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By Abigirl Phiri

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The Diaspora Times



Feb 10, 2024 Issue 222

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DOCTORS LEAVING KENYA FOR GREENER PASTURES.



Doctors in Kenya, are leaving in large numbers, and the same is raising concerns as there might be very few left to attend to patients. The Governors in various counties have raised concerns over the high numbers of medical professionals migrating to overseas countries. Nurses are also migrating to the UK and USA and soon, there will be only a few left. The Chairperson of the CoG Health Committee, Muthomi Njuki, suggested reforms to regulate health workers by coming up with incentives so that they can remain in the country to attend to more than 50 million Kenyans. Failure to do so -will cause the worst brain drain that will destroy the medical profession forever.

THE DARK CONTINENT FOR REAL
Kenyans have been told to expect power blackout in major Cities on Friday.



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Former Olympian and longtime track coach will spend as many as 11 years in state prison after pleading guilty to charges of sexually molesting young boys

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Ngala was born in 1922 at Gotani in Giriama country. In 1929 the family moved to Vishakani near Kaloleni, which was to be.....

"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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**“Three things cannot be long hidden: the sun, the moon, and the truth.”
– Buddha–**





Mainwaring, a 72-year-old Los Angeles resident and United Kingdom national, will serve his sentences on the multiple charges concurrently

Olympian pleads guilty to sexually molesting young boys at Camp Greylock in the 1970s

A former Olympian and longtime track coach will spend as many as 11 years in state prison after pleading guilty to charges of sexually molesting young boys at a sports camp in western Massachusetts in the 1970s, abuse that was laid bare by the emotional testimony of several victims.

Conrad Mainwaring, who was a hurdler for Antigua and Barbuda in the 1976 Summer Olympics in Montreal, faced 12 counts of indecent assault and battery on a child over 14 and four counts of indecent assault and battery on a child under 14 in Berkshire Superior Court. The charges involved nine male victims.

“He used his Olympic status to

Mainwaring molested campers from 1975-1979 while working as a counselor at Camp Greylock in Becket. Authorities have said they believe there are “many other victims” in several states and outside the United States.

Some of the camp victims — who were as young as 13 and as old as 19 — testified at Thursday’s hearing,

abuse young boys,” District Attorney Timothy Shugrue told the court. “He chose young, attractive, athletic boys, young men because he knew, at least he thought he knew, they would not speak up. This was his opportunity for self-gratification, a fraud at the expense of many, many lives.”

In a pattern that repeated itself over the years, Shugrue detailed case after case in which Mainwaring leveraged his Olympic credentials as part of a grooming technique used on boys attending Camp Greylock, making the youngsters believe that the sexual assault would make them better athletes. The abuse took place in the woods around the camp, in a van, and near a tennis court,

among other places.

After details of the cases were presented, Mainwaring, in a wheelchair and wearing a mask, said “yes” when asked by the judge if he committed the offenses laid out in court. He then said “guilty” after each of the charges was read out.

Mainwaring, a 72-year-old Los Angeles resident and United Kingdom national, will serve his sentences on the multiple charges concurrently. But Judge John Agostini said it was “probably a life sentence” given Mainwaring’s age.

NYT copy

Special counsel passes on charging Biden but paints damning portrait of him.

Biden addressed the report during an appearance at a retreat for House Democrats on Thursday afternoon. “I was pleased to see the special counsel make clear the stark differences between this case and Trump’s,” he said, “The special counsel in my case decided against moving forward with any charges. This matter is now closed.” He banged the podium with a fist.

The special counsel investigating President Joe Biden’s handling of classified documents has concluded that no criminal charges are warranted in the matter and said they wouldn’t be even if the Department of Justice didn’t have a policy barring the prosecution of sitting presidents.

That conclusion was revealed in a 345-page report that the Justice Department released on Thursday.

But while the report withheld condemnation of Biden on legal grounds, it presented a harsh portrait of his conduct and mental faculties. Biden improperly took classified material related to the 2009 Afghanistan troop surge and shared classified information



with the ghostwriter of his 2017 memoir. The report also includes photos of classified documents in insecure places, including a cardboard box in Biden’s garage and a filing cabinet under his TV.

In the report, Special Counsel Robert Hur, a well-respected former U.S. Attorney, explained the president’s “lapses in attention and vigilance demonstrate why former of-

ficials should not keep classified materials unsecured at home and read them aloud to others, but jurors could well conclude that Mr. Biden’s actions were unintentional.”

But he said that Biden would make a defense that many jurors would find sympathetic. Biden’s memory lapse was a

common theme throughout Hur’s report. He writes that Biden did not remember when he was vice president or, “even within several years,” when his son Beau died. Biden, Hur writes, “appeared hazy when describing the Afghanistan debate that was once so important to him.” He predicted that Biden’s attorneys “would emphasize these limitations in his recall” if they were called upon to defend him at trial. One of those attorneys, Bob Bauer, took umbrage with the portrayal, accusing Hur of “essentially, ‘trashing’ the subject of an investigation” with extraneous, unfounded and irrelevant critical commentary.”

MSN News

laughtner is the best medicine



Always Laugh When You Can...
It's The Best Medicine

Donald Trump was walking through Manhattan and saw a long queue. Wondering what it was for, he joined it. People would look over their shoulder, see that it was Donald Trump behind them, and leave the queue, so he would proceed closer and closer to the front.

As he was getting closer to the head of the queue, he asked one guy, who also looked and was about to walk away, "Wait a second, what is this queue for and why are you now leaving it?"

The man said "This is the queue for Canadian Immigration Visas, but if you are getting one, I don't need one now."

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."

A Husband and Wife at Custody court. The judge looks sternly at the ex wife.

Judge: "Why do you think you deserve custody of the child?"

Ex wife: "I brought him into this world so I should have custody of him."

Judge: "That is a simple yet good reason."

Then the judge looks towards

the Ex husband.

Judge: "Why do you think you deserve custody of the child, sir?"

The ex husband thought long and hard about his response, after a brief moment of silence, he replies, "If I put money into a Pepsi machine and a Pepsi comes out. Is it mine or the machines?"

Two crows were in a field when they noticed a figure that looked like a man in the distance.

"See that over there? What is that?", says the first crow.

The second crow takes a long look, "That's a scarecrow. Looks authentic, doesn't it."

"How can you tell it's a scarecrow and not a person?", replies the first crow.

"Look at it's hand. No cell-phone", says the second crow.



*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 shiny like hynie the laughing hyena
I laugh and I laugh and I laugh some more we laugh and we laugh and we laugh ha ha ha ha ha ha ha ha ha ha ha ha ha ha ha ha*



All born in the 70 know this one

Harsh

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



A climber fell off a cliff, and, as he tumbled down, he caught hold of a small branch. "Help! Is there anybody up there?" he shouted. A majestic voice boomed through the gorge: "I will help you, my son, but first you must have faith in me." "Yes, yes, I trust you!", cried the man. "Let go of the branch", boomed the voice. There was a long pause, and the man shouted up again,

"Is there anybody else up there?"
A redneck's father passed away in his sleep. So in the morning, he calls 911 to come pick up the body. The 911 operator told him that she would send someone out right away. "Where do you live?" asked the operator. He replied, "At the end of Eucalyptus Drive." The operator asked, "Can you spell that for me?" There was a long pause and finally he said, "How 'bout if I drag him over to Oak Street

and you pick him up there?"
A boy read a restaurant sign that advertised fat-free French fries. "Sounds great," said the health-conscious boy. He ordered some. He watched as the cook pulled a basket of fries from the fryer. The potatoes were dripping with oil when the cook put them into the container. "Wait a minute," the boy said. "Those don't look fat-free." "Sure they are," the cook said. "We charge only for the potatoes."

Article By Abigirl Phiri- Zimbabwe



SURREAL SHORT STORY

She was inclined to act hard of hearing to fit the part of an old woman yet she could perfectly understand uncle Fambola.

High pitched cries could be heard as the group of ladies lamented over the demise of Kiswahili. The men were in shock, they sat in complete silence as they watched the proceedings of this doom fated day. As for the children, although they were too young to understand what was going on still they silently brooded unable to ask for clarity from the serious faced adults.

The talk was Kiswahili was dead and gone. It had happened so sudden that it had taken a lot of people by surprise. If Kiswahili no longer existed on the face of earth then what was the purpose to go on with life many pondered. It seemed all they had for heritage had been crucified into the pit less arms of death.

What did Fambola know about being faced by a huge loss, having had everything done for him since from a tender age? He was accustomed to being served on hand and foot by the beloved family who highly thought of him because of his education. Thus they were always at his beck and call.

A strange man had been in the process of stealing fire burnt dirty pots when he had been caught red handed in the act. In addition, uncle Rafiki had his symbian phone stolen that very same night.

To cap matters of the previous night, a fight had suddenly broke out.

A strange man had been in the process of stealing fire burnt dirty pots when he had been caught red handed in the act. In addition, uncle Rafiki had his symbian phone stolen that very same night. Although it was of little value to most people since the inception of androids but to uncle Rafiki that small Nokia meant the world to him. Talk about one man's treasure being another's trash.

Azizi as usual was up in arms with aunt Zuri doing their theatrics trying to patronize everybody and be the center of attention as if cynosures. For a moment, one was forced to forget about the death of Kiswali and focus on their malarkey.

On the other hand, bawling her eyes out grandma Asante was inconsolable. Many of the relatives feared the worst for her. Not so long ago, in the village an old and withered man had died from grief, missing his better half who had lost the battle to severe arthritis. As a result, the villagers feared the

worst for grandma Asante with this rate they were sure she was going to follow in this same ill-fated path just like the tragic story of Romeo and Juliet. Indeed, grief was a real terror to contend with which many lost to it's battle time and again.

"Grandma Asante please stop crying. All will be well," Uncle Fambola stiffly said in a firm voice. Usually most of the relatives took heed to his sagacious words because he was the much loved youngest son of grandma. But on this fateful day, grandma wouldn't hear any of that, as she cried even harder.

She was inclined to act hard of hearing to fit the part of an old woman yet she could perfectly understand uncle Fambola. "No, Fambola. You can't tell me to stop crying. Do you know how long Kiswahili has been with us," grandma answered in a muffled barely audible voice between heaves.

"Ok I am aware of that. I am equally disturbed mother but at least stop crying and eat something," uncle Fambola continued infusing authority in his

voice to outline he was the master here. Even at such a terrible time like this, patriarchy was a white elephant in the room.

"Sorry to disappoint you. I rather die than leave without Kiswahili," grandma Asante declared as she shuffled to her feet moving away from her distraught son.

What did Fambola know about being faced by a huge loss, having had everything done for him since from a tender age? He was accustomed to being served on hand and foot by the beloved family who highly thought of him because of his education. Thus they were always at his beck and call.

But what was education compared to Kiswahili? Everything seemed to be a dreary notion which they wouldn't be able to move past from any time soon, this sad occurrence.



By Abigirl Phiri-Zimbabwe

summary



OPRAH

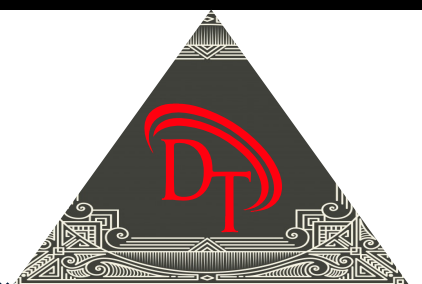
Once Winfrey took the stage, she delivered an inspirational, uplifting speech which discussed race and gender and the fight for equality. She also told the story of Recy Taylor, a woman who fought for justice in the Jim Crow era after she was raped. "For too long, women have not been heard or believed if they dare speak the truth to the power of those men," Winfrey said, bringing the audience to its feet. "But their time is up. Their time is up."

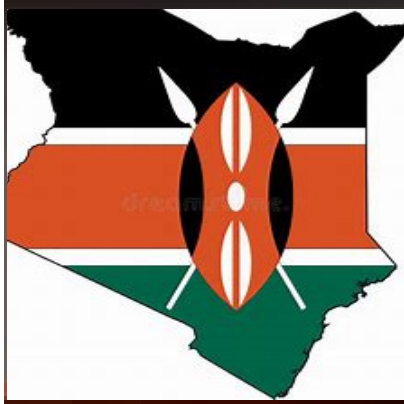
THINK LIKE A QUEEN. A QUEEN IS NOT AFRAID TO FAIL. FAILURE IS ANOTHER STEPPING STONE TO GREATNESS.



POEM

Azizi as usual was up in arms with aunt Zuri doing their theatrics trying to patronize everybody and be the center of attention as if cynosures.





Ronald Ngala

FALLEN HERO

Ronald Ngala

Kenya FALLEN HERO



Rest In Peace

RONALD GEDION NGALA

Kenya African Democratic Union (KADU) was formed with Ngala as its leader, in opposition to KANU.

Ronald Gideon Ngala (1923–1972) was a Kenyan politician who was the leader of the Kenya African Democratic Union political party from its creation in 1960 until its dissolution in 1964.

Early career

Ngala was born in 1922 at Gotani in Giriama country. In 1929 the family moved to Vishakani near Kaloleni, which was to be Ngala's home for the rest of his life. Ngala attended The Alliance High School and Makerere University College where he gained a teaching diploma.

He worked as a teacher in Kenya's coastal region and later became headmaster of Mbale Secondary School in Taita-Taveta District. In 1952 he was transferred to Buxton School in Mombasa where he served as the principal.

Political career

Legislative Council

Ngala began his national career by being elected to the Legislative Council in 1957. In the 1957 elections



Ronald Ngala sunrise 1922 Sunset 1972

to the legislative council, Ngala was elected to represent the Coast Rural constituency.

Following these elections, Ngala, along with Tom Mboya, Oginga Odinga, Lawrence Oguda, Masinde Muliro, Daniel Arap Moi, Benard Mate and James Miumi formed the African Elected Members Organisation (AEMO) and signed a controversial press statement declaring Kenya's Lyttelton constitution on which they had been elected, void. One of the declarations of AEMO was that none of the African elected members of the legislative council would take any ministerial office. This constitutional crisis led to the first Lancaster House conference in 1960 at which the African delegation sought a new constitution for Kenya.

At the Lancaster House conference, the ban on nationwide African political parties was lifted and the African delegation agreed to form the Kenya African National Union (KANU). Ngala was appointed to the

committee which drafted KANU's constitution and at a meeting held on 14 May 1960, in Kiambu he was elected as the party's treasurer in absentia which he declined having expected to be appointed the chairman. Daniel Moi also declined the assistant chairman slot. They later formed KADU.

After the formation of KANU, a number of smaller parties formed which represented the interests of minority tribes. At a meeting of the leaders of these parties held in Ngong on 25 June 1960, the Kenya African Democratic Union (KADU) was formed with Ngala as its leader, in opposition to KANU.

At the 1961 legislative council elections KADU led by Ngala won 11 seats to KANU's 19, however, the leaders of KANU refused to form any government until Jomo Kenyatta was released from house arrest. KADU under Ngala agreed to form a government and Ngala became Leader of Government Business and

later Chief Minister. Jomo Kenyatta was released from house arrest later in 1961 and became president of KANU. Under Kenyatta's leadership KANU won 83 of the 129 seats in the national assembly at the 1963 elections. On 12 November 1964 six key members of KADU crossed the floor to KANU. The leaders of KADU, including Ronald Ngala, Masinda Muliro and Daniel Arap Moi decided to dissolve KADU and join KANU.

Ngala was born in 1922 at Gotani in Giriama country. In 1929 the family moved to Vishakani near Kaloleni, which was to be Ngala's home for the rest of his life. Ngala attended The Alliance High School and Makerere University College where he gained a teaching diploma. He worked as a teacher in Kenya's coastal region and later became headmaster of Mbale Secondary School in Taita-Taveta District. In 1952 he was transferred to Buxton School in Mombasa where he served as the principal.

Ronald Ngala was made Minister of Cooperatives and Social Services in the Kenyatta government.[9] He went on to become one of KANU's vice-presidents at the 1966 Limuru Conference in which Oginga Odinga was ejected from KANU.[10] Ngala remained active in the government until he died in a road accident in 1972.[9] The circumstances of Ngala's death in 1972 were suspicious, but nobody was arrested or charged, and there was no inquiry.

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

summary

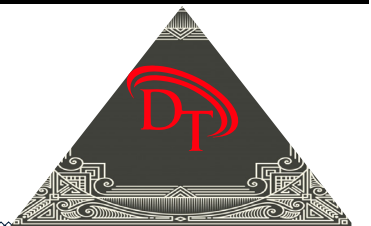


R.I.P.

Ronald Ngala was born in the coastal town of Kilifi in the British colony of Kenya. He was educated at Alliance High School and at Makerere University College, where he received a diploma in teaching. He then began a teaching career (1949-1954), rising to the positions of headmaster of the Buxton School (1955-1956) and of supervisor of schools (1957-1958).

During the 1950s, national political parties were banned in the British colony, but regional parties were allowed in some areas. African and non-African groups were competing for the chance to influence Kenya's future. Ngala began his national career by being elected to the Legislative Council in 1957.

Ronald Gedion





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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

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Spread the love 

Haley vows to stay in race following 'embarrassing' Nevada defeat.

Haley lost Nevada's Republican primary handily on Tuesday even though she was the only candidate listed on the ballot.

Mikki Haley's presidential campaign on Wednesday brushed off her mortifying defeat in Nevada's primary and said the former United Nations ambassador would press ahead with her long-shot challenge to former U.S. President Donald Trump.

Haley lost Nevada's Republican primary handily on Tuesday even though she was the only candidate listed on the ballot. She secured just 31% in the contest, well behind the 63% of the ballots cast for "none of these candidates," according to Nevada election officials.

No delegates were at stake in the primary, making Haley's defeat more symbolic than meaningful. Trump appears poised to capture all of Nevada's 26 delegates when the state party holds a separate caucus proceeding on Thursday, which will further diminish Haley's long-term prospects as a candidate.

The Trump campaign made no effort to get people out to vote in the primary, according to Nevada party insiders. Trump at a Jan. 27 rally in Las Vegas told the crowd not to show up for it, but instead focus on the caucuses.

Despite that, almost 44,000 people cast a ballot in the primary for "none" of the candidates, more than double the voters who



came out for Haley.

A spokesperson for Haley, Olivia Perez-Cubas, downplayed Haley's loss, arguing that the process favored Trump.

"Even Donald Trump knows that when you play penny slots, the house wins. We didn't bother to play a game rigged for Trump," Perez-Cubas said. "We're full steam ahead

in South Carolina and beyond."

Haley has focused on winning her home state of South Carolina, where she served for six years as governor. Polls, however, have shown Trump with a commanding lead ahead of the Feb. 24 primary there. Haley's team had spent considerable energy in recent days trying to manage expectations

in Nevada, where opinion polls had consistently shown her trailing Trump by wide margins, even by the standards of a modern Republican Party dominated by the former president.

Predator' Middle School Teacher Admits Sexually Abusing 14-Year-Old in His House.

Megan Pauline Jordan, 25, pleaded guilty to four felony counts of carnal knowledge of a minor and one felony count of indecent liberties with a minor. A former Virginia middle school teacher has pleaded guilty to sexually abusing a 14-year-old male student, authorities said.

Megan Pauline Jordan, 25, faces 50 years in prison after pleading guilty Tuesday to four felony counts of carnal knowledge of a minor and one felony count of indecent liberties with a minor, the Henrico County Commonwealth's Attorney's Office said in a statement obtained by WVVA, WRIC and the Richmond-Times Dispatch.

Jordan was arrested in June 2023. Henrico County police said in a press release at the time that the former teacher at Hungary Creek Middle School engaged in a sexual relationship with her 14-year-old male student during the 2022-2023 school year.

According to a statement from Henrico



Megan Pauline Jordan, 25, pleaded guilty to four felony counts of carnal knowledge of a minor

County Commonwealth's Attorney Shannon Taylor, investigators learned that on several occasions, Jordan would go to the boy's house and have "sexual intercourse with the student," WVVA reports. Her DNA was also reportedly recovered from his bed sheets.

Want to keep up with the latest crime coverage? Sign up for PEOPLE's free True Crime newsletter for breaking crime news, ongoing trial coverage and details of intriguing unsolved cases.

"I must recognize the brave action of those who brought this matter to the attention of Henrico Police Division," Taylor said in a statement, also obtained by WRIC. "We are always asking people if they see something unusual, or not quite right, to say something. Because of their efforts, this predator is off the streets, out of our schools, and will be held accountable for her actions."

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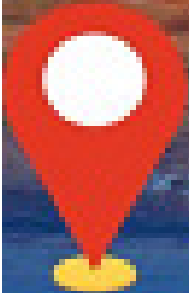
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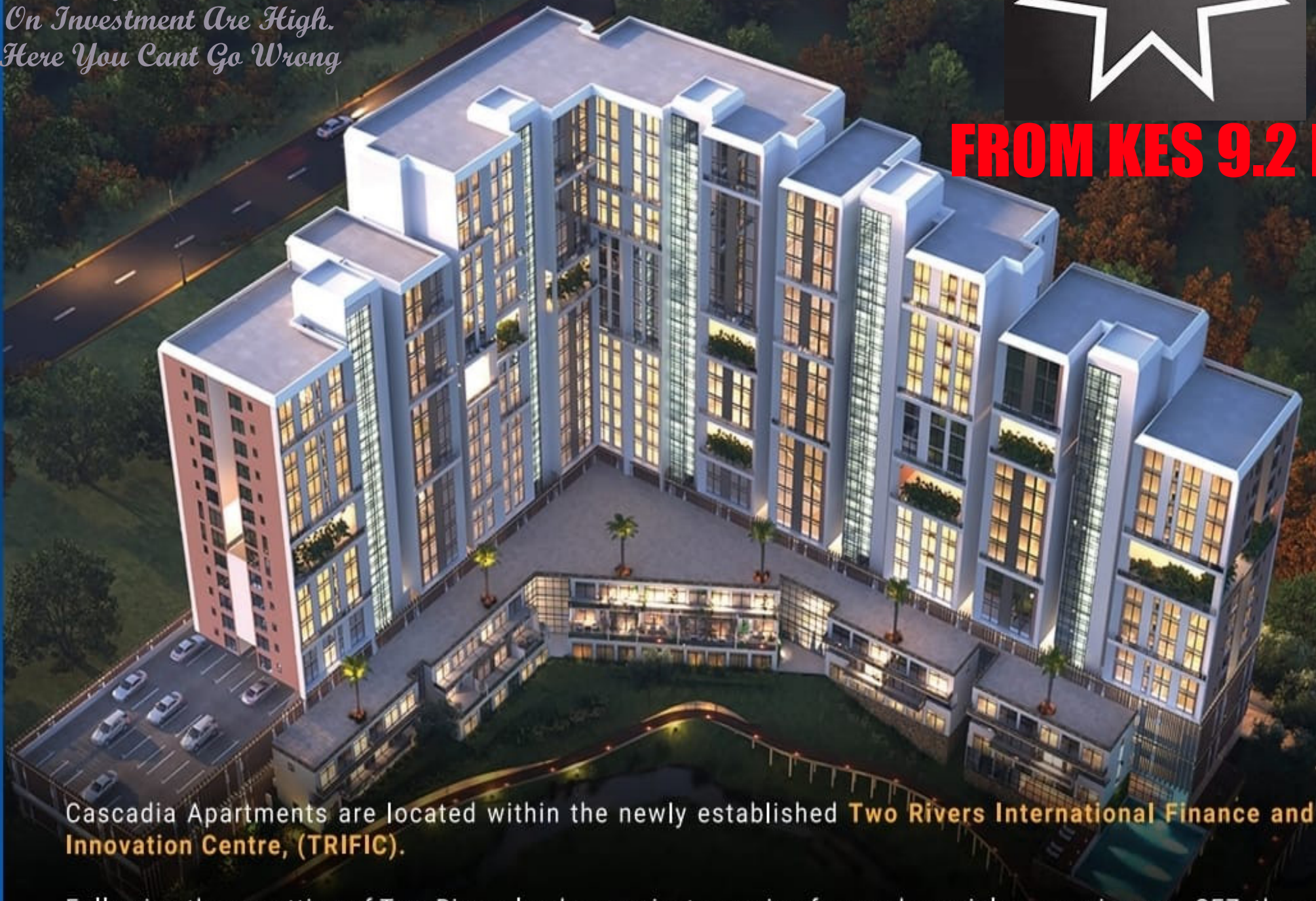
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*Its always good to know the
ones who have left us.*

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.

Dysfunction Reigns in Congress as GOP Defeats Multiply.

"They have sought to kill bipartisan efforts to send more military aid to Ukraine and to forge a compromise"

Republicans in Congress suffered a humiliating series of setbacks Tuesday on critical elements of their agenda, turning the Capitol into a den of dysfunction that has left several major issues, including U.S. military aid to Ukraine and Israel, in limbo amid political feuding.

As Republicans in the Senate torpedoed a border deal they had demanded, the bid by their counterparts in the House to impeach Alejandro Mayorkas, the homeland security secretary, collapsed amid Republican defections.

The paralysis left the fate of aid to Ukraine and Israel in peril, closing off what had been seen as the best remaining avenue on Capitol Hill for approval of critical military assistance to U.S. allies.



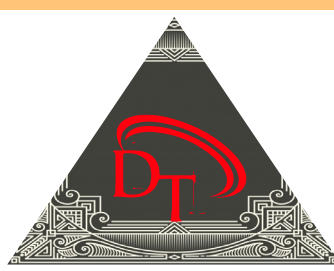
Then came one last bruising blow. Minutes after Republicans fell one vote short of impeaching Mayorkas — a punishment the party has promised its base ever since winning the majority — the House defeated legislation they put forward to send \$17.6 billion in military assistance to Israel. The measure fell to opposition from Democrats who called it a cynical political ploy to undermine efforts to pass a broader foreign military aid bill including Ukraine. They were joined by a clutch of hard-right Republicans, who opposed the mea-

sure because the money was not paired with spending cuts. Taken together, the events that unfolded on Capitol Hill on Tuesday offered a vivid portrait of congressional disarray instigated by Republicans, who are bent on opposing President Joe Biden at every turn but lack a large enough majority or the unity to work their will. They have sought to kill bipartisan efforts to send more military aid to Ukraine and to forge a compromise to secure the border against an influx of migrants, proposing instead to help only Israel and to

push for the removal of Biden's top immigration official. The back-to-back defeats Tuesday showed that while they are adept at thwarting action on critical issues, they are hard-pressed to address any. The paralysis left the fate of aid to Ukraine and Israel in peril, closing off what had been seen as the best remaining avenue on Capitol Hill for approval of critical military assistance to U.S. allies. from NY Times

In a statement, Johnson blamed Democrats for opposing the aid to Israel, which he said sent a "rebuke to our closest ally in the Middle East at their time of great need." He said Republicans had only unveiled an Israel aid bill devoid of spending cuts as "a major concession" given "the gravity of the situation."

But he left the Capitol without addressing what appeared to be a calamitous miscalculation on the impeachment vote, which had been little more than a political exercise given that the Democratic-led Senate would be all but certain to acquit Mayorkas.



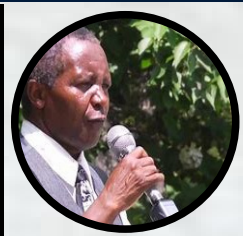
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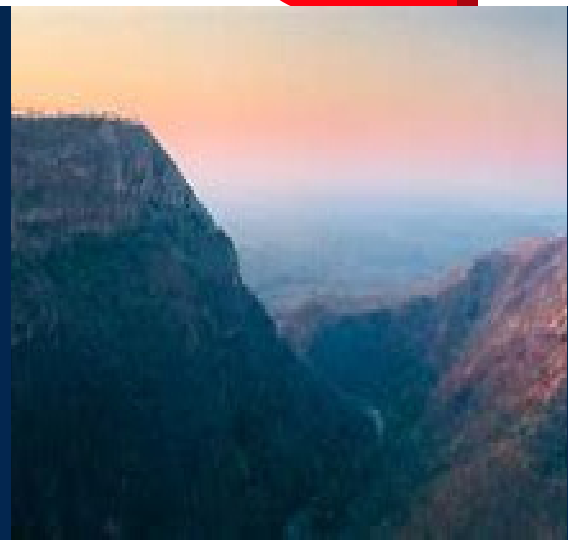
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Mountain Hiking In Chizarira.



Chizarira is the least known park but it is the third largest in the country



Tourism with
Memory Phiri
Zimbabwe.

SHiking gives flavour to an itinerary so tour operators should create awareness for destinations like Chizarira National Park that are dying to provide such activities. Naturally, adventure tourism feeds on a hiking trail resulting in the documentation of the whole experience for future reference.



Chizarira National Park Is Just Amazing

Suffice to say, a mountain climber is entitled to have a badge or trophy for conquering one too many a mountain. Usually adventure tourists get more than what they bargain for, making the idea of discovery and exploration even better. Hiking entails spending time outdoors and it's very healthy that is why

doctors recommend a change of scenery from time to time. As an added advantage, this excursion can take care of a participant's physical fitness because this is more like a gym session all wrapped up in a hiking trail.

Thus, mountain climbing is a sold out package for tourists who love camping out in a venerable national park during the course of the adventure. On the same token, the remoteness favors this activity because the whole area will be in the palm of your hands. If anything, hiking requires a dedicated adventure tourist who is ready to brace themselves for the unknown.

Interesting enough, hiking and heights get on like a house on fire and at this juncture we part ways with the faint hearted. Talk about vertigo, the culpable bane of these expeditions. However, most hikers are die-hard fighters and they aim to finish what they would started. To be prosaic, they have to reach the highest point of the mountain so as to derive pleasure

from the memorable experience. It can be seen that hikers pour their effort and energy into a hiking trail because a challenging peak can take days. Fortunately, participants will indulge themselves in the changing ecosystem found in that area.

Just imagine standing on top of the world and seeing all the corners of Chizarira National Park. For a bird's view, this will transform the geographical profile of a place and that enhances one's self esteem. Contrary to popular beliefs,

Chizarira is the least known park but it is the third largest in the country. The park seats on the tip of the Zambezi Escarpment becoming the best cynosure for hiking opportunities. Although the Eastern Highlands is famous for its hiking hotspots, Chizarira National Park also boasts of a spectacular hiking trail in Zimbabwe.

Untamed Chizarira is calling upon all hikers to immerse themselves in the Mucheni Gorge and Tundazi which are the

formidable peaks that they will love to bits. Visit the park and make history for this is a great way of admiring nature's best, particularly the butterflies, birds, springs and caves to mention but a few. Kudos to mother nature.

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Thus, mountain climbing is a sold out package for tourists who love camping out in a venerable national park during the course of the adventure. On the same token, the remoteness favors this activity because the whole area will be in the palm of your hands

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!

Jesus retreated to a garden to pray.

Garden of Gethsemane is an episode in the life of Jesus.

The agony in the, which occurred after the Last Supper and before his betrayal and arrest, all part of the Passion of Jesus leading to his crucifixion and death. This episode is described in the three Synoptic Gospels in the New Testament.

According to these accounts, Jesus, accompanied by Peter, John and James, enters the garden of Gethsemane on the Mount of Olives where he experiences great anguish and prays to be delivered from his impending suffering, while also accepting God's will.

This episode is a significant event in Christian tradition, especially in Catholic devotional practices. The agony of Jesus in the Garden is the first station of the Scriptural Way of the Cross (modern version of the Via Crucis) and the first "sorrowful mystery" of the Dominican Rosary, and it is the inspiration for the Holy Hour devotion in the Eucharistic adoration. It has been a frequent theme in Christian art depicting the life of Jesus.

According to the Synoptic Gospels, immediately after the Last Supper, Jesus retreated to a garden to pray. Each gospel offers a slightly different account re-



Argony at the Garden of Gethsemane.

garding narrative details. The gospels of Matthew and Mark identify this place of prayer as Gethsemane. Jesus was accompanied by three Apostles: Peter, John and James, whom he asked to stay awake and pray.

He moved "a stone's throw away" from them, where he felt overwhelming sadness and anguish, and said "My Father, if it is possible, let this cup pass me by. Nevertheless, let it be as You, not I, would have it." Then, a little while later, he said, "If this cup cannot pass by, but I must drink it, Your will be done!" (Matthew 26:42; in Latin Vul-

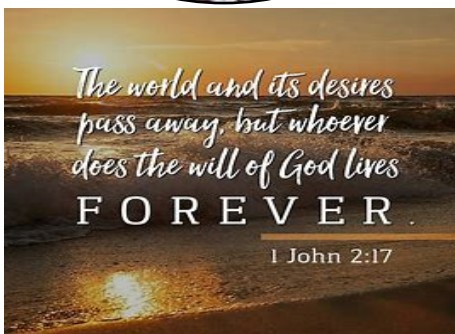
gate: fiat voluntas tua). He said this prayer thrice, checking on the three apostles after each prayer and finding them asleep.

He commented: "The spirit is willing, but the flesh is weak". An angel came from heaven to strengthen him. During his agony as he prayed, "His sweat was, as it were, great drops of blood falling down upon the ground" (Luke 22:44).

In Roman Catholic tradition, the Agony in the Garden is the first Sorrowful Mystery of the Rosary and the First Station of the Scriptural Way of the Cross (second station in the Philip-

pine version). Catholic tradition includes specific prayers and devotions. These Acts of Reparation to Jesus Christ do not involve a petition for a living or dead beneficiary, but aim to "repair the sins" against Jesus.

Excerpt.
By Joseph Lane



Pastor Mukuria

Morning Affirmation
Apart from God we are nothing
Galatians 6:3



Brother Kigume

Saying YES to God's will is always the best in the end. You will never be ashamed when you stand before your heavenly Father when you have accomplished His will.

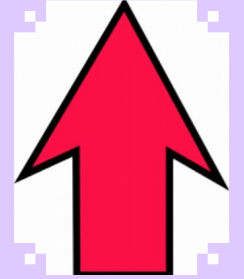


You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one. -John Lennon

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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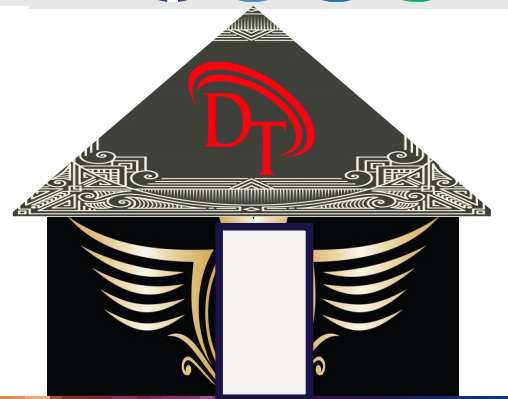
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Health Tit Bits



PROSTATE CANCER.

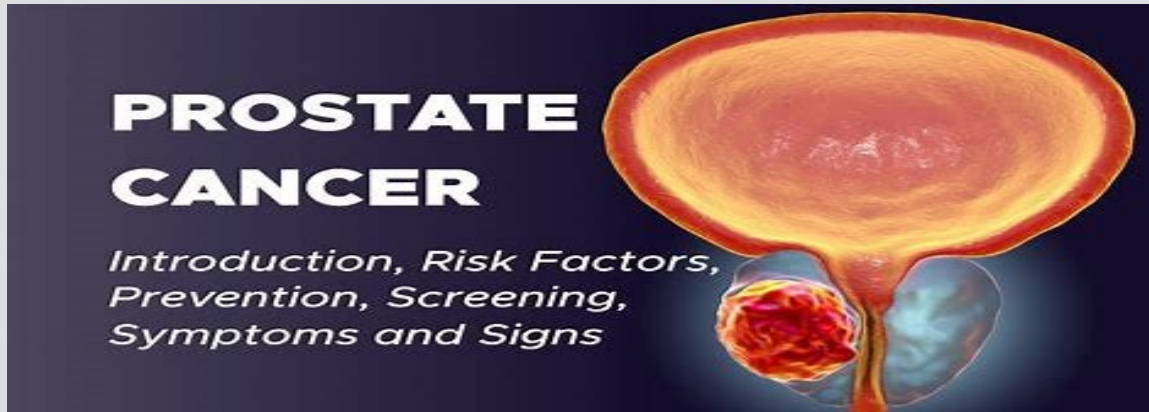
If your current weight is healthy, work to maintain it by choosing a healthy diet and exercising most days of the week. If you need to lose weight, add more exercise and reduce the number of calories you eat each day.

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

summary



M Prostate cancer is cancer that occurs in the prostate. The prostate is a small walnut-shaped gland in males that produces the seminal fluid that nourishes and transports sperm.



PROSTATE CANCER

Introduction, Risk Factors, Prevention, Screening, Symptoms and Signs

Symptoms
Prostate cancer may cause no signs or symptoms in its early stages. Prostate cancer that's more advanced may cause signs and symptoms such as:
Trouble urinating
Decreased force in the stream of urine
Blood in the urine
Blood in the semen
Bone pain
Losing weight without trying
Erectile dysfunction
It's not clear what causes prostate cancer. Doctors know that prostate cancer begins when cells in the prostate develop changes in their DNA. A cell's DNA contains the instructions that tell a cell what to do. The changes tell the cells to grow and divide more rapidly than normal cells do. The abnormal cells continue living, when other cells would die. The accumulating abnormal cells form a tumor that

can grow to invade nearby tissue. In time, some abnormal cells can break away and spread (metastasis) to other parts of the body. Factors that can increase your risk of prostate cancer include:
Older age. Your risk of prostate cancer increases as you age. It's most common after age 50.
Race. For reasons not yet determined, Black people have a greater risk of prostate cancer than do people of other races. In Black people, prostate cancer is also more likely to be aggressive or advanced.
Family history. If a blood relative, such as a parent, sibling or child, has been diagnosed with prostate cancer, your risk may be increased. Also, if you have a family history of genes that increase the risk of breast cancer (BRCA1 or BRCA2) or a very strong family history of breast cancer, your

risk of prostate cancer may be higher. Obesity. People who are obese may have a higher risk of prostate cancer compared with people considered to have a healthy weight, though studies have had mixed results. In obese people, the cancer is more likely to be more aggressive and more likely to return after initial treatment. Incontinence. Both prostate cancer and its treatment can cause urinary incontinence. Treatment for incontinence depends on the type you have, how severe it is and the likelihood it will improve over time. Treatment options may include medications, catheters and surgery.

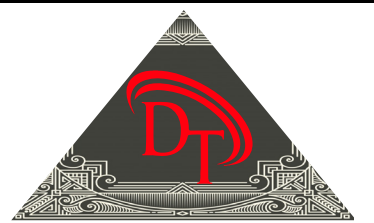
Choose a healthy diet full of fruits and vegetables. Eat a variety of fruits, vegetables and whole grains. Fruits and vegetables contain many vitamins and nutrients that can contribute to your health.

Whether you can prevent prostate cancer through diet has yet to be conclusively proved. But eating a healthy diet with a variety of fruits and vegetables can improve your overall health.

Choose healthy foods over supplements. No studies have shown that supplements play a role in reducing your risk of prostate cancer. Instead, choose foods that are rich in vitamins and minerals so that you can maintain healthy levels of vitamins in your body.

Exercise improves your overall health, helps you maintain your weight and improves your mood. Try to exercise most days of the week. If you're new to exercise, start slow and work your way up to more exercise time each day.

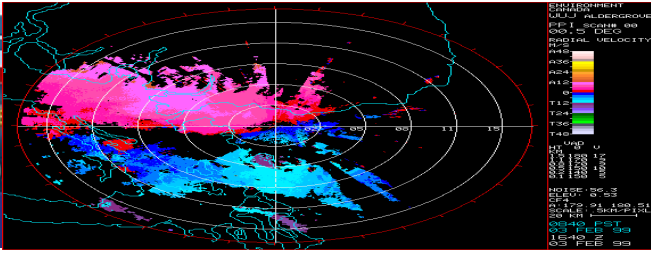
Prostate Cancer



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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

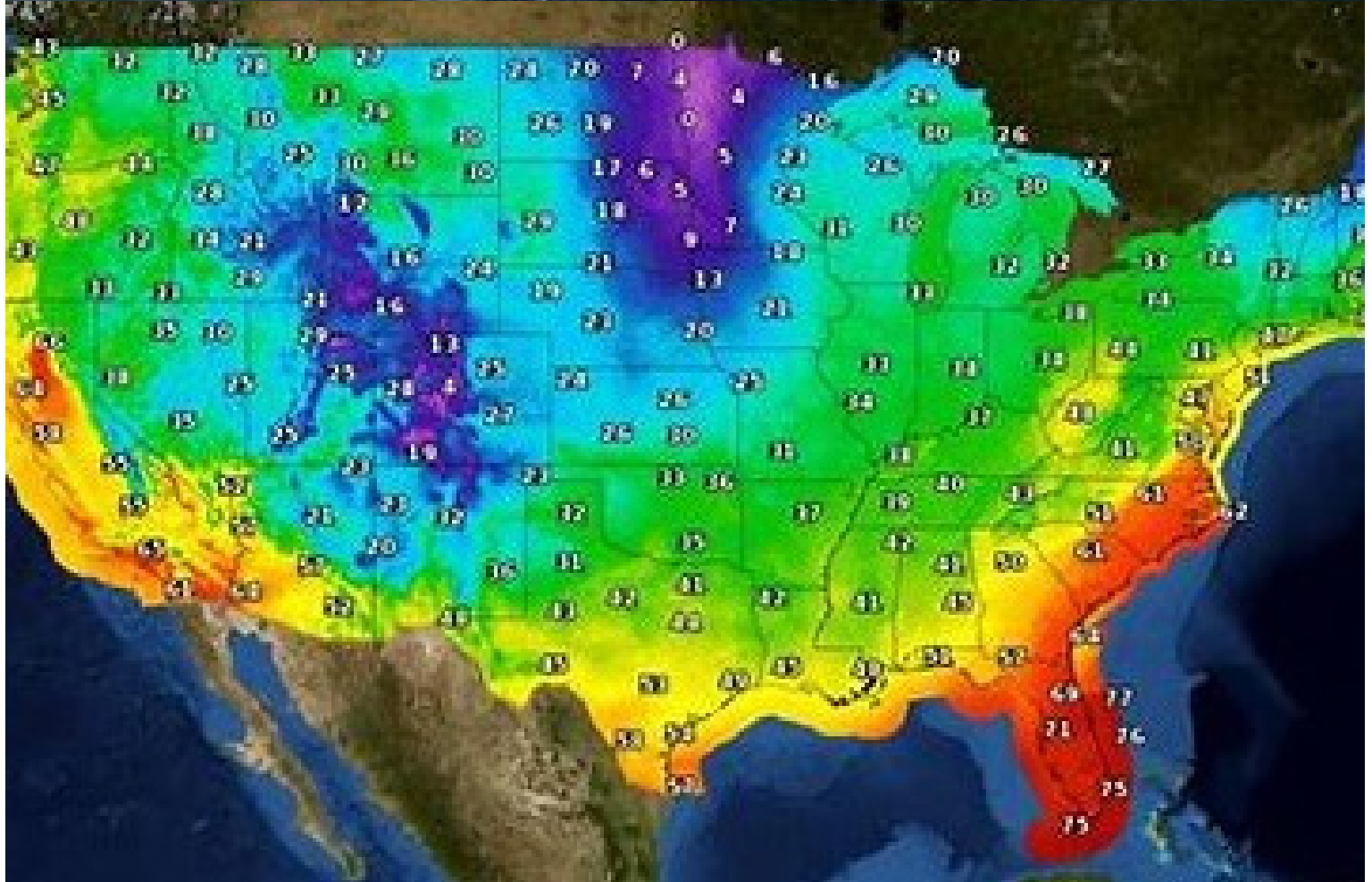


THE WEATHER IN USA

summary

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

Weather Conditions Looks Favorable In Most Southern States



WEATHER



"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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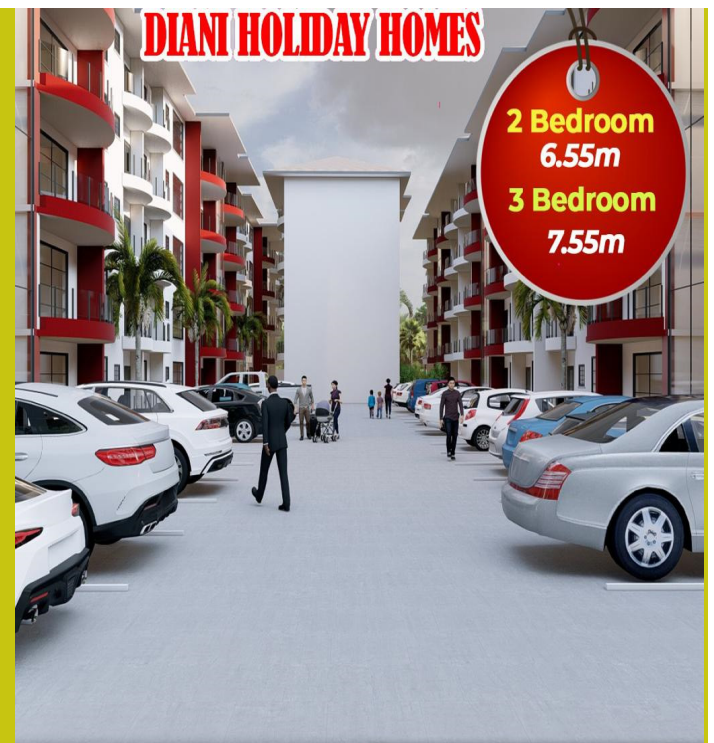
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BACKPAGE

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

