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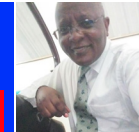
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LEADERSHIP

By Abigirl Phiri

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2024 FINANCE BILL

By Charles Kabiriri

Page 03

Diaspora Source Of Anything... Everything you are looking for.

The Diaspora Times

SATURDAY EDITION



e-paper

May 20th 2024 Issue 244

We fail because we do not try Its the Diaspora Market Place

For Kenyans' peace and stability both at home and in the diaspora, we in the diaspora encourage the president and deputy president to come out together and let the world know that they have sorted out their grievances.

Welcome To The USA Special EDITION Mr. President.... Kenyans Are Eager To Know What Is Going On Between You And Your Deputy.

CLICK HERE

“Kama Ni Mbaya Ni Mbaya” Governor Mutahi Kahiga’s own words which the deputy president never disputed



sometimes, Kenyans deserve the truth. Quoting Governor Mutahi Kahiga of Nyeri, “Kama ni Mbaya, Ni mbaya.”

As Governor Kahiga stated on Sunday, it would be unfortunate for the DP to undergo the same struggle the president went through in the last government. Other leaders in the meeting echoed the same sentiments and re-emphasized the DP’s torture at the hands of his boss. The Deputy President, who was in the same meeting, did not comment on the issue, but the fact that he did not say that there was no conflict said a lot more than words.

Such conflicts at the top have an adverse effect on a country’s development, which we do not need. Kenya has recently experienced far too many environmental and human calamities. The country’s recovery needs stability in leadership, starting at the top. Recovery demands stability and effective governance. Conflicts in leadership are inevitable. However, if such conflicts as the one we are experiencing are allowed to continue unhindered, they can cause a lot of damage and human suffering. We remind both leaders of the common goals they share and the immense potential for unity and collaboration. This is in

line with the promise they made to the country when they won the elections. Let us inspire hope and optimism in the face of these challenges.

For Kenyans’ peace and stability both at home and in the diaspora, we in the diaspora encourage the president and deputy president to come out together and let the world know that they have sorted out their grievances. They owe us that. We trust in their commitment to the welfare of our country. That absence will lead to unwarranted stress arising from the inevitable public scrutiny.

Again welcome Mr. President and please clear the air on this issue.



Article by Prof. Peter Ndiang’ui Fort Myers Florida.

As we welcome Kenyan President William Ruto to the United States, the news coming from home about the stability of our country’s top leadership paints a very grim picture. There is an apparent scary deep division in the highest two offices in our land. Therefore, the president must truthfully address the issue this week when he meets with the Kenyan Diaspora living in the USA and the entire world. This is of utmost significance currently. Hard as it is



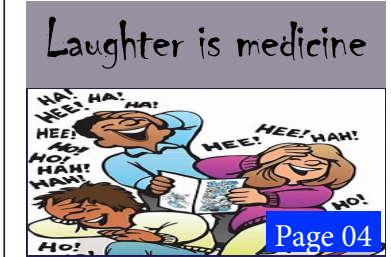
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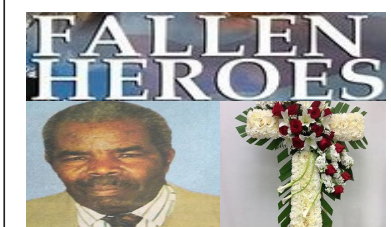
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You wake up in the morning, and the pain could be caused by natural disasters or through the g
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FALLEN HEROES
Kirima was a member of the legendary Rwathia Group of entrepreneurs who hailed from Murang’a county. He died in 2010. Page 06

“Trust is earned, respect is given, and loyalty is demonstrated. Betrayal of any one of those is to lose all three.” — Ziad K. Abdelnour

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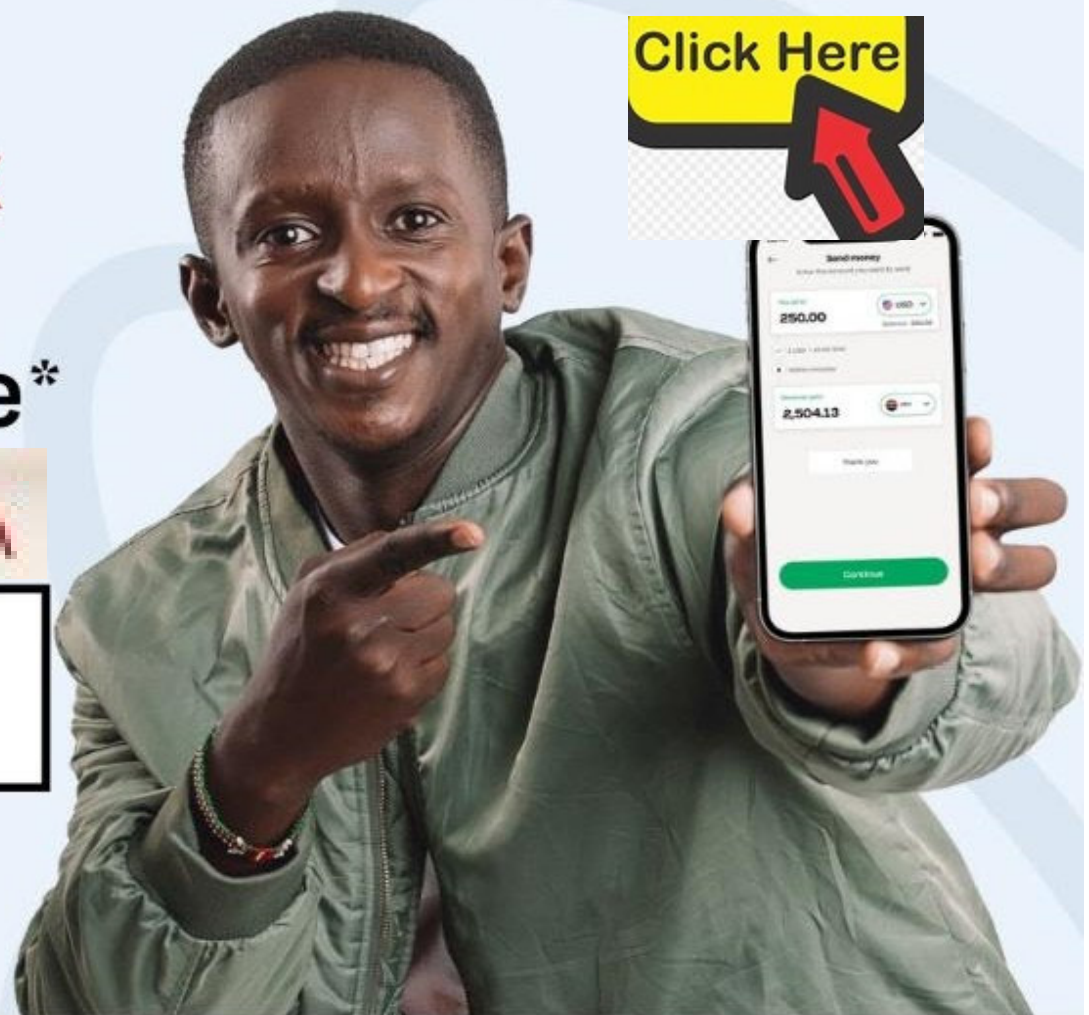
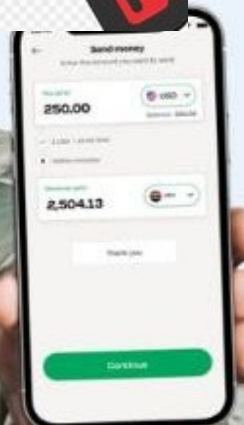
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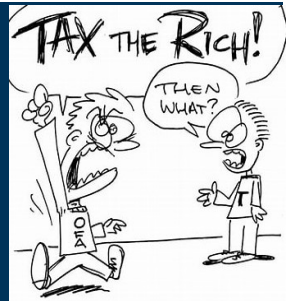
KENYA NEWS



Charles Kabiriri
Political Activist
New Kenya Movement
For Change

Kenyans should brace for hard times because we are dealing with a regime that will never take the plight of the people into consideration.

Increasing Taxes In Kenya Will Make The Poor To Suffer More.



You wake up in the morning, and the pain could be caused by natural disasters or through the government that people elected! Finance Bill 2024 has gone through the first reading, and we are aware that President Ruto is out to introduce a new tax that is becoming a surprise to many Kenyans. After we have been battered by floods, the government has come up with a new tax model. The motor vehicle tax @ 2.5% of the vehicle's value generating a minimum of Ksh 5k to a maximum Ksh 100k per vehicle per annum! Globally, an asset is not taxed.

Recently, Hon Ruku, a member of Parliament from Mbeere constituency was in difficulties in to elaborate in national television on the relevance of the motor vehicle tax or why it is good for Kenyans taking into consideration that income tax is charged on an income per year yet motor vehicle may not be an income and could even be a liability! Kenyans should brace for hard times because we are dealing with a regime that will never take the plight of the people into consideration. The controversial Finance Act 2023-

The National Disaster Management was not mobilised either. To understand taxation is to understand its fairness. For instance, the recent doctors strike in the country that took 56 days before a go back to work formula could be arrived at between the state and the protesters, all what they needed was only Ksh 4 billion.

Finance Bill 2024



2024 was met with nine thousand interventions, specifically on affordable housing deductions, but the government forced the item into the provisions of the law! Budget is the estimate of the revenue against expenditure. Public participation should be qualitative and quantitative before settling to final policy papers. We donate power to the body politic and fund it through taxation. We do our appropriations but the revenue targets are never achieved, leading to more debt to finance the deficit. Our problem as a country however is not pegged on revenue collections but on expenditure! We have so much debt. President Ruto has borrowed over Ksh 4.5 trillion in partly two years of his presidency compared to his predecessor whom he vindicated on economy issues. He borrowed Ksh10.5 trillion in ten years but with major infrastructures to support his stand on the debt with the SGR as his golden trophy! Kenyans can relate well with the debt of the fourth regime as having added value to our economy! Since the debt is sovereign, we should demand to have an audit of our current debt standings! We are a sovereign in debt. The world bank want to see more contribution from the sovereign. We seem to have fake debt and are now strangling the sovereign to pay it. We have not witnessed any state funded project with the KK regime to justify the massive borrowing with the



fifth regime yet today is the motor vehicle tax. Who knows, tomorrow the regime may come for our money in the bank! In the recent shake up by the storm, the response the country received from the government over the floods was minimum and the administration was at loggerheads with the citizenry to declare the menace a national disaster but it couldn't since this could have meant that the state mobilise resources. The National Disaster Management was not mobilised either. To understand taxation is to understand its fairness. For instance, the recent doctors strike in the country that took 56 days before a go back to work formula could be arrived at between the state and the protesters, all what they needed was only Ksh 4 billion. Why tax us so highly yet the government is not able to keep the doctors at work, Pay school capitation promptly, prompt disbursement of county funds and have an economy stimulus approach that creates employment as opposed to exportation of labour which is brain drain to the country! The president should ensure that he put the country to the path of prosperity by enabling a market environment for goods and services, which is the modern way of putting people on the trajectory of money economy. A country can not create prosperity through borrowed money. This leads to unfair taxation! The history of unfair taxation was witnessed during pre-independent days in the country when a man by

the name Ojijo from western Kenya came up with Kavirondo Tax Association to protest against white settlers. Ojijo felt that his community at the lake basin was being unfairly over taxed after the white settlers send men from the community to the world war as a taxation model, then again came for the community's cows which was a form of taxation then, leading to a protest. We expect the government to be responsive to the pains that people may be in.

Linda Mama is out!

Edu Afya is out!

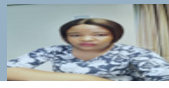
The school feeding programme is out!

In a country where disparity is at 80% disadvantaged against 20% advantaged, do we really have to support through our tax needs of the executive such as Ksh 2 million laundry cost?

By Charles Kabiriri NKMFC

We have not witnessed any state funded project with the KK regime to justify the massive borrowing with the fifth regime yet today is the motor vehicle tax. Who knows, tomorrow the regime may come for our money in the bank!

Article By Abigirl Phiri- Zimbabwe



Leadership at a young age

Great leaders, of all ages, show strength and humility, demonstrate a willingness to learn and also an ability to make decisions. Nothing about your age is a pre-determinant of your success as a leader.

Leadership comes about with a lot of responsibilities. When people entrust you with a leadership role that means they would have seen something.

Also they have faith in you. As a result you need to do good by such people so that they don't regret their decision in the long run. At school the roles of prefects and the head girls or boys is one such a good example.

Myself being a former Head Girl at high school I know the drill. A lot depends on being exemplary to the rest of the school. Stepping any one wrong foot can cause trouble for you. This is because all eyes will be on your every move. It can even be a little bit overwhelming and intimidating but it is what it is. Embrace such responsibilities like this because

Great leaders, of all ages, show strength and humility, demonstrate a willingness to learn and also an ability to make decisions. Nothing about your age is a pre-determinant of your success as a leader. Rely on your transferable skills, build a solid team, and remember to set stereotypes aside as you venture into your new role as a leader.



they save to mold you to become a better individual even later in life.

During my time I was always on my toes ensuring I give the position my best. Juggling studies and leadership roles is not a walk in the park for you need to strike a balance so that you don't fall short on either department. Needless to mention the major goal of going to school is to study. Thus you need to ensure in that area all is right above anything else.

Representing the school heritage meant so much to me. I did everything up to par wholeheartedly because I was committed to excellence. Although the role had its ups and downs mostly it taught me to be a responsible person up to my adulthood. Naysayers might end up calling one Miss goody two shoes but these remarks do not count if you know what you must do to execute the job. Not everyone will like you when

you have a high post. The major group of the people will be your haters. However even in such a toxic environment you have to prove yourself and worth that the leadership title befits you perfectly.

In my time when my prefects didn't act on something I would personally do it myself. Sometimes in life you have to be proactive to have the ball running. Failure to do so will land you in hot soup. To that effect I exhort all young children going to school to always be and do the best of their ability so that they get selected to represent the school in different capacities.

There is so much honor in heading a school or your fellow peers. It gives one a sense of purpose and belonging in life that maybe you are destined for something great because many are called but a few are chosen. The truth of the matter is that the chosen ones have a wow factor that

separates them from the rest of the people. Let's normalize teaching our kids to strive to work to get such positions at school. This will make the whole experience memorable because one would never forget this indelible past.

History is always made when you do something wondrous in your life.

For me being a headgirl was the major highlight that up to now I reminisce over thinking what would I have done differently.

The answer to that is nothing because I did right by my title and made proud all the teachers by excelling academically. Proving leadership roles teach you a lot in how one can improve their personal life and their appearance as well. At the end of the day some are born great, some achieve greatness and some have greatness thrust upon them. Consequently it's a matter of deciding which is which for yourself.

Article by Abigirl Phiri, Zimbabwe

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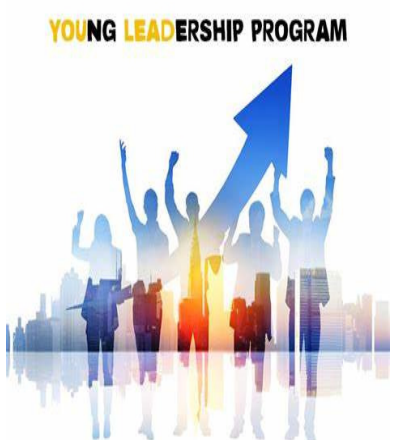
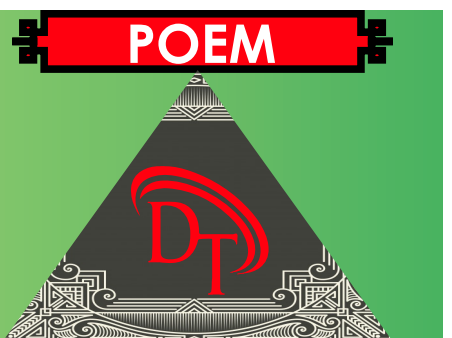
By Abigirl Phiri-Zimbabwe

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



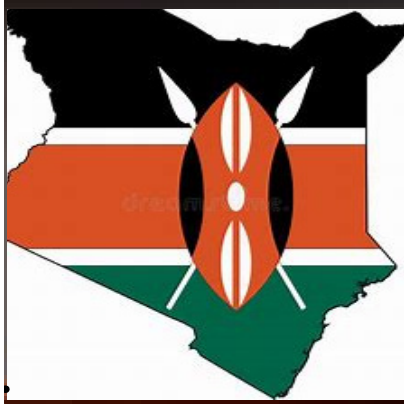
If you are feeling unsure or insecure while leading, your team will be able to read that energy and may become unsure of your leadership too. That's why it's important to practice confidence when speaking to them: Make eye contact, use gestures to accentuate your point, stand up straight, and maintain strong body language. Practicing your delivery method will help you speak with conviction,

be clear about your intentions, and show up as the leader you aspire to be.

At the same time, don't be afraid to be vulnerable and relate to your team during challenge projects or conversations. You're not expected to walk in day one and be an expert. You are, however, expected to be 100% honest — about the challenges your team is facing, the strategies you are contempla-

ting, and your willingness to listen and learn from those around you.

When you share your ideas, leave room for your team to (honestly) reflect on them. Let them know that you value their opinions and experiences. Share from Harvard Business forumn



Kenya
FALLEN
HERO

GERISHON KIRIMA

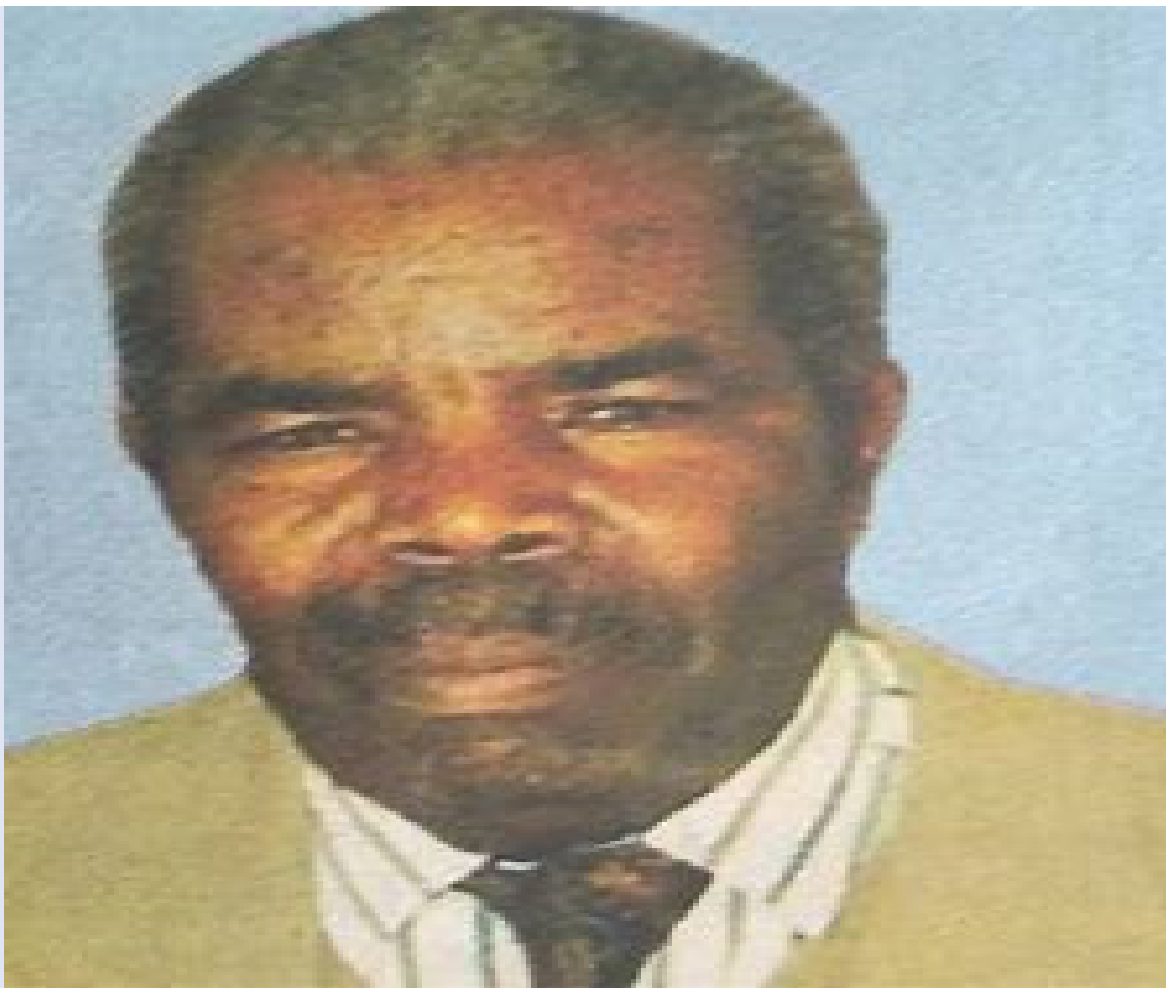
He was the pioneer carpenter at the University of Nairobi and operated a small workshop in Bahati and later on in Kaloleni.

Kirima relocated from his village to the Kinangop Plateau where he started a carpentry business. In the early 1960s after Kenya had attained independence, he moved to Nairobi and registered his business Kirima and Sons Ltd.

He was the pioneer carpenter at the University of Nairobi and operated a small workshop in Bahati and later on in Kaloleni. His first wife, Agnes, would help attend to customers at the Kaloleni workshop.

Taking advantage of the rural-urban migration to Nairobi that resulted from the dawn of independence and the end of the state of emergency, Kirima opened bars and butcheries in Asian and African neighborhoods to cater for the growing moneyed class. He is considered a pioneer of nyama choma, a popular Kenyan delicacy.

By 1967, and to the surprise of the better educated African civil servants, Kirima had saved enough money to buy 500 acres of land in Nairobi from an Italian Donenico Masi, which the De Masi family have contested claiming that Kirima grabbed the land since he does not have



the title deed.

In the same year, Kirima bought two more farms in Nairobi - 108 acres from Charles Case and 472 acres from Percy Randall. With these acquisitions, Kirima had positioned himself to be a major meat supplier for Nairobi.

As chairman of the African Butchers Association (later the Kenya National Butchers Union), he successfully lobbied the government for permission to sell meat in the city, a privilege that was hitherto reserved for the still settler-controlled Kenya Meat Commission (KMC) which

did not buy meat from African farmers.

Kirima started a private abattoir in Njiru, a development that some believe led to the eventual collapse of the KMC years later.

He would venture into the transport business by launching the Kirima Bus Services.

However, the business didn't last long following the liberalization of upcountry transportation by the government in 1973. He opted to focus on real estate mostly concentrating on building rental housing in the low income Eastlands area of Nairobi.

Kirima served for many years as a city councilor and briefly as deputy mayor.[4] In 1989, Starehe Constituency Member of Parliament Kiruhi Kimondo was dismissed by his party KANU in 1989. By-elections were held the same year. Kirima contested the seat on a KANU ticket and won. He remained in office until the 1992 General Elections when he lost the seat to his predecessor Kimondo.

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

summary



RIP

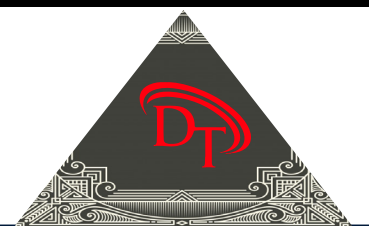
Kirima was a member of the legendary Rwathia Group of entrepreneurs who hailed from Murang'a county. He died in 2010, leaving behind an estate worth over KSh 2 billion. After succession wars, Daily Nation reported that in 2020, family members finally agreed on how to share his property after a deal brokered by the High Court.

The ex-lawmaker owned several parcels of land in Nairobi county. Among them were pieces in Kariobangi and Njiru, which were sub-divided and shared equally among family members.

Kirima also owned over 20 acres of land in Kisaju, Kajiado county. The property was distributed to all beneficiaries.

It also agreed that the land occupied by squatters would be shared equally once the court resolved the case.

GERISHON KIRIMA



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US unveils proposal to ease restrictions on marijuana.

In a new legal opinion made public on Thursday, the Justice Department's Office of Legal Counsel criticized the DEA's long-held approach for how it determines whether a drug has an acceptable medical use,

The U.S. Justice Department on Thursday unveiled a historic proposal to ease restrictions on marijuana, a rule that if enacted would also enable more research on its medicinal benefits.

The proposal, first announced in April, would reclassify cannabis from a so-called schedule one drug to a schedule three. Schedule one drugs, such as heroin, are considered highly addictive with no medical benefits, while schedule three drugs are considered to have a moderate to low potential for physical and psycho-



logical dependence.

The U.S. Food and Drug Administration said it found "some credible scientific support for the use of marijuana in the treatment of chronic pain, anorexia related to a medical condition, and nausea and vomiting."

"Additionally, no safety concerns were identified in the FDA's review that would indicate that medical use of marijuana poses unacceptably high safety risks," the proposal says.

President Joe Biden, a Democrat who is running for reelection in November, initiated a review of the drug's classification in 2022, fulfilling a campaign promise that was important to left-leaning members of his political base.

Currently, the drug falls under the Drug Enforcement Administration's (DEA) class that includes heroin and LSD. It would be moved to a group that contains ketamine and Tylenol with codeine.

Reclassifying marijuana represents a first step toward narrowing the chasm between state and federal cannabis laws. The drug is legal in some form in nearly 40 states.

While rescheduling the drug does not make it legal, it would open up the doors to more research and medical use, help lead to potentially lighter criminal penalties and increase investment in the cannabis sector.

In a new legal opinion made public on Thursday, the Justice Department's Office of

Legal Counsel criticized the DEA's long-held approach for how it determines whether a drug has an acceptable medical use, calling it "impermissibly narrow."

The opinion also found that the DEA should "accord significant deference" to the U.S. Department of Health and Human Services' (HHS) scientific and medical determinations.

According to the proposal, HHS's assistant secretary for health recommended that the DEA should place marijuana into schedule three back in August 2023.

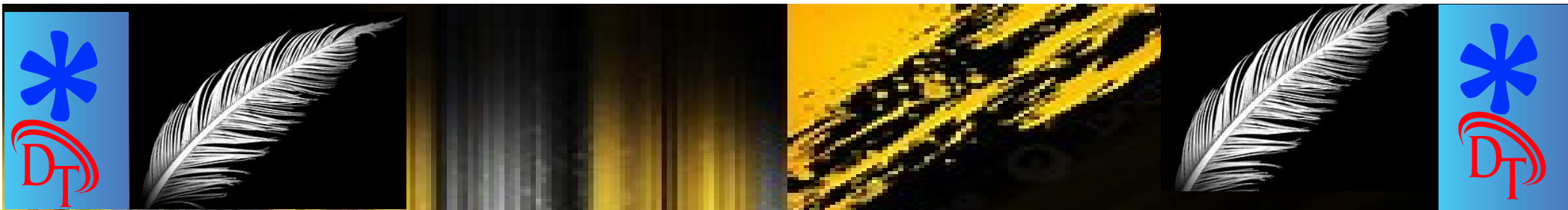
The DEA, however, has yet to make its own determination. If marijuana's classification were to ease at the federal level, cannabis companies could

reap significant benefits, such as being eligible for listing on major stock exchanges and more generous tax deductions.

Moreover, they could face fewer restrictions from banks. With marijuana illegal federally, most U.S. banks do not lend to or serve cannabis companies, prompting many to rely on cash transactions.

The public will get 60 days to submit comments on the Justice Department's proposal. Shared article for awareness

If marijuana's classification were to ease at the federal level, cannabis companies could reap significant benefits, such as being eligible for listing on major stock exchanges and more generous tax deductions.



08

Cannabis belongs to the genus Cannabis in the family Cannabaceae. It may include three species, Cannabis indica, C. sativa, and C. ruderalis (APG II system), or one variable species. [2] [additional citation(s) needed] It is typically a dioecious (each individual is either male or female) annual plant.

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

08

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

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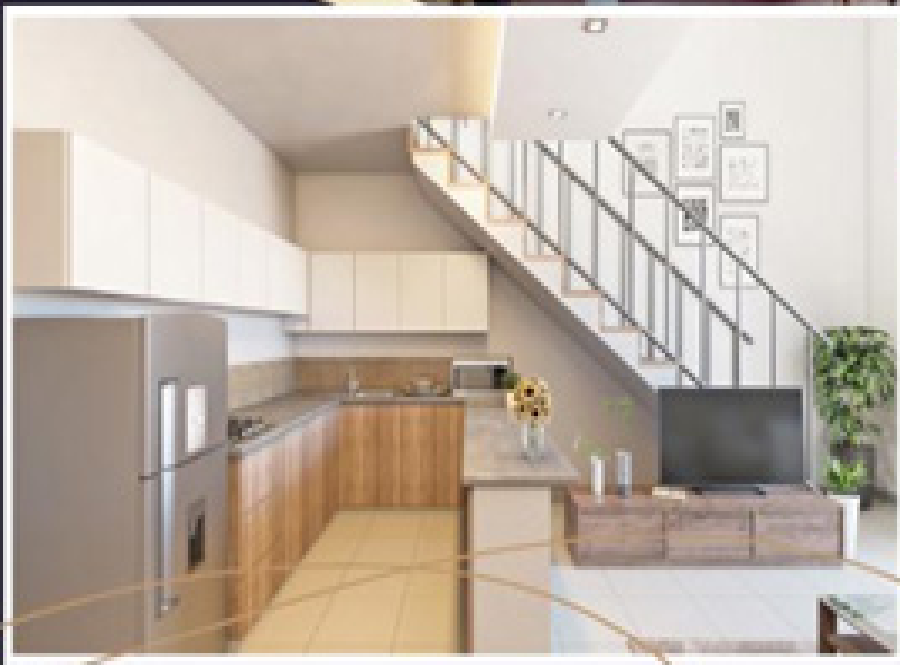
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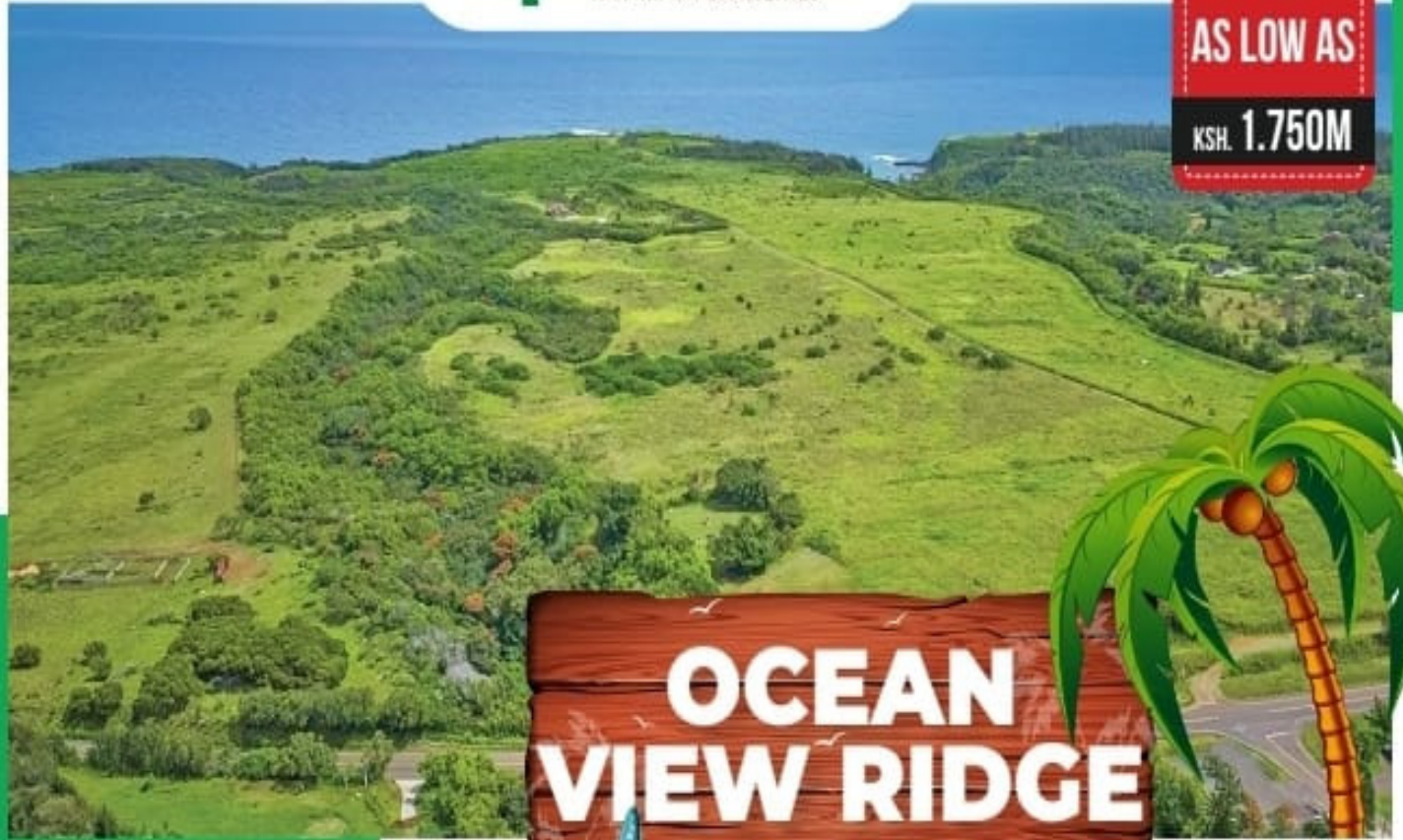
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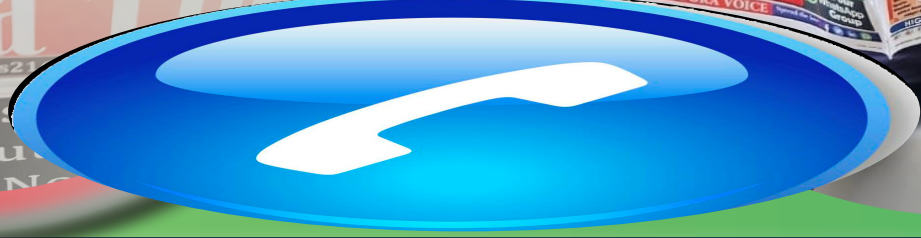
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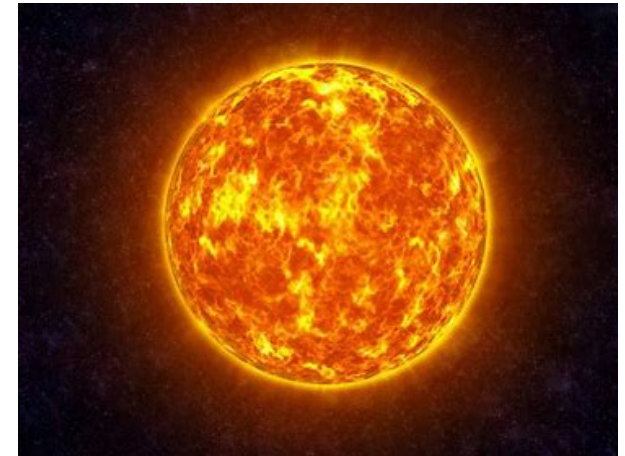
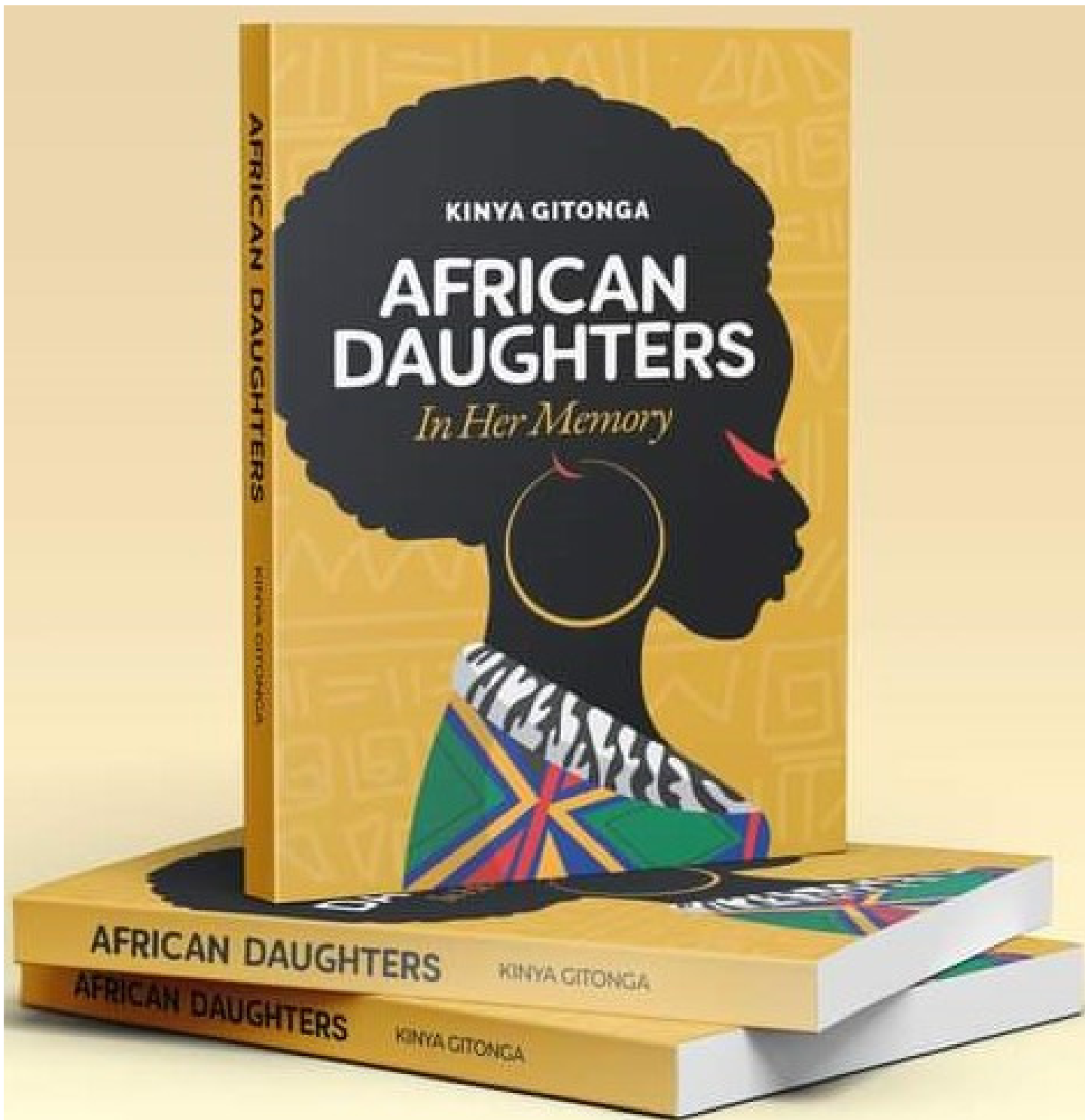


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The greatest glory in living lies not in never falling, but in rising every time we fall. -Nelson Mandela

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NEWS Briefs



HIGHLIGHTS

BIDEN HIGHLIGHTS



The split in the Democrats' approach to the war has become stark in recent weeks, leading to tension among liberal lawmakers.

Pro-Israel House Democrats have expressed solidarity with the embattled nation while Biden and progressive lawmakers have shown skepticism, if not outrage, over Prime Minister Benjamin Netanyahu's plans to invade Rafah.

In a rebuke to the White House, House Democrats teamed up with Republicans to pass the bill to force Biden's hand, highlighting the precarious position some left-leaning lawmakers find themselves in over their support for Israel.

Trump trial updates: Defense attempts to undermine Michael Cohen's credibility.

Perhaps one of the biggest moments of the day was when Blanche attempted to sow doubt about Cohen's testimony regarding an October 2016 call Cohen made to Trump's former bodyguard Keith Schiller, to talk to Trump about the hush money payment.

Michael Cohen, Donald Trump's former

lawyer and so-called fixer, was back on the witness stand Thursday for a second day of cross-examination by the defense, which is trying to undermine the credibility of the prosecution's star witness.

Trump attorney Todd Blanche wanted to portray to the jury that Cohen has an axe to grind with Trump and started grilling him about insulting remarks he made about his former boss on

The defense wants to undermine Cohen's credibility as a witness testifying against Trump, and highlighted the many instances of when he lied in years past, even under oath. Trump's attorney focused on Cohen's 2017 House Intelligence Committee testimony when he lied under oath during special counsel Robert Mueller's investigation into Trump's links to Russia.



his podcast and social media accounts, which Cohen confirmed.

The defense also tried to show that Cohen can't be trusted. In Blanche's line of questioning, he depicted Cohen as a serial liar, citing instances when he lied under oath, essentially arguing that if Cohen lied then, the jury has no reason to believe his testimony under oath now.

Perhaps one of the biggest moments of the day was when Blanche attempted to sow doubt about Cohen's testimony regarding an October

2016 call Cohen made to Trump's former bodyguard Keith Schiller, to talk to Trump about the hush money payment. Message and call logs indicate that the short call was actually Cohen asking Schiller how to deal with a prank caller.

Remember: The prosecution has to prove beyond a reasonable doubt that Trump not only knew about the hush money payments made to adult film actress Stormy Daniels, who alleges she had sex with Trump in 2006, but that he also directed them.

Trump is facing 34 felony counts of falsifying business records as part of a larger scheme to disguise the payments to protect his presidential campaign ahead of the election. Trump has pleaded not guilty to the charges and denies having a sexual encounter with Daniels.



Trump's defense attorney referred back to Cohen's testimony on Monday regarding a call he had with Keith Schiller, Trump's then-bodyguard, on Oct. 24, 2016. Cohen previously testified that he called Schiller that evening so he could talk to Trump about moving forward with the Daniels hush money payment.

Blanche said in court that according to text message logs that evening, Cohen actually was contacting Schiller to ask about how he could deal with a 14-year-old prank caller. Schiller then asked to call him. According to the call logs, the conversation lasted less than two minutes.



WE FAIL BECAUSE WE DO NOT TRY

THE FUTURE

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



Charles Kabiriri
Activist, Kenya

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



Abigirl Phiri



Memory Phiri

Senior Reporters



Arch Dr. I KINUNGI
Behind the vision



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For the love of the gardens

They say the grass is greener on the other side. If you are hungry for a picnic or a tea party that has fresh and clean air as an added advantage, quit stalling and experience this package in the Sunshine City.



Tourism with
Memory Phiri
Zimbabwe.



Tourism compels us to look around and immerse ourselves in the immediate environment. It's an obsession and tourists are always guilty as charged. Narcissus is our partner in crime for he did it but it doesn't mean that we are going to end up drowning like him. Instead, environmental enthusiasts indulge themselves by visiting the Akeelah Gardens.

First and foremost, the effort put into the manicured gardens prove to the masses how passionate tour operators can be about gardening. If memory serves me right, every year a date is set aside to appreciate the idea of the flora and landscaping in summer.

Thus, gardenias have a dresscode that permits us to dig out our summer dresses and straw hats. They call it dressing to the nines with bright colors. Coming back to the matter at hand,

The Garden of Love
BY WILLIAM BLAKE

I went to the Garden of Love,
And saw what I never had seen:
A Chapel was built in the midst,
Where I used to play on the green.

And the gates of this Chapel
were shut,
And 'Thou shalt not' writ over
the door;
So I turn'd to the Garden of Love,
That so many sweet flowers bore.



when we talk about the Akeelah Gardens we can do different parties everyday basking in its kaleidoscopic vicinity.

Moreso, picking a rose here unabashedly and lavender there with the daffodils for our companions. The hidden meaning behind a banquet of flowers is that they symbolize love and affection and its a well known tradition in these vast expanse of a garden.

They say the grass is greener on the other side. If you are hungry for a picnic or a tea party that has fresh and clean air as an added advantage, quit stalling and experience this package in the Sunshine City.

Profoundly, the evergreen is so becoming that tourists can pass their time recreating in the outdoors. Apart from the Botanical gardens which are very popular in Harare, it's a privilege to have the Akeelah which

nature is wonderful

is down for all events. Also, the gardens offer activities such as quadbikes, zipline and virtual reality.

That is how up to date Akeelah Gardens is therefore we expect tourists to try out this galore after seeing an eyeful courtesy of a garden walk. In February, the gardens took Valentine's Day a notch high by an outdoor movie night.

It was so romantic for the atmosphere was ideal and totally divorced from the cinema. To spice it up, a cookout is always on the cards and your kids will never rain on your parade. The gardens are in par with parenting because they have a play centre equipped with jungle gyms for the kids.

For a garden that is open to the public, visitors are at liberty to book a slot for a wedding, engagement and birthday party anytime. Mark my words, Akeelah

Gardens is the place to be and it is a venue and hub for events management.

Favorably, the outdoors are so spacious that they can accommodate a lot of people at the same time. Make a beeline for the Akeelah Gardens and create memorable moments among the bloomers.

By Memory Phiri



15

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

15

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

Diaspora Sunday

Lamentations 3:22-23 ~ The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.

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.

Proverbs 3:5-6 ~ Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isaiah 40:31

These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Deuteronomy 6:6-7

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 Hebrews 10:23 NIV Let us hold unwaveringly to the hope we profess, for He who promised is faithful

Good day ☐☐



Brother Kigume

Being dependable means that we do what we have said we would do, when we said we would do it and in the best way we can.



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

“One Chip Challenge” Led To Massachusetts Teen’s Death, Autopsy Finds

Massachusetts teenager who participated in the “One Chip Challenge” died from cardiac arrest hours after eating the spicy tortilla chip, an autopsy concluded. The Office of the Chief Medical Examiner determined that Harris Wolobah of Worcester had ingested a high amount of a chili pepper extract. The 14-year-old died on Sept. 1, 2023. Chip maker Paqui pulled the product from store shelves days after his death. Harris Wolobah’s cause of death was listed as cardiopulmonary arrest “in the setting of recent ingestion of food sub-

stance with high capsaicin concentration.” Wolobah also had an enlarged heart and a congenital heart defect, the medical examiner found. The teen’s mother, Lois Wolobah, told WBZ-TV last year that she got a call from the school nurse at Doherty High School, saying Harris fainted after eating the chip a friend gave him. He later passed out again at home and was taken to an emergency room where he died. The family at the time said Wolobah was a healthy basketball player with no known allergies.

“I hope, I pray to God that no parents will go through what I’m going through. I don’t want to see anybody hurting the way I’m hurting,” Lois Wolobah said. “I miss my son so much. I miss him so much.” What is the “One Chip Challenge”? The “One Chip Challenge,” which gained popularity on social media, contains a single chip inside a box labeled “Carolina Reaper” and “Naga Viper Pepper.” On the back of the package a warning label says “Keep out of reach of children.” WBZ-TV found the chips in a store about 10 minutes from Wolobah’s school last fall. While the Paqui One Chip



While the Paqui One Chip Challenge is intended for adults only, we have seen an increase in teen usage of the product,” a Paqui spokesperson told WBZ-TV after Wolobah’s death. “The product’s label clearly states it is not for children or anyone sensitive to spicy foods or who has food allergies, is pregnant or has underlying health conditions.”

Challenge is intended for adults only, we have seen an increase in teen usage of the product,” a Paqui spokesperson told WBZ-TV after Wolobah’s death. “The product’s label clearly states it is not for children or anyone sensitive to spicy foods or who has food allergies, is pregnant or has underlying health conditions.” The One Chip Challenge was also blamed for “poisoning” a sixth-grade student in San Francisco last year. Is capsaicin dangerous? Capsaicin is what makes chili peppers spicy and the level of capsaicin in a given product is measured in Scoville heat units.

The tortilla chips in the “One Chip Challenge” are made with two of the hottest, with the Scoville heat unit ranging between 1.4 million and 2.2 million. Jalapeno peppers, by comparison, are only 2,500 to 8,000 Scoville. Capsaicin can obviously irritate the mouth and throat but can also cause nausea, vomiting, and stomach pain. But in very large doses, it can cause more serious problems such as allergic reactions, damage to the esophagus, rapid heart rate, chest pain, trouble breathing, and even heart attacks, the National Capital Poison Center says.

Marshall says that while the product is no longer in stores, parents should warn their kids to stay away from similar social media challenges and resist peer pressure to eat dangerously spicy foods. If you or your child develop trouble breathing or chest pain after eating capsaicin, call 911.

WBZ-TV’s Dr. Mallika

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.

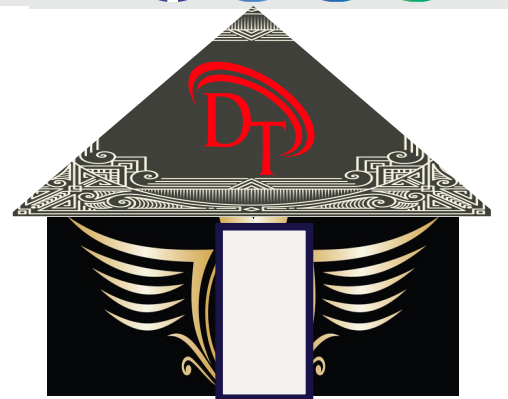


Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that. -Martin Luther King Jr.

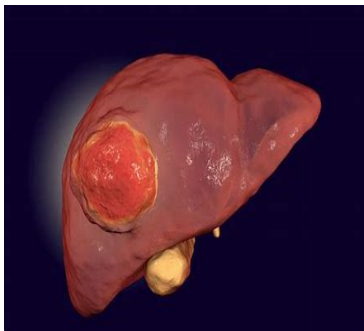
Spread love everywhere you go. Let no one ever come to you without leaving happier. -Mother Teresa



Health Tit Bits



LIVER CANCER

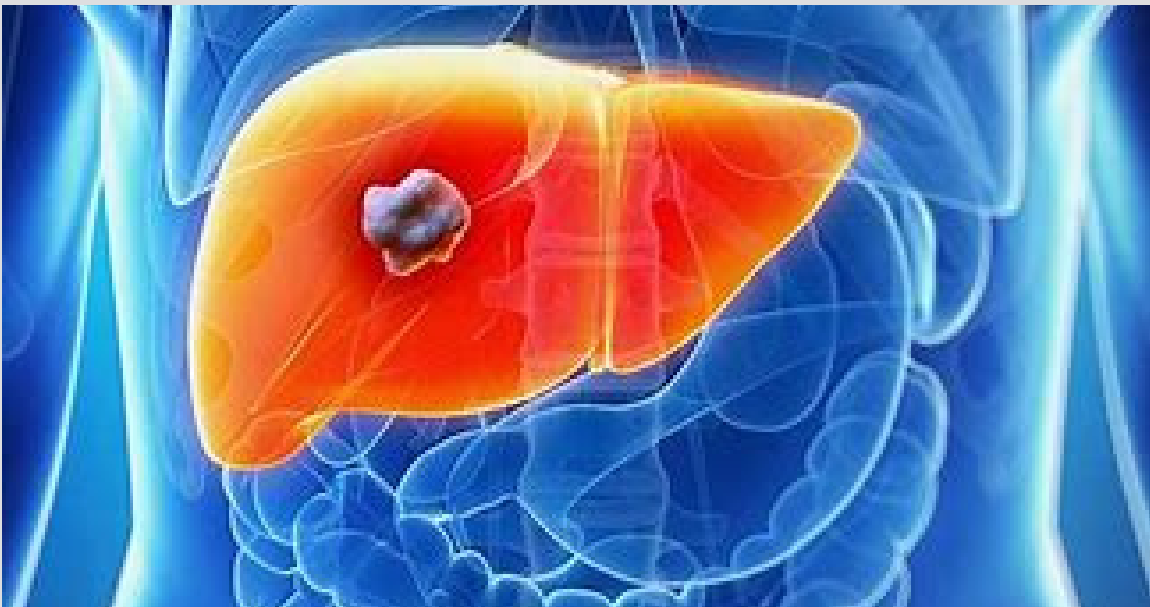


You can reduce your risk of hepatitis B by receiving the hepatitis B vaccine. The vaccine can be given to almost anyone, including infants, older adults and those with compromised immune systems.

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

summary

Liver cancer is cancer that begins in the cells of your liver. Your liver is a football-sized organ that sits in the upper right portion of your abdomen, beneath your diaphragm and above your stomach.



Cancer of the Liver can attack at any age

Several types of cancer can form in the liver. The most common type of liver cancer is hepatocellular carcinoma, which begins in the main type of liver cell (hepatocyte). Other types of liver cancer, such as intrahepatic cholangiocarcinoma and hepatoblastoma, are much less common.

Cancer that spreads to the

Certain inherited liver diseases. Liver diseases that can increase the risk of liver cancer include hemochromatosis and Wilson's disease. Diabetes. People with this blood sugar disorder have a greater risk of liver cancer than those who don't have diabetes. Nonalcoholic fatty liver disease.

liver is more common than cancer that begins in the liver cells. Cancer that begins in another area of the body — such as the colon, lung or breast — and then spreads to the liver is called metastatic cancer rather than liver cancer. This type of cancer is named after the organ in which it began — such as metastatic colon cancer to describe cancer that begins in the colon and spreads to the liver. Most people don't have signs and symptoms in the early stages of primary liver cancer. When signs and symptoms do appear, they may include:

- Losing weight without trying
- Loss of appetite

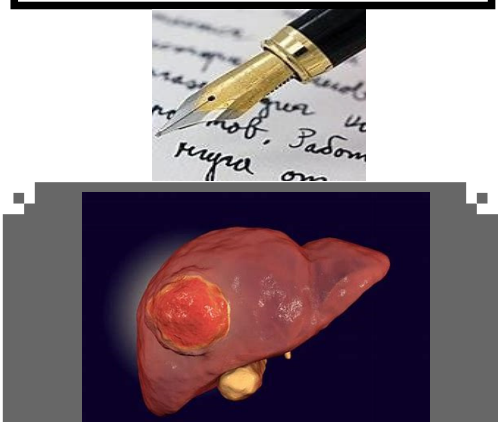
- Upper abdominal pain
- Nausea and vomiting
- General weakness and fatigue
- Abdominal swelling
- Yellow discoloration of your skin and the whites of your eyes (jaundice)
- White, chalky stools

Liver cancer happens when liver cells develop changes (mutations) in their DNA. A cell's DNA is the material that provides instructions for every chemical process in your body. DNA mutations cause changes in these instructions. One result is that cells may begin to grow out of control and eventually form a tumor — a mass of cancerous cells.

Sometimes the cause of liver cancer is known, such as

with chronic hepatitis infections. But sometimes liver cancer happens in people with no underlying diseases and it's not clear what causes it. Factors that increase the risk of primary liver cancer include:

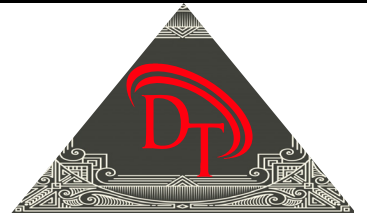
- Chronic infection with HBV or HCV. Chronic infection with the hepatitis B virus (HBV) or hepatitis C virus (HCV) increases your risk of liver cancer.
- Cirrhosis.



Cirrhosis is scarring of the liver, and it increases the risk of liver cancer. You can reduce your risk of cirrhosis if you:

Drink alcohol in moderation, if at all. If you choose to drink alcohol, limit the amount you drink. For women, this means no more than one drink a day. For men, this means no more than two drinks a day. Maintain a healthy weight. If your current weight is healthy, work to maintain it by choosing a healthy diet and exercising most days of the week.

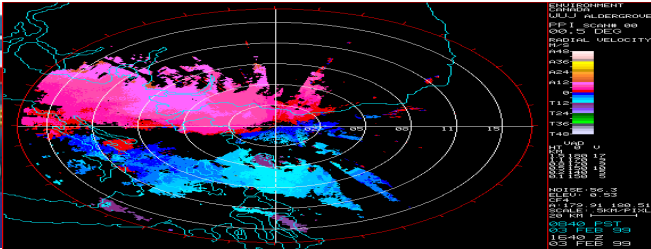
LIVER CANCER



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

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



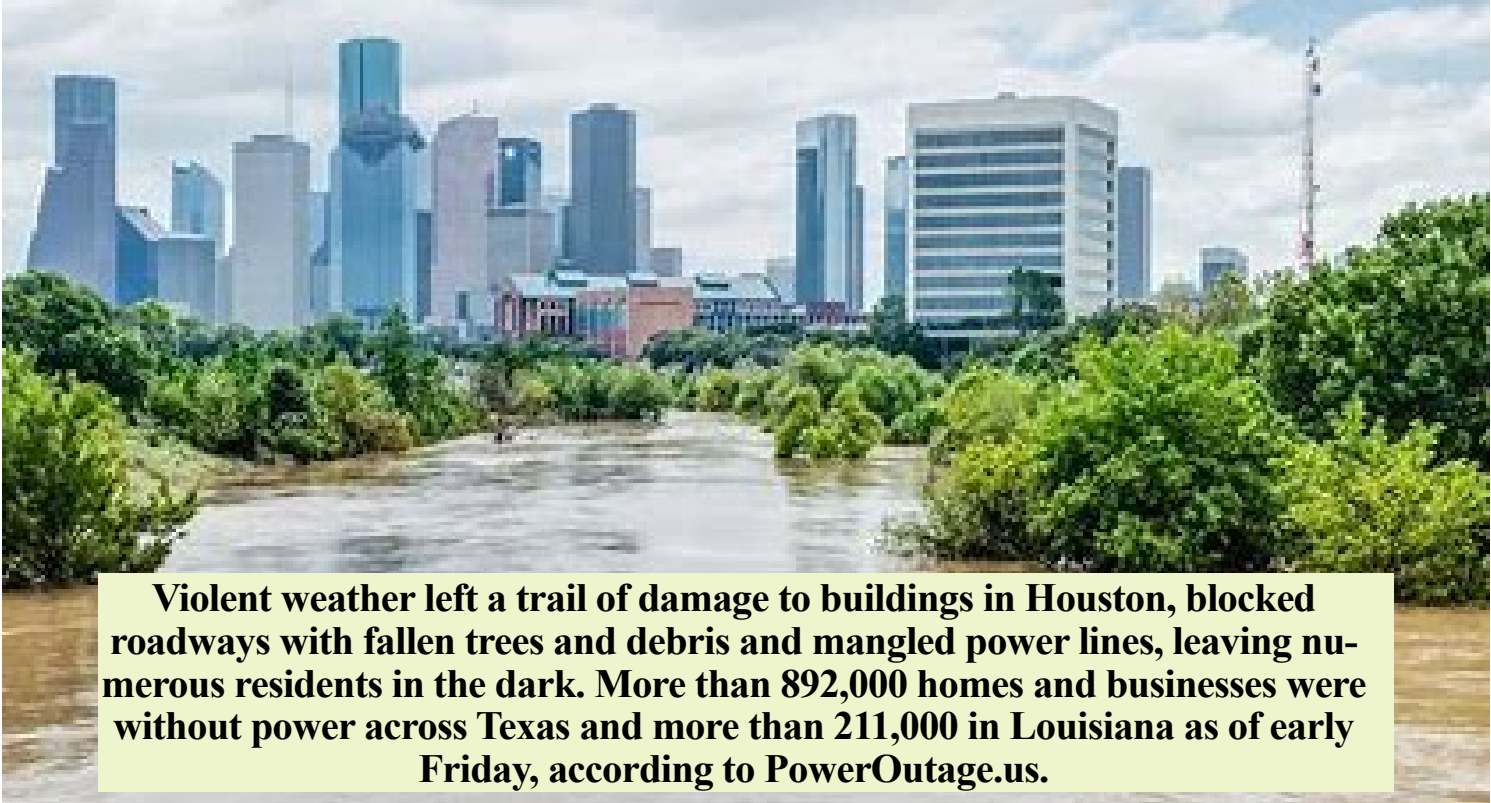
summary

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

WEATHER



Floods could hit Gulf Coast after storms kill at least 4 in Houston



Violent weather left a trail of damage to buildings in Houston, blocked roadways with fallen trees and debris and mangled power lines, leaving numerous residents in the dark. More than 892,000 homes and businesses were without power across Texas and more than 211,000 in Louisiana as of early Friday, according to PowerOutage.us.

Storms battered Texas and Louisiana late Thursday and early Friday with destructive winds and torrential rain, leaving at least four dead, flooded roads and more than 1 million homes and businesses without power —

Violent storm conditions in Houston have blown out skyscraper windows, partially collapsed a nightclub and partially ripped roofing off the downtown Hyatt Regency, showering the hotel lobby with rain and debris, according to witness video. CenterPoint Energy says its skyscraper in downtown Houston has sustained damage of the storm, according to a spokesperson.

and more floods could plague parts of the Gulf Coast Friday. At least four people died as the severe weather blasted through Houston, the mayor's chief of communications Mary Benton told CNN. Fallen trees appear to have caused two of the deaths, and a crane accident caused another, Houston Fire Department Chief Samuel Peña said in a press conference Thursday night. Violent weather left a trail of damage to buildings in Houston, blocked roadways with fallen trees and debris and mangled power lines, leaving numerous residents in the dark. More than 892,000 homes and businesses were without power across Texas and more than 211,000 in Louisiana as of early Friday, according to PowerOutage.us. The storm was so powerful that it blew out the windows of buildings in downtown Houston, littering the area

with glass as traffic lights went dark. Shoppers at a Costco in Houston used their phones as the only source of light as they huddled in the dark inside the store when the power went out, with employees closing the doors to block out the rain and winds. Soaking storms will shift east on Friday and target more of the Gulf Coast after rumbling to life Thursday afternoon in parts of Texas. The large cluster of thunderstorms brought with it a flash flood threat from the heavy downpours and severe storm dangers in the strongest cells. More than 30 million people are at risk of severe weather Friday across parts of the Gulf Coast, with 1 million people under a Level 3 of 4 moderate risk of excessive rainfall. Significant swaths of Mississippi and Alabama are under the moderate risk of excessive rainfall on Friday. A larger area from the Texas-Louisiana

state line to Georgia and the Florida Panhandle is under a Level 2 of 4 risk. Drenching storms will likely last into Friday morning for parts of the Gulf Coast. An initial round of flash flooding is likely in the first half of Friday before rain starts to taper off in the afternoon. Another bout of heavy rain will develop Friday night and continue into the earliest hours of Saturday morning, working over the same areas hit earlier in the day. These storms could produce rainfall rates of 2 to 3 inches per hour, and quickly restart or worsen any ongoing flooding.

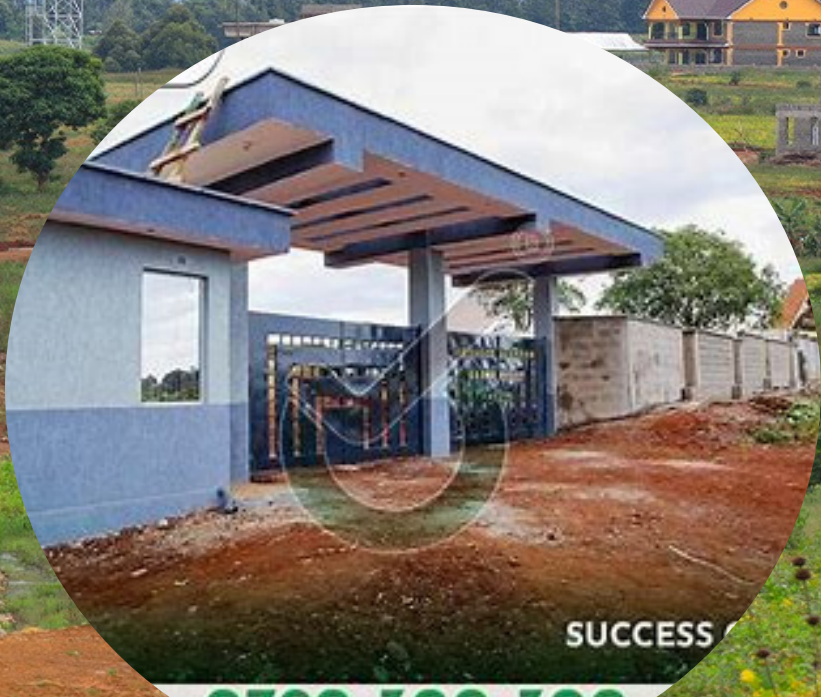
A share from CNN and Texas.com news





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We fail because we do not try



**You cant achieve much alone but together,
we can do so much.**

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Keeping together is progress.

Working together is the real success

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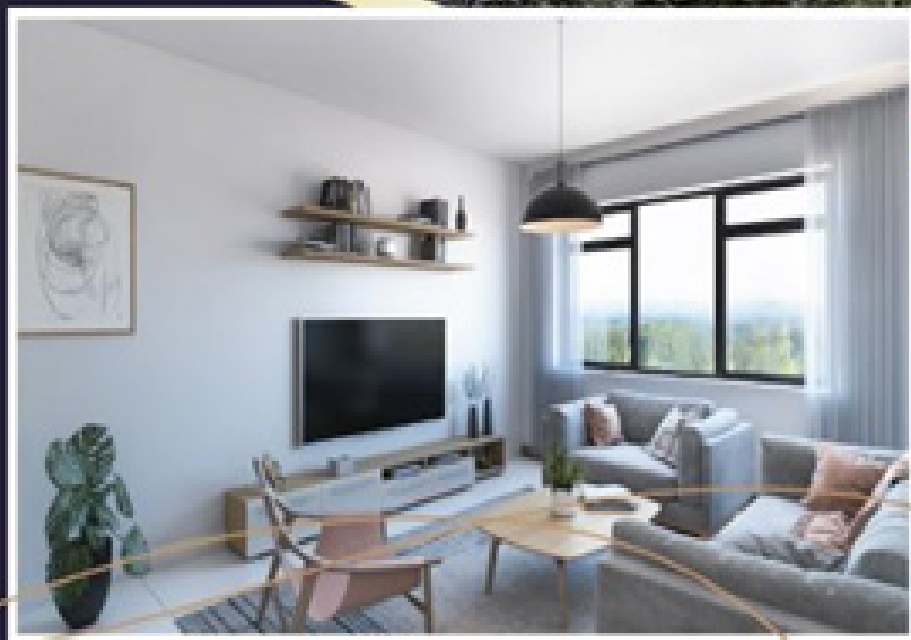
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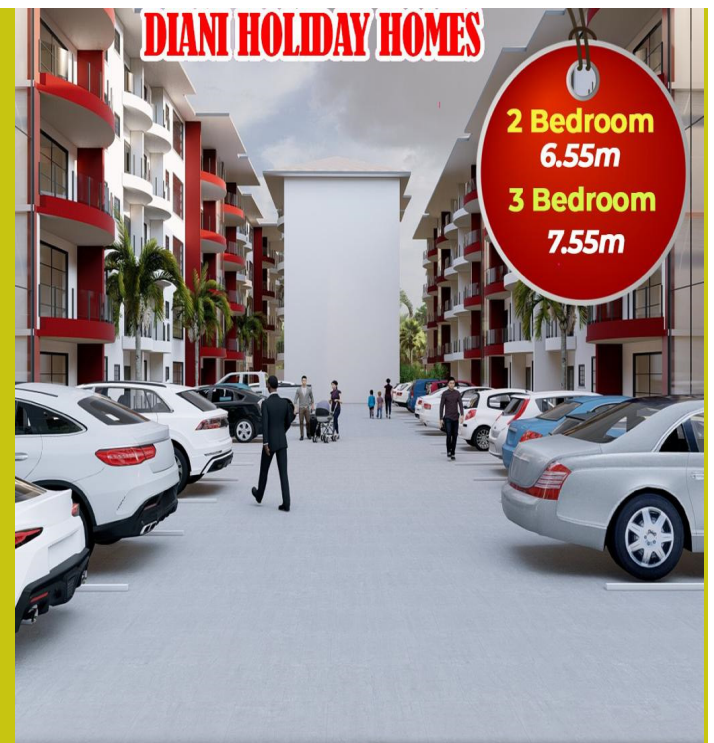
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BACKPAGE

WORLD OF SPORTS

Streaming Giants Are Betting Big on Live Sports



Shared by:
By Tafara
Makusha

Amazon is reportedly on the verge of spending billions to start broadcasting NBA games, as it also heads into its third season broadcasting the NFL's "Thursday Night

In recent weeks, the NBA has been reported to be in negotiations or have framework deals with Amazon (AMZN) to start streaming games on Prime Video, NBCUniversal to broadcast games on NBC for the first time since 2002 and stream them on Peacock, as well as potentially continue its current arrangements with Disney's (DIS) ESPN and ABC, and Warner Bros. Discovery's (WBD) TNT.

The NBA negotiations represent the latest bet on sports as a potential source of revenue growth for streaming companies, a growing trend over the past several years. An explosive playmaker in Kellen Moore's offense.



SPORTS WORLD

