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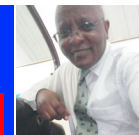
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PROCRASTINATE

By Abigirl Phiri

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FINANCE BILL

By Charles Kabiriri

Page 03

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

The Diaspora Times



SATURDAY EDITION

June 22nd, 2024 Issue 251

We fail because we do not try The Diaspora Fountain Of News & Knowledge

The finance bill was doomed from the beginning. It does not take a lot of intelligence to understand that you do not add more burdens to people who are already hurting.

Is It Time For Ruto And His Government To Start packing?



Please note that your foreign masters will not be there to help you when people turn against you after Kenyans are murdered in the streets of Port-Au-Prince.

Article by:
Prof. Peter Ndiangui

KENYANS DONT WANT TO HEAR ANY MORE LIES FROM RUTO

When Ruto was elected two years ago, he made some interesting promises in his heyday speeches. In one such speech that he made immediately after he was sworn in, he told the people to hold him accountable. He told the people that if he and his government failed to deliver on the promises they had made when they were

campaigning, people should send them home.

<https://www.youtube.com/watch?v=Le-QKvSDUQZs>

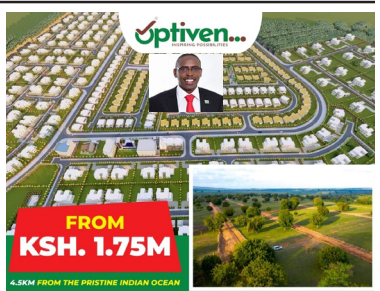
Has that time come? The events going on in the country direct us to answer in the affirmative. Time for packing has come, Mr. Ruto.

Full article page 7

Is it time to ask the Cherera 4 (who the country condemned then) to tell Kenyans, and the World the reason that led them to abandon the voting process? Current circumstances make me question whether they were villains or patriots. What did they know and never got a chance to tell us? Have we been subjected to an illegitimate government that has made many start chousing "Ruto must go"?



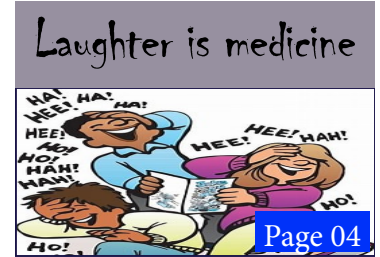
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NEW KENYA MOVEMENT
The clouds are gathering, and soon, it will fall dark for the Kenya Kwanza administration in Nairobi.
Page 03



FALLEN HEROES
Esau Khamati Sambayi Oriedo (29 January 1888 – 1 December 1992) was a Kenyan Christian evangelist, a philanthropist, an entrepreneur
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"Success without honor is an unseasoned dish; it will satisfy your hunger but it won't taste good." – Joe Paterno

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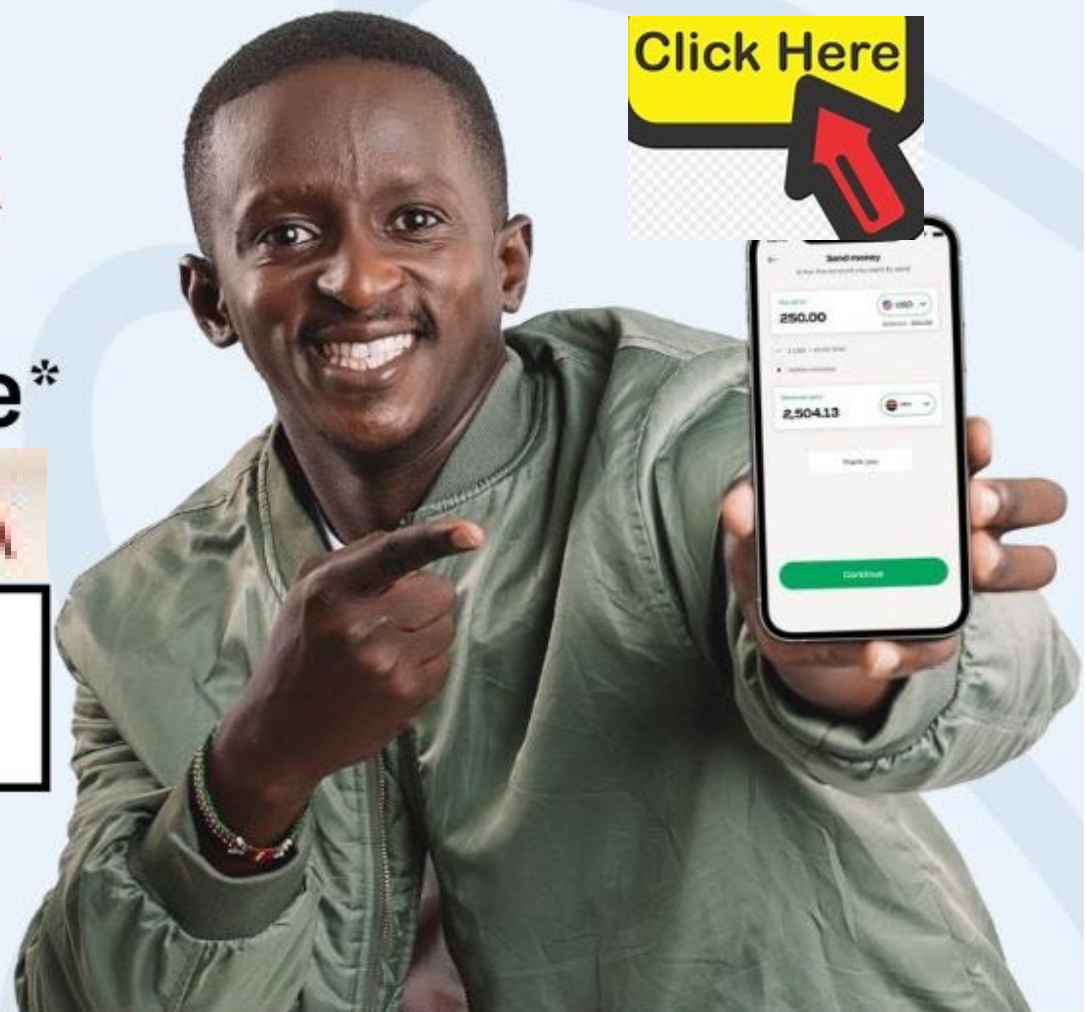
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WORLD NEWS

KENYA NEWS

STAND UP FOR YOUR RIGHTS

Charles Kabiriri
Political Activist
New Kenya Movement
For Change

The contentious document brought people together young and old, irrespective of their race, colour, religion, or party affiliations to demand justice where it matters most, Economy!

Kenya, Today Is Starring More Than Ever At An Unprecedented Revolution.

Kenya, today is starring more than ever at an unprecedented revolution.

Triggered by the recent presentation to parliament by the CS Treasury Njuguna Ndungu, in revenue collections and expenditure for the year, the Finance Bill 2024-2025 was met with rejection from all four corners of the country, stirring protests across the nation.

The contentious document brought people together young and old, irrespective of their race, colour, religion, or party affiliations to demand justice where it matters most, Economy!

To the amazement of the leadership, the protestors composed of young men and women from generation GEN Z, which took a swip of the country alleging that the document was destructive to their future and therefore their position was that the document be rejected. They formed a movement, the GEN Z Movement, with an obligation to "Occupy Parliament" Generation Z comprises those born

Following their unprecedented but successful launch of modern-day protestations, GEN Z uniqueness is in the sense that it lacks a command structure. It is organic and absolutely nondestructive. The same is happening across the country.



between 1997-2012. They are the so-called "Centennials." The first natives of the new 21st century. Without a doubt, the most irreverent. Passionate about social networks. Now they are between 12 and 26 years old so the vast majority are teenagers or have just entered the world of work! They enjoy a type of humour that only them understand. Because of that, they have their own vocabulary. This is the team that broke the hell out of the Finance Bill 2024-2025 by spreading across the Nairobi CBD in protests never seen before proclaiming rejection against the bill which was due to its second reading today the 20th of June 2024 in Parliament.

The GEN Z are social media addicts. They engaged the police in running battles coordinating by way of social platform presenting a peaceful but forceful protestations composing a class of protestors that was never envisioned in the history of protests. This met the government flat footed after protests were thought to have been eliminated by government appointments to the AUC candidature Hon Raila Odinga known for his perennial protests outrage. His appointment was believed to have given the govern-

ment a break from protestations. GEN Z successful protests across the city sent shockwaves to State House, where a parliamentary group meeting was ongoing to Whip the parliamentarians to support the document as it was. In the turnover of events, the government struck out the clauses that were perceived contentious, giving way to the second reading of the document in Parliament where the voting took place which now allows the document to face a third reading on the 24th June 2024. If successful in the voting during the third reading, the document will then be ready for the president appending signature to become law! In the second reading, voting closed at 204 Yes against 115 No. This is despite the protests having rocked all the major cities in the country where a multitude of protestants calling for the rejection of the bill joined the GEN Z multitude cam movement. These included the Millennials, a generational group that falls between 1981 - 1996 and Generation X which comprises people born between 1965 - 1980 which now make up the age group of people between 41 - 57 years old. The group is seen to be growing in numbers, some protestations going as late as nightfall.

Following their unprecedented but

successful launch of modern-day protestations, GEN Z uniqueness is in the sense that it lacks a command structure. It is organic and absolutely nondestructive. The same is happening across the country. Kenya's population is marked by 65% as the age of the youth (35 years and below). The medium age is 19.9 years. They are the majority of voters and apparently the game changer. They have a very negative energy against president Ruto. They are accusing this regime from various fronts which becomes very murky of the President to imagine of a second term realization! They have opened a chapter for Kenya's new way of protesting! They have a combination of character which gives Kenya a chance for a better leadership in the near future. The "New Kenya" dream lost in the advent of Kenya's independence in 1963, have a chance of being reloaded again as they stand for a complete overhaul of the current leadership and fully support the position taken by New Kenya Movement of rallying masses behind fresh crop of leadership. The supremacy with the protesting team is that they combine different characteristics which includes and not limited to: Creative, Emotional, Dreamers,-Fighters. They are very good at working as a team. Passionate about the future. Obsessed with success. They are the ones best adapt to changes. The protests in Kenya could slowly manifest into a major revolution!

FROM THE ARCHIVES



"Uhuru Kenyatta's victory is due in part to his running mate, Mr. Ruto — an odd alliance given that their factions were on opposing sides in the 2007 violence. *A consummate chameleon, Mr. Ruto joined forces, in succession, with Mr. Moi, Mr. Odinga and Mr. Kibaki. He was this election's kingmaker, happy to be wooed by both leading candidates.*"

From the editorial pages of **NY Times** March 14, 2013 - Article by Literature guru Ngũgĩ wa Thiong'o



LAUGHTER IS THE BEST MEDICINE



THE MEDICINE CALLED LAUGHTER IS THE BEST MEDICINE



"We don't laugh because we're happy – we're happy because we laugh." – William James

A climber fell off a cliff, and, as he tumbled down, he caught hold of a small branch. "Help! Is there anybody up there?" he shouted.

A majestic voice boomed through the gorge: "I will help you, my son, but first you must have faith in me."

"Yes, yes, I trust you!", cried the man.

"Let go of the branch", boomed the voice.

There was a long pause, and the man shouted up again, "Is there anybody else up there?"

.....

A redneck's father passed away in his sleep. So in the morning, he calls 911 to come pick up the body. The 911 operator told him that she would send someone out right away. "Where do you live?" asked the operator.

He replied, "At the end of Eucalyptus Drive."

The operator asked, "Can you spell that for me?"

There was a long pause and



.....

finally he said, "How 'bout if I drag him over to Oak Street and you pick him up there?"

.....

A boy read a restaurant sign that advertised fat-free French fries.

"Sounds great," said the health-conscious boy. He ordered some. He watched as the cook pulled a basket of fries from the fryer. The potatoes were dripping with oil when the cook put them into the container.

"Wait a minute," the boy said. "Those don't look fat-free."

"Sure they are," the cook said. "We charge only for the potatoes."

.....

I had visited a cafe one day with my friends. The waiter recommended that we try their special coffee. We agreed and soon the coffee arrived. As we drink the coffee, we realized that it tastes like dirt and mud. Disgusted by the fact, all of us complained immediately. The alarmed waiter rushes over and says, "Well Sir, it was freshly ground coffee!"

.....

As a group of robbers entered the bank, their leader went to the manager and asked him to open the vault. He threatened the manager by saying, "If you try to do anything smart, you're fiction." The manager was confused and asked him, "Don't you mean 'You are history'?" The robber angrily replied back, "Do not change the subject, okay?"

.....

In my neighborhood, there was a couple who had given their twin sons very weird names. One was named Trouble, while the other boy's name was Mind Your Own Business. So, one day they were playing hide and seek. Mind Your Business counted to a hundred and then started looking for his brother. But, somehow he couldn't find him anywhere. He saw a police car passing the neighborhood, so he stopped it to ask for help. When the police officer asked him for his name, he replied, "Mind Your Own Business!" Feeling insulted, the police officer still asked politely who he was looking for. Mind Your Own Business replied, "I am looking for Trouble!"



EDITORIAL PICK

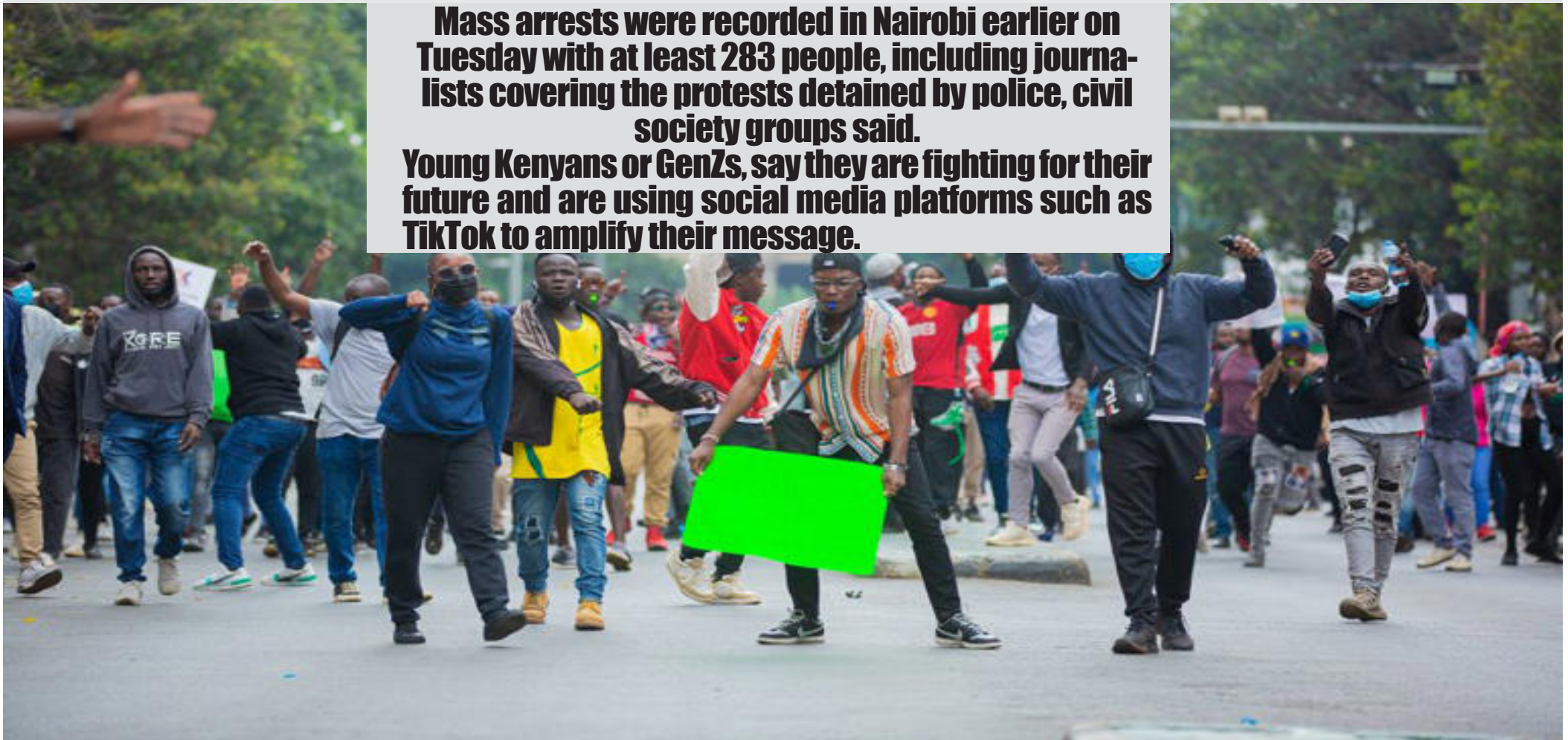


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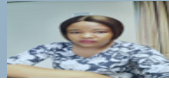
WE SHALL SHOW YOU THE EXIT DOOR, GEN Z'S TELLS RUTO AND HIS COHORTS.

Mass arrests were recorded in Nairobi earlier on Tuesday with at least 283 people, including journalists covering the protests detained by police, civil society groups said.

Young Kenyans or GenZs, say they are fighting for their future and are using social media platforms such as TikTok to amplify their message.



Article By Abigirl Phiri- Zimbabwe



Procrastination Is The Thief Of Time.

The end goal being to achieve their purpose. In the same vein such is life. It needs an individual to plan and have a strategy.

We tend to procrastinate. This is a common habit in human beings. But you should force yourself on other issues not to procrastinate especially work and school related specifics. It's better to do your things timeously so that you have room to do other things. Give yourself time and breaks before continuing on a set out life goal. Procrastination is the thief of time.

If you continue delaying you might end up not doing that thing at all. Some owe this procrastination to laziness. We are living in a fast paced world. For that reason we are caught up in a lot especially on the internet. Such things play a huge role in leading people to procrastinate on their set goals.

Provided although you procrastinate but ultimately you end up doing that specific thing then it's a cause of celebration. This is because some people tend to not do it at all then later on wallow in self pity that they should have done this or that but it will be too late.

Have the strength to do certain activities there and then and be done with them. Worth noting one needs to have a checklist of the things you need to do on a daily basis. In a way this will help to keep you on track. Li-



ewise what athletes do, they have a routine they follow without fail. The end goal being to achieve their purpose. In the same vein such is life. It needs an individual to plan and have a strategy. Do not live your life haphazardly going where the wind goes and not following through your set goals. Indeed, we acknowledge that now and then one might feel tired but that should not stop you indefinitely.

Set aside time to refresh and do things that make you happy. After that continue with the set goals because we have little time on this face of earth. That said, you need to spend your time wisely because time is money. When the stacks are high you will do the needful and shake of procrastination, a disease that has caught up a lot of the people in the world.

It might seem as if this is a small matter but when you are old you will realise how important not procrastinating is. This is because you will compare what could have been but it

will be too late needless to mention one can't go back in time. Thus if given an opportunity seize it up and act on it whilst there is still time and breathe of life in your body.

Lately I have been setting aside my school work due to other commitments. But through self reflection I realised I should not waste such a opportunity that some people are crying for but can't have. All in all life is a tumultuous journey characterized by a lot. However the ability to plan and face the day makes it all worthwhile this experience of living.

There is no room for procrastination but only action. Pressing the same point, if you keep yourself busy and executing your every goal you will lead a happy life free of drama. This is because you won't have time to focus on infinitesimal things. If God himself didn't procrastinate in the creation of the world then how can you do so, a mere mortal being. In life be results oriented and wise enough to

know high flyers plus achievers have no time to waste doing small talk. Instead they are super on point in ensuring everything goes according to plan just like project management doctrine that make sure everything is done to the letter. You shouldn't be in a position to call yourself you are slacking. Contrary you should be able to label yourself a perfectionist who does everything by the book. Only a person with good ethics can be able to manage this.

Funny enough some do not have the zeal to do this due to various reasons. But to those who can turn a new leaf for the better, this is the time to become proactive enough to lose the procrastination jacket. Once done then you are set to witness and enjoy wonders. Rugarre treasured readers.

Article by Abigirl Phiri, Zimbabwe

5



By Abigirl Phiri-Zimbabwe

summary



Poem Title: To say
By: Abigirl Phiri
To say
I do
To things
I don't
It's nerve wrecking
To think
I can't
To things
You can
It's devastating
To feel
Absolutely
To mediocrity
Then act on it



POEM



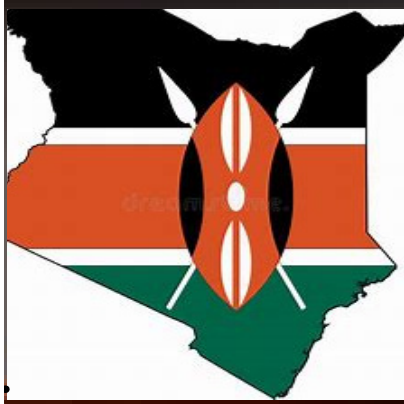
YOUNG LEADERSHIP PROGRAM



Earning a promotion enables you to assume a more important role in your company, earn a higher salary and gain a heightened sense of accomplishment. To effectively advance your career within your company, you will need to have excellent work performance and catch your supervisors' attention. While performance, experience and skills are common requirements for a job promo-

tion in many workplaces, you can take extra measures to become a prime candidate for your desired position. You can take several measures to increase your chances of securing a promotion at work. While the requirements for promotion may vary from one company to another, you can distinguish yourself as a good candidate by follow-

ing these practical tips: Improve your skills to deliver increasingly better results for your company. Expose yourself to a broader range of company activities that enable you to broaden your knowledge, skills and experience and find new opportunities for career growth.



ESAU ORIEDO

FALLEN HERO

ESAU ORIEDO

Kenya FALLEN HERO



Rest In Peace

ESAU KHAMATI ORIEDO

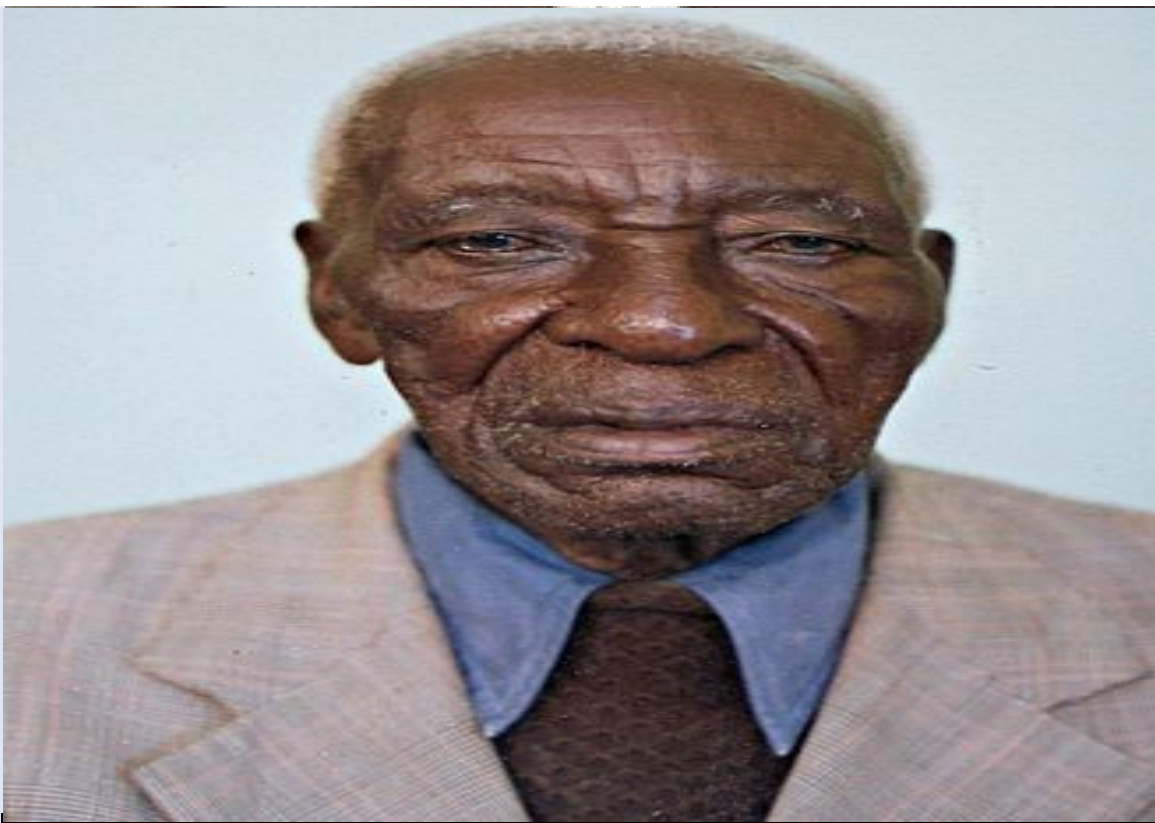
Esau Oriedo was an ardent pan-ethnic philanthropist and a literacy advocate

Esau Khamati Sambayi Oriedo (29 January 1888 – 1 December 1992) was a Kenyan Christian evangelist, a philanthropist, an entrepreneur and a trade unionist, a veteran of World War I and World War II as a soldier in the King's African Rifles (KAR), a barrister, and an anti-colonialism activist. In 1923 he singlehandedly altered the Christian church landscape in Bunyore and the rest of North Nyanza region—in the present-day western and Nyanza regions of Kenya. He was an indomitable adept all-around crusader for a myriad of polygonal causes—the rights of the aboriginal peoples, a stalwart advocate for the syncretism of Christianity and traditional African cultural moralities, and a literacy champion—in the British East African Protectorate & Colony of Kenya, during the period that span more than five decades (1910s – 1960s) of the colonial and postcolonial

In 1952 – 1957 he was detained at Kapenguria together with Mzee Jomo Kenyatta and other fellow Kenyan freedom fighters reminiscent of Chief Koinange Wa Mbiyu by the British colonial government in Kenya, under the so-called emergency rule.

Besides, he endured unadulterated torture, denied legal representation and visitation by his family and confrères; and he bore the arrogation of all his business enterprises, financial, and real-estate property, confiscated as a penal measure by the colonial authorities.

In the early 1930s Esau Oriedo and Jeremiah Othuni (1898 – c. 1958) of En-



TRADE UNIONIST ESAU ORIEDO

yaita successfully, through forceful civil disobedience, advocated for the chieftainship of Bunyore; in what was one of the earliest successful self-determination local movement uprising directed principally against the provincial colonial government in British East Africa. Before that, Bunyore was still under the jurisdiction of the Paramount Chief, Nabongo Mumia of Wanga. Mumia had in 1926 been appointed, by the British colonial government, paramount chief of all four traditionally aligned districts of western Kenya; which included the people of Bunyore.

He was one of the first two council members from Bunyore to serve as a district representative in the colonial era District House Assembly known as the Local Native Council

(LNC) of North Nyanza; one of the 26 country-wide local native legislative units enacted by the colonial government in 1924. Additionally, serving a tenure as the council's chairperson. His aptly articulative adept championing of secular education led to the North Nyanza LNC secular education initiative that gave rise to the founding of the Government African School Kakamega, present-day Kakamega High School; the first secular secondary school and the impetus of the modern-day public education system in Kenya. Esau Oriedo went on to be elected to multiple terms as a councilman in the County Council of Kakamega in the nascent post-colonial Kenya, before voluntarily stepping down to pave way for the younger generation, whom he continued

to coach and mentor. In 1964 he successfully spearheaded the election to the national parliament of Edward Eric Khasakhala, the first member of parliament (MP) from Bunyore. To be continued next week,

As a stalwart Christian crusader, Esau Oriedo is accredited among the native Africans whose contribution facilitated the growth and the headway of the modern Christian church into the interior of the African continent, dating 1450 – 1950.

He and Chief Otieno Andale of Bunyore were principal aborigines ascribed with the successful growth of the Church of God Kima Mission—in its post 1904 infancy.

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

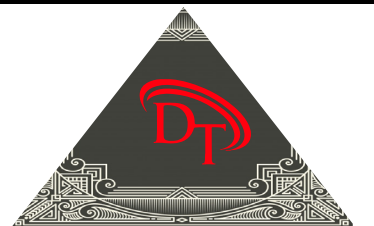
summary



RIP

Esau Oriedo was an ardent pan-ethnic philanthropist and a literacy advocate who awarded a multitude of pan-ethnic bursaries to aboriginal students from underprivileged communities and families who could not afford to pay fees to attend school. Recipients included politician Tom Mboya (d. 1969) and other notable Kenyans. The auspiciousness of his bursaries promoted him to successfully lobby the implementation of the North Nyanza LNC Scholarship Fund. The archetypical recipient of the North Nyanza LNC scholarships was Arthur Okwemba; a cerebrally brilliant young man who went to study medicine at Makerere Medical School. Mr. Okwemba personified one of the first cadre of the 15 percent of Makerere' students who came from entirely illiterate and humble origins

ESAU ORIEDO



Is It Time For Ruto And His Government To Start packing?



Article by
Prof. Peter Ndiang'ui
Fort Myers Florida



When Ruto was elected, he stated that his was a government for the poor. The Mama Mbo-ga and Boda Boda people, as he refers to them. It was going to be a bottoms-up economy. The protests and the anger in the country send a clear message that Ruto and his government have failed the people. There is no sign that Ruto cares for the low-income people.

The economy is in shambles, and Ruto continues to live and travel extravagantly as if all is well. In his foreign travels, it is clear that Ruto has lost touch with the reality on the ground. He tells people to tighten their belts so that he can have the money to do whatever he wants.

His actions do not match his words. The height of this was on his tour of the USA in the infamous private jet that he used while going to beg for money. How do you go to beg when you travel in a luxury jet? It was laughable. He tried to wiggle around it with one lie after another. The man can say anything that comes to his mouth. First, he stated that it was cheaper than Kenya Airways. When that did not go well, he said his friends gave him a gift.

Although I believe he was just trying to find an escape route, that would be a disaster if it happened. If Ruto had read the constitution that he swore to protect, he should have known that such a gift is in violation of Article 6 (76).

I copy and paste it here for him and all to read:

(1) A gift or donation to a State officer on a public or official occasion is a gift or donation to the Republic and shall be delivered to the State unless exempted under an Act of Parliament.

(2) A State officer shall not--

- (a) maintain a bank account outside Kenya except in accordance with an Act of Parliament; or
- (b) seek or accept a personal loan or be-

nefit in circumstances that compromise the integrity of the State officer.

When it all failed, and there were no more lies remaining, his henchmen tried to convince the people that he brought them a lot of goods from Biden, but he is going to continue taxing them even more.

It is interesting to note that Ruto has more recently started using Kenya Airways in his foreign travels.

The finance bill was doomed from the beginning. It does not take a lot of intelligence to understand that you do not add more burdens to people who are already hurting. The economy is at a standstill. People just do not have money.

Public servants go without salaries for long periods. Corruption is rampant all around. More taxes are adding insult to injury. This week, Ruto and his parliament tried to soften the situation by removing some taxes on locally manufactured goods but leaving them on imported goods.

The person announcing (Moses Kuria) on behalf of his master was emphatic that "we are only going to charge levies or taxes on imported goods...not the goods people are producing"; he emphasized. What Ruto and his government forget is that an additional tax (or tariff) on imported goods becomes part of their production and adds to the price of the goods.

The consumers (Kenyans) bear such a burden. Secondly, such an increase in tariffs is reciprocated by the countries from

whom we are importing. They add it to the imports from our country.

It then makes it difficult for us to sell goods. Ultimately, the people bear the burden, and this increases the pain. People in the diaspora who contribute to the economy through remittances are also angry. You have put higher taxes on the goods they are sending home. Their inputs to the businesses at home are included in the imported goods that Moses Kuria announced will have additional taxation.

The best advice we can give Ruto and his government is to step down before the looming revolution kicks you out. Just check the mood in the country and listen to the people. From every corner of the country, the message in different words and languages is the same. It is time for you to start packing.

I am afraid that your arrogance and ego will close your eyes and not read the mood of the country.

Besides all that, it is evident that in his continued desire to please his foreign masters, Ruto has demonstrated that he does not care for the country. Even though he knows that sending troops to Haiti is a very unpopular move, he must do so to please his American master, who allowed him to sit on their presidential chair.

After all, he promised them to do so when they showered praises on him - By the way, they had done the same to Mobutu and others before you, Mr. Ruto. What is there for you, Mr. Ruto? You do not have a dog in this fight.

Our advice is that you withdraw from this suicide mission before it is too late. The sooner, the better. Your foreign masters will not be there to help you when people turn against you after Kenyans are murdered in the streets of Port-Au-Prince. Shameful as it may be, it is still not too late to do the right thing and retreat.

If Ruto and his government do the right thing and step down, Kenyans must consider the next course of action.

This worries me because I do not know what happened to IEBC. I understand there are some constituencies that are going without representation because this body was disbanded. Is it time to ask the Cherera 4 (who the country condemned then) to tell Kenyans and the World the reason that led them to abandon the voting process?

Current circumstances make me question whether they were villains or patriots. What did they know and never got a chance to tell us?

Have we been subjected to an illegitimate government that has made many start chorusing "Ruto must go"?

Time will tell.

American Airlines CEO says the removal of several Black passengers from a flight was 'unacceptable'.

In 2017, the NAACP warned Black travelers about flying on the airline, claiming that several African American passengers had experienced discrimination from airline employees.

American Airlines put an unspecified number of employees on leave for their involvement in an incident in which several Black passengers were removed from a flight in Phoenix, allegedly over a complaint about body odor.

American CEO Robert Isom wrote in a note to staff that the incident was unacceptable. "I am incredibly disappointed by what happened on that flight and the breakdown of our procedures," Isom said in the note this week. "It contradicts our values. ... We fell short of our commitments and failed our customers in this incident."

Three Black passengers sued the airline last month, charging that they were removed from the January flight because of racial discrimination. They said they were told that a white male flight attendant had complained about an unidentified passenger's body odor.

The men said they did not know each other and were seated separately while waiting for the plane to depart for New York. The three said they were among eight passengers – all the Black men on the flight, they said – who were told to leave the plane.



FILE - American Airlines President Robert Isom speaks at a news conference about the company's new partnership with Alaska Airlines, Thursday, Feb. 13, 2020, in Seattle.

The men said they demanded an explanation for their removal during a confrontation with airline personnel in the jet bridge. At least one of the men recorded the discussion, capturing an airline employee seeming to agree that the men were discriminated against, according to their lawsuit.

After a delay of about an hour, they were allowed back on the plane.

American did not say how many employees were put on leave or describe their job titles. A spokesperson for the airline said, "We are holding those involved accountable,

including removing team members from service."

Isom said American would form an advisory group to focus on the experience of Black customers, to promote the reporting of discrimination allegations, and to improve diversity training to "focus on real-world situations to help recognize and address bias and discrimination."

In his note, which was reported earlier by CBS News, Isom said he had spoken with the president of the NAACP about the incident. The civil rights

group did not immediately respond to a request for comment Thursday.

American has faced allegations of discrimination in the recent past. In 2017, the NAACP warned Black travelers about flying on the airline, claiming that several African American passengers had experienced discrimination from airline employees. American promised to make changes, and the NAACP lifted the advisory nearly nine months later.

AP Report

The men said they demanded an explanation for their removal during a confrontation with airline personnel in the jet bridge. At least one of the men recorded the discussion, capturing an airline employee seeming to agree that the men were discriminated against, according to their lawsuit.



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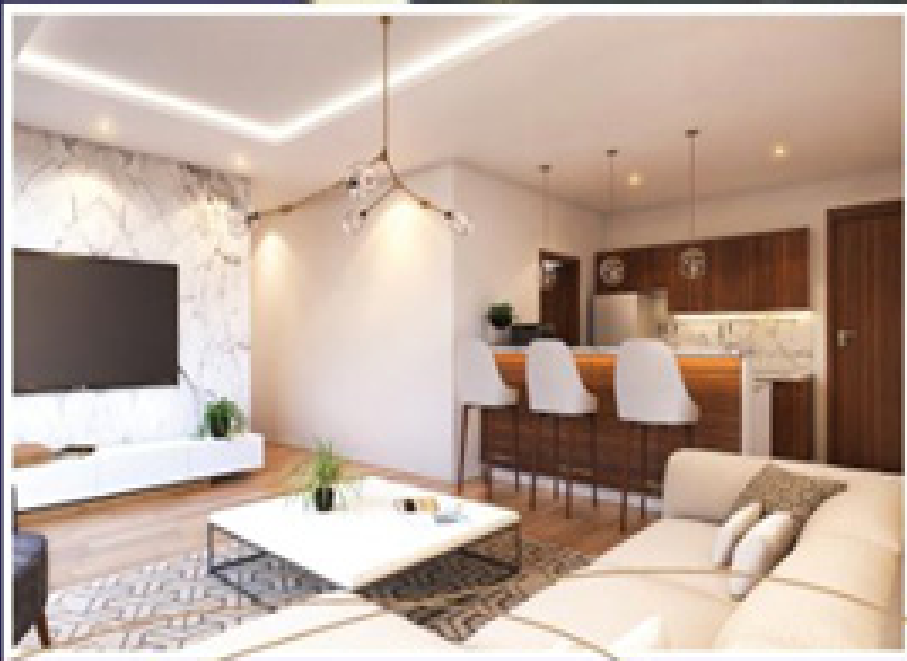


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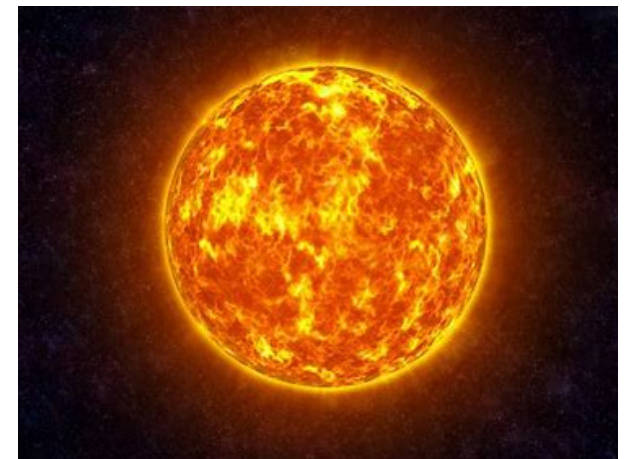
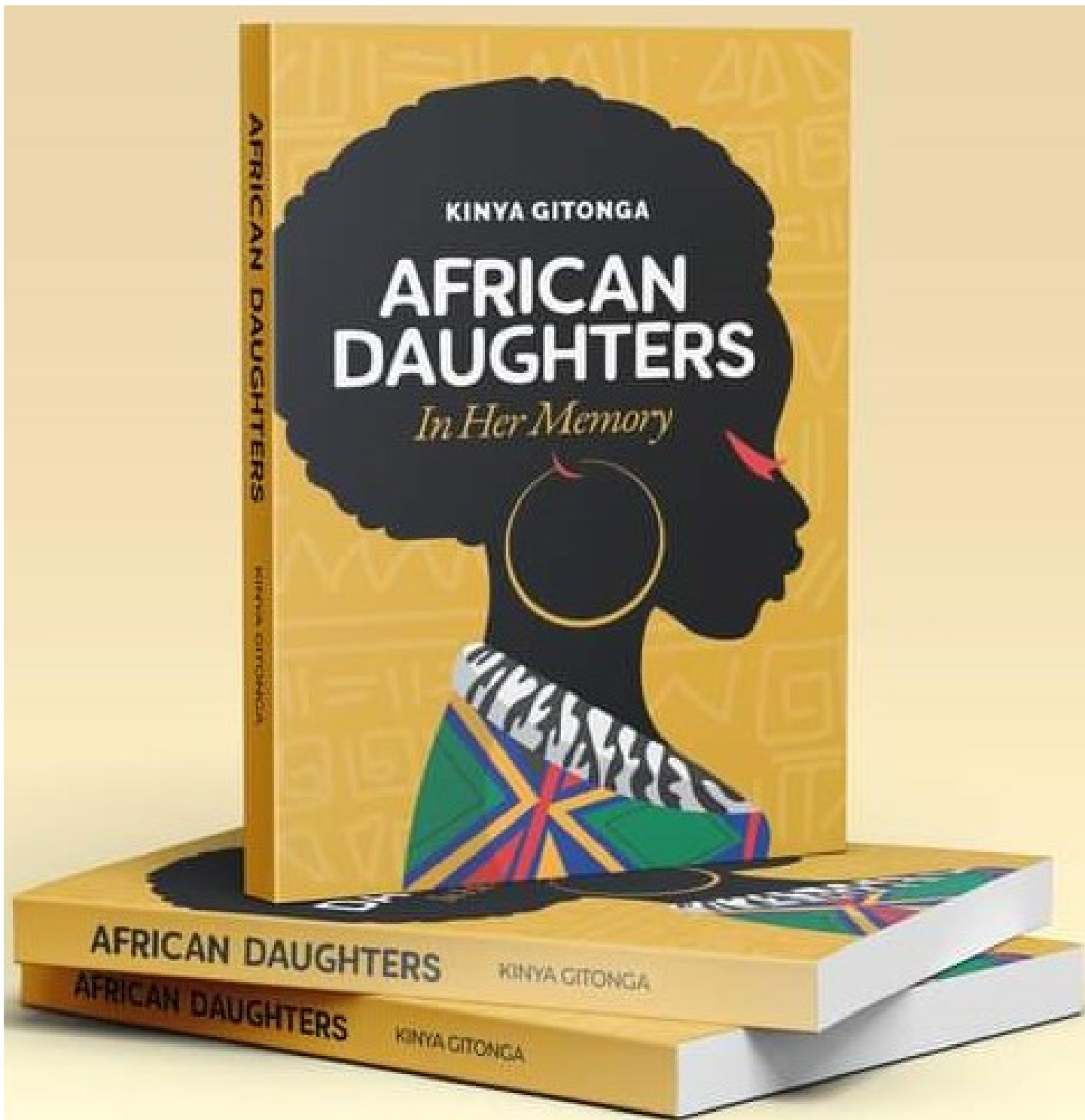


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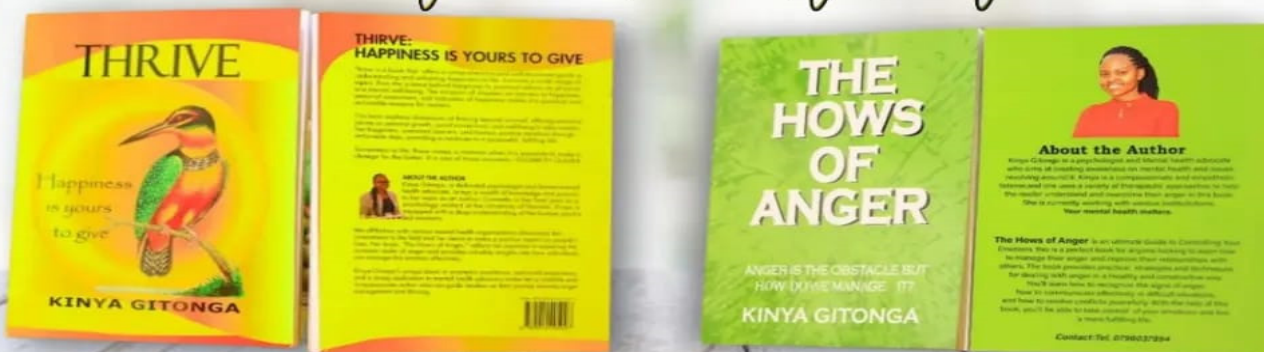
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The greatest glory in living lies not in never falling, but in rising every time we fall. -Nelson Mandela

Helen Keller Life is a long lesson in humility.



HIGHLIGHTS

BIDEN HIGHLIGHTS



President Joe Biden has received a boost in the polls as voters view him more positively on the hot topics of the 2024 election: the economy and immigration.

A Fox News survey of 1,095 registered voters showed that Biden is leading his presumptive 2024 Republican rival, Donald Trump, by two points (50 percent to 48). This is the first time that the president has led Trump in a survey from the news network since October 2023.

When broken down further, the Fox News survey also found that more people feel that the United States economy is in excellent or good shape (32 percent) than at any other time of the Biden administration.

Netanyahu Tells US 'Give Us the Tools and We'll Finish the Job'.

Biden previously held back a shipment of 2,000-pound bombs to signal his frustration and said last month that he would halt additional shipments of offensive weapons if the country launched a full-scale ground invasion of Rafah.

In an English-language video released Tuesday, Netanyahu said he told US Secretary of State Antony Blinken during his visit to Israel last week that he appreciates Washington's support but that it's "inconceivable" that weapons or ammunition have been held back in the past few months.

That video angered the White House and prompted the Biden administration to cancel a high-level meeting with Israel about Iran that was scheduled for Thursday, Axios reported, citing two US officials. US envoy Amos



Hochstein delivered the administration's frustration directly in a meeting with Netanyahu, according to the report.

US officials didn't immediately respond to a question about the meeting. Earlier, the White House denied that any

weapons are being withheld beyond a previous decision to hold back on the delivery of some bombs. "We genuinely do not know what he's talking about," Press Secretary Karine Jean-Pierre told reporters. "We just don't."

The Biden administration has become increasingly critical of Israel's offensive in the Gaza Strip to root out Hamas, the group designated a terrorist organization by the US and European Union that killed more than 1,200 Israelis and abducted more than 250 on Oct. 7, triggering the ongoing war. More than 37,000 Palestinians have been killed, according to the Hamas-run Gaza health ministry, which doesn't differentiate between combatants and civilians.

Boomerang share



Many politicians in Kenya fit that description

While the chameleon is capable of changing colors, there are people in leadership who change their beliefs (if any) according to circumstances.

They have no principles to guide them- but rather spontaneous quick decisions that are only beneficial to themselves. THE NARCISSIST IS A CHAMELEON AND AN EMPTY VOID-Toni Evans

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

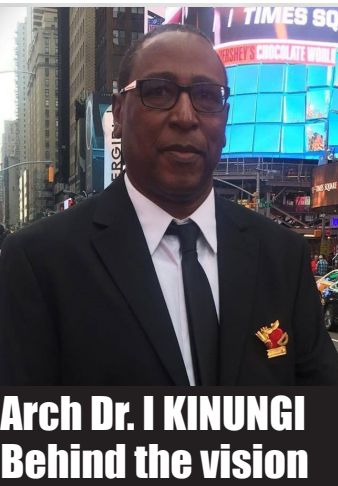


Abigirl Phiri



Memory Phiri

Senior Reporters



Arch Dr. I KINUNGI Behind the vision

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THE FUTURE

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



Charles Kabiriri Activist, Kenya



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A Night Game Drive In Hwange

It's so rhetorical to say that there is nothing to fear since you will keep your distance



Tourism with
Memory Phiri
Zimbabwe.

What you see is what you get. I always talk about a game drive in passing but today

I will delve deeper into this adrenaline pumping activity. It plays a huge role in the safari circles because the game or wildlife is the center of attraction.

The wilderness is their natural habitat so we have to visit them time and again to check on what it entails. Thus, everyone will be ready for action when the tour guide steps on the gas. But have you ever wondered why sometimes we do not get the chance to see some game.

Technically, it's the timing that matters for one to enjoy some game viewing especially when it comes to the ever elusive cheetah. Standing vigil in the afternoon waiting for the animals to pitch up at a waterhole is out of the question at a night time game drive. Need I mention

This only narrows down to the fact that the destination has history because it is our very own wildlife sanctuary that represents the Great Limpopo Transfontier Park and Conservation Area.



The experience at Hwange is just exciting

that it will be quite and our nocturnal wild friends will be strolling about.

Furthermore, the cat family has very sharp night vision so they will be active and comfortable in the dark. Without any shadow of doubt, you are bound to witness the high concentration of wildlife at night.

Hwange National Park is offering a night wildlife encounter which enables nature and outdoor enthusiasts to see it all. Good examples include the wild dogs, porcupines, genet, leopard and civet cats and antelopes you name it.

The beauty of travel or safari photography lies in the fact that you can always take some pictures in the process. Thanks to technology and its advanced cameras, taking a picture at night is possible these days. Truth is, if you fail to see anything worthwhile in broad daylight

then try out the night time game drive. Forget about your beauty sleep and explore this activity that enables tourists to reap the fruits of seeing every animal that you daydream about.

It's so rhetorical to say that there is nothing to fear since you will keep your distance. Fortunately, a professional guide or ranger will keep you posted about the animals in the immediate environment.

Participants are supposed to have some proper walking gear and a night torch therefore the guiding services, transport and refreshment are part and parcel of the package. Accordingly, Hwange National Park is a protected area and it is the place to be.

In the aftermath of the game drive, you can also do some camping at Bumbusi and experience the exciting safari tourism product. Four nights at this camp

is the optimal time to view the gorges, rivers and hills. After dinner campers will be sitting around a bonfire that will be shielded by giant rocks and captivating trees. Interestingly, these are some of the perks that come with a night experience. What a way to end your nocturnal safari under the stars.

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

Worship the Lord your God, and his blessing will be on your food and water. I will take away sickness from among you.
Exodus 23:25 Romans 15:13

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.

Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?"

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

The Lord will keep you from all harm—he will watch over your life; the Lord will watch over your coming and going both now and forevermore.
Psalm 121:7-8

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



Pastor Mukuria



Brother Kigume

MORNING AFFIRMATION
Morning Affirmation
Psalms 32:8
I will instruct you and teach you in the way you should go, I will counsel you with my eye upon you.
Good day!!!!

Efficient is a character trait that describes the ability to do things in a quick and effective way, using the minimum amount of resources possible.



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

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

Thousands In Kenya Demonstrate Against Proposed New Taxes.

Thousands of mostly young people demonstrated Thursday in Kenya's capital and across the country against new tax proposals by the administration of President William Ruto in its annual budget legislation. The protests brought Nairobi's central business district to a standstill as horse-riding riot police threw tear-gas canisters and opened water cannons on demonstrators who advanced towards parliament buildings, where lawmakers debated the finance bill.

The protesters, who began their demonstrations in a first round on Tuesday, are demanding that lawmakers vote against the legislation, which is expected to be burdensome for salaried



Lawmakers were debating and voting Thursday on the legislation in its second reading. It is due for its third and final reading next week. Meanwhile, demonstrators tried to breach a security cordon to access parliament buildings, carrying anti-government placards and chanting against Ruto.

Kenyans, entrepreneurs and consumers. They say Ruto has gone back on his pledge to reduce taxes and lower the cost of living. The new taxes would include a 2.75% levy on income for the national medical insurance plan, as well as increased taxes on vegetable oil and fuel, which would increase the cost of production and trickle down to the consumer. Proposals to introduce a 16% value-added tax on bread and a new annual tax on motor vehicles were removed from the legislation Tuesday after a meeting between Ruto and ruling party members. "Our parents have been

taxed dry, yet there's no development to show for it. We reject any additional taxes and will stay on the streets for as long as it takes," Ashley Mwai said. The 19-year-old who has never voted said the new taxes have made her get involved in politics for the first time for the sake of her parents who do not have the energy to join protests. "As much as I'm not earning an income yet, additional taxes will increase the prices of food and transport, making life unbearable for us young people," Mwai said. Businessman Walter Mwangi, 34, said he's struggling to earn a living because taxes

are already crippling his consultancy business. "We are sick and tired," Mwangi said. Lawmakers were debating and voting Thursday on the legislation in its second reading. It is due for its third and final reading next week. Meanwhile, demonstrators tried to breach a security cordon to access parliament buildings, carrying anti-government placards and chanting against Ruto. The president was attending a university event in the southeastern town of Garissa where anti-government protesters lined the street leading to the event venue. Young people also demonstrated in the president's

home turf of Eldoret town, where they told journalists they had been duped into voting for Ruto. Ruto said earlier in the week that the protests were a constitutional right, but that government institutions must carry out their mandate. AP SHARE



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

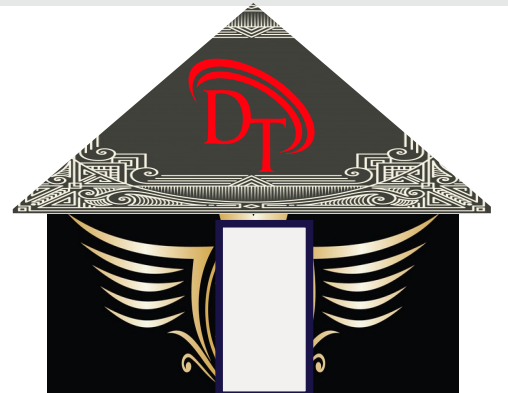
Americans on Medicare could now be eligible to get a new Food Allowance Card with an annual spending limit, yet many don't even know it exists. This benefit is helping smart seniors get the benefits they deserve and can be used cover various bills and even groceries. Up until recently, Americans have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



MENTAL ILLNESS

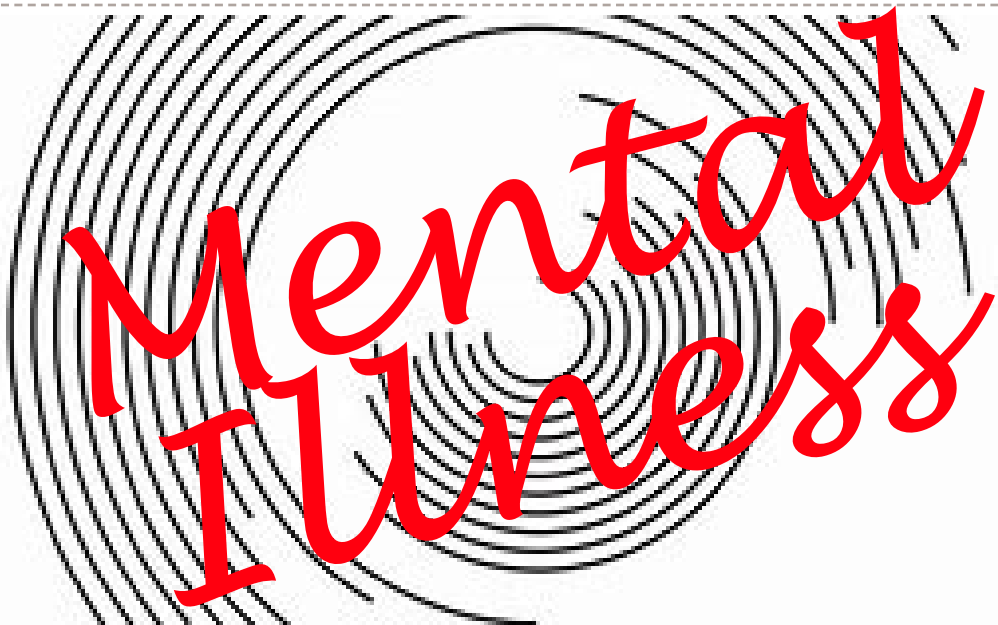


Suicidal thoughts and behavior are common with some mental illnesses. If you think you may hurt yourself or attempt suicide, get help right away.

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

summary

Mental illness, also called mental health disorders, refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors.



Get regular physical activity on most days of the week

Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function. A mental illness can make you miserable and can cause

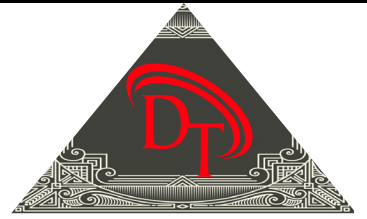
problems in your daily life, such as at school or work or in relationships. In most cases, symptoms can be managed with a combination of medications and talk therapy (psychotherapy).
Symptoms
Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Mental illness symptoms can affect emotions, thoughts and behaviors. Examples of signs and symptoms include:
Feeling sad or down
Confused thinking or reduced ability to concentrate
Excessive fears or worries, or extreme feelings of guilt
Extreme mood changes of highs and lows

Withdrawal from friends and activities
Significant tiredness, low energy or problems sleeping
Detachment from reality (delusions), paranoia or hallucinations
Inability to cope with daily problems or stress
Trouble understanding and relating to situations and to people
Problems with alcohol or drug use
Major changes in eating habits
Sex drive changes
Excessive anger, hostility or violence
Suicidal thinking
Sometimes symptoms of a mental health disorder appear as physical problems, such as stomach pain, back

pain, headaches, or other unexplained aches and pains.
When to see a doctor
If you have any signs or symptoms of a mental illness, see your primary care provider or a mental health professional. Most mental illnesses don't improve on their own, and if untreated, a mental illness may get worse over time and cause serious problems.

Mental illnesses, in general, are thought to be caused by a variety of genetic and environmental factors:
Inherited traits. Mental illness is more common in people whose blood relatives also have a mental illness. Certain genes may increase your risk of developing a mental illness, and your life situation may trigger it.
Environmental exposures before birth. Exposure to environmental stressors, inflammatory conditions, toxins, alcohol or drugs while in the womb can sometimes be linked to mental illness.
Brain chemistry. Neurotransmitters are naturally occurring brain chemicals that carry signals to other parts of your brain and body. When the neural networks involving these chemicals are impaired, the function of nerve receptors and nerve systems change, leading to depression and other emotional disorders.

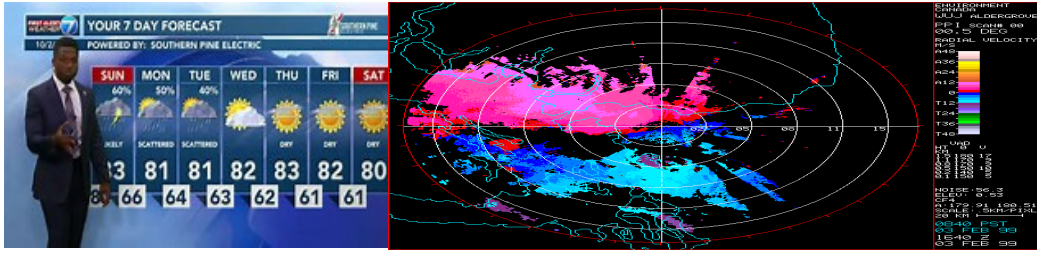
Mental Illness



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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



Serious heat wave Continues To Scorch The Eastern States



The eastern half of the United States faces an intense heat wave starting late this week and peaking next week that could produce dangerously high temperatures over a large area for an extended period. It could threaten records and place vulnerable groups of people at risk from heat-related illnesses. Over the weekend, widespread highs in the mid-90s to around 100 — some 10 to 20 degrees above normal — will spread across the southern Plains, South and Midwest. By Monday, the heat will swell into the Ohio Valley before reaching the Mid-Atlantic and Northeast shortly thereafter. For much of next week, a punishing combination of heat and humidity will remain lodged over the East — although some relief

may arrive in the Upper Midwest during its second half. The source of the heat is a sprawling heat dome — or strong zone of high pressure — that is centered over northern Mexico and the southwest United States, where record high temperatures are occurring in some areas. It is forecast to shift eastward this weekend and will become centered over the southeast. Next week it will drift northward toward the Mid-Atlantic while strengthening and expanding in all directions. Some models indicate that the heat dome could reach historic strength for the time of year. The European weather model simulation, shown above, shows its intensity even surpassing the heat dome of June 29, 2012, during which Washington set a June record of 104 degrees. It hit 109 degrees in Nashville and

105 in Raleigh, N.C., that same day. It's already been one of the warmest years on record in the East because of a largely absent winter and mild spring. But since the start of June, the nation's most extreme heat has occupied the West. That's about to change in a big way. While the heat dome shifts and reconfigures over the South and southeast, the potential for record highs will arrive as soon as Friday in Atlanta and Raleigh, where temperatures could rise to near 100. Over the weekend, record highs near and above 100 should be common from Arkansas to coastal Georgia. As the heat dome shifts north and strengthens, record highs are probable across the Ohio Valley on Monday and into the Mid-Atlantic by Tuesday. More record heat is probable in the East after that, too.

The National Weather Service has developed a new HeatRisk product, which evaluates the threat of predicted temperatures on a 0 to 4 scale. Most of the Lower 48 states will experience at least Level 2 or 3 HeatRisk levels over the next week as the heat dome evolves. Large areas of Missouri, Illinois and Indiana as well as portions of Kansas, Iowa, Michigan, Ohio, West Virginia and Georgia are forecast to experience Level 4 or "extreme" conditions. Des Moines, St. Louis, Chicago, Indianapolis and Atlanta are some of the cities in this zone. Washington Post Share



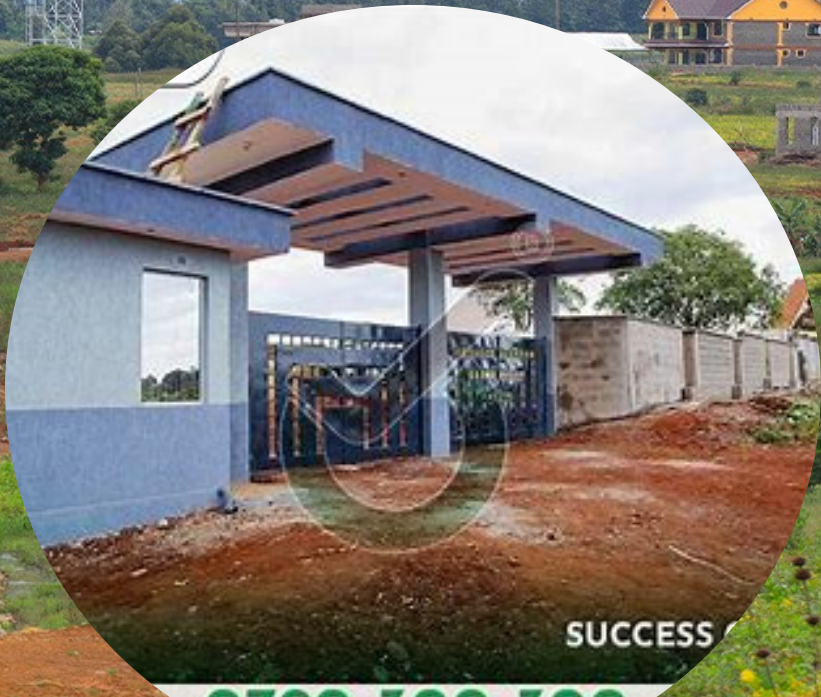
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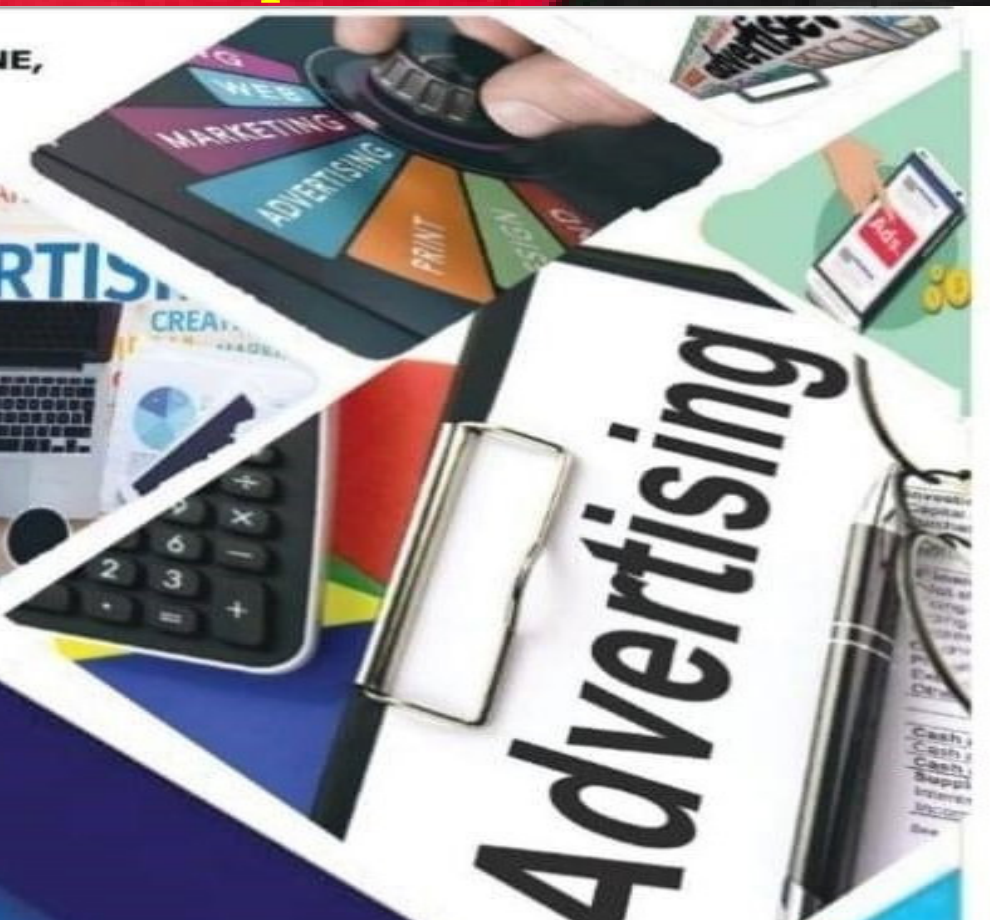
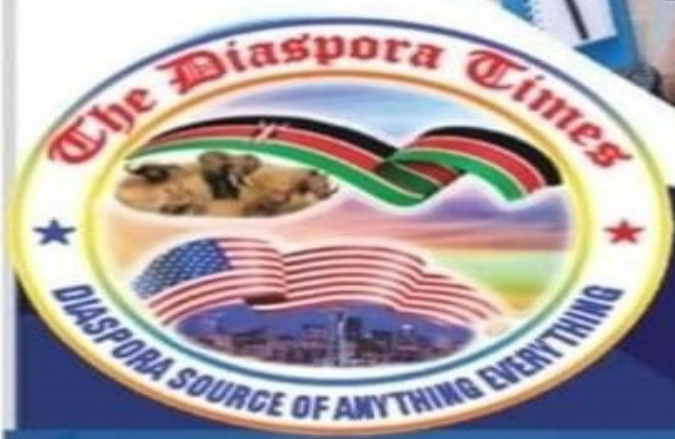
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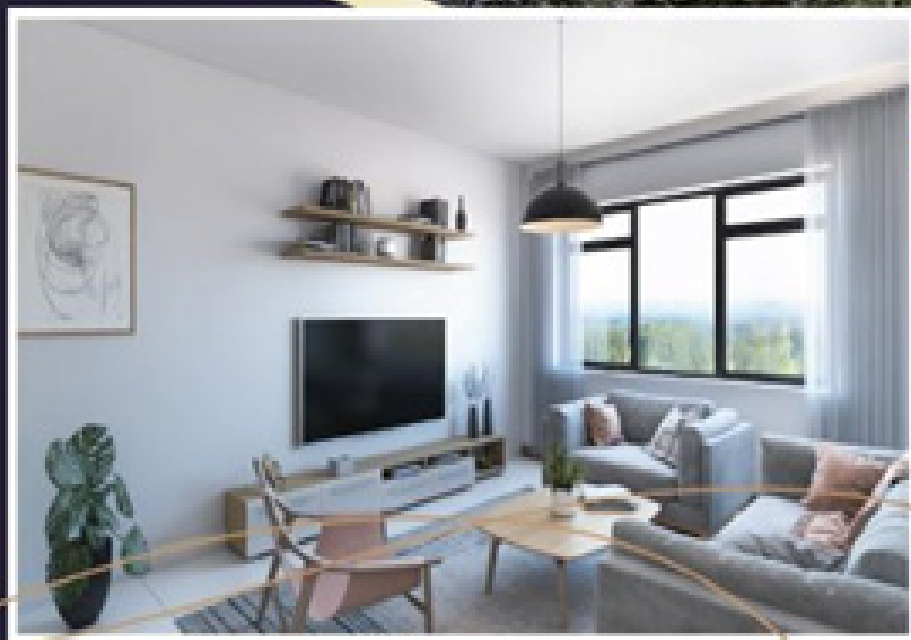


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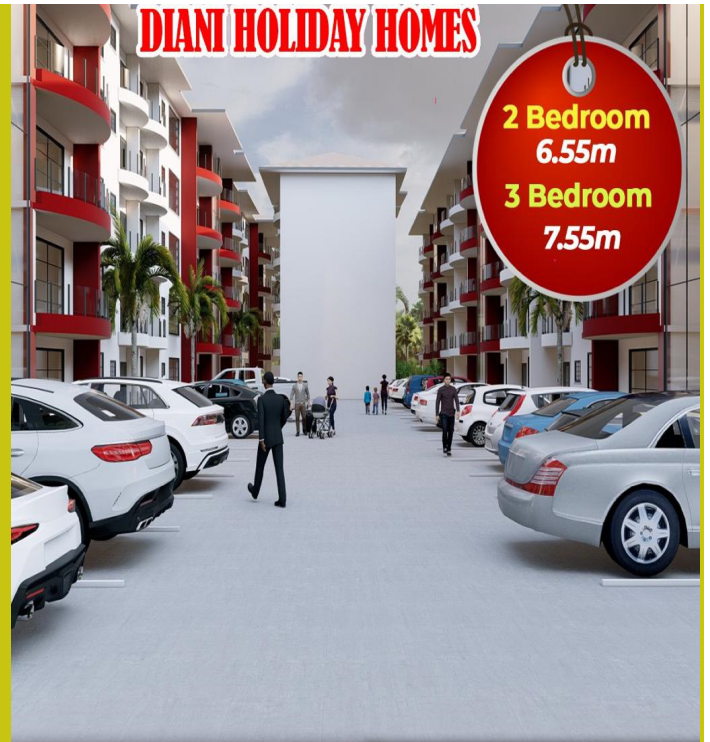
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BACKPAGE

WORLD OF SPORTS

Raiders have answer on right side of OL in 2022.



Shared by:
By Tafara
Makusha

Sometimes centers are more natural being right-handed guys than they are left-handed guys for whatever reason, and he's just more natural moving over there.

as uncertain as it seemed the right side of the Raiders' offensive line seemed to be this offseason, there wasn't any uncertainty if you ask them. They had their guys already in the house.

Through the offseason so far, the first team right guard and right tackle spots have been manned by Dylan Parham and Thayer Munford respectively.

Both young linemen were selected by the Raiders in the 2022 draft. Parham was the team's top pick in the third round and Munford a seventh round pick. And here they are entering their third NFL seasons with the inside track to be the team's starters on the right side.

Parham had started at left guard since he was a rookie, but his offensive line coach James Cregg likes the former center better on the right side.

USA today Share.



SPORTS WORLD

