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By Charles Kabiriri

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

# The Diaspora Times



July 13 th, 2024 Issue 257

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

**“Never, never and never again shall it be that this beautiful land will again experience the oppression of one by another.” Nelson Mandela**

# Mr. Ruto, The Gen Z Have Spoken:, It's Time To Go!



**Editorial**



**R**uto, you have used goons disguised as police to hunt, torture, maim and kill innocent Kenyans while trying to find out who is funding the Gen Z movement. Ruto, you are using killer cops and other goons to find out who the Gen Z leader is, but YOU may not get an answer. **WHY IS THAT?** The Gen Z movement is the spirit of a people who have been oppressed for too long and now have no hope of ever finding joy under YOUR corrupt administration. The Gen-Z are the many mama mboga, boda boda, mkokoteni, jobless youths, and fresh university graduates you had given hope during your campaigns. You never fulfilled and instead called them criminals. They are not Criminals as their only motivation is, **TO LIBERATE KENYA.** The desire for change is the only motivation forcing young people to assemble in Xspaces and WhatsApp forums and later demonstrate at agreed-upon locations—and what to wear is also specified. It's a patriotic group of young men and women who love their country more than

you do. They dont want cosmetic, but real and genuine changes- so that millions of Kenyans can have a better life. All in the Gen Z movement are leaders, and that is how the killer cops and the hired goons will hit rock bottom while trying to get information from those abducted. None will have a definite answer. Kenya has been operating like an empty shell during the two years under your dictatorial regime and the time has now come to change the status quo. The failure to fulfill promises and the inability to control rogue cabinet Ministers and parastatal heads on a looting spree cannot be tolerated further. The impunity is in excess. It is the reason why the Gen Z cannot keep quiet while the country is destroyed and are now telling you to dissolve Parliament and all, including yourself, to seek a fresh mandate. They are simply telling you to **RESIGN.** Reconstituting the Cabinet and other flimsy changes will not work. The statement “fish rots from the head” defines Kenya’s current situation. Ruto, you have no choice, as the defining moment is now, and reorganizing the miasmatic system rotten to the core will not work. As Martin Luther King would put it.. - **QUITTING IS THE FIERCE URGENCY OF NOW!**

**HYENA, SHEEP AND GOAT**

Written by Ngũgĩ wa Thiong’o  
And narrated by Ndūngi wa Githuku



Once upon time,  
**Hyena put on a sheepskin  
Herdsman allowed it to herd the sheep  
Even the men of God especially  
the Saved Ones  
Including Mpesa-Bishops were there  
And prayed their god to bless the Hyena  
So it can guide the sheep to the grass  
A well spoken hyena,  
So blessed with such strong white teeth,  
What can go wrong?  
The Pastors and Mpesa Bishops  
Some with golen Crosses  
and huge Bibles  
Had pictures taken seated behind  
the Hyena  
At night, Hyena swallowed one sheep  
And so on, a sheep a night for dinner  
The herd diminished and  
The whole herd would have vanished  
Except for the one brave goat  
who cried out  
And young braves took up arms  
And saved the remaining Herd**

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**OPINION**

**NEW KENYA MOVEMENT**

Kenya’s cabinet has been dissolved! political elites will now have to swallow a humble pie by agreeing to the reality that the coun Page 03

**Laughter is medicine**

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**FALLEN HEROES**

Koitalel arap Samoei (c.1860 – 19 October 1905) was an Orkoiyot who led the Nandi people from 1890 until his assassination in 1905. Page 06

**“To suppress free speech is a double wrong. It violates the rights of the hearer as well as those of the speaker.” Fredrick Douglass**

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KENYA NEWS



STAND UP FOR YOUR RIGHTS



Charles Kabiriri  
Political Activist  
New Kenya Movement  
For Change

President Ruto is living nothing behind in his efforts to sustain power as his government grapples with intense unpopularity in the country!

# A Beseiged President Getting Unpopular Each Day: Dissolving Cabinet Will Not Convince The G-Z

**K**enya's cabinet has been dissolved! political elites will now have to swallow a humble pie by agreeing to the reality that the country is at a junction where the turn is headed towards transitioning!

President Ruto is living nothing behind in his efforts to sustain power as his government grapples with intense unpopularity in the country!

By dissolving his entire cabinet, President Ruto undertook to fulfilling a raft of measures as was enlisted by Gen Z being proposals towards achieving good gover-

**"The Gen Z revolution is partly about repairing trust. The right people in politics translates not just to better policies, but crucially trust and credibility, without which the economy cannot function properly. The revolution has reminded us why it is important for people to take interest in politics."**

nance in the country.

After the controversial Finance Bill 2024-2025 that triggered the Gen Z revolt across the country, it marked a redefining moment in politics and governance in the whole of the East African region. This development was part of an accord the President agreed to in an X space integration with Gen Z after his administration legitimacy remained in question.

The shocking events of the 25th of June 2024 saw protestors overwhelming the security attached to the protection of Parliament, storming the establishment and torching part of it.

However, the outlined proposals directed to the president could provide the country with a new road map to socioeconomic and political success.

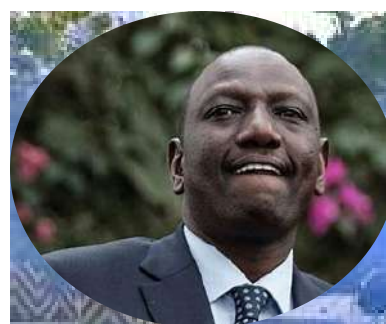
Kenya is the East and Central Africa economic powerhouse with a population of 55 million people, 65% of which comprises Gen Z and millennials could be a door away into a new era.

In his dismissal of the cabinet, the president referred to powers ordained to him by the constitution in Articles 152 (1), 152 (5) b and Section 12 of the Office of the Attorney General Act.

The president pledged to form a new team to assist in accelerating the implementation of radical programs aimed at addressing national issues such as debt management, job creation, resource optimisation, and corruption elimination. This move comes nearly two years after President Ruto appointed the 24-member cabinet on October 26th, 2022.

Regime change in the country has, however, remained cosmetic.

The civil servants remain the same while the new boss who is posted joins the scam, by virtue of the servants being the schemers.



Given the circumstances herein, Parliament was taken, and since power belongs to the people, Parliament should be dissolved and seek a fresh mandate.



Lifestyle audit should be made a preserve to political appointments but be mandatory to all civil servants.

Constituency Development Fund (CDF) is never accounted for.

The idea was borrowed from India with good intentions, but how it is implemented here is the problem.

Unlike in India, where primarily the fund is executed by administrators with the MP role being to oversight on priority projects, here in Kenya, the MP executes directly.

This contradicts the constitution that provides that the MP's role is to represent, legislate, and oversight.

The constitution does not provide a mandate for CDF.

This means that the CDF is unconstitutional and, therefore, should be abolished! Review of Salary Remuneration Commission (SRC) to work on part-time are some of the recommendations that will be looked into, going forward.

Recently, the president and the opposition chief met to endorse the recommendations in NADCO Report over the IEBC for its formation, where the president ascended the bill into law.

This is because it has to be urgently constituted.

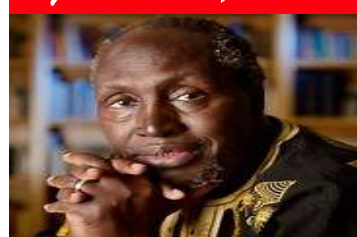
The president has no power to dissolve parliament. A working IEBC will enable the country to use the recall clause to send home most of the legislators.

In Kenya, we have a Legislature, which is a joke of a house!

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?"

### Holy cow!

A pair of cows were talking in the field. One says, "Have you heard about the mad cow disease that's going around?"

"Yeah," the other cow says.

"Makes me glad I'm a penguin."

### Where there's smoke

Once, my father came home and found me in front of a



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?"

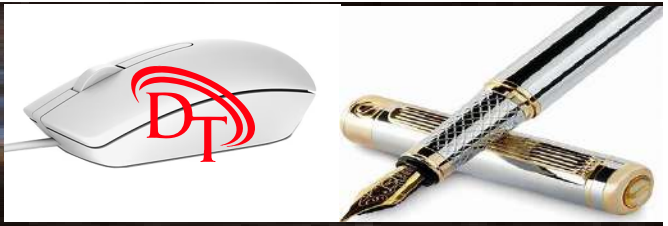
A guy asks a girl to go to a dance. She agrees, and he decides to rent a suit. The rental has a long line, so he waits and waits, and finally he gets his suit.

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



# National Anthem

When you are alive you need to have a sense of belonging even if you migrate to some foreign land.

**A**s I go to work everyday tuned in on the radio station especially star fm at exactly 6 o'clock on the dot the national anthem is played. I sing along to it silently as the words remind me of my younger days when we were being taught it's meaning at primary school. I have to say I like the instrumental beat without the words as I already know them from the heart.

The words were so well crafted that in a nutshell they spell out what the gallant heroes did for us to attain independence and how we should jealously guard this beauty of a nation. In some way, national anthems make us more patriotic to our respective nations. If I do not hear the national anthem then that day I write it of as a bad one. I would like to believe as a true Zimbabwean the national anthem holds a lot of significance on my life.

This is why it is played even on high end occasions like a football match or when one wins an Olympic medal amongst others. It represents unity and brings us back to our roots



making us one people.

This is why not only Zimbabwe but the whole of the nations have their different national anthems. In countries like America there is no greater honor for a musician when one is asked to sing the national anthem for a large crowd. The tradition is long standing and by singing the national anthem we are standing in solidarity in noting how we would like to see our nations prosper in every aspect.

When you are alive you need to have a sense of belonging even if you migrate to some foreign land. Things that will keep you thinking of your roots are such as the national anthem inter alia. You realise the true importance of something when you get older. For Zimbabwe,

we have gone through so much but as a nation we have come out unscathed especially looking at the liberation war and how much the gallant heroes had to sacrifice for us to get independent. All things being equal, this topic is a hot one considering August is fast approaching were we celebrate the fallen and living heroes and heroines.

Daily I think back about our history and if I were to have a talk with my history teachers they would have been proud of me. It's every history teacher's wish to get his or her students interested in the knowledge of their nation's past life. Some even go on to say history has a way of repeating itself that is why it should be given the time of the day. Although the real fact

is every subject in life is important because it teaches you something worth while. One should be in a position interested in continuous growth because that is the only way you will become a better person.

The quest and zest to learn more will get you to be a better citizen. You won't be blind to aspects that matter. On all intents and purposes, although I go to work early, the national anthem is one thing that I look forward to singing to. It makes me feel alive and not to beat myself up that I left my warm bed especially in this winter season. Instead, it gives me reason to say I am doing good in contributing to the nation's prosperity.

Article by Abigirl Phiri, Zimbabwe



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



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

## POEM



Shona version of the national anthem  
 Simudzai mureza wedu weZimbabwe  
 Yakazvarwa nomoto wechimurenga;  
 Neropa zhinji rama-gamba  
 Tiidzvirire kumhandu dzose;  
 Ngaikomborerwe nyika yeZimbabwe.

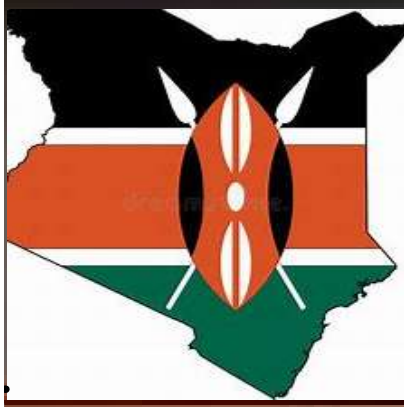
Tarisai Zimbabwe nyika yakashongedzwa  
 Namakomo, nehova, zvinoyevedza  
 Mvura ngainaye, minda ipe mbesa  
 Vashandi vatuswe, ruzhinji rugutswe;  
 Ngaikomborerwe nyika yeZimbabwe.

Mwari ropafadzai nyika yeZimbabwe  
 Nyika yamadzitate-guru edu tose;  
 Kubva Zambezi kusvika Limpopo,  
 Navatungamiri vave nenduramo;  
 Ngaikomborerwe nyika yeZimbabwe.

### YOUNG LEADERSHIP PROGRAM







KOTALEL

FALLEN  
HERO

KOTALEL

Kenya  
FALLEN  
HERO

Rest In Peace

# Koitalel Arap Samoei

Kimnyole sensed danger in his son's bravery and out of concern for his safety, sent Koitalel's three siblings to live among the Kipsigis while Samoei was asked to go and live among the Tugen people.

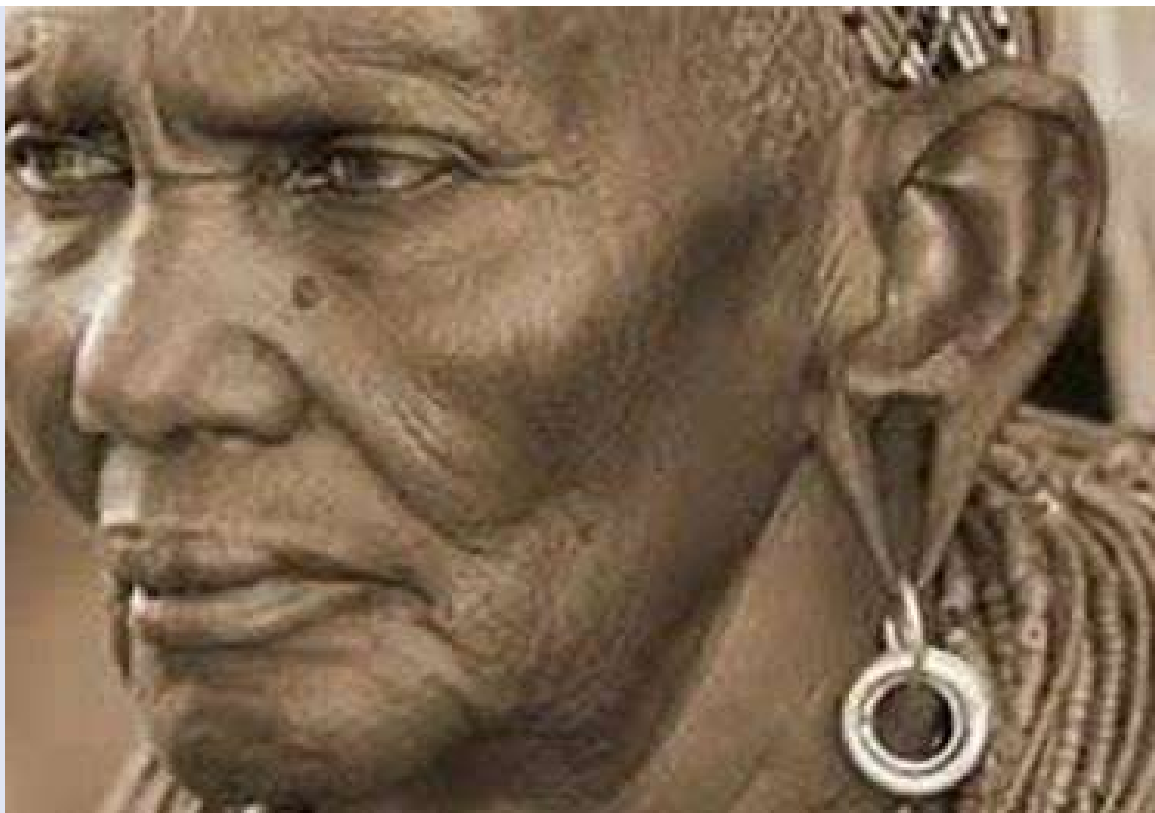
**K**oitalel Arap Samoei (c.1860 – 19 October 1905) was an Orkoiyot who led the Nandi people from 1890 until his assassination in 1905. The Orkoiyot occupied a sacred and special role within the Nandi and Kipsigis people of Kenya.

He held the dual roles of chief spiritual and military leader, and had the authority to make decisions regarding security matters particularly the waging of war and negotiating for peace. Koitalel was the supreme chief of the Nandi people of Kenya. He led the Nandi resistance against British colonial rule.

Koitalel Samoei was born to Kimnyole arap Turukat at Samitui in Aldai. He was the fourth of five sons (Siratei arap Simbolei was Kimnyole's youngest son) and belonged to the Kaplelach age-set group of the Nandi. he was reportedly close to his father and displayed the greatest ability in understanding prophetic signs.

Kimnyole, who is said to have predicted Koitalel's death, reportedly summoned his five sons as he saw his own death approach and asked them to consult traditional brews in a pot. Samoei, upon gazing into the pot, drew his sword in protest having perceived the coming of the Europeans. Kimnyole sensed danger in his son's bravery and out of concern for his safety, sent Koitalel's three siblings to live among the Kipsigis while Samoei was asked to go and live among the Tugen people. After the death of Kimnyole, a faction of Nandi people sent for Koitalel who had already taken refuge among the Keiyo people.

Koitalel's brother, Kipchomber arap Koilege, also laid claim to Nandi leader-



Koitalel arap Samoei (c.1860 – 19 October 1905)

ship, leading to a succession dispute. Factions formed around the two aspirants and minor skirmishes took place between their supporters but this did not extend to full scale war. The dispute ended with the defeat of Kipchomber Arap Koilege in 1895, after which he fled to the Kipsigis with his supporters, becoming the first Kipsigis Orkoiyot.

Koitalel was appointed successor to his father, and was made Orkoiyot in 1895.

When the British colonial government began building the Uganda Railway through the Nandi area, Koitalel led an eleven-year resistance movement against the railway.

To end the resistance, the now largely disgraced intelligence officer Richard Meinertzhagen invited Koitalel to a peace truce meeting after leading a rebellion against the colonial invasion of the Nandi. The peace meeting was to be held at 11:00AM on Thursday, October 19, 1905.

Suspecting that he would be killed as his father Kimnyole had foretold, Samoei instructed Meinertzhagen to come with five companions to meet him at Ketbarak (present-day Nandi Bears Club). Samoei was to come with five foretellers.

Contrary to the agreement, Meinertzhagen marched from the fort at Kaptumo with 80 armed men, 75 of whom hid near the venue of the meeting. It is reported that when Koitalel stretched his hand to shake hands with Meinertzhagen's, he killed Koitalel with a shot at point-blank range. Afterward, it is claimed that he also decapitated Koitalel and sent some of Koitalel's body parts to England. This precipitated the end of the Nandi Resistance. Initially, Meinertzhagen was able to cover up what he had done from the colonial authorities, and was commended for the incident. However, after news of what had actually happened became known, Meinertzhagen

claimed self-defence in an investigation, and eventually, after a third court of inquiry, he was cleared by the presiding officer, Brig. William Manning. Nevertheless, pressure from the Colonial Department on the War Office eventually brought about Meinertzhagen's removal from Africa.

NB: Not related to William Ruto.

He was succeeded by his brother, Kipeles arap Kimnyole (aka Tamasun) while his son, Barsirian arap Manyei (born 1894), would later become the Nandi leader from 1919 until 1922 when he was detained by the British colonial government. Barsirian was not released until 1964, after independence, making him the longest-serving political prisoner in Kenyan history.

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

## summary

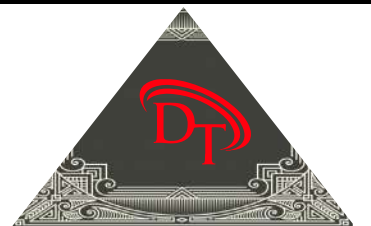


### RIP

Koitalel has been immortalised as a national hero and a legendary leader among the Kalenjin community. A mausoleum has been built for Koitalel arap Samoei in Nandi Hills, Kenya.

Construction of the Koitaleel Arap Samoei University by the national and local government in collaboration with the University of Nairobi is currently ongoing in Mosoriot and Nandi Hills, Kenya. The Koitaleel Samoei Secondary School situated in Nandi Hills town is named after him to commemorate his leadership..

Koitalel Samoei





# A trucker found a 1-year-old boy alive on a Louisiana roadside.

**A** truck driver found a 1-year-old alive in a ditch off an interstate highway in Louisiana this week, a day after the boy's 4-year-old brother was found dead near the same freeway in what investigators think was a case of abandonment around the time tropical storm conditions hit the area, authorities said.

The boys' mother, a Louisiana resident, has been arrested in Mississippi and faces murder and other charges, accused of abandoning the children in Louisiana, authorities said Thursday.

A Louisiana sheriff, who says he believes the 1-year-old spent two days along Interstate 10, including while Hurricane Beryl or its weaker iterations battered the western Gulf Coast region with rain and strong wind – is praising the truck driver for seeing the child and stopping to pick up him up Tuesday. "We look at this 1-year-old as our miracle baby, (because) he was still alive," Calcasieu Parish Sheriff Stitch Guillory said this week. "This kid spent two days out in the weather on the side of the highway. ... Thank God that trucker (saw) him."

An investigation began Monday afternoon, when the 4-year-old boy's body was found floating in water behind a rest stop off I-10 in western Louisiana's Calcasieu Parish, just across the Texas state line, the sheriff's office said. No cause of death was immediately announced. That day, Beryl made landfall in Texas as a hurricane and weakened to a tropical storm and tropical depression as it impacted Louisiana, dropping rain and delivering wind gusts of up to 60 mph to the parish, CNN meteorologists say.

Detectives eventually learned the 4-year-old had last been seen on Saturday with his mother, Aaliyah Jack, 25, of Lake Charles, and his 1-year-old brother, the sheriff's office said. Police in Meridian, Mississippi, then found Jack without the 1-year-old, and she was arrested there initially on suspicion of failing to report a missing child, authorities said.

And on Tuesday morning, the 1-year-old turned up – alive – along I-10 back in Louisiana, authorities said. Appeared at AP news for awareness only

## 5 people escape hot, acidic pond after SUV drove into inactive geyser in Yellowstone National Park.



Five people were able to escape a hot, acidic pond in Yellowstone National Park after the sport utility vehicle they were riding in went off the road and into an inactive geyser, park officials said Friday. The passengers were able to get out of the 105 degree Fahrenheit (41 degrees Celsius) water on their own after the crash Thursday morning and were taken to the hospital for treatment of non-life-threatening injuries, park spokesperson Morgan Warthin said in a statement. The road was closed for about two hours Friday

while the SUV was extracted from 9 feet of water, Warthin said. The Semi-Centennial Geyser has been inactive since a major eruption in 1922. It is located near Roaring Mountain between Mammoth Hot Springs and Norris Junction. Park officials did not release the names of those involved and said the incident is still being investigated. AP Share for awareness only

## Amusing Whatsapp Messages

### 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, Statehouse 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.**



# Republicans Step Up Attacks on Kamala Harris.

Biden, 81, has insisted he will stay in the race. Harris, 59, has been one of Biden's most forceful defenders in public and private since Biden's halting debate performance in late June. Harris has said she is committed to being Biden's running mate.

**T**he intensified focus on Vice President Kamala Harris as President Biden faces continued calls to withdraw from the race for the White House has made her even more of a target on the right, at times in racist and sexist ways.

Such attacks on Harris—the first female and first Black vice president, as well as the first of Indian descent—aren't new. But Republicans have focused more on her as Democrats have weighed whether she should replace Biden at the top of the party's ticket, offering a glimpse of the type of attacks Harris would have to contend with if she were the Democratic nominee.

Sebastian Gorka, a former aide to Donald Trump, recently referred to the vice president as "colored" and a "DEI hire." The former president's campaign referred to Harris as "Low IQ Kamala" on social media. Some of the former president's supporters have for years donned shirts, carried signs or sported "Joe And The Hoe Gotta Go" bumper stickers.

Before she became vice president in 2021, Harris had a lengthy career in public service, elected as California's attorney general in 2010 and then serving as a U.S. senator



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

from that state beginning in 2017. She earned a reputation for her withering interrogations of Trump administration officials while serving on the Senate Judiciary Committee. The recent attacks, which Democrats and some Republicans say stand to alienate voters, largely stem from the far right. Some conservatives have used the phrase "DEI hire" in a derogatory manner when talking about Black and brown people, referring to diversity, equity and inclusion efforts that they say are being pushed by progressives and Democrats. It is an attack sev-

eral have directed at Harris in recent days.

"She's a DEI hire, right? She's a woman. She's colored, therefore she's got to be good," Gorka said during a segment on the conservative news channel Newsmax. He was responding to a question on whether donors believed Harris would fare better than Biden in such battleground states as Michigan, Wisconsin and Pennsylvania.

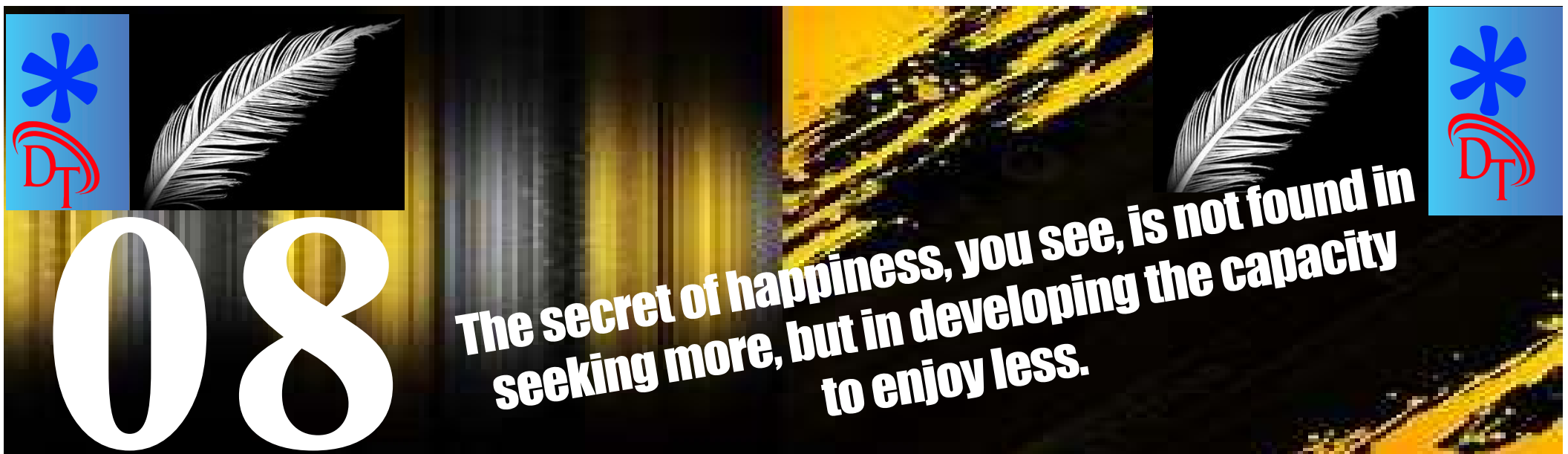
Rep. Chip Roy (R., Texas) used similar language in a Fox Business segment this past Monday, in which he

said Democrats have "got to choose between a mentally incompetent president and a DEI vice president."

Asked about subsequent criticism of his remarks, Roy referred to comments from Biden in 2019 that he would prefer a woman or person of color as his running mate. Biden "literally made clear he was picking a female / minority... which is different than saying he's picking the best regardless of sex or color," Roy told The Wall Street Journal by text.

Wall street share. Awareness

A recent New York Post column by the commentator Charlie Gasparino was widely criticized for saying "America may soon be subjected to the country's first DEI president." The paper's editorial board doubled down on the characterization in its own opinion column published Wednesday.



# 08

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

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

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

08

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



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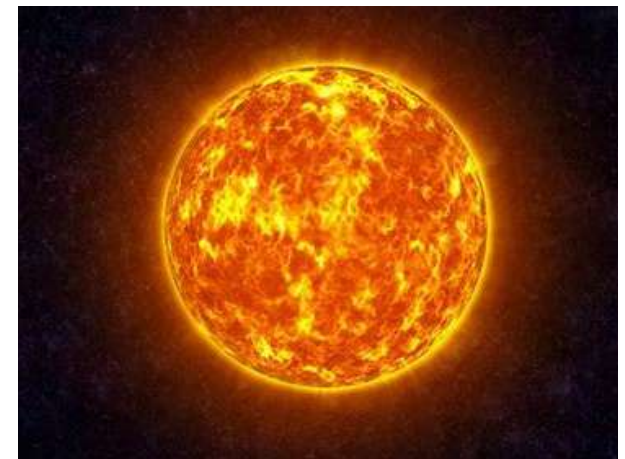
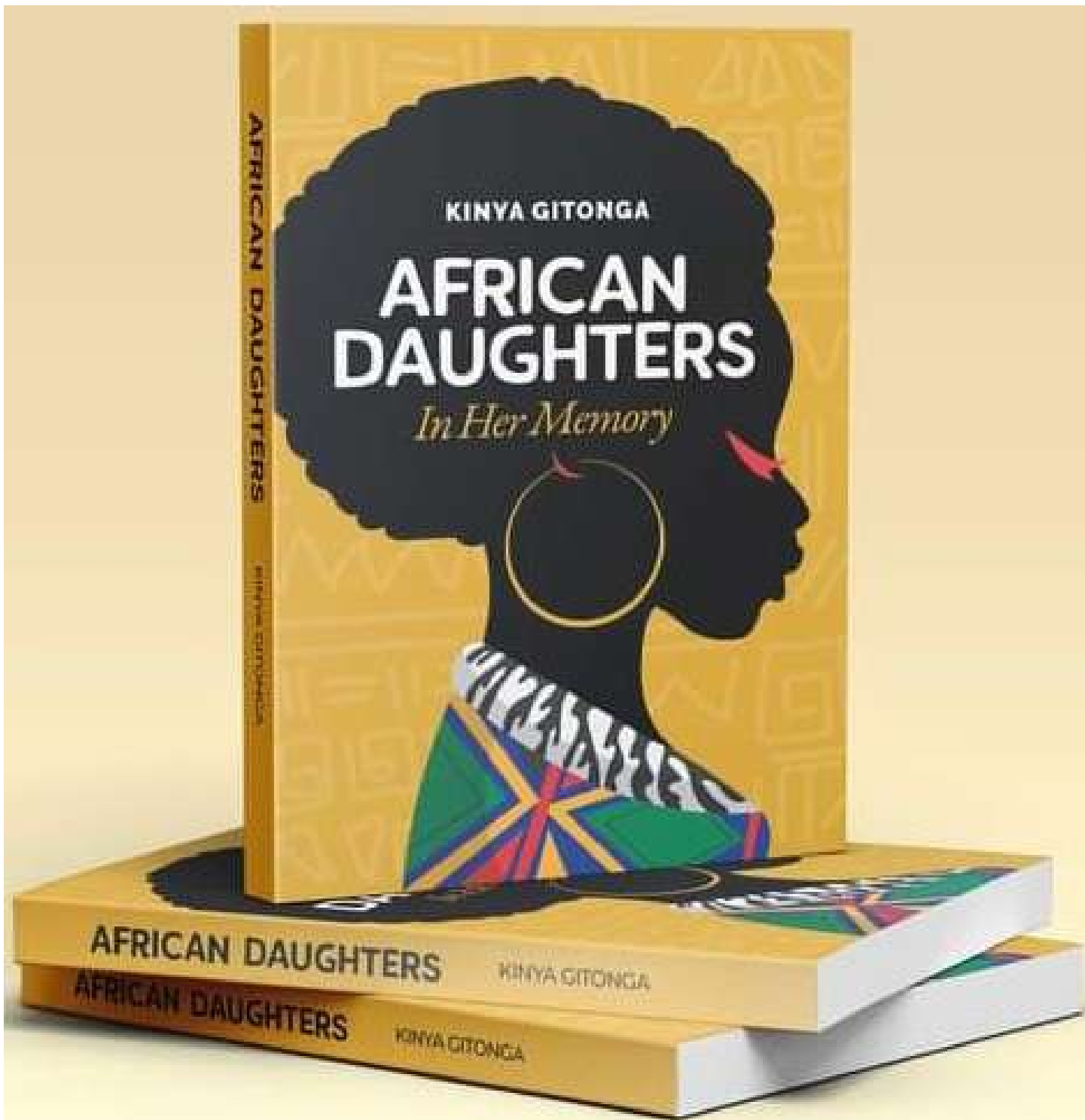
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*The greatest glory in living lies not in never falling, but in rising every time we fall. -Nelson Mandela*

*Helen Keller Life is a long lesson in humility.*





# Americans haven't been ordered to enlist for Israel-Hamas war

The Instagram video references legislation that would automatically register men who are at least 18 and not yet 26 for the selective service.

## 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.

**A** July 9 Instagram post (direct link, archive link) includes a woman speaking over a mashup of clips showing a military official speaking at the Pentagon and American troops and fighter jets.

"The military draft has officially started," the woman says in the video, alongside footage of the Pentagon address. "Men and women from age 18 through 26 are now being called in for the Israeli war."

Text on the video at various points reads, "Military drafts have now started," "The day has come," and, "No excuses."



The post was liked more than 4,000 times in four days.

The U.S. is not conscripting Americans into the military for the ongoing Israel-Hamas war. The video references a bill passed by the House that would automatically register 18- to 25-year-old men for the selec-

tive service, but the bill isn't law and doesn't automatically induct individuals into the armed forces. To reinstate a draft, Congress and the president would be required to act.

There is no evidence the U.S. has begun forcing Americans to enlist in the military to fight in the ongoing Israel-Hamas war. The

website for the Selective Service System – the federal agency that registers men and maintains a system for a potential draft – says there is currently no draft. To reinstate a draft, Congress would have to amend the Military Selective Service Act to authorize the president to induct people into the armed forces, according to the agency. This hasn't happened. A search of the website for Congress yielded no such amendments. There were also no announcements about the start of a draft from the White House or the Department of Defense.



**While theameleon 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

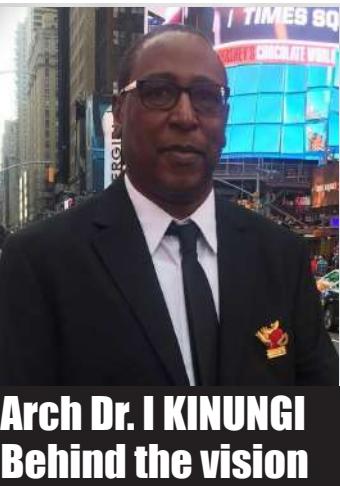


**Abigirl Phiri**



**Memory Phiri**

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**Arch Dr. I KINUNGI**  
Behind the vision



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# The Surge Of Mobile Banking In Travel And Tourism

Tour operators have come up with mobile apps that are improvised enough to make marketing and it's approaches better by the day.



Tourism with  
Memory Phiri  
Zimbabwe.

# W

Online travel operators are reaping the fruits of mobile booking because it is convenient and personalized. Without preamble, this type of booking makes it easier for travellers to find accommodation, compare prices and to make quick reservations.

The reality is that, avid ecotourists from abroad can do direct bookings before flocking into the country. For what's it's worth, we have surely transformed into a full blown global village courtesy of Amadeus and Galileo.

Retrospectively, the travel industry was prone to hit rock bottom during the COVID era because the lockdowns hindered any form of travelling. However, mobile bookings saved the day for every outing

Relatively, tour operators have come up with mobile apps that are improvised enough to make marketing and it's approaches better by the day. It was a long time coming but it's actually paying off. Gone are the days when mobile phones were sorely used for communicating with some friends and relatives but now you can even book a self-catering cottage on behalf of your family.



Queuing at the front desk in order to check in will be out of the question as tourists can saunter straight to their rooms with a spring in their step.



## The experience to world's best destinations

opportunity and it is our very own consolation up to this day. A potential torch bearer in the darkest of times.

According to Statista 2021, nearly fifty-seven percent of web page visits across the world were made from mobile devices. The reality is that ninety-six percent of the world's mobile internet subscribers are active on social media.

Embracing mobile booking entails bypassing that visit to a travel consultancy because one can make their payment for tours and activities through their smartphone or tablet.

Thus, queuing at the front desk in order to check in will be out of the question as tourists can saunter straight to their rooms with a spring in their step. Mobile power also paves way for some last minute booking hours before your staycation at any lodge or motel. Its not fair for

travellers to have a rude awakening on the final day of the trip. In other words, everyone has the right to embark on their excursion without any hold-ups.

By making requests through mobile booking tourists have the potential to fill up one too many an empty room. Instead of being cumbersome the booking process is now officially user-friendly.

Relatively, tour operators have come up with mobile apps that are improvised enough to make marketing and it's approaches better by the day. It was a long time coming but it's actually paying off.

Gone are the days when mobile phones were sorely used for communicating with some friends and relatives but now you can even book a self-catering cottage on behalf of your family. All that will be left is for everyone to show up for their recreational sojourn. Talk about beforehand

in capital letters.

Mobile booking is our arsenal and it's no longer a case of addiction but you can call it a necessity that keeps everyone up with the digital world. From smartphones to smart destinations. When all has been said and done, mobile transactions work both ways when it comes to payment and billing.

Article by Memory Phiri  
Zimbabwe.



# 15



# Diaspora Sunday

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

## PRAYERS

### Prayer for a Healthy Cardiovascular and Respiratory System

God of Might, please give me a healthy cardiovascular and respiratory system, so that I don't have any circulation or breathing issues that would damage my well-being. I pray that You will contend with any inherited propensities to heart or lung disease and help me make important changes to my lifestyle to promote healthy circulation and respiration. I praise You for splendid and majestic is Your work, O Lord. Amen.

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

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.  
Isaiah 40:31

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

# 16

HEAL ME, O LORD, AND I SHALL BE HEALED; SAVE ME, AND I SHALL BE SAVED: FOR THOU ART MY PRAISE.  
Jeremiah 17:14

ALL Things WORK TOGETHER for Good for those who Love GOD



Pastor Mukuria



Brother Kigume

MORNING AFFIRMATION  
Morning Affirmation  
Psalms 34:16  
But the Lord turns His face against those who do evil  
He will erase their memory from the earth.  
Good day

A good friend will be very cautious about what was said to them in confidence. It only takes one careless conversation to undo months of relationship building.



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

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

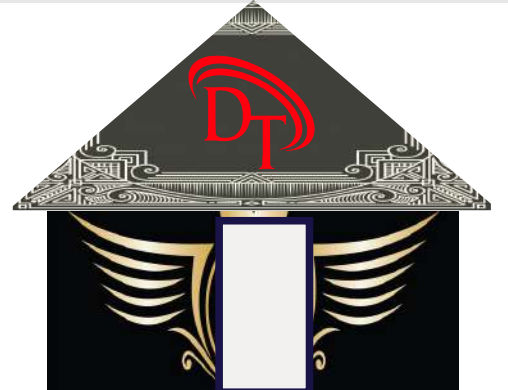




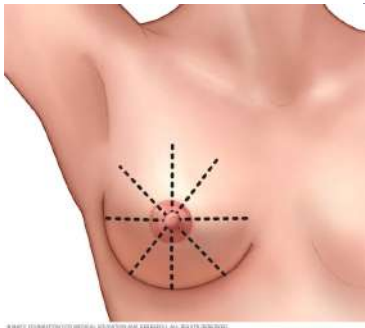




# Health Tit Bits



# BREAST CANCER



Cancer cells to make many more cells quickly. Cancer cells can keep living when healthy cells would die. This causes too many cells.

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

## summary

**B**reast cancer is a kind of cancer that begins as a growth of cells in the breast tissue.

After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States. But breast cancer doesn't just happen in women. Everyone is born with some breast tissue, so anyone can get breast cancer.

Breast cancer survival rates have been increasing. And the number of people dying of breast cancer is steadily going down. Much of this is due to the widespread

When to see a doctor  
If you find a lump or other change in your breast, make an appointment with a doctor or other healthcare professional. Don't wait for your next mammogram to see if the change you found is breast cancer. Report any changes in your breasts even if a recent mammogram showed there was no breast cancer.



### WHEN TO SEE A DOCTOR: DON'T WAIT

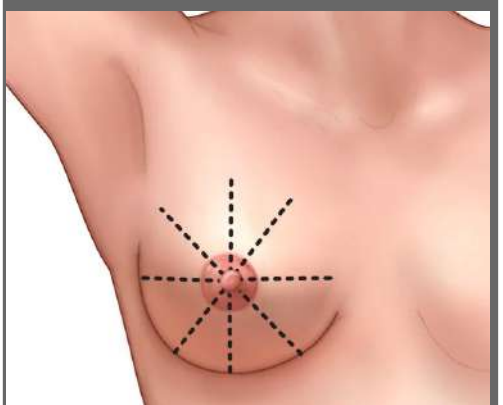
support for breast cancer awareness and funding for research. Advances in breast cancer screening allow healthcare professionals to diagnose breast cancer earlier. Finding the cancer earlier makes it much more likely that the cancer can be cured. Even when breast cancer can't be cured, many treatments exist to extend life. New discoveries in breast cancer research are helping healthcare professionals choose the most effective treatment plans. Signs and symptoms of breast cancer may include: A breast lump or thickened area of skin that feels different from the surrounding tissue.

A nipple that looks flattened or turns inward. Changes in the color of the breast skin. In people with white skin, the breast skin may look pink or red. In people with brown and Black skin, the breast skin may look darker than the other skin on the chest or it may look red or purple. Change in the size, shape or appearance of a breast. Changes to the skin over the breast, such as skin that looks dimpled or looks like an orange peel. Peeling, scaling, crusting or flaking of the skin on the breast. The exact cause of most breast cancers isn't known. Researchers have found things that increase the risk of breast cancer. These in-

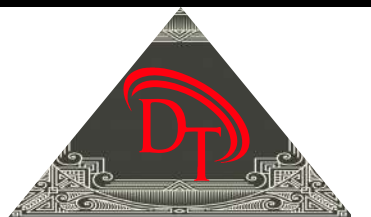
clude hormones, lifestyle choices and things in the environment. But it's not clear why some people who don't have any factors get cancer, yet others with risk factors never do. It's likely that breast cancer happens through a complex interaction of your genetic makeup and the world around you.



The DNA changes that lead to breast cancer most often happen in the cells that line the milk ducts. These ducts are tubes designed to carry milk to the nipple. Breast cancer that starts in the ducts is called invasive ductal carcinoma. Breast cancer also can start in cells in the milk glands. These glands, called lobules, are designed to make breast milk. Cancer that happens in the lobules is called invasive lobular carcinoma. Other cells in the breast can become cancer cells, though this isn't common.



## Breast Cancer

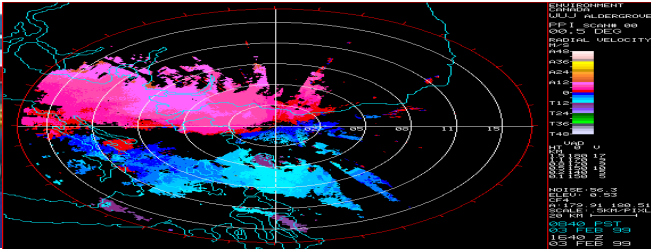


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Do not go where the path may lead, go instead where there is no path and leave a trail. -Ralph Waldo Emerson

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





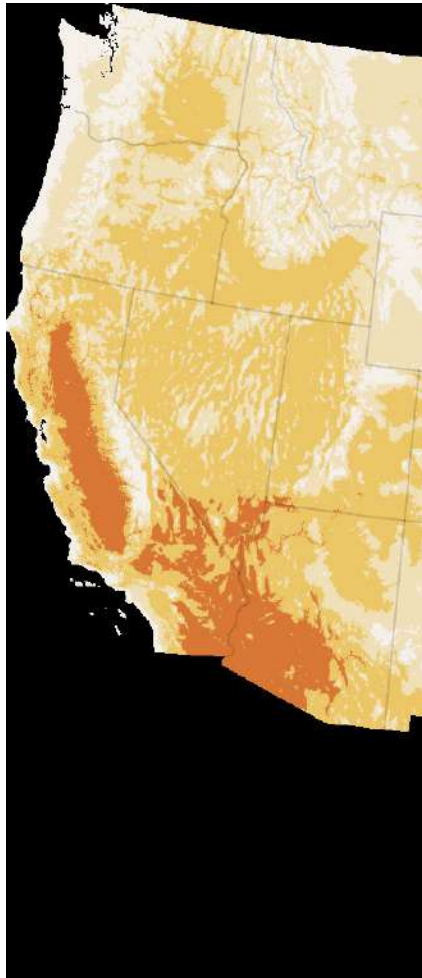
summary

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.

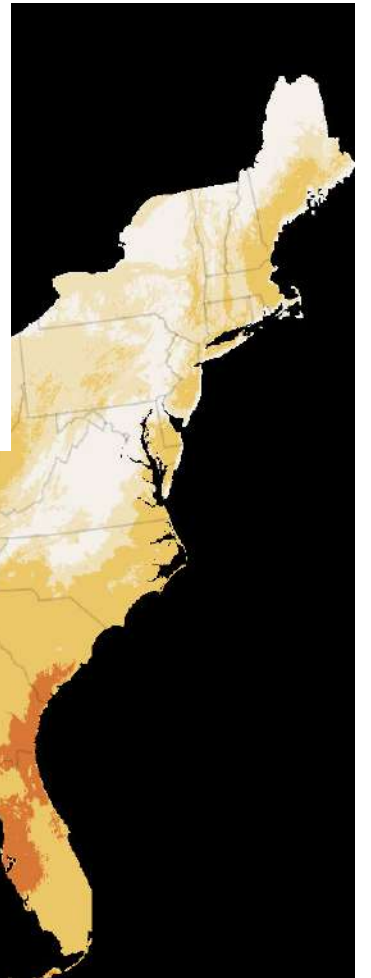
WEATHER



# Dangerous Heat in the U.S.



**“Heat illness and injury are cumulative and can build over the course of a day or days,” the release said. “Besides not being able to cool down while riding due to high ambient air temperatures, experiencing Death Valley by motorcycle when it is this hot is further challenged by the necessary heavy safety gear worn to reduce injuries during an accident.”**



About 32.9 million people — 10 percent of the population of the contiguous United States — live in the areas expected to have dangerous levels of heat.

The heat index is a measure of how hot it really feels outside, taking into account humidity along with temperature. The measurement is used to indicate when the level of heat is dangerous for the human body while in the shade. When out in the sun, a person could perceive that temperature as being higher by up to 15 degrees Fahrenheit (8.3 degrees Celsius). Hundreds of people die from extreme heat in the United States every year. On hot days, the National Weather Service recommends that people drink fluids, stay in cooler rooms, keep out of the sun and check up on relatives and neighbors, especially older people and those who live alone.

Over the next week in New York, N.Y., the highest heat index forecast is 100 degrees Fahrenheit on Tuesday. Compared with today, forecasts show that the heat index will be higher over most of the following days.

**(CNN) — More than 50 million people across the US are under heat alerts amid a brutal heat wave that has shattered records and caused multiple deaths across the West. As of Monday, much of the West and South are experiencing moderate to major heat risk, the National Weather Service said.**

**California and Nevada are expected to see more daily record high temperatures in the week ahead. By Thursday, the heat in the Pacific Northwest will shift to the Intermountain West and northern High Plains, the National Weather Service’s Weather Prediction Center cautions. In Oregon, four people died of suspected heat-related illnesses over the weekend, according to a Monday news release from Multnomah County. Three of the four were residents of Multnomah County, while the other individual was transported from outside the county and later died at a Portland hospital.**

**These deaths happened after the county declared a state of emergency Friday due to “dangerously hot temperatures,” but the news release noted “further tests and investigation will determine whether the deaths are officially hot-weather-related. In some cases, the deaths may be found to have had other causes.”**

**Dozens of locations in the West and Pacific Northwest tied or broke previous heat records in recent days, and more than 165 daily high temperature records could be tied or broken**







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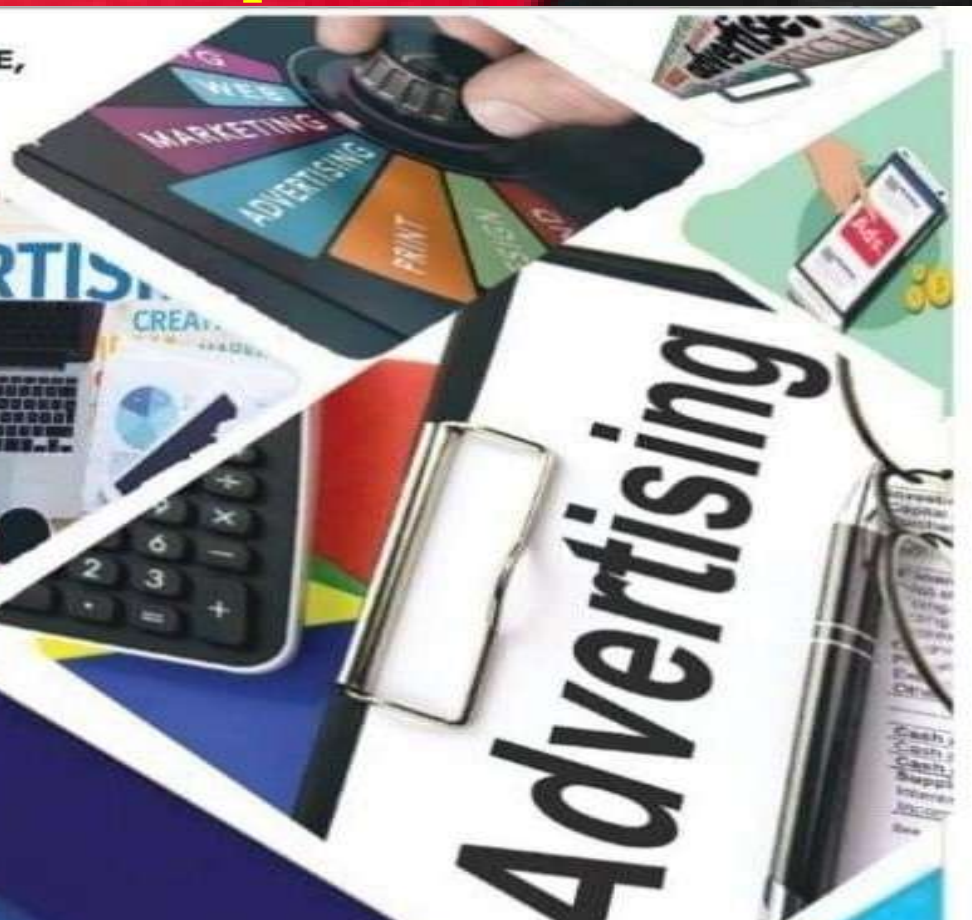
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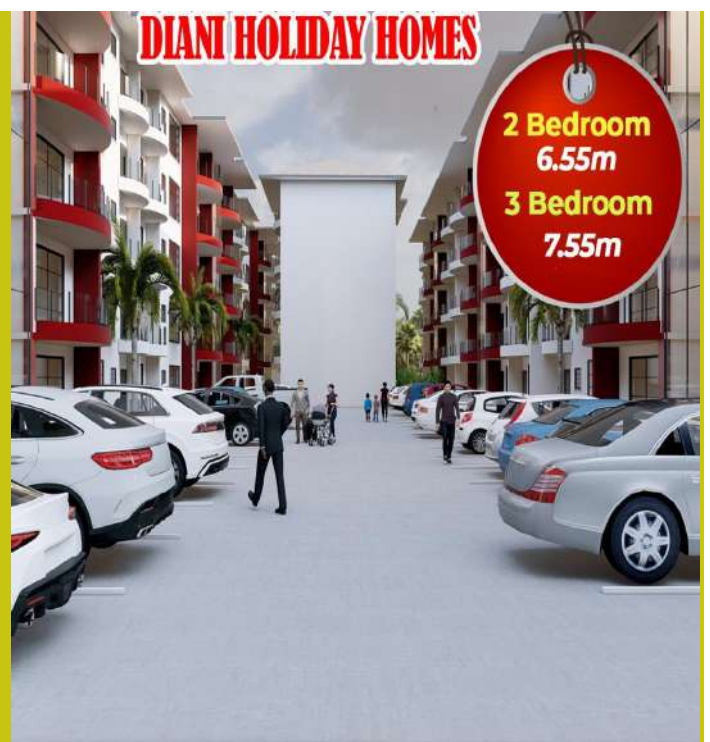
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# BACKPAGE

# WORLD OF SPORTS

## Jalen Brunson's \$113 million Knicks' pay cut puts a price on happiness.



Shared by:  
By Tafara  
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**Brunson is sacrificing tens of millions of dollars per year to give the Knicks team-building flexibility. This graphic from Wojnarowski lays out the deal Brunson accepted vs. the one he could have signed next year.**

Jalen Brunson is leaving a lot of money on the table to help the New York Knicks build the best team possible. Brunson and the Knicks agreed on a four-year, \$156 million extension on Friday, according to ESPN's Adrian Wojnarowski. Brunson could have signed for an additional \$113 million if he wanted until next year to sign the extension. The point guard was eligible to sign a five-year, \$270 million extension after the 2024-2025 season. Brunson's deal includes a player option on the fourth year, giving him an opportunity to extend at a bigger number a few years from now. Still, there are no guarantees Brunson will still be performing at a max player level at that point, and the Knicks aren't beholden to offering it. Featured at the FB NATIONS



SPORTS WORLD