

 ONLINE BOOKING By Memory Phiri Page 15	 NATIONAL ANTHEM By Abigirl Phiri Page 5	 DEADLY INVASION By Charles Kabiriri Page 03
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The Diaspora Times



July 20 th, 2024 Issue 260

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

Today, as GEN Z revolts across the country, chant #RutoMustGo, Raila is asking for such claims to be abandoned and thus derailing the cause of the Gen-Z revolution.

Real Changes Needed In Kenya But Not Cosmetic. Revolution Not Yet Over!

As GEN Z flex their muscles more on President Ruto's government, political bigwigs have taken toll of the situation by regrouping for the sake of their interests.

This has come up at a time the president is seen to be grappling with issues of legitimacy since the occupation of Parliament on the 25th of June 2024 and have invited Azimio-One Kenya Coalition for a national dialogue over the current situation in the country. Kenyans have been described as politically myopic, a situation blamed on many years of recycling leadership, The first occasion was when the MPs who voted YES were seen clapping hands as the president gave his Finance Bill rejection press.

The second situation is the unleashing of goons by ODM to attack Hon Kalonzo Musyoka soon after he set to deliver to the press declining a national dialogue at Jaramogi Oginga Memorial as Raila left to join government! Journalists were roughed up, and their devices were broken.

The manner in which the other coalition principals have taken this sad development as a true confirmation of the nature of Raila Odinga.



“The GEN Z pursuit for change in this country’s governance should be supported by all right thinking Kenyans for the country to have a new dawn.

Appointment of leaders to cabinet with intergrity issues either from the government side or from the ODM wing, the blame must rest squarely on President Ruto’s back.

This country should never be deviated from the truth that this is an era most wanted..”

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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

Page 04

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

The future belongs to those who believe in the beauty of their dreams. -Eleanor Roosevelt

Whats Inside

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

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HIGHLIGHTS . LAUGHTER P. 4 . STORM ALERT P. 20 . WRITERS OPINION P.3 . WELLNESS P.18

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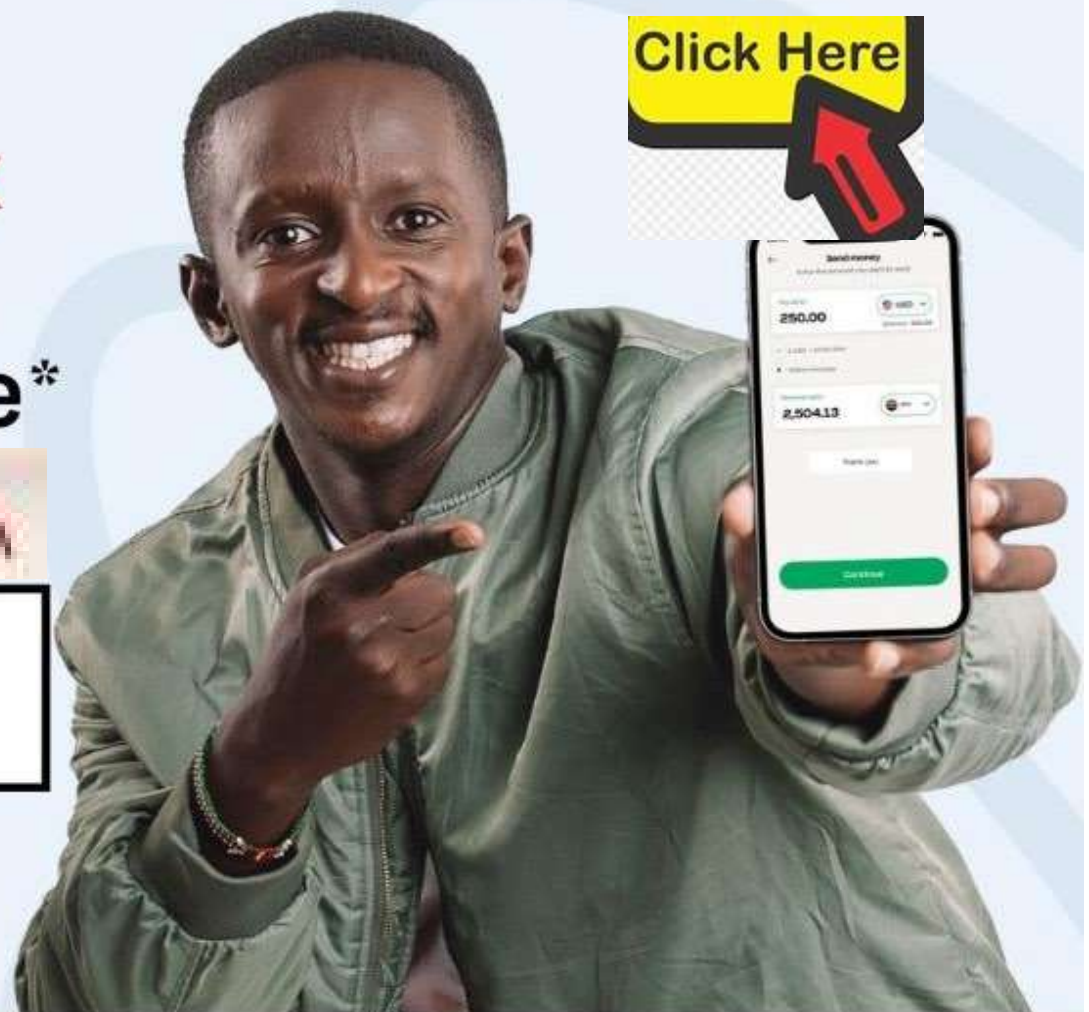
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KENYA NEWS


**STAND UP FOR YOUR
RIGHTS**

 Charles Kabiriri
Political Activist
New Kenya Movement
For Change

Kenya has never had a chance to make big strides into the future because political elites have only been mindful of their stomachs.

Real Changes Needed In Kenya But Not Cosmetic. Revolution Not Yet Over!

As GEN Z flex their muscles more on President Ruto's government, political bigwigs have taken toll of the situation by regrouping for the sake of their interests. This has come up at a time the president is seen to be grappling with issues of legitimacy since the occupation of Parliament on the 25th of June 2024 and have invited Azimio-One Kenya Coalition for a national dialogue over the current situation in the country.

Kenyans have been described as politically myopic, a situation blamed on

"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."

many years of recycling leadership. The first occasion was when the MPs who voted YES were seen clapping hands as the president gave his Finance Bill rejection press.

The second situation is the unleashing of goons by ODM to attack Hon Kalonzo Musyoka soon after he set to deliver to the press declining a national dialogue at Jaramogi Oginga Memorial as Raila left to join government! Journalists were roughed up, and their devices were broken.

The manner in which the other coalition principals have taken this sad development as a true confirmation of the nature of Raila Odinga. The government must end all the abductions currently taking place.

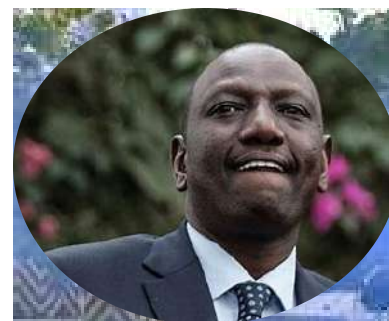
The families of those who lost their kins from live bullets meted with the protestors must be assisted in their funeral arrangements as a way of acknowledgement by the part of the government and being apologetic.

Before all these could be undertaken, Raila was quick to take up the formation of the Government of National Unity with President Ruto.

The majority of people affiliated with ODM were opposed to the move, but Raila didn't stay back like the rest of the Azimio principals severing coalition.

Kenya has never had a chance to make big strides into the future because political elites have only been mindful of their stomachs.

Going into the future, people must elect leaders to public offices. Leaders are led by conviction as opposed to politicians who are led by interests. For Hon Raila Odinga to cross from opposition to work with the government is political connmanship and must be called upon to order. When he led his last maandamano in



The government must end all the abductions currently taking place. The families of those who lost their kins from live bullets meted with the protestors must be assisted in their funeral arrangements as a way of acknowledgement by the part of the government and being apologetic.

July last year seeking for the opening of election servers, he was leading chants on Ruto to resign.

Today, as GEN Z revolts across the country, chant #RutoMustGo, Raila is asking for such claims to be abandoned. Now that he is in the government to feast, he is seen protecting President Ruto. He must be ready to own up the failures of this government.

The question of runaway corruption and the rightful position of the country's debt must be addressed!

Another pertinent issue that concerned GEN Z is unemployment.

The idea of recruiting old politicians into the cabinet and combining with a few from the dismissed lot should be rejected. This country shall no longer recycle old politicians who lack the charisma to inspire leadership in this country.

President Ruto should not mistake his alliance with ODM leadership as having become untouchable.

Kenyans need CHANGE and nothing about cosmetic change.

Real change is bound to have in itself a fresh crop of leadership.

The GEN Z pursuit for change in this country's governance should be supported by all right thinking Kenyans for the country to have a new dawn.

Appointment of leaders to cabinet with intergrity issues either from the government side or from the ODM wing, the blame must rest squarely on President Ruto's back.

This country should never be deviated from the truth that this is an era most wanted..

An era of responsibility and the need to chart a road map towards sustainable socioeconomic and political success is non-negotiable and should be supported by all !!

Charles Kabiriri
The writer is a human rights activist in Kenya

 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!



When someone is a gatekeeper in your life

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

Want to look at the negative effects of a gatekeeper in one's life. This issue is boggling the minds and causing havoc in people's lives. Personally I had the misfortune of having a gatekeeper standing in my way to attain one of my most treasured dream in life. To think a human being had so much power to determine the course of my life, hit me to the core. I then realised many people in life they tend not to achieve success because there are stumbling blocks in the form of certain heartless individuals standing in their way.

The reason why they are gatekeepers is the mere fact they just loathe your sheer existence on the face of earth. They are wicked to the very soles of their feet. In their heads they think they are just above everyone that's why they can play ball with one's life. Reality always hits hard when you find yourself in such a position. You tend to wonder why you, how come this is happening to yourself and did you do something to upset the world.

The world will be tilting on its axis. Treasured readers I have been there. In fact, the gatekeeper will be using their position to ensure you do not make yourself proud nor your family. This is happening in schools and workplaces and what the gatekeepers fail to understand is the human being's mechanism



is averse to oppression. Indeed, that is why freedom was sought out by slaves back in the days. You can't continuously keep kicking a dog. There are always two solutions either to face the situation upfront or just let go of the oppressed. You don't lose anything in letting go and starting afresh. But the resources and time spent will be long gone unfortunately. Thus you will be starting from scratch just because a certain human being saw it fit to make your life a living hell.

I pray for all those going through hard times to find the strength to make a sound decision on how to deal with a gatekeeper in their lives. Do not be pushed to an extent that you will cause bodily harm to these no good. Instead have the strength to put it in God's hand and let go. Some won't like to hear such but at times it's the best plausible solution. In life it's not always about winning. Many people won't want to hear this. Some would indicate fight with all the power that you have got but then you reach a point of seeing it's better to let the gatekeeper have the last

laugh. One bad turn in life can actually be the start of a very beautiful thing.

To the gatekeepers in the world who have power to hurt other people's feeling and who feed on the pain of individuals, today might be a good season but the day of reckoning always come by. Needless to mention you reap what you sow. The laws of life never do change. It might take eon of years but gatekeepers will get what they deserve maybe not in this life but definitely in the next. You can not make it your business to demolish other people's dreams just because you hate the ground that they walk on. People who do those some will surprise you dear readers.

They proclaim an outward look of innocence and friendliness but inside they are rotten. In the day or in your presence they act all nice but in the dark and out of sight they show their true colours. The effects of their detrimental work has a direct impact in your life to an extent that it will be a major setback. Articles are forever showering good things of the life, sidelining the uglies of the world but

on a blessed Sunday a ll must be brought to light.

As the oppressed you reach a point of being lost to the wind, not knowing which direction to take. Worse, you will be aware the gatekeeper is under the protection of other like minded individuals. Therefore no one can really help you out from the quagmire. Nothing hurts than to see the axe being raised to fall on your neck and you have no power to help yourself out.

The result is one and the same of pain and nothing else. You then wonder why take such a job and position if you want to be playing God with people's live, time and hard earned money. In the end these gatekeepers are nurturing a bitter generation.

Rugare treasured readers.

Article by Abigirl Phiri, Zimbabwe

5

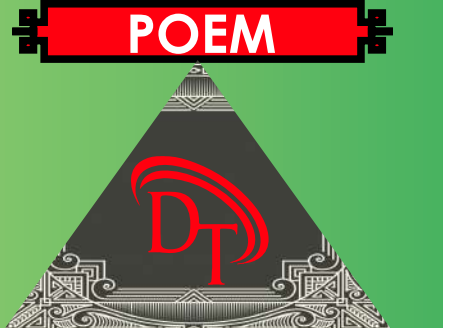


By Abigirl Phiri-Zimbabwe

summary



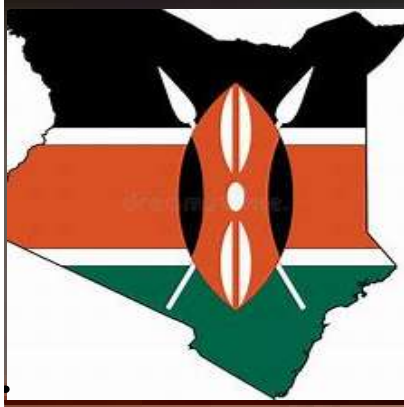
Poem Title :
Godly goodness
As you can discern
Seeing the picturesque display
Changing one after the other
The visions are as real as reels life
Muttering as if chants
There is no room for doubters
Cast your net wider, catch men
And drop to your knees, life is real
Good God
The omnipotent ready to lend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



As people continue with the rest of their lives, we carry invisible scars in our hearts and minds. I exhort all those going through such calamities caused by living people to have the strength to share and bleed out their anguish as this is like acid that will

continue to eat you up if kept bottled. God normally doesn't give you a task that you can not conquer. Believe in the word, go down on your knees to pray and rest assured that gatekeeper in your life will one day get what they deserve. So much hate and so much evilness surrounds the world and don't be tempted to join

the same bandwagon by resorting to gatekeepers tricks and games. To the contrary, continue to be the good person that you are. Be exemplary that you can rise above anything that gatekeepers throw your way. Even a Phoenix rises from its ashes.



KOTALLEL

FALLEN HERO

KOTALLEL

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.

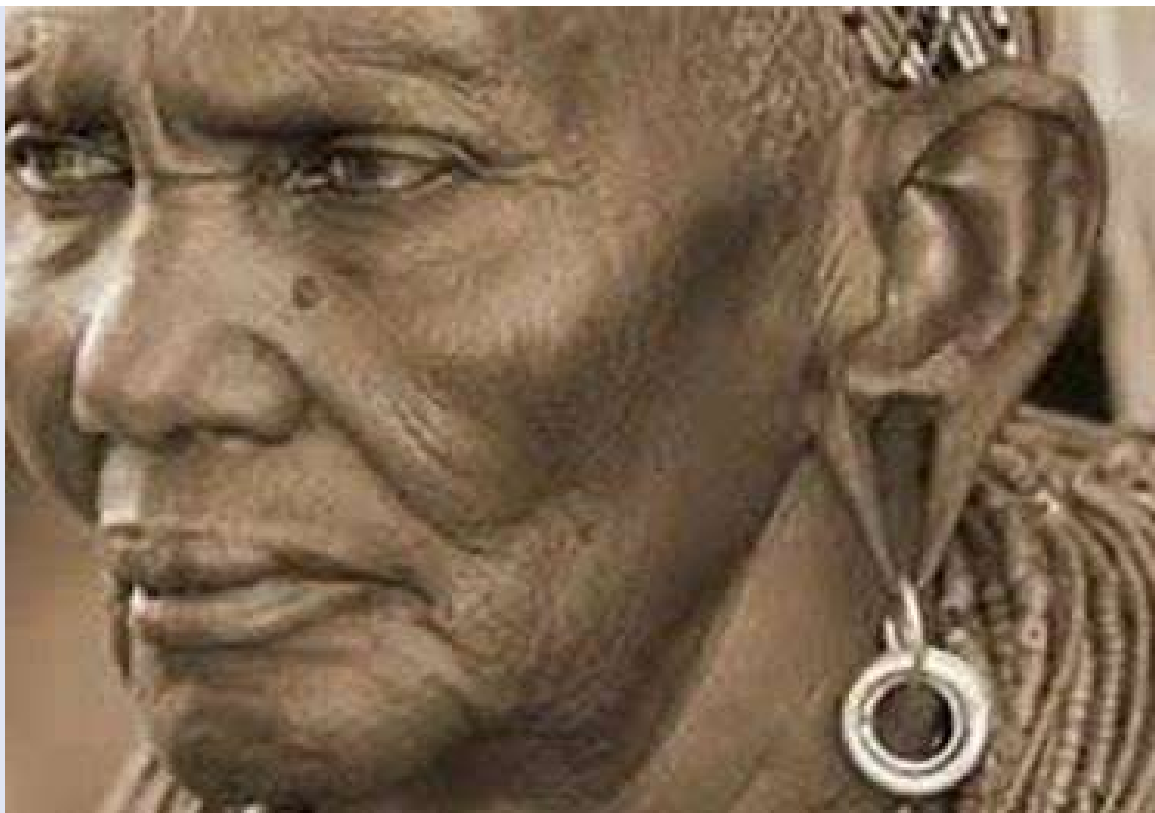
Koitalel Arap Samoei (c.1860 – 19 October 1905) was an Orkoiyot who led the Nandi people from 1890 until his assassination in 1905. The Orkoiyot occupied a sacred and special role within the Nandi and Kipsigis people of Kenya.

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

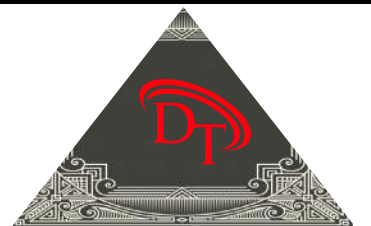


RIP

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



Gunman's Phone Had Details About Both Trump and Biden, FBI Officials Say.

A FBI officials told members of Congress on Wednesday that the gunman who tried to kill former President Donald Trump used his cellphone and other devices to search images of Trump and President Joe Biden, along with an array of public figures.

The 20-year-old gunman, Thomas Matthew Crooks of Bethel Park, Pennsylvania, also looked up dates of Trump's appearances and the Democratic National Convention, according to people on two conference calls held to answer lawmakers' questions.

And, at least once, his browsing history signaled concerns about his own mental state.

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The disclosures, made during private briefings to lawmakers by the FBI and the head of the embattled Secret Service, offered the most complete portrait so far of a would-be assassin with no criminal history, or even clearly discernible political beliefs, who came close to killing Trump. Still, no clear motive for the attack has emerged.

The official assessment aligned with recollections of people who knew him. Several former classmates have said they never heard the gunman express any particular political ideology. But Vincent Taormina, a former classmate who said he attended middle school and high school with the gunman, said in an interview that Crooks showed a general disdain for politicians in both parties. He recalled one instance when the two were in seventh grade. During a classroom political debate, Taormina voiced his support for Trump. Crooks seemed incredulous.

"He says, 'Aren't you Hispanic? And you like Trump?'" Taormina said. "He said, 'That's a little stupid.'" Taormina brushed off the encounter, and had few other interactions with Crooks. But he disputed other classmates' accounts that the gunman had been bullied or had been a loner, saying that he was intelligent and had his own small group of friends. "I did not know him personally or as a friend, but he was not bullied, he was not a recluse," Taormina said.

'We're close to the end': Biden world braces for the possibility that the president steps aside.



President Joe Biden's political world is collapsing. Top allies have either publicly or privately called on him to step aside. Major donations have fallen off a cliff. Grassroots fundraising is not keeping up with the demands of a campaign that needs to aggressively scale up three months before the presidential election. Members of his own re-election effort have already declared he has no path to victory.

Since a disastrous debate in Atlanta upended the trajectory of his campaign three weeks ago, Biden has again and again attempted to dig in, bucking efforts to

dislodge him from power. But there is now a palpable sense that the ground has shifted underneath him, according to five people with knowledge of the situation, even among some of the president's most defiant internal backers who now believe the writing is on the wall.

"We're close to the end," a person close to Biden said. That person, who previously doubted Biden would ever step aside, acknowledged that it's still the president's decision but joined in the array of Biden allies who say he is nearing a point of no return. NBC Share

Amusing Whatsapp Messages

EVENING THOUGHTS



Raila simply keeps the last Card under the Table. Relative in politics. Only a foolish man tells his Neigh-

hour to take care of his wife when leaving for a Journey. Hate or like BaBa Man, no political race ends without looking for him. Baba is Definitely a political owl, the wisdom for that Matter fellow Kenyans Let's pray for Peace and Stability of our beloved country if I may wholeheartedly ask. Shared By Hon Stano Mugacha

Cyanide poisoning likely killed six found dead in luxury hotel, including two US citizens, Thai police say.

Six people, including two US citizens, who were found dead inside a luxury hotel room in central Bangkok likely drank from tea and coffee cups laced with cyanide following a dispute linked to bad investments, Thai police said Wednesday.

The grisly discovery was made on Tuesday when staff at the five-star Grand Hyatt Erawan in the Thai capital entered the fifth-floor suite after the guests missed check out by more than 24 hours.

When police arrived at the scene, they found the bodies of three men and three women, a table full of untouched food wrapped in plastic and used cups with traces of a white powder. The door was locked from the inside, police said, though a backdoor was left unlocked.

Authorities initially said they were searching for a seventh person who was part of the hotel booking. But on Wednesday they dismissed this line of inquiry, saying they believe one of the deceased poisoned the others with the deadly fast-acting chemical cyanide.

Among the dead are two Vietnamese Americans and four Vietnamese nationals including a married couple aged between 37 and 56, Thai police said.



Cyanide Toxicity in Plants

Chief of the Police Forensic Office Trairong Phiewphan said in a press conference that cyanide was found in mugs and cups in the hotel room and at least one of the blood samples collected from a deceased man had traces of the chemical.

“Cyanide was found in the liquid inside the teapot, in all six coffee cups,” Trairong said. Images issued by the Royal Thai Police showed cups on a coffee table next to two metal thermos flasks and a dining table laden with plates of food, prepared as if people were about to sit down

to eat.

The question police are now trying to answer is whether the victims were murdered or chose to take their lives. Wednesday’s press conference suggested police were leaning toward the former.

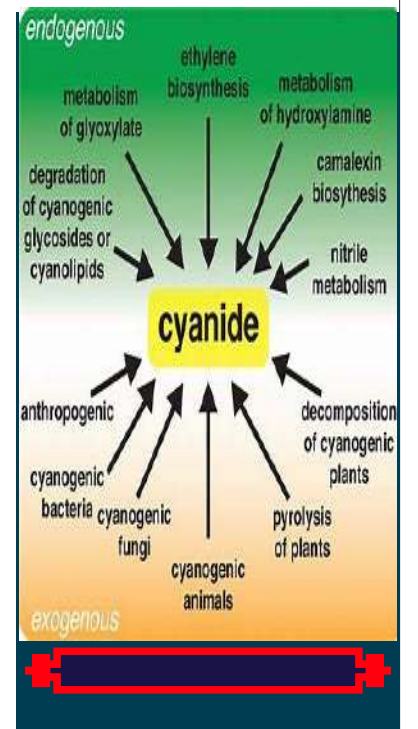
Deputy Metropolitan Police Commissioner Noppasin Poonsawat told reporters they believe one of the members of the group may have poisoned the five others.

That person, police said, had ordered the food and tea to the room and “looked under stress” when staff arrived. Noppasin said from inter-

views with hotel staff, one of the members of the group was alone in the room when the food arrived and was later joined by the other guests.

He added that the incident was likely linked to a “personal matter” and not related to organized crime as interviews carried out with relatives of the dead indicated a dispute over debt.

CNN Share.



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. -Dr. Seuss

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

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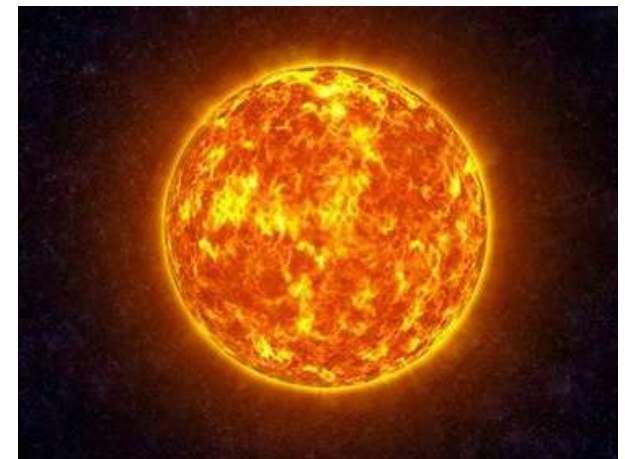
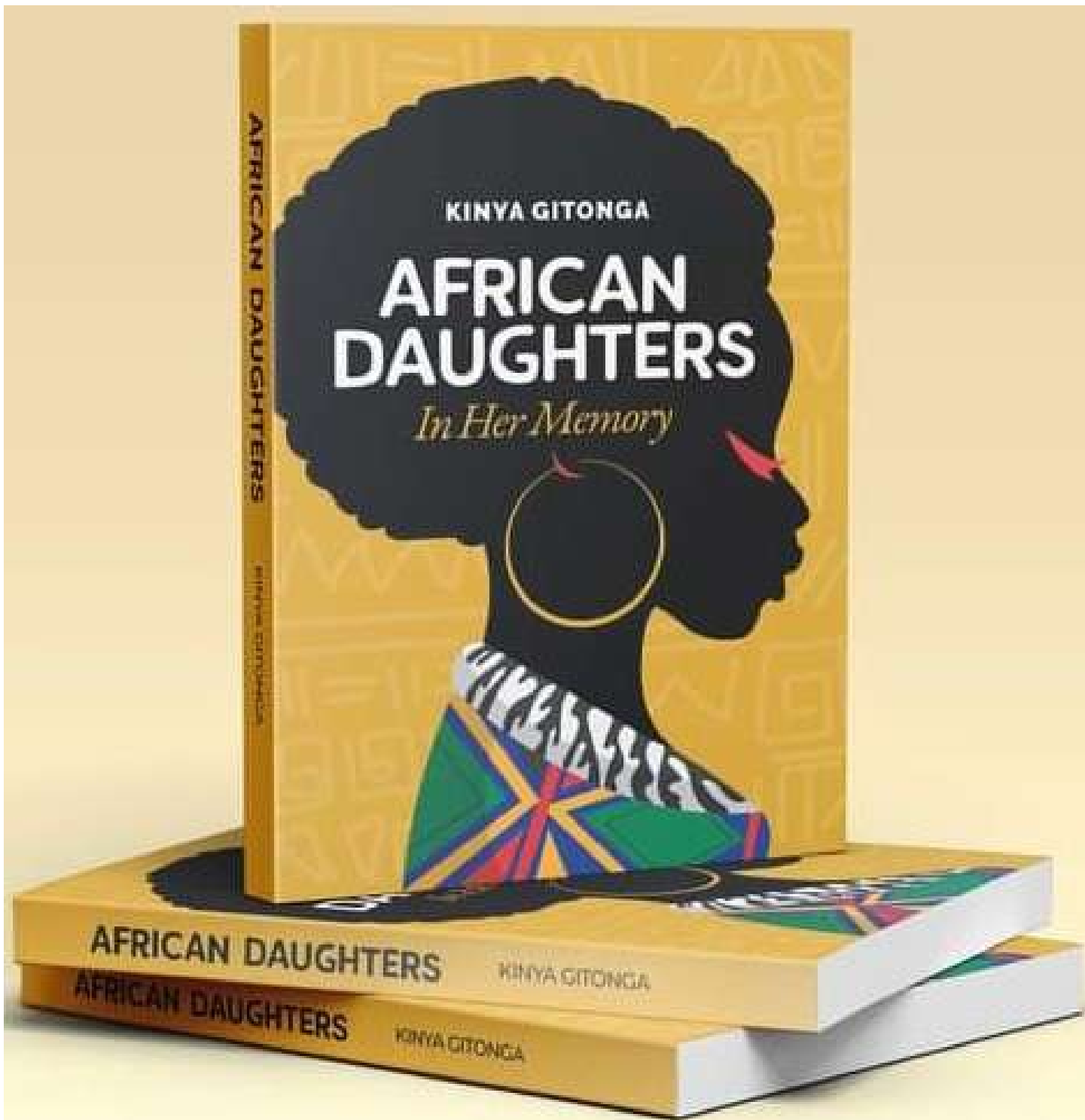


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The greatest glory in living lies not in never falling, but in rising every time we fall. -Nelson Mandela

Helen Keller Life is a long lesson in humility.



New setback for Israel-Hamas truce talks as report alleges war crimes.

The Israeli leader is expected to visit Washington next week, where he will address the U.S. Congress. His critics say it's a waste of time unless he's able to announce an agreement to secure the release of the Israelis who have now been held in Gaza for almost 300 days.

A Israel's far-right national security minister Itamar Ben-Gvir sparked anger Thursday with another visit to Jerusalem's most sensitive holy site, threatening to disrupt ongoing discussions about a cease-fire in the devastating war between Israel and Hamas in the Gaza Strip.



that undercut the historic status quo." That status quo is laid out under an agreement that sees the holy site administered by Jordan and an Islamic endowment called the Waqf. Under that long-standing agreement, Muslims are allowed to pray at the site, but Jews and Christians are not. Ben-Gvir has long decried that arrangement as discriminatory and called for greater Jewish access.

Ben-Gvir said he went to the contested Jerusalem hilltop compound where the Al-Aqsa Mosque stands to pray for the return of Israeli hostages from Gaza, "but without a reckless deal, without surrendering." Standing in front of the golden-domed mosque, Ben-Gvir

said he was "praying and working hard" to ensure that Israeli Prime Minister Benjamin Netanyahu won't bow to international pressure, including from Israel's most important ally the United States, to agree to a cease-fire in the war that officials in Hamas-run Gaza say has killed more than 38,600 Pales-

tinians. Ben-Gvir visited the Al-Aqsa compound, referred to as the Temple Mount by Jews, previously in May — an act of protest as various nations unilaterally recognized a state of Palestine. The U.S. government called that visit "unacceptable," warning against "any unilateral actions

HIGHLIGHTS

BIDEN HIGHLIGHTS



U.S. President Joe Biden is continuing to conduct official business while experiencing mild upper respiratory symptoms associated with his COVID diagnosis, his doctor said on Thursday, adding that the president's vital signs remain normal.

Biden is continuing treatment with Paxlovid, Dr. Kevin O'Connor wrote in a letter released by the White House.



Many politicians in Kenya fit that description

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

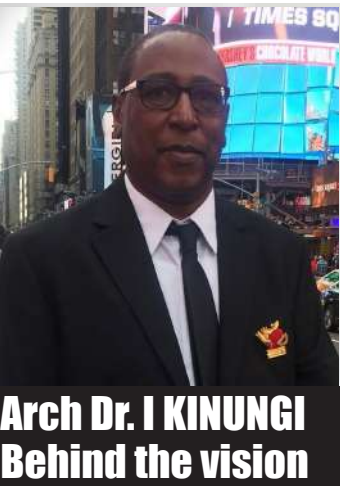


Abigirl Phiri



Memory Phiri

Senior Reporters



Arch Dr. I KINUNGI
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The Mighty Zambezi

Victoria Falls is the major highlight of the Zambezi River and it straddles between Zambia and Zimbabwe



Tourism with
Memory Phiri
Zimbabwe.



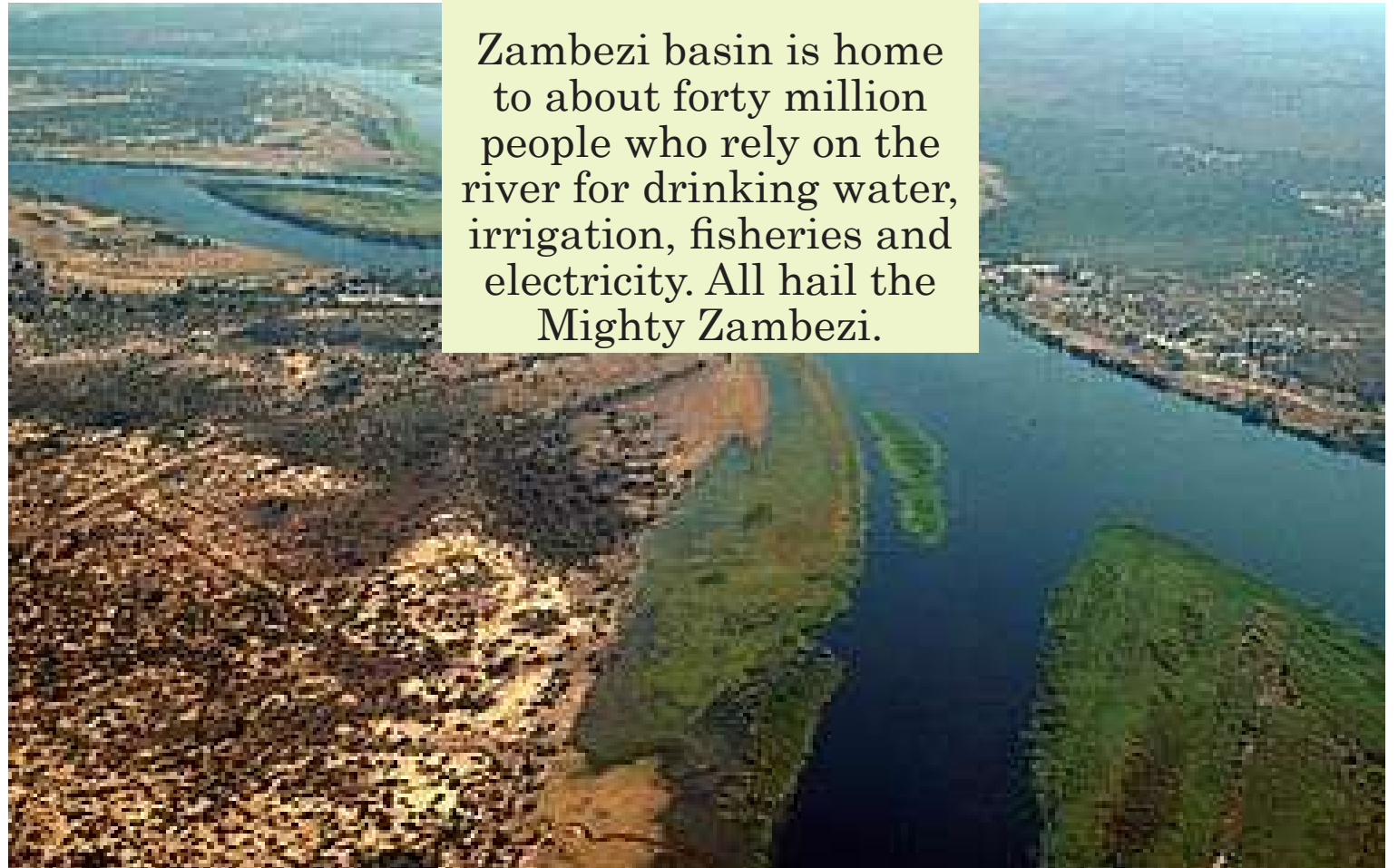
Zambezi means only those who can swim and it comes from the Tonga phrase 'kasambabezi'.

The mighty Zambezi rises in Zambia and flows through eastern Angola, along the north eastern boarder of Namibia and the northern border of Botswana. We cannot talk about travel and tourism in Southern Africa without mentioning the Zambezi River.

Allow me to say that it is so popular and vital to our tourism brand and image, a necessity which has us topping the charts always. First things first, Victoria Falls is the major highlight of the Zambezi River and it straddles between Zambia and Zimbabwe. When looking at this river we can always bask in the glory of the Batoka

The Zambezi (also spelled Zambeze and Zambesi) is the fourth-longest river in Africa, the longest east-flowing river in Africa and the largest flowing into the Indian Ocean from Africa. Its drainage basin covers 1,390,000 km² (540,000 sq mi), slightly less than half of the Nile's.

The 2,574 km (1,599 mi) river rises in Zambia and flows through eastern Angola, along the north-eastern border of Namibia and the northern border of Botswana, then along the border between Zambia and Zimbabwe to Mozambique, where it crosses the country to empty into the Indian Ocean.



Zambezi basin is home to about forty million people who rely on the river for drinking water, irrigation, fisheries and electricity. All hail the Mighty Zambezi.

Fourth longest river in Africa

Gorge and Devil's Pool. Fortunately, the natural swimming pool in question is found at the top of the waterfall. We can go on and on about the Livingstone Island and the Knife Edge with the Rainforest as part of the features which are enhanced by the Zambezi River.

Better still, it is the fourth longest river in Africa because it meanders around a lot of countries in the southern region. Ostentatiously at the Kazungula bridge Zimbabwe, Zambia, Botswana and Namibia with the exception of Angola come close to meeting at a quadripoint.

Thus, we now call it the Four Corners of Africa for it is an unique geographical location where these sister countries meet. Suffice it to say, the quadripoint is situated near the convergence of Zambezi and Chobe Rivers making it a significant landmark. As far as we

are concerned, Zambezi is the lifeline of Manapools National Park and it puts Chirundu on the spot as well. In Mozambique Lake Cahora Bassa Dam also sits on the meandering waters of Zambezi and like Kariba Dam in Zimbabwe the two lakes were built so as to generate hydro electricity power.

Whilst Kariba Dam provides power to Zambia, Cahora Bassa Dam does the same for South Africa. Inarguably, the use of Zambezi and it's waters only tightens a series of regional as well as international agreements in the long run. At this juncture, we have to give a round of applause to this blessing in disguise.

Eventually, the river runs through Mozambique and crosses the country to empty into the Indian Ocean. Indeed tour operators always thank their lucky stars because this water corridor has a lot of activities

that goes along with it. Good examples include boat cruises, helicopter rides, Zambezi river walks, bunjee jumping, canoe safari, tiger fishing and white water rafting among others that are loved by tourists. After all has been said and done, the Zambezi basin is home to about forty million people who rely on the river for drinking water, irrigation, fisheries and electricity. All hail the Mighty Zambezi.

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
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.



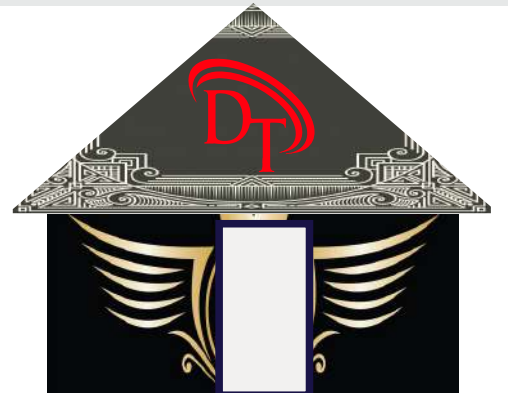
The world and its desires pass away, but whoever does the will of God lives FOREVER
1 John 2:17

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

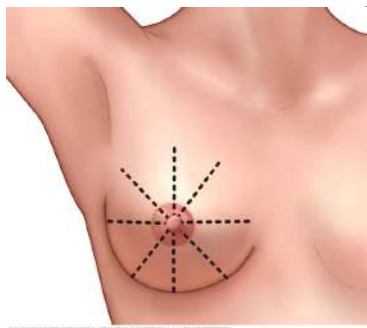
If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success. -James Cameron



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

Breast 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

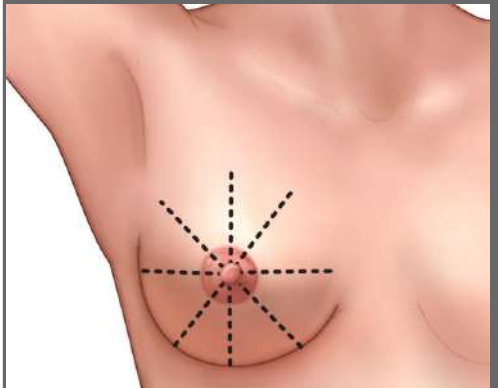
support for breast cancer awareness and funding for research. Advances in breast cancer screening allow healthcare professionals to diagnose breast cancer earlier. Finding the cancer earlier makes it much more likely that the cancer can be cured. Even when breast cancer can't be cured, many treatments 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-

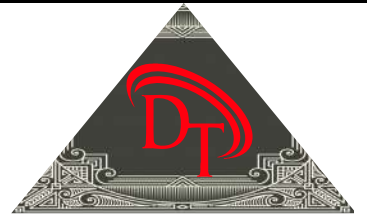
clude hormones, lifestyle choices and things in the environment. But it's not clear why some people who don't have any factors get cancer, yet others with risk factors never do. It's likely that breast cancer happens through a complex interaction of your genetic makeup and the world around you.



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.



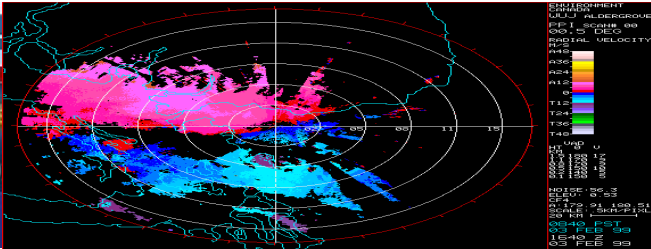
Breast Cancer



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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



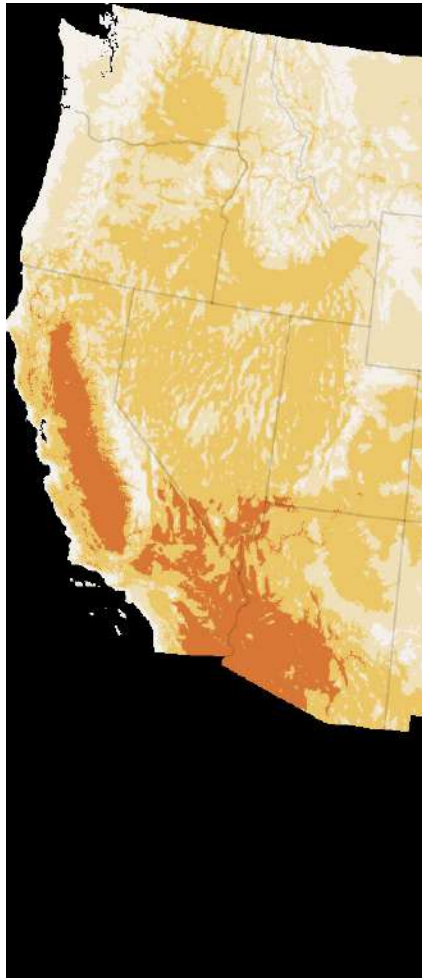
summary

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.

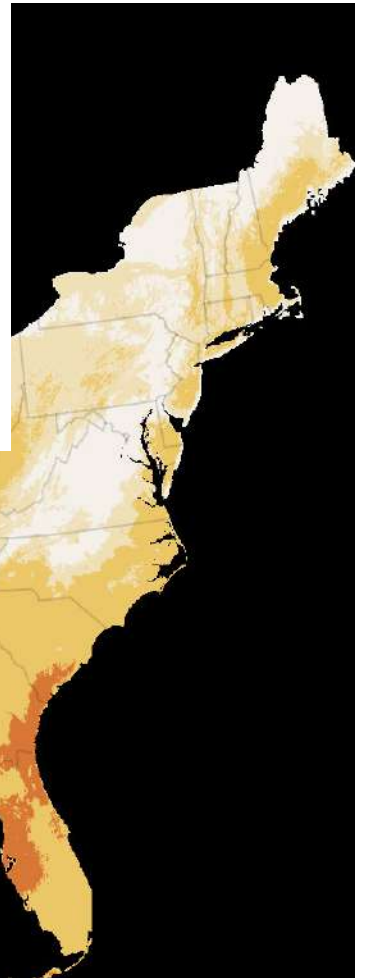
WEATHER



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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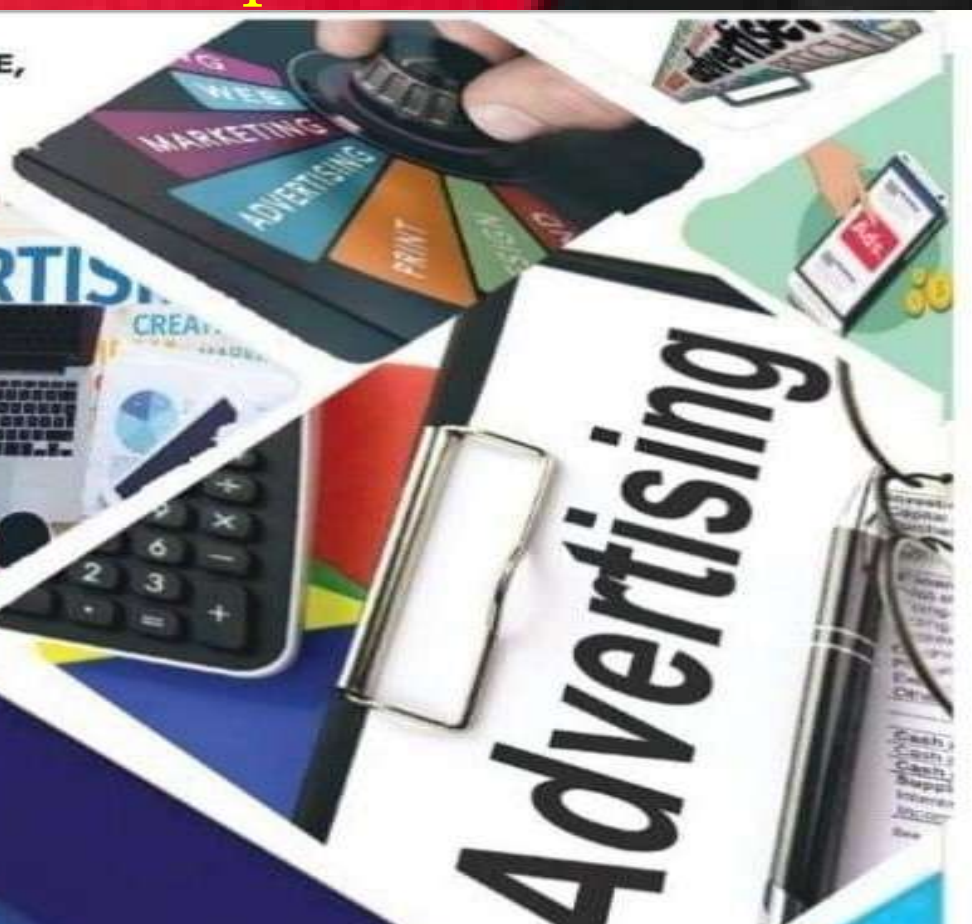
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BACKPAGE

WORLD OF SPORTS

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



Shared by:
By Tafara
Makusha

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

