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KENYA TODAY

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The Diaspora Times



April 27th, 2024 Issue 239

Focus on your dreams without deadlines We fail because we do not try

HALF OF KENYA'S 47 COUNTIES HAVE BEEN AFFECTED BY THE FLOODING, WHICH HAS KILLED AT LEAST 32 PEOPLE AND DISPLACED MORE THAN 40,000 OTHERS FROM THEIR HOMES, ACCORDING TO THE UNITED NATIONS AND OTHER AGENCIES

DEVASTATING FLOODS IN KENYA LEAVES SEVERAL DEAD



The Kenyan capital of Nairobi has been particularly hard hit, with over 45,000 people displaced from their homes, mostly informal settlements that have poor and blocked drainage systems, according to OCHA. Nairobi County's senator, Edwin Sifuna, posted a video on social media showing flooded homes with people stranded on the rooftops.

MANY KENYANS AFFECTED BY FLOODS WHICH HAVE SO FAR CLAIMED OVER 50 PEOPLE.

Many Kenyans are desperately looking for their loved ones, after deadly floods ravaged several Estates around Nairobi and Athi river area.

At least 50 people are dead and others are missing after flash floods swept through almost half of Kenya.

Some 153,500 people in all have been affected.

Kenya has registered heavy rain since mid-March but downpours have intensified over the past week, leading to massive flooding. The Kenyan Red Cross says it has carried out over 188 rescues since

the onset in March.

Some roads in the Kenyan capital of Nairobi were closed Wednesday and several neighborhoods remained submerged in water after days of heavy rainfall. "The situation in Nairobi has escalated to extreme levels. The county government for all its efforts is clearly overwhelmed," wrote city Senator Edwin Sifuna on his X account. Diaspora reporter Nairobi.



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OPINION
NEW KENYA MOVEMENT
It's very disturbing today that the progressive agenda outlined by the Kenya Kwanza regime in their campaign pledges before the 2022
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Laughter is medicine

Page 04

FALLEN HEROES

Harry Thuku, one of the pioneers of African nationalism in Kenya, was born in the Kambui region of the British colony in 1895.
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Awareness of ignorance is the beginning of wisdom to those seeking knowledge. Socrates

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COMING SOON-DIASPORA TIMES SHOW

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FRIDAY NEWS



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KENYA NEWS



Charles Kabiriri
Political Activist
New Kenya Movement
For Change

Kenya is losing its best ones on road and air carnage

THE CALL FOR INVESTIGATION REGARDING THE ILL-FATED HELICOPTER IN KENYA, IS TO CLEAR DOUBTS.

The death of General Francis Omondi Ogolla marked Kenya's shortest-serving Chief of Defence Forces and one who died in office when the ill-fated helicopter he was traveling in the company of other members of the military crashed in operation region of the banditry-riddled West Pokot and Elgeyo Marakwet border.

This not being an isolated incident in the history of Kenya's political assassinations, Unparalleled demands for a public inquiry over the crash have been called for, and cautions sent to the family, following attempts to obstruct people's will to have no stone left unturned in the efforts to unveil whatever transitioned in the run-up to the General's death.

The face of political assassinations in Kenya was first triggered by Socialism and Capitalism structures conflicting on the manner land was being distributed with a call by socialists for equity soon after the country became independent and started exercising self-rule. Westland's legislator raised the concerns in the house, pointing at the head of state, who was seen on a spree to own vast land for himself.

Pio Gama Pinto, born in Nairobi on 31st March 1927, was assassinated on 24th February 1965, aged 38 years of age, was shot at a close point by gunmen outside his gate in Westlands waiting to be opened.

This was viewed as the country's first political martyr. Joseph Thomas Odhiambo Mboya, former Minister of Jus-



stice, was assassinated on July 5th 1969.

Born in Oldonyo Sabuk on August 15th, 1930, he was a Trade Unionist, Educator, Pan-Africanist, Author, Independence activist, and a Statesman. He was one of Kenya's founding fathers.

This was closely followed by the assassination of Josiah Mwangi Kariuki Mp for Nyandarua North.

Born on March 29th, 1929, JM, as famously known, held several positions in the Kenyatta government from Independence in 1963 to his assassination on March 2nd, 1975.

His body was discovered by a herdsboy in Ngong forest. His hands were chopped off, his eyes gorged off, and his face burnt on acid.

JM Kariuki was larger-than-life figure of Kenya's political scene, and his violent demise was widely mourned by his compatriots.

As Jomo Kenyatta aged, a CHANGE the Constitution campaign had been hatched by a clique of political elites who saw it unfit for the vice president to the aging president, becoming his successor upon his death. On August 22nd, 1978, Mzee Kenyatta died in office while the debate was raging. It took the courage of the then strongman in the Jomo Kenyatta government, Attorney General and Minister of Constitutional Affairs Charles Mugane

Njonjo, to direct that Mr. Moi was the legible person mandated by the constitution to take over on an acting capacity for ninety days pending elections, bringing to closure the agitation.

Partly four years in office, President Moi was met by a rude shock when, in the early hours of Sunday, August 1st, 1982, an attempted coup to overthrow the government of President Moi led by Senior Private Hezekiah Ochuka assisted by Sergeant Pancras Oteyo and Corporal Bramwel Injeni Njereman of the Kenya Air Force, was neutralized by the then Chief of Defence Forces General Jackson Mulinge and Mahamoud Mohamed assisted by neighboring Tanzania, Uganda and the United Kingdom.

This failed coup attempt that was organized and planned with the assistance of North Korea, Soviet Union, Cuba, and East Germany changed the life and times of Kenya. President Moi, who now had become so paranoid, believed in no one anymore, and this gave birth to political associations in Kenya of any person perceived to stand on the opposite side of the spectrum. The Flying Squad unit was established by the Criminal Investigations Department (CID) and was mandated to shoot and kill.

The most feared of them all was Patric Shaw.

He was later assassinated for declining to assassinate Hon Mwai Kibaki, who once held the Minister of Finance and Health dockets in President Moi's government.

Extrajudicial killings and forced disappearances became the order of the day.

Nyayo House torture Chambers were established from an idea given to President Moi by Nicolae Ceausescu, President of Romania.

People now came to demand single justice and the rule of law.

In the event, clamor for constitutional changes rocked the country, now being pushed by political & and civil activists, the clergy, and the common mwananchi. Assassinations and forced disappearances became rampant.

Prominent figures that were assassinated included the minister of Foreign Affairs, Dr. Robert Ouko, who was killed on February 14th, 1990 because of his growing popularity locally and internationally. Also on the list was clergy Alexander Kipsang Muge, Bishop of the Anglican Church of Kenya ACK Diocese of Eldoret, who was killed in 1990. Others faced detention in Nyayo house torture chambers. Some came out alive, but many died of torture.

The clamour for democracy heightened, and in 1991, the Moi regime had no choice because of pressure that was mounting locally and internationally,

to repeal section (2a) of the then constitution, opening the country to multiparty democracy!

Before then, in February 1984,

the Wagalla massacre claimed 5000 people from the Degodia subtribe were shot dead in one day.

Political assassinations can not, however, be eliminated entirely, but today in Kenya, this has gone on to be a rare case.

It is for this reason that the death of General Francis Ogolla has shaken the country, and although the regime seems to have managed to persuade the family of the late General Ogolla against investigations of the plane that went down with the General, many Kenyans feel that the crash should be investigated.

This follows wide speculation by people that the government may have had a hand in the death of the General.

This was hastened by leaked information that alleged a plane swap before the General and his entourage embarked on the ill-fated helicopter.

His special helicopter was said to have been taken by a prominent political figure.

Following these events, Kenyans are insisting that a probe to investigate the death of General Ogolla be a public inquiry headed by a highly ranked Rtd Judge of the likes of Willi Mutunga or Maraga, people of high integrity whose word and thought can not be questioned. Any other choice can be rejected by the people.

The investigations will not necessarily be about the closure of the matter but about managing future political assassinations and policy management in aviation.

Article By Charles Kabiriri
New Kenya Movement
For Change

Article By Abigirl Phiri- Zimbabwe



Rural - urban women exchange

When two worlds collide only then can bright ideas be exchanged for the betterment of human kind.

It's saddening for rural women in Seke just after Chitungwiza as they relayed their stories to us on our urban rural exchange between Kumbe Kumbe Arts Trust and Gwen.



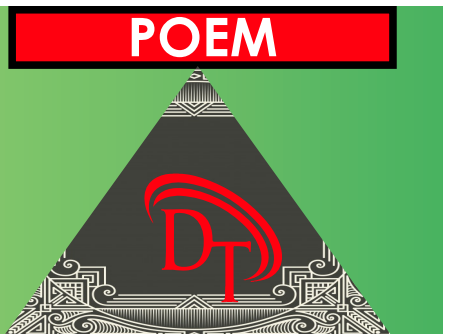
By Abigirl Phiri-Zimbabwe

summary



Poem Title : Clarity
By: Abigirl Phiri

It's the clarity to look in the windows of the soul
Discern what can not be easily detected
Embracing the multitudes of people with aplomb
Prompting one to excel over life calamities
Anti social the mirror image of apartheid
The zeal is seen in the zest to cohabit
Mother earth is big enough for every creature
Big or small
We all need one another
The definition of one love



The project izwi thrust is to amplify the voices of the marginalized so that they can be heard through art. In this instance, the thrust was to say no to early child marriages which is a common occurrence in these bucolic parts.

Almost every young girl had a baby on her breast which goes against all the strides to educate the girl child and see to her upliftment. Straight from the horses mouth, they indicated all they do day long is to gossip and fight over men because there isn't much going

The mural is testament that we were there and we stand by the human rights that girl are a rare treasure that must be guarded at all times. Consequently, they have a right to go to school with their male counterparts. Not supporting the girl child has a major consequence that will be seen later on in their adult life as they make unsound decisions.

on in these parts. Also, they don't own anything and can't inherit a penny for culture dictates girls should be married of.

All in all showing how a plethora of issues are interfering in their day to day lives. As a result, their main plea was to have something to do so that they would make something out of their lives. In this day and age, strange as it might sound but some women are still being treated as dirt by their men folk.

Lucidly, reason why the two organisations partnered so that we could talk and share ideas on how to manoeuvre such a tricky situation. On the bon fire at night that when we went all out to talk of private matters as many bared their souls on what they wish could be different.

Henceforth, the best way we did was to work in unison to show our solidarity. We did this by painting a mural on the GWEN offices wall which we

did collectively and it came out splendid. The patriarchal society still exists and it's implemented to a point that the women do not have a say in any matter. Mentally these women are a mess because as an individual you need to be heard. Furthermore, especially in a marriage set up you are partners such as two peas in a pod. Thus, whenever one party is not taken seriously this is the root cause for all troubles and squabbles to emanate.

As an exchange program we got to experience how rural life feels like. You can never fully get the true perspective of things up until you are thrown in the deep end. My major take away was that as women we need to make something out of our lives by the support of the community and relaxation of some conservative customs.

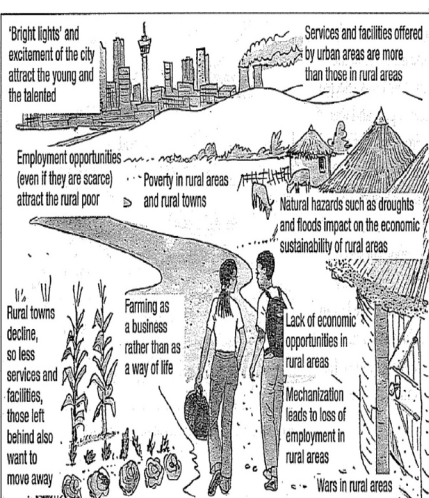
A sense of belonging can be cultivated when one is not treated as a joke. Notably, there is need for women and

men to work together as one to address these problems.

When two worlds collide only then can bright ideas be exchanged for the betterment of human kind. Education as an instrument in these places need to be promoted so that their critical skills of thinking improve and is not limited to just seeing the hurdles in front of them.

As sad as the situation on ground is, still we had a good time as we told them of our own struggles in the urban cities because after everything has been said and done the grass is not always green on the other side. At some point we have generic problems we face especially men issues given in our African countries the ladies are not as liberated as those in developed nations.

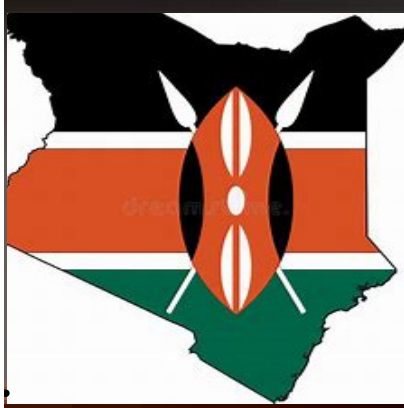
Article by Abigirl Phiri, Zimbabwe



In Sub-Saharan Africa, unprecedented population growth, concomitant with limited industrialisation and job creation, have changed the configurations of rural-urban linkages in recent decades. Indeed, as primate cities do not act as strong engines of growth, territorial dynamics are rapidly

being reshaped by renewed flows of people, goods, services and information within and between economic sectors, and between rural and urban areas. Rural densification and the fast expansion of small and medium-sized cities is one manifestation of these changes. As a result of silo thinking

about rural and urban in most national strategies, plus the widespread informal economy and limited available statistics in the region, these new rural-urban linkages and their contribution to socioeconomic dynamics remain underexplored.



Harry Thuku

FALLEN HERO

Harry Thuku

Kenya
FALLEN
HERO



Rest In Peace

HARRY THUKU

After serving his two-year prison term, Thuku was employed at the Leader, a colonial newspaper, when he became interested in local and national political affairs.

Harry Thuku, one of the pioneers of African nationalism in Kenya, was born in the Kambui region of the British colony in 1895. In 1907, the Gospel Missionary Society build a mission center in Kambui, employing Thuku as a herd boy and houseboy. During his childhood employment at the mission center, Thuku learned to read and write. He left for Nairobi in 1911, but at sixteen was sentenced to two years in prison for check-forging.

After serving his two-year prison term, Thuku was employed at the Leader, a colonial newspaper, when he became interested in local and national political affairs. Through the paper he learned of the infighting among European settlers in Kenya over the colony's future.



Hurry Thuku-Sunrise 1895 Sunset 1970

Harry Thuku (1895 – 14 June 1970) was a Kenyan born in Kiambu, Mitahato village. As a politician, he was one of the pioneers in the development of modern African nationalism in Kenya. He helped found the Young Kikuyu Association and the East African Association before being arrested and exiled from 1922 to 1931. In 1932 he became President of the Kikuyu Central Association, in 1935 founded the Kikuyu Provincial Association, and in 1944 founded the Kenya African Study Union. Opposed to the Mau Mau movement, he later retired to coffee-farming.

By World War I he was employed at the colonial treasury, where he increased his circle of politically-inclined friends and associates.

Thuku became involved in the East African Indian National Congress and Young Buganda Association. Thuku eventually led the Young Buganda Association, renaming it the East African Association (EAA) and broadening its appeal.

Thuku's work with the EAA persuaded him that the colonial system and colonial oppression must be challenged by Africans regardless of ethnic origins.

His own emerging "pan-Africanist" views were reinforced by his contact with prominent anti-colonialists such as Marcus Garvey, the head of the U.S.-based Universal Negro Improvement Association (UNIA).

After touring African districts and seeing colonial officials

neglect African welfare, he denounced the Kenyan colonial government and encouraged Africans to stand up for their rights.

He was especially active among Kenyan women, encouraging them to boycott British products and programs. Kenyan women gave him the name *Munene wa Nyacing'a*, or chief of the women.

As Thuku became more popular, British authorities imprisoned him again on March 14, 1922. His supporters went on strike and demanded his release. On March 16, a clash between colonial police and a crowd of 8,000 of Thuku followers took place outside a Nairobi police station. Twenty-one people died in the attack. Thuku was released and exiled to Northern Kenya from 1922 to 1930.

When Thuku returned home, he became president of the EAA's successor organization, the Ki-

kuyu Central Association. Due to internal disagreements on policies, he left and established the Kikuyu Provincial Association (KPA) in 1935. Despite his earlier anti-colonial stance, the constitution of the KPA pledged loyalty to the British and supported colonial policies. Thuku became increasingly conservative as the anti-colonial struggle advanced in Kenya.

He became a wealthy coffee farmer and eventually became the first African member of the Kenyan Coffee Farmers' Union. In 1952 and later in 1954 Thuku denounced the Mau Mau Uprising. He afterwards removed himself from Kenyan politics. Harry Thuku died in Nairobi, Kenya in 1970.

Courtesy of Kenya National Archives

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

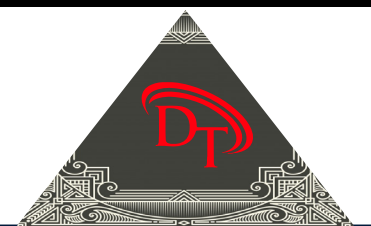
summary



RIP

In association with Abdalla Tairara, Thuku helped found the Young Kikuyu Association, the first organisation to defend African interests in colonial Kenya. The Young Kikuyu Association was a non-militant group that pursued a peaceful and structured liberation struggle with the government and missions. Its main concern was for the preservation of African-owned land. Thuku argued that land was an important factor of production and that the livelihood of the Kikuyu people, who are primarily farmers, risked being lost. His message reverberated strongly not only within his immediate Kikuyu tribe but also with other farming communities in Kenya and Africa. From 1920 to 1921 Thuku served as the secretary to the Kikuyu Association.

HARRY THUKU





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"Do not go where the path may lead, go instead where there is no path and leave a trail." -Ralph Waldo Emerson

07

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

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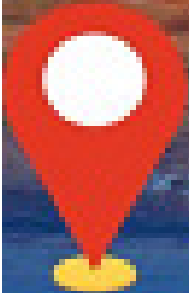
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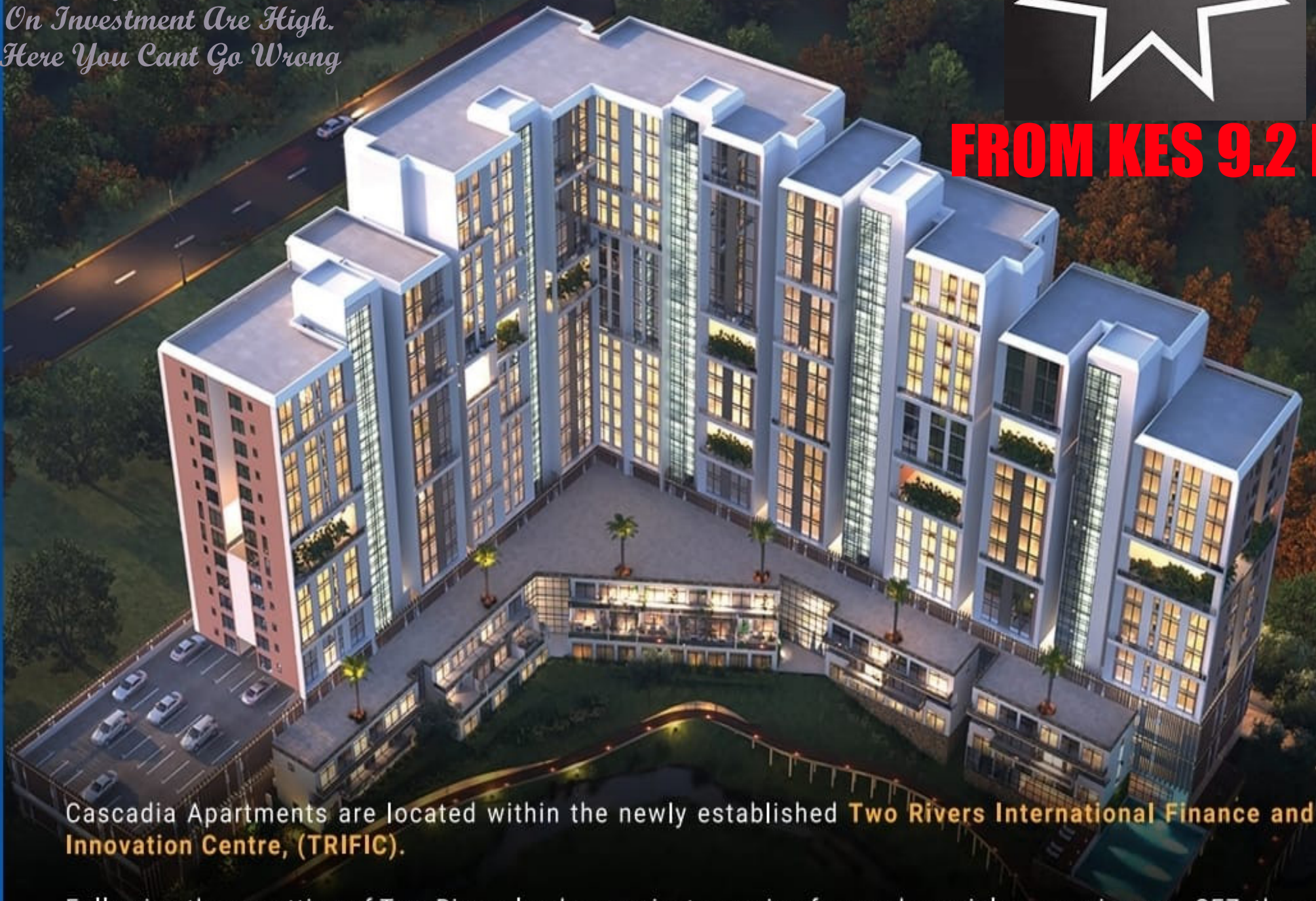


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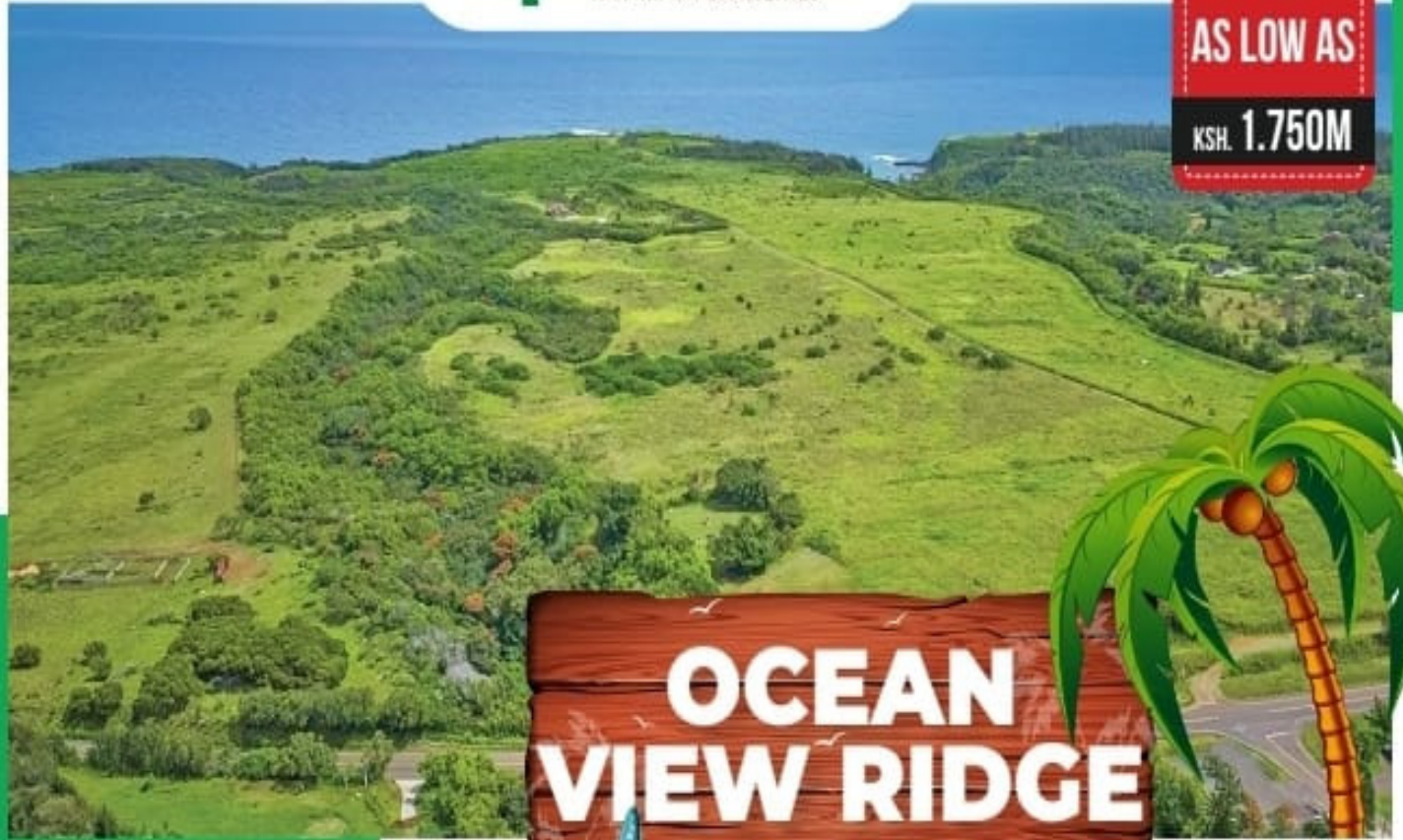
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Kenya and Diaspora

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 funeral Announcements



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NEWS Briefs



HIGHLIGHTS

BIDEN HIGHLIGHTS



A broad coalition of the Kennedy family endorsed President Biden on Thursday at a campaign rally in Philadelphia, pointedly rejecting one of their own in Robert F. Kennedy Jr., the independent candidate who many Democrats believe poses a significant threat to Mr. Biden's re-election chances.

Among the relatives of Mr. Kennedy who backed Mr. Biden were his siblings Joseph, Kerry, Rory, Kathleen, Maxwell and Christopher. Roughly a dozen Kennedys appeared at the rally, where Kerry Kennedy introduced Mr. Biden. Joe Kennedy III, Mr. Kennedy's nephew and a former Democratic congressman from Massachusetts, was expected to introduce the president at a second event.

Harvard Students Set Up Encampment, Joining Other College Protests Of War in Gaza.

At the University of Southern California in Los Angeles, campus police began tearing down students' encampments on Wednesday. USC did not immediately respond to a request for comment.

Parvard University students joined the actions of students at numerous other colleges across the U.S. when they set up an encampment Wednesday afternoon to protest the war in Gaza and demand that Harvard divest itself from financial ties to Israel.

The encampment was erected two days after the Ivy League university suspended the Harvard Palestine Solidarity Committee after the group staged a rally Friday in support of student protesters across the country. Harvard told the organization that it had failed to register for the demonstration, according to the Harvard Crimson, and because of that the group would not be recognized and wouldn't

On Thursday, more than 100 protesters were arrested at Columbia University. About 120 protesters were arrested at New York University on Monday. On Tuesday, nine people at the University of Minnesota and two at Ohio State University were arrested.



President Joe Biden

have access to university benefits and services. On Sunday, Harvard restricted access to Harvard Yard, seemingly preparing for any protests; however, that did not stop the encampments from being set up there on Wednesday.

About 13 tents have been set up, according to the Harvard Crimson, the campus newspaper, and a video shows hundreds of students outside the encampment in a dabke dance circle.

Harvard did not immediately respond to a request from HuffPost for comment. Harvard's police department directed any inquiries to the university

administration. On Monday, Alan M. Garber, Harvard's interim president, declined to rule out a police response to protests.

College students across the country are protesting the Israeli military assault on the Gaza Strip, which began after Oct. 7, when a shock attack led by the Hamas militant group in Gaza left 1,200 Israelis dead and more than 200 people taken hostage. Since Israel's retaliatory strikes began, an estimated 30,000 Palestinians have been killed and nearly 2 million people have been displaced. Those who remain trapped in the en-

clave are now facing a devastating famine.

On Thursday, more than 100 protesters were arrested at Columbia University. About 120 protesters were arrested at New York University on Monday. On Tuesday, nine people at the University of Minnesota and two at Ohio State University were arrested.



At the University of Texas at Austin, state police offices began arresting student protesters on Wednesday. UT officials had previously sent out a letter to students that said the university would not tolerate disruptions "like we have seen at other campuses," according to the Dallas Morning News. Neither UT nor the Texas Department of Public Safety immediately responded to HuffPost's requests for comment. The Austin Police Department said in a comment to HuffPost that it was providing assistance to campus police. The campus police department, however, did not immediately respond to a request for comment.



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Charles Kabiriri Activist, Kenya

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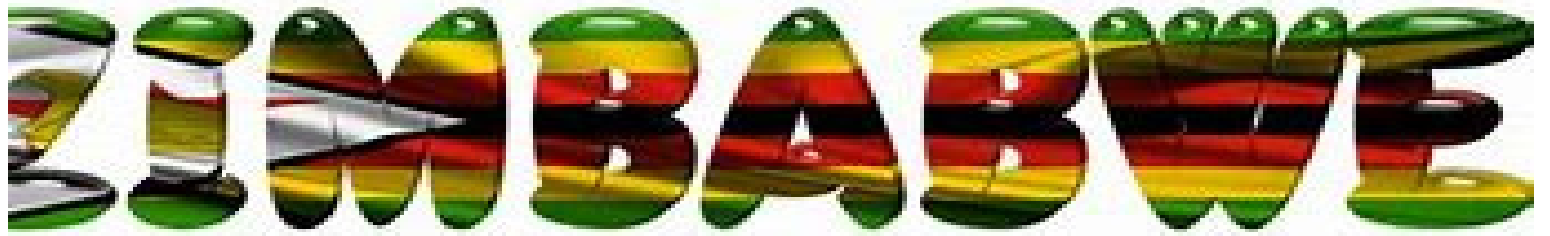
The UN Tourism is always up and about when it comes to matters of promoting Africa and unlocking its tourism sector's growth potential.

This works in favor of our continent because we have managed to make brand Africa a force to be reckoned with. Interestingly, the UN Tourism made Zimbabwe the biggest brand ambassador because the cover page used for the initiative had our majestic waterfall.

Thus, Victoria Falls is a brand that will potently sell Africa for wakanda because it is a natural wonder of the world. Moreover, it is among the ten best destinations that you can visit in Africa this year.

The Batoka Gorge is roughly twice as deep and wide as the Niagara Falls and it straddles between Zambia and Zimbabwe. Next to us in this southern region we have the Rainbow Nation of South Africa, which harbors the Kruger National

Botswana is a noteworthy destination that has strong focus on safari conservation whereas Malawi will blow you away with the world's deepest lake. Then we move on to Serengeti National Park in Tanzania which offers an African Savanna experience. Truth is, June and October is the ideal time to visit for the great migration.



Making a tourism statement in Zimbabwe

Park and Capetown which is a gateway to the Robben Islands. With an aerial view of the Table Mountains, one can do some trekking through the Cape of Good Hope.

Botswana is a noteworthy destination that has strong focus on safari conservation whereas Malawi will blow you away with the world's deepest lake. Then we move on to Serengeti National Park in Tanzania which offers an African Savanna experience. Truth is, June and October is the ideal time to visit for the great migration.

The country also has the Ngorongoro Conservation Area which boasts of the tallest mountain in Africa, Mt Kilimanjaro. Lest we forget Zanzibar which has beautiful white sands beaches like Malemwe and Kiwenga. Accordingly, the Massai Mara National Reserve in Kenya is a protected area of 373,000-plus acres of grassland.

For a capital city Nairobi offers urban pursuits in the form of museums and it has a thriving night life.

Practically visiting Cairo in Egypt has its benefits because you will tour the Pyramid of Giza and also cruise along the Nile River. When you reach this point there is no going back, you have to visit Marrakech in Morocco to comb the numerous bazaars in the alley ways and climb your way to the roof top bar.

No footloose will ever get enough of Africa and we expect tourists to pass through Seychelles with its group of one hundred and fifteen Islands in the Indian Ocean. Need I mention, the luxe beach resorts of Mauritius and Madagascar which is the home of a hundred species of the signature animal Lemur. In regards to UN Tourism, it is evident enough that this is a worthwhile package which

binds us with our sister countries. United we stand and divided we fall that is this approach will bring the best out of Africa.

Ostensibly, nothing will beat the enthralling transfrontier parks, the big five package, the natives and also the favourable weather conditions. Our continent has arrived and we are ready to make a statement.

By Memory Phiri



Practically visiting Cairo in Egypt has its benefits because you will tour the Pyramid of Giza and also cruise along the Nile River. When you reach this point there is no going back, you have to visit Marrakech in Morocco to comb the numerous bazaars in the alley ways and climb your way to the roof top bar.

Diaspora Sunday

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

PRAYERS

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.

Isaiah 41:10

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Deuteronomy 31:6

Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you."

16

HEAL ME, O LORD, AND I SHALL BE HEALED; SAVE ME, AND I SHALL BE SAVED: FOR THOU ART MY PRAISE.
Jeremiah 17:14

ALL Things WORK TOGETHER for Good for those who Love GOD



The world and its desires pass away, but whoever does the will of God lives FOREVER

1 John 2:17



Pastor Mukuria

Morning Affirmation Proverbs 14:12

There is a way that appears to be right, but in the end it leadeth to death.



Brother Kigume

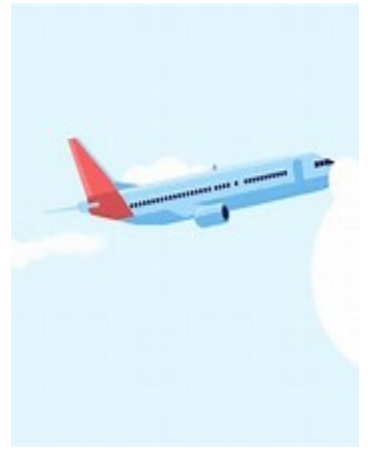
There is a whole difference between interest and commitment. When you are interested in something, you do it only when it is convenient. When you are committed to something, you accept no excuses, only results.



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

Airlines required to refund passengers for canceled, delayed flights.



A Good news for airline travelers: the Department of Transportation on Wednesday announced it is rolling out new rules that will require airlines to automatically give cash refunds to passengers for canceled and significantly delayed flights. "This is a big day for America's flying public," said Transportation Secretary Pete Buttigieg at a Wednesday morning news conference. Buttigieg said the new rules -- which require prompt refunds -- are the biggest expansion of passenger rights in the department's history.



Airlines can no longer decide how long a delay must be before a refund is issued.

Airlines for America, the trade association for the country's leading passenger and cargo airlines, told ABC News in a statement that its members "offer a range of options -- including fully refundable fares." Is said consumers are "given the choice of refundable ticket options with terms and conditions that best fit their needs at first search results."

Under the new DOT rules, the delays covered would be more than three hours for domestic flights and more than six hours for international flights, the agency said. This includes tickets purchased directly from airlines, travel agents and third-party sites such as Expedia and Travelocity. The DOT rules lay out that passengers will be "entitled to a refund if their flight is canceled or significantly changed, and they do not accept alternative transportation or travel credits offered." DOT will also require airlines to give cash refunds if your bags are lost and not delivered within 12 hours.

The refunds must be issued within seven days, according to the new DOT rules, and must be in cash unless the passenger chooses another form of compensation. Airlines can no longer issue refunds in forms of vouchers or credits when consumers are entitled to receive cash. Airlines will have six months to comply with the new rules. "Passengers deserve to get their money back when an airline owes them -- without headaches or haggling," Buttigieg said in a statement. The DOT said it is also working on rules related to family seating fees, enhancing rights for wheelchair-traveling passengers for safe and dignified travel and mandating

compensation and amenities if flights are delayed or canceled by airlines. Buttigieg said the DOT is also protecting airline passengers from being surprised by hidden fees -- a move he estimates will have Americans billions of dollars every year. The DOT rules include that passengers will receive refunds for extra services paid for and not provided, such as Wi-Fi, seat selection or in-flight entertainment. Buttigieg said Southwest's fine sets a "new standard" for airlines and passenger rights. "To be clear, we want the airline sector to thrive. It is why we put so much into helping

them survive the pandemic and honestly it's why we're being so rigorous on passenger protection," he said.

Buttigieg reiterated that refund requirements are already the standard for airlines, but the new DOT rules hold the airlines to account and makes sure passengers get the "refunds that are owed to them."

17

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

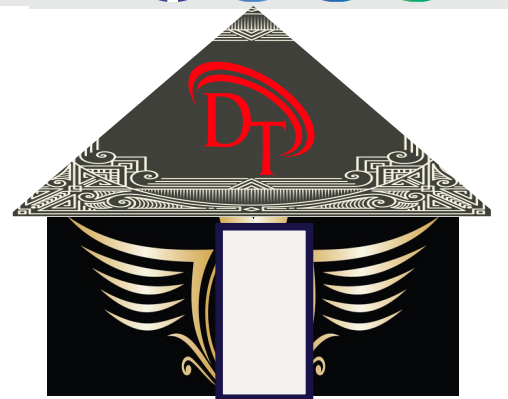
Americans on medicare could now be eligible to get a new Food Allowance Card with an annual spending limit, yet many don't even know it exists. This benefit is helping smart seniors get the benefits they deserve and can be used cover various bills and even groceries. Up until recently, Americans have 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.



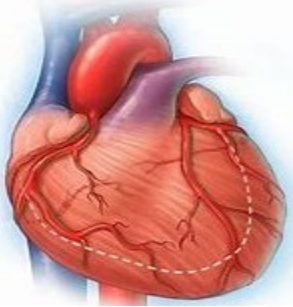
Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that. -Martin Luther King Jr. **17** *Spread love everywhere you go. Let no one ever come to you without leaving happier. -Mother Teresa*



Health Tit Bits



HEALTH ATTACK



High blood pressure. Also called hypertension, this condition forces the heart to work harder than it should to pump blood through the body. Over time, the extra work can make the heart muscle too stiff or too weak to properly pump blood.

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



summary



Hear failure occurs when the heart muscle doesn't pump blood as well as it should. When this happens, blood often backs up and fluid can build up in the lungs, causing shortness of breath.

Certain heart conditions gradually leave the heart too weak or stiff to fill and pump blood properly. These conditions include narrowed arteries in the heart and high blood pressure.

Proper treatment may improve the symptoms of heart failure and may help some people live longer. Lifestyle changes can improve quality of life. Try to lose weight, exercise, use less salt and manage stress.

But heart failure can be life-threatening. People with heart failure may have severe symptoms. Some may need a



Heart attack is a silent killer

heart transplant or a device to help the heart pump blood. Heart failure is sometimes called congestive heart failure. If you have heart failure, your heart can't supply enough blood to meet your body's needs.

Symptoms may develop slowly. Sometimes, heart failure symptoms start suddenly. Heart failure symptoms may include:

- Shortness of breath with activity or when lying down.
- Fatigue and weakness.
- Swelling in the legs, ankles and feet.
- Rapid or irregular heartbeat.
- Reduced ability to exercise.
- Wheezing.

A cough that doesn't go away or a cough that brings up white or pink mucus with spots of blood.

Swelling of the belly area. Very rapid weight gain from fluid buildup.

Nausea and lack of appetite. Difficulty concentrating or decreased alertness.

Chest pain if heart failure is caused by a heart attack.

See your health care provider if you think you might have symptoms of heart failure. Call 911 or emergency medical help if you have any of the following:

- Chest pain.
- Fainting or severe weakness.
- Rapid or irregular heartbeat with shortness of breath, chest pain or fainting.

Sudden, severe shortness of breath and coughing up white or pink, foamy mucus. These symptoms may be due to heart failure. But there are many other possible causes.

Don't try to diagnose yourself.

At the emergency room, health care providers do tests to learn if your symptoms are due to heart failure or something else.

Call your health care provider right away if you have heart failure and:

Your symptoms suddenly become worse.

You develop a new symptom.

You gain 5 pounds (2.3 kilograms) or more within a few days.



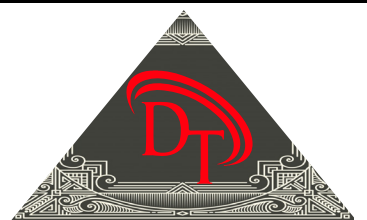
Heart failure can be caused by a weakened, damaged or stiff heart.

If the heart is damaged or weakened, the heart chambers may stretch and get bigger. The heart can't pump out the needed amount of blood.

If the main pumping chambers of the heart, called the ventricles, are stiff, they can't fill with enough blood between beats.

The heart muscle can be damaged by certain infections, heavy alcohol use, illegal drug use and some chemotherapy medicines. Your genes also can play a role.

Heart Failure

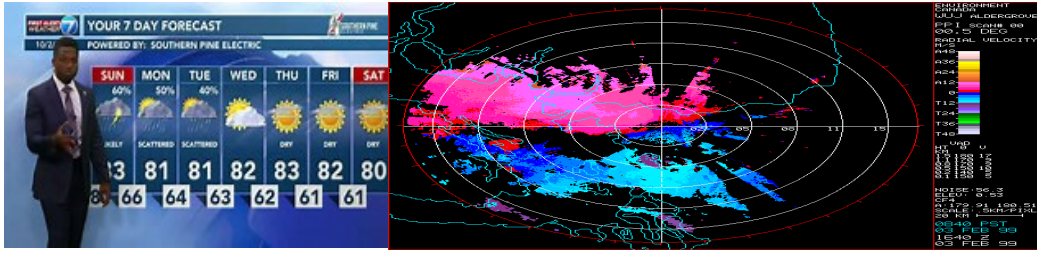


Prostate Coronary artery disease and heart attack. Coronary artery disease is the most common cause of heart failure. The disease results from the buildup of fatty deposits in the arteries. The deposits narrow the arteries. This reduces blood flow and can lead to heart attack. completely blocked. Damage to the heart

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Do not go where the path may lead, go instead where there is no path and leave a trail. -Ralph Waldo Emerson

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



summary

Temperature, rain, snow, fog and wind are all part of weather. Severe weather events such as tornadoes, tropical storms, hurricanes, cyclones, floods, lightning strikes and extreme weather affect us all. In addition to weather forecasts are ozone levels, changing climate conditions and solar winds. Weather warnings are important forecasts because they are used to protect life and property. People use weather forecasts to determine what to wear on a given day or to plan travel or events. Since outdoor activities are severely curtailed by heavy rain, snow and the wind chill, forecasts can be used to plan activities around these events, and to plan ahead and survive them.

WEATHER



Dozens dead as floods wreak havoc across Kenya.

Days of torrential rain have triggered widespread flooding across parts of Kenya, turning roads into raging rivers and claiming dozens of lives.



Half of Kenya's 47 counties have been affected by the flooding, which has killed at least 50 people and displaced more than 40,000 others from their homes, according to the United Nations Office for the Coordination of Humanitarian Affairs (OCHA), which cited the Kenya Red Cross Society. The ongoing El Nino, a warming of the equatorial Pacific Ocean that increases wind shear over the Atlantic Ocean and the Caribbean Sea, has brought higher-than-average seasonal rainfall to East Africa. The heavy rain began in Kenya in March during the start of the country's so-called

long rains season and worsened over the past week, according to the Kenya Meteorological Department. The Kenya Red Cross said its staff have rescued at least 188 people since the onset of the long rains, which typically last from March through May. Nearly 8,000 acres of land remain submerged and almost 5,000 livestock deaths have been reported. The Kenyan capital of Nairobi has been particularly hard hit, with over 31,000 people displaced from their homes, mostly informal settlements that have poor and blocked drainage systems, according to OCHA. Nairobi County's

senator, Edwin Sifuna, posted a video on social media showing flooded homes with people stranded on the rooftops. "The situation in Nairobi has escalated to extreme levels," Sifuna wrote in the post on Wednesday. "The County Government for all its efforts is clearly overwhelmed. We need all national emergency services mobilized to save lives." The cabinet secretary for the Kenyan Ministry of Interior, Kithure Kindiki, said in a statement on Thursday that the federal government has "stepped up" its "multi-agency response" by coordinating search and rescue operations, ensuring the evacuation of those at risk and mobilizing support for the displaced.

"The public is urged to cooperate with safety, health, risk, emergency, and communication teams dispatched to monitor, report, and oversee help to those who may be in distress," Kindiki added. Earlier this week, the Kenya Red Cross said it deployed drones that spotted a child who was alone and trapped by floodwaters in Machakos County. The organization alerted Kenya's National Police Service, whose officers rescued the young boy via helicopter and then reunited him with this family. Share from ABC



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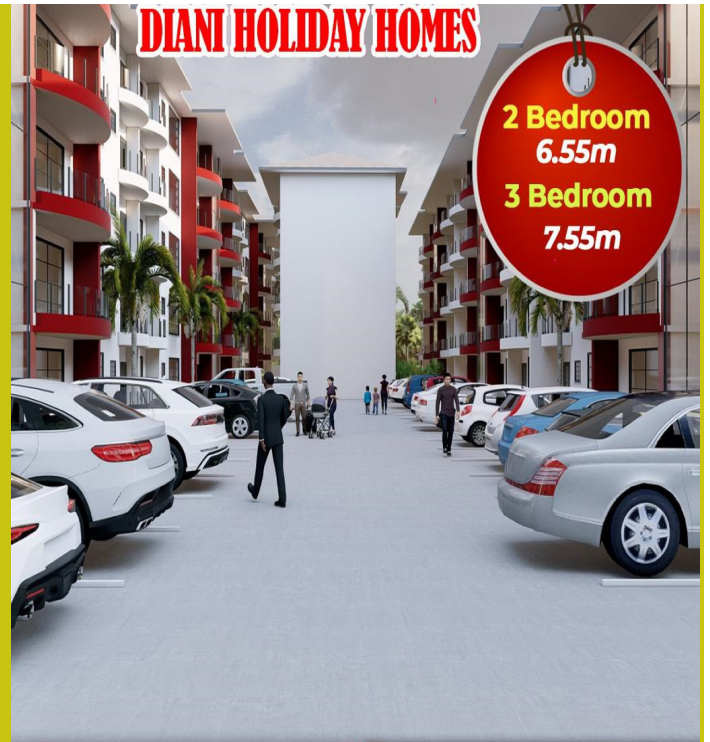
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BACKPAGE

WORLD OF SPORTS

Eagles Have A Real Interest In Signing Giants .



Shared by:
By Tafara
Makusha

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

The Eagles need a running back, and three players are testing free agency. A local star could be looking to make a statement to his current team while remaining in the rugged NFC East. Howard Eskin does his bit of news-breaking in Philadelphia. The legendary sports radio host and analyst reports that the Eagles are seriously interested in signing former Penn State star Saquon Barkley. In 14 games last season, Barkley logged 962 yards and six rushing touchdowns, 41 receptions for 280 yards, and four touchdowns for the 6-11 Giants. Barkley would pair well with Kenneth Gainwell while giving Philadelphia



SPORTS WORLD

