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The Diaspora Times



March 31st 2024 Issue 230

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WAS MUKOMA wa NGUGI, THE SON OF KENYAS MOST CELEBRATED AUTHOR- NGUGI WA THIONGO, INFLUENCED BY SOME PEOPLE TO DESTROY HIS FATHER?



Before Nyambura died, she never at any given time complained of assault by her husband Ngugi wa Thiongo. Instead, in an interview with the Standard newspaper in 1992 in Kenya while Ngugi wa Thiongo remained in exile, she told the Standard reporter, "Ngugi is not only a loving husband, but a very responsible father, and I really miss



OPINION
BY DR. ISAAC KINTI
DIASPORA TIMES
CORRESPONDENT



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SPACE UP for GRABS

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Kenya, like many other African countries, has mind-set issues, which explains

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NEW KENYA MOVEMENT

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HA! HA! HA! HEHE! HA! HEHE! HA! HO! HA! HA! HEHE! HA!

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Andrew Kimani Ngumba, a prominent figure in Kenyan politics and business, left an indelible mark on Nairobi's landscape. Let's delve into his

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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COMING SOON-DIASPORA TIMES SHOW

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FRIDAY NEWS



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

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Was Mukoma wa Ngugi used by someone to destroy his father? Who would view the Kenyan Hero Ngugi wa Thiongo as a threat? Is it someone or some people from the Kenya government, or was it a baseless framed-up allegations by himself to entertain his ego and the world?

Was Mukoma wa Ngugi, The Son Of Kenya's Celebrated Author Ngugi wa Thiongo Influenced By Some People To Destroy His Father?

Dr. Isaac Newton Kinity,
Human Rights Activist
Former Vice Chairman
Kenya Civil Servants Union.



Before going into exile, Ngugi wa Thiongo fought very hard for justice in Kenya. He also profoundly valued the culture of his Kikuyu community. His love for his community is evidenced in his Kikuyu literature books. With the threats already posed to the Kikuyu community today, Ngugi wa Thiongo may be viewed as one of the few Kikuyus, who would be saviors of the Kikuyu community.

Nevertheless, the possibility that Ngugi wa Thiongo may have created a number of enemies in Kenya, who may be jealous of his fame, influence, and his respect worldwide, can not be ruled out. The peculiarity of the emergence of the allegation from the fourth born of Ngugi wa Thiongo's children, when the older three children disagree in totality about the allegation, raises much doubt about the authenticity of the allegations. At the same time, the past political history of Kenya's governance and even the current administration can not be exonerated from the involvement in a scheme to destroy Ngugi wa Thiongo's reputation.

After JM Kariuki was murdered in 1975, his friend, the late Mark Mwithaga, swore to make sure that his killers were apprehended and brought to book.

The late Mark Mwithaga and the late Elijah Mwangale had been selected to head the Select Parliamentary Committee to establish how JM Kariuki was murdered. In order to derail the select committee, Moi used Mrs. Mwithaga in a monetary scheme to frame up charges against Mark Mwithaga. She then accused Mwithaga of having slapped her, and without any proof, Mwithaga was put in jail, and his position in the select committee ended. Soon after his arrest, the select committee also died, and the heat about JM Kariuki's murder also ended.

Ngugi wa Thiongo's wife Nyamburu at an interview in 1992 with Standard newspapers said

"Ngugi is not only a loving husband, but a very responsible father, and I really miss him." In all sense that is not an abusive husband



File picture.: Mukoma wa Ngugi left and the celebrated author Ngugi wa Thiongo

After Koigi wa Wamwere left Norway to meet his relatives in Uganda, his very close relative, whose identity I choose not to disclose, sold Koigi's whereabouts in Uganda to Moi. Koigi wa Wamwere was eventually abducted by the Kenya security detail, drugged, and taken to Kenya. It will also be recalled that a few years ago, Ngugi wa Thiongo and his wife Njeri were humiliated, beaten, and tortured badly at a hotel in Nairobi during their visit to Kenya.

The Kenyan Hero Ngugi wa Thiongo fled Kenya in 1980. At the time, Mukoma was only 8 years of age. During her life before she died, Nyambura, the then-first wife of Ngugi wa Thiongo, never reported or complained about any assault by Ngugi wa Thiongo. The three older children than Mukoma wa Ngugi never issued similar allegations. The last time I read about Mukoma, he was very close and friendly to his father. Could it be that Mukoma, who is also a writer, developed some jealousy about his father's glory and wanted to occupy his father's place in society, or was he bought by someone or by some people to issue the damaging statement with the intention of bringing down the Kenyan Hero who is very popular worldwide?

The situation of the Kikuyu community is very uncertain and very dire. Everything that is done by the current regime is to ensure that there is no one in the Kikuyu community who would advocate for the community in case the community finds itself in trouble with the current regime. All the meetings of any group of Kikuyus are branded Mungiki group meetings, meaning that those who attend such meetings are prone to arrest and imprisonment as members of an outlawed group. All the Kikuyu personalities who are perceived to be leaders of the community or those identified with proven abilities to lead the community, and all others who are trying to educate the community, are being hunted down by the current regime so that there may be ease in dealing with the Kikuyu community in all possible ways to reduce their population and their wealth.

Individual like the Kenyan Hero Ngugi wa Thiongo at times are viewed as a threat to the current regime, which is determined to destroy the Kikuyu community.

The international influence of Ngugi wa Thiongo would be what the system in Kenya would try very hard to dilute so that no one with such influence and patriotism would come to the aid of the Kikuyu community when things go wrong, as signs continue to indicate.

The late President Jomo Kenyatta bought and used Mrs. Mark Mwithaga to destroy Mark Mwithaga in order to derail the Select Parliamentary Committee agenda. The late President Daniel Arap Moi bought and used an uncle to Koigi wa Wamwere in order to abduct Koigi wa Wamwere from a hotel in Uganda because of what Moi considered as a threat when Koigi remained outside Kenya. Therefore, the possibility that Mukoma, the son of the Kenyan Hero Ngugi wa Thiongo, may have been bought to dent and/or destroy the image and his father's reputation can not be ruled out. The aim may have been to disable Ngugi wa Thiongo from providing any help to the Kikuyu community after things wrong in future. Mukoma wa Ngugi's story is not a revelation of any truth but fruits of opportunism and corruption.

I am saddened to see intellectuals from all over the world lacking the knowledge that Mukoma wa Ngugi was at his tender age when his father Ngugi Thiongo left Kenya in 1980 without his wife Nyambura, and he would not have any recollection of any assaults on his mother by his father. Kenyans should start questioning the age of Mukoma at the time his father fled Kenya, bearing in mind that there was a time between when he was born and when his father fled Kenya, that his father had been detained, thus reducing the number of years when he was with his mother and father living together as a wife and husband.

At the time of his father's escape from

Kenya, Mukoma was not mature enough to make any mature judgment. Otherwise, if Ngugi wa Thiongo had been abusive to his wife, his wife Nyambura and the three older children would have been in a better position to expose him with the reports of the assault of their mother way before Mukoma was born. The Kenyan Hero Ngugi wa Thiongo was always looking over his shoulders for fear of his life and may not have had time to assault his wife. He spent most of his life fighting for Kenyans. He was always in confrontation with the then governments of the day because of his stand on injustices in Kenya. He may have had very little time with his family because of his differences and confrontations with the dictatorial regimes in Kenya.

The only genuine and acceptable challenges Mukoma wa Ngugi would have raised were the minimal durations Ngugi wa Thiongo spent time with his family, especially with his wife Nyambura, due to the hectic moments of his confrontations with the government of the day and the threats to his life. Before Nyambura died, she never at any given time complained of assault by her husband Ngugi wa Thiongo. Instead, in an interview with the Standard newspaper in 1992 in Kenya while Ngugi wa Thiongo remained in exile, she told the Standard reporter, "Ngugi is not only a loving husband, but a very responsible father, and I really miss him." Her interview contradicts all what her son Mukoma wa Ngugi says about his father. Also, the other five siblings of Mukoma wa Ngugi disapproved the allegations made against Ngugi wa Thiongo. Mukoma wa Ngugi, for whatever reasons or intentions, must have, therefore, lied that his father assaulted his wife. Therefore, he should immediately apologize to his father and seek forgiveness for his damaging and malicious statement against his innocent father, Ngugi wa Thiongo.

The opinion is from an individual who admires the great work Ngugi has done and who also admires the success of his family

laughtner is the best medicine

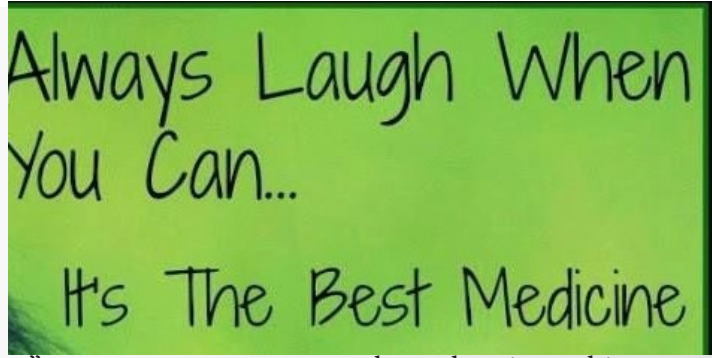


Putin is held hostage by a terrorist. A Russian truckdriver stops at the back of a long queue on the motorway. He sees a policeman walking down the line of stopped cars to briefly talk to the drivers. As the policeman approaches the truck, the truckdriver rolls down his window and asks, "What's going on?"

Policeman: "A terrorist is holding Putin hostage in a car. He's demanding 10 million rubles, or he'll douse Putin in petrol and set him on fire. So we're asking drivers for donations."

Driver: "Oh, ok. How much do people donate on average?"

Policeman: "About a gal-



lon."

My buddy got arrested on drug charges and because it was his first offense, he thought he would get off lightly, but it turned out his lawyer was one of the worst in the state and ended up botching his case, so instead of getting a short term, he ended up getting 40 years without parole!!

Man, that sentence was way too long.

A man is walking through the woods when he sees a

bear charging at him. He books it, but he knows he can't outrun a bear for long, so he starts praying, "Dear Lord, I beseech thee. Please, o Lord, please let this bear be a Christian!"

The bear catches up to him, knocks him down on the ground, then gets on its knees and says, "Dear Lord, thank you for this food I am about to receive..."

A guy is sitting at home when he hears a knock at the door. He opens the

door and sees a snail on the porch. He picks up the snail and throws it as far as he can.

A year later, there's another knock at the door. He opens it and sees the same snail. The snail says, "What was that all about?"

.....

During my check-up I asked the Doctor, "Do you think I'll live a long and healthy life then?"

He replied, "I doubt it somehow. Mercury is in Uranus right now."

I said, "I don't go in for any of that astrology nonsense."

He replied, "Neither do I. My thermometer just broke."

.....

These are not original but internet sourced jokes just for laughs.



*I'm hynie the laughing hyena
I'm laughing all day long
(huhuhuhu)
because when I kick all my troubles they wiggle awaaway where theey belong
(other voices) He's happy no matter what happens when singing his happy song
so when you get up every moooorning don't ever be whiny but make life sun shiny like hynie the laughing hyena
I laugh and I laugh and I laugh some more we laugh and we laugh ha ha ha ha ha ha ha ha ha ha ha ha ha ha ha ha*

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



A taxi passenger tapped the driver on the shoulder to ask him a question.

The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches from a shop window.

For a second, everything was quiet in the cab. Then the driver said, "Look, mate, don't ever do that again. You scared the living daylights out of me!"

The passenger apologized and said, "I didn't realize that a little tap would scare you so much."

The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver — I've been driving a funeral van for the last 25 years."

.....

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."

.....

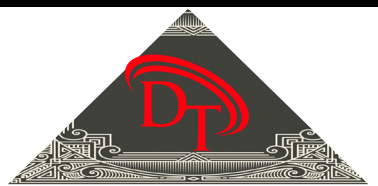
A long joke can be as funny and compelling as any other two-liner. The secret? Tension and execution. In those truly funny story jokes, these two elements are, more or less, as important as the final punchline. So, in the end, it is the buildup that differentiates hilarious jokes from horrible, cringy ones.

Long and convoluted, funny story jokes have become the stand-out parts of many comedy shows. Norm MacDonald's jokes seem to stand out the most. Told by one of the most talented comedians, his jokes capture the audience and take them on a journey with a rather brilliant ending.

Harlan



All born in the 70 know this one



Article By Abigirl Phiri- Zimbabwe



Clamities of illegal mining in Africa.

Corruption is rife as money is being exchanged between hands.

Africa is well endowed with precious minerals. Since the beginning of time when the white settlers conducted the scramble for Africa, these minerals were part of the deal. Henceforth, the general reasoning will be that development will not be a thing of the past in Africa given such a scenario.



However, this is not the case due to the incessant illegal mining occurring in this industry which is characterized by the proliferation of artisional miners. These individuals prey not only on abandoned mines. In the process they are managing to smuggle these precious stones in abundance. The gruesome fact is that they no longer fear of what might happen if they are caught. Artisi-

nal miners are now seeing themselves as above the law. When cornered like a wild animal they fight back nasty as seen by the "mashurugwi" found in Zimbabwe who walk around with huge machetes wrecking havoc wherever they go.

Even in the rainy season you find them going in mine shafts as if they have a death wish. Therefore, the point of Africa being richly endowed is not doing much in improving the lives of all and sundry as would be expected given such circumstances. To add salt to injury, the way the mining is done does not upkeep the values of protecting the belly of earth. It's destructive in nature which governing boards such as the Environmental Management Agency are trying to curb.

When a country has riches these must trickle down to the ordinary denizens to improve their quality of life for the better. Earthly riches are for everybody yet this is not the case. The methods utilised must promote

sustainability but in the mining industry this sagacious message is being thrown to the winds as people do what they can to survive as long as they get something. In fact, this scourge is exacerbating the smuggling of these precious minerals through porous border entry points.

Corruption is rife as money is being exchanged between hands. Suffice to say, this is part and parcel of organized crimes which have many people behind the smuggling of these precious stones. All in all, contributing shockingly to the financial illicit flows.

It's hard to comprehend how African countries still continue to find themselves undeveloped yet many if not most harbor precious stones such as gold and diamonds that have the ability to change the quality of life of the populace if properly handled. Also, African countries find themselves exporting minerals to developed countries for processing and separation from their ores which this value addition it can

be done here. This alone shows a gap that needs to be closed that such processes are done locally.

The end product will even fetch a higher price than selling these minerals in their raw forms. Fortunately In Zimbabwe, lithium deposits were discovered which is the number one element used for battery making in the phone industry. As a matter of fact, Zimbabwe has the largest reserves of lithium in Africa.

The mining companies in operation are also involved in tax avoidance. The expectation would be that in areas that they operate in they built schools, improve the road infrastructure and create employment like what was done in Mutare at Chiadzwa by the Zimbabwe Consolidated Diamond Company, throwing in the towel before they even start.



By Abigirl Phiri-Zimbabwe

summary



Poem Title: Wonders never cease to end
By: Abigirl Phiri

The identical twins, tax abuse and tax avoidance
Are exacerbating the smuggling of precious stones in abundance
Illicit financial flow is definitely not in cadence

At the expense of both the marginalized people and environment's burden

The natural balance is eroded
The formal nexus between getting a mining concession and regularly paying tax has been degraded
The beauty of the mining trade has unfortunately faded

The bad guys have seen to that driven by their ambitions so shredded
We cry for what could have been of our economy

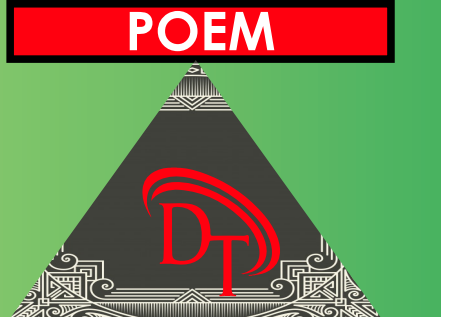
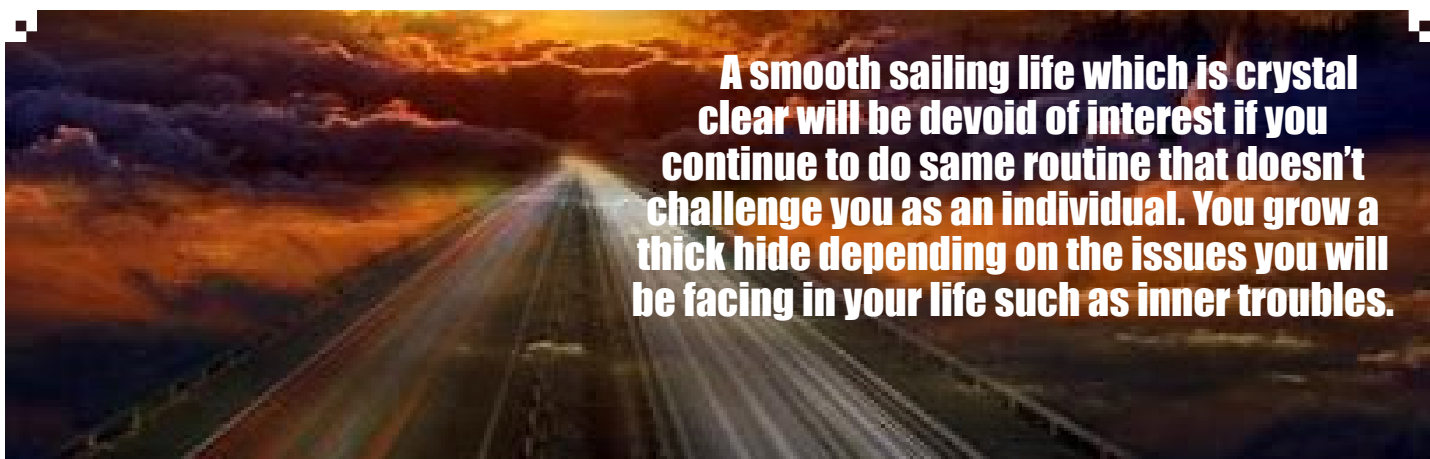
Which could have benefitted us all at the corrupt's ignominy

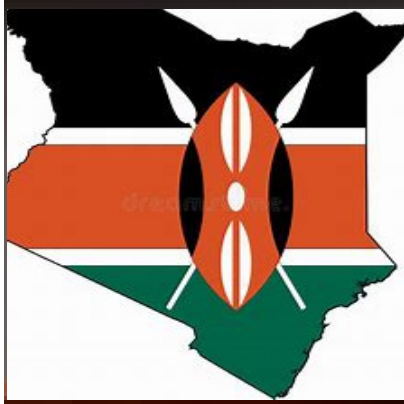
Whilst this is mother nature's sodomy
Without doubt, the complicit of the elite and the porous entry points are the mining's story bigamy

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



The clarion call is to make most out of the mining industry in a way that doesn't cause harm to the land itself. Additionally, implementing best practices to award mines to those who deserve the concessions to do a great job.





ANDREW KIMANI NGUMBA

The mayor of Nairobi from 1977–1980. He later became the MP for Mathare

Andrew Kimani Ngumba, a prominent figure in Kenyan politics and business, left an indelible mark on Nairobi's landscape. Let's delve into his intriguing story:

Nairobi Mayor and Political Maneuvering:

Andrew Ngumba served as the Nairobi mayor from 1977 to 1980. During his tenure, he displayed astute political maneuvering, including staging a coup against Jomo Kenyatta's daughter, Margaret Wambui, in 1976. Ngumba's ambition was evident; he had his sights set on the mayoral seat himself.

Despite a massive pro-Wambui demonstration in Nairobi, Ngumba refused to step down. His removal as Nairobi's deputy chairman of the Gikuyu, Embu, and Meru Association (Gema) didn't deter him. Ultimately, Pres-

Andrew Ngumba was an ambitious businessman-cum-politician who served as Nairobi mayor in the 1970s and later as Mathare MP.

Like many of his colleagues, Ngumba used his political connections to build a business empire with interests in insurance, banking and real estate.

It was his real estate business that gave rise to modern Ngumba but while the estate now stands tall, Ngumba's empire crumbled in the mid-1980s.



Andrew Kimani Ngumba Sunset 1997

ident Kenyatta appointed Wambui as the country's Permanent Representative to the United Nations Environment Programme (UNEP) to avoid further embarrassment¹².

Ngumba's Multimillion-Shilling Empire:

From his base at Ngumba House (located on Nairobi's Tom Mboya Street), Ngumba embarked on building his empire. He approached business luminaries like Stanley Mbugua, Karugo Gatama, and gemstones dealer Beth Mugo.

Ngumba's vision spanned real estate, insurance, and banking.

He formed three companies: Blue Shield Insurance Company, Kenyawide Building Society, and Countrywide Developers. His acumen was unmatched¹.

Rural Urban Credit Finance: Ngumba's most notable venture was Rural Urban Credit Finance. This compa-

ny provided unsecured loans to constituents interested in purchasing public transport mini-vans (matatus) plying the Nyamakima-Mathare route.

His ambition extended beyond business; Ngumba aspired to a life adorned with rich men's toys—a beach house, a German car, and even a coffee plantation³.

Legacy and Ngumba Estate:

Andrew Ngumba passed away in 1997, but his legacy lives on. The Ngumba estate, situated off the Thika highway next to East African Breweries, bears his name.

Ngumba's story serves as a cautionary tale, highlighting the dangers of pseudo-beliefs that one can outwit the system. His audacity and ambition left an indelible mark on Kenya's political and business landscape¹².

In summary, Andrew Kimani Ngumba was a complex

figure—a shrewd politician, a savvy businessman, and a man whose dreams and ambitions shaped Nairobi's history.

Those who knew him say he was haughty, boisterous, and ambitious and aspired to have a life peppered with rich men's toys — a beach house, a German car and a coffee plantation.

None of these could match Ngumba's acumen; after all he had been one of the most astute Nairobi mayors, having staged a coup against Jomo Kenyatta's daughter, Margaret Wambui in 1976.

From the sixth floor of his Ngumba House, he formed three companies: Blue Shield Insurance Company, Kenyawide Building Society and Countrywide Developers.

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

summary

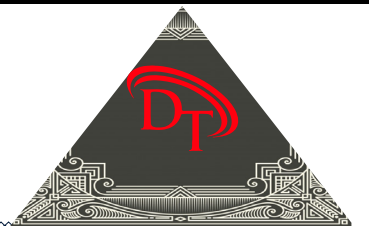


RIP

Andrew Ngumba had a curious way of explaining away institutionalized corruption every time he was accused of engaging in it. "In the days gone by, before the village elders arbitrated any pressing or thorny issue, they would be offered libation just before the deliberations and then thanked with a goat thereafter, as an appreciation for a job well done."

Those who are old enough will remember Ngumba, who died in 1997, as the mayor of Nairobi from 1977–1980. He later became the MP for Mathare constituency, renamed Kasarani, from 1983–1986. Ngumba estate, off Thika highway, next to East African Breweries, is named after the canny entrepreneur-politician, who founded Rural Urban Credit Finance Limited, dubbed the "ghetto bank". The finance house collapsed in 1984 and Ngumba sought political refuge in Sweden.

Andrew Ngumba





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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

Baltimore Key Bridge collapse latest updates: 6 workers presumed dead as recovery efforts resume.

Two of the workers are from Mexico, the country's president announced. The others are reported to be from El Salvador, Guatemala and Honduras.

Recovery efforts resumed Wednesday at the site of the collapsed Francis Scott Key Bridge in Baltimore for six people who were unaccounted for and presumed dead.

Authorities said eight workers were fixing potholes on the bridge when the cargo ship Dali lost power and struck it early Tuesday morning, causing it to collapse. Two were rescued. The Coast Guard suspended the search and rescue efforts for the six missing individuals on Tuesday night,

A deadly bridge collapse in Baltimore. A bridge in southern China sliced in half. Parts of a bridge cutting through the hull of a massive ship in Argentina.

These events all happened within the first three months of this year — and all after collisions with large commercial ships.

These incidents, and the toll — with at least five killed in China, and six still missing in Baltimore — have highlighted what experts say is the urgent need to improve or protect old bridges to accommodate larger modern vessels.



Collapsed Historical Baltimore bridge

and said the mission would transition to one of search and recovery on Wednesday.

Maryland Gov. Wes Moore said the crash appeared to be an accident, noting there was “no credible evidence of a terrorist attack.”

The 1.6-mile bridge, named after the poet who wrote “The Star-Spangled Banner,” spans a major thoroughfare of East Coast shipping. It’s also the entryway to the port, which is the largest port in the U.S. for specialized cargo like trucks, tractors and trailers.

Three of the eight workers fixing the Key Bridge before the collapse are Mexican, officials said on Wednesday. Two of the workers are presumed dead.

“After the unfortunate accident, the Consular Section of the Mexican Embassy in the United States managed to establish that, of the eight workers, three are of Mexican nationality,” Mexico’s Ministry of Foreign Affairs said in a statement, according to a translation.

“One of them, originally from Michoacán, was rescued alive and is recovering satisfactorily from his injuries. The other two, originally from Veracruz and Michoacán, remain missing.”

The Mexican government also confirmed that Rafael Laveaga Rendón, the country’s regional consul, traveled to Baltimore to support the workers’ Rebuilding the Francis Scott Key Bridge could take as little

as two years — or it could take as many as 15 years, according to the Baltimore Sun.

Benjamin Schafer, a structural engineer who specializes in steel structures and is an engineering professor at Johns Hopkins University, told the Sun that in order to rebuild the bridge, funding needs to be secured, a visual design needs to be decided on, materials need to be selected and engineering questions need to be worked out. Clearing the debris in the river will also be an obstacle in and of itself.

“As much as this is a tragedy, and as much as we’re all going to be terribly inconvenienced, it’s people’s lives and jobs in Baltimore if that port stays closed for very long,” Schafer said.

Meanwhile, Transportation Secretary Pete Buttigieg restated during a Wednesday White House press briefing that the rebuilding process will be complex and potentially expensive. “Rebuilding will not be quick or easy or cheap, but we will get it done,” he said.

Ten ships are stuck in the Port of Baltimore behind the collapsed bridge, according to the Bureau of Transportation Statistics.

The vessels include three bulk carriers, three naval vessels, two cargo ships, one vehicle carrier and one oil/chemical tanker.

Additionally, 12 ships have dropped anchor, and one vehicle carrier is in the port “but outside the bridge.”

On Tuesday, Port of Baltimore authorities announced that vessel traffic in and out of the port was suspended indefinitely. But the port remains open for trucks to be processed in the marine terminal. AP Share for awareness



The 1.6-mile bridge, named after the poet who wrote “The Star-Spangled Banner,” spans a major thoroughfare of East Coast shipping.



It’s also the entryway to the port, which is the largest port in the U.S. for specialized cargo like trucks, tractors and trailers.

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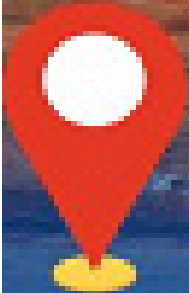
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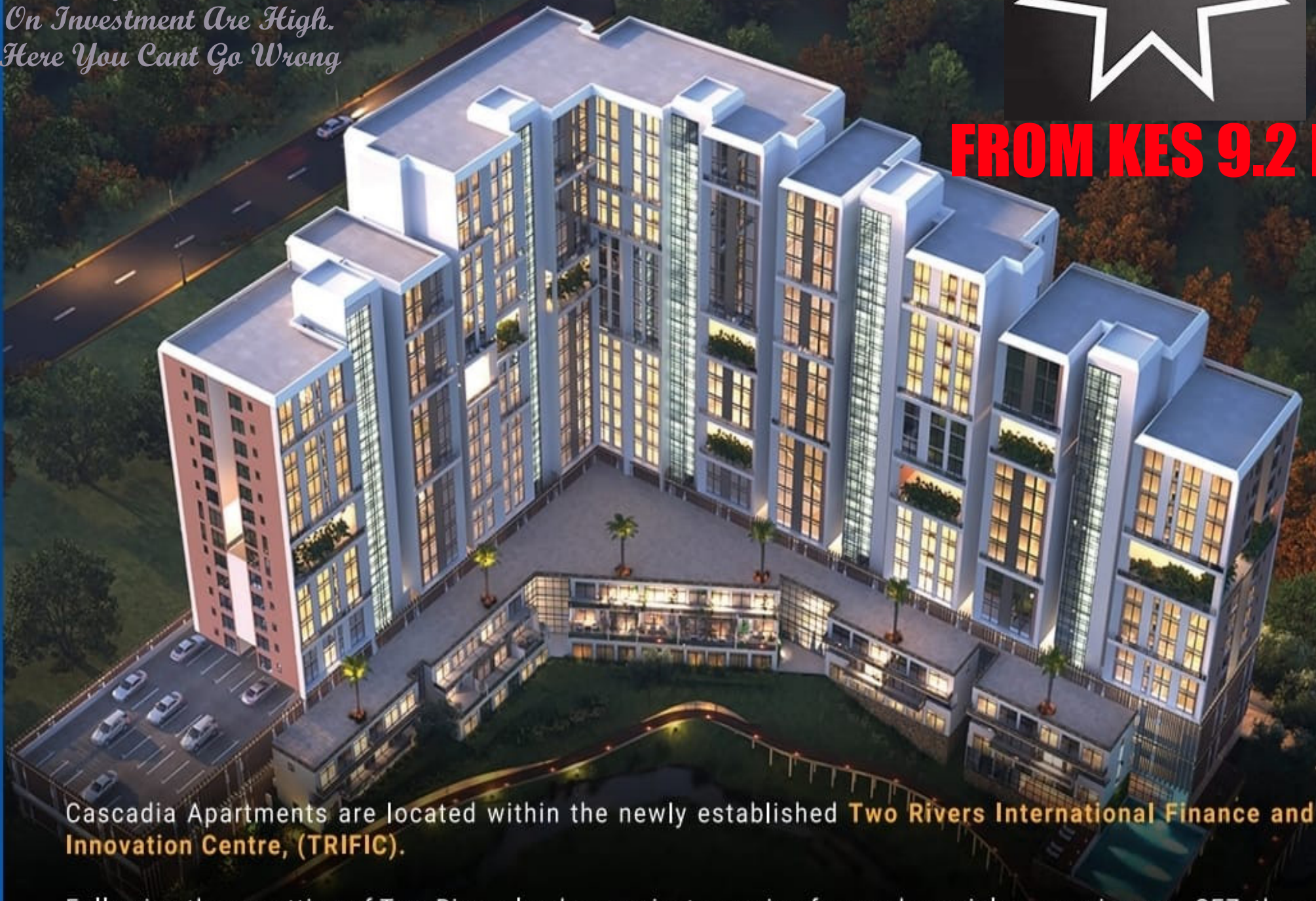
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Kenya and Diaspora

*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



Frustration for some of Bankman-Fried's victims who hoped for stiffer sentence.

Both of his parents are also being sued by the new owners of FTX, to return assets Sam had given them, in the form of cash

HIGHLIGHTS

BIDEN HIGHLIGHTS



In a show of force his campaign is calling the "most successful political fundraiser in American history," President Biden is slated to raise more than \$25 million during a New York event Thursday featuring former presidents Barack Obama and Bill Clinton.

More than 5,000 people are expected to attend the sold-out event at New York's Radio City Music Hall, Biden's campaign said, with guests paying anywhere from \$225 to \$500,000. The massive haul comes as Biden and his allies have sought to present their growing financial advantage in the race against former president Donald Trump as a broader sign of strength and momentum.

Some former FTX customers expressed anger and disappointment on Thursday after Sam Bankman-Fried, the crypto exchange's former billionaire boss, was sentenced to 25 years in prison for stealing \$8 billion from customers. "25 years is a joke," a member of an FTX creditors group with the username Bruno Dixon wrote on messaging app Telegram minutes after the sentence was handed down by a New York judge.



FILE PICTURE OF SAM BANKMAN-FRIED

Another member of the same Telegram group, going by Steven, said the sentence was "laughable for such a serious crime."

Samuel Benjamin Bankman-Fried born March 5, 1992, is an American entrepreneur who was convicted of fraud and related crimes in November 2023. Bankman-Fried founded the FTX cryptocurrency exchange and was celebrated as a "poster boy" for crypto. At one point, he was ranked the 41st-richest American in the Forbes 400.

More than an estimated 1 million customers face potential losses as a result of FTX's sudden November 2022 collapse. Victims say they are still owed more than \$19 billion based on current crypto prices.

A New York jury last year found Bankman-Fried guilty of stealing from unsuspecting customers to prop up his hedge fund Alameda Research, buy luxury properties and fund political donations. Prosecutors sought a sentence of 40 to 50 years for what they

say was one of the biggest financial frauds in U.S. history. Bankman-Fried's defense has argued that around five years would be appropriate since customers would likely be made whole.

Some victims on Thursday said the sentence was as expected for a corporate fraud crime. "White collar guys get treated differently so 25 is probably as good as it was going to get," wrote one of the Telegram group's administrators, adding members should

focus on recovering their assets.

But other victims compared it unfavorably to the 150 years handed down to notorious fraudster Bernie Madoff.

"I found 30-40 to be somewhat fair," wrote Tristan, another user of the same Telegram group, which has more than 3,000 members who say they have a combined nearly \$700 million in claims. Shared by Anonymous Diaspora Times fan.



The public persona of Bankman-Fried masked significant problems at FTX, and when evidence of potential fraud began to surface in November 2022, depositors quickly withdrew their assets, forcing the company into bankruptcy. On December 12, 2022, Bankman-Fried was arrested in the Bahamas and extradited to the United States, where he was indicted on seven criminal charges including wire fraud, commodities fraud, securities fraud, money laundering, and campaign finance law violations.



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Arch Dr. I KINUNGI Behind the vision



Dr Isaac Kinity



Abigail Phiri



Memory Phiri

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

Senior Reporters



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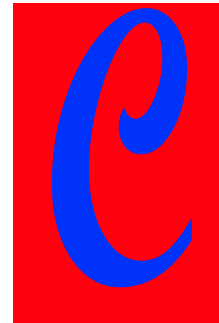


Stargazing With Astro-Tourism At Zimbabwe Amazing Tourist Sites.

Astro-tourism acknowledges the half and full moon with the eclipse as well because astrology has a magical background.



Tourism with Memory Phiri Zimbabwe.



Stars are meant to shine so bright in the night for they are a beacon of light in the sky. Ostentatiously, a pattern of stars

decorates the celestial blanket high above us. They are literally the greatest gift of all and we should take time to appreciate them. Truth be told, I felt special when I spotted a shooting star because they say if you make a wish it will surely come to pass.

However, spotting such an ethereal star can prove to be a mammoth task for you have to search for the best spot to admire the obsidian skies. As a result, this excursion compels one to be cool and collected so as to see something surreal. Come to think of it, stargazing is a bit different from the firework display on the fourth of July in America or on New Year's Eve. Twinkle

Victoria Falls is the place to be for a stargazing package because participants will be able to see the Southern Cross, the Orion, Scorpio and the Megallanic Clouds depending on the season.



Zimbabwe best astro-tourism sites

twinkle little star how I wonder what you are. If anything, this surely rings a bell for astro tourists and it motivates them to embark on this staring contest time without number.

Victoria Falls is the place to be for a stargazing package because participants will be able to see the Southern Cross, the Orion, Scorpio and the Megallanic Clouds depending on the season. The crux of the matter is that, constellation in Africa is actually gaining momentum so we should be proud of this tourism product.

Let's make hay whilst the sun and the stars are still shining. It's high time we took our pound of flesh. Unfortunately, the story is different in other parts of the world for pollutants in the northern hemisphere continue to cloud skies. Thus, leaving sixty percent of the city dwellers in Europe and eighty percent in the United States

unable to view the stars. As far as cosmic stargazing is concerned, it's advisable to focus on the major constellation and their interpretation from both the African and Greek mythology.

The sky is the limit so laser pointers should take center stage because we are in need of such close encounters with the stars. This is same applies with some telescopic binoculars for everything will be close yet so far away. When we talk about astro tourism we can only buttress the fact that its written in the sky. Inarguably, this the best way to unwind and regroup when you feel like a vacation.

Moreover, astro-tourism acknowledges the half and full moon with the eclipse as well because astrology has a magical background. In the throes of this activity, we can also learn about the scientific explanations of the past and the future to the T.

To say the least, tourists in

Zimbabwe will never lose count of the stars. My fellow esteemed astrologers, I urge you to take this chance and explore the southern night sky with this typology of tourism.

As far as cosmic stargazing is concerned, it's advisable to focus on the major constellation and their interpretation from both the African and Greek mythology.

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

Romans 8:28 - And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

PRAYERS

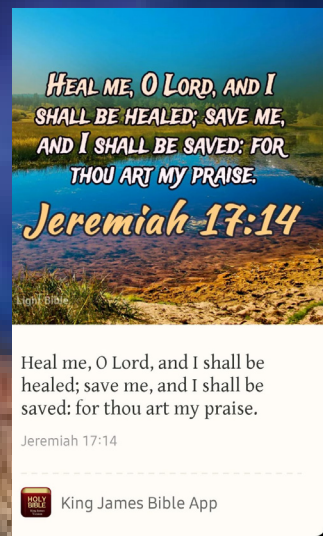
Prayer for a Healthy Cardiovascular and Respiratory System

God of Might, please give me a healthy cardiovascular and respiratory system, so that I don't have any circulation or breathing issues that would damage my well-being. I pray that You will contend with any inherited propensities to heart or lung disease and help me make important changes to my lifestyle to promote healthy circulation and respiration. I praise You for splendid and majestic is Your work, O Lord. Amen.

Prayer for Prosperity of Health

Highly Exalted Lord, I ask for prosperity for my body. Please grant me many years of life, a sound mind, strength to my muscles, bones, heart, and lungs, a powerful immune system, and excellent agility. The healthier I am, the more thoroughly I can do Your work. Lord, I thank You that when I pay attention to Your words and keep them within my heart that they bring health to my whole body. Amen.

1 John 4:7-8: "Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love."



"Blessed are those who hunger and thirst for righteousness, for they will be filled." MATTHEW 5:6 NIV

Titus 3:3

"For at one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another."



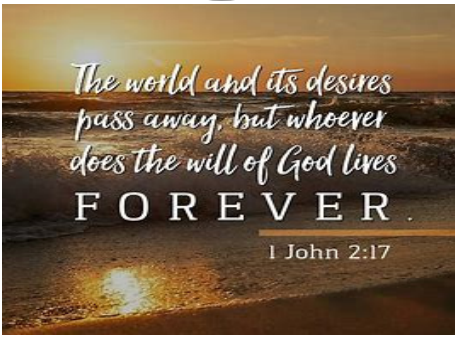
Pastor Mukuria

Matthew 10:31 New International Version
31 So don't be afraid; you are worth more than many sparrows.



Brother Kigume

True belonging never asks us to change who we are. True belonging requires us to be who we are.



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

Children's author Kouri Richins hit with new charges alleging earlier attempt to kill her husband.

A Utah woman who authorities say fatally poisoned her husband in 2022, then published a children's book about grief, now faces another attempted murder charge for allegedly drugging him weeks earlier on Valentine's Day.

Kouri Richins, 33, is accused of killing her husband with a lethal dose of fentanyl at their home in a small mountain town near Park City in March 2022. New charging documents filed Monday by Summit County prosecutors allege that was not her first attempt on his life.

They detail the perilous months preceding Eric Richins' death, painting a picture of a paranoid man walking on eggshells around his wife as she made secret financial arrangements and bought illicit drugs that were later found in his system. Prosecutors have said previously that Kouri Richins, who is being held without bail, may have tried to poi-

Prosecutors argue she was in financial distress when her husband died and say she mistakenly believed she would inherit his estate under terms of their prenuptial agreement. Newly released documents indicated she had a negative bank account balance, owed lenders more than \$1.8 million and was being sued by a creditor.



FILE - Kouri Richins, a Utah mother of three who authorities say fatally poisoned her husband, Eric Richins, in March 2022, then wrote a children's book about grieving-from AP news awareness share

son her husband the month before his death, but they did not file the additional charges until this week.

The chilling case of a once-beloved author accused of profiting off her own violent crime has captivated true-crime enthusiasts in the year since she was arrested for her husband's murder. She had self-published "Are You With Me?" — an illustrated storybook about a father with angel wings watching over his young son after passing away.

Once lauded as a heartwarming must-read for any child who has lost a loved one, the book has since become a powerful tool for prosecutors arguing that Kouri Richins carried out a calculated murder plot and attempted cover-up.

The mother of three repeatedly called her husband's death unexpected while promoting her book and was commended by many for helping her sons and other young child-

ren process the death of a parent.

Her attorney, Skye Lazaro, did not immediately respond to a request for comment on the new charges. Lazaro has argued in early hearings that the evidence against her client was dubious and circumstantial.

One bite of his favorite sandwich — left with a note in the front seat of his truck on Valentine's Day — made Eric Richins, 39, break out in hives and black out, prosecutors allege in the new documents.

His wife had bought the sandwich from a local diner in the city of Kamas the same week she also purchased several dozen fentanyl pills, according to witness statements and deleted text messages that were recovered by police.

The state's star witness, a housekeeper who claims to have sold her the drugs, told law enforcement that she gave Kouri Richins the pills a couple days before Valentine's Day. Later that

month, Richins allegedly told the housekeeper that the pills she provided were not strong enough and asked her to procure stronger fentanyl, according to the new charging documents.

In witness testimony, two friends of Eric Richins recount phone conversations from the day prosecutors are now saying he was first poisoned by his wife of nine years. After injecting himself with his son's Epi-Pen and chugging a bottle of Benadryl, he woke from deep sleep and told a friend, "I think my wife tried to poison me."

His friends say they noticed fear in his voice as Richins, who had no known allergies, told them that he felt like he was going to die and that his wife might be to blame. Opioids, including fentanyl, can cause severe allergic reactions, including hives.

A month later, Kouri Richins called 911 in the middle of the night to report that she had found her hus-

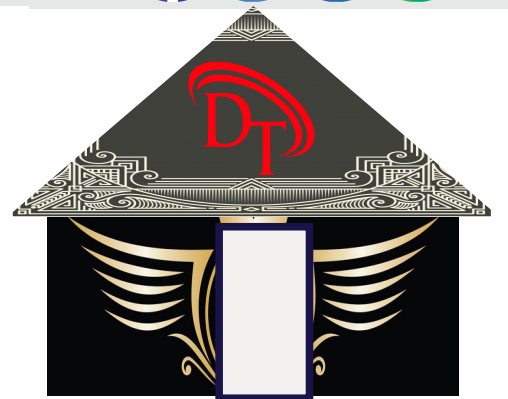
band "cold to the touch" at the foot of their bed, according to the police report. He was pronounced dead, and a medical examiner later found five times the lethal dosage of fentanyl in his system.

Shared from Associated Press for domestic violence awareness

Charging documents indicate Eric Richins met with a divorce attorney and an estate planner in October 2020, a month after he discovered that his wife made some major financial decisions without his knowledge. The couple's prenuptial agreement only allowed Kouri Richins to profit off her husband's successful stone masonry business if he died while they were still married.



Health Tit Bits



CAUSES OF DEPRESSION

If you think you may hurt yourself or attempt suicide, call 911 in the U.S. or your local emergency number immediately.

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

summary

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living.



More than just a bout of the blues, depression isn't a weakness and you can't simply "snap out" of it. Depression may require long-term treatment. But don't get discouraged. Most people with depression feel better with medication, psychotherapy or both. Symptoms Although depression may occur only once during your

life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day and may include: Feelings of sadness, tearfulness, emptiness or hopelessness.

Angry outbursts, irritability or frustration, even over small matters

Loss of interest or pleasure in most or all normal activities, such as sex, hobbies or sports

Sleep disturbances, including insomnia or sleeping too much
Tiredness and lack of energy, so even small tasks take extra effort

Reduced appetite and weight loss or increased cravings for food and weight gain

Anxiety, agitation or restlessness

Slowed thinking, speaking

or body movements
Feelings of worthlessness or guilt, fixating on past failures or self-blame

Trouble thinking, concentrating, making decisions and remembering things
Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide

Unexplained physical problems, such as back pain or headaches

For many people with depression, symptoms usually are severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

children, symptoms of depression may include sad-

ness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.

In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



Depression symptoms in older adults
Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

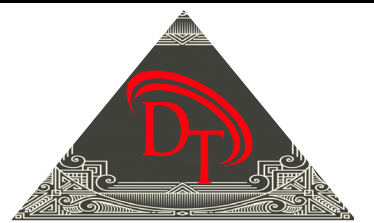
Memory difficulties or personality changes

Physical aches or pain
Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication

Often wanting to stay at home, rather than going out to socialize or doing new things

Suicidal thinking or feelings, especially in older men

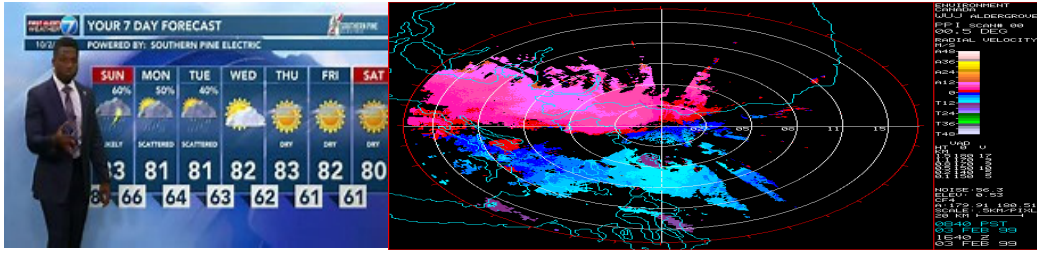
DEPRESSION



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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

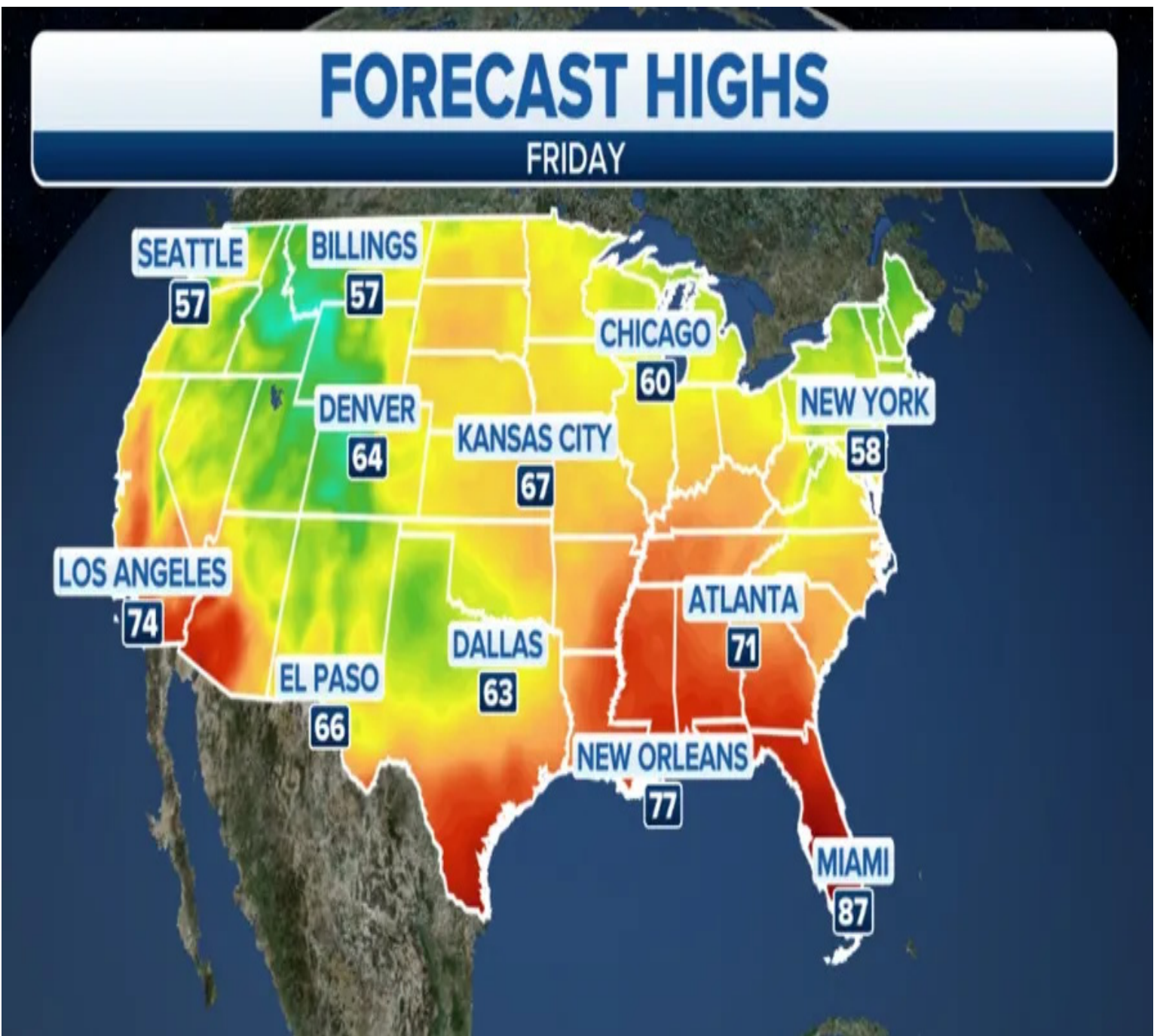
The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. -Helen Keller



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.

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WEATHER



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"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that." -Martin Luther King Jr.

"Spread love everywhere you go. Let no one ever come to you without leaving happier." -Mother Teresa



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BACKPAGE

WORLD OF SPORTS

Angels-Orioles to start MLB's 2024 league-wide opening day.



Shared by:
By Tafara
Makusha

The Oakland Athletics will host the Cleveland Guardians at 10:07 p.m. in Oakland. The Arizona Diamondbacks will then face the Colorado Rockies at 10:10 p.m. on Phoenix.

The New York Mets initially were scheduled to host the Milwaukee Brewers in the first game of the day, but that matchup -- in addition to a Philadelphia Phillies-Atlanta Braves game -- was postponed and rescheduled for Friday because of rain in the forecast. The Baltimore Orioles now are set to host the Los Angeles Angels in Thursday's opener Baltimore. The first pitch is scheduled for 3:05 p.m. EDT from Oriole Park at Camden Yards. Another eight games are scheduled to start at 4:10 p.m., including Toronto Blue Jays-Tampa Bay Rays and St. Louis Cardinals-Los Angeles Dodgers meetings on MLB Network. The reigning champion Texas Rangers will host the Chicago Cubs at 7:35 p.m. on ESPN



SPORTS WORLD

