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The Diaspora Times



July 10 th, 2024 Issue 257

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

The best gift President Ruto can give to Kenyans, is to dissolve parliament then resign, so that all can seek fresh mandate.

RUTO, A TRAITOR, A MERCENARY; RUTO MUST GO!



To End Police Brutality In Kenya, Ruto Must Resign.



“Traitor is one who betrays another's trust or is false to an obligation or duty.” Ruto is such.

By Ngugi wa Thiong'o

Ruto is a traitor. The call must be one. Ruto must go. He must step down and seek a fresh mandate through new elections. Anywhere in the world, a leader who is forced to retreat from a bill the way Ruto was forced to retreat from his major legislation, resigns. But

Ruto has done more than retreat from a bill. He has committed genocide against Kenyans. He has betrayed Kenya to the West viz our police to Haiti. He is a mercenary. He has betrayed the constitution which was the result of the second liberation.

Yes, Ruto is a traitor. **RUTO MUST GO!**

Ngugi wa Thiong'o
Atlanta, Georgia 9th July, 2024
Ngugi wa Thiong'o is the world's renowned literature Guru.

“A traitor says one thing but does another. Traitors betray the trust of those who believe in them or their promises.”

Ruto's leadership has led to economic instability, widespread corruption, and governance challenges, leading to an escalation in essential commodities and unaffordable living costs, especially for the poor, not forgetting the high rate of unemployment.

Kenyan youths calling themselves Gen-Z took to the streets to demonstrate their profound dissatisfaction with the Government and the 2024 Finance Bill. The administration is incompetent, resulting in gross mismanagement of the country's resources.

The administration has failed to address the nation's pressing needs, especially concerning joblessness and the best thing Ruto can do is to resign, and dissolve parliament for all to seek fresh mandate.

By Dr. Jean Kamau



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NEW KENYA MOVEMENT
The recent invasion of Parliament by protestors following the institution's validation of a hiked taxation
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Laughter is medicine

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FALLEN HEROES



Dr. Zachary T. Onyonka (1939–1996) was a Kenyan politician. Onyonka was the foreign minister of Kenya from 1969 to 1996.

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It is easier to build strong children than to repair broken men. Fredrick Douglass

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KENYA NEWS



Charles Kabiriri
Political Activist
New Kenya Movement
For Change

STAND UP FOR YOUR
RIGHTS

The Ruto regime, upon coming to power, dumped the initiative. Featured in line is also the EDU Afya program that catered to school-feeding pupils. It had been scrapped but now needs to be sustained!

Is the legitimacy of President Ruto As The Head of State And Government- Now Questionable?

The recent invasion of Parliament by protestors following the institution's validation of a hiked taxation in the Finance Bill in contradiction to the people's will now raises the question of the legitimacy of the president as the Head of State and government.



The president went against the will of the very people he should listen to by projecting support for a tax hike aimed at raising \$ 2.7m through revenue taxes. At the height of the disagreements between the people and the government, protestors overwhelmed the security. They invaded Parliament, forcing the legislators to flee through an underground tunnel to their basement parking, where the Speakers of the Assembly were the first to be evacuated utilizing ambulances, leaving the rest of the parliamentarians at the mercy of the prevailing protestors as they torched the institution.

The world is now discussing both the presidency and legislature, under the circumstances of which the two institutions having undergone such levels of eroded trust, how can they redeem their face. In some parts of the world, the president should have resigned and Parliament dissolved! The president did not only concede by rejecting the proposed Financial Act as forced by the Gen Z who led in Kenya's #RejectFinanceBill protestations, but also agreed to abide by a raft of changes demanded from the government. Among the issues pointed out are the offices of the First and Second Ladies to be scrapped off. A collection of Ksh 1.3 b was being direc-

ted to the two offices that Gen Z proposed to have the monies redirected to sustain the Linda Mama program initiated by the fourth regime to support pregnant women through their delivery. The Ruto regime, upon coming to power, dumped the initiative. Featured in line is also the EDU Afya program that catered to school-feeding pupils. It had been scrapped but now needs to be sustained! The CAS is also on the list of those that the government has to scrap off together with the office of the Chief Minister, which are all unconstitutional. There is a need to have a lean government, and going by that, the current Cabinet Secretaries' slots are twenty-one or there about, and the proposal is to be reduced to about fourteen.

Permanent Secretaries are at fifty one or there about. The proposal is to have them reduced to about thirty. The IEBC has also featured in the Gen Z proposals, and as a matter of grave concern, its constitution has been called for within the next thirty days!

Given the circumstances herein, Parliament was taken, and since power belongs to the people, Parliament should be dissolved and seek a fresh mandate. It is also inaccurate for Charlene Ruto to come forward in the prevailing circumstances as a Gen Z leader. Her notions as a first daughter are things Kenyans want to be wished away from the vicinity. In her recent speech as head of a group of a Gen Z collection, she lectured Kenyans

on dialogue as a way to peace, ending the prevailing hostilities. Charlene Ruto talking about peace without first acknowledging the deaths that have occurred is a position that has been taken by the first family of showing no empathy to the families of those who lost their loved ones in the hands of police brutality! The first daughter should know that Kenyans are disgusted with the first family, so she should refrain from talking to the public or giving any views until those affected heal completely. Charles Kabiriri The writer is a human rights activist in Kenya

All articles should be by email diasporatimeskenya@gmail.com

FROM THE
ARCHIVES



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

Man overboard
A gawky lad from New England came to New York with his girl, and took her to nearby Playland Amusement Park. They had heard a lot about the Tunnel of Love and were especially anxious to try it out. But when they got home, the kids expressed disappointment. "Shucks," the boy said, "it was dark and damp and uncomfortable. Besides, we got soaking wet." "How come?" asked a friend. "Did the boat leak?" The kid looked amazed. "There's a boat?"



roaring fire. That made my father very mad, as we didn't have a fireplace.

Identity crisis
"Your mother has been with us for 20 years," said John. "Isn't it time she got a place of her own?" "My mother?" replied Helen. "I thought she was your mother."

Kidding around
On a Miami to Chicago flight was a lively youngster who nearly drove everyone crazy.

He was running up and down the aisle when the flight attendant started serving coffee. He ran smack into her, knocking a cup of coffee out of her hand and onto the floor.

As he stood by watching her clean up the mess, she glanced up at the boy and said, "Look, why don't you go and play outside?"

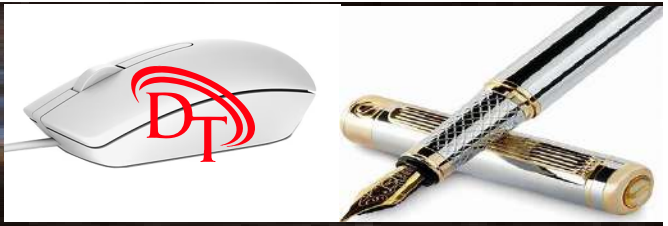
.....
A waiter gives a gentleman a cup of coffee. The gentleman takes a sip and spits it out. He turns to the waiter and says, "Waiter! This coffee tastes like mud!" The waiter, looking surprised, turns to the gentleman and says, "But, sir, it's fresh ground!"

.....
A kid finds a magical lamp. He rubs the lamp, and a genie appears and says, "What is your first wish?" The kid says, "I wish I were rich!" The genie replies, "It is done! What is your second wish, Rich?"

A guy asks a girl to go to a dance. She agrees, and he decides to rent a suit. The rental has a long line, so he waits and waits, and finally he gets his suit. He decides to buy flowers, so he goes to the flower shop. The flower shop has a long line, so he waits and waits, until he finally buys flowers. He picks up the girl and they go to the dance. There is a long line into the dance, so they wait and wait. Finally, they get into the dance, and the guy offers to get the girl a drink. She asks for punch, so he goes to the drink table, and there is no punch line.



EDITORIAL PICK



Internet sourced story

THIS DAY WILL ALWAYS REMAIN MEMORABLE IN THE HISTORY OF THE THIRD LIBERATION IN KENYA

**JUNE 25TH, 2024
A SAD DAY IN KENYA**

Mass arrests with at least 283 people, including journalists covering the protests detained by police. Young Kenyans or GenZs, were fighting for their future and used social media platforms such as TikTok to amplify their message then staged the most successful protest to stop finance bill 2023. Over 50 people died.

OTHERS SAID
"Ruto is a person who wore a shoe at the age of 14 (1980) and who joined a Criminal outfit enterprise funded through looting (YK92), that terrorized pro multiparty crusaders"

Moses Kuria quote



32 Years later, the same Ruto of the infamous YK92 is again terrorizing the pro third liberation movement coded Gen Z. This time not as an errand boy of Cyrus, but as the President of the Republic of Kenya..... God forbid!

Article By Abigirl Phiri- Zimbabwe



Blessed Are Those Who Are Able To See Visions.

The liberal mind of thinking is not in judging people's decision but just promoting people to find time to pray and thank God for the gift of life.

Blessed are those who are able to see visions that come to pass. You have to be on another level of spirituality for you to have them. For people who do not believe this might come in as a surprise. Others might refute that such things exist but it is what it is. Even in the holy book such things were the order of the day complemented by those who could have dreams.

The context of visions is so wide and it depends on one's faith. In a way, faith is the major thing that drives humanity in times were people are led astray. Without faith many people would be lost causes with no sense of direction. It's a privilege to be able to strengthen your faith and to be a firm believer. It is one of the cornerstone of life that gives us hope and makes us try on our endeavours. We all need that so that we become positive in how we think and how we see life.

One should take time to do a reflection of how their life is going. Provided you are told of a vision, do not take it lightly. Think twice before you dismiss it. Life has some beautiful aspects such as these that might seem inexplicable yet they do exist. Up



until you experience a certain thing just know all that is said exists on the face of earth, it's all true. As things are changing others do not see much relevance in going to church.

The liberal mind of thinking is not in judging people's decision but just promoting people to find time to pray and thank God for the gift of life. For those who can see visions they need to thank for the gift of seeing things that many can't. This is were the saying many are called but a few are chosen come to play. It's a true blessing that needs to be cherished.

I have had a talk with a couple of people who can see the future in visions. I can safely say these people are sages in their own right. They speak in a way that touches the spiritual

soul. In fact, they connect you back to your roots of being a strong believer in the word of God. In their presence, you feel a certain level of energy that shows you are in the presence of greatness.

Whatever religion you believe in, this is a commonality that many can testify to. That being said so, it's a blessing to be alive and to share such joys of life. Even if you do not come to experience it personally, the fact you have heard about it or read it somewhere is just about enough.

As our saviour lord Jesus talked in parables that he would further expagorate on for people to discern so is the similarity with visions. They might not come as plainly as one would thing. It's like a puzzle

that needs deep thinking and to be broken down so that one draws a conclusion. I believe in God and all the goodness he created. Having witnessed his wondrous works, I take all in things that reflect his work. The clarion call is to keep on keeping on.

For Christians the main instrument being the Bible, the holy words. People should find time to read it and draw wisdom from the holy words. Everything that is happening now should not surprise us because in the bible and those times they experienced it all hate, jealousy, goodness, firm believers, adultery and matyrs amongst others. At this point and time, all I can say is rugare treasured readers.

Article by Abigirl Phiri,



By Abigirl Phiri-Zimbabwe

summary



Poem Title :
 Godly goodness
 As you can discern
 Seeing the picturesque display
 Changing one after the other
 The visions are as real as reels life
 Muttering as if chants
 There is no room for doubters
 Cast your net wider, catch men
 And drop to your knees, life is real
 Good God
 The omnipotent ready to lend
 A helping hand in dreams and visions
 The slayer of poverty, sickness and dragons
 Do give thanks to the most high, GOD



POEM



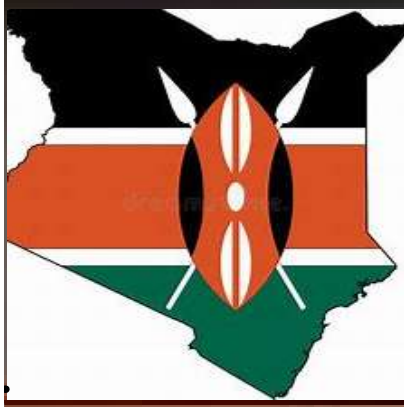
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Earning a promotion enables you to assume a more important role in your company, earn a higher salary and gain a heightened sense of accomplishment. To effectively advance your career within your company, you will need to have excellent work performance 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.



Dr. Onyonka

FALLEN HERO

Dr. Onyonka

Kenya FALLEN HERO



Rest In Peace

Onyonka was arrested and charged with murder following a fatal shooting incident involving his bodyguards and a voter in then Kitutu West constituency

The Kebirigo declaration was therefore meant to assert the authority and legitimacy of each member of parliament from Kisii and also sought to reject the political dominion from Nyaribari, Nyachae's home constituency.

Dr. Zachary T. Onyonka (1939–1996) was a Kenyan politician. Onyonka was the foreign minister from 1969 to 1996 under several other ministries up to and including Education, Economic Planning & Development and Trade and Foreign Affairs. Well Known within the Kisii community, he was always at loggerheads with then Nyaribari Chache MP Simeon Nyachae until he died. Onyonka was elected to parliament in the 1969 elections from Kitutu West Constituency when he trounced the first cabinet minister from Kisii, Lawrence Sagini Ndemo. He was the youngest MP at about 25 years. He retained his parliamentary seat until his death. He was famous for leading an anti-Nyachae crusade in Kisii after he was released from Kodiaga prison in Kisumu.

He had been arrested and charged with murder following a fatal shooting incident involving his bodyguards and a voter in then Kitutu West constituency campaigns. Ouru Ndege was shot dead after he attempted to attack Dr. Onyonka with a knife during the stormy 1983 campaigns along Kisii-Migori road junction.

His rival, John Bosco Mboga had just addressed his supporters in the area and when Onyonka, who was a cabinet minister in President Moi's government arrived, Ndege attempted to stab him with a sword leading to the minister's bodyguards shooting him to death.

Onyonka and his guards did not have a car at the time of the shooting. He was rescued by a matatu driver, Joseph



DR ONYONKA 1939-1996

Moya Nyambariga, from Botori area in Bomorenda, Bonchari, who drove the sieged minister in his matatu, christened Bolingo Na Ngai Express to safety at Suneka Chief's camp.

He was arrested soon after and locked up in Kisumu awaiting trial on murder charges. The prosecution was unable to prove the case against him and in 1984, Onyonka was set free. He had won the hotly contested election in absentia and after two years in the cold, Moi appointed him Minister for Foreign Affairs.

Before the 1988 elections, Onyonka led a group of politicians from Kisii dubbed the Four Os. This stands for Onyonka, Obure (Chris from Bobasi) Omanga (Andrew from Nyaribari Chache) and Onyancha (David from West Mugirango) to launch the famous "Kebirigo Declaration" in which Nyachae was denounced.

The Kebirigo declaration was a strong political ideology that stood for independence of each constituency in Kisii against manipulation from Nyachae. At that time, it had become increasingly evident that Nyachae who was a powerful civil servant was planning to plunge into active politics. Onyonka alleged that Nyachae had embarked on a series of secret campaigns, recruiting candidates against incumbent MPs so that he could make it to parliament with a clean slate of leaders, if he was cleared by KANU to run for elective seat.

The Kebirigo declaration was therefore meant to assert the authority and legitimacy of each member of parliament from Kisii and also sought to reject the political dominion from Nyaribari, Nyachae's home constituency.

After Onyonka's death in 1996, he was succeeded by

Jimmy Nuru Angwenyi as MP for Kitutu Chache. His son Richard Momoima Onyonka, later dethroned Angwenyi to become the area MP. After the 2013 electoral review, Kitutu Chache was divided into two constituencies, North and South (Mosocho).

Dr. Zachary Onyonka was a political titan whose influence among the Kisii community was only rivalled by the late Nyaribari Chache MP Simeon Nyachae. He served the people of Kitutu Chache as their member of parliament for over twenty years. The politician goes down in the history books as the first Kisii man to earn a PhD. He was also the first MP to win a political seat in absentia.

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

summary



RIP

And at Migori-Kisumu junction in Kitutu West, Onyonka was confronted by Bosco's supporter identified as Ouru Ndege with a sword. Bosco had campaigned in the region minutes earlier.

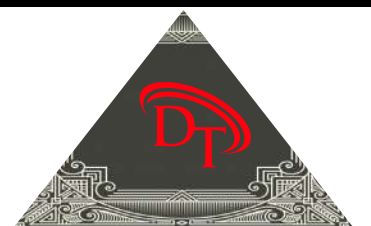
Sensing that the minister was in real danger, security guards shot dead the opponent causing fracas that lasted for hours.

With the minister operating without vehicle, a Matatu driver, Joseph Nyambariga, evacuated Onyonka who would later be arrested and charged with murder at Kodiaga prison.

During the polls, Onyonka won by landslide and would later take the position in parliament after he was acquitted.

He was the farther to the current Kitutu Chache South MP Richard Onyonka, who apparently, just like the father, served in the foreign ministry.

Dr Zachary Onyonka



DEATH OF A LEGEND: JOE WANJUI WAS A TRUE INDUSTRIALIST.

By Kipkalya Kones
Internet source

Billionaire Joe Wanjui is dead. When we were small kids, on hearing his name, we used to be told that he was the owner of the East African Industries (EAI), the forerunner to Unilever Kenya. Those guys used to manufacture nearly everything we saw at home; Kimbo, Vaseline, Closeup, Omo, Elianto....the works.

I'm often amazed by how great people in this country die quietly and their stories fade off like that. There are things people do not know about Wanjui. Apart from the fact that at some point, he was the Chairman of the DP Council of Elders, the moneyed Kikuyu businessmen who funded Mwai Kibaki and his party. But after the 2002 elections, when Kibaki's surrogates brought back tribalism by the truckloads and shut out the other communities, Wanjui was the powerful insider voice who constantly called Kibaki to order and demanded that the government be run in a way that sustained not only lasting peace, but an environment conducive for business and thrift. He also frowned on the contempt and hubris exhibited by the new Mount Kenya power brokers under Kibaki.

But I pay tribute to Joe Wanjui for two main reasons...

One, and especially in the current Kenyan circumstances, he was one of the last among a breed of Kenyan billionaires who actually MANUFACTURED SOMETHING to make money, a far cry from the modern Kenyan quick-fix billionaires who amass wealth through "ni God manze". This fact is important in determining the stark contrast between Kikuyu Entitlement and Kalenjin Incompetence. The Kikuyu old money networks built lasting money through industry. Even those alleged to have stolen money from government ran thriving private industrial concerns and left the government parastatals alive. Their Kalenjin counterparts under both Moi and Ruto would wake up and become billionaires overnight, leaving dust where previously a state enterprise stood.

Because people of Wanjui's ilk knew the value of wealth and its sustainabi-



lity, they didn't go around carrying money in sacks at harambees, or tapping their feet like illiterate penguins, to illustrate the count by each million. Certainly, this group wouldn't don watches of 20m, because those who make money genuinely don't tie it to an asset around a wrist. Amidst the Gen Z protests, perhaps we need to take a step back and ask what the new Kalenjin power brokers around Ruto, and their fraudulent friends like @DidmusWaBarasa, have done to buy helicopters overnight. Because Joe Wanjui and his peers showed us that the credible way to create wealth was to first create a going concern, build it and employ people. But the Sudis of our time have turned this philosophy upside down.

The second and bigger reason I celebrate Joe Wanjui happened during interesting times.

At the peak of the fallout in the Kibaki regime in 2005, when the LDP wing, and especially the Luo community, had all but bid farewell to the NARC-Rainbow coalition, the vacancy for Vice Chancellor at the University of Nairobi came up for

filling. Part of the reforms brought by the Narc government was that unlike previous times, when the VC was appointed by the President, this was going to be the very first time a VC was being competitively interviewed. You should have seen the top scholars, foreigners from Europe, America, South Africa, Asia and the Middle East, who all wanted the job, arriving at JKIA for the interview. Joe Wanjui was then the Chancellor of the UoN, again the first time the President of the Republic wasn't the one. He would chair the interviews.

At the end, three scholars were short-listed. Prof Jacob Kaimenyi, a Meru. Prof James Kimani, a Kikuyu. Prof George Albert Omoro Magoha, a Luo. The very powerful Merus in government; Muthaura, Mwiraria and Kiraitu Murungi, wanted Kaimenyi as VC. The very powerful Kikuyus, led by Chris Murungaru, Stanley Murage and John Michuki, wanted Kimani. Chancellor Wanjui decided to call a press conference. Stretching his hand for illustration, he said "Prof Magoha's CV is thiiiiis long! He has emerged the best and will get the job. He knows

he has to perform in this job, but he deserves the appointment".

Wanjui was aware that if he didn't announce this publicly, Magoha, who had by then been known in many circles as a sort of Luo supremacist, would never get the job. But as Chancellor and a man who had managed some of the biggest industries in Kenya, he also knew that if he didn't appoint the best VC for his university, he would stare into decline and tribalism at the premier institution. With that, he left the powerful government forces who wanted their tribesmen to go and screw a mango. Watching this presser, I promised myself that I would respect Joe Wanjui forever. Because there were few men who could stand up for principles and moral probity like he did that day. As he stood up, he said to Prof Magoha, "Go out and undertake your duties without fear or favour". And Magoha did.

You won't find such fine men today. And it's a shame.

ANONYMOUS SAID

William Ruto is not only the president of Kenya. He is also the DP, the CJ, the CDF, the IGP, the AG, Speaker of the National Assembly, the Senate Speaker, Chief Whip, State-house spokesman, Senator, MP, MCA, Governor, Women Rep, County commissioner etc.

He is his own chief advisor.

Ruto is a lawyer, a news reporter, a doctor, an engineer, an accountant, an economist, a chemist, a teacher, a procurement expert, an anthropologist, a scientist, a pastor, a pathologist, a farmer, a businessman, a psychologist, a philosopher...

William Ruto only listens when William Ruto is talking.

Talk of Kamala Harris replacing Joe Biden surges as White House calls her 'the future'

The bottom line is this, let us not decide who is going to be the president of the United States based on the 90-minute debate,'

Chatter around Vice President Kamala Harris has surged amid steadily increasing calls for President Joe Biden to withdraw from the 2024 race following his debate debacle.

Harris' name is circulating the political and online realms at the highest level in years, and that was exacerbated on Wednesday afternoon with a remark from a White House briefing room.

A reporter brought up Biden in 2020 referring to himself as a 'transition' candidate and bridge to the next generation of Democratic leaders, and asked White House press secretary Karine Jean-Pierre if he still believes that.

Jean-Pierre in her answer referred to Harris as 'president'.

'One of the reasons why he picked the vice president, President (sic) Kamala Harris, is because she is indeed the future of the party,' she said during her regular press briefing.

And he's very proud to have partnered with her and continue to partner with her.'

Jean-Pierre went on to say that Biden, 81, and Harris, 59, are 'ready to go' and 'ready to



Vice President Kamala Harris has stood behind President Joe Biden for the Democratic nomination (Picture: Getty Images)

continue' in the months leading up to the November election.

She sought to dispell rumors that Biden could be dropping out of the race hours after one of his key allies reportedly said 'he knows if he has two more events like' the disastrous debate, that he may not be able to salvage his reelection campaign.

And as Americans continue to doubt Biden's fitness to seek another term, Democratic House Minority Leader Hakeem Jeffries has told lawmakers that Harris would be the best alternative to Biden

if he decides to withdraw, two sources told The Washington Post on Wednesday.

But Biden on the same day insisted that he is still fully charging forward.

'Let me say this as clearly as I possibly can, as simply and straightforward as I can: I am running... no one's pushing me out,' Biden said during a call with the Democratic National Committee.

'I'm not leaving. I'm in this race to the end and we're going to win.'

Biden held a meeting with

Democratic governors on Wednesday evening to shore up support for him after he stumbled through his first debate with ex-President Donald Trump last Thursday.

Harris shortly after the debate doubled down on Biden at the top of the ticket.

The bottom line is this, let us not decide who is going to be the president of the United States based on the 90-minute debate,' she said. 'Let's measure that decision against the last three and a half years.'

Metro Report share

A reporter brought up Biden in 2020 referring to himself as a 'transition' candidate and bridge to the next generation of Democratic leaders, and asked White House press secretary Karine Jean-Pierre if he still believes that.

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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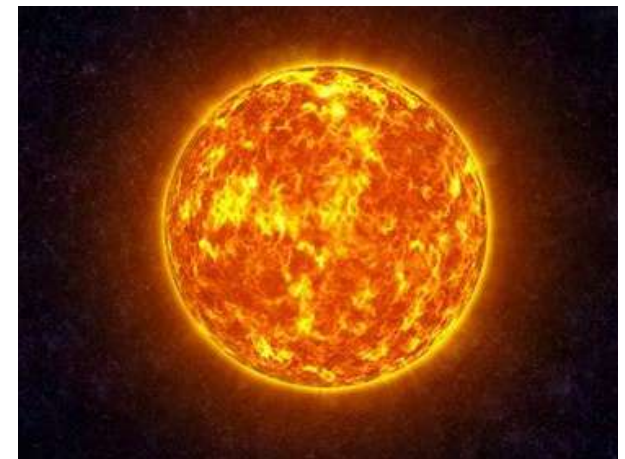
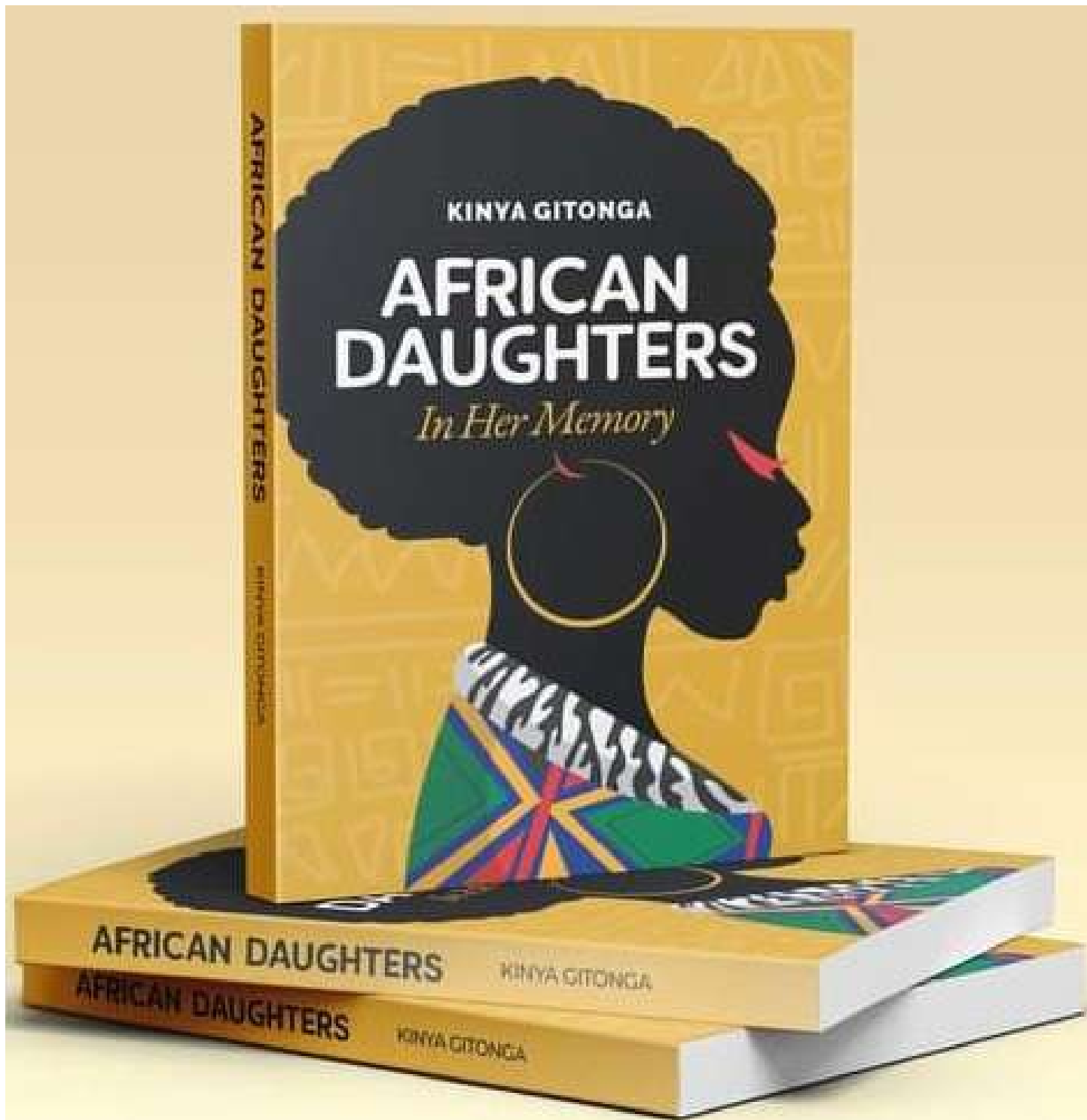


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The greatest glory in living lies not in never falling, but in rising every time we fall. -Nelson Mandela

Helen Keller Life is a long lesson in humility.



Israel, Hezbollah trade fire after strike kills commander in Lebanon.

The clashes have also sparked an exodus, forcing tens of thousands of people in both northern Israel and southern Lebanon to flee their homes across the border region.

Fear of a possible full-scale war between Israel and the Hamas-allied militant group Hezbollah in Lebanon was stoked Thursday after an Israeli airstrike killed a senior Hezbollah commander. Israel said the commander it killed Wednesday, Mohammad Naameh Nasser, was responsible for firing rockets into Israel. Hezbollah — a group which, like Hamas, is backed by Iran but believed to be larger and much better armed — responded with another barrage of rocket fire. Hezbollah has stepped up its attacks since Israel, which shares its northern border with Leba-



non, launched the war in Gaza in response to Hamas' Oct. 7 terrorist attack. Hezbollah has said it won't stop firing rockets at Israel until there's a cease-fire in Gaza. The Israel Defense Forces said it intercepted drones and other

projectiles fired from southern Lebanon on Thursday and that some of the falling debris caused fires on the ground. The military did not report any casualties, but said it was responding to the Hezbollah fire by "striking launch posts in southern Lebanon."

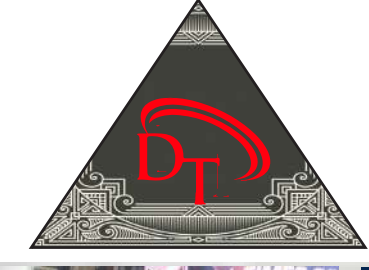
The escalating exchange of fire across the border has been deadly. The Lebanese Health Ministry reported at least 435 deaths on that side of the border as of June 26. About 90 of those killed by Israeli shelling have been civilians, according to the Al Jazeera network. In Israel at least 27 people have been killed by Hezbollah rocket and drone attacks since October, including 10 civilians, according to previous statements by Israeli authorities.

HIGHLIGHTS

BIDEN HIGHLIGHTS
President Joe Biden has received a boost in the polls as voters view him more positively on the hot topics of the 2024 election: the economy and immigration. A Fox News survey of 1,095 registered voters showed that Biden is leading his presumptive 2024 Republican rival, Donald Trump, by two points (50 percent to 48). This is the first time that the president has led Trump in a survey from the news network since October 2023. When broken down further, the Fox News survey also found that more people feel that the United States economy is in excellent or good shape (32 percent) than at any other time of the Biden administration.



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



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STUDY DESTINATION AND YOUTH TOURISM.

Good examples of destinations that allows one to further their education include Australia, U.K, Netherlands, Hungary and Mongolia to mention just a few.

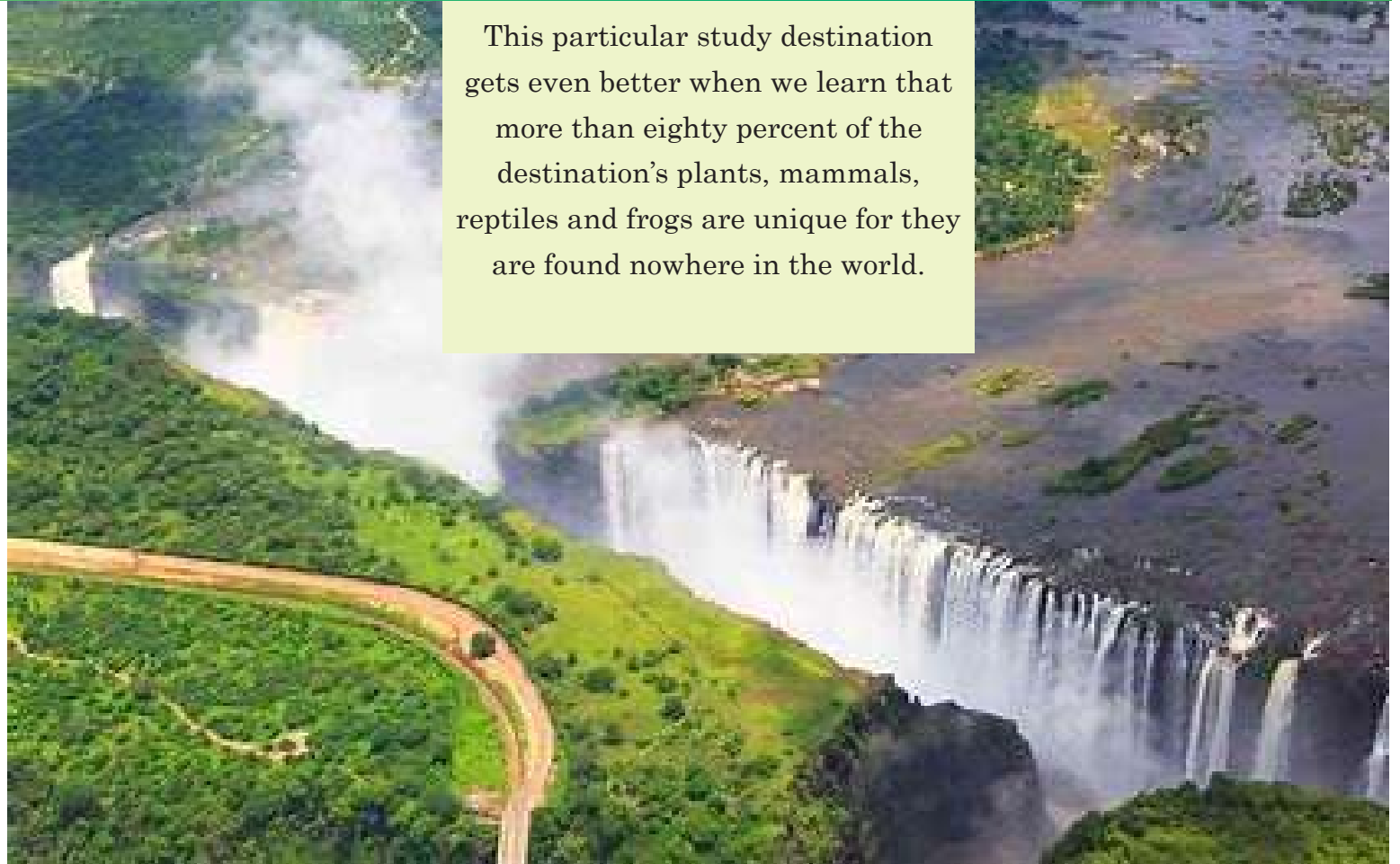


Tourism with
Memory Phiri
Zimbabwe.

We have a wide range of tourists and among them there are what we call youth

tourists. As a matter of fact, they are thrown into the tourism pool when they relocate to another country to study. At this juncture we are compelled to talk about study destinations which are ever present on the educational compass. Good examples of destinations that allows one to further their education include Australia, U.K, Netherlands, Hungary and Mongolia to mention just a few. To say the least, my main focus is on Australia. As the fortieth most visited destination in the world, tourism is an important part of the economy. There is no way that you are going to visit Australia without taking a much needed tour of Melbourne. Accordingly, this city was named the world's most liveable city from 2011 to 2017 for it has a

Talk about greener pastures. Australia is a country that is worth it's salt therefore you are bound to stumble upon some renaissance buildings in the form of a library.



This particular study destination gets even better when we learn that more than eighty percent of the destination's plants, mammals, reptiles and frogs are unique for they are found nowhere in the world.

The experience to world's best destinations

plethora of attractions. Namely, these include sporting events, art galleries, live music, festivals and fashion events. If a study destinations has tourism hotspot in the vicinity then the chances of a student visiting them are so high. Probability denotes that one too many a student will definitely try out these itineraries during their study period. The long and short of youth travel is that students go abroad to attain a recognized and international diploma, degree or masters program up to the PHD level. Talk about greener pastures. Australia is a country that is worth it's salt therefore you are bound to stumble upon some renaissance buildings in the form of a library. Standing out like a sore thumb, the country's architectural structures are eye-catching for example the famous National Maritime Museum which is an indoor

and outdoor attraction. Better still, the museum is structured around seven main galleries. In simpler terms, that is what we call architectural finesse in the concrete jungle. This particular study destination gets even better when we learn that more than eighty percent of the destination's plants, mammals, reptiles and frogs are unique for they are found nowhere in the world. The fauna includes koala, kangaroo, dingo, wombats, platous and echnida. As a result, this makes their conservation stances even more important. Notably, the aforementioned animals are very far from our very own big five so each study destination comes with its own attractions. Youth tourists will never hear the end of it all because Australia also has the Aboriginal and Torres Strait Islander as their two distinct groups of indogenous people.

Profusely spicing up their cultural package. The tourism giant harbors the Tasmanian Wilderness and the Great Barrier Reef of Australia is the world largest reef. Study destinations are immensely promoting the hospitality sector in the global village so scholarships are now the key to more tourism exploits.

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

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

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

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

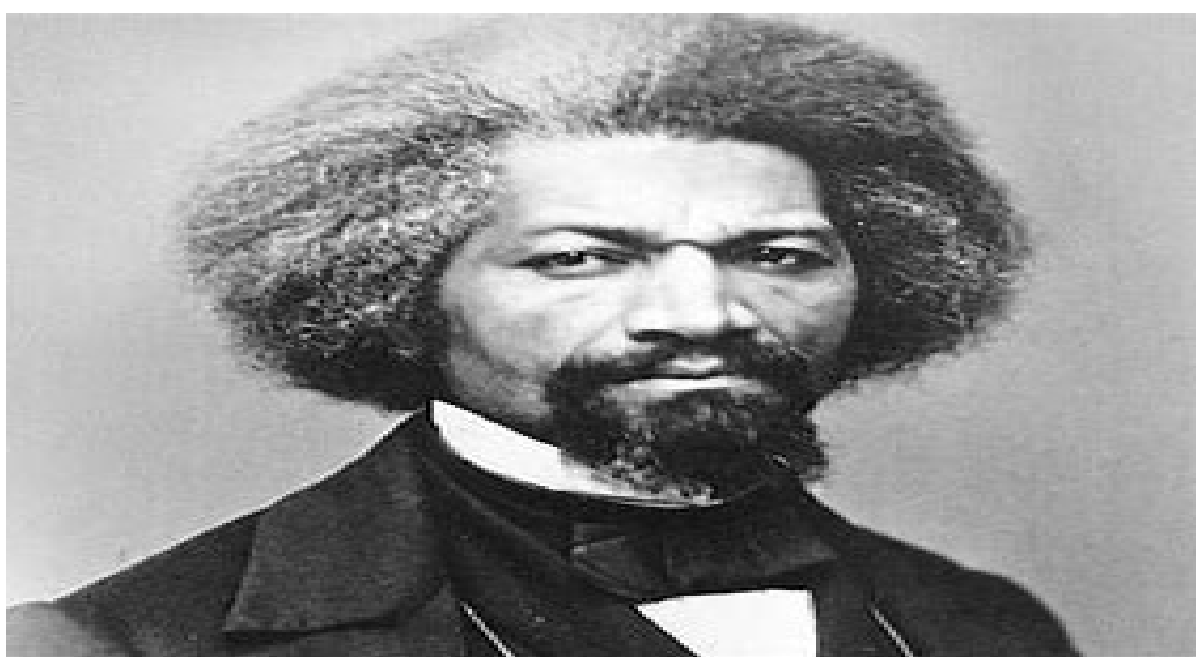


You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one. -John Lennon

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

What to the Slave Is the Fourth of July?

HE who could address this audience without a quailing sensation, has stronger nerves than I have. I do not remember ever to have appeared as a speaker before any assembly more shrinkingly, nor with greater distrust of my ability, than I do this day. A feeling has crept over me, quite unfavorable to the exercise of my limited powers of speech. The task before me is one which requires much previous thought and study for its proper performance. I know that apologies of this sort are generally considered flat and unmeaning. I trust, however, that mine will not be so considered. Should I seem at ease, my appearance would much misrepresent me. The



little experience I have had in addressing public meetings, in country school houses, avails me nothing on the present occasion.

The papers and placards say, that I am to deliver a 4th July oration. This certainly, sounds large, and out of the common way, for me. It is true that I have often had the privilege to speak in this beautiful Hall, and to address many who now honor me with their presence. But neither their familiar faces, nor the perfect gage I think I have of Corinthian Hall, seems to free me from embarrassment.

The fact is, ladies and gentlemen, the distance between this platform and the slave plantation, from which I escaped, is considerable—and the difficulties to be overcome in getting from the latter to the former, are by no means slight. That I am here to-day, is, to me, a

matter of astonishment as well as of gratitude. You will not, therefore, be surprised, if in what I have to say, I evince no elaborate preparation, nor grace my speech with any high sounding exordium. With little experience and with less learning, I have been able to throw my thoughts hastily and imperfectly together; and trusting to your patient and generous indulgence, I will proceed to lay them before you.

This, for the purpose of this celebration, is the 4th of July. It is the birthday of your National Independence, and of your political freedom. This, to you, is what the Passover was to the emancipated people of God. It carries your minds back to the day, and to the act of your great deliverance; and to the signs, and to the wonders, associated with that act that day. This celebration also marks the beginning of another year of your

national life; and reminds you that the Republic of America is now 76 years old. I am glad, fellow-citizens, that your nation is so young. Seventy-six years, though a good old age for a man, is but a mere speck in the life of a nation. "Three score years and ten is the allotted time for individual men; but nations number their years by thousands. According to this fact, you are, even now only in the beginning of you national career, still lingering in the period of childhood. I repeat, I am glad this is so. There is hope in the thought, and hope is much needed, under the dark clouds which lower above the horizon.

The eye of the reformer is met with angry flashes, portending disastrous times; but his heart may well beat lighter at the thought that America is young, and that she is still in the impressive stage of her existence. May

he not hope that high lessons of wisdom, of justice and of truth, will yet give direction to her destiny? Were the nation older, the patriot's heart might be sadder, and the reformer's brow heavier. Its future might be shrouded in gloom, and the hope of its prophets go out in sorrow. There is consolation in the thought, that America is young.—Great streams are not easily turned from channels, worn deep in the course of ages. They may sometimes rise in quiet and stately majesty, and inundate the land, refreshing and fertilizing the earth with their mysterious properties. They may also rise in wrath and fury, and bear away, on their angry waves, the accumulated wealth of years of toil and hardship. They, however, gradually flow back to the same old channel, and flow on as serenely as ever. But, while the river may not be turned aside, it may dry up, and leave nothing behind but the withered branch, and the unsightly rock, to howl in the abyss-sweeping wind, the sad tale of departed glory. As with rivers so with nations.

Fellow-citizens, I shall not presume to dwell at length on the associations that cluster about this day. The simple story of it is, that, 76 years ago, the people of this country were British subjects. The style and title of your "sovereign people" (in which you now glory) was not then born. You were under the British Crown.



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

Americans on medicare could now be eligible to get a new Food Allowance Card with an annual spending limit, yet many don't even know it exists. This benefit is helping smart seniors get the benefits they deserve and can be used cover various bills and even groceries. Up until recently, Americans have not been able to get the full care they need. But that's all changed now that people can get their Food Allowance benefit and unlock additional benefits and spending each year.



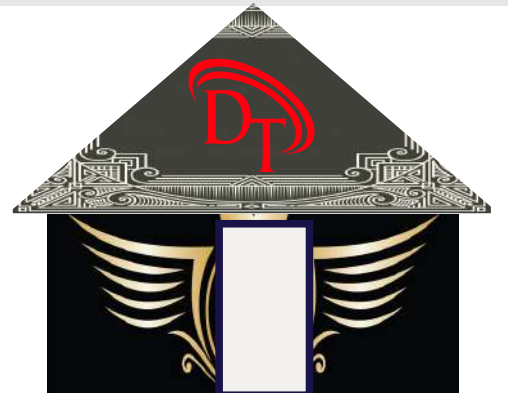
Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that. -Martin Luther King Jr.



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



Health Tit Bits



MENTAL ILLNESS

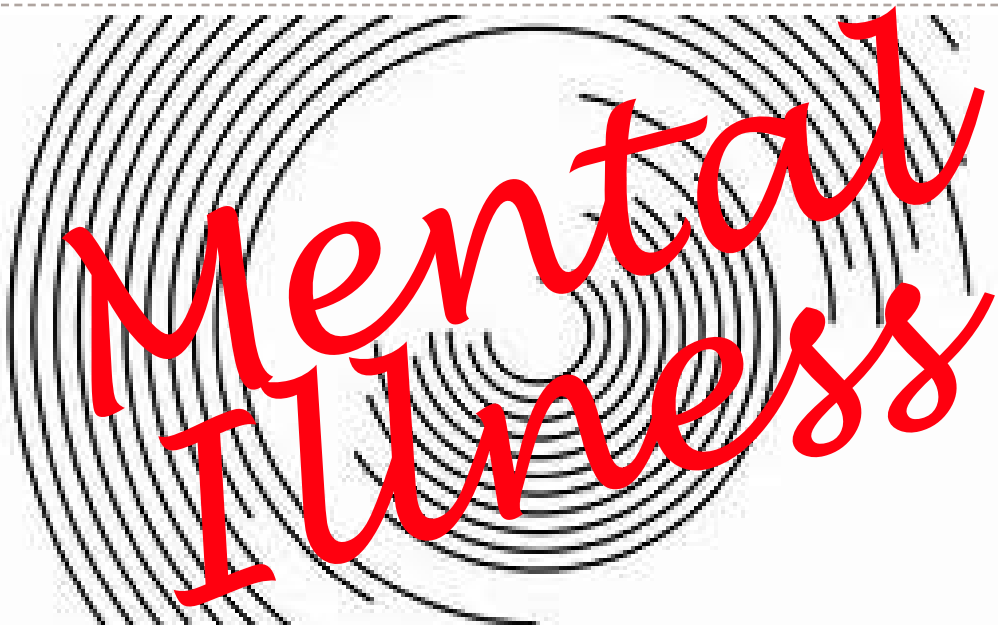


Suicidal thoughts and behavior are common with some mental illnesses. If you think you may hurt yourself or attempt suicide, get help right away.

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

summary

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



Get regular physical activity on most days of the week

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

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

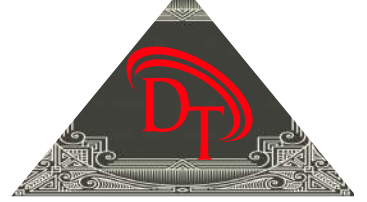
Withdrawal from friends and activities
Significant tiredness, low energy or problems sleeping
Detachment from reality (delusions), paranoia or hallucinations
Inability to cope with daily problems or stress
Trouble understanding and relating to situations and to people
Problems with alcohol or drug use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

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



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

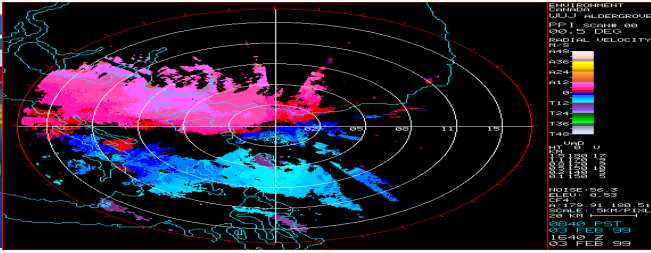
Mental Illness



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

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



summary

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

WEATHER



SpaceX Falcon Heavy rocket launches powerful hurricane-hunting weather satellite



A SpaceX Falcon Heavy rocket blasts off on the program's 10th flight,

A powerful SpaceX Falcon Heavy rocket boosted a hurricane-hunting GOES weather satellite into orbit Tuesday, the final member of a four-satellite fleet at the heart of an \$11 billion upgrade to the nation's forecasting infrastructure.

"NOAA's geostationary satellites are an indispensable tool for protecting the United States and the one billion people who live and work in the Americas," said Pam Sullivan, GOES program director. "They provide a constant real-time view of weather and dangerous environmental phenomena across the western hemisphere."

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Appropriately enough, the primary

obstacle to launch of the latest Geostationary Operational Environmental Satellite — GOES-U — was the same sort of weather it was built to observe. Forecasters predicted a 70 percent chance of late afternoon storms that threatened prevent takeoff.

But the expected bad weather took longer to develop than expected, and the Falcon Heavy thundered away from historic pad 39A at the Kennedy Space Center at 5:26 p.m. EDT, propelled by more than 5 million pounds of thrust from the 27 engines at the base of three strapped-together first stage boosters.

After helping push the rocket out of the dense lower atmosphere, the two side boosters fell away and reversed course to fly back to spectacular side-by-side landings at the Cape Canaveral Space Force Station.

A minute-and-a-half after the side boosters separated — four minutes after liftoff — the core stage dropped away, breaking up as planned as it fell to the Atlantic Ocean below.

The single Merlin engine powering the rocket's second stage fired three times over four-and-a-half hours to reach a highly elliptical "transfer" orbit where the GOES satellite was to be released. All three "burns" went off without a hitch, and live video from

the rocket showed the satellite's release from the second stage with the blue-and-white orb of Earth in the distant background.

Renamed GOES-19 once in orbit, the Lockheed Martin-built satellite will have to fire on-board thrusters five times over the next 14 days to circularize its orbit at an altitude of 22,300 miles above the equator where the weather station will circle the globe in lockstep with Earth's rotation, taking 24 hours to complete one orbit. Satellites in such "geosynchronous" orbits appear to hang stationary in the sky, allowing uninterrupted views of the Earth below. Such orbits are used by GOES-type weather satellites, imaging and eavesdropping spy satellites and communications satellites, both military and civilian.

Shared from CBS NEWS



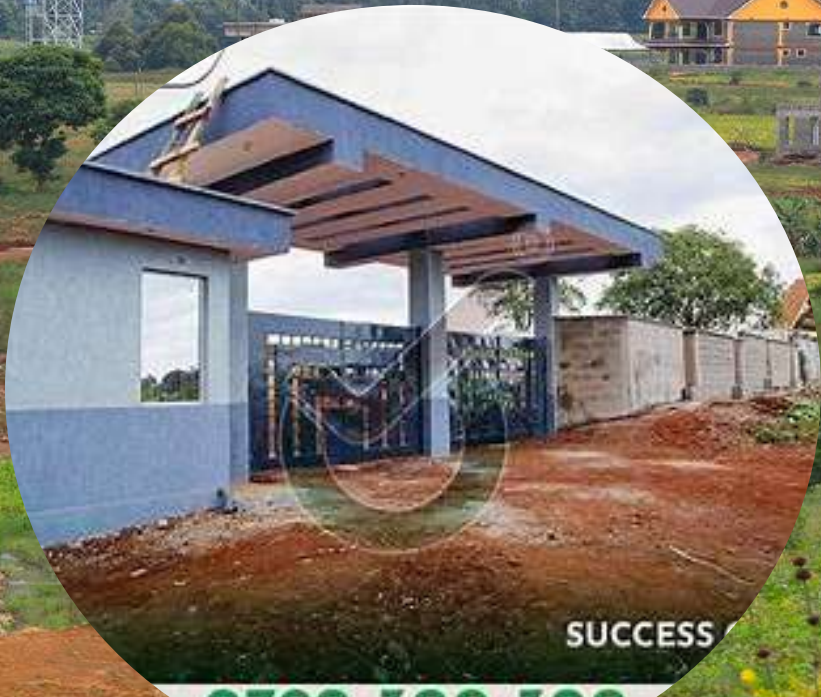
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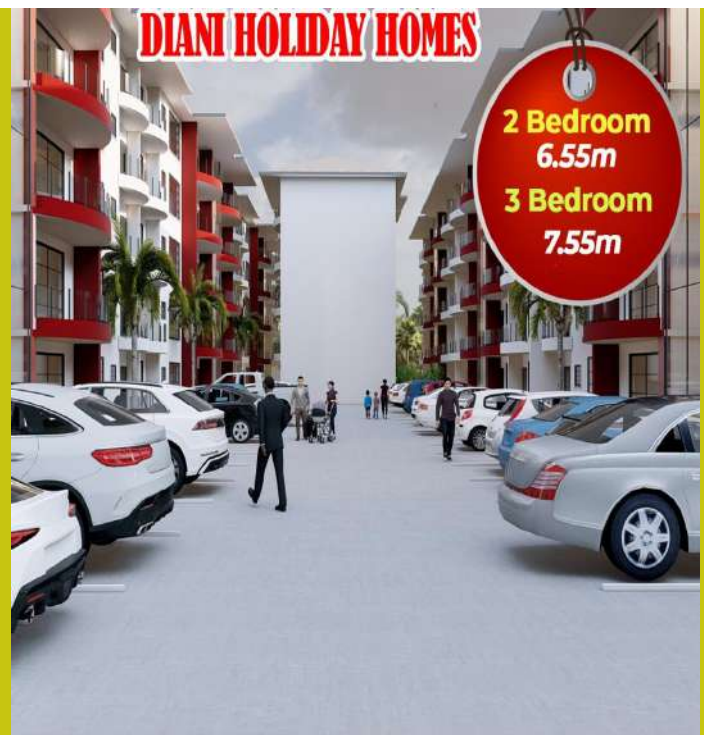
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BACKPAGE

WORLD OF SPORTS

Bengals roll with new QB in NFL re-draft exercise.



Shared by:
By Tafara Makusha

Murray's production has steadily decreased since his second year with the Cardinals, with the knee injury he suffered late in 2022 serving as the major culprit in the slowdown. The mock-world Bengals join the real-world Cardinals in hoping he stays healthy and consistent for a bounce-back season.

The Cincinnati Bengals don't usually fare well in the offseason exercise known as "re-draft" mock drafts. Generally, re-drafts that are a fun way to shake up the league and fill some dull offseason space have the Bengals picking later in the first round -- meaning another team swipes Joe Burrow very early. Case in point, a seven-round re-draft effort from NFL.com's Chad Reuter has Burrow going third overall to New England, while the Bengals pick 18th and settle for Kyler Murray: Murray still has some interesting upside as a franchise passer, but sitting 18th and getting the 16th quarterback off the board doesn't do the Bengals any favors in this exercise -- especially not when the team turns around and uses second and third-round picks on defenders.

USA Today share

