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# The Diaspora Times

April 6th, 2024 Issue 232

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# Kenya Doctors Rejects Government's Deal To Call Off The Strike.

President, William Ruto, who is currently in Ghana, has not commented on the Doctors crisis which commenced on March 15 and is likely to continue for many days if there is no genuine dialogue.



The Kenya Medical Practitioners, Pharmacists and Dentists Union (KMPDU), which represents more than 7,000 members, has rejected a Government offer to end the week-long strike that has paralyzed health services in the country. The striking Doctors, who were later joined by clinical assistants, are demanding payment of their salary arrears and the immediate hiring of trainee doctors, among many other grievances. They also complained about a lack

of equipment in hospitals and poor sanitary conditions. Their union chairman said they will not negotiate until all their

grievances are met.

Jane Muasi The Diaspora Times Nairobi correspondent.







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Kenya is at crossroads with its democracy as retrogressive leadership in the country and the political illiteracy



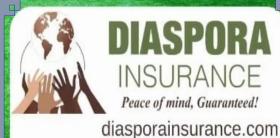


Dr. Julius Gikonyo Kiano was a perfect blend of an intellectual and a professional politician. Julius Cikonyo Kiano was born

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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HIGHLIGHTS

WORLD NEWS P.3. WELLNESS P.18 THOSE WHO LEFT US P. 6



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# COMING SOON-DIASPORA TIMES SHOW This page intentionally left blank FREAT



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













Charles Kabiriri Political Activist New Kenya Movement For Change

Fourteen years down the line, the constitution has never been fully implemented with some very critical sections like Schedule Four of the constitution

## Kenya Is At crossroads With Its democracy Due To Retrogressive Leadership.

enya is at crossroads with democracy retrogressive leadership in the country and the political illiteracy with urban and rural folks take toll on the socioeconomic and political success of this nation.

The ideology of divide and rule played a vital role in the politics of this country towards the end of the 20th century as the late President Daniel T. Arap Moi, managed to rule this country for the longest time ever without depending on the two largest tribe in Kenya, the Kikuyu and the Luo.

However, Kenya's bloody protests of the 90s demanding multiparty democracy forced President to succumb to people's pressure and repealed section 2(a) of the then constitution moving Kenya from a Single Party State to pluralism with the support of the then US Ambassador to Kenya Mr Smith Hemiston as the frontline leaders of multi-

The ideology of divide and rule played a vital role in the politics of this country towards the end of the 20th century as the late President Daniel T. Arap Moi, managed to rule this country for the longest time ever without depending on the two largest tribe in Kenya, the Kikuyu and the Luo.



NADCO report shrouded in hypocrisy and possibly behind the scenes dealings

partism Hon Keneth Njindo Matiba (Kiharu Constituency, Muran'ga) and his counterpart Hon Charles Rubia (Starehe Constituency Nairobi) both bereaved, were sent to detention with Hon Matiba facing death from an attempted poisoning that put him to stroke and remained disabled to his death. However, Kenya was never to be the same again! Every Kenyan was so optimistic of a new found future based on perceived economic and political freedoms.

To have a more comprehensive beginning, Kenya, under the leadership of the late President Mwai Kibaki, the predecessor of the Dictator Moi regime, midwifed the promulgation of a new constitution ratified in a referendum on August 2010 and hailed as one of the most progressive constitutions ever arrived at in the absence of civil strife thus establishing the basis of a Fourteen years down the line, the constitution has never been fully implemented with some very critical sections like Schedule Four of the constitution that exclusively is about Devolution, has never been fully implemented and there is fear mounting on devolution as being targeted to crumble! Kenyans' need for a new constitution was central to devolution. Many years of Kenya's political past, the Presidency and Party politics were the source of Kenya's political acrimony. To reduce the powers of presidency, devolution was established to delegate powers to 47 other smaller governments named counties that would work together with central government!

The NADCO Report that came up as a negotiated package after the July 2023 demonstrations that rocked the country where protestors were meted with brutality in their quest for the government to lower high

cost of living in the country, this demand was never captured in the final draft of the negotiated document that majorly distinguished itself with the political quest of the political elite who drew lines in the establishment of their new political offices for both the Prime Minister and the Leader of Opposition and went about shelving the people's quest that centered on high cost of living and over taxation at a time when the world was grappling with recession! This was brushed off as just a government policy and was to be addressed as such. Hon Rala and Hon Kalonzo were comfortable with that forgetting that the demonstrations opened a chapter in Ruto's regime where a militia working with Kenya police used live bullets to quell protestors. In Nyalenda, ethnic profiling was captured where people from one tribe were being led out of their houses and were massacred in the open

was not for the purposes political ofbe established!

Hon Martha Karua and Hon. Eugene Wamalwa disagreed with the NADCO Report for not addressing the needs of the protestors, and this position taken by the two principals has seen Azimio coalition in the verge of collapse. Surprising enough, nothing about the people's quest that was set to be handled as government policy has ever seen the light of the day.

The political elite have for long been taking representation as fundamental only when it is about them. Kenyans should refute any attempt to amend the constitution and demand a full and comprehensive implementation of the constitution before any constitutional amendments can be considered!

Article By Charles Kabiriri New Kenya Movement For Change

The NADCO Report that came up as a negotiated package after the July 2023 demonstrations that rocked the country where protestors were meted with brutality in their quest for the government to lower high cost of living in the country, this demand was never captured in the final draft of the negotiated document that majorly distinguished itself with the political quest of the

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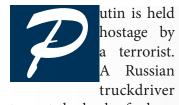


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# laughter is the med





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-

You Can...

It's The Best Medicine

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

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 awaaay where theeey belong (other voices) He's happy no matter what happens when singing his happy song so when you get up every mooooorning don't ever be whiny but make life sun shiny

### Make it a habit to spend time with funny friends



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 vou 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



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!" she screams, "I didn't know you were married before!"

"I wasn't," he replied.

My nagging wife died sud-

watching him. After a long denly 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 Mac-Donald'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.

Internet Jokes share





like hynie the

I laugh and I

some more

we laugh and

laughing hyena

laugh and I laugh

we laugh and we

laugh ha ha ha

ha ha ha ha

All born in the 70 know this one





232.indd 4



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#### ABIGIRL PHIRI-Zimbabwe 🔀 😉 🖦 😉



Article By Abigirl Phiri- Zimbabwe



# The Daily Sustenance Of Staple Foods.

## The spirit of unity that is Ubuntu is promoted as a family share over a pot of sadza talking over their day's proceedings.

very country nas its distinctive staple food. The relevance of the staple food cannot be dismissed lightly. In most cases these foods are high fiber since they are carbohydrate sources. As starch based the staple foods are energy boosters. For example Zimbabwe has sadza, South Africa pap and Tanzania ugali. These staple foods are mainly made from processed maize or cassava to

ntroduction

#### Origins of staple food

make mealie meal.

Despite the variations, the generic fact is that these foods the population cannot go without. Worth noting, these crops that make up the staple food are premised on the

Zimbabwe, farmers are very much into the farming of the maize despite it not being an indigenous crop. Consequently, translating why maize became the staple food. Issues of readily being accessible plays a part in what a country settles as its staple food. Whether one is rich or poor a person is able to access the staple food.



prevailing weather conditions faced in these different countries. Suffice to say some are made from drought resistant crops which is a bonus given the climate change induced droughts being faced. In Zimbabwe, farmers are very much into the farming of the maize despite it not being an indigenous crop. Consequently, translating why maize became the staple food. Issues of readily being accessible plays a part in what a country settles as its staple food. Whether one is rich or poor a person is able to access the staple food.

#### Variety of crops used to make sadza

Eating traditional foods is now a mantra. As a result, the crops such as sorghum and millet are now commonly used for making sadza. Variations in the food are in a bid to spice these dishes. Needless to mention, that variety is the spice of life. There are many ways to cook staple foods in addition to how they are presented before the masses feast on it. For sadza made from the milled maize or millet, there is one way to cook it.

#### The unique way of cooking sadza

First the mealie meal is put in a pot mixed with water. The mixture is heated up until to boiling point. Equally there are people who note sadza cooked on a fire is different and tastier than the one prepared on stoves. After that it is turned up until you have a firm product of nicely down mouthwatering sadza. This can be eaten together with vegetables and meat to spice up the dish. The way to cook such a staple food defines the heritage of African countries. It clearly distinguishes one race from the rest of the people.

#### The nexus between tradition and staple food

Traditions are not only denoted by the way we speak. Instead, how people conduct their daily lives through the clothes they wear and food they eat all make up a holistic

picture of what makes an individual be distinguished as African. With the time you realise the whole exercise upholds the value and blessing of having food set on the table. Also, it acknowledges that meals are meant to be shared to strengthen the family unit. The spirit of unity that is Ubuntu is promoted as a family share over a pot of sadza talking over their day's proceedings. Undoubtedly that brings in a sense of belonging and purpose.

#### Conclusion

After everything has been said and done, Africans should be proud of their identity. What better way to show the uniqueness through the dishes that are prepared.

Article by Abigirl Phiri, Zimbabwe





By Abigirl Phiri-Zimbabwe

#### summary



Poem Title: Yeah right

By: Abigirl Phiri

#### The turmoil

Doing cart wheels in your life Astounded at the beautiful lie Of a life colored with time's deceit The faculty of your mind jumbled Not knowing left from right Your dry mouth, throat clogged With untold feelings And unheard of woes A lone tear making a trail On one wizened cheek Wizened with age Life is not a bed of roses Said the distraught man With a mind of a sewer Not ready to accept reality In every bad turn of events Presented by the passage of time There is a beautiful present The chance To start again Afresh Unfazed



POEM

You know, people seldom go to the trouble of scratching the surface of things to find the inner truth.

What is Internal Conflict and how best can you manage it ? Internal Conflict image Your mind and heart feel like they're split in two. You want to do something, but another part of you is screaming "NO WAY!"

You believe in something, but you just cannot condone an action that belief teaches.

The Self-Love-Journal cover

The Self-Love Journal: "This is the best journal

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I have ever purchased. It is incredibly well-researched and laid out, both visually and content-wise, with deep transformation in mind.

This is a gift for the soul, body and mind. I firmly believe its use can save your spirit on so many levels." – Olivia

If you feel like you're going a little bit crazy, or the confusion is getting

too much to handle, stop right now. Pause what you're doing, close your eyes, and take a deep breath.

For the next minute, focus on your breathing coming in and out. In this article, I hope to help you get to the root of your internal conflict and how to find inner peace of mind.

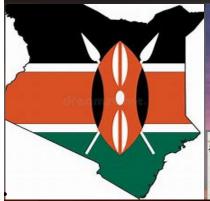
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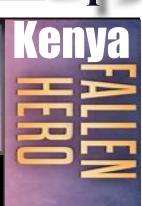
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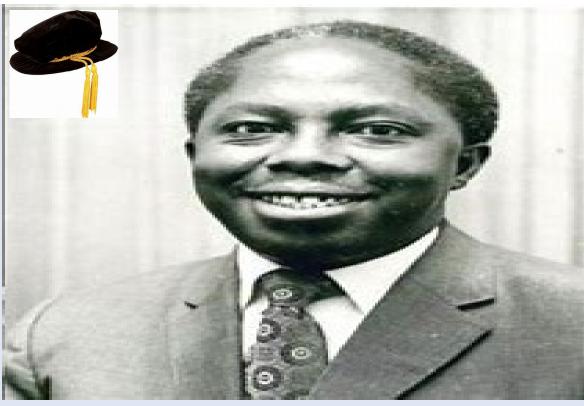
# DR JULIUS GIKONYO KIANO

Dr. Gikonyo Kiano became a staunch believer in Harambee, especially for educational purposes.

r. Julius Gikonyo Kiano was a perfect blend of an ntellectual and a professional politician. Julius Gikonyo

Kiano was born in June, 1926 in Kanyenyaini Location, Murang'a District (then Fort Hall District) of Central Province. His parents Jonathan Kiano and Damaris Wanjiru Kiano, like many African rural families at the time were not rich. Jonathan was 'an informal trader having worked for missionaries' in Nairobi and converting to Christianity.' But he appreciated the value of education for his children. So Julius went to school at the early age of eight.' He quickly distinguished himself as a brilliant student and it has been that intellectual brilliance that carried him

Julius joined Pioneer Institute in 1948, and then shortly thereafter, Stores College in West Virginia. The.following year he got a scholarship to Antioch College, Ohio, where he obtained a Bachelor's Degree in Economics and Poli tical Science in 1952. Before he left Kenya for the U.s.A., Dr. Gikonyo Kiano had heard a word of advice from a senior Kenyan scholar - Mr. Mbiyu Koinange, the first Kenyan to .get an M.A.



Julius Gikonyo Kiano First Kenyan to obtain a Phd. Sunrise 1926 Sunset 2003

1939.

prestigious Alliance High written weekly by the he performed very' well and opened up a new aspect in ted to Makerere University at this time that Mr. Eliud luctant.

He had already made up his represent Africans at the Legmind that he must study for a degree and not a diplo- alongside ma which was the highest qualification Makerere could offer. However, he eventually went to Makerere on the advice of Mr. Mbiyu Koinange and Mr. James He was nearly kicked out of believer in Harambee, espe-

Gichuru (former Cabinet Ministers) whom he met at In Makerere, he constantly purposes. to be continued. Githunguri Teachers Training College where he taught degree and read biographies for two months.

At Alliance, he continued his had made it in academia and scouting hobby which he had started at Kagumo and became secretary to the

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ano went to African Gov- he became the School Librarernment School Kagumo in ian in his final year, 1945 and Which carried addresses of editor of the Saturday eve-He was then admitted 'to the ning paper which was a hand School in -1942. In Alliance students. This role of editor Philadelphia. But he had no passed. 'He was then admit- his life: political interest. It is It was then that for the first College; though He was re- Mathu, Dr. Kiano's teacher at Alliance was appointed to islative Council (Legco) Rev. Leonard Beecher. As the editor of the student paper Julius questioned the validity of a white man's representation of African interests in the LEGCO. Alliance.

yearned for a university of African Americans who public life like Dr. Aggrey and Booker T. Washington. He also read

through. Julius Gikonyo Ki-school troop. More pertinent Crisis, a magazine published by the National Associat Black colleges in the USA. He applied and was admitted at Pioneer Business Institute in money.

time a Harambee was organized in this country for purely educational purposes. The Kenya African Traders and Partners Association (KAFTA) led by Mr. Mwaura Ngoima and Mr. Charles Rubia, and others raised the money.

From that time, Dr. Gikonyo Kiano became a staunch cially for educational



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

#### summary



Thanks to his academic excellence, Juli us won uni versi ty honours fellowship to Stanford University, California for a Master's degree in political science. From Stanford he went to the prestigious

University of California at Berkeley where he 'taught' as " he worked on his Ph.D., which he obtained in 1956. Thus became the first Kenyan to get a Ph.D. His doctoral

"thesis was critical of the idea of a Central and Eastern federation which he argued was a delaying tactic for the

independence of the African countries concerned and a tool for the continued European domination of the region. showed that Dr. Kiano was already politically alert. Indeed, he spent much of his

spare time explaining to -groups in the U.s. that the Mau Mau uprising which had started was meant to liberate Kenyans from the colonialists

Julius Kiano



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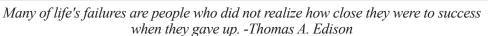




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### **Eight passengers stranded on African island** after Norwegian cruise ship left without them

The cruise line said that after the guests failed to return, their passports were delivered to local port agents, in line with protocol.

dream cruise vacation has turned into nightmare for eight passengers left stranded

the African island of São Tomé and Príncipe after their ship left without them because they were late to return from a private tour.

The tourists — six from the U.S. and two from Australia — were aboard the Norwegian Dawn, a Norwegian cruise line ship, which departed from Cape Town, South Africa, on March 20 for a 21-day voyage up the coast of Africa

'Despite the series of unfortunate events outside of our control, we will be reimbursing these eight guests for their travel costs from Banjur, Gambia to Dakar, Senegal," a cruise line spokesperson said in a statement. "We remain in communication with the guests and are providing additional information as it becomes available.



#### **Strict rules in cruise ships**

set to end in Barcelona, Spain, on April 10.

But on Wednesday, the group of eight tourists was late to return to the ship for the allaboard time of 3 p.m. from a private excursion on the island, which was not organized by the cruise line.

Jay and Jill Campbell of South Carolina were part of the group that was left behind.

They said that their tour's operator notified the cruise captain that they were going to be late to rejoin the ship and that the local Coast Guard tried to get them on the vessel but that they weren't allowed to board.

As a result, the couple and the rest of the group have been stranded for days on the island

off Nigeria, grappling with language, currency issues and complicated travel to catch up with the ship.

"The lovely people of São Tomé were very gracious, very hospitable. They had reached out as much as they could to help us find hotels," Jay Campbell said on NBC's "TODAY" show Tuesday morning.

"We were able to get to a tour agency there to arrange flights to the next port of call. ... Very difficult process you're dealing with multiple languages, language barriers, you're dealing with different currencies ... finding someone that even has dollars ... trying to get an agent to understand where we need to get to.

there from here," he added.

A Norwegian spokesperson called the incident a "very unfortunate situation" and said, "Guests are responsible for ensuring they return to the ship at the published time."

The cruise line said that after the guests failed to return, their passports were delivered to local port agents, in line with protocol. The company said it was working with local authorities to understand "the requirements and visas needed for the guests to reboard the ship at the next available port of call."

On Monday, the guests had made arrangements to rejoin the ship in Banjul, Gambia, but the ship was unable to "It's one of those 'You can't get safely dock there because of

"adverse weather conditions" and "tidal restrictions," Norwegian said. The guests were then contacted and provided with information to rejoin the ship at Dakar, Senegal, on Tuesday.

Jill Campbell said they traveled through seven countries in 48 hours to arrive in Senegal on Monday night.

But now they're reconsidering whether they even want to return to the cruise.

"We are considering whether or not we are going to board the ship. It is in dock here in Senegal," she said. "We believe there was a basic duty of care that they had forgotten about, so it does concern us."

"After what we witnessed, we truly believe that although there's a set of rules or policies that the ship may have followed, they followed those rules too rigidly. I believe that they really forgot that they are people working in the hospitality industry and really the safety and well-being of the customers should be their first priority," she added.

Concern share from NBC >>>>>>>>>>>

Norwegian said that its care team tried to call Lenkott several times and was unable to reach her and that it worked with its port agent

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



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







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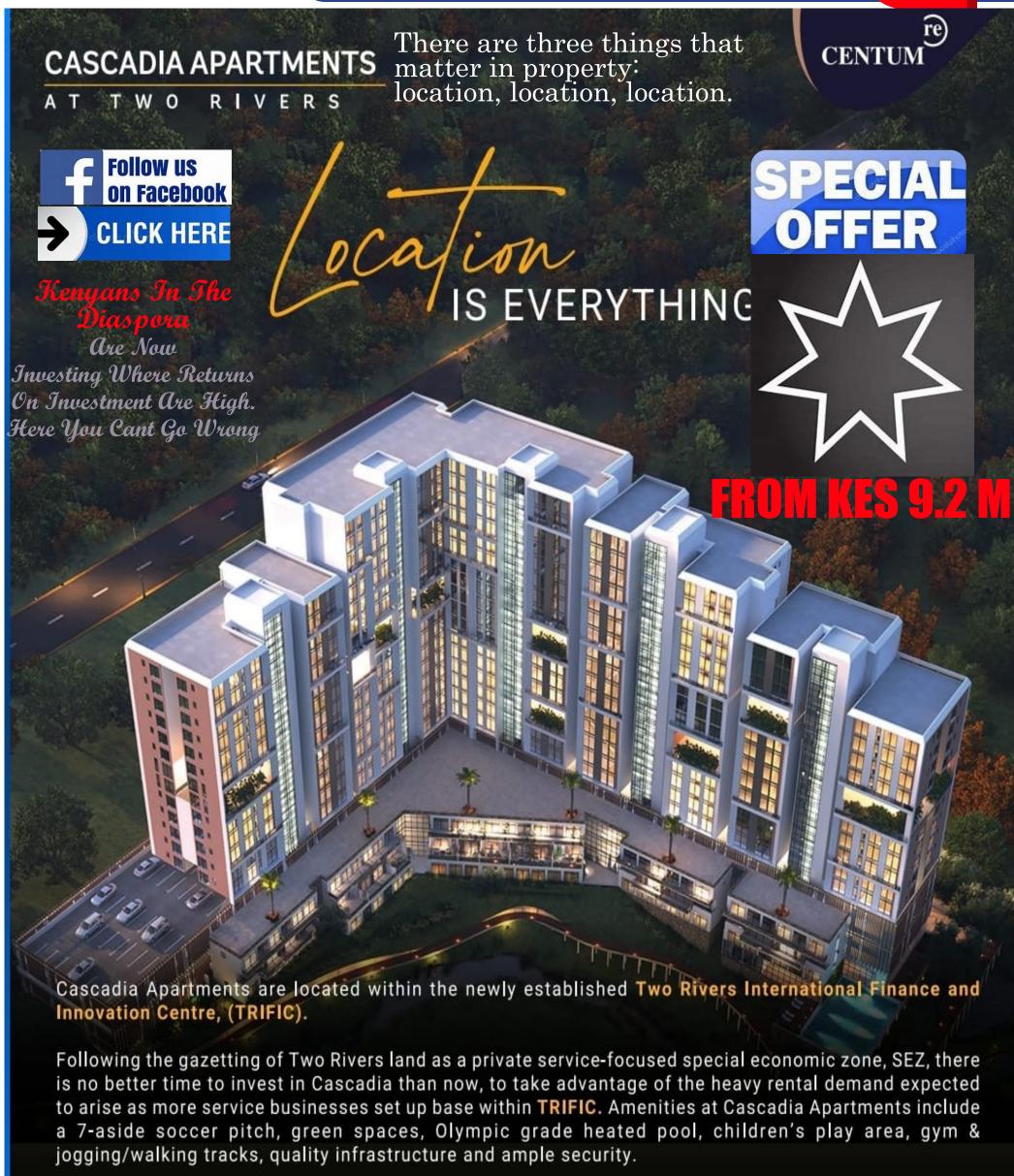
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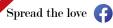
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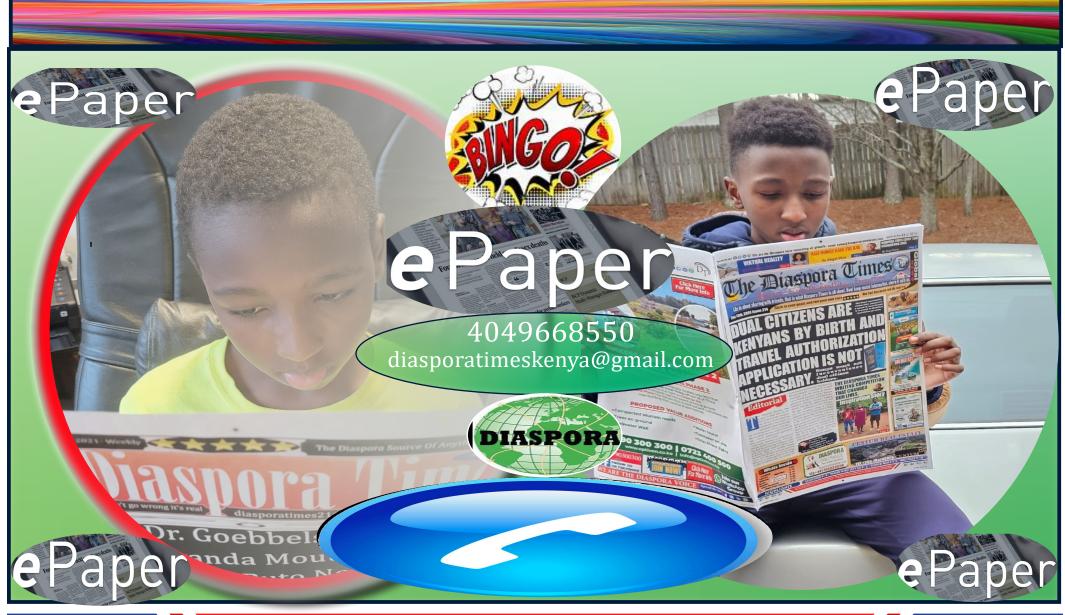
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# enua and Diaspora

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STRICTLY NO TELEPHONE CALLS

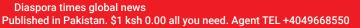
The greatest glory in living lies not in never falling, but in rising every time we fall. -Nelson Mandela



Helen Keller Life is a long lesson in humility.

















#### Family of brutally slain New York student feels betrayed by prosecutor, allege 'secret plea deal' with suspect.

Hoovler wasn't at the event, even though McDonald's slaying had been among the county's bestknown unsolved crimes since her body was discovered in a rural section of Orange County at 1:15 p.m.

#### BIDEN HIGHLIGHTS

**HIGHLIGHTS** 



As the first lady embarks on a three-day, four-stop battleground state campaign swing, launching the "Women for Biden-Harris" coalition, her role in the reelection effort is becoming clearer. The campaign is looking to use a top surrogate to organize – and mobilize - female voters heading into the general election, all while delivering a clear message about Trump. "Donald Trump is danger ous to women and to our families. We simply cannot let him win," she said in Atlanta.

The first lady is also traveling through Arizona, Nevada and Wisconsin, and she's expected to court Black and Latino communities as the campaign looks to make inroads with those key demographic groups.



n the two decades after Megan McDonald's bludgeoned body was found on a dirt path in upstate New York, her family fought for justice in the unsolved killing. They held anniversary events, placed billboards around their county and maintained a Facebook page, "Justice for Megan McDonald."

But after an arrest in the killing last year, her family turned their attention to an unlikely subject: the prosecutor.

They have accused Orange County District Attorney David Hoov-

The Whalens said they met Hoovler two years ago, at an event for crime victims in Newburgh, New York. There had been news of a possible arrest in McDonald's death, Karen Whalen said, and she was thrilled to meet "the man that is going to hold this case in his hands and find justice for my sister."



#### **Crime cannot go unpunished**

the investigation, failing torial misconduct. to disclose that he once her death in 2003.

ler of trying to stymie allegations of prosecu- with the NYPD.)

Department's body that investigates 2002, was a detective

Days before the union's news conference, a lorepresented a suspect In February, McDon- cal reporter revealed a in McDonald's kill- ald's sister, Karen Wha- series of explosive aling and offering a "se- len, and her husband legations after having cret" plea deal with the appeared at a lectern obtained what was deman charged with sec- alongside the head of scribed as an internal ond-degree murder in the New York Police New York State Police detec- report detailing the tives union as the group agency's troubled rela-The allegations were called for state and fed-tionship with Hoovler. detailed in disciplinary eral officials to investi- According to the report, complaints that Mc- gate Hoovler over what published by USA To-Donald's sister and the group called his day Network New York, mother filed against "untruthful and evasive" state police believed Hoovler last month with actions. (Karen and Me- Hoovler had deliberatethe judicial oversight gan's father, who died in ly tampered with the investigation. Share vahoo



Hoovler said in a sta-

tement shortly after the announcement that state police had arrested Holley without consulting his office and that police had let him know about the news conference only four hours before it happened. The DA's office had worked tirelessly with state police on the investigation, Hoovler said, adding that it is a "better practice" to consult with prosecutors before pursuing an arrest.

In his email to NBC News, Hoovler said he hadn't pursued charges against Holley because investigators hadn't gathered enough evidence.

#### WE FAIL BECAUSE WE DO NOT TRY

# 

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

Our dedicated contributors to different topics make the newspaper to continue informing the Diaspora the current affairs of where they live and back home







**Memory Phiri** 

Reporters



Arch Dr. I KINUNGI

**Behind the vision** 

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**Dr Isaac Kinity** 











# Gastronomy Is The Root f Culinary Tourism.

Through the use of the hotel Gateway Stream App, tourists will be granted access to more than fifty restaurants which are RTG and non-RTG.



Tourism with Memory Phiri Zimbabwe.

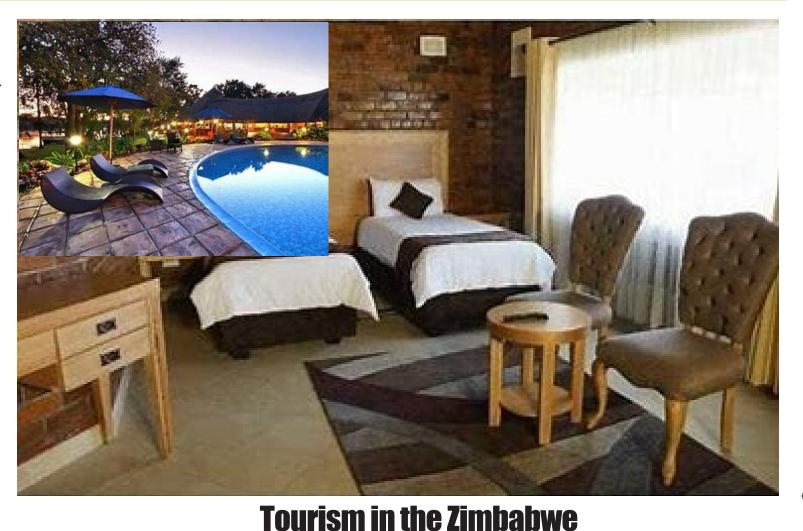
ulinary tourism plays a major role in the hospitality industry therefore gastro-tourists have to travel beyond boarders

for some great food. As a form of motivation food is a reflection of a culture's eating habits. Thus, hoteliers have found a way to lure tourists to prolong their vacations.

They say the way to a tourist's heart is through culinary arts. Modern tourists love trying out native foods that is why they partake in carnivals and festivals. In regards to gastronomy we should sell our native dishes that will keep tourists coming back for more.

Today we are going to talk about the Rainbow Towers Hotel and it's culinary prowess. This hotel is making strides to offer tourists with some first class culinary tourism. They serve food that you can only fantasize about because the professional

They say the way to a tourist's heart is through culinary arts. **Modern tourists love** trying out native foods that is why they partake in carnivals and festivals. In regards to gastronomy we should sell our native dishes that will keep tourists coming back for more.



chefs are skilled to a fault when it comes to the recipe book.

The RTG has been offering the Rainbow Delights since 2015 in response to market demand for fast affordable yet world class meals which has hundred options to choose from. The menu caters for the dietary restrictions and embraces healthier lifestyles like the chicken fatija salad.

teway Stream App, tourists will be granted access to more than fifty restaurants which are RTG and non-RTG. Surely no one saw this one coming. Guests from all walks of life are enjoying a variety of tantalising cuisines from traditional Chinese, Indian to South America you name it.

Culinary tourism resonates with Asia but now it's done under our very nose in the Rainbow Towers Harare, Bulawayo, Kadoma and Victoria Falls. To break it down nicely, not only do

#### one get to order what they want

but they also get to see the food being prepared.

Practically, the guests are in a position to eat their delicatessen straight from the pot, whilst it is still hot. This is more of a cooking class courtesy of your lunch or dinner. Also food poisoning is a far cry as the meat and veges will be fresh.

To state the obvious, the Rain-Through the use of the hotel Ga-bow Delights was created to deliver fresh food and create refreshing experiences. Come and witness what you are going to eat before it is cooked right infront of you.

> Infact, the straight order is customized in a way that you will enjoy it without any disturbance for each table has its own Cordon Bleu. Whether you are passing through from all the corners of the world, the fact is that they are ready to serve you. At last we will have our food fanatics where we want them because

the RTG is a home away from home.

Be rest assured that this hotel will keep all our cravings under control. Culinary tourism will continue to contribute to the promotion and branding of destinations thereby harnessing the idea of authenticity.

By Memory Phiri

>>>>>>>>>>>>>

**Culinary tourism** resonates with Asia but now it's done under our very nose in the Rainbow **Towers** Harare, Bulawayo, **Kadoma and Victoria** Falls.

To break it down nicely, not only do one get to order what they want but they also get to see the food being prepared.

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

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





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# Aiaspora 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:II:

#### **PRAYERS**

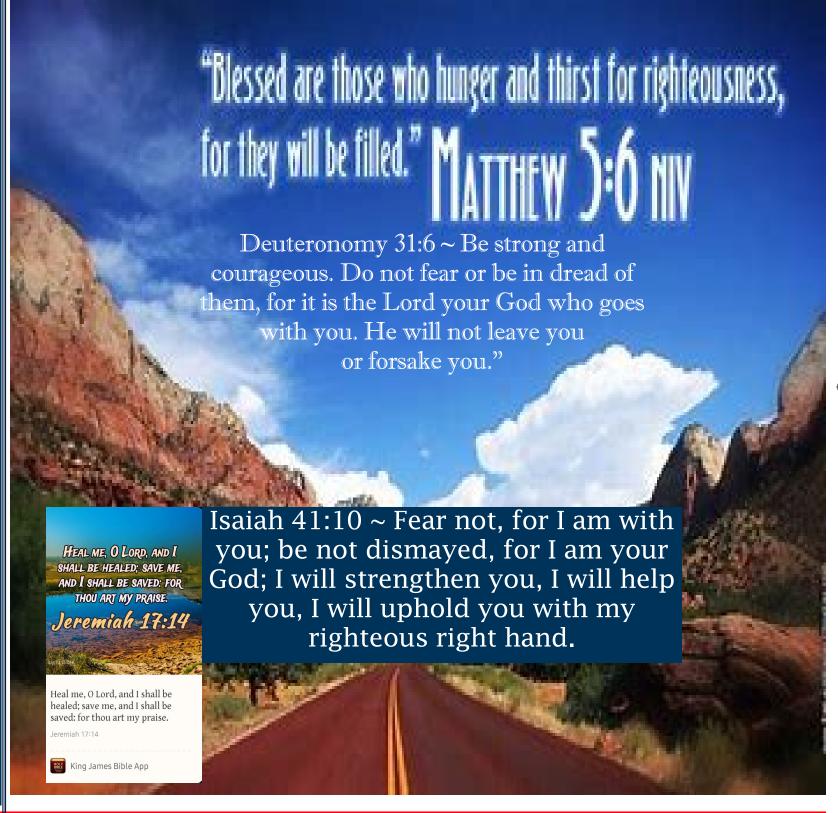
Prayer for a Healthy Cardiovascular and Respiratory System

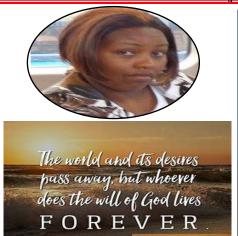
God of Might, please give me a healthy cardiovascular and respiratory system, so that I don't have any circulation or breathing issues that would damage my well-being. I pray that You will contend with any inherited propensities to heart or lung disease and help me make important changes to my lifestyle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

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.





1 John 2:17



Pastor Mukuria

**Morning Affirmation** Hebrews 4:1

I urge you to live a life worthy of the calling you have received



Brother Kigume

Commitment counts the cost. What we obtain too cheaply, we esteem too lightly. When you are committed you forsake that which doesn't add value to your life. If you have something that you cannot live without, you don't own it. It owns you.



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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# In one of LA's largest cash heists, burglars steal as much as \$30 million in elaborate operation.

n one of the largest cash heists in Los Angeles history, thieves made off with as much as \$30 million in an Easter Sunday burglary at a San Fernando Valley money storage facility, an L.A. police official revealed Wednesday.

The burglary occurred Sunday night at an unnamed facility in Sylmar where cash from businesses across the region is handled and stored, according to L.A. Police Department Cmdr. Elaine Morales.

The burglars were able to breach the building as well as the safe where the money was stored, Morales said. Law enforcement sources said the

It has been more than twomonths since the multimillion-dollar heist of jewelry from a Brink's big rig at a **Grapevine truck stop, yet key** facts about the high-profile crime remain in dispute. There's debate about the value of the pilfered goods, for example, with estimates ranging from less than \$10 million to more than \$100 million. And questions are swirling around the timeline laid out in a Brink's legal filing and Los Angeles **County Sheriff's Department** documents, which suggest an almost impossibly swift journey for the tractor-trailer.



break-in was among the largest

burglaries in city history when it comes to cash, and the total surpassed any armored-car heist in the city as well.

Mystery surrounds the breakin. Sources familiar with the investigation said a burglary crew broke through the roof of the facility to gain access to the vault. But it is unclear how they avoided the alarm system. In addition, viewing the safe from the outside, it showed no signs of a break-in. The operators of the business, whom police did not identify, did not discover the massive theft until they opened the vault on Monday.

Authorities were alerted, and detectives from the LAPD's Mission Division station responded to the crime scene to gather evidence.

Further adding to the intrigue is that very few individuals would have known of the huge sums of cash that were being kept within that safe, according to the law enforcement sources.

The break-in was described as elaborate and suggested an experienced crew of burglars who knew how to gain entry to a secure facility unnoticed. An FBI spokeswoman confirmed Wednesday night that the agency and the LAPD are

investigating the theft.

The largest prior cash heist in Los Angeles was on Sept. 12, 1997, with the robbery of \$18.9

million from the former site of the Dunbar Armored facility on Mateo Street. Those behind the theft were eventually caught.

Sunday's incident also comes nearly two years after a multimillion-dollar theft of jewelry from a Brink's big rig at a Grapevine truck stop.

As much as \$100 million in jewels and valuables was taken from the truck.

In that case, thieves made off with the goods at 3 a.m. on July 11, 2022, stuffing more

than 20 large bags with jewelry, gems and other items that the Brink's tractor-trailer had been transporting from the International Gem and Jewelry Show in San Mateo to the L.A. area.

The heist occurred during a 27-minute window in which one driver slumbered in the vehicle's sleeper berth and another ate a meal at the Flying J, a sprawling truck stop just off Interstate 5's sinuous Grapevine in Lebec, Calif.

That crime remains unsolved. Shared from Los Angeles Times

BUSINESS
Brink's heist
mystery:
Questions about
a timeline that
'doesn't make
any sense'

thas been more than two months since the multimillion-dollar heist of jewelry from a Brink's big rig at a Grapevine truck stop, yet key facts about the high-profile crime remain in dispute. There's debate about the value of the pilfered goods, for example, with estimates ranging from less than \$10 million to more than \$100 million. And questions are swirling around the timeline laid out in a

Brink's legal filing and Los Angeles County Sheriff's Department documents, which suggest an almost impossibly swift journey for the tractor-trailer.

This much is known: A Brink's big rig loaded with the wares of jewelers participating in the International Gem and Jewelry Show departed the San Mateo County Event Center on July 11 for a storage yard about 370 miles south in downtown L.A. From there, the players in the case

disagree. Brink's said in a lawsuit that its two drivers made the roughly 298-mile, late-night trek from San Mateo to the Flying J Travel Center in Lebec in about 2 hours, 4 minutes, even fitting in a stop along Interstate 5. To traverse that distance so quickly, the vehicle would have had to drive at speeds upward of 140 mph.

Los Angeles News

Spread love everywhere you go. Let no one ever come to you without leaving

>>>>>>>>>>>

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











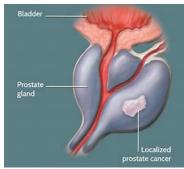
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### GET AN EARLY CHECKUP FOR PROSTATE



Frequent or urgent need to pee, also called urination.
Peeing more often at night.

enign prostatic hyperplasia (BPH) is a health issue that becomes more common with age. It's also called an enlarged prostate. The prostate is a small gland that helps make semen. It's found just below the bladder. And it often gets bigger as

An enlarged prostate can cause symptoms that may bother you, such as blocking the flow of urine out of the bladder. It also can cause bladder, urinary tract or kidney problems.

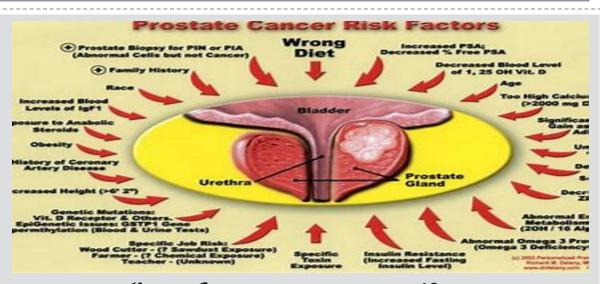
you get older.

Many treatments can help BPH. These include medicines, surgery and other procedures. Your health care provider can help you choose. The right option depends on things such as: Your symptoms.

The size of your prostate.
Other health problems you might have.

Testing healthy men with no symptoms for prostate cancer is controversial. There is some disagreement among medical organizations whether the benefits of testing outweigh the potential risks.

Most medical organizations encourage men in their 50s to discuss the pros and cons of prostate cancer



Prostate Cancer common among men over 60 years

Symptoms

Common symptoms of BPH include:

Frequent or urgent need to pee, also called urination. Peeing more often at night. Trouble starting to pee.

Weak urine stream, or a stream that stops and starts. Dribbling at the end of urination.

Not being able to fully empty the bladder.

Less common symptoms include:

Urinary tract infection. Not being able to pee. Blood in the urine.

The symptoms of BPH tend to slowly get worse. But sometimes they stay the same or even improve over time.

The size of the prostate doesn't always determine how serious the symptoms are. Some people with

slightly enlarged prostates can have major symptoms. Others who have very enlarged prostates can have minor problems. And some people with enlarged prostates don't have any symptoms at all.

Other possible causes of urinary symptoms

Some other health problems can lead to symptoms that are like those caused by enlarged prostate. These include:

Urinary tract infection. Inflamed prostate.

Narrowing of the urethra, the tube that carries urine out of the body.

Scarring in the bladder neck due to past surgery. Bladder or kidney stones. Problems with nerves that

control the bladder. Cancer of the prostate or bladder. Some medicines also may lead to symptoms that seem like those caused by BPH. These include:

Powerful pain-relieving medicines called opioids.

Cold and allergy medicines. Older medicines for depression called tricyclic antidepressants.

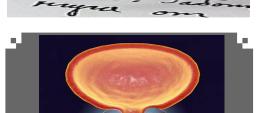
When to see a doctor
Talk to your health care provider about your symptoms, even if they don't bother you. It's important to find out if there are any causes that could be treated. Without treatment, the risk of a dangerous blockage of the urinary tract can rise.

**99** 

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

summary





The most common scale used to evaluate the grade of prostate cancer cells is called a Gleason scoring combines two numbers and can range from 2 (nonaggressive cancer) to 10 (very aggressive cancer), though the lower part of the range isn't used as often.

Most Gleason scores used to assess prostate biopsy samples range from 6 to 10. A score of 6 indicates a low-grade prostate cancer. A score of 7 indicates a medium-grade prostate cancer. Scores from 8 to 10 indicate high-grade cancers.

Prostate Cancer



### **PUBLISHED BY GRAPHIC DESIGN SERVICES PAKISTAN**

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

-97



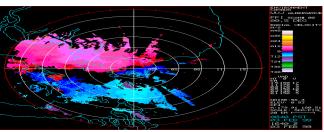


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#### summary

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

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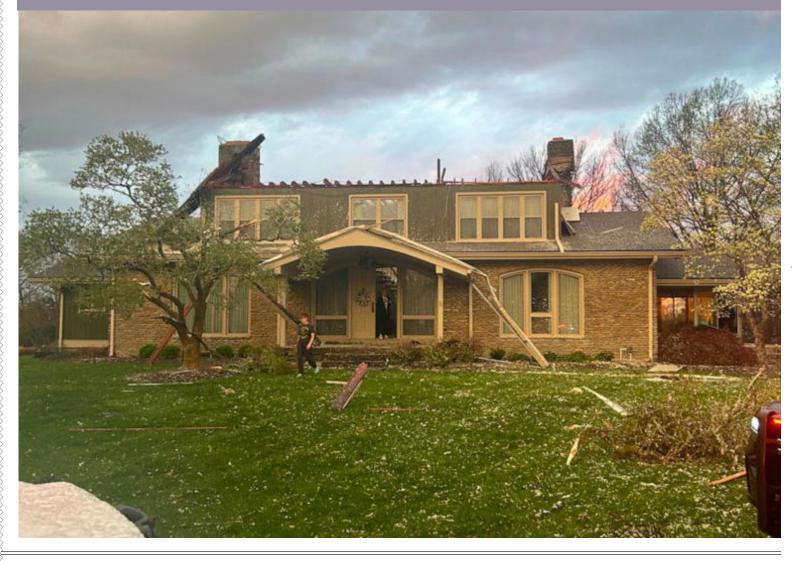
to plan ahead and

survive them.



# Tornadoes rip off roofs in Kentucky as severe storms slam central US.

Thanks to the timely forecasts and warnings provided by the National Weather Service, people were able to seek shelter,



angerous tornadoes tore the hrough central U.S. Tuesday night, including Kentucky, where reported twisters flattened buildings, ripped off roofs and littered streets with debris.

In the last 48 hours, at least 20 tornadoes were reported across nine states: Alabama, Georgia, Tennessee, Illinois, Kentucky, Indiana, Ohio, Oklahoma and Missouri. Kentucky,

wind gusts topped 100 mph, the reported twisters flattened buildings, ripped off roofs and littered streets with debris.

Campbell County, Kentucky, just outside of Cincinnati, a young man died in a car accident during the strong storms, Gov. Andy Beshear said at a news conference Wednesday.

No major injuries have been reported, Beshear said.

Jordan Yuodis, spokesperson for Anchorage Middletown Fire and EMS in Kentucky, told ABC News, "Within a

matter of what seemed like minutes, [the weather] went from about 70-75 degrees and sunny to suddenly pitch black and debris flying."

Shortly after 5:15 p.m., officials activated the outdoor warning sirens, Yuodis said. "Within minutes, we started receiving 911 calls of homes damaged, people trapped in their homes, roads being shut down," he said.

"We responded to multiple homes where the roofs had been completely taken off," Yuodis said. "The roof from one house went across the street

and ended up into another home."

"Thanks to the timely forecasts and warnings provided by the National Weather Service, people were able to seek shelter, which, to our knowledge, has been effective," Louisville Mayor Craig Greenberg said Tuesday night. "I'm pleased to report that as of now, there are no reported injuries or fatalities. ... There is definitely roof damage, significant damage to homes."

A state of emergency is in effect in Kentucky.



"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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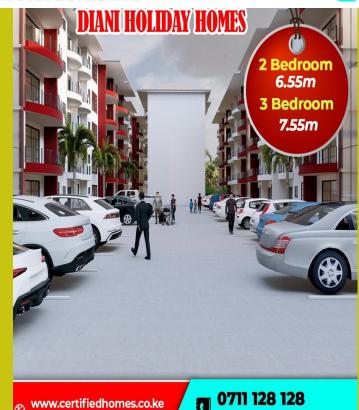
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# BACKPAGE

# SPORTS WAS A STATE OF SPORTS OF STATE O

# Eagles Have A Real Interest In Signing Giants.



Shared by By Tafara Makusha

he 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

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



