



CHILOJO LODGE

Page 15



PROMOTION

By Abigirl Phiri

Page 5



SHIFTING POLITICS

By Charles Kabiriri

Page 03

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

The Diaspora Times



SATURDAY EDITION

June 15th, 2024 Issue 250

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

Manufacturing industries have warned against adopting the controversial Finance Bill 2024-2025, in Kenya citing the cost of production, which they say is very high.

Kenya Controversial Finance Bill 2024-2025 Is Quite Unrealistic.



Kenyans are angry following the inconsiderate position taken by the government to have a budgetary target of 12% in a country whose GDP growth is at 5.6%.

Kenyans are insisting that we must live within our means. Raising revenue to meet the targeted percentage means the government will tax us

Kenyans are saddened by the rate at which Kenya is borrowing money. What is shocking is that out of over Ksh 7.2 t borrowed by the government in hardly two years in office, it is totally a misplaced idea going by the regime's campaign pledges that mirrored a government that would utilize tax revenue resources to avoid debts, but today, it is the opposite. We are both highly taxed and high-

ly indebted locally and abroad! Recently, the chairman of the Budget Committee in Parliament raised an issue about the debts, demystifying his knowledge of where the borrowed money could be. This is after Kenyans became concerned that nothing was on the ground to illustrate funding from the debt the country is being pushed to by the Ruto regime. The country has a broad feeling that

Mt Kenya region that voted over three million votes as a single block out of the seven million that gave Ruto the win feels targeted by the controversial Finance Bill 2024-2025.

President Ruto is holding the borrowed money, which Kenyans will be forced to pay! There has been squabbling in the backyard of the President's UDA party, a stark measure of things falling apart. Full story Cont...Page 3 By Charles Kabiriri New Kenya Movement



TEL+4049668550 follow us on twitter

Optiven... FROM KSH. 1.75M
 OCEAN VIEW RIDGE VIPINGO
 MASTER PLANNED & GATED COMMUNITY
 CALL | SMS | WHATSAPP
0790 300 300

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

Laughter is medicine

 Page 04

FALLEN HEROES

 Despite being born to peasant parents, Anyona rose to prominence in the Kenyan political landscape to be thrice elected to the Kenyan Parliament.....
 Page 06

"Success without honor is an unseasoned dish; it will satisfy your hunger but it won't taste good." – Joe Paterno

Whats Inside

Laughter	P 04
Centum click here	P. 10
Wellness	P. 18
Sports	P. 19
Weather	P. 20
Africa Resouces	P. 21
Abigirl Phiri Corner	P. 05

TEL +254-747019970

THE ONE

AT TWO RIVERS CENTUM

DIASPORA INSURANCE
 Peace of mind, Guaranteed!
diasporainsurance.com
TEL+447703838304

HIGHLIGHTS . LAUGHTER P. 4 . STORM ALERT P. 20 . WORLD NEWS P.3 . WELLNESS P.18

BEST RATES IN DIASPORA- LEMFI LEADS



LEMFI

International Payments
For Everyone

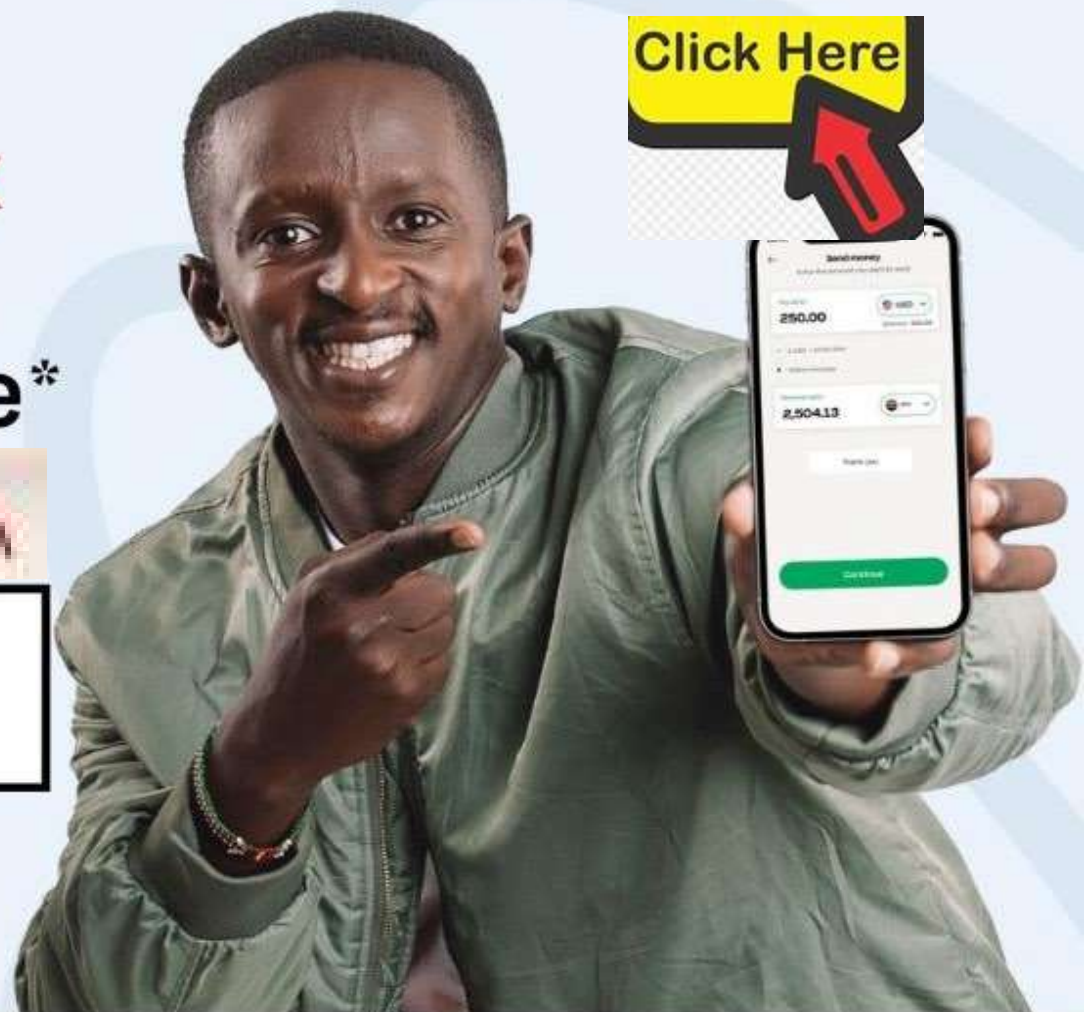
USE REFERRAL CODE- **TIMES**

Send and receive money from Kenya



- Zero transfer fees
- Best rates
- Quick transfers
- Send directly to MPESA and bank accounts
- Receive money from Kenya

Get \$30 cashback the first time you send \$100 or more*



Use the referral code



TIMES

*Terms and conditions apply

Scan to download



Send money to



@uselemfi

@uselemfi

W: www.lemfi.com

E: support@lemfi.com

Remittance services sponsored by Community Federal Savings Bank.



Charles Kabiriri
Political Activist
New Kenya Movement
For Change

People feel that the controversial Finance Act 2023-2024 should run through this year, and Kenyans are now too poor to subject them to further taxation as proposed by the Finance Bill 2024-2025.

The Controversial Finance Bill 2024-2025 Is Quite Unrealistic.

In the wake of the transition in Kenya, sovereigns have insisted to the government that we must live within our means.

This became apparent after Kenyans of Goodwill shared the telephone numbers of legislators with the public, asking people to call them to denounce the Finance Bill 2024-2025, the budget appropriations of which were being presented to the national assembly.

This indicates that people are ready to take up their role, even if it means organizing a revolution in the country. This country's leadership has taken people for granted for many years, and Kenyans are bitter.

During the controversial Finance Act 2023-2024, Kenyans, in their majority, gave their opinion over the contentious clauses provided by the constitution for the necessary considerations and adoption of what could be seen as wanting.

This did not happen, and all the que-

Kenyans are also saddened by the rate at which Kenya is borrowing money.

What is shocking is that out of over Ksh 7.2 t borrowed by the government in hardly two years in office, it is totally a misplaced idea going by the regime's campaign pledges that mirrored a government that would utilize tax revenue resources to avoid debts, but today, it is the opposite. We are both highly taxed and highly indebted locally and abroad!

ries raised were abandoned, casting aspersions as to the relevance of public participation provisions in the budget making, let alone the government's fidelity to the constitution, that raised eyebrows.

Kenyans are angry following the inconsiderate position taken by the government to have a budgetary target of 12% in a country whose GDP growth is at 5.6%.

Kenyans are insisting that we must live within our means.

Raising revenue to meet the targeted percentage means the government will tax us out of existence!

Nothing has changed with the life of an average Kenyan, even after taxing us to our necks through the stipulated allocations of the punitive Finance Act 2023-2024.

The targets were never reached following the massive looting reported by the budget controller. Yet, the government does not show any interest in forcing the citizens to feel like our high taxation, modeled by the government that came to power on a platform of economic projections slated from the bottom up, is to fund the lavish spending of the government that speaks of austerity other than the looting.

People feel that the controversial Finance Act 2023-2024 should run through this year, and Kenyans are now too poor to subject them to further taxation as proposed by the Finance Bill 2024-2025.

Kenyans are also bitter about the country's high production cost.

A bag of maize from neighboring Uganda would sell in Kenya at Ksh 900, while the same bag from a Kenyan farmer would cost Ksh 3,500

Kenyans feel that this government is totally insensitive.

Manufacturing industries have warned against adopting the controversial Finance Bill 2024-2025, citing the cost of production, which they say is very high.

In the case of such an adoption, man-

ufacturers will close down and move to neighbouring countries where they can manufacture and sell their finished products in the Kenyan market for a profit.

Kenyans argue that this will put Kenya into a buying end and become a supermarket, escalating the country's unemployment level.

As an economic hub in East and Central Africa, Kenyans are wondering why the President is insistent that the Financial Bill 2024-2025 will be adopted as it is.

There is a feeling that the President has a secret agenda that is not favorable to the future of this nation.

There is no way leadership with good intent will initiate and support programs that ruin the nation.

Our country must make it very easy to invest, contrary to the controversial bill's proposals.

Eveready, the battery manufacturing company is no longer in business, and many more are headed to that path, let alone other companies like Bolt and Uber, which are on the verge of moving out of the country.

The controversial Finance Bill 2024-2025 is quite unrealistic.

Kenyans are also saddened by the rate at which Kenya is borrowing money.

What is shocking is that out of over Ksh 7.2 t borrowed by the government in hardly two years in office, it is totally a misplaced idea going by the regime's campaign pledges that mirrored a government that would utilize tax revenue resources to avoid debts, but today, it is the opposite. We are both highly taxed and highly indebted locally and abroad!

Recently, the chairman of the Budget Committee in Parliament raised an issue about the debts, demystifying his knowledge of where the borrowed money could be.

This is after Kenyans became concerned that nothing was on the ground to illustrate funding from the debt the country is being pushed to by the Ruto

regime.

The country has a broad feeling that President Ruto is holding the borrowed money, which Kenyans will be forced to pay!

There has been squabbling in the backyard of the President's UDA party, a stark measure of things falling apart.

Mt Kenya region that voted over three million votes as a single block out of the seven million that gave Ruto the win feels targeted by the controversial Finance Bill 2024-2025, and there is a likelihood that out of the growing rebellion with the people, the legislators of the region will be forced to shoot down the bill to save their political career and the stigma from an ever-increasing disquiet on President's Ruto intension to destroy the economy of the mountain which is the backbone of Kenya's central business and manufacturers.

Now that Kenyans have opened their eyes to the hypocrisy of the President and the Kenya Kwanza administration, where a Cabinet Secretary confiscated with illegality that destroyed the local food output by making plans to sell fake fertilizers to Kenyans, massive looting by people around the President, lavish spending by the regime that has increased its domestic flight expenditure from Ksh 8 to 11 billion and international by Ksh 2 billion from Ksh 5 to 7 billion there shows of a government that does not have the future of Kenya at heart, there is a likelihood that this government may not see the light of 2027.

Kenyans strongly believe that with the rate of looting and lavish spending that has become noticeable with time, we may be forced to stand before the government and call on a revolution!

The recent double speak from the President over a storey building in Eastleigh in Nairobi points out a president who is not consistent.

Kenyans are watching!

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



Internet sourced story-NBC

Oregon man who spiked his daughter's friends smoothies with sedatives during sleepover sentenced to 2 years in prison.

An Oregon man who spiked the smoothies of three of his daughter's friends with sedatives last year during a sleepover, pleaded guilty Monday to multiple felonies and was sentenced to two years in prison, according to court documents and attorneys who oversaw the case.

Michael Meyden, 57, of Lake Oswego, admitted guilt in three counts of causing another person to ingest a controlled substance in Clackamas County Circuit Court, according to prosecutors and one of Meyden's attorneys, Jeff Turnoy. Clackamas County District Attorney John Wentworth said in a Tuesday statement Meyden deserved time behind bars.

"Mr. Meyden's actions are inexcusable and reckless and required a punishment commensurate with



the crime," he said. "The impact this event has had on the child victims, their families, and our community has been enormous."

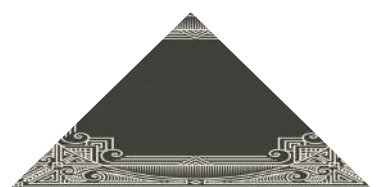
Turnoy said on Tuesday, his client could get five months lobbed off his sentence with good behavior. The sentence was part of a negotiated deal with prosecutors that included

dismissals of three additional felonies and three misdemeanors charges, authorities said. Meyden also received three years of post-prison supervision, prosecutors said, adding that the charges that were dropped would not lead to an extended sentence.

Meyden's victims and their relatives were in court Monday, Turnoy said, noting his client was tearfully apologetic.

"Mr. Meyden is incredibly remorseful and humbled by his conduct and choices," Turnoy said. "He understands appropriately that he hurt a lot of people and is very regretful of all that. And his demeanor in court was authentic and genuine, showed nothing but sincerity in being apologetic and remorseful for his behavior."

Meyden drugged three of his daughter's friends while they slept over on the night of Aug. 25, 2023, according to court documents and a probable cause affidavit.



Article By Abigirl Phiri- Zimbabwe



PROMOTION THAT IS DESERVING.

For you to climb the ladder you have to work hard. Work is where we earn our keep sort of therefore you need to take things that you do seriously.

Nothing is more satisfying than joining an organisation and ending up being promoted. This means that the company values your contribution. In a way to show their appreciation they give one a well deserving promotion. Thus if you find yourself promoted one not need to slack down on their duties. You need to prove your worth by excelling even more.

Our day jobs are our stages to showcase what you can do differently from the other workers. As a result you should stretch your wings wide and outdo all. Personally, I like to do things differently so as to prove that when I am onto something I do it whole heartedly. Indeed, half baked projects will not see you going far in the professional world. For you to climb the ladder you have to work hard. Work is where we earn our keep sort of therefore you need to take things that you do seriously.

Recently I got promoted for being hands on amongst other factors such as being a hard worker and punctual. All these are choices one opt for. At work we do have supervisors yes but if one doesn't really want to work no one can push you. Instead you



must have an inner drive in yourself. It was noted that you must love your 8/5 day job. Provided you see negatives then all will turn into ashes and sack cloth.

This article clarion call urges individuals to do their best at their work places. Many if not most people are battling with unemployment. Henceforth, having something to do that brings money your way one must be grateful. Needless to mention half a loaf is better than nothing. However no matter how important your work might be one should be able to find time to rest and connect with their friends and families. Human beings are social creatures by nature therefore we all need that once in a while to connect with the real world.

Again, one shouldn't forget to save and plan their future that what am I going to do after

retirement. Failure to plan is planning to fail therefore all these are burning issues that every worker should address. This is because the contractual relationship between you and the organisation as beneficial as it is now, one day it will end. Suffice to say the clever always plan ahead.

In the mix of things workers should enjoy their time at work. In addition fostering good relations with other coworkers. This is because working is an experience that will make you a critical thinker and will improve your personal development as well. Individuals must learn to take so much from the day to day work experiences they face be it the pressure, the good days or even the dull ones. It's a blessing to work in a world which is battling high levels of unemployment and the advent of Artificial intelligence which is going to replace

the human touch in these work places. After everything has been said and done it's even satisfying to be promoted when you would have entered in a junior level entry post. As the years pass by you will muster the tricks and short cuts to doing your job efficiently.

By so doing this will give you a peace of mind and sense of belonging. The corporate life is not for the faint hearted. One has got to choose their path and if the corporate world is so be it. The companies themselves should normalize rewarding outstanding individuals if they are to retain them and cultivate a sense of loyalty. An employee would never dream of leaving the company if they are being treated nicely and being paid handsomely. Hopefully to all my treasured readers you are finding satisfaction in the jobs you are doing world wide.

Article by Abigirl Phiri, Zimbabwe

5



By Abigirl Phiri-Zimbabwe

summary



Poem Title: Satisfaction

A job well done
Done by the best
From the bottom of their hearts
Warmed by gratification
Weathering the work storms
Paying attention to the changes
Nodding acknowledgement to
those who deserve
Getting the well deserved Pom
Pom
A sign you have done something
right
Balloons float in the air freely
Symbolising the well deserved tag
A flag of promotion is raised high
You were born to stun the populace
This is just the beginning



THINK LIKE A QUEEN. A QUEEN IS NOT AFRAID TO FAIL. FAILURE IS ANOTHER STEPPING STONE TO GREATNESS.
OPRAH

POEM



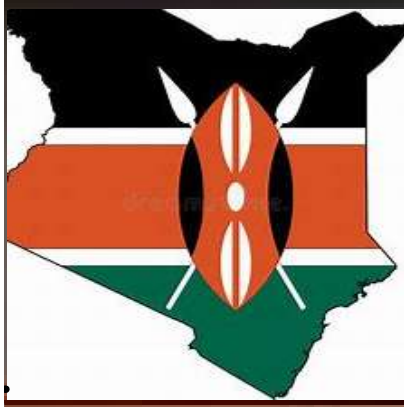
YOUNG LEADERSHIP PROGRAM



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.



ANYONA

FALLEN
HERO

ANYONA



Rest In Peace

Kenya
FALLEN
HERO

GEORGE MOSETI ANYONA

The experiences they went through included torture at the infamous Nyayo House torture chambers in Nairobi. After a marathon trial, they were jailed for fifteen years

DContinued..... Anyona would again be arrested in 1981 and charged with sedition but the charges were eventually withdrawn by the state. In 1982, this time with his longtime friend and veteran politician Jaramogi Oginga Odinga and several others, he attempted to form a political party Kenya African Socialist Alliance (KASA) to challenge the ruling party KANU.

He was arrested on the way to the Intercontinental Hotel Nairobi to hold a press conference to announce the formation of the party and was detained without trial on 2 June 1982 and incarcerated at Kamiti and Shimo La Tewa Prisons; Jaramogi was later placed under house arrest in August 1982.

Anyona was also expelled from the ruling party KANU. Shortly after Anyona was detained, his lawyer John Khaminwa was also detained without trial and a crackdown followed that targeted university lecturers, student leaders, politicians, lawyers and journalists. KANU, sensing the danger the two politicians had posed, immediately sought to change the constitution. The result was the passing of a constitutional amendment making Kenya a de facto one-party state the same year.

Anyona was released from detention in 1984 but his attempts to resume active politics were thwarted by the state when he was barred from contesting KANU branch elections in 1985, trade union elections in 1986, the Kitutu East (Masaba) parliamentary seat in the 1988 General Elections and Speaker of the National Assembly in 1988. He teamed up with his friend Jaramogi in 1990 during the clamour for multi-party democracy in Kenya; to many Kenyans, this was one battle Anyona and



ASTUTE POLITICIAN GEORGE MOSETI ANYONA

Jaramogi could not shy away from because they were the ones who started it in 1982.

Anyona was however arrested at a Nairobi pub and charged with sedition. Others arrested with him included Professor Edward Oyugi, Isiah Ngotho Kariuki, and Augustus Njeru Kathangu. The experiences they went through included torture at the infamous Nyayo House torture chambers in Nairobi.

After a marathon trial, they were jailed for fifteen years running concurrently for seven years on charges of scheming to overthrow the Kenyan government and being in possession of seditious and proscribed publications.

According to some documents presented in the trial, it was alleged that Anyona had gone as far as preparing a shadow cabinet to take over after he overthrew the government. However, it was later revealed by an Assistant Minister in the Office of the President, John Keen, that these allegations were nothing but government fabrications, aimed at silencing Anyona. In 1992, after filing

appeals against their sentences, the four were released on bail. On 20 May 1992, they were freed when the state opted not to oppose their appeals.

Multiparty era
With the multi-party elections coming up in December 1992, all opposition parties hoped Anyona would give them his endorsement. FORD-Kenya in particular, then under Jaramogi Oginga Odinga was seen as Anyona's perfect destination. He was elected the FORD-Kenya Nyamira District Branch Chairman in absentia.

In a surprising move however, Anyona rejected FORD-Kenya's overtures, opting instead to launch his own political party Kenya Social Congress. In the 1992 Multi-Party General Elections, he easily won the Kitutu Masaba Constituency parliamentary seat, becoming the only member of parliament from the KSC.

He also stood as a presidential candidate in the same elections and came out 5th. He served as the Chairman of the Public Investments Com-

mittee (PIC) of the national assembly for 1993/1994 and was re-elected as a member of parliament in 1997 for another 5-year term.

Anyona died on 4 November 2003 in a car crash on Lusaka Road in Nairobi.

The End

Anyona was released from detention in 1984 but his attempts to resume active politics were thwarted by the state when he was barred from contesting KANU branch elections in 1985, trade union elections in 1986, the Kitutu East (Masaba) parliamentary seat in the 1988 General Elections and Speaker of the National Assembly in 1988. He teamed up with his friend Jaramogi in 1990 during the clamour for multi-party democracy in Kenya

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

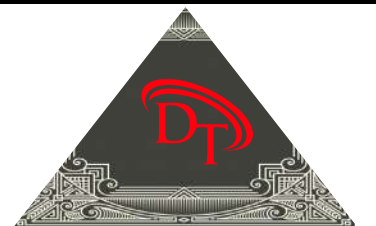
summary



RIP

Anyona would again be arrested in 1981 and charged with sedition but the charges were eventually withdrawn by the state. In 1982, this time with his longtime friend and veteran politician Jaramogi Oginga Odinga and several others, he attempted to form a political party Kenya African Socialist Alliance (KASA) to challenge the ruling party KANU. He was arrested on the way to the Intercontinental Hotel Nairobi to hold a press conference to announce the formation of the party and was detained without trial on 2 June 1982 and incarcerated at Kamiti and Shimo La Tewa Prisons; Jaramogi was later placed under house arrest in August 1982.

GEORGE ANYONA



DIASPORA HONORING PROF. NGŪGĨ WA THIONG'O.



DIASPORA HONORING MWALIMU

PROF. NGŪGĨ WA THIONG'O.

DATE: June 22, 2024

TIME: 14:00 PM - 20:00PM EST

Georgia State University Student Center Ballroom
55 Gilmer St. SE, Atlanta GA 30303, USA



GUEST ARTIST

Mr. Kwame Rĩgĩ



For Registration
Scan this QR CODE

FEATURED SPEAKERS



Anna Mwalagho
Poet/Comedian



Maina Kiai
Lawyer and Human Rights leader



Prof. Kivutha Kibwana
1st Governor & former MP
of Makueni Constituency.



Mkawasi Mcharo
African Studies, Language and
Cultures Scholar, Washington DC.



GET YOUR TICKET HERE



+14437397874

<http://Kenyadiasporausa.org>

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

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

Hunter Biden juror calls trial 'waste of taxpayers' dollars,' says texts were key evidence.

It took the jury less than a day to come to their decision to convict Hunter Biden of two counts related to false statements in purchasing the firearm and a count of illegally obtaining a firearm while addicted to drugs

Some of the jurors who convicted Hunter Biden Tuesday on federal gun charges told ABC News that his standing as the president's son did not affect their decision.

However, one of the jurors questioned whether President Joe Biden's son should have been prosecuted in the first place.

A Delaware woman who was on the jury told ABC News that the case was "a waste of taxpayers' dollars," but in the end, she and her fellow jurors were able to come together with little disagreement.

The 51-year-old juror, who asked not to be identified, said Hunter Biden needed help for his addictions but did not need to receive any prison time for his convictions.

"I don't think that anyone who is a nonviolent drug addict should be in prison. Just fine him. We know he did something wrong. Just fine him. He needs help," she said. It took the jury less than a day to come to their decision to convict Hunter Biden of two counts related to false



statements in purchasing the firearm and a count of illegally obtaining a firearm while addicted to drugs.

The juror said politics were not a factor in the decision and the jury worked well, "considering who his father is and the political climate in this country."

"It turned out better than I expected. There was no fighting in the jury room," she said.

"When we took [the] first vote on count one we were split 50-50, but then when we went down and read each count and you broke it down and you heard each person's opinion, that made sense," the juror plained. "That's why

we found him guilty on all three."

The key evidence was the text messages between Hunter Biden and others before and following the gun purchase. "It did show in my opinion that he was trying to get drugs," she said.

The juror said that no other jurors brought up Hunter Biden's addiction or mental health problems during the deliberations.

She reiterated that she felt that Hunter Biden should get help for those issues.

Another juror, who also asked not to be named, told ABC News he was able to put aside the fact that the president's son was on trial.

"I knew it, but I didn't take that [into account]," he said. "That didn't affect me or sway me a bit."

Elijah Lewis-Guy, a third juror who spoke to ABC News, said he didn't know who Hunter Biden was before the trial began.

"Him being the son of the president just means that, once again, everyone is human and everyone makes mistakes," he said. "And those mistakes can have serious consequences – not just for them but for everyone else."

Lewis-Guy said gun violence claimed the life of his father when he was young and he said prosecutors successfully showed that Hunter Biden's

drug use prior to the purchase was "too close for me to consider him not a user or addict at that point."

"There [are] too many patterns that I can see that showed that he was using it when he purchased the gun," the juror said.

The 51-year-old juror, who asked not to be identified, said Hunter Biden needed help for his addictions but did not need to receive any prison time for his convictions.



You have brains in your head. You have shoes. You can steer yourself any direction

feet in your shoes. You choose. -Dr. Seuss

08

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

Topline Land Limited



HURRY
DON'T MISS OUT!



Follow us
on Facebook

Click NOW
For More Info!

TOPLINE LAND LIMITED

PRESENTS

JENGA NA TOPLINE



CONTACT US:



+1(901)455 5444



marketing@toplineland.co.ke



TOPLINE LAND LTD



www.toplineland.co.ke

CASCADIA APARTMENTS
AT TWO RIVERS



Seamless Fusion of *Exclusivity,*
Convenience and Comfort.



1,2 and 3 bedroom apartments

Prices from

KES 9.7M

Flexible payment plan and financing available

Text 'Cascadia' to 22 365

+254 747 019 971

§sales@tworivers.co.ke | centumre.co.ke



CLICK HERE SCAN TO CREATE TANGIBLE WEALTH



CLICK FOR MORE INFO

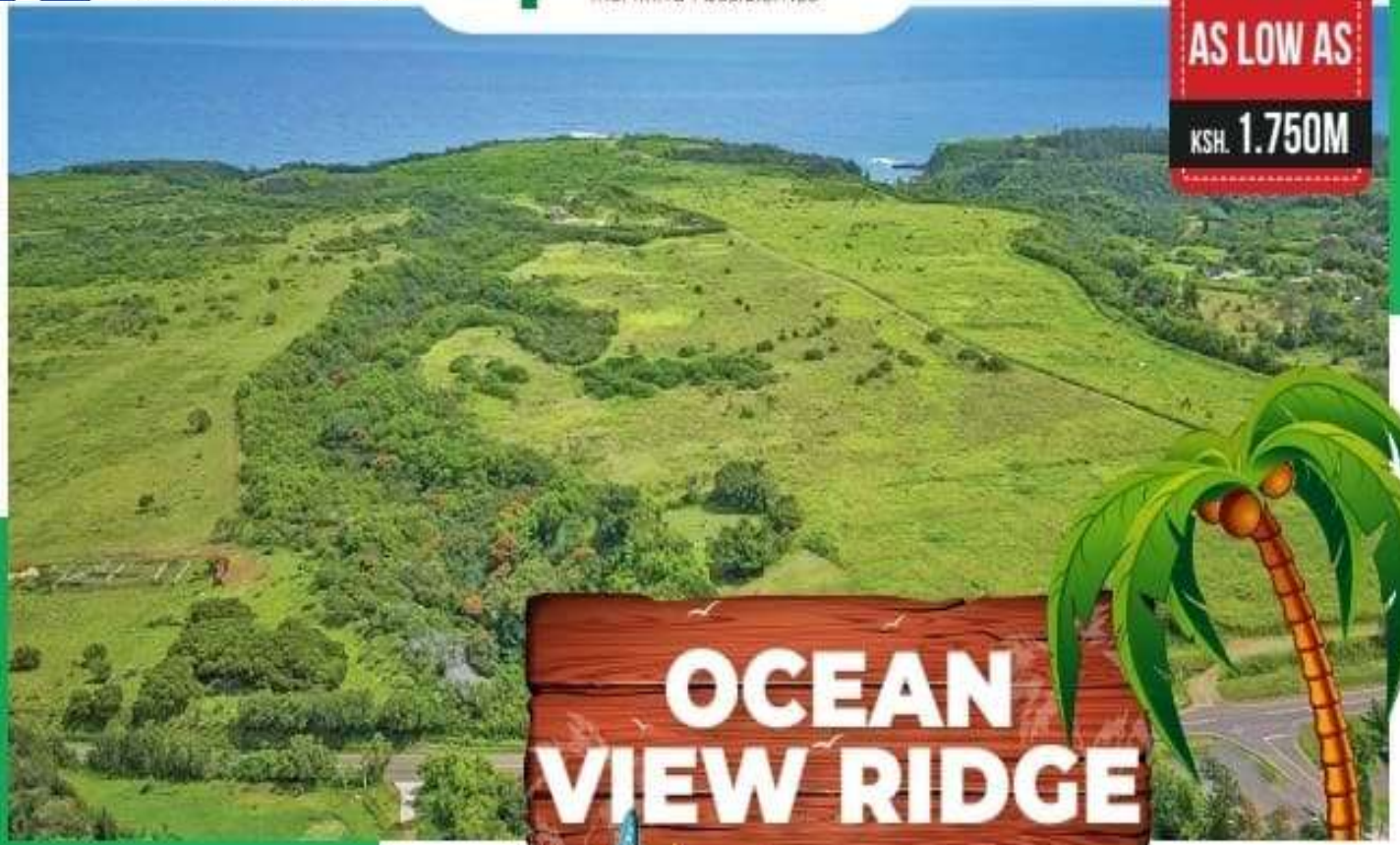
f Follow us on Facebook



FROM AS LOW AS KSH. 1.750M

This project comes with:

- ❑ State of the art gate
- ❑ Solar street lighting
- ❑ Stone perimeter wall
- ❑ Compacted murram roads
- ❑ Water and electricity



OCEAN VIEW RIDGE

OPTIVEN WELCOMES You!

Ocean View Ridge – Vipingo by Optiven is an exquisite real estate project, tailored to meet the investment expectations of the most discerning and wise investors looking for a good and extremely prosperous, comfortable life at the Kenyan coastal region. This gated community is a haven of peace and tranquillity where you enjoy a cool breeze from the Ocean.

TO BOOK YOUR PLOT, CALL

0790 300 300 | 0790 667 799



Offices

Head office: Absa Loita Street, 2nd Floor

Optiven Global Office: Zamani Business Park, Karen

Mtwapa:

Shifa Arcade, 2nd Floor Office B5

Kitengela: Optiven Business Center - Acacia Junction

Nanyuki: Ubii Plaza, along Kenyatta Highway, 2nd Floor

Nakuru: Golden Life Mall 7th Floor

Contact Information

Office Line	Email & Website
(+254) 790 300 300	www.optiven.co.ke
(+254) 723 400 500	info@optiven.co.ke
Diaspora Line	globalmarkets@optiven.co.ke
(+254) 796 000 300	

ePaper

ePaper



ePaper

4049668550
diasporatimeskenya@gmail.com

11



ePaper

ePaper

ADVERTISE WITH US

Follow us on Facebook

CLICK FOR MORE INFO



DIASPORA INSURANCE

Peace of Mind, Guaranteed!

DiasporaInsurance.com
24/7 QUOTE & APPLY

WHATSAPP
+44 770 383 8304

OFFICE
+44 121 295 1116

Brings You The Bespoke

DIASPORA FUNERAL CASH PLAN

Worldwide protection for Kenyans in the diaspora.

- ✓ Immediate cash payout, no more bereaving and begging.
- ✓ Cover yourself and your loved ones in Kenya or where ever they are.
- ✓ Uniquely flexible-burial abroad, body repatriation to kenys or cremation.
- ✓ Cover amooount of up to US\$/£/€ 20,000 per life.



SIGN UP >

SCAN ME

Click Here For More Info



Peace Of Mind, Guaranteed!

DiasporaInsurance.com

Diaspora Funeral Cash Plan | Group Funeral Cash Plan | COS Funeral Cash Plan

SCAN ME NOW!



Your Dignified Send-Off, Guaranteed!

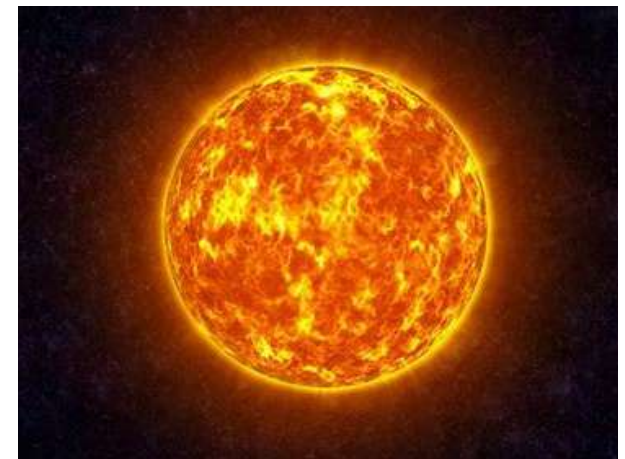
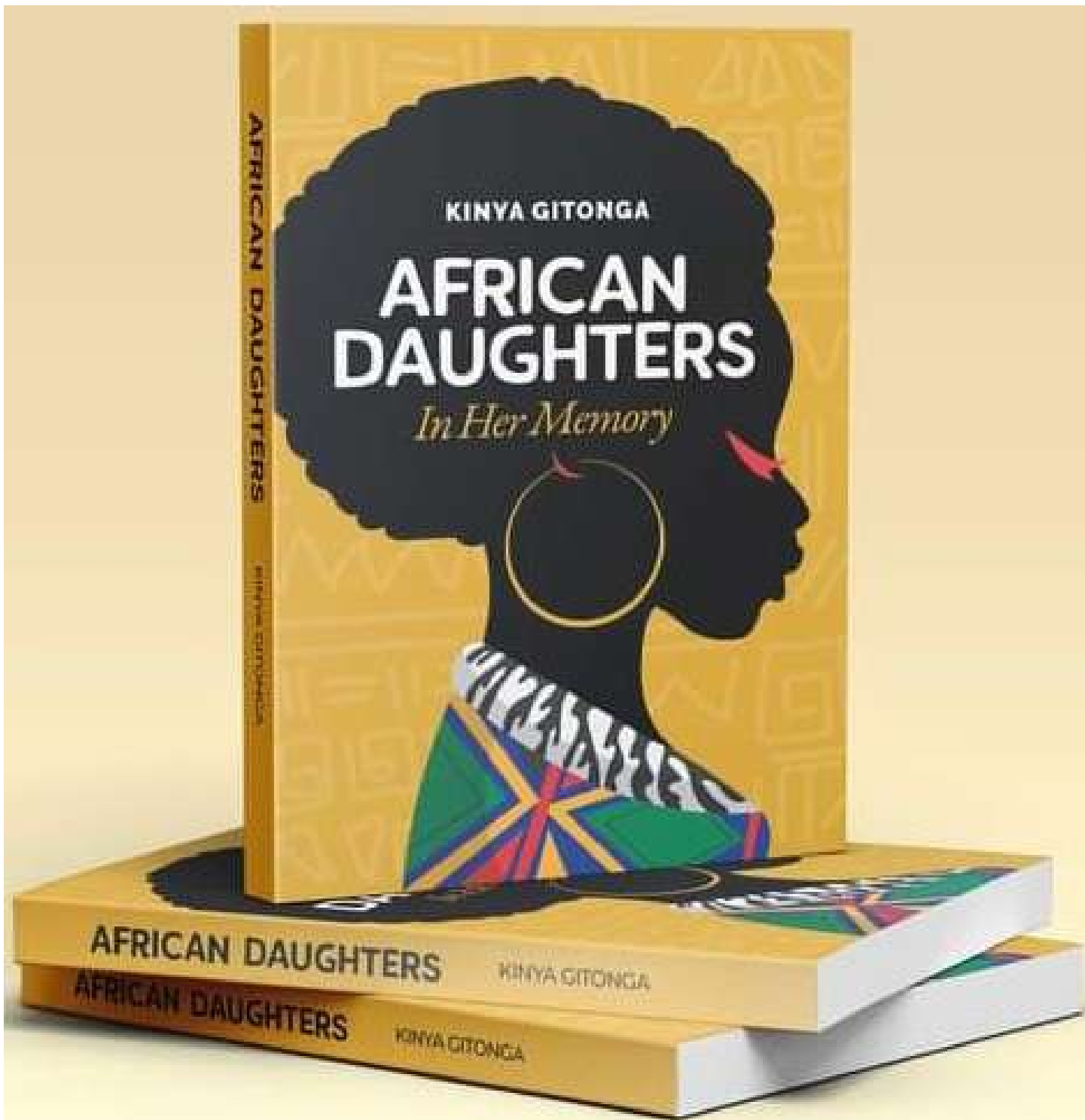


Authorised & Regulated: FCA, UK: 795897 | FSCS UK protected | Underwriter: GuardRisk Life International | Re-Insurer: AfricaRe

FOLLOW KINYA GITONGA AND DISCOVER HER

POTENTIAL ON EMPOWERING WOMEN IN SOCIETY.

African Daughters: Honoring Women's Influence in Society



Kinya Gitonga

Empowering women is the key to a successful Nation



OUT NOW
Grab yourself a copy today!

KSHS.700 ONLY
LIPA NA M-PESA

PAYBILL: 5008885
ACCOUNT: 7994#Name

YOU CAN ORDER DIRECTLY THROUGH
CALL / TEXT / WHATSAPP
+254 796 037994

Also available on:
amazon books

NURIA
The Honest Store

Savani's Bookshop

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.



Pamela Smart, serving life, accepts responsibility for her husband's 1990 killing for the first time.

Smart is serving time at Bedford Hills Correctional Facility in Westchester County, New York. She has earned a doctorate in ministry and three master's degrees.

Pamela Smart, who is serving life in prison for plotting with her teenage student to have her husband killed in 1990, accepted full responsibility for his death for the first time in a videotaped statement released Tuesday as part of her latest sentence reduction request. Smart, 56, was a 22-year-old high school media coordinator when she began an affair with a 15-year-old boy who later fatally shot her husband, Gregory Smart, in Derry, New Hampshire. The shooter was freed in 2015 after serving a 25-year sentence. Though



In a image taken from May 1, 2024 video

Pamela Smart denied knowledge of the plot, she was convicted of being an accomplice to first-degree murder and other crimes and sentenced to life without parole. Smart has been incarcerated for nearly 34 years. In the videotaped statement, she

said she began to "dig deeper into my own responsibility" through her experience in a writing group that "encouraged us to go beyond and to spaces that we didn't want to be in." "For me, that was really hard, because going into

those places, in those spaces is where I found myself responsible for something I desperately didn't want to be responsible for, my husband's murder," she said, her voice quavering. "I had to acknowledge for the first time in my own mind and my own heart how responsible I was, because I had deflected blame all the time, I think, almost as if it was a coping mechanism, because the truth of being so responsible was very difficult for me."

HIGHLIGHTS

BIDEN HIGHLIGHTS

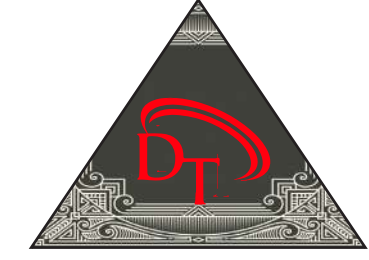


President Joe Biden reminded voters that the fight for women's reproductive freedom is not over despite the Supreme Court's decision on regulation of the abortion pill mifepristone on Thursday, which preserved access to the medication nationwide.

"Today's decision does not change the fact that the fight for reproductive freedom continues," Biden said in a statement. "It does not change the fact that the Supreme Court overturned Roe v. Wade two years ago, and women lost a fundamental freedom."



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



Arch Dr. I KINUNGI Behind the vision

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



BE PART OF THE DIASPORA TIMES FAMILY. Tel 4049668550

Chilojo Gorge Lodge

Vacationers will be on the verge of a life changing experience if they decide to stay at this destination.



Tourism with
Memory Phiri
Zimbabwe.



Before we delve deep into this topic it is reasonable to say that the Chilojo Gorge Lodge is the brainchild of an award winning conservationist, Clive Stockil. As rhetorical as the name of the establishment comes, it has attracted many a tourist because it is a combination of the lodge, gorge and the cliffs to boot. After finding out that the Chilojo was ripe for tourism development the winner of the 2013 Tusk Award decided to provide tourists with some exclusive lodging. Honestly speaking, it is a state of the art safari lodge that sits on the edge of Gonarezhou National Park. The CGL is strategically located when you are bent on those exquisite sunrise breakfasts and sunset dinners on the it's deck. Apparently, the cliffs have since been dubbed the Grand Canyon of Zimbabwe because tourists will feel like they are in Arizona, America.

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



The hilly experience is just exciting

Undoubtedly, the ensemble of cliffs blends with the lodge making it a force to be reckoned with. Literally, thats another palpable feather to the Chilojo tourism cap. Vacationers will be on the verge of a life changing experience if they decide to stay at this destination. More over helicopter rides will be ideal, a must do over the gorge because it gives away the aerial view that complements the lodge beautifully. Needless to mention that the Chilojo gorge becomes more pronounced for it is defined by the swirling Save River. What say you to such an attraction that has a rugged and uncharted landscape on exhibition. Be rest assured of such an itinerary if you book a reservation for a family chalet at Chilojo Gorge Lodge in Chiredzi. For a double storey structure the safari lodge houses a bar, a small library, lounges and the dining area.

Constructed with stone, timber and thatch there are fifteen chalets of accommodation all in all which have ensuite showers, elevated bathrooms and sunken bedrooms. As a way of adapting to the local culture the chalets can give other lodges a run for their money because they were decorated in the Shangaan style. Intrestingly, this hive of activity will be happening in the heart of Gonarezhou which means a place for the elephants if translated in English. This only narrows down to the fact that the destination has history because it is our very own wild-life sanctuary that represents the Great Limpopo Transfontier Park and Conservation Area. With a staggering number of up to eight thousand elephants give or take, the national park has the largest herd to date. Allow me to run my mouth because we have to appreciate such a lodge

that was built among thee giant upside-down baobab trees. To wrap it up, Chilojo Gorge Lodge is calling upon tourists to come and try out the best of accommodation in the hospitality circles.

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
PSALMS 34:1
I will bless the Lord at all times, His praise shall continually be in my mouth.
Good day!!!

We pray that you would walk in the ways of true righteousness, pleasing God in every good thing you do. Then you'll become fruit-bearing branches, yielding to his life, and maturing in the rich experience of knowing God in his fullness!

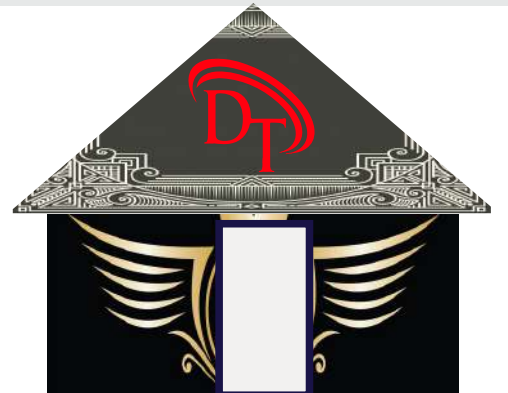


You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one. -John Lennon

If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success. -James Cameron



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.



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

If your loved one shows signs of mental illness, have an open and honest discussion with him or her about your concerns. You may not be able to force someone to get professional care, but you can offer encouragement and support.

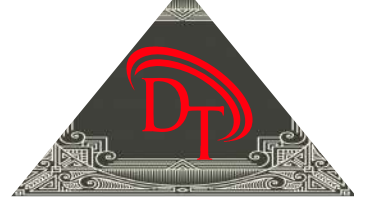
problems in your daily life, such as at school or work or in relationships. In most cases, symptoms can be managed with a combination of medications and talk therapy (psychotherapy).
Symptoms
Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Mental 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

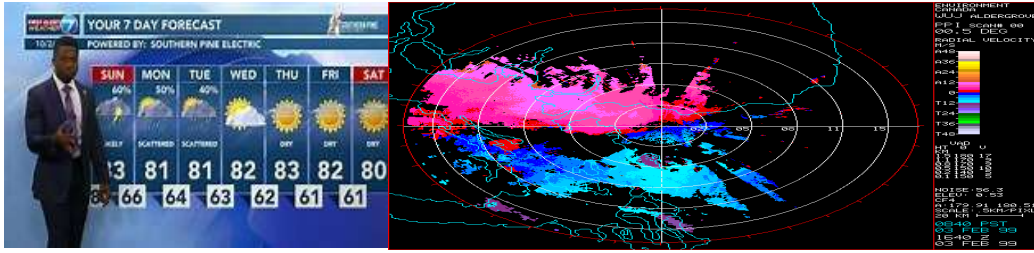
pain, headaches, or other unexplained aches and pains.
When to see a doctor
If you have any signs or symptoms of a mental illness, see your primary care provider or a mental health professional. Most mental illnesses don't improve on their own, and if untreated, a mental illness may get worse over time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



PUBLISHED BY GRAPHIC DESIGN SERVICES PAKISTAN



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 to scorch the East next week. Maps show areas at risk



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



"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



Click Here For More Info

KSH 2.995M



SUCCESS GARDENS PHASE 2 GATANGA ROAD

WHY SUCCESS GARDENS PHASE 2

Success Gardens Phase II is strategically located only less than 9 minutes from Blue Post Hotel Thika; off exit 18 of Thika Superhighway and right on Gatanga Rd.

The property is situated near the award winning project Success Gardens Phase I by Optiven that is sold out and customers are now building their palatial dream homes.

PROPOSED VALUE ADDITIONS

- Compacted Murram roads
- Trees on ground
- Perimeter Wall
- Water tower
- Caretaker on site
- Solar Street lights

0790 300 300 | 0723 400 500

www.optiven.co.ke | info@optiven.co.ke

TEL 0790300300



Follow us on Facebook



Click Here For More Info



Join our WhatsApp Group

WE ARE THE DIASPORA VOICE

Spread the love



Africa Resources epaper is published in USA, Kenya, Pakistan, & UK. Issue 250

AFRICA RESOURCES CENTER

YOUR AD HERE!

The Digital Revolution

THE DIASPORA TIMES

Read the weekly eprint newspaper that is distributed in the Diaspora and Kenya.

email: diasporatimeskenya@gmail.com

SHARE THE NEWSPAPER WIDELY.

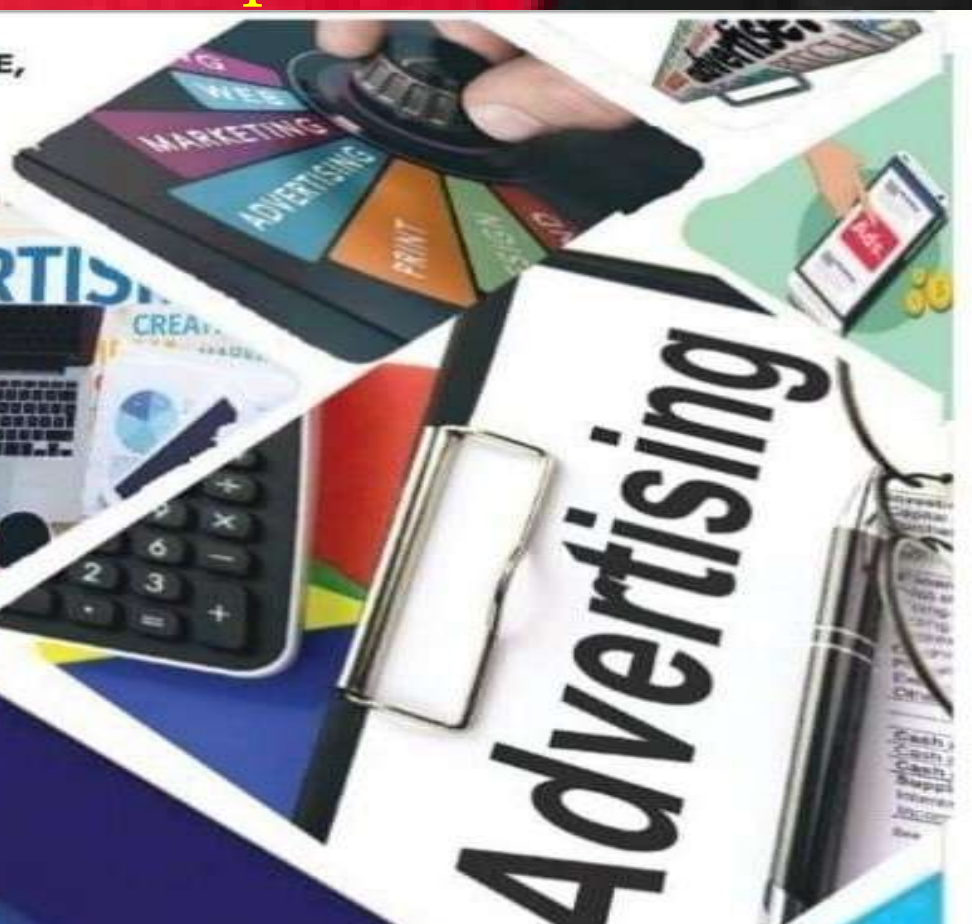
You cant go wrong as its the avenue to investing in Kenya. Only reliable real estate developers advertise with us.

ADVERTISE IN THE ONE AND ONLY ONE,
THE DIASPORA TIMES

DISTRIBUTED ALL OVER
USA, UK AND AUSTRALIA

Just email:
liams2314@yahoo.com OR
ads@mtkenyatimes.co.ke FOR RATES

SELLING LAND, SELLING
A HOUSE, LETTING A
HOLIDAY HOME,
ANYTHING YOU CAN'T
GO WRONG WITH
THE DIASPORA TIMES



The Diaspora Fountain Of News & Knowledge

26 MZIZI COURT APARTMENTS
AT TWO RIVERS

CENTUM ^{re}

The Perfect Choice for Every *Astute Investor* and *Homeowner*



1,2 and 3 bedroom apartments
Prices from **KES 4.95M**
Phase 1 sold out,
Phase 2 now selling
Flexible payment plan and financing available

Text 'Mzizi' to 22 365
+254 747 019 971
sales@tworivers.co.ke | centumre.co.ke

**Click Here
For More Info**



SCAN TO CREATE
TANGIBLE WEALTH



**THE PERFECT
INVESTMENT PROPERTY**



Diani Holiday Homes

2Br & 3Br perfect for Vacation & Long Stays



Amenities

Proximity to the Beach | Club House | Swimming Pool
 Pharmacy | Ample Parking | Controlled Access | Kids Play Area
 Modern Custom Finishes | Spacious & Functional Living Spaces

2Br Installments 7.85m, Deposit 3M, Bal in 36 months

3Br Installments 8.85m Deposit 3M, Bal in 36 months



subscribe to **you**

(205) 946-7813



FOLLOW US on Facebook

www.certifiedhomes.co.ke | sales@certifiedhomes.co.ke

DIANI HOLIDAY HOMES

The best feeling ever is going for vacation and spending a great time at your own holiday home and renting it out for Airbnb.

Certified Homes Ltd is offering you a rare opportunity of a lifetime to own holiday home in Diani, the best beach destination in Africa, which is located at the South Coast.

Diani Holiday Homes are luxurious 2 & 3 bedrooms apartments located few metres from the beach, each unit has terrace to give you breathtaking scenic view of the relaxing magnificent Indian Ocean

Units are in close distance to major shopping malls, Ukunda Airport, international schools, accredited hospitals, and hotels. The units are all ensuite, offering spacious bedrooms with well fitted built-in closets.

Designed to make your life easier and more convenient with state of the art facilities offering the perfect getaway for relaxation and bonding

with loved ones.
 We've amenities such as

- *Club house
- *Swimming pool
- *Children's play area
- *Convenient Shop
- *Pharmacy
- *Ample Secure Parking
- *Controlled Access
- *Modern Custom Finishes
- *Close Proximity to the Beach
- *Spacious & Functional Living Spaces
- *Spacious 2 Br, 102 square meters,

Cash Kshs 6.55m
 Luxurious 3 Br, 135 Square meters,
 Cash Kshs 7.55m
diaspora@certifiedhomes.co.ke
www.certifiedhomes.co.ke



www.certifiedhomes.co.ke
sales@certifiedhomes.co.ke

0711 128 128
0720 460 413

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

