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# The Diaspora Times

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Global NEWS

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Jan 13th, 2024 Issue 214

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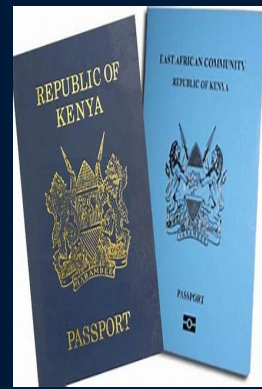


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# DUAL CITIZENS ARE KENYANS BY BIRTH AND TRAVEL AUTHORIZATION APPLICATION IS NOT NECESSARY.

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## Editorial

The Diaspora Ministry was created to look into the affairs of those in the Diaspora. The Kenya Government has introduced a new travel requirement where all foreigners, including dual citizens traveling to the so-called free visa country, must fill out a travel authorization application form and pay a fee of \$34.

Currently, Kenyans in possession of two passports, however, can avoid paying \$34 by producing a Kenyan passport they never used for travel while boarding. That is a security breach because the primary passport used for travel will not bear an arrival stamp. Kenyans, by birth, should not be treated like foreigners who are paying the

same amount just because they have no Kenyan passport. A passport is a travel document, and after using an American or British passport, using a Kenyan passport to avoid \$34 is not legal by any standards. Foreign passport holders should only get an endorsement and the same- permanent on the immigration file. Avoiding a stamp on foreign passports for those naturalized is illegal as it will appear that one never arrived at the destination. Stamping arrival in both passports is also unlawful. Hence, the Kenya Government must exempt dual citizens from the requirement either by coming up with a dual citizenship ID or having foreign passports permanently endorsed for those who wish not to have a Kenyan passport.

By Jose Dee  
Diaspora Times correspondent  
Remember to tell all.  
We are the Diaspora Voices.

## THE DIASPORA TIMES WRITING COMPETITION THAT CHANGED OUR LIVES.



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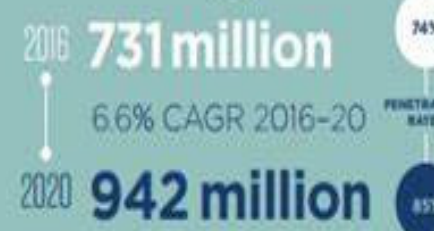
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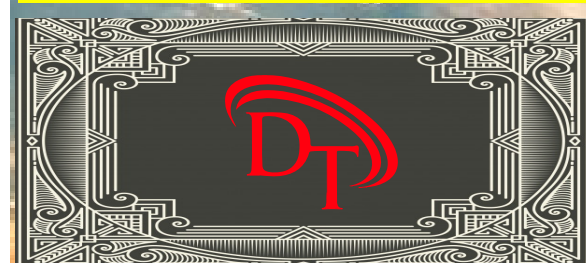
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Christopher Preciado, 19, was arrested earlier this month and charged with capital murder.

# Police arrest a third person in connection with killings of pregnant woman, boyfriend

Police on Wednesday arrested a third person in connection with the killings of an 18-year-old pregnant Texas woman and her boyfriend, who were reported missing before Christmas and found fatally shot days later in a San Antonio parking lot.

Authorities said Myrta Romanos, 47 was taken into custody and is facing felony charges that include evidence tampering and destroying or concealing a human corpse, according to Bexar County records. Authorities said they believe Romanos is the stepmother of a man char-



Myrta Romanos is escorted Wednesday, Jan. 10, 2024, in San Antonio by San Antonio Police officers to a police car after she was arrested on charges related to the slayings of Savannah Soto and Matthew Guerra. (William Luther/The San Antonio Express-News via AP) ASSOCIATED PRESSLess- we only share for awareness purpose.

ged with killing Savannah Nicole Soto and her 22-year-old boyfriend, Matthew Guerra.

The records did not list an attorney for Romanos, and phone calls to numbers matching her address were either disconnected or went to a voice mailbox that was full.

The arrest comes two weeks after the bodies of Soto and Guerra were discovered in a car in the parking lot of a San Antonio apartment complex. Both had gunshot wounds to the head. Authorities have previously said the deaths appeared to be the result of a drug deal.

Soto's family has said she was

a week overdue to deliver her baby and had been scheduled to have an induced labor when she went missing.

Christopher Preciado, 19, was arrested earlier this month and charged with capital murder. His father, Ramon Preciado, 53, was also arrested at that time and charged with abusing and helping to destroy or conceal a corpse.

Neither have yet entered a plea and court records Wednesday showed both were awaiting indictment, with court hearings set for February.

Awareness share from AP

# We Are in a Big COVID Wave. But Just How Big?

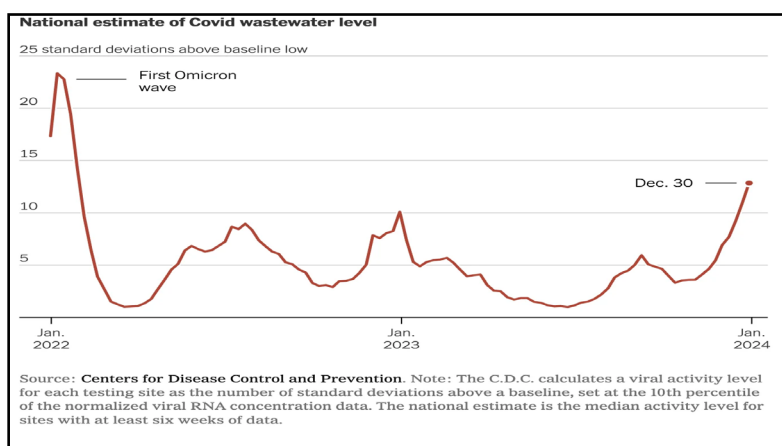


Samples of wastewater are captured at or on the way to treatment plants and tested for viral RNA in a lab. But no two samples are perfectly comparable. The amount of RNA in the sample will fluctuate depending on many factors, including the local population at any given time — think of a holiday influx into Miami or a college town emptying out for summer — and how much other material, such as industrial waste, is in the system.

The curves on some COVID-19 graphs are looking quite steep, again.

Reported levels of the virus in U.S. wastewater are higher than they have been since the first omicron wave, according to data from the Centers for Disease Control and Prevention, though severe outcomes still remain rarer than in earlier pandemic winters.

“We are seeing rates are going up across the country,” said Amy Kirby, program lead for the CDC’s National Wastewater Surveillance System. The program now categorizes every state with available data at “high” or “very high” viral



activity. The surge might reach its peak this week or soon after, modelers predict, with high levels of transmission expected for at least another month beyond that. Hospitalizations and deaths have remained far lower than in previous years. There were

around 35,000 hospitalizations reported in the last week of December — down from 44,000 a year earlier — and 1,600 weekly deaths as of early December, down from 3,000. (At the same time in 2020, there were around 100,000 hospitalizations and 20,000 deaths each week.)

Many of the metrics used early in the pandemic have become much less useful indicators of how widely the virus is spreading, especially since federal officials stopped more comprehensive data tracking efforts when they declared an end to the public health emergency last spring. Higher population-wide immunity has meant fewer hospitalizations even with high virus spread, and the sharp decline of COVID test results reported to authorities has made case counts far less relevant.

Disclaimer: Original Awareness share from New York Times



Article By Abigirl Phiri- Zimbabwe



# MALE MODELS RAISE THE BAR

Male models should clearly spelt it out and show the rest of the youths that anything in this life is possible.

Many people are accustomed to seeing women strutting their stuff on the runway but now the tables have been turned. This is because even the male models can do the same quite successfully for that matter.

In fact, modeling is universal for it incorporates both genders equally to the chagrin of most people who believe this work is not suited for men because it is demeaning. However treasured readers, this is time to have a paradigm shift in the way we think for in this 21st century you can be whatever you wish to be. Interestingly, the sky is the limit. In particular, this is why such male Adonis are doing wonders in this line of work.

Like any other profession, there are a myriad of challenges that are faced by models regardless of gender. This is because male models are not getting their fair share of exposure and spotlight like their fellow female counterparts. Also, other matters that affect the male models are not being taken seriously in order to ensure that solutions can be unearthed.

Over and above, a lot of bad talk is said about male models which time and again results in them being abused even on social media. In my own opinion, this stigma has to end of stereotyping jobs according to gender. Men



who do modeling showcase a certain level of confidence in the skin they are in contrary to what many think with their biased perspective and questions over these models manhood.

However, the solution



to this predicament for the male models is to stay steadfast and focused on their career paths. One shouldn't let the naysayers' bad aura faze you because you have to think of the backing of the family who unwaveringly rallies behind your every endeavor. Indeed, that is what family is all about. It must have your back through thick and thin because blood is thicker than water as the saying goes.

Male models should clearly spelt it out and show the rest of the youths that anything in this life is possible. Adding to that, every individual has the power to shape how his or her life will play out. Needless to say, no pain no gain because you have to work hard giving it your all that is blood, sweat and tears although not necessarily in that order. Following this same line of thinking, your background shouldn't define you instead it must be your stepping stone to achieve all your heart desires.

It goes without saying that as a model you should be an inspiration to other upcoming young males in this field of work. In

everything in this life there is an element of the beauty of faith and how it can bring wonders if only you believe in yourself. Also, never give people the time of your day because all they are good at is running their mouths nonstop without making something out of their own lives like these male models are doing.

In fact, they are putting all their heart and soul into modeling so as to put food on the table. Interestingly, by so doing boosting their self-confidence and proving this line of work is for everybody. As a matter of fact, models are the epitome of elegance be it the males or females in this industry.

**Like any other profession, there are a myriad of challenges that are faced by models regardless of gender. This is because male models are not getting their fair share of exposure and spotlight like their fellow female counterparts.**



By Abigirl Phiri-Zimbabwe

## summary



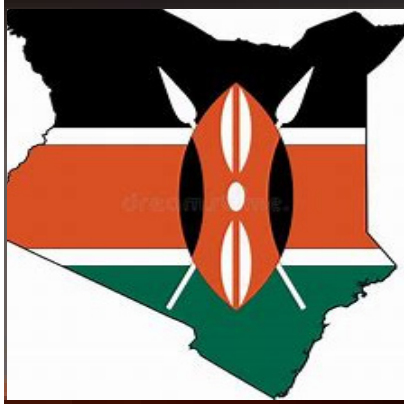
Poem Title: Philanthropist  
Philanthropist, a person in deeds and mind  
Collaborating with people to make parabolical years  
Struggling to fight in every aspect of life  
Eternity moves you to make new decisions  
Philanthropist is a person forever settled to be alone  
They create a good world for everyone  
So they strive to make justice for everyone  
As soon as possible with radical decisions  
Philanthropists are our knights in shining armor  
They will slay dragons only to have us smile  
They will go to the end of Earth to set all the wrongs



## POEM

**Beauty is easy,  
Modeling is not just  
about to be pretty** Tyra Banks





# LAWRENCE SIFUNA.

He was first elected to the Kenyan Parliament on 8 November 1979 in the then larger Bungoma South constituency.

Lawrence Simiyu Sifuna (23 January 1946 – 3 December 2023) was a Kenyan politician who was Member of Parliament for Bumula, the first MP of that constituency.

He was first elected to the Kenyan Parliament on 8 November 1979 in the then larger Bungoma South constituency. Sifuna was re-elected in 1983 too.

He lost to former North Eastern Provincial Commissioner Maurice Makhanu in the 1988 Kenyan general election after Bungoma South constituency was renamed Kanduyi. Sifuna recaptured the seat during the first multi-party 1992 Kenyan general election on a Ford Asili ticket.

Sifuna went to Sang'alo School and Nalondo Intermediate School before he moved to Mariri College in Uganda, where he sat for the Cambridge General Certificate of Education (CGCE) examination. He was a fully trained chartered accountant, a Fellow



Lawrence Sifuna Sunrise 1947 Sunset 2023

of Chartered Accountants (FCA) and a Fellow of the Association of International Accountants (FAIA). Sifuna was a household name in Bungoma County popular for defending the welfare of sugarcane growers.

On the national stage, Sifuna was remembered as one of the left-wing members of parliament in the 1980s (a.k.a. the seven bearded sisters) who persistently attacked Attorney General Charles Njonjo and government policies that clamped down on the basic human rights of Kenyans. Others included Koigi wa Wamwere, James Orengo, Abuya Abuya, Chibule wa Tsuma, Onyango Midika, Mwashengu wa Mwachofi and Philomena Chelangat Mutai.

They were part of the larger group that fought for Kenya's second liberation, Omumutilu, Kenya's Second Liberation Fighter and

a member of the bearded sisters.

Sifuna died on 2 December 2023, at the age of 77. He was first elected as MP on November 8, 1979, in the then-larger Bungoma South constituency. He was re-elected in 1983 too.

He lost to a former North Eastern Provincial Commissioner Maurice Makhanu in the 1988 General Election after Bungoma South constituency was renamed Kanduyi.

Sifuna recaptured the seat during the first multi-party General Election of 1992 on a Ford Asili ticket.

The former MP was one of the left-wing members of parliament in the 1980s (a.k.a. the seven bearded sisters) who persistently fought Attorney General Charles Njonjo and government policies that clamped down on the basic human rights of Kenyans.

Others included Koigi wa Wamwere, James Orengo, Abuya Abuya, Chibule wa Tsuma, Onyango Midika, Mwashengu wa Mwachofi and Philomena Chelangat Mutai.

They are part of the larger group that fought for Kenya's second liberation.

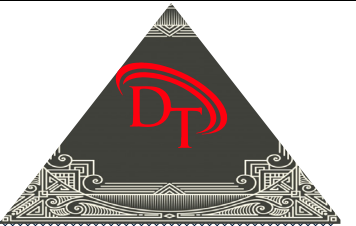
Sifuna was one of the left-wing members of parliament in the 1980s who persistently fought Attorney General Charles Njonjo and government policies that clamped down on Kenyans' basic human rights. He was one of the politicians who fought for Kenya's second liberation. In his condolence message, the ODM party leader, Raila Odinga, described the former MP as a defender of people's rights.

By Dr. Jean Kamau  
Excerpts from Sms Diary  
jean@gmail.com

## summary

The Seven Bearded Sisters was a term given to seven Kenyan opposition members of parliament (MPs) after Daniel arap Moi assumed power in 1978 following the death of Jomo Kenyatta. The seven were Abuya Abuya (Kitutu East), Onyango Midika (Nyando now Muhoroni), Mwashengu wa Mwachofi (Wundanyi), James Orengo, Lawrence Sifuna (Bumula), Chibule wa Tsuma (Kaloleni) and Koigi wa Wamwere (Nakuru North, now Subukia). Others closely associated with the seven were George Anyona, Chelagat Mutai and Wasike Ndobu.

## Lawrence Sifuna



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# THE DIASPORA TIMES WRITING COMPETITION THAT CHANGED OUR LIVES.



Article by Peter Nzuve

**The weight of uncertainty hang heavy on me. Against this backdrop, I came across this nondescript poster, The Diaspora Writing Competition, inviting interested students to participate.**

**J**t was the final stretch of my high school journey in the year 2020. I found myself grappling with the aftershocks of the loss of my father, well, the anchor that had been holding my educational dreams afloat. The weight of uncertainty hang heavy on me. Against this backdrop, I came across this nondescript poster, The Diaspora Writing Competition, inviting interested students to participate.

I love writing. I have been a writer since my primary school days. My high school essays had attracted attention.

A sense of participating in the competition hit me. I, however, due to the huge work of preparing for the Kenya Certificate of Secondary Education exam and the little time at hand, never gave it a thought again. It was my English teacher, Ms. Priscah, who talked me into it. Encouraged by her belief, I took a lip of faith and submitted an article despite the raucous circumstances. Little did I know that this was a lifetime decision—a story to be passed for generations.

One fine morning in 2021, I received a call from my former school requesting for my email. What followed was the revelation that I had emerged as one of the winners of the competition.

The news felt almost otherworldly. This was an unexpected triumph. A lifeline in the midst of adversity. I had won a cash ward of Ksh. 40,000.

I have two siblings. My younger sister, Claudia, was in form two and, our last born brother, Cephas had just completed primary education waiting to join high school. We had no other source of paying for their school fees—well, at least, for my brother to join high school. He was the first thing that came to my mind when

*One fine morning in 2021, I received a call from my former school requesting for my email. What followed was the revelation that I had emerged as one of the winners of the competition. The news felt almost otherworldly. This was an unexpected triumph. A lifeline in the midst of adversity. I had won a cash ward of Ksh. 40,000.*

I received the good news.

I told it to the sponsors of the competition in my speech during the award ceremony which was held virtually. I could not hold my tears. This was the first step of this journey. The head of the competition had been moved by my speech.

He reached out and wanted to help. Firstly, my brother to join high school, my sister to continue with her highschool education and, since I had passed my high school exam, join the university. I call it God's timing, to date.

In a WhatsApp group of fourteen led by Dr. Isaac Kinungi, they made a contribution that made a significant difference in my family's life. Two and a half years later, the impact of that one fine morning reverberates through our lives.

Claudia is already pursuing her dreams in college. Cephas is in form three and I find myself booming in my third year at the university. The seemingly insurmountable challenges have transformed into opportunities, and the ink of change continues to script our story.

My reflection on this journey fills me with gratitude for the Diaspora Writing Competition and its sponsors. Their belief in my potential not only heaved me through my education but also became the guiding light that illuminated a path of hope for my family. This narrative is not just mine; it is a testament to the power of hope and resilience. An evidence of faith and action.

Well, through my story, I hope to inspire others facing adversity, showing them the light at the end of the tunnel, however dark it may seem. The ink of change is not limited to one story, it is powerful enough to rewrite the narratives of infinite lives.

I extend my deepest gratitude to Dr. Isaac Kinungi, the head of the Diaspora Writing Competition and his great team: Mr. Bob Mwiti, Ms. Eunice, Rev. Wambui, Ms. Andrine, Ms. Susan Walker, Ms. Jane Githere, Antony, Mary Mwangi, Nancy, Kiongo and Mr. Kenneth Kamau Chege, to mention but a few, for believing in my potential and turning my despair into triumph.

It is a profound impact that a single act of kindness can have on a life.



Peter Nzuve at Makueni with his grandmother



From Right to Left, Peter Nzuvi, Claudia and Cephas



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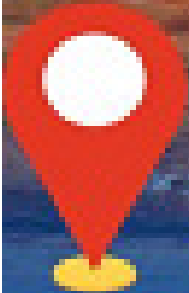
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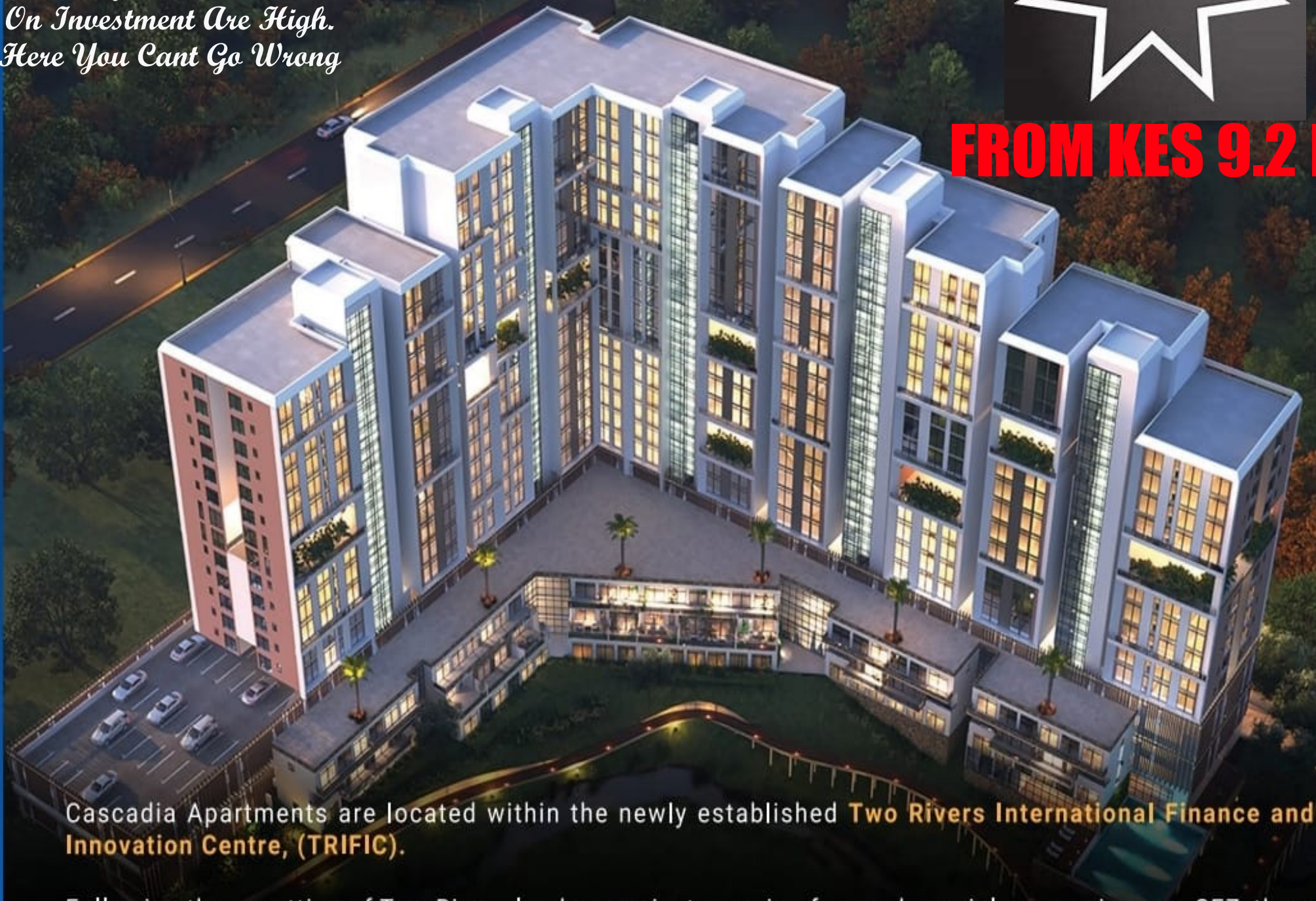
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# AFRICA CUP OF NATIONS \* ROARS INTO LIFE.



Written by:  
**TAFARA  
MAKUSHA**  
Zimbabwe

The 34th edition of the Total Energies Africa Cup Of Nations takes center stage in Ivory Coast starting on 13 January 2024. The continental showpiece is the main international men's association football competition in Africa and host nation Ivory Coast battles Guinea Bissau in the first game of the biennial football jamboree. The 24 team tournament has 6 groups of four teams each and after 3 match days, top two teams in each group qualify automatically to the round of 16 while four of the 3rd best place teams also make it to the knockout rounds. The matches will be held at six stadiums across five cities. The Capital Abidjan offers two venues - the Felix Houphet-Boigny stadium and the Alassane Ouattara Stadium which will also host the final on the 11th of February 2024. Yamoussokoro Bouke, Korhogo and San Pe-



*Ivory Coast faces Guinea Bissau at 2200hrs Central African Time in Abidjan at the Alassane Ouattara Stadium.*

fending champions Senegal captained by Sadio Mane who recently married his long time girlfriend ahead of AFCON, will be a team to beat but however having reached two consecutive AFCON finals in 2019 and 2022, questions will be on whether Aliou Cisse's men still have the motivation to go far again at this tournament. Qatar 2022 World Cup semi-finalist and highest ranked African nation Morocco, are arguably the biggest favorites. And with 2023 CAF African Coach Of The Year Walid Regragui steering the wheel, the Atlas Lions will likely roar than ever before and add to their lone title which they won in 1976. Liverpool star Mohammed Salah who lost the 2017 and 2022 finals respectively will be eager on reaching another final and win it thus putting an icing on the cake on what has been a glittering career for the Egyptian. The likes of Nigeria, Ghana, Tunisia, Algeria, Cameroon who all have won the tournament before will too be in contention for the winners medal while the likes of South Africa and Zambia will be expected to perform from Southern Africa and try to add their 1996 and 2012 titles.



**How the group stages look like :**  
**Group A - Ivory Coast, Guinea Bissau, Nigeria and Equatorial Guinea**  
**Group B - Egypt, Ghana, Cape Verde and Mozambique**  
**Group C - Senegal, Cameroon, Guinea and the Gambia**  
**Group D - Algeria, Burkina Faso, Mauritania and Angola**  
**Group E - Tunisia, Mali, South Africa and Namibia**  
**Group F - Morocco, DR Congo, Zambia and Tanzania.**

dro will host the other matches. Ivory Coast football president Yacine Idriss Diallo says the country is 'ready' for AFCON 2023 and gives thoughts on Africa potentially hosting World Cup 2038. "This event means a lot of things for our country, it's a very important event," Diallo told FourFourTwo "Since 2014 when it was decided that Ivory Coast would organize this competition, our country put in a lot of money. But more than money, we put our heart in this organization. And I can say that we are ready. We're really ready. I can

say that," Diallo added AFCON last came to Ivory Coast in 1984 and hasn't been back since. Back then only two venues were used for an eight team tournament. Those two grounds the Felix Houphet-Boigny stadium in Abidjan and Stade de Bouake (now Stade de la Paix), have been renovated and will be host venues again, alongside four newly built grounds. And for the first time during AFCON, Video Assistant Refereeing will be in use during matches. Meanwhile all 52 matches will be broadcast live on Su-

persport after MultiChoice secured the rights to broadcast the continent's showpiece tournament. MultiChoice reached a commercially viable agreement with rightsholders, New World TV (NWTV), to broadcast the 34th edition of Africa's premier men's football competition taking place in Ivory Coast. Host and 2 time African champions Ivory Coast will be one of the tournament favorites and with the home support coupled with a star studded squad, the Elephants will be expected to go far and even possibly win the title. De-

**The 24 team tournament has 6 groups of four teams each and after 3 match days**



# NEWS Briefs



## Hunter Biden Makes Surprise Visit To Capitol Hill.

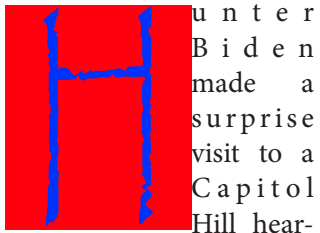


Democratic lawmakers argued that Biden, who has refused to testify to the panel behind closed doors, should be allowed to speak publicly.

### BIDEN HIGHLIGHTS



The Biden administration spared no time in attempting to shift blame toward Republicans over America's national debt reaching a historic high of \$34 trillion this week despite President Biden having been in office for nearly three full years. "If you look at that data, there's a trickle down debt. If you think about it, Republican tax cuts are responsible for about 90% of it — of the increase in the debt as a share of the economy over the last two decades, excluding emergency spending," White House press secretary Karine Jean-Pierre claimed during Wednesday's press briefing.



Hunter Biden made a surprise visit to a Capitol Hill hearing Wednesday, stirring a political frenzy as Republicans were taking the first step toward holding President Joe Biden's son in contempt of Congress for defying a congressional subpoena.

The arrival of the president's son at the Oversight Committee, sitting in the audience with his legal team, including attorney Abbe Lowell, sent the panel that is working to impeach President Biden into chaos.

*"Hunter Biden is terrified of strong conservative Republican women because he can't even face my words," said Ms. Greene, who had displayed nude photos of Mr. Biden during a previous committee hearing.*



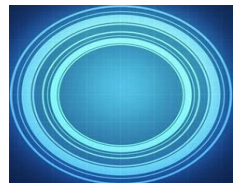
One Republican Rep. Nancy Mace of South Carolina, insisted that Hunter Biden be quickly arrested. GOP Rep. Marjorie Taylor Greene of Georgia called him a coward as he left during her remarks.

Democratic lawmakers argued that Biden, who has refused to testify to the panel behind closed doors, should be allowed to speak publicly. Hunter Biden has defended his lack of compliance with the GOP-issued subpoena, which ordered him to appear for closed-door testimony in mid-December.

Biden and his attorneys said information from private interviews can be selectively leaked and manipulated by House Republicans and insisted that he would only testify in public.

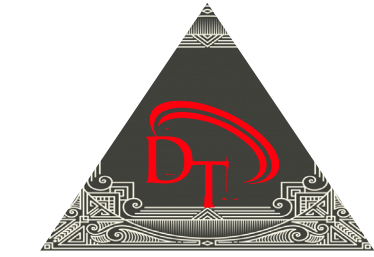
On Wednesday, Committee Chairman James Comer struggled to regain control. "Mr. Biden doesn't make the rules, we make the rules," he said. Hunter Biden and his attorneys left shortly after, making a brief statement to reporters outside the hearing room. Lowell reiterated Wednesday that unlike the president, his client "was and is a private citizen."

"Despite this, Republicans have sought to use him as a surrogate to attack his father," he said. "And, despite their improper partisan motives, on six different occasions, since February of 2023, we have offered to work with the House committees to see what and how relevant information to any legitimate inquiry could be provided." As reported by AP.



*The exchange pitted some of the staunchest supporters of former President Donald J. Trump against the son of his successor and chief political rival, underscoring the bitter polarization that is driving the impeachment investigation.*

*Democrats on the panel urged the Republicans who control it to let Mr. Biden testify right then and there, but G.O.P. lawmakers insisted he must submit to a closed-door deposition as ordered by their subpoena.*



## WE FAIL BECAUSE WE DO NOT TRY



Arch Dr. I KINUNGI Behind the vision

## THE FUTURE \* TODAY \*



Dr Isaac Kinity



Abigail Phiri



Memory Phiri

## Senior Reporters



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# Immersive Experience With Virtual Reality.

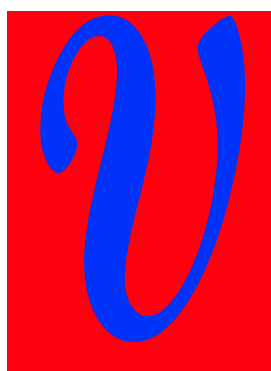


Chirinda Forest

Casting their nets further afield, tourists are in a position to do previews on a hotel room in Victoria Falls



Tourism with  
Memory Phiri  
Zimbabwe.



Virtual reality has managed to tie down modern day explorers in the tourism industry and lately most destinations

are dishing out this guilty pleasure. In relation to edutainment, this gives a tourist the wings to explore the world by getting a glimpse of what a tourism attraction has to offer.

As far as V.R comes hotel previews, cultural experiences and virtual tours help tourists in making informed decisions when planning for a vacation. Once a tourist sees something through

**Virtual reality has taken a turn for the better because you personally have to wear the headset so as to attain an enclosed view of the destination. From the Pungwe Falls in Honde Valley to the Chivilila Falls in Chiredzi, this tour will virtually walk you through an armful of locations and activities.**



Memorable experiences are far from taking a nose dive when looking at the festive season in conjunction with the bonus month of November.

those lenses then its a foregone conclusion that it will stick in their mind forever. There are no two ways about it henceforth one will surely crave to visit that particular attraction.

Virtual reality has taken a turn for the better because you personally have to wear the headset so as to attain an enclosed view of the destination. From the Pungwe Falls in Honde Valley to the Chivilila Falls in Chiredzi, this tour will virtually walk you through an armful of locations and activities.

Indeed, not forgetting the vivid photos, videos and crystal clear narrations. In a nutshell, that is what we call creating immersive experiences. Technology will always be a marvel introspectively because it keeps on getting better with each passing decade.

To put two and two together, tourism operations have been modified through augmented reality and artificial intelligence. Participation is just the half of it, meaning to say that one can do some sightseeing whilst they are seating in the

comfort of their home. Allowing the to and fro without lifting a finger whenever the fancy takes them. Casting their nets further afield, tourists are in a position to do previews on a hotel room in Victoria Falls before even stepping foot in it.

They will nonchalantly compare and contrast local attractions at the swipe of a finger. Fortunately, tour operators are now at liberty to transform marketing approaches courtesy of V.R. Infact, the virtual tour offers one a sneak peak of the Chirinda Forest, Gwetera Pot-holes and the Devil's pool anytime without having to board a bus or plane.

Confidently, tourists will comb their destination of interest in a single tour with the absence of a tour guide. As far as the virtual excursion is concerned, a tourist will blatantly visit faraway places.

On second thought, virtual reality denotes that the sky is not the limit in this instance. Thus, the sights and the sounds leads to the fostering of emo-

tional connections between the tourists and the travel agents. It can be seen that V.R is promoting sustainable travel because a virtual tour will never leave a speck of carbon footprint. To close this subject, tourists have literally fallen victim to this typology of gamified tours.

**Confidently, tourists will comb their destination of interest in a single tour with the absence of a tour guide. As far as the virtual excursion is concerned, a tourist will blatantly visit faraway places.**

# Diaspora Sunday

John 14:6 Jesus saith to him, I am the Way, and the Truth, and the Life:

## PRAYERS

Dear God, I praise You and give You countless blessings for teaching me Your word. With inspiring excellence and Your business dealings, please bring me success in all aspects of my life. Remove clouded thoughts and fill my spirit with faith, grace, and wisdom. Fill the world with peace and glory to bless us all. Please help me find prosperity so I may share it freely, pass successful testing, and have a job that brings fulfillment and joy! Lead me on the path of understanding towards Your kingdom full of hope for my future, my family's success, skills to prosper my desires, honor from others, and lead a life filled with endless laughter. Amen!

\*\*\*\*\*  
 Lord, I come to you praising and thanking you for the opportunities in my work. Please guide me to use my gifts and talents wisely and give me favor in all that I do. May I have the courage not to be afraid of new challenges, peace to overcome any disappointment, success through understanding your Word, and glory through every task. Bless me with good health and a prosperous future.  
 Amen!

*They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over.*

## JESUS FEEDS FIVE THOUSAND

13 When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns. 14 When Jesus landed and saw a large crowd, he had compassion on them and healed their sick. 15 As evening approached, the disciples came to him and said, "This is a remote place, and it's already getting late. Send the crowds away, so they can go to the villages and buy themselves some food." 16 Jesus replied, "They do not need to go away. You give them something to eat." 17 "We have here only five loaves of bread and two fish," they answered. 18 "Bring them here to me," he said. 19 And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. 20 They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. 21 The number of those who ate was about five thousand men,



### Jesus feeds five thousand. What can you learn from it.

besides women and children. 22 Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. 23 After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, 24 and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

25 Shortly before dawn Jesus went out to them, walking on the lake. 26 When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. 27 But Jesus immediately said to them: "Take courage! It is I. Don't be afraid." 28 "Lord, if it's you," Peter replied, "tell me to come to you on the water." 29 "Come," he said. Then Peter got down out of

the boat, walked on the water and came toward Jesus. 30 But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" 31 Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?" 32 And when they climbed into the boat, the wind died down.



*The world and its desires pass away, but whoever does the will of God lives FOREVER.*  
 1 John 2:17



Pastor Mukuria

**Morning Affirmation**  
 Psalm 33:4  
 The Word of the Lord is right and true  
 He is faithful in all He does.

Good day ☐



Brother Kigume

If you must say YES, say it with an open heart. If you must say NO, say it without fear. You can only get more in life by saying YES.



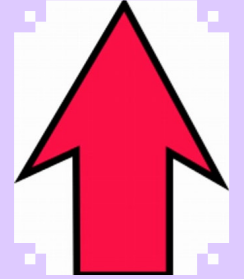
*You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one. -John Lennon*

*If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success. -James Cameron*



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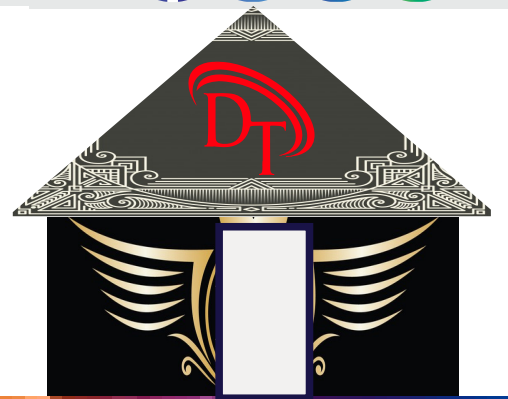
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# Health Tit Bits



# BLEEDING GUMS

**See your dentist regularly for cleanings, usually every 6 to 12 months. If you have risk factors that increase your chance of developing periodontitis – such as having dry mouth, taking certain medicines or smoking – you may need professional cleaning more often.**

By Maggie Gonna  
mngona@gmail.com  
Internet MC sources Share only

## summary

**T** Periodontitis (per-e-o-don-TIE-tis), also called gum disease, is a serious gum infection that damages the soft tissue around teeth.

**The best way to prevent periodontitis is to get into the habit of taking good care of your mouth and teeth. Start this routine at a young age and keep it throughout life.**



The best way to prevent periodontitis is to get into the habit of taking good care of your mouth and teeth. Start this routine at a young age and keep it throughout life.

## Brushing your teeth for two minutes at least twice a day

Without treatment, periodontitis can destroy the bone that supports your teeth. This can cause teeth to loosen or lead to tooth loss. Periodontitis is common but can usually be prevented. It's often the result of not taking care of your mouth and teeth. To help prevent periodontitis or improve your chance of successful treatment, brush at least twice a day, floss daily and get regular dental checkups.

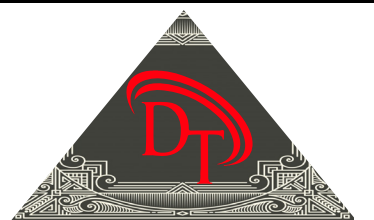
Symptoms  
Healthy gums are firm and fit snugly around teeth. The color of healthy gums can vary. They may range from light pink in some people to dark pink and brown in others. Symptoms of periodontitis can include:  
Swollen or puffy gums.  
Bright red, dark red or dark purple gums.  
Gums that feel tender when touched.  
Gums that bleed easily.  
A toothbrush that looks pink after brushing your teeth.  
Spitting out blood when brushing or flossing your teeth.  
Bad breath that won't go away.  
Pus between your teeth and gums.  
Loose teeth or loss of teeth.  
Painful chewing.

New spaces that develop between your teeth that look like black triangles. Gums that pull away from your teeth, making your teeth look longer than usual, called receding gums. A change in the way your teeth fit together when you bite. When to see a dentist  
Follow your dentist's recommended schedule for regular checkups. If you notice any symptoms of periodontitis, make an appointment with your dentist as soon as possible. The sooner you get care, the better your chances of reversing damage from periodontitis. In most cases, the develop-

ment of periodontitis starts with plaque. Plaque is a sticky film mainly made up of bacteria. If not treated, here's how plaque can advance over time to periodontitis: Plaque forms on your teeth when starches and sugars in food interact with bacteria commonly found in your mouth. Brushing your teeth twice a day and flossing once a day removes plaque, but plaque quickly comes back.

Good oral care. This means brushing your teeth for two minutes at least twice a day — in the morning and before going to bed — and flossing at least once a day. Flossing before you brush allows you to clean away the loosened food bits and bacteria. Good oral care keeps your teeth and gums clean and removes the bacteria that cause periodontal disease.

## GUM DISEASE



# PUBLISHED BY GRAPHIC DESIGN SERVICES PAKISTAN

Do not go where the path may lead, go instead where there is no path and leave a trail. -Ralph Waldo Emerson

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. -Helen Keller

# BACKPAGE

# WORLD OF SPORTS

## Five things we still need to learn about the 2023 Ravens going into the playoffs



Shared by:  
By Tafara  
Makusha

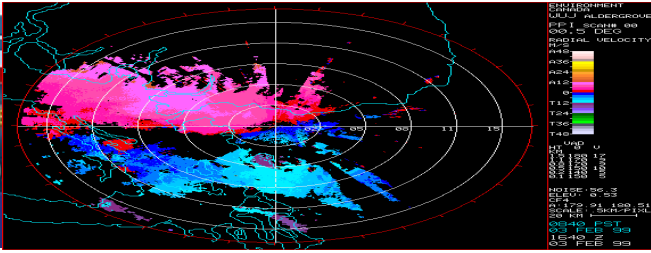
**T**he Ravens wrote a glorious preamble. Have they ever delivered a more perfect couplet of regular-season performances than they did in dismantling the San Francisco 49ers and Miami Dolphins? But we have reached the hour upon which they, especially quarterback Lamar Jackson, will truly be judged. Four years ago, they dominated up to this point only to come up short on the playoff stage. All those who care about this franchise, internally and externally, want to know

There's not a lot of justice in using three poor performances to undermine a brilliant athlete who has won 75% of his regular-season starts and who's favored to win his second NFL Most Valuable Player Award shortly after his 27th birthday. Will this time be different? Baltimore Sun TODAY SHARE



# SPORTS WORLD





# THE WEATHER IN USA

## summary

Temperature, rain, snow, fog and wind are all part of weather. Severe weather events such as tornadoes, tropical storms, hurricanes, cyclones, floods, lightning strikes and extreme weather affect us all. In addition to weather forecasts are ozone levels, changing climate conditions and solar winds. Weather warnings are important forecasts because they are used to protect life and property. People use weather forecasts to determine what to wear on a given day or to plan travel or events. Since outdoor activities are severely curtailed by heavy rain, snow and the wind chill, forecasts can be used to plan activities around these events, and to plan ahead and survive them.

# POWERFUL STORMS EXPECTED IN SEVERAL US STATES.



## WEATHER



**A**n eerily familiar situation will play out later this week as a new, powerful storm mirrors the path and hazards of the massive storm that slammed much of the country earlier this week. Thousands of people are still without power in the eastern US, rivers are rising and forcing evacuations, and at least four people are dead from severe thunderstorms and wind as the first storm ended Wednesday. The new storm will place the same parts of the central and eastern US at risk once more –

amplifying the potential impact for those still recovering. The origins of the new storm are rooted in the Pacific Northwest, which was walloped by blizzard conditions on Tuesday. Snow and blustery winds moved from the Northwest into the Four Corners region by late Wednesday. A round of snow will target the high elevations of Arizona and New Mexico through Thursday. The storm will then morph into a much larger beast – its strengthening aided by a big push of atmospheric energy – as it exits the Plains by Thurs-

day evening and sets the stage for a highly impactful event in the central and eastern US. Here's a breakdown of what to expect. Thursday night: Snow for Plains, severe risk for South. The storm will strengthen Thursday night and begin to dump snow, which may be heavy at times, from parts of Kansas and Nebraska into the Midwest. This snow will be accompanied once again by gusty winds which may lead to whiteout conditions. Travel Thursday night may become treacherous. Simultaneously, very cold air will plunge south out of

Canada and send temperatures plummeting across much of the north-central US. A severe thunderstorm threat will once again target a significant portion of the South. Parts of Arkansas, eastern Texas and northwestern Louisiana, including Shreveport, have an enhanced risk of severe storms, or a Level 3 of 5, on Thursday night, according to the Storm Prediction Center. As per CNN report shared as a guide to those in the Diaspora USA.



"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that." -Martin Luther King Jr.

"Spread love everywhere you go. Let no one ever come to you without leaving happier." -Mother Teresa

Africa Resources epaper is published in USA, Kenya, Pakistan, & UK. Issue 210

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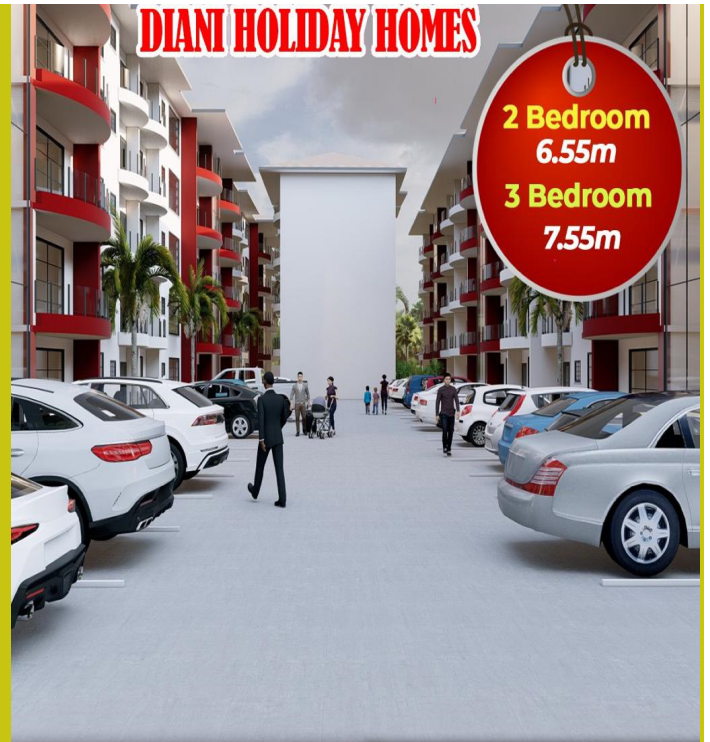
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