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# The Diaspora Umes

April 16th, 2024 Issue 236

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## ALJAZEERA WITHDRAWS THE ARTICLE MALIGNING THE FAMOUS LITERATURE GURU NGUGI WATHIONG'O.

## PRESS RELEASE



Profile picture Ngugi Wa Thiong'o April 16, 2024 FOR IMMEDIATE RELEASE

•

On April 4, 2024, a Zimbabwean journalist, Tafi Mhaka, published an article on the Al Jazeera English news portal, "Ngugi wa Thiong'o: Literary giant, revolutionary hero, domestic abuser," which, as the title suggests, accused Professor Ngugi wa Thiong'o of having assaulted and abandoned his first wife during the late 1970s.

The article was based on a tweet that misinterpreted a 1992 with the Kenyan Daily, The Standard, with his late wife,

Page 03

The fifth regime taunted as

one that will incorporate the

people at the bottom of the

pyramid in its making has

Nyambura Ngugi.

Mr. Mhaka never contacted Ngugi or other family members to corroborate the story, nor did he consult the text of the article referenced in the tweet, which clearly contradicted the claim that he abused and abandoned his wife. Instead, in the interview, Nyambura Ngugi explained, "Ngugi is not only a very lovely husband, but a responsible father," among other statements directly contradicting Mr. Mhaka's claim. The interview itself can be found here, scanned by an alert reader and placed on Twitter, who also thoroughly debunked Mr. Mhaka's article in the

https://twitter.com/ItsMutai/status/1769612948425605393?s=08.

Mr. Mhaka 's article is an example of precisely the kind of shoddy, accuracy-be-damned journalism that is causing such great harm to the public sphere globally and to the ability of people to trust the news. It attacks a literary icon who has, from the start, supported women's rights and the #MeToo movement in Africa and globally, weaponizing an

CharlesKabiriri

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**NEW KENYA MOVEMEN** 

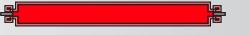
important issue as a click bait for an author's personal gain.

Thankfully, when Al Jazeera English was contacted and provided with evidence that the story was uncorroborated and contradicted by the voice of Nyambura herself, they swiftly removed the article and put a disclaimer, as can be seen

### CLICK HERE

https://www.aljazeera.com/opinions/2024/4/4/ngugi-wa-thiongo-literary-giant-revolutionary-hero-domestic-abuser

Prof. Ngugi, who is 86 and on dialysis, appreciates al-Jazeera's journalistic integrity and considers the matter closed, and asks anyone interested in this story to read the words of Nyambura Ngugi herself.

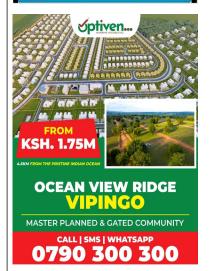


Kenya school of Law.

Arch Dr. Isaac Kinungi THE DIASPORA TIMES











### The late Otieno Kajwang was born in 1959 and attended Makerere University where he Studied Law. He later joined

\*\*\*\*\*The only true wisdom is in knowing you know nothing. Socrates \*\*\*\*\*\*

HEE! HAH!

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### **Whats Inside** Laughter P 04 click here P. 10 Centum Wellness P. 18 e,paper P. 19 **Sports** P. 20 Weather P. 21 **Africa Resouces**





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HIGHLIGHTS

**Abigirl Phiri Corner** 

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





C.paper

Nyambura and her teammate Keshvee Sekhda developed a mobile app prototype called IdentiCan to identify breast, lung and skin cancer in the year 2023.





Regeneron ISEF 2024, the world's largest pre-college **STEM competition, will take place from May 11-17 in Los Angeles, California, at the Los Angeles Convention Center. Regeneron ISEF 2024 will be a fully in-person** event complemented by a virtual site where finalists will share their projects online.

All judging and events will be in-person.





## REGENERON



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Charles Kabiriri Political Activist New Kenya Movement For Change

The 13th parliament in Kenya has become the most rogue house and all manner of swindle

## The Hustler Narrative In Kenya Has Now Turned Out To Be A Total Disgrace.

ne fifth regime taunted as one that will incorporate the people at the bottom of the pyramid in its making has come out to be a total disgrace and a disaster to the people of Kenya following it's clueless nature in running a State. The regime has become a monster and feeds on tax payers money in a manner that if nothing is done to shape the situation, this country will have been buried in a cemetery where all our dreams shall be shattered and like the Singaporean president pointed out, we are likely to be the victims of his words. In his famous speech, took note of honesty and corruption as the two very significant factors for any na-

It is now very clear that the ambition with the UDA party leadership to win the last elections was not tied with the bottom-up economic model that promised heaven to those who lived through economic vulnerability. The UDA leadership had nothing to do with the state.



NADCO report shrouded in hypocrisy and possibly behind the scenes dealings

tion to attain political success. He asserted that if the two factors are not taken in keenly, leadership can aspire with its cronies to dry up all the savings of a state from the state coffers and leave behind a country grappling with extreme levels of poverty and debt all over the place. It is now very clear that the ambition with the UDA party leadership to win the last elections was not tied with bottom-up economic model that promised heaven

to those who lived through economic vulnerability. The UDA leadership had nothing to do with the state. This is a party that slipped to State House to mince state funds by enriching themselves.

The schools programme changed immediately, and the regime took over to such an extent that lack of prompt capitation led to an earlier closure of the schools than anticipated. Doctors had been on strike demanding the full implementation of the CBA entered in 2017.

The current ratio of doctors/ people stands at 1/17000 lower than the internationally accepted ratio of 1/1000. The striking doctors demand the interns to be absorbed on a full term permanent basis in line with the 2017 Collective Bargain Agreement (CBA).

A government that came to power under the guise of people power turned out to be a people massacre regime!

Punitive taxes were introduced that have now become central to the people and their representatives' conflict, which have exposed them as having abandoned their chore duties, which include Representation, Oversight and Legislation.

Instead of the democracy representation that members were elected to enhance, the 13th parliament has become the most rogue house and all manner of swindle through excessive taxation, wastage of resources, mega scandals and the entry into the country of the counterfeits is taking place in their watch.

Article By Charles Kabiriri New Kenya Movement For Change

> The regime has become a monster and feeds on tax payers money in a manner that if nothing is done to shape the situation, This country will have been buried in a cemetery where all our dreams shall be shattered and like the Singaporean president pointed out, we are likely to be the victims of his words.

"Change can be scary. Itdoesn't matter if you're going through a small change or a big one doing something totally different than you're used to is terrifying."

President William Ruto's well-memorized street manifesto promises to end poverty in a country with over 10 million poor people- is now turning out to be the most hilarious hocus-pocus fiction campaign literature ever writ-

This time it's not Hitler, with his imagination of the Third Reich when Jews were singled out for attack from the first day of Hitler's chancellorship-but a man that rose from rags to riches (doubtful) and is now

settled at the house on the hill possibly on some sort of revenge mission.

William Ruto recited the impossible to look possible due to his oratorical gift- that was good enough to convince the poor that a savior was hell-bent on including them at the decision-making table.

It is now eventually turning out to be a strange story of the medieval age told to computer-age children who were almost convinced that a wheelbarrow could eradicate poverty.

Many are now quietly watching how the hustler Government will fulfil its promises in order not to have stiff opposition in 2027.

It is however a tall order as a powerful party may emerge by 2027 and if the elections will be free and fair, President Ruto may finally be a one term President.

Article appeared at Kenyan Parents in USA website By Dr Jean N Kamau

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## laughter is the t med



1. My friend called house ainters some for

work. He wanted them to paint his porch. After a few hours, the house painters came back for the payment as their work was complete. Before leaving, they told my friend that they had enjoyed painting his car, but it was not a Porsche.

2. There is a skeleton in our neighborhood that always knows when something bad might happen way before it happens. It became quite famous and when a TV crew interviewed it about the reason behind this ability, the skeleton finally disclosed its secret: it could feel the bad vibes in the bones.

### It's The Best Medicine

3. I visited a café one day with my friends. The waiter recommended that we try their special coffee. We agreed and soon the coffee arrived.

As we drank the coffee, we realized that it tastes like dirt and mud. Disgusted by the fact, all of us complained immediately. The alarmed server rushed over and said, "Well sir, it was freshly ground coffee!" 4. A family was having dinner once when the youngest boy asked his father whether worms tasted nice when we eat them.

Both the parents reprimanded the little boy and told him that these things shouldn't be discussed over the dinner table. When the father asked the boy after dinner why he had asked such a question, he replied, "Dad, I think worms taste okay because there was one in your plate."

5. After Sunday church, the priest would hand us each an orange and a big cookie. A little girl once lied and

took two oranges, but the priest told her she mustn't lie because God is watching. Then, the girl took two cookies and lied about it. When asked why she had done that, she said that she thought that God was only watching oranges.

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

..... 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 like hynie the laughing hyena I laugh and I laugh and I laugh some more we laugh and we laugh and we laugh ha ha ha ha ha ha ha



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

7. As a group of robbers entered the bank, their leader went

to the manager and asked him to open the vault.

He threatened the manager by saying, "If you try to do anything smart, you are fiction." The manager was confused and asked him, "Don't you mean 'You are history'?" The robber angrily replied, "Do not change the subject, okay?"

8. I was in the library once when a man walked in asking for some ham and cheese. The librarian politely told him that he was in a library. The man first apologized and then whispered to the librarian, "Can I please have some ham and cheese?" 9. I was in my garden when I got the news that my father had fallen from a ladder and was in the hospital.

I rushed to the hospital expecting that my father had some major fractures, but he



was alright except for some minor cuts. When I told him that it was a miracle, he disagreed and told me, "Son, I had just fallen from the first step of the ladder."

10. After a prolonged drought when the rain came, all the animals in the forest were happy except the kangaroo. When the others asked it what the reason was for such sadness, the kangaroo replied that the rain meant that all its kids would now be playing inside.

11. My brother came back from school all motivated because he said he would be following a new diet from

that day.

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

12. A second guy walks into a barber shop, straight after the first guy, who is his identical twin.

The barber looks perplexed, rubs his eyes, and asks, "Did you forget something or did I just imagine cutting your hair?" The second guy grins

and says, "Well, I did always want to be in two places at once. Today, I finally am!"

13. A boy was sitting in a hospital waiting room, looking rather bored. Suddenly, he noticed a rich man entering, looking flustered. "I can't keep up with all these conferences and check-ups!" the rich man exclaimed. The boy, without missing a beat, replied, "Maybe it's because you're rich in responsibili-



Internet Jokes share >>>>>>>>>>

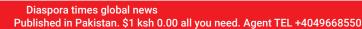
Harlen



All born in the 70 know this one







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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.

ntroduction 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 make mealie meal.

### Origins of staple food

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

https://kenyanparentsinusa.com

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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# GERALD OTIENO KAJWANG.

Kajwang, widely known for his "Bado Mapambano" song, was elected the Senator, Home-Bay County, in 2013 General elections.

he late Otieno Kajwang born in 1959 and attended Makerere University where he Studied Law. He later joined Kenya school of Law.

He was elected as Mbita constituency legislator in 1997. He served as the minister for immigration in the coalition government from 2008-2013. widely known Kajwang, for his "Bado Mapambano" song, was elected the Senator, Home- Bay County, in 2013

Before he died, he had served his people in different political positions including as a Member of Parliament for Mbita Constituency and as the First Senator for Homa Bay County.

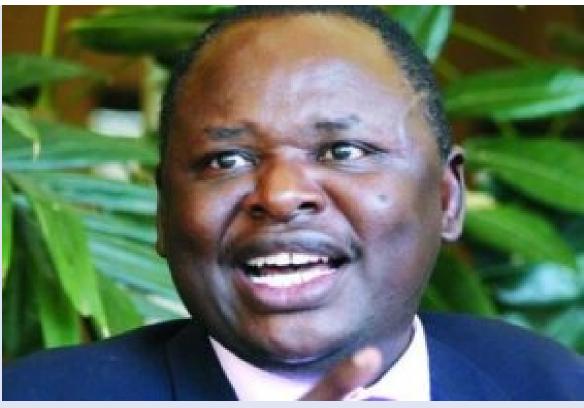
General elections.

Kajwang was a staunch member of the Orange Dem-

On 28th November 2014, the burial day of the late Kajwang, thousands of Kenyans gathered in Waondo village in Mbita Constituency to send off their leader.

At the burial, several leaders led by Kajwang's best friend Raila Odinga, and family members led by the widow, Rose, gave their speeches about how well they knew Kajwang.

On this day, Kajwang was given a heroic send-off, with more than 40 bulls, 100 sheep and goats, and 600 hens being slaughtered to feed the mourners in celebrating the life of the late Kajwang.



Gerald Otieno Kajwang Sunrise 1955 Sunset 2014

begun when he was at the til he was expelled. University of Nairobi.

the year 1979 during which fearlessness more especialhe organized for a demon- ly when it came to matters On 19th November 2014, stration against Moi's gov- fighting for the student's Kenyans received the saddest ernment and was expelled rights: what led to his expulwith other Kenyatta Univer- sion. sity student leaders.

ways be remembered for is Otieno. His brother, Moses his fight for the initiative that saved Kenyans in the United Kingdom the struggle to apply for their Passports and Kenyan IDs in Nairobi.

the office of an Immigration Minister. Kenyans were now allowed to apply for their IDs and Passports at the Kenyan High Commission in all embassies including London.

Otieno Kajwang was a certified lawyer after he completed his studies at the graduate school of Kenya School

former Prime Minister Raila school, he was a student at a dowry of 12 cows and Ksh Odinga. His political career the University of Nairobi un- 60,000.

He was the student leader in Nairobi, he demonstrated

Otieno Kajwang had two One thing that he will al- wives; Rose and Faith Vivian Kajwang, is another prominent lawyer who took over as the Senator of Homa Bay after he died.

The second wife made head-He did this while holding lines after her claims that the family of the late Otieno Kajwang had blocked her from accessing the funds raised by the late Kajwang's friends for her children's education.

> Faith, further stated that she was legally married to the late Kajwang in the year 1993 after her husband accompanied by the former Prime

ocratic Party headed by the of Law. Before joining this Minister, Raila Odinga paid

Therefore, she deservesd to While at the University of be recognized as the wife to the late Kajwang just like the other wife, Rose.

> news about the death of the famous Senator Otieno Kaiwang.

> After hearing about the death of Kajwang, leaders thronged Mater Hospital, where he was admitted until his death, and others went to Lee Funeral Home, where his body was taken.

> The Standard Group through The Nairobian article revealed that Otieno Kajwang had died of a heart attack caused by sex-enhancing drugs commonly sold under the brand name Viagra.

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

### summary



**Gerald Otieno Kajwang** (July 15, 1955 - November 19, 2014) was a Kenyan politician. He belonged to the Orange **Democratic Movement** and was elected to represent the Mbita Constituency in the National Assembly of Kenya in the December 2007 parliamentary tion.[1] In the bitterly contested 2013

elections, Otieno Kajwang was elected to represent Homa Bay **County in the Senate of** Kenya. Upon his death, brother, his Moses Otieno Kajwang won the election to succeed him in Parliament, representing Homa Bay.

Otieno Kajwang



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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



Many of life's failures are people who did not realize how close they were to success when they gave up. -Thomas A. Edison



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## They're young and athletic. They're also ill with a condition called POTS.

Short for postural orthostatic tachycardia syndrome, POTS is diagnosed when a patient's heart rate goes berserk, jumping way above normal when changing position from lying down to standing.

aleigh Levine was running drills in the with lacrosse her team at Notre Dame College in South Euclid, Ohio, when everything turned black.

"The coach wanted me to get back in the line, but I couldn't see," she remembered. Her vision returned after a few minutes, but several months and a half-dozen medical specialists later, the 20-year-old goalie was diagnosed with a mysterious condition known as POTS.

When oxygen flow to the brain is reduced, it sparks sometimes vague and confusing **POTS** symptoms including lightheadedness, fainting, nausea, tremors, fatigue, headache, brain fog, blurry vision, palpitations and chest tightness, and shortness of breath. The impact can be measured by elevations in heart rate when people change position.



### Rare autoimmune syndrome striking the youth mostly

First described more than 150 years ago, the syndrome has proliferated since the coronavirus pandemic. Before 2020, 1 million to 3 million people suffered from POTS in the United States, researchers estimate. Precise numbers are difficult to come by because the condition encompasses a spectrum of symptoms, and many people have still never heard of it. Recent studies suggest 2 to 14 percent of people infected with the coronavirus may go on to develop POTS.

The syndrome tends to strike suddenly, leaving previously healthy people unable to function, with no clear cause. In recent years, doctors specializing in the condition have noticed a curious and disproportionate subset of patients: young, highly trained athletes who are female.

Short for postural orthostatic tachycardia syndrome, POTS is diagnosed when a patient's heart rate goes berserk, jumping way above normal when changing position from lying down to standing.

Teens and young adults at peak fitness are generally regarded as being extremely healthy, so the burst of POTS cases has puzzled doctors.

Several factors may be conspiring, said Robert Wilson, a neurologist who runs the Cleveland Clinic's POTS practice. It could be that women of childbearing age are more vulnerable to inflammation. It could reflect the damage that comes with being hit with a virus unknown to humans until 2020. And the stress as-

sociated with repetitive physical exhaustion could leave athletes at risk.

"It's something of a perfect storm of susceptibility," Wilson said.

Dongngan Truong, a pediatric cardiologist at University of Utah Health, speculated that the surge in cases might reflect athletes' often unusual physiology, or could simply be reporting bias.

"It could just be athletes generally keeping in touch with their bodies more," Truong said. Concerns about the health of athletes made headlines early in the pandemic but the focus wasn't on POTS. It was on another heart condi-

Prominent sports figures including Boston Red Sox pitcher Eduardo Rodriguez - revealed that after enduring covid-19, they experienced inflammation of the heart muscles known as myocarditis, a leading cause of sudden death in athletes.

The NCAA started a registry to track athletes. Professional sports teams and schools introduced heart screenings before allowing athletes to return to play. It turned out myocarditis was not as common as feared, and a study published later in the journal Heart showed that elite athletes who were affected had no long-lasting heart damage.

But the scrutiny led to a wave of important research. At the University of Alabama at Birmingham, Sara Gould, an orthopedic surgeon, and Camden Hebson, a pediatric cardiologist, opened a sports clinic in 2021 to help young athletes navigate their health post-covid. It drew patients from across the South and beyond, but the physicians were surprised to find that few of the patients had myocarditis. Most were coming in with POTS.

Shared from yahoo newstream for awareness only





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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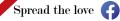
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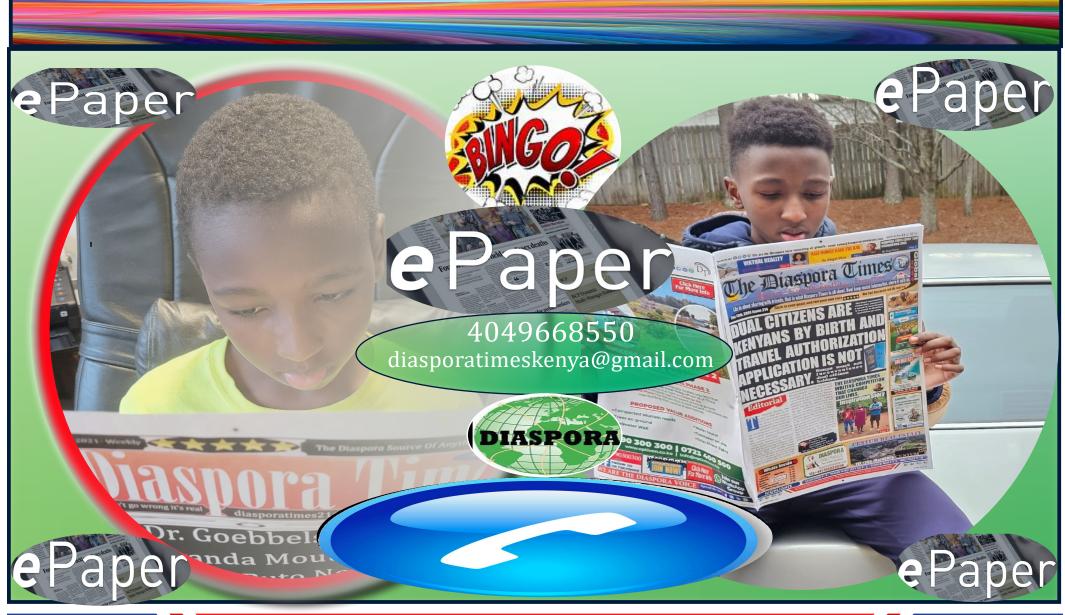
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# enua and Diaspora

Romans 14:8 - If we live, we live for the Lord, and if we die, we die for the Lord. Therefore, whether we live or die, we belong to God.



# Death and tuneral nouncement

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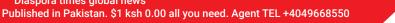
The greatest glory in living lies not in never falling, but in rising every time we fall. -Nelson Mandela



Helen Keller Life is a long lesson in humility.

















### **BIDEN HIGHLIGHTS**



WASHINGTON President Joe Biden said his administration is inching closer to finalizing a plan to provide student debt relief to millions of Americans.

"Today, too many Americans, especially young people, are saddled with unsustainable debts in exchange for college degrees," Biden said.

The president's latest plan comes after the Supreme Court struck down a 2022 push to erase student debt for more than 40 million Americans.

"We continue to find alternative paths to reduce student debt payments," Biden said.

The new plan targets up to 30 million Americans. In part, it would cancel up to \$20,000 in runaway interest for borrowers who now owe more than they did at the start of repayment.



### Hamas tells negotiators it doesn't have 40 Israeli hostages needed for first round of ceasefire.

Among those believed to still be held in Gaza are the Bibas family, who were snatched from their homes in Kibbutz Nir Oz. Yarden Bibas was separated from his wife Shiri and their children Kfir and Ariel, who were just 9 months and 4 years old respectively on October 7.

amas has indicated it is currently unable to identify and track down 40 Israeli hostages needed for the first phase

of a ceasefire deal, according to an Israeli official and a source familiar with the discussions, raising fears that more hostages may be dead than are publicly known.

The framework that has been laid out by negotiators says that during a first six-week pause in the fighting, Hamas should release 40 of the remaining hostages, including all the women as well as sick and elderly men. In exchange, hundreds of Palestinian prisoners would be released from Israeli prisons. Hamas has told international mediators - which include Qatar and Egypt -

In January, Hamas released a video showing clips of three hostages – Noa Argamani, Itai Svirsky and Yossi Sharabi speaking to the camera, ending with a caption saying, "Tomorrow, we will inform you of their fate." The next day, another video appeared to show the dead bodies of Svirsky and Sharabi. In the video, Argamani said both men had been killed by Israeli bombing.



The suffering in Gaza is beyond words

hostages who match those said. criteria for release, both sources said.

CNN's record of the conditions of the hostages also than 40 living hostages who meet the proposed criteria.

ond source added.

With Hamas appearing more hostages. to be unable to reach 40 male hostages, including age. Hamas is expected to

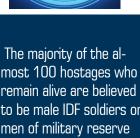
Throughout the months of negotiations since the last ceasefire Israel has repeatedly asked for a list suggests there are fewer of the hostages and their conditions. Hamas has argued that it needs a break in the fighting to be able to The inability - or unwill- track and gather down the ingness - of Hamas to hostages, the same argutell Israel which hostages ment it made in Novemwould be released, alive, is ber before a week-long a major obstacle, the sec- pause that broke down after Hamas failed to deliver

The majority of the alin the proposed catego- most 100 hostages who ries, Israel has pushed for remain alive are believed Hamas to fill out the ini- to be male IDF soldiers tial release with younger or men of military reserve

it does not have 40 living soldiers, the Israeli official try to use to them in later phases to try to negotiate more significant concessions, including more high-level prisoners and a permanent end to the war. The more than 250 hostages captured or killed on October 7 are believed to have been spread out among different members and factions of Hamas, as well as other militant groups, gangs and even



held by families.



Summar

remain alive are believed to be male IDF soldiers or men of military reserve age. Hamas is expected to try to use to them in later phases to try to negotiate more significant concessions, including more high-level prisoners and a permanent end to the war.

The more than 250 hostages captured or killed on October 7 are believed to have been spread out among different members and factions of Hamas, as well as other militant groups, gangs and even held by families.

The Israeli prime minister's office said Wednesday that of the 129 hostages from the October 7 attack currently held, 33 are dead.





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**Dreams cost nothing, they are free**"

-Sylvester Stallone

# LODAY\*



**Charles Kabiriri Activist, Kenya** 





newspaper to continue informing the Diaspora the current



**Dr Isaac Kinity** 

**Abigirl Phiri** 

**Memory Phiri** 



Arch Dr. I KINUNGI

**Behind the vision** 

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## 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











# 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

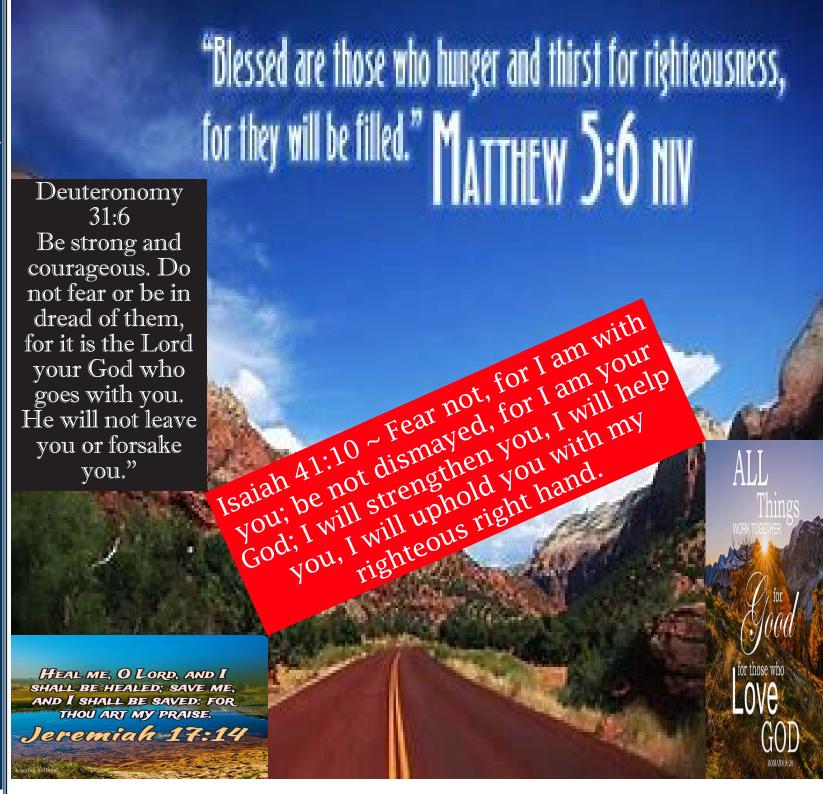
God of Might, please give me a healthy cardiovascular and respiratory system, so that I don't have any circulation or breathing issues that would damage my well-being. I pray that You will contend with any inherited propensities to heart or lung disease and help me make important changes to my lifestyle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





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



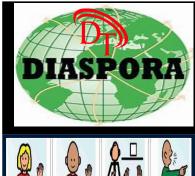
Pastor Mukuria

The Message Colossians 3:23 Whatsoever you do, do it from the heart, as to the Lord and not to men.



Brother Kigume

Without commitment, you cannot have depth in anything, whether it is a group, relationship, business or friendship. When you are committed, you will put more energy and be expectant to get better results.









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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## Arizona's supreme court revives 1864 abortion ban. What to know about the ruling.

rizona's highest court upheld an 1864 law that bans nearly all abortions, a decision that could have

far-reaching consequences for women's health care and election-year politics in a critical battleground state. But the law is not immediately in effect. The court put its ruling on hold for the moment, and sent the matter back to a lower court to hear additional arguments about the law's constitutionality.

Here's what to know about the ruling, the law and its possible impact.

What is the 1864 law? The law, which was on the books long before Arizo-

The ban doesn't include specific criteria to help providers determine when an abortion is legally allowable, said Jennifer Piatt, co-director of the Center for **Public Health Law and Po**licy at Arizona State University's Sandra Day O'Connor College of Law.

That raises legal questions and could make it difficult for doctors to parse out when a medical emergency is so severe that they can perform an abortion without fearing retribution.



achieved statehood in 1912, outlaws abortion from the moment of conception, except when necessary to save the life of the mother, and it makes no exceptions for rape or incest. It bans all types of abortions, including medication abortions.

Until now, abortion had been legal in Arizona through 15 weeks of pregnancy. Since the overturning of Roe v. Wade nearly two years ago, supporters and opponents of abortion rights in Arizona had been fighting in court over whether the 1864 law, which had sat dormant for decades. could be enforced, or whether it had been effectively neutered by decades of other state laws that regulate and restrict abortion.

Doctors prosecuted under the law could face fines and prison terms of two to five years for providing, supplying or administering care to a pregnant woman.

What does the ruling say? On April 9, the Arizona Supreme Court ruled in a 4-2 decision that the pre-statehood law was "now enforceable."

The court said that because the federal right to abortion had been overturned by the U.S. Supreme Court in 2022, there was no federal or state law preventing Arizona from

enforcing the near-total ban. It noted that the state Legislature had not created a right to abortion when it passed the 15-week ban in 2022.

"Physicians are now on notice that all abortions, except those necessary to save a woman's life, are illegal," the court wrote.

Is the law in effect now?

No. The court put its ruling on hold for 14 days, and sent the case back to a lower court to hear additional arguments about the law's constitutionality.

Because of this 14-day pause, and an additional 45-day delay before enforcement, it will very likely be weeks be-

fore the law goes into effect. Abortion providers said they expected to continue performing abortions through May. It is also unclear what the enforcement of the law will look like. Arizona's attorney general, Kris Mayes, a Democrat, called the ruling "unconscionable and an affront to freedom," and said she would not prosecute doctors for providing abortions, potentially opening a new legal fight with Republican prosecutors and abortion opponents. Article appeared at NY

Times

**Americans On Medicare Could Get A New Food Allowance Card This Month** 

mericans on medicare could now be eligible to get a new Food Allowance Card with an annual spending limit, yet many don't even know it exists. This benefit is helping smart

seniors get the benefits they deserve and can be used cover various bills and even groceries.

Up until recently, Americans have not been able to get the full care they need. But that's all changed now that people can get their Food Allowance benefit and unlock additional benefits and spending each year. 



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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# ACUTE KIDNEY FAITURE.



These diseases, conditions and agents may damage the kidneys and lead to acute kidney failure:

cute kidney failure occurs when your kidneys suddenly become unable to filter waste products from your blood.

When your kidneys lose their filtering ability, dangerous levels of wastes may accumulate, and your blood's chemical makeup may get out of balance.

Acute kidney failure — also called acute renal failure or acute kidney injury — develops rapidly, usually in less than a few days. Acute kidney failure is most common in people who are already hospitalized, particularly in critically ill people who need intensive care.

Acute kidney failure can be fatal and requires intensive treatment. However, acute kidney failure may be reversible. If you're otherwise in good health, you may recover normal

Diseases and conditions that block the passage of urine out of the body (urinary obstructions) and can lead to acute kidney injury include: Bladder cancer Blood clots in the urinary tract Cervical cancer Colon cancer Enlarged prostate Kidney stones Nerve damage involving the nerves that control the bladder



Lidney failer can be managed if detected early

or nearly normal kidney function.

Acute kidney failure is often difficult to predict or prevent. But you may reduce your risk by taking care of your kidneys. Try to:

Pay attention to labels when taking over-the-counter (OTC) pain medications. Follow the instructions for OTC pain medications, such as aspirin, acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others) and naproxen sodium (Aleve, others). Taking too much of these medications may increase your risk of kidney injury. This is especially true if you have pre-existing kidney disease, diabetes or high blood pressure.

Work with your doctor to manage kidney and other chronic conditions. If you have kidney disease or another condition that increases your risk of acute kidney failure, such as diabetes or high blood pressure, stay on track with treatment goals and follow your doctor's recommendations to manage your condition.

Make a healthy lifestyle a priority. Be active; eat a sensible, balanced diet; and drink alcohol only in moderation — if at all. Potential complications of acute kidney failure include:

Fluid buildup. Acute kidney failure may lead to a buildup of fluid in your lungs, which can cause shortness of breath.

Chest pain. If the lining that covers your heart (pericardium) becomes inflamed, you may experience chest pain. Muscle weakness. When your body's fluids and electrolytes — your body's blood chemistry — are out of balance, muscle weakness can

result.

Permanent kidney damage. Occasionally, acute kidney failure causes permanent loss of kidney function, or end-stage renal disease. People with end-stage renal disease require either permanent dialysis — a mechanical filtration process used to remove toxins and wastes from the body — or a kidney transplant to survive. Death. Acute kidney failure can lead to loss of kidney function and, ultimately, death.



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

summary





Acute kidney failure almost always occurs in connection with another medical condition or event. Conditions that can increase your risk of acute kidney failure include:

Being hospitalized, especially for a serious condition that requires intensive care Advanced age

Blockages in the blood vessels in your arms or legs (peripheral artery disease) Diabetes

High blood pressure Heart failure

Kidney diseases Liver diseases

Certain cancers and their treatments

### Kidney Failure



### <u>PUBLISHED BY GRAPHIC DESIGN SERVICES PAKISTAN</u>

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



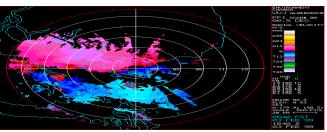


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### summary

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 to plan ahead and

 $\bigoplus$ 

survive them.



## Three Dead As Tornadoes, Flash Flooding And Large Hail Wreak Havoc Across Southern U.S.

Widespread thunderstorms are forecast Wednesday across the central Gulf Coast, some of which may produce strong wind gusts and tornadoes. Locally, heavy rain will also be possible with these storms with street flooding possible.



ne person was reported dead in Mississippi on Wednesday more than 30 million people across central Gulf Coast states like Louisiana and Alabama and stretching further into the Southeastern U.S. — were under severe thunderstorm and tornado warnings.

Widespread severe weather has dumped heavy rain, as well as caused storm damage, rescues and an evacuation in the region. Police in Slidell, La.,

part of the New Orleans metro area, warned residents of the dangers of venturing out, as police work to rescue people who were stuck in their vehicles and their homes.

What's the path of the storm?

On Monday, the storm started barreling down on Texas, before moving east to Louisiana, Mississippi and Alabama. National Weather Service (NWS) meteorologists are warning that the powerful storm system will cause flash flooding and "widespread damaging winds" reaching up to almost 80 mph in the spanning from the north-Southeast, multiple tornadoes and large hail through Thursday.

As of Wednesday morning, about 300,000 people across Texas, Mississippi and Louisiana were without according power, PowerOutage.us.

By Thursday, the storm is predicted to shift to the Southeast overall, including Georgia, South Carolina, North Carolina and Florida, Fox Weather reported. On Tuesday, over 100,000

Louisiana residents were under several tornado watches eastern to the southeastern part of the state.

The NWS had issued a tornado warning for Jackson, St. Francisville and Wilson until Wednesday morning.

Residents were warned to brace for wind gusts up to 70 mph, with possible Ping-Pong-size hail wreaking havoc on those parts of the



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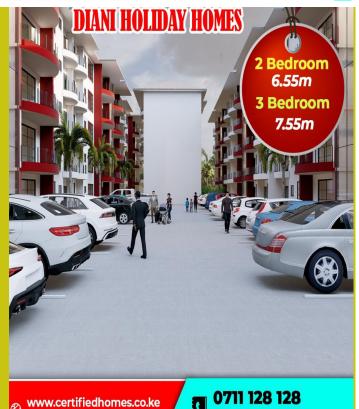
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# BACKPAGE

# SPORTS OF SINGLE OF SINGLE

# 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.



