

over late politician Simon Nyachae's estate was deported from the US yesterday following a 2010 decision of a guilty plea for unlawful sexual intercourse with a minor in 2006.

Twelve years later, Rodney D. Chweya moved to overturn his plea under newly enacted Penal Code and claimed that, due to his defense counsel's inaccurate advice.

He also argued that his lawyer's failure to bargain for an immigration-neutral plea affected him.

The court gave him a suspend-



File picture Rodney Chweya

ed three-year state prison sentence and ordered him to serve a year in county jail.

Four years later, in 2010, the Department of Homeland Security charged Chweya with removability for his conviction. The department noted that he was a citizen of Kenya who had years old.

An immigration judge sustained the charge of his deportation which was followed by the Board of Immigration Appeals that affirmed the same saying a conviction of unlawful sexual intercourse with a minor was an aggravated felony that subjected Chweya to deportation.

Under US law, he is banned from returning to the US for at least 10 years.

He was denied an application for adjustment of status and was told he did not merit a favorable exercise of discretion because he had an extensive criminal in 1995.

Chweya and his mother Margaret Chweya claim connection to Nyachae. Margaret denied any connection to ex-husbands Jacob Machuki and Michael Pondo. She insisted that the late minister was the father of her children, Rodney, John Paul and Patricia.

However, two men who claim to have married Margaret presented new evidence to support their claim of being the fathers of her two sons.

Rodney is a citizen of Kenya who had come to the United States on a visa in 1988 when he was 10 years old. Joe Kim report



over the deaths of more than 400 of his followers, after a court warned it may have to

A shipment of medicine for dozens of hostages held by Hamas arrived in Gaza on Wednesday after France and Oatar mediated the first agreement between Israel and the militant group since a weeklong cease-fire in November.

Kenyan prosecutors have said they intend to charge a suspected cult leader and dozens of other suspects with murder and terrorism

free him.

The self-proclaimed pastor Paul Nthenge Mackenzie is alleged to have incited his followers to starve to death in order to "meet Jesus" in a case that shocked the world Mackenzie was arrested in April last year after bodies were discovered in a forest near the Indian Ocean coast.



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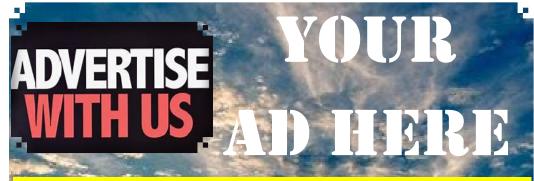
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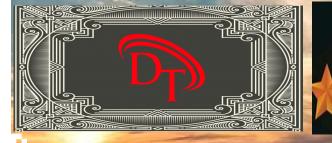


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NEWS NEWS NEWS NEWS



They say the dispute ramped up last July when human remains and warning notes were recovered in Toluca.

Bride arrested for extortion, handcuffed in her wedding dress.

bride was arrested on her wedding day in Mexico, authorities announced Friday, accused in an extortion sche-

me that included her would-be husband and six other suspects.

03

The woman, identified only as Nancy N. by Mexico state prosecutors, was arrested last month in a joint operation as she was preparing to marry her spouse, another extortion suspect identified as Clemente N. However, authorities were unable to apprehend the groom - who goes by the alias "Mouse."

The couple was part of a group accused of extorting



The Mexico state prosecutor's office posted an image showing Nancy *N* in handcuffs, still wearing her wedding dress. / Credit: Mexico State Attorney General's Office

chicken merchants in Toluca near Mexico City and suspected of kidnapping four workers from a poultry shop in Toluca, authorities said.

One of the eight suspects arrested, identified as Santiago N., was accused of "driving an Explorer-type truck" to transport the kidnapped victims.

The prosecutor's office posted photos of the suspects in involved in the extortion scheme as well as a video montage showing Nancy N in handcuffs, still wearing her wedding dress, as well as photos of alleged evidence.

The suspects allegedly have ties to the La Familia Michoacana drug cartel, the prosecutor's office said. Earlier this month, the same cartel was blamed for a drone attack in the southern state of Guerrero that left at least six people dead.

in

Misael N, who goes by the alias "Chicken," allegedly "controlled extortion activities" in the region, while Nabor N was identified by authorities as a "main hoarder and controller of the chicken and egg trade." Authorities say that rival gangs have been fighting for extortion control in the region.

They say the dispute ramped up last July when human remains and warning notes were recovered in Toluca. The prosecutor's office subsequently arrested 11 members of a criminal gang known as "ElPecha." Copied story from CBS





ple have been





couriers communicated via WhatsApp groups, including one named "Sunshine and lollipops."

Ian Truby, NCA's senior investigating officer, said: "Al-Nawab and Amrollahbibiyouki were part of an industrial-scale money laundering operation that saw huge amounts of criminal cash smuggled out of the UK.

"Their convictions mark a further dismantlement of this prolific and extensive criminal network."

Amrollahbibiyouki and Al-Nawab are due to be sentenced on March 8.

scheme.

The ringleader reportedly booked business-class flights for couriers on his Emirates card.

Authorities said his frequent-flyer miles helped them trace the operation.

Tracing a ringleader's frequent-flyer miles helped investigators crack an international money-laundering scheme, The Wall Street Journal reported.

More than £104 million, or about \$131 million, in cash was smuggled from London

Mehdi Amrollahbibiyouki and Ali Al-Nawab are set to be sentenced in March.NCA

to Dubai in 83 trips, the UK's National Crime Agency said.

The agency said the network collected cash from criminal groups across the UK, believed to be the proceeds of drug dealing, and packed it into suitcases, which contained about \$500,000 each. Two couriers were found guilty at a London court last week, bringing the total convicted in relation to the operation to 16.

The NCA said Mehdi Amrollahbibiyouki checked in 12 suitcases containing £4.3 million over three trips to Dubai in February and March 2020. And Ali Al-Nawab took nine suitcases containing £3.2 million across two trips.

The couriers were paid up to £5,000 for each trip and booked in business-class seats because of the extra luggage allowance, the NCA said.

According to the Journal, the ringleader, Abdullah Alfalasi, booked the couriers' flights using his Emirates credit card, earning frequent-flyer miles he then used to take first-class flights himself.

From Business insider.



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LAUGHTER THE BEST MEDICINE

laughter is the best medicine



In Jerusalem, a female journalist heard about a very old Jewish man who had been going to the Wailing

Wall to pray, twice a day, everyday, for a long, long time. So she went to check it out.

She went to the Wailing Wall and there he was!

She watched him pray and after about 45 minutes, when he turned to leave, she approached him for an interview.

"Sir, how long have you been coming to the Wall and praying?"

"For about 60 years." "60 years! That's amazing! What do you pray for?" "I pray for peace. I pray for all the hatred to stop and I pray for all our children to grow up in safety and friendship." "How do you feel after doing this for 60 years?"

"Like I'm talking to a wall!"

The secret to a long life A tough old cowboy from Texas counseled his granddaughter A group of hunters are out in the woods when they come across a bear. One of the hunters takes out his running shoes and starts putting them on. The other hunters say, "What are you doing? You can't outrun a bear!" The hunter replies, "I don't have to outrun the licear. Liust have to outrun you!"

that if she wanted to live a long life, the secret was to sprinkle a pinch of gun powder on her oatmeal every morning. The granddaughter did this religiously until the age of 103, when she died.

in

She left behind 14 children, 30 grandchildren, 45 great-grandchildren, 25 great-great-grandchildren, and a 40-foot hole where the crematorium used to be

My grandfather told me this one not long before he died A man is in his boat out on the lake with a bucket full of fish that he had just caught. A wildlife officer spots him and pulls his boat up alongside. Seeing the bucket of fish in the man's boat, the wildlife officer asks to see his fishing license.

The man tells the officer that he doesn't need a fishing license. The wildlife officer looks down at the bucket and says "you definitely need a license to be catching fish, I can see that you've been fishing today. You have live fish right there."

The man says "oh no, those are my pet fish. I just brought them out here for the day to enjoy the lake." "Pet fish?" Replied the wildlife officer

"Oh absolutely, I let him out of the bucket and they swim around and play, but when I whistle they all jump right back in. They are very well trained." The wildlife officers scratches his chin, then says. "I've never heard such a. Well I've got to see this."

The man dumps the bucket of fish into the lake, then calmly turns and looks at the wildlife officer.

The wildlife officer says. "Well, call them back."

Vault shared jokes for fun only.

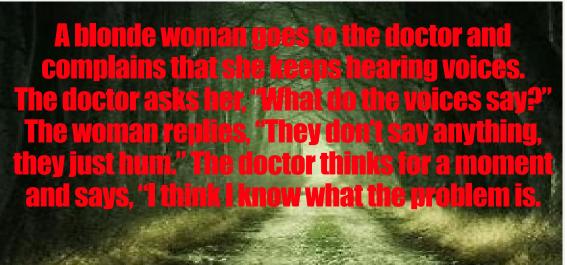


I'm hynie the laughing hyena I'm laughing all day long (huhuhuhu) because when I kick all my troubles they wiggle awaaay where theeey belong (other voices) He's happy no matter what happens when singing his happy song so when you get up every mooooorning don't ever be whiny but make life sun shiny like hynie the laughing hyena I laugh and I laugh and I laugh some more we lauah and we laugh and we laugh ha ha



of robbers entered the bank, their leader went

to the manager and asked him to open the vault. He threatened the manager by saying, "If you try to do anything smart, you're fiction." The manager was confused and asked him, "Don't you mean 'You are history'?" The robber angrily replied back, "Do not change the subject,



okay?"

I was in my garden when I got the news that my father had fallen from a 20 feet ladder and was in the hospital. I rushed to the hospital expecting that my father had some major fractures, but he was alright except for some minor cuts. When I told him that it was a miracle, he disagreed and told me, "Son, I had just fallen from the first step of the ladder."

Britain's oldest woman turned 114 today. When asked the secret of her longevity, she attributed it to taking a walk at midnight every night. When quizzed on whether she was concerned about the increase in muggings in recent years, she said that she was not, and would continue mugging people as long as her health holds out.

A racist man called me a terrorist for having long hair, a long beard, and being Middle Eastern. Later I saw him at church

giving a speech about how

everyone needs a Middle Eastern guy with long hair and a beard in their lives.

400 passengers but only 200 meals were loaded onto a flight from Delhi to New York City. It was only discovered after take off, when the flight attendants started going through their preparations for the meals. So, the airline had bungled, and the crew was in a fix. However, one smart flight attendant had an idea. A couple of hours into the flight she ner-

vously announced, "Ladies and gentleman; we don't know how this happened, but we have over 400 people on board, but only 200 dinners. Anyone who is kind enough to give up their meal to someone else, will receive unlimited free liquor for the duration of the flight!" Her next announcement

came six hours later: "Ladies and gentlemen, if anyone wants to change their mind, we still have 180 dinners available."

••••••



All born in the 70 know this one





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05

ABIGIRL PHIRI-Zimbabwe

Article By Abigirl Phiri- Zimbabwe

THE ESSENCE OF WATER

Apparently, the bottle can pretty much be owned by everybody because it's a fast moving product in the market popular with the vendors in the streets

picked a bottle of water and it had a nice design compared to those in the market. This

led me thinking deep and reminiscing over the beauty of bottled water in the market. Thus, water definitely is a symbol of life because without it then we will reach our dead end.

Even back in the days, without rain all hope would be lost. Aesthetically wise, the water l am zeroing on bottle is colorless to show the contents with a dark blue sticker which happens to be my favorite color as well.

The icing to the cake is that this is 'Aquaclear' a proudly Zimbabwean brand. Personally, I can see it clearly as well as the diamond shaped corners of its container. It's a piece of art visually appealing in a simple way just as the element water itself. Lucidly, water is everything in its purity.

Apparently, the bottle can pretty much be owned by everybody because it's a fast moving product in the market popular with the vendors in the streets. Once upon a time, buying mineral water was a symbol of wealth. This was before people realised the relevance of buying water that it doesn't add up with status in the society. That said, bottled water is not only clean but its safe since its purified. Currently, Zimbabwe is battling the full-fledged



war with cholera. In such time, the significance of drinking safe and clean water can never be over emphasized. Indeed, people drink water to quench their thirst.

In fact the personalities of people who buy mineral water have a one track mind to assuage their desires. In other words, they are people who know what they want out of life. Remember in the bottled water category there are many brands competing, but picking a certain brand like Aquaclear means one knows what they desire in life.

In a world filled of many products, the choice solely relies on you the buyer to go with the brand that brings value in your life. Worth noting, yes once in a while we might go with impulse buying but when you really get to appreciate a certain water brand like Aquaclear you will stay loyal to it until the end of time.

Consequently, be a goal oriented consumer who is particular about what

bottle and the user. This relationship between the object and the owner is that of first come first serve basis in the shops. For some, as far as they are concerned there is no strings are attached.

It will be an easy going relationship since you acquire it by buying from the shops. Frankly speaking, it's a direct response to human needs to drink liquids so as to fight dehydration especially in these times plagued by heat waves as a result of climate change.

In addition, the beauty of the bottled water is that you can share it after all sharing is tantamount to caring. This is why for Aquaclear it comes in different packs from 500ml suitable for gatherings like weddings, 750m for travellers and 1 litre for home users.

Streetwise, it's called giving the next person just a teeny weeny bit of a sip. Also in our African culture water is a symbol of life that should never be denied to anyone who from drinking you can also wash your hands clean with it.

Interestingly it's simply a convenient relations-h i p that one has with bottled water thanks to Varun Beverages' well known as Pepsi Zimbabwe for their affordable product "Aquaclear." /They managed to demystify the thought that bottled water is only for the elite.

Nowadays any product can cut across every age, culture and belief whilst making its stance that its for all just like the mantra of the four musketeers "One for all, all for one."

In a world filled of many products, the choice solely relies on you the buyer to go with the



By Abigirl Phiri-Zimbabwe

summary



Poem: Pleased to meet you By : Abigirl Phiri

We meet and greet Introductions are in order Pleased to meet you It's quite easy to make friends For we meet to part Only to part to meet

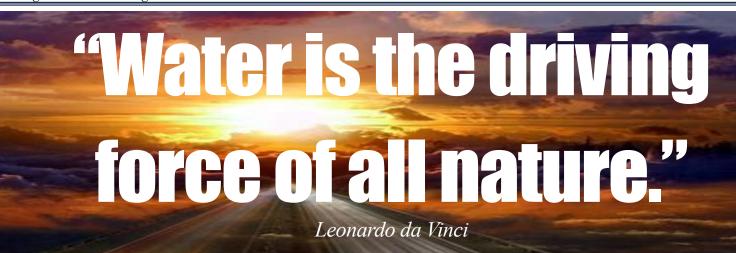
they want out of life just like myself. A go getter "there and then."

The crux of the matter is that there is a relationship between the water asks for it because it's the ecclesiastic thing to do.

If you do otherwise, it will be a taboo. Henceforth, bottled water has a plethora of uses and apart brand that brings value in your life.

Pleased to meet you too





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GEORGE MUSENGI SAITOTI

Long before joining mainstream politics, Saitoti had a stint in the legislative duties. From 1974 to 1977, he represented Kenya in the defunct (since-revived) East African Community as a member of the East African Legislative Assembly.

eorge Musengi Saitoti, E.G.H. (3 August 1945 – 10 June 2012) was a Kenyan politician, businessman and American- and British-trained economist, mathematician

and development policy

thinker. As a mathematician, Saitoti served as Head of the Mathematics Department at the University of Nairobi, pioneered the founding of the African Mathematical Union and served as its vice-president from 1976 to 1979.

As an economist, Saitoti served as the Executive Chairman of the World Bank and the International Monetary Fund (IMF) in 1990-91, and as President of the African Caribbean and Pacific (ACP) Group of States in 1999–2000, at the crucial phase of re-negotiating the new development partnership agreement to replace the expired Lomé Convention between the ACP bloc and the European Union (EU). His book The



George Saitoti sunrise 1945 Sunset 2012

Challenges of Economic and Institutional Reforms in Africa[8] influenced practical policy directions on an array of areas during the turbulent 1980s and 1990s.

Saitoti joined politics as a nominated Member of Parliament and Minister for Finance in 1983, rising to become Kenya's longest-serving Vice-President, a proficient Minister for education, Internal Security and Provincial Administration and Foreign Affairs. Few recognise him as a "reformist", but his recommendations as the Chair of the KANU Review Committee, popularly known as the "Saitoti Committee" in 1990-91, opened KANU to internal changes and set the stage for the repeal of Section 2A and Kenya's return to pluralist democracy.

Saitoti left KANU and joined the opposition, becoming a kingpin figure in the negotiations that led to the "NARC Revolution" in 2002. As Minister for Internal Security and Provincial Administration, Acting Minister for Foreign Affairs and key member of the National Security Advisory Committee (NSAC), he later worked closely with the national Ministry of Defence to see through the Operation Linda Nchi against the Al-Shabaab insurgent group. In addition, rival factions had for decades invoked the infamous Goldenberg fraud to knock Saitoti out of politics, but the legal courts cleared him of the scandal in July 2006. Saitoti's dual heritage as a Maasai with Kikuyu family members predisposed

him to a pan-Kenyan vision, but also denied him a strong ethnic base unlike his competitors. Saitoti was running as a candidate to succeed President Mwai Kibaki when he died in a helicopter crash in 2012. By Dr. Jean KamauJ Excerpts from Sms Diary jean@gmail.com

summary

George Saitoti was born on 3 August 1945[4][5] and brought up in Maasailand, where he spent his childhood herding cattle in line with the Masai culture, and attending school.[10] He attended Ololua Primary School, Kajiado where he acquired his basic education in the 1950s. Between 1960 and 1963, he secured a place at Mang'u High School in Thika where he attained his

high school education. He joined the ranks of Mang'u High School's highly decorated alumni including Kenya's third President, Mwai Kibaki, former Vice-President Moody Awori, Catholic Archbishop Ndingi Mwana-a-Nzeki, the late Environment

This was a scholarship program started by Tom Mboya and William X. Scheinmann and supported by the John F. Kennedy foundation and the African American Students Association to address the educational needs of newly independent Kenya. Through this program, hundreds of East Africans studied in the United States of America and Canada

Upon his graduation, Saitoti returned to Kenya in 1972, commencing a career as a Mathematics lecturer at the University of Nairobi. One of his contributions was the institutionalisation of Mathematics as a discipline in Africa. During the first Pan-African Conference of Mathematicians held in Rabat, Morocco, in 1976, Saitoti was involved in the creation of the African Mathematical Union (AMU)

Minister John Michuki, the late Trade Unionist and former Minister for Justice and Constitutional Affairs, Tom Mboya, and late Cardinal Maurice Michael Otunga.



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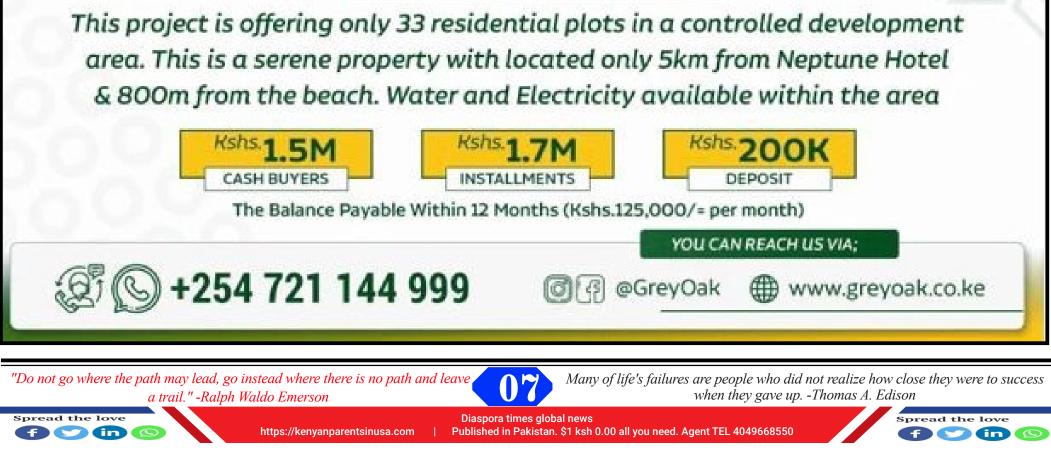
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07

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COPIED INSPIRATION STORY

Inspiration Story Of Sylvester Stallone.

Even if it means selling all your clothes and sleeping with the dogs. IT'S OKAY! But AS LONG AS YOU ARE STILL ALIVE

ack in the day, Stallone was a struggling actor in every definition. At some point, he got

so broke that he stole his wife's jewelry and sold it. Things got so bad that he even ended up homeless. Yes, he slept at the New York bus station for 3 days. Unable to pay rent or afford food.

 $\mathbf{08}$

His lowest point came when he tried to sell his dog at the liquor store to any stranger. He didn't have money to feed the dog anymore. He sold it at \$25 only. He says he walked away crying. Two weeks later, he saw a boxing match between Mohammed Ali and Chuck Wepner and that match gave him the inspiration to write the script for the famous movie,

ROCKY. He wrote the script for

20 hours! He tried to sell it and got

an offer for \$125,000 for the script.

But he had just ONE REQUEST. He wanted to STAR in the movie. He wanted to be the MAIN AC-TOR, Rocky himself. But the studio said NO.

They wanted a REAL STAR. They said he "Looked funny and talked funny". He left with his script. A few weeks later, the studio offered him \$250,000

for the script. He refused. They even offered \$350,000. He still refused. They wanted his movie, but NOT him. He said NO. He had to be IN THAT MOVIE.

After a while, the studio agreed, gave him \$35,000 for the script and let him star in it! The rest is history! The movie won Best Picture, Best Directing and Best Film Editing at the prestigious Oscar Awards. He was even nominated for BEST ACTOR! The Movie ROCKY was even inducted into the American National Film Registry as one of the greatest movies ever!

NO ONE KNOWS WHAT YOU ARE CAPABLE OF EXCEPT YOURSELF! People will judge you by HOW you look. And by WHAT you have. But Fight on! Fight for Your place in history. Fight for your glory. NEVER EVER GIVE UP!

Even if it means selling all your clothes and sleeping with the dogs, IT'S OKAY! But AS LONG AS YOU ARE STILL ALIVE, Your STORY IS NOT OVER. Keep Up the Fight. Keep your dreams and hope alive. Go get it !!! Source:

> BelowZeroToHero Compiled: Motivational Stories

Motivation is the desire and willingness to act to complete a task. It initiates the behaviors that ensure that you continue to work toward achieving a goal. You can apply motivation in school. work or in your personal life.

To build motivation. you can develop routines for yourself, create goals and set deadlines for achieving those goals. By setting deadlines, you can see the progress you've made, which may enable you to continue working toward long-term goals.

Sylvester Stalone Story of Humble Beginnings To Stardom.



ylvester Gardenzio Stallone (/born July 6, 1946) is an American actor and filmmaker. He has received numerous accolades, including a

Golden Globe Award, as well as nominations for three Academy Awards and two BAFTA Awards. Stallone is one of only two actors in history (alongside Harrison

he would play across five Rambo films (1982–2019). From the mid-1980s to the late 1990s, Stallone would go on to become one of Hollywood's highest-paid actors acting in action films such as Cobra (1986), Tango and Cash (1989), Cliffhanger (1993), Demolition Man (1993), and The Specialist (1994).

Stallone continued his established roles in



Ford) to have starred in a box-office No. 1

Rocky Balboa (2006) and Rambo (2008) before launching The Expendables film franchise (2010-present), in which he starred as the mercenary Barney Ross. In 2013, he starred in the successful film Escape Plan and appeared in its sequels. In 2015, he returned to Rocky again with Creed, in which a retired Rocky mentors former rival Apollo Creed's son Donnie Creed. The film brought Stallone widespread praise and his first Golden Globe Award, as well as a third Academy Award nomination, having been first nominated for the same role 40 years prior. Since 2022, he has starred in the Paramount+ crime series Tulsa King.

You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. -Dr. Seuss



"If life were predictable it would cease to be life and be without flavor." -Eleanor Roosevelt

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TEXT TO RESERVE



Its always good to know the ones who have left us. This page is for death notices.

Death and funeral Announcements



The greatest glory in living lies not in never falling, but in rising every time we fall. -Nelson Mandela



Helen Keller Life is a long lesson in humility.

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NEWS IN BRIEF



GENERATION Diaspora Eimes WORLDOFS \sim HIGHLIGHTS

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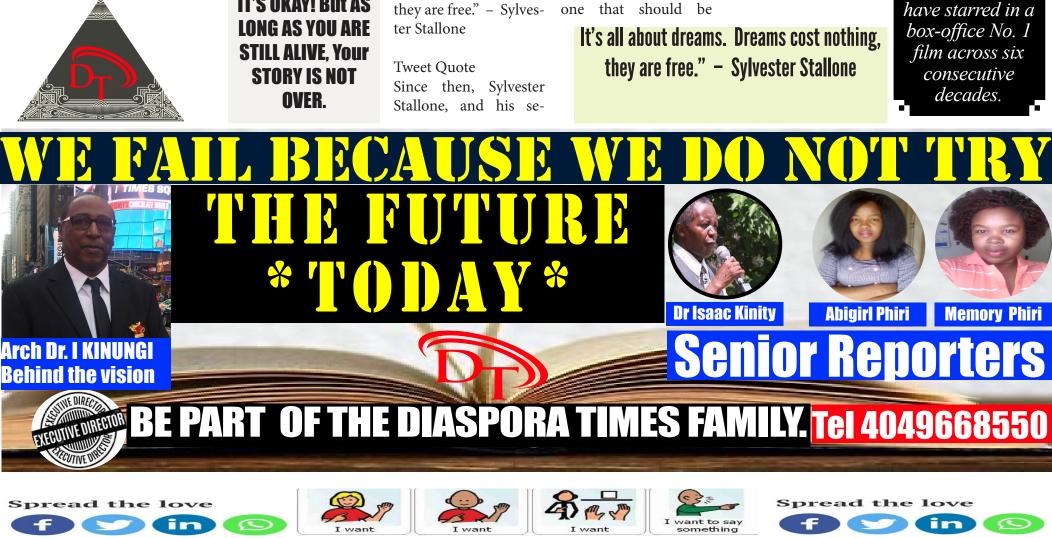
BIDEN HIGHLIGHTS



President Joe Biden said Donald Trump is the 'clear front runner' for the Republican nomination with his win in the Iowa caucus, arguing the 2024 contest will be 'me vs. MAGA

Republicans. 'Looks like Donald Trump just won Iowa. He's the clear front runner on the other side at this point. But here's the thing: this election was always going to be you and me vs. extreme MAGA Republicans. It was true yesterday and it'll be true tomorrow,' Biden noted on his social media

accounts. He ended his observation with a plea for donations to his re-election bid. Trump, meanwhile, used his victory on Monday night to call on the Republican Party to unite behind him so he can 'take the country' back from Biden.



ver Give Up In Life As Your Story Is Not Over.

Even if it means selling all your clothes and sleeping with the dogs, IT'S OKAY! But AS LONG AS YOU ARE STILL ALIVE,

e has been one of the most recognized names in Hollywood over the past four decades. And it all started with a simple story of a down and out dock worker named Rocky. A nobody who was given an opportunity of a lifetime and seized it.

Since then, Sylvester Stallone, and his series of movies revolving around Rocky have been inspiring people all around the world. Not surprisingly, Sylvester Stallone's real life story is every bit as motivating and inspiring as the fictional Rocky character he created. As you'll soon see, Sylvester Stallone's life sto-

Even if it means selling all your clothes and sleeping with the dogs, **IT'S OKAY!** But AS

XXXXX



ry is also a success story. Sylvester Stallone has been one of the most recognized names in Hollywood over the past four decades. And it all started with a simple story of a down and out dock worker named Rocky. A nobody who was given an opportunity of a lifetime and seized it.

"It's all about dreams. Dreams cost nothing,

ries of movies revolving around Rocky have been inspiring people all around the world. Not surprisingly, Sylvester Stallone's real life story is every bit as motivating and inspiring as the fictional Rocky character he created. As you'll soon see, Sylvester Stallone's life story is also a success story.

His success story is

story.

observed, retold, and

shared, just as much as

his movies are. Why?

Because success leaves

clues. So, that's what we

intend to do in this post

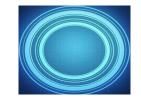
today; share his inspir-

ing rags to riches story

and hope you takeaway

something to help you

create your own success



Sylvester Gardenzio Stallone born July 6, 1946) is an American actor and filmmaker. He has received numerous accolades, including a Golden Globe Award, as well as nominations for three Academy Awards and two BAFTA Awards. Stallone is one of only two actors in history (alongside Harrison Ford) to



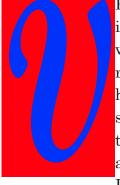
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Destinations.

Zimbabweans guides are ranked as the best in Africa due to their knowledge of wildlife and ecosystems.



Tourism with Memory Phiri Zimbabwe.

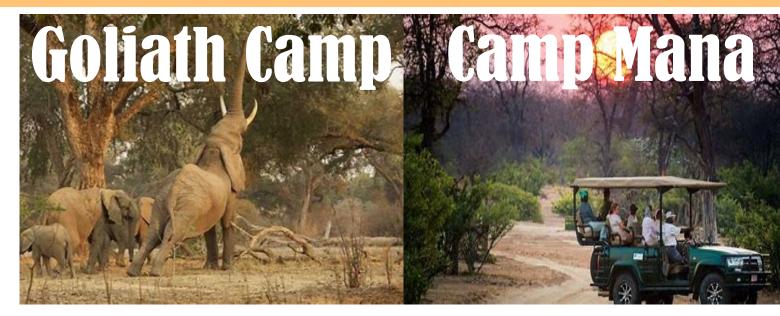


Perambulation is the order of walking safaris and tourists have to be physically fit so as to enjoy such an adventure. It all boils down

to those baby steps and putting up a challenge. The purpose of a walking trail is to discover the different types of wildlife that are found in our national parks. They say walk the talk.

In accordance to close experiences, tourists will skillfully track bull elephants, wild dogs and lions from left right and centre. Without further ado, Mana Pools National Park is

Moving on to the western side of our country,



Walking trails give specific locations on wildlife for example tourists should know beforehand that the rhinoceros is concetrated in the lowveld.

located in the northern part of our country along the Zambezi River and it remains one of the best places to walk in Africa.

To bring light to this statement, it has four major camps namely, Camp Mana, the Goliath Camp, Vundu Camp and John's Camp. As far as multi-day walking trails are concerned, Mana Pools offers the infamous Mana Shoreline Walking Trail.

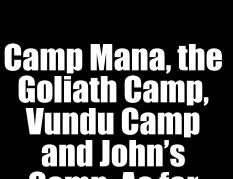
It is one of a kind and should be held with high esteem when tourists decide to beat about the bush. Walking trails give specific locations on wildlife for example tourists should know beforehand that the rhinoceros is concetrated in the lowveld. On the same token, Mana Pools has over twelve thousand elephants and eight thousand buffalos to boot. Moving on to the western side of our country, Hwange National Park has the Hwange Bush Camp and Camp Hwange which are notably big on both walking and guiding. Going down south along the Limpopo, Gonarezhou National Park is also ready for some bush

walks that is the wilderness experience. Similarly, this protected area brings in more walking opportunities for it is strategically located near the Save Conservancy.

At this juncture, we have to pay due respect to the Ministry of Tourism and the Forestry Commission for helping in managing these parks that safeguard each and every endangered specie. Be rest assured that you will get quality service time and again because a safari guided tour is determined by a professional game ranger.

For all interns and purpo-

thousand miles begins with just a step. After all has been said and done, this safari package boarders on guiding and camping because adventure tourists have the right to go back and forth.



Hwange National Park has the Hwange Bush Camp and Camp Hwange which are notably big on both walking and guiding. ses, guiding should be passed down as a tradition from one generation to the next so as to make it exceptional. Notably, Zimbabweans guides are ranked as the best in Africa due to their knowledge of wildlife and ecosystems.

Thus, let's join this bandwagon and witness what a walking trail is all about when we take into account the Walking Patrols of Victoria Falls' Anti-poaching Unit. Indeed, a journey of a Camp. As far as multi-day walking trails are concerned, Mana Pools offers the infamous Mana Shoreline Walking Trail.

The way to get started is to quit talking and begin doing. -Walt Disney



The future belongs to those who believe in the beauty of their dreams. -Eleanor Roosevelt



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SPIRITUAL CORNER



Piazpora Sunday

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

PRAYERS

16

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!

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

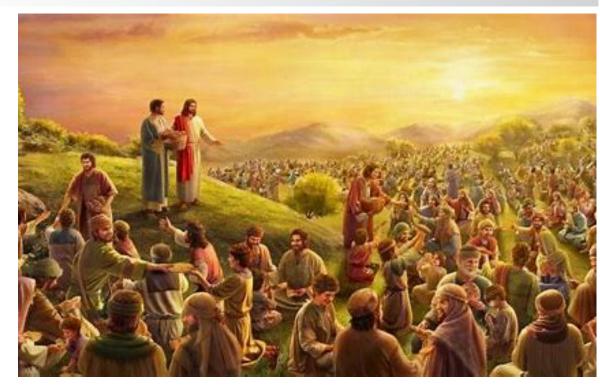
foot from the towns. 14 When Jesus landed and saw a large crowd, he had compassion on them and healed their sick.

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



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

besides women and children. Jesus Walks on the Water

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.



was about five thousand men,



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



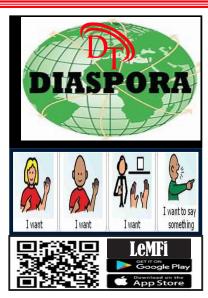
Pastor Mukuria

Morning Affirmation Salvation belongs to the Lord, blessing be upon your people. Psalm 3~~8



Brother Kigume

Find a way to say yes to people and things. Say yes to invitations, to new opportunities, job, country, new friends, learning, new language, etc.



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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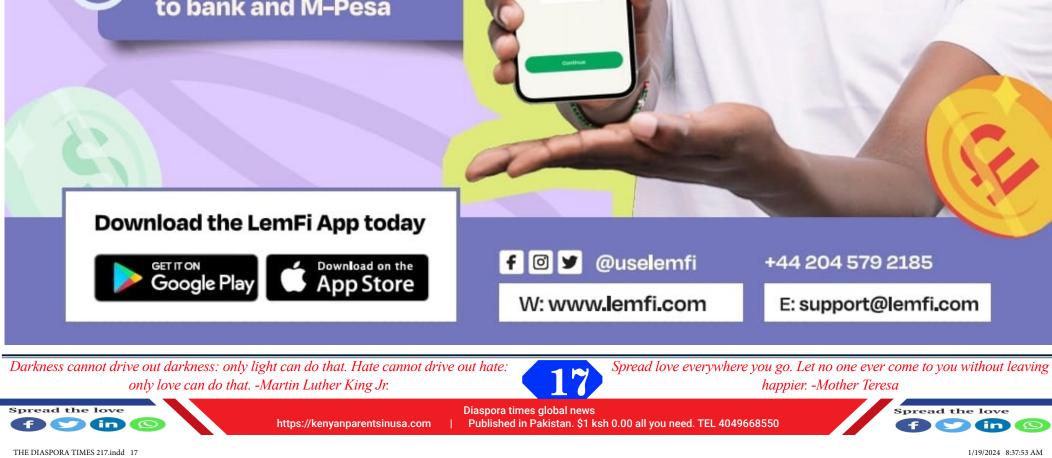
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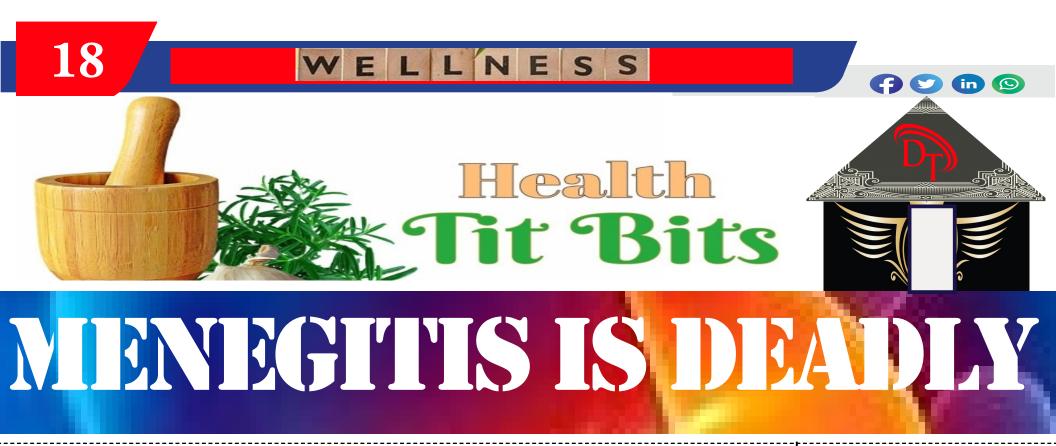
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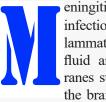
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Some forms of meningitis are preventable by immunization with the meningococcal, mumps, pneumococcal, and Hib vaccines. Giving antibiotics to people with significant exposure to certain types of meningitis may also be useful

The first treatment in acnte meningitis consists of promptly giving antibiotics and sometimes antiviral drngs. Corticosteroids can also be used to prevent complications from excessive inflammation.



eningitis is an infection and inflammation of the fluid and membranes surrounding the brain and spi-

nal cord. These membranes are called meninges.

The inflammation from meningitis typically triggers symptoms such as headache, fever and a stiff neck.

Most cases of meningitis in the United States are caused by a viral infection. But bacteria, parasites and fungi also can cause it. Some cases of meningitis improve without treatment in a few weeks. Others can cause death and require emergency antibiotic treatment.

Seek immediate medical care if you suspect that you or someone in your family has meningitis. Early treatment of bacterial meningitis can prevent serious complications.

An infection in the head and neck area. such as otitis media or mastoiditis. can lead to Early meningitis symptoms may be similar to the flu. Symptoms may develop over several hours or over a few days.

Possible symptoms in anyone older than the age of 2 years include: Sudden high fever. Stiff neck. Severe headache. Nausea or vomiting. Confusion or trouble concentrating.

Seizures.

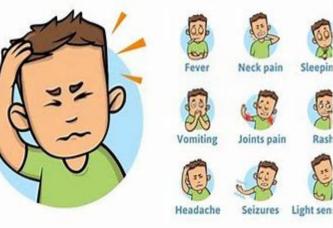
Vomiting.

Sleepiness or trouble waking.

Sensitivity to light. No appetite or thirst. Skin rash in some cases, such as in meningococcal meningitis.

Signs in newborns Newborns and infants may show these signs: High fever. Constant crying. Being very sleepy or irritable. Trouble waking from sleep. Being inactive or sluggish. Not waking to eat. Poor feeding.

MENINGITIS SYMPTOM



you've been exposed to someone with meningitis.

That may include a family member or someone you live or work with. You may need to take medicines to prevent getting an infection.

Meningitis is acute or chronic inflammation of the protective membranes covering the brain and spinal cord, collectively called the meninges. The most common symptoms are fever, intense headache, vomiting and neck stiffness and occasionally photophobia. Other symptoms include confusion or altered consciousness, nausea, vomiting, and an inability to tolerate light or loud noises. Young children often exhibit only nonspecific symptoms, such as irritability, drowsiness, or poor feeding.A non-blanching rash (a rash that does not fade when a glass is rolled over it) may also be present. The inflammation may be caused by infection with viruses, bacteria, fungi or parasites. Non-infectious causes include malignancy (cancer), subarachnoid hemorrhage, chronic inflammatory disease (sarcoidosis) and certain drugs.

Meningitis can be life-threatening because of the inflammation's proximity to the brain and spinal cord; therefore, the condition is classified as a medical emergency.

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

summary

Frigra m

Meningitis can lead to serious long-term consequences such as deafness, epilepsy, hydrocephalus, or cognitive deficits, especially if not treated quickly.

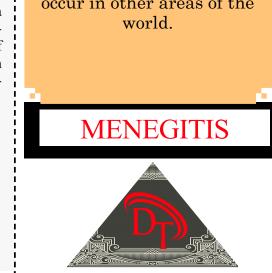
In 2019, meningitis was diagnosed in about 7.7 million people worldwide, of whom 236,000 died, down from 433,000 deaths in 1990. With appropriate treatment, the risk of death in bacterial meningitis is less than 15%. Outbreaks of bacterial meningitis occur between December

and June each year in an area of sub-Saharan Africa known as the meningitis belt. Smaller outbreaks may also occur in other areas of the

meningitis in a small proportion of people. Recipients of cochlear implants for hearing loss are more at risk for pneumococcal meningitis. In rare cases. Enterococcus spp. can be responsible for meningitis, both community and hospital-acquired, usually as a secondary result of trauma or surgery, or due to intestinal diseases (e.g., strongyloidiasis). A bulge in the soft spot on top of the baby's head. Stiffness in the body and neck. Infants with meningitis may be hard to comfort. They may even cry harder when held.

Bacterial meningitis is serious and can cause death within days without prompt antibiotic treatment. Delayed treatment also increases the risk of permanent brain damage.

It's also important to talk to your health care provider if A lumbar puncture, in which a needle is inserted into the spinal canal to collect a sample of cerebrospinal fluid (CSF), can diagnose or exclude meningitis.







Weather In America

3 81 81 82 83 82 80 66 64 63 62 61 61

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.



THE WEATHER

NUSA



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.

n eerily familiar amplifying the potential impact for those still recovering.

storm are rooted in the Pacific Here's a breakdown of what

day evening and sets the stage Canada and send temperatures for a highly impactful event in The origins of the new the central and eastern US.

plummeting across much of the north-central US.

19

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.

WEATHER

The new storm will place the same parts of the central and eastern US at risk once more -

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 Thursto 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



"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



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Water tower

Caretaker on site

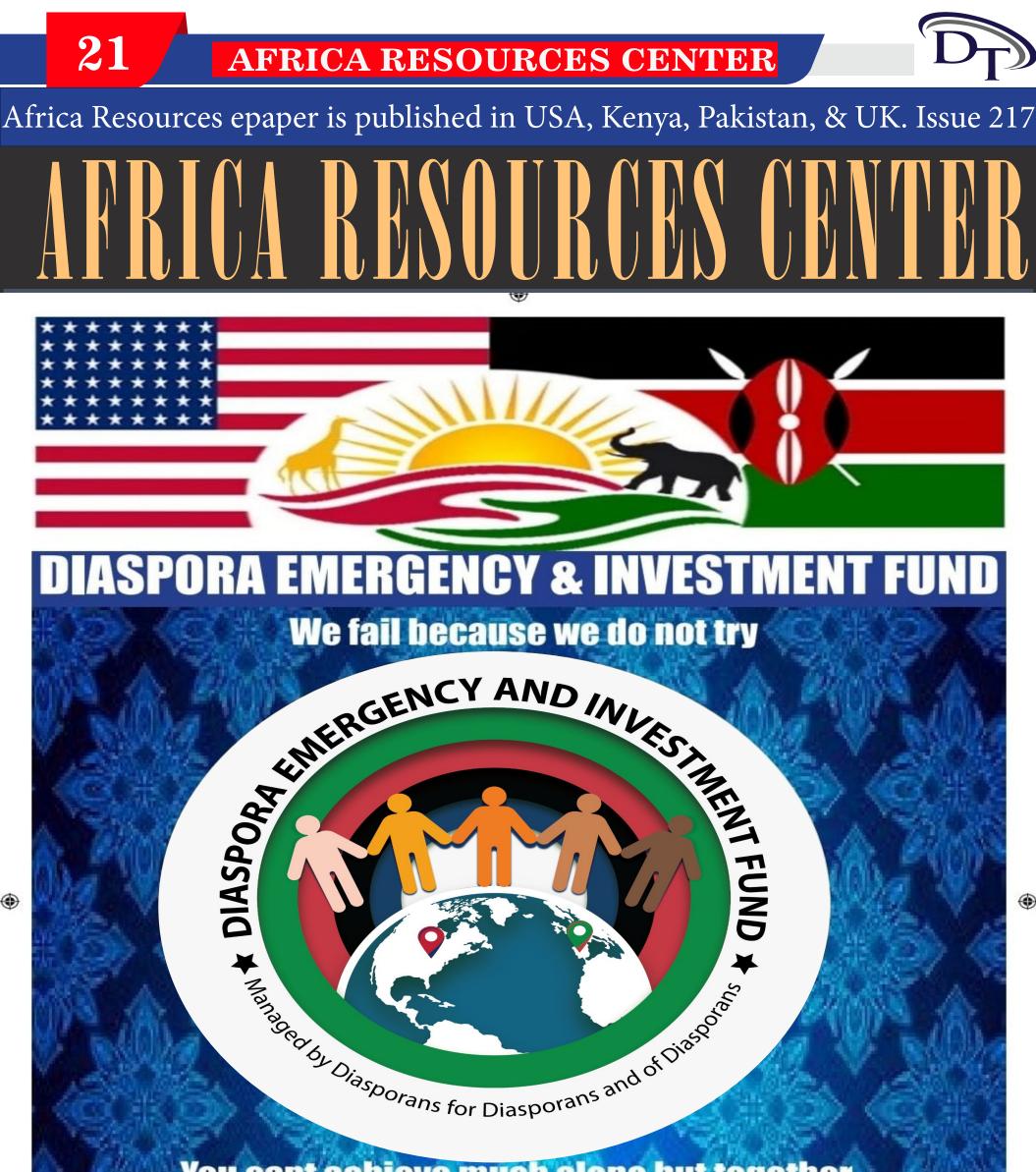
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SPORTS BRIEFS FUNS SHARE

Caitlin Clark leads lowa past Wisconsin,

(† 💟 in 🕓

passes Brittney Griner in scoring.



 $\mathbf{24}$

Shared by By Tafara Makusha

aitlin Clark netted a game-high 32 points to lead Iowa to a victory over Wisconsin and

passed former Baylor star Brittney Griner for fourth place on the women's college basketball scoring list.

The All-American guard made 8 of 18 shots and six 3-pointers in the 96-50 blowout victory Tuesday in Iowa City. She also logged seven rebounds, five assists and four steals for the No. 2 Hawkeyes (18-1).

"It's hard for me to wrap my head around," Clark told reporters, when asked about passing Griner. "I'm just trying to stay in the moment and enjoy every single second of it." Former Washington guard Kelsey Plum leads the women's all-time scoring list, with 3,527 career points. As reported by UPI news.



