



**ENOTOURISM AND THE VINEYARD**

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By Abigirl Phiri

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**EMBRACE FOR CHANGE**

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# The Diaspora Times



Feb 24, 2024 Issue 224

*Stick to your goals and run your own race ★★★★★ We fail because we do not try*

## Kelvin Kiptum funeral: Emotional Send-Off For Kenya Marathon Star Destined To Stardom

**Emotional photos of KELVIN KIPTUM's wife, kids parents during his burial - Many wept uncontrollably**



**Kelvin Kiptum's widow, Asenath Rotich, holding back her tears led the mourners at the funeral of the young Kenyan marathon world record holder. She broke down in tears while revealing that the couple had been planning a big wedding celebration in April. Kiptum was just 24 when he died in a flick car accident nearly a fortnight ago. He had shocked the world in his short marathon career and prominent figures from sport and politics came to pay tribute to a man whose life was shining and destined to greatness Kenya's President William Ruto was there as well as Sebastian Coe, who heads athletics' world governing body**  
**By Ian Chelangat Diaspora Times Kenya.**



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The Biden administration is considering taking unilateral action without Congress to make it harder for migrants

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**OPINION**

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**KAGGA**

Kagga was born in 1921, at Dagoretti, now part of Nairobi, where his father had moved from his home district of Muranga District.

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**KAGGA**

Kagga was born in 1921, at Dagoretti, now part of Nairobi, where his father had moved from his home district of Muranga District.

*"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–**

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A spokesperson for DHS emphasized that Congress should still act to avoid compromising border enforcement.

## Biden administration weighs taking actions without Congress to stem the migrant flow.

The Biden administration is considering taking unilateral action without Congress to make it harder for migrants to pass the initial screening for asylum at the U.S.-Mexico border and quickly deport recently arrived migrants who don't meet the criteria, say three U.S. officials with knowledge of the deliberations.

The actions, which are still weeks away from finalization, are an effort to lower the number of migrants crossing the southern border illegally as immigration remains a top issue for voters heading into the 2024 presidential election.

*ICE is currently facing a budget shortfall of more than \$500 million and may have to start cutting key services by May without more money from Congress, sources told NBC News last week.*

*One DHS official expressed skepticism over the "last in, first out" policy because it would leave millions of migrants already in the U.S., including thousands of homeless migrants in major cities, in a long legal limbo as their immigration cases are pushed to the back of the line.*

Under the new policies, asylum officers would be instructed to raise the standards they use in their "credible fear interviews," the first screening given to asylum-seekers who are trying to avoid deportation for crossing the border illegally. And Immigration and Customs Enforcement would be told to prioritize recently arrived migrants for deportation, in a "last in, first out" policy, the officials said.

A congressional aide with knowledge of the deliberations said the Biden administration has yet to make a decision, but raising the bar on asylum and deporting more newly arrived migrants are considered "low hanging fruit" and actions that can be taken quickly.

The three U.S. officials said it is unclear whether the policies would be achieved through executive order or a new federal regulation, which could take months to implement.

Making it harder to claim asylum and fast-tracking migrants for deportation are not new ideas, but they are being considered more seriously as the Biden administration looks for ways to tamp down chaos at the border after Republicans blocked border security provisions in the National Security Supplemental bill earlier this month.

## Here's who's getting student loans wiped out in latest round of debt cancellation.

**If your income is low now, but you expect regular increases, the graduated repayment plan can be a good option. Payments start out low and increase, usually every two years, to ensure that you pay off the loan within 10 years – though you can go as long as 30 years with a consolidation loan.**

The Biden administration has discharged another \$1.2 billion in student loan debt under a key provision of the Saving on A Valuable Education, or SAVE income-driven repayment plan. Last month, the president accelerated a provision that provides immediate debt cancellation for borrowers with an original loan balance of \$12,000 or less who have been in repayment for 10 years.

Today, the Education Department announced more than 153,000 borrowers received an automatic debt discharge. "We are once again sending a clear message to borrowers who had low balances: if you've been paying for a decade, you've done your part, and you deserve relief," Education Secretary Miguel



Cardona said in a press release. Around 7.5 million borrowers are enrolled in the SAVE plan, of which 3.4 million were automatically transferred from a previous version of income repayment to SAVE, 2.8 million are new enrollees to income-driven repayment plans, and 700,000 switched from other IDR plans, according to an Education Department spokesperson.

Federal student loans default to a standard repayment term of 10 years. But depending on your financial situation, you may want to adjust your repayment plan to make your monthly payment more affordable or to position yourself for student loan forgiveness.

If you need a little more flexibility with your student loans, here's what you need to know. The default repayment plan for federal student loans is 10 years. However, if you use the direct loan consolidation program to combine multiple loans into one, you can extend that to up to 30 years.

The standard repayment plan is available to all federal loan borrowers, and you can even switch back to it if you've chosen a longer repayment plan in the past.



# laughtner is the best medicine



Once, a mosquito walked into a clinic. The doctor saw him and asked him what the matter was. The mosquito said that he had a lot of problems. He was not happy with his life, he was not happy with the job he was doing. He was sad and had no motivation. The doctor listened to his problems and told him that he should really visit a therapist instead of a doctor. The mosquito replied, "Yeah, I know. I just came in because of the blood."

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

"I was just trying to see how it tasted because my teacher said that the homework would be a piece of cake for me."

There is a skeleton in our neighborhood who always knows that something bad might happen way before it actually happens. He has actually become quite famous and when a TV crew interviewed about the reason behind this ability, the skeleton finally disclosed his secret: he could feel the bad vibes in his bones.

A businessman went into the office and found an inexperienced handyman painting the walls. The handyman was wearing two heavy parkas on a hot summer day. Thinking this was a little strange, the businessman asked the handyman why he was wearing the parkas on such a hot day.

The handyman showed him the instructions on the can of paint. They read: "For best results, put on two coats."

So, the wife and I were in town shopping... And as we came out of a store, three girls aged between 18 and

20 walked by, wearing tiny cropped tops and short short skirts. One of them, a tall blonde, had really fantastic, long, toned and tanned legs. I gently nudged my wife and said, "I bet you wish you still had legs like that!"

She got really upset with me... In fact I could still hear her sobbing as I wheeled her up the ramp into the next store.

A man stands in line at an ATM in Moscow. After an hour he loses his patience and yells, "Putin is to blame for this I'm going to the Kremlin and I will get rid of him!"

30 minutes later he's back in line at the ATM.

"Why are you here again?", asks another waiter.

"The line in front of the Kremlin is twice as long as this one..."



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



**I** was once passing through a town in England when this lady stopped me because she needed help fixing her car that had broken down. As I was fixing the car, the lady would cross the road and shout "Hello" at me. This happened a few times as the lady found it really amusing. I would have thought that it was very weird had I not realized that it was the singer Adele.

A food critic visits a local restaurant to review its food for the town magazine. The

owner welcomes him and shows him to the table. The food is presented to him and after a while, the critic calls the owner to say that there is something missing in his bowl of soup. The owner asks whether it is too spicy or sweet or salty. When the food critic says no, the owner decides to taste the soup himself but he can't find the spoon. "Yeah," says the critic, "that's what is missing."

The historians had gathered for a party in Cairo after they had discovered a new mummy. The discovered mummy, on display at the party hall, suddenly woke

up. Seeing the historians alarmed, the mummy said that he just wanted to listen to some music. The mummy said, "Please don't play jazz because my trom-bones are in a very bad shape. Could someone please put on some wrap music?"

I went to this haunted house for exploration. It was near the forest so the local guide warned me that I might find some animals there. Sure enough, there was a panda. When I offered it some food, I was taken aback because it suddenly started talking. Turned out that it was a ghost panda and it only ate

bam-booooo!

Once during an adventure, a farmer named Bryan Clay stumbled into a cave and found a magic lamp. Upon rubbing the lamp, a Genie appeared and asked him what his wish was. The farmer told him that he wished he were very rich. The Genie said okay and asked him, "Alright Mr. Very Rich Clay, what is your second wish?"

A family was having dinner once when the youngest boy asked his father whether worms tasted nice when we eat them. Both the parents reprimanded the little boy and told him that these things shouldn't be discussed over the dinner table. When the father asked the boy after dinner why he had asked such a question, he replied, "Papa, I think worms taste okay because there was one in your noodles."

*Harsh*





Article By Abigirl Phiri- Zimbabwe



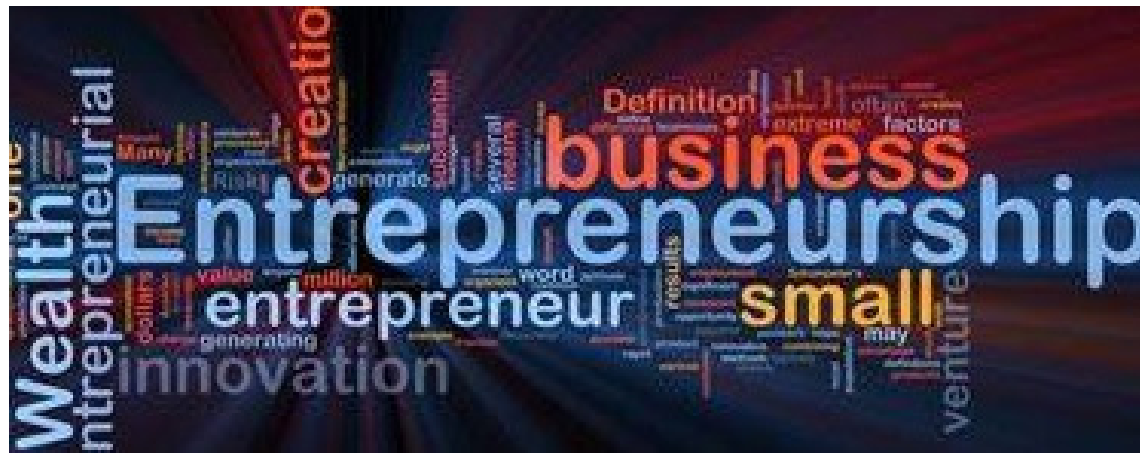
# SERIAL ENTREPRENEURSHIP

On all intents and purposes, these serial entrepreneurs their exploits when tabulated they leave one awe struck at the ingenuity of their quick thinking.

**N**ot many are up for the challenge to become serial entrepreneurs especially if they are operating in volatile environments characterized by uncertainties. But for those who have it to weather the storm, in whatever environment they found themselves in they can successfully prove their prowess by operating various ventures at one go.

Interestingly it's like a clown juggling balls at one go, clever enough to let not one drop. This goes along with skill and innate passion to prove your worth in the business world. The truth to the matter, if you execute it well then you are guaranteed to have a good return of investment. Also, that will elevate your status in the business forum because

**You can only be tagged an entrepreneur when you have creatively brought an innovation to life relatively making lives easier for the masses. Additionally, one can go to the extremes of creative destruction to prove you are the one and only messiah in business. Suffice to say, serial entrepreneurship in this fast paced world**



## With no plan, business has many challenges

se you will be a true, tried and tested success story. The general masses are sick and tired of hearing short lived success stories linked to only one business operating on a limited scale.

For serial entrepreneurship the businesses can be in the same line of industry or you can totally diversify to something completely new. One is not limited because the play field is open to whatever. Worth noting is that not many are able to maneuver the uncharted waters of serial entrepreneurship.

Needless to mention, this is because it takes a lot of time, strategic planning and needs sound coffers. Without these, you might as well be harboring pipe dreams that will never see the light of day nor will they one day be recognized for your attempts.

Many at times those who have been able to execute this are well experienced entrepreneurs who have been in the game for quite a long

time and now understand the ins and out of seizing an opportunity. Undoubtedly, by their continuous strides they will be honing in on their serial entrepreneurial skills.

Thus, such individuals are indispensable because they act as motivators to those who think entrepreneurship is a waste of time. These are the likes of Steve Jobs, Oprah Winfrey, Strive Masiyiwa, Phillip Mataranyika and Dr Ndhlukula to mention but just a few making waves in the world.

Upon reflection, one needs to understand for their dreams to come to fruition so that they are running different ventures at one go is because also of the networks they have created throughout their business life. That has opened their eyes to continuously see opportunities where others see mist.

Serial entrepreneurship when done right can be rewarding. Every job is taxing but one can derive a level of satisfaction if they are seeing worthwhile re-

sults. With serial entrepreneurship you wouldn't have toiled for naught because at the end it's getting profit from your business venture whilst giving value to the populace at a right price.

As a result, this is why there are not that many up to the task except super intrinsically motivated few individuals like Elon Musk. On all intents and purposes, these serial entrepreneurs their exploits when tabulated they leave one awe struck at the ingenuity of their quick thinking.

The downside of serial entrepreneurship is that it can be successfully done by an individual who has a venture in operation for the title to be qualified. According to research 3 is the minimum number for one to be accounted as a serial entrepreneur and it can go up to infinity. It's not work for the faint hearted who easily give up at a mishap.



By Abigirl Phiri-Zimbabwe

## summary



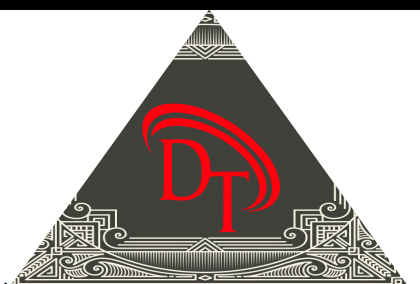
Poem Title: The streets  
By: Abigirl Phiri  
It ain't safe  
Fear looms large  
Larger than life  
As wordless they fall prey  
To calamities and uncertainties of all sorts  
I wish  
Is a wish  
That doesn't work  
That means totally nothing  
As the day ends  
The meal that awaits is abuzz with flies  
Fear of cholera  
Is a big joke  
For it exists not in this solemn world  
Where you are thankful for any decaying morsel you swallow  
Shame is a sorry word  
To the pathetic lovers  
Who sweated for naught  
Only to get rid of their blood  
Unthinking and inhumane beings  
that hide under fake normalcy  
pretense

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

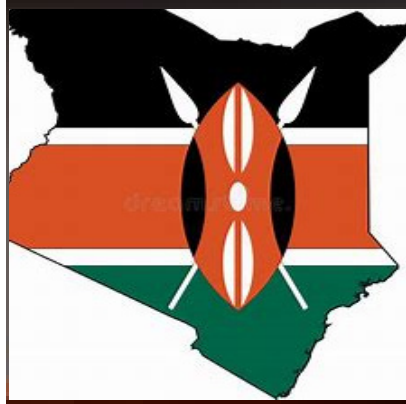


## POEM

**In Zimbabwe to be specific entrepreneurship started on a slow start without much understanding. This goes to say how much little relevance teachings of this doctrine were placed on but now that the world has fully embraced it, this has attributed the growth of different types of entrepreneurship flourishing. All in all, the business world narrative has been changed by the emergence of all types of entrepreneurs. Furthermore, this has helped not only the Small and Medium Enterprises sector but the overall economic growth of the country as a whole.**







Bildard Kaggia

# FALLEN HERO

Bildard Kaggia

## Kenya FALLEN HERO



### Rest In Peace

# BILDAD KAGGIA

Kaggia saw that indeed his religion was liberating the minds of people.

**B**ildad Mwaganu Kaggia (1921 – 7 March 2005) was a Kenyan nationalist, activist, and politician. Kaggia was a member of the Mau Mau Central Committee.

After independence he became a Member of Parliament. He established himself as a militant, fiery nationalist who wanted to serve the poor and landless people. Because of this he fell out irreconcilably with Jomo Kenyatta.

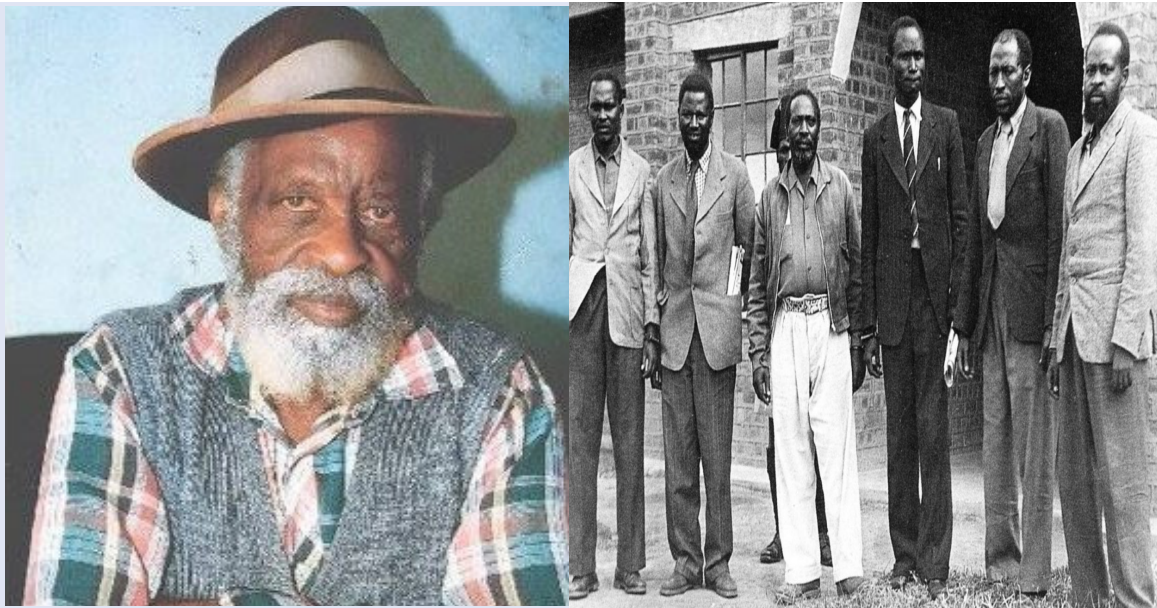
#### Early life

Kaggia was born in 1921, at Dagoretti, now part of Nairobi, where his father had moved from his home district of Muranga District.

Two years later his father moved back to Murang'a. Kaggia schooled at Santamor Estate and later at the Church Missionary Society School at Kahuhia.

Kaggia did very well at the exams and was selected for the famous Alliance High School. Unfortunately, his father was not able to raise the school fee and Kaggia had to take up a clerical job

**Kaggia started vernacular newspapers like Inooraria Gikuyu and later Afrika Mpya to report KAU activities. These and other vernacular newspapers were instrumental in spreading the message of the militant leaders**



Bildad Kaggia sunrise 1921 Sunset 2005

at the District Commissioners' Office at Murang'a. When the Second World War broke out, Kaggia was moved to the military recruiting office. Despite hating war, Kaggia decided to join the army to seize the opportunity to travel to south-west Asia.

When the War Office in London decided to create a unit in Britain to rehabilitate captured African soldiers, Kaggia applied and got the post of company quarter-sergeant, the first African to get this post.

Most of the work in the army was routine and boring. During the years in the army Kaggia engaged in many correspondence courses (journalism, trade unionism and political science) which later would serve him well during his political career.

His experiences in the army made him aware of the evils from racial discrimination and colonialism. In his opinion the foreign religions in Kenya were a stepping stone to

colonialism and his people had to be liberated from this as well.

Back in Kenya (1946) Kaggia denounced the church in the church. His objective was to create a purely African movement, divorced from European denominations and entirely independent of the European Church's doctrine.

The new doctrine should include African customs and traditions. Kaggia had large followings in Central Province. This alarmed the church and their leaders asked the government for help. Subsequently, many times Kaggia and his followers were arrested and imprisoned for holding illegal meetings.

Nevertheless, Kaggia's doctrine spread and he had followers from all denominations and his religion was spreading into other provinces, ultimately even reaching Nyanza.

Kaggia was opposed to giving the movement a name, but, the people started calling it Andu a Kag-

gia (Kaggia's people). Later this became Dini ya Kaggia (Kaggia's religion).

Kaggia saw that indeed his religion was liberating the minds of people.

They were no longer humble, European-fearing people; now they had the courage to attack the mzungu government. Consequently, Kaggia decided to leave the religious work to others and shifted his attention from spiritual liberation to political liberation.

**As a member of the African Advisory Council, Kaggia campaigned actively against the Nairobi municipal Council apartheid by-laws, which had created separate European, Asian and African areas in Nairobi. Kaggia considered it as one of his biggest achievements that these by-laws were repealed by the Municipal Council.**

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

## summary



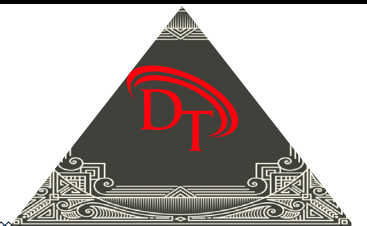
R.I.P.

When Kenyatta was elected chairman of KAU in 1947 Kaggia joined KAU hoping that it would become more militant. However, at national level KAU was barely functioning and Kaggia shifted his interest to the trade unions. He admired the fire and militancy of leaders like Kubai en Makhan Singh.

Kaggia founded the Clerks and Commercial Workers Union and in 1948 he became its chairman. This union became a member of the general union, the Labour Trade Union of East Africa. In 1950 Kaggia became president of Labour Trade Union of East Africa.[8] The trade unions had much support in Nairobi and they took over the KAU branch Nairobi in 1951. Kaggia was elected its general secretary.

Later the trade unions tried to take over the national leadership of KAU but this failed when the president of KAU, Jomo Kenyatta, changed the election procedure at the last moment. This almost resulted in a split of KAU, but the 'militants' decided to remain in KAU for the sake of unity.

Bildard Kaggia







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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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# RAILA ODINGA IS A MAN FOR ALL SEASONS.



Article by Charles Kabiriri-political activist

A country should avoid living a life of self-denial at the moment where self introspection is key to its people.

**H**on Raila Odinga to pursue the continental position currently occupied by former Chad's premier Musa Faki, whose term comes to an end in February 2025, has stirred mixed reactions in the country.

New Kenya Movement has been instrumental in advancing a political narrative that revolves around rebranding the country's future in a more pragmatic way directed at people living as disenfranchised majority to the advantage of the minority of kenya people through mindset change.

A country should avoid living a life of self-denial at the moment where self introspection is key to its people.

The country's cost of living keeps escalating with government sys-

tems seemingly broken down.

In a recent exposure, both passports and identification card issuance are causing an unnecessary havoc to average citizen.

So much in the country seems not responsive to the people from the level of deterioration facing public sectors, especially health and education.

The recent controversial housing levy that was halted by the courts and a number of other embattled policies being pursued by the ruling Kenya Kwanza administration to their detriment are just but some of the upheavals that make Kenyans feel quite unsafe without Hon Raila Odinga in our local politics.

It's, therefore, a question of giving our generational change the impetus it deserves not to waiver and allow the country sink under the President's watch.

Kenyans should accept the transition that has been blown to full imagination by the perceived exit of Hon Raila Odinga to pursue African interests from a global perspective!

This is a reward to his great works and now joins other great statesmen, and this is something we should all glorify.

In the meantime, let's encourage our men and women with firm, objective, and visionary leadership to come forward and take up the reigns of this great country, and with the right policies in place and positive contributions from all of us,

Kenya will never be the same again!

The one step in the right direction is CHANGE 2027

By Charles Kabiriri

Diaspora Times Contributor.



**The recent controversial housing levy that was halted by the courts and a number of other embattled policies being pursued by the ruling Kenya Kwanza administration to their detriment are just but some of the upheavals that make Kenyans feel quite unsafe without Hon Raila Odinga in our local politics.**

**\* "You cannot have free and fair elections while one party controls completely and monopolizes the instrument of power and .. Tsvangirai is in and out of police cells almost on a daily basis, when people are being arrested, people are being beaten up." ...Raila Odinga**



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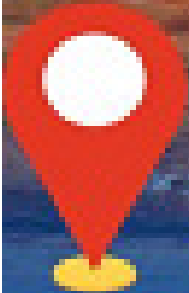
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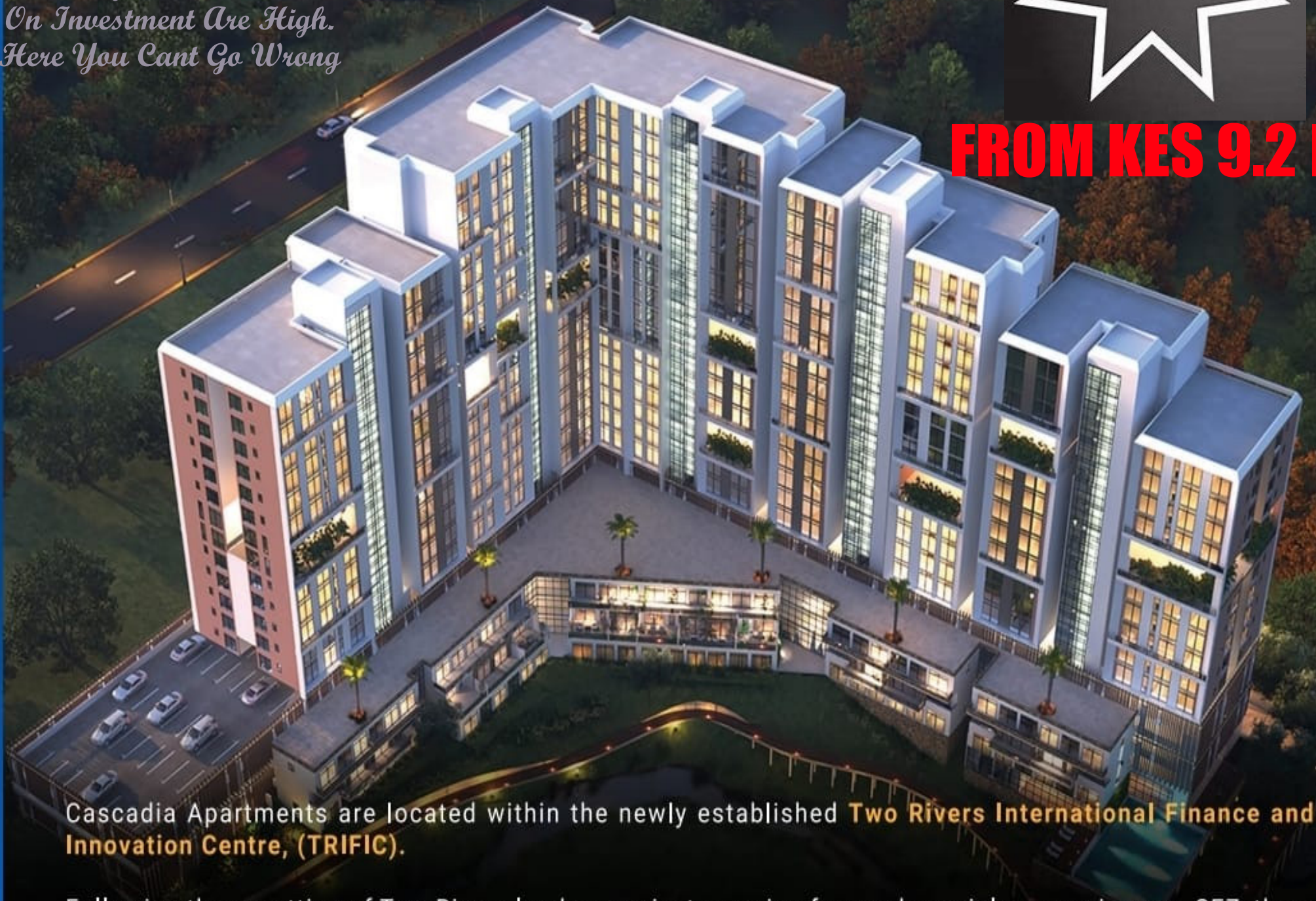
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# Kenya and Diaspora

*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



## Why is Nikki Haley staying in the GOP primary?

### Haley doesn't have to win. She just has to keep 'triggering' Trump.

**O**n Tuesday, former United Nations Ambassador and South Carolina Gov. Nikki Haley — the last Republican challenging former President Donald Trump for the 2024 GOP nomination — announced that she would be giving a major speech on the “state of the race.”



of Saturday’s primary in her home state of South Carolina, where surveys show Trump ahead by an average of 30 percentage points.

makes a seemingly simple argument for staying in the race: It’s the math, stupid.

ry election, candidates compete in a months-long, state-by-state calendar of primaries and caucuses. Whoever gets the most votes in a specific state is typically awarded the most delegates, and whoever is first to collect a majority of the total available delegates — or whoever remains after everyone else has dropped out — becomes the party’s “presumptive” nominee.

*Yet in an interview earlier this week with the Associated Press, Haley mentioned Trump’s four upcoming trials on 91 felony charges and hinted that her next argument could center on something even more ambitious than all that: the possibility of a seismic legal shift triggering Republican delegates to abandon Trump on the convention floor in favor of his more “electable” challenger.*

Given that Haley has come up short in every caucus and primary to date — including Nevada’s, where she finished second to “none of these candidates” — some members of the press predicted she might avoid additional embarrassment by dropping out ahead

Yet Haley did the opposite, vowing instead to keep “campaigning every day until the last person votes.”

“You need 1,215 delegates. Coming out of New Hampshire, [Trump] had 32, I had 17,” she recently told NBC News. “We’ve got multiple states after South Carolina — within 10 days, we’re going to have hit 20 states. Let it happen.”

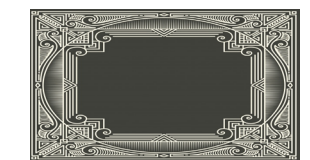
But runner-up candidates can win delegates too.

*“Instead of asking me what states I’m gonna win, why don’t we ask how he’s gonna win a general election after spending a full year in a courtroom?” she said. “People are not looking six months down the road when these court cases have taken place. He’s going to be in a courtroom.”*

**Anti-Trump conservatives have been floating various options for some time: to weaken the former president for the general election; to set up a third-party run of her own; to lay the groundwork for a post-Trump comeback in 2028.**

“I refuse to quit,” Haley said. “I feel no need to kiss the ring. I have no fear of Trump’s retribution. I’m not looking for anything from him.”

“Don’t discount that I ended up with 20% in Iowa when y’all said I wouldn’t make it,” Haley continued. “Don’t discount that I got 43% in New Hampshire, and don’t discount me now.”



The question, though, is whether there’s any way Haley can still defeat Trump, who retains an iron grip on the GOP base and a 60-point lead in the national polls. And if not, why continue?

“Why would I get out as long as we keep it competitive?” she added.

In public, Haley — a former accountant —

Haley has a point. In a presidential prima-

#### BIDEN HIGHLIGHTS



President Joe Biden touted a new pathway for debt relief that kicked into gear Wednesday for 153,000 student loan borrowers, calling it a ticket to “chase dreams” in a speech in Culver City, California, and highlighting a key part of his 2024 campaign strategy.

“Folks, I’m happy to have been able to forgive these loans because when we realign and relieve Americans of their student debt, they’re free to chase their dreams,” Biden told a small group gathered at Julian Dixon Public Library.

The debt relief announced Wednesday is for those enrolled in a new student debt repayment plan rolled out this past fall, who took out a small initial balance and have been paying it down for a decade or longer.



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### THE FUTURE \* TODAY \*



Arch Dr. I KINUNGI Behind the vision



Dr Isaac Kinity



Abigail Phiri



Memory Phiri

“Its all about dreams. Dreams cost nothing, they are free” -Sylvester Stallone

## Senior Reporters



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# Enotourism And The Vineyards.

Local vineyards are opening their doors for enotourists and they are getting to know the world of wine as part of the benefits of travelling.



Tourism with  
Memory Phiri  
Zimbabwe.

**W**e cannot dine without some wine meaning to say enotourism is a force to be reckoned with. Introspectively, a food and wine festival is something to look forward to on every tourism calendar.

Wineries are a very lucrative venture, that is why many a restaurant is defined by its wine cellar. Good wine gets better with time and as a treasure it brings about status to the travel and tourism compass.

Thus, enotourism enables tourists to understand the complex relationship between the vines, soil and the climate. As a point of reference, the Wine Routes of the World Guide takes avid wine fanatics through France, Argentina, Chile, Georgia, Germany,

**Local vineyards are opening their doors for enotourists and they are getting to know the world of wine as part of the benefits of travelling. This educational package is one in a million and many visitors will get a taste of something that is drenched with winery tours and vineyard walks.**



Italy, Portugal, South Africa, Spain and the United States of America. However, today we are bringing vinitourism down to Zimbabwe on a day trip that is being sold by the Bushman Safaris.

Local vineyards are opening their doors for enotourists and they are getting to know the world of wine as part of the benefits of travelling. This educational package is one in a million and many visitors will get a taste of something that is drenched with winery tours and vineyard walks.

For that to be realized, we shall witness the beauty of grapes in their glory at different stages up to the time when they are made into real wine. Vintners always reap what they sow. Practically, this itinerary includes horseback riding so it's an understatement to say that it will be splendid to take a canter through the neat rows of grape trees.

Moreso, other packages have got nothing on a grapevine tour because it gives an authentic atmosphere where your senses

will be intoxicated by the rich cultural ambience. Vinitourism requires participants to be passionate so we should cherish this succulent beverage forever. If you want to derive the best from such an age-old tradition, you can visit during the harvesting season when the destination will be a potential hive of activity.

In regards to the wine making process, every enotourist is always down for a behind the scene experience courtesy of the vineyard. On the same token, visitors will have the opportunity to rub shoulders with the wine experts. They call it living a day in the shoes of a winemaker. To spill the beans, the guests are going to enjoy a mouthwatering three course meal and wine tasting will be the order of the luncheon.

One is bound to either take a long swig of wine or indulge in a binge at most. As far as we are concerned, these types of tours are far and in-between so tourists have to keep their ears on the ground. Let's promote eno-

tourism because it continues to compliment thee tourism operations with gusto. Grape picking and cutting can become a reality if you come along and purchase some red or white wine at it's actual source.

**Wineries are a very lucrative venture, that is why many a restaurant is defined by its wine cellar. Good wine gets better with time and as a treasure it brings about status to the travel and tourism compass.**

*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!

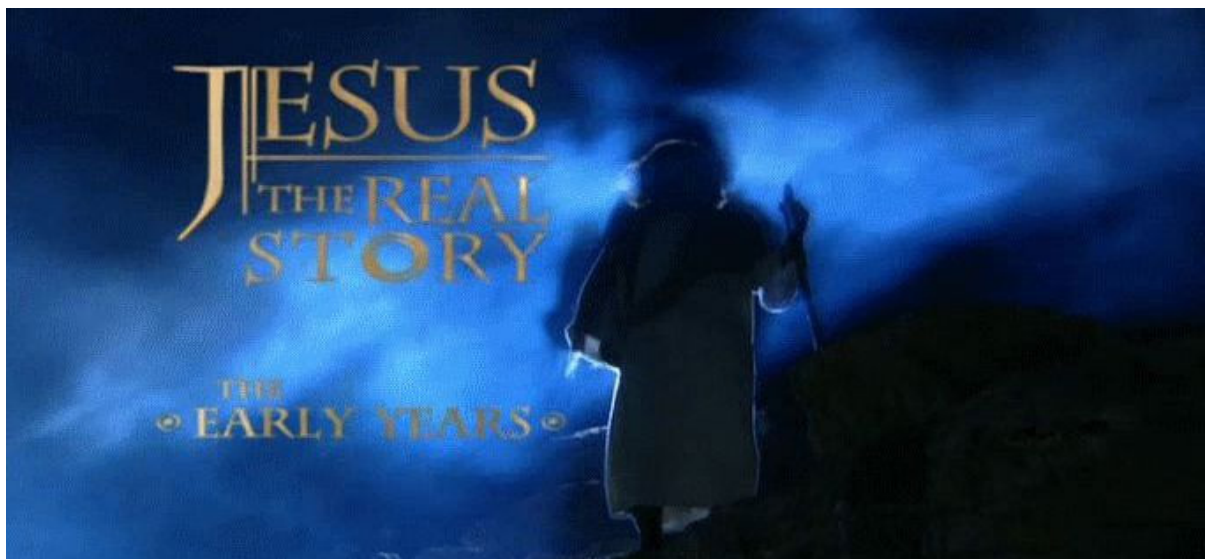
\*\*\*\*\*  
Lord, I come to you praising and thanking you for the opportunities in my work. Please guide me to use my gifts and talents wisely and give me favor in all that I do. May I have the courage not to be afraid of new challenges, peace to overcome any disappointment, success through understanding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

**The story of Jesus Christ goes much deeper than His crucifixion and resurrection.**

## Jesus Christ: The Real Story

**F**ew will dispute that a man named Jesus Christ lived 2,000 years ago and that He was a great teacher who impacted the world. Christ made a controversial claim—that He was the very Son of God, the long-prophesied Messiah—causing religious authorities in Jerusalem to reject Him, hate Him and eventually succeeded in having Him put to death.

Likewise, the local Roman civil authorities also saw Him as a threat and became complicit in His execution. The religions of His day, both Judaism and paganism, opposed the growth of His teachings and used unlawful and violent means to try to destroy the Church He founded. The government of Rome also came to vigorously persecute the followers of this Jewish teacher from Galilee. Today, there is much confusion and questions concerning this controversial figure. Where can you go for the answers? The Bible.



### A Story That Fascinate Many.

This free Bible study aid booklet, Jesus Christ: The Real Story will help explain what is written in the Bible about Jesus Christ.

You can discover the answers to these questions and more: Who was Jesus Christ of Nazareth? Where did He come from? When was Jesus Christ born? What did Jesus teach? Was He God in the flesh? What did Jesus look like? Was He only a man? Why did He die?

Perhaps the boldest claim Jesus made about His identity was the statement, “Most

assuredly, I say to you, before Abraham was, I AM” (John 8:58)...What was going on here? Jesus was revealing His identity as the actual One whom the Jews knew as God in the Old Testament

The New Testament writers cite messianic prophecies from the Old Testament more than 130 times. By some estimates the Old Testament contains 300 prophetic passages that describe who the Messiah is and what He will do. Of these, 60 are major prophecies. What are the chances of these prophecies being ful-

filled in one person? (p. 18). A careful analysis of Scripture, however, clearly indicates that December 25 is an unlikely date for Christ birth. Here are two primary reasons...

How can we fit “three day and three nights” between Friday-afternoon crucifixion and a Sunday-morning resurrection?

Story from Beyond Today



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



Pastor Mukuria

**Psalm 73:26.**  
**My flesh and my heart may fail, but God is the strength of my heart and my portion forever.**  
**Good day!**



Brother Kigume

Certain attitude and behaviour makes it difficult for us to show appreciation and must be avoided in our lives. This includes: covetousness, murmuring, pride, comparison with others, etc.



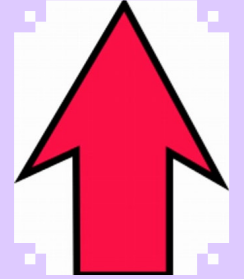
*You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one. -John Lennon*

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



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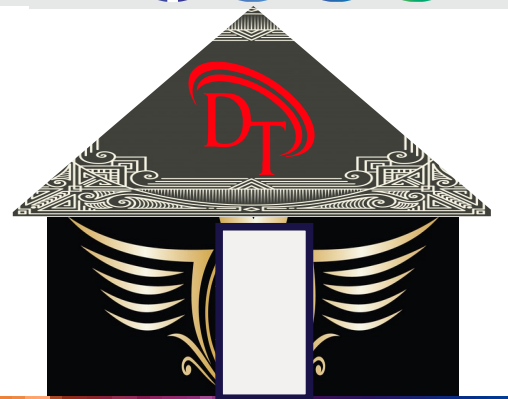
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# Health Tit Bits



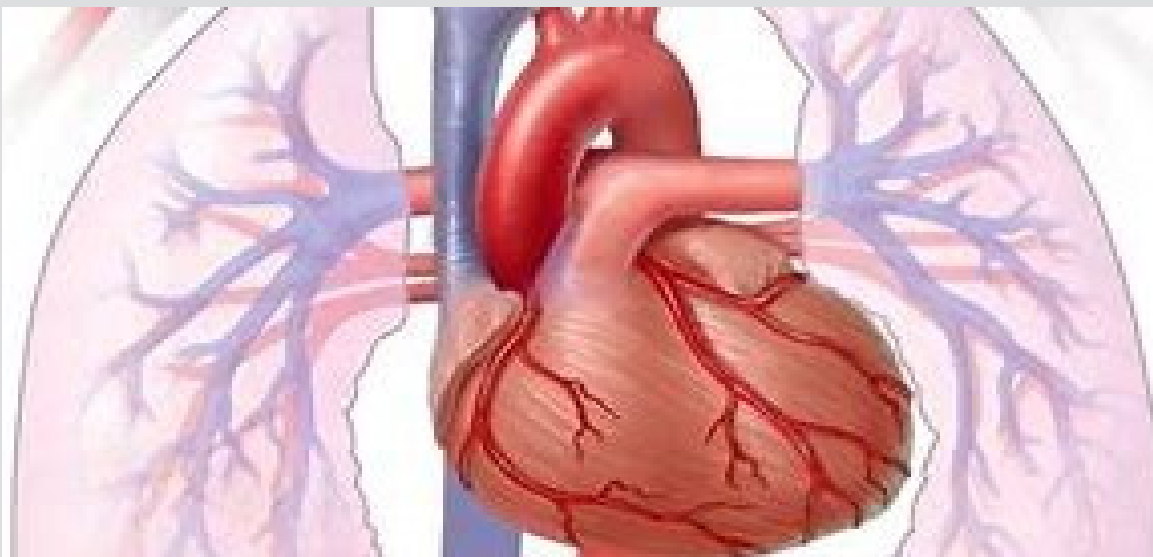
# HEART ATTACK

**An acute complete blockage of a medium or large heart artery usually means you've had an ST elevation myocardial infarction (STEMI). A partial blockage often means you've had a non-ST elevation myocardial infarction (NSTEMI). However, some people with non-ST elevation myocardial infarction (NSTEMI) have a total blockage.**

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

summary

**A** heart attack occurs when the flow of blood to the heart is severely reduced or blocked. The blockage is usually due to a buildup of fat, cholesterol and other substances in the heart (coronary) arteries. The fatty, cholesterol-containing deposits are called plaques. The process of plaque buildup is called atherosclerosis.



Sometimes, a plaque can rupture and form a clot that blocks blood flow. A lack of blood flow can damage or destroy part of the heart muscle.

**Heart attack**  
A heart attack occurs when an artery that sends blood and oxygen to the heart is blocked. Fatty, cholesterol-containing deposits build up over time, forming plaques in the heart's arteries. If a plaque ruptures, a blood clot can form. The clot can block

arteries, causing a heart attack. During a heart attack, a lack of blood flow causes the tissue in the heart muscle to die.

A heart attack is also called a myocardial infarction. Prompt treatment is needed for a heart attack to prevent death. Call 911 or emergency medical help if you think you might be having a heart attack.

**Symptoms**  
Symptoms of a heart attack vary. Some people have mild symptoms. Others have severe symptoms. Some people have no symptoms.

Common heart attack symptoms include:  
Chest pain that may feel like pressure, tightness, pain, squeezing or aching  
Pain or discomfort that spreads to the shoulder, arm, back, neck, jaw, teeth or sometimes the upper belly

Cold sweat

Fatigue  
Heartburn or indigestion  
Lightheadedness or sudden dizziness  
Nausea  
Shortness of breath

Women may have atypical symptoms such as brief or sharp pain felt in the neck, arm or back. Sometimes, the first symptom sign of a heart attack is sudden cardiac arrest. Some heart attacks strike suddenly. But many people have warning signs and symptoms hours, days or weeks in advance. Chest pain or pressure (angina) that keeps happening and doesn't go away with rest may be an early warning sign. Angina is caused by a temporary decrease in blood flow to the heart.

et help right away if you think you're having a heart attack. Take these steps:

Call for emergency medical help. If you think you're having a heart attack, immediately call 911 or your local emergency number. If you don't have access to emergency medical services, have someone drive you to the nearest hospital. Drive yourself only if there are no other options.

Take nitroglycerin, if prescribed to you by a health care provider. Take it as instructed while awaiting emergency help.

Take aspirin, if recommended. Taking aspirin during a heart attack may reduce heart damage by preventing blood clotting.

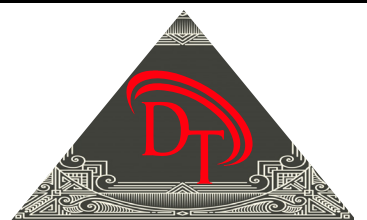


What to do if you see someone who might be having a heart attack

If someone is unconscious and you think they're having a heart attack, first call 911 or your local emergency number. Then check if the person is breathing and has a pulse. If the person isn't breathing or you don't find a pulse, only then should you begin cardiopulmonary resuscitation (CPR).

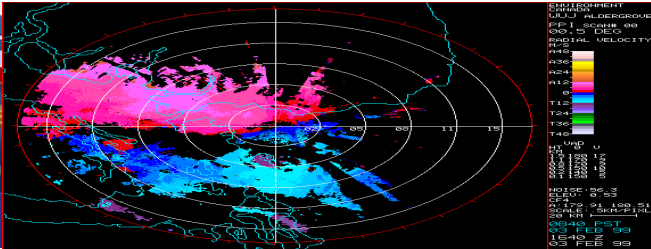
If you're untrained in CPR, do hands-only CPR. That means push hard and fast on the person's chest — about 100 to 120 compressions a minute. If you're trained in CPR and confident in your ability, start with 30 chest compressions before giving two rescue breaths.

Heart Attack



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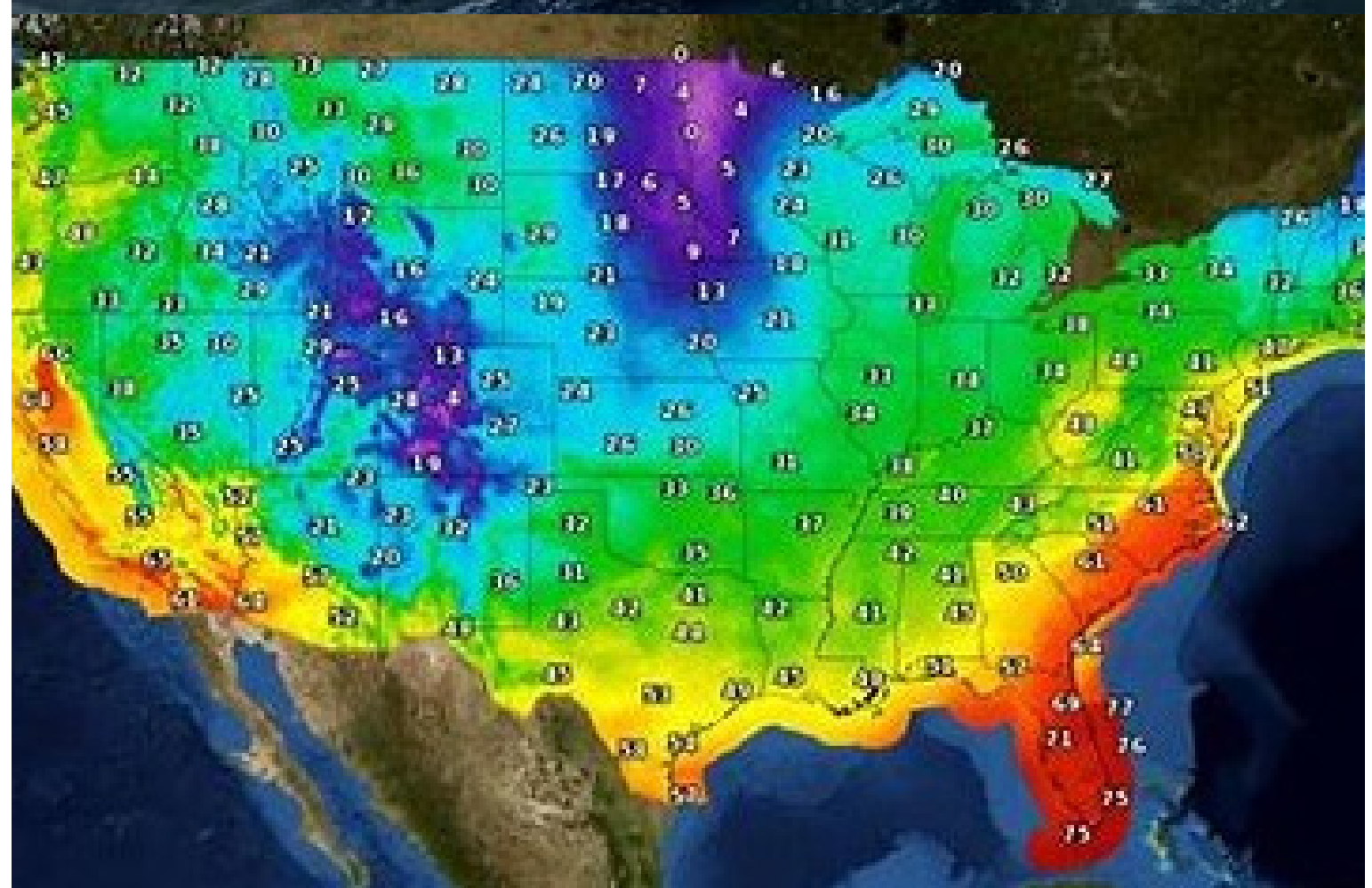


# THE WEATHER IN USA

## 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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# BACKPAGE

# WORLD OF SPORTS

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



Shared by:  
By Tafara  
Makusha

**T**hrough 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

