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The Diaspora Times

SATURDAY EDITION



e-paper

June 8th, 2024 Issue 249

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

Prof. Ngũgĩ Wa Thiong'o was imprisoned in Kenya for over a year. Adopted as an Amnesty International prisoner of conscience, he was released from prison, in 1977 and fled Kenya. He is currently a Distinguished Professor of Comparative Literature and English at the University of California, Irvine. He previously taught at Northwestern University, Yale University, and New York University. Ngũgĩ is an active news contributor at The Diaspora Times & Mũgambo wa Kirinyaga.

DIASPORA HONORING PROF. NGŪGĨ WATHIONG'O.



KENYA DIASPORA ALLIANCE - USA

DIASPORA HONORING MWALIMU

PROF. NGUGI 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 Rigii

FEATURED SPEAKERS

Anna Mwalagho
Poet, Conductor

Maina Kiai
Lawyer and Human Rights leader

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

Mkawasi Mcharo
African Studies, Leadership and Culture Scholar, Washington, DC

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The books Ngũgĩ wa Thiong'o has written in Kikuyu have been translated into more than thirty three languages

Ngugi started writing his novels in English, then switched to writing primarily in Gikuyu. His work includes novels, plays, short stories, and essays, ranging from literary and social criticism to children's literature.

Kenya Diaspora Alliance, will honor the world-renowned Literature Guru, Prof. Ngũgĩ Wa Thiong'o, on June 22, 2024. The ceremony will be held at Georgia State University Student Center Ballroom, 55 Gilmer St SE Atlanta GA, 30303 U.S.A. In attendance will be other distinguished guests like Kivutha Kibwana, former Governor Makueni, Mkawasi Mcharo, a scholar from Washington D.C., Anna Mwalagho, a comedian, and the famous artist Kwame Rigii.

Kenyans from all over the world will also grace the occasion. Ngũgĩ's first book, "Weep not Child," was published in 1964 when he was still a student at Makerere University. In 1977, Ngũgĩ had a complete transformation and started writing in Kikuyu, his native language. He was by then in Prison (jailed by Jomo Kenyatta) when he wrote "Caitani Mũtharabaini." He wrote the book using toilet paper, which

In 1977, Ngũgĩ embarked upon a novel form of theatre in Kenya that sought to liberate the theatrical process from what he held to be "the general bourgeois education system", by encouraging spontaneity and audience participation in the performances.

was the only material that was accessible. Ngũgĩ's story is not even possible to narrate in one book. It is like a dream in real life story, and it's only fair to attend and listen to this true son of Africa who is just indescribable in words. Today, he is a distinguished Professor of English and comparative literature at Irvine University California.....Flier Page 7
 By Arch Dr. Isaac Kĩnũngi
 THE DIASPORA TIMES



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OPINION

NEW KENYA MOVEMENT

The clouds are gathering, and soon, it will fall dark for the Kenya Kwanza administration in Nairobi.

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Laughter is medicine

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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.....

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

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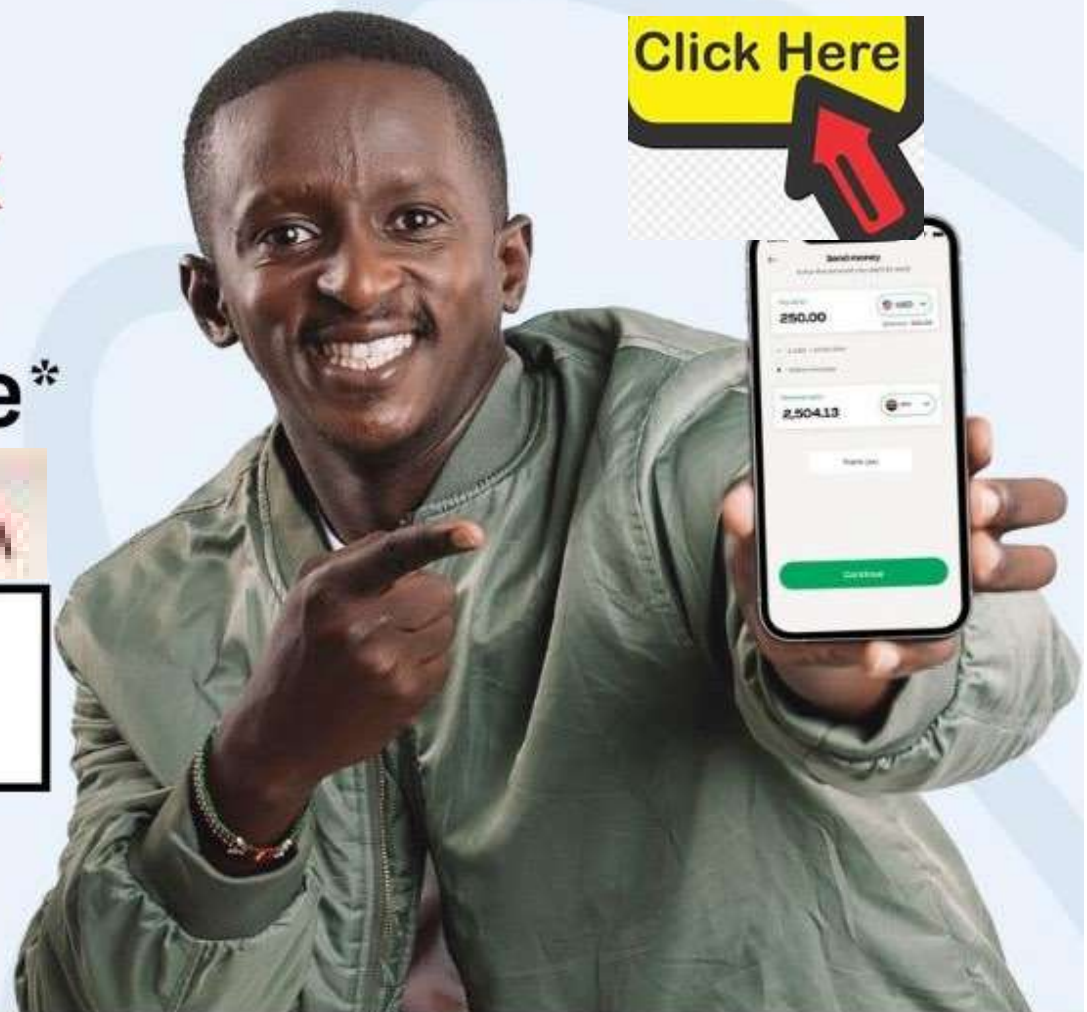
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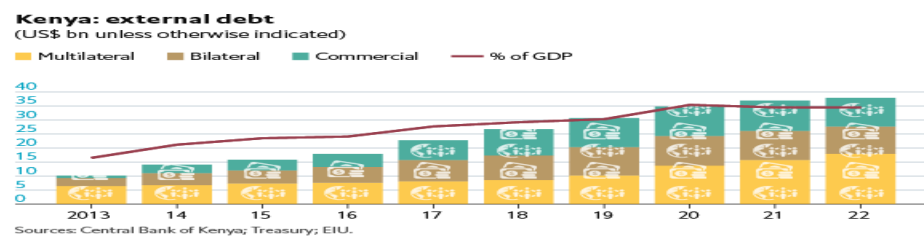
Charles Kabiriri
Political Activist
New Kenya Movement
For Change

The country's high cost of living, unemployment, roads, and infrastructure development have failed to take up a reasonable measure of progress, and everything is worsening!

Kenya Must Retract Its Political Shortcomings To Remain Relevant In Its Socioeconomic And Political Frontier.

The clouds are gathering, and soon, it will fall dark for the Kenya Kwanza administration in Nairobi. Questions on the economy pertinently would become the stroke that

broke the camel's back and will send the administration packing! The country's high cost of living, unemployment, roads, and infrastructure development have failed to take up a reasonable measure of progress, and everything is worsening! The Kenya Kwanza administration scorecard remained unattractive with no form of progress whatsoever. Two years in office suggest that President William Ruto is struggling with something he will never be able to deliver: the economy!! The campaign pledges can now be contemplated as having been made out of convenience since the country's foreign debt remained high from borrowing that exceeded the previous regime's ten-year period in office



while in their second year. Yet, they had campaigned on a platform of 'NO' to borrowing and pegged their development agenda on revenue collected from taxation, simply put, the late President Thomas Sankara's ideology. However, this has come to pass, and today, the country finds itself deeper into the debris of debt, with the citizenry suffering more from hiked taxation than any other regime ever did. While the fourth regime borrowed partly 9 trillion in ten years of their tenure, multiple development agendas could be felt on the ground from Standard Gauge Railway (SGR) and massive roads and infrastructure programs that stretched countrywide! On the other hand, the regime that came to power on an economic model platform of No borrowing has engaged the country into a foreign debt of 7.2 trillion with absolutely nothing on the ground to show. This money can last this country for two years with all recurrent and development agendas being fully attended to. If this is the case, then where is the money that Kenyans were so heavily taxed guided by the controversial Finance Act 2023-2024 that was meted with a colossal array of concerns and all got quashed by the administration, which action followed quarries from the public on the relevance of public participation as required by the law. Where, then, did all that money go? The current 2024-2025 Finance Bill carries a scenario where about two hundred taxes are being proposed for introduction.

The bill is facing more controversy from both the private and public sectors, with some manufacturing companies planning to relocate to the neighbouring country, thus slowly turning Kenya into a supermarket where the country does not manufacture but depends on supply from outside of the country. Uber and Bolt international taxi companies will also halt their operations in the country if the controversial Finance Bill 2024-2025 is adopted! How will the country create wealth and employment after such nationwide layoffs?

Kenyans have expressed their feelings about the trajectory the country is taking. 63% of the interviewed believed Kenya was headed in the wrong direction. The survey carried out by Infotrak also acknowledged that the figure is a 10% increase from last year. With such a kind of revelation, a revolution is in the offing! There is no way Kenyans can be exposed to such levels of high taxation that end up taxing an illegal asset and abuse by the state on tax justice through the imposition of the 2.5 % motor vehicle circulation tax. Another controversy is around bread, which will attract a 16% VAT. However, This taxation never reaches its target because a good chunk of it ends up in people's pockets through corruption.

Recently, in Bungoma during the Madaraka Day festivals, the leadership and the people of Bungoma expressed their gratitude to the Kenya

Kwanza administration for the promises made to the people of Bungoma around a Passport office to be established, the finishing of construction of the Masinde Muliro stadium and an Airport construction. How would this impact the residents' livelihoods? In the Finance Bill 2024-2025, there is a proposal called the sugar transportation tax on sugarcane headed to the factory. The people and the leadership of Bungoma should not have expressed overwhelming joy from the President's empty promises but would have concentrated on lobbying for the sugarcane transportation tax exemption, which impacts people's current livelihoods more in the wake of hiked taxation!

If Kenya is to count on political progress, all our efforts should be targeted at eradicating the Mindset Change Deficiency Syndrome. This is where a Kenyan abandons tribalism, and the capacity for information and political understanding is raised, the absence of which has enabled theatrics campaigns to feign a leeway to leadership. People should be ready to climb down the paradigm of tribal cocoons to achieve this political goal where a state becomes engaged with international best practices! The current UDA altercations are only meant to detract people from the controversial 2024-2025 Finance Bill and fuel sympathy on the deputy president to redeem traction with the people after the UDA 2022 dirty politics. Kenyans must remember that we as a country set off in the wrong foot, especially in the recent presidential elections where Kenyans elected people with integrity issues. This country must retract its political shortcomings to remain relevant in its socioeconomic and political frontier.

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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



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 finishing,

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?"

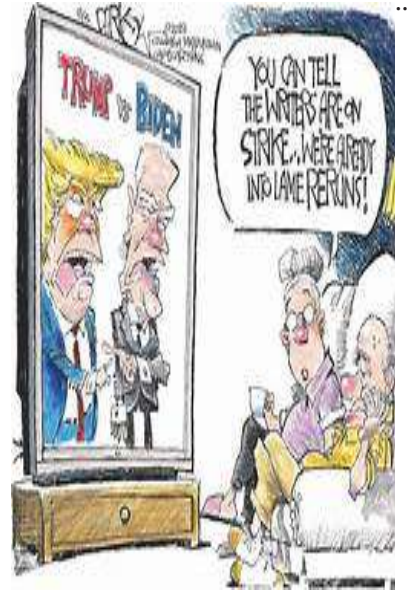
The other two continue to swim in silence for a little while, until the first one turns to the other and asks, "What the hell is water?"

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

Biden leads for 1st time in months, but not by much.

In the wake of former President Donald Trump's felony conviction last week for falsifying business records to hide a hush money payment to a porn star, President Biden (46%) now leads his Republican rival (44%) in a two-way race for the White House for the first time since October 2023, according to a new Yahoo News/YouGov poll.

The past six Yahoo News/YouGov surveys showed Trump edging Biden among registered voters in a head-to-head matchup, or in a tie. At 46%, Biden's current level of support is his highest since August 2023. Yet even with Trump's felony conviction factored in, the 2024 contest remains so close that Biden's narrow lead vanishes once voters are given third-party options on a follow-up question.

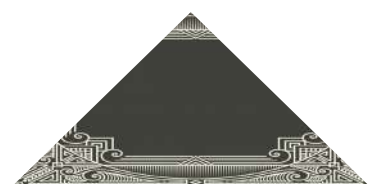


In that scenario, Trump loses just 1 point of support, slipping to 43%; Biden (42%) sheds 4 points and falls behind.

Meanwhile, 9% of voters opt for "another candidate" — and then, when presented with specific names to choose from, they primarily select in-

dependent Robert F. Kennedy Jr. (4%) followed by independent Cornel West, Libertarian Chase Oliver and Green Party nominee Jill Stein at 1% apiece. The survey of 1,854 U.S. adults, which was conducted from June 3 to 6, highlights the fine margins that will likely decide this year's Trump-Biden rematch.

The problem for Biden is not that Americans believe Trump is innocent. In fact, far more of them — a 51% majority — think the New York jury reached the "right verdict" in Trump's hush money case than think the verdict was "wrong" (30%). Likewise, more Americans than ever (54%) now believe Trump committed the crime for which he was on trial. Overall, 52% say Trump's conviction was a "fair outcome meant to hold him accountable for his own actions"; just 35% who say it was "an unfair outcome meant to damage him politically." And 49% think Trump was "more of a criminal" in the trial, versus 34% who consider him "more of a victim."



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



POEM



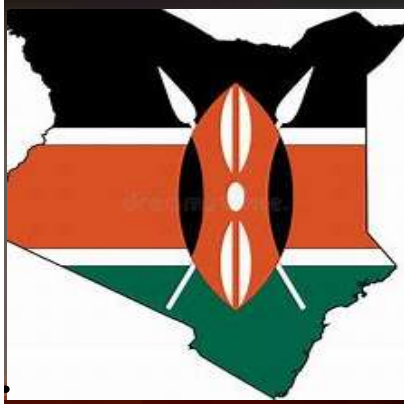
YOUNG LEADERSHIP PROGRAM



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

Despite being born to peasant parents, Anyona rose to prominence in the Kenyan political landscape to be thrice elected to the Kenyan Parliament representing the people of Kitutu East (later renamed Kitutu Masaba) constituency. He shared an ideological viewpoint and was a close political confidant of the first vice-president of Kenya, Jaramogi Oginga Odinga. Anyona's name remains dominant among Kenya's political personalities because he is perceived by a large section of Kenyans as a brave man, who was strong enough to challenge the Kenya African National Union (KANU) government at a time when it was almost suicidal to do so. He forged a reputation as a principled politician who championed free expression of thought, democracy and a just and equal society. He lived a modest life, never seeking to enrich himself from the offices he held and abhorred the culture of corruption and worship of money that prevailed in the country.

Anyona was born in 1945 in Tombe Village, Kitutu Masaba, Kenya.

He attended Tombe Primary School from 1952 to 1954 and Sengera Intermediate School from 1955 to 1958 before proceeding to the prestigious Alliance High School where he schooled from 1959 to 1964 and served as Deputy School Captain. From Alliance, he proceeded to Makerere University, Uganda where he studied Political Science, English, Economics and History



ASTUTE POLITICIAN GEORGE MOSETI ANYONA

between 1965 and 1968, graduating with Bachelor of Arts (Hons) and serving as President of the Kenya Makerere Students Union in 1967. Upon returning from Uganda, Anyona worked as an Assistant Secretary in the Office of the President between 1968 and 1970, as the Secretary General of the Kenya Red Cross Society in 1970 and as Nairobi Airport Manager then District Sales Manager for British Overseas Airways Corporation (BOAC) later renamed British Airways in Nairobi from 1970 to 1974.

In 1974, he contested and won the then Kitutu East Parliamentary seat. He quickly established a reputation as a fearless firebrand and for thorough research before presenting issues in parliament, coming to be referred to as a

'one-man backbench' after parliament was neutered following the murder of JM Kariuki and the detention of then Deputy Speaker and Tinderet MP Jean Marie Seroney and Butere MP Martin Shikuku.

Anyona's political troubles began in 1977 when he was arrested within the precincts of parliament (an illegality in itself) for questioning the award of a tender for the supply of wagons to the then East African Railways and Harbours Corporation and detained without trial at Manyani Prison by then President Jomo Kenyatta. He was released a year later by President Daniel arap Moi soon after he assumed power following the death of President Kenyatta. His attempts to resume representative politics were thwarted when he was barred from contesting his

old parliamentary seat in the 1979 General Elections and from contesting trade union elections as a candidate for the post of Secretary General of the Transport and Allied Workers Union in 1980.

To be continued....

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

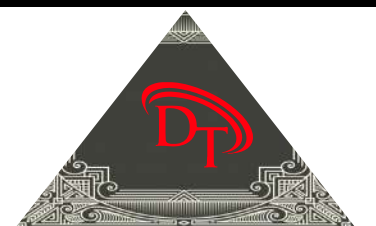
summary



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.



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PROF. NGŪGĨ WA THIONG'O.

DATE: June 22, 2024

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

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GUEST ARTIST

Mr. Kwame Rĩgĩ



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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
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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

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

U.S. Confronts Failures as Terrorism Spreads in West Africa

“Our general desire to promote democratic governments and having healthy governance there has not gone particularly well.”

In the shadow of the 9/11 attacks, the United States rushed troops and military aid to a swath of West Africa to help French forces stop the spread of al-Qaida and other terrorist groups.

More than a decade later, and with hundreds of millions of dollars in security assistance spent, that regional counterterrorism effort has largely failed.

Groups that have declared allegiance to al-Qaida and the Islamic State group are on the march. Military coups have toppled civilian-led governments in Mali, Chad, Burkina Faso and Niger. The new leaders have ordered U.S. and French troops out, and in some cases invited Russian mercenaries in to take their place.

As the United States withdraws 1,000 military personnel from Niger and shuts a \$110 million air base there by September, U.S. officials are scrambling to work with a new set of countries in coastal West Africa to battle a violent extremist insurgency that they perceive is steadily



seeping south.

“Of course, it’s frustrating,” Christopher P. Maier, the Pentagon’s top official for Special Operations policy, said in an interview. “Our general desire to promote democratic governments and having healthy governance there has not gone particularly well.”

The U.S. military has had more success training local counterterrorism troops, Maier said, although some participated in the recent military takeovers. But, he added, “it’s disappointing when we’ve invested in that relationship and then we’re asked to depart.”

U.S. officials say they are re-

tooling their approach to combat an insurgency that is rooted in local, not global, concerns. Competition for land, exclusion from politics and other local grievances have swelled the ranks of the militants, more than any particular commitment to extremist ideology.

Instead of relying on big bases and a permanent military presence, officials say the strategy will focus more on well-financed initiatives that include security, governance and development — paying for soldier training as well as for new electrification or water projects.

This kind of holistic approach has been tried before with

limited success, and U.S. officials and independent West Africa specialists say it faces steep hurdles now.

A U.S. diplomat in the region said that West African governments should share the blame, because some of those partners were more interested in staying in power than in fighting terrorism. “It didn’t work, it’s obvious,” said the diplomat, who spoke on the condition of anonymity to offer a candid assessment of allies. “But this notion that we deployed, it didn’t work, therefore it’s our fault — I don’t buy that.”

Some say the foreigners never really understood the conflict. “To be able to help, you

have to really know the root of the problem,” said Demba Kanté, a corporate lawyer in Bamako, Mali’s capital. “They were positioned almost everywhere on Malian soil and collecting their salaries, and we were still facing problems.” Source NBC

The U.S. military has had more success training local counterterrorism troops, Maier said, although some participated in the recent military takeovers.







08

The secret of happiness, you see, is not found in seeking more, but in developing the capacity to enjoy less.

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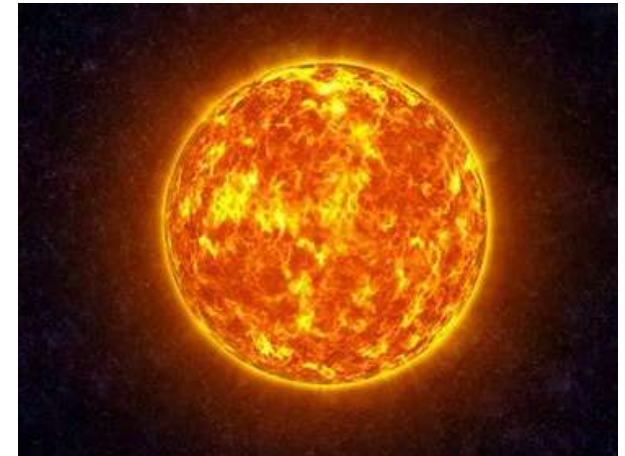
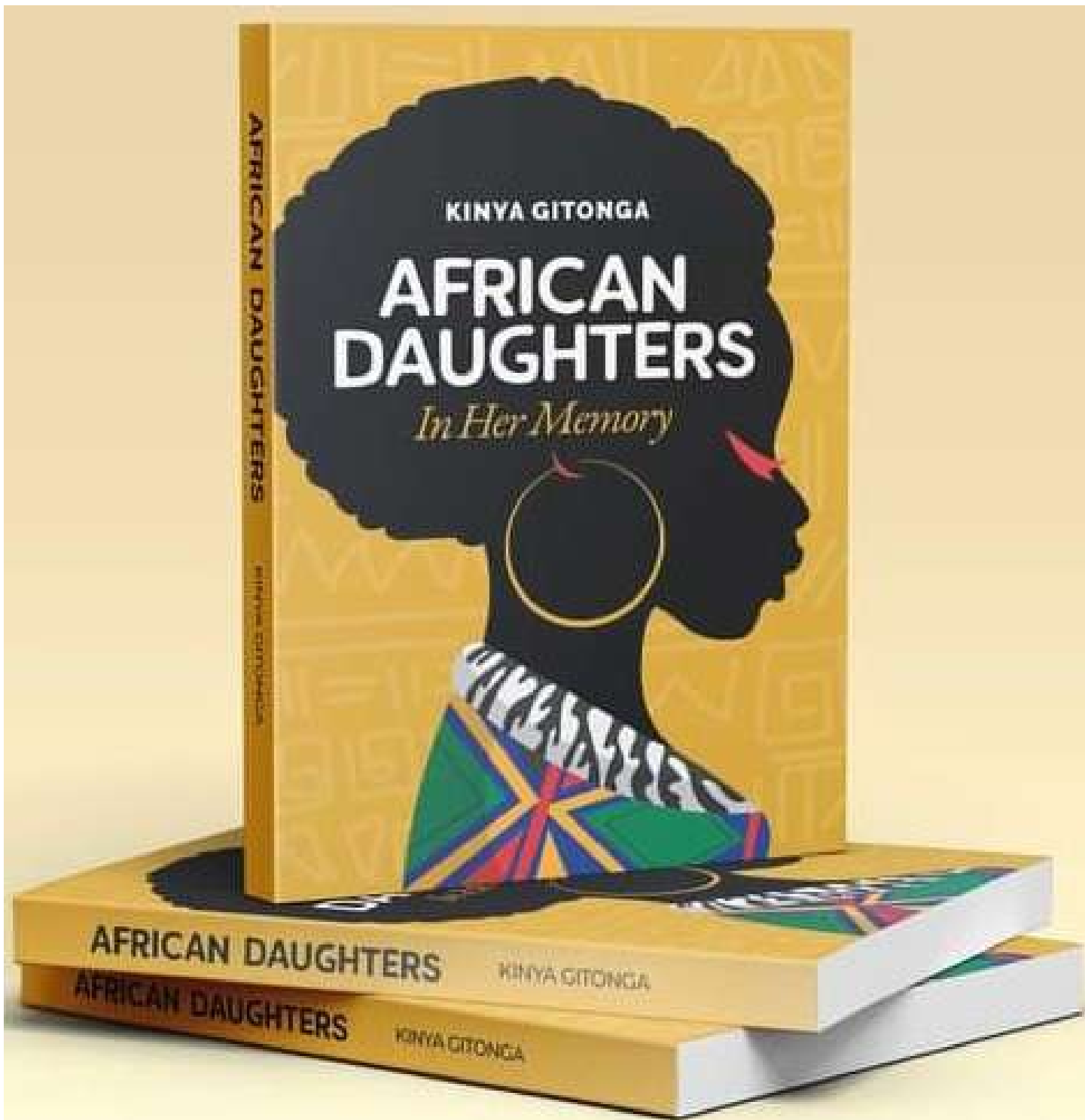
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The greatest glory in living lies not in never falling, but in rising every time we fall. -Nelson Mandela

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 devel-

oped 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 consti-



Many politicians in Kenya fit that description

While the chameleon is capable of changing colors, there are people in leadership who change their beliefs (if any) according to circumstances. They have no principles to guide them- but rather spontaneous quick decisions that are only beneficial to themselves. THE NARCISSIST IS A CHAMELEON AND AN EMPTY VOID-Toni Evans

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



Abigail Phiri



Memory Phiri

Senior Reporters



Arch Dr. I KINUNGI
Behind the vision



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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

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

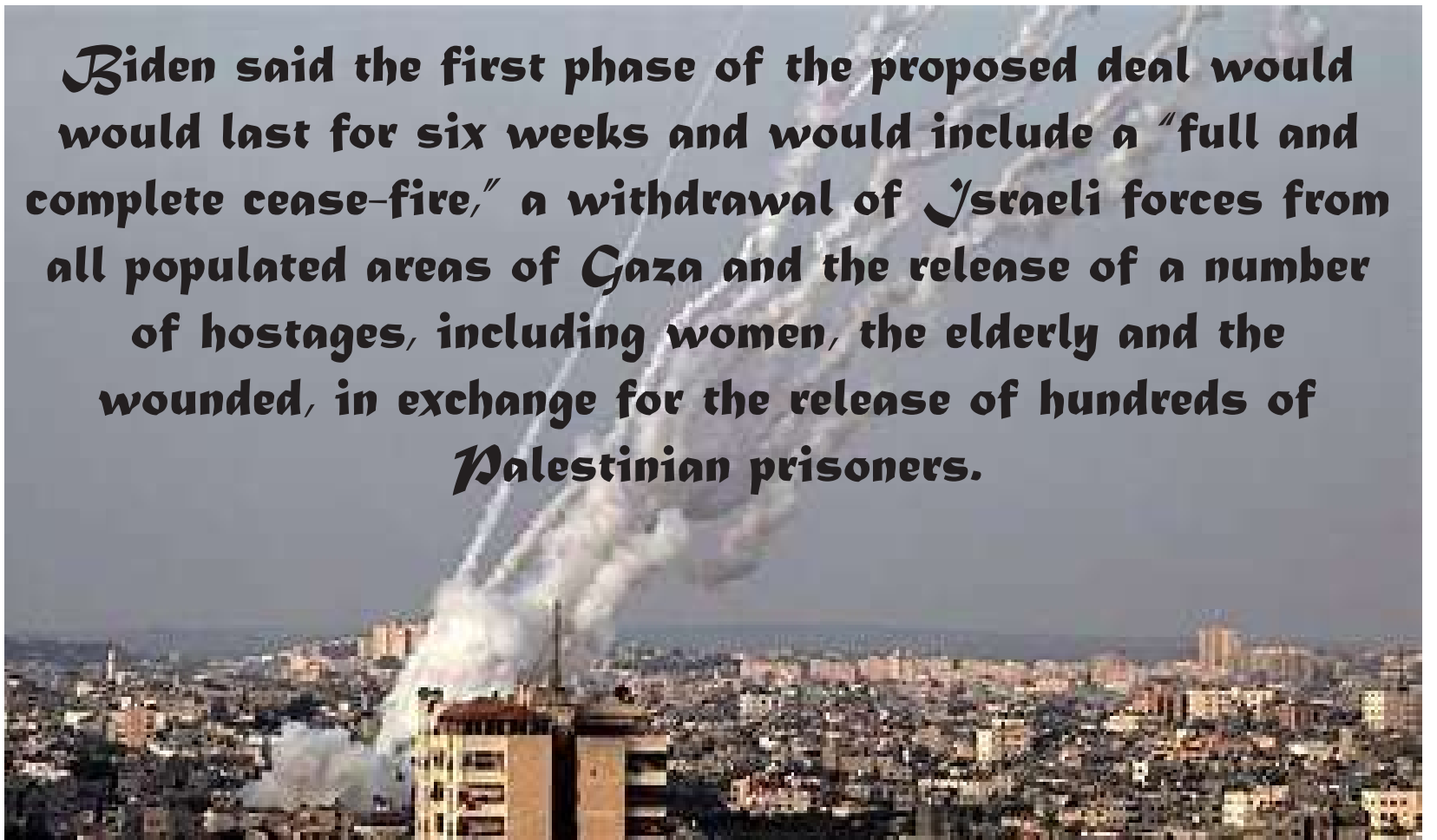
Biden Details a Three-Phase Deal Aimed at Winding Down the Israel-Hamas War.

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

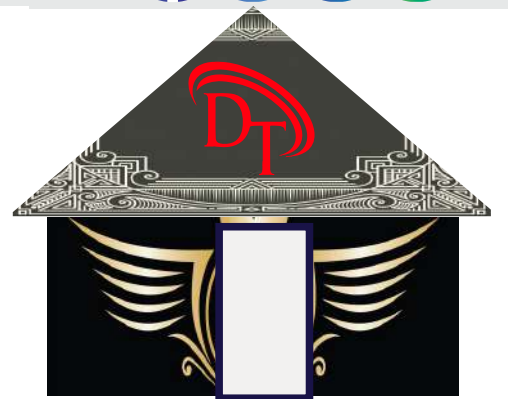
Americans on Medicare could now be eligible to get a new Food Allowance Card with an annual spending limit, yet many don’t even know it exists. This benefit is helping smart seniors get the benefits they deserve and can be used cover various bills and even groceries. Up until recently, Americans have 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. **17** 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

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.



Get regular physical activity on most days of the week

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.

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:

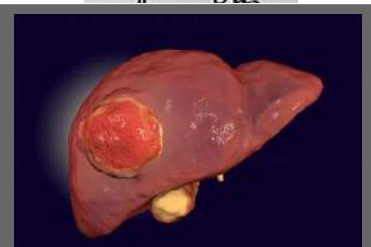
- Get regular physical activity on most days of the week.
- Practice relaxation techniques. Try deep breathing, meditation, yoga, tai chi or massage.
- Keep a sense of humor.
- Spend time with family and friends.
- Set aside time for hobbies.
- Read a book, listen to music or go for a walk.
- Schedule 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.

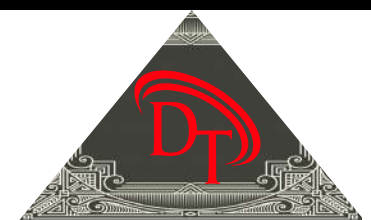
Also, get emergency help right away if you have chest pain, especially if you also have shortness of breath; jaw, back, shoulder or arm pain; sweating; dizziness; or nausea. These may be warning signs of a heart attack and not simply stress symptoms.



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.

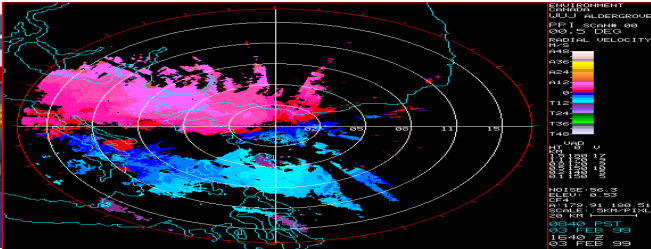
STRESS



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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



Blistering heat wave in West set to stretch into weekend and could break more records.



Millions of people across parts of California, Nevada, Arizona, New Mexico and Utah are under heat advisories Friday as meteorologists expect triple-digit temperatures across a swath of the Southwest – again.

It's another day of scorching, potentially record-breaking heat in the region as the first major heat wave of the year stretches into the weekend and likely next week, according to the National Weather Service.

Multiple cities – including Fresno, California; Las Vegas, Reno and Ely, Nevada; and Tucson, Phoenix and Flagstaff, Arizona – may have their records reset on Friday, AccuWeather said.

On Thursday, Las Vegas reached a high of 111 degrees, making it the earliest recorded date the city has ever reached such a searing temperature, according to the region's National Weather Service office. Death Valley reached 122 degrees, surpassing the previous record of 121 set in 1996.

In Texas, San Angelo reached a daily high on Tuesday when temperatures reached 111 degrees. And across California, multiple cities broke daily records this week, including Santa Rosa, Palmdale in Los Angeles County and Bishop – all with temperatures well into the triple digits.

Meanwhile, scorching heat is also impacting the Southeast, especially Florida. On Thursday, Sanford – a city just north of Orlando – hit 101

degrees, tying the daily record last set in 1998. The forecast for cities including Miami, Palm Beach and Boca Raton says they are set to experience “feel-like” temperatures up to 110 degrees. Across the state, temperatures could reach 5 to 10 degrees above historical averages through the weekend, according to AccuWeather.

In California, Friday's heat is expected to scorch eastern San Diego County with dangerously hot conditions and temperatures as high as 108 degrees, the National Weather Service said. Meteorologists also warned of temperatures between 105 to 111 degrees expected throughout the Tucson, Arizona area. Meanwhile, Las Vegas could reach temperatures between 107 to 114 degrees.

The relentless heat is partly related to a heat wave

that scorched Mexico the past few weeks, leading to dozens of deaths. Now, as the heat dome parks over the Southwest, officials are issuing advisories and urging people to avoid strenuous activity outside.

“Drink plenty of fluids, stay in an air-conditioned room, stay out of the sun, and check up on relatives and neighbors,” the weather service warned. “Do not leave young children and pets in unattended vehicles. Car interiors will reach lethal temperatures in a matter of minutes.”





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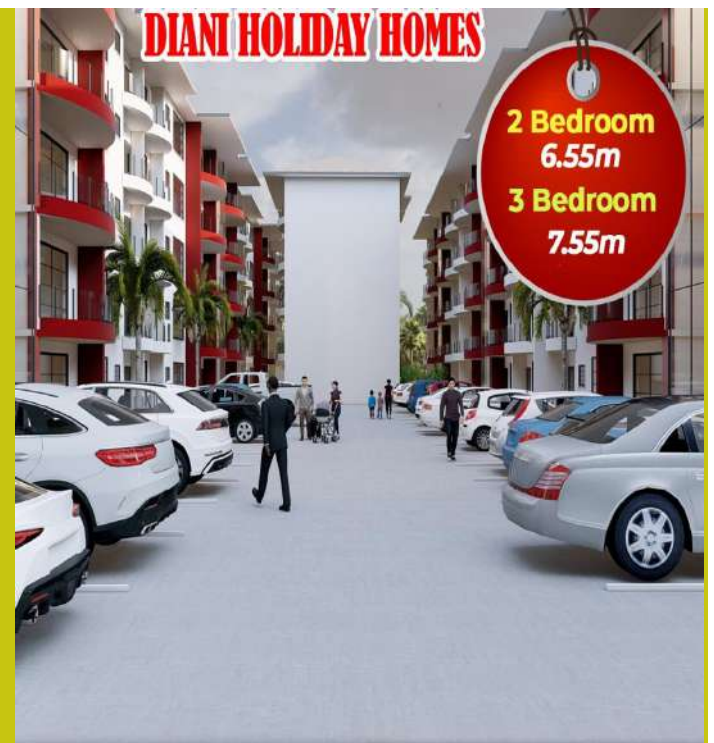
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BACKPAGE

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