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The Diaspora Times



Feb 3rd, 2024 Issue 219

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

A Huge Gas Explosion In The Embakasi area, Nairobi, Leaves Several Dead And Scores Injured.

A company was refilling gas cylinders



The Diaspora Times wishes all affected a quick recovery

UPDATE: EMBAKASI FIRE TRAGEDY

There has been a fire outbreak at Kentainers Company Ltd near Kabansora in Embakasi, Nairobi.

The company was refilling gas cylinders when fire broke out and several people injured and rushed to hospital. The building hosting the company is badly damaged. The cause of the fire remains unknown.

Members of the public are advised to avoid the area as rescue operations are underway including fire engines being deployed to the area.

More updates to follow

Hon Sen (Dr.) Isaac Mwaura CBS
Government Spokesman



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HEE! HA! HA! HEE! HA! HA! HO! HA! HA! HA!

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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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“there is no basis for pursuing a criminal prosecution” against three Farmington police officers.

State agency won't charge New Mexico officers in killing of man at wrong home.

The New Mexico Justice Department has declined to file charges against police officers who went to the wrong address on a call last year and fatally shot the homeowner when he answered the door armed with a gun.

The Justice Department said that after a review, “there is no basis for pursuing a criminal prosecution” against three Farmington police officers.

The fatal shooting of Robert Dotson, 52, on April 5 prompted an apology from Farmington Police Chief Steve Hebbe, who called it a tragedy.

The officers were responding to a domestic violence-related call at a house around 11:30 that night, but they mistakenly went to a different house across the street, officials have said.

Video released by the police department shows the officers

“Mr. Dotson opened his front door and was blinded by police flashlights. The police did not announce themselves, and Mr. Dotson had no idea who was in his yard shining bright lights at him,” the suit says.

It seeks damages under the Wrongful Death Act, as well as compensatory and punitive damages. It does not specify dollar amounts.

discussing whether they were at the right address before the door opens and the shooting occurs.

The state Justice Department review included a report by Seth W. Stoughton, a professor at the University of South Carolina School of Law, whom the state attorney general's office hired to review the shooting.

Stoughton wrote in his report that the way the officers approached the Dotson home was reasonable, even though they approached the incorrect dwelling.

“In this case, Mr. Dotson opened the front door and storm door, then partially exited the house while raising a firearm into a firing position, pointed in the direction of the officers,” Stoughton wrote.

The state Justice Department notified the local district attorney and Hebbe, the police chief, of its decision Friday, the department said in a statement.

Department prosecutors also met with members of Dotson's family

to explain the decision, the statement said.

Dotson was a longtime auto mechanic and a doting family man, his wife said. An attorney for the family, who has sued the city of Farmington and the three officers involved, has said Dotson was blinded by a flashlight when he opened the door.

“Why would he not raise his gun?” said the attorney, Tom Clark.

Attorneys for the Dotson family did not immediately respond Tuesday night to a request for comment about the decision not to file charges.

The lawsuit, filed in U.S. District Court in New Mexico, alleges that the first officer who shot at Dotson “opened fire instantly” and that the two others then also fired.

Copied story from CBS

Farmington man who allegedly threw his son against a wall faces child abuse charges.

When officers arrived at the child's home, they heard distressing sounds, according to the statement. Gabhart answered the door and allowed officials inside to check on the child's welfare, where they found the 6-year-old boy in his room in a visibly upset condition with red marks on his left cheekbone and near his right ear. The release states the child reported his father struck him in the face.

A Farmington man faces child abuse charges after being arrested in connection with an incident earlier this month involving his son.

Enoch Gabhart, 25, was arrested on Jan. 17 and was booked into the San Juan County Detention Center, according to a Jan. 25 news release issued by the Farmington Police Department. The father faces allegations he abused his child, which could have included torture, being cruelly confined, or cruelly punished. Gabhart was arrested after Farmington officers and representatives of the New Mexico Children, Youth and Families Department conducted a welfare check on the child, who was absent from school that day. A staff member at the school reported a concern, the release states.



When officers arrived at the child's home, they heard distressing sounds, according to the statement. Gabhart answered the door and allowed officials inside to check on the child's welfare, where they found the 6-year-old boy in his room in a visibly upset condition with red marks on his left cheekbone and near his right ear. The release states the child reported his father struck him in the face.

An additional examination of the boy showed redness on his neck, arms and legs, and an injury to his torso. The child told officials his father had thrown him against the wall several times, according to the release.

The boy was transported to the San Juan Regional Medical Center for treatment.

Shanice Gonzales, the public

information officer for the Farmington Police Department, said the boy was released on Jan. 17 to his grandfather, Enoch Gabhart's father, after being treated at the hospital.

Gabhart's attorney of record, Benjamin Tell Ward, did not immediately respond to a request for comment on behalf of his client from The Daily Times.

Gabhart was involved in a 2019 battle with the boy's mother over custody of the child. Since Gabhart's Jan. 17 arrest, the mother has filed a motion to have the custody decision reviewed.

Reported by NY Times

laughter is the best medicine



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

Tim decided to tie the knot with his long time girlfriend. One evening, after the honeymoon, he was organizing his golfing equipment. His wife was standing nearby watching him. After a long period of silence she finally speaks: "Tim, I've been thinking, now that we're married maybe it's time you quit golfing. You spend so much time on the course. You could probably get a good price for your clubs." Tim gets this horrified look on his face.

She says, "Darling, what's wrong?"
"For a minute there you were beginning to sound like my ex-wife."
"Ex-wife!" she screams, "I didn't know you were married before!"
"I wasn't," he replied.
My nagging wife died suddenly on a trip to Jerusalem. Funeral director, "Sir, it would cost about \$45,000 if we send her home back to the states or \$500 if we bury her here in Jerusalem."
Me: "Ship her home."
Funeral director: "But sir,

why don't you bury her here in the Holy Land and you can save money."

Me: "A long time ago a man was buried here and 3 days later he rose from the dead, I can't take that chance."

For a high school dance, the head boy asked out the girl he liked. To get flowers for her, he had to stand in a line outside the florist for an hour. To make things worse, he had to wait another hour in a line outside the tuxedo shop. Finally, he goes to the dance with the girl. The girl wanted to have some apple punch so the boy went to get it, but to his surprise, there was no punch line.

An MIT linguistics professor was lecturing his class the other day. "In English," he said, "A double negative forms a positive. However, in some languages, such as

Russian, a double negative remains a negative. But there isn't a single language, not one, in which a double positive can express a negative." A voice from the back of the room said, "Yeah, right."

Mother's Day. Two children ordered their mother to stay in bed one Mother's Day morning. As she lay there looking forward to breakfast in bed, the smell of bacon floated up from the kitchen. But after a good long wait she finally went downstairs to investigate. She found them both sitting at the table eating bacon and eggs. "As a surprise for Mother's Day," one explained, "we decided to cook our own breakfast."





*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 ha ha ha ha*



All born in the 70 know this one

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

A SMILE that PUNTS
An instant VACATION
A day ~~not~~ WASTED
MUSIC to the SOUL
A Cheap MEDICINE

friend once called a few house painters to his house for some work. He wanted them to paint his porch. After a few hours, the house painters came back for the payment as their work was complete. Before leaving they told my friend that they had enjoyed painting his car, but it is not really a Porsche.
A fellow was walking along a country road when he came upon a farmer working in

his field. The man called out to the farmer, "How long will it take me to get to the next town?"
The farmer didn't answer. The guy waited a bit and then started walking again. After the man had gone about a hundred yards, the farmer yelled out "About 20 minutes!"
"Thank you. But why didn't you tell me that when I asked you?"
"Didn't know how fast you could walk."
Three friends stranded on a

deserted island find a magic lamp. Inside it is a genie who agrees to grant each friend one wish.
"I want to go home," says the first friend. The genie grants her wish.
"I want to go home, too," says the second friend. And the genie sends him back home.
"I'm lonely," says the third friend. "I sure wish my friends were back here."
A tough old cowboy from Texas counseled his granddaughter that if she wanted

to live a long life, the secret was to sprinkle a pinch of gun powder on her oatmeal every morning.
The granddaughter did this religiously until the age of 103, when she died. She left behind 14 children, 30 grandchildren, 45 great-grandchildren, 25 great-great-grandchildren, and a 40-foot hole where the crematorium used to be.
Kid going to his first day of school, he looks worried, his dad asks him, "What's wrong?"
Nervous, the kid asks, "How long do I have to go to school for?"
"Until you're 18", says the father.
The kid nods, and thinks about this quietly. When they get to the front gates of the school, the kid says, "Dad, you will remember to come and get me when I'm 18, won't you?"
Copied yahoo jokes

Harsh

Article By Abigirl Phiri- Zimbabwe



THE MARKETING WORLD

Customers are the king like the sage marketers alluded to.

A good sales person will go the extra mile in perfecting one's craft. You only have one chance to convince the customers. This is because we are living in a world full of information clutter on different products and services. Thus given such a scenario one has to up his or her game to win sales and close deals. First and foremost, one must know their product very well.

Be in a position to tell the clients beneficial information. On all intents and purposes, this comes in the form of proffering products and services at a good price. Customers are so enlightened about price differences to the point that every cent really matter in their tight budgets. Suffice to say, due to the world economic meltdown

Competition is rife in these days of our lives but it can be curtailed by doing those small things that other marketers neglect. The simplest thing such as knowing one's name and family. Asking about their welfare even when they are not doing business with you. Banks are famous for doing so with their clients in a bid to maintain that relationship even if you have an outstanding balance



the value of money matters most.

As organisations in the corporate world there is need to train your staff so that they are well versed about their job descriptions. These trainings although some view them as if you are throwing money in the drain but in actual fact this is not the case. Not only are they edifying to the personnel but they also improve their marketing skills immensely.

To hone one's skills you need to go through a lot of teachings that are hands on implementation to assess the results. In marketing, there are no two ways about things because the numbers always speak. Indeed, without numbers then the company won't be able to stay afloat in this cut throat business world where dog eat dog. If you are not clever enough you will close shop or another big fish will take over.

Although you can be taught everything that is there about marketing better still you need the extra innate touch of being a natural marketer. The crux of the matter is know your target market. Have diverse tactics to converse with people of different

age groups. Being vocal and sociable will work in your favor because its human nature to warm up to friendly people.

Customers are the king like the sage marketers alluded to. Consequently, they need to be handled with care so that they feel valued and treasured. Business is a two way thing which you have to equally treat each other with respect for proffering the service and for taking it up by exchanging hard earned money for goods.

However, sometimes these scenes are colored by customers who take advantage of their position of being treasured individuals to the point that they nag nonstop. Likewise, business itself can have their importance go over their head by unnecessarily overpricing which is wrong on all accounts.

Profit must be acquired through fair means of trading with the masses because that is the marketing ecosystem.

For marketers who sell services they must be in a position to stoop down low and put themselves in the shoes of the customer to understand what exactly they want. Provi-

ded you do this correctly then definitely you would have struck gold. This is because if you gain the confidence of one customer that individual won't waste time to sing your company praises and before you know it word will go round.

Soon enough your company services and products will be buzz words highly sought after. Henceforth it's wise to treat your customers right with respect. That alone will set apart your company from the rest of organisations that do business brusquely without feeling, All these doctrines birthed the words of customization and personalization.

Due to close relationships with your customers then you will get to the level of custom designing products and services that suit them to the letter. It is so easy to be in the best books of customers. Treat them nicely give them products at affordable prices yet maintaining quality and wala they will eat from the palms of your hands.



By Abigirl Phiri-Zimbabwe

summary

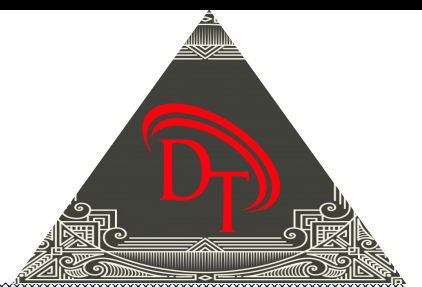


Poem: Pleased to meet you
By : Abigirl Phiri

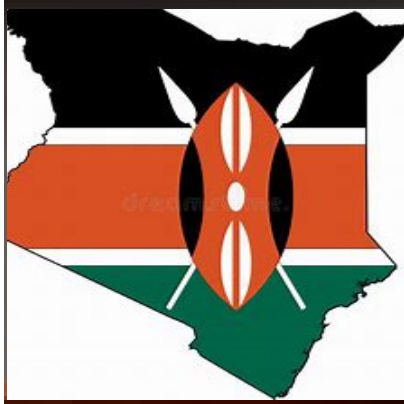
We meet and greet
Introductions are in order
Pleased to meet you
It's quite easy to make friends
For we meet to part
Only to part to meet
Pleased to meet you too



POEM



Although you can be taught everything that is there about marketing better still you need the extra innate touch of being a natural marketer



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

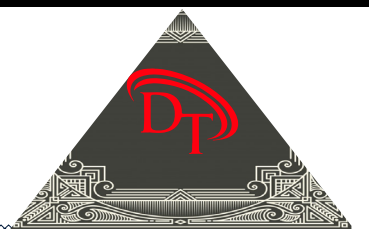


R.I.P.

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.

George Nthenge



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Many Tenants In U.S. Are Unable To Afford Rent.

“Rental conditions are softening, but affordability conditions are worse than ever before,”

Half of renters in the United States have found themselves paying more than they can afford, following years of surging rents. But an increase in the construction of multiple-unit buildings has boosted the supply of apartments, which is slowly beginning to rein in runaway rents.

Nationally, rents declined annually in December for the eighth straight month, according to Realtor.com’s monthly report. The median asking rent was \$1,713, which was down \$4 from November and down \$63 from the July 2022 peak.

However, median rent is still \$309 higher than the same time in 2019, before the pandemic. That’s a 22% increase.

And people have been feeling it. In some places, rents aren’t dropping at all. Rent is just increasing at a slower pace.

Still, even if rents aren’t dropping like a rock, they aren’t expected to be skyrocketing in the same way this year.

This may come as some relief to the 22.4 million households who, according to Harvard University’s Joint Center for Housing Studies, pay more than a third of their income in rent.

Paying anything above the standard 30% threshold is commonly considered a cost burden.

What’s more, 12 million of those renters are severely cost burdened, which means they are spending more than half



their income on housing.

The report reveals several disturbing records, including the record-high number of renters in housing they cannot afford and a record-high number of people who are homeless, said Chris Herbert,

managing director of the Harvard Joint Center for Housing Studies.

In addition, the report found that evictions are rising as pandemic protections have expired and a record-high number of income-eligible renters can’t get assis-

tance as rental support falls short. Rents are cooling off but affordability remains untenable

“Rental conditions are softening, but affordability conditions are worse than ever before,” said Whitney Airgood-Obyrcki, senior research associate at the Harvard center, who presented some of the report’s findings.

Following changes in housing needs during the pandemic and an already existing low supply of multifamily housing in some markets, rents surged in 2021 and 2022. But that has changed in 2023 thanks to increased supply, the report showed.

Rent growth peaked at a record breaking 15% annually in the first quarter of 2022, before starting to slow. By the end of 2023, rents were growing by just 0.4% annually.

Even cities with the most intractable rents are seeing some cooling.

In November rents dropped in Manhattan for the first time in 27 months. The median rent fell to \$4,000, down 4.6% from October and down 2.3% from the year before, according to a report from the brokerage firm Douglas Elliman and Miller Samuel Real Estate Appraisers and Consultants.

CBS Reports

Man who killed 2 women near the Las Vegas Strip is sentenced to life in prison.

A man convicted of fatally shooting two Northern California women near the Las Vegas Strip almost eight years ago has been sentenced to life in prison without the possibility of parole.

Omar Talley, 38, was sentenced Tuesday after a judge reprimanded him for his lack of remorse, according to the Las Vegas Review-Journal.

Talley’s defense attorney argued that his client had apologized to the victims’ families, but Talley interrupted him to again state that he only expressed his “condolences” and claimed he was not involved in the killings, the newspaper reported.

Talley was convicted in October of two counts of murder with a deadly weapon and one count of attempted murder.

Talley initially faced the death penalty in the case, but prosecutors withdrew the possibility of capital punishment before his trial



Omar Talley is led out of a courtroom after being disruptive during his sentencing at the Regional Justice Center in Las Vegas, Tuesday, Jan. 30, 2024. Talley who was convicted of fatally shooting two Northern California women near the Las Vegas Strip

began, court records show.

He was accused of killing Melissa Yvette Mendoza and Jennifer Margarita Chicas, both 27, and wounding Chicas’ brother-in-law, Jerraud Jackson, in February 2016.

The victims were in Las Vegas for a family celebration, relatives said. Jackson survived the shooting and testified against Talley.

The victims were in a parking garage west of the Strip when an argument broke out with Talley and shots were fired, Las Vegas Metropolitan Police said.

Chicas and Mendoza, both from the San Francisco Bay area, died of gunshot wounds to the chest, police said.

Talley told police he had been drinking and smoking marijuana the night of the shootings and remembered little of what happened, according to an arrest report.

Talley was paroled in 2015 after being sentenced to a Nevada prison for felony pandering of a child and child abuse convictions in 2010, court documents show.

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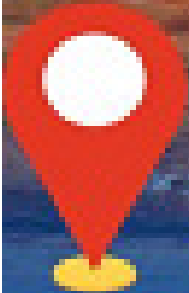
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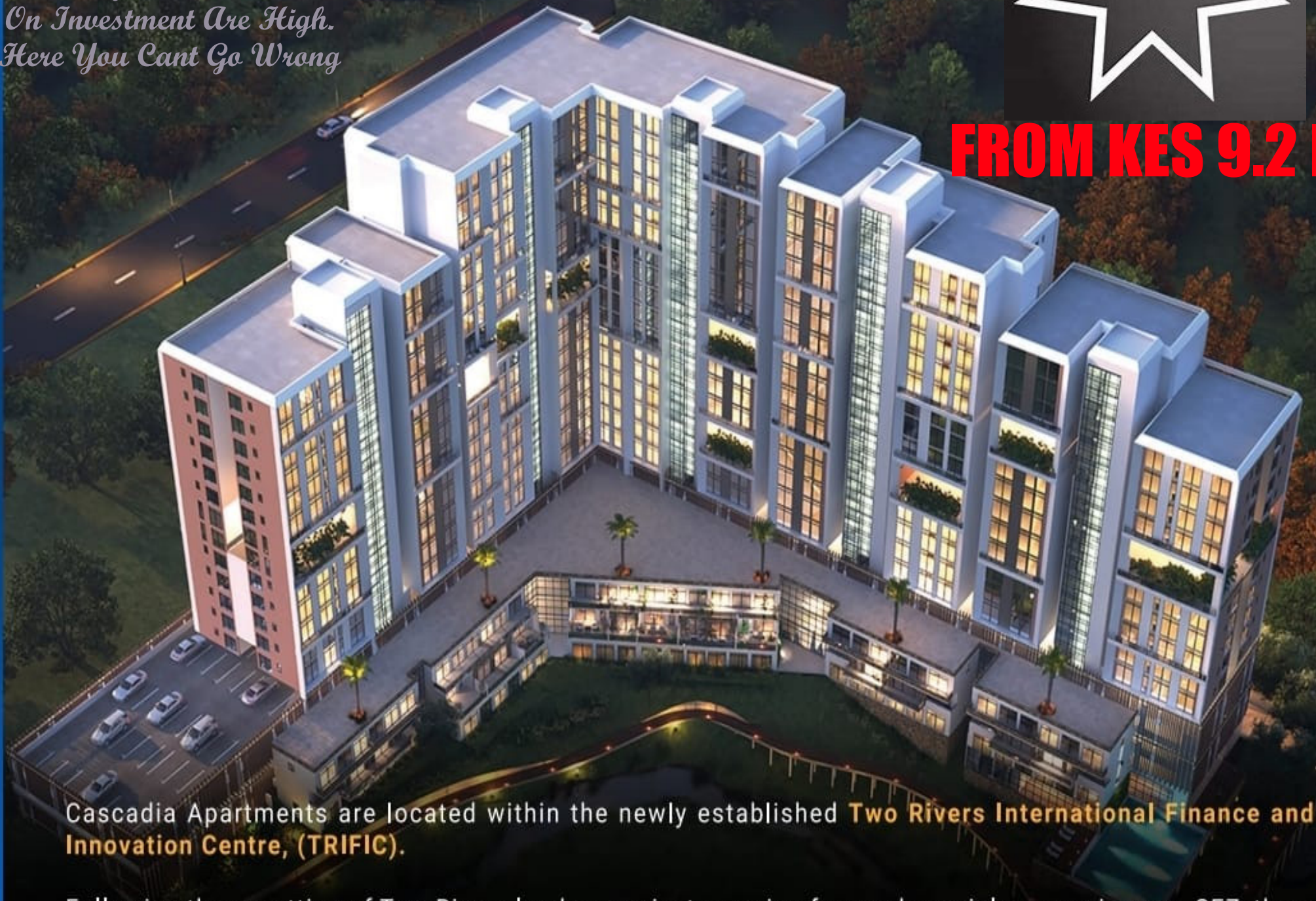
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Kenya and Diaspora

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



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.

Pants down on the plane: Philadelphia woman whose outburst was caught on video charged.

"Once the plane arrived at the gate and the seatbelt sign was turned off – but before any external doors were opened to allow passengers to leave the aircraft"

A Philadelphia woman is facing charges after she was accused of yelling at a flight crew and passengers and threatening to pee in the aisle of a Frontier flight from Florida.

The 60-year-old passenger was charged with interference with flight crew members, simple assault and indecent exposure stemming from a flight from Orlando to Philadelphia in November, the U.S. Attorney's Office for the Eastern District of Pennsylvania announced in a Jan. 30 news release.

An attorney representing the passenger could

According to a criminal complaint filed Monday in federal court, the incident began on board Flight 4944 from Orlando to the Philadelphia International Airport as the plane was preparing to land.



not immediately be reached for comment. The woman boarded the Frontier flight Nov. 20 in Orlando and remained in her seat until the plane was about to land, according to a criminal complaint signed Jan. 29.

A representative for Frontier Airlines deferred to law enforcement for any additional details on the incident when contacted by McClatchy News.

As the plane was nearing Philadelphia International Airport, the passenger stood up and told a flight attendant she needed to pee, fed-

eral officials said. The attendant told the woman she needed to stay in her seat, at which point the passenger started yelling and cursing at the attendant before sitting back down, the complaint said.

The plane landed and was taxiing to the gate when the woman started cursing at passengers seated around her, according to federal officials.

As soon as the seat belt sign was turned off, the woman jumped up and started pushing past other passengers to get to the front of the plane,

the complaint said. Flight attendants stopped the woman before she reached the front airplane bathroom, federal officials said, so the woman turned to the other passengers and said, "sorry, everybody," then pulled her pants and underwear down.

From USA today



If convicted, prosecutors wrote in a news release, Huertas faces a maximum sentence of 21 years and three months in prison, to be followed by three years of supervised release and a \$355,000 fine. The case, according to the release, is being investigated by the Federal Bureau of Investigation and the Federal Air Marshal Service, with assistance from the Philadelphia Police Department.

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Arch Dr. I KINUNGI Behind the vision

THE FUTURE * TODAY *

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Senior Reporters



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Cruising Along The Zambezi River.



A boat cruise is very exciting and it's totally divorced from other tours



Tourism with
Memory Phiri
Zimbabwe.

She Zambezi River will always be a wonder to tourists because its estuaries upgrade the water based activities in Victoria Falls. Currently, the Zambezi River Cruises are offering visitors with a variety of options to choose from starting with breakfast, lunch up to the invincible sunset cruise.

Apart from viewing the Knife-Edge and swimming in the Devil's Pool it's also wise to take a soothing cruise. Nothing will ever beat relaxing and enjoying your life within tourism and it's vast itineraries. As far as the boat is concerned, it has its own cruise captain, guide and a waiter to boot. Normally, it carries a

The immersive experience in question is slow but sure therefore you will see every nook and cranny. Fortunately, the fleet is built to ensure that the tourists will witness the wild beauty of Zambezi at close quarters.



Beautiful views along the Zambezi river and the amazing experience

maximum of sixteen passengers therefore there will be plenty of room for everyone. In light of the stated, the Ilala Lodge specializes in this unique package.

From my point of view, tour operators are enjoying the fruits of a cruise for some destinations in our country do not even have a dam to exhibit a yacht. Thus, the recreational boats are tailor-made to the extent that tourists will feel like they are at sea. The immersive experience in question is slow but sure therefore you will see every nook and cranny. Fortunately, the fleet is built to ensure that the tourists will witness the wild beauty of Zambezi at close quarters. Suffice to say, the cruises bring guests closer to the banks in the shallow waters.

Without doubt, tourists will have the opportunity to see the Livingstone Island thereby learning a lot about the founder of the jaw dropping waterfall. What say you to such a treat? It's common knowledge that he discovered the Victoria Falls so

tourists should be regaled with tales over the actual facts. The Ra-Ikane cruise boats were designed after David Livingstone but they are named after his guide who accompanied and assisted him in the discovery of his many exploits.

A boat cruise is very exciting and it's totally divorced from other tours because it takes sightseeing to another level. Grab your binoculars just in case you meet and greet with memorable encounters. Apparently, this mode of transport has always been there before and after the Titanic. In accordance to statistics, cruiseliners have now taken center stage in tourism lately.

That is why we should call it the surge of the sun, sand and sea in Zimbabwe because everyone is dying to tag along. An avid tourist should acknowledge the fact that river cruises are a must do because they are a private gateway to paradise. Like the Pirates of the Caribbean, every fantasy is allowed the moment you step aboard until the time

that you dock. To my better judgement, this is a very nice way of appreciating marine tourism for days on end. The long and short of this article is that the exploration boats continue to represent the rich history of Batoka Gorge and it's heroes. They say all hands on deck so come out of your shell and join us.

An avid tourist should acknowledge the fact that river cruises are a must do because they are a private gateway to paradise. Like the Pirates of the Caribbean, every fantasy is allowed the moment you step aboard until the time that you dock.

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.

The agony in the Garden of Gethsemane.

The agony in the Garden of Gethsemane is an episode in the life of Jesus, 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 gar-



Jesus at the Garden of Gethsemane.

den to pray. Each gospel offers a slightly different account regarding 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 Vulgate: 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 Philippine 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.

Excerpts from Wikipedia.
By Joseph Lane



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



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.

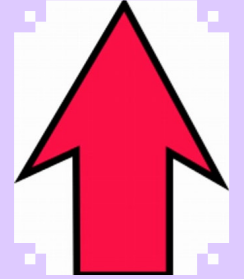


You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one. -John Lennon

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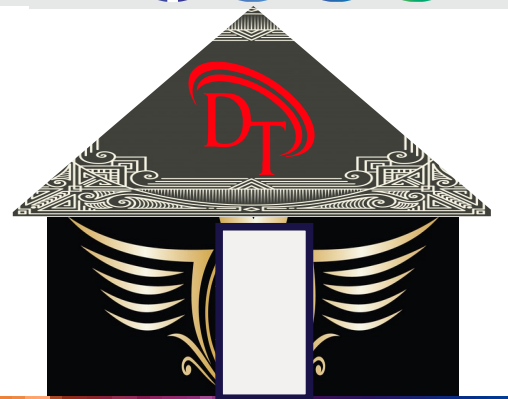
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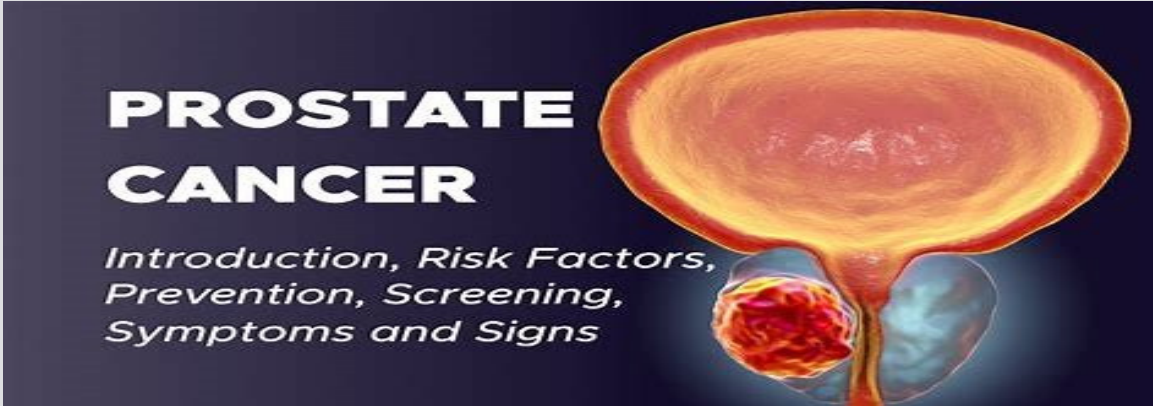
If your current weight is healthy, work to maintain it by choosing a healthy diet and exercising most days of the week. If you need to lose weight, add more exercise and reduce the number of calories you eat each day.

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 is one of the most common types of cancer. Many prostate cancers grow slowly and are confined to the prostate gland, where they may not cause serious harm. However, while some types of prostate cancer grow slowly and may need minimal or even no treatment, other types are aggressive and can spread quickly. Prostate cancer that's detected early — when it's still confined to the prostate gland — has the best chance for successful treatment.

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.

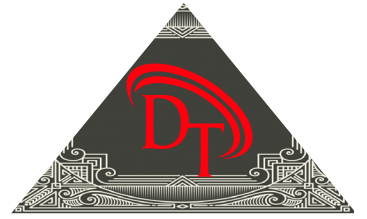
Choose a healthy diet full of fruits and vegetables. Eat a variety of fruits, vegetables and whole grains. Fruits and vegetables contain many vitamins and nutrients that can contribute to your health.

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.

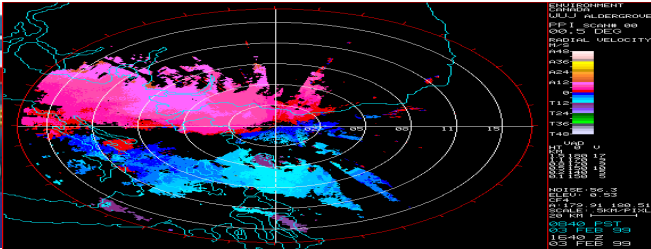
Prostate Cancer



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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

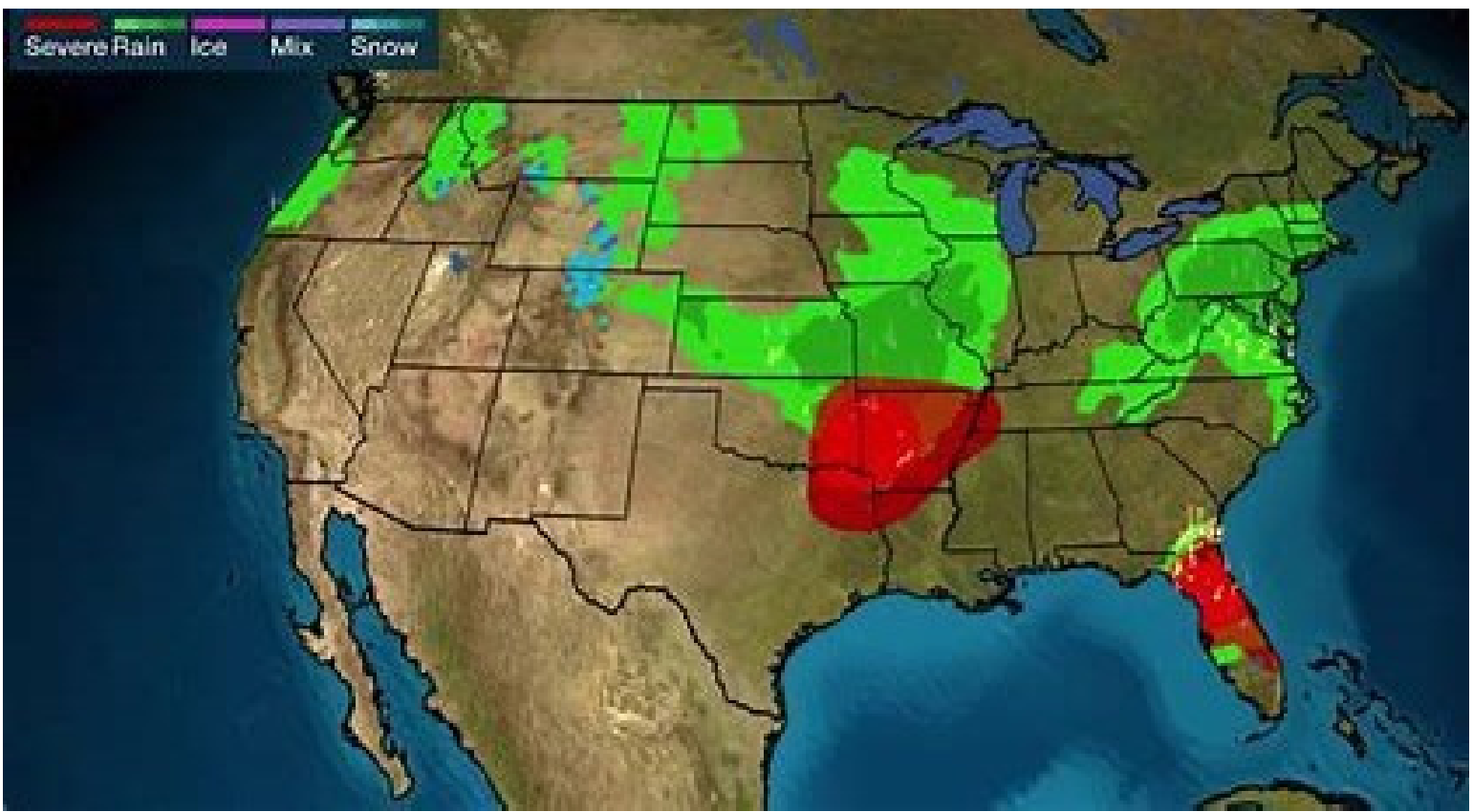
The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. -Helen Keller



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



Friday's weather is looking partly sunny with continued springlike temperatures for Bellingham and other parts of Western Washington, so there's a fair chance the groundhog will see its shadow — pointing to six more weeks of winter, according to folklore.

But human forecasters are betting that the Northwest is in for an early, warm and dry spring, with a few caveats.

Chief among them is the twilight of El Niño, the weather pattern that usually gives the Northwest a warmer winter with less rain.

"El Niño is dying, and the Northwest will get drenched," because a La Niña will form

quickly, University of Washington meteorology professor Cliff Mass wrote last week in his weather blog.

Analysts at the National Weather Service Climate Prediction Center tend to agree, predicting a shift to neutral conditions in spring followed by a La Niña, which historically brings cold and wet winters.

This year's El Niño proved the exception and has delivered rainfall well above normal — including in the mountains, where unseasonable rain has left the North Cascades snowpack at 53 percent of normal, according to the USDA's Natural Resources Conservation Service in a report issued Wednesday.

December 2023 rainfall of 5.67 inches topped the average 4.33

inches, according to National Weather Service records for Bellingham International Airport. January rainfall was 6.6 inches through Tuesday, against the normal rainfall of 4.49 inches. December's normal high temperature is 45.6 degrees, and December 2023 had an average high of 50. Average January high temperature is 46.3 degrees, but the monthly average this year is 43.3 degrees — driven by a weeklong cold spell.

More seasonable temperatures are in the forecast for the next week or two, followed by a trend for a warm and dry spring, according to National Weather Service Climate Prediction Center and the private forecasting service AccuWeather, which issued its spring outlook on Wednesday.

But things could get wet by late spring in Washington, Oregon and Idaho, AccuWeather's long-range forecaster Paul Pastelok said.

"The Northwest actually could get a little bit wet again as we head into May," he said.

Weather forecasters mark March 1 as the first day of spring for seasonal predictions, calling it "meteorological spring."

Astronomical spring starts with the equinox when night and day are equal, which is at 8:06 p.m. PDT on March 19.



"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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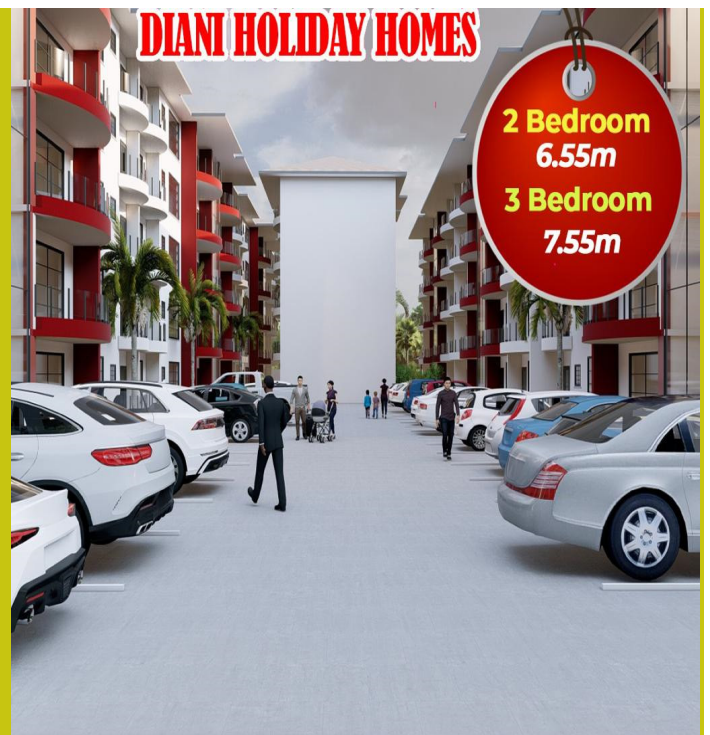
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BACKPAGE

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

