diagnosed with HIV, I found myself diving into heroine use. Most people call me *teja* which is not very nice as a woman. But I accepted and I am on a journey to free myself. There are a lot of challenges: accessing the centres is not easy and one must have fare. What keeps me focused is all the problems I have faced as an addict and my desire to be free," she explains.

MAT programme, also known as Opioid

Substitution Therapy, was initiated in 2014 in Nairobi and in 2015 in the Coast. By December 2015, almost 900 people who inject drugs (PWID) were accessing MAT. Between 2016 and 2020, Mombasa County established three functional clinics, including Kisauni, Miritini and Shimo la Tewa.

Relieve cravings

MAT is commonly used for the treatment of opioid addictions, including heroin and all prescription pain medications that contain opiates. The therapy portion of treatment includes counseling and various forms of behavioral therapy to help patients overcome their addictive propensities.

The medication portion of MAT is designed to relieve physiological cravings, normalise brain chemistry and other body functions, and block the euphoric effect of opioids. It does this without the negative effects caused by illicit drugs. Methadone and buprenorphine work by tricking the brain into thinking it's receiving the abused drug. Patients do not experience the intense "high" produced by their former drug of choice, but these medications do prevent withdrawal symptoms that would otherwise occur as addiction subsides and substances clear the body.

Data analysis from Mombasa health department shows there is an estimated 18,327 people who inject drug in the country, with the coast region being highly affected. In Mombasa alone, there is over 3,500 PWID. The MAT programme has played a role in rehabilitation of drug addicts with nearly 1,534 drug users

enrolled, including those living with HIV.

While the treatment was previously administered across all PWID, Simon Kiema, a counsellor at Reachout Centre says People Living with HIV (PLWHV) are currently given first priority since almost a year ago.

"The two-year programme includes administration of treatment closely followed by doctors' assessment, and counselling as clients need psycho-social support. The continuous assessment is necessary since some clients still mix treatment and drug injections. We do necessary tests, and engage clients further through therapy. From our assessment as counsellors, we are able to advise the doctor on the dose to be administered, whether it should be added, if need be. We have to prioritise PLWHV because people end up sharing objects, which put them more at risk of a lot of other diseases," Simon says.

The 2021 Kenya HIV estimates indicate prevalence among Mombasa residents aged 15-49 is 5.7 per cent down from 6.5 per cent in 2018. Prevalence in women is at 7.8 per cent against 3.6 for men. The number of new infections went down from 1,724 in 2018 to 1,009, bringing down the incidence from 1.9 per 1,000 [2018] to 1.00. HIV related deaths also reduced from 1,110 in 2018 to 886. On the burden of HIV/AIDS, Mombasa has a total of 53,090 PLWHV and AIDS; male 17,280 and female 33,606.

Dr Khadija Shikely, Chief Officer Health, Mombasa County, says besides MAT, there are currently several programs the county has implemented to reduce rates of infection includ-

around at the Coast

THEIR TAKE



TAIB ABDULRAHMAN



SIMON KIEMA



DR KHADIJA SHIKELY

■ ■ ■ There is still stigma, which is a challenge as the community has not fully accepted the win-offs as fully recovered

■ ■ ■ The two-year programme includes administration of treatment closely followed by doctors' assessment, and counselling

■ ■ ■ The idea is to avoid use of one needle and syringe by numerous people, thus prevent infecting one another with HIV and Hepatitis

ing, HIV testing and counseling programme, Prevention of mother to child transmission programme, Voluntary male medical circumcision, condom distribution, pre-exposure prophylaxis, Care and treatment and needle exchange programmes.

"Needle exchange programme is for PWID to prevent infection among the group. The idea is to avoid use of one needle and syringe by numerous people, thus prevent infecting one another with HIV and Hepatitis," shared Shikely.

Reachout Centre Trust, Executive Director, Taib Abdulrahman adds that the evolving programme has contributed to a lot of reduced crime rates within the county, re-integration with spouses, coexistence with family, well as reuniting people with their families as well as health restoration.

"The programme has provided a good family support especially through counseling and this has helped remove the stigma on victims. There is still the stigma, which is a challenge

as the community has not fully accepted the win off as fully recovered. They still have fears that they are criminals. It has also enhanced health seeking behaviours, as the stigma on health care providers and workers has improved. PLHIV health seeking behaviour has also improved through the HIV Health care support. For these clients, it is important that they also have food to eat that will support treatment, this is why we provide them with free meals, once a day," he says.

While the programme has proved success he adds that more needs to be done by the county government to improve on treatment of clients including increase of service provision. Some sites are not functional, which if scaled up can greatly contribute to reduced rates. Now as a peer counsellor, Kassim is giving back to the community by talking to other drug users and enrolling them into the MAT programme so they can also turn their lives around.



A mother breastfeeds her child outside their home. COURTESY

Parents warned against exploitation by milk formula marketers

Aggressive milk formula marketing is exploiting parents and pregnant mothers, compromising international standards of infant feeding practices, a new report by the United Nations Children Education Fund (UNICEF) and World Health Organisation (WHO) is now warning.

Over 50 per cent of parents and pregnant women surveyed say they have been targeted with marketing from formula milk companies. The industry is worth a staggering \$55 billion (\$6.3 trillion) and has massive influence over parent's infant feeding decisions.

The report, *How Marketing of Formula Milk Influences Our Decisions On Infant Feeding*, draws on interviews with parents, pregnant women and health workers in eight countries.

It uncovers systematic and unethical marketing strategies used by the formula milk industry.

The report finds that industry marketing techniques include unregulated and invasive online targeting sponsored advice networks and helplines, promotions and free gifts.

These practices influence training and recommendations among health workers.

The messages that parents and health workers receive are often misleading, scientifically unsubstantiated, and violate the International Code of Marketing of Breast-milk Substitutes – a landmark public health agreement passed by the World

Health Assembly in 1981 to protect mothers from aggressive marketing practices by the baby food industry.

"This report shows clearly that formula milk marketing remains unacceptably pervasive, misleading and aggressive," said Dr Tedros Ghebreyesus, WHO Director-General.

He adds that regulations on exploitative marketing must be urgently adopted and enforced to protect children's health.

According to the report, which surveyed 8,500 parents and pregnant women, and 300 health workers in cities across Bangladesh, China, Mexico, Morocco, Nigeria, South Africa, the United Kingdom and Vietnam, exposure to formula milk marketing reaches 84 per cent of all women surveyed in the United Kingdom; 92 per cent of those surveyed in Vietnam and 97 per cent in China, increasing their likelihood of choosing formula feeding.

UNICEF executive director, Dr Catherine Russell, says false and misleading messages about formula feeding are a substantial barrier to breastfeeding, which we know is best for babies and mothers.

"We need robust policies, legislation and investments in breastfeeding to ensure that women are protected from unethical marketing practices – and have access to the information and support they need to raise their families," asserted Dr Russell.

- Mwangi Mumero



NUTRITION WITH WINNIE WANGARE



A young woman eats strawberries. Fruits are a source of essential nutrients for women. COURTESY

Essential nutrients for women at every stage

Women have unique nutritional needs. However, these needs are frequently neglected due to the need to balance demands of school, work or family and media pressure to look or eat a certain way.

They often neglect dietary needs either because they are too busy to eat or put their family's needs first. This predisposes them to nutritional deficiencies, hunger and low energy.

In childhood and early teens, a girl's diet needs to be abundant in whole grains, fruits, vegetables, low-fat dairy and lean sources of protein.

The two vital nutrients particularly important at this stage is calcium and iron.

Iron is essential for healthy blood

cells and is especially important when menstruation begins.

With each period, women lose small amounts of iron and if stores are not replenished, it may lead to anemia.

Calcium can be obtained from dairy and vegetables such as broccoli and kale.

During childbearing years, vitamin B12 is essential for healthy nervous system development and function and is found in animal proteins and to a lesser extent in dairy.

Folic Acid, a form of B vitamin helps prevent neural tube defects and is rich in leafy green vegetables and can also be supplemented to ensure women during pregnancy get the recommended 400-800mg.

Reduce risk

Omega 3 fatty acids play many roles including on formation of healthy nerve cells and brain and prevention of preterm births. Women who do not plan to have children should still get enough of these healthy oils to reduce risk of heart diseases. They also need choline (a form of vitamin B) and vitamin D as they lower risk of neural tube defects and help absorb calcium respectively.

After menopause, women's requirements for iron drops and need for other nutrients increases because the body loses some of its ability to absorb and metabolise them. Vital nutrients at this stage include calcium, vitamin B12 and fluids.

Although some bone loss is inevitable with age, the process can be slowed down with vitamin D and calcium. The body's ability to absorb vitamin B12 declines at this stage and women are advised to consume diets abundant in meats, fish and foods fortified with vitamin B12 and when there is need, supplementation is advised. Fluids is essential because kidneys are less efficient at removing toxins.

Finally, regular exercise and water intake are the cornerstone of good health and optimal energy; therefore, while ensuring intake of each of the nutrients at each stage, it is important to get some regular exercise and drink at least two litres of water every day.

Take Off ▶ Guru

Parent turns to football for cancer awareness

The impact of Covid-19 on the youth pushed Esta Kamau and Susan Murage to use what they have - the Ligi Ndogo platform - to spread information about the country's third highest cause of death

by Adalla Allan
@adalla_allan

When the Covid-19 pandemic hit the country in 2020, the youth, mainly aged 15 to 20 years from diverse backgrounds had difficulties dealing with this unforeseen period. They were at risk of being enticed into prostitution, early unplanned pregnancies, substance abuse, crime, and other illegal activities.

Against this background, two enthusiastic mothers of teenage football players, Esta Kamau, a community development expert, and Susan Murage, a lawyer, felt compelled to do something about it. This led to the birth of the Ligi Ndogo Youth Ladies Team and Ligi Ndogo Youth Team for boys.

"The idea was to leverage on an existing structure - Ligi Ndogo Football Club - as a channel that would create, not just football training, but a safe space where these youth [both in and out of school] would have the freedom to express themselves and share the challenges they face, and encourage each other to become greater than their circumstances while being involved in something they enjoyed. A place that gave them a common identity, where they could not only dream, but begin to believe and become what they aspired to be," says Esta, who is also the manager for the ladies' team.

They shared their idea with the Ligi Ndogo Football Club Chairman, Chris Amimo, who gave his full backing and mandate to the mothers to take up the leadership and management of the two teams.

"Thereafter, we had a meeting with the parents of football players where we shared our vision with the immediate goal of keeping the young adults busy and the long-term goal of supporting them to achieve their full potential," Esta says.

Although the ladies' team is under Ligi Ndogo Football Club, it is fully managed independently under Sports 360 Company Limited. It has 20 active members, with approximately 56 per cent from less privileged backgrounds while the boys' team has 35 active members, with about 25 per cent from less privileged backgrounds. While Esta and Susan were running the teams, they saw the ladies were so much interested in doing non-sport activities. This is when the idea of creating awareness about

cervical cancer was born.

"Sports has no class. A football stadium is where you will find people from all walks of life watching a match. Therefore, we saw it is the best tool to advocate for social and health issues in the community including cervical cancer," she says.

In Kenya, cancer is the third highest cause of death after infectious and cardiovascular diseases. Globally it is the 4th most commonly diagnosed cancer in women. Human Papillomavirus (HPV) is the number one cause of cervical cancer in women aged 15 to 44 years.

Able ambassadors

"Not enough individuals are aware of that HPV can be treated if noticed early. The ladies in the team are becoming advocates on this issue. Youths listen more to each other than when addressed by other people, so they are the ambassadors when it comes to sharing information on cervical cancer and talking to their peers. Since they come from all walks of life, we always tell them no one is immune to the disease whether they are high-class or low-class. We also encourage cervical cancer screening," she says.

Even though the initiative is still in its infancy, Esta sees the awareness they have created in the community as their biggest achievement.

Esta says that her love for soccer stems back to her childhood.

"My late dad was an ardent sportsperson and loved football. We used to be glued onto TV, watching Football Made in Germany in the 80s and he occasionally took us to local stadiums to watch matches. However, my child, who has been playing soccer



Esta Kamau and Susan Murage, team managers of Ligi Ndogo Youth teams, watch a game at the stadium. BELOW: Ligi Ndogo Youth Ladies Team prepare for a game.

COURTESY/LIGI NDODO

since he was four, solidified my love for the game. Seeing his passion for the game and supporting his football journey both locally and internationally helped me understand it right from the grassroots. I want to be involved, not just as a football mother to my child, but as a mother to many budding footballers," she says.

Ligi Ndogo Youth Ladies' Team played in the Football Kenya Federation Regional League but had to bow out of the competition before the end due to financial constraints.

"Finances have always been a problem in running our activities. Currently we are

thinking of possibly having a *mashinani*-based awareness drive that involves going into the communities and informing them of the importance of early screening and vaccination, but we don't have the finances to sponsor the screening. We, therefore, appeal to any hospital which can cater for the screening as we do the drive. We would also like to partner with community-based organisations dealing with health issues. We are also looking forward to working with girls in schools who will be trained and then act as peer educators of cervical cancer in their schools and the community," she says.

Many opportunities

Esta advises parents to always support their children in what they are passionate about as not everyone is cut out for traditional career paths.

"There are many opportunities in these ventures that parents and guardians look down upon such as music, sports, and arts. It has really paid off for me because my son is very clear in his path as he is currently studying sports coaching and development while he still plays football. He is very clear to me that 'if I don't make it professionally in football, I will work as a professional in the football industry' and this passion of his made me strive to make a difference in the community we belong to," she says.



RANDOM SENSE WITH EVELYN MAKENA @evelynmake-g

What to eat for a longer life

Many people want to live long. Making lifestyle changes including exercising, avoiding smoking, minimal alcohol consumption and healthy eating is one among the ways to boost longevity. A new study by *PLOS Medicine*, a peer reviewed medical journal, says eating healthy could increase lifespan by between seven to 10 years depending on age. Drawing from data of many

previous studies that looked at lifespan and diet, researchers produced an optimal diet for longevity. The research indicates that an optimal diet includes eating more legumes (beans, lentils, and peas), whole grains (oats, barley and brown rice), and nuts and a minimal intake of red and processed meat. Eating this diet from age 20 can increase life expectancy by a decade.

IN QUICK FIGURES

1/5

Poor diet is associated with 1 in every 5 deaths globally



The optimal diet includes daily intake of:	
	225 grams of whole grains
	25 g of eggs
	200 g of legumes
	400 g of vegetables
	400 g of fruits

Scholar ▶ Training future leaders

Depression on the rise among varsity students

Lack of necessary life skills, financial worries, failed relationships, uncertainties, raging hormones and pressure to get a good job after school — are enough to make learners live in mental anguish

■ by Mathew Ndung'u
@PeopleDailyKe

For many students, attending a university means a step closer to achieving their dreams. Many consider it a way to leverage promising career prospects. Knowledge is acquired, life shaped, relationship started, among other opportunities. Yet in the recent past, depression, — a mood disorder that causes a persistent feeling of sadness and loss of interest — has been on the rise amongst these students.

A study by researchers at the Department of Psychiatry at the University of Nairobi (UoN), Kenya Medical Research Institute (Kemri) and other collaborating researchers found that 36 per cent of university students were depressed. Of these, 39 per cent were female students while 34 per cent were male.

Depressive illness was significantly more common among the first-year students, those who were married; those who were economically disadvantaged and those living off campus. Other variables significantly related to higher depression levels included year of study, academic performance, religion and college attended. Logistic regression showed that those students who used tobacco, engaged in binge drinking and those who had an older age were more likely to be depressed.

Many experts and academicians point in-

creased societal pressure to achieve success and students not being equipped with necessary life skills as the cause of this. Today's students face high debt. They also have fewer job prospects after graduation than previous generations. These added concerns can lead to depressive episodes in college students.

Handling transition

George Wango, a counselling psychologist says depression is higher among first-year students who take time to adjust from childhood to adulthood. At this stage, Wango says the young scholars who used to entirely depend on parents and teachers for survival are introduced to a whole new world where they are required to live independent lives. The transition from secondary school to university, he says, should be well planned and that teachers, parents and society should endeavour to prepare them for the next stage of life.

"Parents, especially should talk to their children about university expectations as it is at the initial stages of college life that most of them either shape or destroy their lives," he said in an interview with *The Scholar*.

At the same time, Wango revealed that some university students are lazy in the execution of assignments and hardly feel inclined to work. "Many of these children have been brought up by protective parents who provide everything for them in life. When they go to campus, they start missing that which they used to get. This is when they start feeling the heat of life," he shares.

Besides naivety, Wango blames increase in depression and anxiety among university students to financial crises in the world and the uncertainties thereof, Covid-19 pandemic that resulted in stalling of many activities including destabilising the academic calendar making learners make frequent shifts from online to physical studies.

Further, Wango who is also a lecturer at a local university state that failed relationships among university students sometimes result



University of Nairobi Vice Chancellor professor Stephen Kama joins students for a 5.7km walk. PD/ MATHEW NDUNG'U



WANGO

It is at the initial stages of college life that university students either shape or destroy their lives

in physical fights and even death. The students develop low self-esteem when breakups happen as most of them are unable to cope with such developments.

Wango also says it imperative that children are trained on financial management at a tender age.

"The reason most of them have so many mobile bank loans is because they live beyond their means. They need to know that one can only live according to their sustainable earnings and that going beyond to please ego or be at par with fellow students is non-beneficial," he notes.

Childhood trauma such as sexual assault and family feuds are also partly to blame for depression among university students. Wango shares how depression starts with frustrations and disappointments and that concerted efforts are required to bring things to order.

Never suffer alone

He made the statement even as higher learning institutions managers and educationists insist that the new revelations underscore the need for university teaching staff and faculties to put mechanisms in place that can accommodate students' mental health needs.

Speaking during a 5.7km awareness walk organised by Mt Kenya University, University of Nairobi and Unesco, MKU Vice-Chancellor Prof Deogratius Jaganyi confirmed that many students have been suffering in silence.

Jaganyi maintained that among others, students have been grappling with high uptake of outlawed substances, get pregnant early, which result to dropping out of school among other dangers.

"Student leaders have been dealing with drug and alcohol abuse among other stress-

related challenges daily. It is a major concern to us as higher learning institutions. We don't want our students to suffer alone, we want to tell them that they can get help," said Prof Jaganyi.

His sentiments were echoed by University of Nairobi Vice Chancellor professor Stephen Kama who insisted that the government should do everything possible to help students concentrate on studying.

"Drugs, peer pressure, raging hormones, sex and early pregnancies are among factors that have been delaying completion of studies among university students and we hope to walk with them to tell them that there is hope," he said.

He said that UON will continue to partner with institutions of higher learning to implement Our Rights, Our Lives, Our Future (O3 Plus), a project that is aimed at ensuring that young people in higher and tertiary education institutions in the Eastern and Southern Africa realise positive health, education and gender equality outcomes through sustained reductions in new HIV infections, unintended pregnancy and gender-based violence.

As one of the many forms of remedy to the growing crisis, the scholars encouraged reconstitution of university mental health policies, programmes and practices, with the availability of clubs, societies and sporting activities likely to be key in promoting student mental health and wellbeing among students.

The project, according to Unesco Regional Director, Prof Hubert Gijzen, is being implemented in Kenya, Tanzania, Zambia and Zimbabwe and is hoped to enable young people reach their full educational potential and contribute more effectively to the development of their countries and region as graduates, professionals and young leaders.

BRIEFLY

Universities urged to embrace research and innovation

■ by Harrison Kivisu
@PeopleDailoyKe

Principal Secretary University Education and Research Amb Simon Nabukwesi has encouraged university managements to embrace research and innovation in line with emerging global trends so that they can be globally competitive.

Speaking after opening Meru University of Science and technology management joint workshop in Mombasa, Nabukwesi said universities should offer solutions to the developments of

the country by churning out full baked graduates. "The outputs from universities should be globally competitive and fit for the development needs of our nation, for example research and innovation and commercialisation and capacity building of students," said Nabukwesi.

Universities in the country have been grappling with limited capacity to research and innovate, and in the Meru University workshop, the management was looking at how they can embrace best practice to make it globally more competitive. "The workshop is timely

in the sense of relevance of the quality education, empowerment and mentorship of learners, through good teaching and of course, the university should coordinate them on how to manage that," said Nabukwesi.

He urged the higher learning institutions to exercise high prudence management of resources, mobilisation of resources and planning as well.

Prof Bosire Monari, chairperson of Meru University council said the workshop would provide a good opportunity for the university management and council to evaluate their performance

and how they can do better by ensuring quality teaching, research and service to the community.

Meru University of Science and Technology has a well-established Directorate of Research, which focuses on coordination and provision of policy direction in conduct, management and utilisation of research for humanity and sustainable social-economic development. The directorate is a critical division of the university and has a wide mandate that includes overseeing and facilitations of extensions, collaborations, consultancy services, documen-

tation, publications and dissemination of research findings through seminars and conferences.

Since its inception, the directorate has actively developed processes, procedures and programmes to fulfil university's vision and mission to strengthen research in education and training. It does this through activities on broad thematic areas including, but not limited to: agriculture, natural and biological sciences, engineering, energy, mining, health, information technology, business and social sciences.



5.00 Inuka
5.30 Wake Up, Shape Up!
6.00 K24 This Morning
9.55 Wisdom Moments
10.05 Inuka
11.00 Daily Brief
1.00 K24 News Cut
1.30 Jungu La Spoti
2.00 Bongo Movie
3.00 Jesus, Kingdom
Without Frontiers
3.30 Akili & Me
4.00 Inuka- Rpt
4.30 BBC Mitikai Leo
4.50 Classic Cartoons
5.00 Beatbox
6.00 Love & Wealth
7.00 Kikaoni K24
8.00 Kura 2022
9.00 K24 Evening Edition
10.00 Save A Life
11.00 Rhumba Oxygen- Rpt
01.00 Al Jazeera



5.00 Ime Ria Rucini
6.00 Rikiratha- Live
10.00 Riugi Mix- Rpt
10.30 Satai
11.00 Kurekereria Kodi- Live
1.00 Mohoro Gitau- Live
1.30 Thiririka
3.00 Save A Life- Rpt
3.30 Mbugi Matu- Rpt
4.00 Ririmbuwa- Live
6.00 Maisha Bure- Rpt
6.30 Wendo Wa
Githagathago
7.00 Kameme Maturaini- Live
7.30 Nditimurano
9.00 Mutamburuko Wa
Mohoro- Live
10.00 Thenema
Ririmbuwa
11.30 DW

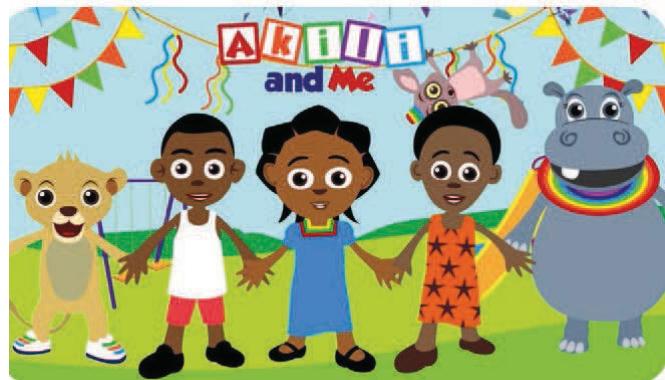


5.00 Command Your Morning
6.00 Morning Express
8.00 Life-N-Style
10.00 Carmela Rpt
11.00 Tendereza
12.00 The Entrepreneur
12.30 Dakarti Rpt
1.00 News Desk
1.30 Drive It
2.00 Afri-Screen:
4.00 Mbui Ya KTN
4.10 The Emperor's New School
4.30 Teenage Mutant:
Ninja Turtles
5.00 Baseline
6.00 Losing Heaven
7.00 KTN Leo
7.30 Mshamba
8.00 Steve Harvey
9.00 KTN Prime
10.05 Documentary
10.30 Movie
12.30 CNN

TIME OUT!



3.30PM AKILI AND ME



::IN THEATRES NOW::

WESTGATE CINEMA: 14:45, 18:00, 14:20, 17:35, 11:15, 14:30, 17:45, 21:00: **THE BATMAN 2022**
ANGA DIAMOND PLAZA: 11:15, 12:30, 14:20, 15:40, 17:25, 12:45, 20:30, 21:50: **THE BATMAN**
ANGA DIAMOND PLAZA: 10:30, 16:40: **UNCHARTED 2D**
ANGA SKY PANARI: 12:54, 18:15: **UNCHARTED 2D**
WESTGATE CINEMA: 21:40, 11:30, 19:20: **UNCHARTED 2D**



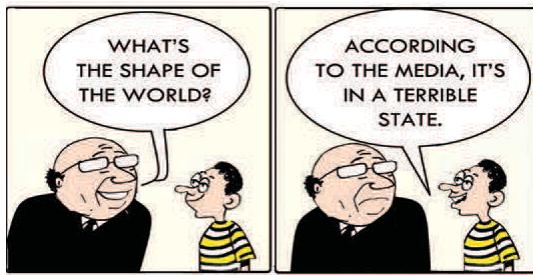
	7	9	3	6			4	5
			7	5	6			
						1		
7	9			8		2		
3	4	2		1	7	5		
5		7				1	6	
2								
	7	4	1					
3	4		2	9	1	6		

SUDOKU

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

The aim is to fill the grid so that each row, column and every 3x3 shaded box contains only one of the digits 1-9. You need to reason out where to place the missing numbers by using the numbers given in the grid and a process of elimination. It is a game of logic not mathematical ability.

LIFE'S LIKE THAT! | BY TUM



ACROSS

- 7. Compiler of a dictionary (13)
- 8. Drawing templates (8)
- 9. Unattractive (4)
- 10. Imitating (7)
- 12. Derisive smile (5)
- 14. Large pebble (5)
- 16. Trickle (7)
- 19. Strict (4)
- 20. Extra large (4-4)
- 22. Rebirth in a new body (13)

DOWN

- 1. Where a bird lays eggs (4)
- 2. Body organ (6)
- 3. Cosmetic liquids (7)
- 4. Hard and brittle (5)
- 5. Improvement (6)
- 6. In disorder or haste (4-4)
- 11. Rough drafts of a plan (8)
- 13. Cutting back a tree (7)
- 15. Christening (6)
- 17. Harasses; hemis in (6)
- 18. Seabirds (5)
- 21. Move rapidly (4)

HOROSCOPES



ARIES (MAR. 21- APRIL 20)

You must use discretion when it comes to lending money or making donations. Don't let the erratic behaviour of someone you live with interfere with your professional performance.

TAURUS (APR. 21- MAY 21)

Don't be afraid to push your beliefs and attitudes. If they don't want to get involved, work by yourself.

GEMINI (MAY 22- JUNE 21)

You are best to stick to basics. Work on getting ahead by picking up added skills. You must strive to get the most important projects completed properly, rather than doing everything in a half baked way.

CANCER (JUNE 22- JULY 22)

You'll find it easy to deal with government agencies or large institutions. You must try to lay your cards on the table.

LEO (JULY 23- AUG 22)

You may want to tell someone how you really feel. Don't let your emotions interfere with your efficiency. Communication will be your best bet.

VIRGO (AUG. 23- SEPT. 23)

Positive changes regarding your personal status are evident. Your home may be in an uproar and you are best to stay out of the line of fire at all possible.

LIBRA (SEPT. 24- OCT. 23)

Sudden trips may take you by surprise; try to include your mate, mixing business with pleasure.

SCORPIO (OCT. 24- NOV. 22)

Opportunities to get involved in self improvement projects will be rewarding. You will be erratic and quite likely to make personal mistakes.

SAGITTARIUS (NOV. 23- DEC. 21)

Don't take your frustrations out on the ones you love. Your lover may cost you financially. Stress coupled with diet will add to stomach problems.

CAPRICORN (DEC. 22- JAN. 20)

Help children complete projects they're having difficulty with. Get together with friends and catch up on reading and letter writing.

AQUARIUS (JAN. 21- FEB. 19)

Your boss may not be in the best of moods today. Try to convince a good friend to take a holiday with you.

PISCES (FEB. 20- MAR. 20)

You may be frazzled today. Use your ingenuity to manipulate things to get what you want. Someone you live with will be impossible.

FRIDAY'S SOLUTION

1	2	3	4	5	6
7					
				9	
10	11			12	
			13		
14		15	16		17
			18		
19		20			21
22					

ACROSS

- 1. Collapse
- 5. Balm
- 9. Valet
- 10. Raspy
- 11. Competitor
- 14. Ration
- 15. Smears
- 17. Conciliate
- 20. Plaza
- 21. Chirp
- 22. Suds
- 23. Replaces
- 1. Cove
- 2. Lull
- 3. Astrological
- 4. Sculpt
- 6. Alsatian
- 7. Mayores
- 8. Arithmetical
- 12. Precepts
- 13. Standard
- 16. Finite
- 18. Zinc
- 19. Opus



MEDIAMAX NETWORK LIMITED

INVITATION FOR DISPOSAL OF ICT GOODS/ITEMS

Mediamax Network Limited is a leading organisation in the media industry in Kenya. The company prides itself of 6 Radio Stations; 2 TV Stations, a print newspaper and a dynamic digital platform - K24 Plus. News, information and entertainment is critical in our content strategy.

The company now invites interested bidders/vendors to participate in the bidding of Disposal of ICT Goods/Items as follows:

EQUIPMENT	MODEL	QUANTITY
CPU	Acer	2
	Compaq	2
HCL		2
HP		9
IBM NTU		1
Tyrene		2
MAC		7
Monitors	Acer	1
	Compaq	2
HCL		1
HP		9
HP Compaq		2
Mercer		1
Laptops	Mercer	6
	Toshiba	1
HP		2
Dell		1
IBM		1
Macbook		1
AVR	Riello	1
Cameras	Sony HVR Z5F	1
Canopus	AVDC1000	2
CD Player	Demon	2
Decoder	IRD-2900, Harmonic	5
Decoder	Tandberg TT1260	1
Domestic Decoder	Eurostar	1
Elenos PSU	Elenos	4

EQUIPMENT	MODEL	QUANTITY
Harmonics	Provieu 2900	1
Decoder		
Harmonics	Provieu 2961	1
Decoder		
JBL Speaker		1
Radio Tuner	CFS-B5S	2
Samsung TV	UA32K400AK	1
Samsung TV	Model LA22D400E1R	1
SAT Decoders	Domestic FTA	10
Tripods Manfronto		6
TV	Sumsang LH40HBPLC/XY	1
TV	Sumsang UA49KS300BK	1
VTR	Sony HDV-M15AE	1
	Sony HVR Z5F	1
	Sony HVR Z7F	1
	Sony HVR Z7F	1
	Sony HVR Z7F	1
	Sony S270	1
	Sony HDV-M55AE	1

Bid documents with necessary details are obtained from the **Procurement Office** on 3rd Floor, DSM House along Kijabe Street, Nairobi on normal working days between 8.00am to 5:00pm upon payment of non-refundable fee of KSh1,000 (One thousand shillings only) per set, payable to **Mpesa Paybill Number: 200202, Account name: MNL ICT Disposal**.

Duly completed bid documents must be submitted in plain sealed envelopes clearly marked MNL - ICT Disposal of Items/Goods addressed to:

The Chairman, Adhoc ICT Bid Committee,
Mediamax Network Limited,
P.O. Box 24943 - 00100,
Nairobi.

To be deposited in the bid box provided at Third Floor, so as to be received on or before 8th March, 2022 at 12.00 Noon.

MNL reserves the right to accept or reject the bidding document in whole or in part without giving reasons for rejection or acceptance.

Canvassing will lead to automatic disqualification from the bidding process.

THE CHAIRMAN,
ADHOC TENDER COMMITTEE.

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PUBLIC AUCTION

Duly instructed by our principals, in exercise of their statutory powers we shall sell by public auction the under mentioned goods on 15th March 2022 at 10:30 am or thereafter at Pangani Auction Centre.

1. DISTRESS FOR RENT

LANDLORD VS. ELAINE WAMBUI

Dining room with 6 chairs, water dispenser 6-seater sofa sets, LG TV set 43", carpet, sound speakers with speakers, 2-doorridge Samsung, 4-burner cooker, 13kgs Oilby gas cylinder, Samsung microwave, Ramtons 12kg washing machine, 45 kgs Oilby gas cylinder, 2 wooden stools.

2. DISTRESS FOR RENT

LANDLORD VS. BENTO OMULOLI

7-seater leather seats, glass top coffee table, LG TV, 4 synthetic chairs, 6x6 bed, 6x6 mattress, 2-doorfridge, water cooler, water dispenser, microwave, home theater, DSTV decoder, treadmill machine, electric kettle.

CONDITIONS OF SALE

Cash at the fall of the hammer.

MURPHY MERCHANTS AUCTIONEERS

CLASS 'B' LICENCED ASHA TRUST BUILDING, GROUND FLOOR, MERU ROAD, P.O. BOX 3070-80100, CELL 0772280045, MOMBASA

PUBLIC AUCTION

Under instructions received from our principals, we shall sell the under mentioned items as scheduled below:

UNDER DISTRESS FOR RENT ACT

On Tuesday 15th March, 2022 at Mwara Auction Yard, Mombasa starting from 10:30am.

1 Sofa set, 1 Dining table, 5 chairs, 1 TV, 1 Music system.

Landlord -VS- Phineas T/A Tulivu Spa Barber Shop

1 Reception Desk, 3 Barber Chairs, 1 Washing Chair, 1 Fan, 1 Bench, 1 Fan, 4 Arm Chairs, 1 TV, 1 Subwoofer, 2 Foot Massager, 1 Small Glass Display, 1 Sterilizer Machine, 1 Office Desk, 21 Assorted Tools, Fire Extinguisher, 1 AC, 1 Gasoline Generator.

CONDITIONS OF SALE

Buyer must pay cash at the fall of the hammer.

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& 2nd Floors, Kijabe Street, Nairobi or
email: peopleads@mediamax.co.ke

HEBROS AUCTIONEERS

Licensed Class 'B' Auctioneers, Professional Private Investigators, Process Servers & Commission Agents, HEAD OFFICE: Jamiatu House formerly Summit House, 1st Floor, Room 501, Moi Avenue, BEACH OFFICE: P.O. Box 101887-00100, Nairobi, 3rd Floor, Street, P.O. Box 101887-00100 Nairobi, Tel: 0721459976, 0726266565, 072132266, Email:hebrosauct@gmail.com

PUBLIC AUCTION

Under instructions received from our principals, we shall sell the under mentioned goods on Monday 14th March, 2022 at 10:30am at Stomper's Auction Centre, 1st Floor, 3rd Street.

1. IN THE MATTER OF DISTRESS FOR RENT ACT CAP 293 LAWS OF KENYA

Landlord -Vs- Kwoch

Two burner stove, 13kg gas cylinder, 6kg Hashi cylinder, 2 carpets, Six seater dining table, small wooden TV stand, Display Boxes, washing machine, 1 wooden shelf, 1 seater recliner sofa set, Ramtons Microwave, Home theater + 5 speakers (Sony), 14" LG TV, Water dispenser (Hotpoint), Tumbler, Tumbler, Samsung Fridge.

CONDITIONS OF SALE

Cash at the fall of the hammer.

EXPEDITIOUS AUCTIONEERS

CLASS "B" LICENSED AUCTIONEERS & COURT PROCESS SERVERS Kiamutu Mutharaba Building, Ngara Road Opp. Mwangi's Office, Nairobi, 3rd Floor, Suite No. 27, P.O. Box 1483-00600, Tel: 0722 661720, 0788 556 963 Email:expeditiousauction2020@gmail.com

PUBLIC AUCTION

Duly instructed by our principals, we shall sell by public auction the under mentioned motor vehicles and goods.

In the matter of Repossession

On Tuesday 15th March, 2022 at Auto Gallery Ltd along Waiyaki way, Nairobi at 11:00AM.

Clien -Vs- Thomas Mbaria Kuria

- Motor vehicle Reg. KWB 417S - Nissan Xtrail, Distress for rent Act Cap 293 Laws of Kenya On Wednesday 16th March, 2022 at Pangani Auction Centre, Starting at 11:00AM.

Landlord -Vs- Francis Wachira Muguku

3-Seater Sofa set, 2 pcs one Seater seats, Sony T.V, Wall Unit, Water Dispenser, Coffee Table, 1 wooden shelf, 4 chairs, LG Fridge, Ramtons Cooker, Gas cylinder, Ramtons Microwave, Floor carpet.

On Friday 18th March, 2022 at Foresight Motors along Rutumi Bypass, starting at 11:00AM.

MCCE 544/2018 - Millimani

Jackline Yobensia Omwenga Vs Samuel Ng'ang'a, Daniel Kiriri Motor Vehicle Reg. No. KWD 886-TATA Tipper Lorry.

CONDITION OF SALE

1. Cash at the fall of the hammer.

2. Viewing can be done during working hours with prior arrangement with the auctioneer.

Sport

► The one-stop Sport shop...



Sherif strikes twice as Al Ahly survive CAF Champions League scare

Johannesburg, Sunday
@PeopleDailyKe

Mohamed Sherif scored twice as holders Al Ahly of Egypt claimed three crucial points by beating Al Merrikh of Sudan 3-2 in a CAF Champions League group match in Cairo on Saturday.

Victory lifted Ahly, who are hoping to win the marquee African club competition a record third consecutive time, to second in Group A, level with Merrikh on four points but ahead on head-to-head records.

Mamelodi Sundowns of South Africa top the table with seven points from three matches following a shock away victory over Ahly last weekend and the clubs clash again on March 12.

At the other end of the standings, Al Hilal of Sudan



GOLF - PAGE 32

Chinese player Wu Anchun wins 2022 Magical Kenya Open

Patel seals back-to-back rally victory

Win sees him cling onto the summit of the Kenya National Rally Championship

by Philip Kamakya
@PeopleDailyKe

have just one point and must defeat arch domestic rivals Merrikh in Omdurman this Friday to have any hope of a top-two finish and a quarter-finals place.

Egypt international Sherif struck after three and 34 minutes at the Al Salam Stadium to convert the supremacy of the 10-time Champions League winners into a two-goal advantage.

But Merrikh, whose best showing was reaching the 2015 semi-finals, halved the deficit two minutes before half-time through Nigerian Tony Edjomariegwie.

Although Ahly continued to dominate possession in the second half, they were stunned on 69 minutes when Elsamani Saadeldin levelled with his third goal in two Champions League matches.

- AFP

Karan Patel emerged tops in Nakuru Rally to secure his second straight win of the season.

Navigated by Tauseef Khan in a Ford Fiesta rally 2, Karan beat Jasmeet Chana driving a Mitsubishi Evo 10 by a 5.49.5minutes as Hussein Malik celebrated his third position of the season.

Patel's win saw him cling on to the summit of the Kenya National Rally Championship (KNRC) log after coming first in the season-opening KMSC Rally.

He now tops the log on a flawless points score of 66 while Jasmeet is on 52 after two events followed by Karan's sibling Kush Patel who is placed third on 34.

Jasmeet was nevertheless thrilled with his performance.

"It was good. We had a good run again trying to fight Karan's R5 so we

broke the suspension arm on CS1, drove on it till the end of CS2. On CS3 I did my quickest time but the gap between Karan and myself was a lot," said Jasmeet.

Malik, who was navigated by Deep Patel, savoured a career best result and here's what he had to say: "I am elated to finish in a podium position. It was quite tough and rough but we managed to pull through. A great job by Deep for making sure this was a navigators rally and he did a tremendous job."

Lost clutch

I'm over the moon and looking forward to the Equator Rally. A big thanks to my sponsors M&D Executive Auto without whom this would not have been possible. Our standard Evo X has been prepared well by Karan Racing under the guidance of the chief mechanic Raju and under supervision of Kiran Patel. We owe them big time."

Karan was the victor in KNRC Di-



Hussein Malik (right) and his co-driver Deep Patel celebrate their career best KNRC podium in Mogotio. PD/PHILIP KAMAKYA

KNRC POINTS AFTER ROUND TWO

1. Karan Patel 66
2. Jasmeet Chana 52
3. Kush Patel 34
4. Leonardo Varese 28
5. Steve Mwangi 22
6. Hussein Malik 22
7. Ghalib Haji 19
8. Daren Miranda 19
9. Zameer Verjee 15

Kenya Cup: Oilers stun KCB to face Kabras

by Alex Njue
@PeopleDailyKe

Roelofse 2-0 (6-2, 6-3). In the doubles match on Saturday, Israel went up 2-1, after Jonathan Erlich and Cukierman defeated Harris and Raven Klaasen 2-1 (7-6, 3-6, 6-3). Oliel secured Israel's spot in the next round, after overcoming Harris, who suffered from a shoulder injury, 2-0 (6-3, 6-4). - Xinhua



KCB will blame themselves after falling to the Menengai Oilers in the 2021/22 Kenya Cup semi-final at home on Saturday.

The Bankers gave away eight penalties and failed to execute enough points as Oilers slotted in all their 24 points thanks to their playmaker Geoffrey Omringe who termed kicking as an art shortly after he gave his side their maiden cup final appearance after a memorable first 24-17 win - their first against KCB at their Ruaka backyard.

"Kicking is an art because it's either you slot in or miss and I am glad my boot was at its best form. The win is too big for us, and it has come at the right time and now we look forward to an electric final against Kabras. My work was very easy because it was a team effort and I credit all the players for a commendable job," Omringe told People

Sports. His head coach Gibson Weru is glad the team is just seven-years-old has made a very positive impression in the top-flight league after three seasons of participation. On Saturday the team proved they did not need a try to win the away match.

The club made their first appearance in Kenya Cup in the 2018/19 season and finished eighth above Homeboyz and Blak Blad before upping their game to finish sixth in 2019/20 but the emergence of coronavirus pandemic put paid to their wait to taste



KCB take on Menengai Oilers on Sunday. PD/ALEX NJUE

the playoffs as the season was cancelled.

The team, however, returned stronger and finished fourth last season after losing 35-17 to KCB.

"The boys were very courageous. They put their bodies on the line and competed well in the set pieces," Oilers coach Weru told People Sports.

"For the past four weeks we have been looking at how we can beat KCB.

We looked into their weaknesses, their strengths and now we have a few days to look at how we can beat Kabras. It's possible because it's a team with the same kind of

game, very physical and we plan to give them the right contest to get our results."

Oilers drew first blood with two successive penalties that were beaten by a converted try by KCB's Darwin Mukidza but the hosts failed to keep their visitors under the right pressure.

In the other semi-final Kabras won their match 29-9 thanks to four tries and three penalties whilst conceding just three penalties against Strathmore.

Barry Robinson, Teddy Akala, Jone Kubu and Brian Tanga scored a try each while Ntabeni Dukisa and Tanga assumed the kicking role with Andrew Matoka slotting the three penalties for the students.

It will be an interesting cup final where Kabras hopes to lift the title on home ground for the first time despite featuring in all the finals since 2014. Kabras won the 2015/16 edition after they clawed Impala in Nairobi.

Gathimba aiming higher after historic bronze in Oman



by Amos Abuga
@PeopleDailyKe

Three-time Africa walking champion Samuel Gathimba won a historic bronze in the men's 20km at the World Athletics Walk Racing Team Championships in Muscat, Oman, on Saturday. The veteran race walker also secured Kenya's first ever medal at the event. He timed 1:23.52, a season's best.

Gathimba, who now boasts of seven medals on the international scene including gold at the African Championships in 2016 and 2018, came third behind Japanese duo Toshikazu Yamashita na Li Maocuo who took gold and silver respectively.

The victory was a sweet occasion for Gathimba who was last year excluded from the final entries for the Tokyo Olympic Games.

"It's very disappointing. We were not told about the ranking. We walked our way to beat the Tokyo Olympics Standards and that is what we know. The rest of the reasons are just stories. Let AK explain why they didn't forward our names," Gathimba had then said.

Good sign

The 34-year-old Gathimba, who clinched bronze during the 2018 Commonwealth Games in Gold Coast, Australia, took to the roads for the 20km race a day after World Under-20

10,000m champion Heristone Wanyonyi finished fourth in 10km in a new national Under-20 record of 45:10 minutes.

"This is a sign of good things to come, I am particularly happy with this victory here, I want to use it to push myself to do better," said Gathimba.

Simon Wachira (1:30:17) finished 33rd while 2017 World Under-18 10,000m bronze medallist Dominic Ndigiti (1:35.42) placed 43rd in that race.

Africa and African Games 20km champion Emily Ngui who registered a season's best of 1:42.39 to place 19th in the women's 20km on Saturday morning.



Africa's 100m record holder Ferdinand Omanyala . PD/DAVID NDOL

Omanyala impressed with fast season start

by Amos Abuga
@PeopleDailyKe

Africa's 100m record holder Ferdinand Omanyala has credited his quick start in the season to his debut participation at the World Indoor Tour that saw him shatter the national record twice.

On Saturday Omanyala was at his supreme best as he won his race during the third Athletics Kenya Track and Field Meeting at the Nyayo National Stadium.

He clocked a new stadium record of 10.00 seconds en route to winning the men's 100m race.

"I think I have improved a lot with my start which I have been working on during the World Indoor Tour and I hope to improve further as I head for the World Indoor Championships," said Omanyala who was making a return to the outdoor action after competing at the World Indoor Tour in France where he achieved a new national record of 6.57 seconds over the 60m race.

Same mistakes

The 26-year-old said he hopes to build on the performance ahead of a busy outdoor campaign that will culminate in the World Championships and Commonwealth Games, both events slated for this summer.

"Previously during this time of the year, I was running 10:27 or something close, so I think this is a very good start to the season. I am looking forward to running fast this season. You will see the real me in May," added Omanyala who holds the national and African record of 9.77 seconds.

Ahead of the World Indoor Championships due for March 18-20 in Belgrade, Serbia, Omanyala is aiming higher.

"I feel I can take it a notch higher, I feel I can go under 6.57 in Belgrade," he stated.

In other races, Japan-based Margaret Akidor needed a precise kick in the last 150m to edge favourite world junior champion Teresiah Gateri in the women's 5000m.

Akidor clocked 15:26.18 with Gateri settling for second in 15:29.43 while Rebecca Mwangi came home third in 15:32.46.

"I vowed not to make the same mistakes I did last time, so I improved on my finishing power," said Akidor.

Kipchoge sweeps Tokyo in fourth-fastest time

As Brigid Kosgei, another world record holder, takes the women's marathon in 2:16.02

Tokyo, Sunday
@PeopleDailyKe

AKenya's double Olympic champion Eliud Kipchoge said he would aim for "one thing at a time" after narrowly failing to beat his own world record in a dominating performance at the Tokyo marathon on Sunday.

Kipchoge won the race in 2hr 2min 40sec, the fourth-fastest time in history, to give him victories in four of the world's six major marathons.

But Kipchoge was unable to beat the 2:01.39 he clocked at the 2018 Berlin marathon, hindered partly by a wrong turn around the 10-kilometre mark that cost him valuable seconds.

The 37-year-old has now run three of the four fastest marathons in history and has ambitions to win a record-breaking third consecutive Olympic gold at Paris 2024.

Inspire the world

"I think I am happy to run a course record here in Tokyo," said Kipchoge, who joined a select club of athletes last year when he defended his 2016 Rio Olympics gold at the pandemic-delayed Tokyo Games.

"I always say that I aim one thing at a time," Kipchoge said.

"I am going back to Kenya to talk with the coaches, talk with the management, my team about the opportunities and the goals that we are going to set together because we are working as a team."

The Tokyo marathon was taking place for the first time in two years because of the pandemic, and it took an unexpected twist when the leading pack took a wrong turn around the 10km mark.

The runners had to double back on themselves after following a TV truck in the

wrong direction, disrupting their rhythm and costing them about 10 seconds.

Kenyan Amos Kipruto was the only runner able to keep up with Kipchoge until the world record holder broke free around the 35km mark.

Kipchoge crossed the tape to savour victory finally in Tokyo, having won his Olympic title in Sapporo last summer after the race was relocated over heat concerns.

"The reason I came back, first, was to run in the streets of Tokyo as I promised last year," said Kipchoge.

"Second was to come and run strong, third was to come and inspire the world, fourth was to come and enjoy the streets of Tokyo by telling people that if we come together we can resolve."

Kipruto finished second in a personal-best 2:03.13 and Ethiopia's Tamirat

Tola was third in 2:04.14.

Ethiopian Mosinet Gere-mew, who entered the race with the fourth-fastest marathon time in history, dropped out around the 25km mark.

Kenya's Brigid Kosgei, another world record holder, won the women's race in 2:16.02.

Ethiopia's Ashete Bekere was second in 2:17:58, while her compatriot Go-tytom Gebreslase was third in 2:18.18.

Kipchoge was making his debut in Tokyo, one of the six major marathons alongside New York, Berlin, Chicago, London and Boston. Kipchoge had already won in London, Chicago and Berlin and it is one of his career objectives to land all six.

He made history in 2019 by breaking the two-hour barrier in a specially designed challenge run, but his 1:59.40 does not count as a world record primarily because of the use of 41 rotating pacemakers.

- AFP

ELIUD KIPCHOGE

The reason I came back, first, was to run in the streets of Tokyo as I promised last year."

Tokyo Marathon top 10 - Men

1.1. Eliud Kipchoge (KEN) 2:02:40
2. Amos Kipruto (KEN) 2:03:13
3. Tamirat Tola (ETH) 2:04:14
4. Kengo Suzuki (JPN) 2:05:28
5. Shura Kitata (ETH) 2:06:12
6. Laban Korir (KEN) 2:06:37
7. Kenya Sonata (JPN) 2:07:23
8. Shun Yuzawa (JPN) 2:07:31
9. Kento Kikutani (JPN) 2:07:55
10. Michael Githae (KEN) 2:07:55



Eliud Kipchoge of Kenya celebrates after winning in the men's elite race at the Tokyo Marathon 2021 in Tokyo on March 6, 2022. AFP

INSIDE SPORT



RUGBY PAGE 28

Menengai Oilers stun KCB to set up finals date with Kabras



Crisis at Kangemi Ladies as coach ponders leaving

FOOTBALL: The woes are deepening for Kangemi Ladies FC in their debut season in the top-tier FKF Women Premier League and coach Joseph Orao is contemplating leaving the club. At the weekend, the team suffered another disappointing defeat to Nakuru City Queens, their eighth in nine matches to remain bottom of the league with a paltry three points and coach Orao seems to have

given up as he paints a bleak picture of a team that has lost its way. "I'm just leaving the job because I'm not performing," Orao told People Sport. I'm tired of losing and yet players are not giving me any hope to stay. They're not committed, they're not dedicated, they're not coming for practice and I'm only left with school-going players who are at least trying to push. So, it's tough.

- Gibo Zachary

Women Division One clubs boycott league over funding

FOOTBALL: Only one match was played on Saturday in the FKF Women Division One as clubs boycotted the league until the Football Caretaker Committee remitted money promised to them. The clubs said they will only resume the matches once the caretaker committee keeps their promise to fund them with Sh6 million per month (Sh250,000 per club) to cater for logistics. Three months have elapsed after the league kicked off with

seven matches played, and the clubs are yet to receive a penny. The clubs said they have run out of money and it's becoming untenable for them to play any further matches. Adding that they have been borrowing money to honour these matches hoping to get the funds from the caretaker committee to repay but with no money forthcoming, they're unable to get loans because the debts have accumulated and they can't borrow any more.

- Gibo Zachary

Starlets captain appeals to Amina to end Fifa deadlock

FOOTBALL: Harambee Starlets captain Corazon Aquino has appealed to the Cabinet Secretary for Sports Amina Mohammed to hold talks with the world football governing body Fifa to unlock the deadlock that has Kenya suspended. Aquino said the current standoff between the government and Football Kenya Federation has affected their chances of playing in the Africa Women Cup of Nations in Morocco in July. "I don't plan to play my football locally alone, but going abroad to play in the major leagues is every footballer's dream, so it is impossible now to play out of the country or join foreign clubs," she told People Sport.

The Harambee Starlets were set to face neighbours Uganda in qualifiers last month, but the FKF secretary general Barry Otieno informed Confederation of African Football that Kenya would not be able to fulfil the fixtures and Uganda was handed a walkover earning a ticket to the finals in Morocco.

- Kiprono Ericson



ATHLETICS PAGE 29



ATHLETICS PAGE 29

Kipchoge wins Tokyo Marathon in new time

Premier League Result



WATFORD
Hernandez 11'
Sissoko 87'

2-3

ARSENAL
Odegaard 5'
Saka 30'
Martinelli 52'



LeBron James #6 of the Los Angeles Lakers dunks the ball during the game against the Golden State Warriors on March 5, 2022 at Crypto.Com Arena in Los Angeles, California. AFP

Brilliant LeBron scores 56

James delivers his highest single-game points tally since joining the Lakers in a pulsating battle with Golden State Warriors

Los Angeles, Sunday
@PeopleDailyKe

LeBron James produced a 56-point masterpiece as the Los Angeles Lakers snapped their four-game losing streak with a thrilling 124-116 win over the Golden State Warriors on Saturday.

James delivered his highest single-game points tally since joining the Lakers in a pulsating battle with the Warriors,

who themselves are in a mini-slump that now runs to four straight defeats.

A see-saw game at the Lakers' newly renamed Crypto.com Arena saw the lead change hands nine times, with the Lakers jumping out to a 14-point lead in the first quarter before the Warriors hit back with a 42-point second quarter display.

That left the Warriors in the driving seat and leading by 14 before James and the Lakers

gradually worked their way back into the contest with a late burst of scoring in the fourth quarter.

James, who finished with 56 points and 10 rebounds, said afterwards that "desperation" had inspired the Lakers.

"Just desperation," he said. "We needed this win for sure. It means a lot."

"Obviously they're the second best team in the West. They've been struggling a little bit of late, but we've been struggling all year pretty much."

"For us to get a win like this in front of our home fans — they deserve it. We haven't played like much of anything of late so it's good to get a win like that in front of them."

Heat too hot for Sixers

James hopes the win can act as a catalyst for the Lakers' troubled season. The 2020 NBA champions remain out of the automatic playoff places and are ninth in the Western Conference with a 28-35 record.

"We've gotta see where we can take it from here," James said. "We've got a two-game road trip coming up so let's see what we can do."

Lakers coach Frank Vogel

meanwhile saluted James' leadership.

"He leads us with his consistent demeanor, trying to get better every day," Vogel said. "What he did tonight was spectacular."

James' scoring was backed with 20 points from Russell Westbrook while veteran Carmelo Anthony added 14 off the bench.

Stephen Curry led the Warriors scorers with 30 points while Jordan Poole added 23.

Elsewhere Saturday, Jimmy Butler scored 21 points as the Miami Heat shut down Joel Embiid to end the Philadelphia 76ers' five-game winning streak with a 99-82 victory.

The much-anticipated duel between the first and second-placed Eastern Conference rivals was a mostly one-sided affair with the Sixers weakened by the decision to rest star new recruit James Harden.

That left Sixers big man Embiid isolated as the Heat's defense took control to restrict the Sixers scoring, including a season-low 14 points in the first quarter.

Butler was one of four Miami players to finish in double figures.

- AFP

Shane Warne to have State funeral in Australia

Sydney, Sunday
@PeopleDailyKe

Australian cricketing legend Shane Warne, who died suddenly Friday aged 52, will be honoured with a State funeral, after his family accepted an offer from the premier of his home state.

"I've spoken with the Warne family again today and they have accepted my offer of a State Funeral to remember Shane," Victoria state premier Daniel Andrews said.

"It will be an opportunity for Victorians to pay tribute to his contribution to his sport, to our state and the country."

Andrews said details of the service will be finalised in the coming days.

Warne - one of the greatest Test cricketers of all time - was found unresponsive in his luxury villa at the Samujana resort in Thailand on Friday evening after failing to meet friends.

His death sparked a global outpouring of grief from prime ministers, rock stars and fellow players, an acknowledgement that the Melbourne native transcended his sport.

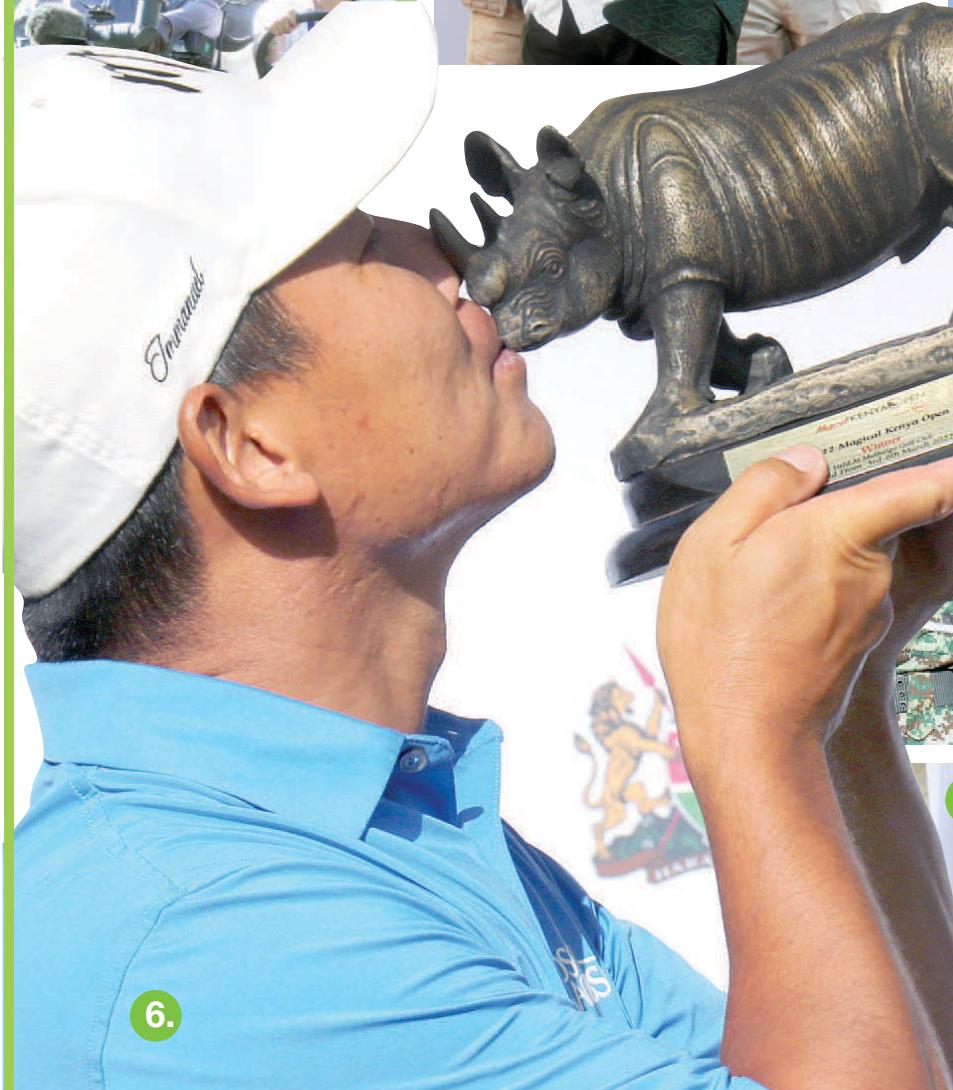
In his honour, the Great Southern Stand at the Melbourne Cricket Ground will be renamed the S.K. Warne Stand, the Victorian government has said.



The late Australian cricketing legend Shane Warne. AFP

KENYA OPEN

HERE WE GO!



1. Young fans came to catch the final day action at the 2022 Kenya Open at the Muthaiga Golf Club on March 6, 2022.

2. President Uhuru Kenyatta puts on the Muthaiga Club jacket after receiving honorary membership.

3. A Kenya Airways plane flying past the golf course.

4. Media crew in action.

5. Fans take photos of the KQ plane.

6. China's Wu Ashun kisses the trophy after clinching the 2022 Magical Kenya Open on March 6, 2022.

7. People Daily Sports Editor James Waindi with Mediamax sales representatives Loise Mwathe (right) and Anabelle Nyambura (left) and a Johnnie Walker usher at the Magical Kenya Open Championship in Muthaiga. PD/ALEX NJUE

P D SPORT

Arsenal beat Watford to take fourth EPL position

Watford, Sunday
@PeopleSport11

Bukayo Saka starred as Arsenal leapfrogged Manchester United into the Premier League top four on Sunday with a 3-2 win at struggling Watford.

Martin Odegaard struck early for the visitors before Cucho Hernandez equalised with a stunning overhead kick minutes later.

England international Saka put Arsenal back in front after half an hour and Brazilian winger Gabriel Martinelli increased the visitors' lead early in the second half.

A late goal from Moussa Sissoko against the run of play gave Watford hope but the Gunners held out for a crucial win.

The victory lifts Mikel Arteta's men into fourth place in the Premier League -- one point ahead of United, who are in action in the later kick-off against leaders Manchester City.

Watford had the ball in the net a few seconds after kick-off but Emmanuel Dennis's effort was ruled offside.

- AFP



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Monday, March 7, 2022

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President Uhuru Kenyatta presents the Magical Kenya Open trophy to the 2022 winner Wu Shun at the Muthaiga Golf Club yesterday. PD/ALEX NJUE

China's Wu wins 2022 Kenya Open

The 36-year-old four time European Tour winner takes home around Sh36 million prize money

by Barry Siyah
@PeopleSport11

Wu Ashun clinched the 2022 Magical Kenya Open title yesterday at the Muthaiga Golf Club with a four shot lead following an under 16 score to become the first Asian to win the tournament and take home 279,000 Euros (around Sh36 million).

The 36-year-old Kenya Open debutant and four time European Tour winner came from the back after two rounds of trailing.

Wu was effective on his shot variation and execution in the last nine holes with a series of birdies helping his cause. The two-time Japan Open winner was calm in his duty as he eventually closed at 65 score on the board.

He was the third Chinese winner in DP World Tour history when he won his first title on home soil, during the 2015 Volvo China Open, and since then he has added further wins in

Austria and the Netherlands to confirm his international quality.

Speaking during a presentation at the club's putting green led by President Uhuru Kenyatta, the player was ecstatic and thanked the organisers for a great event.

"I want to thank the Kenya Open Golf Limited and Muthaiga Golf Club for hosting a good event for all of us. We have enjoyed ourselves and this award means a lot to me. For my family and sponsor plus the China Golf Federation, I owe you a debt of gratitude," said the world number 125 who was feted with an iconic rhino sculpture and champion's jacket.

Junior players

During the closing ceremony, President Kenyatta thanked the Junior Golf Foundation Kenya Golf Federation for their commitment to develop the game. "I am thankful for what the JGF has done in its effort to grow the game with a target of 6,000 junior players by next year. This will ensure many more young players will come through as is evidenced by Njoroge Kibugu here. As a government, we have decided we will take him to the Sandall Open in Belgium. Besides that, we will support

his transition to Pro-Golf and also provide him and his team with kits. We have shown that we can be able to host and also compete with the best," he said. Cabinet Secretary of Sports Amina Mohamed praised the organisation of the tournament. "This tournament just goes to show that Kenya is home to golf. Young player Njoroge Kibugu is a role model and an inspiration and this tournament has given him a good platform. At Kasarani, we will set up a facility to train amateurs. We have come up with a curriculum that will be taken to the Kenya Institute of Curriculum Development dubbed 'Golf Mashinani'. If the Sports Fund was not present, we would be struggling and this initiative under president Kenyatta's leadership has helped us a lot," she stated.

FINAL LEADERBOARD

- 1.Wu Ashun- China (-16)
- 2.Hurly Long- Germany (-12)
- 3.Aaron Cockerill- Canada (-12)
- 4.Thriston Lawrence-South Africa (-12)
- 5.David Horsey-England (-11)