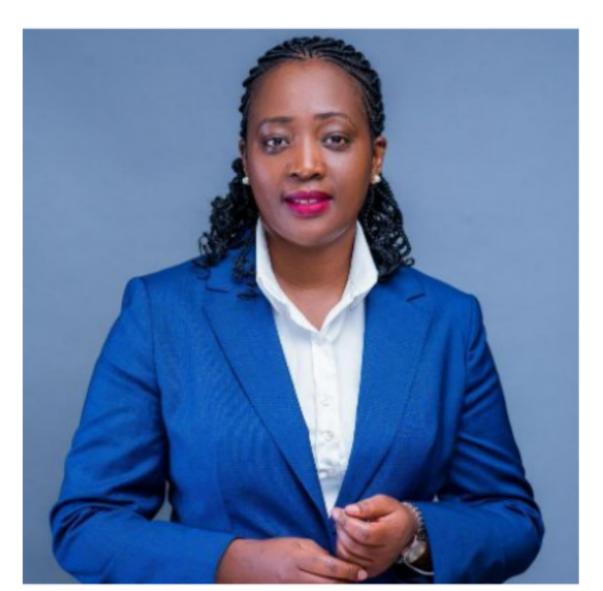
**ISSUE** CITYBITE.COM NO. 2024 RIA IRIS **SPORTS Gambian National** ISIDE POLITICS Team escap tragedy by a whisker Kenyans to be fined Ksh500 million, 10 years imprisonment, or both for operating without licenses to sell and buy carbon **EDUCATION** credits in Kenya if the Climate Change (Carbon Markets) Bill **Larry Madowo** 2023 is passed elicits mixed reactions by his

CITYBITE

message to KCSE

class of 2023

### HEFTY PUNISHMENTS FOR LICENSELESS CARBON-MARKET DEALERS



Environment Cabinet Secretary Soipan Tuya

Climate Change the (Carbon Market Regulation Bill) 2023 is passed, dealers who operate without license will face either a hefty ksh. 500 million in fine, 10 years in prison or both, City Bite now understands.

Carbon Market is a trading system where individuals sell buy carbon credits, and which are permits that allow the owner to emit specified amounts of carbon dioxide in the air.

According to regulations,carbon projects are to social and environmental assessment impact the conducted by environmental management and coordination act and it's regulations.

Crafted by the Cabinet Environment Miss. Soipan Secretary punitive Tuya,the traders measures on without licenses are a part of the government's plan to seamlessly deal with the effects of climate change while still selling carbon credits.



Carbon emission is reported to be a major threat to the Ozone layer by environmentalists.

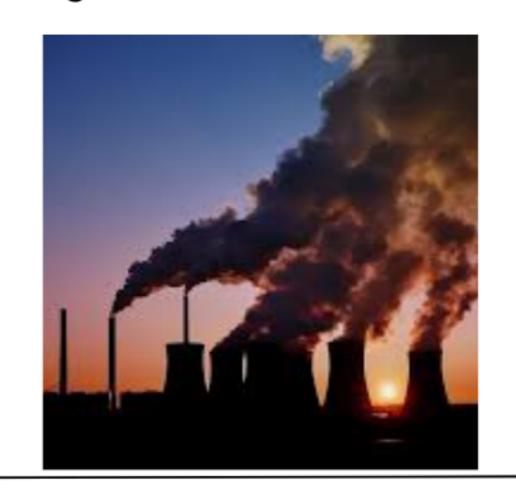
'Any person who undertakes a carbon market project without international, an bilateral national, and project-based agreement without the approval of the Cabinet Secretary commits an offence,' a section of the the draft draft regulations document, market which targets the carbon mitigation outcomes. undergo market in it's entireity, including in,on, above or below the land and airspace of Kenya reads. It will also provide a framework for credit projects and programs

while all individuals seeking to participate will be required to apply for licensing from the National Designated Authority that's to be established by the regulations, after having paid a stipulated fee.

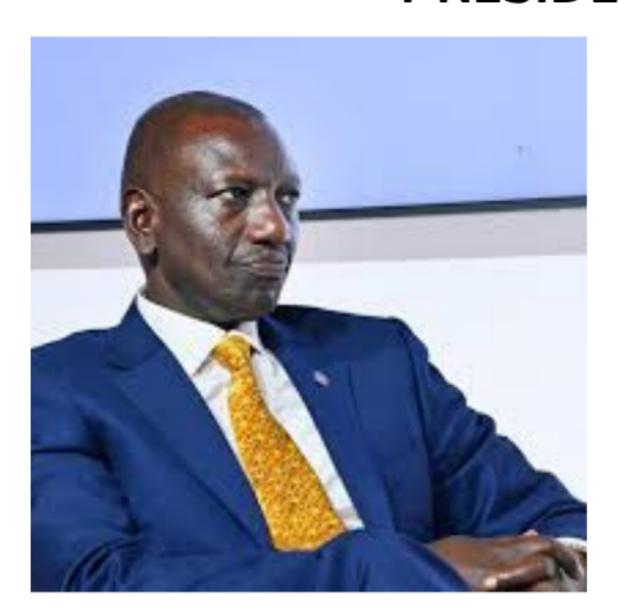
By extension, all applicants shall from time to time apply corresponding adjustments to ensure that there's no increase in emission.

institutions Other to supplement the DNA include sector of carbon registries, national carbon registries,carbon assessment technical committee, climate change directorate.

Further provisions under the regulations allows the CS to trade carbons for internationally transferred



#### PRESIDENT RUTO FIRES GOVT APPOINTEES



Kenya's President H.E William Ruto

Through a special Kenya gazzette issue Vol.CXXVI-NO.3, President William Ruto on Monday the 8th of January revoked the appointments of some four members of the board of directors at Kenya Railways Corporation, who incredibly enough were all appointed by former head of state H.E Uhuru Kenyatta.

conferred by section 7 (3) of energy private sector with replacements or the State Corporations Act, I, Dennis Aroka and Sumaiya they will be replaced. William Samoei President of the Republic of from the National Irrigation Kenya and Commander-in- Authority Chief of the Defence Forces, communication revokes the appointment of-Mohammed Alawi Hussun, Dennis Aroka, Catherine Musakali and Sumaiya Salim Mohamed, as members of the Board of Directors of the Kenya Railways Corporation,"

a fragment of the gazzette which further notice, indicates that the revocation was made with immediate effect reads.

Before yesterday, Mohammed Alawi and had Catherine Musakali served for three years, with the former having joined as an independent director of the board who previously served



Ousted KRC board member Mr. Mohammed Alawi

as a commissioner in the Independent Electoral and Ousted KRC board Boundaries (IEBC) while the latter who also joined in 2021 had The president is yet to "In exercise of the powers previously worked in the announce either their

Ruto, Salim both joining in 2022 and private sector respectively.

> Throughout her stint with the commission, Ms. Salim was a project manager the in logistics department where she undertook projects in the oil and gas, freight and

transport industries.The board, which has ten members is led by Captain Mohammed Abdi; who is the chairman responsible for nine other members including the cabinet secretary for Treasury Mr. Njuguna Ndung'u,Captain William Ruto, Humphrey Muhu, Mohammed Daghar and among others Duncan Hunda



Commission Catherine Musakali

member



Ousted KRC Board Member Ms. Sumaiya Salim

#### OPINION: IT WILL BE AN OPEN ROAD FOR EDWARD ONYANGO



Edward Onyango (Centre) with Kisumu Central MP Dr. Joshua Oron (left)

As the 2023-2027 political cycle ages on, a significant number of young politicians are breaking through to the limelight en vogue. For Kisumu County, there is a fireball, approaching to land in the soil of Kisumu Central Constituency at a terrific speed and with a force so powerful, second only to that of gravity.

Edward Onyango is now an Odinga omnipresent name in the significant attention." households of Kisumu City concludes. having County, spent decent part of last year community sponsoring projects and development now, according to seasoned political analysts, once his political ambitions mature to see the light of the day, the race to represent Kisumu

in the National Central Assembly will be an open road, considering his history , genealogy, political acumen and resumé in the private sector.

"Bob has the networks, the experience and the blood to lead," a city analyst tells City Bite. "Given his bloodline, it is believed that he has the character of a natural born leader and if you follow Mr. Odinga's politics,



Hungover Kakwacha Restaurant, owned by Edward Onyango.

history takes a centre stage in his decision making. That having been said, history favors Edward in very many ways and this is a factor that influence Mr. could easily him to give Не

To him, the fact that Mr. Onyango is the grandson of late Grace the mama Onyango could play a role if he were to get the blessings of ODM boss Raila Odinga.

While this could remain just an independent opinion,

a garrulous Nyalenda B ward MCA Hon. James Oyugi Were recently affirmed that the Kakwacha Chain of restaurants' boss boasts an added advantage in the to succeed race gubernatorial hopeful Dr. Joshua Oron if he were to make it to the ballot sub rosa his genealogy.



Nyalenda B Ward MCA James Oyugi Were.

"Raila Odinga is passionate about history," James tells this writer. "If Bob, Mama Grace Onyango's grandson presents himself for an election, our party leader could easily support him because he comes from a family of natural leaders. As a disclaimer, I want to be clear that ODM is a party of democracy and as the electorate such, decides who leads them. However, Bob's history will be an added advantage. " He concludes.

#### YOUNG PEOPLE ARE RE- SHAPING THE FUTURE OF POLITICS IN KISUMU COUNTY



Treasurer Aspirant for Kisumu County Mrs. Valentine Aela

The age-old youth inclusion that even though the latter concept seem to molt and won, it is the permanently stay in it's baby- audacity that remains fresh steps stage with every new in the political cycle and regime of the residents in Kisumu. day. Since time immemorial, youth inclusion has topped agendas in every politician's campaign promises the world over without them giving a substantive blueprint on how to achieve a satisfactory level of youth representation.

County young Kisumu For leaders, things have to change, no matter the cost as they did during the era of reformation scholars activists and Martin Luther and John Calvin, who were widely considered the pillars of reformation.

areas like youth inclusion have to be definitively addressed," Valentine Aela tells this writer.

"In my view, there has to be a paradigm shift in the style of politics in our country. Senior leaders must welcome the idea of giving young people a chance, and that's exactly what we are fighting for in UDA Party, which evidently accomodates many young people in it's decision making tables." She concludes.

In 2022, Valentine took the bold step to vie against a political veteran Hon. Ruth Odinga in a toe to toe race minds of



Senatorial Former Phillip Pande

She has since established a youth movement in the county to nurture young leaders and spearhead the idea of inclusion through her high end networks in the corridors of power.

"If Kenya will progress, grey Okumu and Phillip Pande, Erick and Jeronim Obwar. who is nationally known for his role in the Raila Odinga presidential campaign, prior

which he to was aspirant senatorial for Kisumu County, boldly up against heavyweights like professor Tom Ojienda, Professor Patrick Ayiecho and Robert Ouko's niece Mrs. Rose Nyamunga. To date, Pande plays a critical role in policy advocacy and mentorship of young leaders countrywide.



UDAYouth Representative aspirant Wakili Seth Okumu

Seth Okumu on the other hand is at the forefront of Aspirant the quest to popularize the ruling UDA in Kisumu, regardless of the alien nature of the party among the luo community.

notable opinion Other shapers include Joseph Adede, Sammy Odoro, Other notable contributors Generol Oguk, Emmanuel this theme are Seth Otieno, Ken Odongo, Scott

> In Kisumu, the future of youth inclusion is bright.  $_{5}$

#### PERSON OF THE WEEK; JOHNSON SAKAJA



Nairobi County Governor H.E Johnson A. Sakaja

This week, Nairobi City County's Chief Executive H.E Johnson Sakaja stole the Arthur limelight, having launched the second phase of his Dishi Na County Program, which will benefit more than 100, 000 pupils across Nairobi and could one of his greatest be achievements when curtains fall on his leadership career.

On the day of the launch, Mr. Sakaja whom commentators have described as man making tiny but effectively "100,000 children registered significant bites into a gigundo today bringing the total collection of promises that he number of children on the served to the public during his program to 184,000 as from campaigns, enjoyed a series of tomorrow. Happy to see memorable pupils from across different schools schools in Nairobi County.

The Dishi na County Program is governor's X timeline reads. a school feeding initiative designed 250,000 children in primary schools in Nairobi

what County with nutritious meals at subsidised cost of simply kshs 5.

According to a post on X by Mr. Sakaja, 100, 000 children registered to the were program on the 8th of January alone, bringing the total number of beneficiaries to a figure in the north of 180,000 after some 84,000 pupils were enrolled in the first phase of the initiative was launched yesteryear.



A Pupil enjoying a lunch meal; coutersy of the Dishi na County Initiative

moments with increased enrollment in our already being reported on day one. Lazima iWork." A post on the

to provide over While this project has elicited public generally positive feedback, it is the style of it's execution

it's that makes Sakaja the City designers have described as Bite's person of the week, as parents among other stakeholders in education have lauded him for the ingenuity of this specific idea.

> While talking to our reporters, one parent said; "We are so grateful to God for taking us this far. It is



Pupils from diverse schools across Nairobi line up to for a meal, served by Sakaja

an open secret that many doubted our Governor during the campaigns. They even assasinate to tried character, just to see him fail but all thanks to God, we are here and the burden of costly lunch meals for our children is nolonger there. May our super governor live long." She concludes.

Sakaja continues to expose both his leadership & political genius as almost all his simple ideas are gradually materializing

## THE CRITICAL EYE

#### THE ENEMY COULD BE ROAMING THE CORRIDORS OF POWER



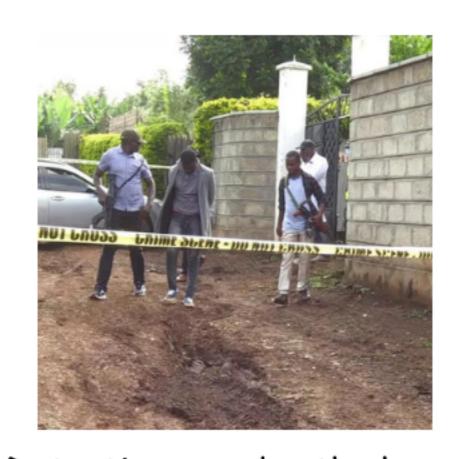
By Odima Osure

As relevant bodies work around the the clock to establish circumstances leading to the alleged murder of deceased Meru blogger and activist Daniel Muthiani, I can't help but since wonder why time immemorial, fierce critiques of those who wield instruments of power have faced mysterious deaths the world over.

In the history of Kenya, by a way of illustration, Muthiani is only one among a plethora of souls the country has lost, allegedly due to their antagonistic stand points in politics. For instance, in 2017, at the height of preparations for the general election, the then IT manager the late Chris Msando went missing for a day or so before body his mutilated reportedly found in Kikuyu Forest alongside that of a young college girl identified as Carol Ngambu, who was said to have been, upto the time of their tragic deaths in a romantic relationship with Mr. Msando. While Kenyans from all walks of

life decried the heinous act to date. of inhumanity, calling for investigation, not a swift single suspect has been identified a sexenial later.

Six or so years apart, the puzzling demise of Mr. Muthiani follows a similar trend, after his putrefied body was found in a thicket in Tharaka Nithi County, 60 kilometers away from his



Detectives cordon the home Muthiani's murder suspect

own home village in Igembe Central 14 days since he was first reported missing.

What is it with thickets, right to life among others. forests and missing political contributors?. When the As we wait for any difference iconic Robert Ouko went in the Muthiani missing, his body was found investigation, a in the heart of a bush in got need exists for the justice Alila, Muhoroni Constituency. system to plug is their leak in Unlike Msando and Daniel, solving politically Mr.Ouko's alleged killers were deaths. 'magnanimous' enough drop him not too far from Odima Osure is a writer, a home but like all the rest, the phenomena of who murdered him and for what reasons remain unresolved

To the critical eye, this is no coincidence. It is deliberate. The evil orchestrators of these extrajudicial killings could



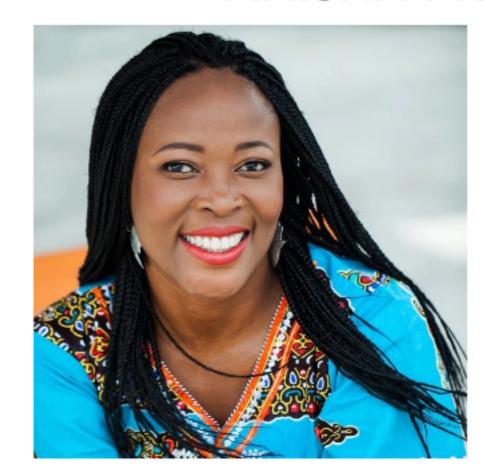
Murdered Meru blogger Daniel Muthiani aka sniper.

be those with enough subbotage to resources procedures. investigative The enemy could be the charismatic ones, who during the day roam around the mainstream media channels, talking about the rule of law and other fancy words like freedom of expression, the

Murder

Diplomat and a Statistician.

#### MAISHA PROJECT WAS INSPIRED BY MY CHILDHOOD STORY



Beatrice Williamson is the Founder & Director of The Maisha Project

In a world where every new day comes with it's own challenges, Both my parents it takes tremendous courage to live for other people. To make a difference by bridging the little gaps that many have ignored. To change the course of a vulnerable child's destiny. To home the homeless, to feed the hungry and to mentor the ambitious. Such, is the work being done by The Maisha Project; an international public benefit organization that work had low income jobs, earning with remote communities and upto only one dollar or less a local governments to change day, which made feeding my lives many dimensions.

then 30 year old Ms. Beatrice given an opportunity at a Williamson, the organization has dire moment in my life. For To beneficiary communities, sponsored the education of that, I decided to pay back by Williamson is a gift that over 900 children while serving creating a platform to abet keeps on giving, over 1,700 patients in the Maisha the pursuit of dreams for legacy is already engraved in and Clinic Medical extension, over 600 volunteers grass-roots "She concludes. County. have participated in their many projects, some of which have Per her own story, were it not seen well nutritious meals served to those senescent in need.

While talking to Jen Vellenga and Jennifer Retelle Thomas of Speak With Prescence podcast, Beatrice gives the scintillating story behind the Oklahoma based organization, which was largely influenced by her childhood days. "I grew up in a small village in Kisumu -Kenya," Williamson recounts. " As a young girl, my family and I had limited opportunities.



with Beatrice some beneficiaries of the Maisha Project's scholarship program.

different siblings and I, let alone paying our school fees herculean task for them be rekindled in the next Founded in the year 2006 by a .However, through God, I was general election.

> over 1.9 million for the benevolence of a Swedish missionary named Ana

Lanson, who she met at the age of nine, Beatrice could've ended up in an underage marriage set up which was a ubiquitous culture in Africa during her childhood days.

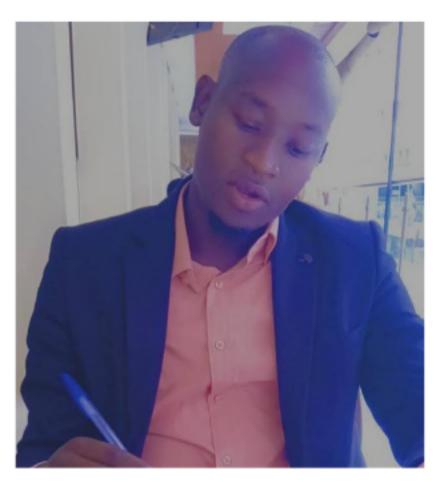


Maisha Project's board Chairperson Dr. Kevin McAffee

Maisha project continues to grow in scope, with their main objectives leaning on UNSDGs 1(No Poverty) , 2(Zero Hunger), 3(Good health and well being) and 4(Quality Education), while for Beatrice who vied for the Kisumu County women Representative seat in 2022, the dream lives on and could

by vulnerable children in the an indelible ink in Kisumu

#### GENDER EQUITY SHOULD BE THE ULTIMATE GOAL



By Ochieng' Abong'o

becomes imperative to retire in futile the prevailing cancel culture homogenize individuals but methodology concerning the vulnerabilities of young boys and men. Analogous to their female counterparts, male individuals innately embody the entirety of the nine quotients of life, encompassing crucial emotional intelligence. This facet, perceived as pronounced disparity between genders through the lens of societal expectations.

elevated echelon of emotional collective efforts intelligence for men, harmoniously dismantling the entrenched propelling young their belief in This entrenched belief system, have taken in fostering the which mandates an unwavering growth of young strength, has women. facade of obfuscated society's perception of the multifaceted challenges In societies disproportionately confronting men, the eroding once foundation of gender equality.

The inception of the concept of gender equality, emanating from Middle Eastern origins with the noble ambition to champion parity with men, substantiates the assertion that achieving absolute equality is an elusive endeavor. The innate truth remains - human beings, akin to the asymmetry of our own In the pursuit of achieving an fingers, are inherently unequal. optimal state of gender parity, it The path forward, then, lies not attempts to



An emblem of the Association For The Welfare Of The Boy Child

natural selection, underscores in the equitable provision of the need for a recalibration of opportunities. This nuanced understanding crystallizes into what we term as gender equity. While societal norms dictate an To truly manifest equity, our must channeled, boys into stoic realms of empowerment invulnerability is imperative equivalent to the strides we girls

> thereby focused on amplifying the solid empowerment of one gender to the detriment of the other,

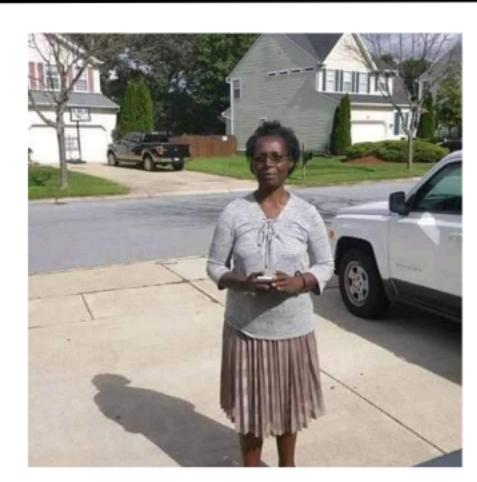
an ominous confluence of repercussions unfurls. Misogyny, toxic feminism, gender-based violence, and, to an unsettling extent, domestic turmoil burgeon, giving rise to a tapestry of instability within families.



Kenya's Second Lady and Boy-Child empowerment champion Pastor Dorcas Rigathi

It is against this complex backdrop that I extend commendation to Pastor Dorcas Rigathi for her courageous initiative. In a landscape dominated by burgeoning feminist movements, her steadfast commitment to championing the empowerment of the boy child stands as a singular beacon of influence.

Ochieng' Abong'o is the Co-Founder and Director at The Association For The Welfare of The Boy Child



FORWAC Kenya Director Mrs. Margaret Okello

At the risk of getting schmaltzy, this writer takes a moment to recount a life changing rendezvous. Thirteen years ago, this scrivener was a barefoot class eight leaver, without a thin hope of what the future held, regardless of being among the top performers in the then just concluded Kenya Certificate of Primary Education.

However, the course of his destiny took a sharp turn after an encounter with Mama Margaret Okello of West Gem ward in Siaya County, who, through effortless generosity consolidated funds to sponsor his education.

As of now, he is a bachelor degree holder, with a future so full of promise that seem to grow brighter by the age of the day.

As the long serving director of the Friends of Rural Women and Children, Mrs.

#### THE BEACON OF HOPE

sterling Okello boasts а reputation in community and the service public benefit sector, having not only sponsored a significant number of children to schools also but supported community development projects within the borders of Constituency Gem and beyond.



Pupils from FORWAC learning centre pose for a photograph.

While talking to our reporters, an aquaintance identified only as Omosh said "To mama, education is the first step towards achieving a resilient society. Since her return to Kenya from abroad, she has served our community with diligence. She has treated our children like hers, our wives like her daughters in-law and our mothers like her own sisters. I have encountered many philanthropists but none was as open minded as she is." He concludes.

In Gem Constituency, it is said that a significant number of degree holders are her proteges, some of

whom are currently enjoying success in their respective fields of education-this particular writer included-.



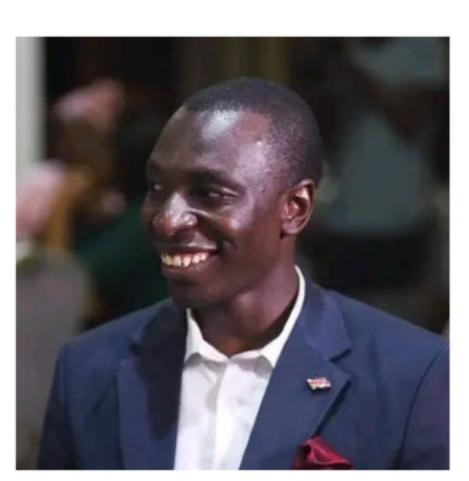
FORWAC Learning Centre Administration Block

Currently, she continue to shine hope in the lives of many young people in West Gem through education in her capacity as the Director for FORWAC learning centre, where there is an access to education basic at subsidised fee. There, many from vulnerable children families are getting quality education, thus keeping their dreams alive.

Noteworthy is the fact that through the institution, many people in the adjacent community have gained employment as teachers and subordinate staff.

To her, nothing is more pleasurable than serving humanity, for such they say, is service to God.

#### UNHEALTHY DIET TO BLAME FOR INCREASING DIABETES CASES



By Emmanuel Otieno Obwanga

From the past, cases Diabetes were believed to be an factor whereby age people would fall victims of this vice. However this narrative has spontaneously shifted from age debate to lifestyle, to be more precise diet .

Unhealthy diet has significantly contributed to diabetic infections amongst young people today. The intake of high levels of processed foods drinks with sugar and unhealthy, fats has been linked to an increased risk of developing type 2 diabetes especially in younger individuals.

It's peculiar to find people liking such type of foods albeit the of healthy existence foodstuffs.Such unhealthy diets lead s to obesity and insulin resistance which are key contributors and risk factors in the development of diabetes. Additionally, a diet high in refined carbohydrates such as canned fruits, doughnuts, soda,

chips Potato and corn chips,gummy candy and French fries can cause rapid spikes in blood sugar levels, placing strain on the body's ability to produce and utilize insulin unfortunately this are highly consumed amongst the younger generation with chips Diabetes cases in Kenya as of and soda toping the 2024 list.Unknowingly these factors combined greatest are contributers to the onset of Diabetes.



A graphic of junk food that could cause Diabetes.

It's funny to hear people considering fruits as only appetizers while linking vegetables to herbs and rarely consuming whole grains which are key components of healthy diets which when consumed in small amounts exacerbate diabetes may infection.

It's important to note that as we eat different foods we need to consider and factor in the dietary aspect, otherwise too much sugar and sweet food might just be a trap in the offing.

27,783,400

Total adult population

3% prevalence

of diabetes in adults

821,500

Total cases of diabetes in adults

Notable statistics on

Imara Fellow ,Project Lead -Digital Health at Malaria Youth Zero Malaria Ambassador and a member of Health Data Governance Working Group at Transform Health Organization

## **EDUCATION**

#### LARRY MADOWO'S MESSAGE TO KCSE CLASS OF 2023 ELICITS MIXED REACTIONS



International Correspondent For CNN Larry Madowo

released 2023 KCSE results, the limelight. For flamboyant CNN International correspondent Larry Madowo stirred mixed reactions among users after posting Χ screenshot of an article he wrote back in the year 2016, with a caption that reads; "Yes, I failed KCSE but it was not the end of my life."

Alluding to his own life story, Mr. Madowo tells candidates that failing KCSE does not spell doom to the future of an individual as success is not inherrently hinged on academic excellence, but the dilligent pursuit of it.

In the article dated 8th March 2016, Larry recounts the pressure he was put through by his own relatives, some of whom he describes to have been sufficiently scandalised to exalted Kariuki Chotara! We demand that he repeats form won't let him misguide our four, something he says was children that learning and never a part of his plans.

"I failed KCSE but I did 45 nothing." foreign trips last year to 27

different countries. My B- in the national exam was so bad I was getting pushed to repeat form four.Do not let anyone put you under pressure" a graphic from Kenyans.co.ke digital media handles reads.

While his message bore a significant measure of truth, it is the ambivalent responses While In a stunning reaction to the from Kenyans on X that stole



Alliance High School Students pose for a photo

instance, in response Madowo's claims, vocal Kenyan-Canadian lawyer Miguna Miguna wrote on X

"Larry Madowo is an empty toothy African buffoon. White men who run CNN prefer primitive buffoons like him. He thinks that travelling around the world is а great achievement. He is just an academic excellence mean



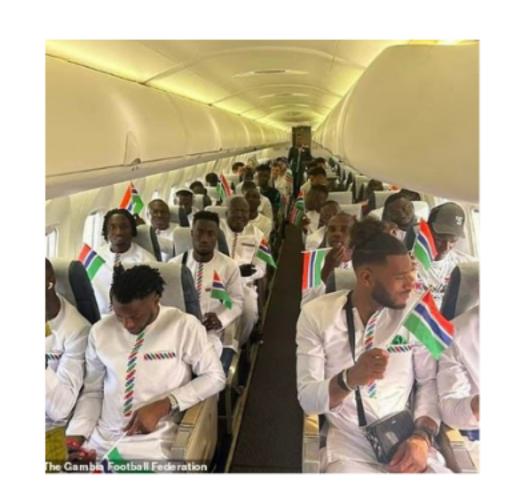
Veteran Kenyan-Canadian Lawyer Miguna Miguna

responding to his post, Χ some users conquered with him, while others, in a classical Kenyan fashion vehemently disagreed with him with some calling him jealous.

Peculiarly, some neitizens insisted that Larry's statement was more of a humble-brag than a word of encouragement.

## INSIDE SPORTS

#### GAMBIAN SQUAD ESCAPED DISASTER BY A WHISKER



GAMBIA

AFCON bound National team was on Thursday experienced inhumane heat forced to turn back home that coupled with the lack of minutes after their flight took oxygen caused dizziness off.

The entire team was to fly to Abidjan when unfortunately, their 'small' plane experienced blatant technical failure, leaving on edge. them However, fortunately enough, everybody walked out of the frustrating scenario safely.

After an emergency landing in started to pass out. preliminary Banjul, investigations revealed that the In their official statement, the plane pressure and oxygen, causing say that the flight had been on some players to pass out.

While talking to the press, Tom technical hitch and swiftly Saintfiet, the Gambian National made the decision to return to Team Coach said; "We could all Banjul. have been dead. We all fell asleep quickly. Me, too. I had Air Côte d'Ivoire, the company short dreams about how my life was done. Really and truly. After nine minutes, the pilot decided to return because there was no oxygen supply. Some players did not wake up

[until] immediately after landing. We almost got carbon monoxide poisoning. Another half-hour of flying and we would all have been dead."

former However, player ManchesterUnited Saidy Janko his took social frustrations to they Gambian media, claiming that



Gambian Football Federation President Lamine Kabba Bajo among players while some

had lost it's cabin Gambian Football Federation air for just nine minutes when the crew discovered

> that operate the plane has since tasked a technical team thorough conduct assessment and correct the anormaly.



A Gambian team poses for prematch photograph in a past tournament.

Meanwhile, players in the Gambian national football temporarily team were relocated to a hotel in Bakau, awaiting further instructions.

## GALLERY

County Governor Nairobi Johnson A. Sakaja Feeds pupils in Nairobi During the launch of the President William Ruto Launches the phase two of the Dishi Na County tarmacking of Boiman-Kwa Mumbi Initiative.

## PHOTOS OF THE WEEK



Road in OI - Jorok Narok County



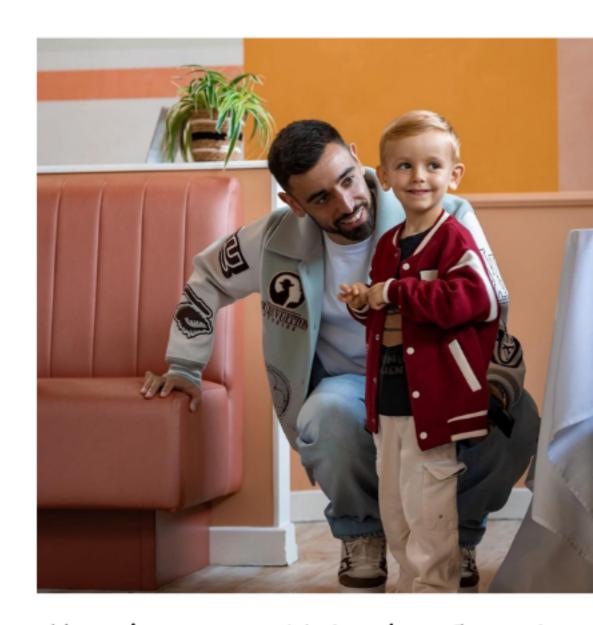
Education C.S Ezekiel Machogu releases 2023 KCSE results.



A Pupil enjoying a lunch meal; coutersy of the Dishi na County Initiative



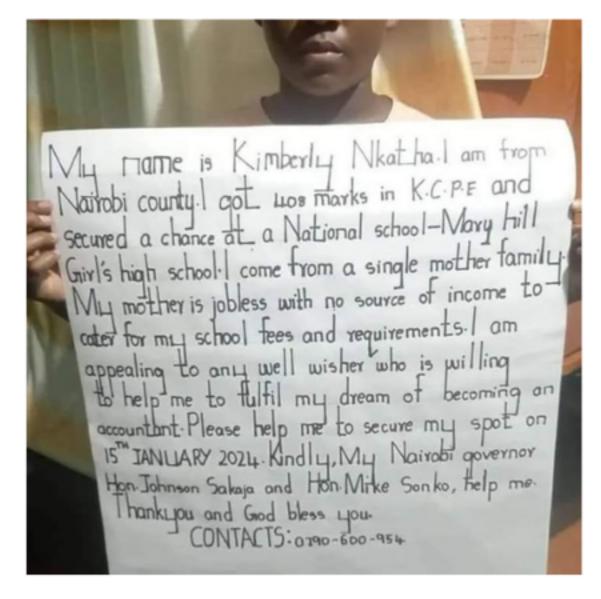
Kisumu County residents celebrate the birthday of Raila Odinga



Manchester United Captain Bruno Fernandes with his son.



Kisumu County Senator Tom Ojienda donates a 38, 000 seed capital to a resident.



KCPE Class of 2023 candidate Kimberly Nkatha appeals for help from well-wishers to raise fees



YouTube sensation Ishowspeed Brazilian legendary meets striker Ronaldo Nazzario 14

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