

CITY BITE

THE STATE OF AFFAIRS

INSIDE POLITICS

...departed Kelvin Kiptum leaves
an indelible mark in the world of
Marathon

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INSIDE POLITICS

LEADERS , ATHLETES PAY TRIBUTE TO DEPARTED KELVIN KIPTUM

2.00.35

Kelvin Kiptum set a new World Marathon time record in the Chicago Marathon in October last year after beating Eliud Kipchoge's 2.01.19



Deceased World Marathon record Holder Kelvin Kiptum. | Photo Courtesy



■ H.E William Ruto

President William Ruto on the also said;

"Kelvin Kiptum was a star. Arguably one of the world's finest sportsmen who broke barriers to secure a marathon record.

He was only 24 yet, as a hero, triumphed in Valencia, Chicago, London and in other top competitions. His mental strength and discipline were unmatched. Kiptum was our future.

An extraordinary sportsman has left an extraordinary mark in the globe. Our thoughts are with the family and the sporting fraternity. Rest In Peace."

Having broken left behind a record to beat, Kiptum leaves an indelible mark in long distance running, which he peculiarly transitioned to just a year before setting the current record.

On Monday, somber mood engulfed the athletic world after current World Marathon record holder Kelvin Kiptum was reported dead in the wake of a grisly road accident that occurred on Sunday night.

According to Elgeyo Marakwet County Police Commissioner Peter Mulinge, Kiptum was driving a Toyota Premio car, which veered off the road and hit a big tree before entering a ditch, causing the deaths of the 24 year old athlete and his coach while a third occupant survived with serious injuries.

Throughout this week, leaders have paid their tribute to the departed. Notable tributes were among others the following;



■ Eliud Kipchoge

Via a statement posted on his X account, Eliud Kipchoge said;

"I am deeply saddened by the tragic passing of the marathon world record holder and rising star Kelvin Kiptum. An athlete who had a whole life ahead of him to achieve incredible greatness.

I offer my deepest condolences to his young family. May God comfort you during this trying time."



■ Ababu Namwamba

Also posting on X, Ministry of Youth Affairs, Creative Economy and Sports said;

"Only last October we feted and honoured #KelvinKiptum after he shattered the marathon world record. We were excitedly looking forward to his target of becoming the first human to do sub 2 hrs, and for his Olympics bow in Paris next summer. Indeed Kelvin was only getting started, and was destined to rule the world of elite marathon running for long. The cruel hand of death has robbed Kenya and the world a truly precious sporting gem. My deepest condolences to the family of Kelvin and the entire athletics & sporting fraternity. Rest well champion."



■ RT. Hon. Raila Odinga

Opposition Chief Raila Odinga also said;

"Devastating news as we mourn the loss of a remarkable individual, Kelvin Kiptum, World Record holder and Kenyan athletics icon. Together with his coach, they tragically passed on in an accident tonight. My deepest condolences to his loved ones, friends, and the entire athletics fraternity. Our nation grieves the profound loss of a true hero."

INSIDE POLITICS

On Saturday, during the burial ceremony of Councillor Joseph Ogut in Muhoroni constituency, an old ghost came back to haunt 'modern' politicians who either pretend to forget or deliberately chose to be ignorant of the degree of power wielded by councillors and mayors during their time.

It is a doric tradition, that during the burial ceremonies of citizens as senior as Mr. Ogut, the area MP becomes by default the master of ceremony and this, being no different from the rest, Muhoroni parliamentarian Onyango Koyoo was unsurprisingly the host.

All began well and was running well until a murmur began to spread that former mayors and councillors would not get to eulogise their departed colleague, on the assumption that their position is no longer recognized by the constitution, ergo they wield no power to address the public.

Accurate as this argument could sound, it suffers from the fallacy of ignoratio elenchi, first because it has no objective pillars. Secondly, the burial ceremony in which all the high ranking holders of modern political offices in Kisumu and beyond were sat, was planned and partly funded by the group of former mayors and councillors, who came from all over the country as a show of last respect to a fallen colleague.

Back to the murmurs

As the murmurs strengthened and it looked more certain that they wouldn't get the opportunity to pay their tributes to their fellow, former Siaya Mayor, turn UDA Chairship aspirant for Siaya County Mr. Maurice Orondo could not allow such a disconcerting scenario. As a part of the planning team, he, while talking to City Bite tells us that it would have been the mother of all insults, if none of the present Mayors got a chance to talk. "We

RESPECT MAYORS! MPS TOLD

"We planned the event," Maurice said. "In memory and respect to one of our own," Orondo said. "As such, it was an imperative that all or at least one of us pays tribute to our fellow councillor,"



...You cannot overlook our position in the community. We played a pivotal role in setting the pace for modern politicians. When we come to pay our last respect to one of our own, we must be given the chance to pay tribute...

CLR. MAURICE ORONDO

Orondo cultishly stated. "You cannot overlook our position in the community. We played a pivotal role in setting the pace for modern politicians. When we come to pay our last respect to one of our own, we must be given the chance to pay tribute."He concludes.

Mayors win, threaten to register a party

Prevention is better than cure and it took the efforts of Maurice Orondo, Clr Isaack Kamunge, of Kiambu County and an intervention from Kisumu Senator Tom Ojienda to prevent an earlier breeding malaise. While these collective efforts ensured they were given a chance to eulogise the late Ogut Awalla, dissatisfied mayors used a part of their minutes to demand for respect from young politicians, some of whom qualify to be their sons and or daughters by the virtue of age difference.

"If you take us for granted, we will register our own party," Kamunge said



..If you take us for granted, we shall register our own political party...

CLR. ISAACK KIMUNGE

"If you think we do not have what it takes then try us," he warned. This idea sat well with many present



Deceased Former Councillor Joseph Ogut (R.I.P)| Photo Courtesy

mayors, some of whom seem to be getting ready for the next course of action on that theme.

As the ceremony ended, a subtle message was passed that it takes a penniless effort to recognize one's contribution to a specific field. The title of a mayor might not exist in the current constitution but their work and their legacies will live to the maturity of time.



Mayors & councillors pose for a photograph with C.S for ICT H.E Eliud Owallo after the funeral of deceased Cllr. Joseph Ogut| Photo Courtesy



Clr. Isaack Kamunge of Kiambu County | Photo Courtesy

INSIDE POLITICS

FOR KISUMU COUNTY; THE FUTURE COULD BE YOUTH



As the new political cycle gains momentum, a gleamer of hope reigns supreme among the young nation in Kisumu County : Young people are welcoming the idea of standing up for themselves ! Gradually, a new culture flows through the bloodstream of Luo Nyanza politics, with young guns taking the bold steps to challenge the status quo.

En vogue, issue based politics is storming the sphere, while authoritative sobriquets like Sammy Ooi, Bob CEO, folkloric River Kuja, and others dominating conversations across the streets of Kisumu, the city at the feet of the Lake.

In the peak of 2022 political season, assorted names emerged. Awuor Mesoh, one of them! Then eyeing to be the Lady on Top; standing up to veterans. Among them professor Anyang' Nyong'o -the would be winner of the race-

such a shame she didn't win but look, mother nature never disappoints. A second chance beckons and it approaches at a terrific speed. Only this time, she is not alone.

From a distance, Agal Toto approaches. She was up against Mama Ruth Odinga, in a toe to toe race that even though she succumbed to a defeat, she proved her a worthy competitor!

Joining the scene is U.S based businessman cum philanthropist Mr. Sammy Odoro, a diffident strategist. Like a cat, he stealthily moves, like lightning he strikes when least expected. A young man with an added geopolitical advantage, he is smooth, he's furtive and he's strong-willed!-truly, the future of the senate rests in his hands.

From a distance approaches Edward Onyango. The grandson to the iconic Grace Onyango. Like the late, leadership runs through his DNA, like the late, he's unbothered by the beguiling trappings of power. CEO, a name given to him by his beloved followers, for his quality of leadership. He comes in with the assurance of a blueblood, notwithstanding the humility of a servant. For Kisumu Central, the future screams brilliance!

Joining the scene is the folkloric River Kuja. Son of Nyakach, a man of means. YOUNG, VIBRANT AND DETERMINED, are just but the three words adducing his character. For the community he is gold. For the greedy he is blue! "Our children must learn, a phrase so ubiquitous in his tongue! Truly, grandchild of Liz, is from and for the future.

From a distance approaches Sheshe, the cheeky wordsmith of Kaloleni, he cries so others can smile. He grinds so others can rest. He runs so others can walk and he crawls so others can fly. In the wake of storms, he maintains his cool. At the face of an adversary, he remains bold. The truth shall set you free, he tells the young guns of politics. For Kaloleni, a meteor approaches and when it lands, it will rain gold!



Joining the scene is Seth Okumu, a wily brawny attorney. Charismatic, policyphilic & enthusiastic, he pays meticulous attention to whatever he does. Like Julio Caesar, he is a proper deal maker, like Aurelius he is a stoic philosopher! Who makes a better leader, than a philosophical mind? Show me!

In the end, we fete those who reach the finish line. First or last, we want to see you crossing the line! With a cultish pride and a shoulder raised high. For it counts not the dreams we killed, but the attempts we made! ASK THOMAS EDISON!

Like we enjoy the light, if you keep the focus, the future could be youth!

03

THIS RECITAL IS
DEDICATED TO YOUNG
LEADERS MAKING THE
DIFFERENCE IN KISUMU
COUNTY POLITICAL
SPHERE

OSURE

INSIDE POLITICS

LOOMING RIVALRY IN NYAKACH; TO WHAT ENDS?



A graphic with a Say No to political violence sign | Photo Courtesy

For Nyakach constituency, an unprecedented rivalry is in the offing. Over the weekend, Liz Foundation's Nashon Angudha was reportedly barred from attending a local burial ceremony by knife wielding goons from an unknown political divide. While a distant canard has hinted that they were working to the benefit of a Nyakach MP hopeful, insiders from the accused's camp have vehemently disagreed with those claims, calling them utter tosh.

"We denounce the heinous acts of hooliganism committed by Mr. Opande," an insider statement reads in part, from Mr. Nashon's camp. "Violence is the refuge of the incompetent," a quote is appended to the statement.

In their view, attacks on Nashon Angudha were planned by a Mr. Opande, in the backdrop of a growing possibility that Nashon may cast himself into the race to succeed gubernatorial hopeful Aduma Kowuor.

While talking to City Bite, an adherent of the accused categorically dismissed these claims as desperate attempts to mudsling the Nairobi based businessman. "We will not engage in petty discussions," he said. "These are fallacious allegations, that should be treated with utter disregard.," he said. "Opande is an honourable man who believes in

issue based politics." He concludes.



Liz Foundation Director Nashon Angudha pictured during a past rally | Photo Courtesy

On his part, City Bite's attempt to get a comment from him hit a hard rock but a revelation from his representative points to an extremely disappointed Kuja, who according the information at our disposal was gobsmacked by what transpired. "To what ends? Why threaten the life of a young man, who is trying to make a positive mark in our society?," in a pejorative tone, he asked. "What's wrong if he attends a burial and why attack him on a vacuum?," he asked. "I am disgusted at this and to whoever sponsored it, shame on you!"

Politics of violence can be so detrimental. Kisumu, a city that has been majorly affected by calamitous political tensions continue to remain susceptible to such. Therefore it is incumbent upon leaders to promote politics of goodwill, that will ensure healthy relationships between her people, regardless of their differing political divides.

In 2007/2008 for example, some 53 adults were lost to gunshots in one day, thanks to a ravaging post election violence. While such served as a lasting lesson, some leaders have adamantly refused to cultivate clean politics and instill in our youth the invaluable virtues of equanimity, magnanimity and hardwork.

It is however an irreducible minimum, that for free flowing progress to be achieved, politics hinged on chaos must be done away with, to accommodate policy based competitions.

53

DURING THE
2007/2008 PEV,
53 PEOPLE DIED
PN 31ST DEC
2007

INSIDE POLITICS

RE-DEFINING THE CONCEPT OF YOUTH EMPOWERMENT



Martin Otieno pictured in his office at Mijesh Enterprises| Photo Courtesy

Without guidance, talent go to waste. In the current world, many young people lose sight of their destinies, thanks to a rapidly diminishing number of willing mentors. This, is partly caused by a generational gap, with respect to the contrasting ways of living as were in the past and contemporarily. However, there are some men, whose ardor to change the lives of young people, transcend all generational boundaries; physical or imaginary.

Business magnate Martin Juma has given meaning to the lives of many young people in Kenya. Mijesh, as he's commonly known, has in the years established the reputation of a father figure to youths in Siaya County and the nation at large. Through Mijesh Enterprises, he employs and continue to provide employment opportunities to more young graduates every year, empowering them to depend on themselves and retire the culture of dependence and handouts, that could demur their development.

In 2023, when I first met him, I sat at peace with the fact that I was in the presence of a force greater than myself. At first, his presence intimidated me and the idea that I'd introduce myself to a man of his pedigree felt like a dream. For a moment, my mind swam in anxiety until when he said his first words.

I was in the company of two other friends and Siaya County UDA youth aspirant Mr. Steven Charles who actually took us to Mijesh Enterprises where the meeting would take place in the office of the director. At the beginning of the meeting, he, asked Charles to introduce the team, which he cultily did.

It was after the introduction session that I adduced the humility and the sense of humor of our host. I was nervous, so I hesitated to mention my home ward. Noting this, he laughed at me and gave me his 'two cents'. "Young man," he called. "What man does not know his roots?" Mijesh asked. "You deserve a public flogging, for not being conversant with such a sensitive information." He jokingly concluded.



Martin Otieno poses for a photograph with Prince Indah and other artists during a past event in Dubai. | Photo Courtesy

Since, learning has been at the core of our association. A minute or two with him and you always have something new to learn. From politics to business, he is an open minded individual who's willing to learn from everyone, regardless of his rich experience, networks and financial status.

In his words, every hands a loser and every hand's a winner. "We want a society where everyone has the equal opportunity to thrive," Mijesh believes. "All youths have the potential to make a difference. We must as such guide them and help them help themselves. It's difficult to live in a society with high dependence rate. I always believe in the lucid candle philosophy. It shines bright, for those in the dark, for them to see the way."

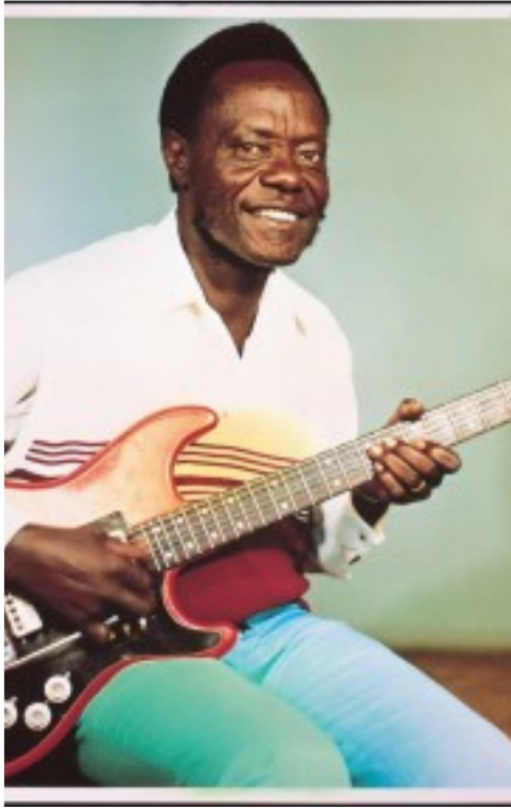
For this context, Mijesh is the lucid candle. His mentees are those in the dark. Like the candle provides light, he furnishes his mentees with the right knowledge and support, to find a way into their respective destinies.

300 +

Mijesh Enterprises employs more than 300 young people in Kisumu, Nairobi and Other Counties in Nyanza

INSIDE POLITICS

D.O MISIANI ,THE MAN WHO WOULD FORSEE THE FUTURE



The Late D.O Misiani

In the 1980s, Misiani's influence extended beyond music as he actively engaged in politics. He was associated with the opposition movement and used his voice to challenge the status quo. His outspoken nature and willingness to address controversial topics through his music made him a target for the authorities, leading to periods of censorship and persecution.

1940

The Late D.O Misiani's year of birth.

listeners on the importance of paying attention to good pieces of advice given by friends. In the song, tells his listeners to take seriously wisdom from elders, for they have had more life changing experiences than the youth. He promotes the culture of the Luo people and advises that what was found as a norm, should be respected and treated with pride.

In other songs, such as Mungu Bariki Kenya, he promotes the virtue of nationalism, which is a key tenet of unity.

On the 17th of May the year 2006, a sombre mood engulfed the nation after it was reported that the legendary artist died in a grisly road accident.



D.O. Misiani's message to the current generation would likely emphasize the importance of using art and music as a means of expressing social and political concerns. His life serves as an example of how music can be a powerful tool for advocating change and inspiring activism. Misiani's legacy encourages today's generation to use their creative talents to address pressing issues, promote social justice, and hold those in power accountable.

2006

The Late D.O Misiani's year of Demise.

For instance, in one of his songs, Misiani, in Luo dialect sensitizes his

Daniel Owino Misiani, commonly known as D.O. Misiani, was a prominent figure in the Kenyan music scene and also had a significant impact on the country's political landscape. He was born in 1940 in Shirati, Tanzania and became a renowned musician and political activist. His music often contained political messages and social commentary, making him a prominent voice for change in Kenya.

D.O Misiani's participation and involvement in politics was closely tied to his music. He used his platform as a musician to address social and political issues, advocating for change and justice. His songs often reflected the struggles of ordinary people and called for political reforms. This made him a symbol of resistance and activism during a time of political upheaval in Kenya.

THE CRITICAL EYE

REVITALIZE MERITOCRACY



By Odima Osure; Writer

Gone are the days when Anyango would wash an extra plate for additional chapatis at family dinner. Gone are the days when Mwangi would work overtime for an additional dime. Gone are the days when everything was merit!merit!merit!. You want more money? Work extra time. You want to be awarded? do something extra ordinary. You want power? Prove yourself ! You want respect or love? earn them!. Things are so easy these days. I want quick service? A good backhander will solve everything; a proof that our society's classical values stand on a quicksand.

Like all other spheres of life, the political spectrum, which shape our day to day living in the remote-most ways has lost it's flavor. A penny or two and the voter sings to the strength of their voice, the name of their benefactors. A hundred shilling note and dignified gentlemen retire their principles, to dance to the tunes of Hon. Members' praise and worship songs.

I am eerily perturbed. Not by the dancing, nor by the short cuts for cheap service nor by unwillingness to earn what we want but by the comfort with which, we warm to this culture. This is not us and let's be honest, this is a yon path to

nowhere. We must revitalize the way of merit. We complain about development, the vicious circle of poverty is getting more entrenched and we complain of not being at par with the Asian Tiger, which, indubitably did not happen in a vacuum. There was a path to follow and follow, the Asian Toger powers did.

Corruption, a major impediment to development in our country for instance, is strengthened by the dwindling fortunes of the tenets of meritocracy. Incompetent leaders, fill the corridors of power because of our teething unwillingness to probe their individual, our slothful attitudes towards understanding the details where the devil lie and our love for money which blurs our reality.

07

Argumentum ad crumenam

The fallacy that money speaks the truth is the unchallengeable basis for judgement, and that argument can be reduced to financial calculation.

What could be so wrong, that so many people suffer from the Argumentum ad crumenam -the fallacy that money tells the truth? What could be so wrong, that we become so gullible when money is flaunted on our faces? Let's be real, money and everything it can buy are a necessity but like the stomach, pockets get filled and emptied in turns.

...Let's be real. Money and everything it can buy are a necessity, but like the stomach, pockets are filled and emptied in turns.



”

The reason the Asian Development model, which many developing nations envy is by all means impractical in a scenario where rhetorics beat merits.

By a way of illustration, and as a parting shot, the bottom up was to be a reincarnation of the widely popular model. However, the manner in which it was packaged, with spurious promises of huge sums of money reduced it into a rhetoric, which proven by the failure of the incumbent administration to fulfill it's short term promises, shows just how behind we are still lagging. Merit-please come back!

UNSOLICITED OPINIONS

President Ruto's election to office was not hinged on the quality of his promises, but on both the populist rhetorics and the colossal amounts of money he publicly claimed to donate to churches and self help groups.

This makes it more of a subjective choice than an objective one.

C.S.O SPACES

CAN WE EVEN THE THE PLAYING FIELD SO WE ALL COME OUT ON TOP?



By Daisy Bartlett; Trilingual Consultant on Women's Health and Climate Resilience | Photo Courtesy

...the repercussions of the uneven playing field between men and women extend far beyond what makes headlines. From hindering economic growth... ”

DAISY

Last week, my article delved into a critical aspect of gender inequality, focusing on gender-based violence and femicide. However, the repercussions of the uneven playing field between men and women extend far beyond what makes headlines. From hindering economic growth, by excluding women from education and the workforce, to limiting healthcare access, gender inequality manifests in various detrimental ways which, in turn affect society as a whole. The misrepresentation of women in politics and other spheres, for example, hampers innovation, as diverse perspectives are essential for achieving progress.

The World Economic Forum's 2023 Global Gender Gap Report projects it will take 102 years to close the gender gap in Sub-Saharan Africa without intervention. While Namibia, South Africa, and Rwanda exhibit lower gender gaps, with scores around 80%, signifying an average gender gap of approximately 20%, countries like the Democratic Republic of the Congo, Mali, and Chad lag behind with scores below 62%. In case you were wondering, good old Iceland holds the top position.

The women of Africa, pivotal contributors to the continent's economy, actively participate as farmers and entrepreneurs, yet a substantial number predominantly

operate within the informal workforce. Numerous organizations are committed to tackling gender inequality in women's daily lives and access to opportunities, addressing disparities in land rights, access to capital, mobile phone ownership, and adult literacy.

Despite the challenges, and pace, progress is being made. Recent World Bank research indicates that 'AFE has nearly achieved gender parity in primary education, with 25 million more girls enrolled in primary school in AFE today than in the early 2000s.'. However, there's a recognized need to ensure continued support for girls in secondary education and beyond, where gender challenges such as menstruation, safety and unwanted pregnancies persist.

102

The number of years it will take to bridge the gender gap in Sub-Saharan Africa without intervention according to WEF Global Gender Gap Report 2023.

80%

The percentage score of best performing countries (S.Africa, Namibia & Rwanda) re efforts in bridging gender gap

In even the most traditional cultures where boys are considered superior a shift is occurring, with men and women realizing the invaluable role their daughters play in caregiving during old age.

Along with bringing their compassion to the table, when women are empowered and valued, they bring their views to decision-making which often leads to fairer and more sustainable solutions. Imagine a society where men realize that lifting women up does not bring themselves down. Equality, in my eyes, is about leveling the playing field, acknowledging that we are all connected, on the same team, with a common goal of becoming the light we were born to be in this world. I truly believe only then can we achieve true peace and thrive as a global society.

AFRICA'S GENDER GAP IN NUMBERS

1 in 3

WOMEN

Experience physical and sexual violence at least once in their lifetime.

1 in 4

PARLIAMENTARIANS are female

15%

LAND HOLDERS in sub-saharan Africa are female

1.5

TIMES

Less likely for young women to formally be employed or undergo education.

41%

GAP

Gender gap in internet usage

C.S.O SPACES

MAKING COMMUNITIES SMILE!



An emblem of Make Me Smile Kenya



Simon Peter is the Director of Make Me Smile-Kenya

Make Me Smile Partners pose for a photo with some of the beneficiaries of Their Children Outreach Programme at Miwani Children's Home

At the heart of COVID -19 pandemic, different variants of the SARS-COVID virus were reported to affect people in varied ways. With respect to their speed and degree of contagion, the delta variant was established as the most deadly one, beating omicron and the rest.

For contagion is an effective mode of transmission of anything, there is a virus of life, called a smile. Unlike the fret inspiring COVID-19, a good smile imbues hope, into the face of the hopeless. It imbues life into a lifeless community and it is way more contagious than any disease carrying virus, let alone the Delta variant can or could ever be.

Those in situ at Make Me Smile Kenya have made it their core objective to spread contagious smiles across the country. Founded sexdecennial ago, we recognize the organization's tremendous efforts at championing children's welfare while while at it, promoting sustainable development in grassroot communities.

A flashback to 2008 and their first major project is incepted. Cultishly, it was an all girls children's home,

accommodating ten orphans who lost their parents to the then endemic HIV/AIDS. This in itself underscores Make Me Smile's primary mission to address emerging issues that could, in the long run jeopardize the futures of young children, who conventionally are considered to hold the keys to the future of any given society.

Today, what started with a good story from a hairdresser called Dan, has become an archetype for emerging Public benefit Organizations.

"We help people help themselves, for the benefit of the child," a note reads in their website and truthfully so, the Organization has extended it's purview to accommodate seven of the seventeen UN Sustainable development goals, including Gender Equality, No Poverty, Zero Hunger, Quality Education, Decent Work and Economic Growth, Peace, Justice and strong institutions and Good health and well being.

In pursuit of the attainment of the afformentioned goals, a whopping 34,000 orphans are currently under the care of the Organization, with

34,000

Number of orphans currently under the care of Make Me Smile.

other community support projects being initiated and the network of partners growing richer by the day. A fish pond is in the works, a chicken farm is being established and Agribusiness ventures being set up to empower farmers in Western Kenya.

USAID

United States Agency for International Development is one of Make Me Smile's key sponsors. In 2017, it entrusted the organization with the implementation of the five year MWENDO program.

Contact Make Me Smile
: +254 (0) 57 2021507

C.S.O SPACES

JERONIM: "YESAM AMPLIFIES THE VOICES OF YOUNG PEOPLE ON SRHR"



YESAM Director Jeronim Obwar during a past radio talk show | Photo Courtesy

Youth Empowerment on Strategic Advocacy and Mentorship -YESAM has since its founding added to the many efforts by youth serving organizations to ensure an idyllic world for the socio-economic well being of adolescents in Kisumu.

A community based organization, YESAM was conceptualised in 2018 by a young Miss. Jeronim Obwar, who now tells city bite she was inspired by the struggles she witnessed teenage girls in Nyalenda -where she was born and bred - face during her school going days.

"Growing up, I witnessed ubiquitous teenage pregnancy while many an adolescent struggled with menstrual shame," she said. "Both of these challenges led to truancy and increased cases of school drop outs," Jeronim stated. "Witnessing this pinched my soul. Ditto, as I matured, I made it an ironclad part of my life's task, to volte-face the destinies of these young girls," said the YESAM director. "If they had mentors, or were empowered with the right information on menstrual health and teenage pregnancy, then maybe, today, some of those girls would've been very useful to our society."

In a rapidly diversifying world, youth awareness on matters reproductive and sexual health is a fundamental aspect of living. A lack of sufficient information on this theme has seen many young people live with sexual or

reproductive health related challenges, not only in the informal settlements of Kisumu but the county at large.

This is a gap that YESAM tries to holistically bridge."We are proud to be working with young people who create, maintain and run sustainable youth led programs," Miss. Obwar tells City Bite. "Our organization amplifies the voices of young people on sexuality and reproduction, and promotes the right to make one's own choices in this area," she said. "Our scope, as mentioned before covers the informal settlement areas of Kisumu while our key thematic areas include dissemination of information on sexual and reproductive health and rights, policy and budget advocacy, youth meaningful engagement, climate action, peace and conflict resolution, among others."



An emblem of the Youth Empowerment on Strategic Advocacy and Mentorship CBO

Like all other organizations, YESAM has a vision, like no other organization it's vision pedestalizes access to quality health care for young people.

Health, is a sensitive aspect of life among adolescents. The quality of healthcare services received by young people influences their productivity in diverse ways.

During puberty, for instance, adolescents experience new physical changes in their bodies. A lack of awareness on this theme can lead to irresponsible sexual behaviour that

may consequentially result into unwanted pregnancies at the salad stages of development.

Information is power, and power for this context is the ability to control the controllable aspects of one's own life. An informed youth makes informed choices that in the long run, secures a desirable destiny.



...We are proud to be working with young people who create, maintain and run sustainable youth-led programs...

JERONIM OBWAR

16%

Kisumu County contribute 16% of the total number of registered teenage pregnancy cases in Kenya last year



Beneficiaries and founders of YESAM during a community dialogue in Nyalenda | photo courtesy

BUSINESS

ENJOY AN AWE-INSPIRING HOSPITALITY AT MIRAGE PALACE HOTEL

Being the second biggest city in Kenya, Kisumu enjoys a flourishing hospitality industry, with high end hotels punctuating its ever-busy central business district. Among the prominent hotels in the lakeside city is the famous Mirage Palace, which is one of the most hospitable places this writer has ever set foot in.

Partly, the cordial hospitality here inspires my love for the hotel. However, a significant part of me is attracted to the quality of their services, which, unlike many hotels of such cadre are blatantly pocket friendly.

Nestled just a few metres from the lake, its rooftop balcony gives an awe-inspiring view of the city's beehive business district and the placid Lake Victoria.

During the day, it's cool while at night, it glitters. Unlike its uncluttered exterior, its interiors are artistic, with a touch of textured prints along some of its walls.

Waitresses here are quick, the quality of food is good while reservation procedure accommodates the possibility of free cancellation.

An anamnesis to 2021 and a 1500 bed capacity, 11 floor storey hotel facility is launched by sitting Governor Peter Anyang' Nyong'o. Today, it's rated four star, providing accommodation to some high ranking guests during the Africities summit in 2022.

Feedback from the general public sum the hotel in one word: 'hygge'. For context, hygge is a Danish word for cosy, comfort and

contentment in space.



An exterior view of Mirage Palace Hotel| Photo Courtesy

Accommodationwise, the hotel hubs the three major categories of rooms including Deluxe Rooms, Superior Deluxe Rooms and VIP Rooms. A single bed Deluxe room is charged a pocket friendly kshs. 4,500 while Double bed one goes for only ksh. 5,500, which is also the price for a single bed superior deluxe room while double bed goes for ksh. 650p per night. For V.I.P room, the rate is flat at 10,000 for both single and double bed.



A room in Mirage Palace| Photo Courtesy



A Conference hall at Mirage Palace Hotel |Photo Courtesy

Competitively the hotel has quickly established base in the hospitality industry, leapfrogging a number of earlier thriving brands, with its conference facility services described as top notch and corporateish



Inside an accommodation room at Mirage Palace Hotel| Photo Courtesy

KEY NUMBERS

10,000/=

The price of a V.I.P Room in Mirage

1,500

The bed Capacity at Mirage Palace Hotel

0798964400

For reservations, contact the above number

CLIMATE CHANGE



By Viola Adhiambo; Climate & Development Specialist.

CLIMATE DISASTERS STRIKE HARD

In the United States, the governor of California, Gavin Newsom, announced a state of emergency as an “atmospheric river” – which was supercharged by the unusually warm Pacific Ocean – dumped unprecedented amounts of rain on San Diego and neighboring districts, killing at least three people.

Richard Betts of the Met Office’s Hadley Centre in the UK said many extremes, including longer heatwaves, heavier rainfall, increased drought and more fire weather were becoming more severe due to human-caused climate change. He warned that unless emissions are reduced rapidly, such disasters will become even more frequent and devastating in the future

120

A total of 120 people sadly died in Chile, following a deadly forest fire



Chilean President Gabriel Boric
photo courtesy

The world is facing a series of climate-related disasters that are hitting with increasing frequency and severity as human-driven global heating continues to break records. The hottest year in history has been followed by the warmest ever January, according to the US’s National Oceanic and Atmospheric Administration (NOAA).

Many regions in the northern hemisphere are sweltering in heatwaves that would be more normal in June. Marine scientists are shocked by the prolonged and intense heat at the surface of the oceans. Scientists say the extreme heat is mostly the result of human activity, such as the burning of oil, gas and coal, and cutting down forests. This has been amplified by natural factors, particularly the El Niño – a phenomenon associated with Pacific Ocean warming – that started last year and is expected to continue until spring at the earliest.

The higher the global temperature, the greater the risk of fires and flooding. This month alone has seen two grim records of such climate-related disasters. The Chilean president, Gabriel Boric, has declared two days of national mourning after the country’s deadliest ever forest fires claimed more than 120 lives in the Valparaiso region. This follows a decade-long drought in the area and a shift from diverse natural forests, which are more resilient to fire, to monoculture plantations, which are more vulnerable.

Attribution studies will be needed to ascertain the precise extent to which these particular calamities were driven by human-driven climate disruption, but they are in line with a broader trend towards increasingly severe impacts. “Fueled by extreme weather and climate extremes, the frequency of climate-related disasters has dramatically risen in recent years,” said Raul Cordero, a climate professor at the University of Groningen and the University of Santiago. “In some regions of the world, we are facing climate-fueled disasters for which we are not prepared, and it is unlikely that we will be able to fully adapt to them.”

...Fueled by extreme weather and climate extremes, the frequency of climate-related disasters has dramatically risen in recent years... ”

RAUL CORDERO

12,000

The approximate number of lives lost to deadly disasters in 2023

HEALTH

THE MALARIA FACTOR

Lack of awareness and education about malaria prevention is another factor and the biggest one in terms of affecting social Behavior change and Perception among communities. For example many individuals in rural areas may not have sufficient knowledge about the importance of using bed nets or seeking early treatment when experiencing symptoms. It's funny to find someone using a treated bed net to fence their kitchen garden whilst at their homes they are prone and susceptible to mosquito bites. This lack of awareness can lead to a higher risk of infection and increased transmission rates. Cultural beliefs is an aligned Factor in Malaria Treatment and Prevention.



Environmental factors such as deforestation and urbanization can create new breeding sites for mosquitoes or alter existing ones e.g Deforestation disrupts natural ecosystems and can lead to an increase in mosquito populations.

Urbanization, on the other hand, creates favorable conditions for mosquitoes to breed in stagnant water bodies, such as open drains and poorly managed waste disposal sites. To date Kenya Malaria Youth Corps are taking the Frontline in Advocacy on Malaria Elimination and Prevention. Just imagine that one mosquito bite you keep ignoring, can bring your life to an end. Let's join hands, Fight The Bite and End Malaria, Without forgetting

that good habits dictate we sleep inside a mosquito treated net and not under the net.



Malaria Youth Corps sensitizing the public on Malaria Prevention at Rodi Kopany in Homabay County in 2023 | Photo Courtesy



A procession led by Nyamira Governor H.E Amos Nyaribo during a past event that marked world Malaria Day in Ekerenyo Nyamira County



Environmental factors such as deforestation and urbanization can create new breeding sites for mosquitoes or alter existing ones e.g Deforestation disrupts natural ecosystems and can lead to an increase in mosquito populations.

EMMANUEL

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Emmanuel Otieno Obwanga is a Diplomat and Policy Expert/Co-Founder CITY BITE MAGAZINE; Project Lead-Digital Health at Kenya Malaria Youth Corps and a member of Health Data Governance Working Group at Transform Health Organization.



By Emmanuel Otieno Obwanga | Photo Courtesy

You might be wondering why there is always a paradigm shift in Malaria Prevalence in terms of percentage in Kenya especially in the Lake Endemic and Coastal Regions over a period of time. Well as we all know, Anopheles mosquito, specifically of the species; Anopheles gambiae and Anopheles funestus are the key Contributors and primary vectors to High rate of Malaria Prevalence which is coupled with other contributing side factors.

The above mosquito species thrives in areas with suitable breeding sites such as stagnant water bodies, swamps, and marshes. Factors such as climate, rainfall patterns, temperature, and human activities contribute to the proliferation of these mosquitoes and subsequently increase malaria transmission rates. Inadequate vector control measures is another factor leading to the shifts. While efforts have been made to implement interventions such as insecticide-treated bed nets, indoor residual spraying, and larval source management, challenges such as limited resources, inadequate infrastructure, and population movement hinder their effectiveness.

Moreover, poverty plays a significant role in malaria prevalence. Poor communities often lack access to proper healthcare services, including diagnosis and treatment for malaria. This leads to delayed or inadequate treatment, allowing the disease to progress and contribute to its spread within communities.

THE DIPLOMAT

THE VLADIMIR PUTIN'S RUSSIA – TUCKER CARLSON'S INTERVIEW



Former Fox News Show Host Tucker Carlson with Russian President Vladimir Putin during a recent interview at the Kremlin | Photo Courtesy

This week the world was held at a gaze by the Russian's Vladimir, now demanding the occasion of consequentialism, the infinite article – the – the Vladimir Putin. Absolutes might be befitting for those whose either by Messianic complexity or grand design feel that the history of their country and the destiny of their nation is grandly tied to their works and decisions. This comes off as fully true if you consider the 30 minutes monologues dive into Russia's history spanning the last 1000 years, a recount of its successes, its leaders, its aspirations, its expansions, its glory and its pain, as a testament of Putin's inspiration to course-correct, and make Russia great again.

In the interview, Putin cuts off the relic of what I imagine Rome's most ambitious emperor Julius Ceasar would be. An austere, stoic, and wise leader who leads his country to battle, and presents strength in a world desperately avowing for strength. As such, one would not critic the applause with which the interview received.

Perhaps, Putin's greatest strength is his measured rhetoric whereby he balances political realities and pragmatism to show the entwined interests of the world, and how his strife has only been for justice and a clamor for peace.

In the interview he speaks of the quest for mutual cooperation and development of world assets for global peace and joint ownership of this – and how he was blindsided not once or twice by the CIA and establishment who seem to control the US presidents. There is onslaught of drama and the dramatic – and to the listener, the question is what, and why has the US and the Western Media been desperately looking for a boogeyman in Putin? What makes him the former KGB man the perfect boogeyman?

Truly, in the Napoleonic period, war propaganda has been used with vast exaggerations from time immemorial. During the Napoleonic period where France and Great Britain were at war for control of dominance and world resources – the naval route to India, British media went to great depths to showcase him as the devil incarnate. Children, it is said, would be told that if they do not finish eating Napoleon would come and eat them.

In modern day, the arsenal of propaganda has been aesthetically weaved into research, news pieces, mainstream media, Hollywood, music, and pop culture. Putin in this interview says that might is right, and that the West controls the might of the media and so whichever narrative they have set often suffices. In subtle disclosures he addresses the war in Ukraine, showing that Ukraine war is not a result of Russia's making but a violation of the post USSR gentleman agreements made in the depth of Kremlin and Camp David

The veil is lifted as we note that as per the NATO agreement, Ukraine should be a unaffiliated state and no NATO arsenals, read missiles should be put in Ukraine, as it is the

next door neighbor to Russia.

Also, as per the agreements, Ukraine should not be part of NATO as its creation is a compromise, says Putin. In other words, it is a vassal state to Russia and to put NATO boots in Russia's vassal state is to provoke or checkmate Russia.

From Putin's interview, we learn that there are no bad guys or good guys. In McBeth's words, all we know and perceive, 'is a tale told by an idiot, full of sound and fury, signifying nothing'. And as you might have heard it said that history is written by victors, in this interview, Putin gets a slim chance to rewrite history at the angst of the Western media – through the X, formerly Twitter, widely aired interview. Certainly, a towns hall media approach is upon us and whoever can recount 1000 years of history may write the future. In post Carlson interview; a few questions linger.

Can Putin become Peter the Great, or revive the Russia of Lennin and Stalin? How long can Russia endure Western isolation, and how can the West endure Russia with China on its court?



Putin's greatest strength is his measured rhetoric whereby he balances political realities and pragmatism to show the entwined interests of the world, and how his strife has only been for justice and a clamor for peace.

MESHACK NZIOKA



This article was written by Wambua Nzioka. He is the MD and Founder of waka Africa.

EDUCATION

SO POLITICIANS ARE WRITING BOOKS NOW? WELL, MAYBE NOT TAKING IT TOO SERIOUSLY

15

TO WRITE IS TO WAGE A WAR

VOLUME

In the ever-evolving landscape of politics, it seems there's a new trend emerging: politicians turning authors. It's not uncommon these days to see former leaders penning books, offering insights, and supposedly providing solutions to problems they didn't quite manage to solve during their tenure. But are these literary endeavors truly serious endeavors, or just another form of political posturing?

One can't help but notice the irony in the situation. Politicians, often criticized for their inability to enact meaningful change while in office, suddenly become prolific authors, eager to share their wisdom and solutions with the world. It's as if they're saying, "Well, I couldn't fix it when I had the power, but here's how I think it should be done now that I'm on the sidelines."

These books often follow a predictable formula: a mix of memoir, policy prescriptions, and thinly veiled attempts to reshape their legacy. They recount their time in office, highlighting their achievements (real or perceived) while conveniently sidestepping any missteps or failures. Then comes the meat of the book: their grand solutions to the very problems that plagued their tenure.

But therein lies the crux of the issue. If these politicians truly believed in the efficacy of their proposed solutions, why didn't they implement them when they had the chance? It's easy to play armchair quarterback from the sidelines, free from the constraints of political realities and public scrutiny. Writing a book allows them to craft a narrative that suits their agenda, without having to navigate the messy world of governance.



Politicians know that books can be lucrative ventures, especially when there's a built-in audience hungry for insider insights and gossip



BENNET MBATA

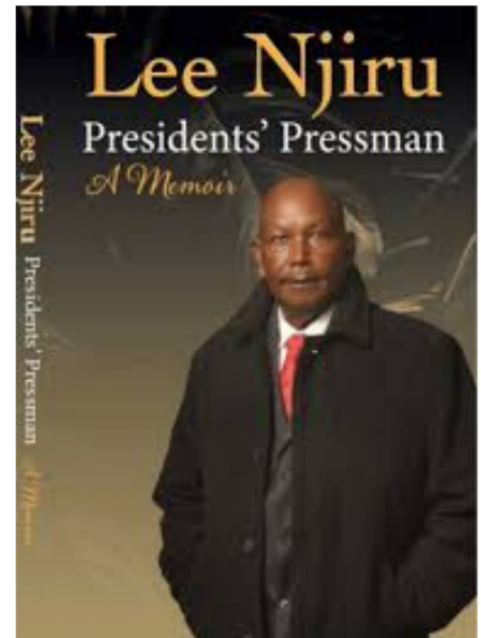
Moreover, there's a certain cynicism inherent in these literary endeavors. Politicians know that books can be lucrative ventures, especially when there's a built-in audience hungry for insider insights and gossip. It's not uncommon for these books to fetch hefty advances and land on bestseller lists, further bolstering the author's prestige and influence.

But are these books actually making a difference? Are they sparking meaningful conversations or driving real change? The jury's still out. While they may attract attention in the short term, it's questionable

whether they have any lasting impact beyond serving as vanity projects for their authors.

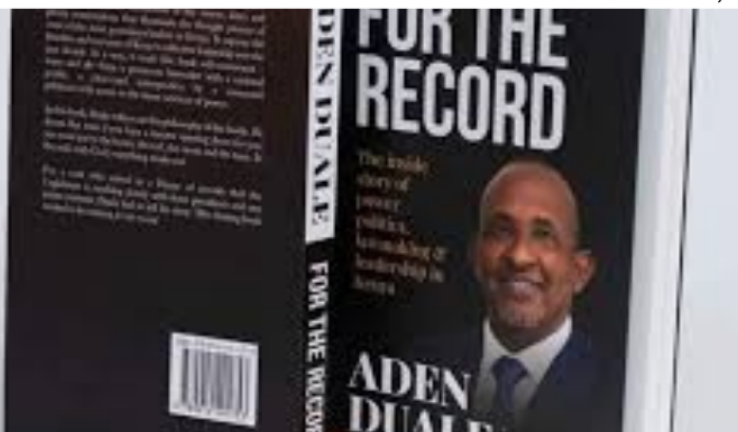
That's not to say that all politician-authored books are devoid of value. Some do offer genuine insights and thoughtful analysis, drawing on years of experience and expertise. But it's essential to approach them with a healthy dose of skepticism, recognizing the inherent biases and self-interest at play.

So the next time you see a politician-turned-author promoting their latest tome, take a moment to consider their motivations. Are they genuinely committed to addressing the issues they write about, or are they simply cashing in on their time in the spotlight? In the world of politics, it's often hard to tell the difference.



A copy of Lee Njiru's For The President's Pressman book.

The use of this picture does not infer that it's writer did not have a substantive objective.



A copy of Aden Duale's For The Record book.

The use of this picture does not infer that it's writer did not have a substantive objective.

PERSON OF THE WEEK

BEATRICE WILLIAMSON



Maisha Project Director Beatrice Williamson | Photo Courtesy

For her commitment to serving humanity, Beatrice Williamson is City Bite's person of this week. An astute advocate of social justice, Williamson boasts a sparkling reputation for always trying to leave a positive mark wherever she goes.

A flashback to 2001 and she is flying to the U.S for pastures new, thanks to a church mission exchange program. She would then settle in Oklahoma, where she dedicates her life to serving God.

It is to be noted that her childhood was not so cosy, and reminiscing her past would then motivate her to work harder, with the aim of making a difference in the lives of young people back home.

Through her consummate interpersonal relationship skills, Beatrice would then collaborate with friends to conceptualise Pamoja International Ministry, to provide outreach services to international students in the city.

In the year 2006, she would then apply the diverse knowledge and skills she acquired through consultations and corporate collaborations to establish a certain Maisha Project, a revelatory organization that champions general welfare for vulnerable communities in rural

areas of Kisumu county. Idiosyncratically, promoters and beneficiaries of the project have described it's way of doing things as revolutionary.

"With respect to public benefit organizations and their way of doing things, Maisha is a trailblazer. They do their things from an insider's perspective," a source tells City Bite. "Beatrice and the team feel like a part of us," she said. "It doesn't feel



Beatrice Williamson poses for a photo with Maisha Girls | Photo Courtesy

like we are being helped per se, it's a partnership. It's an extended family, and we are thankful for those who work hard, to ensure that the Maisha project is fluid."

It is to be noted that since it's founding, the organization has changed lives in very many ways, not only in Kisumu but in Kenya and to a significant extent, abroad.

Close to two million meals have been served to vulnerable children and families, close to one thousand learners have been sponsored to schools. Additionally, Maisha medical clinic has also provided medicare services to almost one thousand patients while the organization has given opportunities to over five hundred volunteers.

This feels like a whole generation is

being given the opportunity and being supported to thrive. Women, are being empowered with both business incentives and sustainable loans as a way to promote the values of independence and self sustainability.

To Auntie Bea -as she's called by maisha girls-, poverty, illiteracy and hunger are the enemies of our society, ergo are to be fought by all ethical means at our disposal.



I did not have a chance for education until someone, a missionary from Sweden, gave me that opportunity for education when I was nine years old. ”

BEATRICE WILLIAMSON

In a past interview with Speak With Prescence Podcast, Williamson tells co-hosts Jen Rettele and Jen Vellenga that if not for the opportunity she was given by a Swedish missionary called Ana Lanson, she would've lost her future to an early marriage, which was then an ironclad part of the Luo culture. As such, she made it a determinate of her life, to give and to create opportunities for as many vulnerable children as humanly possible.

City Bite encourages Beatrice to keep voicing the concerns of the voiceless.

ENTERTAINMENT

JOWI FM CELEBRATES IT'S FIRST YEAR ANNIVERSARY



Inside JOWI FM Studio | Photo Courtesy

Emerging local radio Jowi FM on 10th February marked its first anniversary since rebranding from Ratego radio. Formerly domiciled in Siaya County, the David Bondo led firebrand media platform has made tremendous strides in such a short span of time having only relocated its studio to Kisumu in the dying days of 2022, later expanding their purview of coverage to all Nyanza region counties last year.

A young communications medium, Jowi FM's existence has not only immensely contributed to the promotion of the rich, diverse and folkloric Luo culture, traditions and music but also employs adroit journalists most of whom are young and with bright futures ahead of them.

Talent identification and promotion continue to significantly influence their mission, with civic education on relevant issues re societal development and welfare dominating their outdoor activities

To achieve such objective for instance, the Jowi FM fraternity mid 2023 successfully traversed Kisumu and Homa Bay counties, in a roadshow that was geared towards conducting youth education on wide ranging topics that directly touch on their mental, social, economic and political welfare.

That notwithstanding, the young radio is challenging established

brands by introducing new ways of doing things. Distinctively, last year, for the very first time since yonks ago, journalists sat at the heart of informal settlements, to have one on one conversations with fans and listeners on a topic as sensitive as teenage pregnancy and how to avert it. While this is a conversation that has been had before, the mode employed by Jamuomo -Jowi's informal name- was introductory in every sense of the word. For context, the human mind is naturally wired to embrace novelty.

Dorically, good work never goes unnoticed and for its

98.2
FM

KEY DATES AS JOWI FM MARKS IT'S FIRST ANNIVERSARY

- April 2019; Ratego Radio is Founded in Siaya County.
- November 2022; Ratego Radio rebrands to Jowi FM, relocates to Kisumu.
- February 2023; Jowi FM officially starts to Operate.

age in the media industry, Jamuomo beat intimidating names to win the highly coveted Gold Kuza award for most compliant radio station in the lake region, thanks to its highly qualified journalists, among whom the famous Absalom Omollo Onger also known as Omollo Abisa, Silas Omondi, Mary Wera, Exjapan, Pharence Oluoch, Elphas Guya, Arthur The News Presenter and Mercie Okuto included.

Besides the aforementioned award, this firebrand media enterprise also won a gold award from Biashara Africa, having emerged as the most promising small and medium business set up.

Its other key milestones within that time frame include a successful two day football tournament for slum dwelling young boys, a free eye surgery camp, where some 203 residents were served, career guidance seminars in secondary schools and the participation of two of its journalists as commentators in the CECAFA Under 18 boys championship tournament; a life changing opportunity for talented Pharence Oluoch, who would later be noticed and identified by telecommunications giant Safaricom, to be one of the commentators during chapa dimba na Safaricom competitions.



Jowi FM Director Mr. David Bondo poses for a photo with other Kuza Award winners | Photo Courtesy

As it begins a new year, there is an air of optimism among its stakeholders, that more will come in 2024, with presenter Mercy Okuto doing a prolepsis into a future where Jamuomo outdoes some of the most competitive media brands in the country.

1ST HAPPY ANNIVERSARY !

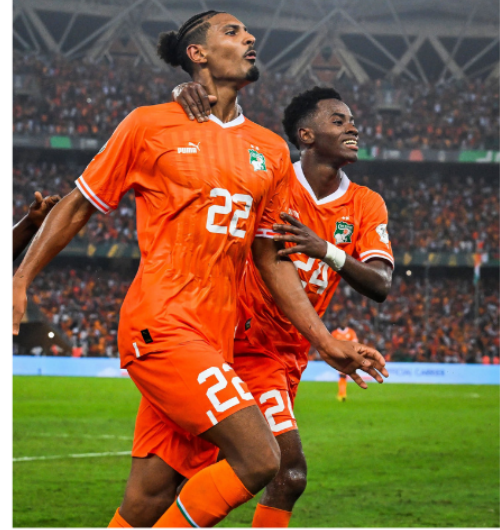
Jowi FM Celebrated its first year anniversary on 10th Feb. 2024

SPORTS

IVORY COAST'S PATH TO AFCON; A STORY OF RESILIENCE



Ivory Coast National Team lifts the AFCON Trophy after beating Nigeria in the final match of the 2024 Abidjan Edition on Sun. 11th February 2024 | Photo Courtesy



Côte D'Ivoire's Sébastien Haller celebrates after scoring the winning goal in the AFCON 2024 final match against Nigeria | Photo Courtesy

1

Mentality Monsters

Ivory Coast only registered one win in the Group stage matches of AFCON

Host nation Ivory Coast are this year's AFCON champions, thanks to an 81st minute winning goal by former Ajax attacker Sébastien Haller.

Côte d'Ivoire had qualified for the knock out stages of the competition after emerging fourth best among the third placed teams; a fact that among many others adds to the mystique surrounding their win.

To begin with, The Elephants' journey into the finals commenced with a spectacular win over Guinea Bissau in the curtain raising game of the Africa's most prized football competition. This would be their only win in the group stages of the tournament, after lacklustre performances in the succeeding games saw them lose both, with an embarrassing 0-4 defeat to Equatorial Guinea the nadir of their then dwindling fortunes, that led to the sacking of their head-coach Jean Louis Gasset.

Having evaded an exit by a whisker, the team enjoyed a series of dramatic performances, marked by late equalizers, contested penalty shoot-outs and red cards. However,

their resilience withstood the test of time, and they forged ahead regardless.

For instance, in their round of 16 match vs Senegal, it was widely believed that after a sparkling campaign in 2021, the star tudded team would ease past the Elephants, who at the time had just lost their manager. However, an 86th minute equalizer by Barcelona's Franck Kessie saw them force the game to extra time and eventually to a penalty shoot-out where Senegal, despite being the better team fell to a defeat.

In the quarter finals, a controversial second yellow card two minutes before half-time ensured Cote d'Ivoire played with ten men for over 47 minutes against Mali, who unsurprisingly responded to Dorgeles' sending off by what many thought would be the decisive goal. Nonetheless, a 90th minute equalizer and a 102nd minute winning goal in the ill tempered match that saw centre referee ushered off the pitch & shielded from angry Mali players secured the Elephants a place in the Semi-Finals, where they would meet Sébastien Desabre's D.R Congo, in a match that one goal from Borussia Dortmund's Sébastien Haller on the

65th minute was enough to send the Leopards packing.

Haller, 29 goes home a hero, having scored the winning goals in both the semi-final and final matches. A flashback to July 2022 and he is on chemotherapy, after a diagnosis for testicular cancer. He would then beat the deadly disease in February 2023 to make an official return to football later that year. Today, one year later, the former West Ham United centre forward is an AFCON gold medalist after immensely contributing to his team's success, by scoring crucial goals at crucial stages of the tournament.

While this was Cote D'Ivoire's third AFCON trophy, it was the resilience with which they fought for it that will remain a subject of inspiration to many football generations in the future.

2:1

Ivory Coast came back from 0:1 down vs Nigeria to win the AFCON final by 2:1 on Sun. 11th Feb 2024

AGRICULTURE

CAPSICUM FARMING : GREEN GOLD TO KENYAN FARMERS



By Felix Oloo |Photo Courtesy

Before investing in capsicum Farming ,a good markert should be identified to avoid post harvest losses .However due to high demand of capsicum in urban areas ,the losses are easily avoidable .

Another factor to consider is Land preparation.The land should be well tilled ,harrowed and leveled to achieve a smooth gradient.This allows even distribution of both rain and irrigation water.A well decomposed manure should be incorporated into the topsoil.The soil is then wetted to achieve appropriate moisture as agronomist recommendation,with keen care not to over or under wet the soil.



An image of Cartons of capsicum

Planting is then done at a spacing of 40-45cm by 30cm to achieve maximum plant population.In greenhouse the spacing from plant to plant can be reduced to 30cm for maximum yield.The seedlings can be either raised by the farmer in a nursery bed but it's recommended that the seedlings should be outsourced from a registered seedling raiser.In soils with less phosphorus,DAP fertilizers can be added during planting at a rate of 10g per planting hole.Watering should be done regularly to maintain the soil moisture and avoid transplanting shock.After 3 weeks , topdressing is done using CAN fertilizer,thereafter NPK 17 17 17 can be done on monthly basis to maintain vigour.

The plant should be ready for harvest between 80-90 days depending on variety.However for coloured capsicum the maturity period extends upto 4 months whereafter the produce is harvested ,graded and transported to destined markets .Care should be taken to avoid losses during harvest and transportation.



To start Capsicum Farming ,a farmer should consider few factors like soil, water, Capital,weather and market.Generally the soil should be fertile , deep and well drained.

FELIX ALOO



Generally ,the plant can yield 10kgs per season for greenhouse variety while the open field variety yields about 5kg .For a 8 by 30cm greenhouse ,the yield ranges from 4-6 tons ,while an acre of open field variety yields between 3-4tons.A farmer growing green capsicum in one acre can comfortably earn between 240,000-320,000 ksh while a green house of 8by 30m earns between 800,000-1.2 Million kshs for the coloured capsicum varieties.This is best achieved with constant consultation from an agronomist.

Felix Oloo is an Agronomist

Capsicum also known as bell pepper or hoho as commonly referred to many is a crop that is preferred by most households in Kenya.Capsicum farming is lucrative as it's market price is relatively stable compared to other horticultural products.The crop has diverse colours ranging from green ,yellow ,orange and red.The green pepper is largely consumed in local markets while the red and yellow is mostly sold in high end markets like supermarkets and large hotels.

Capsicum can be grown both in open field or under protected structures like green houses and shadenets.This gives an advantage to both small scale and large scale farmers .Generally the crop takes 2-3 months to mature and may last for close to a year under greenhouse conditions.

To start Capsicum Farming ,a farmer should consider few factors like soil, water, Capital,weather and market.Generally the soil should be fertile , deep and well drained.The source of water is key for good harvest.When investing in greenhouse capsicum,the farmer must have considerable investmen since the coloured capsicum seeds are relatively high.The crop grows in almost every part of the country.

FASHION

A CONVERSATION WITH FESTAC AFRICA FESTIVAL FASHION AMBASSADOR OLAMYDE SALAMI



EDI IBILE Founder Olamyde (R) poses for a photograph with clients | Photo Courtesy

"As a way to showcase the pride with which we bear the African culture, we will put African Fashion at the core of dressing mode during the week of the FESTAC Africa Festival," Olamyde Salami, a FESTAC Fashion ambassador tells City Bite, during an indepth conversation.

"For as long as I can remember, indigenous creativity has always been a part of my life," Olamyde said. "I love colours in every medium and I am an artist manager and a fabric designer in numerous dimensions such as art collection, fashion exhibition, fabric weaving and blending, cultural representation and luxury marketing, stated Salami.

"From when I was younger, I had a great interest in fashion, importantly African fashion. As such, I created my

own brand, known as EDA IBILE by Ojuinu in 2010. This promotes the use of indigenous African fabric. The first fabric was Asa -Ofi, otherwise contemporarily known as Aso-Oke," Olamyde told us.

"Years of experience intensified my love for fashion. To me, indeginous clothing should be included in pop culture and everyone should have a right to fashionable clothing designs which enhances their sense of style," Eda Ibile founder tells us.



The time is ripe for freedom of fashion to be embraced. Let people chose their fashion without judging them.

OLAMYDE

"A time has come when freedom of fashion should be pedestalized. No one anywhere in the world should be judged based on their dressing style or choice of fashion," he said.

"For instance, through my passion for indeginous fashion, African cultural development and preservation, I am dedicated to promoting African cultural heritage throug weaving Aso - Ofi, visual presentations and the collection of Afro-centric artwork. As a bonus, I earn a living from my work through commission given by clients, he said.

"Additionally, given my dedication to promoting African Culture, I am an ambassador for the upcoming FESTAC Festival in Kisumu. During that week, we will do everything the African way. We will eat African food, we will dress the African fashion, we will dance to African music, perform afro-centric poems, plays and films and listen to speeches from Afro-centric scholars



Prof. P.L.O Lumumba will attend the FESTAC FESTIVAL in Kisumu | Photo Courtesy

like professor PLO Lumumba."

"We urge all proud Africans in the industries of film, fashion, poetry, sports and all other related fields to register and to participate in the may 20th-26th festival, as a way to celebrate African cultural heritage.

MAY

FESTAC Africa Festival Will take place in May

19TH -26TH

The week in which FESTAC AFRICA FESTIVAL will take place

KISUMU

The City in Which FESTAC Africa Festival will take place.



OF IMPORTANCE...



■ **KING Charles strong regardless...**

Last week, news from Buckingham Palace indicated that King Charles III had unceremoniously been diagnosed with an unspecified cancer.

Afer a few days off the public face, the king has recently been publicly photographed, with the assured body language of a greek god, as if to say; "I'm here forever."

As he begins his treatment, a farfetched canard has hinted that the King believes in traditional medication.

News headlines from GBN, have corroborated the report that that despite the dreadful discovery, Charles is inherrently in good form and good mood as he forges ahead with treatment.



■ **FILIBUSTER,HISTORY LESSON & A SCOLDING TO THE U.S.**

In a recent interview with Tucker Carlson, Russian President Vladimir Putin shocked the world after recounting the 1000 year history of Russia-Ukraine relationship for over half an hour.

In the interview that lasted for more than two hours, Putin spuriously justified Russia's invasion of Ukraine but insists the war will end with a peace deal.

He also called on the United States to make an agreement to cede Ukrainian territory to Russia in order to end the war.

According to him, the conflict in Ukraine is a misplaced priority for the U.S, who should attend to more pressing issues faced by her citizens.

Former Fox News show host Tucker Carlson recently interviewed President Putin at the Kremlin



■ **KENYA Mourns a legend**

A sombre mood engulfed the nation after news broke of the death of world marathon record holder Kelvin Kiptum on Sunday night.

Per reports, Kiptum died in a grisly road accident, that unfortunately also killed his personal trainer and additionally left a third passenger for dead.

It was reported that the record breaking marathoner's toyota premio car lost control, hit a huge tree and plunged into a ditch.

The late Kiptum was popularly expected to be the heir of Eliud Kipchoge's marathon throne after breaking the latter's 2.01.09 world marathon record time by 34 seconds less.

City Bite sends it's condolences to his friends and family



■ **Raila ODINGA has kickstarted an ODM popularization exercise across all eight regions of the country. On Tuesday, Mr. Odinga held rallies in Mombasa, Coast region to remind his followers of the values ODM represent**

NOTABLE QUOTES

THE VIEW POINT



GABRIEL OGUDA ”

Jowie stole someone's National ID two days before he could use it to access Monica Kimani's apartment. Justice Grace Nzioka is building a case for premeditated murder, and we can only stan.



RAILA ODINGA ”
I have been consulting widely. I think if am ready to serve the continent of Africa. Africa deserves better



H.E WILLIAM RUTO
The construction of modern fresh produce markets across Kenya will create a conducive environment for traders and minimise post-harvest losses. We will also extend affordable financing to farmers for them to produce more. The ultimate goal is to expand opportunities and enhance earnings that will spur our growth. ”



IILHAN OMAR ”
While the GOP proposes rolling back worker protections, Democrats have prioritized policies that helped create 15 million jobs, rising wages, and record business creation.



GLADYS WANGA ”

The County Government of Homa Bay has signed an MoU with acclaimed water utility service provider Vestergaard Company to bring clean and safe water to primary schools through LifeStraw Community water purifiers. Access to clean and safe water remains a priority for our administration.

Progressive ideas uplift both workers and the economy.



JACKSON HINKLE ”
Tucker's interview with PUTIN will be the MOST VIRAL interview of all time because it is the conversation FEARED MOST by the pro-war establishment! Thank you for your bravery



VLADIMIR PUTIN
Originally the word Ukrainian meant that the person was living on the outskirts of the state, along the fringes. ”

Jackson Hinkle on Tucker Carlson and Vladimir Putin Interview

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GALLERY

PHOTOS OF THE WEEK



British High Commissioner Neil Wigan visit Gov. Gladys Wanga in Homa Bay |Photo Courtesy



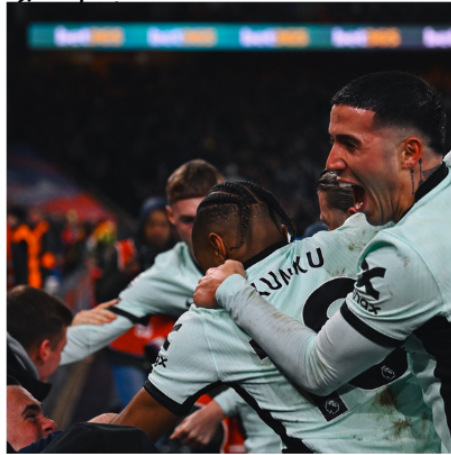
Fmr. Nigerian President Obasanjo pictured with Raila Odinga at tge latter's resident in Caren | Photo



American Actress Megan Good in a recent function | Photo Courtesy



Gov. Sakaja Johnson enjoys a meal with pupils in Nairobi | Photo Courtesy



Chelsea players celebrate their victory vs Crystal Palace in the Barclays Premier League |Photo Courtesy



President Ruto takes part in masonry work| Photo Courtesy



Cabinet observes a moment of silence in honor of Kelvin Kiptum| Photo Courtesy



Cancer Hero Sébastien Haller celebrates his winning goal in AFCON final| Photo Courtesy



Ivory Coast National Team lifts AFCON trophy| Photo Courtesy

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