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The Diaspora Times



e-paper

Jan 27th, 2024 Issue 218

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The First Execution Using Nitrogen Hypoxia, Takes Place In Alabama.



The first execution using nitrogen hypoxia, a controversial and widely-contested death penalty method, was used for the first time in Alabama USA on Thursday night.

It took place at the William C. Holman Correctional Facility in Atmore at 8:25 p.m. local time. Smith and his spiritual adviser, the Rev. Jeff Hood, said Thursday afternoon, “the eyes of the world are on this impending moral apocalypse.”

“Our prayer is that people will not turn their heads. We simply cannot normalize the suffocation of each other,” the statement said.

Smith’s legal team had challenged Alabama’s plan to use

nitrogen in the death chamber without documented evidence of its repercussions and called on the state to halt the execution altogether.

His attorneys accused the state of using Smith as a “test subject” for an experimental execution in one request to stop it that was ultimately rejected.

Nitrogen hypoxia is a process that aims to cause asphyxiation by forcing an individual to inhale pure nitrogen or lethally high concentrations of it through a gas mask.

Smith’s execution came after he had already survived a botched lethal injection in November 2022. “putting an inmate to death with nitrogen gas could possibly amount to torture under international treaties.”

File picture of executed Kenneth Smith



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 “A! HA! HA! HEHE! HO! HAH! HAH!”

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 George Nthenge
 Never forget the heroes who kept our freedoms strong with their blood, sweat, and tears.

“If liberty means anything at all, it means the right to tell people what they do not want to hear.” — George Orwell

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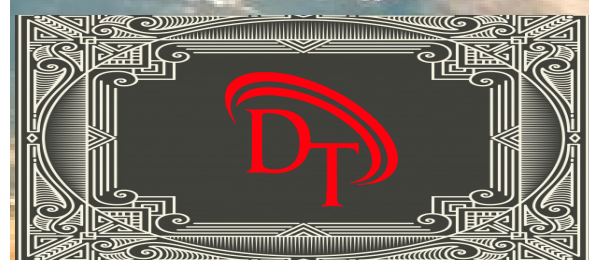
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Trump does not talk about that northern dividing line himself. But he has promised to revive some of his most criticized immigration policies

A Border Wall to the North? Republicans Want to Discuss.

Former President Donald Trump paved a path to the presidency in 2016 by calling for a “big, beautiful wall” along the United States border with Mexico.

His 2024 rivals in the Republican primary election, scrapping for every advantage against him, looked north.

Nikki Haley, a former governor of South Carolina, has frequently told voters that it’s not just the southern border that needs stepped-up enforcement — “it’s the northern border, too.”

“I think we do whatever it takes to keep people out,” she told reporters Saturday when asked if her comments meant she supported building a wall. “If that’s what it takes to keep them out, we will do a wall, we will do any sort of border patrol that we need to have.”

Florida Gov. Ron DeSantis, who ended his bid and endorsed Trump



5,500-mile line that divides the United States and Canada, with a camera crew in tow.

on Sunday after battling with Haley for second place behind the former president, had recently suggested building a wall along some trouble spots of the U.S.-Canada frontier.

Vivek Ramaswamy, a tech entrepreneur, dropped out of the race last week, but not before trekking up to Pittsburg, New Hampshire, a tiny town that sits just below the jagged, 5,500-mile line that divides the United States and Canada, with a camera crew in tow. He later drew criticism from Canadian journalists and pundits when he proclaimed that the United States should not just build one wall, but two.

In Pittsburg, where residents Beverly Martin, 79 and Chip Jones, 74, sat at the bar in an eclectic, barnlike restaurant on a recent snowy afternoon, the idea of a border wall along New Hampshire’s northernmost boundary, an isolated, forested region, was anathema.

“Then you have this armed nation-

nal army that can be used against you and your rights,” Jones, a Republican and retired fire chief from Massachusetts who winters in the town, said in an interview at Full Send Bar and Grill off Route 3. He paused, mulling it over: “A border wall in Pittsburg — does it just not feel right?”

“It doesn’t,” replied Martin, who is also a Republican and taught home economics for 18 years at the Pittsburg School down the road. “A lot of people in Pittsburg have relatives on either side of the border, and people from the border towns in Canada come here to work.”

Trump does not talk about that northern dividing line himself. But he has promised to revive some of his most criticized immigration policies and has escalated his rhetoric, echoing the racial hatreds of Adolf Hitler when he said immigrants living in the country illegally were “poisoning the blood of our country.”

Copied story from CBS

A New Concern on the Ukrainian Battlefield: North Korea’s Latest Missiles.

In South Korea, officials and analysts say the Ukraine war is giving the North something it desperately needs: a testing ground to see how its new missile arsenal, designed for a conflict with South Korea and the United States, fares against Western-designed air defenses.

When Russia turned to Kim Jong Un of North Korea to help it through its war with Ukraine, it came with a big shopping list that included 1 million rounds of artillery to shoot at Ukrainian troops dug into trenches across the south and east, and dozens of North Korea’s newest, barely tested missiles.

Now those weapons are beginning to show up, deeply worrying U.S. and European officials who say they fear the North’s ammunition could prove important on the battlefield at a huge moment of vulnerability for Ukraine.



Emergency workers at a residential building in the aftermath of a Russian strike in Kyiv, Jan. 2, 2024.

While many of the North Korean artillery rounds are proving to be duds — some appear to have been manufactured decades ago — they are giving the Russians something to fire at Ukrainian forces, who are rationing their own dwindling supply. European nations promised Ukraine a huge re-

supply, but for now seem to have been able to scrounge up only 300,000 or so artillery shells.

But it is the missiles that raise the most concern, from the Pentagon to NATO’s headquarters in Brussels. In interviews, a range of officials said they fear the Russians hope to use missiles to overwhelm

Western air defenses. While so far the number of missiles transferred is small, likely fewer than 50, U.S. and European officials believe there could be far more to come.

And unlike with the artillery rounds, North Korea is not shipping its older equipment. An analysis by Conflict Armament Research, an organization that has documented the arms used in Russia’s war in Ukraine, showed the missiles being provided to Russia are more recent in their design. Reported by NY Times

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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 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.

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."

The man says "call who back."

The wild life officer says "your pet fish."

"What fish?" Replied the man.



*I'm hynie the laughing hyena
I'm laughing all day long
(huhuhuhu)
because when I kick all my troubles they wiggle awaaway where theey belong
(other voices) He's happy no matter what happens when singing his happy song
so when you get up every moooorning 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 laugh and we laugh ha ha ha ha ha ha ha ha ha ha ha ha*



All born in the 70 know this one

JOKES: Make it a habit to spend time with funny friends



As a group 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 con-

cerned 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 nervously 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."

.....

Harsh

Article By Abigirl Phiri- Zimbabwe



THE DISPARITY BETWEEN CAREER READY STUDENT AND INDUSTRY NEEDS

The honors is now on the students and graduates to take full responsibility of how they will fare in the industry because if you snooze you lose.

Zimbabwean education is not properly equipping students to career readiness. In addition, from my personal experience our studies didn't talk much about the real world of what we were to expect.

All things being equal, the studies should focus on the post era when students will be done with their education. Needless to mention, forewarned is forearmed on how to maneuver in the working world.

Interestingly, sage men articulated that failing to plan is planning to fail. In particular, alluding to the gap that colleges and universities need to close if ever they are going to generate working force

The need for education counselors at high institutions of learning is a must. Pressing this same point, they must now and then interact with the students edifying them on how the real world is really like.



that is ready to succeed in life. Instead, these high learning institutions up to now it's all cram and pass in a bid to get good grades that will make the guardians happy who will be paying the fees.

As a result, the ultimate workforce success is limited when these graduates finally land jobs due to lack of preparation. This is because most of the teaching and learning methods being implemented in their studies are outdated and are not in line with these current times. To make matters worse, the education is primarily premised on theory than practice yet universities in developed countries like Australia are now more focused on world class creativity and innovations.

Suffice to say, how to solve problems in the form of realistic solutions should be the education mandate. In fact, that way these graduates will be ready to take on any challenge successfully in their careers. To be exact, this should not end on just written down on paper po-

licies such as the Education 5.0.

The stakes are high for graduates as other employees at companies believe these youngsters have the solutions to every problem. That said, as graduates we have to prove our worth or face the predicament of losing face that we are all talk and no show. In the Zimbabwean scenario, due to limited options and poor grades some students end up being given any program which they will do halfheartedly for the sake of gaining the title that they are university students or graduates. Thus, when graduates go out into the industry there is a disparity of needs and thoughts.

As long as higher tertiary education keep churning graduates who are not career ready and meet its needs then the unemployment problem is going to keep on escalating to unprecedented levels. Fortunately with the introduction of the one year attachment period this is helping the students to at least get a taste of how the real working world looks

like.

The need for education counselors at high institutions of learning is a must. Pressing this same point, they must now and then interact with the students edifying them on how the real world is really like. Indeed, seeing is believing therefore arranging expos and events with industry should be organized now and then.

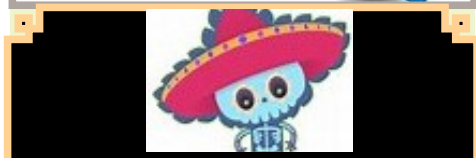
However some programs do not have the one year for attachment henceforth this is major disadvantage to the students. They will be bludgeoned with the work demands when they finally go in the industry which is fast paced and need quick thinkers to rise up to the challenge.

The honors is now on the students and graduates to take full responsibility of how they will fare in the industry because if you snooze you lose. Given you were not properly prepared to take full on the demands of the industry, still you can up skill yourself to match its needs if you are to stay afloat in these uncharted waters.



By Abigirl Phiri-Zimbabwe

summary

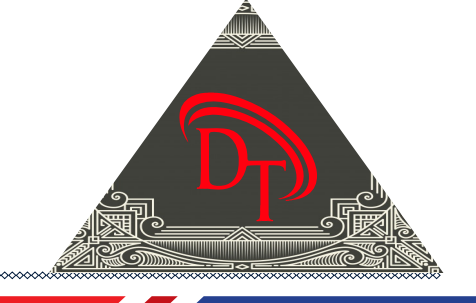


Poem: Pleased to meet you
By : Abigirl Phiri

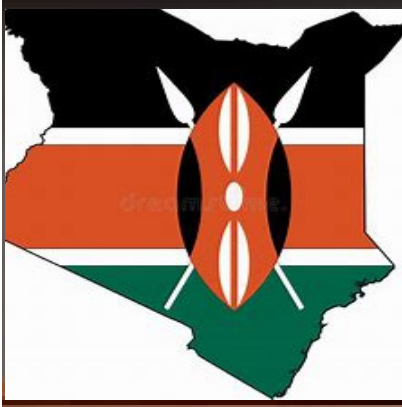
**We meet and greet
Introductions
are in order
Pleased to meet
you
It's quite easy to
make friends
For we meet to
part
Only to part to
meet
Pleased to meet
you too**



POEM



“The need for education counselors at high institutions of learning is a must.”



GEORGE NTHENGE

Nthenge was the remaining politician among the team that travelled to Lancaster to vouch for Kenya's independence.

Nthenge breathed his last on the evening of Tuesday, August 10, at his Buruburu home, where he has been resting after being discharged from the Nairobi Hospital, Citizen reported. The former Iveti South MP, who died at the age of 94, was among the authors of Kenya's first constitution and in 1960, he served as a member of LEGCO. After the death of President Daniel Moi, Nthenge was the remaining politician among the team that travelled to Lancaster to vouch for Kenya's independence. Nthenge, who also served as Kamukunji MP between 1992 to 1997, survived a tragic road accident that claimed the lives of his 11 family members. In the accident that occurred in November 1978 at Athi River along Nairobi-Mombasa road, the politician lost his 10 children and his first wife, Emelda Damaris Mukui. The politician was ferrying the children to school in Nairobi when the incident, still the most



George Nthenge sunrise 1937 Sunset 2021

horrific family accident in history, occurred. In a past interview with Nation, Nthenge said he wished to be buried directly above his wife, Emelda. He said his grave should be dug four feet deep, two above the remains of his wife. Also, he directed his second wife, Scholastica, to be buried two feet above him in the same grave when she dies. In November 1978, he survived a road accident in the Maanzoni area along Nairobi-Mombasa Road where he lost his ten children and his first wife as he ferried them to school in Nairobi. He is survived by his seven children. He was also an accomplished businessman, having founded a handicraft factory in Machakos town in 1953, making him one of Kenya's foremost curio exporters.

President Kenyatta eulogized Nthenge as an elder statesman and an icon of Kenya's independence struggle who played a vital role in entrenching democracy in the country. "It is disheartening to learn of the passing away of Hon George Nthenge, one of our country's few remaining independence-era politicians, freedom fighter, and architect of our second liberation." "It is because of the solid foundation laid by Hon George Nthenge and his generation of leaders, and their work over the decades, that Kenya stands tall in the community of nations as a strong, democratic and prosperous nation," Uhuru said. Machakos Governor Alfred Mutua said Nthenge died of COVID-19 complications.

Besides his long political career, Nthenge was an accomplished businessman and one of Kenya's foremost curio exporters who founded a handicraft factory in Machakos town in 1953. Nthenge was a member of LEGCO for the then larger Machakos District in 1960.

He was among the leaders who attended the Lancaster House Conference in London prior to Kenya's independence.

In the 1960s, 1970s, and 1980s, he was the Member of Parliament for Iveti South.

He served as Kamukunji MP between 1992 and 1997.

"Mzee Nthenge was a highly respected elder statesman, pro-democracy agitator and mentor whose journey through life epitomized the rich political history of the Kenyan nation."

Uhuru said it is because of the solid foundation laid by Nthenge and his generation of leaders, and their work over the decades, that Kenya stands tall in the community of nations.

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

summary

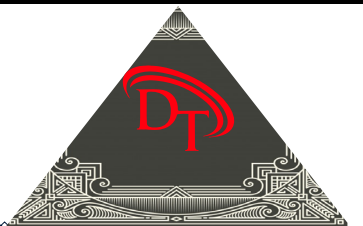


R.I.P.

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George Nthenge





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

07

Many of life's failures are people who did not realize how close they were to success when they gave up. -Thomas A. Edison

INSPIRATIONAL SUCCESS STORIES TO KEEP YOU STRIVING FOR YOUR DREAMS.

inspire yourself to believe that you too can achieve your dreams and success. if you'll but press on like they did.

Tony Robbins' upbringing was rough. His parents divorced when he was only 7 and his mother would go on to get remarried 4 different times as he grew up.

His mother's unstable relationships with men created a chaotic environment for Tony and his siblings. As the oldest of three other siblings, Robbins felt obligated to step up and help his family cope in a household led by a substance abusing mother.

Robbins had to grow up fast. As a teenager he had to do the grocery shopping every week for the family because his mother couldn't be bothered to do it. He also had to prepare the meals for everyone because no one else would. Eventually, Robbins had to take on various jobs in his youth just



Tony Robbins' author of motivation books

to keep the bills paid. Amazingly, Robbins would do all these things even without a car, relying solely on public transportation to get around.

At the age of 17, Robbins had

a falling-out with his mother, and she kicked him out of the house. He finished high school but avoided college.

Armed only with a high school diploma he struggled for a few ye-

ars working menial jobs that sucked the life out of him. He gained weight, felt broke, and started feeling hopeless about his situation.

One day, after attending a Jim Rohn he became inspired to turn it all around. He embraced Rohn's message of hope and the power of taking responsibility for one's situation. And he used that inspiration to reach out to Jim Rohn himself for work, and Rohn obliged.

Robbins soon became one of the Rohn's best salesman. In fact, Robbins was so good that he became a millionaire by the age of 26 just from sales.

Leveraging everything he learned from Rohn, Robbins eventually broke out on his own and became the best-selling author, high performance coach, and multimillionaire that the world has come to know and love.

There's nothing like a good success story to lift our spirits. There's something uniquely powerful about knowing someone else has experienced setbacks and serious hardships similar to our own, and yet still managed to come out on top.

Success stories are invigorating, and a great one can provide us with a renewed hope, that despite things being unimaginably hard and seemingly hopeless, we can still achieve our dreams.

Sylvester Stallone Story of Humble Beginnings To Stardom.

Sylvester Stallone has one of the most inspiring success stories. Before he made it big he was essentially a starving artist.

For many years during and after his college years, he worked odd jobs to pay the bills. And he would do so while simultaneously taking on any acting roles he could find to keep his dreams of becoming a successful actor alive.

It was a struggle that Stallone would endure for many years, seven in fact. Throughout all of those seven challenging years, he would gain a few small roles in a handful of movies. But, none of them were grand enough to get his career launched.

During those seven long years of striving, he came face-to-face with near poverty. Stallone was so desperate for money at one point, he had to sell his wife's jewelry. He even had to sell his dog because he couldn't keep him fed. Things got so bad for Stallone that he even had to endure homelessness for a short period of time.

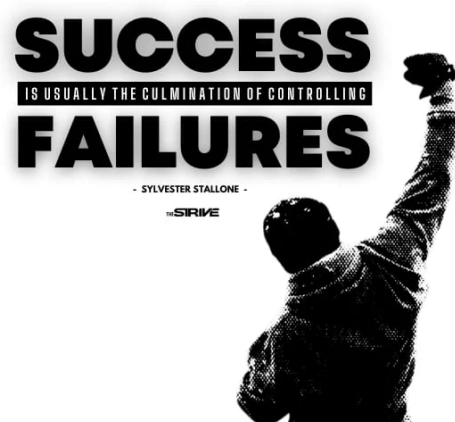
But, his days of struggle as an aspiring actor would not last forever. After facing see-

mingly insurmountable odds for over seven years, he would finally get his big break.

And this break would come after he managed to get a script he wrote in a three day flurry of inspiration, in front of two big-shot directors in Hollywood.

It was this defining moment that would turn the tide for Sylvester Stallone. His career would skyrocket after he negotiated the lead role in the film that would come to be known as 'Rocky'.

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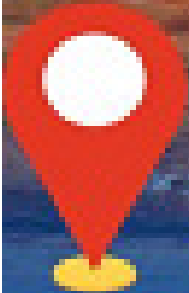
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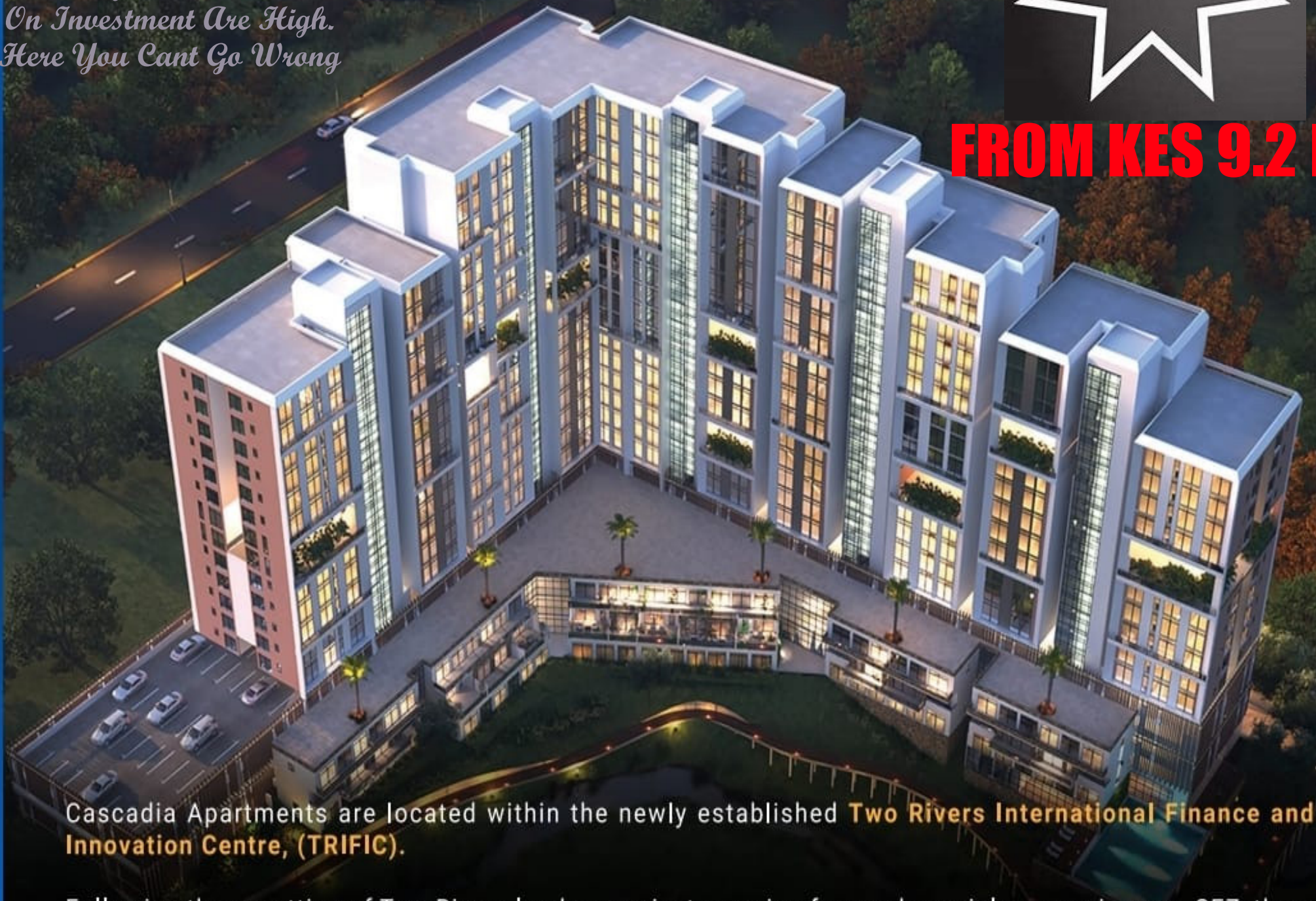
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*Its always good to know the
ones who have left us.*

This page is for death notices.



Death and funeral Announcements



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NEWS Briefs



HIGHLIGHTS

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.

Supreme Court Says Feds Can Remove Barriers In Texas That Block Migrants.

"Texas' political stunts, like placing razor wire near the border, simply make it harder and more dangerous for frontline personnel to do their jobs,"

The Supreme Court on Monday allowed the Biden administration to remove razor wire barriers that Texas erected along a 29-mile stretch of the Rio Grande meant to block migrants at the Southwest border.

The 5-4 ruling was a temporary victory for the Biden administration, giving the federal government the upper hand in its fight with Texas while the underlying lawsuit continues.



"Texas' political stunts, like placing razor wire near the border, simply make it harder and more dangerous for frontline personnel to do their jobs," White House spokesperson Angelo Fernández Hernández

said in a statement Monday.

Texas Gov. Greg Abbott, a Republican, authorized the installation of the razor wire as part of a broader effort to deter migrants from crossing the Mexico border. That included a 29-mile stretch of the riverbank in Eagle Pass, much of which is private land.

But the Department of Homeland Security said federal law gives Border Patrol agents authority to access private land within 25 miles of the border and that state laws cannot be used to

stop those agents from carrying out their work.

The agency told the Supreme Court that the razor wire is affecting migrants who have already entered the United States and making it harder for federal border agents to apprehend them.

"It is a foundational constitutional principle that the federal govern-

ment is not bound by the laws or policies of any particular state in its enactment and implementation of federal law," U.S. Solicitor General Elizabeth Prelogar told the court.

Texas Attorney General Ken Paxton said Monday the destruction of Texas's border barriers will not help enforce the law or keep Americans safe.

Texas authorities blamed the Biden administration for the three deaths, saying they happened because the U.S. has failed to properly enforce laws

It's all about dreams. Dreams cost nothing, they are free." – Sylvester Stallone

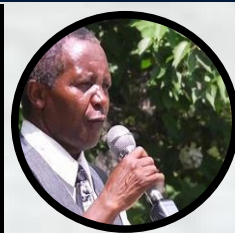
The fight over the barriers is part of a broader struggle between Abbott and President Joe Biden, a Democrat, over immigration. Biden is facing mounting pressure over the situation at the border – an issue his Republican challengers have been hammering on the campaign trail. Abbott also signed a law allowing state law enforcement officers to arrest, detain and deport people suspected of illegally crossing the border.

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Arch Dr. I KINUNGI Behind the vision

THE FUTURE * TODAY *



Dr Isaac Kinity



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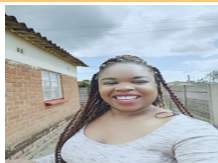
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Tigerfishing A Phenomenon Of The Shanyati Gorge.



Tourists always trip over themselves to reach this destination because we are literally talking about the home of Zambezi's Iconic Tigerfish.



Tourism with
Memory Phiri
Zimbabwe.

Stigerfishing is one activity that tourists look forward to when they visit the Shanyati Gorge. Apparently, the destination is defined by Matusadonha's eastern boundary.

They say the bigger the better, that is why this type of fishing always piques our interest. Tourists always trip over themselves to reach this destination because we are literally talking about the home of Zambezi's Iconic Tigerfish.

Transformative travel will never get better than this so it's advisable for every traveller to add this activity on their bucketlist. By the bye, fishing expeditions

Zimbabwe has many lakes for example Lake Cunningham in Filabusi which centers on fishing as part of its itinerary. However, that type of fishing does not even come close to the mind blowing close encounters with the tiger fish.



Lake Cunningham in Filabusi which centers on fishing as part of its itinerary.

have opened the eyes of one too many a visitor. Talk about the hook, line and sinker.

Zimbabwe has many lakes for example Lake Cunningham in Filabusi which centers on fishing as part of its itinerary. However, that type of fishing does not even come close to the mind blowing close encounters with the tiger fish.

Thus, the tourism industry has gone to the extent of having events that cater for the fisheries only like the highly acclaimed Tigerfish Tournament. Following this line of thinking, the tournament is done in a bid to minimise illegal fishing in a classic way.

Lest we forget the Lake Harvest Marathon which is the brainchild of Kariba. Hopefully, the tigerfishing tournaments will continue to be held annually in accordance to the water corridor that runs from the Shanyati Gorge, Bumi Hills, Mlibizi all the way down to Binga. To state the obvious, these fishing hotspots will encourage more to urists to

partake in fishing making it a watertight safari package.

This time around tourists will find themselves unabashedly opening a cane of worms and fish rods will inevitably come in handy. For your own information, travel photography also thrives at these excursions because it is essential to record the whole scene as it unfolds before your eyes.

Up to date, tourists have been rendered speechless by catching some tigerfish that weigh up to nine kilograms, give and take. How about that dear readers? Come and bear witness to such a phenomenon that lies in the meandering water that flows incessantly along the great expanse of Zambezi. Interestingly, when all this will be happening participants will be ensconced in the belly of the Matusadonha National Park.

It can be deduced that tourists are helping in protecting the waterway against extinction and illegal netting by paying a fishing fee. As a way of leading by

example, the Law Enforcement Department vigilantly put up a new tented Forward Operating Base which stands to monitor the spawning of the tigerfish twenty-four seven. Zimbabwe's wonders will surely never cease to amaze us.

Up to date, tourists have been rendered speechless by catching some tigerfish that weigh up to nine kilograms, give and take. How about that dear readers? Come and bear witness to such a phenomenon that lies in the meandering water that flows incessantly along the great expanse of Zambezi.

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

15

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

Diaspora Sunday

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."
- Jeremiah 29:11:

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!

I am the son of your servant Jesse the Bethlehemite.' David was rewarded with a place at Saul's court.

STORY OF DAVID AND GOLIATH

The story of David and Goliath is one of the most iconic and celebrated tales from the Old Testament. Virtually everyone vaguely acquainted with Bible stories knows that David, as a young boy, slew the giant Goliath. The story is an inspiring example of how the plucky underdog could defeat someone much bigger than him, against the odds.

Except, there are two problems with this story, a story that virtually everyone 'knows'. First, was it actually David who slew Goliath? And second, and perhaps even more intriguingly: was David really the underdog in that fight?

Let's delve deeper into what the Bible actually says about the David and Goliath encounter, and offer an analysis of its meaning. But first, here's a brief summary of the story, as it's commonly told.

The account of David's fight with Goliath is found in 1 Samuel 17. The Israelites were getting ready for a battle against the Philistines, a valley separating the two



David and Goliath illustration fight.

armies, each of which stood ready on a mountain. Goliath, the champion of the Philistines, was a giant of over nine feet in height, wearing armour and carrying a huge spear.

Every day he walked out to the Israelite army and challenged them to send forward one Israelite to fight him in single combat, to settle the issue and decide the winner. If Goliath beat the Israelite, the Philistines would win, but if the Israelite champion

was victorious, the Israelites would win.

The Israelites feared this mighty warrior; even Saul, their king, was apprehensive. But the young shepherd-boy David accepted the challenge, stepping out to face Goliath armed only with his staff, a sling, and five smooth stones he took from the nearby brook, placing them in his shepherd's bag. Goliath cursed David, calling up his gods against the boy, but David replied that

his God, the Lord, would support David in striking Goliath down and delivering a victory to the Israelites over the Philistines.

These words made Goliath angry, so he rushed towards the young boy.

Copied from Dr Oliver Tearle analysis. (Loughborough University)



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



Pastor Mukuria

Morning Affir
Cast your cares on the Lord and He will sustain you.
Psalm 55:22

Good day!!



Brother Kigume

And I continually long to know the wonders of Jesus and to experience the overflowing power of his resurrection working in me. I will be one with him in his sufferings and become like him in his death.

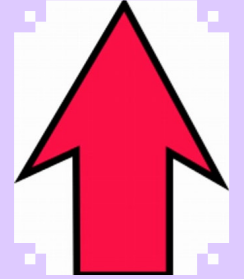


You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one. -John Lennon

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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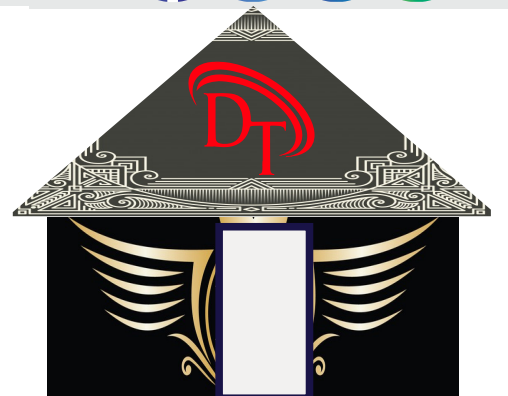
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Health Tit Bits



MENEGITIS IS DEADLY

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 acute meningitis consists of promptly giving antibiotics and sometimes antiviral drugs. Corticosteroids can also be used to prevent complications from excessive inflammation.

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



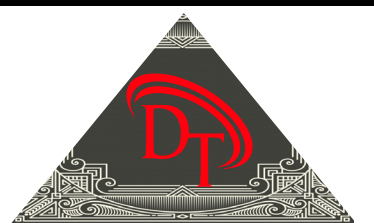
summary



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 world.

MENEGITIS



Meningitis is an infection and inflammation of the fluid and membranes surrounding the brain and spinal 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 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).

Early meningitis symptoms may be similar to the flu. Symptoms may develop over several hours or over a few days.

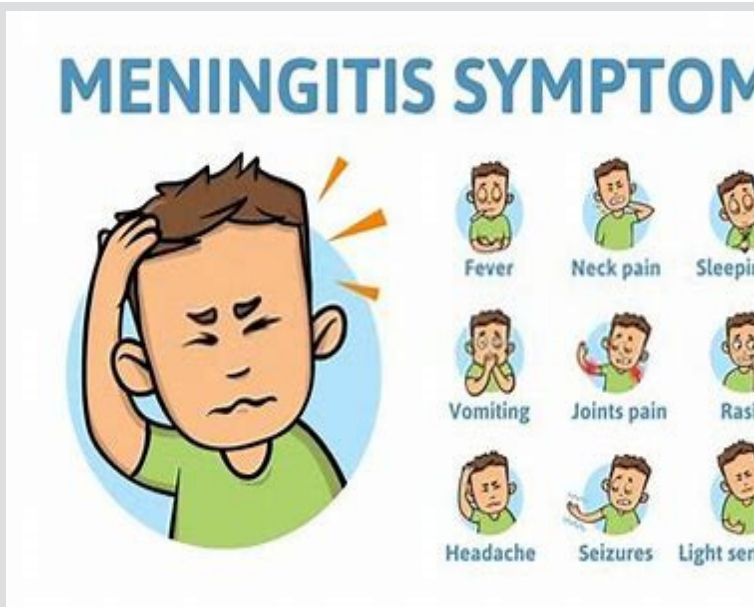
Possible symptoms in anyone older than the age of 2 years include:
Sudden high fever.
Stiff neck.
Severe headache.
Nausea or vomiting.
Confusion or trouble concentrating.
Seizures.

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.
Vomiting.

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



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.

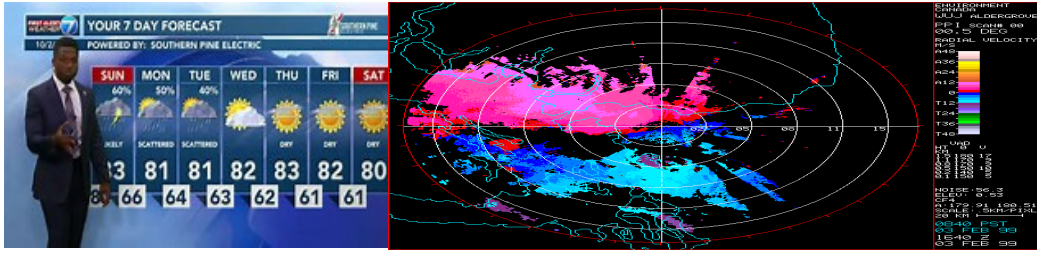
A lumbar puncture, in which a needle is inserted into the spinal canal to collect a sample of cerebrospinal fluid (CSF), can diagnose or exclude meningitis.



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

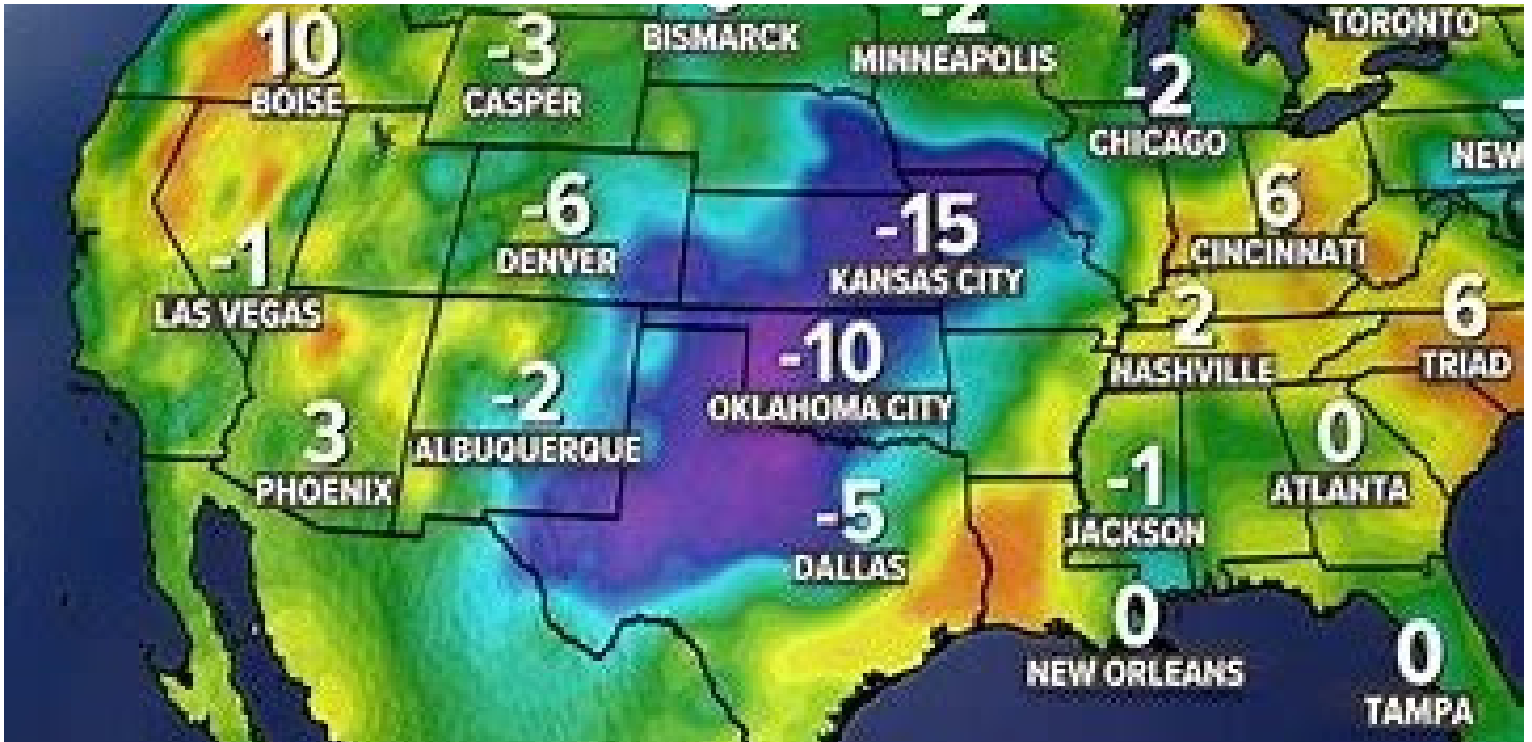
The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. -Helen Keller



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.

Maryland Weather: Dense fog to impact travel into Friday AM



WEATHER



Rain and fog likely tonight. Dense fog may continue into the Friday morning commute causing slow and tough travel. Patchy mist, drizzle, and fog will continue across the area this evening and tonight. In addition to the waves of mist and drizzle, showers and even a period of steady rain are likely. Most of the rain will end during the early overnight hours. Temperatures will remain quite mild in the 50s. Some pockets of fog will be locally dense reducing visibility below 1/2 mile. Please reduce speeds and give yourself extra travel time. Dense fog may bring significant travel delays and disruptions Friday morning to some areas across Maryland, including Baltimore City. An ALERT DAY may

need to be issued Friday morning if fog becomes widespread and dense. Please check back for updates and the WJZ First Alert Weather Team will let you know where fog is the worst for the Friday morning commute. LOCAL NEWS Maryland Weather: Dense fog to impact travel into Friday AM By Steven Sosna Updated on: January 25, 2024 / 6:04 PM EST / CBS Baltimore BALTIMORE -- Rain and fog likely tonight. Dense fog may continue into the Friday morning commute causing slow and tough travel. Patchy mist, drizzle, and fog will continue across the area

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you know where fog is the worst for the Friday morning commute. Friday afternoon will turn even warmer than today with temperatures reaching spring-like levels. Look for dense fog and pockets of mist and drizzle to lift throughout the morning. Expect partial clearing Friday afternoon with a breeze out of the west. This will help temperatures warm into the upper 60s and even lower 70s, especially inland areas and across the lower eastern shore. Most of the day looks to be rain-free as well.



"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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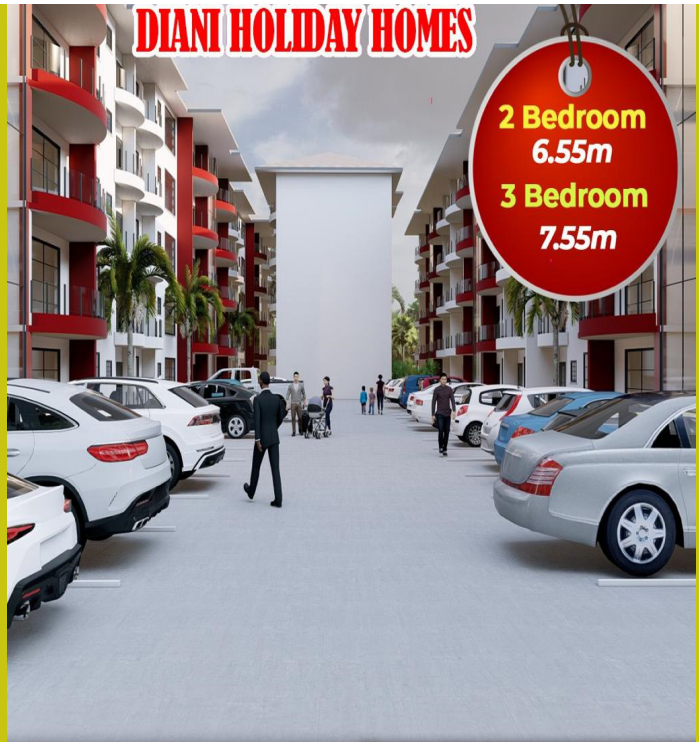
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BACKPAGE

WORLD OF SPORTS

Colts' Pending Free-Agent RB Zack Moss Open To Return.



Shared by:
By Tafara
Makusha

Through the first month of the season, the Indianapolis Colts relied on running back Zack Moss to fill the shoes of a superstar, and now he's set to hit the free-agent market during the 2024 offseason.

As the early-season drama surrounding Jonathan Taylor and the Colts front office raged on, Moss stepped up in a big way for the first five weeks as the starting running back.

Even following Taylor's return to his normal role as the starter during the second half of the season, Moss is open to a return to the Colts. "If I do come back here," Moss said via Nate Atkins of The Indianapolis Star. "It would be great."

Entering Week 6 of the regular season, Moss' 466 rushing yards trailed only Christian McCaffrey (553) for the league lead. In fact, Moss ranked second in the NFL in rushing yards (615) through the first nine weeks of the season, which was done despite Taylor having returned in Week 5. Shared from USA today.



SPORTS WORLD

