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TAX BURDEN IN KENYA HURTING THE POOR

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The Diaspora Times



March 9th 2024 Issue 226

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

DID PRESIDENT RUTO FEAR TO GO NEBUCHADNEZZAR WAY AND SWEET TALKED BISHOP WANJIRU?

“I HAVE MUCH RESPECT AND LOVE FOR HIS EXCELLENCY DR WILLIAM RUTO, OUR DEPUTY PRESIDENT RIGATHI GACHAGUA AND THEIR FAMILIES. WE STARTED THIS JOURNEY TOWARDS BUILDING A BETTER AND MORE PROSPEROUS NATION TOGETHER AND WE SHALL FINISH WELL, TOGETHER,” SHE WROTE ON X.



**“Somebody will soon eat grass”
Her own words**

“After cursing both President Ruto and his Deputy Gachachua, Bishop Wanjiru of Jesus is alive Ministries changed her tunes and talked of a continued support for the Government. It is common sense to conclude that President Ruto, or his emissaries must have talked to the Bishop and possibly assuring her that her church will not be attacked again...However, the damage is done and the curse possibly registered in the heavens. The question still remains. Will President Ruto eat grass soon as per Wanjiru’s wish?”



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TIMES

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The shape and magnitude of our political integration in the country are on test, questioning our understanding from an individualistic stand whether presiden-

Page 03 **Charles Kabiriri**

OPINION

NEW KENYA MOVEMENT

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

Page 06
Born in 1939, Elijah Mwangale led a chequered life of lecturer, businessman and politician. He was also a farmer.

“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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**“No one saves us but ourselves.
No one can and no one may.
We ourselves must walk the path.”
Buddah.**





The shape and magnitude of our political integration in the country are on test,

THE WAVE OF CHANGE STEADILY TAKING SHAPE IN KENYA.



Charles Kabiriri
Political Activist
New Kenya Movement
For Change

The shape and magnitude of our political integration in the country are on test, questioning our understanding from an individualistic stand as 2027 general elections result to a time when Kenyans will draw a line after the Kenya Kwanza administration removed subsidies and imposed a tax regime that messed up the country's economy. These are the underlying factors suggesting that the country's 2027 general elections will be like no other one and New Kenya Movement will be bunking on its slogan for CHANGE. The concept of affordable housing being expressed as a flagship project of the administration has faced rejection from Kenyans and believed to be a conduit for corruption. The 1st political wave on the



country's road map to the 2027 general elections will be the KK administration brigade and its sympathisers who will be seeking approval from Kenyans to have Ruto endorsed for a second term. The 2nd political wave on the road map to 2027 general elections will involve the leadership seeking approval to run the country but who come from a background of tyranny and political parties known to exist/ embedded on tribalistic backing such as (ODM, WIPER) pushing their way for consideration as well to run the country. The 3rd political wave on the road map to the 2027 general elections will involve the contingent comprising of people who came together to raise objectives and fundamentals upon which a N E W K E N Y A will be founded through mindset change awareness cam-

paigns ran countrywide by the New Kenya Movement. A political party that will soon be formed on the basis of New Kenya will comprise of members locally and in diaspora to give a taste of political maturity, None-Conservative party moving the country into the 21st century politics. It's in the intrigues of the 3 political waves that the country's next leadership 2027 will emerge! It will be up to every Kenyan to self introspect on the fruitful wave between the three that commensurate with his desires for a working nation. Mindset Change for 2027 Charles Kabiriri -NEW KENYA MOVEMENT FOR CHANGE.

The Punitive Taxation Embedded In The Controversial Finance Act 2023 In Kenya Is Now Haunt The Same Legislators Who Passed It.



By Charles Kabiriri

We are the regional logistics and leading finance hub. Kenya is the leading destination for foreign direct investments and venture capital with a silicon savanna of super working engineers and a dedicated entrepreneurial workforce. Therefore to tap these advantages and trickle down to the disenfranchised majority over an advantaged minority, people must be ready to embrace mindset change to help the country shift permanently from politics of tribalism and patronage to politics of Idealism from the core!

The punitive taxation embedded in the controversial Finance Act 2023 has now come back to haunt the same legislators who went against the will of the people to ascertain that President William Ruto got his way on the matter during the passing of the Bill after overwhelmingly voting in favour of the Bill to the detriment of the very citizens who had rejected it through the courts. The law has continued to make the life of the man down the pyramid, unbearable. In the Act, farmers were to pay a 5% tax on their agricultural produce, which clause today the legislators incite the constituents not to pay as it was quite punitive to their Avocado produce which they feel is being overtaxed and their



argument is that the tax should have been placed on exports. The legislators are being blamed on having passed the Bill. In their response, they claim they never read through the Bill, which begs the question, why so? Things are very hot on the ground for the legislators around Mount Kenya region where the law is felt

to be far-fetched and very punitive! In efforts to calm down a possible uprising after farmers subsequently chased away tax personnel that was undertaking a fiscal education on the tax to the people. Deputy President Rigathi Gacagua has vowed to meet Ruto to ask him to reverse the Finance Act 2023 and the only legislator who opined to vote against the Bill citing punitive measures wonders why legislators from the mountain are fighting the law from the roadside gatherings, requesting them to go back to the house and reverse the bill they overwhelmingly voted for, from the same floor of the very house and not from market gatherings. Ground ime change! By Charles Kabiriri NEW KENYA MOVEMENT

laughtner is the best medicine



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."

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

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

his bones.

My brother came back from school all motivated because he said he would be following a new diet from that day. We didn't really give it much thought until my brother really started eating his homework for dinner. When we stopped him and asked why he was doing that, he replied, "I was just trying to see how it tasted because my teacher said that the homework would be a piece of cake for me."

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."

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?"

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



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



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!

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?"

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."

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 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..."

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.

Harsh

Article By Abigirl Phiri- Zimbabwe



DEROLLING IS HELPFUL ALWAYS

The first thing you're going to want to do is to literally strip off your character. Get out of your costume, your shoes, and leave them at the theatre, or on set, if you can.

Some individuals have major problems that they move with their job titles on their breast plates.

Always ready to tell anyone and everyone the high posts they hold at their job places. Yet this shouldn't be the case in some instances.

When it comes to school you have to listen to your lecturer no matter which position you hold in life. Again, this is the case when at church. You need to deroll and be like the other flock of the congregation as you give the pastor the respect and credit which is due to him or her. Given you do so then you will be saving yourself from a lot of unnecessary trouble.

The importance of derol-

Wherever you find yourself in, respect the people giving you assistance. Put yourself in their shoes and you will understand the pressure they might be facing handling and juggling hundreds of clients at one go. Thus, in these situations you need to deroll and act nicely for them to hasten in helping you out.



ling is that you are able to blend in quite perfectly with the rest of the people. Inability to deroll will cause trouble for you and the person who will be in charge in that particular situation. This is because he or she will feel undermined by your stance of acknowledging your high status or post in society. Thus it's normal for one to then act unpleasant in a means to teach you a lesson that they are the ones with the ropes. Henceforth it's important to humble yourself when in other people's offices. In shona they say, "mwana wamambo muranda kumwe" loosely meaning to say a king's heir is only a humble servant in another kingdom.

Interestingly, do realise that when you act cool people will treat you nicely unlike when you want to come through as overbearing. As much as your title gives you relevance in the society know where that will work and where it won't. Asking for assistance one needs to give importance to the individual helping them

out. In fact these people can turn nasty on you and become gate keepers if you rub them the wrong way and there is nothing you can do. In the end you will find yourself in a dilemma of having your time wasted for naught, having the job half heartedly done or if it comes to extremes nothing done at all.

Wherever you find yourself in, respect the people giving you assistance. Put yourself in their shoes and you will understand the pressure they might be facing handling and juggling hundreds of clients at one go. Thus, in these situations you need to deroll and act nicely for them to hasten in helping you out.

Personllyay from my experience anyone who responds and treats me nicely I really would want to reciprocate the favor. Indeed this is the situation with derolling. Provided you deroll then you will be aided pleasantly without any squabbles.

In the African context if you fail to deroll then you

will be shown the true colour's of that person. You in fact will rue the day you were born. Hell will freeze over before you are given the time of day. Particularly you will be left lost on end, left to your own devices. The idea will be to fix you so that next time you know your place.

Thus to be on amicable ground know how to approach your helpers. Do not intimidate them. In fact, converse with them with the amount of same respect you would want to be directed to you if you were to switch roles. Now if it becomes the situation that "he says she says" then no progress will be achieved. In the end you both will be left disappointed and frustrated at life. Yet this could have been avoided if one had derolled.

”



By Abigirl Phiri-Zimbabwe

summary



Poem Title: The deed

Title deeds
Time differences
Unexpected skepticism

Filled with confusion
Full of pride
Unilateral thinking a paradox

Brutality in its true form
Bragging in the wrong places
You shall stagger losing your swagger

The height of madness
Maidenly before turning wanton
How the mighty will fall

Portion of acceptance
Probability of attaining success
Derolling mode confirmed

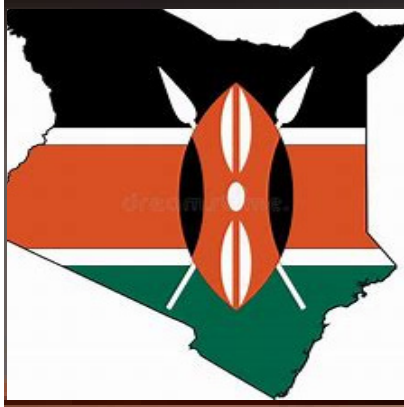
Article by Abigirl Phiri



POEM



Actors and actresses have learned many methods of becoming their characters, but how do they leave their character -- or de-role -- when the role is over? Examples of de-rolling techniques include shaking limbs and body to literally shake the character off, or ritualistically stepping out of a performance by handing back a character's specific prop or costume piece to a director.



REV MUSA GITAU

The Kikuyu Mission had been founded on a temporary site by the Imperial British East Africa Company in 1891

Kikuyu Town is one of the oldest towns in Kiambu county that exhibits its rich history, having sprouted from colonial missionaries in the area.

It is where the founding father of our nation and the first president of the republic, the late Mzee Jomo Kenyatta, was born, raised and schooled before he later went abroad to further his education.

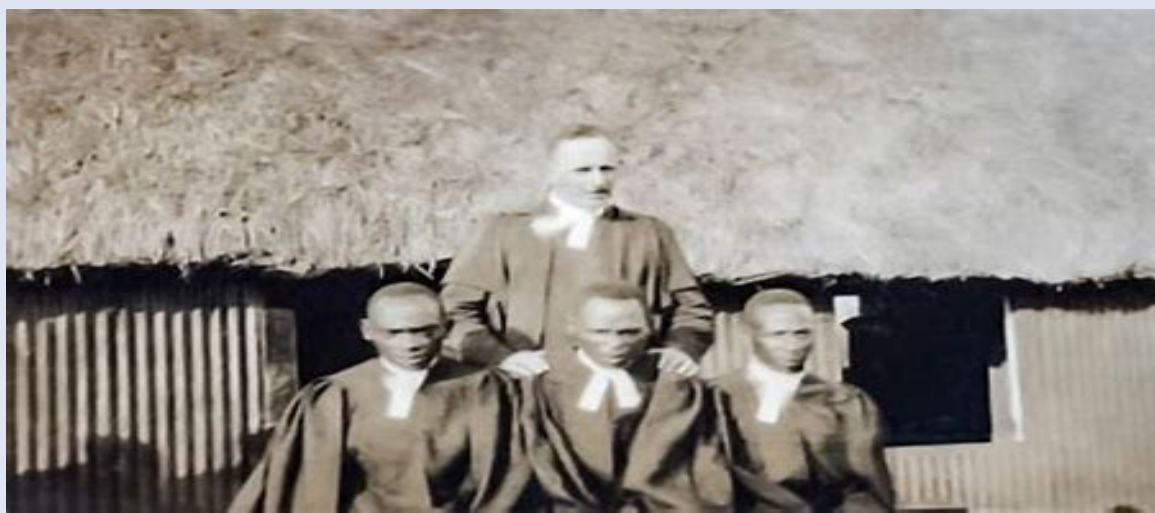
Kikuyu is home to the Scottish Mission that the locals refer to as the Thogoto Mission.

In 1891, an invitation was made by the Imperial British East Africa Company, having realised that the interior of the land they had settled on was ripe for evangelism.

A team of missionaries left London for British East Africa. They set up a mission station in Kibwezi under the name East African Scottish Mission.

Owing to the infestation of malaria in the area and the subsequent loss of lives of some missionaries, Rev Thomas Watson decided to move up to Dagoretti in 1894

The Musa Gitau Pcea Primary School is an ordinary public educational institute in Kikuyu, Kenya. This school is managed / sponsored by religious organization and offers Kenya Certificate of Primary Education (KCPE), which is controlled by the Kenya National Examination Council (KNEC) under Ministry of Education.



Fist ordinations of Africans to PCEA Church and Musa Gitau was among them

to explore the possibility of moving the mission station.

They eventually moved in 1898, where they constituted themselves as 'Church of Scotland Mission' (CMS). And in 1900, Watson died of pneumonia in Kikuyu.

The Thogoto Chapel, also known as Watson Chapel, was established in 1909.

The Maambere School, Kikuyu for 'the first ones', is considered to be the cradle of education in Kenya.

After the death of Watson, his wife Minnie Cumming took up the task of continuing the mission, and she established a school within Thogoto to provide basic education.

In 1901, the school, which had only one classroom, opened its doors to both boys and girls and learning was conducted orally.

It grew in strength under the stewardship of Minnie and it consistently showed an increase in the number of students.

History has it that in 1909, boarding dormitories were set up and by 1920, the school had offered basic education to over 3,000 pupils.

In the 50s, the school name changed to Thogoto Primary School and in 1975, it was renamed PCEA Rev Musa Gitau Primary School.

In 1926, the ordination of the first African pastors was done in Kikuyu. They were Revs Musa Gitau, Benjamin Githieya and Joshua Matenjwa.

In 1956, the Synod of the Presbyterian Church of East Africa and the overseas Presbytery of Kenya absorbed the mission. The congregations over which they had jurisdiction united as one church and adopted a constitution.

Rev Musa Gitau became the first African PCEA minister in Kenya.

PCEA Church of the Torch In Kikuyu, which started construction in 1929 and was later opened in 1933, is today referred to as PCEA Kimuri.

In the Kikuyu language, 'kimuri' means 'the torch'. Kikuyu has experienced a lot of growth and development. The Christian mission led to the birth of many institutions, such as the PCEA Kikuyu Hospital, PCEA Kikuyu Day High School, PCEA Rev


Musa Gitau Girls' Secondary School, Thogoto Teachers' Training College and even Presbyterian Theological College, currently the Presbyterian University of East Africa. Other institutions include the Alliance High School, which was founded and headed by one of the greatest mathematicians, Carey Francis, and was one of the first schools to offer secondary education to Africans as well as its sister school, Alliance Girls' High School.

Musa Gitau Pcea Primary School is a public primary school in Kikuyu. This school is run by religious organization. It is a day school. This educational institution is a ordinary and mixed type of institution. The pupil to classroom ratio in this school is 40.9:1 and the pupil to toilet ratio is 16.7:1. There are total 27 classrooms,

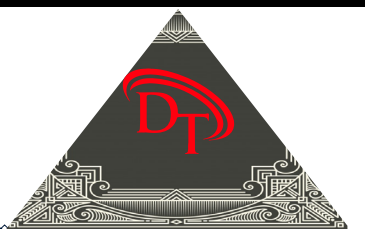
By Dr. Jean Kamau
Excerpts from Sms Diary
jean@gmail.com

summary



R.I.P.
Rev Musa Gitau". Group portrait of people lined up around the side of a newly filled grave, as Reverend Gitau, one of the senior preachers at Kikuyu, presides over the funeral service. The Kikuyu Mission had been founded on a temporary site by the Imperial British East Africa Company in 1891, before moving to Kikuyu territory in 1898, under the Rev. Thomas Watson. Located on the 'lower shamba', the site stands 12 miles from Nairobi, at a distance of approximately 342 miles away from the coast. The Church of Scotland assumed control of the Mission in 1901. The Hunter Memorial Hospital was opened in January 1908, making it the first permanent building erected at Kikuyu and by the 6th of January, patients were beginning to be admitted. Smallpox and cases of famine were the most common illnesses. The mission church was built as a memorial to Dr Ruffelle Scott who originally began the building of a mission church as a memorial to the Reverend Thomas Watson, who died in 1900.  "A Series of Photos illustrating Life and Work at Kikuyu. August 1926. Rev W.B. Stevenson.

Musa Gitau





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07

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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

Nikki Haley exits race with a message Trump may not want to hear.

Haley outlasted the “fellas.” The money behind the mission never dried up. In the end, she won a pair of contests -- in Washington, D.C., and Vermont.

HShe outlasted the “fellas.” The money behind the mission never dried up. In the end, she won a pair of contests -- in Washington, D.C., and Vermont. Nikki Haley still came nowhere near the Republican nomination. She couldn't prevent Super Tuesday from becoming a blowout, with former President Donald Trump cleaning up in red states (Texas, Oklahoma, Arkansas, Alabama), blue states (California, Massachusetts, Colorado) and historic and potentially emerging or reemerging battlegrounds (Virginia, North Carolina, Minnesota).

In exiting the race on Wednesday morning, Haley issued a broad call for Republicans to rediscover what the party has previously stood for. She also called on Trump himself to reach out to voters who are not yet convinced

that he's the right choice for their party or for the country.

“It is now up to Donald Trump to earn the votes of those in our party and those beyond it to support him,” Haley said in brief remarks in her home state of South Carolina. “I hope he does that.”

Pretty much at the same time she was speaking, Trump invited Haley supporters to join his campaign. But that was almost an afterthought in a social-media post that also declared that Haley “got TROUNCED last night, in record setting fashion” and alleged that she was secretly funded by “Radical Left Democrats.”

Contrast that with the statement President Joe Biden released Wednesday morning, praising Haley for the “courage” to run for president and try to defeat Trump.

“Donald Trump made it clear he doesn't want Nikki Haley's supporters. I want to be clear: There is a place for them in my campaign,” the president said in a campaign statement. Words aside, Haley's campaign served to highlight potential limitations in Trump's electoral coalition.

While he romped across the primary states and even won every single county in giant states like California and Texas, Haley wound up -- to use Trump's choice word -- trouncing him in the suburbs and exurbs of Denver, Boston and northern Virginia, outside Washington. closely



mirrored prior geographic outcomes in Iowa, New

Haley campaigned for a rival Republican in 2016; made amends to serve as Trump's U.N. ambassador; pronounced herself “disgusted” by Trump's actions after Jan. 6; came back into the fold to say she wouldn't challenge him if he ran again; then ran anyway and was the last of a dozen-plus rivals standing in the Republican race.



“In recent days, as the end of the road came into view, Haley cast her campaign as a mission to bring the Republican Party back to its fiscal-discipline and stand-by-our-allies roots. Last Friday, speaking with a group of reporters and columnists in Washington, she rejected the label of “anti-Trump.”



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

08

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

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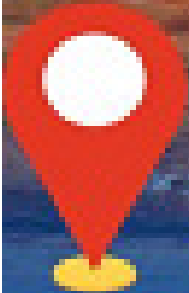
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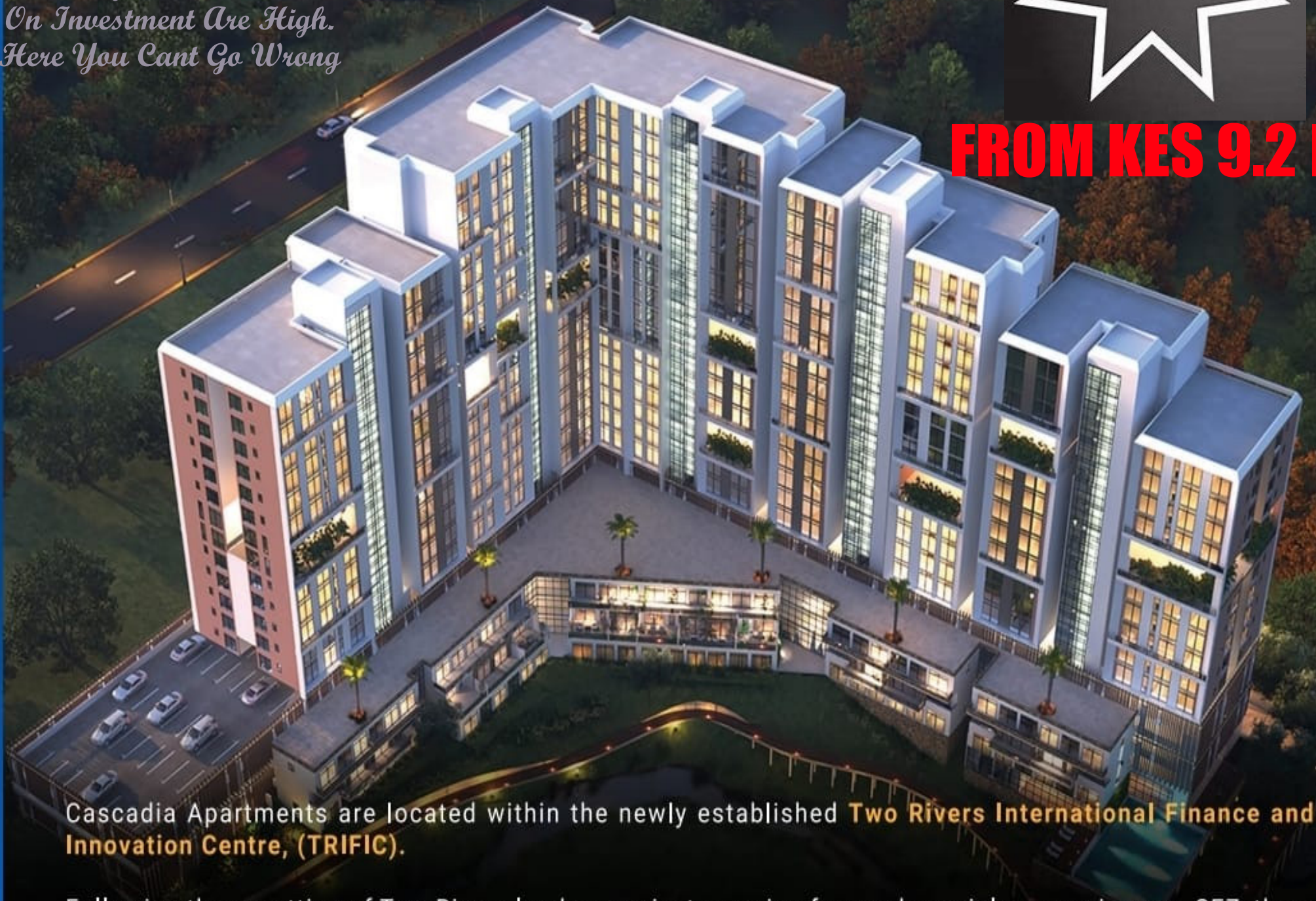
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Kenya and Diaspora

*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



Alabama governor signs IVF protection bill into law

Gabrielle Goidel invested more than \$20,000 into IVF treatment in Alabama, before her clinic halted IVF services and she and her husband had to leave the state to continue treatment.

HIGHLIGHTS

BIDEN HIGHLIGHTS



President Joe Biden and former President Donald Trump are tied in favorability with the American people, but each is viewed less well than when the two faced off in 2020.

Biden is viewed favorably by 41% of U.S. adults, eight percentage points below his 49% favorable rating in October 2020. Mirroring the trend in his job approval ratings, his favorability is down by more than 15 points from his elevated ratings above 50% in his first year as president.

Trump's 42% favorable rating is slightly lower than his 45% reading in October 2020 but improved from his weaker ratings in 2021 and 2022 when he faced intense criticism over his handling of the election outcome, including the Jan. 6 riots.

Alabama Gov. Kay Ivey signed a bill into law aimed at protecting in vitro fertilization patients and providers from legal liability late Wednesday, with some clinics poised to lift a hold on certain IVF services as early as this week after an unprecedented state Supreme Court ruling threw the future of fertility care into turmoil.

The new law does not address the issue of personhood at the heart of last month's ruling in a case stemming from the accidental destruction of frozen embryos at a fertility clinic, and experts say it's going to take more work to protect fertility services

Experts have expressed concern that while the legislation protects providers from liability when it comes to the destruction of embryos, it could also insulate them from standard medical malpractice claims.



Women in Alabama demonstrating to air their rights

in the state. The fertility clinic at the center of that case has halted services and told CNN the new legislation falls short of providing the legal protection it needs to resume care.

The state court ruled frozen embryos are human beings and those who destroy them can be held liable for wrongful death, spurring a national reckoning with reproductive health freedom and IVF access. Three of the state's limited pool of IVF providers immediately paused some services, sending

some families out of state to access treatment and raising concerns that costs for fertility services would skyrocket.

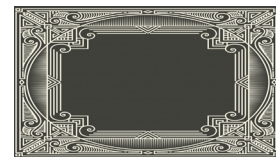
The Republican-backed legislation, which passed both the Alabama House and Senate late Wednesday before Ivey signed it into law, aims to provide civil and criminal immunity to providers and patients for the destruction or damage to embryos. The legislation will apply retroactively. Under the new law, "manufacturers of goods used to facilitate the in

vitro process" or the "transport of stored embryos" also are provided with criminal immunity. "The law does not nullify the Supreme Court's analysis that says the law ought to treat embryos just like people," Katherine Kraschel, an assistant professor at Northeastern University School of Law, told CNN on Tuesday.



Elizabeth Goldman felt like she'd been living in limbo as her IVF treatments were halted. The uterus transplant recipient, who sold her home and moved to Birmingham to start a family, said she was "thankful" to lawmakers for coming together quickly and helping clinics reopen.

"This has been an extremely stressful and scary 2 1/2 weeks waiting in limbo while my IVF clinic has been shut down," Goldman told CNN, saying she'd watched every step of the legislation's passing and now feels hopeful her "journey can continue after my clinic reopens."



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Arch Dr. I KINUNGI Behind the vision

THE FUTURE * TODAY *

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



Dr Isaac Kinity



Abigail Phiri



Memory Phiri

Senior Reporters

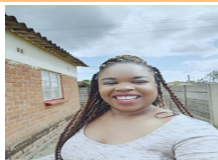


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Self-Catering Accommodation In Nyanga

Nyanga is breathtaking and visitors can spend their time appreciating the view, not to forget some walking trails, hiking and ziplining.



Tourism with Memory Phiri Zimbabwe.

Leaving vacationers to their own devices is the mantra for this distinct package. Nyanga is a beautiful destination and it's offering tourists with self-catering accommodation. Actually, it's a situation whereby the visitors have to cook their own breakfast, lunch and dinner.

This practically changes the tourism compass for self-catering accommodation is affordable when divorced from the usual combo. A good example is that of the January kaTsaona Holiday budget which included two kids to tag along for free thereby upholding the family fold.

Apparently, there was no need to leave the children behind and it allowed the vacationers to bring over additional mattresses

The sight of a fish eagle swooping over Lake Kariba's smooth waters. The roar of a lion pride, out hunting at dusk. And, the musky smell of elephant marching past your vehicle in search of their next waterhole. A safari in Zimbabwe piques all the senses. With the help of some of the most highly trained guides in Africa, you have a good chance of seeing the Big Five, alongside an ensemble of other wildlife.



Beautiful scenery of nyanga mountains

as well. Having your own cottage or villa for three days and two nights at your disposal will bring about a cavalier and independent feeling that you own that space.

Without disturbances, self-catering accommodation enables one to be the Lord or Lady of the manor for a three or five bedroomed villa during the holiday. Truth is, the visitors will be sprucing up their own dinner like they are at home. Suffice it to say, they can go along the lines of a braai or cookout in the afternoon with the other tourists who will be sharing the utilities with them.

This type of holiday enables you to make friends and bond in the process so the whole rental or lodging aspect can be fruitful at the end of the day. As a guilty pleasure, workaholics will have a chance to spoil their spouse by showing off their culinary arts.

Self-catering accommodation is down for whatever, be it Valentine's, the Easter holiday or

Christmas time. After a deposit tourists have the greenlight to pay in installments making it easy for them to juggle all the other expenses.

Nyanga is breathtaking and visitors can spend their time appreciating the view, not to forget some walking trails, hiking and ziplining. Tourists can do it all in this region if they have the benjamins. The ball is in your court so come and witness the only region that has forests and forests of umbrella trees in Zimbabwe.

On the same token, one can take a walk through the gardens that surround some of the cottages. Ranging from cheap self-catering houses to luxurious villas the destination is top notch when it comes to its tourism operations.

A swimming pool, a sitting room with a fireplace, single or double beds are some of the perks that come with the self-catering accommodation. Real estate will never be better than

this. Vacationers are bound to come back for more because the serene paradise enables one to have some peace and quiet. What a way to experience Nyanga on your leisure time, for it is not every destination that can offer their visitors with such an exclusive tourism product. Be inspired and prolong your stay.

Beyond a safari, a vacation to Zimbabwe gives you the opportunity to visit Victoria Falls and take in the thundering water by boat or helicopter or on foot. There's also a rich history to uncover, from ancient rock art in Matobo National Park, to the Great Zimbabwe National Monument — a long-abandoned hill-top city.

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

15

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

Diaspora Sunday

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

PRAYERS

Dear God, I praise You and give You countless blessings for teaching me Your word. With inspiring excellence and Your business dealings, please bring me success in all aspects of my life. Remove clouded thoughts and fill my spirit with faith, grace, and wisdom. Fill the world with peace and glory to bless us all. Please help me find prosperity so I may share it freely, pass successful testing, and have a job that brings fulfillment and joy! Lead me on the path of understanding towards Your kingdom full of hope for my future, my family's success, skills to prosper my desires, honor from others, and lead a life filled with endless laughter. Amen!

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

I am your God and will take care of you until you are old and your hair is gray. I made you and will care for you; I will give you help and rescue you.
Isaiah 46:4-6

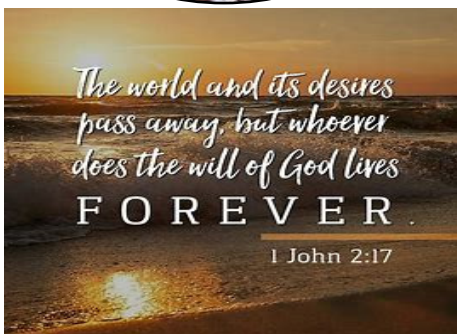
Isaiah 46:4

"I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you."



1 Corinthians 13:4-7

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.



Pastor Mukuria

Love
Live a life of Love as Christ loved us and gave Himself up for us
Ephesians 5:2

Good day!



Brother Kigume

Decide to belong. Once we belong thoroughly to ourselves and believe thoroughly in ourselves, true belonging becomes ours.



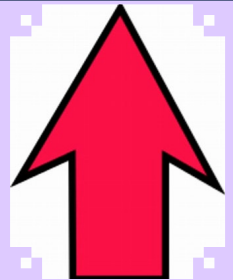
You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one. -John Lennon

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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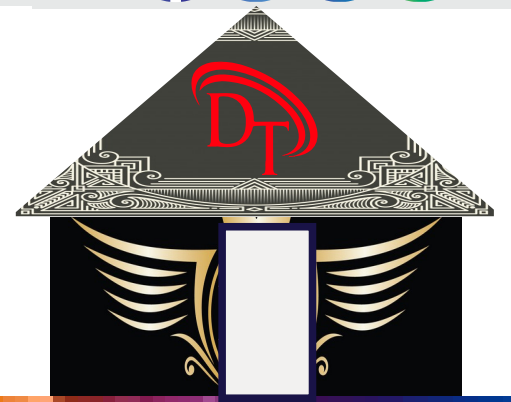
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Health Tit Bits



BREAST CANCER

A personal history of breast cancer. If you've had cancer in one breast, you have an increased risk of getting cancer in the other breast.

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

summary

Breast cancer is a kind of cancer that begins as a growth of cells in the breast tissue.

After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States. But breast cancer doesn't just happen in women. Everyone is born with some breast tissue, so anyone can get breast cancer.

Breast cancer survival rates have been increasing. And the number of people dying of breast cancer is steadily going down. Much of this is due to the widespread support for breast cancer awareness and funding for research.

Advances in breast cancer screening allow healthcare professionals to diagnose breast cancer earlier. Finding the cancer earlier makes it much more likely that the

The cancer cells might form a mass called a tumor. The tumor can grow to invade and destroy healthy body tissue. In time, cancer cells can break away and spread to other parts of the body. When cancer spreads, it's called metastatic cancer.



cancer can be cured. Even when breast cancer can't be cured, many treatments exist to extend life. New discoveries in breast cancer research are helping healthcare professionals choose the most effective treatment plans.

Signs and symptoms of breast cancer may include: A breast lump or thickened area of skin that feels different from the surrounding tissue.

A nipple that looks flattened or turns inward. Changes in the color of the breast skin. In people with white skin, the breast skin may look pink or red. In people with brown and Black skin, the breast skin may look darker than the other skin on the chest or it may look red or purple. Change in the size, shape or

appearance of a breast. Changes to the skin over the breast, such as skin that looks dimpled or looks like an orange peel. Peeling, scaling, crusting or flaking of the skin on the breast.

When to see a doctor If you find a lump or other change in your breast, make an appointment with a doctor or other healthcare professional. Don't wait for your next mammogram to see if the change you found is breast cancer. Report any changes in your breasts even if a recent mammogram showed there was no breast cancer.

The exact cause of most breast cancers isn't known. Researchers have found things that increase the risk of breast cancer. These include hormones, lifestyle

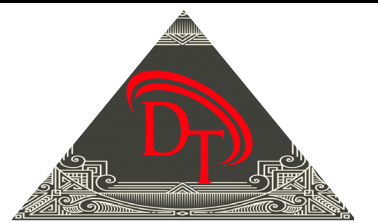
choices and things in the environment. But it's not clear why some people who don't have any factors get cancer, yet others with risk factors never do. It's likely that breast cancer happens through a complex interaction of your genetic makeup and the world around you.

Healthcare professionals know that breast cancer starts when something changes the DNA inside cells in the breast tissue. A cell's DNA holds the instructions that tell a cell what to do. In healthy cells, the DNA gives instructions to grow and multiply at a set rate.

The DNA changes that lead to breast cancer most often happen in the cells that line the milk ducts.

These ducts are tubes designed to carry milk to the nipple. Breast cancer that starts in the ducts is called invasive ductal carcinoma. Breast cancer also can start in cells in the milk glands. These glands, called lobules, are designed to make breast milk. Cancer that happens in the lobules is called invasive lobular carcinoma. Other cells in the breast can become cancer cells, though this isn't common.

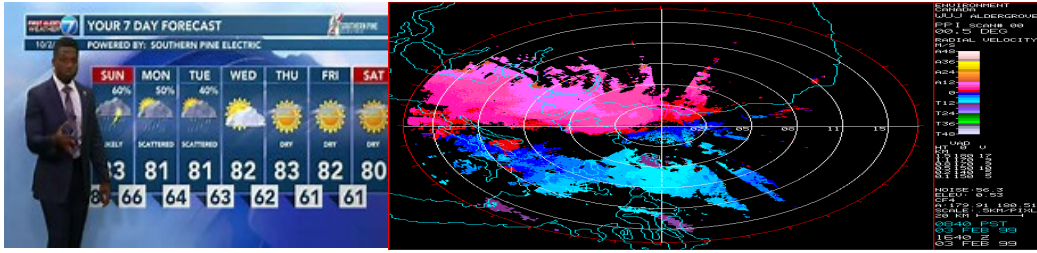
Breast Cancer



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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

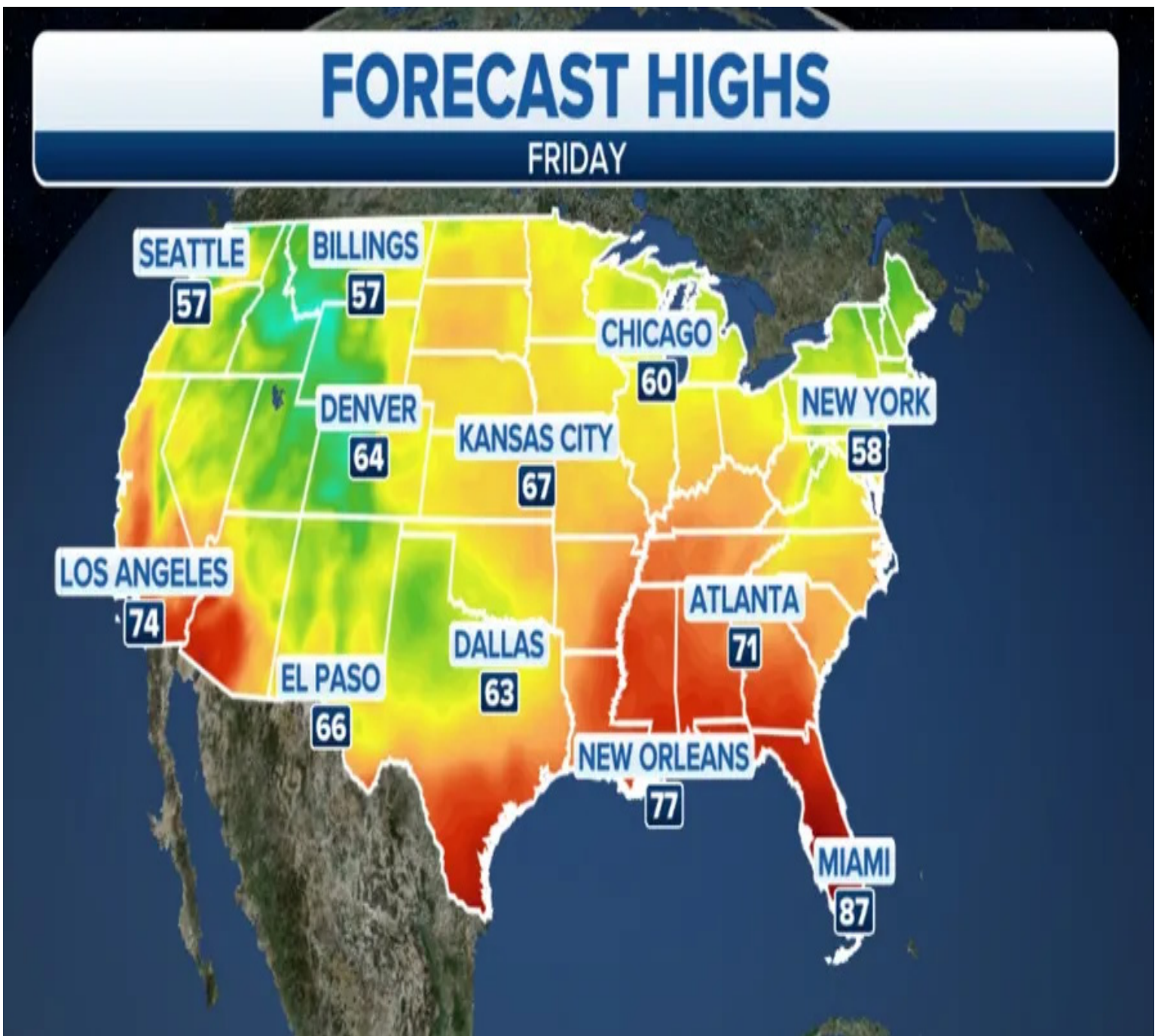
The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. -Helen Keller



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



A change in the upper-level pattern is expected over the next week. This pattern change will bring an end to the recent record warmth in the northern tier. A break in the wet pattern that has dominated the West Coast is also ahead.



"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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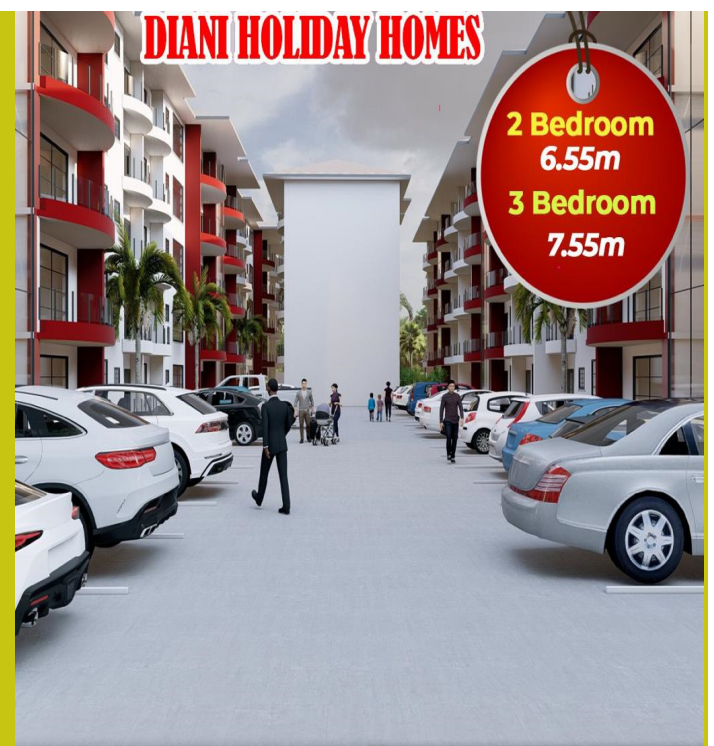
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BACKPAGE

WORLD OF SPORTS

Eagles Have A Real Interest In Signing Giants .



Shared by:
By Tafara
Makusha

The legendary sports radio host and analyst reports that the Eagles are seriously interested in signing former Penn State star Saquon Barkley.

The Eagles need a running back, and three players are testing free agency.

A local star could be looking to make a statement to his current team while remaining in the rugged NFC East. Howard Eskin does his bit of news-breaking in Philadelphia.

The legendary sports radio host and analyst reports that the Eagles are seriously interested in signing former Penn State star Saquon Barkley.

In 14 games last season, Barkley logged 962 yards and six rushing touchdowns, 41 receptions for 280 yards, and four touchdowns for the 6-11 Giants.

Barkley would pair well with Kenneth Gainwell while giving Philadelphia an explosive playmaker in Kellen Moore's offense.



SPORTS WORLD

