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MEDICAL DOCTOR

By Abigirl Phiri

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KENYA AS NON NATO ALLY

By Charles Kabiriri

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The Diaspora Times



e-paper

June 1st, 2024 Issue 248

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

4-bodies-recovered in the rubble of collapsed commercial residential apartment in Gitaru, Kiambu. The three-storey building was being demolished to pave the way for the construction of an interchange.

STOREY BUILDING COLLAPSES IN GITARU KIAMBU KILLING FOUR WORKERS. *SAD NEWS*

MORE CLOSER SUPERVISION AND WARNINGS ARE NECESSARY TO AVOID SUCH OCCURRENCES IN FUTURE



There are others still trapped and the operation to retrieve them is on.

DEMOLISHING WITHOUT PROPER SUPERVISION MAY BE THE CAUSE OF THE TRAGEDY.

Road construction workers were demolishing a building when it collapsed on them, trapping scores inside- in Gitaru village, Kabete, Kiambu County, on Friday, May 31, evening. At least four people were confirmed dead, while others were still trapped in the rubble. Recovery efforts to retrieve the 4 workers still in progress

Those at the scene, captured footage showing an excavator actively engaged in the rescue operation while a section of the building's wall lay in ruins. Rescue teams have been dispatched to the location to save the trapped individuals, and emergency services are on standby as curious onlookers gather to witness the unfolding.

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NEW KENYA MOVEMENT
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Laughter is medicine

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FALLEN HEROES

She was born in Mutsara wa Tsatsu between 1840 and 1860. She was the only girl among five children and was named Mnyazi wa Menza
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It is not from your own goods that you give the beggar; it is a portion of his own that you are restoring to him. Antonin

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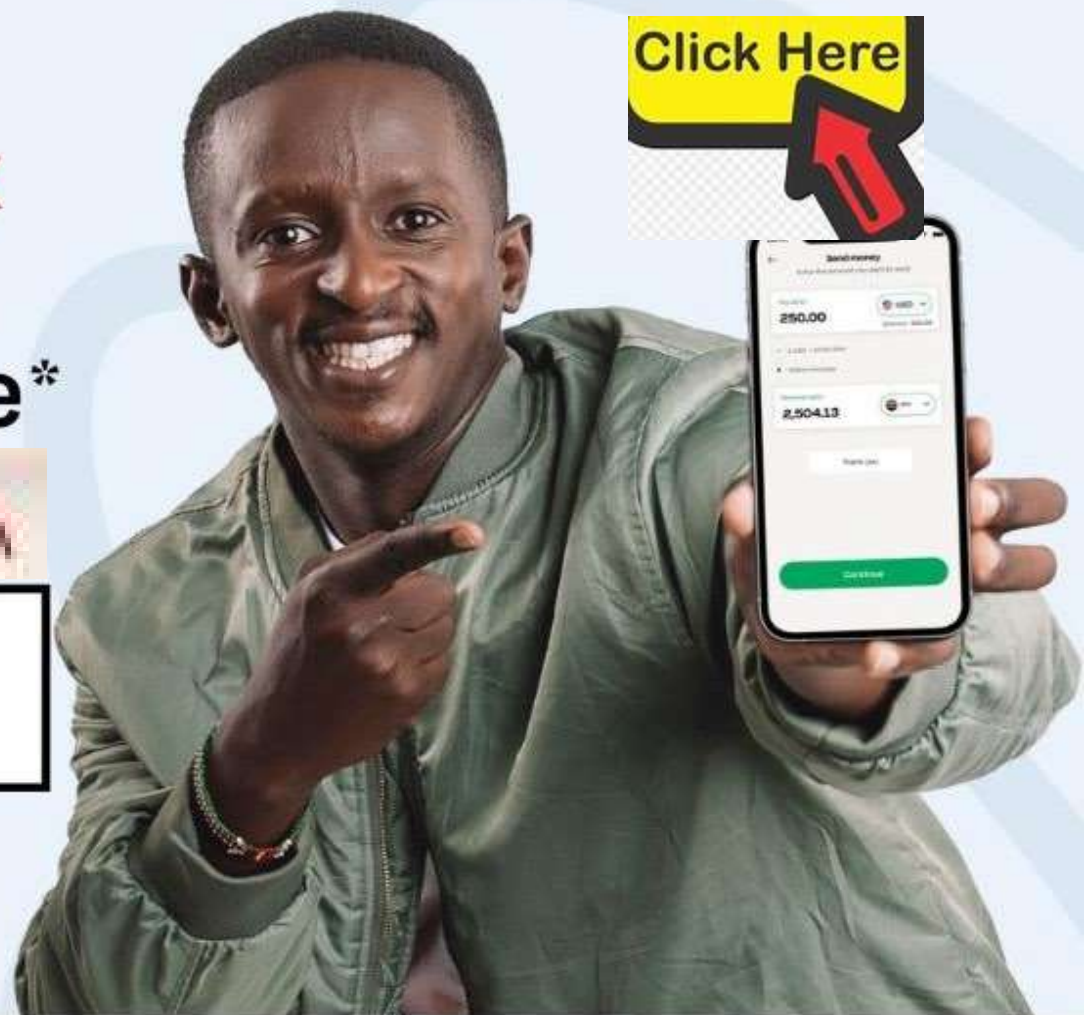
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Charles Kabiriri
Political Activist
New Kenya Movement
For Change

Kenya has now been picked as a major non-member NATO ally south of Sahara, which comes with disadvantages and far reaching consequences.

Kenya Needs To Focus On Leadership Change To Achieve Real Economic Freedom And Prosperity.

Kenya's transition moment is on leadership change for economic freedom and prosperity. The promulgation of the August 2010 constitution through a referendum ratified in the absence of civil strife was one step in the right direction that gave Kenya a global recognition.

Our disciplined forces have equally handled with success numerous peace-keeping missions within and out of the continent. Kenya has been linked to many peace talks brokered in Nairobi. To this extent, many global organisations have had confidence with the country which led to the establishment of many global organisation headquarters in Nairobi and being venue to many international conferences, Kenya's stature has remained to be on the rise.

Although we have had our share of domestic difficulties most outstandingly with runaway corruption and

It's from the American assistance to President Ruto that has resulted in Ruto aligning himself to the West even after having come up as a Pan-Africanist during his famous stand on monetary intervention proposing that Africa abandon the dollar in their trading and also made outbursts for equal and fair treatment of African leaders upon being invited abroad by the West and also spoke on the need to review terms and conditions affecting African loans and interests with IMF and World Bank.



lack of service delivery from government quarters, we have been able to offer a home to neighbouring countries at war that at some point, Kenya was home to the largest refugee camp in the world, the Dabaab that was based in Kenya's northern frontier. These and many other socioeconomic and political factors contributed much to the Kenya-USA ties that were crowned following President Joe Biden extended a state visit invitation to President Ruto, quite unique of an African State. President Ruto came to power courtesy of the American secret involvement in Kenya's last General elections that saw deep political differences emerge in the country from the disputed election results with the Supreme Court Of Kenya ruled on the presidential petition in favour of William Ruto sparking a backlash that resulted with protestations across the country.

At some point, the opposition demanded the opening of the servers to access the election information to which Ruto's government became adamant until foreign powers intervened for the purpose of the two antagonists to address their grievances through a national dialogue that was to come up with proposals, after the administration was cornered by protests called by the opposition, waged across the country hurting the economy further.

It's from the American assistance to President Ruto that has resulted in Ruto aligning himself to the West even after having come up as a Pan-Africanist during his famous stand on monetary intervention

proposing that Africa abandon the dollar in their trading and also made outbursts for equal and fair treatment of African leaders upon being invited abroad by the West and also spoke on the need to review terms and conditions affecting African loans and interests with IMF and World Bank. Today, Kenya has plans to deploy a thousand police to help in fighting Gangs in Haiti that have taken hostage the capital city, Port au Prince following an arrangement with America under UN resolutions which arrangement has been met with a lot of criticism both at home and in Haiti. In his recent state visit to the USA, President Ruto maintained that the Haitians have long waited for orderly administration in their country, and his decision for the deployment is out of humanitarian grounds. In his part, Joe Biden attached the engagement of President Ruto with the Haiti deployment of Kenyan police force, as part of the roles America is engaged in and which it finances abroad.

This confirms that Ruto is working for America's interests in Haiti.

From these efforts and perceived collaboration, Kenya has now been picked as a major non-member NATO ally south of Sahara, which comes with disadvantages and unseen far reaching consequences leading to attacks.

The ongoing scramble for Africa by Russia and China has been one reason why America was quite strategic in having Kenya to offer the country a military base supposedly agreed at Manda Bay.

This follows the recent termination of operations of French and American forces by the Francophon states!

Being a major non-member NATO ally means that if Kenya is attacked, America will come in

The Kenya military will have the privilege of support and an inflow in military gadgets, intelligence, and strategic security.

Kenya-American trade will widen, and the country will also have more support with infrastructural development.

The police and military forces will be upgraded.

Kenya will, however, be more prone to terror attacks.

The country has been assigned to join in the fight against Houthi rebels of Yemen, and this speaks of the new terrain the country finds itself in.

Our judiciary was expedited in 2012 when a ruling was made on Somali pirates captured in the high seas, which indicates our judiciary capabilities and thus meets the required standards.

The big challenge now is with our transition as a country based on the political understanding capacity with our people and the nature of change, so we aspired for the country.

The mindset of our current leadership is so distasteful as it's too tribal, corrupted, and generally lacks that internationally accepted practice and touch!

It's from this perspective that mindset change has been reasoned as a crucial campaign tool in the lead up to our next general elections as our transformation from politics of tribalism and patronage to politics of Idealism from the core has remained a big challenge mainly due to recycling leadership and the inability of the citizenry to climb down the paradigm of their tribal cocoons!

Being a major non-member NATO ally comes with a change in our political matrix, and therefore, so much has to change!



LAUGHTER IS THE BEST MEDICINE



THE MEDICINE CALLED LAUGHTER IS THE BEST MEDICINE



The historians had gathered for a party in Cairo after they had discovered a new mummy.

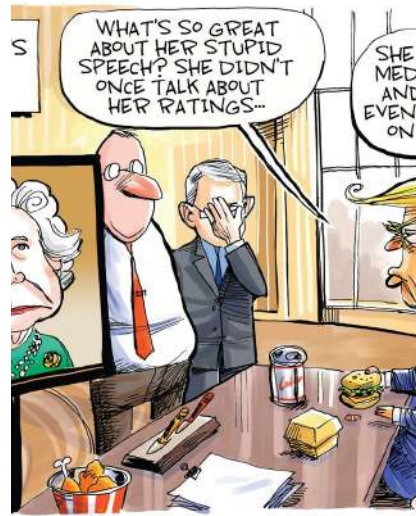
The discovered mummy, on display at the party hall, suddenly woke up. Seeing the historians alarmed, the mummy said that he just wanted to listen to some music.

The mummy said, "Please don't play jazz because my trom-bones are in a very bad shape. Could someone please put on some wrap music?"

A family was having dinner once when the youngest boy asked his father whether worms tasted nice when we eat them.

Both the parents reprimanded the little boy and told him that these things shouldn't be discussed over the dinner table.

When the father asked the boy after dinner why he had asked such a question, he replied, "Papa, I think worms



taste okay because there was one in your noodles."

A bear walks into a bar... The bartender is extremely busy and looks tired. He eventually makes his way over to the bear.

The bear immediately tells him, "You look exhausted." "Yeah, it's been a rough day," says the bartender, "What are you drinking?" "I'll have a glass of...", says the bear. He waits a painfully long moment before finis-

hing, "...scotch."

"Why the long face?", asks the bartender.

"Don't you mean big pause?", asks the bear.

"Yeah, sorry. Like I said, it's been a rough day."

Two young salmon are swimming along one day. As they do, they are passed by a wiser, older fish coming the other way.

The wiser fish greets the two as he passes, saying, "Morning, boys!

How's the water?"

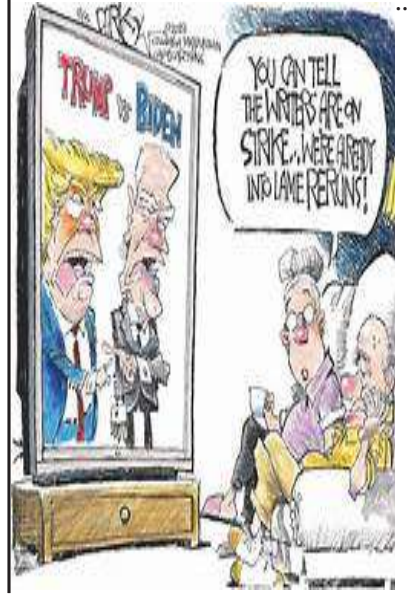
The other two continue to swim in silence for a little while, until the first one turns to the other and asks, "What the hell is water?"

400 passengers but only 200 meals were loaded onto a flight from Delhi to New York City. It was only discovered after take off, when the flight attendants started going through their preparations for the meals. So, the airline had bungled, and the crew was in a fix. However, one smart flight attendant had an idea. A couple

of hours into the flight she nervously announced, "Ladies and gentleman; we don't know how this happened, but we have over 400 people on board, but only 200 dinners.

Anyone who is kind enough to give up their meal to someone else, will receive unlimited free liquor for the duration of the flight!"

Her next announcement came six hours later: "Ladies and gentlemen, if anyone wants to change their mind, we still have 180 dinners available."



EDITORIAL PICK



Internet sourced story-NBC

Donald Trump was convicted on felony charges. Will he go to prison?

A New York jury's historic conviction of Donald Trump on felony charges means his fate is now in the hands of the judge he's repeatedly ripped as "corrupt" and "incompetent."

Two experts told NBC News that it's unlikely Trump will be imprisoned based on his age, lack of a criminal record and other factors — and an analysis of thousands of cases found that very few people charged with the same crime receive jail time. But a third expert told NBC News he believes it is "substantially" likely Trump could end up behind bars.

Trump was convicted on 34 counts of falsifying business records, a class E felony that is punishable by a fine, probation or up to four years in prison. During the trial, Judge Juan Merchan threatened to put



Trump behind bars for violating his gag order, but it's unclear if the former president will face similar consequences now.

Former federal prosecutor Chuck Rosenberg, an NBC News analyst, said it's unlikely that Merchan would sentence Trump, 77, to any

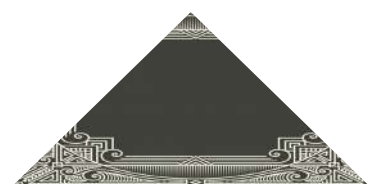
jail time, given his age and his status as a first-time, nonviolent offender. "I'd be very surprised if there's any sentence of incarceration at all," Rosenberg said. "Of course, he did spend a good bit of time insulting the judge who has the authority to incarcerate him."

The next step for Trump at this point

is his sentencing, which is set for July 11.

Arthur Aidala, a former prosecutor in the Brooklyn district attorney's office who's now a defense lawyer, said the judge will likely use some of the time before sentencing to research similar cases to determine what the median sentence is.

"He wants to know before he sentences someone what the typical sentence is," Aidala said, and would consider other factors like Trump's age and lack of criminal record, while also taking into account the lack of injury caused by the crime. Aidala said he believes whatever punishment the judge comes up with would be "a non-jail disposition."



Article By Abigirl Phiri- Zimbabwe



Portuguese Medical Doctor Making Waves In Poetry.

Poetry is the experience of being a part of the universe, in its essence and transcendence.”

Maria do Sarmeiuro Barroso is a medical doctor, multilingual poet, translator, author and researcher in Portuguese and German Literature not forgetting the History of Medicine.

To date, she has authored over 40 books of poetry which have been published in Portugal, Brazil, Spain, France, Serbia, Belgium, Albany and USA. At the same time, she has also authored essays that have culminated into being featured in international literary magazines.

As a result, Maria's poems have been translated into around thirty languages. In the same vein, she was awarded national and international prizes such as the International Prize Pray of Mother Teresa, Literary Club "Gjon Nikkollë Kazazi, Gjakovë, Kosovo (2019); Prix du Concours International de poésie de l'Académie Européene des Sciences, des Arts et des Lettres (AESAL) 2020; 1st Prize "Versos del Pilcomayo" Bolivia; 1st Prize in poetry, Honorable Mentions in Micro-story and Letters (2020); Honor Prize for Complete Work as well as the Naji Naaman Literary Prize 2021 inter alia.

Accordingly, Maria stated that she started



to write unexpectedly in June 1986. Thus, it started with a grave epigram when her brother Severino Jorge died an untimely death when a sport aeroplane crashed in 1979. For that reason, Maria never recovered from that huge loss. This is why she turned into an apprentice of death like she had read in one of the Rainer Marie Rilke's poems.

Henceforth, she added that is when she realised that, "Writing was the axis of my life in which everything converges. To me, poetry is the experience of being a part of the universe, in its essence and transcendence." In fact, in 1987 she even penned a poem in her first poetry book O Rubro das Papoilas (Red poppies) that gives testament to the fact that she was born a poet entitled "Era Junho e velas brancas" which means (It was June and the boat sails were

white). That said, Maria has always wanted to travel the world to learn more about life and to discover her true self. Interestingly, it took her time to get to know herself personally. This is because she grew up as a quiet and silent child who wanted to explore the world. Fortunately enough for her, she grew up naturally gifted for literature and languages. Consequently, she loves an array of all that is primordial, fresh and new.

The love for medicine came up later with time so she informed me. Worth noting is that she was touched by the challenges that individuals face on a daily basis therefore this is the reason why she aims to alleviate people's distress and pain. Indeed, this is partly why she found herself taking the Hippocratic Oath.

In particular, she has always loved history,

especially ancient one that has mythic narratives on the origin of word. Without doubt, poetry is very significant to her for she views herself as a poetic animal.

Whenever Maria do Sarmeiuro Barroso is doing poetry, she finds herself in her element. All in all, through poetry one can address issues that ranges from greed, injustice, social inequalities to poverty poetically.

On all intents and purposes, Maria has an absolute need for harmony after all poetry avails the opportunity to escape the world's evil through its reign of goodness. Interestingly, Maria feels fortunate that she writes in a number of languages such as Spanish, English, French and German besides her mother tongue Portuguese. Nevertheless, she usually gives her poems to a native speaker for revision.

However, it must be noted that her direct experience as a medical doctor is seldom found in her poetic work. Overall, great Portuguese poets and others from all over the world also inspire her. In light of the stated above, poetry and art are a source harmony, wisdom and inner peace as highlighted in her poems.



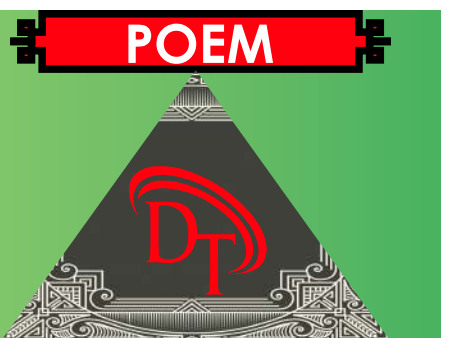
By Abigirl Phiri-Zimbabwe

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



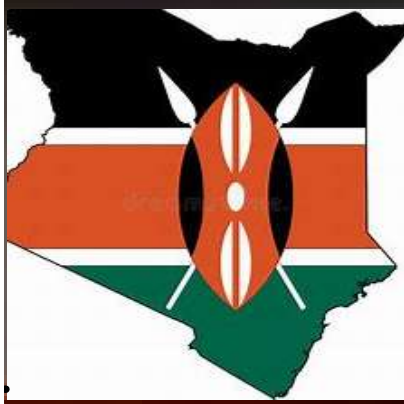
If you are feeling unsure or insecure while leading, your team will be able to read that energy and may become unsure of your leadership too. That's why it's important to practice confidence when speaking to them: Make eye contact, use gestures to accentuate your point, stand up straight, and maintain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



Mekatilili

FALLEN HERO

Mekatilili

Kenya FALLEN HERO



Rest In Peace

MEKATILILI WA MENZA

Mekatilili wa Menza, fearless warrior leader who resisted the British colonisation in Kenya

She was born in Mutsara wa Tsatsu between 1840 and 1860. She was the only girl among five children and was named Mnyazi wa Menza (Mnyazi, daughter of Menza) by her parents. She was named Mekatilili after her son Katilili now me –mother of Katilili.

When she was a young girl, her grandma used to tell her the tales about the coming of white men which were fore-told by a Midzi-Chenda a Mijikenda prophetess named Mepoho. She knew from the prophecy the foreigners would come to oppress her people, destroy their culture, but a woman will stand for them. Photo Courtesy of Rich Allela

Mekatilili interacted with Arabs Mand British in Malindi and great market near Kilifi trading with them. Her resentment towards foreigners was triggered by her personal tragedy which has been attributed as being responsible for forced labour and oppression.

During her trading visits, Mekatilili saw one of her brother named Mwarandu taken captive by Arab slave merchants, this left deep psychological scar on her.

Traditionally married to Dyeka wa Duka in Bungale, Mekatilili was an active and prominent member of traditional women groups in the community such as Hifudu and Makushekushe which she rose to head later on. Following the death of her husband, she had more freedom as a woman leader to move around and rally the people.

Mekatilili had great oratory skills and along with her

charisma and bravery she led public meetings called baraza, mobilizing the men to take



oaths and make sacrifices to restore their sovereignty. At a baraza in August 1913, Mekatilili got into a heated argument with the British administrator, Arthur Champion whom she slapped!

Swiftly, the Giriama men rallied to defend their heroine and were ready to deal with the British official who was taken away. The British responded by firing shots at the gathering crowd. Realizing their initial miscalculation in underestimating Mekatilili's influence, the British plotted and succeeded in arresting her along with Wanje wa Mwadorikola on October 17, 1913.

Mekatilili and Wanje, a male activist were sentenced to five years imprisonment and were taken to Kisii, about 1,000km away. However in April 1914, the pair escaped and found their way back home, which was a big shock to the British who could not understand how a woman could have walked the dis-

tance and through a thick forest and survived the wild animals.

Mekatilili continued where she had left off and this ultimately led to the Giriama uprising of October 25, 1914 where many Giriama people were killed by the British who also burnt Kaya Fuongo, the spiritual capital of the Giriama. Mekatilili was re-arrested and sent this time up north near the border area with Somalia.

Although the British had the upper hand, they were unable to gain total control and eventually, yielded to the demands of the Giriama people. Mekatilili returned five years after the revolt. She died at around 1925. However, it was not until October 20, 2010 at the celebration of the first Mashujaa (Heroes) Day that the legendary woman was honored and recognized among Kenya's freedom fighters!

The government erected her statue at Uhuru Gardens in

Nairobi which was renamed Mekatilili wa Menza Gardens.

One of Mekatilili's most famous acts of rebellion saw her attend a meeting held on 13 August 1913 by British administrator Arthur Champion, who was attempting to recruit the Giriama youth for service in the First World War. Mekatilili entered the meeting with a hen and chicks in her hand, challenging Champion to take one of the chicks from her. When he reached out, the mother hen then pecked at the administrator's hand, humiliating him in public. As the hen pecked Champion, Mekatilili told him: 'This is what you will get if you try to take one of our sons.'

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

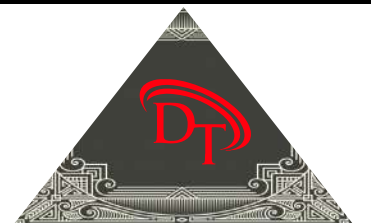
summary



RIP

Believed to have been born in the 1840s in Kilifi County, Mekatilili wa Menza became politically active between 1912 and 1915, leading the Giriama people against British colonial forces.[1] Most of Mekatilili's activism therefore began when she was in her seventies. Around that time, the British authorities began to increase economic pressures on the Giriama people by implementing 'hut taxes' and by attempting to control the palm wine and ivory trade. They also attempted to recruit as workforce young Giriama men, taking them away from the land near the Sabaki river

Mekatilili



Retired Four-Star Admiral Charged With Accepting Bribes For Contracts

A former U.S. Navy vice chief of naval operations was arrested Friday on charges that he accepted bribes to steer government contracts to a company in exchange for a future job while still in service, Justice Department (DOJ) officials announced in a statement.

Retired Navy Adm. Robert Burke, 62, of Coconut Creek, Fla., and two business executives, Yongchul "Charlie" Kim and Meghan Messenger, both of New York, were each charged with bribery and conspiracy to commit bribery, according to the unsealed indictment. In addition, Burke is charged with "performing acts affecting a personal financial interest and concealing material facts from the United States," the DOJ statement notes.

If convicted, Burke faces a maximum penalty of 30 years in prison, while Kim and Messenger each face a maximum penalty of 20 years in prison. Burke, who has served aboard attack and ballistic missile submarines, rose through the ranks to eventually become the 40th vice chief of naval



operations in June 2019 before taking command of U.S. Naval Forces Europe-Africa and Allied Joint Forces Command in June 2020.

Kim and Messenger, meanwhile, were co-CEOs of a business, referred to by the Justice Department as "Company A" that provided a workforce training pilot program to a small component of the Navy from August 2018 through July 2019. A website for services firm NextJump lists a Charlie Kim and a Meghan Messenger as co-CEOs.

The Navy ended a contract with Company A in late 2019 and directed it not to contact Burke. In July 2021, however, while Burke was overseeing thousands of Navy civilians and military personnel in Europe and Africa, Kim and Messenger allegedly met with him in Washington, D.C., in an effort to reestablish Company A's business relationship with the Navy, according to the statement.

Stuck At Sea For Years, A Sailor's Plight Highlights A Surge In Shipowner Abandonment.

Abdul Nasser Saleh says he rarely got a good night's sleep during the near-decade he spent working without pay on a cargo ship abandoned by its owner at ports along the Red Sea.

By night, he tossed and turned in his bunk on the aging Al-Maha, he said, thinking of the unpaid wages he feared he'd never get if he left the ship. By day he paced the deck, stuck for the last two years in the seaport of Jeddah, unable to set foot on land because of Saudi Arabia's strict immigration laws.

Leaving at last felt like returning to his "center of gravity," he said.

Saleh's plight is part of a global problem that shows no signs of abating. The United Nations has logged an increasing number of crew members abandoned by shipowners, leaving sailors aboard months and sometimes years without pay. More than 2,000 seafarers on some 150 ships were abandoned last year.

The number of cases is at its highest since the U.N.'s labor and maritime organizations began tracking abandonments 20 years ago, spiking during the global pandemic and continuing to rise as inflation and logistical bottlenecks increased costs for shipowners. Cases have touched all parts of the globe, with workers abandoned on a fish factory ship in Angola, stranded on an icebreaker in the Neth-



erlands and left without food or fuel in Istanbul.

Yet the nations that register these ships and are required by treaty to assist abandoned seafarers sometimes fail to get involved in the cases at all. Tanzania, which registered the ship where Saleh was abandoned, never acted on his case or even responded to emails, said Mohamed Arrachedi, a union organizer who worked on Saleh's case.

Shipowners often abandon crew members when they are hit by rising fuel costs, debt or unexpected repairs they can't afford. Some owners vow to pay when their finances turn around. But those promises can mean little to the men on board, who often resort to handouts for food and basic supplies. Many are also supporting

families back home and risk losing everything if they step off their ships.

Crew members or the countries where the ships are registered or docked can pursue the shipowners in court. But recovering past wages can be a yearslong battle that often fails.

Returning to Egypt in April was joyous, Saleh, 62, told The Associated Press, but also brought sad news. His wife and son were badly in need of medical care, he said. They had struggled during his decade without an income.

Saleh, who was originally from Syria, said he had once been proud of his work as an engineer on the Al-Maha, which made its money ferrying live-

stock for Ramadan festivities between Sudanese and Saudi Arabian ports.

From tip to tail, the Al-Maha spans the length of a football field, covered in dust and dirt and rusted green paint. While stuck in Saudi Arabia, Saleh and a small group of crewmates, also from war-torn Syria, placed a prayer mat in the pilothouse overlooking the port. A stray cat they named Apricot took up residence on the ship and followed Saleh around.

AP News

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

07

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

Months after nation's 1st nitrogen gas execution, Alabama gives man lethal injection for 2 killings.

An Alabama man received a lethal injection Thursday for the 2004 deaths of an elderly couple who police said were attacked with a hammer, machete and tire tool during a robbery at their home.

Jamie Ray Mills, 50, was pronounced dead at 6:26 p.m. after a three-drug injection at a southwest Alabama prison, authorities said.

Mills was the first inmate put to death by the state since Alabama became the first in the nation to execute an inmate using nitrogen gas months ago. Lethal injection remains Alabama's default execution method unless a condemned inmate requests nitrogen gas or the electric chair.

Mills was convicted of capital murder in the deaths of Floyd Hill, 87, and his wife Vera Hill, 72. Prosecutors said they were attacked on June 24, 2004, at their home in Guin about 80 miles (130 kilometers) northwest of Birmingham during a robbery where \$140 and prescription drugs were stolen.



"Tonight, two decades after he committed these murders, Jamie Mills has paid the price for his heinous crimes. I pray for the victims and their loved ones," Alabama Gov. Kay Ivey said in a statement.

As the execution began, Mills gave a thumbs up to family members, who were watching from a witness room.

"I love my family. I love my brother and sister. I couldn't ask for more," Mills said as he looked in the direction of his brother and sister. He also thanked his attorney, Charlotte Morrison of the Equal Justice Initiative. "Charlotte, you fought hard for me. I love y'all. Carry on."

Some of his relatives cried softly through the execution.

As the first execution drug — a sedative — flowed, Mills appeared to quickly lose consciousness as a spiritual adviser prayed at the foot of the gurney.

In 2007, a jury convicted Jamie Mills of capital murder and voted 11-1 for the death sentence that was imposed by a judge.

Floyd Hill was the primary caregiver for his wife, who was diabetic and in poor health. He kept her medications in a tackle box in the couple's kitchen. The Hills regularly held yard sales to supplement their income. When the couple's granddaughter couldn't reach them, officers arrived to find them in pools of blood in the backyard shed where they stored yard sale items.

Floyd Hill died from wounds to the head and neck and Vera Hill died about 12 weeks later from complications of head trauma, according to court filings. Investigators said the tacklebox, murder weapons and bloody clothes were later found in the trunk of Mills' car. Members of the victims' family witnessed the execution and issued a statement that "justice has been served" after a 20-year wait.

"Our family now can have some closure to this heinous crime that he committed and our loving grandparents can rest in peace. Let this be a lesson for those that believe justice will not find you. Hopefully, this will prevent others from committing future crimes. God help us all," the statement from the Hill and Freeman families read.

At the 2007 trial, JoAnn Mills became the key witness against her common-law husband. She testified that after staying up all night smoking methamphetamine, her husband took her along to the victims' home where she testified she saw her husband repeatedly strike the couple in the backyard shed, court documents indicate.

AP Shared story

Jamie Mills was sentenced to death for the 2004 murders of Fred and Vera Hill. (Alabama Department of Corrections)

ATMORE, Ala. — Alabama executed a man Thursday in the 20-year-old murder of a retired couple in the state's first execution since conducting the nation's first capital punishment using nitrogen gas earlier this year.

The governor's office announced the death of Jamie Ray Mills, 50, using lethal injection for the 2004 murders of Floyd Hill, 87, and his wife Vera Hill, 72. Mills died at 6:26 p.m.



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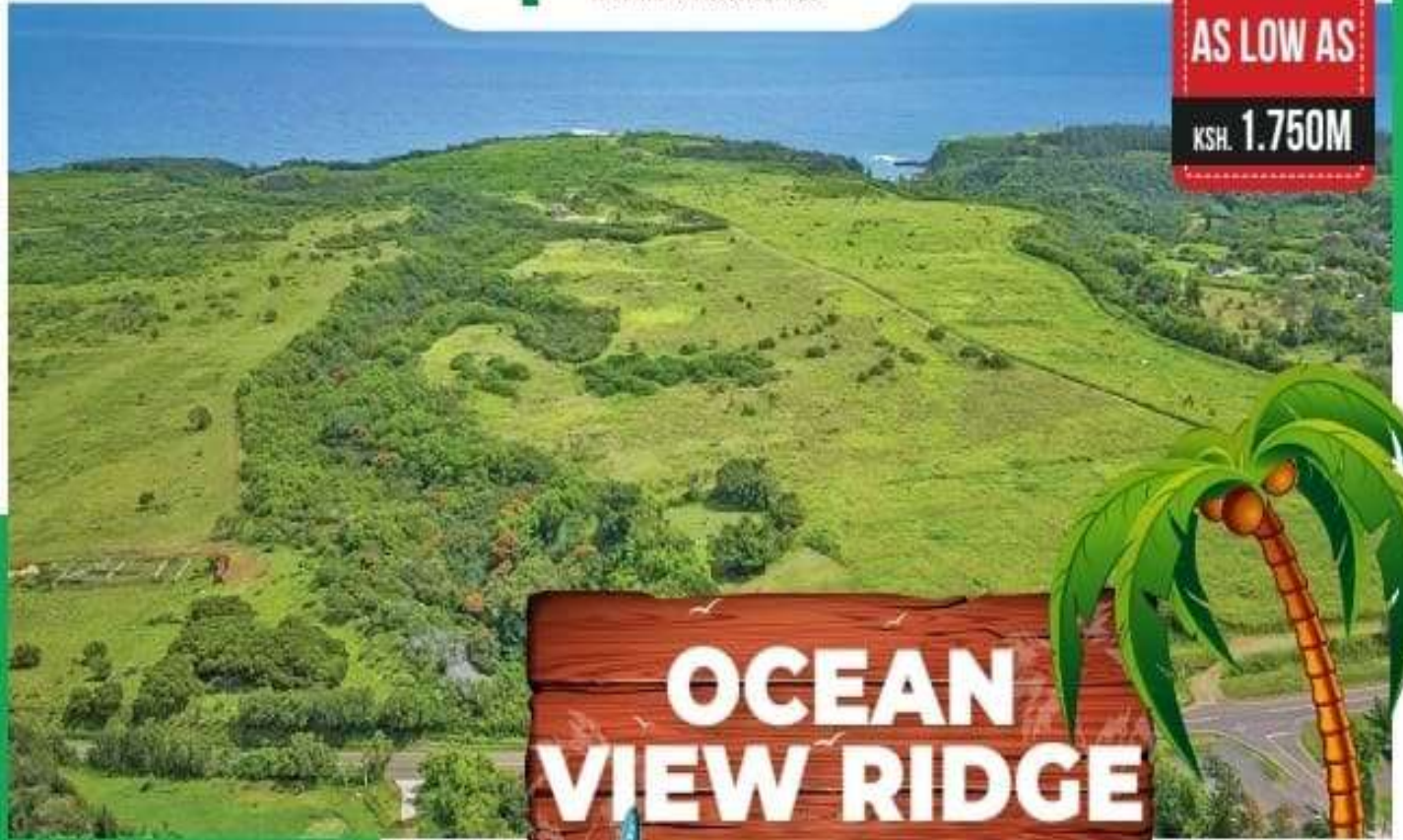
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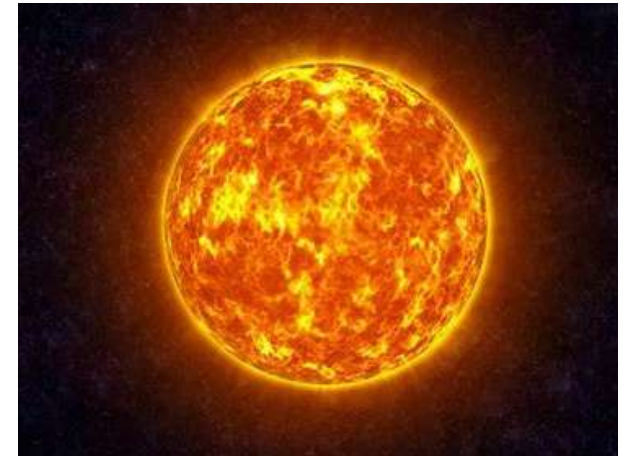
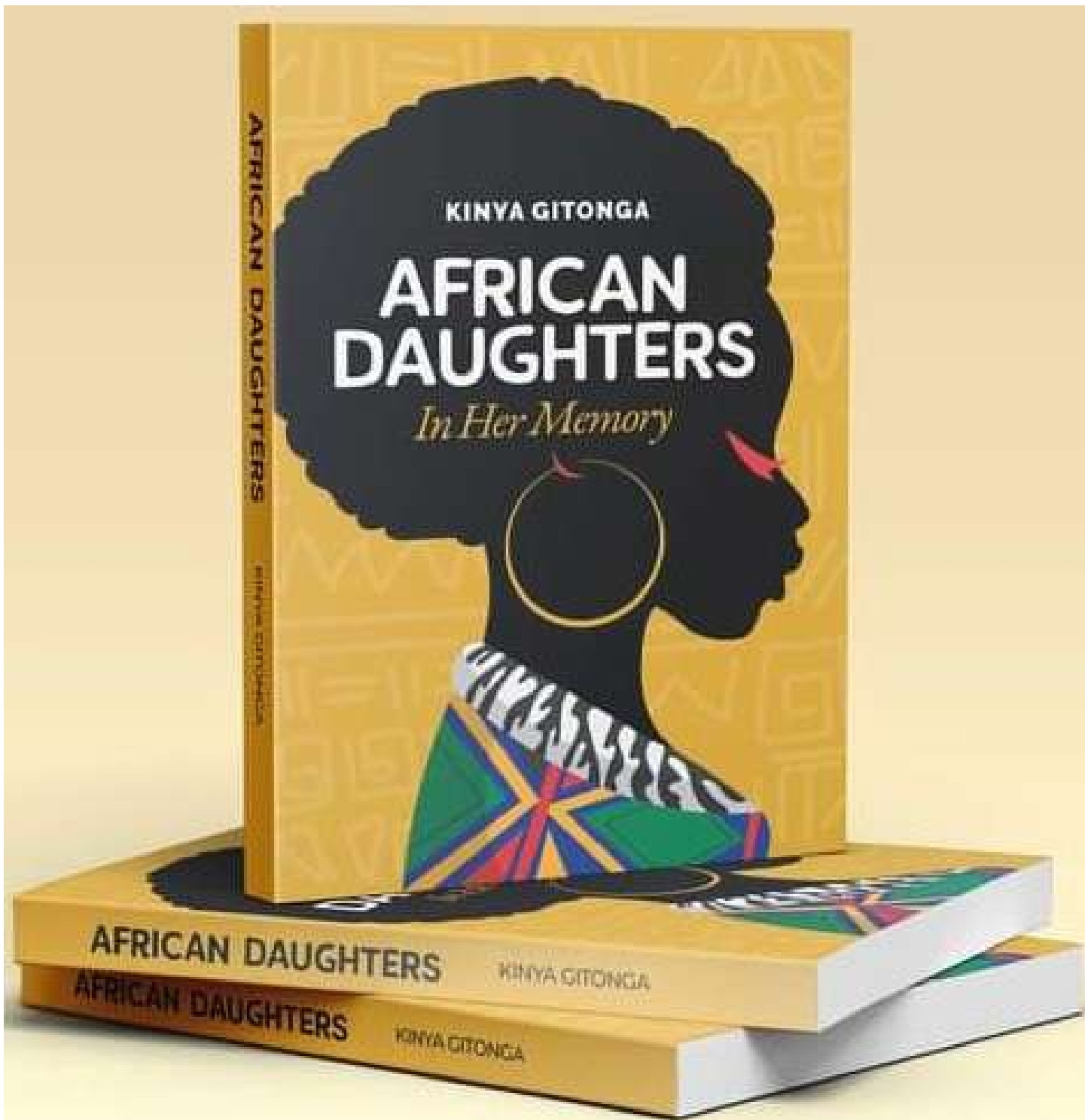


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The greatest glory in living lies not in never falling, but in rising every time we fall. -Nelson Mandela

Helen Keller Life is a long lesson in humility.



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.

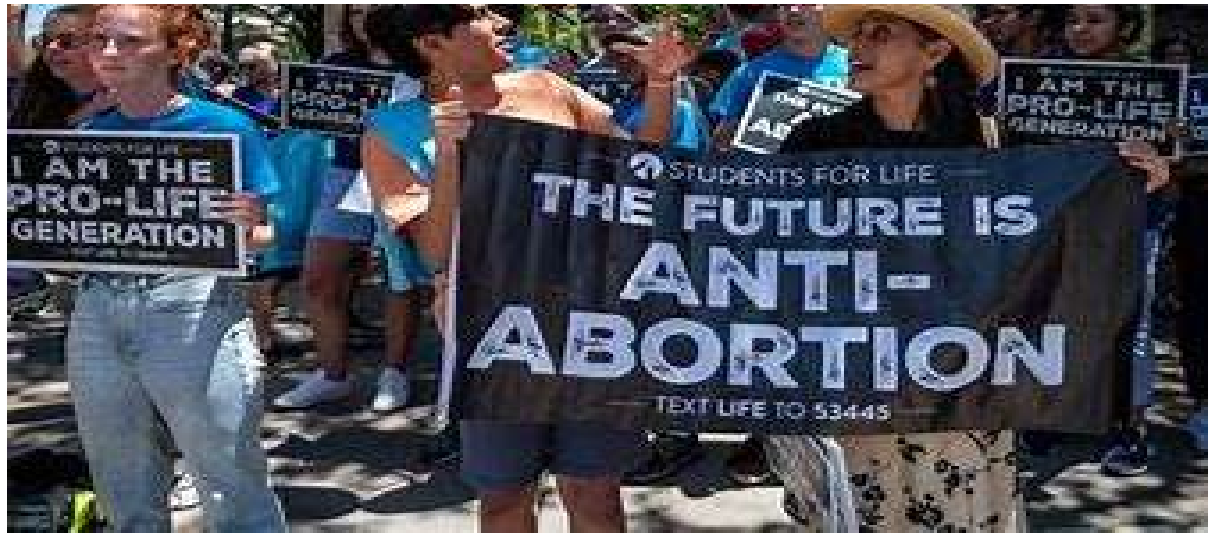
Texas Supreme Court rejects challenge to state's abortion law over medical exceptions.

The court ruled that state law does not require that a woman's death or serious impairment be "imminent" when being evaluated by a doctor for an abortion.

The Texas Supreme Court on Friday rejected a closely watched challenge to the state's restrictive abortion ban, ruling against a group of women who had serious pregnancy complications and became the first in the U.S. to testify in court about being denied abortions since Roe v. Wade was overturned.

In a unanimous ruling, the all-Republican court upheld the Texas law that opponents say is too vague when it comes to when medically necessary exceptions are allowed. The same issue was at the center of a separate lawsuit brought last year by Kate Cox, a mother of two from Dallas, who sought court permission to obtain an abortion after her fetus developed a fatal condition during a pregnancy that resulted in multiple trips to an emergency room.

Abortion rights activists have struggled to stem the tide of restrictions that have taken effect in most Republican-led states since the U.S. Supreme Court in 2022 overturned Roe



vs Wade, which for nearly 50 years had affirmed the constitutional right to an abortion.

The court said the law's exceptions, as written, are broad enough and that doctors would be misinterpreting the law if they declined to perform an abortion when the mother's life is in danger.

"Texas law permits a life-saving abortion," the court wrote in the order signed by Justice Jane Bland.

The decision appeared to close, at least for now, another pathway for opponents who have sought to force the state to provide more clarity about when exceptions are allowed. Last year, plaintiffs in the lawsuit gave emotional accounts

in an Austin courtroom over how they carried babies they knew would not survive and continued pregnancies that put their health in worsening danger.

"Now we know the courthouse doors are closed to them," said Molly Duane, a staff attorney for the Center for Reproductive Rights, which represented the Texas women. "It seems Texans have nowhere to go but the voting booth, in terms of what comes next."

Under the law in Texas, doctors who perform abortions risk life in prison, fines of up to \$100,000 and revocation of their state medical licenses. A lower court in 2023 had

granted a temporary injunction preventing Texas from enforcing the ban against doctors who in their "good faith judgment" ended a pregnancy that they determined was unsafe because of complications. But that was immediately blocked by an appeal from the Texas attorney general's office to the state's Supreme Court. Dallas AP



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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Preserving Natural Resources With Miss Ecotourism.

Miss Ecotourism Africa has gone to the extent of promoting the preservation of the Wetlands with Ransar.



Tourism with Memory Phiri Zimbabwe.



Beauty pageants are a sight for sore eyes and they have managed to spin the tourism wheel further afield. According-

ly, each and every country has a model or representative for the Ecotourism World Beauty Pageant. In all honesty, this pageant has opened our eyes to different destinations and cultures that make up the global village.

Last year, the theme for Miss Ecotourism was to preserve natural resources whilst promoting tourism. If you are crowned then you stand to showcase the ecotourism brand ostentatiously. Like Queen Bee, Miss Ecotourism has to work around the clock to do everything that impacts the country's environment and tourism positively.

Let alone improving its marketability as a destination. It's justifiable to say that the pageant has found a way to send out its message to the popu-

Ecotourism is about uniting conservation, communities, and sustainable travel. This means that those who implement, participate in and market ecotourism activities should adopt the following ecotourism principles:

Minimize physical, social, behavioral, and psychological impacts.

Build environmental and cultural awareness and respect.

Provide positive experiences for both visitors and hosts.

Provide direct financial benefits



preserving wetlands

lace. Becoming a voice for the voiceless because holding a red carpet event brings about a lot of awareness pertaining this topical issue.

Speaking of which, tourists have since gone green so let's put our environment first before the quadbikes, zipline, horse and helicopter rides. To the world at large, ecotourism is the act of being responsible to the immediate environment that you intend to visit. Indeed, it can be seen that Miss Ecotourism Zimbabwe is in charge of all that because she has gone on to represent our tourism brand locally and internationally.

She is a sight to behold, needless to mention that she has the honors to be on top of every project that screams of ecofriendliness to this our planet, Earth. The conjunction between modelling and ecotourism joins two desperate entities which are han-

dling for the same goal. Many hands make light work. Having your make up on and strutting on the runway like a peacock all for the sake of contesting is a noteworthy cause that makes this pageant more appealing.

Beauty is in the eyes of the beholder. Continent wise, Miss Ecotourism Africa has gone to the extent of promoting the preservation of the Wetlands with Ransar. If anything, it's an understatement to say this was a milestone when we look at the history of tourism and hospitality.

Believe you me, modelling is not all about exhibiting naked bodies or to market a swim suit but there is more to it than what meets the eye. Apparently, this shows that our World of Wonders is being put on the spot by these beautiful ladies who are born to rule. Thus, they work in pairs to uphold the idea of preserving

what we have for the future generations. Kudos to the current reigning Miss Ecotourism and Miss Teen Ecotourism for they were crowned for a purpose.

To sum it up, the Queens wield the panacea to potent sustainable approaches that can enhance the tourism product in the palm of their hands.

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

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:3

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.

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

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

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



Pastor Mukuria

Brother Kigume

MORNING AFFIRMATION
HEBREWS 3:4
For every house is built by someone, but the builder of all things is God.

Good day!!

Being dependable brings us a feeling of success and self-respect and it helps others trust us. Our Heavenly Father wants us to be dependable.



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

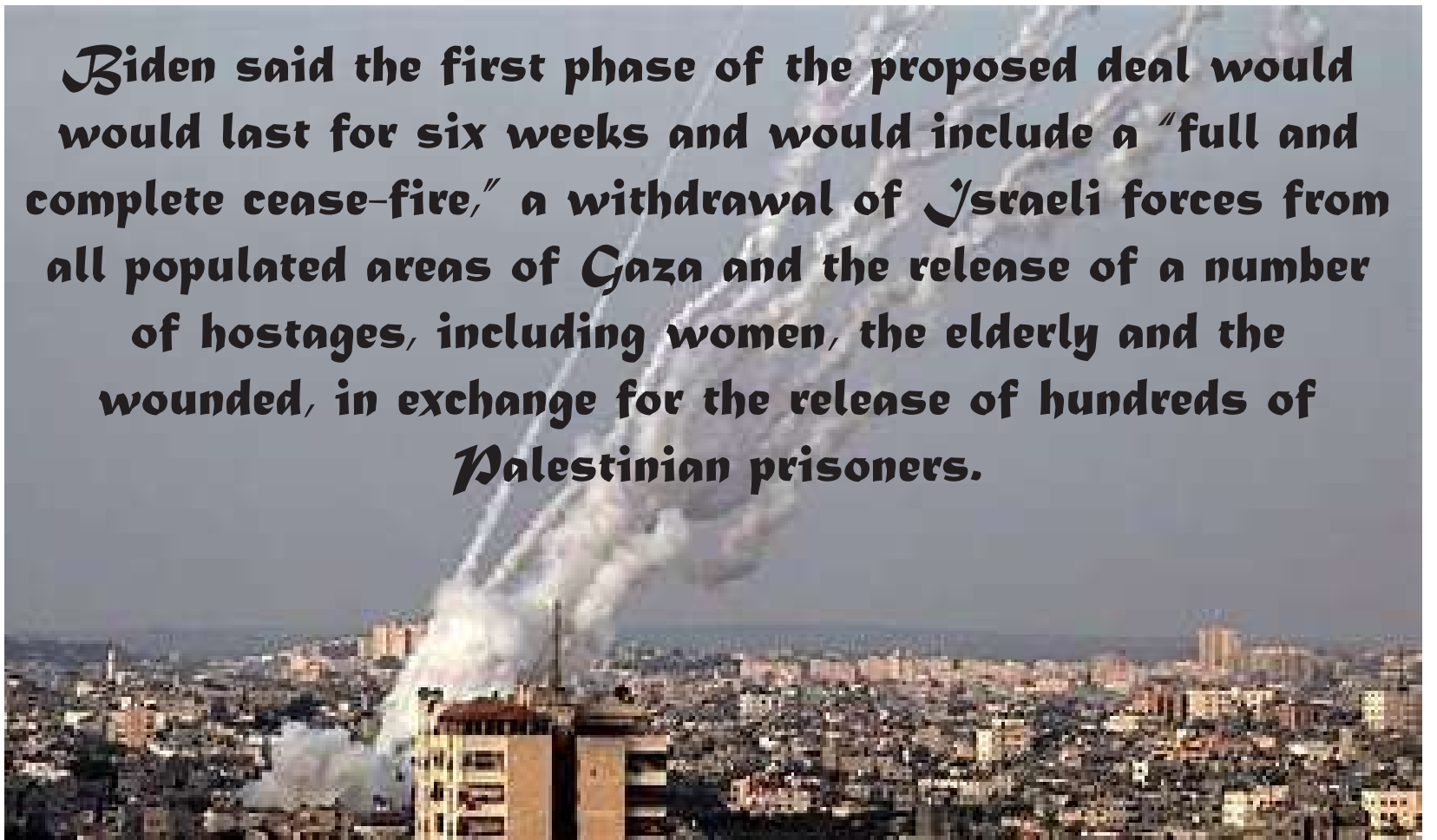
Biden Details a Three-Phase Deal Aimed at Winding Down the Israel-Hamas War.

Washington — President Joe Biden on Friday detailed a three-phase deal proposed by Israel to Hamas militants that he says would lead to the release of the remaining hostages in Gaza and could end the grinding, nearly 8-month-old Mideast war.

Biden added that Hamas is “no longer capable” of carrying out another large-scale attack on Israel as he urged Israelis and Hamas to come to a deal to release the remaining hostages for an extended cease-fire.

The Democratic president in remarks from the White House called the proposal “a road map to an enduring cease-fire and the release of

Biden said the first phase of the proposed deal would last for six weeks and would include a “full and complete cease-fire,” a withdrawal of Israeli forces from all populated areas of Gaza and the release of a number of hostages, including women, the elderly and the wounded, in exchange for the release of hundreds of Palestinian prisoners.



Israel has faced growing international criticism for its strategy of systematic destruction in Gaza, at a huge cost in civilian lives. Israeli bombardments and ground offensives in the besieged territory have killed more than 36,000 Palestinians, according to Gaza’s Health Ministry, which does not distinguish between combatants and civilians.

all hostages.” Biden said the first phase of the proposed deal would last for six weeks and would include a “full and complete cease-fire,” a withdrawal of Israeli forces from all populated areas of Gaza and the release of a number of hostages, including women, the elderly and the wounded, in exchange for the release of hundreds of Palestinian prisoners. American hostages would be released at this stage, and remains of hostages who have been killed would be returned to their families. Humanitarian assistance would surge during the first phase, with 600 trucks being

allowed into Gaza each day. The second phase would include the release of all remaining living hostages, including male soldiers, and Israeli forces would withdraw from Gaza. “And as long as Hamas lives up to its commitments, the temporary cease-fire would become, in the words of the Israeli proposals, ‘the cessation of hostilities permanently,’” Biden said. The third phase calls for the start of a major reconstruction of Gaza, which faces decades of rebuilding from devastation caused by the war. The 4-1/2 page Israeli proposal was transmitted to Hamas on Thursday.

But Biden acknowledged that keeping the deal on track would be difficult, saying there are a number of “details to negotiate” to move from the first phase to the second. One roadblock to overcome during the first phase would involve the two sides agreeing on ratio of hostages to prisoners to be released during the next phase, according to a senior Biden administration official who briefed reporters on the condition of anonymity. Biden’s remarks came as the Israeli military confirmed that its forces are now operating in central parts of Rafah in its expanding of-

fensive in the southern Gaza city. Biden called it “a truly a decisive moment.” He added that Hamas said it wants a cease-fire and that an Israeli-phased deal is an opportunity to prove “whether they really mean it.”

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.

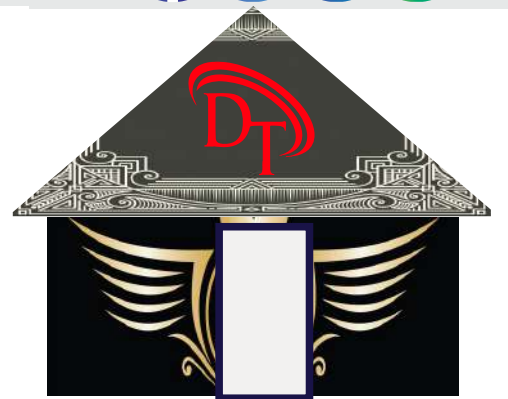


Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that. -Martin Luther King Jr.

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



Health Tit Bits



STRESS MANAGEMENT



Your body is made to react to stress in ways meant to protect you against threats from predators and other aggressors. Such threats are rare today. But that doesn't mean that life is free of stress.

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



summary

L Stress symptoms may be affecting your health, even though you might not know it. You may blame sickness for that annoying headache, your sleeping troubles, feeling unwell or your lack of focus at work. But stress may really be the cause.



Common effects of stress
Stress symptoms can affect your body, your thoughts and feelings, and your behavior. Knowing common stress symptoms can help you manage them. Stress that's not dealt with can lead to many health problems, such as high blood pressure, heart disease, stroke, obesity and diabetes.

Get regular physical activity on most days of the week

Act to manage stress
If you have stress symptoms, taking steps to manage your stress can have many health benefits. Check out many possible stress management tips. For example:

- Get regular physical activity on most days of the week.
- Practice relaxation techniques. Try deep breathing, meditation, yoga, tai chi or massage.
- Keep a sense of humor.
- Spend time with family and friends.
- Set aside time for hobbies.
- Read a book, listen to music or go for a walk.
- Schedule time for your passions.
- Write in a journal.
- Get enough sleep.
- Eat a healthy, balanced diet.
- Stay away from tobacco and

alcohol use, and use of illegal substances. Aim to find active ways to manage your stress. Idle ways to manage stress that don't get you moving may seem relaxing. But they may make your stress go up over time. Examples are watching television, going on the internet or playing video games.

When to ask for help
If you're not sure if stress is the cause, or if you've taken steps to control your stress but you keep having symptoms, see your health care provider. Your health care provider may want to check for other potential causes. Or think about seeing a counselor or therapist, who can help you find the sources

of your stress and learn new coping tools. And if you are concerned about harming yourself, call 911 or a suicide hotline.

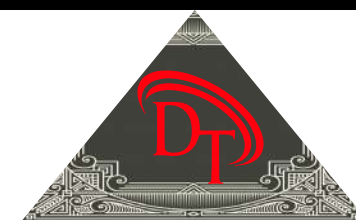
Also, get emergency help right away if you have chest pain, especially if you also have shortness of breath; jaw, back, shoulder or arm pain; sweating; dizziness; or nausea. These may be warning signs of a heart attack and not simply stress symptoms.



When you face a perceived threat, a tiny region at the brain's base, called the hypothalamus, sets off an alarm system in the body. An example of a perceived threat is a large dog barking at you during your morning walk. Through nerve and hormonal signals, this system prompts the adrenal glands, found atop the kidneys, to release a surge of hormones, such as adrenaline and cortisol.

Adrenaline makes the heart beat faster, causes blood pressure to go up and gives you more energy. Cortisol, the primary stress hormone, increases sugar, also called glucose, in the bloodstream, enhances the brain's use of glucose and increases the availability of substances in the body that repair tissues.

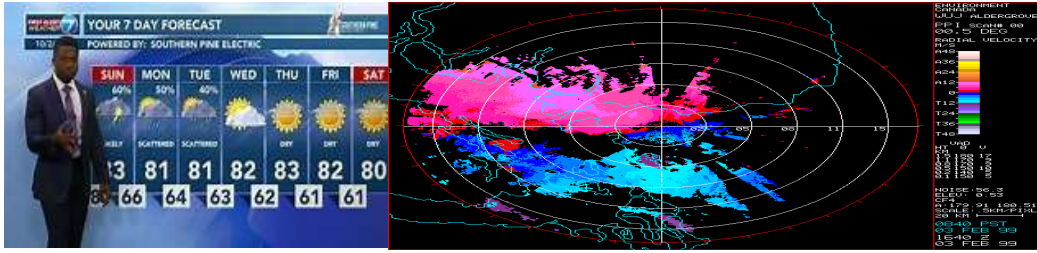
STRESS



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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



What is a severe thunderstorm?

What is a thunderstorm?
A thunderstorm is a rain shower during which you hear thunder. Since thunder comes from lightning, all thunderstorms have lightning.

How many thunderstorms are there?
Worldwide, there are an estimated 16 million thunderstorms each year, and at any given moment, there are roughly 2,000 thunderstorms in progress. There are about 100,000 thunderstorms each year in the U.S. alone. About 10% of these reach severe levels.

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

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



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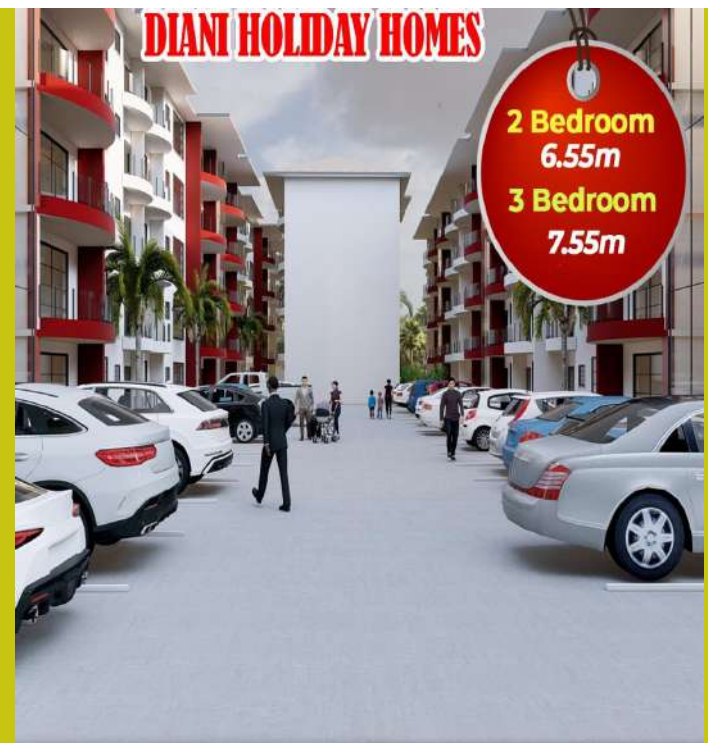
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BACKPAGE

WORLD OF SPORTS

Is Caitlin Clark behind WNBA's new popularity?



Shared by:
By Tafara
Makusha

The one thing that I love that she's bringing to her sport, more people want to watch. More people want to tune in. I saw for the first time that they had a chartered plane, for the first time in their league history they flew private.

J Chicago Sky rookie Angel Reese had a statement game Thursday against the New York Liberty, contributing 13 points and nine rebounds to her team's 90-81 win and going viral during the game for picking the pocket of reigning WNBA MVP Brenna Stewart

After the game, Reese took to X (formerly Twitter) to make a different kind of statement.

"And that's on getting a WIN in a packed [arena] not just cause of one player on our charter flight. #SKYTOWN," the former Louisiana State star wrote after her team improved to 2-1 while dropping New York to 4-1.



SPORTS WORLD