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PD Sport PG31

Kosgei shatters 16-year world marathon record

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New Bill targets State officers' hidden wealth



Senator Farhiya Haji, sponsor of Lifestyle Audit Bill. PD / FILE

Anti-graft war: Proposed law will ensure public scrutiny of declared riches in a move that gives legal backing to President's directive for lifestyle audit **PG2**

Brigid Kosgei cuts the tape to win the women's Chicago Marathon in a world record time of 2:14:04, 81 seconds better than Paula Radcliffe's mark set 16 years ago. AFP

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NEWS BEAT PAGE 6

Jubilee, ODM trade barbs as Kibra race gathers steam



WORLD PAGE 16

Boris pushes for last-ditch Brexit deal ahead of deadline

WEATHER TODAY

Nairobi	24°C	Nyeri	22°C
Mombasa	29°C	Kitui	27°C
Kisumu	26°C	Wajir	31°C



US lawmakers pledge support for KDF plan to exit Somalia

■ by Hillary Mageka
@HillaryMageka

The United States Congress has pledged support for Kenya's bid to withdraw its troops from the African Union Mission in Somalia (Amisom).

Visiting US lawmakers, however, said the support will depend on whether Kenya's move will spark resurgence of extremist groups in Somalia.

The resolutions were reached during a meeting between Congress members and Kenyan senators in Nairobi on Friday. Led by Representative for North Carolina David Eugene Price, the American lawmakers heard that Kenya is ready to pull out her troops from Somalia to enable Mogadishu to manage her affairs.

"We told them that as a country, the end game is for Somalia to be able to manage its own affairs," Senate Deputy Speaker Kithure Kindiki (*pictured*), who led the Kenyan delegation at the talks, told *People Daily* yesterday. "The position of our country is to ensure the federal government of Somalia is empowered and capacitated," he said.

Besides Price, other visiting US congress members included Vern Buchanan (Florida), Diana Titus (Nevada), Barbara Lee (California), Bill Flores (Texas), Diana Degette (Colorado) and Markwayne Mullin (Oklahoma).

People Daily learned the lawmakers accompanied by US ambassador to Kenya Kyle McCarter were concerned over Somalia's stability after reports emerged that Amisom was planning to withdraw in February.

But Kindiki said, as long Kenya's withdrawal is systematic and ensures the vacuum created by withdrawal of troops does not attract resurgence of terrorists, it will proceed as planned.

The meeting was also attended by Amisom Force Commander Lt-Gen Tigabu Wondimuhengn and his deputy Maj-Gen Charles Tai Gituui, a Kenyan in charge of the mission's operations.

Proposed lifestyle audit law to bolster war on corruption

Should it pass, the bill, sponsored by Senator Haji, will breathe life into Uhuru's declarations on elusive process

■ by Anthony Mwangi
@PeopleDailyKe

The war against corruption is likely to get a major boost with the publication of a new bill that will see public officers who fail to account for their wealth forfeit it to the State.

The Lifestyle Audit Bill 2019, which is awaiting Parliament's nod, seeks to amend Section 30 of the Public Officers Ethics Act to make the declaration of income, assets and liabilities open to public scrutiny. It proposes that all State officers undergo a lifestyle audit.

It also seeks to have a coordinated approach by investigative State agencies such as the Kenya Revenue Authority (KRA), Ethics and Anti-Corruption Commission (EACC) and Directorate of Criminal Investigations (DCI) when conducting a lifestyle audit on any targeted public officer.

According to the bill, which is sponsored by Nominated Senator Farhiya Ali Haji, those who fail to declare their wealth will face two years in jail, or a fine of not less than Sh5 million, or both.

Haji, who last evening declined to comment on what the proposed law portends for the ongoing fight against corruption, however, said the bill seeks to provide a legal framework on how the audits will be conducted to expose public or State officers suspected to be living beyond their lawfully obtained and reported income.

"The bill, therefore, seeks to provide a framework for the lifestyle audit process, standards of professional conduct when carrying out lifestyle audit, bodies to be involved in lifestyle audit, unexplained wealth," the bill reads in its memorandum of objects and reasons.

Uhuru's declaration

In June last year, President Uhuru Kenyatta announced that all State officers and their families would undergo a lifestyle audit. The directive has, however, not been implemented for lack of a legal framework.

The President had declared that he and his deputy William Ruto would undergo the audit. The Head of State threatened to act on Cabinet secretaries and governors found guilty of corruption, declaring that the war against theft of public resources was "unstoppable".

"We are aware some of these corrupt individuals have registered their wealth, including cars and houses, in the names of their spouses and children. We will go after them also," said Uhuru.

The President said the source of wealth

About process

Declare assets not limited to land, buildings, vehicles, investments and financial obligations owed to the public officer, liabilities and legal entities that the officer or the members of their family are the owners or beneficial owners.

Sh5 million

... fine or two-years jail term, or both for those who do not declare their wealth.



HAJI BILL

A person commits an offence if, during a lifestyle audit exercise, the person makes a false statement

Lifestyle audit proposals for State officers



for the families of all senior government would be investigated.

And now the Haji Bill, which seeks to put into action Uhuru's declaration, proposes that officers undergoing the mandatory audit provide their names, birth information, marital status, addresses, employment information, names of spouse or spouses, names of dependents, financial statements, income including, but not limited to salary and emoluments and income from investments.

They will also have to declare information on assets — land, buildings, vehicles, investments and financial obligations, liabilities and legal entities — that the public or State officers or members of their family are the owners or beneficial owners.

The bill proposes that the audit may also be undertaken where there are reasonable grounds to suspect that any targeted officer could be living beyond their means.

Others who may be subjected to the audit are officials unable to account for the source of income or have misappropriated funds under their care and trust.

Perfect antidote

According to Haji, the bill seeks to incorporate the values and principles of governance under Article 10 of the Constitution into the government officers' public work.

Currently, there is no legal framework on how lifestyle audit would be carried out and if the bill sails through, it could just serve as a perfect antidote to those living beyond their known means.

Many experts have expressed reservations that current wealth declarations are mere public relations exercises because

● The Bill empowers Kenya Revenue Authority, the Ethics and Anti-Corruption Commission and the responsible commission under the Public Officer Ethics Act.

Requirements
Officers will provide their names, birth information, marital status, address, employment information, names of spouse or spouses, names of dependent children and or adults, financial statements, income including, but not limited to, salary and income from investments.

they are confidential and lack an accountability mechanism.

But the proposed bill will remove the privacy veil and ensure traceability. It also has a punitive clause to deter false declarations. The bill, which empowers KRA, EACC and the responsible commission under the Public Officer Ethics Act, will be a critical tool in the fight against corruption.

"A person commits an offence if, during a lifestyle audit exercise, the person makes a statement that the person knows to be false or misleading," the bill reads.

The court may make an interim freezing order in respect of a property in question during a lifestyle audit, if the court considers it necessary.

But to place safeguards against abuse, the bill also says the exercise must be carried out with respect, professionalism, objectivity, proper planning, confidentiality and within the law. For instance, it indicates all investigative agencies will work jointly to ensure proper coordination.

An investigating body may apply for a search warrant against a public or a State officer from a court of law.

The investigating body shall, where grounds exist for the conduct of a lifestyle audit, inform the officer of the requirement to carry out the audit, submit to the officer, information regarding the intended audit and the reasons for the audit and accord the officer the right to be heard.

Where a lifestyle audit is likely to adversely affect the rights or fundamental freedoms of an individual, the bill says, the investigating body shall give the officer one month's notice of the nature and reasons for the proposed lifestyle audit.

Breaking the world record isn't as easy!

Kipchoge made it look easy as he ran around the streets of Vienna, Austria, effortlessly to earn an enviable place in the history books. But at times, achieving such a feat sometimes means engaging in bizarre acts...



46-hour kiss earns Thai couple hallowed spot in history books

A kiss is a gesture of affection, but some people are not content, however, to simply leave it at that. They want to kiss their way into a world record! The current kissing record is held by Ekkachai and Laksana Tiranarat of Thailand who managed to remain locked at the lips for 46 hours, 24 minutes, and 9 seconds on Valentine's Day 2013! They came a few smooches shy of two days and nights!

Man straps fiery fireworks to body

Todd DeFazio wanted so much to break a world record. After attempting various frats, he succeeded to achieve the feat on July 6, 2010, but in a rather dangerous display. He taped 15 bottle rockets around his clothed legs, chest, and bare head, and then had them all lighted at once, lighting up the sky with fireworks. He broke the world record and remains the only man to tape fireworks on the body for the world record.



11 snakes in the mouth just for fame!

Jackie Bibby of Texas, US holds a world record as of 2009, of holding 11 full-grown snakes by their rattling tails with his mouth for 10 seconds. He then spat them out and dashed away without being bitten! Nobody has ever attempted to challenge his record.



Student stayed awake for 11 days...

In 1965, a high school student named Randy Gardner, under the supervision of Stanford University researchers, set a record that has not been touched to this day for multiple reasons: He stayed awake, without the use of stimulants, for just over 11 straight days. Despite breaking the record, the physical and mental consequences for Randy were pretty severe, including trouble speaking, hallucinations and paranoia. By day 11, his condition was described as expressionless appearance, speech slurred and his attention span was very short.

When a blink will most certainly cost you the record dream!

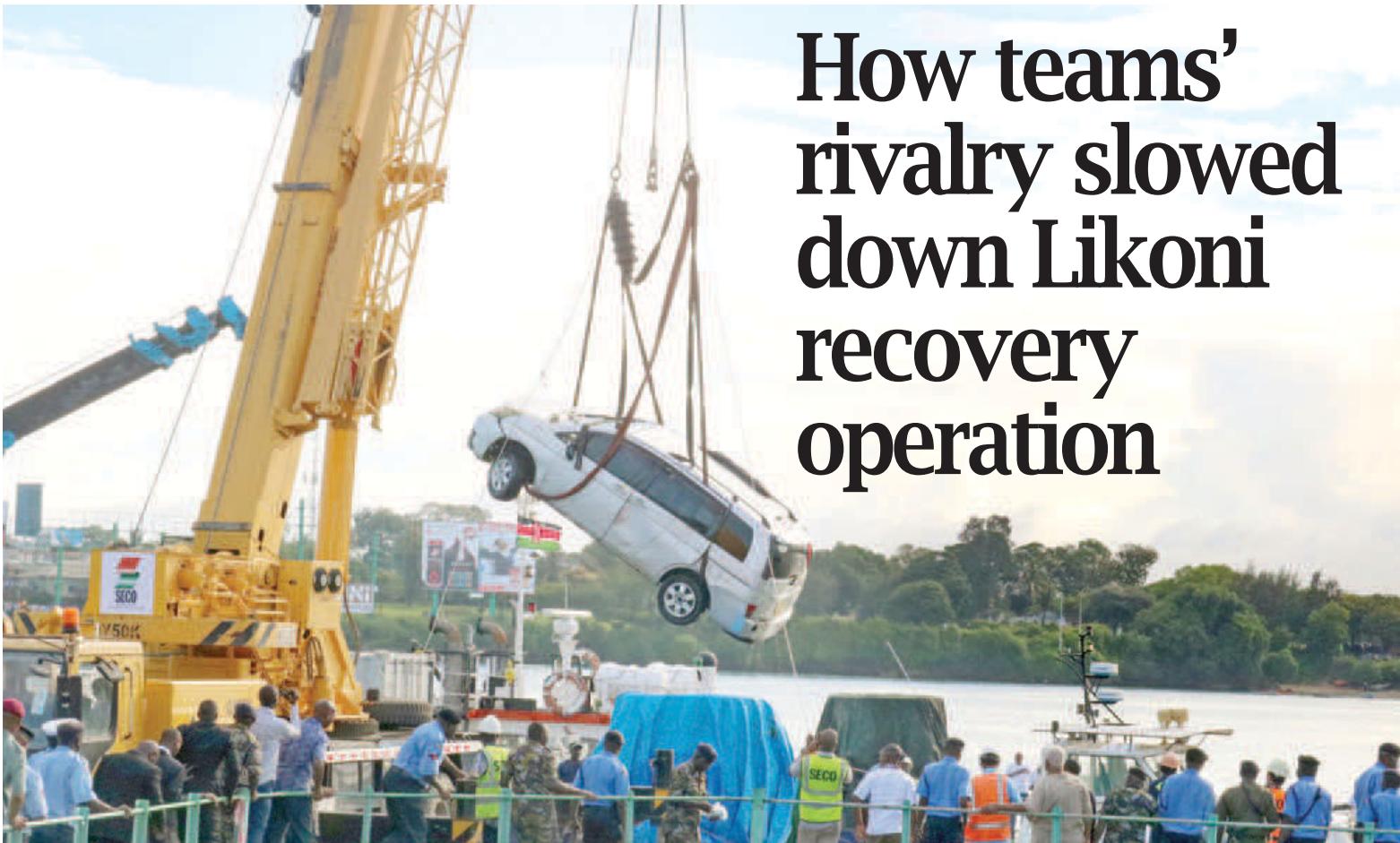
A competition was held in 2011 in the Northern Territory of Australia, to establish who can stare for the longest without blinking. The contestants ranged in age from toddlers to full-grown adults, and it was called "So You Think You Can Stare." The last two standing were Fergal "Eyesore" Fleming and Steven "Stare Master" Stagg, who both obliterated the previous Guinness record of 17 minutes. Stagg finally blinked at 41 minutes 59 seconds, leaving Eyesore as the sole record holder. The record is yet to be broken, in case you think you can stare for longer.



On top of the world: Fellow sat on flag post for 51 damn days

Flagpole sitting was a fad that was exactly what it sounds like. People would climb up a pole and sit there for as long as they could. Flagpole sitting began in 1924, when Alvin "Shipwreck" Kelly climbed a pole in Hollywood and stayed there for 13 hours and 13 minutes. He had been paid to do this stunt by a theater looking to attract a crowd. It worked, and soon, Kelly and many others were being paid huge sums to sit on poles. In 1930, his record was broken by Bill Penfield in Strawberry Point, Iowa who sat on a flagpole for 51 days and 20 hours, until a thunderstorm forced him down. The record remains unchallenged!





How teams' rivalry slowed down Likoni recovery operation

Kenya Navy accused by private divers of sidelining them in efforts to retrieve car in which Mariam Kighenda and her daughter Amanda drowned on September 29

by Reuben Mwambingu
@reubenmwambingu

After 13 days stuck in the seabed of the Indian Ocean, the car in which Mariam Kighenda and her daughter Amanda drowned in was finally pulled out by the multi-agency team last Friday.

To the amazement of many, the bodies were intact contrary to concerns that they would be badly damaged after two weeks in the sea.

Experts attributed the state of bodies to freezing temperatures that range from 0-3 degrees centigrade at below 40 metres.

A navy officer said the bodies were found at the back seat of the Toyota ISIS.

"It appears that as the vehicle began to nosedive, they struggled to get to the back as the water had started flooding the front of the vehicle," said the Navy officer.

But even with the recovery of the bodies, questions abound regarding the delay in the recovery of the car.

Negligence and turf wars between recovery teams have been blamed for the failure to rescue the victims and the delay in the recovery of the bodies.

Heartbreaking

For example, there is no evidence that there was any attempts to rescue the occupants immediately the vehicle slipped off MV Harambee shortly after 6pm on September 29. Those who witnessed the

accident said no single diver took to the water in an attempt to rescue victims.

"It was as if nothing had happened. The ferries continued to operate, with only one boat patrolling the waters with no divers in it. Yet there were two lives ebbing away in the sea. It was a very heartbreaking situation," said Saumu Abdallah, who was in the ferry at the Likoni channel.

The rescue and recovery mission was expected to go full throttle the following day with all hopes anchored on Kenya Navy from the nearby Mtongwe headquarters.

But this was not to be. For the better part of that morning, Navy vessels were seen crisscrossing the channel as jet fighters and choppers flew above in rehearsals for this weekend's Mashujaa Day celebrations at the Coastal city.

Frustrated by the sluggish response, that evening the family engaged Kenya Rescue Divers, a local private diving unit, run by Musa Sila and his wife.

Family spokesman Luka Mbati said the private company initially asked for Sh300,000 but later accepted Sh250,000.

"We paid a down payment of Sh100,000 because all we wanted was to see the bodies retrieved. We were suffering and running out of patience," Mbati said.

Mounting pressure

Kenya Rescue Divers also needed a 100-metre long rope for the divers to use underwater and the family had to part with Sh5,000 for a 200-metre rope which was the shortest length available.

For most of Monday, Kenya Ferry Services (KFS) officials, other agencies and family members held meetings to strategise on the recovery mission.

Following extensive coverage of the accident by the media, pressure began to pile on Kenya Navy and KFS to move with speed. On Wednesday, all the search units including Kenya Navy, Kenya Ports Authority (KPA), Kenya Marine and Fisheries Research Institute (Kemfri) and private

250,000

shillings is the amount that the family of Mariam Kighenda was asked by a company of private divers to pay for the retrieval of the car in which her and her daughter drowned in last month.

GITUMA

This is
a very
dangerous
mission yet
they (private
divers) have
no proper
diving gear.

divers took to the waters to search for the vehicle.

On the fourth day, the private divers complained of being frustrated by the government agencies, with Musa saying he was not allowed to access some blocks.

At midday, his boat was towed by the KPA to the Mbaraki wharf where he was involved in a confrontation with KPA's officials before he was handed over to the Likoni sub-county Police Commander Benjamin Rotich who ordered him to leave the operation.

Although KFS chair Dan Mwazo intervened and allowed Musa and his team to come back, the following day it became clear that the team had been barred from the mission.

Amid concerns over the delay, tension continued to mount. In an attempt to manage the situation, government officials including Transport Principal Secretary Esther Koimett, Col Lawrence Gituma of Kenya Navy and government Spokesman Cyrus Oguna issued regular statements on the operation.

They attributed the slow pace of the search to the strong undersea currents, poor underwater visibility and dangerous sea creatures.

Clear waters

"We have been bashed left right and centre that we are taking too long. But what most people don't understand is that situation in the sea is vastly different from what we who are on land imagine. There is incredible depth, strong currents and poor visibility. It is a very delicate operation and if we are not careful, we may lose lives. This is why we are sending robots with cameras to capture the images and send them back for us to analyse," said Oguna.

Gituma said private divers were removed from the operation because of safety and security reasons.

"This is a very dangerous mission yet they have no proper diving gear," he said

But Musa and other divers alleged Kenya Navy was keen to protect its image by ensuring private rescue teams did not take credit for the success of the operation.

"Even in Nakuru chopper crash, we were the team that located the chopper wreckage after 28 days, yet credit went to the navy," Musa said in reference to the 5Y-NMJ helicopter which crashed into lake Nakuru on October 21, 2017.

Then came the Swedish diver Volker Bassen who had promised to finish the job in two hours.

But after unsuccessfully spending the whole day in the sea, Bassen blamed zero visibility and strong currents and he, too, pulled out of the mission.

Amid dimishing hopes, KPA head of operations Capt William Ruto had told *People Daily* there was a possibility of locating the vehicle the following week as the water was expected to be clearer.

True to his prediction, the waters were clear on Tuesday. On Wednesday October 9, the KPA team, with assistance of Chinese workers attached to Kipevu Oil Terminal project, located the vehicle at 58 metres deep using a robotic camera. That was the eleventh day since the accident.

According to Oguna, images picked by the underwater camera confirmed the number plate of the vehicle.

It, however, took another two days for the vehicle to be retrieved amid claims that the Navy attempted to sideline other teams in the final stages of the mission in order to take all the credit.

But Oguna dismissed the claims as unfounded, saying Kenya Navy has experienced divers who had been involved in successful missions elsewhere.

"Kenya Navy was involved in the recovery mission in Zanzibar and Mwanza ferry accidents in Tanzania in 2011 and 2012. In 2000, the divers retrieved bodies from ill-fated KQ flight 43 in Abidjan Ivory Coast where they braved strong currents and retrieved bodies 50 metres deep," he said.



Bodies to undergo autopsy today as probe begins

by Harrison Kivisu
@PeopleDailyKe

An investigations team begins the full probe into the Likoni channel ferry tragedy this morning, with a postmortem on the bodies of Mariam Kighenda and her daughter Amanda Mutheu at the Coast General Hospital.

A special team of detectives is set to oversee the exercise to be conducted by a government pathologist. The detectives are also expected to establish under what circumstances the vehicle rolled off the ferry and plunged into the ocean, killing the two. By yesterday, the family had not started burial preparations because the bodies were yet to be released by the government. The bodies are preserved at the Jocham Hospital mortuary and are expected to be released to the family after today's autopsy.

Burial plans

"We are yet to begin preparations because the bodies are still held by the government. Once released to us, we will inform you about the burial plans. But for now, we are waiting to hear from the government," said John Wambua, widower of Kighenda and Amanda's father.

The two are expected to be buried in Salama, Makueni county. Family and friends yesterday continued to visit their Tudor home to condole with the family. Family members said they were satisfied with the efforts of the government to retrieve the bodies from the seabed of the Indian Ocean. In an earlier interview, Wambua recalled how his wife called to notify him that they were about to cross the Likoni ferry channel shortly before he bumped into the breaking news of the accident on social media at around 6.00pm on the fateful Sunday evening.

"She had visited our farm in Kwale to run some errands and I was expecting her back on Sunday just as we had agreed. Shortly after 6.00pm, she called to tell me that she was on her way and in fact she was about to cross. But at around 6.40pm, news broke about a Likoni ferry mishap in which a vehicle had plunged into the ocean. I was shocked and immediately tried to call my wife but I couldn't reach her," said Wambua.

Minutes afterwards, Wambua recalled another WhatsApp message from Kenya Ferry Services confirmed that the ill-fated vehicle was "Toyota ISIS registration number KCB 289C" which he knew his wife and daughter were riding.

Wambua then left his house in Tudor to Likoni where he confirmed the worst. He is left with a son who had not joined his mother and sister on the Kwale trip.

Government spokesman Cyrus Oguna said forensic investigations will be done beginning today. When the vehicle was retrieved, pictures were taken by detectives for a very comprehensive analysis.

"We could not do any investigations when the vehicle was inside the ocean. But full investigations will be carried out now," said Oguna on Saturday. The car plunged into the ocean after it slid off the MV Harambee ferry at the Likoni crossing channel on September 29.

It was retrieved after 13 days of search by a multi-agency team.

Ferry services boss set to record statement with DCI

Gowa says he is yet to receive official communication on date with investigators even as he welcomes probe into the accident which claimed two lives

Sophie Njoka
@PeopleDailyKe

Kenya Ferry Services managing director Bakari Gowa has been summoned by the Directorate of Criminal Investigations (DCI) to record a statement in relation to the ferry accident that led to the death of Mariam Kighenda and her four-year-old daughter Amanda.

Mombasa DCI boss Anthony Muriithi said investigations had started to establish the cause of the accident.

Likoni sub-county police commander Benjamin Rotich, told *People Daily* that the ferry boss is set to appear before a multi-agency investigations team for statements to establish what may have caused the September 29 accident.

"We are still planning on when he is to appear before us and record statements. We are yet to set a day since we are still consulting with relevant government agencies. However, if need be, he will be summoned by detectives to shed more light on the ferry accident," said Rotich yesterday.

But Gowa said he was yet to receive official communication requiring him to record a statement.

"I have not yet been summoned but I welcome the move to investigate the tragic accident. If the police are planning to question me, I am ready. I will cooperate if I am summoned," he said.

Gowa has been under pressure to resign following the accident.

In a phone interview with *People Daily*, Rotich revealed that so far, five officials of the Kenya Ferry Services (KFS) who were on duty on the day when Kigh-



Kenya Ferry Services managing director Bakari Gowa. He is expected to record a statement regarding the Likoni channel ferry accident.

PD/FILE

enda's car rolled off the MV Harambee while in the Likoni channel had already recorded statements.

"Investigations are on. Five people have already been questioned and recorded statements. Among them are the coxswain of MV Harambee, private guards and the duty engineer on the day the accident happened," he said.

Rotich said the bodies of the victims would undergo postmortem tomorrow at the Coast General Hospital before they are handed over to the family for burial.

A group of MPs led by Likoni MP Mishi Mboko have asked KFS and Kenya Coast Guard (KCG) officials to take responsibility for the accident.

The legislator blamed the deaths of Kighenda and Amanda on incompetence of the two government agencies.

Meanwhile, in a press release, KFS

GOWA

If the police are planning to question me, I am ready. I will cooperate if I am summoned.

said plans were underway to deliver a new ferry MV Safari next year, as part of an ongoing programme to replace old ferries within the next five years.

"To improve services at the Likoni and Mtongwe channels, plans are underway for the construction of a cable car in the next three years, construction of Dongo Kundu bypass and enforcement of on board regulations to enhance safety and security of commuters among others measures," read the statement.



Pharmacists want full revocation of drugs importation guidelines

George Kebaso
@Morarak

The suspension of the pre-export inspection on imported medicine is not enough, pharmacists maintained yesterday and demanded revocation of the guidelines.

This is after the government on Friday suspended inspection of medicines by Kenya Bureau of Standards (Kebs) for three months.

Kenya Association of Pharmaceutical Industry (KAPI) chairperson Dr Anastasia Nyalita (pictured) said there is need for a long-term solution to the matter.

"We want to have a meeting with Trade Cabinet Secretary Peter Munya as soon as possible to agree on a permanent resolution to this problem," she said during a meeting of pharmacists on Saturday.

KEBS announced the 90-day suspension of the inspection which also affects the implementation of the controversial Pre-export Verification and Conformity (PVoC) programme.

"Now we want permanent revocation of the directive," Nyalita added.

On Saturday, the government bowed to pressure and rescinded a directive subjecting imported drugs to double regulation under the PVoC programme.

It was feared the directive would cause a crisis in the pharmaceutical industry, with shortage of essential medicine being reported.

Munya, through Kebs, announced a three-months' waiver of the requirements of PVoC for pharmaceutical imports.

But pharmacists have poured cold water on the waiver, saying that as key stakeholders, they were not consulted when the decision was made.

"The waiver is acknowledged, but serious stakeholder engagements must be done. The impact must be well understood by the experts and a decision made knowing what shall happen," said Dr Wairimu Mbogo, Merkay Healthcare Limited head of Commercial and Operations.

Jubilee, ODM trade barbs as Kibra race gains momentum



ODM candidate Imran Okoth at DC Grounds in Kibra, yesterday. PD/GERALD ITHANA.

Rival parties employ political gimmicks to woo voters during campaigns for the November 7 by-election

■ by Bernard Gitau, Alvin Mwangi and Sophie Njoka
@PeopleDailyKe

A section of Jubilee Party legislators have called on the Independent Electoral and Boundaries Commission (IEBC) to investigate and possibly disqualify ODM candidate for the Kibra parliamentary seat over violence against their candidate.

Nixon Korir (Lang'ata), Kimani Ichung'wa (Kikuyu), Charles Njagua (Starehe) and Rigathi Gachagua (Mathira) accused ODM of engaging in violence in the run-up to the November 7 by-election.

Korir urged IEBC to take stern action against ODM and its candidate, Imran Okoth, for violating the Elections Act and the electoral code of conduct by inciting youths to attack Jubilee candidate McDonald Mariga.

"We are going to write to IEBC over ODM's conduct and they should disqualify Imran for electoral malpractice. We are not going to be intimidated by their threats," he said.

On Saturday, Mariga's convoy was attacked by a group of youths but he later held a rally at Bukhungu stadium in Kibra.

"It is shameful that youths were used to

attack Mariga in a bid to intimidate him from pursuing his political ambitions," he said.

The MPs were speaking yesterday at Emmanuel PCEA Church Makina, where police officers were forced to fire in the air to disperse rowdy youths gathering outside the church compound.

Fierce battle

Ichung'wa condemned the violence, adding that it was an indication that ODM were conceding defeat.

But ODM yesterday distanced itself from the incident saying Jubilee were using violence and propaganda to scuttle the Orange Party's efforts to retain the Kibra seat.

Speaking at DC Grounds, Suna East MP Junet Mohammed, who is also the director of elections, dismissed the claims telling Jubilee to be ready for a fierce battle in the by-elections.

Junet also asked IEBC to conduct speedy investigations into claims of massive voter bribery and a plot to rig the elections.

"Voter bribery is a crime. Taking bribe is also a crime. We are peaceful people but we will not allow provocation," he said.

Similar sentiment were echoed by Imran who warned IEBC against being used by Jubilee to rig the election.

During the Saturday rally, Mariga called for political tolerance urging his opponents to apply the law of fair-play instead of resorting to violence.

"We have been attacked in our campaign but I choose to forgive those who did



Jubilee candidate McDonald Mariga with Starehe MP Charles Njagua (left) at PCEA Emmanuel Church Makina, yesterday. PD/TABITHA MBATIA

THE ISSUES

● Jubilee Party legislators call on the IEBC to investigate and possibly disqualify ODM candidate for the Kibra parliamentary seat over violence against their candidate.

● ODM, however, has distanced itself from causing chaos saying Jubilee was using violence and propaganda to scuttle the Orange Party's efforts to retain the Kibra seat.

that. I want to call upon the youth to stop being used by rogue politicians because violence and crime does not pay, it leads to jail," he said.

Free and fair elections

Other leaders who joined Mariga at the church service where Sh500,000 was raised in support of development projects were Gichimu Githinji (Gichugu), James Gakuya (Embakasi North) and Woodley MP Mwangi Njihia.

Meanwhile, Malindi MP Aisha Jumwa has called on IEBC to conduct free and fair elections in the forthcoming Ganda Ward polls set for October 17.

Addressing supporters during a rally at Msabaha Grounds on Saturday in support of independent candidate Adulrahman Omar, Jumwa claimed ODM were planning to cause chaos during the exercise.

Jumwa was accompanied by MCAs Mai-tha Masha (Jaribuni) and Tom Chengo (Tezo).

MP: Central to determine 2022 winner

■ by Wangari Njuguna
@PeopleDailyKe

Mt Kenya region will be key in shaping the 2022 succession politics, Tigania East MP Joseph Kabea has said.

Speaking at Christian Foundation Fellowship church in Mukuyu, Murang'a, he said the country will be watching which presidential candidate Mt Kenya will support.

He said a mutual agreement between President Uhuru Kenyatta and his deputy William Ruto in 2013, that the former would support the latter after his term ends, is now the cause of division among the leaders and their followers in the region.

"All eyes will be focusing on Mt Kenya region to see if its people and leaders will keep the promise," he said.

Political temperatures

Currently, two political factions — Tanga Tanga, which supports Ruto's presidency and Kieleweke, behind Uhuru, — have clashed over succession politics in the next elections.

"We are all under one party (Jubilee) but we have two factions and this has raised political temperatures in the country," said Kabea (pictured).

His sentiments were echoed by Kiharu MP Ndindi Nyoro who retaliated Jubilee secretary general Raphael Tuju's remarks that the party does not have a preferred candidate.

"Ruto is not the only unopposed presidential candidate for Jubilee and any other person who feels like joining the race can do so. This also applies to other elective seats," he said.

Nyoro said it is important to unite the country and ensure the government delivers its promise to the people. "The country should be focused on development and not politics. There is time for politics, and it's not now," he said.



BRIEFLY

A third test positive for cancer in Busia

Three out of 10 people who seek treatment at the Busia County Referral Hospital are found to have cancer, Hospice and Palliative Care founder Peris Wandera has revealed.

She said cases of cancer are on the rise in the county because of lack of awareness, lifestyle and poorly equipped laboratories.

"This trend is worrying and calls for concerted efforts to curb the menace by encouraging residents to go for early screening," she said.

Wandera, a retired nurse, was speaking in Busia town to mark cancer month observed globally in October.

—Henry Andanje



Kepsa chief executive Peter Ndoro. PD/FILE

Academies' owners commit to ensure safety of learners in their institutions

■ by Winstone Chiseremi
@WChiseremi

Owners of private schools have resolved to support measures the government will put in place to ensure safety of learners.

During a meeting organised by the Kenya Private Schools Association (Kepsa) in Eldoret on Saturday, the investors agreed to draw a raft of measures to enable stakeholders observe safety guidelines.

This comes in the wake of a crackdown spearheaded by the government against schools that

have not complied with safety guidelines, after eight pupils of Talent primary school in Dagoretti, Nairobi, died after their classroom collapsed last month.

Kepsa chief executive officer Peter Ndoro affirmed his commitment to ensure schools are compelled to adhere to standards set by the Education ministry.

Professional body

The proprietors resolved to form a professional body to regulate operations. "We endeavor to improve the quality of education we offer learners in private

institutions across the country by engaging professionals and ensuring regulations are observed," said Ndoro.

He assured the government that they will be in the forefront in ensuring the implementation of the Competency Based Curriculum (CBC).

"We have trained our teachers on how to handle the 2-6-6-3 system of education," he said.

Ndoro, who was accompanied by Kepsa chair Mutheu Kasanga, challenged the government to expedite training teachers to equip them on curriculum delivery.



THE PRESIDENCY



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Improving maternal care

National Assembly Speaker Justin Muturi (centre) with Lamu woman rep Ruweida Obbo (second right) and other leaders during the official opening of a new maternity shelter funded by the National Government Affirmative Action Fund at King Fahad Lamu Hospital. The facility will support reproductive health and help reduce cases of maternal deaths. PD/BONFACE MSANGI

BRIEFLY

Magoha, Kihara risk contempt charges

Education CS George Magoha and Attorney General Paul Kihara risk being charged with contempt in a case filed by a resident, seeking to stop the appointment of a new Bomet University College principal. Magoha and Kihara reportedly defied court orders in installing Ann Nangulu as the new principal to replace Thomas Cheruiyot. Justice J N Abuoda of the Employment and La-

bour Relations Court in Eldoret, had issued stay orders on the implementation of the decision of the university council on appointment of the principal and two deputies. The court also restrained the three appointees from carrying out their duties pending the hearing and determination of the petition. The matter will be heard next month.

- Felix Yegon

Kindiki: Talks way out of border dispute

Senate Deputy Speaker Kithure Kindiki has defended Kenya's push for an out-of-court settlement in the Kenya-Somalia maritime border dispute. In a meeting with US Congress members on Friday, Kindiki said while legal processes are the conventional way of solving disputes, they often do not end conflicts. He said Kenya would prefer direct talks with Somalia, which would lead to a win-win situation for both coun-

tries. "It is not because we fear judicial settlement but we opt for a negotiated out-of-court settlement that will lead to a win-win situation, which will in the end promote regional stability," he told *People Daily* shortly after meeting with seven Congress members in Parliament. During the meeting, Parliament sought capacity-building support from their US counterparts to enhance effectiveness.

- Hillary Mageka

Mombasa residents move to 'safer grounds' as downpour persists

by Harrison Kivisu and Wangari Njunguna
@PeopleDailyKe

Mombasa residents living in flood-prone areas yesterday began vacating their homes in fear of being caught up in floods as heavy rains continued to pound the region.

Furaha Kahindi from Kadzandani village is among those who vacated their houses yesterday with their children, and sought refuge in neighbouring villages. "We have been forced to move away from our houses because when it rains heavily all our houses get flooded and we are afraid of dying inside," said Kahindi. The most affected areas are Kwa Bulo

village, Ziwa La Ng'ombe area in Bombobulu and Kalahari area in Changamwe.

A spot-check by *People Daily* yesterday established that Ziwa La Ng'ome residents could not access health services after the local hospital became flooded following the heavy rains.

"The dispensary is flooded. People can't access it because of rains," said Fikiri Kanguzu, a resident.

High risk

At the same time, vegetable traders at Bombobulu area along the Malindi-Mombasa highway were yesterday forced to close their shops after the area got flooded. Residents have faulted Governor Hassan Joho's administration for failing to

address drainage issues.

Meanwhile, Murang'a residents have been urged to be on the lookout for landslides owing to heavy rains being experienced in the area.

County meteorological officer Paul Murage said there is a likelihood of more landslides occurring in the area. This follows an incident last week, in which 400 tea bushes were swept away by a landslide in Nairobi, Mathiyo.

Murage said the areas that were affected by landslides during last year's long rains are at a high risk of being hit again.

Kangema, Mathiyo, Kigumo and some parts of Kiharu were the most affected areas last year, when over 500 households were affected and eight lives lost.



Ida Odinga at a past event. PD/FILE

Peter Odero, said it is the development track record of politicians that would work for them in 2022.

"The era of endorsing non-performing politicians to take up leadership (posts) against wishes of the electorate is over. Anybody interested in senator, governor, MP, women rep or MCA seats must implement services that interest voters for their verdict at the ballot box will be final," she said.

Ida, an educator, was reacting to comments made by various speakers in the event, urging her to endorse Wandayi for the county governor's post.

So far Wandayi, Senator James Orendo and former Rarieda MP

WISE COUNSEL

- **ODM leader Raila Odinga's wife, Ida Odinga advises politicians to ensure the services they are currently delivering have great impact on the electorate, who shall consider their next bids through voting.**

- **She says the era of endorsing non-performing politicians to take up leadership posts against wishes of the electorate is over.**

Nicholas Gumbo have openly declared interest in the seat.

Her remarks come only a week after Alego/Usonga ODM leadership challenged the area MP Samuel Atandi against coercing residents to go for Orendo's governor seat bid in 2022.

Waste resources

Led by Jura Koluoch (organising secretary) and Orwenjo Umida (chairman), the leaders faulted Atandi for allegedly disrespecting Governor Cornel Rasanga by publicly campaigning for Orendo in funeral gatherings yet the seat was yet to be declared vacant.

The leaders, who spoke while meeting Usonga and West Alego ODM party delegates at Duha Primary School last Sunday, accused Atandi of prioritising Orendo's 2022 agenda instead of championing the interests of his constituents.

Rasanga, who was the guest of honour, told Atandi to forget 2022 campaigns and join him in strengthening the party at the grass roots.

"The seat is not yet declared vacant and (I) do not see why waste time and resources campaigning now that we should be grappling with legacy projects," said Rasanga.



Furaha Kahindi, a Mombasa resident, relocates from her flooded homestead. PD/ BONFACE MSANGI

BRIEFLY**Four counties to benefit from Sh200m for drought mitigation**

World Bank has set aside \$2 million (Sh200 million) to address the flooding and drought in some parts of the country. Under the Kenya Accountable Devolution Programme, Narok, Makueni, Siaya and Kwale have been identified as the pilot counties for the two-year project. World Bank senior Development Specialist Margaret Arnold said they are keen to see the counties integrate climate and risk management into county integrated management plans. Speaking over the weekend when the bank's officials met governors from



the four counties in Naivasha, Makueni Governor Kivutha Kibwana (pictured) said the programme will compliment mitigation measures by the national and county governments on climate change.

- Kirera Mwiti

Jaramogi university embarks on fish feed research project

Jaramogi Oginga Odinga University of Science and Technology (JOOST) has embarked on a research programme that aims at producing non-poisonous fish feeds and quality of fingerlings. Vice Chancellor Stephen Agong' said they are optimistic the ongoing research will help curb the country's many threats that pose a challenge to sustainable fish production. "In 2014, we piloted the cage fish farming on Lake Victoria as a demonstration

project for locals to embrace but low quality fingerlings and poisonous fish feeds sourced from various manufacturing firms saw us suffer losses in terms of production," he said. Agong' said analysis of fish feeds shows that high percentage of fish are likely to be contaminated with cancer-causing aflatoxins. The VC said they are re-designing fish cages to trap droppings going into the lake as such waste is likely to deplete oxygen.

- Eric Juma

Mombasa man denies charges of stealing Sh9,500 DVD player

A man accused of hiring goons and breaking into a property at the centre of a family dispute has been charged with burglary. Dhruv Bhundia denied the charges before Shanzu resident magistrate David Odhiambo and was released on a Sh20,000 bail or Sh100,000 bond with one similar surety. Bhundia (pictured) was accused of, jointly with others not before court, breaking and entering into Abdul Rehman Almood's house on September 25 at Kengeleni area in Nyali sub-County and stealing a DVD machine valued at Sh9,500. The matter will be mentioned on December 11.

- Sophie Njoka

Youth lobby decries job losses

by Kirera Mwiti
@PeopleDailyKe

Youths across the country have raised concern over the rising cases of job losses in the past year, terming this as a recipe for economic chaos. Under the 'Under 40 for Positive Change' forum, they termed the trend as worrying, adding that hundreds of families have been affected. This emerged at a two-day workshop in Naivasha attended by

youths drawn from various parts of the country. Addressing the press, the youths attributed the current job crisis to the closure of companies by the government on accusations of tax evasion. Group leader Ramathan Mario blamed government regulators for having registered the companies only to close them over tax evasion claims, citing recent closure of SportPesa and Betin.

Uhuru urged to save tea farmers from exploitation

Nyeri senator accuses KTDA leadership of running down sector, taking part in theft of produce proceeds

by Seth Mwaniki and Felix Yegon
@PeopleDailyKe

Nyeri Senator Ephraim Maina has urged President Uhuru Kenyatta to save tea farmers from exploitation by the Kenya Tea Development Agency.

The senator accused the agency's leadership of running down tea sector and taking part in open theft of tea proceeds at the expense of poor farmers.

He urged President Kenyatta to act against those involved by ensuring that investigations are done followed by prosecution of culprits.

Maina said there is urgent need to undertake financial audit of KTDA books of account by independent bodies to let farmers know the truth on how and who has been stealing from them.

"No one should be allowed to continue being in office if it's known that they are stealing and mismanaging money belonging to poor farmers," he said while addressing tea farmers in Nyeri.

KTDA national chair Peter Kanyago had in a past address to the media said their books are free for audit, adding that there is nothing to hide, given that they have over the years been honest with farmers.

Maina also accused the agency of only letting farmers know of proceeds generated through Mombasa tea auction and remaining silent on what is generated through local market sales.

KTDA draws 95 per cent of its sales from international markets while only five per cent is attributed to local market according to Kanyago.

Elsewhere, directors representing 13 tea factories from Bomet and Kericho have distanced themselves from remarks by KTDA's top brass asking tea farmers in the country to uproot the crop it was not profitable.

The officials urged tea farmers to ignore the remarks saying poor tea prices witnessed during this year's bonus should not be a cause to uproot tea bushes.

Addressing the press in Bomet town over the weekend after a day-long meeting which also brought together managers from tea factories, the officials said the few individuals captured uprooting tea in their farms are "well-off individuals".

Last week, KTDA managing director Le-

INVESTIGATIONS CALL

- Maina says there is urgent need to undertake financial audit of KTDA books of account by independent bodies to let farmers know the truth on how and who has been stealing from them.
- Urges President Uhuru Kenyatta to act against those involved by ensuring that investigations are done followed by prosecutions.

ronika Tiampati said farmers were free to turn to alternative crops if they felt tea was not profitable.

"We have no say over what farmers want to do with their tea bushes. They are overall owners of the plants," he said.

Langat said poor roads leading to tea farms are the cause of the low prices as well as mushrooming factories in the region and not KTDA as has been claimed.

He asked the government to find ready markets for the commodity saying tea farmers have been paying the government for the duty.

Find market

"It is the duty of the government to find markets for tea and not the work of the farmers, we have been paying the government taxes and so they are to blame for the low prices," said Langat.

He asked politicians to stop meddling in the tea sector arguing that the only crop depended on by Kericho and Bomet farmers is tea and if this crop is not protected, poverty will be on the rise in the region.

He accused politicians of neglecting tea farmers by not holding the government to account for failure to secure better markets for the commodity yet it rakes in a lot of money through taxes noting that tea board, which would have helped, was not working anymore.

"It is wrong for them to pay too much attention on KTDA and ignore other players that are oppressing farmers by paying them flat rate without the annual bonus," he said.

**For a good cause**

Nairobi businesswoman Agnes Kagure distributes foodstuff to children in Mathare area on Saturday. She also sponsored a football tournament for an all girls team to celebrate Girlchild's day where the best team won a trophy. COURTESY

MTRC accused of hiring staff from same tribe

by Winstone Chiseremi
@Wchiseremi

Moi Teaching and Referral Hospital in Eldoret (MTRH) has been put on the spot for hiring more than one third of its staff from one community.

According to a report by former Auditor General Edward Ouko on MTRH, 68.8 per cent of the 3,749 staff members are from the area's dominant community.

The AG took issue with the management for going against the National Cohesion and Integration Act 2008 which requires that all public establishments represent the diversity of the people of Kenya in employment of staff.

"This also contravenes Cap 232 (h) of the Constitution of Kenya on principals and values of the National Cohesion. The management is therefore in breach of the law," said Ouko in the report.

Remit deductions

The report further flagged off the management of the second largest referral hospital in the country for failing to remit employees contribution totaling more than Sh99.4 million for the months of May 2018 and prior months to respective entities.

"The management is in breach of the law and failure to remit the deductions may attract penalties and interest charges," the report said.

REPUBLIC OF KENYA



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MINISTRY OF DEFENCE

ADVERTISEMENT FOR RECRUITMENT OF GENERAL SERVICE OFFICER (GSO) CADETS, SPECIALIST OFFICERS, GENERAL DUTY RECRUTS, TRADESMEN/WOMEN AND DEFENCE FORCES CONSTABLES INTO THE KENYA DEFENCE FORCES

1. The Kenya Defence Forces (KDF) is pleased to announce to the general public the recruitment of General Service Officer (GSO) Cadets, Specialist Officers, General Duty Recruits, Tradesmen/women and Constables which is scheduled to take place in the month of October and November 2019.

2. **CORRUPTION.** Bribery and other acts of corruption are against the law. All persons presenting themselves for recruitment purposes with fake/falsified documents or caught engaging in any corrupt activity shall be arrested and prosecuted. If you accept to be conned, you will lose your money or property and go to jail; it has happened to many citizens during past recruitments. Do not waste your money and risk imprisonment; **NO ONE** can influence the recruitment process. Report any suspicious activities to the nearest Police Station or a Military Camp. KDF recruitment is absolutely **FREE TO ALL**.

3. The prospective candidates willing to join the Kenya Defence Forces **MUST** meet the following conditions and education qualification:

a. General Conditions

- (1) Be Kenyan citizen with no dual citizenship.
- (2) Be in possession of a valid Kenyan National Identity Card. (4 Copies of National Identity Card and PIN certificate)
- (3) Age - between **18** and **26** years old for GSO Cadets, General Duty Recruits and Tradesmen/women with Certificate/Government Trade Test, not above **30** years for Specialist Officers, Tradesmen/women with Diploma, and not above **39** years for Chaplains/Imams.
- (4) Be physically and medically fit in accordance with the KDF standards.
- (5) Have no criminal record.
- (6) Minimum Height:
 - (a) Men 1.60m (5ft 3in).
 - (b) Women 1.52m (5ft).
- (7) Minimum Weight:
 - (a) Men 54.55 Kg (120 lb).
 - (b) Women 50.00 Kg (110 lb).
- (8) Female candidates must **NOT** be pregnant at the time of recruitment and during the entire duration of training.

b. Minimum Academic Qualifications

(1) General Service Officer (GSO) Cadets.

Must hold a minimum mean grade of B (Plain) in KCSE with at least C+ (Plus) in English, Mathematics and one Science subject. The training period for this category will cover three (3) years leading to a BSc in Military Science and Security Studies upon completion.

(2) Specialist Officers.

Must hold a minimum mean grade of B (Plain) in KCSE with at least C+ (Plus) in English, Mathematics and one science subject. Must be a holder of an undergraduate degree from a recognized University/institution and be registered with a statutory body where applicable. The training period for Specialist Officers will not be less than three months.

(3) Servicemen/women (General Duty) Recruits.

Must hold a minimum mean grade of D (plain) in KCSE.

(4) Tradesmen/women.

Prospective candidates willing to apply must satisfy the conditions and requirements given below.

(a) **Technicians.** A minimum mean grade of C (Plain) in KCSE, a relevant Diploma or above from a recognized Institution and be registered with the relevant statutory bodies, where applicable.

(b) **Artisans.** A minimum mean grade of D+ (Plus) in KCSE and either a relevant certificate with Government Trade Test Grade II or Craft II from a recognized Institution.

(5) Constables

- (a) Be a retired Kenya Defence Forces Service Member or a retired National Youth Serviceman/woman.
- (b) Be between the ages of 30 and 55 years old for retired KDF and between 35 and 45 years old for retired NYS.

(c) Possess a Discharge Certificate with a minimum rating of "**Very Good**" in conduct.

(d) Must have served for at least 9 years Colour Service for retired honourably from KDF.

4. VACANCIES

a. General Service Officer (GSO) Cadets

b. Specialist Officers. In addition to the minimum academic qualifications, Specialist Officers must posses' qualifications and where necessary be registered with the relevant Statutory Bodies for the vacancies below:

- (1) **Medical Officers.** Must hold at least a Bachelor of Medicine and Bachelor of Surgery and be registered with Medical Practitioners and Dentists Board (MPDB).
- (2) **Pharmacists.** Must hold at least a Bachelor's degree in Pharmacy and be registered with the Pharmacy and Poisons Board (PPB).
- (3) **Nursing Officers.** Must hold at least a Bachelor's degree in Nursing and be registered with the Nursing Council of Kenya (NCK).
- (4) **Dentists.** Must hold at least a Bachelor's degree in Dental Surgery and be registered with the Medical Practitioners and Dentists Board (MPDB).
- (5) **Laboratory Technologists.** Must hold a Bachelor of Science in Medical Laboratory Technology/Medical Laboratory Science.
- (6) **Counselling Psychologists.** Must hold at least a Bachelor's degree in Counselling Psychology.
- (7) **Public Health Officers.** Must hold at least a Bachelor of Science degree in Public Health/Environmental Science.
- (8) **Cyber Security/Digital Forensic/IT Officers.** Must hold at least a Bachelor of Science degree in Computer Science/Information Technology/Software Engineering/Networking. Certification in Cyber Security, Digital Forensics, and Ethical hacking or Information Security analysis will be added advantage.
- (9) **Engineers.** Must hold at least a Bachelor of Science degree in Aeronautical, Electrical & Electronics, Telecommunication, Instrumentation and Control, Mechanical, Marine, Biomedical, Naval Architecture and Mechatronics Engineering and be registered with the Engineers Board of Kenya (EBK).
- (10) **Journalists.** Must hold at least a Bachelor of Arts degree in Communication majoring either in Broadcast Production or Public Relations with at least two (2) years working experience.
- (11) **Lawyers.** Must hold at least a Bachelor of Laws (LLB) degree from a recognized University, be an Advocate of the High Court of Kenya, hold a current and valid practicing certificate with at least two (2) years practicing experience. Experience in litigation will be an added advantage.
- (12) **Physical Training Officers.** Must hold a Bachelor's degree in Sports Science or Bachelor of Education (Physical Education).
- (13) **Finance/Accounting Officers.** Must hold at least a Bachelor of Commerce (Finance/Accounting option).
- (14) **Music Specialists.** Must hold at least a Bachelor's degree in Music.
- (15) **Chaplains/Imams.** Must hold a Bachelor's degree in Theology/Islamic studies from a recognized Institution. Protestant Churches and Roman Catholic Chaplains must be ordained Ministers and recommended by Archbishop and Episcopal Conference respectively. Imams must be recommended by the Chief Kadhi.
- (16) **Hospitality Management/Catering Officers.** Must hold a Bachelor's degree in Hospitality Management/ Food Production.
- (17) **Entrepreneurship and Management Officers.** Must hold a Bachelor's degree in Entrepreneurship.
- (18) **Statistics Officers.** Must hold a Bachelor's degree in Statistics/Applied Statistics/Actuarial Science.

- (19) **Procurement & Supply Chain Management Officers.** Must hold a Bachelor's degree in Procurement and Supply Chain Management /Purchasing & Supplies Management.
- (20) **Library and Information Officers.** Must hold at least Bachelor's degree in Library and Information Science.
- (21) **Project Managers.** Must hold a Bachelor's degree in Project Planning and Management.
- (22) **Quantity Surveyors.** Must hold a Bachelor's degree in Quantity Survey and registered with Board of Registration of Architects and Quantity Surveyors (BORAQS).
- (23) **Oceanographers.** Must hold a Bachelor's degree in Oceanography.
- (24) **Dock Masters.** Must hold a Bachelor's degree in Nautical Science.

3. TRADESMEN/WOMEN

- (1) **Diploma**
 - (a) Accounting/Finance/CPA II
 - (b) Aeronautical Engineering (A&E)
 - (c) Archives and Record Management
 - (d) Automotive Engineering
 - (e) Building and Construction
 - (f) Carpentry and Joinery
 - (g) Community Health & Development
 - (h) Community Health Nursing (KRCHN)
 - (i) Computer Science/Information Technology
 - (j) Counseling Psychology
 - (k) Clinical Medicine and Surgery
 - (l) Electrical and Electronics Engineering
 - (m) Electrical and Instrumentation/Control Engineering
 - (n) Human Resource Management
 - (o) Journalism (Print Journalist, Audio - Visual Producer)
 - (p) Marine Engineering
 - (q) Mechanical Engineering (Plant/Production)
 - (r) Medical Laboratory
 - (s) Music
 - (t) Painting/Coating Technology
 - (u) Para Legal
 - (v) Pharmaceutical Technology
 - (w) Plumbing and Pipe Fitting/Plumbing Technology
 - (x) Project Planning and Management
 - (y) Public Health/Environmental Science
 - (z) Purchasing and Supplies Management
 - (aa) Radiography
 - (bb) Refrigeration & Air Conditioning
 - (cc) Research Skills Development
 - (dd) Sales and Marketing
 - (ee) Tailoring
 - (ff) Telecommunication Engineering
 - (gg) Warehouse/Store Keeping Management
 - (hh) Welding & Fabrication
- (2) **Certificate**
 - (a) Auto/Motor Vehicle Electrical
 - (b) Automotive/Motor Vehicle Mechanics
 - (c) Carpentry and Joinery
 - (d) Composite Manufacturing Technology
 - (e) Electrical and Electronics
 - (f) Marine/Ship Construction
 - (g) Masonry and Brick Laying
 - (h) Plant Mechanics
 - (i) Plant Operations (Heavy Plant/Crane/Forklift/Tug Operations)
 - (k) Plumbing and Pipe Fitting
 - (l) Welding and Fabrication

- 6. Clear photocopies of relevant academic certificates and current National Identity Card (ID) MUST be attached to the application and be addressed to the:**

**Assistant Chief of the Defence Forces
(Personnel and Logistics)
Ministry of Defence
Defence Headquarters
Ulinzi House
P O Box 40668 - 00100
NAIROBI**

- 7. The applications to reach the addressee on or before **7th November, 2019**. Candidates who will be shortlisted for Specialist Officers and Tradesmen/women shall be notified through the print media from **17th to 23rd November, 2019**.**

ITINERARY

- 8. The KDF Recruiting Teams consisting of the Kenya Army, the Kenya Air Force and the Kenya Navy will be visiting the Recruiting Centres (County Headquarters) as indicated below to recruit General Service Officers (GSO) cadets, General Duty Recruits and Defence Forces Constables.**

DATE	COUNTY	RECRUITMENT CENTRE
(a)	(b)	(c)
28 Oct 19	Baringo	Kabarnet Show Ground
28 Oct 19	Bomet	Bomet Stadium
28 Oct 19	Busia	Busia Stadium
28 Oct 19	Isiolo	Isiolo Stadium
28 Oct 19	Kericho	Green Stadium
28 Oct 19	Kiambu	Kirigithi Stadium
28 Oct 19	Kisumu	Kisumu Stadium
28 Oct 19	Kitui	Kitui Show Ground
28 Oct 19	Kwale	Kwale Stadium
28 Oct 19	Laikipia	Nanyuki Stadium
28 Oct 19	Lamu	Amu Island (Kibaki Grounds)
28 Oct 19	Machakos	Machakos Stadium
28 Oct 19	Migori	Migori Stadium
28 Oct 19	Muranga	Ihura Stadium
28 Oct 19	Nakuru	Afraha Stadium
28 Oct 19	Nyandarua	Ol' Kalou
28 Oct 19	Taita/Taveta	Mwatate (Kenyatta High School Grounds)
28 Oct 19	Tharaka Nithi	Kathwana
28 Oct 19	Trans Nzoia	Kenyatta Stadium
28 Oct 19	Turkana	Lodwar
28 Oct 19	Uasin Gishu	64 Stadium
28 Oct 19	Vihiga	Mbale (Kidundu Stadium)
28 Oct 19	Wajir	Wajir Stadium
28 Oct 19	West Pokot	Kapenguria
30 Oct 19	Bungoma	Kanduyi Stadium
30 Oct 19	Elgeyo/Marakwet	Iten Stadium
30 Oct 19	Embu	Moi Stadium
30 Oct 19	Garissa	Garissa TTC Grounds
30 Oct 19	Homa Bay	Homa Bay Stadium
30 Oct 19	Kajiado	KCB Grounds
30 Oct 19	Kakamega	Bukhungu Stadium
30 Oct 19	Kilifi	Alaskan Grounds
30 Oct 19	Kirinyaga	Kerugoya Stadium
30 Oct 19	Kisii	Kisii Stadium
30 Oct 19	Makueni	Wote
30 Oct 19	Mandera	Moi Stadium
30 Oct 19	Marsabit	Marsabit Stadium
30 Oct 19	Meru	Kinoru Stadium
30 Oct 19	Mombasa	Tononoka Grounds
30 Oct 19	Nairobi	MISC (Kasarani)
30 Oct 19	Nandi	Kipchoge Stadium
30 Oct 19	Narok	Narok Stadium
30 Oct 19	Nyamira	Nyamira Stadium
30 Oct 19	Nyeri	Ruringu Stadium
30 Oct 19	Samburu	Maralal Stadium
30 Oct 19	Siaya	Siaya MTC Grounds
30 Oct 19	Tana River	Hola Stadium

P EDITORIAL

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Let Kipchoge's feat inspire all to scale new heights

The weekend was not just great, but historic and momentous for Kenyans. This greatness and pride was bestowed on the country by Eliud Kipchoge—now the World's greatest marathoner.

In his humbleness, determination, hard work and focus, he achieved what hitherto been humanly impossible; running a marathon under two hours. Kipchoge took the Ineos 1.59 challenge in his stride and conquered and thus became the first human being to achieve the feat.

He galvanised Kenyans ahead of the challenge—and on Saturday morning. The country came to a standstill; and in mind and spirit, joined him in the race against himself. As he thumped the race truck in the company of pacemakers into the annals of history, we, too, crossed the usual and unfortunate ethnic, socio-economic and political schisms that are the bane of our nationhood. Kipchoge, thank you for making us proud and re-wakening our patriotism.

The big lesson for all is that with single-mindedness and determination, nothing is impossible. With self-belief, it is easy to tap into that powerful and latent inner energy to scale the heights of success.

For once, negative politics and all those energy-sapping shenanigans that often pre-occupy the country were banished by the Kipchoge spirit of endurance and conquest.

And though the tragedy of the 11 General Service Unit (GSU) officers, who perished when their vehicle hit an improvised explosive device (IED) planted by al Shabaab terrorists in Dadaab, Garissa county threatened to blight the weekend, with unity and determination, let the terrorists know that the country was not cowed; it has what it takes to overcome even the most intractable of the threats and challenges.

For the youth, the Kipchoge spirit should be a lasting inspiration to spur them to realise their full potential. Their future is in their hands. They should grab the boundless opportunities—and in the words former US president John F Kennedy; "ask not what your country can do for you—ask what you can do for your country" to transform Kenya and make it a better country, place to live in.

Finally, the government needs to be reminded that investing more resources; financial and infrastructure in sports will have handsome returns because it will not only address the youth unemployment and ensure economic returns, but bring immense patriotic dividend.

THOUGHT OF THE DAY

ELIUD KIPCHOGE

The message that no human is limited is now in everyone's mind, and it shows that if you believe in something, put it in your heart, it can be realised.

QUOTED TODAY



KANZE DENA

IThe President sends a strong reminder to all misguided elements out to compromise the security of Kenyans that the government and people of Kenya will never succumb to their cowardly terrorist actions.



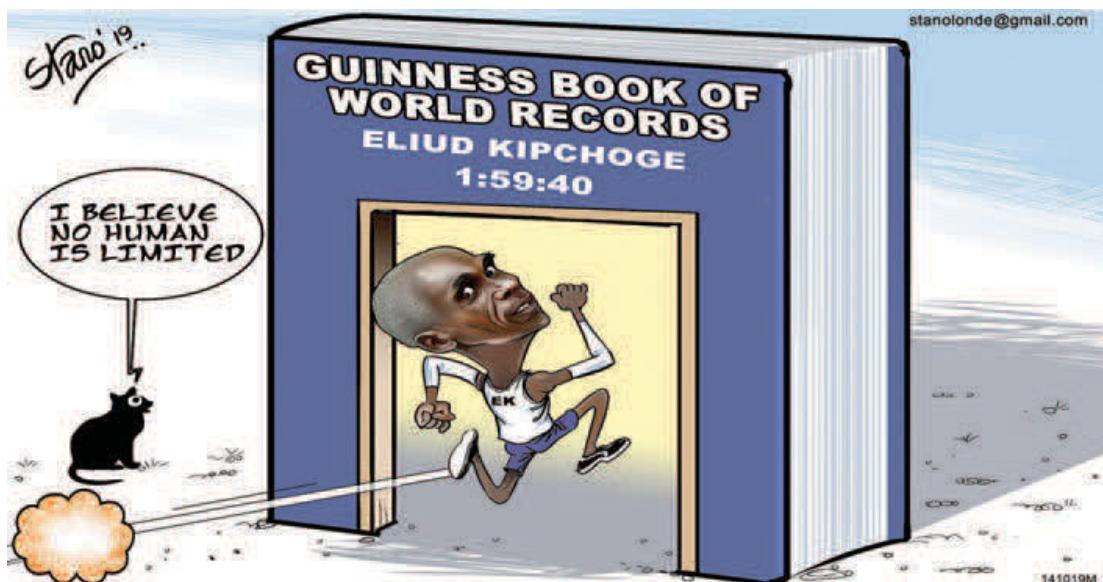
JIM RATCLIFFE

IThis is one of those wonderful moments in history. He's the finest distance runner the world has ever produced. You should be very proud of Eliud and very proud being Kenyan.



XI JINPING

IAnyone attempting to split China in any part of the country will end in crushed bodies and shattered bones. And any external forces backing such attempts dividing China will be deemed as pipe-dreaming.



Premature exposure to setbooks counterproductive

Sometimes in 2016, Education Cabinet secretary Prof George Magoha wondered why, back in the day when he was newly appointed Kenya National Examinations Council (KNEC) chairman, teachers were relentlessly asking him to announce a list of the new set books for Literature in English and Kiswahili (Fasih).

The teachers did not seem concerned about the unparalleled cheating in national exams that Magoha had specifically been appointed to deal with in 2015. They were not even concerned about the serious questions stakeholders had raised about the integrity of the administration of national examinations.

He noted that the request for new set books was unusual. Aside from Christian Religious Education and Islamic and Hindu Religious Education, Literature deals with ethical issues. Central among the values is integrity and sacrosanctity of institutions, and adherence to standards and regulations. Literature teachers who had the privilege to talk to him should have raised issues about the integrity of administration of the examinations and the stain on the credibility of the results.

The teachers were, therefore, mistaken because KNEC does not pick the set books for schools. It is the mandate of Kenya Institute of Curriculum Development (KICD) in conjunction with the Education ministry's Quality Assurance and Standards Department.

The appropriate stage for introduction of set books is in Form Three, not in Form two. Any formal introduction of set books in Form



KENNEDY BUHERE

IThe appropriate stage for introduction of set books is in Form Three, not in Form two

Two is offensive to the curriculum developers. It grossly undermines the educational objectives which can be effectively achieved only when the syllabus is faithfully implemented.

The ultimate aim of the teaching of the English Language curriculum is to enable the learner achieve fluency in the speaking and writing in English. The teaching of English in high school aims at developing in the learner flexibility and dexterity in the handling of and response to the written and spoken English—regardless of the sophistication of the subject.

There are two main methods of imparting this fluency in the learner: through extensive and intensive reading.

Indeed, language experts point out that extensive reading should be at the core of the English language syllabus. The key features of this method are reading of large quantities of material or long texts: for global or general understanding. This reading is highly individualised, with students choosing the book they want to read and not necessarily to be discussed in class.

In the early 1980s, the Kenya Institute of Education, now KICD, developed two books by highly experienced teachers of English to guide the teaching of the subject—*A Guide to Teaching English* by HA Curtis & JM Park, and *Teaching English in Kenya Secondary Schools*, both published by Jomo Kenyatta Foundation. The books have systematically outlined the kind of teaching and learning experience necessary for learners to develop mastery not only of the English language as a medium of communication.

Extensive reading of fictional and non-fictional works has a lot of educational value to the students. It helps the students to build vocabulary, introducing them to words and language chunks that may not be included in short texts, and giving them a sense of common word partnerships.

Premature exposure to set books denies the students this once in a lifetime educational opportunity. The learners have difficulties developing the literary and critical appreciation skills that are associated with exposure to authentic literacy.

They are also denied the opportunity to roam in the imaginative worlds that great works of art have created. Extensive reading of books of great literary and aesthetic value prepares the mind to ably appreciate the set books.

—The writer is Communications Officer, Ministry of Education

Unclaimed Assets Authority sleeping on the job

When the government launched the Unclaimed Financial Assets Authority (UFAA), it looked like a great idea whose time had come.

Assets worth billions of shillings that were being held by various financial institutions, with no hope of ever being reunited with their rightful owners, now had a clear path through which beneficiaries could take ownership.

Five years down the line, what is the scorecard? At a function last week, UFAA announced that it was sitting on Sh38 billion in assets, and that almost a million people were yet to reclaim their assets. These numbers have been growing. Of this, Sh13 billion is in cash, Sh564.5 million are in units of cash, and 1,454 are safe deposit boxes.

Further, UFAA estimated that Sh250 billion that should rightfully be under their custody was still being held by various institutions.

This is a less than stellar performance. What seems to be the problem? UFAA seems to have sat on their swivel chairs in Nairobi and let "nature take its course." That is why Interior Cabinet Secretary Fred Matiang'i mobilised the government's administrative machinery to help trace the owners of these assets.

GATHU KAARA

How many have ever heard of UFAA? How many know what the body does? How many know the process of claiming assets?

He said county commissioners, deputy county commissioners, chiefs and their assistants would serve as agents of UFAA to trace owners of unclaimed assets.

UFAA cannot sit back and let others do the work for which it was established. Its work is not to "sit on assets," but make sure they are reunited with the rightful owners. To achieve this, UFAA must become very aggressive. The Sh38 billion sitting in UFAA's custody is an indictment of its performance.

The Authority's bosses need to ask themselves several questions. How many Kenyans have ever heard of UFAA? How many know what the body does? How many people know the process of claiming their assets from the Authority?

These unclaimed assets represent widows struggling because a breadwinner died, orphans who are destitute yet money their parents left are lying in UFAA and beneficiaries who would be using the assets to

better their lot economically. These are idle assets that should be playing a role in the economy. UFAA needs to see their role as economic empowerment and social security, not a bureaucratic and administrative one.

The place to start is through a countrywide awareness campaign until the organisation becomes a household name. This should not be just a media campaign. It must be done through religious organisations, markets, chiefs' barazas and other grassroots forums so that any Kenyan who has been bereaved should feel compelled to go to the Authority and do a search. UFAA needs to get out of Nairobi.

The body must open offices across the country. Every Kenyan must be capable of reaching its services at their nearest government administrative centre. The most important services to extend countrywide are search services. This can be done through agents at the level of sub counties, whether it is the offices of

the deputy county commissioners, or agents such as banks with nationwide branches and secure systems.

This, surely, is something that should have been put in place ages ago. The Authority should also contract tracers, whose work will be to track down beneficiaries using the last known addresses of the deceased persons.

A clear and simplified claims system should be put in place because many claimants are obviously illiterate. They should not be tied up in bureaucratic knots to access their assets held in custody at UFAA.

Ironically, Matiang'i was launching a Rapid Results Initiative for the Authority. What Kenyans would have wanted to hear was the promise by UFAA to reunite the billions with the owners within a certain period. It is critical that UFAA does not become a silo for unclaimed billions. It is instructive to remember that the National Social Security Fund had at one time become a slush fund for politically correct individuals who plundered it with abandon because "the Fund had billions whose owners it was unable to trace."

Matiang'i must keep the feet of the UFAA bosses very close to the fire.

— gathukara@gmail.com

STREET TALK

Businessman under siege from auctioneers

Barely a month after a flamboyant businessman, who once served as the chair of a government agency, was arraigned for failing to pay a lawyer's fees, auctioneers have made a beeline for his property. After keeping the auctioneers away for a long time, the ruling by the court changed it all. The businessman has now hired new lawyers to help him keep the auction gang at bay. Taxi drivers, furniture shops and electronic shops owners have also been after the businessman over debts. The man is said to have been living beyond his means.

Desperate ex-sports official begs for a job

A former top sports official is said to be struggling to come to terms with his current status. The long-serving technocrat has been knocking on many doors looking for help from people who can push for any appointment in government. Reportedly, a leading sports official recently took him to the Deputy President's office in Karen to lobby for his appointment to the vacant position of Sports Secretary.

Appoint people of integrity to run sports agencies



FIDIALICE MUTHIKE

If Kenya wants to sustain its glory, there is need to overhaul sports management

in international events.

Ironically, during the FIFA World Cup Games held in Russia in July 2018 the State Department for Sports Development spent money catering for MPs' welfare yet their expenses were supposed to be covered by the Parliamentary Service Commission's budget.

In addition, no one has been brought to book for the RIO scandal that hit the headlines in 2016 where Kenyan athletes were forced to spend the night in dilapidated conditions after the closure of the Olympic village.

The challenges faced by our athletes can only be attributed to lack of goodwill from the government to challenge the status quo, selfish interests by both elected leaders and

State appointees and chronic corruption in sports agencies.

Created by the Sports Act 2013, the Sports Fund, is a State corporation mandated with disbursing of funds for the development of sports and recreation.

Among other things, the fund is supposed to create and maintain a pool of skilled and globally competitive staff. If well managed, the fund could be used in providing incentives to our athletes to encourage them to perform better and also discourage those that would want to change citizenship and run for other countries which are willing to pay them better.

People who have dedicated time, resources and made huge sacrifices to represent Kenya in sports events

should be well compensated and not left to live from hand to mouth as it is the case with many sports heroes.

In many cases, the sports icons are forgotten and left to die in poverty.

The few that are successful, like Kipchoge, have tried to fight for the welfare of their colleagues with little or no success.

If Kenya wants to sustain its glory in world athletics, there is an urgent need to overhaul the sports management with the intention of placing people of high integrity to manage sports bodies.

We need disciplined people who are committed to taking care of the welfare of all sports men and women managing sports agencies, not mere political appointees who have little interest in improving sports and sports people.

This can only be achieved through goodwill from the highest positions in the government.

— The writer heads the Research Department at Transparency International Kenya

#TWEETS TO THE EDITOR



KOT yesterday continued to celebrate and draw inspiration from Eliud Kipchoge's victory on Saturday.

@wendybabra: This man is the reason I'm going back to Mt. Longonot and this time, I'm going round the crater. I feel re-energized#nohumanslimited.

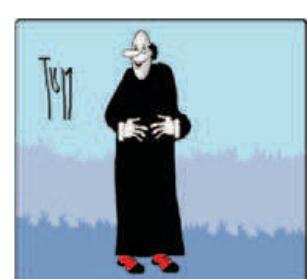
@fredwhitecap: @EliudKipchoge has also sealed the Sportsman of the Year Award for 2019. No one else should win it. #nohumanslimited.

@MutegiAM: Where is our world's best Teacher Tabichi? We need some catchy motivation from him as well. Lest we

forget!#nohumanslimited.

@GOgaloh: What happened in Vienna #INEOS159 was a controlled experiment whose results shall define the future of sports. #nohumanslimited.

@OYANDOATELO: We are proud of you.



TRUTH IS: We can't know what's evil if we deny the God who is good.



PATRICK WACHIRA

Imagine a guy like Waititu sitting and listening to his nemesis hurling epithets

Recalling days of calmer, joyful political campaigns

As a little, skinny but fairly intelligent-looking lad, long before my teens, I recall with immense nostalgia how calm life in our estate was.

I remember a few traditional dance troupes that occasionally belted out folk music, whether there was a special occasion or not.

There was a *muomboko*, whose members did jigs especially as they rehearsed how they would go to Nakuru State House to entertain the then President Jomo Kenyatta in the evenings.

They were a sight to behold, as the men held the women by their waists, then swirled them round and round until their brightly coloured dresses flew in the wind.

And when they were not in town, a Luhya troupe did their thing. Now, this group was the most hilarious as it would gather, carrying their musical instruments around until they had the numbers for what would easily have passed for a full orchestra. They could have put the London Chamber Orchestra to shame.

There was a bloke with a short drum, hanging just under the armpit, from where he worked it until he got into a frenzy.

There was another sort of longer drum, which produced deeper musical notes and which blended with the shorter, high-pitched tune to complement the village concerto.

Now, to complete this ensemble, was a chap who cradled a Fanta bottle. In those days, the lower half of this bottle bore



grooves, which were strummed using a spoon (yes, straight from somebody's kitchen). It produced a jingling sound.

To this day, I still wonder how this was discovered. Who came up with the revolutionary idea that striking that bottle would add a memorable tune to such an ensemble? Well, that is a story for another day.

I was telling you how this group would start a jig, once the numbers were enough, and proceed to deliver a rendition of Luhya folk songs, dancing all over the village as interested, mainly older folk, still chewing

on delicious maize cobs joined in.

Before long, there was an entire troupe of musicians, children, and old folk reliving their younger days, dancing to the tunes of *omutubo* songs. They danced until sweat ran down their backs and their faces glistened in the afternoon sun. And mark you there was no occasion as such. Just impromptu happiness, if you ask me.

It was such groups that politicians recruited to help in election campaigns or political rallies, which were a simple affair back then. Just good old

aspirants using megaphones to heap praises on themselves and promising goodies once elected.

At times, they addressed joint rallies. Just imagine that. *Ati, a guy like Waititu sitting and listening to his nemesis hurling epithets as he listens with a sheepish grin on his face. Wah!* Then he would rise to respond. Miracles were happening. *Haki!*

I have been reliving those days and comparing them with latter-day *modus operandi*.

Last week, Nairobi County Speaker Beatrice Elachi, never mind that a court had ordered that she be reinstated, went back

to office after a year's hiatus to find a little reception committee waiting for her.

Hired goons, who looked obviously like they were under the influence of something or other, caused mayhem and disrupted everything, breaking furniture in the process.

Whoever hired those ruffians knows his job. They did not look like folks you want to meet in a dark alley. One had shoulders as big as a barn door.

Indeed, a wag was heard last week remarking that even the Kibra campaigns were too quiet to be true.

The wag was saying that in some parts of Nyanza, when folks want to riot, they do it like they will get a medal; lighting bonfires as early as 10am and enjoying running battles with police.

Indeed, word is that if the police do not come to put the fires out, the folks go to fetch them from the local police station. They will taunt them: "Mumechilewa wapi buana? Kujeni!"

Over lunch, if the cops are tired or run out of ammunition and teargas, they are reminded to go eat and send reinforcements!

Folks are brave in those places. You doubt? Consider this: just last week, vehicles parked near a police post at Daraja Mbili were vandalised. Who else would have that sort of courage? You tell me!

Have a courageous week, folks!

- The writer is Special Projects Editor, People Daily

Why our governor cancelled a Moi Day event in my ward



MCA GWINSO

I told him that he would have to facilitate the media guys' travelling

His Popularity our Governor never ceases to amaze. Just when I thought he had decided I was not fit to tie his gubernatorial shoe laces, after the Pungua Mizigo incident, he called me last Wednesday.

"Bwana Gwinso, what plans do you have for tomorrow?" he asked.

"Tomorrow?" I asked, puzzled.

"Yes, remember tomorrow is Moi Day, a day dedicated to selfless acts of service to the community. Why don't we do something in your ward?"

This caught me off-guard. I could not immediately think of any charitable activity we could do around at such a short notice.

"Give me an hour, sir. I will get back to you," I said.

I quickly consulted my new chief pacesetter, Mokonyonyo Spoiler.

"Mdosi, let him donate stationery to all the candidates in our ward," came the swift response. Mokonyonyo, or Moks as he prefers to be called, never disappoints. He thinks and acts fast, unlike his predeces-

sor, Nzaya Nzayadio, who only spoke first and thought later. The idea sounded great and I gave Moks the go ahead to organise the function. His Popularity the Governor too was excited about the whole idea.

"Gwinso, that is good thinking. I knew you would come up with a superb idea," he said. "Now why don't you organise for media coverage?"

That, to me, was a small matter. I would simply call the media honchos at the county headquarters and things would be sorted out.

Before I went to bed that day, I called Moks to find out how far he had gone with the arrangements for the following day. He assured me that everything was on course. The candidates, their parents and

teachers would assemble at one of the schools by 9 o'clock.

Early morning of the material day found me at the venue awaiting the arrival of the benefactor. The candidates, together with their parents and well-wishers were all set. Thanks to the organisational acumen of Spoiler, there was entertainment by different choirs. You would think they had been rehearsing for the event for ages.

By 11 o'clock, the governor had not arrived. I got a bit concerned. I called his number and found he was *mteja*. I asked Moks what we would do if he failed to turn up.

"No sweat. We will not lack something to tell these kids," my pacesetter answered with the confidence of a government spokesman.

However, when by noon the governor had not arrived, I became alarmed. The entertainment teams now seemed to have run out of steam, and I could see teachers and parents glancing at their watches. I made another attempt to reach the governor. Luckily, my call went through.

"We are waiting for you, sir."

"Waiting for me? Where?" Talk of shocking questions.

"But your excellency, you were to preside over a function in my ward," "Oh, that is Gwinso? I am made to understand the media people haven't arrived yet."

It was true they had not arrived. I had not realised this all along, and I told him so.

"But Bwana Gwinso, we agreed that you would organise for media coverage of the event," he said. I could detect a tinge of fury in his voice.

"Your excellency, I thought that was just a by the way since this is a day of selflessness," I muttered.

"What do you mean by the way?" How can I, a whole governor, preside over such an event, uncovered? You must be joking!"

Thanks to my quick thinking that surprised even me, I told him that he would have to facilitate the media guys' travelling since this was a holiday and they were not likely to be on duty.

"Mhesimiwa, call them and if they insist on being facilitated, remind them today is a day of serving the community selflessly," bellowed the governor before abruptly hanging up. I turned to Moks and told him what the governor had said.

"No sweat. Just announce that the governor has travelled to Vienna to cheer Kipchoge on behalf of our country."

It was with great reluctance that I made the announcement and promised that the event would now take place on Mashujaa Day, knowing very well 'kwa ground, vitu ni different'.

- a.otieno@pu.ac.ke

Speaker Muturi to rule on legality of CASS

■ by Hillary Mageka and Anthony Mwangi
@PeopleDailyKe

National Assembly Speaker Justin Muturi will this week make a ruling on the legality of the Chief Administrative Secretaries (CASS) and whether they have executive powers to appear before Parliament to answer questions addressed to their Cabinet secretaries.

If Muturi goes by demands by MPs to declare CASS unfit to address parliamentary committees, he will automatically reduce them to administrative work in the ministries.

The move is likely to trigger a fresh row between the legislature and the Executive. The matter was triggered by Kimilili MP Didmus Baraza who rejected an answer by Health CAS Rashid Aman insisting that he does not have the authority to give the ministry's official position.

Muturi will largely rely on Article 153 (3) of the Constitution that obligates Cabinet Secretaries to appear before committees of the National Assembly or the Senate to answer questions on matters that fall within their dockets.

In the recent past, CASS have been appearing before relevant House

committees to answer to matters regarding their ministries on behalf of the Cabinet Secretaries.

This move has seemingly angered MPs who claim functions of a Cabinet Secretary are solely held by the appointed individual.

Apear in person

"This is not a function that a CS can delegate. The requirement is for the minister to appear before the committee," said David Ochieng (Ugenya).

Majority Leader Aden Duale reiterated that members' questions must strictly be answered by Cabi-

net secretaries

"I think the Constitution is very clear that it is the CSs. We need the Speaker to give direction because we agreed last week that if the CS is not available, he can pick another date," said Duale.

However, Duale defended the creation of the positions by President Kenyatta, saying the CASS were doing "a very good work" in helping ministries.

But Minority Leader John Mbadi faulted President Uhuru Kenyatta of creating positions which should have been created by the Constitu-

BRIEFLY

Pastor seized over bizarre worship

Police in West Pokot are investigating a pastor over bizarre activities in his church. The cleric Samuel Kalwari, was arrested yesterday for allegedly forcing children to abandon school and join his church, where they worship naked. He was taken to Kapenguria police station for further investigations and will be arraigned today. Kipkomo sub-county police commandant Mohamed Kofa said the parents of the affected children have also been arrested.

—David Musundi

President: State will get killers of GSU officers

President says Kenyans will not succumb to 'cowardly acts of misguided elements out to compromise citizens safety'

■ by Zadock Angira
@PeopleDailyKe

President Uhuru Kenyatta yesterday said the government will pursue and bring to justice killers of 11 officers from the elite Recce Squad Unit of the General Service Unit (GSU).

In message of condolence to the families of the officers, who died when their vehicle ran over an Improvised Explosive Device (IED) at Degow in Garissa county on Saturday evening, the President, through State House Spokesperson Kanze Dena-Mararo, said Kenyans will not succumb to the "cowardly acts of misguided elements out to compromise the safety and security of the citizens".

Interior CS Fred Matiang'i and Inspector General of Police Hillary Mutybhai said reinforcement had been sent to the area to pursue the attackers as investigations were launched into the attack.

Terror fight

"I extend my deepest sympathies and profound solidarity with the families of our gallant officers who lost their lives in Garissa last night. Their selfless patriotic sacrifice to serve Kenya renews our resolve in the fight against terror," said Matiang'i.

The officers from the Harhar GSU camp were on routine security patrol in a Toyota Land Cruiser on the road between Liboi and Damajale near the Kenya-Somalia border when the vehicle ran over an IED. They all died on the spot.

It is suspected the attackers left the scene after planting the explosives unlike in the past where they have stolen officers' weapons.

The police headquarters yesterday said the response team recovered 15 hand grenades, an M16 rifle, six damaged G3 rifles, three Ak47 rifles, nine body armours, four ballistic helmets, a grenade launcher and two Fragmented Rifle Grenades (FRGs).

The bodies of the 11 were yesterday airlifted to Nairobi and received by Matiang'i and Mutybhai before being transferred to the Kenyatta University mortuary at around noon.

The Saturday attack brings to more than 30 officers killed this year alone in separate attacks. On September 10, eight police officers were



President Uhuru Kenyatta has vowed the government will pursue the killers of GSU officers Garissa. PD/FILE

killed when their Armoured Personnel Carrier was hit by a Rocket Propelled Grenade in Elwak area, Mandera county.

The attack came barely a fortnight after anti-terrorism police thwarted what would have been the worst terror attack in the Coastal region during the Mashujaa Day celebrations and other major installations.

Yesterday, leaders condemned the attack and mourned the officers with the Garissa Governor Ali Korane saying: "We are saddened by the news of the death of 11 police officers killed in an IED attack along Liboi-Damajale road, Garissa County. I extend my condolences to their family, relatives, and colleagues."

The latest attack which claimed elite officers has raised questions why they were not using the Armoured Personnel Carriers (APCs) that were bought to ensure safety of security officers in the volatile area.

But even then, the reliability of APCs have been questioned after some of them were extensively damaged in the previous attacks. For instance, in the Elwak attack, the eight officers who died, were using a Norinco VN4 APC.

REPUBLIC OF KENYA



THE NATIONAL ASSEMBLY TWELFTH PARLIAMENT – THIRD SESSION

In the matters of consideration by the National Assembly:-

1. The Constitution of Kenya (Amendment) Bill (National Assembly Bill No. 19 of 2019)
2. The Constitution of Kenya (Amendment) Bill (National Assembly Bill No. 40 of 2019)
3. The Constitution of Kenya (Amendment) Bill (National Assembly Bill No. 53 of 2019)

NOTIFICATION FOR PUBLIC HEARINGS BY THE DEPARTMENTAL COMMITTEE ON JUSTICE AND LEGAL AFFAIRS

Article 118(1)(b) of the Constitution provides that, "*Parliament shall facilitate public participation and involvement in the legislative and other business of Parliament and its Committees*". Further, the National Assembly Standing Order 127(3) requires the Departmental Committee to which a Bill is committed to facilitate public participation and take into account the views and recommendations of the public when the Committee makes its report to the House.

The Constitution of Kenya (Amendment) Bill (National Assembly Bill No. 19 of 2019) seeks to amend Article 90 of the Constitution to align it with the proposed amendment to Section 35 of the Election Act which seeks to change the timing for submission of party lists by Political Parties for persons elected under Article 90 of the Constitution from at least forty-five (45) days from the date of General Election to within twenty-one (21) days after the date of general election.

The Constitution of Kenya (Amendment) Bill (National Assembly Bill No. 40 of 2019) seeks to amend Article 97(1)(c) of the Constitution to expressly include Kenyans in the diaspora as a special interest group to be catered for in the party lists from which twelve Members are nominated to the National Assembly.

The Constitution of Kenya (Amendment) Bill (National Assembly Bill No.53 of 2019) seeks to amend Articles 27(8) of the constitution to effect the two-thirds gender principle in elective and appointive bodies and also to effect Article 54(2) to provide for at least five percent of members of the public in elective and appointive bodies are Persons With Disabilities. The Bill further seeks to limit the number of representatives in the County Assemblies to one thousand four hundred and fifty and provide for the election of one woman for at least two wards in a County for purposes of gender parity and to remove the provision for post-election gender top up seats.

The aforementioned Bills have undergone First Reading pursuant to Standing Order 127(3) of the National Assembly and stands committed to the **Departmental Committee on Justice and Legal Affairs** for consideration and reporting to the House.

Pursuant to the provisions of Article 118(1)(b) of the Constitution and Standing Order 127(3), the Committee will be undertaking public hearings on the said bills in the following counties on **Friday, 25th October, 2019** as indicated below:-

No.	VENUE/TOWNS	TIME
1	Wajir County ICT Hall, Wajir Town	9.30 am - 12.30 pm
2.	Turkana Lodwar Vocational Training Centre, Lodwar Town	10.00 am – 1.00 pm

The Clerk of the National Assembly therefore invites interested members of the public and organizations to attend the public hearings and submit their views or make oral presentations regarding the said Bills.

Copies of the Bills may be downloaded from Parliamentary website: <http://www.parliament.go.ke/the-national-parliament/house-business/bills>

MICHAEL R. SIALAI, EBS

CLERK OF THE NATIONAL ASSEMBLY

UK's Boris pushes for last-ditch Brexit deal ahead of deadline

Negotiators pressed for time as they hold closed-door meetings aimed at outlining new set of terms

London, Sunday

Prime Minister Boris Johnson was to brief his ministers Sunday on progress in Britain's last-ditch efforts to strike a new Brexit agreement with the EU.

Negotiators went behind closed doors for intensive talks in Brussels after Johnson outlined a new set of divorce terms to Irish Prime Minister Leo Varadkar on Thursday.

But they have very little time left to succeed.

EU leaders will meet in Brussels on Thursday and Friday for a summit held under the pressures of the October 31 Brexit deadline just two weeks away.

They would ideally like to have a full proposal to vote on by then.

But the sides are trying to achieve in a few days what they had failed to in the more than three years since Britons first voted to leave the European Union after nearly 50 years.

German Chancellor Angela Merkel will discuss the available options with French President Emmanuel Macron late Sunday and Johnson is to brief his cabinet at lunchtime.

European officials said the bloc's Brexit negotiator Michel Barnier



will also brief EU ambassadors on the state of play on Sunday evening.

The few details that have leaked out suggest a compromise around the contentious Irish border issue that keeps Britain's Northern Ireland partially aligned with EU customs rules.

Whether such a fudge suits both Brussels and the more ardent Brexit backers in parliament who must still approve a deal should become clearer in the coming days.

Johnson rose to power in July on a promise not to extend Brexit for a third time—even for a few weeks.

Breaking that pledge could come back to haunt him in an early general election that most predict for the coming months.

"Getting Brexit done by 31 October is absolutely crucial," Johnson reaffirmed in a statement on Sunday.

Ireland's Varadkar hinted on Thursday that he could support the talks running on up to the October

31 deadline if a deal seemed within reach.

But Britain will only avoid a chaotic breakup with its closest trading partners if the agreement is also passed by the parliament in London — something it has failed to do three times.

Johnson heads a minority government and must rely on the full backing of not only his own fractured Conservatives but also Northern Ireland's small Democratic Unionist Party. DUP's parliamentary leader Nigel Dodds warned Johnson that "Northern Ireland must remain entirely in the customs union of the United Kingdom" and not the EU.

Main opposition Labour Party leader Jeremy Corbyn signalled on Sunday that he would wait for the outcome of the EU summit before trying to force an early election. "We will look at any deal that comes up before we trigger an election," Corbyn told Sky.

- AFP

GARAM INVESTMENTS AUCTIONEERS
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PUBLIC AUCTION

Under instructions received from the chargee's advocates, we shall sell by public auction the under mentioned properties together with buildings and improvements erected therein.

ON FRIDAY THE 8TH DAY OF NOVEMBER 2019 AT 12.00 NOON
OUTSIDE THE MAIN POST OFFICE IN NAIVASHA TOWN

All that parcels of land known as Title Nos. Naivasha/Mwichingiri Block 4/623, 637, 638, 639, 640, 649, 656 & 657 Mirera Area, Nakuru County registered in the name of Muringa Holdings Limited c/o P.O Box 11699-00100 Nairobi. The properties are located off the Naivasha-Mai Mahiu road within Ripuru area of Karagatta/Mirera in Naivasha, Nakuru County. They lie approximatly 1.23km's due south east of High Peak d' Academy and about 2.2km's due north east of Naivasha Airstrip Academy Karagatta. These are eight (8) adjioned parcels with a total acreage of approx 23.428 acres each measuring:- Plot No. 4/623 approximatly 0.912 hectares (2.254 acres), Plot No. 4/637:-1.204 hectares (2.975 acres), Plot No. 4/638:- 1.234 hectares (3.049 acres), Plot No. 4/639:- 1.217 hectares (3.007 acres), Plot No. 4/640:- 1.302 hectares (3.217 acres), Plot No. 4/649:- 1.181 hectares (2.918 acres), Plot No. 4/656:- 1.227 hectares (3.032 acres) & Plot No. 4/657:- 1.024 hectares (2.974 acres). All parcels are undeveloped. The title is freehold interest and mains electricity and water is available for connection while drainage would be to a septic tank. The parcels have immense potential for further sub-division.

CONDITIONS OF SALE

(1) All intending purchasers are requested to view the property and verify the details as these are not warranted by the auctioneers. (2) A deposit of 25% must be paid in cash or bank's cheque at the fall of the hammer. The balance will thereafter be payable within ninety (90) days from the chargee's advocates. A bidding deposit of Kshs 1 million (by way of bank's cheque(s)) will be mandatory. Please note that failure to pay the balance by the confirmed purchaser will result in forfeiture of all deposits paid (3). For all the aforementioned properties, details of encumbrances including names addresses e.t.c. together with user and any other restrictions plus rates/rents payable will be made available on request at our offices. (4). Sale of the above property will be subject to reserve prices and land board consent if applicable. (5). Conditions of sale are available on request at our offices and viewing of property is possible during normal working hours by prior arrangements with ourselves.

Typhoon Hagibis leaves 20 dead in Japan

Tokyo, Sunday

More than 20 people were killed by powerful Typhoon Hagibis, local media reported Sunday, a day after the ferocious storm slammed into Japan, unleashing unprecedented rain and catastrophic flooding. More than 100,000 rescuers (pictured), including 31,000 troops, were working into the night to reach people trapped after torrential rain caused landslides. The destruction forced the Rugby

World Cup to cancel a third tournament match, though a key Japan-Scotland fixture was ruled safe to play.

The storm moved off land on Sunday morning, and while it largely spared the capital, it left a trail of destruction. The government put the death toll at 14, with 11 people missing, but national broadcaster NHK reported 24 people had been killed with local media reporting 15 still unaccounted for.

Rivers burst their banks at nearly a dozen locations, including in Japan's Nagano, where a levee breach sent water from the Chikuma river gushing into residential neighbourhoods, flooding homes. Military and fire department helicopters winched survivors from roofs and balconies in several locations. Elsewhere, rescue workers carried out an hours-long boat operation to evacuate hundreds of people from a retirement home in Kawagoe, northwest of Tokyo.

- AFP

BRIEFLY



Magufuli pardons financial criminals

Tanzanian President John Magufuli said on Saturday 138 suspects charged with financial crimes have been freed after they obtained presidential amnesty. "The 138 suspects have already secured the presidential amnesty after refunding to the government millions of shillings that they were accused of having stolen or laundered," Magufuli was quoted in a statement issued by the Directorate of Presidential Communication at the State House. Last month, Magufuli gave seven days to the Director of Public Prosecutions Biswalo Mganga to consider offering forgiveness to remandees charged with economic sabotage or money laundering who will repent and refund the money.

- Xinhua



US Homeland Security boss steps down 'for family'

Washington DC, Sunday

The acting head of US Homeland Security, Kevin McAleenan, has resigned after six months in the post.

In a tweet, President Donald Trump said McAleenan wanted to spend more time with his family. He said his replacement would be named next week.

McAleenan, 48, is the fourth person to serve as the head of Homeland Security during Trump's tenure.

He has overseen the president's tough policies aimed at curbing immigration across the Mexican border.

- BBC

However, analysts have described a turbulent relationship between the two and McAleenan has criticised the tone of the immigration debate.

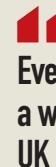
Recently he was shouted off stage by student protesters at a university in Washington DC. Announcing his resignation, Trump said McAleenan had done "an outstanding job". "We have worked well together with border crossings being way down," he said. "Kevin now, after many years in government, wants to spend more time with his family and go to the private sector."

- BBC



Businesshub

CHRIS KIPTOO



Every country must find a way of trading with the UK

Kenya pins hope on new deal to secure UK market

Britain is set to exit the European Union on October 31 and has opened direct talks with trading partners

by Rawlings Otini
@PeopleDailyKe

Kenya's fresh produce exports to the UK risk losing duty-free access to the lucrative market if a post-Brexit deal is not brokered by the end of this year.

UK, which is set to exit the EU bloc on October 31, has begun to lay the groundwork to strengthen ties with African countries, including Kenya.

Kenyan exporters, however, have been assured of continued market access to the UK post-Brexit, but uncertainty looms if no deal is sealed after December 31. If no pact is ratified, locally grown vegetables, fruits, tea and flower exports, which currently enjoy a duty free access to the EU market, could face World Trade Organisation (WTO) taxes of up to 12 per cent.

"Without a deal, it will not be just us, it will be everybody who has been trading with the UK. Every country must find a way of trading with them," Trade ministry principal secretary Chris Kiptoo said.

Exports extension

Kiptoo confirmed Kenya had secured an extension to continue exports to the UK under existing arrangement with the EU until December but when the period lapses, then new arrangements must be negotiated.

He said there is need to diversify Kenya's export markets towards Asia, especially China to reduce over reliance on Europe.

Demand for Kenyan produce in China is growing due to rising incomes in the Asian nation opened her market to some of Kenya's agricultural exports.

Kenya's exports to the UK were valued at Sh40 billion in 2018, most of which are vegetables, flowers, tea and fruits. The country earned Sh153.68 billion last year from fresh produce exports.

Flowers fetched Sh113.17 billion last

No-deal Brexit

Access

Kenyan exporters have been assured of continued market access to the UK post-Brexit, but uncertainty looms if no deal is sealed after December 31.

Tariffs

If no pact is ratified, locally grown vegetables, fruits, tea and flower exports, which currently enjoy duty free access to the EU market, could face WTO taxes of up to 12 per cent.

Replication

Britain had early this year said it wants to replicate all the existing trade deals the EU has, with more than 70 countries, which the UK would lose in the event of leaving without a deal.

Losses

With a no-deal Brexit, new trade deals will have to be drawn, which is usually a long process that will cost traders millions of shillings in losses.



year, compared with Sh82.25 billion in 2017, while vegetables accounted for Sh27.69 billion against Sh24.06 billion the previous year. Fruits fetched Sh12.8 billion against Sh9 billion in 2017.

The flower industry provides jobs for almost half a million people directly and many more indirectly making it an important sector. Britain is the second largest export destination for Kenya's cut flowers and vegetables after the Netherlands, taking almost 18 per cent of the flowers produced in the country.

Without a trade deal in place for Kenya, the UK would have to set tariffs according to rules set by the WTO.

This means that Kenya could face WTO tariffs of 8.5 to 12 per cent, costing its vegetables, fruits and flower exporters billions of shillings annually.

Britain had early this year said it wants to replicate all the existing trade deals the EU has, with more than 70 countries, which the UK would lose in the event of leaving without a deal.

Already, South Africa has secured a deal that allows for seamless and uninterrupted trade to continue UK.

When she visited Kenya last year, the then UK Prime Minister Theresa May said Kenya would continue enjoying access to UK markets through the current duty free arrangement even after Brexit, before a new framework of trade is in place.

"Once we are outside the EU, we will have the opportunity to negotiate these trade deals on behalf of the UK rather than as part of the EU," she said.

Lengthy process

But with a no-deal Brexit, it will be a process since fresh trade agreements normally take long to be finalised.

Brexit was originally due to happen on March 29. That was two years after May triggered Article 50 - the formal process to leave - and kicked off negotiations. But the Brexit date has been delayed twice.

If the UK leaves the EU customs union and single market on October 31, then the EU will start carrying out checks on British goods. This could lead to delays at ports, such as Dover. Some fear that this could lead to traffic bottlenecks, disrupting supply routes and damaging the economy.

Additional reporting by BBC

Airline decries loss of plane-leasing contract following Stanbic mishap

by Fred Aminga
@faminga

South Sudan-based regional airline Air Afrik has fingered Stanbic Bank on "banking irregularities and fraudulent banking dealings" which prompted sacking of 200 employees on loss of business.

The carrier says it hit headwinds after losing a \$20 million (Sh2.1 billion) plane-leasing contract with the

government of South Sudan due to the lenders fault.

According to Air Afrik, the firm has declared some roles redundant since the loss of the contract and lodged a case in the courts against Stanbic.

Reversed funds

Air Afrik, which has offices in Kenya and South Sudan, claims that Stanbic froze its accounts and reversed funds without a court order

or nod from the Central Bank of Kenya (CBK). Court documents lodged at Milmiani Commercial Courts in Nairobi exposes the South African owned lender to compensation for alleged breach of procedures.

"These steps were necessitated following Stanbic Bank's negligent errors, oversight and unlawful actions," said the carrier in a statement.

In a letter to the CBK, the South African-owned Stanbic Bank seems to

admit having erred on a transaction and the carrier has asked the lender to own up and take responsibility for oversights and compensate it for the damages and inconveniences suffered.

Court documents shows the lender allegedly credited Sh7.2 million (Sh747 million) down payment to Air Afrik's bank account held in the same bank only to reverse it a few days later. Air Afrik, refutes the reversal claims.



MANUFACTURING



Unilever rolls out plans to cut plastic use

RECYCLING: Global consumer goods company Unilever has announced measures to eliminate more than 1,000 tonnes of plastic packaging. The firm seeks to collect and process more plastic packaging than it sells by 2025.

Unilever, whose brands include Lifebuoy, Royco, Lipton and Omo, said its ambitious plan will help create a circular economy for plastics, resulting in a plastic waste-free world.

The firm will make direct investment and partnerships in waste collection and processing, as well as using recycled plastics to package goods and directly pay for collection of its packaging.

Innovative packaging

"This makes Unilever the first global consumer goods company to commit to plastics reduction across its portfolio," said Unilever global chief executive Alan Jope (pictured). Unilever will introduce innovative packaging materials and scale up new business models like re-use and re-fill formats.

Jope said Unilever will collect, and process around 600,000 tonnes of plastic annually by 2025, delivered through investment and partnerships which improve waste management infrastructure in many of the countries including Kenya, where Unilever operates.

Unilever's announcement comes after Kenya banned use of plastics and polythene bags below 30 microns since August 28.

Kenya Association of Manufacturers (KAM) estimates that Sh5.26 billion in annual revenues will be wiped out of the economy after the ban came into effect.

- Noel Wandera



FOR THE ENVIRONMENT: From left: Vivo Energy Kenya managing director Joe Muganda, Petroleum Institute of East Africa business analyst Ayuma Vivienne and Bamburi Cement MD Seddiq Hassani engage during the rollout of an awareness campaign on safe waste oil disposal. Bamburi has partnered with Vivo to collect and safely dispose waste oil from Shell service stations.



60 YEARS ON: Aga Khan University Hospital chief executive Shawn Bolouki gifts Nathan Omosa, a clinical nurse and overall winner of a 10km staff marathon organised as part of activities to celebrate the hospital's 60 years anniversary. More than 300 staff participated in the marathon. PD/ALICE MBURU



WE APPRECIATE YOU: Kenya Power's acting managing director and chief executive Jared Othieno presents a gift to Juthalal Shah as the company marked this year's International Customer Service Week. PD/ALICE MBURU



FINGER LICKING GOOD: Sarova Whitesands chef Joseph Mbithi serves guests attending the 25th annual International Food Festival, a family fun day in aid of the Cerebral Palsy Foundation Tudor, at Koroga Country Club in Nyali, Mombasa.



CONGRATS: CIC general manager Joseph Kamiri presents the overall prize to Khilan Shah during the CIC Golf tournament played at the par 72 Nyeri Golf Club. Aimed at boosting sports, the tournament engages golfers and fans who have been part of CIC's business growth.



STRENGTH IN PARTNERSHIPS: Interior CS Fred Matiang'i (left) with Unclaimed Financial Assets Authority (Ufaa) chair Richard Kiplagat during the launch of a Rapid Results Initiative between Ufaa and the Interior ministry at the Kenya School of Government. PD/ALICE MBURU



FINANCING SMALL BUSINESSES: Kenya Industrial Estate (KIE) board chair Mugambi Imanyara (third right) leads the parastatal's board members in a tour of Kaka James Concrete Enterprise in Nakuru during a familiarisation tour of the small and medium enterprises projects incubated and financed by KIE in South Rift region.



LIGHTING EAST AFRICA: Safaricom chief customer officer Sylvia Mulinge, former M-Kopa Solar chair and Telkom Kenya Ltd chief executive Mugo Kibati and M-Kopa Solar CEO and co-founder Jesse Moore go through the M-KOPA 2019 Impact Report. The report highlights the changes M-KOPA pay-as-you-go systems are having on three million people in 750,000 homes and businesses in East Africa. PD/ ALICE MBURU

TWOINONE**Dowry should never ever put lovers asunder**

Recently, Meru elders (Njuri Nchek) announced plans to regulate what they termed absurdly high bride prices demanded by in-laws.

Well, if there's one thing that has been abused and misused in today's generation, it is dowry. Traditionally, in most African communities there were no unnecessary demands made on the groom-to-be. In fact, it was the pride of the groom and his family to pay a lot of dowry as a sign of how much they appreciated the girl they were taking and also to show off how rich they were. On the other hand, it was the pride of the girl to be told how many cows were paid for her bride price.

Today, dowry has been turned into an opportunity to milk the young man or make him and his family pay back all that the girl's family has invested in her.

There's nothing wrong with paying dowry. It should be a token of appreciation and honour for the bride's parents and not a business transaction. They say no one ever paid dowry in full because it is the beginning of strong ties between a man and his future in-laws. By making demands on dowry, what we simply do is creating enmity between the two families right from the beginning and making things difficult for the bride as she will always be resented by her in-laws if not husband for what her people did.

True, you cannot put a price on anyone whether educated or not. Every human being is priceless and valuable and must be treated as such. As a married man, I value my wife more than anything else precious to me. The reason two people come together and want to stay together is because of their love for one another. That love cannot be bought by anything and nothing, including dowry, should not put asunder what God puts together.

You ► It's all about Life & Style

My hubby loathes our daughter's jobless fiancé

My husband and I have three grown up children. Recently, one of our daughters came home with her boyfriend whom she wants to get married to. The young man is well-mannered though he is not as educated as our daughter. He is still looking for a job while our daughter is an accountant in a well-known firm. He is still living with his elder brother, but our daughter moved out of the house two years ago to a rented apartment. I don't mind the guy, but my husband won't give him a chance and has told our daughter to discontinue with the relationship. She is so upset that she has threatened to elope. The irony is that when we got married, I was better than him in terms of education, job and family background. Why won't he accept this boy?

OUR TAKE...

Parents usually paint a picture of how and what they expect of their children's spouses. So they get disappointed when the children end up with a different person. They fail to understand the children have grown up into young adults, who are capable of making own decisions and that they belong to different generations.

Parents also tend to forget where they have come from just as in this case. You say when you got married, you were doing better than your husband. So, why is he now making it difficult for your daughter? You should remind him where you came from. What if you left him simply because you were doing better than him? Help him feel what this young man would feel.

There can be other valid reasons as to why he or you are struggling with your daughter's relationship and that's fine. Find out from her if

IT'S ALL ABOUT LIFESTYLE & STYLE

she has considered those things. Having married your husband when you were doing better than him, how did that impact your marriage? How did it impact your husband as a man? How were you still able to respect him in spite of this?

Not having a job, though an important consideration, especially if it is a man is a temporary situation



TIP OF THE WEEK:

"I think that the best thing we can do for our children is to allow them to do things for themselves, allow them to be strong, allow them to experience life on their own terms, allow them to take the subway... let them be better people, let them believe more in themselves."

— C JoyBell C



CITYMAMACITA WITH CATHERINE NJIRU

Countdown to summer bunnies return kicks off

This last quarter of the year, we celebrate Moi, Mashujaa, Jamhuri, Christmas and Boxing holidays. But as we make merry, there's a group that secretly wishes that we'd actually set two days aside in their honour—the summer bunnies.

They imagine we Kenyans are so happy and excited to have them around. They believe only they are God's Christmas gift to us. So much so that, when they decide to check in our *nyam chom* and pints spots, they expect a standing ovation. More like McCourtney from the US of A in *de house*.

Then *ghalla bin vuu...punde si* punde crowd/revellers go haywire chanting, '*lgwe lgwe lgwe*'. And *lgwe* just

waves and smiles and says (what everyone has been waiting for) '*peweni mbili mbili*'. But sorry, *lgwe* doesn't talk Kiswahili and if he does, he blubbers, '*mtapeweni mbili mbili*'... (and that's a statement not a question).

He'll talk big. When he says president, you'll be damned to think he's talking about our own president. Trump is the only president he knows. And they think us 'villagers' only know Nairobi as the world's greatest city. That apart from the SGR joining Nairobi and Mombasa, we know no place further. They'll even ask if you've been to the airport.

Even Karis, who left a few years ago, who you schooled with at Matomoko Primary, will now pretend he went to

a group of schools. The same Karis—*heeeh God bless his Soul*—no longer does local beer... he's on Heineken. And sometimes Singletone, Glenfiddich, Hennessey... you know, with Heineken as a chaser. The same Karis you did Napoleon Gold shots with *hukoooodown chini*.

Anyway, you let him flaunt his blessings in peace as you enjoy your share. Day one, Shiro. Day two, Adhis. Day three Mwende. Day four, Fatuma. Day five, Nkatha. He introduces, you welcome. They're all *shemejis*. There's bliss in being called that *shemeji* name. They drop it like this, you know you belong. *Ati karibu shemeji?* Aaaah you're family, no doubt!

Turns out more than 10 girls have

been waiting for the 'messiah'. Each promised heaven. Now, almost two weeks later, only Nkatha frequents (you know that thing they say about Meru *chiqs* and loyalty?) but *kina* Shiro who you actually thought was the one, aaah Shiro disappeared *kitamboo*. You have a hunch why. Karis isn't 'throwing' drinks as much. Something about ATM issues, oh some deal (back to Kenyan default setting).

Hmm, way I see it, Christmas isn't seeing anyone hang around the summer bunny.

We wait and see if the 'deal' goes through *ama we change tables!* Ala, who's got time for a broke summer bunny! To be continued next week.



Ten ► Top Shelf Facts

Comeback mums of athletics

Having a baby is one of the most beautiful things for a woman. However, the experience is different if the woman is an athlete. It means a lot of sacrifices which include taking years out of action. Returning to sport has always been difficult for such women but there are others who have made it look so easy.



1

SHELLY-ANN FRASER-PRYCE (JAMAICA)

Jamaican sprint queen Shelly-Ann Fraser-Pryce surged won her ninth world title as the returning new mother lit up the World Championships in Doha. The 32-year-old Fraser-Pryce, who skipped the 2017 championships to give birth to her first child, delivered a barnstorming run to take the 100m in 10.71sec before adding the 4x100m Relay gold on the last day of the competition. Fraser-Pryce held her son Zion proudly in her arms as she celebrated winning her titles but confessed coming back after his birth had been a long journey both mentally and physically. She had been written off by some when she became pregnant and then launched a comeback last year a few months after giving birth.

ALLYSON FELIX (USA)

US legend Allyson Felix broke Usain Bolt's gold medal record tally of 11 as the new mothers lit up the Khalifa Stadium in Doha. The two-time Olympic champion's dominant display was the highlight of a day in which Felix won a record 12th World Championship gold medal. Felix only returned to the sport in July after a 13-month layoff which saw her give birth to her daughter Camryn by emergency C-section last November. The 33-year-old, who failed to qualify for the individual 400m event in Doha, took gold in the 4x400m mixed relay as the United States motored to victory in a world record time of 3min 09.34sec.

2



4

ALYSIA MONTAÑO (USA)

American middle distance runner Alyvia Montaño garnered attention in June 2014 by competing in the USATF's USA Outdoor Track and Field Championships while eight months pregnant. She finished last in a field of 29 in the 800m preliminaries in 2:32.13. She gave birth to Linnea Dori Montaño on August 15, 2014 and a year later in June 2015, she returned and won the 800m final of the US Trials and qualified for the World Athletics Championships 2015 in Beijing.

3

VIVIAN CHERUIYOT (KENYA)

Before Fraser-Pryce and Felix even thought of achieving their feats, a number of Kenyan runners had already returned from maternity to triumph. One of them is Vivian Cheruiyot who reclaimed the women's 10,000m world title in the 2015 World Championships in Beijing, China. Cheruiyot, who had given birth to her son Allan, outclassed Ethiopia's Gelete Burka and American Emily Infeld who finished second and third respectively. "The Pocket Rocket is back. I dedicate this medal to my family, my husband and son Allan Kiprono," she said after the race.



5

JESSICA-ENNIS HILL (BRITAIN)

Like Cheruiyot, Britain's Jessica-Ennis Hill also returned to competition in triumphant style when she won gold at the 2015 Beijing Worlds in the heptathlon. Just nine months after taking her first tentative steps back into training following the birth of her son Reggie, the Olympic champion said her victory, secured over two days of consistent running, throwing and jumping, and topped off with a triumphant 800m, was the equal of her London 2012 achievements. The 32-year-old said she had taken the steps back into competition by using an exercise bike in her garage gym after giving birth.

PAULA RADCLIFFE (BRITAIN)

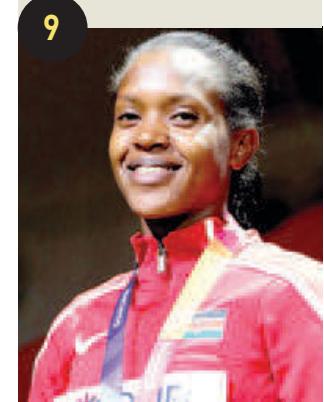
Paula Radcliffe took a break through the 2006 season and in July announced that she was expecting her first child. Radcliffe made her marathon return at the New York City Marathon on November 4, 2007, which she won with an official time of 2:23:09.



8

FAITH KIPYEGON (KENYA)

Faith Kipyegon produced an inspirational performance to win the 1,500m at Prefontaine Classic in July, a year after giving birth to her daughter Alyn. It was the 2016 Olympic champion's first race since her maternity break, just six months after she resumed training with her new coach Patrick Sang. Although she did not manage to defend her 1,500m world title, she managed an impressive second place for silver behind Ethiopian-born Dutch Sifan Hassan in Doha.



9

CATHERINE NDEREBA (KENYA)

After the birth to her daughter Jane in 1997, Catherine 'The Great' won two World marathon titles in Paris in 2003 and Osaka in 2007, adding to her silver medal at the 2005 Helsinki World Championships. She won Olympic silver medals at the 2004 Athens and 2008 Beijing Games, and became the first woman to ever win four Boston Marathon titles in 2000, 2001, 2004 and 2005. Ndereba's most memorable moment was when she retained her Chicago Marathon title in 2001 with a world record-breaking performance of 2:18:47.



7

HELEN OBIRI (KENYA)

Hellen Obiri made a triumphant return to the track in 2016 after having her baby a year before. The Kenya Defence Forces athlete missed the 2015 World Championships to take care of her new born but was back in time for the Rio 2016 Olympics where she won silver in 5,000m. She has gone on from strength to strength since then, winning two gold medals in London 2017 and Doha 2019 Worlds as well as the 2019 World Cross-Country title in Aarhus, Denmark. She is also the Commonwealth (2018) and African (2018) champion over the distance.



10

MARY KEITANY (KENYA)

Mary Keitany gave birth to her son Jared Kipchumba in 2008 before romping back with victories at the 2009 World Half Marathon Championships title in Birmingham, with a new personal best of 1:06:36; also a Championship record. She then set a new World Half Marathon record at 2011 Ras Al Khaimah Half Marathon in 1:05:50, becoming the first woman in history to run under 66 minutes. Keitany's first major marathon victory came in 2011 in London where she won in 2:19:17, becoming the fourth fastest woman ever over the distance.



Spice ▶ Flavour your day

@sparkleMine

FAMILY BUSINESS

People assume it's all fun when parents and children play from the same platform. But as **JASMINE ATIENO** writes, it's never a smooth sail for families in the entertainment business

Well, as much as it looks glittery and all, working in the arts sector, especially in music, is not always as easy as it may seem. In fact, sometimes music as a family business creates a space between the family members. In Mombasa, for instance, a lot of bango music lovers greatly miss the days when the legendary bango icon Mzee Ngala and his son Jimmy Ngala used to thrill them live from one stage.

Their combination, they say, used to be one of the best. However, six years down the lane, it seems like the wait is not coming to an end any time soon. According to a close family member, who is also a bango artiste, the two couldn't keep up with each other and couldn't just separate family from the business. And that is how their relationship became sour.

"The two used to perform under the management of Jimmy, but some members of the band were not comfortable with him as the manager. So, Jimmy felt offended with the murmurs and decided to do his things by his own," he anonymously told *Spice*.

According to Mzee Ngala, he also misses the space they used to share with his son, but he chose to respect Jimmy's choices. He says the split brought a huge gap between them as a family.

"Jimmy made the decision to go his own way; it was not my decision. Maybe because of the age difference, he felt I was pulling him back. I am an old man and he is young and full of life. And since he is not a little boy anymore, I can't be monitoring everything he does. From a distance I can tell that he is doing great and I am proud of that as a father," says Ngala.

Artist D Rush, son of legendary Mombasa musician Professor Naa-man, dispels assumptions that he has been walking in his father's shadows.

"I was not even there when my dad



Lady Tasha and Kanda King



D Rush



Johnny Skani, his wife Archy Kawere and their children.



Mzee Ngala



Jimmy Ngala

was doing music. It was many years ago, but people would still claim that I've been riding on his fame. Yes, he was famous and loved by many people, but I am just doing my own thing," he says.

No smooth sail

Young couples in the entertainment industry also find it hard balancing the business and family part of it. But according to Johnny Skani, who is married to music promoter and events organiser Archy Kawere, it takes more than just understanding and commitment to pull through.

"It is not always an easy ride. Sometimes we have to be away from each other and the children for a long time and it gets emotionally draining. But the most important thing is for your partner to understand that it is work and look at it positively. This has been a cause for break ups in young couples in the entertainment industry, so I am just grateful that myself and Kawere are always able to keep our relationship and bond intact," Skani tells *Spice*.

In his opinion, separating the business from the family space has made things easier to manage. He says: "I have my own business and my wife has hers too. She is doing different things from mine, but we are always available when either of us needs assistance from the other. We also understand that business should remain business and family as family, so we have to respect their distinct roles."

In the dance circles, you will spot celebrated dancer Said Makdar aka Kanda King breaking a bone alongside his wife

Lady Tasha and son Kanda Kid. He says it was never the plan to have his family on the dance floor with him, but the more his children watched him do his thing the more they grew interest in it, sometimes randomly joining him on the stage and eventually winning the crowd's love and admiration.

"It is not all cosy. There are challenges that come with it. Sometimes I get shows that demand Kanda Kid or the wife be part of. Kid is in a boarding school and needs to concentrate on his studies. We've had instances that clients have cancelled shows simply because Kid or the wife couldn't show up because of varied reasons. But the biggest challenge is when the fans go overboard to pull moves on my wife or myself. It is important to have an understanding partner in this business for the relationship to survive," says Kanda.

The blood ties

Mombasa-based singer Ali B (whose son Bawazir City Boy is also a musician) says sometimes it could be a difficult situation when a parent is in the same platform with their children, especially in the entertainment circles.

"We separated with his mum, so he has majorly been more around the mum and as usual it has not been easy being in a situation like this. My son is doing well in music and I am proud of him, but my biggest problem is that he is not getting shows. I need to follow up the issue keenly and find out why he's being cut out from his space to showcase his talent. There must be a problem," says the concerned pop star.

Campos should stop competing for headlines

@michael_muraya

CAMPORAGE

Last week, things got thicker than usual along Thika Superhighway after Kenyatta University (KU) students decided they had been peaceful enough and suspended peace and mercy from their list of vocabulary. What followed was a chaotic two-day battle between comrades' power and Kiganjo power with a troupe of angry, chanting and stone-throwing comrades on one side and a well-armed battalion of police officers ready to mitigate the protests on the other.

Since we want to be politically correct, let's just say that the officers were rioting and comrades were calming down the situation. After all, comrades are deemed to be always right... even when there's no reasoning left! But thanks to the outbreak of the chaos, a stay-in-the-village order has been imposed on the students. They have been ordered to calm their heels at home and return to school next year!

While we choose not to dispute comrades because 'they are always right', word has it that among other things, the students didn't want to use a footbridge erected right at the university's gate while crossing the deadly highway. So, what do you do instead? Call anti-riot police for a friendly match, throw stones, chant war songs and bring an entire wall down! As a result, the superhighway was turned into scenes only witnessed along University Way where the University of Nairobi peeps and anti-riot police have been laying ground for 'friendly games' since time immemorial.

And of course, it was nothing but ugly scenes in the campo known for beautiful buildings. So bad was the situation that a certain boy-child had to make a video as he ran from the cops pleading with his mum to send him bus fare. The video went viral. And so it happened that KU peeps spent Moi Day at home.

But even before the dust settled at KU, another campo — also named after a former president — probably felt left out as comrades were having all the fun. With KU fellas having spent Moi Day at home, their Moi University counterparts decided to follow suit and spend the approaching Kenyatta Day at home. They went on a rampage on Friday and decided to end the week in a dramatic fashion. The rules of the game were the same; comrades armed with stones calming down the rioting police officers.

It was as if Campos named after former presidents were competing over who could handle rioting police better. They all need to calm down. You can't be competing for headlines with our national holidays!

Your Health ▶ It matters

Unravelling one of Kenya's silent killers

by Sandra Wekesa
@wekesa_sandra

Growing up, Beatrice Kerubo's biggest dream was to get married and give birth to many children as beautiful as her. But all that changed by what appeared to be a muscle pull at the back of her right knee.

At 29, Beatrice got pregnant with her first child. She had just moved to Texas, US for higher education and the news was a bonus in her life. However, in her first trimester, she felt a sharp pain at the back of her knee and in her calf. Having been sporty, she attributed it to a muscle pull.

Not knowing what was happening, she decided to rest as she waited for the pain to subside. But it persisted, and she couldn't do anything as her legs were swollen. She asked her boyfriend to massage the leg to reduce the pain, but in vain.

On the third day, she decided to seek treatment at the nearest hospital. At the back of her mind, it was nothing serious. However, when she arrived at the hospital, the doctors were shocked; they asked her so many questions, none of which seemed to make sense. "They felt my leg, and then asked me to lie down and not move an inch, I was worried. But in my head I thought probably that's how doctors from the West handle their patients. I felt so important, and easily did what they asked," she says.

Shortly after, the doctors asked her to undergo a scan. It took an hour of ultrasounds and tests. One thing she noted, however, was how nurses kept telling her how dangerous it was for her to be walking in such a situation. "I thought, what situations were they talking about? I mean I was healthy when I came in the hospital. In fact, I was walking on my own. I didn't even have any symptoms," she recalls.

Minutes later, the doctor informed her she had Deep Vein Thrombosis (DVT). "I didn't even know what that was, so I waited for an explanation. That's when I got shocked. I mean how could this happen, considering I was very healthy?" she exclaims.

Clotting disorder

DVT occurs when a blood clot forms deep in the body and usually in the lower leg or thigh. If not addressed, it can break through and cause pulmonary embolism, the sudden blockage in a lung artery that could be fatal.

Beatrice was immediately put on blood thinners to stabilise the clot to prevent it from moving to the lungs. "The clot dissolved in two weeks, but while in hospital I just kept thinking what would have happened if I didn't attend to it. The fact that I had read that so many people die of this made matters

worse," she says.

All along Beatrice thought the trigger might have been her pregnancy. The challenging part was post-hospital care, which included changing her lifestyle and diet. She also had to have daily injections on the soft tissues, usually her stomach, for the rest of her pregnancy as well as visit the hospital twice a week to make sure the clots were dissolved.

Her boyfriend couldn't understand what was happening. To him, Beatrice was becoming sickly, so he decided to call off the relationship.

On top of this heartache, Beatrice's medical insurance ran out because the medication was costly. "I would spend about \$100, equivalent to Sh10,000, on medication. It was just too much for me, as I was still a student," she says. Her road to healing was smoothed by her commitment to the doctor's instructions.

Two weeks to her due date, the doctors decided to induce labour because she could not give birth normally in her condition. "I had a caesarean delivery. Since I had to be in a stable condition throughout the surgery, I was put on heparin [a blood thinner.] Everything turned out well and we got out of the surgery safe," she says.

But three weeks later, one side of her stomach was in so much pain, she had to be put on morphine, which made her dizzy. When she went to have it checked out, the worst happened. "The doctors said I had a hematoma in my uterus. This is a collection of blood outside of blood vessels caused by an injury to its wall, prompting blood to leak out of the vessel into the surrounding tissues. A hematoma can result from an injury to any blood vessel and it has to be addressed immediately. I wondered why I had to go through surgery on the same place I was operated on when delivering my baby," she says.

Leading cause of sudden death

But as fate had it, she lost her uterus. "The thought that I will never give birth again weighed on me. I broke down. I couldn't imagine how anyone I ever wanted to be in a relationship with would take my story," she cries.

One out of every four deaths in the world is associated with a blood clotting disorder, yet their symptoms are so general that they're unrecognisable. In Kenya blood clots are the leading cause of sudden death amongst seemingly healthy people, cancer patients and hospitalised patients.

Dr Leonard Ngunga, a consultant cardiologist at Aga Khan University hospital, says when a clot forms the vein is blocked and blood cannot flow through. This causes the limb to swell as pressure builds up because

As the world marks World Thrombosis Day to raise awareness about the killer disease, the focus now turns on its recognition and prevention

The facts

- Thrombosis is the formation of a blood clot in a blood vessel.
- Thrombosis is normally categorised by where it occurs in the body.
- Venous thromboembolism (VTE) is a condition in which blood clots form most often in the deep veins of the leg, known as deep vein thrombosis.
- If the clot travels to and lodges in the lungs, it is known as pulmonary embolism (PE).
- If it travels to and lodges in the heart, it is called coronary thrombosis.

Risk factors

- Obesity
- Hospitalisation for an extended period
- Immobilisation for long periods
- Cancer
- Stroke
- Alcohol intake
- Oestrogen-based medication such as contraceptives
- Pregnancy and recent child birth
- Smoking
- Personal or family history of clots
- Age, with 60+ people at risk
- Surgery

Warning symptoms for PE

- Unexplained shortage of breath
- Rapid breathing/heart rate
- Chest pain, which worsens with deep breath
- Light-headedness or passing out

Warning symptoms for DVT

- Pain in the leg, usually calf or inner thigh
- Swelling
- Redness or discolouration

Alarming statistics

- 25% One in four deaths occur due to thrombosis-related conditions each year.
- 10m Approximate number of cases of venous thromboembolism (VTE) occur annually.
- 14% the rate of cardiovascular deaths caused by Pulmonary Embolism in Kenya.
- 28% deaths in patients admitted with Pulmonary Embolism in hospitals.

Treatment options

- Anti-coagulants to prevent blood clots
- Mechanical devices including compression stockings
- Thrombolytic therapy to break down already formed clots

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Risk factors

<ul style="list-style-type: none"> Obesity Hospitalisation for an extended period Oestrogen-based medication such as contraceptives Pregnancy and recent child birth Stroke 	<ul style="list-style-type: none"> Alcohol intake Personal or family history of clots Age, with 60+ people at risk Surgery 	<ul style="list-style-type: none"> Smoking Personal or family history of clots Age, with 60+ people at risk Surgery

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+
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return of blood from the vein to the heart is stopped. Blood is then diverted to a smaller superficial vein that swells up and becomes inflamed and painful.

"If the clot in the vein is not treated it spreads to the veins in the upper body. At any time, the clot may break off then travel through the large veins into the heart and block blood flow into the lungs. This is called pulmonary embolism. If the clot is large, it blocks the entire right heart outflow, leading to death," he cautions.

He highlights that DVT is a major contributor to premature deaths. It commonly affects people who are immobilised after surgery, for example, in the abdomen, pelvis and lower limbs. "It can also affect people after their limbs are immobilised in casts (like the traditional plaster of Paris), slowing down blood flow, thus increasing likelihood of clot formation," he adds.

For a blood clot to occur, three scenarios need to happen: sluggish blood flow, abnormalities in the blood that increase its likelihood to clot and abnormalities in the vein wall that make blood sticky. For instance, following trauma to the leg and subsequent immobilisation, blood flow is sluggish and the vessel wall may have small bruises, increasing likelihood of clotting. Same scenario happens after long flights. In pregnancy, blood flow reduces because of pressure from the abdomen and pregnancy hormones make the blood more likely to clot.

Recurrence risk

The commonest symptoms of DVT include pain in the calf or thigh and swelling.

Dr Ngunga cautions that the clot develops slowly. By the time the limb is painful and swollen, the clot has been developing for several days. When the vein is blocked, the warning signs begin to appear. In most cases, DVT may be diagnosed with very mild of these symptoms, using ultrasound.

Treatment for DVT is now available unlike before. When a diagnosis is made, doctors will start treatment with injections under the skin. Most patients will be

discharged with blood thinners tablets to be taken between a few weeks and six months depending on the severity and cause. Some patients get on lifelong blood thinners to prevent recurrence," he says.

DVT is not the only form of thrombosis: it is a milder form. "More serious clots may migrate to the lungs and cause breathing problems or may block veins in the brain (cerebral venous sinus thrombosis) with catastrophic results or block the veins in the abdomen and cause severe abdominal pain," he explains.

Once a thrombosis has occurred it can recur. "It is most likely to occur if the first episode did not have a clear cause, such as hospitalisation, using contraceptive pills or following use of a plaster cast. For some reason, it is also more likely to recur in men and in people with abnormal clotting factors," Dr Ngunga adds.

While women can get both DVT and a blood clot in the uterus, it is not common. It is, however, common to get DVT and bleeding complications in the uterus or stomach. When this occurs, blood thinners are stopped and the bleeding is treated first before the DVT is addressed.

Like in Beatrice's case, a hematoma in the uterus may not kill. However, it is a common occurrence with pregnancy complications, which may cause death.

Although she has gotten better and made peace with her situation, Beatrice says thrombosis has left a dent in her life—something she would never be able to fix. But, she is grateful that all this happened after she had gotten her first child.



Beatrice Kerubo explains how deep vein thrombosis changed her life. She lost her ureters after complication arising from the condition. PD/ ROGER NDEGWA

Hospital-associated clotting a global problem, requires prevention, says Prof Hunt

Not so many people are aware of blood clots or that they often have a surprising origin — the hospital.

Harmful blood clots typically form in the deep veins of the leg, groin or arm and may lead to venous thromboembolism (VTE), a dangerous, and potentially deadly medical condition.

Being in the hospital is a major risk factor for the development of VTE. Patients with decreased mobility due to bedrest or recovery, or who experience blood vessel trauma due to surgery or other serious injury, are more likely to develop blood clots.

This preventable condition, which can be fatal, is overlooked as a major public health crisis.

"Hospital-acquired blood clots are a global problem," says Prof Beverley Hunt, OBE, chair of the World Thrombosis Day Steering Committee.

"In a major study sponsored by the World Health Organisation (WHO), it accounted for more deaths and disability in low- and middle-income countries than other patient safety issues, including hospital-acquired pneumonia, catheter-related bloodstream infections and drug errors,"

Because of this, the World Thrombosis Day campaign places a global spotlight on hospital-acquired blood clots to raise awareness of this common and under-recognised preventable health issue. Sixty percent of blood clots are linked to hospitalisation. In England, however, Dr Hunt points out that figures have been falling over the last decade thanks to mandated VTE prevention measures instituted in hospitals by the National Health Service (NHS).



Prof Beverley Hunt, OBE, chair of the World Thrombosis Day Steering Committee. She highlights the need to address clotting acquired in hospitals, a situation that PD/ COURTESY

Since 2010, England has seen a 15.4 per cent reduction in deaths within 90 days after hospital discharge.

While some hospitals and healthcare systems have adopted similar measures for preventing VTE, that is not true everywhere. This means patients must be proactive in speaking with their care providers about the steps they can take to identify and prevent blood clots.

During their stay at the hospital and after being discharged, patients should be alert for signs and symptoms of blood clots, such as leg pain and tenderness, redness and swelling, shortness of breath, rapid breathing, chest pain and coughing up blood.

Thrombosis survivor Scott Shields of Arlington, Virginia, says, "A car crash when I was 32 left me with multiple life-threatening injuries. But when I was recovering in the hospital, I developed a deep vein thrombosis (DVT) in my left thigh. Because I was communicating with my doctors daily during physical therapy sessions, I was able to bring their attention to this new, sudden pain in my leg, and get rapid treatment."

As Shields indicates, an open line of communication with healthcare providers is essential, and patients should feel empowered to advocate for their own care.

-World Thrombosis Day

NUTRITION WITH CHRISTINE NDERITU

Sugary beverages linked to increased type 2 diabetes risk

Increased consumption of sugary drinks, including sugar-sweetened beverages (SSBs), artificially sweetened beverages (ASBs) and fresh juice, increases the risk of developing type 2 diabetes by 16-18 per cent a new report has revealed.

The study by the Harvard T.H. Chan School of Public Health, Changes in Consumption of Sugary Beverages and Artificially Sweetened Beverages and Subsequent Risk of Type 2 Diabetes: Results From Three Large Prospective U.S. Cohorts of Women and Men, further says reducing consumption of sug-



ary beverages and replacing them with water, coffee and tea reduces the risk of type 2 diabetes by two to 10 per cent.

Now you must be wondering, fresh juice? Well, it turns out 100 per cent of fresh juice behaves like SSBs when it comes to the body's ability to maintain balance.

The researchers say sugary beverages have lower satiety than solid foods containing the same amount of calories. Simplified, you can drink up to three mangoes in a fresh juice while you could eat and be satisfied with one mango. This lower satiety

from drinks can result in increased calorie consumption which can result in more fat storage (adiposity) and eventually, impaired insulin sensitivity. Particular to fructose (sugar in fruits), excess consumption has been said to promote fat liver accumulation and insulin resistance.

Like fresh juice, ASBs have also been thought to be healthier alternatives, but as this study shows, it can still increase the risk of type 2 diabetes. Researchers say some ASBs alter the gut microbiota, predisposing those

using them to insulin resistance and weight gain. Other sweeteners stimulate appetite, resulting in increased calorie consumption. This notwithstanding, the study did not show ASBs as being more beneficial than SSBs, in reducing diabetes risk.

While this study was conducted in the US, consumption of sugary beverages has increased in many parts of the world including Kenya, especially in the urban setups. As such, we need to be careful with our juices and sugary beverages.

Clique & Clicks ▶ Get Spotted



KICC chief executive Nana Gechaga with Baringo Senator Gideon Moi.



Kenyans follow proceedings as beamed live on the big screen from Vienna, Austria.

UNITED BY PATRIOTISM

■ by David Ndolo

Thousands of fans thronged the Kenyatta International Convention Centre (KICC) in Nairobi on Saturday to witness World Marathon Champion Eliud Kipchoge make history as the first person ever to run a marathon under two hours in Vienna, Austria. The watch party was organised by the KICC, MultiChoice, the Ministry of Sports, Youth and Culture, Brand Kenya and Magical Kenya. It attracted athletics enthusiasts from all walks of life among them Sports CS Amina Mohamed, her Public Service, Youth and Gender Affairs counterpart Margaret Kobia, Baringo Senator Gideon Moi, KICC chief executive Nana Gechaga and javelin star Julius Yego.

PD/ DAVID NDOLLO



George Njoroge, Rose Wachuka, Dr Walter Ongeti and Dokatu Wako.



Mediamax's Jack Buzeki and Caren Kibetti.



Sports CS Amina Mohamed, Baringo Senator Gideon Moi and Heritage PS Josepha Mukobe among the Kenyans at KICC.



Youth and Gender Affairs CS Margaret Kobia.



Front row: Former Cabinet minister Katana Ngala, javelin star Julius Yego and track runner Alex Sampao.



Kenyans jubilate when Eliud Kipchoge beat the marathon's two-hour mark barrier in Vienna, Austria.



Transcend Media chief executive Tony Gatheca with MultiChoice corporate communications manager Philip Wahome.



eKitabu special needs winners Joshua Munyoki, Museti Stanley, Maryanne Wamboa, Lyonne Muthoni and Phanice Nyaboke.



eKitabu chief executive Will Clurman with Sheilah Lutta of the Education ministry.

Deaf-art category winners Joseph Nyamai and Nathan Muange.

The best of digital learners

■ by Grace Wachira

Winners of the seventh annual Digital Essay Competition (DEC) were announced recently in Nairobi. Organised by eKitabu, an organisation that delivers accessible digital content for inclusive and quality education in Kenya, the competition featured

more than 13,500 students from across all 47 counties. The participants submitted essays about how technology could solve problems in their schools. The awarding event brought together key stakeholders in the education sector.

PD/ GERALD ITHANA



Winners Resley Marsha, Dylan Ochieng and Precious Kalumu from Kitengela International Academy display their certificates.



The sharp minds: eKitabu Digital Essay Competition 2019 winners.



5.00 Inuka
6.00 K24 This Morning
9.00 The Punchline
10.00 The Daily Brief
12.30 Inside Business
13.00 News Cut
13.30 Sports Hub Live
14.00 Bongo Movie
15.00 Sweetest Love
16.00 K24 Mashinani
16.30 Jus Kids
17.00 Beatbox
18.00 Unique Love
19.00 K24 Saa Moja Jane And Abel
20.05 The Secretary
21.00 K24 Evening Edition
22.00 Nairobi Diaries
00.00 Dw Feed Live



5.00 Ime Ria Rucini
6.00 Rikiratha
11.00 Kurekereria Kodii
12.00 Nyarari-Rpt
1.00 Mohoro Gitau-Live
1.30 Kameme Iharoini- Live
2.00 This Wildlife-Rpt
2.30 Thiririka Mixx
3.30 Satai
3.45 Kameme Toonz
4.00 Ririmbuwa Live
6.00 Rikiria Na Country
7.00 Kameme Maturaini
7.30 Nditimurano Live
9.00 Mutamburukwa Wa Mohoro
10.00 Mathaga Maitu
11.30 Ririmbuwa
12.30 Deuestche Welle



5.00 Command Your Morning
6.00 Morning Express
8.00 Tendereza
9.00 Carmela Rpt
10.00 Wild Drake Rpt
11.00 Tendereza
12.00 The Entrepreneur Rpt
12.30 Daktari RPT
1.30 Drive it
2.00 Afri Screen
4.00 Mbii ya KTN
4.10 The Emperor's New School
4.30 Teenage Mutant; Ninja Turtles
5.00 Baseline - Music Show
6.00 Beautiful Strangers
7.00 KTN Leo
7.30 Mshamba
8.00 Steve Harvey
9.00 KTN Prime
10.00 Documentary
10.30 Movie
11.30 Movie

TIME OUT!

8.05pm The Secretary



::IN THEATRES NOW::

ANGA DIAMOND PLAZA: 10:00, 15:00,
17:00, 19:45, 21:45
:WAR 2019

WESTGATE CINEMA WESTGATE MALL:
11:15, 14:50, 18:00, 21:10 :WAR
2019

ANGA SKY CINEMA: 16:25, 21:10
:WAR 2019

WESTGATE CINEMA WESTGATE MALL:
11:15, 14:30, 16:40, 18:40, 20:50 ::
WAR 2019

CENTURY CINEMAX JUNCTION: 12:00,
14:30, 17:00, 19:30, 22:00
THEJOKER 2019



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

SUDOKU

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

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



5:00 BBC
5:30 Gear Up
6:00 Good Morning Kenya
9:00 Layd Back
9:30 Animation Time
10:30 Jee, huu ni uwangwana?
11:00 Hypochondriach RR
12:00 Afrusion
1:00 Lunch
Time News
2:00 IAAF Recorded
4:30 Big Minds Rpt
5:00 Club 1
6:30 The Great Debators
7:00 Taarifa
7:30 Grapevine
8:00 First Lady
9:00 Channel 1 News
10:00 Maisha ya mama
11:00 CCTV
11:30 Layd Back

HOROSCOPES



ARIES (MAR. 21 - APRIL 20)
Put something away in case of an emergency. You could have trouble persuading others to accept your ideas.

TAURUS (APR. 21 - MAY 21)
Don't go out of your way, and don't let these unexpected guests cost you money. Don't be too shy to promote your own interests.

GEMINI (MAY 22-JUNE 21)
Be sure to take care of any minor ailments. Look into the cost factor, but don't try to get backing yet.

CANCER (JUNE 22-JULY 22)
Extend an invitation to clients you enjoy spending time with. You will be able to talk about emotional problems with your partner.

LEO (JULY 23-AUG 22)
Don't be too eager to spend money that you really don't have. You can accomplish the most if you travel for business purposes.

VIRGO (AUG. 23 -SEPT. 23)
You need to get out and have some fun to reduce tension. Be sure to double-check the house on your way out.

LIBRA (SEPT. 24 - OCT. 23)
Health problems may prevail if you don't take care of them immediately. You should include children in your activities.

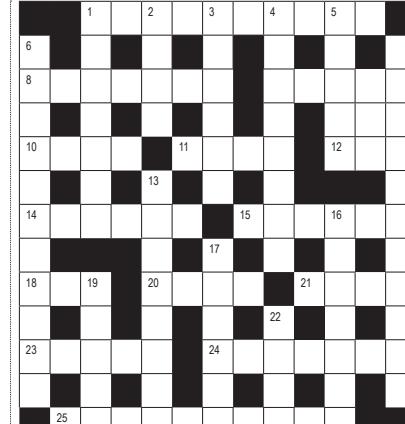
SCORPIO (OCT. 24 - NOV. 22)
Your ability to deal with humanitarian groups will enhance your reputation. Travel will be fun and entertaining.

SAGITTARIUS (NOV. 23 - DEC. 21)
You will have difficulties spreading yourself between your work and your home. Problems with your mate will develop if you don't let them have their way.

CAPRICORN (DEC. 22 - JAN. 20)
Don't let others try to create unwanted guilt if you can't meet their demands. You could overreact to emotional situations regarding your relationship.

AQUARIUS (JAN. 21 - FEB. 19)
Take care of any dealings with government agencies. Social get-together will bring you in contact with intelligent new friends.

PISCES (FEB. 20-MAR. 20)
Romance is quite possible if you are willing to approach someone who interests you. Passion is about the best way for you to relieve tension. Arguments with relatives may lead to a split in the family.



FRIDAY'S SOLUTION

ACROSS
6. Advantageous
8. Serious
9. Poise
10. Eats
12. Bikini
14. Wiser
15. Impure
16. Ship
18. Uncle
21. Treacle
22. Magnificence

DOWN
1. Overstep
2. Snop
3. Waist
4. Despair
5. Judi
6. Abstomous
7. Hemisphere
11. Lie
12. Ben
13. Innocent
14. Writing
17. Staff
20. Clap

- | | | |
|---------------------------------|-----------------------------------|---------------------------------|
| ACROSS | 20. Rubik's toy! (4) | 4. Kinsman (8) |
| 1. Wild, unruly (10) | 21. Mountain lion (4) | 5. Cruel (anag) (5) |
| 8. First letter (7) | 23. Province of South Africa (5) | 6. Insubordinate (11) |
| 9. Not widespread (5) | 24. Art of paper folding (7) | 7. Impulse to steal things (11) |
| 10. Singer,-Redding (4) | 25. Animal having a backbone (10) | 13. Wrist band (8) |
| 11. Alias used by Superman! (4) | | 16. Copy (7) |
| 12. Tear (3) | | 17. Soak up (6) |
| 14. Strain (6) | 1. Writ-server (7) | 19. Petrol unit (5) |
| 15. Short jacket (6) | 2. Tall flower (4) | 22. Capital of Peru (4) |
| 18. Unwell (3) | 3. Helm (6) | |

Sport

► The one-stop Sport Shop...



RUGBY WORLD CUP

Brave Blossoms stand firm in face of late Scottish foray

TOKYO: Japan beat Scotland 28-21 on Sunday night to claim a place in the Rugby World Cup quarterfinals for the first time ever, winning Pool A with a perfect record of four wins from four. In a game that was only given the green light to be played at International Stadium Yokohama at 10:30 on Sunday morning due to uncertainty over the impact of Typhoon Hagibis, Scotland took an early lead before tries from Kotaro Matsushima, Keita Inagaki and Kenki Fukuoka sent Japan into halftime with a commanding lead. Fukuoka then scored Japan's fourth try shortly after the restart to secure his team a bonus point, before Scotland came roaring back with scores from WP Nel and Zander Fagerson to set up a tense finale in front of 67,666 fans.

- AFP

SAFARI SEVENS

Afrika headlines Blitzbok squad to Safari Sevens

NAIROBI: Experienced play maker Cecil Afrika leads the South Africa squad that will be in Nairobi for the Safari Sevens from October 18-20 at the RFUEA Grounds. Afrika, a Blitzbok mainstay since debuting on the Sevens World Series during the 2009/2010 season is South Africa's all-time points scorer, having amassed 1,440 points, statistics that places him sixth overall on the Sevens World Series all time list. Experienced Sevens World Series campaigners Siviwe Soyizwapi, Stedman Gans and Selvyn Davids are also part of the travelling party as the Blitzboks seek to leave Nairobi with the 27kg Robin Cahill trophy at the close of business October 20.

- AFP

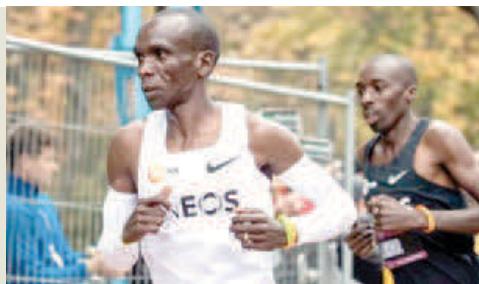
RUGBY WORLD CUP

Scrappy Wales top pool to set up clash with France



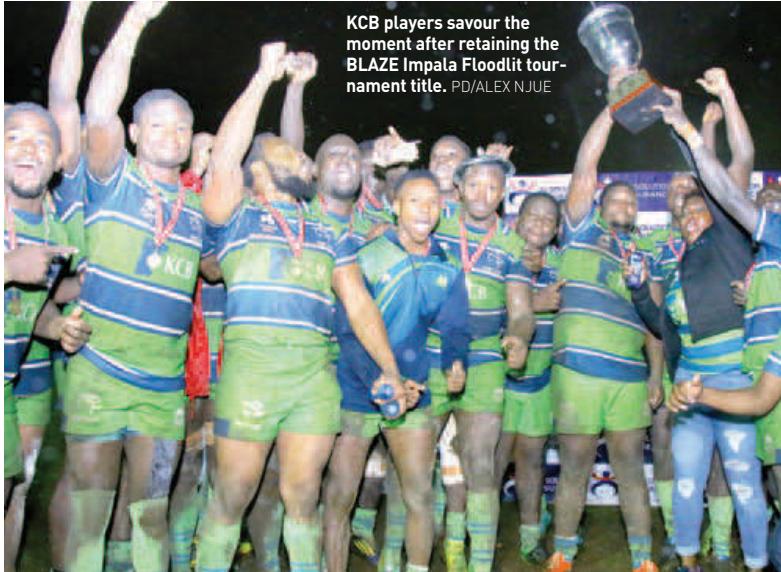
TOKYO: Wales set up a Rugby World Cup quarter-final with Six Nations rivals France as they topped Pool D with a far-from-perfect 35-13 win over minnows Uruguay on Sunday. A largely second-string Welsh side committed a slew of handling errors and forward passes but eventually had too much firepower, with two late tries putting some gloss on the scoreboard. A day after Typhoon Hagibis had wreaked havoc across Japan, conditions were perfect for running rugby at Kumamoto Stadium on southern Kyushu island. But in a match that should have been straightforward for the Six Nations champions, Wales -- who played a bruising game with Fiji only four days earlier -- struggled to establish their dominance.

- AFP



ATHLETICS - PG 28

Kipchoge's Vienna feat lifts nation's patriotism



KCB players savour the moment after retaining the BLAZE Impala Floodlit tournament title. PD/ALEX NJUE

IMPALA FLOODIES

- Club category winners
KCB 23-14 Menengai Oilers
- Third place winner
Homeboyz 30-5 Harlequins
- Plate winner
Impala Saracens 17-15
- Schools winner
Ofafa Jericho 21-0 Muhuri Muchiri
- Ladies Category
Black Lions 40-5 Black Panther
- Universities winner
Strathmore 26-16 Mean Machine

MOST SUCCESSFUL TEAMS IN FLOODIES

1. Mean Machine -9 titles
2. KCB -8
3. Impala -7
4. Barclays -4
5. Nondescripts -3
6. Mwamba -3
7. Harlequins -3
8. Strathmore -1

Perfect KCB retain Impala Floodlit title

Successful defence of annual tourney serves as morale boost for Kenya Cup season, bankers remain dominant locally

by Alex Njue
@PeopleDailyKe

A win at the 38th edition of the Impala Floodlit last weekend was another perfect Kenya Cup pre-season outing for the defending champions Kenya Commercial Bank (KCB) ahead of the 2019/2020 kick-off on October 26.

KCB are hopeful to replicate last weekend's performance that granted them a third-in-a-

row Floodies title courtesy of a 23-14 win over Menengai Oilers at Impala Grounds.

KCB first won the Floodies title in 2005 and proceeded to win it again in 2007, 2013, 2014, 2015, 2017, 2018 and 2019.

With eight titles, KCB are the second most successful team behind Mean Machine with a title advantage while hosts Impala drop to third with seven.

The bankers scored three tries, a conversion, a drop goal

and a penalty to beat Oilers single try and three penalties.

Coming off the bench to complement a tensed 5-3 half time lead was new signing Levy Amunge with a penalty and a drop goal and a penalty while fellow substitute Shabaan Ahmed scored a try.

The 2019 Impala tournament has restored belief in Homeboyz who beat Harlequins 30-5 to finish third.

Oilers and Homeboyz are the teams to watch in the forthcoming Kenya Cup season courtesy of new signings and early preparation despite the two finishing eighth and ninth respectively in the previous season.

Closely contested

To reach the finals, KCB whitewashed Blak Blad 57-3 in the quarters and knocked out Homeboyz 38-14 in the semi-finals while Oilers kicked off campaign beating Impala 26-23 and later knocked out Harlequins 30-21 in the semi-finals.

Execution is part of the homework Oilers head coach Gibson Weru will be working

on ahead of the season in the same pool with KCB, Harlequins, Homeboyz, Nakuru and Western Bulls in Conference A of the incoming season.

Host Impala Saracens lifted the Plate after a closely contested 17-15 triumph over Nondescripts in a Ngong Road derby.

Meanwhile, Strathmore Leos dethroned Mean Machine in the universities category winning 26-16.

The win for the Leos has opened the rivalry file against Mean Machine in the upcoming KRU Championship league where both teams will be on mission to regain their slots in the Kenya Cup league.

The Black Lion women's franchise defended the women's category after smashing the Black Panther 40-5 in the finals that was curtain raiser for Schools finals won by Ofafa Jericho after downing Muhuri Muchiri 21-0.

Lionesses qualify for Olympics after Tunisia test

by Alex Njue
@PeopleDailyKe

Kenya Lionesses qualified for the Tokyo 2020 Summer Olympics after reaching the Africa women sevens final at the Municipal Mustapha Ben Jannet Stadium in Monastir, Tunisia.

The second straight qualification by Kenya was in the offing after the side only needed to meet South Africa in the cup final to romp to the Olympics.

Lionesses join New Zealand, USA, England, Great Britain, Australia, Canada, Japan and Brazil in the 12-team competition slated for July 27-August 1.

The South African Sports Confederation

and Olympic Committee declined invitation to Tokyo 2020 like in 2015 leaving Kenya as top seeds for the single slot.

Irrespective of the final results, Kenya and South Africa booked the two tickets to compete in the 2020 HSBC Sevens Women's qualifiers at the So Kon Po Recreation Grounds in the Cathay Pacific HSBC Hong Kong Sevens on April 3-5. By virtue of reaching the cup semis, Madagascar and Tunisia earned two slots to the June 2020 repechage tournament where the final slot for Tokyo will be decided via the 12-team event.

On way their way to the finals, Lionesses had knocked out hosting Tunisia 19-0 in the cup semis.



Kenya's Sheila Chajira cuts through the Papua New Guinea defence at the World Rugby Women's Sevens Series.

WORLD RUGBY

Aspirants for top FKF positions reject membership of new electoral board



Former FKF president Sam Nyamweya (left) and aspirant Moses Akaranga at the press conference yesterday. PD/
SAMWEL KARIUKI

by Charles Thuku
@PeopleDailyKe

The Football Kenya Federation (FKF) Electoral Board has been rejected by top aspirants barely a week after it was instituted by the current regime to oversee the exercise that is penciled for December 7.

Former Kenya Football Federation (KFF) President Sam Nyamweya, treasurer Noordin Taib Koor

and former Vihiga Governor Moses Akaranga said they will not take part in what they described as a pre-determined exercise and especially one which will be overseen by a board aboard that had conflict of interest.

In a joint statement, the two contenders who are in solidarity with branches and sub branches said the board chaired by Edwin Wamukoya was not independent and should be disbanded.

In the statement read by Akaranga, both officials queried the incorporation of Wamukoya and veteran journalist Elynah Shiveka in the board, saying they are interested parties.

"We will not take part in a process in which FKF violates its own constitution by locking out branches and sub branches to get leeway for their officials to be re-elected into office," said Nyamweya.

Akaranga said: "Integrity should

be key in the process and its unfortunate that this virtue is lacking even before the polls.

Nyamweya and Akaranga reckoned that Wamukoya is a man on a mission to protect the interest of the incumbent and to ingrain the status quo and at the same time observed that it is unethical for FKF to appoint Shiveka to the board while she is a panelist and sits as a member of the Sports Tribunal Board.

Mambas bite Stars at home

Mozambique take advantage of Kenya's collapse and avoidable mistakes at Kasarani friendly as coach Kimanzi waits for his first victory

by James Magayi
@PeopleDailyKe

National team Harambee Stars capitulated in the second half of international friendly against Mozambique losing 1-0 at Kasarani Stadium yesterday.

After a spirited beginning in which Kenya played mostly in opposition half the team fizzled odd in the later stages slumping to a loss at home to a lower ranked team.

The loss leaves coach Francis Kimanzi with a huge mental barrier to break having drawn with Uganda during his first game in charge. It was equally hard to comprehend how Kenya with most possession and a dozen scoring opportunities failed to find the back of the net even once.

After the opening half of near-total collapse, Mozambique made a flurry of substitutions which turned the game around as they competed with Kenya on equal footing and capitalised on a grave mistake at the back to punish Harambee Stars.

An over-confident Joseph Okumu lost possession to substitute Amancio Canhembe just outside the 18-yard box and the Mozambican forward wriggled his way past Joash Onyango and the faulty Okumu before poking home past Farouk Shikhalo.

With five changes made from the team that held Uganda at home, only Lawrence

Juma and Cliff Nyakeya looked dangerous for Kenya. Shikhalo did not overly impress in his audition and captain Victor Wanyama looked brighter despite lack of game time at his club.

Kenyan's first four scoring chances fell to the Japan-based Michael Olunga but the lanky striker squandered, three of them by his own folly while Mozambican goalkeeper Julio Pedro bravely saved one.

Cliff Nyakeya, the Cairo-based winger teed up Olunga in the fourth minute with Kenya all over their visitors. Facing the goal 24 yards out Olunga decided to go for glory with low, shot which Pedro required two takes to tame.

Failed to hit target

In the 14th minute Olunga faced Baptiste one-on-one but the hesitant Kenyan talisman dilly-dallied with the ball when he could have taken the shot with his stronger left foot. Mozambique poured back in numbers and thwarted Olunga's pull back to Kenneth Muguna and Kenya's best chance fizzled out.

Nyakeya then went for glory just after the half hour mark with a ferocious strike from range after Olunga had fluffed what ought to have been a simple tap in. The visitors finished the half strongly, fending off Kenya while failing to register a single shot on target.

Kenya's second half openings fell to substitutes Jessie Were and Whyvonne Isuza but both players failed to hit the target as Kenya sought a way back into the game. Were had the goal to himself after Mozambique substitute goalkeeper fell down trying to clear Duke Abuya's cross but the prolific Zesco man directed his shot over the bar. Isuza also failed to score from a rebound after Olunga's attempt came off the goalkeeper, instead the AFC Leopards man hoisted the ball in the sky.



Mozambique defender Francisco Muchanga out jumps Kenneth Muguna of Kenya in an aerial tussle during a FIFA International friendly match at Kasarani Stadium yesterday. Kenya lost 0-1.
PD/DAVID NDOLU

Captain Victor Wanyama looked brighter despite lack of game time at his club.

BRIEFLY

Kiptanui, Chepkoech lead Kenyans to Delhi race

ATHLETICS: Former Berlin marathon winner Erick Kiptanui and Prague Half holder Caroline Chepkoech will lead Kenyan athletes to the Airtel Delhi Half marathon on October 20. Kiptanui will be the fastest man in Delhi having notched two victories in 2018 Lisbon and Berlin. Last year Chepkoech won the New Balance Falmouth Road Race in USA with a winning time of 35:48 over compatriots Margaret Wangari [36:43] and Mary Wacera [37:17]. Wangari was the Falmouth champion in 2012. Chepkoech still added her name to the Falmouth history books with her third straight victory.

-Ericson Kiprono.



Kenya to host Africa shooting tourney

SHOOTING: Kenya has won rights to host the Africa 10m Air Pistol and Air Rifle Championships next year. The event will be held at the Kirigiti Shooting Range in Kiambu county with Kenyan shooters urging both the County and National government to chip in to ensure success of the competition. Kenyan shooters flew the country's flag high at this year's International Defensive Pistol Association (IDPA) Africa Championships in South Africa late last month.

-Clement Kamau



It can only get better, Migori coach Ojienida declares

FOOTBALL: Migori Youth coach Robert Ojienida has said his youthful side can only get better in the National Super League (NSL) after a run of six unbeaten matches, following Friday's 2-0 win over Fortune Sacco at Awendo Green Stadium. "It is the best form ever registered since the team joined NSL. The morale is so high and the future looks so bright. Migori soccer lovers are already predicting exciting times, but I take my time to remind the boys not to lose focus because the journey is still far. I have young boys in the squad who must be kept on their toes and not to be carried away by the last six matches unbeaten record."

-Gibo Zachary

INSIDE SPORT



RUGBY PAGE 26

Kenya Lionesses seal second straight Olympics berth

**VIENNA**

Oatmeal, what Kipchoge had for breakfast before race

DIET: Eliud Kipchoge said the hardest hours of his life were between 5am and 8:15am on Saturday, up until the event began. He ate oatmeal for breakfast. For the uninitiated, oatmeal is a satisfying, healthy morning meal. It's a whole grain, high in soluble fiber, which may help to lower "bad" LDL cholesterol, and has a healthy amount of protein, both of which will help you feel satisfied till lunch. Plus it's a low-glycemic-index (GI) food-and research suggests that eating a low-GI meal before you exercise may help you burn more fat. One serving of each type of oatmeal is about 150 calories (prepared with water) and four grams of fiber. - Agencies

KERICHO

Kericho not left out of Kipchoge's celebrations

CELEBRATION: Kericho governor Paul Chepkwony and Athletics Kenya officials from the county were not left behind in showering praises on Eliud Kipchoge for making history in the INEOS1:59 Challenge in Vienna, Austria on Saturday. "Kipchoge still has potential to lower that time even to 1:50 so I appeal to him to plan with the same or even other sponsors to do it again. I saw the way he was running and it showed he still has potential," Chepkwony added. "It was a moment of pride for all Kenyans and on behalf of the people of Kericho and Council of Governors Sports Committee, I extend my hearty congratulations to Kipchoge," added Chepkwony, who chairs the Sports and Gender Committee at Council of Governors.

-Philip Yegon

**THIKA**

Government advised to take cue from Vienna win

ADVISE: The government has been advised to learn from Eliud Kipchoge's heroics in Vienna and ensure sports is taken seriously in the country. Thika Town MP Patrick Wainaina said it's now time to nurture talents through development of academies and supporting the Competency Based Curriculum (CBC) which was recently introduced by the government. "Kipchoge has thrown to us this very enormous challenge, aspire to inspire. There are so many lessons that as a country we can pick up and utilise in all aspects of life. We need not take it for granted that the whole world was watching Kenya," said Wainaina.

- Mathew Ndung'u



FOOTBALL PAGE 27

Mozambique beat Kenya in friendly at Kasarani

International Friendly

BRAZIL
Casemiro 48

1-1

NIGERIA
Aribo 35

How the world covered G.O.A.T's achievements

by **Joel Omotto**
@PeopleDailyKe

Eliud Kipchoge was undoubtedly the name on everyone's lips on Saturday after running a marathon under two hours.

International media were not left behind as they all went 'ga ga' over marathon's greatest of all time (G.O.A.T).

The international media celebrated Kipchoge in the best way they knew how.

The Time wrote: "Eliud Kipchoge Becomes First Person in Recorded History to Run a Marathon in Under 2 Hours" while Britain's Sky Sports simply said, "Kipchoge makes history in Vienna" ac-

companied by a photo of the athlete saluting fans on his way to the finish line.

Newsweek wanted to let its readers know how the historic feat was achieved, saying: "Eliud Kipchoge, how he did it."

The Times of India was not left behind, its headline reading: "Kenya's Eliud Kipchoge runs unofficial marathon in under two hours" while Voice of America said, "Kenyan breaks marathon 2-hour mark."

"Kipchoge smashes mythical two-hour marathon barrier" was the headline in the Gulf Times while The Peninsula of Qatar said, "Kipchoge, first under 2 hours for marathon but no record."





Bottas Japan win seals sixth world title double

FORMULA ONE: Valtteri Bottas jumped from third to first with an electric start to win the Japanese Grand Prix yesterday ahead of Ferrari's Sebastian Vettel and Mercedes team-mate Lewis Hamilton. With only Bottas now able to overtake Hamilton in the standings, Mercedes clinched an unprecedented sixth successive drivers'-constructors' world championship double. "I'm happy, very happy," said flying Finn Bottas, who ended a six-month wait for his third victory of 2019 after winning the season-opener in Australia and the Azerbaijan Grand Prix in April. Emotional Mercedes team principal Toto Wolff dedicated his team's achievement to Formula One legend Niki Lauda, who died earlier this year. -AFP



Neymar limps off as Brazil draw with Nigeria

FOOTBALL: Neymar limped off injured early on as Brazil played out a 1-1 friendly draw against a spirited Nigeria at the Singapore National Stadium yesterday. The five-time world champions fell behind in the first half, but Casemiro's equaliser early in the second period spared their blushes before Brazil wasted a string of chances to leave Southeast Asia with a victory after also being held by Senegal on Thursday. Brazil started well, with Liverpool forward Roberto Firmino firing just wide in the third minute after a smart turn near the penalty spot. However, Brazil were dealt a major blow when Neymar limped off in the 12th minute with what appeared to be a left thigh problem. -AFP



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Record breaker

Kosgei shatters Radcliffe's 16-year mark as Cherono makes it double delight in Chicago

■ by James Magayi and agencies
 @PeopleSport11

No sooner had the dust settled on Eliud Kipchoge's historic feat of running a marathon under two hours, than another Kenyan brought the country into the lime-light.

While Kipchoge became the first man to make sporting history since Rodger Bannister run the mile under four minutes in 1954, Brigid Kosgei became the first woman to set a new marathon record in 16 years when she lowered Paul Radcliffe's mark to win the Chicago Marathon in 2:14:04 yesterday.

Kosgei's run came little more than 24 hours after fellow Kenyan Kipchoge became the first man to cover 26.2 miles within two hours, clocking 1:59:40 in Vienna, Austria. Unlike Kipchoge's performance, though, Kosgei's mark was set in an official race on a record-eligible course.

Fast pace

Kosgei, who won in Chicago last year in 2:18:35 and improved her Personal Best (PB) to 2:18:20 to win in London earlier this year, set out at a blisteringly fast pace, covering the first 5km in 15:28. Ethiopia's Ababel Yeshaneh was dragged through the section in a swift 15:36 with Gelete Burka a further 27 seconds in arrears.

Her pace dropped slightly after that initial enthusiasm but the 25-year-old settled into regular 16-minute splits for each five-kilometre segment. She went through 10km in 31:28, 2:12:26 marathon

pace, and 15km in 47:26. At that point she was almost a minute ahead of Yeshaneh, who herself was on schedule for a 2:16:00 finish at that point.

Kosgei's half-way split of 1:06:59 suggested a finishing time of about 2:14:00. Fewer than five kilometres later, her lead over Yeshaneh had grown to two minutes, reaching 25km in 1:19:33. As she continued to run behind two male pacemakers, Kosgei added another minute to her lead thanks to a 15:45 split between 25km and 30km.

Relatively comfortable

Another sub-16-minute five-kilometre segment followed, this time 15:56, and her 35km split (1:51:14) still indicated a finishing time about a minute inside Radcliffe's world record of 2:15:25, set 16 years ago. Given the speed she was going and how far into the race she was, she looked relatively comfortable too.

Nearly four-and-a-half minutes behind, Yeshaneh had a 33-second margin over Burka but both women were also on course for a personal best.

The race, though, was all about Kosgei's world record attempt and she showed no signs of fading in the closing stages. The pace makers peeled away before the final two miles as Kosgei forged on alone.

With about 20 seconds left of running, she couldn't help but smile as she realised the magnitude of what she was about to achieve. Moments later, she crossed the line in 2:14:04 to take 81 seconds off the longest-standing marathon world record, men's or women's, in the

CHICAGO MARATHON RESULTS

● Women

1. Brigid Kosgei (KEN) 2:14:04 -WR
2. Ababel Yeshaneh (ETH) 2:20:51
3. Gelete Burka (ETH) 2:20:55
4. Emma Bates (USA) 2:25:27
5. Fionnuala McCormack (IRL) 2:26:47

NB: WR | World Record

● Men

1. Lawrence Cherono (KEN) 2:05:45
2. Dejene Debela (ETH) 2:05:46
3. Asefa Mengstu (ETH) 2:05:48
4. Bedan Karoki (KEN) 2:05:53
5. Bashir Abdi (BEL) 2:06:14



Lawrence Cherono of Kenya who won the men's race in Chicago. PD/AFP

post-war era.

"I'm happy and I feel good," said Kosgei. "I ran here last year so I knew it was a good course. There was a little bit of wind but it was okay. People were cheering all along the course, which gave me more energy."

"We always knew the time would come when the record would be broken," said Radcliffe, who was in Chicago and congratulated Kosgei when she finished.

"I've always said 17 is my lucky number and it was exactly 17 years ago to the day that I set my first world record here in Chicago."

Lawrence Cherono, winner of this year's Boston Marathon, won a close men's contest in 2:05:45. Ethiopians Dejene Debela (2:05:46) and Asefa Mengstu (2:05:48) were second and third positions respectively.

Additional information from IAAF

→ 1:59:40

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