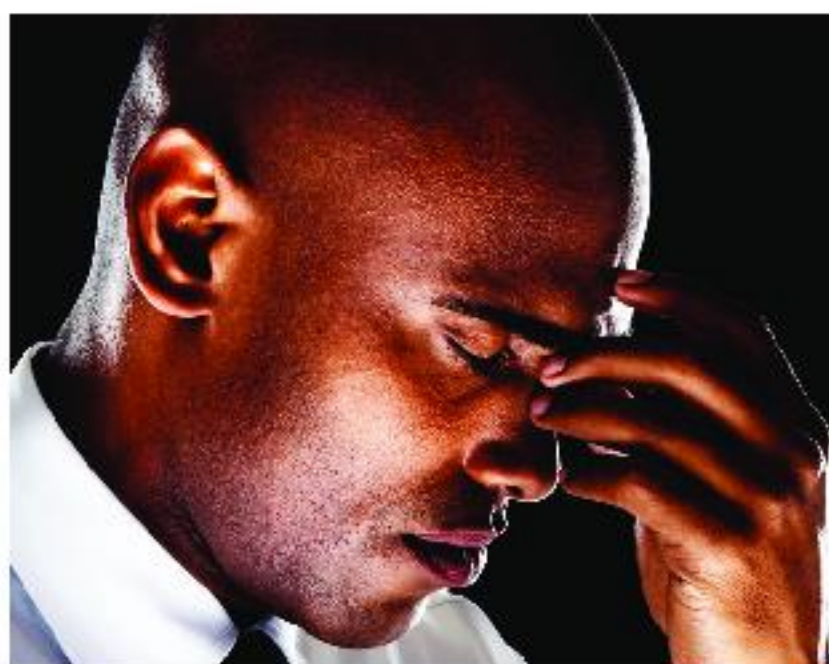




The Standard



Silent suicide epidemic

CRISIS WITHIN At least 462 people died by suicide between June and August this year, an average of five lives lost every day. The deaths, cutting across counties and age groups, reveal a deepening national crisis. Mental health experts are now urging the government to decriminalise attempted suicide and focus instead on providing care and support for those in distress. **PAGES 8&9**



Bandits in uniform

INSIDE JOB Despite having more police units and heightened security than any other region, the North Rift remains ravaged by bandit attacks that drain life and condemn residents to endless suffering. Now, the arrest in Nairobi of officers from the police and prisons departments has exposed a criminal syndicate, confirming the grim truth: those entrusted to protect Kenyans are the very ones abetting cattle rustling for illicit profit. **PAGE 4**



Samson Mutongu
Police Constable
(a storeman also based in Industrial Area)

Isaac Kipngetich
Corporal (attached to Turkana County
Police Headquarters)

Ileli Cyrus Kismwa
Police Constable (an armorer at the Central
Firearms Stores in Industrial Area)

Charles Lotira Ekidor
Assistant Superintendent of Prisons
(based in Turkana)



Weapons in the hands of suspects

■ **1,007** rounds of **5.56mm** ammunition, the type used in assault rifles such as the **G36, M16 and M4 Carbine**

■ **A** Remington Rand Model **1911** pistol
■ **2** Ceska pistol firing pins



■ **19** assorted firearm magazines, firing pins, cleaning kits, and three spent **9mm** cartridges.



Unseen army: City child vendors and the business of exploitation

► From Nairobi's streets to bus terminals, children as young as five are turned into breadwinners.

► A hidden network of adults profits as 1.3 million minors trade childhood for survival.

VERAH MORAA, NAIROBI

As streets get busy with human movements and most offices become empty, sounds of honking by vehicles grow in decibels. And for a Nairobi City dweller, these are signs that home is calling as dusk approaches. But not for everyone.

In the blur of headlights and honking matatus, tiny voices rise: those of children, some barely five years old, selling candies, biscuits and waffles to strangers. Their world reduced to worn out boxes, small enough to carry, yet heavy with responsibility in the unforgiving streets of Nairobi in a bid to eke a living.

To many, children are the true embodiment of hope, continuation and innocence. But in some poor households, the little ones have been turned into economic actors patrolling the streets to fend for themselves and their families.

While their agemates are tucked somewhere in the houses enjoying some hot tea or porridge before being taken through their homework; for this group, it is a different life where everyone is an adult.

Braving cold unforgiving nights and insecurities in the streets of Kenya's capital city has become a way of life for the child labourers of Nairobi. For them, when the bell rings to mark the end of classes, another one ushers them to the cruel streets.

The little ones have become a constant fixture in the streets, where they sell sweets and waffles to earn a living, trapped in child labour. These streets, lit by neon lights and shadowed by survival, have become home to a workforce of children hidden in plain sight.

Observations by *The Standard* reveal that from one street to another, they motion every passerby to buy from them, with every purchase lifting a load of their tiny arms that have been accustomed to holding the small boxes carrying their wares with scribbling of mobile phone numbers for payment.

When the cold rains sweep through Nairobi's streets, the reality turns brutal. Bare feet splash through puddles, torn clothes cling to shivering skin, and in the quiet corners of bus stages, children curl up for warmth, some too exhausted to keep their eyes open after a long night of labour.



Children hawking groundnuts along Mama Ng'ina street at night. [File, Standard]

But they are not on their own. From a safe distance, their mothers or guardians watch over them as they go through the hustle; silent evidence that someone else waits in the shadows while pulling the strings.

Chats with the little ones paint a grim picture of forced child labour in a country where many children from poor backgrounds are involved in adult life against their wishes.

"I am afraid to be in the streets but I must sell to get some money. My brother is not far away. He is a shoe shiner along this street," a young girl said before cutting short conversation to rush to a potential customer.

The little girl said that she goes to school, but *The Standard* did not get a chance to know the school and the grade she is currently in. A few metres from where she stood on Moi Avenue, was another little friend.

She is holding the small box with candies on one arm while the other hand is busy trying to serve, and at the same time hold the money.

As her tiny little hands are struggling, this reporter reaches out for a Sh50 note and wait to see if she will manage to give the correct balance.

Despite her young age, she is a veteran in the streets. She was precise with the change after the transaction.

In a brief conversation, she tells the reporter that her mother is somewhere near a corner in the same street watching over her.

Lost childhoods

7.3M

CHILDREN

ENGAGED in child labour, according to data from a 2024 report by KNBS, supported by Unicef and the Kenya Institute for Public Policy Research and Analysis.

When the reporter tried to convince her to take me to her mother, she was sceptical. We immediately realised she was under instructions not to give details of her mother's whereabouts.

At this point, the *Standard* team felt it was drawing attention given that their guardians are nearby and they may grow suspicious of the small chat with their daughters and blow the cover. We then moved to the next street, Kimathi Street.

Here, we spotted a mother with three little children. Before we got to the mother, we noticed a little girl walking a few meters ahead of us.

She had the same wares as the other child along Moi Avenue. We approached her to buy some candy.

After a little chat, we bought

some sweets from her. She revealed how she has been forced to be on the street so as to get some money for school fees.

"My mother tells me that I have to sell the candies so that I get money for my fees," she said.

But our curiosity did not end there. We gave her a Sh200 note as bait to lead us to her mother. She quickly dashed to the woman, who had three children, to get the balance.

The two had a brief conversation as the mother handed over the change, which she comes to hand over to us together with the sweets.

Bus terminals across Nairobi are also hotspots for child labour. Here, children work tirelessly weaving through crowds to sell to people rushing home.

The Standard spent several days on different streets, discovering a sad reality of forced child labour despite authorities charged with ensuring such does not happen well aware.

Kenya National Bureau of Statistics (KNBS) shows that some 1.3 million children are engaged in child labour.

The data is from a 2024 report by KNBS, supported by UNICEF and the Kenya Institute for Public Policy Research and Analysis.

Some children juggle between being street vendors and caretakers, rocking their younger siblings on their backs in an overwhelming struggle for survival.

Their mothers watch protectively from a distance, not to shield them from the dangers of the street but to guard the earnings.

Asking them about their lives, their dreams, and their struggles; their voices, though soft and hesitant, reveal a striking resilience.

Nearby, their mothers watch protectively, intervening only to make sure the money collected was safe.

This is the reality for countless families from poor backgrounds in Kenya.

One striking and consistent detail that emerged throughout our investigations was the presence of phone numbers scribbled on the boxes in bold ink, taped with care, always visible.

These were not random digits. They are M-Pesa contacts, carefully placed so customers can send money directly.

The details alone reveal a deeper layer of organisation behind the scenes, revealing a shadow economy organized, deliberate, and controlled by adults who continue to exploit the little children.

Our efforts to obtain a response from the Ministry of Gender, through its Child Welfare Department, proved futile.

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MANAGEMENT

Nairobi water firm boss tasked to solve shortage problem

Makadara MP George Aladwa has welcomed the appointment of Martin Nang'ole as the acting managing director of the Nairobi City Water and Sewerage Company (NCWSC).

Aladwa termed the move a timely decision that could cure the city's water shortage problem.

The MP said the appointment was based on merit, and that Nang'ole was competent enough to solve water and sewerage challenges facing the capital city.

Arnold Karanja, the NCWSC board chair, designated Nang'ole to steer the company in an acting capacity on Thursday after the High Court blocked the extension of outgoing Managing Director Nahashon Muguna's term beyond retirement.

"Following the resolution passed by the Board of Directors today, we are pleased to formally appoint you as the acting Managing Director of Nairobi City Water & Sewerage Company Limited, effective from 26 September 2025."

The court had ruled that Muguna's reappointment beyond December 2025 contravened the law, directing NCWSC to immediately begin a competitive recruitment process for a substantive holder of the position.

In a resignation letter dated September 26, Muguna says that he is giving his 2025 annual leave days as part of the notice.

"The decision has been reached after careful consideration, and I believe it is in the interest of both myself and the organisation at this time. I have resigned to pursue other endeavours," said Muguna.

The change in leadership comes at a time when Nairobi is facing a persistent water crisis and mounting sanitation challenges.

Despite being home to nearly five million people, the city continues to struggle with rationed water supply, unreliable distribution, and widespread illegal connections.

Large sections of Eastlands and most of the informal settlements experience dry taps for weeks, forcing households to rely on expensive water vendors. Meanwhile, burst pipes and raw sewage discharging into rivers and streets have become a common sight, raising public health concerns.

Business owners and residents have long criticised NCWSC for delayed fault response, unclear billing systems, and weak oversight that has enabled inefficiency and corruption.

[Mike Kihaki]



Makadara MP George Aladwa. [Collins Oduor, Standard]

Kenya Kwanza, Uhuru clash as mothers held in wards over unpaid bills



From left, Dr Kireki Omanwa, Kenya Obstetrical, Gynaecological Society President, Clinton Health Access Initiative Country Director Rosemary Kihoto and Science For Africa Foundation Head of Programmes, Dr Moses Aloba, during the End Postpartum Haemorrhage run held yesterday in Nairobi. [Bernard Orwongo, Standard]

► Uhuru Kenyatta said that his Linda Mama initiative had enhanced the quality of maternal healthcare.

► Ruto's administration now claims Linda Jamii programme guarantees mothers quality care during pregnancy, delivery and postnatal periods.

MERCY KAHENDA, NAIROBI

Politics has taken centre stage in maternal health, with the Kenya Kwanza administration clashing with former President Uhuru Kenyatta over free maternity services.

Speaking on Friday, Uhuru expressed regret that the Linda Mama initiative, which significantly improved the quality of maternal healthcare, was scrapped by President William Ruto's administration.

"The gains we had in my administration have been eroded. Linda Mama and others have been replaced by new untried and untested schemes," he said.

Uhuru said while the country waits for these experiments to work, Kenyans suffer and progress is retarded.

"In health, our Linda Mama, the removal, of maternity fees in our healthcare gave and saw great improvement in maternal health and improved mortality rates," he said.

This debate comes amid public outcry over mothers and newborns being detained in maternity wards across the country for failing to pay delivery fees.

But in a quick rejoinder, the Kenya

LINDA MAMA PACKAGE UNDER SHA

- Antenatal care
- Postnatal care
- Delivery services, including both Caesarean section and normal births
- Newborn care
- Treatment and post-delivery care
- Allows a mother to include her household in the coverage, including her spouse and children

Kwanza administration has defended its approach, saying Linda Jamii, provided under Social Health Authority (SHA) guarantees women quality care during pregnancy, delivery, and postnatal periods.

Over the weekend, Deputy President Kithure Kindiki said the scope of maternity has been expanded under Linda Jamii initiative.

Kindiki, who spoke in Daadab, further dismissed Uhuru's concerns of scrapping free deliveries maintaining that it was not abolished, but rather is active and has been enhanced under SHA.

"The Linda Mama programme that used to take care of pregnant women has now been expanded through SHA," said Kindiki.

"It's no longer just Linda Mama it protects mothers, it protects the elderly, it protects the youth, it protects children we now call it Linda Jamii not just Linda Mama, because if you only protect mothers and leave out the youth, the elderly, and children, that's not right."

But free deliveries have since been scrapped under the Kenya Kwanza administration, since it established Linda Jamii initiative.

According to Social Health Authority Act, 2023, every expectant woman

must register as a member of Social Health Authority Fund (SHAF) and pay annual premiums of 2.75 per cent of their income to enjoy antenatal clinic services, delivery and post-delivery care.

Antenatal clinic (ANC) services are offered at Level 2 and 3 facilities, deliveries at all levels, Caesarean Section at some Level 3, 4, 5 and 6 facilities.

Postnatal care, is also offered, but only covered at Level 2 and 3.

Anti-D serum under SHA was increased at Sh6,000, the defunct National Hospital Insurance Fund (NHIF) did not have the cover. Anti-D serum, is an injection to rhesus negative mothers to prevent cross-sensitisation of the baby.

"Anti-D is an improvement that SHA has brought, different from what NHIF was offering. Women however have challenge accessing the service that is limited to only Level 2 and 3 facilities, under ANC," Rural and Urban Private Hospitals Association of Kenya chairperson Brian Lishenga explained.

Even as the Kenya Kwanza administration defends the Linda Jamii initiative, shocking cases have emerged of women being detained in maternity wards for failing to clear bills.

Last week, Moi Teaching and Referral Hospital (MTRH) detained more than 26 women who had not cleared their maternity fees.

Some had been held for up to three months, either because the SHA had not paid on their behalf, or they had not paid annual premiums.

The women were released after videos of their plight went viral, prompting civil society organisations, including the Machozi ya Mwisho Initiative, to intervene.

A similar situation was reported at

Thika Level 5 Hospital, where at least 19 mothers were detained. "Some of the women detained at MTRH and Thika had not registered for SHA, so it could not pay for them. The real problem is poverty, many mothers cannot afford even the Sh500 monthly premium," said Lawrence Omondi, Executive Director and co-founder of Machozi ya Mwisho Initiative.

Omondi expressed concern that among those detained were teenage mothers, with some held for more than a month. "In my view, maternity care should be completely free. The level of poverty is too high, and that is why mothers are not registering for SHA," Omondi said.

At MTRH, some women were sharing beds while others slept on the floor. Lishenga said the vulnerable and the poor constitutes a significant proportion of Kenya. "Economic disenfranchisement of women is still real," he said.

Asked solution on challenges facing women in search of maternal health, Director General for Health, Patrick Amoth, said the Ministry of Health has engaged development partners to secure funding to support mothers who are unable to pay their premiums.

"We have had a shift in health financing architecture, focusing not on an individual but on the entire household. When one is given insurance, it is able to cover the mother, child, siblings, and spouse," said Dr Amoth.

But he maintained there was no significant difference between the Linda Mama and Linda Jamii initiatives, describing it as simply a change of name.

"So, it is just a change of name, but the resources have increased. Linda Mama used to receive Sh4.2 billion, but now, for primary healthcare services, we have more than Sh8 billion this financial year. In addition, we

have extra resources under the Emergency Fund," said Amoth.

He added, "The scope of funding has actually increased compared to what it was before."

Amoth noted that Primary Healthcare Fund, which has been allocated Sh8 billion in the current financial year, caters for maternal services including consultations, ANC, and deliveries at primary healthcare facilities, with the money coming directly from the exchequer.

Additionally, the Emergency, Chronic and Critical Illness Fund according to the Amoth also supports maternal care and is fully funded by the government, in addition to indigents sponsorship launched by President William Ruto.

"We are working with SHA and healthcare facilities to ensure that no mother is denied services simply because she cannot pay for social health insurance," said Amoth.

Support, he said, will also be extended to teenage mothers who may lack identification documents.

The Linda Mama programme, was introduced in 2016.

Since its introduction, the number of women delivering in hospitals has increased.

Before the free hospital delivery, the majority of women from poor households sought help from traditional birth attendants, an issue that contributed to high maternal and infant deaths. For example, in 2008/9, Kenya's maternal deaths stood at 488 per 100,000 lives.

But even as debates on free deliveries continues, Director of Health Financing at Ministry of Health, Elizabeth Wangia, told the National Assembly Committee on Health in May last year that only indigent women will be considered for free delivery under SHA.

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MORE STORIES

Deported Russian 'squeezed money out of Kenyans'

PAGE 6

WILLIAMSON TEA KENYA PLC

PUBLIC ANNOUNCEMENT

WILLIAMSON TEA KENYA PLC & KAPCHORUA TEA KENYA PLC CLOSURE OF REGISTER TO ISSUE BONUS SHARES

The Boards of Williamson Tea Kenya PLC and Kapchorua Tea Kenya PLC are pleased to announce to the shareholders of both companies that they have received approval from the Capital Markets Authority (CMA) to issue bonus shares at a ratio of one bonus share for each existing share held.

This offer applies to individuals listed as shareholders in the respective company's records at the close of business on **Monday, 13th October 2025**.

Please note that the registers for both companies will be closed from **Tuesday, 14th October 2025, to Friday, 17th October 2025**, both days inclusive, to facilitate the issuance of the bonus shares.

BY ORDER OF THE BOARD
G MASAKI
COMPANY SECRETARY.

Breakthrough as officers linked to illicit arms trade nabbed in probe

► Two of the officers work at the Central Firearms Stores, a crucial storage facility.

► All purchased firearms and ammunitions for NPS are secured at the stores along Migwani Road.

HUDSON GUMBIHI, NAIROBI

The arrest of a senior prisons officer, two armourers and a storeman has lifted the lid on how law enforcers, the very persons charged with the responsibility of making the country safe, are using their positions to fuel insecurity.

Following a sting operation by the Operations Support Unit (OSU), the four were seized separately as they tried to move rounds of ammunitions and a cache of firearms from Nairobi to Turkana County, which is among the counties in the North Rift experiencing insecurity fanned by easy access to illegal firearms.

Detectives now believe the arrest of the four is a breakthrough in the perennial cattle rustling and banditry challenges in the North Rift where uncountable lives have been lost and families displaced from their homes in a circle of violence orchestrated by armed gangs.

The four are Assistant Superintendent of Prisons Charles Lotira Eki-dor in Turkana, Police Corporal Isaac Kipnetich, Police Constable Cyrus Ileli

Kisamwa, an armourer at the Central Firearms Stores in Nairobi's Industrial Area, and Samson Muriithi Mutongu, a storeman at the same facility.

Detectives believe the four run an elaborate arms and ammunition syndicate that is contributing to insecurity and violence in various parts of the country.

The infiltration of the racket was made following the arrest, on September 24, 2025, of Kipnetich who was found in possession of 1,007 rounds of ammunition of calibre 5.56mm commonly used in a wide range of assault rifles like G36, M16, M4 Carbine among others.

Kipnetich, an armourer based at Turkana Police Headquarters was nabbed on Uhuru Highway at the Kenyatta Avenue roundabout in Nairobi by OSU sleuths who intercepted him in his Toyota Passo.

On conducting a search, the officers found a sealed carton box concealed in a black backpack containing the ammunition. Kipnetich was arrested just a day after taking his annual leave that was scheduled to end on November 11.

It was established that the ammunitions were to be delivered to Lotira, the senior prisons officer based in Turkana County. On further interrogation, Kipnetich disclosed crucial information that led to the arrest of Ileli and Muriithi, both who work at the Central Firearms Stores, a crucial storage facility in Nairobi's Industrial Area.

All purchased firearms and ammunitions for National Police Service are



Cyrus Kisamwa



Isaac Kipnetich



Samson Mutongu



Charles Lotira

secured at the Central Firearms Stores along Migwani Road where dysfunctional guns are repaired. Obsolete firearms are also stored there before disposal through destruction.

As the storeman, Muriithi basically has the inventory of all the firearms allocated to Kenya Police Service, Administration Police Service, Directorate of Criminal Investigations (DCI), and specialized formations like General Service Unit (GSU) and the Anti-Stock Theft Unit among others.



More suspects are on our radar, and we have cast our net wide within and outside the country,"

Mohamed Amin, Director of Criminal Investigations

Muriithi is also the custodian of ammunitions used for training at National Police College in Kiganjo, National Police College (Embakasi A Campus), National Police College (Embakasi B Campus), Magadi Field Campus, and Border Police Training Campus, among others.

Being an armourer, Ileli's job entails maintaining and repairing malfunctioning firearms brought at the store. It is believed Ileli and Muriithi collude in stealing some of the weapons, with Kipnetich being the smuggler delivering to Lotira who then finds the market.

Their arrest follows days of detailed profiling, surveillance, and forensic investigations by the OSU team that established that Kipnetich had just received the 1,007 rounds of ammunition from Ileli and Muriithi, intended to reach Lotira.

Ileli was further found in possession of a Remington Rand Model 1911 pistol and two Ceska pistol firing pins while Muriithi had 19 as-

sorted firearm magazines, firing pins, cleaning kits, and three spent 9mm cartridges.

Directorate of Criminal Investigations (DCI) boss Mohamed Amin termed the arrest a major breakthrough in the illegal trade of firearms and ammunition.

"More suspects are on our radar, and we have cast our net wide within and outside the country," Amin said.

Kipnetich was arraigned in court on Friday before being remanded at Capitol Hill Police Station after detectives applied to detain him for 14 days to allow investigations into what they termed a serious breach requiring more time.

In requesting for more time, investigators and prosecutors concurred that recovered bullets were suspected to be in transit for use in criminal activities such as banditry, murder, and livestock raids in Turkana and neighbouring counties.

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BETRAYAL

Collusion by government officials fuels insecurity in North Rift

Behind the bandit attacks and cattle raids that have terrorized the North Rift for decades lies a troubling truth: rogue government officials, security agents, and even respected professionals are complicit in sustaining the region's insecurity.

Despite continued operations carried out in the region, insecurity continues to thrive.

Criminals in the region have turned the ongoing *Operation Maliza Uhalifu* into a laughing stock. Over the years, the government has issued ultimatums to illegal firearm holders to surrender them. Plans to carry out a forceful disarmament have also been announced.

Of concern is the source of the illegal firearms amid government efforts to address insecurity in the region.

In July, Interior Cabinet Secretary Kipchumba Murkomen pointed fingers at security personnel for aiding the illegal firearms trade in the region.

"Some of the bullets bandits have are sold by

police officers. We have rogue officers and rogue government officials, intelligence-led operations have led to a number being charged," said Murkomen in a previous press brief.

This was not the first time security personnel were being accused of aiding insecurity in the region. In May this year, Murkomen revealed that at least 25 National Police reservists had been arrested and dismissed for abetting banditry in Kerio Valley.

An inquiry into the state of security in six counties of the North Rift by the National Assembly's Departmental Committee on Administration and Internal Security revealed that the proliferation and availability of illicit small arms, ammunition, and light weapons have empowered criminals.

In its findings, the committee, noted that porous borders and inadequate government presence in the North Rift region facilitate the flow of illicit arms, provide safe havens for crim-

inals, and hinder law enforcement efforts, creating a cycle of violence and escalating insecurity.

Some politicians and elites, according to the inquiry, provide support, including arms, ammunition, and auxiliary resources to criminals to carry out raids so as to gain political supremacy and control of their neighbouring communities' land.

"The possession of firearms among youth incentivizes them to join in cattle raids, driven by the desire to reclaim cattle exchanged for weapons. Raids are carried out with the blessings of the traditional spiritual leaders, and the community glorifies the raiders who receive cultural recognition and enhanced social status for the killings," read the report in part.

Isaiah Biwott, a human rights activist in Baringo, said police sell bullets to bandits, and any police who leak the story are killed.

"Police drivers mostly from the locality are used to do that, and they don't get transferred

because of their links with the criminal network with bandits," Biwott said.

He noted that two years ago, a police Land Cruiser from Kinyach police station, driven by an OCS, rolled in the middle of the night, and it had delivered some suspicious cargo to one of their link men.

"Politicians also protect rogue police officers who supply their armed groups with bullets because transferring them will disrupt their bullet supply chain," he added.

Given the history of failed attempts to tackle insecurity in the region, the level of violence remains. President William Ruto promised a long-term security operation in the region and further directed a permanent military operation camp at the border between West Pokot and Elgeyo Marakwet counties.

He said the move was aimed at supporting the police in enforcing peace and security in the region. **[Julius Chepkwony]**

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Deported Russian mocked Kenyans and 'squeezed money out of them'

► Mikhail Lyapin arrived in Kenya in March 2016 and launched a mobile lending app the following year.

► He was arrested last week by DCI officers in connection with a human trafficking syndicate.

WELLINGTON NYONGESA, NAIROBI

Deported Russian citizen Mikhail Lyapin was a through-bred racist with an uncanny ability to use his knowledge and skills in information technology to manipulate Kenyans and make money out of a country he held in low regard, *The Standard* can today reveal.

His messages pieced together from his own posts on the Telegram social networking app and stories published about him in his native Russia, show a man holding an eternal sneer at Kenyans despite seeing business opportunities in the country "that speaks English well with 90 per cent of internet spread".

He arrived in Kenya in March 2016 and launched a mobile loan app the following year, which he named Afrikaloan and for eight years the man 'squeezed money from the natives' and had the confidence to tell this story in his racist tone to the Russian press even as he posted in his native language in social media.

In an interview with *Forbes Russia* in 2017, Lyapin emerged as an individual who despised the people he employed in Nairobi. Soon after he launched Afrikaloan he started minting profits in millions.

His mobile loan app seemed to expand rapidly and he attributed his rapid growth to the incredible sociability of Kenyans.

"Network marketing, promo codes for discounts for friends, and other referral programmes are effective for promoting products and

services."

He spoke of "childish employees" in Kenya whose labour is readily available and cheap.

Lyapin considered them "childish because they needed reminding daily, could not keep time to meetings, were fearful and would not question even if they didn't understand."

"Their unreliability manifests itself in the fact that you could agree on a specific time, but they'll do it much later. And their childishness manifests itself in the fact that they always expect something from you, like children from their father."

He spoke of how he was told by his colleagues that it was possible for any white man to meet the president and offer him a bribe of \$400 (Sh52,000).

It now appears that Lyapin's plan of striking a meeting with an African president and throwing at him a bribe hit a dead end after he was deported on Thursday in the heat of human trafficking claims by Kenyan authorities.

The Russian embassy in Nairobi quickly disassociated its citizen with claims of dealing in human trafficking saying it had no official information from the Kenyan authorities regarding any claims against Lyapin or his activities.

"Contrary to the reports of a number of media outlets, Lyapin has never been an employee of Russian governmental bodies and does not work at the Russian Embassy in Nairobi," said the Embassy in a short note sent to media.

Seeking to correct the impression that Lyapin had served at the Embassy and was deported for wrongdoing the Embassy claimed that after being interrogated on Thursday at the Directorate of Criminal Investigation offices in Nairobi, Lyapin, in accordance with his previous plans, left Kenya "Diplomats in Nairobi provided the necessary consular and legal assistance to the Russian citizen, and also made sure that his legal



Russian national Mikhail Lyapin. [Courtesy]

rights were not violated," said the statement. It is not clear whether Lyapin recruited unsuspecting Kenyans into Russia's Special Economic Zone through online manipulations with promises for training and job opportunities.

The Standard has reported an ongoing syndicate that has run on this false promises ensnaring young women from Kenya and other African countries who have ended up labouring in war factories in the Tatarstan Republic producing drones

that are used in its war against Ukraine

What is clear is that Kenyan authorities found him a person of interest in the ongoing human trafficking phenomenon. Last week, in an intelligence-led operation, detectives from the DCI's Transnational Organised Crime Unit, backed by other security agencies, raided Great Wall Apartments in Athi River where 21 Kenyans were found being processed for travel to Russia.

Our sister publication, *The Saturday Standard*, established that Lyapin, was arrested on Thursday in connection with the syndicate and deported.

Lyapin is allegedly linked to recruitment of Kenyans to fight for Russia against Ukraine.

Authorities have remained tight lipped about the matter. Questions sent to the office of Foreign Cabinet Secretary Musalia Mudavadi and Labour CS Alfred Mutua were yet to be responded to by the time of going to press.

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Nabbed

21

NUMBER of Kenyan men found in Athi River being processed for travel to Russia, allegedly to fight against Ukraine. The syndicate was linked to Mikhail Lyapin

Briefing

NAIROBI. YOUTH URGED TO REGISTER AS VOTERS

■ Opposition leaders have called on Kenyans, particularly the youth, to turn out in large numbers to apply for national identification cards and register as voters. The appeal coincides with the start of the Independent Electoral and Boundaries Commission's continuous voter registration across the country today. Speaking on Saturday during a church service at Born Again Evangelism Church in Ruai, Nairobi, the leaders emphasised that a strong voter turnout is the key to unseating President William Ruto's administration in the 2027 General Election.

[Okumu Modachi]

MERU. BEACCO DECRIES HIGH HIV/STDS IN PRISONS

■ The high prevalence of HIV/AIDS and other sexually transmitted diseases among inmates has over-stretched the resources of correctional facilities. Correctional Services PS Salome Beacco reported that nearly 40 per cent of inmates are convicted of sexual offences, with many also struggling with STDs. Speaking in, Beacco stated that sexual and violent offenders have "overcrowded" the prisons." She said 40 per cent of the inmates are rape, sodomy, sexual assault and gender-based violence offenders.

[Phares Mutembel]

SAMBURU. HORROR AS MAN KILLS HIS CHILDREN

■ A 36-year-old man brutally murdered his two children in Yare village, Maralal, on Saturday night following a domestic dispute with his wife. The victims, a six-year-old girl and a four-year-old boy, died in the horrific incident, which occurred around 10 pm when the man returned home and quarrelled with his wife. During the altercation, he assaulted her, inflicting serious injuries on both her arms. The woman managed to escape to a neighbour's home for safety.

[Michael Saitoti]

NAKURU

GDC sued over alleged discrimination and unfair labour practices

Employees of the Geothermal Development Company (GDC) have for months raised concerns with management, but their complaints have gone unanswered.

Documents seen by *The Standard* indicate that the staff have engaged the management regarding the grievances they have had, relating to conditions of work, benefits, and injury policies.

They claimed that their cordial, peaceful, and solution-seeking attempts have been taken lightly, brushed aside, ignored, or left entirely unaddressed.

GDC, instead of addressing their grievances, they claimed, resorted to silence, and at

times, issuing threats to those agitating for better working conditions.

The 60 employees have now filed a suit in the Employment and Labour Relations Court seeking to have orders compelling the company to address their issues. They have also named the Attorney General as respondent in the case.

The State Corporations Advisory Committee, Public Service Commission, and the Salaries and Remuneration Commission are named as interested parties.

"The petitioners have, on several occasions, written to the first respondent (GDC), expressing the grievances that have necessitated this petition. The petitioners have also requested meet-

ings with the first respondent in a bid to have the issues resolved amicably. The petitioners' correspondences with the first respondent management clearly, expressly, and unequivocally express their displeasure in the manner in which the first Respondent has treated them," read the suit in part.

In the suit filed through lawyer Morris Kimuli, the employees claim they have stagnated at an entry-level grade, and the policies now being implemented by the company will ensure that they remain at an entry-level grade. They noted that they had been serving as entry-level graduates at Grade 8.

In 2024, GDC developed a new structure that

recognises Grade 7 as the entry level grade for graduates. In March 2025, the 60 said they were moved to Grade 7 in what the company termed "re-designation and upgrade".

"In reality, this was not an upgrade, because in the prevailing company structure, Grade 7 is now the entry-level grade for all graduates. This means that any graduate who joins GDC will be at the same grade as those who have served for over 10 years," read the suit in part.

They noted that GDC's Career Guidelines of 2024 provides for automatic upgrade to Grade 6 after one has acquired four years of experience at entry grade.

[Julius Chepkwony]

School turns tide in fighting teen pregnancies

► Two years ago, St Aquinas Chesikaki Secondary had 54 students pregnant.

► With no new pregnancy cases reported this year, the school has become a model.

JULIET OMELO

In 2023, St Aquinas Chesikaki Secondary School in Mt Elgon, Bungoma County, made national headlines for all the wrong reasons.

A report by the Ministry of Health revealed that 54 students from the school were pregnant: 31 were already mothers, 20 were expectant, and three had dropped out entirely.

The revelation painted a grim picture of teenage pregnancies in the county, which that same year recorded 196 pregnancies among girls aged between 10-14 and 7,270 cases among those aged 15-19.

But just two years later, the school has rewritten its story.

With no new pregnancy cases reported this year, St Aquinas has become a model in the fight against early pregnancies, thanks to a united effort involving teachers, parents,

local leaders, and various organisations.

“We were shaken when the news broke. But that was also the turning point. Community leaders, the National Council for Population Development (NCPD), and other organizations came in to support us. Through mentorship and sensitization, we have turned despair into hope,” said the school’s principal Paul Boiyo.

Mr Boiyo credited NCPD for running mentorship programmes at the school for more than a year.

These sessions, he said, have helped students understand the dangers of early sexual activity while boosting their self-esteem and academic performance.

“As we speak, the confidence of our girls has grown, absenteeism has dropped, and our learners are more focused,” he said. “The school has become child-friendly, where students arrive on time and are eager to learn.”

The mentorship has gone hand in hand with pastoral care and small-unit counseling sessions led by teachers.

These efforts, according to Boiyo, have been vital in addressing the triple threat of teenage pregnancy, HIV, and gender-based violence.

He, however, admitted that chal-



A teen mother who was among 31 others allowed back in school after giving birth. In 2023, 54 female students at St Thomas Aquinas Chesikaki Secondary School were confirmed to be pregnant. [Courtesy]

lenges remain, particularly in changing parental attitudes.

“Some parents have not fully taken up their responsibilities,” he said.

The principal appealed to NCPD and other partners to help establish safe houses for girls and to expand psychosocial support services, especially for boys.

Lucy Kimondo, a director in the Public Education and Advocacy Directorate at NCPD, explained that the council took swift action after the 2023 scandal. A fact-finding mission revealed parental negligence and alcoholism were major drivers of teenage pregnancy in the community.

“We adopted a whole-community approach. We engaged leaders, parents, teachers, and learners. Sustained involvement over the past year has helped reduce cases significantly, with St Aquinas now standing as proof that change is possible,” Ms Kimondo said.

Bungoma County Deputy Governor Jenipher Mbatiany praised the school’s progress while highlighting the county’s broader fight against teenage pregnancies and gender-based violence.

She pointed to the county’s gender-based violence policy as a milestone. newsdesk@standardmedia.co.ke

daily@standard.com

Congratulates

NATIONAL DEFENCE UNIVERSITY-KENYA

The National Defence University-Kenya (NDU-K) congratulates Kenya Shipyards Limited on their 5th anniversary, recognizing their valuable contribution to Kenya’s maritime capabilities and national development. We commend their commitment to excellence, innovation and service in strengthening the country’s defence and shipping industry.

We look forward to continued collaboration and shared success in advancing Kenya’s security and economic growth.

Warmest wishes for many more years of achievement and impact.

SUNSHINE SCHOOLS

Tel: 0725 668 355

TENDER NOTICE

Applications are invited for prequalification, supply of goods and services listed below to Sunshine Schools for the period: **1st January 2026 to 31st December 2026**

Tender No.	Description	Tender No.	Description
SSS/VA1/26	Fresh Milk	SSS/17/P1/26	Supply and delivery of (a) computers, accessories and (b) servicing of printers, photocopier, Riso machine, laptops, intercom and P.A systems.(c) Music instruments & repair.
SSS/VA2/26	Chicken	SSS/17/P2/26	Provision of CCTV services and accessories.
SSS/VA3/26	Eggs	SSS/18/Q1/26	Supply and delivery of text books
SSS/VA4/26	Meat	SSS/19/R1/26	Service and repair of kitchen jikos, bakery equipment’s & installation of gas system at the school kitchen.
SSS/VA5/26	Vegetables and Fruits.	SSS/20/S1/26	Service and repair of fire extinguishers & horse rills
SSS/VA6/26	Cereals (beans, maize, rice, green grams & millet flour)	SSS/21/T1/26	Supply of students & office furniture, Beds , blankets and mattress.
SSS/VA7/26	Dry food. (Sugar, flour, Tea leaves, salt, cooking fat)	SSS/22/U1/26	Provision of Masonry / carpentry and painting works
SSS/2/B1/26	Cleaning material and Detergents.	SSS/23/V1/26	Provision of electric fence repair and services
SSS/3/C1/26	Firewood	SSS/24/W1/26	Provision of staff medical cover services.
SSS/4/D1/26	Electricals and fittings	SSS/24/W2/26	Provision of Insurance services.(Motor vehicles, Fire & allied perils(buildings), public liability, W.I.B.A Plus Fidelity Guarantee & Money Insurance.
SSS/4/D2/26	Hardware (plumbing, paints and building materials)	SSS/24/W3/26	Staff group life assurance & Students personal accident cover
SSS/5/E1/26	Sanitation and fumigation services.	SSS/25/Y1/26	Provision of security services.
SSS/6/FV/26	Uniforms for Staff , Students and other Room décor.	SSS/26/Y2/26	Provision of cleaning services
SSS/7/G1/26	Supply of fuels, lubricants, Gas.	SSS/27/Y3/26	Provision of garbage collection services
SSS/7/G2/26	Motor vehicle repair & services	SSS/28/Z1/26	Installation of sports turf field and play items .
SSS/8/H1/26	Supply of Office stationery and CBC materials	SSS/1/HR/26	HR Trainings/consultancy services (training, recruitment, policy & strategy review)
SSS/8/H2/26	Printing of exercise books, envelopes, photography, videography, designing and other stationery.	SSS/2/HR/26	Statutory trainings (OSHA, fire safety & first aid)
SSS/8/H3/26	Supply of Toners and ink cartridges.	SSS/3/HR/26	Statutory audits(NEMA, OSHA ,Risk Assessment & Fire safety)
SSS/9/I1/26	Laboratory chemicals and Equipment.		
SSS/10/K1/26	Supply of Sports & Games equipment.		
SSS/14/L1/26	Service of Swimming & supply of pool chemicals and equipment.		
SSS/15/MV/26	Hire of tents, chairs and decorations		
SSS/16/N1/26	Supply and delivery of pharmaceuticals		

Tender documents with detailed specifications can be obtained from Procurement Office on a **non-refundable fee of ksh.2500 except insurance services which is ksh. 3500** per tender document payable at accounts office pay bill No **329888** A/C **Tenders 2026**. Completed tender document in plain sealed envelopes clearly marked **Tender reference No.....** should be addressed to:

The secretary
Tender committee
Sunshine Schools
P.O. Box 56890-00200
NAIROBI.
Web site: www.sunshineschool.sc.ke

Or be dropped in the tender box at the reception office, on or before **Monday 27th October 2025 at 4.00 p.m.** Tenders will be opened the next day (Tuesday) **12.00 Noon** at the school Resource Centre in presence of the tenderers or their representatives who choose to attend.

Sunshine Schools reserves the right to accept or reject any tender either wholly or in part and is not bound to give reasons for the same.

Suicide cases surge as statistics reveal grim

► At least 462 people died by suicide between June and August, an average of five lives lost every day.

► Mental health experts want attempted suicide decriminalised by repealing law.

JACINTA MUTURA, NAIROBI

On the evening of August 21, 2025, Mercy (name concealed for privacy) left her home in Pipeline, Nairobi, carrying a quiet but devastating decision.

She went with her two children towards Mlolongo in Machakos County, leaving behind a note that hinted at despair.

Hours later, tragedy struck. One child died, and Mercy and her younger son were rushed to hospital after a suicide attempt that shook the community.

On the same day, a Form Three student in Kiambu was found dead after a long struggle with mental illness, while in Narok, a young couple's home was shattered by violence and loss after a man, 28, killed his 24-year-old wife and hanged himself.

Days later, another man, 30, in the same Narok County ended his life following a domestic dispute.

These incidents, spread across counties and age groups, reflect a deepening national crisis of the quiet epidemic of suicide.

The Standard's analysis of police records shows 462 people died by suicide between June and August this year, an average of five lives lost every day.

Behind these numbers are faces and families, each left grappling with sudden silence where a voice used to be.

Of the 462 cases, 386 were men and 76 were women, representing 83.5 and 16.5 per cent respectively.

The age group most affected was 26-30 years old, with 79 deaths reported in just three months.

Children, too, are not spared. More than 50 minors died by suicide during the same period, five of them below the age of 10.

The geographic spread of cases emphasises how widespread the crisis is.

Machakos recorded the highest number (33), followed by Kisii (28) and Nairobi (25) within the three months.

Other counties that recorded relatively high numbers were Homa Bay, Makueni and Nakuru with 21 cases each. In Embu 20 people died by suicide within the period.

Financial despair

Tana River County reported one case of suicide in the three months while West Pokot, Lamu and Garissa recorded two cases each.

Mandera, Turkana, Marsabit, Wajir and Isiolo recorded none.

Seven elderly Kenyans aged between 80 and 100 years ended their lives, some driven by unbearable pain of terminal illnesses or financial despair.

Suicide in Kenya is no longer a series

of isolated tragedies; it is a crisis unfolding daily, cutting across age, gender, and county borders.

According to the Ministry of Health (MoH), the common causes of suicide include relationship breakdown, financial struggles, mental health conditions such as depression and bipolar disorder, and the heavy stigma that surrounds seeking help for people struggling with mental health.

According to the World Health Organisation, suicide claims 720,000 lives globally each year translating to one death every 40 seconds.

In Kenya, estimates suggest around 4,895 people die by suicide annually, though experts believe the real figure is higher due to underreporting. Of the total, men account for 3,834 suicide deaths.

Dr Mercy Karanja, Director of Mental Health at MoH and the President of the Kenya Psychiatrist Association, warned that criminalisation of attempted suicide has only worsened the crisis.

"As long as suicide and attempted suicide remain criminalised, we cannot collect accurate data or make the right investments to save lives," she said.

"We need to decriminalise suicide so that we can save lives. It will end the stigma, we can improve access to care and we can also have the right data that will guide our interventions," Dr Karanja added.

Dr Linnet Onger, head of mental health division at the Kenya Medical Research Institute, noted that current suicide figures are drawn from fragmented records in police stations, mortuaries, hospitals and the civil registry.

Dr Onger stated that plans are underway to establish a national suicide registry to consolidate this information.

Suicide registry

WHO lists suicide as the fourth leading cause of death worldwide and data shows 14 million cases of attempted suicide are recorded every year.

Its 2021 data states that up to 90 per cent of people who die by suicide have a diagnosable psychiatric disorder at the time of death.

According to Onger, suicide cases in Africa remain underreported and poorly understood with stigma, criminalisation and weak surveillance systems being the major contributing factors.

"It is very hard to plan and invest in interventions when we don't even have correct baseline information. So whatever rates we usually put out are estimates," said Onger.

The plan is to be able to link records from civil registry, mortuaries, health facilities, and police stations to form a comprehensive suicide registry.

"For us to successfully set up a national suicide registry we have to destigmatise this aspect of suicide attempts. That way we will collect accurate data and when we put out an intervention, we have baseline surveillance data to assess their effectiveness."

A Mental Health Taskforce led by



WORLD SUICIDE PREVENTION



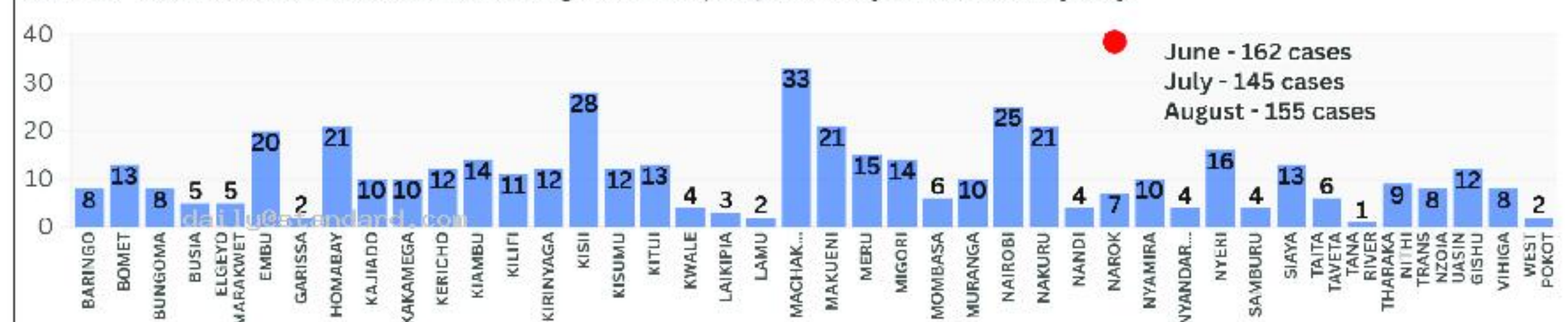
27th SEPTEMBER, 2025 - NAIROBI

Members and partners of the Mental Health Champion Initiative, Kenya, took part in an eight-kilometre suicide awareness and prevention walk in Nairobi on September 27, 2025. [Jonah Onyango, Standard]

SUICIDE CASES REPORTED: JUNE-AUG 2025

Total number per county

An illustration of suicide cases in Kenya from June August. Data compiled from National Police reports show that for the last three months, an average of FIVE people die by suicide every day.



Source: National Police Service • Illustration by Jacinta Mutura/Standard



Declaring it unconstitutional and no longer a crime opens up the opportunity for people with suicidal ideation to seek help and not be discriminated against by insurers and other care providers,"

Prof Lukoye Atwoli, Psychiatrist

seasoned psychiatrist Dr Frank Njenga said in its report that despite the heavy burden of mental ill health, 75 per cent of Kenyans are not able to access care.

"Access to mental health services encompasses the ability to use good infrastructure, good services, adequate human resource, required health products, equipment and technologies," reads the report.

The team observed that only National Referral Mental Hospital, Mathari Hospital—established in 1910—offers specialised care but most of the infrastructure is old and dilapidated, and it lacks basic infrastructure to deliver modern

evidence-informed psychiatric care.

They recommended to the Ministry of Health to rebuild the hospital, set aside resources for training, recruitment and deployment of adequate multidisciplinary mental health service providers to close the gap in human resources per population ratio.

Currently, there are only 150 psychiatry specialists in Kenya.

Prof Lukoye Atwoli, a psychiatrist and Aga Khan University's Dean of the Medical College, East Africa, said significant progress has been made to increase Mathari Hospital's budget, improving its infrastructure and making a semi-autonomous government agency.

"Mathari has since been transformed into a parastatal, and it has its own budget, and several infrastructure upgrades are ongoing, including the construction and modernization of new facilities within the hospital," said Atwoli, who chairs the hospital's board.

Out-of-pocket

He further pointed out that the government had allocated land in Ngong for the construction of a new facility, although the budget for its development is still pending.

Notably, the taskforce report highlighted that Kenya is among 28 per cent of WHO member states that lack separate budgets for mental health.

Of Kenya's total budget, mental health allocation accounts for less than one per cent. Consequently, people with mental health issues have to pay out-of-pocket for treatment as most insurance companies do not cover for mental health care.

There has been a sustained fight by mental health fraternity to decriminalize attempted suicide by repealing Section 226 of the Penal Code.

Early this year, the High Court made a landmark judgment that declared the Section unconstitutional as it hinders victims of mental health from accessing quality healthcare.

Atwoli described the court decision as "a great moment not for just for the mental health community, but for everyone in Kenya".

"Nobody is immune to experiencing suicidal thoughts at some point in their life. You want to be able to seek help without fear of criminalisation," said Atwoli.

The focus is now on the National Assembly to repeal the section of Penal Code that criminalises attempted suicide.

The law provides for a jail term of two years or a fine, or both, for anyone who attempts suicide.

Atwoli said the law creates an environment of fear and stigma that discourages many from seeking help.

Beyond legal hurdles, societal

picture



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stigma around suicide has been another deeply entrenched issue. Atwoli highlighted how people with suicidal thoughts and their families face exclusion, further exacerbating their suffering.

"When somebody has these thoughts, even before they talk about it, they have self-stigma because the community treats people who attempt suicide badly.

"And even people who die by suicide, their bodies and ceremonies are treated very badly in order to just really make them look like bad people," said Atwoli.

He said mental health disorders such as depression, bipolar disorder, or schizophrenia can exacerbate suicidal tendencies.

"The human brain is wired to protect us from harm, including self-inflicted injury. But when someone goes past this instinct when they attempt suicide, they have reached a level of distress that has overpowered the brain's protective mechanisms," he explained.

According to Atwoli, many people who attempt suicide have already sought medical attention for unrelated symptoms but were never asked about their mental health.

He advocated for a routine screening for suicidal thoughts in health-care settings to ensure those at risk are identified and provided with the necessary care.

"We need a system where people are routinely screened for mental health issues, just like any other medical condition," said the psychiatrist.

Ultimately, the psychiatrist stated that, decriminalising suicide attempts will not encourage people to kill themselves but will create a safer space for those suffering to seek support.

"There is evidence in the countries that have decriminalised suicide that there is no increase in suicide rates. But in the countries that have criminal legislation like ours, suicide rates are high or they have continued to rise despite having that legislation in place," he added.

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Religious leaders join crusade for repeal of law on attempted suicide

► Clerics say people with suicidal thoughts need help, not handcuffs.

► The law says any person who attempts to kill himself is guilty of a misdemeanour.

JACINTA MUTURA, NAIROBI

The push by psychiatrists and mental health fraternity to repeal Section 226 of the Penal Code which criminalises attempted suicide has gained momentum.

This is after religious leaders issued a call for the urgent repeal of the law, saying it is outdated, unjust, and a barrier to saving lives.

Speaking at the Religious Leaders Forum on Suicide Prevention and Decriminalisation held at the Aga Khan University recently, clerics from Christian, Muslim, Hindu, and other faiths under the Interreligious Council of Kenya (IRCK) declared that suicide is not a crime but a sign of deep distress and mental illness requiring compassion and care.

"As imams, priests, pastors, elders, rabbis, and faith leaders, we bear the sacred responsibility of supporting Kenyans during their deepest pain," the leaders said in a statement, stating that criminalisation perpetuates stigma and hinders care.

"Attempted suicide is a sickness like any other and you don't apply to be sick. We are often the first to hear the cries of those contemplating suicide or self-harm.

"We continue our call for immediate decriminalisation and collective action. As religious leaders and first responders, we affirm suicide is not a crime. It reflects deep distress, often connected to mental health issues, trauma, and social stressors," said the leaders.

Section 226 of the Penal Code states that any person who attempts to kill himself is guilty of a misdemeanour. The law provides punishment of two years imprisonment, a fine or both for anyone found guilty of the offence.

Led by Elias Otieno Agola, National Chair of National Council of Churches of Kenya, the leaders emphasised the moral and spiritual obligation to offer empathy rather than judgment.

They said the law views individuals in mental distress as criminals rather than human beings in need of compassion and care.

They argued that the law drives people into silence, discourages those at risk from seeking help, and results in underreporting of suicide cases, which in turn undermines effective prevention planning.

"Global evidence, including from the World Health Organisation, clearly shows that punishment does



Members and partners of the Mental Health Champion Initiative, Kenya, took part in an eight-kilometre suicide awareness and prevention walk in Nairobi on September 27, 2025. [Jonah Onyango, Standard]

not prevent suicide. Compassion does," the statement read.

The clerics urged the National Assembly to immediately repeal the colonial-era provision and align Kenya's laws with human rights standards and modern public health approaches.

They also called for greater investment in mental health services, crisis response systems, and community-based psychosocial support.

The call by the clergy followed a High Court ruling that declared that particular section of the penal code to be unconstitutional.

Discrimination

Early this year, High Court Judge Lawrence Mugambi asserted that Section 226 offends Article 27 of the Constitution by criminalising a mental health issue, thereby endorsing discrimination on the basis of health.

The section of the penal code is further said to humiliate and disgrace victims of suicide ideation in the eyes of the community for actions that are beyond their mental control, which is a violation of Article 28 of the Constitution, which guarantees every person's right to inherent dignity and the right to have that dignity respected and protected.

Psychiatrist Lukoye Atwoli welcomed the call by religious leaders to repeal the law.

"Our religious leaders have declared openly that people who at-



Attempted suicide is a sickness like any other and you don't apply to be sick. We are often the first to hear the cries of those contemplating suicide or self-harm,"

Interreligious Council of Kenya

tempt suicide need compassion and care rather than being criminalised... Attempted suicide is a health issue and not a criminal justice issue," he said.

Psychiatrist Dr Frank Njenga emphasised the significance of faith leaders embracing the cause, stating that it bridges the gap between scientists and faith leaders on suicide.

"For the first time, it is clear that the people who come to us for care belong to a faith," he said.

"From today henceforth, never again in this country will faith-based organisations and medical professionals in mental health pull one against the other," Dr Njenga added.

Dr Njenga also warned insurance companies against exploiting Section 226 to deny coverage to people

with depression or bipolar disorder who attempt suicide.

He stated that insurance companies have been hiding behind the veil of the fact that this provision in 226 makes it a crime to express distress. He appealed to the legislators to repeal the law to also compel the insurance companies cover mental illnesses.

"The repeal of that section is critically important as another tool of dealing with stigma because people with depression and bipolar mood disorder and other things are discriminated by insurance companies because they aren't well."

The religious leaders pledged to work with the Ministry of Health, mental health professionals, and civil society to design faith-sensitive prevention strategies and provide dignified pastoral care to bereaved families. The leaders also announced plans to roll out awareness campaigns through churches, mosques, temples, and synagogues at the grassroots level.

"We will do everything in our space including public participation, petitions, speaking to parliamentarians, and advocacy to ensure this law is repealed," the leaders affirmed.

To the people battling suicidal thoughts the clergy said, "You are not alone. You are loved. You are valued. You need help, not handcuffs. You need compassion, not condemnation."

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Jubilee Party's comeback plot rattles Gachagua, Opposition

► The party has been accused of being used by President Ruto to divide the Mt Kenya region.

► Gachagua's DCP insists it is the party of the moment in the populous region.

IRENE GITHINJI AND EDWIN NYARANGI, NAIROBI

The Jubilee Party's plans to make a big comeback on the political stage ahead of the 2027 General Election has caused unease within the opposition.

Although Jubilee has never formally declared itself part of the United Opposition alliance—and has previously signalled an intention to field its own presidential candidate—its Special Delegates Conference held on Friday has reopened old political wounds and provoked fresh speculations.

The party, led by former President Uhuru Kenyatta, maintains that it is a national party that transcends political cycles and divisions.

Jubilee Secretary-General Jeremiah Kioni reiterated this sentiment, saying the party is “beyond seasons”.

“The red we wear is not a colour of the moment. It is a colour of resilience, a mark of unity, and a sign of strength. Red does not fade, and neither does Jubilee,” Kioni said last week.

However, fresh allegations have emerged suggesting that Jubilee is acting as a ‘secret agent’ for President William Ruto, allegedly aiming to split the Mt Kenya vote.

The presence of former Cabinet Secretary Fred Matiang'i at the delegates' conference further fuelled speculation about whether he is still aligned with the opposition, despite his involvement in several past strategy meetings.

Jubilee has also been accused of being part of a wider, well-coordinated

plan to fragment the opposition to the President's advantage and to the disadvantage of the Democracy for Citizens Party (DCP) led by former Deputy President Rigathi Gachagua.

On Sunday, Gachagua sought to allay fears about the stability of the United Opposition, insisting that the coalition remains intact.

He alleged that President Ruto had made overtures to Wiper Party leader Kalonzo Musyoka to abandon the opposition, but dismissed the attempt as futile.

“Do not be worried—Wiper, DCP, Democratic Action Party of Kenya (DAP-K), People's Liberation Party—we are one family. No one will break the opposition; we will agree on one presidential candidate,” Gachagua said during a church service in Kajiado yesterday.

Last week, DCP deputy party leader Cleophas Malala accused Jubilee of attempting to undercut Gachagua's influence in the Mt Kenya region.

“That party must be warned—if you are part of the United Opposition, do not come to divide the DCP stronghold. Now that you've come bearing a red wheelbarrow, know that your intentions are not in good faith towards our party leader,” Malala said.

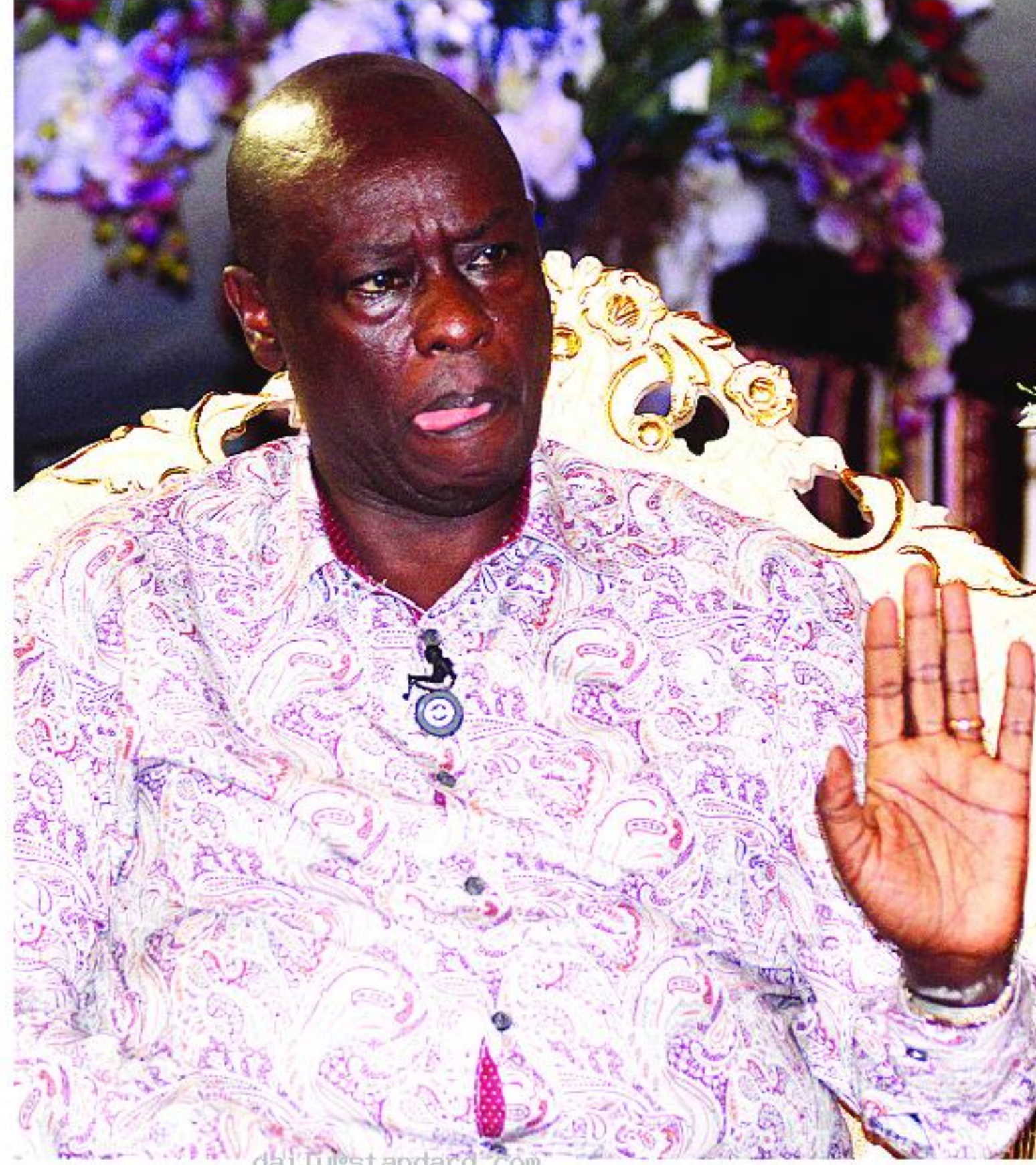
Murang'a Senator Joe Nyutu called on opposition leaders to maintain unity. “It is imperative that our principals stay together, given the immense task ahead. You have a responsibility to save Kenya,” he said.

Kathiani MP Robert Mbui echoed the call for cohesion, warning against internal sabotage.

“Sometimes friendly fire can be deadly. We must remain united,” Mbui said in Kajiado.

“There are forces determined to infiltrate and divide Mt Kenya. No matter how you repaint a wheelbarrow, it remains a wheelbarrow. The yellow one has been rejected; now they've changed its colour,” he said.

Gachagua also used the occasion to urge the youth to register as vot-



Former Deputy President Rigathi Gachagua during an interview with KTN at his Karen residence on April 7, 2025. [Benard Orwongo, Standard]



That party must be warned—if you are part of the united opposition, do not come to divide the DCP stronghold,”

Cleophas Malala, DCP deputy leader

ers, as IEBC resumes continuous voter registration today. He framed it as a critical step towards removing Ruto from power.

“I'm urging citizens—especially the youth—to register as voters and exercise their democratic right to vote out this regime,” said Gachagua.

Kalonzo, also present at the service, urged the IEBC to release a clear and transparent roadmap for the voter registration exercise.

“We've heard Ruto talk about democracy at the United Nations—mentioning Haiti, Sudan, Israel, and Palestine—yet at home, his government is killing innocent youth and stifling democracy,” Kalonzo said.

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JUSTICE

Ombudsman reacts to Standard's story on detained body



Commission on Administrative Justice Chairman Charles Dulo. [Benard Orwongo, Standard]

The Commission on Administrative Justice (Office of the Ombudsman) is investigating a case in which a woman's body has been detained by a hospital for over four months over an unpaid bill.

The Ombudsman's action follows a story carried by *The Standard* on September 22 concerning the plight of the family in Limuru that has been denied their kin's body by a Nairobi hospital.

The Office of Ombudsman said it was shocked that the hospital based in Westlands has withheld the body of Mary Wanjiru for over four months because of medical bill incurred in three days.

Wanjiru incurred a bill of over Sh700,000 which the family was not able to pay. A fundraiser at her home in Ndeiya, Limuru in July did not yield enough money to offset the bill.

Charles Dulo, chairperson the Commission on Administrative Justice referred to a landmark case and a legal precedent of Norah Masitza and another versus Mombasa Hospital Number 153 of 2008.

In the case, Justice Festus Azangalala ruled: “The deceased remains are not an asset that the respondent may hold as lien, the defendant cannot sell the body to recover the its charges, it can not pledge or otherwise use the remains as security.”

Dulo said in the above matter, the commission wrote to the principal secretary to act swiftly.

“Following the intervention, the CEO and the registrar of KMPDC (Kenya Medical Practitioners and Dentists Council) ordered the hospital to release the body of the deceased and seek alternative ways of recovering the debt,” he said.

[George Njunge]

NAKURU

Thirteen killed in Nairobi-Nakuru highway accident, three injured

Thirteen people were killed on Sunday at midday in a tragic road accident involving a 14-seater matatu and a trailer at Kariandusi in Gilgil, along the Nairobi-Nakuru highway. Three others survived the crash with serious injuries.

Nakuru County Police Commander Emmanuel Oporu confirmed the fatal head-on collision and said preliminary investigations suggest the matatu was overtaking at the time of the incident.

“Thirteen people died on the spot. The three survivors were rushed to Gilgil Sub-County Hospital,” said Oporu.

He added that while it is suspected that the

victims belonged to the same family, further investigations would confirm their identities.

Among the survivors were two children who were in the matatu and the driver of the trailer. The matatu, which operates in Thika, was heading towards Nakuru, while the trailer was travelling in the opposite direction.

Oporu cautioned motorists to exercise vigilance, observe lane discipline, and adhere to traffic regulations, particularly along the stretch of road where the incident occurred.

“The road is narrow and risky, especially when drivers attempt to overtake,” he said.

CCTV footage reviewed by The Standard cap-

tured the moment the matatu attempted to overtake, leading to the fatal collision. The video also shows a Subaru travelling behind the matatu at the time of the crash.

Stephen Weru, the driver of the Subaru, said he narrowly escaped death.

“My car was only scratched. I am lucky to be alive,” said a shaken Weru.

Daniel Omwenja, a pedestrian who was walking nearby, said he heard a loud bang before rushing to the scene.

Patrick Atuya, another witness, said he was traumatised after seeing more than 10 bodies being retrieved from the mangled matatu.

“It's devastating. Children and their parents lost their lives in an instant. The weight of what I saw is unbearable,” he said.

Samuel Kamau, a resident of the area, said both the matatu and the Subaru were overtaking, but only the Subaru managed to return to its lane in time.

“Despite the trailer honking loudly, the matatu remained on the wrong side of the road and collided head-on with the trailer,” Kamau said.

He noted that among those rescued was a young girl and an elderly man, believed to be the trailer driver.

[Daniel Chege]

Lawmakers push for new policy to protect agricultural land



Westlands MP Tim Wanyonyi. [Elvis Ogina, Standard]

▶ Westlands MP Tim Wanyonyi has tabled a motion seeking for a land policy changes.

▶ He cited worrying trends such as uprooting of coffee trees to pave way for housing estates.

IRENE GITHINJI, NAIROBI

There are renewed calls for the formulation of a national land use policy aimed at safeguarding agricultural land, amid increasing subdivision for commercial and residential developments.

Westlands MP Tim Wanyonyi has tabled a motion in Parliament expressing concern over the country's declining agricultural productivity, a trend partly attributed to the shrinking acreage of land under agriculture due to unplanned settlements encroaching on farmland.

Wanyonyi noted that agricultural land in rural areas is continuously being subdivided into small plots for construction, significantly reducing the amount of land available for farming.

"This calls for urgent measures to ensure effective land use across the country to optimise agricultural output," he said.

If adopted, the proposed policy would designate areas strictly for agricultural use, which would be protected from any form of commercial or residential development.

"This House resolves that the Government, through the Ministry of Lands, develops a policy framework for effective land use in rural areas by consolidating and zoning land for built development—comprising commercial and residential use with shared public utilities—and separate zones for agriculture, in order to arrest the diminishing of farmland and stabilise the country's agricultural productivity," Wanyonyi said.

He cited worrying trends, such as the uprooting of coffee trees from traditionally agricultural areas to pave the way for housing projects, as examples of actions that undermine food production.

"A lack of clear land use guidelines often leads to conflict and violence. This motion seeks to prevent such conflicts between agricultural and built environments," he explained.

The Westlands MP also called for a balanced approach to economic development, agricultural productivity, and environmental sustainability, highlighting the need to protect natural resources and minimise the risk of environmental degradation.

"This policy seeks to protect farmland, enhance productivity, and contribute to national food security. It will also ensure that all citizens have sustainable access to public spaces, services, institutions, and social amenities," he added.

The motion calls for collaboration among key ministries, including Lands, Public Works, Housing and Urban Development, Environment, Climate Change and Forestry and Agriculture and Livestock Development, in the development of the proposed policy.

It also emphasises the importance of stakeholder engagement, involving farmers, developers, and local communities to ensure the policy reflects their needs and aspirations.

"The enactment of this policy will ensure that environmental factors—such as the conservation of natural habitats and water catchment areas—are considered in land use planning. It will also guarantee public participation, ensuring the voices of farmers and other affected communities are heard," Wanyonyi said.

Kilgoris MP Julius Sunkuli seconded the motion, urging the government to implement regulations, guidelines, and strategies to ensure the sustainable use of fertile land, particularly for farming.

"Fertile land is being turned into housing estates. Unless this is addressed, our agricultural land will continue to diminish," Sunkuli said.

With the ever-growing population, he noted, the demand for housing continues to rise. It is, therefore, the government's responsibility to plan for future generations by zoning land for agriculture and protecting it from residential encroachment.

"The government must designate areas specifically for housing development. This challenge is most acute in rural areas," he added.

Dagoretti South MP John Kiarie also supported the motion. "I hope this motion will lead to the development of legislation. However, it is crucial that the Executive first formulates the relevant policy to provide a foundation before such laws are enacted," Kiarie said.

igithinji@standardmedia.co.ke



WEST POKOT COUNTY ASSEMBLY COUNTY ASSEMBLY SERVICE BOARD



VACANCIES

The West Pokot County Assembly Service Board invites applications from suitably qualified Kenyan citizens to fill the following vacant position on permanent terms:

RE-ADVERTISEMENT

1. CLERK TO THE COUNTY ASSEMBLY (Job Group S) - 1 POSITION

The Clerk of the Assembly is the Administrative Head of the County Assembly, the Principal Advisor on all County Assembly procedures, practices, convention and traditions to the Speaker of the County Assembly, other Presiding Officers and Honorable Members.

Duties and Responsibilities

- 1) Ensuring staff compliance with Public Service values, principles and ethics;
- 2) Preparing annual performance report of the Assembly;
- 3) Offering advice on all legislative procedures, practices, conventions and traditions to the Speaker of the County Assembly and other Presiding Officers and to all honorable Members;
- 4) Marshaling all legislative measures passed by the County Assembly;
- 5) Coordinates external relations including international relations, inter-County Assembly relations, conferences and protocol;
- 6) Enhancing public understanding and knowledge of the work of the County Assembly and increasing public accessibility;
- 7) Implementing the resolutions of the County Assembly Service Board to ensure the Members and Staff are properly facilitated to discharge their mandates at the County Assembly;
- 8) Drafting legislative proposals for processing in the Assembly.

Requirements for Appointment

- 1) The Candidate must meet the following minimum requirements;
- 2) Is a citizen of Kenya;
- 3) Holds a Degree from a university recognized in Kenya;
- 4) Has a minimum of 5 years relevant professional experience with quantifiable levels of success;
- 5) Holds a Certificate in Leadership from a recognized institution;
- 6) Proficiency in computer application skills;
- 7) A Member of a Professional Body and in good standing;
- 8) Meets the requirements of leadership and integrity set out in Chapter Six of the Constitution; and;
- 9) Has obtained the approval of the County Assembly upon a recommendation of the County Assembly Service Board;
- 10) A Masters Degree in Law and any Social Sciences will be an added advantage.

APPLICATION CRITERIA

- 1) Persons interested in filling the above positions should submit their applications, accompanied by detailed Curriculum Vitae indicating their telephone contacts; copies of relevant Academic and Professional Certificates, National Identity Card or Passport, and other relevant supporting documents;
- 2) In addition, all applicants should submit certificate of clearance from the Ethics and Anti-Corruption Commission, Higher Education Loans Board, Criminal Investigations Department and the Kenya Revenue Authority, Credit Reference Bureau as part of compliance with Chapter Six of the Constitution of Kenya;
- 3) Candidates with Foreign Degrees MUST obtain accreditation from the Commission of Higher Education of Kenya;
- 4) All applications should be delivered in sealed envelope and clearly indicate the position applied for in the reference line and be addressed to:

The Chairman,
County Assembly Service Board,
West Pokot County Assembly,
PO Box 6-30600
KAPENGURIA

OR

Is hand delivered to the office of the Chairman, County Assembly Service Board located at the premises of West Pokot County Assembly so as to reach not later than **Tuesday October 21, 2025 by 5 pm.** Only shortlisted candidates will be contacted through their mobile numbers.

2. LEGAL COUNSEL I JOB GROUP M (1 POSITION)

The West Pokot County Assembly Service Board invites applications from suitably qualified Kenyan citizens to fill the following vacant position on permanent and pensionable terms:

Duties and Responsibilities

A Legal Counsel I shall be responsible to the Principal Legal Counsel. Duties and responsibilities will entail:

- a) Drafting of Private Members' Bills;
- b) Drafting of amendments to Bills to be proposed to the Assembly by any Member of County Assembly or any Committee of County Assembly;
- d) Giving legal interpretation of Acts and Bills and generally giving legal advice on matters relating to County Assembly;
- e) Providing legal advice to the CASB, County Assembly and its Committees;
- f) Ensuring that Bills passed by County Assembly comply with the Constitution;
- g) Liaising with the Office of the County Attorney on litigation matters involving County Assembly;
- h) Legal representation of County assembly and the CASB in court proceedings;
- i) Giving of legal opinions on matters before or relating to County Assembly and giving legal advice on commercial matters;
- j) Providing any other legal services as may be required by County Assembly, the Committees, the Speaker, the CASB or the Clerk;
- k) Undertaking legal research on matters before the Department Requirements for Appointment

For appointment to this grade a candidate must:-

- (i) Served in the position of Legal Counsel II Drafting services/Litigation or in a comparable position for a minimum period of three (3) years;
- (ii) Have a Bachelor of Laws degree;
- (iii) Be admitted as an Advocate of the High Court of Kenya;
- (iv) Be in possession of a current practicing certificate; and
- (v) Be Proficient in computer applications skills.

The Secretary,
County Assembly Service Board,
West Pokot County Assembly,
PO Box 6-30600
KAPENGURIA

OR

Is hand delivered to the office of the Secretary, County Assembly Service Board located at the premises of West Pokot County Assembly so as to reach not later than **Tuesday October 21, 2025 by 5 pm.**



OPINION

The Standard

"What the former President is doing is not just offering advice; it amounts to engaging in opposition politics and inciting Kenyans against a legitimately elected government,"

Geoffrey Ruku, Public Service Cabinet Secretary



EDITORIAL

Youth should register as voters to make change

The Independent Electoral and Boundaries Commission (IEBC) kicks off the continuous voter registration exercise today across the country. This is a critical exercise ahead of the 2027 general election. IEBC does not only seek to register more than six million new voters, it presents an opportunity for the already registered ones to change their polling stations, verify their particulars and the status of the voter registration.

This exercise is especially important for Kenya's youth demographic. This is because they have been craving for change and strongly advocating for it in the streets and online in the past three years.

In June 2024, agitated youths who felt ignored by the ruling elite in matters of governance, staged protests that have since been christened the 'Gen Z protests'. They took to the streets to demand the withdrawal of the Finance Bill 2024 and dissolution of the Cabinet. The protests took an intransigent government by surprise.

Feeling cornered, President William Ruto acceded to their demands, but what followed was the proverbial extraction of one's pound of flesh, which the government did with a chilling revenge. Abductions of youth, disappearances, extrajudicial killings and police brutality became the new normal despite public outrage. Recourse to these measures sought to intimidate the youth and deny them their right to peacefully assemble.

Despite that, the Kenya Kwanza government believes that it's on the right path and that it will be re-elected due to its good work.

The youth, those aged 18 years and above, have an opportunity to join the rest of voters to express their satisfaction or otherwise with Ruto and his team and the other political leaders by renewing or terminating their mandates in 2027. But the young people will only be able to do that if they register as voters beginning today. Let them go out and register as voters or forever hold their peace.

Go well, Prof Arthur Obel

Arthur Obel, who passed away on Saturday, was a giant in the field of science. Only on a few occasions in the history of research in Kenya have scientists come up with ground-breaking innovations that could change the course of human history. Prof Obel's controversial attempt in the early '90s to create a cure for HIV/AIDS almost took us in that direction. Although his Pearl Omega was eventually dismissed by other scientists, Obel will be forever remembered for being among the first scientists who tried to solve one of the world's worst nightmares.

Even as he was vilified, Obel believed an Aids cure was possible. Luckily, Obel has lived long enough to see his dream for HIV/AIDS drugs actualised. Currently, Kenyans are about to start getting a protective HIV injection for Sh5,000. Obel was clearly a man way ahead of his time. Rest in peace, professor.

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THE MANDATE

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Mismanagement of education destroying our children's future



KIDI MWAGA

The hesitation of the government to deal with the concerns in the education sector will be recorded by historians as the beginning of our collective decline as a country. Largely touted as the greatest equaliser, education has become stratified in this country and we are slowly locking out children and young people from humble backgrounds from opportunity. As the lecturers in public universities are forced to run in the streets demanding their rights, the duty bearers and the politically correct are getting their second and third Bachelors and Master's degrees from abroad.

If we still believe in equal opportunity, then there must be urgent intervention in the education sector. To begin with, the systemic under investment in pre-primary education has a direct long term impact on upward mobility. The Early Childhood Development and Education (ECDE), is the solid foundation upon which eventual academic success, social skills and employability is predicated. ECDE is a county government function but devolution and education experts have pointed out that the money transferred by the National Treasury to

the counties is inadequate to offer quality ECDE programmes. Sample budgets from 24 counties in the last five years indicate that our allocation for ECDE has never gone beyond 3 per cent, which is far below UNESCO's recommendation of at least 10 per cent. The biggest challenge in the management of ECDEs is the fragmented responsibility between national government and the counties over policy formulation and implementation. The split mandate creates confusion over funding, standards and teacher management.

But the problem is not in the ECDE alone. As soon as children get into primary school, you encounter the elephant in the room called CBC (or is it CBE?) which has faced one of the worst stakeholder management since inception. Parents and teachers, being the greatest stakeholders, were sucker-punched into submission by the Education ministry mandarins. So when the government talks of in-service training to fill the teacher gap, you realise it is a gamble with the collective future of this country.

To make sure that there are enough teachers who can administer CBC, one teacher is nominated per school in every division to be trained as a trainer of trainers. The ensuing confusion is difficult to comprehend. How, for instance, will a Kiswahili teacher come back to instruct a chemistry teacher how to teach chemistry? In spite of the government's policy of 100 per cent transition, out of the students admitted in Form One in 2020, about 200,000 students dropped out or did not sit the KCSE. This translates to one out of every six students.

These are not mere statistics. This is our future workforce. At a time when we are interested in putting our young graduates to the next available flight. Exporting our best talent to build other economies while we will soon be grappling with high crime rates beyond anything we have seen. The central challenge of politics is how it allows those manning critical national institutions to phrase our societal issues through short-term lenses and then force us to clap for them. The hiring of teachers is one such testament. A former Cabinet Secretary turned presidential adviser recently revealed a poorly kept secret; that MPs have been turned into an extension of the human resource department of the TSC.

In a country where clannism and tribalism are primary mobilisation tools, so many young people who are qualified to become teachers cannot because they have refused to become parrots for the politicians. In building great societies, leaders insist on merit and impersonality in public service. When you hire teachers on the basis of political correctness, you undermine their capacity to become excellent educators as they owe their employment not to their competence but to their local politician.

To all the parents out there and the young people unhappy with how our education is being managed, the tool is a voter's card. For politics is the power to distribute the cost and benefits of public policy.

Mr Kidi is Senior Policy Associate, Felt Africa Group and convenor of Inter-Parties Youth Forum. kidimwaga@gmail.com

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PALAUVER

Water, points out James O Kihali [omedoka@yahoo.com], is vital for all forms of life. "Without it, humanity cannot survive, yet Bungoma Water and Sewerage Company, the entity mandated to supply water to the residents of Bungoma cares little. Their services are terrible. Water taps went dry on September 21. A week later, by September 27, there was still no sign of restoration. This is not the first time we have missed water for weeks. The County Government of Bungoma is quiet and therefore complicit. Who will come to our rescue?"



Kabaria Ole Muturi [jameskm570@gmail.com] urges Cabinet Secretary for Ministry of Interior and National Administration Kipchumba Murkomen to hurriedly retract his support for police officers who demand a 'fuel levy' from the service-seeking members of the public. "Institutionalising this mess will mean that those who can't 'buy' fuel will not get services from our police officers. Where, one may ask, does this leave the security of ordinary citizens who do not have cash for fuel?"

Does the government have an effective communication channel with the public? wonders Onyango Moffat [onyangomoffat89@gmail.com]. "The family of Benedict Kabiru, a police officer who was killed in Haiti, did not know he was dead until President William Ruto said so while addressing the United Nation General Assembly. Why was the family not informed first? Is death such a normal thing under this government it can't have compassion for the bereaved? We need a compassionate government."



It is apparent, says Githuku Mungai [githukumungai@gmail.com], that from the time he came back from the US where he traversed the vast country for weeks, Rigathi Gachagua has, to some extent, reduced political temperatures wherever he has held or attended functions. "Additionally, newspaper reports have recently reported that the former deputy president was 'blocked' by wananchi here and there who insisted on being addressed by him."

Write to us:
Oped@standardmedia.co.ke

Do you support proposed cybercrimes Bill?



MAGGIE MBEVO,
BEAUTICIAN



It'll help bring cyberbullying to an end

I have read the proposed amendments to the Computer Misuse and Cybercrimes Bill 2024 and I am persuaded that it is a good idea. The proposed amendments seek to impose higher penalties for those engaging in cyber harassment, which has become very common on social media. Individuals found guilty of deliberately harassing, threatening or causing others distress will pay up

to Sh20 million fine. That is a great deterrent to cyber-bullying and will restore sanity in the use of the social media space. Another major milestone will be cracking down on websites that promote illegal activities including terrorism, pornography and extremist content. This will go a long way in protecting our social fabric and safeguarding our values as citizens. The Bill spells out a raft of firm measures to protect social order and discourage indulgence in illegal activities. It will give the State sweeping powers to monitor, flag and take action against individuals disseminating offensive content.



MERCY CHEPKIRUI MUTAI, SOFTWARE DEVELOPER, FINTECH GROUP



It will hurt free speech, privacy rights

The Computer Misuse and Cybercrimes (Amendment) Bill 2024 is likely to take away people's right to speak freely and share information by allowing the government to switch off phones and websites whenever it chooses. Indeed, if enforced, it will directly offend the constitutional right to free speech as well as the right to privacy. In this era of citizen activism against the

government, the law could easily be misused to silence ordinary citizens, journalists, or activists simply speaking out against injustice. Many families now depend on online businesses and digital jobs, and sudden shutdowns would destroy their income and livelihoods overnight. As such, the law will be retrogressive and potentially disrupt incomes of people. The Bill is written in vague terms, which means even innocent online activity could land someone in serious trouble. There is a possibility that many young people will find themselves at the loggerheads with the State.

Text and photos: Erastus Mulwa

HINDSIGHT

Three foundations of power and why Ruto's influence is getting eroded

Power comes in many guises, is hard to gain, and easy to lose. It has three foundations; possession of requisite knowledge and competence, ability to retain the trust/confidence and obedience of the ruled, and the use of common sense in balancing the other two. To have those foundations, rulers often appeal to the divine to legitimise their rule and as long as the ruled accept the divine connection, the rulers are safe.

To justify his being king, for instance, David had Hebrew oral traditions put into writing in ways that made past divine actions preparations for David to be king. The challenge to rulers is to retain legitimacy lest, as Confucius warned roughly 2600 years ago, they lose public trust and face rebellion.

Knowledge outdoes empires and brute force which rulers like. Alexander the Macedonian stressed this point but he wanted to control, and deny knowledge to the ruled. Many rulers behave like Alexander in trying to deny knowledge and some even go to the extent of destroying an educational system that enlightens the ruled. North Africa's Ibn Khaldun, lamenting the decline of the Islamic Umma, noted the process of losing empires as being loss of collective sense of responsibility, replaced by increased incompetence and corruption.

They ignore Nicollo Machiavelli's warning to the 'Prince' to balance fear with respect, the lion and the fox, and never to confuse the two. The wise ones behave like Mwai Kibaki in decreeing 'Watoto Wasome' as a way of protecting society from destruction.



MACHARIA MUNENE,
Historian

Those trying to limit access to education because they hold office ignore the fact that power is transient. They enjoy what GG Kariuki termed Illusion of Power which he had while serving as Jomo Kenyatta's and Mbiu Koinange's errand boy and as minister. Errand boys exercise some power and at times act as what Bob Haldeman termed as every president's 'son of a bitch'. With Haldeman serving as Richard Nixon's son of a bitch, Nixon ended up losing power in part because his 'sons of bitches' went haywire in Watergate and were caught breaking into offices. He lost the trust of the people and the country. Many are those holding power who lost it and tragically appear to be oblivious of that reality.

Benjamin Netanyahu

The loss of power can be to countries, institutions, and individuals. Often, individuals are the reason that countries and institutions lose power especially when they ignore the basics of power

and influence. The United States and the United Nations are seemingly not as influential as they used to be. Neither is Israel in part because Benjamin Netanyahu has pushed reluctant Euro-countries into recognising Palestine.

In Kenya, William Ruto started well only to squander public trust in three years that he sounds desperate trying to justify his problems in steering the ship of state. He has stabilised the currency and has pleased extra-continental powers. He has hosted such Euro-royalties as England's King Charles III and his venture into Haiti has gone remarkably well.

He, however, appears to have lost sovereignty to foreign forces that advise him on what to do in Kenya, some of it not pleasing to Kenyans. As he imagines himself to be equal to China's Xi Jinping, his supposed collaborator in changing the world, the waves of domestic unhappiness due to collapsing institutions makes him desperate. His errand boys and girls are not helping him.

There are times when people in high offices, deluding themselves into believing that they are omnipotent, behave as if they are omniscient, and lose common sense. Biblically, Rehoboam, Solomon's son and successor, ignored good advice. The kingdom of Israel split and put the Israelites under continuous subordination symbolised by the Babylonian captivity; they were rescued by Cyrus the Persian.

Ruto disappointingly displays similar traits, claims he is brighter than everyone else, and is blind to the erosion of his influence and power over Kenyans.



KUTETE MATIMBAI
LAWYER

Culture of bribes in police ranks the epitome of service at a price

When I was young, there was a joke that went something like this: It is a few minutes after mid-day. A policeman suddenly discovers there is no *unga* (maize flour) in the house. But then, he confidently instructs his wife to start boiling water for cooking *ugali*. He dresses up in his policeman uniform, puts on his policeman beret, hangs a pair of policeman handcuffs conspicuously on his trousers, and wears his policeman boots.

He rushes to the armoury, picks a G3 assault rifle and calmly walks to the nearest public road. The idea is to look like a no-nonsense police officer on duty. And sure, a few minutes later, he comes back with a 2kg packet of maize meal, 1kg of beef, onions and tomatoes. Simple. Straight-forward. No shots fired. Nobody injured. And the family has a hearty meal...at someone's expense of course.

"Garbage in, garbage out" is a concept explaining that the quality of an output from a system or a decision-making process is directly determined by the quality of the input. In essence, if you provide flawed, or low-quality input (garbage in), you will inevitably receive flawed, unreliable, or unusable results (garbage out). In Computer Science and Programming, if a programme is fed incorrect or incomplete data, it will produce inaccurate results, regardless of how well-designed the programme is.

This principle does not just apply to computers and other information processing devices. The concept cuts across and highlights the crucial need for accurate, high-quality input for any system to produce meaningful and reliable outcomes.

Since independence, we have used a dangerously flawed system to hire personnel to join our security forces. The result we get is an incompetent service, faulty decisions, operational inefficiencies, increased costs, and damaged reputation, particularly in the policing context.

It is a poorly guarded secret that a good number of our serving police officers joined the "service" through bribery. Sad tales abound of parents who sold land to raise the requisite bribes for their child to go to Kenya Police College, Kiganjo, or the Administration Police Training College at Embakasi.

And it is not only the police. My neighbour sold one acre and gave away Sh580,000 so that his child could join the Kenya Wildlife Service College. When the child reported, he was told that his letter was a fake and was advised to leave without looking behind lest he was arrested and charged with forgery.

A police officer who joined the force by the normal means of bribery cannot, and should not be faulted for engaging in a normal, ordinary practice of taking bribes, whether in fuel or otherwise. It does not matter how many anti-corruption workshops and seminars he attends in one week because the "facilitator" of the workshop is also likely a product of bribery. His immediate boss might also have joined the force through the normal bribery channels. Garbage in, garbage out.

Before Interior CS Kipchumba Murkomen



said it boldly and loudly, all adult Kenyans knew that victims of crime visiting a police station are usually asked to "remove fuel" in order for the police to go and arrest suspects. You are a fool if you turn up with a five-litre container full of diesel. What the CS stated is actually the rule, rather than the exception. An ordinary Kenyan would be very amused, if not utterly surprised, if you reported a criminal incident at a police station and you are told to accompany police officers, in a police car, using police fuel, to the scene of crime, without being asked for fuel!

In fact, if such a thing happened to you, be very suspicious of those police officers. It could be a set-up to "change the case" and have you arrested instead because it is simply not possible for a police Land Cruiser to leave a police station without a crime victim giving money for fuel. Unless, of course, they are going to raid a chang'aa den or to beat up protesters in a maandamano. I don't know of any other scenario.

Police officers are very ingenious and innovative. It is called "Akili ya askari". They have not been sitting waiting for Murkomen to advise wananchi on the need for being patriotic by contributing a little cash to fuel the police Land Cruisers. They have been asking for and receiving kitu kidogo for ages. The difference is that with Murkomen's public endorsement of corruption, every police officer is likely to quote the CS when demanding a little money for fuel, food, uniform, grenades, guns and bullets, tear-gas, stationery and entertainment or whatever else they spend the bribe money on. And why not?

The police slogan, 'Utumishi kwa Wote' is today rather misleading, worn out, too ambitious and a relic of the past. The same way they reviewed and phased out the Kenya

Police Force for National Police Service, the current slogan is outdated and they should find a fitting slogan which is in sync with the realities and values of the current policeman. I humbly suggest, "Utumishi Kinjaaro" or better still, "Utumishi kwa Fedha". Or, yes, "Utumishi kwa kitu". Choose one, I won't charge any kitu.

In the corporate world, employees are given targets and delivery timelines. Targets and timelines are important components of prudent management. It has been whispered that this corporate approach has been introduced in the National Police Service, with superb results. The concept was likely to have resounding success among police officers, given that at Kiganjo, recruits are taught that "Amri ni kubwa kuliko mwenye ametoa amri" (An order is way more important than whoever issues the order).

It has been said that senior officers routinely order their juniors to collect bribes on their behalf. It could be an OCS instructing those under his charge. It could be a Traffic Base Commander quietly ordering junior traffic officers to bring him a certain amount of money. It has been confirmed that in fact, your ordinary traffic officer at a roadblock or that officer apparently on routine beat is under immense pressure from *afande* to deliver a certain amount of money within a specific time-frame.

If such an officer thought *afande* was joking and fails to deliver, he will soon find out the difference in distance and "perks" between Port Police Station in Mombasa and El-Wak Police Station in Wajir. Those officers who take such instructions with gladness, gusto and machismo soon find their way back to Kiganjo Police Academy for promotion training. Garbage in, garbage out.

Healthcare

The trouble with Shif and what should be done to fix it



GABIN OMANGA

The Social Health Insurance Fund (Shif) was launched with pomp and colour as a transformative moment in Kenya's journey toward Universal Health Coverage (UHC). However, its implementation has been marred by several problems.

To many experts, this is not surprising. The funding model is flawed, structurally unsustainable and risky. It relies on a small number of contributors, and an unnecessary campaign for everyone to register and go to hospitals. The earlier this structure is redesigned, the better for everyone.

Insurance works on the principle of risk pooling. In health insurance, this happens when many individuals, most of whom are healthy, contribute regularly to cover the healthcare costs of a few who become ill. By collecting premiums from everyone in the pool, insurance companies can accumulate sufficient funds to pay for the expenses of those who need treatment.

SHIF should not be any different, however, its mechanisms are the complete opposite. After a rigorous government campaign for Kenyans to register for SHIF, without a corresponding push for contributions, only 4.5 million Kenyans are contributing against 26 million registered. As a result, SHIF collects about Sh9 billion per month, while facing claims of Sh9 billion. This structural deficit of Sh3 billion monthly is a financial time bomb.

Further, politicians have been rallying Kenyans to go to hospital because treatment is free. The fact is that healthcare is not free. As a result of this campaign, in just 11 months, SHIF accumulated claims worth Sh96 billion but because of relatively low contributions, has only paid Sh53 billion, accumulating a debt of Sh43 billion. Comparatively, the NHIF, with all its flaws, worked because every person seeking treatment was ultimately a contributor. This resulted in two factors that led to its relative success.

Firstly, due to the requirement to have up-to-date payments before treatment, comparatively fewer people were seeking healthcare. This reduced the burden on the healthcare system and subsequently the claims from hospitals.

Secondly, contribution to NHIF was relatively higher than SHIF. This was not only because of the fact that payment was a prerequisite for treatment, but also because the amounts were standard and simple. Sh500 per month or Sh6,000 annually for the vast majority.

As a result, while SHIF has accumulated a Sh43 billion debt in less than a year, NHIF accumulated a debt of Sh30 billion in five decades. Additionally, despite the authority enforcing a deduction of 2.75 per cent of gross pay from salaried Kenyans, SHIF collects Sh72 billion annually while NHIF collected Sh86 billion.

The main problem with SHIF is the funding model. 3.5 million salaried employees shouldering a colossal 96 per cent of the entire contribution revenue is unjust.

SHIF must develop a strategic shift from registration to contribution. With a largely informal economy, the options are not many. The notion that millions in this sector will voluntarily pay premiums out of goodwill is naive. The government must leverage the technology and data it possesses to create fair and enforceable contribution mechanisms. This could mean integrating SHIF contributions with other essential services or licences such as business permits. The principle must remain, if you are registered to benefit, you must have a clear, accessible, and obligatory pathway to contribute.

The second option could be the most viable. Identify a product or service consumed by a significant majority and charge a direct levy on it to fund universal healthcare. This deduction should be protected to only fund universal healthcare.

Mr Omanga is a certified member of the Institute of Risk Management East Africa Chapter



READERS' CORNER The Standard

Take part!

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HOT ON X

Delegates walk out on Netanyahu

@business: Many UN delegates walked out as Israeli Prime Minister Benjamin Netanyahu prepared to speak, leaving the hall largely empty.

@Mannie_Spry: The walkout during Netanyahu's speech wasn't diplomacy—it was political theatre. Diplomats are supposed to engage, not perform.



@m.....: Netanyahu didn't lose the debate—he lost the room. An empty UN floor is the loudest protest.

@SAKE2019: It's the UN, all diplomats should be required to listen to all speakers.

@Trorycowan: And because of that stunt, it's the most read, the most popular, and the most reported speech across news media worldwide and on social media platforms, surpassing all other UN General Assembly speeches from this session.

@PDF53: Well, they missed a great speech.



FROM THE WEB

Boda boda oppose online taxi services

Standard Digital: Boda Boda, taxi, and tuk-tuk operators in Watamu, Kilifi County staged protests against the rise of online taxi services, claiming the platforms are hurting their businesses.

Nick Ladu: When education happens without learning.

Alex Muthomi: You too should join them to avoid sitting in the shade waiting.

Ahmed Njonge: Competition is healthy. They should strive to improve their services, and online is not a preserve of any particular people, they can also offer services online and even do better than their competitors, not ban them.



Japhet Mrabu: Learn to change with time. If you don't change, change will change you.

Francis Musyoka: It's time to realise that we are in a willing buyer willing seller dispensation. Teach the boda bodas how to go digital too.

Edward Idwasi: They should join a digital platform. That's where the world is.

PATRIOTISM

Desecrating flag is trampling on the sacrifices of those who gave their lives for independence

The Kenyan national flag is a symbol and embodiment of our sovereignty, our history, and our identity. The black colour speaks of our people, the red of the blood shed for freedom, the green of our fertile land, and the shield and spears of our resolve to defend our nation. To mock or desecrate it is to trample on the sacrifices of those who gave their lives for independence.

Recent footage of foreigners ridiculing our flag has rightly sparked outrage. The acts constitute a blatant violation of the National Flag, Emblems and Names Act and rise to the level of sedition. This incident cannot be divorced from the broader context of Kenya's strained relations with Somalia.

The two nations have long been entangled in disputes, from maritime boundaries to cross-border security concerns. In such a climate, the act of mocking Kenya's national flag by Somali nationals carries deeper political and diplomatic undertones. It risks inflaming tensions further, undermining peace efforts, and fueling mistrust between ordinary citizens of both nations. What might appear as mischief therefore becomes a dangerous provocation at a delicate time in regional relations.

Our Constitution and laws safeguard the dignity of national symbols. Desecration of the flag undermines the very unity and authority of the State. Other nations do not tolerate such mockery, and neither should Kenya. It is time to show, firmly and lawfully, that our symbols are sacrosanct. All the suspects should be arrested and prosecuted. If convicted, the penalties must be applied to the fullest extent, including prison terms where applicable. Deportation may follow only after the judicial process is complete, accompanied by clear restrictions barring re-entry. This is not vengeance; it is justice, and it will set a precedent for both foreigners and Kenyans who fail to respect the flag.

But this outrage should also prompt introspection. As citizens, do we always uphold the



sanctity of our flag? Too often, it is used casually in marketing, worn in inappropriate settings, or defaced without thought. Demanding respect from outsiders requires us to show it ourselves. Schools, institutions, and civil society should invest more in educating Kenyans on the meaning and importance of the flag.

Disrespecting the flag is not a minor offense, it is sedition against our identity. Justice, applied firmly and transparently, will honour the memory of our freedom fighters and remind all that the Kenyan flag is beyond mockery.

Rony Alal, Nairobi

EDUCATION

AI is breeding laziness in universities

Technological innovations have gone a notch higher as new discoveries come up every day. The use of Artificial Intelligence (AI) is causing uproar in higher learning institutions where it is alleged to negatively impact creativity among the students.

Before the advent of AI, students used to flock to libraries to do research on assignments and term papers. This is no longer the case since students only need to press a button and have their assignments done in seconds.

Technology is here to stay, and with even more sophisticated innovations coming up every day, we have only one option as a remedy to this new normal - self discipline. If university students can value knowledge for knowledge's sake and find pride in their own research, then they will not fall prey to this necessary evil.

Let them read culture and value original work. I believe the innovators in developed countries are never enslaved by the AI and that is why they are coming up with new inventions and discoveries every day. Learners should emancipate themselves from technological slavery and seek true and reliable knowledge. **Franklin Mukembu, Tharaka Nithi**

UNEMPLOYMENT

Educate children without expecting payback

Every parent wishes to see their children prosper. Many parents believe that the success of their children is an insurance for them in their old age. Most believe it is the obligation of the children to take care of their parents as they grow old. However, things are changing. Parents educate their children with high expectations but once they are out of university, they discover there are no jobs. That reality has a way of humbling people.

Parents should understand that the current system of education does not operate like

in the old days where going to the university was an achievement and privilege for a few, and the small number that managed it, got absorbed directly into the job market. Today, competition is stiff and resources are scarce. With the current trends, parents should lower their expectations and know that their children might not help them in their old age. Parents should support their children to be able take care of themselves with zero expectations of the children returning the favour. **John Nzeki, Machakos**



UNGA

Ruto used soft power to lure investors during meeting

President William Ruto didn't just show up at the UN General Assembly (UNGA), he stormed the stage with bold rhetoric and a continental agenda. His global spotlight about Africa's voice in the world has doubled as a chance to turn diplomatic firepower into tangible gains back home. UNGA provided Kenya's leadership a global stage to showcase that despite domestic political turbulence, the nation remains a prime destination for worldwide investment.

To cement Kenya's status as a global thought leader, Dr Ruto fused economics, climate science, and sharp geopolitics into one compel-

ling narrative. That intellectual firepower did not just elevate Kenya's voice, it will likely pull in policy allies, unlock research funding, and court elite partnerships that are hungry for bold ideas.

Ultimately, Ruto cast Kenya as a beacon of stability—fervent reforms and flagship programmes like affordable housing not as local experiments, but as global templates. That's the way to bait investors, woo donors, and lure tech giants to invest here. With the UNGA spotlight blazing, this is Kenya's moment to swing open every diplomatic and economic door. **Michael Karanja, journalist**

The Standard Counties

Business. Clock ticks on Agoa agreement. Page 20



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Pastor held, five children rescued in cult crackdown

► He allegedly ordained children, aged between 19 and 12 years, to perform rituals to cast out demons.

► After fasting for 40 days, the children were expected spray a concoction onto people believed to be possessed.

MARION KITHI, KILIFI

Police have arrested a controversial pastor and rescued five emaciated children in another case of suspected cult in Kilifi North Constituency's Dera Village.

The pastor, Kamanza Mwatela, allegedly ordained children, aged 19 to 12 years, to perform rituals to cast out demons. The children were to be subject to a 40-day fasting period, police said.

The police and residents said that after the 40-day fasting period, the emaciated children were to climb "a sacred tree" to spray a concoction on those possessed that were to sit under it.

According to the police report, the five children dropped out of Konjora Primary School, as directed by the pastor to join his church, Jesus Ministry Church (JMC).

"The children had already fasted for several days and had become very weak

and emaciated, and their mouths were dry and had mouth sores because of dehydration," said an investigator.

Kilifi County Criminal Investigations Officer (CCIO) Robert Kiinge confirmed the incident, adding that the pastor was preaching and influencing children to drop out of school to fast.

He said that several children had dropped out of school in the area.

"People believe he came from Malindi in February to open a Jesus Ministry Church. He admitted having been praying and fasting but denied forcing the minors to fast," he said.

Other residents said that Mwatela arrived in the village, which gained notoriety in 2017 for the killing of the elderly accused of practising witchcraft, in February this year.

They said tranquillity had returned to the area after other killings until Mwatela arrived in the village to, allegedly, indoctrinate followers with extremist and cult-related beliefs.

Kiinge said the suspect told the police that he had come to pray for a family there, so we are yet to verify his statement. He has been booked until Monday.

Kiinge said, "He looks very confused, like he has a mental issue," and added that investigators are holding the pastor as investigations continue.

A village elder, Alphonse Kahindi, said the children's mother lived on the same plot with the pastor and had con-



Police in Kilifi County have arrested a pastor who was preaching against education, leading to numerous children dropping out of school. [Courtesy]

daily@standard.com



When the number of followers increased, he rented another room and spread mats for his followers,"

Alphonse Kahindi, village elder

sented to the teachings. The police also interrogated her.

Kahindi said that the pastor had rented a house and started praying loudly at night and during the wee hours of the morning.

"He would start praying at 3 pm until late at night at around 11p m, then he takes a break until 3 am and prays until 9 am in the morning," he said.

Kahindi said that it is through these episodes of prayers that he started to attract followers who would come to his house for healing miracles, and within no time he gained a significant number of more than 30 followers, mostly women and children, and it became like a church.

"When the number of followers increased, he rented another room and spread mats for his followers. This room was used for prayer and fasting," he said.

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KWALE

Tension as squatters defy verdict on Sh2.5b land

At least 12,000 settlers on a sea-front land worth Sh2.5 billion in Kwale County owned by the Alawy Saggaf family have vowed not to move out.

A fortnight ago, the National Lands Commission (NLC) restored the land to the family following a protracted legal battle that began in 1981.

The NLC's Committee on Historical Land Injustices ruled that the 309-acre land on Wasini Island was irregularly sub-divided into 87 plots.

Yesterday, the squatters said NLC ruled against the 87 individuals, and

not all the 12,000 villagers, some with titles, on the prime land on the island.

Nazo Yaro, who claimed to have stayed on the land for more than 30 years, said they have been receiving endless threats to move out but have vowed to stay put.

Last week, the Saggaf family, through their chairman, Mohamed Maula Saggaf and spokesperson Alawy Abzein, vowed to evict the squatters and seven hoteliers from the family land after they were issued with a new title deed on September 10 this year.

The land had initially been subdivided into 87 plots, prompting the family to challenge the decision at the High Court.

Last week, Abzein said they had noted the protesters on KTN and that some of them were ferried to the island from as far as Vanga village to the south of Wasini.

He claimed Wasini Island has less than 12,000 people. "We know many of the protesters, and they are not telling the truth. There is a woman who was vocal on KTN, and she is our neighbour, who was married there 10

years ago when we were already in court." He said those who have settled on the land will have to buy the parcels at market value or vacate.

On Friday, hundreds of Wasini residents turned up for the protest, insisting that during the previous meetings they never met with the Saggaf family.

"I remember last time we sat under this tree during a meeting with members of a parliamentary committee on land, the Saggaf family did not turn up," argued Ahmed Fumo.

[Patrick Beja]

MANDERA. WOMAN HURT BY BULLET FROM SOMALIA

Anxiety gripped Mandera County on Saturday evening after a woman was hit by a stray bullet from the Bula Hawa side of Somalia, where the Federal Republic of Somalia and Jubaland forces are fighting over control of the Gedo region. Duha Ulow, 70, was at a homestead not far from the border when she was hit by the bullet that lodged in her upper right hand. Earlier, Interior CS Kipchumba Murkomen had assured locals about their safety and not to worry about the conflict across the border.

[Hudson Gumbi]

NAIVASHA. DONOR FLIGHT STALLS CLIMATE PROJECTS

The withdrawal of donor funding has been identified as one of the major challenges currently facing climate change-led initiatives. Youth across the country have noted that the lack of adequate climate financing risks slowing down critical mitigation efforts and interventions to combat the growing threats of climate change. Notably, the US administration under President Donald Trump has reduced its funding.

[Antony Gitonga]

MACHAKOS. RESOLVE DONS' CRISIS, STATE TOLD

The national government was yesterday urged to resolve the ongoing lecturers' strike to restore learning in higher learning institutions. Machakos Deputy Governor Francis Mwangangi said learning in the public institutions had already collapsed, affecting the learners. He said the casualties of the crisis — who are students — were being innocently subjected to uncalled for suffering and frustration.

[Victor Nzuma]

NAIVASHA. FIRM INVESTS IN ELECTRIC CAR PLANT

An investor has committed to constructing a Sh19 billion electric vehicle assembly plant at the vast Olkaria Green Energy Park. Once complete, Aquilastor Corporate Investment Company says it will produce more than 50,000 electric and hybrid vehicles annually. The firm projects that the assembly plant will directly employ more than 3,000 people.

[Antony Gitonga]



29 September
International Day of Awareness
of Food Loss and Waste

GLOBAL THEME: STOP FOOD WASTE AND LOSS. FOR THE PEOPLE, FOR THE PLANET

OUR LOCAL THEME: Stopping Food Waste and Loss starts with you and me.

Jaramogi Oginga Odinga University of Science and Technology (JOOUST) through its European Union funded AfriFOODlinks project is working together with other partners, namely; African Population and Health Research Center, Women in Sustainable Enterprises, County Government of Kisumu through its Agriculture, Fisheries, Livestock Development and Irrigation Department, City of Kisumu through its Department of Environment and Natural Resources, Food Banking Kenya, University of Nairobi, World Resources Institute, The Food and Land Use Coalition, The Retail Trade Association of Kenya, and Kisumu Young Agripreneurs; to mark this year's International Day of Awareness of Food Loss and Waste (IDAFW) today in Kisumu City. The objective of this day is to raise awareness about food loss and waste and promote collective action towards achieving Sustainable Development Goal Target 12.3.



Photo showing food waste being ferried out of the market

Distinction Between Food Loss and Food Waste

The food loss happens between farm and market while food waste occurs between markets and places where the food is consumption. These happen because of many factors which include (but not limited to) premature and late harvesting, poor post-harvest handling, processing inefficiencies, transportation challenges, poor cooking, ill spicing, serving too much to eat, discarding wholesome leftovers, poor preservation of food, cultural norms such as equating freshness with same-day cooking, keeping food for too long, disasters like flooding among others.

Global and National Outlook on Food Loss and Waste

A study by FAO (2023) indicated that 13% of food was lost globally before having the opportunity to be bought by consumers in 2021. Another study by UNEP (2024) gave a global outlook of food wastage at 19% in 2022. About one-third of food produced annually does not therefore serve its intended purpose. In developed countries, waste occurs mainly at consumer level, while in developing countries losses are concentrated in earlier supply chain stages. This paradox persists even

as millions face hunger, highlighting the urgent need to address both food loss and waste for food and nutritional security, environmental protection, livelihoods and efficient resource use. In Kenya, over 30% of food is not consumed due to loss and waste occasioned by factors already described. This means a lot in country where approximately 30% of households face food insecurity.

Call to Action

Reducing food loss and waste is both an individual and collective responsibility. We recognize and appreciate the national government's effort to develop the "KENYA POSTHARVEST MANAGEMENT STRATEGY for Food Loss and Waste Reduction 2024-2028." The strategy is expected to guide FLW reduction initiatives in Kenya. If implemented well, the impact of FLW reduction initiatives will significantly contribute to the realization of set targets for FLW reduction. Organizations and households can be purposeful in identifying critical loss and waste points, establish why losses and wastages occur, and take corrective action to mitigate against FLW. Awareness raising and education are important for consumer

behavior change. Despite its impact, comprehensive data on the actual extent of FLW and interventions to curb this remains limited. To address this, the African Population and Health Research Center (APHRC) is implementing the Zero Hunger Initiative which aims to improve food security through research, advocacy and public outreach. Through the AfriFOODlinks project, APHRC does the following:

1. Quantifying of FLW in markets in Kisumu City in collaboration with the University of Nairobi to generate evidence to inform future actions to curb FLW.
2. Piloting of a food rescue and redistribution system in collaboration with Food Banking Kenya.
3. Establishment of a 15-ton cold room in **Obunga fish market** to minimize fish loss.
4. Development of food rescue and redistribution guidelines in collaboration with Ministry of Health, Retail Trade Association of Kenya and other stakeholders.

Food Banking Kenya is transforming lives in Kisumu through its innovative food rescue and redistribution system. Through AfriFOODlinks and partnering with Jubilee, Uhuru, and Kibuye markets, FBK collects surplus fresh produce that would otherwise go to waste and delivers it to Mama Ngina Children's Home and Kisumu Urban Apostolate Program (KUAP). The initiative uses Foodiverse technology to efficiently match rescued food with real-time community needs, reducing loss and ensuring timely distribution. This work not only provides



Photo showing a recently installed cold room to address food waste at Obunga market.

nutritious meals for vulnerable children but also fights food waste, promotes dignity, and supports a more sustainable food system for Kisumu.

With support from APHRC, the UON Postharvest Research team also uses FLW quantification tools developed by the World Resources Institute (WRI) to determine the extent of food waste in wet markets for fruits and vegetables in Kisumu city and the Obunga market for fish processing by-products. This study also seek to establish the causes and drivers of food waste in these markets, the destination of wasted food and current mitigation measures to reduce FLW. The findings are expected to establish the quantity of food that is potentially available for food rescue from the various markets and redistribution to those who need the food. It will also make recommendations on context-appropriate interventions to reduce food waste in the various markets. This effort follows the innovative approach to FLW reduction, TARGET-MEASURE-ACT (TMA) as recommended by WRI.

Authors: JOOUST AfriFOODlinks Team, APHRC Team (Antonina Mutoro, Felistus Mwalia), University of Nairobi (Prof. Jane Ambuko) and FBK (Moses Nyoro).



In developed countries, waste occurs mainly at consumer level."

Our Partners



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AI changes the game in wildlife conservation, ocean clean-up

► Traditional wildlife surveys often overestimate populations and miss critical details due to limited coverage and human error.

► AI covers vast areas quickly, minimising mistakes and enabling real-time monitoring to combat poaching, deforestation, and pollution effectively.

PETER MUIRURI

Three weeks ago, a group of scientists published a report revealing that conservationists have been overestimating wildebeest numbers during the annual Serengeti-Mara migration.

Using artificial intelligence tools, the experts concluded that the migrating herds number fewer than 600,000 individuals, approximately half the widely cited estimate of 1.3 million wildebeest, a figure that has remained largely unchanged since the 1970s.

Most aerial surveys in conservation areas have relied on manned aircraft, which can introduce errors since planes usually fly in straight lines over relatively small areas.

Enter the age of AI, revolutionising conservation by replacing rudimentary monitoring systems with digital tools that assess ecosystem health and help deploy resources to critical regions.

Scientists involved in the wildebeest surveys say AI tools minimise double counting by covering much larger areas at once. These methods avoid disturbing wildlife and reduce the risks to human safety associated with aircraft accidents. Already, cloud computing, AI, and Internet of Things imaging tools are being used worldwide to monitor wildlife and forest cover with promising results.

For instance, deep in Costa Rica's rainforests, a solution known as Clay's Earth Observation Foundation Model maps and protects crucial, unseen ecosystem elements. This technology safeguards dense biodiversity home to 600 threatened plant species, endangered animals, and around 200 unique trees. "Making satellite imagery available for innovative conservation projects is triggering a wave of practical innovation," writes Abby Daniell, director of the Multinational Organisations team at Amazon Web Services (AWS). "Data is helping detect changes in Amazon forest cover, monitor coastal waters for illegal fishing, and bring new transparency to agriculture and aquaculture."

In Kenya, such digital tools could monitor illegal logging in the Mau, Kakamega, or Arabuko Sokoke forests, track wildlife migration in the Maasai Mara National Reserve, and detect en-



AI rapidly locates ocean plastic, making cleanup smarter and more efficient. [Courtesy]

croachment in the vast Tsavo conservation area.

Using AI would enable real-time alerts for deforestation and poaching hotspots, allowing the Kenya Wildlife Service and Kenya Forest Service to respond swiftly, cutting costs associated with extensive ground patrols and reducing risks from ambushes by armed gangs or dangerous animals.

AI tools also offer predictive analytics on droughts, animal migration, and conflict hotspots, helping monitor water levels and reduce human-wildlife conflict in protected areas.

With both public and private sectors seeking to quantify natural resources, digital tools simplify visualisation of biodiversity layers, assess carbon sequestration, and model land-use changes. This ensures communities living near natural resources receive fair compensation for their sustainable stewardship. "AI generates vast amounts of data, unlike manual surveys,"

Wildebeest numbers

600
THOUSAND

NUMBER of wildebeest now estimated to take part in the Serengeti-Mara migration, far fewer than the long-cited 1.3 million, according to new AI-driven research.

says Nkamunu Patita, co-founder of EarthAcre, an organisation working with indigenous communities to ensure they benefit from their natural capital.

In April 2025, EarthAcre deployed AI tools to scientifically map biodiversity on community land next to Nairobi National Park. The work, led by Andrew Davies of Harvard University's Davies Lab, helped landowners in the Kitengela Conservation Area receive direct cash transfers, a reward for their long-standing conservation practices rooted in traditional knowledge.

According to Patita, indigenous communities protect 80 per cent of the world's biodiversity, yet receive little recognition or income due to outdated tracking methods.

Beyond land, AI is helping tackle ocean plastic pollution. The United Nations Environment Programme (Unep) estimates that 19 to 23 million tonnes of plastic leak into aquatic ecosystems annually — a figure expected to triple by 2040 without urgent action. Currently, oceans hold 75 to 199 million tonnes of plastic waste.

Removing waste in remote ocean regions has been a massive challenge for under-resourced conservation groups. To combat this, The Ocean Cleanup, a non-profit, has partnered with Amazon Web Services (AWS) to use AI, machine learning, and cloud computing to remove 90 per cent of floating plastic from the Great Pacific Garbage Patch by 2040.

"Plastic pollution is one of the most pressing environmental challenges. AI can transform ocean data into actionable insights and offer a blueprint for addressing global crises," says Dr Werner Vogels, chief technology officer at AWS.

CONSERVATION

Blue carbon project gets global boost

Kenya's coast-based Papariko project, the first Verra-registered blue carbon initiative in the country, has been selected for funding support by the Carbon Accelerator Programme for the Environment (CAPE). It was chosen from over 100 applicants across 28 African countries as one of four projects in CAPE's first cohort to receive project development backing.

Papariko is a mangrove restoration project operating across Kwale, Kilifi and Tana River counties. It has already restored over 250 hectares of degraded mangroves while supporting livelihoods for vulnerable coastal communities, and aims to deliver an estimated one million tonnes of carbon dioxide equivalent (CO₂e) removals.

Funded by UK-backed Financial Sector Deepening Africa (FSD Africa), CAPE seeks to mobilise investment into nature-based carbon projects that reduce emissions, enhance sequestration, protect biodiversity, and deliver tangible community benefits.

Alongside Papariko, the other selected projects, include the Rubeho Mountains Carbon Project in Tanzania, a community-led forest restoration initiative located in a globally recognised biodiversity hotspot; the Gashaka Gumti Forest Carbon Project in Nigeria; and the Barotse Rangelands for Restoration in Zambia. These projects were selected based on development stage, environmental and social impact, scalability, and alignment with investor interests, particularly their ability to deliver benefits for local communities.

Launched in November 2024, CAPE was created by FSD Africa, the African Natural Capital Alliance (ANCA), and Finance Earth to address the lack of early-stage funding for high-integrity nature-based carbon projects in Africa. The initiative provides recoverable grants and advisory support to help projects become investment-ready.

With 62 per cent of Africa's GDP reliant on natural capital, CAPE aims to boost confidence in Africa's carbon markets and drive investment in natural ecosystems.

"CAPE shows Africa's natural capital is not just part of the climate solution, but a catalyst for inclusive, fair growth," said Reshma Shah, Carbon Markets Lead at FSD Africa.

Co-managed with local communities, Papariko supports agroforestry, beekeeping, and ecotourism, with over 70 per cent of staff being women.

"CAPE addresses critical financing gaps while fostering collaboration across the continent," said Lena Mechenkova, Founder of Vlinder. "Papariko demonstrates how indigenous knowledge and science can deliver scalable, global impact." [James Wanzala]

Trump's climate change remarks threaten lives of people in Africa

▶ Trump mocked Europe for losing 175,000 people to heat deaths because air conditioners remain unaffordable.

▶ But in Africa, communities are losing lives due to climate extremes.

MACTILDA MBENYWE, NAIROBI

When United States of America President Donald Trump stood to speak before the United Nations General Assembly (UNGA), he dismissed climate change as “the greatest con job ever perpetrated on the world.”

Trump ridiculed renewable energy, derided Europe's green transition as “bankruptcy in disguise,” and championed fossil fuels as the only path to prosperity.

Trump's words were not new. He has long mocked climate science. What was different this time was the global stage and the timing: at a moment when climate disasters are tearing through Africa, from deadly floods in Nigeria to historic drought in the Horn of Africa.

African leaders listened carefully. For them, this wasn't just another speech from Washington. It was a reminder of how the most powerful nation continues to undermine global climate action, even as the Global South pays the heaviest price.

Kenya's President William Ruto, speaking days earlier at the Africa Climate Summit in Addis Ababa, put it bluntly:

“Africa is not here to beg. We are here to demand. Those who polluted the most must pay the most.” Trump's dismissal of climate change struck at the heart of that demand.

Trump mocked Europe for losing “175,000 people to heat deaths each year” because energy costs are high and air conditioners remain unaffordable.

He pointed at America's “clean, beautiful coal” as the answer.

But in Africa, the crisis is different. Communities are losing lives not to expensive air conditioners but to climate extremes made worse by emissions from Trump's “beautiful coal.”

Cyclone Idai in Mozambique and Zimbabwe killed more than 1,200 people in 2019.

Drought in the Horn of Africa has left over 23 million people food inse-

ure, according to the UN. In Kenya, farmers face unpredictable rains that wipe out harvests. These are not “con jobs.” They are daily realities.

President Ruto, again in Addis, said: “We contribute less than 4 per cent of global emissions, yet we face the harshest brunt. The injustice is glaring, and history will not forgive foot-dragging.”

Mohamed Adow, the director of Power Shift Africa, offered a sharp response. In his analysis, Adow argued that Trump was wrong about the science but right about the scam.

“The con is not in the science but in the response, a smoke-and-mirrors show run by the Global North at the expense of the Global South,” Adow said.

He pointed to carbon markets, which allow rich countries to keep polluting while outsourcing responsibility to African communities.

“This is green-tinged colonialism. The North keeps burning fossil fuels. The South keeps the forests. But who pays? Africa,” Adow warned.

Trump mocked the Paris Agreement as a “scam” where the US was asked to pay trillions while China and Russia paid little.

“That is why I withdrew from the fake Paris Climate Accord,” he said.

But what he left unsaid was more telling. The \$100 billion a year pledged by rich nations to the Global South remains largely unpaid. The little that has arrived often comes as loans, worsening Africans' debt burden.

Ghana, Zambia, and Kenya spend more on debt servicing than on climate adaptation. In 2023 alone, Africa paid over \$70 billion in debt repayments, money that could have financed renewable energy and resilience.

“Loans are not climate finance. They are shackles. What we need is justice, not charity,” Ugandan activist Vanessa Nakate has repeatedly said.

Trump accused the UN of failing on climate, claiming its officials had predicted “entire nations would be wiped off the map by 2000,” which, he said, never happened.

Yet, African presidents argue it is precisely inaction from rich nations that now puts their countries at risk.

The African presidents say it is not science that threatens them, but inaction from the world's biggest polluters.

Ghana's Nana Akufo-Addo argued that Africa's challenge is not ambition but resources. He said the continent is told to keep oil in the ground even



US President Donald Trump takes a question during a press conference in New York on the sidelines of the United Nations General Assembly conference on September 25, 2019. [AFP]

CRITICAL FACTS

- Trump ridiculed renewable energy, derided Europe's green transition as “bankruptcy in disguise,” and championed fossil fuels as the only path to prosperity
- He has long mocked climate science.
- To African leaders, this wasn't just another speech from Washington. It was a reminder of how the most powerful nation continues to undermine global climate action, even as the Global South pays the heaviest price.
- Ghana, Zambia, and Kenya spend more on debt servicing than on climate adaptation.

as Europe quietly reopens coal plants.

“Africa's problem is not lack of ambition. It is lack of means,” he noted.

Tanzania's President Samia Suluhu Hassan noted the toll of climate disasters on her people. She noted that her country faces floods, droughts, and cyclones year after year.

What Africa needs, she said, is not lectures dismissing climate science but finance that can help communities adapt.

“We do not need lectures on fake science. We need real finance for adaptation,” she said.

President Ruto was more forceful. He told rich nations that their time for empty talk has passed.

In his words, the era of lip service is over. Ruto insisted that those most responsible for global emissions must take responsibility. Polluters, he said, must phase out fossil fuels and pay up for the damage already done.

The frustration of African leaders contrasts sharply with Trump's framing of climate action as “political correctness” destroying economies.

Mohamed Adow described what he called the climate cons that Africans live with every day.

He pointed to carbon markets that remove communities from their land while allowing polluters in the North

to keep burning fossil fuels.

He also explained that the green technology supply chain, where the cobalt for electric car batteries emanates, often comes from Congolese mines worked by children.

Finance, he argued, has become another scam. The long-promised billions in climate aid rarely arrive as grants. Instead, they come as loans that trap poor nations in deeper debt.

Adow also took aim at the endless announcements of “net zero” goals, calling them promises timed for distant decades when today's leaders will no longer be in power. To him, these pledges amount to delay rather than real action.

He criticized the cycle of desist tourism. Each time floods, droughts, or cyclones devastate communities, Western leaders and celebrities arrive for photo opportunities and charity appeals.

These gestures, Adow said, replace justice with pity and fail to address the structural causes of Africa's vulnerability.

So when Trump says climate change is a con, African experts agree, but for very different reasons.

“The scam is how the North has turned planetary survival into another racket,” Adow said.

Trump's rallying cry “Drill, baby, drill” was met with applause from oil lobbies, but alarm in Africa.

Africa has 60 per cent of the world's best solar resources, yet receives just 2 per cent of global clean energy investment.

For leaders like Ruto, the choice is clear: leapfrog into renewables, not lock into fossil fuels.

At the Addis summit, Ruto said: “Renewables are Africa's gift to the world. With the right investment, we can power our continent and export clean energy to others.”

Trump's dismissal of wind and solar as “pathetic” technologies puts the US at odds with Africa's vision.

Some may argue Trump's speech is

just rhetoric. But words from the US President shape global finance, trade, and diplomacy.

When he mocks climate science, it emboldens fossil fuel companies pushing new projects in Africa, from Uganda's East African Crude Oil Pipeline (EACOP) pipeline to gas exploration in Mozambique.

When he derides renewables, it risks slowing the flow of green finance that African nations desperately need.

And when he paints climate action as a scam, it provides cover for those in the North who want to delay paying their fair share.

Africa is at a crossroads. On one path lies dependence on fossil fuels, debt, and broken promises.

On the other lies a renewable-powered future that creates jobs, cuts emissions, and protects communities.

Trump's speech tried to drag the world down the first path. African leaders, however, are pushing hard for the second.

“We cannot be trapped by the false choice between development and decarbonisation. We can, and must, pursue both,” Ruto said.

Trump called climate change the greatest con job. He was wrong about the science. But African experts like Mohamed Adow warn that the real con lies in how the response has been hijacked, through carbon markets, fake finance, and empty pledges.

For Africa, costs are heavier. Millions face floods, droughts, and hunger. Billions in potential investment hang in the balance.

The Pan-African Climate Justice Alliance swiftly denounced Trump's remarks at the UN, calling them “scientifically false and morally indefensible.”

They argued that Trump's framing obscures the real danger facing African nations: the catastrophic impacts of climate change already underway.

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The Standard • Business

Sports. Amorim unfazed by his poor results. Page 31



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Clock ticks down on Agoa pact as Trump remains tight-lipped

► Meetings in New York only highlighted Haiti's crisis but totally ignore crucial trade deal.

► Expiration of the agreement puts 66,800 jobs and key US market access at risk.

BRIAN NGUGI, NAIROBI

US officials from President Trump administration meeting with Kenyan leaders during the UN General Assembly last week avoided any public mention of the soon-to-expire African Growth and Opportunity Act (Agoa), causing more jitters among local businesses as the key trade deal ends this month.

Public readouts from meetings between US Secretary of State Marco Rubio and Kenyan President William Ruto, reviewed by The Standard, as well as a separate meeting between Deputy Secretary of State Christopher Landau and Kenyan Prime Cabinet Secretary Musalia Mudavadi, focused exclusively on security cooperation and the crisis in Haiti.

The consistent silence on AGOA, which provided duty-free access for most Kenyan exports to the United States and lapses on September 30, has caused significant uneasiness in the Kenyan private sector and among US importers.

In the readout attributable to Deputy Spokesperson Tommy Pigott, "Secretary Rubio lauded Kenya's brave contributions to Haiti's peace and security."

The statement noted that both leaders "emphasised the need for urgent action at the UN to establish a Gang Suppression Force and UN Support Office for Haiti to combat gang violence."

Similarly, the readout for Deputy Secretary Landau's meeting with Mudavadi stated, "both parties underscored the urgency of establishing a Gang Suppression Force and UN Support Office to ensure Haiti re-establishes security."

The omission of AGOA discussions, repeated across the official readouts, has heightened fears among Kenyan exporters and US retailers who have built supply chains around the pact.

In 2024, Kenya exported \$470 million (Sh60.7 billion) worth of apparel to the US under AGOA, supporting an estimated 66,800 direct jobs, according to the Kenya Private Sector Alliance (KEPSA).

The alliance estimates that nearly 800,000 livelihoods in Kenya are directly and indirectly tied to the trade agreement.

"AGOA has been the single most effective US policy tool in Africa over the last 25 years. It has supported industries, created jobs, and trans-



The production and exportation of apparel to the US has created thousands of employment opportunities for Kenyans but the future now looks bleak with the lapsing of AGOA trade deal. [File]

formed lives," KEPSA CEO Carole Kariuki said at a US-Kenya investment forum in New York this week. "For America, AGOA delivers \$200-250 million (Sh32 billion) in annual consumer savings by keeping the costs low for everyday products like jeans and uniforms."

Kariuki emphasised the urgency of the situation, stating, "We are calling for AGOA's renewal for 16 years. If not, a two-year transition window to allow for a trade deal between Kenya and the US. This will safeguard jobs for both Kenya and the US, ensure continuity, investor confidence, and deeper US-Kenya ties beyond AGOA."

Analysts and Kepsa have warned that the silence from US officials could have immediate consequences. "In 2024, Kenya exported \$470 million (Sh61 billion) worth of apparel to the

US, supporting 66,800 direct jobs - three-quarters of them women," Kepsa said. "That is nearly 800,000 livelihoods dependent on AGOA."

Kepsa has said there is need for certainty now to maintain these supply chains that benefit both economies.

The Trump administration's trade policy focus appears to be elsewhere. A recent notice from the US Trade Representative (USTR) soliciting comments from American businesses on trade barriers in Kenya signals a continued push for "fair and reciprocal" trade, independent of AGOA's fate.

The USTR's process, which will result in a 2026 report, highlights issues previously cited by the American Chamber of Commerce in Kenya, including complex customs procedures and intellectual property rights enforcement challenges.

Kepsa noted that "Kenya offers access to a \$3.5 trillion African Continental Free Trade Area, a natural gateway to East and Central Africa. Already home to over 150 American firms and landmark US-backed projects in clean energy and technology, Kenya continues to position itself as Africa's hub for trade."

With the deadline just hours away, the lack of a public commitment from US officials has left the private sector bracing for disruption. The fate of the trade window appears sealed for now, with the high-level talks in New York offering no reprieve for businesses on both sides of the Atlantic.

bngugi@standardmedia.co.ke

66,800

JOBS

THE number of jobs that will be directly affected if the trade deal is not renewed by the Trump-led government. At least 800,000 households will feel the impact.

REVENUE

KRA to use code, chatbots

The Kenya Revenue Authority (KRA) has promised to make it easier and cheaper for small and micro businesses to pay taxes by simplifying its services and cutting compliance costs.

Acting Commissioner for Micro and Small Taxpayers, George Obell, noted that KRA is actively addressing feedback from taxpayers to make tax processes easier, more accessible, and convenient.

"One of the most persistent challenges we have relates to digital access. Not every taxpayer has a smartphone, stable internet or the digital literacy required to interact with KRA platforms such as iTax or eTIMS," said Obell.

Obell spoke during a citizen assembly forum in Mombasa county. To bridge this gap, KRA has introduced a USSD solution, allowing taxpayers to access key services without the need for internet connectivity or smartphones.

"By dialling a particular code, taxpayers can now retrieve or verify their PINs and access other essential services from any phone. That is progress and there is more to come," he added.

The Authority has also developed a WhatsApp chatbot to support taxpayers with smartphones.

Obell also emphasised the importance of decentralising services.

"Bringing services closer to where taxpayers live and work will improve compliance and reduce the cost of accessing these services," he said. Currently, KRA operates 136 service points across the country, serving an estimated 22 million registered taxpayers.

However, the concentration of these centres in urban areas has made it challenging for rural and underserved populations to engage with KRA effectively. [Patrick Beja]

TRADE

Coffee earnings at NCE drop by Sh170 million

Coffee earnings at the Nairobi Coffee Exchange (NCE) dropped by Sh170 million this week. NCE report indicates that 13,991 bags of coffee fetched Sh830.4 million at the auction, down from the previous sale of 14,726 bags that sold for Sh1 billion.

NCE Chief Executive Officer Symon Mburi has called on farmers to produce quality coffee beans to attract more local and international markets for better prices.

"As the coffee year comes to an end and we usher in a new one in October 1, we plead with farmers to continue producing quality produce to guarantee the best prices," said Mburi.

At the auction, coffee brokers led by Alliance Berries, New KPCU and Kirinyaga Slopes offered 859 bags of grade AA and 5,100 bags of grade AB.

In the market, 17 coffee buyers participated. [Boniface Gikandi]



Brookside Dairy's Health and Nutrition manager, Caroline Muchobia (centre) outlines the wellness attributes of Brookside Probiotic Yoghurt to Shanrose Chebet (left) and Clothilda Kondiek during a women empowerment session at Uzima University, Kisumu.



From left: Ambassador of Slovak Republic to Kenya, Maroš Mitrik, EU Ambassador to Kenya Henriette Geiger and Sote Hub Co-founder David Ogiga during the Blue Economy Innovation and Investment Summit 2025.



Olympia Capital Holdings Chairman Chris Obura (right), Investment Committee Chairperson Patrick Wamae (centre), and Chief Executive Felix Kimanthy inspect the Avon Arcade project, a commercial development that's part of the group's real estate arm.



Absa Bank Kenya Business Banking Director Elizabeth Wasunna-Ochwa with International Finance Corporation Senior Operations Officer Robert Peck during the Global G.A.P TourStop 2025 in Nairobi.



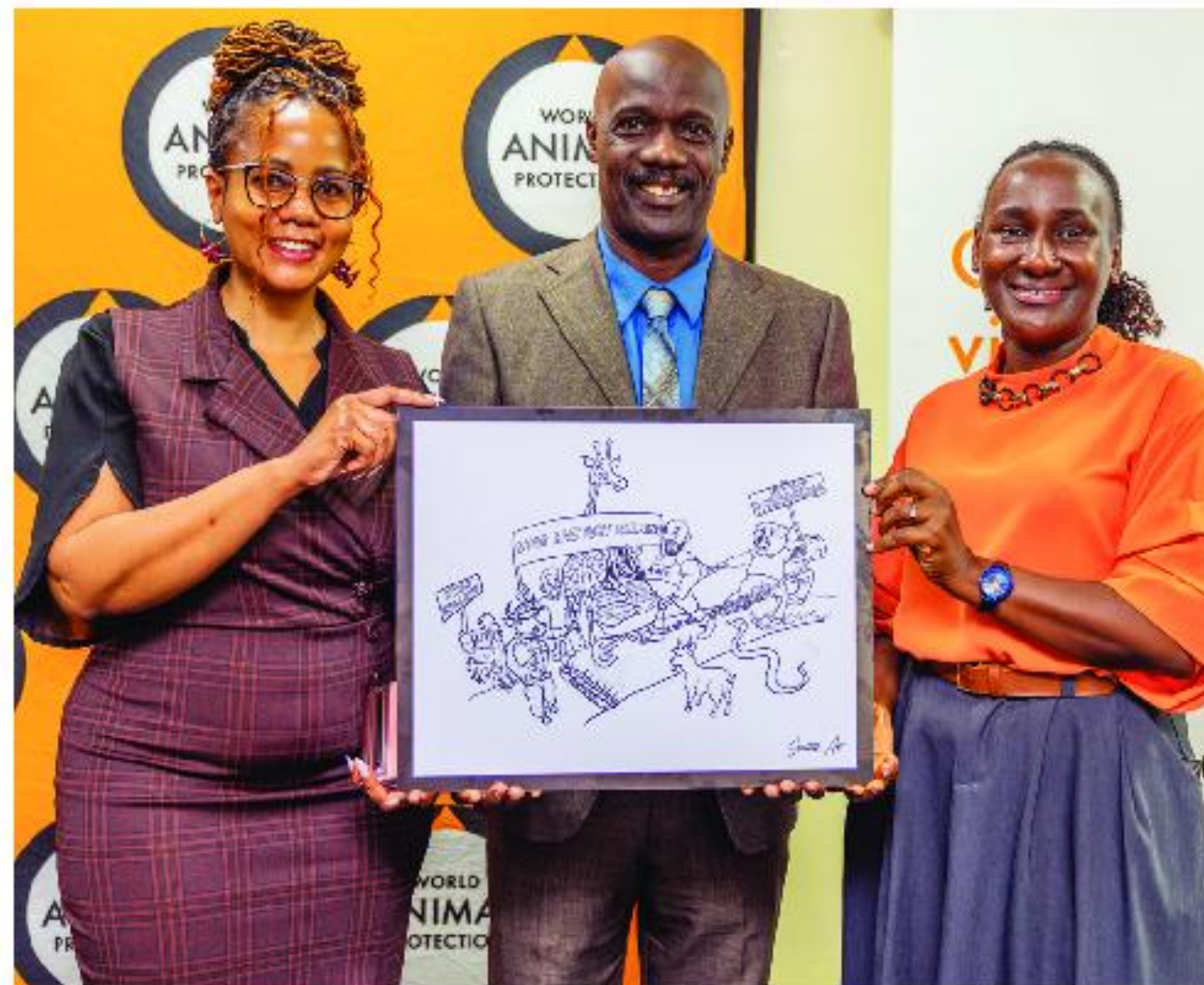
Education Cabinet Secretary Julius Ogamba (centre), alongside KU Vice-Chancellor Paul Wainaina (to his left) waters a commemorative tree during the inauguration of three new Kenyatta University Council members.



NCBA Kenya Managing Director James Gossip (left) with Agitech Seedlings Director Peter Karanja during a customer courtesy visit in Kerugoya County.



Old Mutual General Insurance MD Japheth Ogalloh presents a sponsorship cheque to Alice Njoroge, Director of the Insurance Institute of Kenya (IIK), ahead of the upcoming 40th IIK Conference, where professionals and stakeholders will discuss emerging trends, challenges, and opportunities in the insurance sector.



World Animal Protection Mobilisation Officer Dr Beryl Okumu (left) and Head of Communications Lucy Wanjiku (right) with Kennedy Odongo from Green Talk Art during the launch of a report on wildlife farming.



Architectural Association of Kenya President George Ndege (left) with Crown Paints Kenya Chief Operating Officer Richard Muturi after signing a partnership to have real estate professionals discuss Kenya's pressing urban development challenges in the oncoming Convention on Future-proofing Cities in Kisumu.



Smart Applications International Group Managing Director Harrison Muiru with Jawad Jaffer, the Project Director at Superbrand East Africa after the biometric and technology healthcare firm was awarded Superbrand status.



KCB Foundation Deputy Chief of Party Operations Benard Barasa (left) and Webuye East MP Martin Pepela (right), present a toolkit to graduate Noel Simiyu during the KCB Foundation 2Jiajiri graduation and toolkits handover ceremony in Bungoma County.



From left: Community health worker in Naivasha Aniceta Mureithi, Pwani Oil Detrex brand manager Evah Kariuki, KPNA nurse at Naivasha Level 4 Margaret Mwangi and Pwani Oil field merchandiser Hannah Muthoni during Pwani Oil's hygiene sensitisation campaign at Naivasha Level 4 Hospital.

TV GUIDE



KTNTV

- 5:30 AM COMMAND YOUR MORNING
- 6:00 AM THE SITUATION ROOM
- 10:00 AM ZILIZALA VIWANJANI
- 11:00 AM YANAYOJIRI
- 1:00 PM NEWSDESK
- 2:00 PM THE BROKEN MARRIAGE VOW
- 3:00 PM FARMKENYA
- 4:00 PM MBIU
- 4:30 PM KIDS
- 5:00 PM BASELINE
- 6:00 PM TO HAVE AND TO HOLD
- 7:00 PM KTN LEO
- 7:30 PM NDUTHI
- 8:00 PM THE DEBATE CIRCLE
- 9:00 PM KTN PRIME
- 11:00 PM THE GRAND STAND
- 12:00 AM BASELINE
- 1:00 AM ALJAZEERA



CITIZEN TV

- 5:00 AM PAMBAZUKA
- 5:30 AM PE@HOME RPT
- 6:00 AM DAYBREAK
- 8:00 AM SEMANA CITIZEN
- 1:00 PM NEWS@1
- 2:00 PM MSETO AFRICA
- 3:00 PM CITIZEN JUNIOR
- 4:00 PM NEWS BRIEFS
- 4:15 PM KALINI KALI
- 5:30 PM INSPEKTA MWALA
- 6:00 PM KENYA'S GOLD
- 7:00 PM NIPASHE
- 7:30 PM NEEMA
- 8:00 PM THE STORY OF JUANA
(LA HISTORIA DE JUANA)
- 9:00 PM MONDAY REPORT
- 10:00 PM MONDAY REPORT
- 11:00 PM FUGITIVES, SEEKING JUSTICE
- 12:00 AM AFRO SINEMA
- 1:00 AM MONDAY REPORT RPT
- 4:00 AM PAMBAZUKA



TV47

- 5:00 AM MORNING DECREE
- 5:30 AM TV47 FITNESS
- 6:00 AM MORNING CAFÉ
- 10:00 AM BEAT BREAK 10:00 AM BEAT BREAK
- 10:30 AM ECO AFRICA - RPT
- 11:00 AM TV47 MATUKIO
- 2:00 PM BAZE 47
- 3:00 PM AKILI KIDS
- 3:30 PM NUZO AND NAMIA (ENGLISH)
- 4:00 PM TV47 NEWS NOW
- 4:15 PM BEAT BREAK
- 4:30 PM KIKI AND NUNA
- 5:00 PM BEAT PLUG
- 7:00 PM UPEOWA TV47
- 7:30 PM THE GRIND
- 8:00 PM DWDOCU FILM
- 8:30 PM NEW LIFE BEGINS 1
- 9:00 PM THE DAILY REPORT
- 10:00 PM 90+
- 11:00 PM 90+
- 12:00 AM BEAT PLUG MIX



NTV

- 4:00 AM ALJAZEERA
- 5:00 AM OFF THE HOOK
- 6:00 AM FIXING THE NATION
- 10:00 AM YOUR WORLD
- 12:00 PM FLAQO
- 12:30 PM TRAVEL SHOW: TWENDE
- 1:00 PM NTV ADHUHURI
- 1:30 PM LOVE OF MY LIFE
- 2:30 PM KWETU MIXX
- 3:30 PM NUZO AND NAMIA
- 4:00 PM BEATZ AND BUZZ
- 6:30 PM NTV MASHINANI
- 7:00 PM NTV JIONI
- 7:30 PM MIKOKO YA DEMOKRASIA
- 8:00 PM NOMA
- 8:30 PM EDTECH KENYA
- 9:00 PM NTV TONIGHT
- 09:30 PM SPORT ON
- 10:30 PM FIXING THE NATION - RPT
- 1:00 AM ALJAZEERA



BERUR FM

- 4:00 AM BERUR TAB KARON
- 6:00 AM TAAITAB BERUR
- 10:00 AM TINY TINY BOISIET
- 2:00 PM KOITAMA
- 7:00 PM KABUREITO



SPICE FM

- 6:00 AM THE SITUATION ROOM
- 11:00 AM SUGAR & SPICE
- 3:00 PM SPICE DRIVE
- 7:00 PM AFTER HOURS



RADIO MAISHA

- 4:00 AM SAFARI
- 6:00 AM MAISHA ASUBUHI
- 10:00 AM STAARABIKA
- 12:00 PM KONNECT
- 3:00 PM MAISHA JIONI
- 7:00 PM RHUMBA REPUBLIK
- 11:00 PM MAISHA COCKTAIL



K24 TV

- 5:00 AM INUKA
- 6:00 AM NEW DAWN
- 8:00 AM MORNING VIBE
- 10:00 AM NEW DAWN - RPT
- 11:00 AM MCHIPUKO
- 1:00 PM K24 NEWS CUT
- 1:30 PM JUNGULA SPOTI
- 2:00 PM AAPKE AAJAANESE
- 3:00 PM AKILI KIDS
- 3:30 PM UBONGO KIDS
- 4:00 PM K24 MASHINANI
- 4:30 PM MCHIPUKO EXTRA
- 5:00 PM BEATBOX
- 6:00 PM FALLING INTO YOUR SMILE
- 7:00 PM K24 KIKAO NI
- 8:00 PM AAPKE AAJAANESE
- 8:30 PM BBC - FOCUS ON AFRICA
- 9:00 PM K24 EVENING EDITION
- 11:45 PM ALJAZEERA

Nduthi

Life Behind the Ride

Monday 7:30pm

Watch us on: GoTv Ch.18 | Startimes Ch.522 | Bamba Ch.2 | DSTV Ch.272 | Signet Ch.186

HOROSCOPE



Virgo – Aug 23 - Sep 22
The motivation to work and produce is in the spotlight at the moment, and approaches focusing on money, work, and health are in favor. Enthusiasm is building, and so is confidence! You're more optimistic about finances or your projects.



Libra – Sep 23 - Oct 22
A building interest in a hobby, romance, or creative pursuit is exciting today, and you can be exceptionally engaged and motivated. The need to create or express yourself uniquely can fill you with a stronger feeling of purpose.



Scorpio – Oct 23 - Nov 21
You tend to gravitate towards positive ways to deal with problem areas, which often turn out to be highly effective. You readily put aside differences and problems in your emotional world or personal life. You're embracing downtime and positive interactions with loved ones.



Sagittarius Nov 22 - Dec 21
The ideas you come up with now can be especially exciting and creative. Still, it's the process of exchange that is the most appealing and rewarding at the moment. Inventive thinking and communicating are in the spotlight.



Capricorn – Dec 22 - Jan 19
Thinking up long-term plans can be fun and useful now. You're especially noticeable, and appealingly so. Transits today encourage strong attention to unmet needs, and you're particularly resourceful and dynamic.



Aquarius – Jan 20 - Feb 18
Today's energies shine for exploring a topic or working on a project with positivity and a constructive attitude. There may be some focus on sharing resources, and this can be successful and helpful.



Pisces – Feb 19 - Mar 20
You are drawn to what's beneath the surface or hidden today, and solving a mystery or figuring something out can be exciting. You feel particularly confident with your private feelings and needs or with close relationships today.



Aries – Mar 21 - Apr 19
Today is strong for your social life and close relationships. People in your life are more supportive or give you space to do your own thing. Partnering or teaming up with someone can be particularly rewarding.



Taurus – Apr 20 - May 20
You enjoy a feeling of being on top of work and practical affairs today. More positive feedback or approval can come your way, or you can solve work or mechanical issues, which is a relief. Improving and bettering your life, particularly with or through routines, work, and duties, can be a positive theme.



Gemini – May 21 - Jun 21
There can be a growing sense of excitement about what you might do in the near future. It's a fine time to learn about the people you care about. Your outlook is especially constructive and optimistic, and you project self-confidence and goodwill.



Cancer – Jun 22 - Jul 22
There's more strength in the family unit or in relationships with people who are like family to you. Exchanges in closer relationships are reinforcing and mentally engaging. New ideas and solutions are emerging.

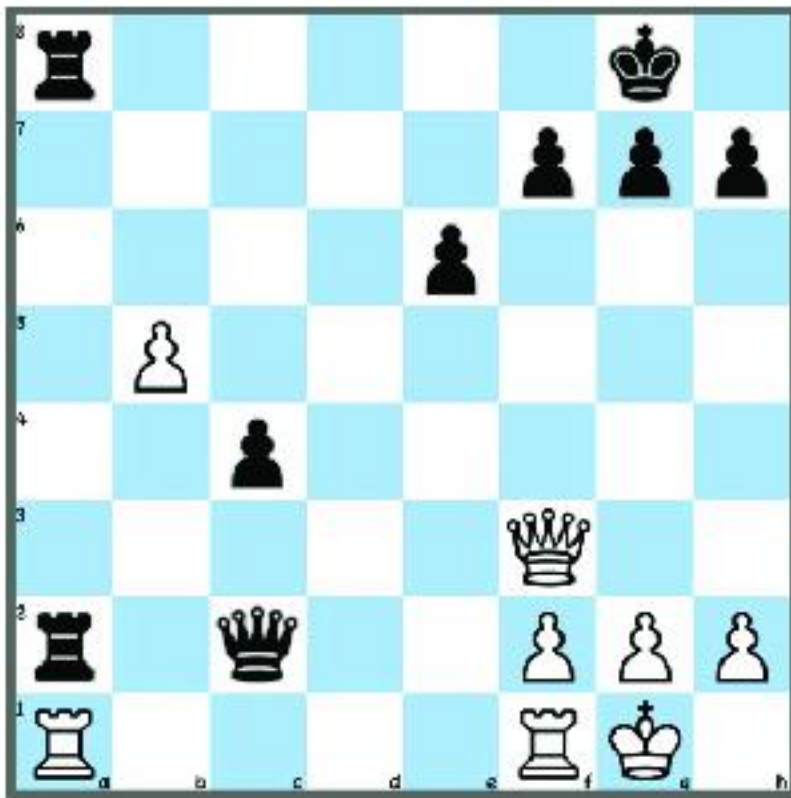


Leo – Jul 23 - Aug 22
Sharing ideas and ideals can figure strongly, and it's bonding. A special interest or studies can be absorbing and motivating. A partner may provide valuable feedback, or you're well-positioned to make a satisfying connection. Cafeastrology.com

CHESS

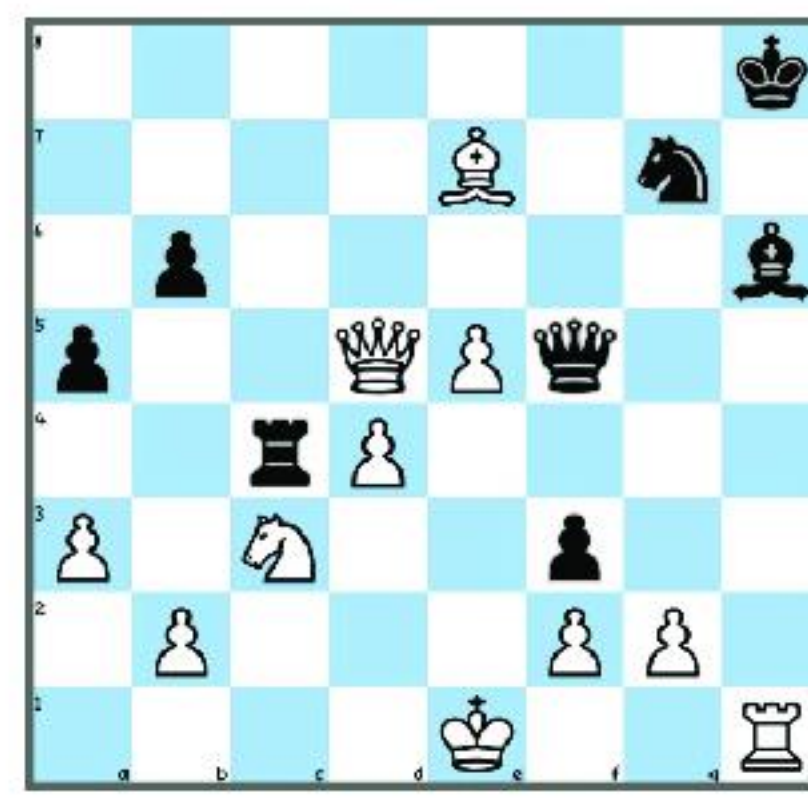
Easy puzzle

White mates in 2 moves.



Intermediate puzzle

Black mates in 3 moves.

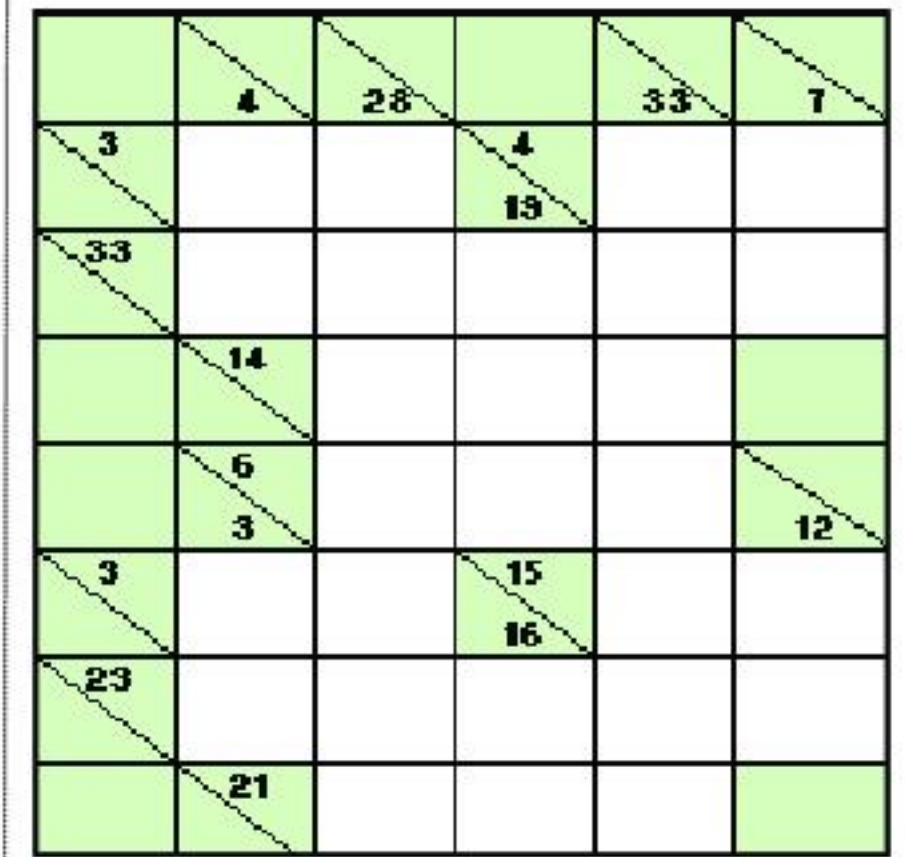


Saturday's solution

Easy:
1. Qb8+ Nxb8
2. Qd8#

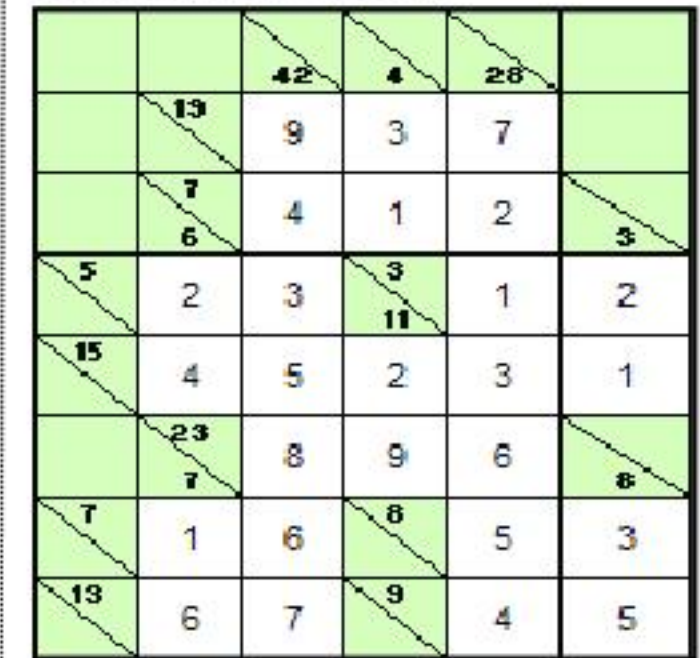
Intermediate:
1. Bf7+ Nxf7
2. Qxc6+ Kd8
3. Nxf7#

KAKURO



The totals for the rows and columns are given on the left for the rows and above for the columns in the shaded boxes. The single digits which give the totals are used only once e.g. 10 = 1,2, 3, 4 or 1,4,5 or 2,3,5 etc but not 2,2,6 or 1,1,8 or 3,3,2

Saturday's solution



SOLVIT

E	G	D	H	29
C	F	D	J	16
J	A	B	B	16
A	E	G	C	19
17	17	25	21	

Difficulty

The letters have a distinct value between 1 and 9. Two of these values and the totals horizontally and vertically have been given. Solve all the values.

Today's Clues

A	B	C	D	E	F	G	H	J
					2		8	

Saturday's solution

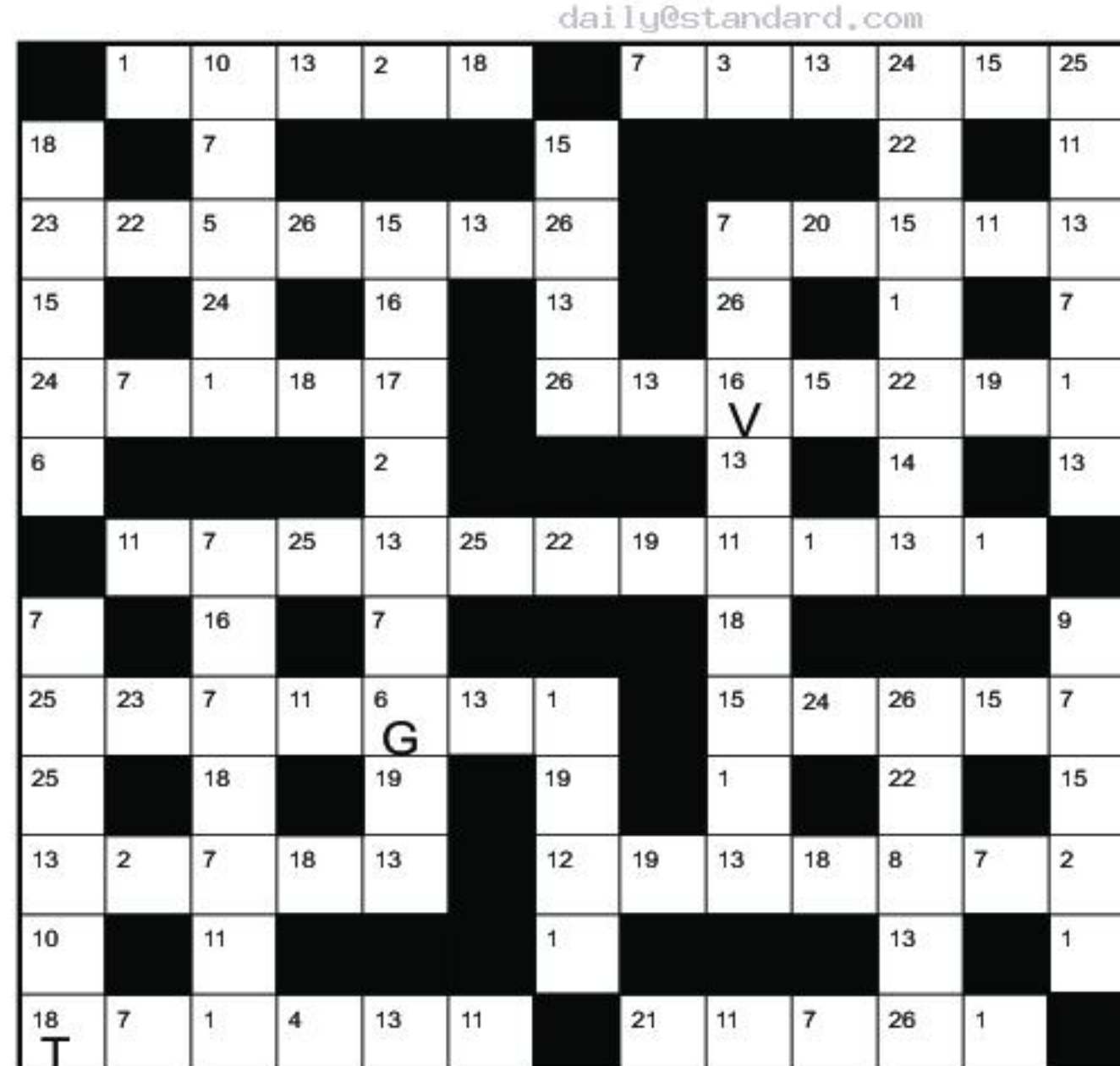
A	B	C	D	E	F	G	H	J
9	1	5	4	7	3	8	2	6

CODEWORD

CLUE
Each letter in this puzzle is represented by a number 1-26.

Crack the code and solve the crossword. Every letter of the alphabet is used at least once.

Three letters are already in place to get you started.



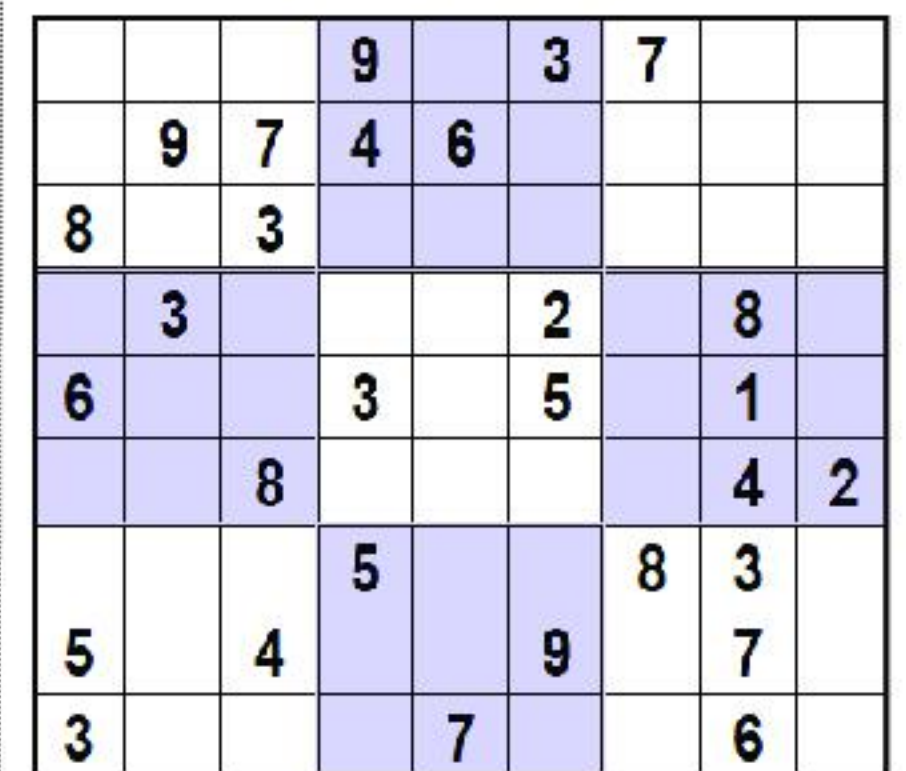
1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

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

Saturday's solution

1	W	2	G	3	I	4	A	5	R	6	E	7	D	8	C	9	M	10	V	11	P	12	U	13	H
14	F	15	Q	16	O	17	J	18	Y	19	S	20	Z	21	N	22	B	23	X	24	K	25	T	26	

SUDOKU



Saturday's solution

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

By Kham



QUOTE OF THE DAY

"Success is liking yourself, liking what you do, and liking how you do it."

Maya Angelou



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Oginga Odinga Road.

Cell: 0719-012870, 0719-012873.

MOMBASA

Kilindini Plaza,

3rd Floor,

Moi Avenue.

Tel: 0719-012836.

NAKURU

Merica Building,

2nd floor,

Kenyatta Avenue.

Tel: 0719-012869, 0719-012855.

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PERSONAL NOTICES

A9/LOST

LOSS of title deed no: Loitokitok Emperon 1034

LOST Green and White Card Eldoret Municipality Block 12/353 in the name of Doki Investments Limited

Lost title deed Kabage/Tetu/581 Githae S/O Mundui

LOST title Chania/Kanyoni/3692 Samuel Gichuru

LOST title Migori/Kanyuor/344
LOST LR portion No 9614 CR 62488
LOST LR Portion No 9615 Malindi

A22/NOTICES

FIND the MDG Party Financial Statements for FY2024/2025, in the Party's website: www.mdg.or.ke

FORM PLUPA/DC/3 (r.3(3)(xi))
PUBLIC NOTICE

PHYSICAL AND LAND USE PLANNING ACT, 2019 (NO. 13 2019).
RENEWAL OF CHANGE OF USER

The registered owner/s of Parcel Lr. No. 1/341, situated along Nyangumi road, in Kilimani area, Dagoretti North sub-county, wishes to Change the Use from Single dwelling unit to Multi-dwelling units (Apartments) subject to approval by the Nairobi City County Government.

Individuals, Institutions, Members of the public etc. with objections or comments to the proposal should forward them in writing within fourteen (14) days of the publication of this notice to:

The CECM – Built Environment and Urban Planning, Nairobi City County, P.O Box 30075 - 00100, Nairobi.

Physical Planner: Onesimus Musyoki Reg No. 0229

PUBLIC NOTICE

WHEREAS NAMPAK KENYA LIMITED is registered proprietor as Lessee from the Government of the Republic of Kenya of the Property Title No. THIKA MUNICIPALITY BLOCK 13/738 AND whereas sufficient evidence has been adduced to show that the Certificate of Lease for the said property has been lost/misplaced. Notice is given that an application for the replacement of the Certificate of Lease has been submitted to the Thika District Land Registry.

FORM PLUPA/DC/3 (r.3(3)(xi))
PUBLIC NOTICE

The Physical and Land Use Planning Act (No.13 of 2019)
Change of User

The registered owner(s) of Land Reference No(s), **KAJIADO/KAPUTIEI NORTH/5626**, situated in Kitengela Township off Namanga road proposes to change its user from **Agricultural to Residential cum commercial use (flat)** subject to the approval by the County Government of Kajiado. Any individual, institution(s) or organization(s) wishing to make any representation or objection to the above proposal is requested to forward the same in writing stating grounds of objections within 14 days of the publication of this notice to:

County Executive Committee Member in charge of Land, Physical Planning & Urban Development County Government of Kajiado P.O. Box 11, Kajiado

Name of the registered planner: Kennedy Kaburu Reg.No. 0353

FORM PLUPA/DC/3 (r.3(3)(xi))
PUBLIC NOTICE

PHYSICAL AND LAND USE PLANNING ACT, 2019 (No. 13 2019).
CHANGE OF USER.

The registered owner/s of Parcel Lr. No. **NAIROBI/BLOCK 13/500**, situated along James Gichuru road in Dagoretti North sub-county, wishes to **Change the Use** from **Offices to Offices and Showroom** subject to approval by the Nairobi City County Government. Individuals, Institutions, Members of the public etc. with objections or comments to the proposal should forward them in writing within fourteen (14) days of the publication of this notice to:

The CECM – Built Environment and Urban Planning, Nairobi City County, P.O Box 30075 - 00100, Nairobi. Physical Planner: Onesimus Musyoki RPP: 0229

THE PHYSICAL AND LAND USE PLANNING ACT (No. 13 of 2019)
PUBLIC NOTICE

NOTIFICATION FOR PROPOSED CHANGE OF USER

The registered owner of **Plot No. Nairobi/Block 92/151** located along Hill View Road in Kitisuru area, proposes to Change its Use from **Single Dwelling Unit to Multiple Dwelling Units (Two Townhouses)** subject to approval by the Nairobi City County.

Individuals, institutions or members of the public etc. with comments and/or objections to the proposal are requested to forward them in writing within fourteen (14) days of this notice to:

The County Executive Committee Member, Built Environment and Urban Planning, Nairobi City County, P.O. Box 30075-00100, Nairobi.
Name of the Registered Planner: Solomon Kyeni Reg No.: PP0188

PUBLIC NOTICE
The Physical and Land Use Planning Act, 2019
CHANGE OF USER

The owner of plot no. **THIKA MUNICIPALITY BLOCK 30/5506** proposes to change the use of this parcel from Agricultural to **RESIDENTIAL MULTI-DWELLING UNITS (FLATS)** subject to approval by Kiambu County.

Individuals, institutions, organizations etc. with objections/comments to the proposal are requested to forward them in writing within 14 days of this notice to:

CECM Lands, Housing, Physical Planning, Municipal Administration and Urban Development County Government of Kiambu P.O Box 2344-00900, Kiambu JOHN NGUGI MBAU R.P.P 284

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NATIONAL ENVIRONMENT MANAGEMENT AUTHORITY

Popo Road, Off Mombasa Road, P.O BOX 67839-00200, Nairobi, Kenya.
Tel: 0724253398, 0735013046, Email: info@nema.go.ke, Website: www.nema.go.ke

ENVIRONMENTAL IMPACT ASSESSMENT STUDY REPORT FOR THE PROPOSED RESIDENTIAL APARTMENTS DEVELOPMENT ON L.R. NO. KABETE/KIBICHIKO/4964 & 5230 AT MWIMUTO AREA OF KABETE SUB-COUNTY IN KIAMBU COUNTY.

Pursuant to Section 59 of the Environmental Management and Coordination Act 1999, the National Environment Management Authority (NEMA) has received an Environmental Impact Assessment Study Report for the above proposed project.

The proponent, Amara Realty Company Limited, proposes to construct a ten-storey building with a total of 180 No. residential units (lower ground floor, ground floor, first floor, typical 2nd-8th floor plus 9th and 10th floor) comprising of 18 no. studio, 45 no. mini one bedroom, 36 no. one-bedroom, 63 no. two-bedroom, and 18 no. three-bedroom apartments and other salient features including: walkways, staircases, lift lobbies, ramps, recreational area, power distribution rooms, water storage tanks and service management room and security on plot L.R. No. Kabete/Kibichiko/4964 & 5230 at Mwimuto area of Kabete Sub-County in Kiambu County.

The following are the anticipated impacts and proposed mitigation measures:

Possible Impact	Mitigation Measures
Air Pollution	<ul style="list-style-type: none"> Regular monitoring of the quality of air throughout the construction period Screening of the construction site to contain and arrest construction-related dust. Dust suppression with water-sprays during the construction phase on dusty areas. Exposed stockpiles of e.g. sand, shall be covered and watered daily. Regular and prompt maintenance of construction machinery and equipment to minimize generation of hazardous emissions. The above is to comply with EMCA (Air quality) Regulations 2014.
Increased water demand	<ul style="list-style-type: none"> Use water bowsers and tankers from external sources during construction. Encourage re-use of water where possible during construction and operation phase. Provide roof and underground water storage tanks Provide alternative sources of water (borehole) and adequate storage facilities.
Storm water drainage	<ul style="list-style-type: none"> Leveling of the site to reduce pooling of water during the construction Semi permeable materials shall be used for construction of pavements. Landscaping on the open areas shall be done to promote efficient management of storm water runoff. Repair and maintenance of open drains within the site.
Noise and Excessive Vibrations	<ul style="list-style-type: none"> Construction works shall be carried out during the day Provide and enforce use of Personal Protective Equipment (PPEs) e.g. earmuffs and helmets during construction. The use of noise shields on noisy equipment. Monitor Noise and Excessive Vibrations levels especially during excavation as per the regulations Working hours should be observed between 6.00am and 6.00pm
Traffic congestion	<ul style="list-style-type: none"> Develop a traffic management plan to ensure smooth flow of traffic along access roads if necessary Ferry building materials during off-peak hours Provide traffic control signs at the site/entrance to notify motorists and general public about the proposed development Enforce speed limits for the construction vehicles especially along the adjacent roads leading to the site Provide adequate entry and exit points for both motorized and non-motorized traffic to ease movement. Improve the access road to accommodate more vehicular traffic introduced in the area
Vegetation	<ul style="list-style-type: none"> Design and implement an appropriate landscaping and tree planting program to help in re-vegetation of part of the project area after construction. Introduction and maintenance of vegetation (trees, shrubs and grass) on open spaces and around the site. Planting and grassing should be done just before the rains or irrigated on dry spells.
Increased solid and liquid waste	<ul style="list-style-type: none"> Proper disposal of construction waste in designated and approved sites by Kabete Sub-County, Kiambu County Government. Segregation of waste at the source by providing labeled bins for each kind of waste e.g. organic/ biodegradable wastes, dry wastes, etc. Provision of waste management facilities such waste bins on designated areas. Engage the services of NEMA registered waste collectors to dispose the waste at designated areas approved by County Government of Kiambu in consultation with NEMA. Use of an integrated solid waste management system through a hierarchy of options: source reduction, recycling, composting and reuse. Comply with the Waste Management Regulations 2006 Channel all effluent to the established Effluent Management System on site Conduct routine inspection and monitoring of the internal sewer system to identify leakages and blockages As provided for by the Building Code, sanitary facilities shall be provided on site to be used by construction workers Provide oil interceptors in the parking areas of the development.
Increased energy demand	<ul style="list-style-type: none"> Use energy efficient electrical appliances and fixtures such as bulbs. Use of solar energy as alternative energy supply for the project Install water heating systems as per the Solar Water Heating Regulations, 2012
Fire outbreaks	<ul style="list-style-type: none"> Install firefighting equipment Sensitize the occupants on fire risks i.e. conduct regular fire drills Provide escape routes/emergency exits in the buildings Provide fire assembly points to account for the occurrence. Adapt effective emergency response plan Inspect firefighting equipment regularly Provide emergency numbers at strategic points for the Kiambu County fire brigade.
Security	<ul style="list-style-type: none"> Engage services of registered security guards Install and regular maintenance of the CCTV cameras Incorporate an electric fence along the perimeter wall Control of entry and exit to and from the facility Place hotline numbers on strategic places Sensitize residents on security precautions Sensitize the residents on the importance of Community policing in coordination with the local administration.
Cultural Differences	<ul style="list-style-type: none"> Encourage Social mobilization of the incoming residents Organize activities that benefit the whole community e.g. clean ups Choose leadership that incorporates all cultural groups in the communal activities.
Conflict with neighbors	<ul style="list-style-type: none"> Develop a grievance redress system for emerging issues with easy access to neighbors Continuous communication and consultation between the project proponent and the stakeholders Monitoring of the ESMMP throughout the project cycle

A full report of the proposed project is available for inspection during working hours at:

- Principal Secretary**
State Department for Environment and Climate Change,
Ministry of Environment Climate Change and Forestry,
NHIF Building, 12th Floor
Ragati Road, Upper Hill
P.O. Box 30126-00100,
NAIROBI.
- Director General**
National Environment Management Authority (NEMA),
Popo Road, off Mombasa Road
P.O. Box 67839-00200
NAIROBI.
- County Director of Environment
KIAMBU COUNTY.

A copy of the EIA report can be downloaded at www.nema.go.ke

NEMA invites members of the public to submit oral or written comments within thirty (30) days from the date of publication of this notice to the Director General, NEMA to assist the Authority in the decision-making process for this project. Kindly quote ref. No. NEMA/EIA/5/2/2374 (ENVIS/SR/00056)

Comments can also be e-mailed to info@nema.go.ke

DIRECTOR GENERAL
This advertisement is sponsored by the proponent.



NATIONAL ENVIRONMENT MANAGEMENT AUTHORITY

Popo Road, Off Mombasa Road, P.O. BOX 67839-00200, Nairobi, Kenya.
Tel: 0724253398, 0735013046 | Email: info@nema.go.ke | Website: www.nema.go.ke

RE: ENVIRONMENTAL IMPACT ASSESSMENT STUDY REPORT FOR THE PROPOSED INSTALLATION OF SOLID WASTE INCINERATOR AT KAMBI SOMALI, AT INDUSTRIAL AREA, ELDORET MUNICIPALITY BLOCK 10/2013, UASIN GISHU COUNTY.

Pursuant to Section 59 of the Environmental Management and Coordination Act 1999, the National Environment Management Authority (NEMA) has received an Environmental Impact Assessment Study Report for the above proposed project.

The proponent, **Wastework Innovations Limited**, proposes to install a solid waste incinerator using liquefied gas as a source of fuel. The incinerator will be of the controlled air type, designed for 8-hour - day operations and rated at 100 - 150kg per hour at Kambi Somali at Industrial Area, Eldoret Municipality block 10/2013, Uasin Gishu County.

The following are the anticipated impacts and proposed mitigation measures:-

IMPACTS	PROPOSED MITIGATION MEASURES
Soil Erosion	<ul style="list-style-type: none"> Control earthworks. Install drainage structures to control flow of storm water. Ensure and management of excavation activities.
Loss of Vegetation	<ul style="list-style-type: none"> Only area earmarked for development should be cleared. Plant trees, shrubs and flowers on remaining open spaces.
Changes in hydrology/impended	<ul style="list-style-type: none"> Proper installation of drainage structures Install cascades to break the impact of water flowing in the drains
Drainage/deep excavations	<ul style="list-style-type: none"> Ensure efficiency of drainage structures through proper design and maintenance. Provide gratings to the drainage channels. A geotechnical survey shall be conducted and the recommendations thereof followed. There shall be no blasting during excavation A methodology for excavation shall be generated as required by NCA
Air pollution	<ul style="list-style-type: none"> Stockpiles of earth should be sprayed with water or covered during dry seasons Provide dust mask for personnel in dusty areas Sensitize construction workers on pollution control measures Cover all trucks hauling soil, sand and other loose materials.
Noise pollution	<ul style="list-style-type: none"> Install suitable barriers to shield compressors and other small stationary equipment where necessary Display signs to indicate construction activities Maintain all equipment The working hours should be in line with NEMA licensing conditions. Adhere to provisions of Noise Prevention and Control Rules 2025, Legal Notice no. 24 regarding noise limits at the workplace as well as NEMA Noise Excessive Vibration Pollution Control Regulations, 2000
Public Health, Occupational Health and Safety	<ul style="list-style-type: none"> Train staff/workers on occupational health and safety. Provide full protective gear & workmen's compensation cover in addition to the right tools and operational instructions & manuals during construction Design of sewerage system should be as provided in the plans and should be constructed to approved size and design, standard and of approved materials. Ensure use of standard construction materials and to the specifications. Avoid undesirable, substandard, hazardous or unauthorized materials during construction & maintenance. Sensitize staff on social/health issues such as drugs
Road traffic disruption	<ul style="list-style-type: none"> No overloading of trucks and good driving practices to be practiced Suitable junction/access point to be provided. Use of appropriate & legible signage. Employment of formal flagmen/women to ensure the public safety. Follow the recommendations of the traffic management plan.
Insecurity and safety impacts	<ul style="list-style-type: none"> Provision of security guards, CCTV cameras, security lights and other security apparatus during the entire project cycle. Construction work timings shall only in line with the NEMA licensing conditions
Increased Water usage	<ul style="list-style-type: none"> An alternative water source shall be provided. The proponent shall drill a water borehole at the proposed site Management of water usage. Avoid unnecessary wastage. Recycling of water at the construction phase where possible Make use of roof catchments to provide water i.e. for general purpose use
Increased generation of waste	<ul style="list-style-type: none"> Adopt waste minimization at source Monitoring the fate of disposed wastes to ensure they are legally land filled at the recognized controlled site. Adhering to waste management regulations of 2006

A full report of the proposed project is available for inspection during working hours at:

- Principal Secretary**
State Department for Environment and Climate Change,
Ministry of Environment,
Climate Change and Forestry,
NHIF Building, 12th Floor,
Ragati Road, Upper Hill,
P.O. Box 30126-00100,
NAIROBI
- Director General**
National Environment and Management Authority (NEMA),
Popo Road, off Mombasa Road,
P.O. Box 67839-00200,
NAIROBI
- County Director of Environment,
UASIN GISHU COUNTY.

A copy of the EIA report can be downloaded at: www.nema.go.ke. NEMA invites members of the public to submit oral or written comments within thirty (30) days from the date of publication of this notice to the Director General, NEMA to assist the Authority in the decision making process for this project. Kindly quote ref. No. NEMA/EIA/5/2/2372(ENVIS/SR/00196). Comments can also be e-mailed to: info@nema.go.ke

DIRECTOR GENERAL
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Email: info@keysian.co.ke/Keysian2009@yahoo.com/keysianauct@gmail.com

Website: www.keysiauctioneers.co.ke

CPF House, 3rd Floor, Haile Selassie Avenue, P.O Box 2788-00200, Nairobi, Kenya.

PUBLIC AUCTION

Under instructions from our principals, the chargees, in exercise of their statutory power of sale, we shall sell by Public Auction the under mentioned properties and all the improvements erected thereon.

1. SALE ON THURSDAY 9TH OCTOBER, 2025 AS FROM 11:00A.M AT CENTRAL SQUARE OPPOSITE ABSA BANK, KISUMU.



All that property known as **L.R. NO. 27713 (I.R. NO. 136436) KISUMU COUNTY** in the name of **TOM OPIYO ODUMBE**. It is a leasehold interest for a term of 99 years w.e.f 1st August, 1995 at an annual revisable ground rent of Kshs. 440/=(revisable). The Plot measures 0.0162 Ha or 0.04 Acres and is situated about 737 Meters from Kibos road in Aliwa area, Migosi Ward, Kisumu Constituency, Kisumu County. The property is developed with a three (3 No.) storey building comprising six (6 No.) two – bedroom rental units. All mains services are connected. Water is supplemented by a hand dug well within the property.

2. SALE ON THURSDAY 30TH OCTOBER, 2025 AS FROM 11:00A.M OUTSIDE WEBUYE POST OFFICE.



All that property known as **TITLE NO. NDISIVI/MIHUU/1547** registered in the name of **JOSHUA ODONGO JACKSON OKUMU**. It is a freehold interest measuring 0.03 Ha or 0.0741 Acres and is situated approximately 220 Meters off Kitale shortcut, approximately 430 Meters off Kakamega – Kitale road and approximately 100 Meters to the East of Edmu Technical Training Institute, Muslim Estate, Webuye Town, Bungoma County. The plot is developed with a three (3 No.) bedroomed bungalow.

3. SALE ON WEDNESDAY 8TH OCTOBER, 2025 AS FROM 11:00A.M IN OUR OFFICES AT CPF HOUSE 3RD FLOOR ALONG HAILESELASIE AVENUE NAIROBI.

All that property known as **TITLE NO. KAJIADO/OLCHORO ONYORE/1332, KIPETO AREA, KAJIADO COUNTY** in the name of **WILLIAM ODUPOY KASALE**. It is a freehold interest measuring 2.02 Ha or 4.99 Acres situated about 350 Meters to the North of Kipeto Primary School and about 2.6 Kilometers to the North – West of Champagne Rally Park, about 11 Kilometers off Pipeline Road in Kipeto area, about 20 Kilometers to the North West of Isinya Town and about 16 Kilometers to the South of Kiserian Town, Kajiado County. The plot is vacant. Mains electricity and piped water are available for connection into the property from within the neighborhood. Foul drainage would be into a septic tank.

4. SALE ON THURSDAY 9TH OCTOBER, 2025 AS FROM 11:00A.M OUTSIDE BOMET POST OFFICE.



All that property known as **TITLE NO. KERICHO/CHEMAGEL/5009 KIPTASIRAREA, SOTIK, BOMET COUNTY** registered in the name of **NAUM NYARANGI MOIMBO**. It is a freehold interest measuring 0.241 Ha or 0.6 Acres and is located 395 Meters North West of Sotik Center/Junction and 400 Meters North of Sotik Market; 435 Meters North of West of Total Petrol Station Sotik and 121 Meters off Sotik – Kisii road directly opposite Kiptasir Primary School Field, Bomet County. The plot is developed with 3 No. Bedroom House, Two Bedroom House, One Bedroom House, 2 No. Residential Block of Houses and Semi – permanent (Chicken & Dairy House). Mains electricity is connected to the property while water is either sunken well and piped and supplement is rain water harvested and stored in PVC tanks. Solid waste disposal would be to pit latrine.

5. SALE ON WEDNESDAY 8TH OCTOBER, 2025 AS FROM 11:00A.M IN OUR OFFICES AT CPF HOUSE 3RD FLOOR ALONG HAILESELASIE AVENUE NAIROBI.

All those properties known as **TITLE NOS. NGONG/NGONG/22996 & 22997, NEEMA ESTATE, KISERIAN, KAJIADO COUNTY** both in the name of **FREDRICK OMBUI MACHANA**. They are freehold interests each measuring 0.08 Ha and are situated about 300 Meters off and to the right of Ongata Rongai – Kiserian road branching off at Kiserian Girls signpost along Neema road 3rd Avenue and about 200 Meters to the South of Kiserian Girls Senior School, Neema Estate, Kiserian, Kajiado County. The properties are vacant. Mains electricity and piped water services are within proximity for connection into the subject properties. Foul drainage would be into a septic tank.

6. SALE ON FRIDAY 24TH OCTOBER, 2025 AS FROM 11:00A.M OUTSIDE LUANDA POST OFFICE.



All that property known as **TITLE NO. WEST/BUNYORE/EBUSAKAMI/3412, EBUSAKAMI AREA, VIHIGA COUNTY** registered in the name of **WYCLIFFE AMUKO SAYYIH**. It is a freehold interest measuring 0.05 Ha or 0.124 Acres and is located within Ebusakami Area, off Kisumu – Busia Highway, Vihiga County. The plot is developed with 2 Blocks of Single rooms whose accommodation details consist of 5 No. single rooms for Block 1 and 7 No. Single Rooms for Block 2, an ablution block and an incomplete structure. Mains water and electricity services are connected to the property. Waste waters are directed to septic tank.

7. SALE ON THURSDAY 23RD OCTOBER, 2025 AS FROM 11:00A.M OUTSIDE BUSIA POST OFFICE.



All that property known as **TITLE NO. BUKHAYO/MUNDIKA/9928, BURUMBA AREA, BUSIA TOWNSHIP, MATAYOS SUB – COUNTY, BUSIA COUNTY** registered in the name of **MOSES ODUOR ODERO**. It is a freehold interest measuring 0.05 Ha or 0.124 Acres and is situated about 1.65 Kilometers off Kisumu – Busia road at Busia Ebenezer Academy turn off and is about 760 Meters to the South of Burumba Secondary School within Burumba Area, Busia Township, Matayos Sub – County, Busia County. The property is developed with 3 No. bedroomed (master ensuite) bungalow, an external utility block and a gazebo. Mains electricity is connected to the property. Water is from a well in the property. Foul disposal is into a pit latrine.

8. SALE ON FRIDAY 31ST OCTOBER, 2025 AS FROM 11:00A.M OUTSIDE KITALE POST OFFICE.

All that property known as **TITLE NO. WAITALUK/KAPKOI BLOCK 13 WEHOYA/1037, (MAILI SABA – WEHOYA AREA, KITALE – TRANS NZOIA COUNTY** in the name of **BIVON NYABERIMAGOMA**. It is a freehold interest measuring 0.21 Ha or 0.51891 Acres and is situated approximately 13.4 Km from Kitale CBD via Eldoret – Kitale Road in Maili Saba – Wehoya area, Kitale, Trans Nzoia County. The plot is vacant. Mains electricity and piped borehole water services are available for connection to the property.

Conditions of sale.

- All interested bidders are requested to view the property and verify the details for themselves as the auctioneers or the chargees do not warrant these.
- Interested bidders must deposit **Kshs. 1,000,000.00** for Property No. 1, **Kshs. 500,000.00** for Property No. 4, **Kshs. 300,000.00** for Property No. 5, **Kshs. 200,000.00** for Property No. 2, 3, 6 & 7 and **Kshs. 50,000.00** for Property No. 8 in **CASH OR BANKERS CHEQUE** with the auctioneer before being allowed to bid.
- Sale is subject to a reserve price, and the auctioneer reserves the right to reject any bid without giving any reasons for doing so.
- Interested bidders are requested to view the property between 10.00 am and 5.00pm and our office will assist the bidders to point out the property subject to prior arrangement.
- 10%** of the purchase price must be paid to the auctioneer at the fall of the hammer and the balance to be paid in **90 days** to the chargees.

BRAIFUS AUCTIONEERS
 South Haven Bldg, 4th Fl,
 Uhuru Street, Next to G4S Offices,
 Thika town.
 Email: braifusauctioneers@gmail.com

+254 723 340 728
 +254 720 324 598
 P.O Box 1634-00200,
 Nairobi

Licensed Auctioneers, Repossessors, Real Estates & General Commercial Agents

PUBLIC AUCTION

1. Under instructions received from our principals, we shall sell by public auction the under mentioned motor vehicles on **MONDAY 6TH OCTOBER, 2025 at ABSOLUTE CHOICE CAR YARD LIMITED at 10:30 a.m.**

NO.	REGISTRATION NUMBER	MODEL	VENUE
1.	KBS 403T	MERCEDES	ABSOLUTE CHOICE CAR YARD LIMITED

Conditions of Sale
 Cash at the fall of the hammer

Freeman Auctioneers
 Auctioneering, Repossessors, Private Investigation,
 Process Servers, General Commission Agents

NAIROBI OFFICE: FAIRLANE CENTER, 2ND FLOOR, ROOM 216 AT BURUBURU PHASE 3 ALONG MUMIAS ROAD.
 PHONE NO. 0721973704/0717819961
 Email Address: auctioneers.freeman@gmail.com

PUBLIC AUCTION

As per our previous advertisement on the Standard Newspaper dated 16th September 2025, we wish to notify the public of the following changes on the conditions of sale in regard to the property under reference.

THE SALE SHALL BE AS DESCRIBED HERewith AND NOT AS EARLIER ADVERTISED.

Duly Instructed By Our Principals We Shall Sell By Public Auction The Under Mentioned

1. WEDNESDAY 1ST OCTOBER, 2025 AT OUR OFFICE FAIRLANECENTER, 2ND FLOOR ROOM 216 AT BURUBURU PHASE 3 ALONG MUMIAS ROAD.

1. All that parcel of land title THEGENGE/GATHUTHI /1336, NDUGAMANO AREA, TETU CONSTITUENCY, NYERI COUNTY.
 The property is situated about 120 meters off and at the right of Wamagana - Ndugamano - Ithite tarmac road and about 14.2 Kilometers to the South West of Nyeri Town Center at the equity bank Nyeri (I) Kenyatta highway branch
 The property measures approximately 0.0784 HA i.e., 1.576Acre (zero point zero six seven eight four hectares) or thereabouts

2. All that parcel of land title AGUTHI/GATITU/5749, KAGAYU AREA, SKUTA, NYERI TOWN OUTSKIRTS, NYERI COUNTY.
 The property is situated about 390 meters to the North East Kagayu shops junction and about 4.750 Kilometers to the South East of Nyeri Town Center at the equity bank Nyeri (I) Kenyatta highway branch
 The property measures approximately 0.05HA i.e., 0.124 Acre (zero point zero five hectares) or thereabouts

3. All that parcel of land title AGUTHI/GATITU/7114, KAGAYU AREA, SKUTA, NYERI TOWN OUTSKIRTS, NYERI COUNTY.
 The property is situated about 450 meters to the North East Kagayu shops junction and about 4.75 Kilometers to the South East of Nyeri Town Center at the equity bank Nyeri (I) Kenyatta highway branch
 The property measures approximately 0.07 HA i.e., 0.173 Acre (zero point zero seven hectares) or thereabouts

The Titles registered under the name JOHN MWALIMU KABI

CONDITION OF SALE

1. All Intending Buyers 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 Bankers Cheque At The Fall Of The Hammer And Balance To Be Paid Within 90days From The Date Of The Auction.
3. The Sale Is Subject To A Reserve Price.
4. The Auctioneers Have / Reserve The Right To Reject Any Bid without Giving Any Reason.

ALL ARE WELCOME

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 DEBT COLLECTORS AND COURT PROCESS SERVICES

Head Office: Jagir Singh Chai Building, 2nd Floor, Wing A, Next to Hill Court Resort & Spa, Along Nakuru-Nairobi Highway, P.O Box 12585-20100, Nakuru. Tel: 051-2213350, M/L 0722940497 Email: cleverline@yahoo.com / info@cleverlineauctioneers.co.ke

Meru Branch: Rewa House, 3rd Floor, Rm 5, P.O Box 600, Meru M/L 0728 924642

Nairobi Branch: View Park Towers, 9th Floor, Wing A (Watts), P.O Box 3041-00200, Nairobi. Tel: 0737 973 781

PUBLIC AUCTION

Duly instructed by our principals the chargee, we shall sell by public auction the under mentioned property on **Wednesday 15th October, 2025** Outside the Main Post Office Nanyuki town at **11.00 a.m.**

1. All that piece of land known as **LR: NO. GITUAMBA / MUHOTETU BLOCK 2/1177 LAIKIPIA COUNTY**. Registered in the name of **WAMITI ANTHONY MAKARA** measuring **2.197 Ha or 5.4 of an acre approximately**. The land is located in Karaba, Ndurumo location. To access the land from the Karaba Secondary School along the Karaba - Muhotetu road, cover a distance of about 1.1 kilometers then turn right to join the murrum graded road and cover a distance of 5.4 kilometers and then turn left to the immediate access road. On this road cover a distance of 1 kilometer. The subject land is on the left to depth of 140 meters. **GPS Coordinates: 0.351201 N, 36.421768 E.**
Improvement: Vacant.
On Friday 17th October, 2025 Olkalou Town outside the Main Post Office at **11.00 a.m**
2. All that piece of land known as **LR: NO. NYANDARUA / GITHIRO / 154 GITHABAI AREA - NIABINI OUTSKIRTS, KINANGOP CONSTITUENCY NYANDARUA COUNTY**. Registered in the name of **RUTH WAIRIMU MWANGI** measuring **6.07 Ha or 15 acres approximately**. The subject property is situated within Githabai area, Kinangop Constituency of Nyandarua County. The property lies approximately 20.0 Kilometres East of Naivasha town and about 6.8 kilometres Northwest of Githiro shops (along Njabini - Fly Over tarmac road). The property is about 1.2 kilometres off Kinamba - Githiro tarmac road deviating at Githabai Shopping Centre. **GPS Coordinates: -0.723235 , 36.574243**.
Improvement: Erected thereon are incomplete double storey administration blocks, 2 no. Warehouses / pack house, 2 No. stores, other ancillary structures and temporary structures.
3. All that piece of land known as **LR: NO. NYANDARUA / SOUTH KINANGOP / 15077 OFF THIKA - GATURA ROAD MUTONYORA AREA - MAGUMU NYANDARUA COUNTY**. Registered in the name of **JUDY WANJIRU KANG'ETHE** measuring **0.0502 Ha** i.e 0.124 of an acre or thereabout. The property is situated about 170 metres off Thika - Gatura Road, about 1 kilometre to the northwest of Magumu Shopping Centre and about 1.1 kilometres to the northwest and 1.3 kilometres to the north of Mutonyora Primary School and Fly Over interchange respectively. GPS Co-ordinates Latitude **0°52'3.94"S Longitude 36°34'12.08"E**. **Improvement:** The plot is developed with a bungalow, an abutment block and 2 temporary structures.

CONDITION OF SALE

- All interested purchasers are requested to view the property and verify all the details for themselves as these are not warranted by the auctioneer or the chargee.
- A 25% deposit must be paid in cash or bankers cheque at the fall of the hammer and the balance to be paid within 90 days to the chargee's office from the date of sale failure to which the deposit money will be forfeited.
- A deposit of Kshs. 100,000/= must be paid direct to the Auctioneer before being issued with a bid number, refundable after sale or be part of the purchase price to the declared purchaser.
- The highest bidder will be declared the purchaser and the sale is subject to a reserve price and confirmation by the chargee.

ALL ARE WELCOME

DA DASEMY AUCTIONEERS

Location: Next to Township Primary School Velasco - Amani Road
 Address: P.O. Box 133-50400 Busia (K)
 Email: dasemyagencies@gmail.com
 Cell phone: 0721 953 628

PUBLIC AUCTION

We SHALL SELL the undermentioned property together with all the improvement therein UKWALA SRMCELIC NO. 82 OF 2018 between **JOHN OCHIENG OKECH-VS-CHARLES OWINO OBONYO** by public Auction on **8th October 2025 at LWANDA KONYANGO TRADING CENTRE**, starting from **10.00am**. All parcel **EAST UGENYA/KATHIENO "B"/1937 (1.87 HA)** registered in the names of the defendant. The property is situated the trading centre

CONDITIONS OF SALE

1. Intending purchasers are requested to view the property and verify the details.
2. Deposit of 50% MUST be paid in cash or bankers' cheque at the fall of the hammer and balance paid within 30 days.
3. Sale is subject to Reserve Price and Land Control Board Consent

CHADOR AUCTIONEERS
 LICENSED AUCTIONEERS, REPOSSESSORS, REAL ESTATES AND GENERAL COMMERCIAL AGENTS

PUBLIC AUCTION

Under instructions received from our principals, we shall sell the under mentioned M/Vehicles on **Tuesday 7th October 2025** at Legend Storage Yard Ltd Thika Makongeni at 10:30 AM

CASE NO./COURT	PARTIES	M/VEHICLE	MODEL
1. CIVIL CASE NO. E332 OF 2021 THIKA COURT	Catherine Ndila Kisilu alias Catherine Ndila -Vs- Alexander Njagi M'haari Paul Mbiria alia Mr. Mbiria Njanja Paul	KBK 877C	Toyota Hiace
2. SCC CASE NO. E076 OF 2025 KERUGOYA COURT	Lindaliza Kathambi -Vs- Liton Limited	KBH 404S	Prime Mover
3. SCC NO. E1098 OF 2023 THIKA COURT	Edward Mwangi Gitau -Vs- David Maina Thiongo	ZD 7927 KAY 389L	Trailer Mitsubishi FH
4. SPM'S CIVIL SUIT NO. E1249 OF 2024 KENOL COURT	John Gitau Mungai -Vs- Robert Muiga Njuguna	KCW 775Q	Toyota Harrier
5. IN THE MATTER OF DISTRESS FOR RENT	Landlord -Vs- Rebecca Njeri Mwangi	16 Metallic double-decker beds, 7 Metallic shelves, 3 Wooden stools, Kitchen table, Office table, Plastic table, Plastic chair	

Condition of sale
 Cash at the fall of the hammer

BRANCHES: Jubilee Exchange House, 5th Floor, Suite 540, Mama Ngina Street / Kaurika - Street, Nairobi-Kenya
 Gathungu House Suite 39, 3rd Floor Kansa Road, Opp. Central Hotel - Nyeri

HEAD OFFICE: Thika Business Centre, 5th Floor, Suite 3 Commercial Street, Thika P.O. Box 27304 - 00100 Nairobi Tel: 0720 802 229 Cell: 0722 585 986 Email: info@chador.co.ke

Onyango & Tarus
 A: The Bloom, 7th floor, KMA Centre, Upper Hill, Nairobi, Kenya.
 P: 29107, GPO, 00100

We are inviting offers from interested parties for the purchase of motor vehicles as listed below by way of private treaty:

RECEIVING OFFERS CLOSE AT 12 NOON TUESDAY, (7TH OCTOBER 2025)

REG No.	TO BE VIEWED AT	MAKE	YOM	RESERVE PRICE
1	KCJ032G	Eazy Storage Yard - Ruiru	Bmw 325i N52 Dwt11	2009 515,000
2	KCE268T	Capital Diamond - Thika	Isuzu Trooper	2001 230,000
3	KCV664S	Eazy Storage Yard - Ruiru	Nissan Xtrail	2012 831,000
4	KDL354H	Eazy Storage Yard - Ruiru	Suzuki Wagon R Mh34S	2015 405,000
5	KBJ835K	Jibs Yard - Nanyuki	Toyota Corolla Fielder(Nze124)	2002 373,000
6	KCC0584H	Moco Yard - Kisii	Toyota Hiace Kdh201V-Jermy	2011 880,000
7	KCB950Z	Knicky Automax - Kitui	Toyota Probox 1.3	2008 242,000
8	KDA563T	Valuers Yard - Roasters Nairobi	Toyota Vitz	2013 575,000
9	KCZ965B	Eazy Storage Yard - Ruiru	Toyota Wish Zge20	2012 805,000
10	KBU299K	Eazy Ruiru Yard	Subaru Impreza	2006 391,000
11	KDK863Q	Eazy Ruiru Yard	Suzuki Alto	2015 455,000
12	KDH097L	Upcountry	Toyota Fielder	2016 1,040,000
13	KCV211U	Autogallery Yard	Toyota Land Cruiser TRJ	2012 2,530,000
14	KCR183C	Moco Yard	Toyota Hiace	2011 842,000
15	KDD209D	Startruck Yard	Toyota Avensis	2014 823,000
16	KCR939E	Blackbird yard Kisumu	Toyota Porte	2011 367,000
17	KDN637N	Startruck yard	Mazda Demio	2016 817,000
18	KDK428S	Eldoret Supermax	Daihatsu Mira	2015 393,000
19	KDC583B	Jogoo Road Motors	Mitsubishi Mirage	2013 431,000
20	KB1184V	Jaline Yard	Subaru Impreza	2002 225,000
21	KDQ355X	Valuers Yard	Nissan Note	2017 795,000
22	KCA920P	Kefa Autobazaar	Toyota Allex	2004 396,000

Vehicles are sold on "AS IS WHERE IS BASIS".
 Offers should be submitted on www.eezycars.co.ke, not later than 7th October 2025.
 For any assistance please contact: 0783 616458 or 0709 335005 alternatively, send an email to: sales@eezycars.co.ke.

VIEWLINE AUCTIONEERS
 Auctioneers, Repossessors, (Debt Collectors & Commission Agents)

NAIROBI OFFICE: Windsor House, 4th Floor, University Way, P.O. Box 552 - 00600 Nairobi Tel: 020 2670605 / 0763 239 340 Email: viewlineauctioneers@yahoo.com

MERU OFFICE: King'ora Building, 2nd Floor, Mboa Street P.O. Box 3131 - 60200, Meru Tel: 064 3130154 0711 239 340 Fax: 064 3132844

PUBLIC AUCTION

Under instructions received from our clients the chargees we shall sell by Public Auction the under mentioned properties together with buildings and improvements standing and erected thereon.

ON TUESDAY 14TH OCTOBER 2025 AT 11:00A.M OUTSIDE KCB BUILDING MERU TOWN.

1. AGRICULTURAL PROPERTY WITHIN IMENTI CENTRAL AREA, MERU COUNTY

All that parcel of land known as **TITLE NO. KIAMURI 'A'/3135** registered in the name of **JOSEPH KINOTI MUGAMBI** as freehold interest of **P.O. BOX 82-60202 NKUBU**. The property is situated within Kiamuri area Imenti central Sub County. It measures approximately **0.404HA**. There are no structural developments. The GPS coordinates are **0°03'37.6"S and 37°51'03.1"E**.
ON WEDNESDAY 22ND OCTOBER 2025 AT 11:00A.M OUTSIDE KCB BUILDING MERU TOWN

2. RESIDENTIAL PROPERTY WITHIN KITHOKA AREA MERU COUNTY

All that parcel of land known as **TITLE NO. NYAKI/KITHOKA/4943** registered in the name of **JULIAH KARWIRWA BENSON** as freehold interest of **P.O. BOX 1349-60200 MERU g/t MBOGORI SAMUEL MWENDA OF P.O. BOX 1349-60200 MERU**. The property is situated within Kithoka area about 5.5km Northwest of Meru Town centre. It measures approximately **0.10HA**. Developments comprise of two bedroom house and an incomplete masonry house. The GPS coordinate are **0°05' 44.3' S and 37°39' 16.3' E**.

CONDITIONS OF SALE

1. All interested purchasers are requested to view and verify the details of the properties for themselves as these are not warranted by the Auctioneers or our clients.
2. A deposit of 25% must be paid in cash, bankers' cheque or RTGS at the fall of the hammer and the balance to be paid within 90 days to the chargees.
3. The sale is subject to a reserve price and where applicable to Land Control Board Consent.
4. Bidders must pay a refundable deposit of **Ksh 50,000.00** to obtain a bid number.
5. Conditions of sale are available on request at our offices and viewing of the properties can be done on prior arrangement.

HAZARA AUCTIONEERS
 Auctioneers, Court Brokers, Process Servers, Private Investigators
 Bailiffs Re-possessors & Debt Collectors

Head Office: Station Road PO Box 3540-Nairobi 2nd Floor, Left Wing Tel: 0726 243371

Nairobi office: Vision Plaza 3rd Floor Left Wing PO. Box 713-Harobo Tel: 0726 978666

Email: hazarauctioneers@gmail.com

PUBLIC AUCTION

Under instructions received from our principal, we shall sell by public auction the under mentioned motor vehicles at East gate Yard in Nairobi on **7th Tuesday, October 2025** Starting at **10.30 a.m.**

1. In the small claims court at millmani
Case No: Sccc E 3575 of 2024
Mary Wanjiru Nyoike - Vrs- samuel mwaniki muthama
MOTOR VEHICLE REG NO- KAX 915Z TOYOTA HIACE
 Condition: Fair
In the matter of disposal of uncollected goods act (cap 38) laws of Kenya.
Janjo motors vs Imran muhammad
Motor vehicle KBN 840L
TOYOTA KLUGGER
CONDITIONS FOR SALE
 Cash at the fall of the hammer

VINTAGE AUCTIONEERS
 Auctioneers/ Repossessors/ Debt Collectors/ Court Process Servers
 Delamere Flats, Block E, Room 26,
 Millmani Road, Opposite Integrity Centre
 P.O. Box 105190-00101, Nairobi Tel: 0703 381 005 / 0714 588 332
 Email: vintageauction10@gmail.com

PUBLIC AUCTION

1) SALE BY PUBLIC AUCTION - TITLE NUMBER NAKURU MUNICIPALITY BLOCK 20/285/14 I.N.O BILIAH KWAMBOKA SANGARA.

Under instructions received from our principals, the chargees, and acting upon the statutory powers of sale conferred upon the chargee, we shall sell by public auction the under-mentioned property and all improvements thereon on **8th OCTOBER 2025** at our office at **11:00 A.M.**

TITLE NUMBERS TITLE NUMBER NAKURU MUNICIPALITY BLOCK 20/285/14 I.N.O BILIAH KWAMBOKA SANGARA, a 3-bedroom master- ensuite apartment on the third floor of BLOCK L, a regular shaped commercial plot of black cotton soils with a gentle southward slope whose boundaries are marked by a perimeter stone wall fence. Access into the estate is via a double-hinged steel grilles gate that opens onto driveways and parking yards with laid Cabro blocks. A leasehold interests' area measuring approximately 3.237 Ha or 8.22 of an Acre. The property is known as **Millmani Apartments Phase II** is situated in the general Millmani Area off prison road which is in turn off showground round road about 250 meters to the North East of Central Rift water works development agency. The development is approximately two kilometers from Nakuru town Centre. The subject property is in BLOCK L 3rd floor Flat No.14 Services: All mains services are connected to the property; the estate has Cabro-paved roads that connect to the tar-surfaced road that leads to prison road. Other services and social amenities are available within Millmani Area or along Nakuru Central Business District.

CONDITIONS ON SALE

- I. Interested purchasers are required to verify the details and particulars of the property for themselves as these are not warranted by the Auctioneer, Chargee or Advocate AS SALE IS "ON-AS-IS-WHERE-IS-BASIS".
- II. The declared purchaser must deposit 25% of the purchase price at the fall of the hammer and balance by close of business auction day, failure to which the money received including the deposit will be forfeited.
- III. Successful bidders shall be required to pay 10% of the purchase price in banker's cheque or EFT immediately at the fall of the hammer and the balance to the chargee within 90 days.
- IV. The Auctioneer reserve the right to reject any bid.
- V. The sale is subject to reserve price and land board consent if applicable.
- VI. The Auctioneer reserve the right to reject any bid without giving reasons for so doing.

MAMALO AUCTIONEERS

0743 137 4170/22 812 849
 0710 290 631
auctioneersmamalo281@gmail.com
 P.O. Box 14733-00400, Nairobi
 Doublem Heights 2nd Flr, Suit 205, Ousterling Rd

PUBLIC AUCTION

(A Duly instructed by the Decree Holder we shall sell the under mentioned Motor Vehicle by public auction on **Tuesday 7th October 2025 at 10.30AM at Breeze Storage Area along Eastern bypass, off Kangundo road.**

UNDER WARRANTS OF ATTACHMENT AND SALE MILIMANI SCCOM E7127 OF 2024
EVA WANJIRU MWANGI-VS-NANCY CHEPKOECH RONO & MAUREEN CHELIMO RONO
Motor Vehicle Registration Number KBV 888W RANGE ROVER DISCOVERY.

(B Duly instructed by the Decree Holder we shall sell the under mentioned Motor Vehicle by public auction on **Tuesday 7th October 2025 at 10.30AM at Breeze Storage Area along Eastern bypass, off Kangundo road.**

UNDER WARRANTS OF ATTACHMENT AND SALE MILIMANI CMCC E6207 OF 2022
VINCENT SHITSUKANE MUKANGI-VS-STEPHEN MUTUKE KISILU & ELIJAH A. NAMBENYA
Motor Vehicle Registration Number KBP 647M TOYOTA HIACE.

(C Duly instructed by the Decree Holder we shall sell the under mentioned Motor Vehicle by public auction on **Tuesday 7th October 2025 at 10.30AM at Hewanga Ventures Skuta-Nyeri.**

UNDER WARRANTS OF ATTACHMENT AND SALE MUKURWEINI CMCC E012 OF 2023
ESTHER WAMATHA NGUGI-VS-CHRIS MWITI GITONGA
Motor Vehicle Registration Number KBL 2895 TOYOTA PREMIO.

(D Duly instructed by the Decree Holder we shall sell the under mentioned Motor Vehicle by public auction on **Tuesday 7th October 2025 at 10.30AM at Hewanga Ventures Skuta-Nyeri.**

UNDER WARRANTS OF ATTACHMENT AND SALE KERUGOYA SCCC E014 OF 2025
JULIUS GITHUKU KAMAU-VS-MICHAEL KINYUA KARIUKI
Motor Vehicle Registration Number KCC 359N TOYOTA HIACE.

(E Duly instructed by the Decree Holder we shall sell the under mentioned Motor Vehicle by public auction on **Tuesday 7th October 2025 at 10.30AM at Breeze Storage Area along Eastern bypass, off Kangundo road.**

UNDER WARRANTS OF ATTACHMENT AND SALE OTHAYA CMCC E036 OF 2023
JOSEPH MAINA KINGORI-VS-DENIEL GICHOHI & GERALD MWANGI NJUMI
Motor Vehicle Registration Number KCG 825T TOYOTA HIACE.

(F Duly instructed by the Decree Holder we shall sell the under mentioned Motor Vehicle by public auction on **Tuesday 7th October 2025 at 10.30AM at Breeze Storage Area along Eastern bypass, off Kangundo road.**

UNDER WARRANTS OF ATTACHMENT AND SALE KILUNGU PMCC E235 OF 2024
ROSE MUTAVE MATATA-VS-PHYLIS WANJIRU KIRUKA
Motor Vehicle Registration Number KCF 317T TOYOTA HILUX.

CONDITIONS FOR SALE

All intending purchasers are requested to verify details themselves.
 Viewing can be done through arrangements with ourselves.
 Cash at the fall of the hammer.
 Sale is subject to the reserve price.

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Tel: 020-513638, 2943332
Mobile: 0713-967284
Email: info@purpleroyal.co.ke
Website: www.purpleroyal.co.ke

PUBLIC AUCTION

Under instructions received from the CHARGE, we shall sell by Public Auction the under mentioned property.



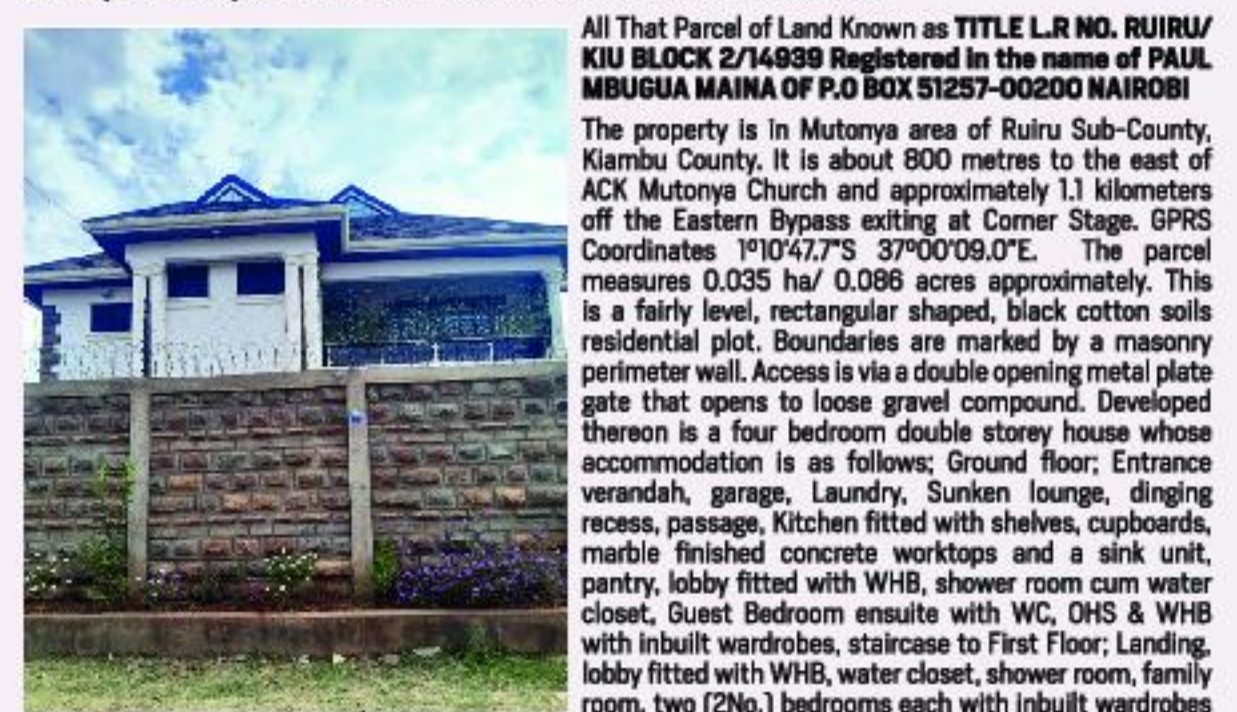
ON THURSDAY 2nd OCTOBER 2025 AT 11.00 AM AT OUR OFFICE SITUATED AT CARGEN HOUSE 1st FLOOR, SUITE 101, MOI AVENUE/HARAMBEE AVENUE JUNCTION, NAIROBI CITY NAIROBI COUNTY.

All That Property Known as TITLE L.R. KAJIADO/KAPUTIEI NORTH/41079, LOCATED DARES SALAAM LANE, MILIMANI ESTATE AREA, KAJIADO COUNTY IN THE NAME SAMMY CHEPKURUI KAPSOOT OF P.O. BOX 12755 00400 NAIROBI.

The property is in Milimani Area, Kitengela, Kajiado County. Access to the property is off Nairobi - Namanga road via a right turn directly opposite Enkara Bar & restaurant onto Milimani B-road and proceeding for approximately 1.6 kilometers to the subject property. The property is located approximately 3 kilometers from Kitengela Town and 15 Kilometers from Nairobi City Centre. GPS Coordinates: -1.502058, 36.945092. The plot measures approximately 0.044 ha/ 0.1087 acres. This is a rectangular shaped plot with a fairly even gradient and characterized with black cotton soils with boundaries marked by a perimeter wall. The entrance is secured by a double leaf metal sheet gate mounted on concrete pillars opening onto a paved compound. The bungalow has the following accommodation details; Entrance Porch, Lounge, dining area; Kitchen fitted with high and low level cabinets, sink unit and with a door leading to terrace, Pantry fitted with shelves visitors cloakroom fitted with WC, WHB off and a vanity cabinet; Two (2 No.) bedrooms fitted with wardrobes; Common Bathroom fitted with OHS, WC and WHB. Master bedroom ensuite fitted with wardrobes and with a washroom having WC WHB wall mirror and OHS. The total plinth area is 1300 Sq.Ft. Mains electricity is connected to the property. Water supply in the area is from private boreholes. Drainage is to a septic tank or pit latrine. Immediate access is motor able earthen surfaced. It's on a **Freehold Interest**.

PRIME FOUR BEDROOMED DOUBLE STOREY MAISONETTE IN MUTONYA AREA, RUIRU SUB-COUNTY, KIAMBU COUNTY

ON WEDNESDAY 15th OCTOBER 2025 AT 11.00 am AT OUR OFFICES SITUATED AT CARGEN HOUSE, 1ST FLOOR, SUITE 101, MOI AVENUE/HARAMBEE AVENUE JUNCTION NAIROBI.



All That Parcel of Land Known as TITLE L.R. NO. RUIRU/ KIU BLOCK 2/14939 Registered in the name of PAUL MBUGUA MAINA OF P.O BOX 51257-00200 NAIROBI

The property is in Mutonya area of Ruiru Sub-County, Kiambu County. It is about 800 metres to the east of ACK Mutonya Church and approximately 1.1 kilometers off the Eastern Bypass exiting at Corner Stage. GPRS Coordinates 1°10'47.7"S 37°00'09.0"E. The parcel measures 0.035 ha/ 0.086 acres approximately. This is a fairly level, rectangular shaped, black cotton soils residential plot. Boundaries are marked by a masonry perimeter wall. Access is via a double opening metal plate gate that opens to loose gravel compound. Developed thereon is a four bedroom double storey house whose accommodation is as follows; Ground floor; Entrance verandah, garage, Laundry, Sunken lounge, dining recess, passage, Kitchen fitted with shelves, cupboards, marble finished concrete worktops and a sink unit, pantry, lobby fitted with WHB, shower room cum water closet, Guest Bedroom ensuite with WC, OHS & WHB with inbuilt wardrobes, staircase to First Floor; Landing, lobby fitted with WHB, water closet, shower room, family room, two (2No.) bedrooms each with inbuilt wardrobes and ensuite with shower room cum water closet and

access to balcony. Master Bedroom with inbuilt wardrobes, dressing area ensuite with shower room cum water closet. **Plinth area 3369 sq.ft.** Servants Quarters; This is a lean to extended from perimeter fence. It has a flat reinforced concrete slab with an over - roof water tank. Accommodation comprises of a room and attendant washroom. Immediate access road is murram, public and social amenities are readily available in the neighbourhood. Main piped water and electricity is connected to the property. It's on **Freehold Tenure**.

A PRIME AGRICULTURAL CUM RESIDENTIAL PROPERTY IN GIKUMARI AREA, RUIRU SUB-COUNTY, KIAMBU COUNTY

ON THURSDAY 16th OCTOBER 2025 AT OUR OFFICE SITUATED AT CARGEN HOUSE 1st FLOOR, SUITE 101 MOI AVENUE/HARAMBEE AVENUE.

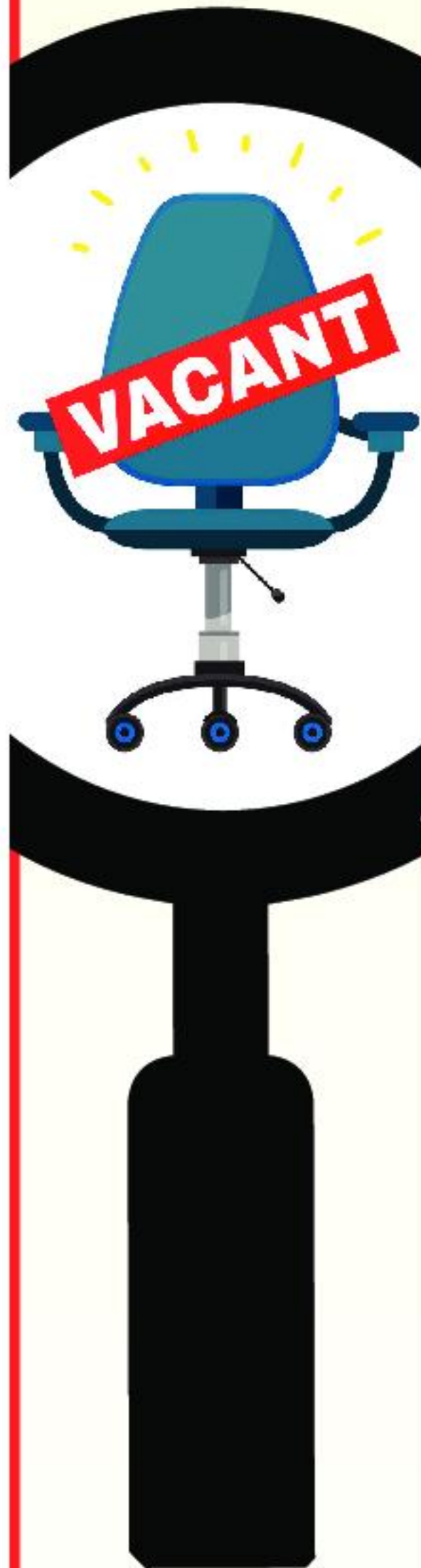
All That Parcel of Land Known as TITLE NO. RUIRU/RUIRU EAST BLOCK 4/7746 - GIKUMARI AREA, RUIRU SUB-COUNTY, KIAMBU COUNTY I.N.O THURANIRA MUTUA T/A DYNAMIC MEDICAL CLINIC - RUNDIA OF P.O BOX 38063-00200 NAIROBI.

The property is located within Gikumari area, Ruiru Sub-County, off eastern bypass in Kiambu County. The property lies approximately 1.6 kilometers South East of Gikumari Primary school. It is accessed branching off Eastern Bypass at the junction known as Kona Stage with the sign post to Green Valley Estate and it is situated approximately 11.6 kilometers from the said junction. GPRS Coordinates 1°11'51.0"S 37°05'30.3"E. The plot measures 0.0376 ha/0.093 acres or thereabouts. This is near rectangular shaped plot with a gentle northeast sloping gradient and characterized by black cotton soils. Its boundaries barbed wire on wooden posts and /or left open elsewhere. Entrance into the property is left open. The immediate access road is via an earth/ murram laid road and connect to the tar surfaced Eastern Bypass 11.3 kilometers away. Mains electricity and water services are available in the neighborhood for connection. Foul disposal is into a pit latrine. It's on **Freehold Tenure**.

CONDITIONS OF SALE

- All interested buyers are requested to view the property and verify the details as these are not warranted by the auctioneers.
- Property No. 1 L.R. NO. KAJIADO/KAPUTIEI NORTH /41079, I.N.O SAMMY CHEPKURUI KAPSOOT interested bidders must carry a deposit of 25% in form of banker's cheque to the auction. If declared the highest bidder, the balance will be payable within Ninety days to the chargees.
- Property No. 2 L.R. NO. 206/2178 (L.R. 193851), I.N.O AMBASA BEMARD OKOTH interested bidders must carry a deposit of 10% in form of banker's cheque to the auction. If declared the highest bidder, the balance will be payable within Ninety days to the chargees.
- The conditions of sale may be obtained from our offices.
- The sale of the properties is subject to a reserve price and Land Control Board where applicable.

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DEATH AND FUNERAL ANNOUNCEMENT



JARED ODOYO MALELA

Sunrise: 10th August, 1979 ~ Sunset: 11th September, 2025

It is with deep sorrow and humble acceptance of God's will that we announce the passing on of Mr. Jared Odoyo Malela, who went to be with the Lord on 11th September, 2025 at Coptic Hospital, Nairobi, after a period of illness bravely endured.

Until his passing, Jared served as the Head of Academics and Student Affairs department at Tom Mboya University, offering his work with commitment and humility.

He was also a devoted servant of God, serving faithfully as an Elder at the Full Gospel Churches of Kenya and Patron of Christian Union -TMU, where his ministry touched and transformed many lives.

Jared was the beloved husband of Mrs. Maureen Akinyi Orai of the National Police Service, and a loving father to Velma Odoyo, Nimrod Odoyo, Noel Odoyo, and Valda Odoyo.

He was the son of the late Christopher Malela and the late Isidora Olala Malela, and son-in-law to Jane Opondo and the late George Orai.

A dear brother to Maurice, Joshua, Mary, Esther, Hezron, Pamela, Elisha, Sylvia, Walter, Jacktone, the late Everline, Philemon, Shadrack, Christopher, and Janet, and a brother-in-law to Isaiah, Rhay, Dick, and Castro.

Family and friends are gathering daily at his home in Kamasasia Village, Gem Komolo Location, Homa Bay County, for prayers and funeral arrangements. A memorial service will be held on Thursday 9th October, 2025 at Full Gospel Churches of Kenya-Kisumu. His burial will take place on Friday, 10th October, 2025, at his ancestral home in Kamasasia Village and it will be presided over by the regional overseer Bishop Dominic Wagoro, assisted by Bishop John Mbai and Reverend Paul Okach.

"Jared's life was a blessing to his family, the church, and the community. He leaves behind a legacy of faith, love, and service that will live on in our hearts."

"I have fought the good fight, I have finished the race, I have kept the faith." - 2 Timothy 4:7

From the Family:

"You were a gift to us all. Though gone from our sight, you remain forever in our hearts."



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Sports

Football. Rising Starlets rout Ethiopia in qualifier, Page 32



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Ducati rider Marc Marquez celebrates with his girlfriend Gemma Pinto on the podium after the MotoGP class race of the MotoGP Japanese Grand Prix yesterday. [AFP]

Emotional Marquez 'at peace' after lifting his seventh crown

- ▶ It marked a triumphant return from a gruelling struggle with injuries since breaking his right arm in 2020.
- ▶ The Spaniard has been in top form throughout the year and only needed second place finish for the title.

AFP, MOTEGI

An emotional Marc Marquez said he was "at peace" with himself after winning his first MotoGP world title since 2019 yesterday, capping a remarkable comeback from an injury nightmare.

The Spaniard finished second at the Japan grand prix behind fellow Ducati rider Francesco Bagnaia to clinch his seventh world title with five events to spare.

It marked a triumphant return from a gruelling struggle with injuries since breaking his right arm in 2020 that almost forced him to hang up his helmet.

The 32-year-old said his title was "written in the stars" but admitted he had doubts he would return to the top.

"Of course I feel happy but the first feeling is that I feel at peace with myself," he said.

"It was Marc against Marc during five years, Marc against injury, but especially about the mental side was difficult.

"I took super difficult decisions but I closed the circle in the perfect way," he added.

Marquez has been in brilliant form all year and knew that placing first or second would clinch the title regardless of where his brother and closest championship rival Alex finished.

He wrapped up the world championship in Japan for the fourth time in his career, following

“

It was Marc against Marc during five years, Marc against injury, but especially about the mental side was difficult. I took super difficult decisions but I closed the circle in the perfect way.”

Marc Marquez

2014, 2016 and 2018, and now draws level with Italian motorcycle legend Valentino Rossi on seven titles.

After crossing the line, Marquez raised both arms aloft before sobbing and yelling as his achievement began to sink in.

"One of the good things of humans is you can't forget the bad moments," he said.

"It's difficult to forget because still today, I feel it some days. But the dream comes true."

Marquez has 11 grand prix wins so far this year and his championship points total was already a single-season record for a MotoGP rider before the Japan weekend.

Bagnaia claimed only his second grand prix win of what has been a frustrating season for the two-time world champion.

The Italian also won the Saturday sprint and looked back to his best all weekend.

He paid tribute to Marquez's achievement, saying he "did amazing things this season".

"He was starting in a fantastic way, then he had two or three races where he needed to calm down a bit," said Bagnaia.

"Then he was a machine for the rest of the season, so congratulations to him."

Bagnaia started the race from pole and kept his lead into the first turn, with Marquez maintaining his position from third on the grid.

sports@standardmedia.co.ke

TENNIS

Carlos Alcaraz reaches Japan Open semis

Carlos Alcaraz again looked untroubled by his ankle injury as he brushed aside American Brandon Nakashima 6-2, 6-4 yesterday to reach the Japan Open semi-finals.

The world number one hurt himself during his opening match in Tokyo and he admitted after his next outing that the injury had worried him and was on his mind on the court.

The Spaniard again played with strapping showing above the top of his left sock but it did not appear to trouble him in another comfortable victory.

Alcaraz won in an hour and 20 minutes and will face Norway's world number 12 Casper Ruud in Monday's semi-finals.

"I think I just played unbelievable today, I'm not going to lie," Alcaraz said.

"I felt like I could do everything on court, playing every shot."

Alcaraz had his service broken three times in his previous night's win over Belgium's Zizou Bergs.

He gave Nakashima no such help and blazed into a one-set lead in front of an adoring Tokyo crowd.

World number 33 Nakashima tried to get a foothold in the second set but Alcaraz broke him in the fifth game and never looked back.

The Spaniard spurned three match points but made no mistake a game later, sealing the deal with a vicious forehand that hit the baseline.

Alcaraz's semi-final opponent Ruud beat Australian qualifier Aleksandar Vukic 6-3, 6-2.

World number five Taylor Fritz will play fellow American Jenson Brooksby in the other semi-final.

Fritz, the number two seed, came through a tough quarter-final against another American, Sebastian Korda, winning 6-3, 6-7 (5/7), 6-3.

Brooksby beat the number three seed, Denmark's Holger Rune, 6-3, 6-3. [AFP]



Carlos Alcaraz of Spain in action. [AFP]

Omore swings to victory in Mug tournament at Nyanza Golf Club

► It was first win of the year for Omore in the Nyanza Mug of September.

► Ushuda and Nyambogo show their class to win in the junior categories.

WASHINGTON ONYANGO, KISUMU

Tito Omore claimed his first title of the year after emerging as the overall winner of the Nyanza Mug of September played on Saturday at the Nyanza Golf Club.

Omore shot an impressive 64 net to beat a field of over 50 golfers in the monthly competition, which drew players across different categories and all the way from Kericho, Kakamega, Nandi and Muthaiga clubs.

Speaking after his win, Omore said the calm weather gave him confidence to play consistently throughout the round.

"I am very happy with this win because it has been a tough year for me on the course. Today, everything worked out for me, from my short game to the putts," he said.

"The weather was cool and calm, and that really helped me to concentrate better. I also got inspired by the encouragement from my playing partners, which pushed me to give my best."

In the other categories, Joseph Atito was crowned gross winner after carding 80 gross, while Raju Bhayani won Division A with 69 net. Julius Omollo settled for runner-up in Division A with 70 net.

Division B produced a tie, with Mitun Patel and Ibrahim Ogeto both returning 66 net. Patel was awarded the winner's trophy on countback, while Ogeto took runners-up honours.

In Division C, Emmah Rumo walked away with top honours after returning 65 net. Veteran golfer G Guya proved steady to win the seniors' category on 72 net.

The tournament also celebrated players born in September. BV Patel won in the men's category, while Tabitha Akoth triumphed in the ladies' section.

Among juniors, Melody Ushuda emerged winner in the girls' category on 83 net, while Tony Nyambogo impressed with 69 net to take the boys' title.

Guest players were also recognised, with P Odongo winning on 69 net ahead of runner-up



Tito Omore follows his swing during the September Mug of the Month golf tournament at Nyanza Golf Club on Saturday. [Washington Onyango, Standard]

A Muhando, who posted 66 net.

The longest drive contests were claimed by Maurice Oduor in the men's category and Christine Riaroh in the ladies' category. J Obare

received the best effort award after posting 99 net, while David Omollo won the ball pool prize on Hole 4.

Tournament convener Tabitha Ojwang praised the sponsors for supporting the monthly event.

"We are very grateful to our sponsors who made this Mug a success. Their support has allowed us to host golfers of all ages and categories in a very lively tournament," said Ojwang. "If more corporates come on board, golf will grow even further, and we will continue to nurture talent at all levels."

Club captain Julius Owino lauded the success of the monthly mugs, noting that they have become an important part of the Nyanza Golf Club calendar.

"The monthly mugs have really grown in popularity, and every month we see more golfers participating. The only way forward is to make them even better," Owino said. "We are committed to improving every aspect of the game here, and the response so far has been very encouraging."

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NYANZA GOLF SEPTEMBER MUG OF THE MONTH WINNERS

- Overall Winner Division A and B: Tito Omore – 64 Net
- Gross Winner: Joseph Atito – 80 Gross
- Div A Winner: Raju Bhayani – 69 Net
- Div A Runner-Up: Julius Omollo – 70 Net
- Div B Winner: Mitun Patel – 66 Net
- Div B Runner-Up: Ibrahim Ogeto – 66 Net
- Div C Winner: Emmah Rumo – 65 Net
- Senior Winner: G. Guya – 72 Net
- September Babies Winner Men: B. V. Patel
- September Babies Lady Winner: Tabitha Akoth
- Junior Winner Girl: Melody Ushuda – 83 Net
- Junior Winner Boy: Tony Nyambogo – 69 Net
- Guest Winner: P. Odongo – 69 Net
- Guest Runner-Up: A. Muhando – 66 Net
- Longest Drive Men: Maurice Oduor
- Longest Drive Lady: Christine Riaroh
- Best Effort: J. Obare – 99 Net
- Ball Pool: David Omollo – Hole 4 (36 Balls)

GOLF

How Europe coped with hecklers in Ryder Cup action

Europe captain Luke Donald credits an "anti-fragile mentality" for how well his golfers have handled raucous New York hecklers and taken a record lead at the Ryder Cup.

Shrugging off profane insults and distracting yells as players tried to make shots, Europe seized an 11.5-4.5 lead over the United States on Saturday -- the largest lead entering yesterday's singles in the event's current format.

"I didn't expect to have as big a lead like this," Donald said. "A lot of things have gone well for us, but very happy with how strong our team is, the firepower they have, the intensity -- kind of the anti-fragile mentality."

Europe went 3-1 in Saturday foursomes and four-ball sessions despite harsher remarks as the day wore on, prompting police to walk with Rory McIlroy and Shane Lowry in their 2-up four-ball win over Justin Thomas and Cam Young at Bethpage Black.

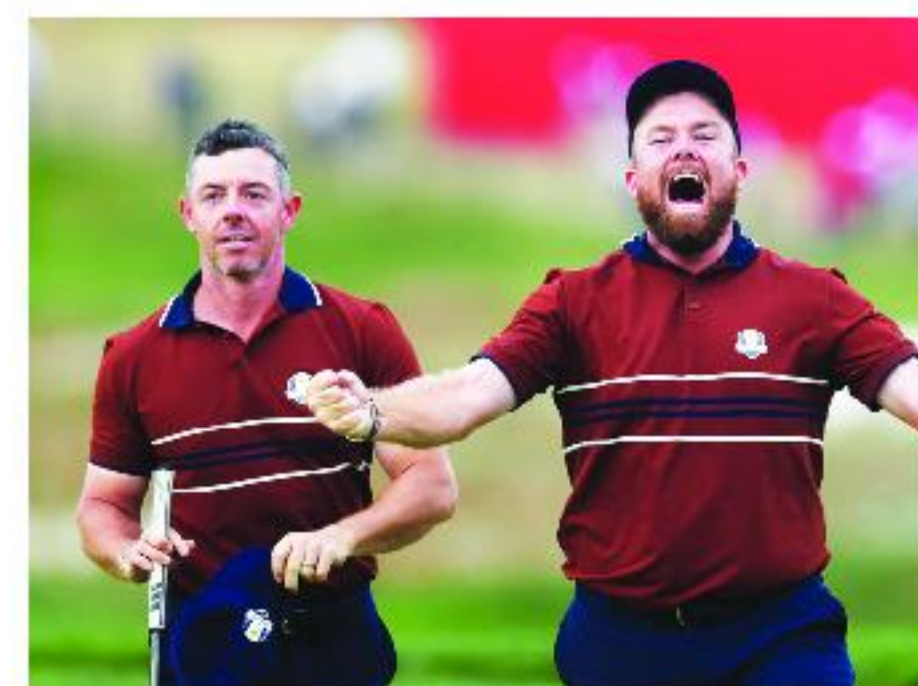
"Things got tougher out there and it fired them up even more," Donald said.

"They were able to get better through those difficult moments out there. That's what makes me most proud as a captain, just their ability to take the punches and come back even stronger."

McIlroy made an obscene gesture to the crowd on Friday and cursed at rowdy fans to "shut up" on Saturday after multiple times being forced to back off putts.

"Sometimes the crowd going at you can be a motivator for some of these players and I think Rory and Shane certainly looked like they were sort of almost enjoying the difficult environment out there," Donald said.

"We talked about that in the lead up. We've talked about it for a long time." [AFP]



Rory McIlroy and Shane Lowry of Team Europe celebrate defeating Justin Thomas and Cameron Young of Team United States. [AFP]

GOLF



Shay Chauhan in action at Nyali Golf and Country Club on Saturday. [Maarufu Mohamed, Standard]

14-year-old Chauhan beats veretans in Nyali

14-year-old boy, Shay Chauhan scored 42 stable ford points to emerge the overall winner of the 'Muwi' Roofing golf tournament played at the par 71 Nyali Golf and Country Club on Saturday.

"This victory is one of my dreams that has come true. It was a really competitive field, I can't even believe this and I am so incredibly excited. I want to give a huge thank you to my parents, especially my father Kailesh Chauhan, who is always there for me, making me stronger every day and for driving me to every tournament. My thanks also go to my coach, who has helped me improve my game so much," said Chauhan Junior.

William Kaguta playing off handicap 3 played a 2 over 73 gross to emerge the gross

winner as handicap 20 Aaron Kikui carded 40 points to claim the men's top prize while handicap 19 Sammy Kamau was the runners up on a count back score of 38 points after tying on the same score with third placed handicap 20 Muzahim Taib who is the club's vice-captain.

Petronilah Kalee playing off handicap 22 recorded 37 points to emerge the lady winner while handicap 33 Navinder Kaur settled for the runners up post on 35 points beating handicap 22 Lynette Oketch to the third spot on a two points difference.

Handicap 24 Inayet Kudrati claimed the senior prize on 35 points while handicap 37 Niall Chauhan on 35 points and handicap 20 Peter Wakahora also with 35 points were the junior

and guest winners.

The top prize for the invited Coast clubs on 34 points was claimed by handicap 31 Hassan Khamis as handicap 34 Omar Ramadhan carded 40 points to win the Division 2 men prize and the same for the lady was claimed handicap 44 Pervis Barnsley on a score of 34 points.

Meanwhile, Everline Kerubo beat 76 players at the par 71 Sea-link Mombasa golf course also on Saturday.

Playing off handicap 16 Kerubo recorded an excellent 42 points to emerge the overall winner of the World Tourism golf tournament hosted by the Kenya Association of Women in Tourism (KAWT) in celebration of the United Nations World Tourism day. [Maarufu Mohamed]

SERIE A

Juve miss chance to go top as Inter see off Cagliari



Juventus J Cabal and Weston McKennie celebrate the goal against Atalanta on Saturday. [AFP]

Juventus missed the chance to move top of Serie A on Saturday after a 1-1 draw with Atalanta in Turin left them a point behind league leaders and reigning champions Napoli.

Juan Cabal bundled in his first goal in Italy's top flight with 12 minutes remaining, shortly after replacing injured Gleison Bremer, to preserve Juve's unbeaten start to the campaign.

"My glass is half full because in my opinion we played really well, the first half was one of the best since I've been here," said Igor Tudor, who takes his team to Villarreal on Wednesday.

"It was a tough match between

two teams in the Champions League, and the draw was a fair result."

Atalanta, who host Club Brugge tomorrow, had looked good for a win at the Allianz Stadium as Ivan Juric's team played well after Kamaldeen Sulemana lashed in his second goal in as many games in first half stoppage time.

But Odilon Kossounou made a hash of a Joao Mario cross, allowing Cabal to level the scores against Atalanta, who played the final 10 minutes with 10 men following Marten de Roon's sending off.

Weston McKennie missed a golden opportunity to snatch the

three points in the dying seconds when he shot straight at Atalanta goalkeeper Marco Carnesecchi from point-blank range.

That miss allowed Atalanta to escape with a draw and go fifth, level on nine points with four other clubs including AC Milan, who hosted Napoli yesterday.

Napoli lead the pack with a perfect 12 points from their first four matches of the league campaign.

Among the quintet on nine points are Inter Milan who beat Cagliari 1-0 thanks to an early header from Lautaro Martinez and Pio Esposito's. Martinez's second goal of the season was the 12th of his career against Cagliari. [AFP]

Briefing

EPL SPURS BOSS FRANK SAYS EPL IS RELENTLESS

Thomas Frank said the Premier League is "relentless" after his Tottenham side needed Joao Palhinha's stoppage-time strike to salvage a 1-1 draw at home to bottom-of-the-table Wolves on Saturday. The visitors, who had lost all of their previous five league games, were on course for a deserved win through Santiago Bueno's goal on 54 minutes. However, Palhinha provided the quality Tottenham had lacked all night with a brilliant finish four minutes into added time to snatch a point. Spurs move up to third in the table despite winning just one of their last four league games. [AFP]

LIGUE 1. PSG BACK ON TABLE TOP AFTER WIN



PSG players celebrate a goal in a past match. [AFP]

Injury-hit Paris Saint-Germain warmed up for a Champions League showdown with Barcelona by easing to a 2-0 win over Auxerre on Saturday which took them back to the top of the Ligue 1 table. Illia Zabarnyi got his first PSG goal since arriving from Bournemouth in the close season and fellow defender Lucas Beraldo also scored as the reigning French and European champions bounced back from a 1-0 defeat in Marseille last Monday. The result allowed Luis Enrique's team, after six games this season, to move three points clear at the top of table ahead of Marseille, Monaco, Lyon and Strasbourg. [AFP]

Why Man United boss Amorim is not concerned about his future

Sources insist minority owner Sir Jim Ratcliffe is backing Amorim despite poor run of results.

United have collected 34 points from Amorim's 33 league games in charge and have still to win successive matches.

BBC, MANCHESTER

Manchester United head coach Ruben Amorim said he was not concerned about his job after a day on which a previous step forward had been followed by another one back.

The optimism generated by the victory over Chelsea seven days beforehand was lost in a 3-1 defeat at Brentford that kept United firmly in the bottom half of the Premier League.

The club, though, remain supportive of their head coach despite the damaging loss.

Sources insist minority owner Sir Jim Ratcliffe is backing Amorim, and feels it is only fair to judge the Portuguese on a full season with what he views as the right team.

Multiple suggestions from external sources that shortlists of replacements have been drawn up have been dismissed by United officials, who are adamant no-one is being lined up to replace Amorim.

Nevertheless, speculation will continue, increasing the strain on the 40-year-old before Saturday's game with in-form Sunderland at Old Trafford.

United have collected 34 points from Amorim's 33 league games in charge and have still to win successive matches.

The promised improvement after



Manchester United's head coach Ruben Amorim. [AFP]

last season's woeful 15th-place finish is yet to materialise, and afterwards Amorim was forced to answer more questions about his future.

"I am never concerned about my job - I am not that kind of guy," he told BBC Match of the Day.

"It is not my decision. I will do the best I can every minute I am here."

United officials have repeatedly stressed their support for the former Sporting boss, but it is days like this when that belief is called into question and, with no midweek games to divert attention, ensure the inquest is extensive.

Defender Matthijs de Ligt spoke after the game and acknowledged



When you win, you feel that everything and that the momentum is here. When you lose, you go back to the same place and fight again for the one win that can help you to create the momentum."

Ruben Amorim, Man United manager

the performance was not good enough, but feels it would be unfair for Amorim to shoulder the blame.

"It's always easy to look to the manager but in the end the players on the pitch have to do it," he said.

Former Wales midfielder Ashley Williams told BBC Final Score: "I don't want to say they change manager, but how long can this continue? It seems to be every week that we're talking about it.

"I'm a fan of managers who have a style and stick to it. That isn't working. You have to adapt.

"I don't see where Manchester United go with this unless they change manager."

Former England striker Alan Shearer told BBC Match of the Day: "Ruben Amorim is under massive pressure.

"I think the hierarchy have made so many errors since coming to the club, they can't be seen to have made another in appointing this manager. I think he is very fortunate."

Ex-Arsenal defender Martin Keown added: "They don't look good enough. You then look at it and he only has a win percentage 1 per cent more than Graham Potter, who has been sacked. How is he still in the job?"

The problem for Amorim is that, by his own admission, his messaging is not bearing fruit.

Bruno Fernandes' second missed penalty out of three this season was a contributing factor as United extended their wait for an away win in the league to eight games, their worst run since 2019.

Since Amorim's tenure began last November, no team has conceded the first goal in more league games than United.

He said his players had worked on Brentford's likely gameplan.

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The Standard Sports



Rising Starlets close in on World Cup slot after win over Ethiopia

► Unstoppable Mideva bags brace as Kenyans win 2026 World Cup qualifier.

► Kenya and Tanzania will battle for the ticket to Poland in a two-legged third round in February 2026.

ELIZABETH MBURUGU, NAIROBI

Rising Starlets advanced to the third round of the 2026 Fifa Under-20 Women's World Cup qualifiers following a 5-1 aggregate win against Ethiopia.

After playing to a 1-1 draw away, the Kenyans yesterday thrashed their guests 4-0 in the return leg of the second-round qualifiers match played at Ulinzi Sports Complex. Coach Jackline Juma said that the conditions were favourable to them at home.

"In Addis we had some challenges, it was flooded and it totally changed our game plan but the conditions were good here," Juma said.

On her tactical approach, Juma said that her target was to score in the first ten minutes of the match.

"We made the changes in the starting 11 to fit our game plan. Our aim was the first 10 minutes because we were assured of a goal given that in Ethiopia our goal came in 36 seconds," she added.

Her Ethiopian equal Chalew Lemecha said that his charges could not deliver though they gave their best.

"My players failed to execute what we had worked on and agreed in training hence the outcome but they did their best under the current circumstances," Lemecha said.

Juma made four changes bringing in Ruth Akinyi, Pearl Olesi, Diana Onyango and Valerie Nekesa who had started on the bench during their first leg encounter. The quartet replaced Elizabeth Ochaka, Halima Imbachi, Emily Moranga and Mitshel Waithera.

The Kenyans began their goal hunt with earnest just like they had done in Addis Ababa. The attacking duo of Elizabeth Mideva and Nekesa was lethal upfront threatening the Ethiopian from the onset.

Nekesa proved that Juma had made the right decision to start her as she outsmarted the Ethiopian defence to hit the ball past goalkeeper Abeba Ajibo to give Kenya a fourth minute lead.

Mideva who had scored Rising Starlets lone goal in first leg draw ran rings around the opponents relentlessly attacking in hunt for a second goal. Her efforts paid off in the 16th minute with a superb header that stunned the Ethiopians.

The guests fought on making some moves in the Kenyan half but their efforts were thwarted by a solid defence with goalkeeper Christine Ak-



Elizabeth Mideva celebrates her goal against Ethiopia in the Fifa U20 2026 Women's World Cup qualifier at Ulinzi Sports Complex yesterday. [Jonah Onyango, Standard]

inyi making some crucial saves.

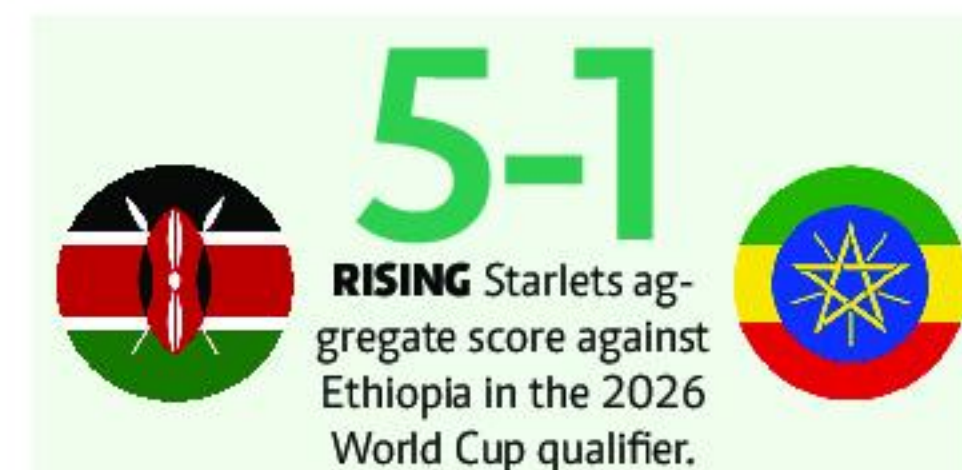
Rising Starlets captain Fasila Adhiambo put her name on the scoresheet in the 28th minute as she netted from a long-range strike to give Kenya a third goal and make it difficult for the

guests to stage a comeback. The homegirls contained their opponents for a 3-0 half-time advantage.

On resumption, the Kenyans remained dominant even as their guests struggled to keep up with the pace. Mideva netted her second goal in the 67th dimming the hopes of Ethiopians who seemed to have surrendered to their fate after going down in the first half.

With her charges home and dry, Juma made some changes bringing in Imbachi for Pearl Olesi, Waithera for Akinyi and Lornah Faith for Nekesa. Moranga and Ednah Nasipwondi would later substitute Mideva and Adhiambo respectively.

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CAF CHAMPS LEAGUE

Kenya Police survive scare to go through

Kenya Police scrapped through to the second round of the CAF Champions League preliminary stages on a 3-3 aggregate despite losing 2-0 to Mogadishu City of Somalia during the second leg of the first round played at Nyayo National Stadium yesterday.

Police headed to the match with a 3-1 aggregate advantage following a first leg victory at the same grounds last week, an advantage that came in handy after the poor display showed by Etienne Ndayiragije's men.

Issa Adam Yusuf gave the visitors the lead after striking in the 33rd minute to hand the Somalia Premier League champions a narrow 1-0 half time lead.

Five minutes after the restart, Ibrahim Bangura made it 2-0 after converting a 55th minute penalty, a goal that made what seemed impossible an achievable dream for Mogadishu City.

Despite numerous efforts to pull what would be a shocking turn around, Police held on to sneak through to the second round.

Police will now advance to face either Al Hilal or Jamus from Juba in the second round. That brings them closer to the lucrative group stage, a milestone no Kenyan team has reached in recent years.

Speaking after the match, Ndayiragije rued missed chances but praised his charges of holding on when it mattered most.

The Burundian tactician bemoaned complacency that brought them trouble in a match they would have easily controlled especially with the first leg advantage.

"We played poor football and were not clinical. We were over confident and it almost cost us the next round in the continent's most precious club football competition. That is unacceptable.

"We need to play better and that will be rectified in the next round because if we play like we did, we are out," said Ndayiragije. [Washington Onyango]



Kenya Police players celebrate a goal in a past FKF Premier League match. [Stafford Ondego, Standard]



Life-saving, yet scarce: *Blood banks running dry*

Donations have dropped, leaving hospitals dangerously understocked and struggling to keep blood flowing.

P. 4-5

Bad habits: Your toilet scrolling could be harming you [P. 2](#)

Rheumatism: I survived beyond 15 days [P. 6](#)

SPOTLIGHT

Why scrolling in the loo is harming your health

That innocent toilet scroll might be costing you more than time, it's increasing your risk of painful haemorrhoids. Shorter loo visits and no screens could save you from painful piles.

By Noel Nabiswa

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It is not only unhygienic to scroll through your phone while pooping, but it could also be significantly increasing your risk of developing haemorrhoids.

Haemorrhoids, also known as piles, are swollen veins in the anus and lower rectum, similar to varicose veins, potentially causing pain, discomfort, or bleeding.

Most people tend to spend a lot of time in the bathroom, a habit many struggle to break, especially when at the comfort of their home. But did you know that this habit could lead to infections you might never have imagined?

Some may ask how such infections can happen, insisting they keep their toilets clean. Others argue scrolling helps them pass the time, while some even say it's therapeutic.

However, a recent study indicates that this bathroom habit is not only unhygienic, but could significantly increase the risk of developing haemorrhoids.

Scientists in the US conducted a survey involving 125 adults whose gut health was being investigated through colonoscopy, a procedure in which a small camera is inserted into the intestines to

examine their condition.

Participants were asked about their lifestyle and toilet habits and following the assessments, they were examined for haemorrhoids based on the data collected. Overall, 66 per cent of participants admitted to using their smartphones while pooping, often scrolling through social media or reading the news. The study found that toilet



Our study pointed, for the first time, to a link between smartphone use on the toilet and haemorrhoids, but it's only the first step in what I hope will be much more research into this area."

Dr Trisha Pasricha, Instructor of medicine at Harvard University



scrollers were more likely to be younger than non-scrollers.

Researchers used statistical analysis to adjust for other contributing factors, such as age, physical activity, and diet. They then discovered that individuals who brought their phones to the toilet had a 46 per cent higher risk of developing haemorrhoids than those who did not.

So, is scrolling on the toilet truly harmful? The study offers a clear answer: yes. But the harm lies not just in the scrolling itself — it's in the extended time spent sitting on the toilet while distracted by

your phone.

In fact, 37 per cent of toilet scrollers in the study admitted to spending more than five minutes per toilet visit, compared to just 7.1 per cent of non-scrollers. This added time increases pressure on the lower rectum and anus, making the tissues more prone to swelling and the formation of haemorrhoids.

Senior author Dr Trisha Pasricha, an instructor of medicine at Harvard University, explained that bringing your phone into the bathroom distracts you from the task at hand. One may not even realise how much time has passed.

At the very least, she recommends setting a five-minute timer or opting for traditional reading material, such as a magazine, something "that isn't expressly designed to make you lose all sense of time, like social media is."

Haemorrhoids result in nearly four million visits to doctors or emergency departments each year in the United States. In the UK, around 10 per cent of the population is estimated to be affected annually.

Until now, claims linking bathroom phone use with haemorrhoids have been largely anecdotal. This study is among the first to provide concrete evidence supporting this connection. "I think we still have so much to learn about the health impacts of constant scrolling on our phones," said Dr Pasricha.

"Our study pointed, for the first time, to a link between smartphone use on the toilet and haemorrhoids, but it's only the first step in what I hope will be much more research into this area."

Although specific statistics on haemorrhoid infections in Kenya are limited, a 2021 study estimated the general prevalence at around 13.1 per cent. A 2013 study conducted at Kenyatta National Hospital found asymptomatic haemorrhoids in 21 per cent of patients undergoing examination.

According to the National Institutes of Health, most haemorrhoid patients show no symptoms. Common signs include bleeding, swelling, mild discomfort, irritation, or anal itching. While some cases need surgery, many respond well to medication and ointments. Haemorrhoids usually develop due to weakening of the anal cushions, causing them to descend or prolapse, often accompanied by spasms of the internal anal sphincter.

HEALTH BITES

Wellness in a cup: Kenya's tea culture evolves with bold fruit infusions

By Ryan Kerubo

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Tea has come a long way from the simple leaf steeped in boiling water. From traditional caffeinated black tea, we now enjoy herbal and fruit infusions made from petals, bark, roots, herbs, and dried fruits.

Flavours such as hibiscus, chamomile, citrus peel, vanilla, and ginger offer not only appealing aromas but also valuable health benefits. These teas are more than just enjoyable beverages — they are packed with antioxidants and essential nutrients. A cup can be soothing after a meal, refreshing in the morning, or calming before bed.

In Kenya, fruit teas are becoming increasingly popular as health-con-

scious consumers look beyond caffeine. According to Kenya's Brewing Trends report, domestic tea consumption reached approximately 0.72 kilograms per person in 2024, more than double the global average of 0.30 kilograms.

While black tea still dominates the market, more Kenyans are experimenting with herbal and fruit blends, showing that these alternatives are finding a natural place within the country's strong tea culture.

However, experts advise moderation. For adults, three cups a day is sufficient, and some blends are not recommended for children or pregnant women due to the potency of certain active compounds. Rotating flavours also helps to avoid overconsumption of any one ingredient.

These teas are more than just flavourful, they are wellness brews. Fruit teas contain antioxidants, such as polyphenols, catechins, and anthocyanins. Notably, research on Kenyan purple tea has shown it contains even higher antioxidant levels than many green or black teas. The World Health Organisation (WHO) notes that antioxidants help reduce the risk of chronic diseases by protecting cells from damage and reducing inflammation.

For best results, choose natural, unsweetened blends with real dried fruits and herbs. Avoid added sugars and artificial flavours. Steep for three to five minutes, and avoid overbrewing to prevent bitterness and preserve benefits.

Whether enjoyed warm for comfort or chilled for refreshment, fruit teas reflect

Kenya's evolving tea culture—a shift from tea as just a daily drink to a health-conscious lifestyle choice.

Here are some of the health benefits you can expect when you add fruit teas to your routine:

1. Boosts metabolism. Many fruit teas are rich in catechins and polyphenols, which help the body burn calories.

2. Suppresses appetite. The natural sweetness and fruity aromas help curb sugar cravings and reduce desire for high calorie snacks.

3. Hydration. Fruit teas are a tasty, low calorie alternative to sugary drinks. Staying well hydrated helps skin elasticity, supports digestion and maintains energy.

4. Rich in antioxidants. Compounds, such as anthocyanins, catechins and polyphenols help combat free radicals, slow skin ageing and reduce cellular damage.

5. Supports collagen. Fruit teas rich in vitamin C, such as orange, kiwi and lemon help the body produce collagen, which keeps skin firmer and smoother.

6. Anti-inflammatory effects. Many fruit teas reduce inflammation, which may ease joint stiffness or discomfort.

7. Diuretic and urinary health. Certain fruit teas promote gentle cleansing of the urinary tract, helping flush toxins.

8. Fights fatigue and viruses. Ingredients in fruit teas can help energise and support immune defences against minor infections or tiredness.

A-Z ON DISEASES

Generic HIV drug marks turning point in the fight against epidemic

The long-acting injectable which will be administered twice annually to protect individuals against HIV is expected to be rolled out by the end of this year

By **Mercy Kahenda**
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Scientists and health experts in Kenya and globally have welcomed the introduction of a generic long-acting HIV injectable, citing its affordability and potential to expand access in low-income countries.

The injectable, Lenacapavir, is expected to play a key role in efforts to eliminate HIV, following UNAIDS' call for countries to end the epidemic amid funding challenges.

The drug will be made available in at least 120 low-income countries.

The announcement was made through a collaboration between the Gates Foundation, the Clinton Health Access Initiative (Chai), Wits RHI in South Africa, and other partners.

The injectable, administered twice annually, could be rolled out as early as the end of this year, with a lower-cost version expected in 2027.

Costing of the drug is set at approximately \$40 (Sh5,180), per person annually. But during an announcement made on Wednesday, the entities promised to slash the price to \$25 (Sh 3,237) per person annually.

Julius Oyugi, Director of Research at the University of Nairobi's Institute of Tropical and Infectious Diseases, said the original injectable could not be affordable in developing countries, and even in developed countries, they were unaffordable.

"Generics HIV injectables are much cheaper and in terms of accessibility to the people who need long term injectable for HIV. This reduces the cost and has many people access it," said Prof Oyugi.

The drug is the first long-acting injectable form of pre-exposure prophylaxis (PrEP), offering an alternative to the daily oral pills currently used for HIV prevention.

It is administered after every six months, a period where individuals are protected from acquiring HIV.

"It will be a game changer, and we expect it to go lower than what is being proposed," he said.

The agreements were announced during the United Nations General Assembly in New York.

The Unitaad, Chai, and Wits RHI are providing financial, technical, and regulatory support to Indian generic manufacturer Dr Reddy's Laboratories, enabling the annual cost of injections to come to just \$40.

An initial oral dose required alongside the first injections will cost no more than \$17 (Sh2,201) under the agreement.

The Gates Foundation will support Indian generic manufacturer Hetero Drugs with upfront funding and volume guarantees to ensure a cost of around \$40 per patient per year following the



short pre-treatment oral regimen.

Lenacapavir adds to the suite of HIV prevention options currently available including condoms, vaginal rings and daily prevention pills.

In research published in *The Lancet HIV*, experts estimated if purchased at scale, the cost of generic lenacapavir could range from \$35 (Sh 4,533) to \$46 (5,957) per person-year.

Falling to \$25 with high demand, making the medicine affordable even for low-income countries.

Oyugi said there is need for the global community to come together to purchase the drug for people who need it, at a time donors, more so USAID that used to support HIV commodities pulled out.

"We need global campaign to approach pharmaceutical companies to try lower the cost of the drug. I believe this is going to happen through World Health Organisation, Africa CDC," he said.

In terms of efficacy, he said the generic drug is as good as the original one.

He dismissed claims that generics are not strong enough, saying the chemical composition is same.

"A generic name is used once the patent held by the original company expires, allowing other manufacturers to produce the same medication under a different, non-branded name. This is where the difference comes in but the chemical composition still remains the same. Efficacy is same as original one."

Findings of trials of the drug published in the *New England Journal of Medicine* found that lenacapavir was between 96 and 100 per cent effective in preventing new HIV infections.

He added, "The main obstacle to HIV prevention in Kenya and other countries is adherence to drugs; daily pill-taking is difficult, and inconsistent use can result in drug resistance," he said.

Oyugi pointed out that securing funds to provide drugs to high-risk groups, like men who have sex with men, is crucial because it will reduce HIV spread

UNAIDS also welcomed the announcement of two new agreements to advance progress in stopping new HIV infections. UNAIDS estimates show that 1.3 million people were infected with HIV in 2024 far higher than the target of 370,000 by 2025.

The UN agency estimates that if 20 million people in the highest need, including men who have sex with men, sex workers, people who inject drugs and young women and adolescent girls in sub-Saharan Africa have to access Lenacapavir, this could dramatically reduce new infections and advance progress in ending Aids by 2030.

"This is a watershed moment. A cost of \$40 per person per year is a leap forward that will help to unlock the potential of long-acting HIV medicines," said Winnie Byanyima, UNAIDS Executive Director.

"The main obstacle to HIV prevention in Kenya and other countries is adherence to drugs; daily pill-taking is difficult, and inconsistent use can result in drug resistance,"

Prof Julius Oyugi, Director, Institute of Tropical and Infectious Diseases

Dementia is on the rise but patients and caregivers carry burden alone

By **Jacinta Maweu**
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Although there are no official statistics on the prevalence of dementia in Kenya, a recent study by Aga Khan University's Brain and Mind Institute (BMI), shows that dementia is rapidly becoming one of Kenya's most pressing health challenges, with stigma and a lack of awareness being major obstacles to early diagnosis and care.

Dementia is an umbrella term that describes a collection of symptoms (cognitive, functional and behavioural) caused by specific diseases with Alzheimer's disease being the most common cause.

The World Alzheimer's Day is celebrated annually on September 21 as a global initiative to challenge the stigma around the disease and other dementia through public awareness. Global projections indicate that more than 55 million people live with dementia currently with the disease also forecast to be the third leading cause of death globally by 2040.

In 2017, the World Health Organisation (WHO) launched the Global action (2017-2025) plan on the public health response to dementia with the main vision being "a world in which dementia is prevented and people with dementia and their carers live well and receive the care and support they need to fulfil their potential with dignity, respect, autonomy and equality".

However, by 2024, only 45 out of the 194 WHO member states had National Dementia Plans (NDPs) with Europe on the lead with 21 countries with NDPs and none in Africa. The costs associated with the condition are expected to soar from \$1.3 trillion per year in 2019 to a projected \$2.8 trillion by 2030. With no dementia action plan in Kenya, the burden of the high cost of dementia treatment and care is borne by those living with dementia and their carers.

To break the public silence on dementia and to demystify the disease, Kenya must come up with a national dementia plan aimed at creating public awareness to create dementia friendly and inclusive communities.

A dementia plan recognises the value of older people and those with dementia in society. It highlights the need for policy change aimed at enhancing prevention, treatment and care for people with dementia and their carers through better integration of health and social sectors. A dementia plan provides the basis for action to be jointly taken by government and non-governmental partners (NGOs).

Those living with dementia and their carers in Kenya are socially excluded.

The national and county governments can liaise with NGOs that are already involved in dementia and Alzheimer's awareness and care such as the Alzheimer's and Dementia Association of Kenya and the Sir James Care Homes to launch national and community initiatives on dementia awareness and care.

Public awareness, knowledge and understanding of dementia is the first step in creating dementia friendly and inclusive societies. And as long as the government does not regard dementia a public health priority, public awareness, risk reduction, diagnostics, treatment, care, and support will remain a burden only understood by those living with dementia and their carers.

Dr Maweu is a Senior Lecturer in Philosophy and Media Studies at the University of Nairobi

THE MAIN DOSE

When hospitals run dry: The deadly

Initially, blood services was heavily funded by donors, but since they pulled out, counties are not allocating a budget for blood collection, screening, distribution and logistics.

By **Mercy Kahenda**
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Joseph Wanyonyi eagerly prepared to welcome his newborn on September 9, 2025.

He walked his wife, Phylis Wanjiru, to a private hospital where she was wheeled into theatre for delivery.

Moments later, the couple's joy was complete when Wanjiru safely delivered their fifth child through Caesarian Section (CS). They cuddled the newborn in celebration.

But the happiness was short-lived.

Soon after delivery, Wanjiru, 32, began to experience severe internal bleeding (post-partum haemorrhage-PPH) due complications of the uterus.

Unfortunately, the hospital did not have blood in stock to transfuse her. For approximately seven hours, she bled.

Wanjiru was eventually referred to Kenyatta National Hospital (KNH) for urgent management.

At KNH, doctors immediately transfused her with four pints of blood and rushed her to theatre for re-exploration (a second surgery to stop the bleeding), and would receive an extra pint during surgery.

Though the surgery was a success, doctors said she was developing heart failure because of low blood levels.

Wanjiru was moved to Intensive Care Unit (ICU) as the medical team mobilised more blood for transfusion.

"Doctors told me my wife urgently needed more blood," Wanyonyi recalls. "I hurriedly went on my Xspace to mobilise donors, and as friends responded to the call, I received heartbreaking news- my wife had died."

Wanyonyi's world shattered.

"I lost my wife because blood did not arrive on time. I wish I had solution," he narrates with a heavy heart.

He adds: "I am angered even more because at the private hospital, a doctor who operated on my wife said he could not have predicted that she was going to bleed. The hospital had no blood."

A medical record shows Wanjiru

developed complications that required re-exploration to manage the bleeding and "was referred because of lack of blood."

Now left to raise their newborn and four other children alone, Wanyonyi wishes the life-saving commodity had been available to save his wife.

Wanyonyi is now calling for accountability and justice for his wife's death.

The case is not an isolated one. Studies reveals 40 to 50 per cent of women who suffer PPH die, among them 25 per cent who do not get blood.

"Facts on PPH are so alarming. It is a crisis. It's not just about health of a mother, but their babies, other children, the husband and anyone who depended on her," says Julius Ogeng'o, a professor of human anatomy at the University of Nairobi, and maternal health advocate.

Blood, he says, is a drug that saves lives of mothers and newborns at birth.

At Pumwani Maternity Hospital, the country's busiest maternity facility, between 20 and 40 pints of blood are transfused every single day. The facility delivers an average of 1,500 deliveries every day.

Since its accreditation as a satellite blood donation centre in June 2024, Pumwani has collected 4,300 pints, nearly meeting its quarterly target of 4,600.

The donations have been critical in saving the lives of mothers and newborns.

One of those lives is Mercy's*. The 14-year-old girl from Zimmerman, Nairobi, had been admitted with dangerously low blood levels, her haemoglobin was just 8.2.

She was transfused with two pints before being wheeled into theatre for an emergency CS and given another pint after delivery.

Before the transfusion, Mercy endured severe headaches, dizziness, and weakness.

So naive about maternal care, she had visited the hospital for the first time when she noticed her belly was "swollen," only to be told she was due for delivery.

"I had hidden my pregnancy, only to receive shocking news of having low blood levels. But more scary was when the doctor said I needed a CS. My heart raced. I knew it was a matter of life and death. I had hidden the pregnancy all along," says Mercy.

The first time mother is grateful to the strangers who donated blood, giving her a second chance at life.

For Wolke Daiso, survival came by a whisker.

She was rushed to hospital with a ruptured uterus.

Doctors immediately transfused her with three pints of blood and worked tirelessly to stop the bleeding.

Sadly, her baby did not survive.

"I feel empty, carrying a pregnancy to term, only to have a stillbirth. But I



thank God for saving my life," she says.

Melan Nafula faced a similar ordeal. The 20-year-old also suffered a ruptured uterus with a concealed baby and was rushed to theatre in critical condition.

She received two pints of blood to stabilize her.

"I am thankful for those who donated blood to save my life. My baby died, but at least I am safe," she says.

The stories of these women show blood is key for the survival of mothers and newborns and that every pint donated gives a woman a fighting chance.

A visit at the delivery room estab-



The problem in this country is we depend too much on students in universities and high schools to donate blood,"

Dr Laura Oyiengo, UNICEF KENYA

lished that PPH is measured using calibrated nylon papers to estimate blood loss in mothers within delivery rooms.

If blood loss approaches 500 ml and the mother is still bleeding, it signals that she is at risk of PPH, and quickly interventions are initiated, including administration of uterotonics such as oxytocin and carboprost, drugs that stop bleeding.

Nevertheless, if blood loss reaches 1,000 ml, it is treated as an emergency.

The mother is rushed to theatre to check for cervical tears, vaginal tears, or uterine rupture, which are then repaired.

Gauze swabs and pads are also used during examination to determine whether the mother has tears and to help identify the exact source of bleeding, and amount of blood loss.

If PPH is confirmed, additional drugs are administered, such as tranexamic acid and more oxytocin, to prevent further bleeding. If the bleeding continues, the case is established with surgical intervention performed if necessary.

"Blood is life. I have watched mothers die because there was no blood available. I remember one case, a mother with a ruptured uterus whose haemoglobin was just 2 grams per decimeter. She was

paper-white. We lost both her and the baby because there was no blood for transfusion," says, Rose Wanzetse, a nurse at the surgical ward.

Not only is transfusion done to adults, newborns admitted at Neonatal Unit also require blood to save their lives.

Nurse Faith Njeru, the in charge of the unit explains that most babies transfused are preterm, suffering from anaemia of prematurity because their bodies are not fully developed.

Some babies at the wing have bleeding disorders or severe jaundice caused by their immature liver.

"If untreated, jaundice can cause brain damage, so we perform exchange transfusions using very fresh blood, a process that takes over five to six hours," she says.

The neonatal unit has 150 beds, and more than half of the babies are pre-term.

Dr Dorcas Supa, President of the Kenya Paediatric Association (KPA), adds that some babies are born with low blood levels because there was not enough time for blood to flow from the placenta before the cord was cut.

Such babies may need a "top-up" transfusion soon after birth to stabilise them.

cost of Kenya's blood shortage



Blood group incompatibility, such as rhesus factor conflict also dictate transfusion in newborns, where antibodies from the mother destroy the baby's red blood cells, causing severe jaundice soon after birth.

"Exchange transfusion in babies with jaundice is done, not just to raise blood levels but to remove the harmful antibodies and replace the baby's blood with one free of them," explains Dr Supa.

Preterm babies are at high risk of anaemia because they miss iron stores transferred in late pregnancy, leaving them unable to make enough blood. Newborns may also develop bleeding in the brain from prematurity, lack of oxygen, or birth trauma, all of which can require transfusion.

Haemorrhagic disease of the newborn also necessitate transfusion. To prevent the condition, every newborn is given Vitamin K at birth.

"Babies with severe infections also suffer lower platelets, forcing doctors to transfuse blood components," says Supa.

However, the expert says there is need to package paediatric blood in smaller volumes unlike current 500

ml bags that result in wastages as newborns need very small volumes.

Supa emphasises that health of a mother directly affects newborns' blood levels. "By improving mothers' haemoglobin during pregnancy, we reduce the risk of anaemia in babies and minimise the need for transfusion," she says.

Prof Moses Obimbo, an obstetric gynaecologist at the University of Nairobi, regrets of increased cases of maternal mortality, whose causes are multifactorial, for instance lack of expertise conducting deliveries more so CS. He says some hospitals lack resources needed to manage deliveries, such as drugs to make uterus to contract like tetronics putting women in danger.

Other contributors to deaths include high pressure at birth, pre-eclampsia, infections and obstetric labour.

The scientist explains that blood is important component in pregnancy, but 40 per cent of women who are in the first trimester pregnancy do not have enough blood.

"A woman with low blood levels worsens as the pregnancy grows, because the baby pulls everything

from mother during pregnancy predisposing her to incidences like PPH, pre-eclampsia and sepsis infections," says Obimbo.

He explains that when a woman is about to deliver, 700 to 800 ml of blood goes through the uterus.

For four to five minutes, the entire volume of blood passes through the uterus leaving only 30 per cent of blood shared among other organs.

"If there is another cause that results into excessive bleeding a woman can therefore die within 10 to 20 minutes if intervention is not done because they lose 700 ml of blood every minute, if you have no blood to transfuse, within 20 minutes, the woman will be dead," he explains.

Prof Obimbo adds: "A bleeding woman cannot walk, and mobilise blood. Even relatives cannot help in any way- they can just watch. That's why blood should always be available to save lives."

He explains that at birth, if a woman is losing blood, a doctor manages her so that she does not lose more, and she is transfused.

Transfusion ensures the patient retains enough volumes for her heart to pump because kidneys, brain, heart and other organs are maintained sufficiently with enough volume blood.

"If a woman does not have blood and is not transfused, she can suffer from organ failure because they do not have blood," says Obimbo.

As transfusion is done, doctors identify the cause of bleeding.

"For any woman heading for delivery, cross match is done with two units of blood expected but those bleeding excessively, it depends on amount they're losing. For example, if she loses three pints, she will require three pints for management," explains the expert.

In delivery rooms, a drape is used to measure amount of blood in litres. Loss of 500 millimetres of blood is considered excessive bleeding for normal deliveries, and 1,000 millimetres for CS.

"Good volume of blood to every pregnant woman should be above 11 grams per decilitre (11 HB)," he advises.

Doctors and midwives in collaboration with Ministry of Health have joined the movement of ending PPH by ensuring there is adequate blood to support women in maternity wings across the country, through roaming blood banks.

The initiative will mobilise resources to get a big cohort of over 100,000 people who shall be called upon to donate blood.

Kenya faces a persistent blood shortage that leaves thousands of patients at risk every year, with Nairobi, the country's busiest health

hub collecting only 60 per cent of its annual target.

The country heavily relies on schools to replenish stocks, contributing to 70 per cent of Nairobi's blood supply.

Nairobi County is expected to collect 50,000 pints annually but manages just 38,000 pints in 2024/25, according to Nairobi County Blood Transfusion Coordinator Denis Oduor.

"Blood should be waiting for the patient, not the patient waiting for blood," says the coordinator who doubles up as blood mobiliser, a mission aimed at ensuring no one dies because of lack of blood.

Data reveals maternity and newborns consume highest amount, with nearly half of transfusions taking place in maternities, theatres and pediatric emergencies.

Initially, blood services were heavily funded by donors, but since they pulled out, counties are not allocating a budget for blood collection, screening, distribution and logistics.

"The Ministry of Health and Kenya National Blood Transfusion and Transplant Services (KBTTTS) provides blood bags and other donor commodities but demand and supply are not synchronised" says Oduor.

Further, KBTTTS encourages regular blood donation to save lives.

"You cannot buy blood in pharmacy, chemists or procure through Kemsu. It must be donated. Kenyans must normalise blood donation so that when emergencies happen, patients get instant blood, and not wait for it," emphasises Oduor.

Dr Laura Oyiengo, health specialist, maternal and newborn health, UNICEF Kenya notes that Kenya has best policies on blood donation and collection centres, but adults do not donate blood.

"The problem in this country is we depend too much on students in universities and high schools to donate blood," says Laura, also a paediatrician.

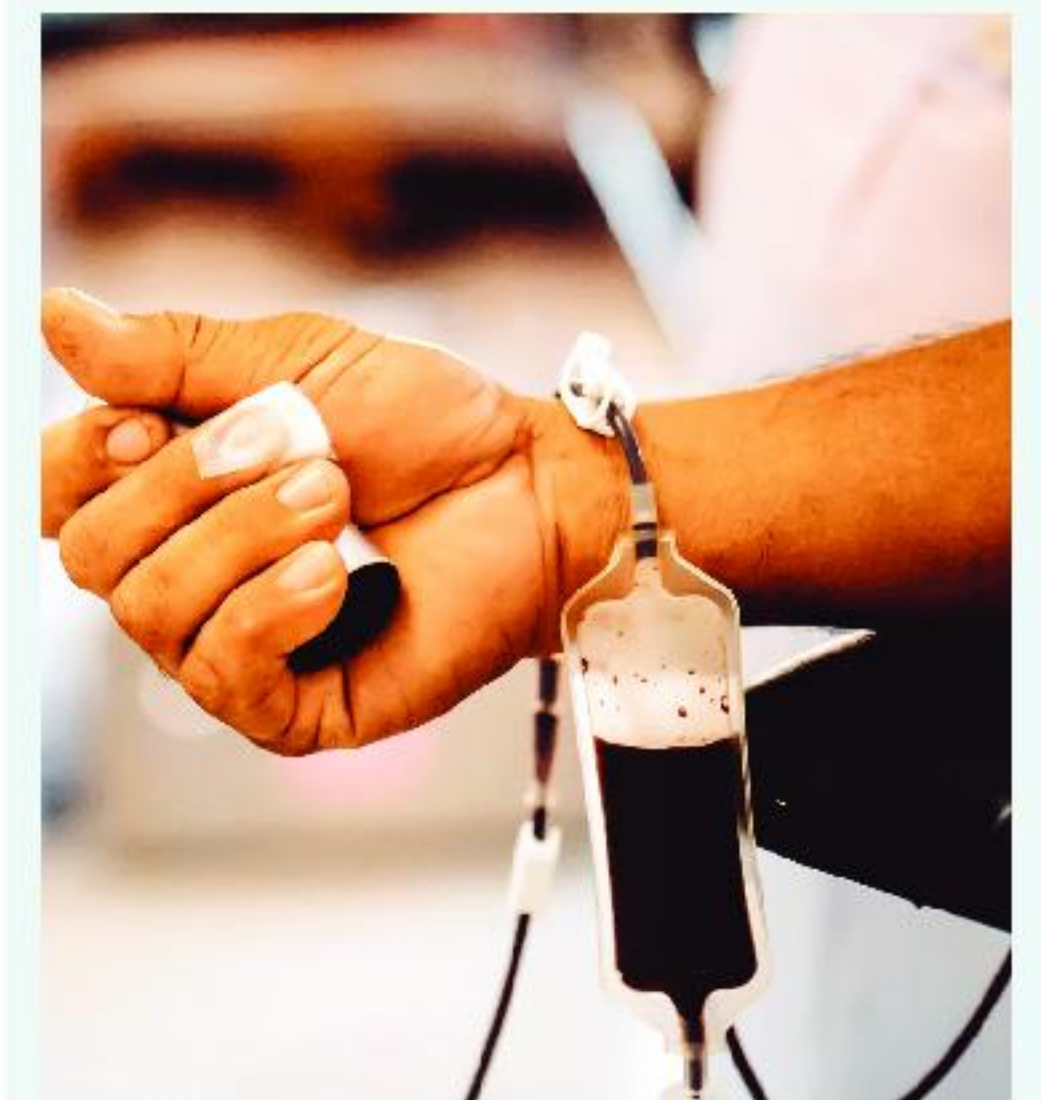
Dr Laura notes it is high time adults who are healthy, aged between 18 to 65 years become regular blood donors to save lives.

"It is sad that when schools close, there is usually a crisis of blood not being available. Let's have a culture of Kenyans donating blood. Let us not wait until we make an appeal. Its stressful mobilising blood for a sick relative, when they should be treated," says Dr Laura.

Laura further encourages individuals to know their blood group, more so pregnant women.

"There is need for them to undergo regular check-ups to know their blood level, and eat a balanced diet and food rich in iron to avoid being anaemic," says Laura.

How 'Roaming Blood' initiative came to rescue of rural mothers



By Mercy Kahenda
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Prof Julius Ogeng'o of the University of Nairobi says research has identified blood as a major problem in Kenya, resulting in many deaths.

To curb the deaths, PPH initiative has been adopted, conducted in five stages, namely advocacy and community awareness, research evidence and upscaling, health systems innovation and data strengthening.

The research gave birth to Rural Outreach and Mobilisation networking (Roaming blood), circus by Kenya Obstetrics and Gynaecologist Society and Midwives Association of Kenya to help mobilise blood to end PPH.

The initiative entails focusing on women in rural communities because they're marginalised.

"Women who suffer adverse effects of PPH are those in rural communities. The big scheme is aimed at registering and network donors. It will create a system like Uber, where it will select nearest donor and tell them to link up for donation. It will as well link up ambulances and health personnel to ferry blood to nearest hospital," says the researcher.

Piloting of the technology was done at Pumwani Maternity Hospital because of its high volume of deliveries and its location in informal settlement.

Additionally, sensitisation is underway to woo students as potential blood donors.

The technology will link hospitals, dispensary and all healthcare institutions and health providers and those involved in blood chain distribution.

"All hospitals who subscribe to the network will be able to reach out just by a click of a button to get blood, saving patients," says Prof Ogeng'o.

The technology is expected to be rolled out soon. Scaling will prioritise hot spot counties among them Turkana, Migori, Siaya, Marsabit, Garissa and Isiolo.

MY STORY

Doctors told me I would lose my life to rheumatic heart disease in 15 days

The emotional toll was heavy but the financial burden proved just as crushing. Each clinic visit cost more than Sh5,000, with more expenses for tests and drugs

By Ryan Kerubo
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Caroline Wakanyi remembers the day her body gave up on her. What had started as breathlessness on short walks had grown into a constant struggle. Climbing a flight of stairs felt like scaling a mountain. Even talking for long stretches left her chest tight and her voice thin.

"I could not do the simplest things without feeling tired," she recalls. "I thought it was just fatigue at first, but then my heart started racing and I could not catch my breath. That is when I knew something was wrong."

For years, Caroline had lived with symptoms she did not fully understand. Sore throats in childhood were brushed off as ordinary infections. Nobody imagined they could quietly damage her heart, but by her late 20s, the hidden damage had caught up with her.

Her family watched in alarm as she grew weaker. Daily routines such as cooking, washing or even laughing with her nieces and nephews became impossible. She found herself lying in bed most of the day, wondering why her health was slipping away so quickly. Doctors would later confirm that two of her valves were failing. Without urgent surgery, her life was hanging by a thread.

Caroline remembers when her body betrayed her. She was in Kiambu when a wave of chest pain left her vomiting and wheezing through the night. "I could hardly breathe," she recalls. "It was like someone was pressing on my chest. I knew this was different from anything I had felt before."

Her sister, Evalyne Waithera, had been by her side through much of the journey. She saw how even ordinary moments turned into battles. "She was ever tired," Evalyne says. "Even a short walk left her breathless. Having a sick person, you become more sick than the patient. We were all drained watching her struggle."

The diagnosis of rheumatic heart disease came as a shock to the family. With

no history of heart problems, the news felt like a thunderbolt. They began praying together every evening, asking for strength and healing. "We never imagined something like this could happen in our family," Evalyne says. "It felt like we were walking in the dark."

Then came the bluntest warning of all. Doctors told Caroline that without urgent surgery she had only 15 days left to live. "It felt like a death sentence," she says. "I cried the whole night. My family prayed harder than ever, but I could see the fear in their eyes."

Caroline's journey soon led her to Kenyatta National Hospital (KNH), the country's main referral centre for specialised care. Her family believed the long wait for answers was over. Instead, it marked the start of another painful chapter. There, she joined the long queue of patients waiting for open-heart surgery. The family recalls how the waiting dragged on for close to two years, punctuated by endless clinic visits, new tests and repeated consultations.

"For us, that place was hell," her sister Evalyne says. "She was ever tired, even a short walk left her breathless. We begged, we tried connections, even thought of paying to skip the queue. Nothing worked. Every week we still went back, hoping she would be called in."

The emotional toll was heavy, but the financial burden proved just as crushing. Each clinic visit cost more than Sh5,000, with additional expenses for lab work and medication. "Having a sick person, you become more sick than the patient," Evalyne recalls. When doctors estimated the surgery bill at Sh1.2 million, the family turned to friends, church members and even strangers online.

In the end, they managed to raise only about Sh400,000, not even half the target.

Waiting lists at KNH often stretch beyond 12 months, while costs at private hospitals remain far out of reach for most families.

The Ministry of Health acknowledges the backlog, citing both limited surgical capacity and the high cost of consumables as barriers to timely care. Fewer than 500 cardiac surgeries are carried out in the public sector each year, while thousands remain on waiting lists.



“

We never imagined something like this could happen in our family. It felt like we were walking in the dark.”

Evalyne Waithera, Caroline's sister

bles as barriers to timely care. Fewer than 500 cardiac surgeries are carried out in the public sector each year, while thousands remain on waiting lists.

After months of despair, Caroline's family turned to Aga Khan University Hospital (AKUH), one of the few centres in Kenya equipped to handle complex cardiac surgeries. The referral did not come through official channels.

During one of her visits to KNH, Caroline met a caregiver who had accompanied another patient. In the course of their conversation, the man mentioned that AKUH had a welfare programme that could sometimes support patients who could not afford surgery. He even shared a contact who might help guide Caroline through the process.

It was a small thread of hope, and Caroline's family clung to it. At AKUH they met Dr Andrew Duncan, a cardiologist whose calm manner immediately reassured them. "He listened, he explained, and for the first time we felt someone truly understood what Caroline was going through," says Evalyne.

Caroline was also introduced to the hospital's welfare team, which helps a limited number of patients each year access financial support. "Without that welfare programme, we would never have managed. It was a lifeline," Evalyne says.

According to hospital records, the

institution performs more than 120 open-heart surgeries each year, making it one of the busiest centres in East Africa.

When surgery is delayed, patients often arrive in crisis, making the procedures far riskier. Caroline was among the fortunate few who found a way through.

On the day of surgery, Caroline was wheeled into theatre for a mitral valve replacement. Her aortic valve also showed damage, but the mitral was the most urgent. "Her valves had become rigid and were no longer working. Surgery was the only option," explains Peter Ogutu, a cardiac surgeon and one of the lead doctors.

The operation began smoothly. Hours later, however, Caroline's heart fell into a dangerous rhythm disturbance. "Her heart had zero function. We tried drugs, we tried electrical correction, nothing worked. We had to reopen her chest in the ICU and do direct cardiac massage," Dr Ogutu recalls.

In that desperate moment, the team decided to connect her to an ECMO (Extracorporeal Membrane Oxygenation) machine, a device that temporarily takes over the work of the heart and lungs. "It was the last card we had to play," he says. For nearly 72 hours her heart was silent, and only the machine kept her alive.

Then, after almost two days, the impossible happened. Caroline's heart began to beat again. She would remain unconscious for weeks, but the turning point had come. "The day she woke up, it felt like a miracle," Evalyne says.

Caroline's slow climb back to life began in the intensive care unit (ICU), where she spent weeks under constant monitoring.

When she finally opened her eyes, Caroline weighed barely 26 kilograms. Months later, her transformation was striking. She had gained back her strength, her weight rising to 41 kilogrammes.

Silent threat: A sore throat could lead to RHD disease

By Ryan Kerubo
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Rheumatic heart disease (RHD) may sound rare, but it is one of the most common causes of heart problems in young people across Africa. It remains a largely preventable but devastating condition that silently affects thousands, especially in low- and middle-income countries.

Elijah Ogola, a clinical cardiologist, explains it as damage to the heart valves. "It develops after rheumatic fever, which itself arises from a throat infection by a bacteria called streptococcus," Prof Ogola.

The body's defence system fights the infection but also harms its own tissues, especially the valves that keep blood flowing in the right direction.

RHD does not appear overnight. The damage often begins in childhood but only shows up years later.

"The mitral valve is usually the first to be affected," says Peter Ogutu, a cardiac surgeon at Aga Khan University Hospital. "Over time, patients experience shortness of breath, palpitations, chest pain, dizziness and fatigue."

These signs are often mistaken for asthma, anaemia or ordinary tiredness. A sore throat that keeps recurring, especially in children, should never be ignored. Adults should seek care if they struggle with simple activities like climbing stairs.

The tragedy of RHD is that it is highly preventable. A single course of the right antibiotics can treat a streptococcal throat infection and stop rheumatic fever from developing.

Children who have had rheumatic fever are usually placed on monthly penicillin injections to prevent reinfection and further damage.

When caught early, lifestyle changes and regular follow-ups can slow the disease but once valves are scarred, surgery becomes the main option.

"If the valve is mildly affected, balloon procedures can buy time," Dr Ogutu says. "For advanced disease, we repair or replace the valve."

Replacement valves can be mechanical, which last longer but require lifelong blood thinners to prevent clots, or tissue-based, made from animal tissue which wear out sooner but avoid complications from medication. Women of childbearing age need special attention, as pregnancy places extra strain on the heart.

Untreated RHD can lead to heart failure, stroke, irregular heartbeat and even sudden death. In Kenya, many patients are diagnosed late, when surgery is the only hope. "This is a disease we can prevent, diagnose and treat locally," says Ogutu

MY STORY

Born blue and breathless: An infant's fight for survival and a mother's descent into depression

Birth asphyxia is the failure to establish breathing at birth. The condition typically results from complications during childbirth and is one of the leading causes of early neonatal mortality.

By Rodgers Otiso
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It's every mother's joy to receive a newborn, especially when it's the firstborn, but sometimes that joy can take an unexpected turn.

For 38-year-old Rael Awuor from Kisumu County, what began as a smooth pregnancy filled with hope and careful preparation quickly turned into a nightmare she never imagined. Living in Lolwe Estate, she had never missed an antenatal clinic, trusted her gynecologist at a Private Hospital in Kisumu, and was eagerly waiting to hold her baby in August 2021.

"I was looking forward to being a mother," Awuor recalls. "My pregnancy was easy, with no complications. I had proper guidance, and I never missed a clinic appointment. But nothing really prepares you for childbirth. Nobody tells you about the other side, the possibility of losing your child, or your own life."

Her story is about 24 hours of excruciating labor, delayed C-section, and her newborn's fight for survival in a Neonatal Intensive Care Unit (NICU).

Awuor describes her pregnancy journey as calm and joyful. She was counting down the days to August 2021, the month she was due to give birth.

On August 19th, she began experiencing mild contractions. Following her gynecologist's instructions, she checked into Kisumu Specialist Hospital.

She was the only patient in the ward that day, a situation she describes as "strangely calm." But her calmness soon turned to distress as the hours dragged on and labor failed to progress.

Unbearable pain

"I labored for 24 hours. I later learned from another gynecologist that good practice requires that if you are not dilating, the doctor should decide much earlier to operate. In my case, nothing was done until later. By then, my baby had passed meconium inside the womb, and the pain was unbearable," she says.

At midnight, Awuor's screams echoed through the hospital halls. Yet, no gynecologist was available to perform the urgent cesarean section. Nurses on duty appeared unresponsive, forcing her relatives to call her doctor. He promised to come the following morning, leaving her in a dangerous situation.

"I survived only by the mercy of God," she says. "How I endured that night, I still don't know." At dawn on August 21, Awuor was wheeled into the operating theatre. The anesthetist administered spinal anesthesia, and she could hear and feel everything happening from the waist down. When she asked if her baby had been delivered, she sensed panic in the gynecologist's response.

Her daughter was born not with the healthy pink skin of a newborn, but blue-black, a sign of oxygen deprivation. She had ingested meconium, her first stool, which blocked her tiny lungs. She did not cry at birth. Instead, she was rushed to the corner of the theatre, where a pediatrician fought to resuscitate her.

"My heart sank. I held my baby for the first time while she was still on oxygen. I had no experience handling a newborn, and here I was with a child fighting for her life. My brain just started shutting down slowly," Awuor remembers.

Though the newborn eventually turned pink and began to cry, the danger was far from over. Doctors advised transferring her to a facility with a machine that would clear her lungs. This forced the new mother to move just hours after her C-section.

The journey to Jaramogi Oginga Odinga Teaching and Referral Hospital (JOTRH) was harrowing. The newborn convulsed in the arms of Awuor's cousin while still on oxygen. The nurse traveling with them downplayed her concerns, but his worried glances betrayed the seriousness of the situation.

Upon arrival, the NICU team at JOTRH rushed the baby in. For Awuor, the sight of the intensive care unit was overwhelming.

"I had never seen anything like it. Rows of incubators, wires, machines—everything looked surreal. My knees gave way, and I broke down outside the corridor. I had heard horror stories about public hospitals, and now I was being left alone in this strange environment," she says.

The following days tested Awuor's resilience. She could not walk properly because of her stitches, yet she had to wake up every three hours to feed the baby. At first, she could not produce breast milk, a situation that deepened her despair.

Nurses encouraged her to try food like porridge enriched with millet and beef broth to stimulate lactation. Slowly, her supply improved.

But the emotional strain was heavier. The NICU corridors were cold and eerie,



Rael Awuor during the interview in Lolwe estate, Kisumu County. [Michael Mute, Standard]

especially at night. She remembers shivering at 3am, hearing wails from other wards, and fearing that every scream meant another child had died.

"I was sinking into postpartum depression without knowing it," she says. "I developed high blood pressure, panic attacks, and anxiety. I was constantly afraid of losing my baby. Sometimes, I would ask other mothers to check if she was still alive because I could not bear to look myself."

Despite her struggles, she praises the staff for their professionalism and compassion. Pediatricians conducted daily rounds, explaining each child's progress openly. Nurses encouraged mothers, maintained spotless wards, and offered emotional support.

"What blew me away was the kindness of the nurses. They treated us like family. Despite stereotypes about public hospitals, this was a place of hope for many of us," she recalls.

900
THOUSAND

DEATHS that occur due to birth asphyxia globally annually, according to WHO. In Kenya 4,112 infant deaths were attributed to prematurity and asphyxia in 2024.

After 10 days, her newborn had made significant progress. Tests showed her vitals were clear, and she no longer required oxygen. Mother and daughter were discharged. Although relieved to go home, Awuor carried emotional scars. Panic attacks followed her into motherhood. At night, she would wake up crying, convinced that her baby would die. Family members noticed her distress, and a sister connected her with a counselor who worked with mothers battling postpartum depression.

"That counselor saved me," she says. "She reassured me that my child would be fine. She helped me accept that what I went through was trauma, not weakness which was really affecting me. That's when I truly understood that postpartum depression is real. It can affect anyone, no matter how well-prepared you are."

Her child has since grown into a healthy, bubbly four-year-old, meeting all her developmental milestones. But Awuor admits she is still occupied by fear. "I am not planning to have another child soon. The trauma still lingers," she says.

Her experience has turned her into an advocate for NICU awareness and maternal mental health. She urges mothers to ask questions, demand explanations, and never shy away from seeking help. She also calls on hospitals, especially private ones, to better equip their facilities to avoid unnecessary referrals.

"Many mothers suffer postpartum depression in silence. We must walk with them, not stigmatize them," she says.

September, which is observed annually as NICU Awareness Month, is a time to honor premature and sick babies, their families, and the healthcare professionals

who care for them. It shines a spotlight on the challenges parents face while navigating NICU journeys—fear, stigma, financial strain, and emotional trauma.

The awareness month also elaborates the importance of community support. As Awuor notes, many young mothers she met in the NICU were abandoned by their families, left to face motherhood alone. Others were trapped in hospital because they could not clear bills.

"My message to mothers is simple: always ask questions, seek support, and never carry the burden alone," she says.

Her testimony is a call to action: to equip hospitals, train healthcare workers, support families, and break the silence around maternal mental health.

Birth asphyxia, which is the failure to establish breathing at birth, remains a major contributor of infant deaths. WHO estimates it accounts for about 900,000 deaths each year globally.

This condition typically results from complications during childbirth and is one of the leading causes of early neonatal mortality. When oxygen deprivation is severe, it can cause lasting brain injury, disability, or even death. In severe cases, it first damages the brain before spreading to other organs such as the lungs, heart, and kidneys.

The Kenya Vital Statistics Report 2024 by the Kenya National Bureau of Statistics reveals that prematurity and birth asphyxia are the leading causes of death among children under five, with pneumonia ranking second.

In 2024 alone, these conditions were responsible for 4,112 out of 20,156 under-five deaths recorded in health facilities across the country.

With SHA no longer accepted in private hospitals, where would you seek treatment?

Gordon Nyanjeng, ACK Synod

I prefer private hospitals because they offer high-quality facilities and services, and the staff's positive attitude can be therapeutic in itself. I believe in supporting private investors who provide excellent services. Although I pay for the Social Health Authority (SHA) scheme, I've found that many private hospitals no longer accept it, which limits my options. If I'm forced to rely on SHA, I'll experience stress and financial strain, which could lead to delayed treatment and poor health outcomes. This could result in persistent diseases due to lack of early diagnosis and treatment.



Canon Kargi Denga, Marsabit ACK

Personally, I prefer private hospitals because public hospitals often lack essential medicines and have long waiting queues. In Marsabit, many private hospitals don't accept SHA, and those that do often claim technical issues. The registration process for SHA is lengthy and rigorous, but it doesn't seem to benefit the people. I think the SHA scheme needs to be more efficient and widely accepted to be effective.



Grace Wanjiku, Environmentalist

I avoid public hospitals due to the frustrations I've experienced. A relative's case in Kajiado hospital was particularly harrowing, where she waited for admission and treatment, only to pass away due to delayed care. What's worse is that some public hospital doctors often direct patients to their private practices, where they receive better treatment. I feel for ordinary Kenyans who can't afford private care or have no health coverage. The disparity in healthcare access is a significant concern that needs to be addressed.



Julius Dondi, Archivist

Honestly, I prefer private hospitals because I question the existence of functional public hospitals. While the SHA concept is good, it's overwhelmed and inadequate. Many Kenyans are unemployed and can't afford coverage, which limits the scheme's effectiveness. To make SHA work, we need to address the underlying issues, such as funding, infrastructure, and accessibility. Until then, private hospitals will remain the better option for those who can afford them.



Compiled by Jenipher Wachie

FEATURE

Fortified foods role in improving nutrition, fighting hidden hunger

From flour to salt, food fortification enriches diets, preventing deficiencies and transforming nutrition, proven, affordable, and essential for Kenya's healthier future

By Rosa Agutu

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Have you ever eaten but still felt weak or tired? That's because while certain foods fill the stomach, they do not provide the body with the nutrients it truly needs. This is where fortification comes in.

You have probably seen the logo "Fortified" on everyday foods, such as flour, salt, and cooking products. But have you ever stopped to wonder what it really means?

According to Professor Douglas Miano, a Kenyan scientist and virologist, fortification is the process of increasing the nutrient content of a food. "It's actually the addition of nutrients to a particular product so that it becomes better," says Prof. Miano.

In Kenya, fortification of maize flour, wheat flour, edible oils, and salt is mandatory to combat micronutrient deficiencies.

Fortification helps tackle common deficiencies, such as iron (which causes anaemia), iodine (which leads to goitre), vitamin A, and folic acid.

Mother died of goitre complications

Goitre is an enlargement of the thyroid gland, often caused by a lack of dietary iodine. Women are more susceptible to goitre and other thyroid complications. Fortification can prevent goitre by adding iodine to salt, ensuring adequate iodine intake, which is essential for thyroid hormone production.

Rita grew up seeing her mother with a swelling on her neck, which she later learnt was called goitre.

"It was never a big deal, because she went for check-ups and was advised to have surgery only for cosmetic reasons, as the goitre posed no danger," she recalls.

Her mother feared surgery and the possible complications, so she chose not to have the operation. The swelling didn't grow much, but was sometimes painful to the touch.

However, things changed a few years later.

"In 2016, she became really ill. They said the goitre had spread inwards. We thought it was pneumonia because she had severe chest pain. It was a misdiagnosis. In hindsight, the pain we thought was pneumonia had been there for years. I remember she had complained of the same in 2008," says Rita.

Tragically, Rita's mother died in early 2017.

Her case is just one of many. Besides iodine deficiency, malnutrition remains a major issue, characterised by a triple burden of undernutrition, micronutrient deficiencies, and overweight or obesity.

Salt iodisation

Following high rates of goitre between 1962 and 1964, voluntary salt iodisation began in 1972. By 1978, salt iodisation became mandatory.

According to the Ministry of Health, goitre prevalence reduced from 35 per cent to six per cent by 1999, after salt iodisation became routine in salt processing industries.

Abubakar Abdallah, Operations Manager at Pembe Flour Mills, explains that fortification is done at the blending stage, after the flour has been sifted and milled, but before packaging. The equipment used is a micro dozer.

Engineer John Odada, Head of Operations at Mvita Oils, says their fortification process involves adding vitamin A palmitate, measured in milligrams per kilogramme, in accordance with Kenya Bureau of Standards (KEBS) levels. "There is a minimum level and a range within which we need to carry out fortification — from 20 milligrams to 40 milligrams per kilogramme of oil or fat," he says.

Eng. Odada adds that fortification is monitored at every stage of production, done batch-wise. "We consistently monitor using independent laboratories, in addition to our internal lab. This helps ensure the batches going through fortification meet required levels. We also submit products for external analysis to confirm we are within range," he says.

On challenges, Eng. Odada explains that some-



times their fortified products test below requirements. "When fortifying, we use premixes sourced from suppliers. To avoid any uncertainties, we work with companies, such as Technoserve, which help us by sending our premixes to independent labs, especially in America, to verify quality. Since premixes are not manufactured in Kenya, we rely on the Certificates of Analysis (COA) provided by these suppliers," he says.

Nutrition situation in Kenya

Rizwan Yusuf Ali, Programmes Director for Millers for Nutrition at Technoserve, notes that while Kenya's nutrition situation is improving, significant underlying challenges remain. "Look at iron deficiency, vitamin A deficiency, zinc, and some folate deficiencies. These are still quite high compared to countries that have done better than us. Therefore, we need a concerted effort with multiple interventions, not only food fortification, to address and

accelerate progress," says Rizwan.

He adds that they work closely with communities, who do not want handouts, but rather fair and easy access to safe, nutritious foods they can use.

"We've learned that nutrition interventions only work if they consider the realities of people's lives, what they can afford and what they cook at home. For nutrition efforts to be effective, they must factor in how people actually consume food," says Rizwan.

Since fortification of certain staple foods is mandatory, these foods must be certified by the Kenya Bureau of Standards (KEBS). KEBS sets and enforces national standards for fortified foods, particularly maize flour, wheat flour, edible oils, and salt.

According to KEBS, any manufacturer applying for the Fortification logo must have acquired the S-Mark in line with KEBS procedures.

Fight micro-nutrient deficiencies

The Ministry of Health implemented a five-year National Food Fortification Strategic Plan (NFFSP) from 2018 to 2022, as a key tool in the fight against micronutrient deficiencies.

The plan provided a strategic framework to improve the production and consumption of fortified foods to meet national nutritional needs. It was designed to guide the Ministry of Health and facilitate increased access to quality fortified foods for all Kenyans, addressing nutritional requirements for good health.

According to the Global Alliance for Improved Nutrition (GAIN), micronutrient deficiencies are widespread globally. Recent studies reveal that one in two children and two in three women are deficient in at least one essential micronutrient.

Fortifying staple foods with micronutrients is a cost-effective and safe intervention proven to prevent deficiencies and their associated outcomes.

As beneficial as food fortification is for health, there are some downsides. Overconsumption of certain nutrients can cause health problems. The cost of fortification equipment and imported premixes, can also increase the price of fortified foods.

FOOD FORTIFICATION IN KENYA

- **1970** - Voluntary salt iodisation began; standards established
- **1978** - Mandatory fortification of salt enacted
- **1999** - First Kenya National Micronutrient Survey (KNMS) conducted
- **2000 - 04** - Voluntary fortification of wheat and maize flour and oil began
- **2005** - Kenya National Food Fortification Alliance (KNFFA) established
- **2006** - Fortification standards for oils/fats established and fortification logo developed
- **2009** - Fortification standards for wheat and maize flour established
- **2011** - Second KNMS conducted
- **2012** - Mandatory fortification of wheat and maize flour and oils/fats enacted
- **2015** - Technical regulation developed and harmonized with East African Community
- **2016** - Surveillance, monitoring, enforcement and evaluation
- **2018** - Kenya National Food Fortification Strategic Plan