



ONLINE BOOKING

By Memory Phiri

Page 15



NATIONAL ANTHEM

By Abigirl Phiri

Page 5



Kenya is at it again.

By Charles Kabiriri

Page 03

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

The Diaspora Times



July 27th, 2024 Issue 263 We fail because we do not try The Diaspora Fountain Of News & Knowledge

Barack and Michelle Obama endorse Kamala Harris.



Polls shows Donald 48%
Kamala Harris 48.1%



Former President Barack Obama and former First Lady Michelle Obama have endorsed Kamala Harris in her White House bid, giving the vice president the expected but still crucial backing of the nation's two most popular Democrats.

The endorsement, announced Friday in a video showing Harris accepting a joint phone call from the former first couple, comes as Harris builds momentum as their party's likely nominee after President Joe Biden decided to end his re-election bid and endorse his second-in-command against Republican nominee and former President Donald Trump.

STAND UP FOR YOUR RIGHTS

TEL+4049668550
follow us on twitter

Optiven... FROM KSH. 1.75M

OCEAN VIEW RIDGE VIPINGO

MASTER PLANNED & GATED COMMUNITY

CALL | SMS | WHATSAPP
0790 300 300

OPINION

NEW KENYA MOVEMENT

Kenyans have sanitised a leader who has seen the country in its current trajectory after a broad-based government was rolled out. [Page 03](#)

Laughter is medicine

[Page 04](#)

FALLEN HEROES

Mary Muthoni Nyanjiru (? - 16 March 1922) was a Kikuyu woman and a Kenyan political activist remembered for leading the protest after the arrest of Harry Thuku [Page 06](#)

You were born to win, but to be a winner, you must plan to win, prepare to win, and expect to win. – Zig Ziglar

Whats Inside

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

TEL +254-747019970

THE ONE

AT TWO RIVERS

DIASPORA INSURANCE

Peace of mind, Guaranteed!

diasporainsurance.com

TEL+447703838304

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

BEST RATES IN DIASPORA- LEMFI LEADS



LEMFI

International Payments
For Everyone

USE REFERRAL CODE- **TIMES**

Send and receive money from Kenya



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

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



Use the referral code



TIMES

*Terms and conditions apply

Scan to download



CLICK ON PDF



Send money to



@uselemfi

@uselemfi

W: www.lemfi.com

E: support@lemfi.com

Remittance services sponsored by Community Federal Savings Bank.



Charles Kabiriri
Political Activist
New Kenya Movement
For Change

The GEN Z that led the revolution guided by firm, objective, and visionary young leaders have been taken like outcasts!

Kenya Is Not Different From A Battered Wife.

Kenyans have sanitised a leader who has seen the country in its current trajectory after a broad-based government was rolled out. It is difficult to understand Kenyans. Kenya is not different from a battered wife who keeps bouncing back to the spouse even after interventions have been put in place. She pleads for their withdrawal, yet the problem keep recurring again and again.

The country is suffering from leadership deficiency problems. This can be traced from what the country is forced to go through without much pressure from people for change. People keep recycling the same leadership that has failed them over and over again mostly because of their tribal standings. It is, however, very unlikely to save the nation as it is currently constituted because what we the people consider as Change conspicuously saying, has famously been illustrated as a forest significant of our political landscape. The forest changes, but the monkeys in the forest significant of the political actors have remained much the same. How did it end up this way?

When Kenya attained self-rule, the whole idea of independence was shelved from achieving in full its principle objectives of shaping the lives of the majority of the citizens but was shortchanged only to benefit a minority who took over from the Imperialists. This included the political elites, the high-ranking civil servants, and top-notch businessmen of the time. They hijacked the true independence from unsuspecting Kenyans laying the foundation of this great nation on flimsy rhetoric that has eaten deep into the fabric of this nation.

Today the country is unable to find its unable to focus from the overgrown seeds

of discord that marked the initial steps of the country's independence journey as planned and planted by those who benefited in the transition to independence through the inheritance of all that went well with imperialism making it difficult to find answers especially where the question of amicable use of state resources arise and in many a times, any success to divulge the benefits of this nation to ensure equitable sharing with the citizens as had been the promise with the independence dream has remained to be nothing but a dilemma!

When Kenyans forced their way to occupy parliament on the 25th of June 2024, nothing of the kind had ever been imagined and to everyone's surprise, the many years of political notoriety associated with our political class was challenged through the storming and torching of part of the establishment led by the Gen Z guided by Article One of the Constitution that gives power of sovereignty to the people! In exercise of the same, a raft of conditions to be met by the president were provided, which included quite a number of things. Top on the agenda was the rejection of Finance Bill 2024-2025, which triggered the commotion.

This was to the benefit of every Kenyan. However, today, the GEN Z that led this revolution guided by firm, objective, and visionary young leaders have been taken like outcasts!

The abductions by the government of the very young is going on and deaths could be in their hundreds after it was exposed that many bodies lying in different morgues Kenya Police had tried to cover the plot by entering into the registry wrongful information as to the cause of the death at some instance the entered cause would be by accident yet the bodies have visible bullet wounds!

Such cover-up may never find justice because greed has taken toll over senses, and most heartbreaking of them all is the current scramble for slots in the Ruto government.

Political elites in Kenya are only interested in their stomachs.

When Hon Raila Odinga stood with Ruto and their entourage at the stairs of KICC to call for dialogue, the GEN Z Movement had already been compromised! President Ruto has named his broad-based government giving critical dockets to the ODM leadership, which translates into a change into Kenya's political landscape. Shortly before he made the announcement, the president was categorical on what awaits the Gen Z and because Kenya's political mindset is still tribal, our brothers and sisters, sons and daughters in the Gen Z could be meted with police brutality after regions like the coast overwhelmingly endorsed the blood riddled government of President Ruto simply because he appointed the former Mombasa Governor Ali Hassan Joho as a nominee to the Mining docket. That is how myopic the Kenya mindset is, which can culminate into the danger that befalls this country ahead of time that resonates with recycling of leadership, politics of tribalism and patronage.

While the questions to the president in every of his visitations, which are largely seen as campaign trails for his reelection come 2027, would have been on his recent dismissal of his government.

He pointed out that he was going to consult widely and come up with a better team after this one had let him down.

This was after Kenyans demanded of him to dissolve the cabinet as a precondition by the Gen Z to end their revolt after they claimed that the cabinet was incompetence, corrupt and was the face of opulence.

The president reached out to Hon Raila Odinga, who since gave a nod confirming a convergence of interests as the sole base of Kenya's politics as opposed to ideals that Gen Z stood for!

As we speak, 90% of the dismissed CSs are awaiting vetting by the parliament after President Ruto reappointed them which is a spit on the face of the Gen Z whose revolution had began to bear fruits in Kenya's political dispensation based on the quest on good governance, adherence to the

people's will, the rightful position of the country's debt, corruption and rule of law. All these could now be water under the bridge following President Ruto's government having been both legitimised and sanitised by the ODM. The official position of ODM is that they have not entered into a working coalition with the Ruto government but from the emergence of this coalition invitation, mixed signals have emanated from ODM confirming the worst fears that Hon Raila Odinga has betrayed the Gen Z cause for their own individual gains!

Today, a civil society group has headed to court for the interpretation of Article One of the Constitution, which provides that sovereign power belongs to the people. They need a court interpretation as Ruto / Gachagua axis is behind 31 constitutional violations, and people's position is that Ruto must go.

While in Mombasa residents appear to have embraced the bloody leadership of President Ruto because of the mtu wetu phobia after nominating mtu wao to cabinet Ali Hassan Joho, the Olympic games gathering in France have Kenyans living abroad displayed on their stand the writings Ruto must go on a large outfit.

The efforts to recapture our state from the greedy, selfish, corrupt, and inept political elites are not in vain. What should, however, be of essence is the capacity of political understanding in our people to articulate issues from an informed perspective. This can only be enabled if we focus on our people's mindset change awareness which will help in the reflection of a fresh crop of leadership sprouting in the country, taking up Kenya to the next level.

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?"

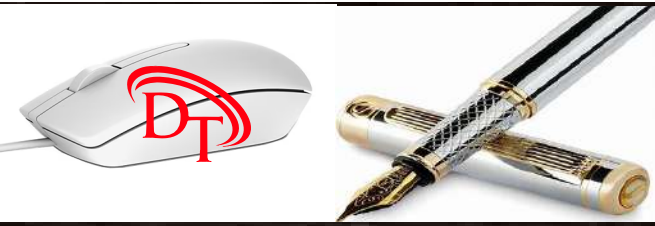
A guy asks a girl to go to a dance. She agrees, and he decides to rent a suit. The rental has a long line, so he waits and waits, and finally he gets his suit.

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.

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

THEY DIED FIGHTING FOR A BETTER KENYA REST IN POWER

Article By Abigirl Phiri- Zimbabwe



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

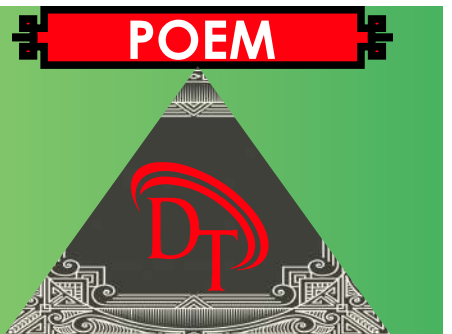


By Abigirl Phiri-Zimbabwe

summary



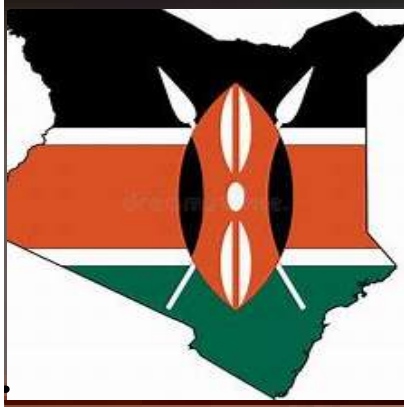
Poem Title :
 Godly goodness
 As you can discern
 Seeing the picturesque display
 Changing one after the other
 The visions are as real as reels life
 Muttering as if chants
 There is no room for doubters
 Cast your net wider, catch men
 And drop to your knees, life is real
 Good God
 The omnipotent 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.



Nyanjiru

FALLEN HERO

Nyanjiru



Rest In Peace

Kenya FALLEN HERO

Mary Muthoni Nyanjiru

As Nyanjiru's actions unfolded, many of the women present ululated their approval in response, and the crowd surged forward until the police or askaris opened fire. Nyanjiru was among the first people killed.

K Mary Muthoni Nyanjiru (? - 16 March 1922) was a Kikuyu woman and a Kenyan political activist remembered for leading the protest after the arrest of Harry Thuku, that resulted in her death. Muthoni Nyanjiru was born in Weithaga, Murang'a, Kenya, although her date or year of birth are not recorded.

At the time she was shot and killed in 1922, she had been living in Nairobi with her stepdaughter, Elizabeth Waruiru.

Nyanjiru was an associate and supporter of Harry Thuku. Thuku, secretary and Young Kikuyu Association (later known as the East African Association) was known throughout Kikuyuland as "chief of women" mainly for his vocal support of women especially around the issues of physical and sexual abuse, as well as forced labor.

Thuku was arrested on 14 March 1922, over concern for his increasing militancy and the growing number of his supporters. The day following Thuku's arrest a strike was called by the EAA and thousands peacefully marched to the Nairobi police station, where Thuku was being held. The strikers came to demonstrate and secure his release. After praying for Thuku's safety the crowd dispersed.

That evening, women supporters engaged in a practice called oath-taking, a custom exclusive to men. Oath-taking by women violated Kikuyu tradition as women were considered to be mentally unfit and bodily unable to endure the ordeal of taking oath. Elizabeth Waruiru, in her account of the events on the evening of 15 March, named James Njoroge, a member of



HARRY THUKU AND NYANJIRU ILLUSTRATION

the East African Association (EAA) as the oath-giver.

Oaths were administered to over 200 women in the crowd, in essence, binding them to execute a specific plan of action. Historically, tribal oaths were not used by governmental institutions, the EAA was the first to do so. Whether oath-taking raised their political awareness or a sense of discipline, women acted in unity the following day when it was clear that Thuku would not be freed.

On the morning of 16 March, a delegation of six men were chosen from the crowd to meet with Sir Charles Bowering, the Colonial Secretary, who assured them that Thuku was in no danger and was only being detained while waiting for the government to grant him a full hearing. The government hearing would fairly decide Thuku's fate. The delegation was encouraged

to return to the crowd to ask them to peacefully disperse. Upon their return, they announced that Thuku was to be tried instead of released, then urged the strikers to go home. As many in the crowd were incensed, this was fruitless.

It was then that a large group of agitated women started pushing forcefully toward the gate, some shouting at the men that they were cowards and making accusations of bribery to the delegation. Hearing this, the men who had started to disperse changed their minds and returned.

Mary Muthoni Nyanjiru leapt to her feet, ran to the front of the crowd, lifted her dress over her head, and cried: "You take my dress and give me your trousers. You men are cowards. What are you

waiting for? Our leader is in there. Let's get him." The tactic, called guturamira ng'ania, was considered a serious insult among the Kikuyu, who view it as a curse to see a woman the age of one's mother naked; rarely used, it indicates that the authority of men is no longer recognized in the situation, and is considered a powerful symbol of women's defiance.

Mary Muthoni Nyanjiru's little immediate change to the colonial regime, still, she is remembered as a heroine in folklore, song and poetry. The song Kanyegenuri, memorializes the actions and bravery of Nyanjiru and was sung during the Mau Mau resistance as an anthem of opposition. This and other anthems of heroic African women were banned as they were considered to be a political threat.

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

summary



RIP

The total number of dead is given in various sources as between twenty-eight and more than one hundred.

There has been no evidence that the askaris were ordered to fire by the officers in charge, though there are accounts stating that the askaris were on duty for eighteen continuous hours in the heat while being subjected to harassment by the crowd. The official number of casualties were given as twenty-one Africans killed, four of whom were women and an additional twenty-eight injured.

Thuku's own account of the day, having seen events unfold from his cell, relates that as the police fired from the front, other European settlers who had gathered at the Norfolk Hotel began shooting into the crowd from behind.[3] Other accounts substantiated Thuku's claim; settlers were drinking on the veranda of the hotel near the scene and joined in the shooting and were responsible for many of the deaths.

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.

Sign up for The Morning newsletter from the New York Times

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

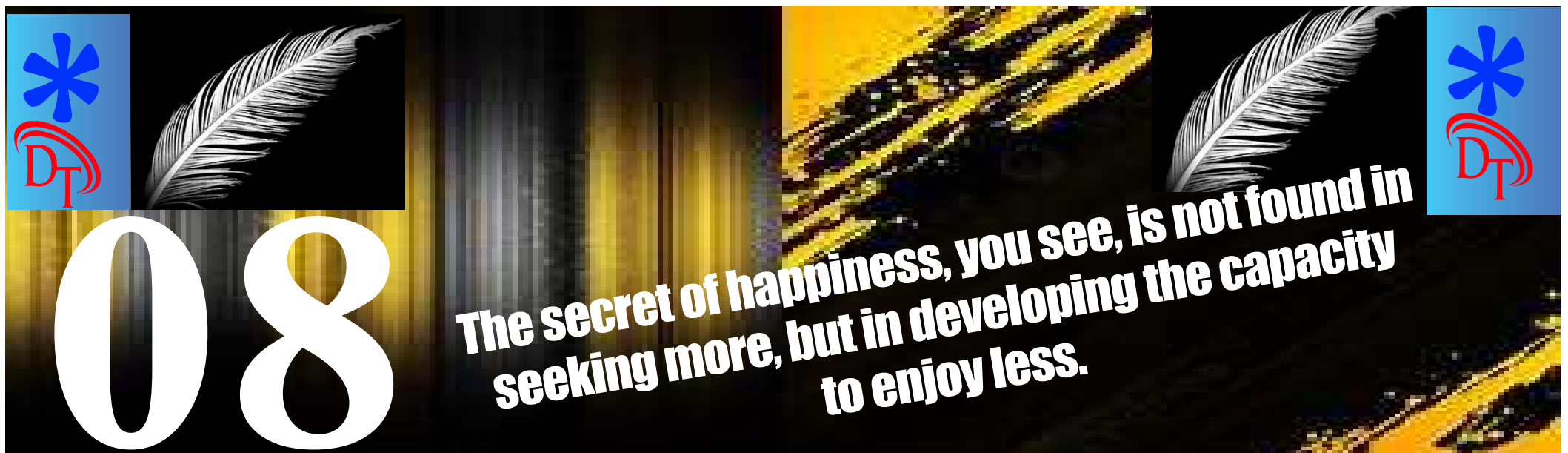
THE WHOLE TRUTH



“
GEN Z is demanding to write the rules about their future; about the Kenya they want to live in; to work in; to marry in; to bring up their children in. They are not talking about our life: they are talking about their life. How can that offend us? Why would that offend us? We wrote the rules about our own future. Why can't we let our children write the rules about their own future ?

NAIROBI
LEO.CO.KE

Paul Mwangi
20/07/2024



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 you choose. -Dr. Seuss

08

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

Topline Land Limited



HURRY
DON'T MISS OUT!



Follow us
on Facebook

Click NOW
For More Info!

TOPLINE LAND LIMITED

PRESENTS

JENGA NA TOPLINE



CONTACT US:



+1(901)455 5444



marketing@toplineland.co.ke



TOPLINE LAND LTD



www.toplineland.co.ke

Behold the finest of them all

THE ONE

AT TWO RIVERS

*Kenyans In The
Diaspora
Are Now
Investing Where Returns
On Investment Are High.
Here You Cant Go Wrong*



3 bedroom all ensuite duplexes + home office

**Flexible payment plan*



priced from
Ksh 40 Million

CLICK HERE

centumre.co.ke

+254 747 019 971

Text 'The One' to 22 365



SCAN TO CREATE
TANGIBLE WEALTH

CLICK FOR MORE INFO

f Follow us on Facebook



FROM AS LOW AS
KSH. 1.750M

This project comes with:

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

Offices

Head office: Absa Loita Street, 2nd Floor

Optiven Global Office: Zamani Business Park, Karen

Mtwapa:

Shifa Arcade, 2nd Floor Office B5

Kitengela: Optiven Business Center - Acacia Junction

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

Nakuru: Golden Life Mall 7th Floor

Contact Information

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



SCAN HERE

OCEAN VIEW RIDGE

OPTIVEN WELCOMES *You!*

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

TO BOOK YOUR PLOT, CALL

0790 300 300 | 0790 667 799

ePaper

ePaper



ePaper

4049668550
diasporatimeskenya@gmail.com



11

ePaper

ePaper

ADVERTISE WITH US

Follow us on Facebook

CLICK FOR MORE INFO



DIASPORA INSURANCE

Peace of Mind, Guaranteed!

DiasporaInsurance.com
24/7 QUOTE & APPLY

WHATSAPP
+44 770 383 8304

OFFICE
+44 121 295 1116

Brings You The Bespoke

DIASPORA FUNERAL CASH PLAN

Worldwide protection for Kenyans in the diaspora.

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



SIGN UP >

SCAN ME

Click Here For More Info



Peace Of Mind, Guaranteed!

DiasporaInsurance.com

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

SCAN ME NOW!



Your Dignified Send-Off, Guaranteed!

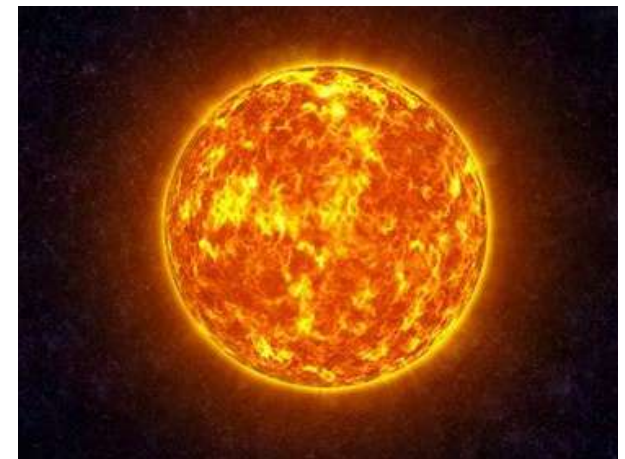
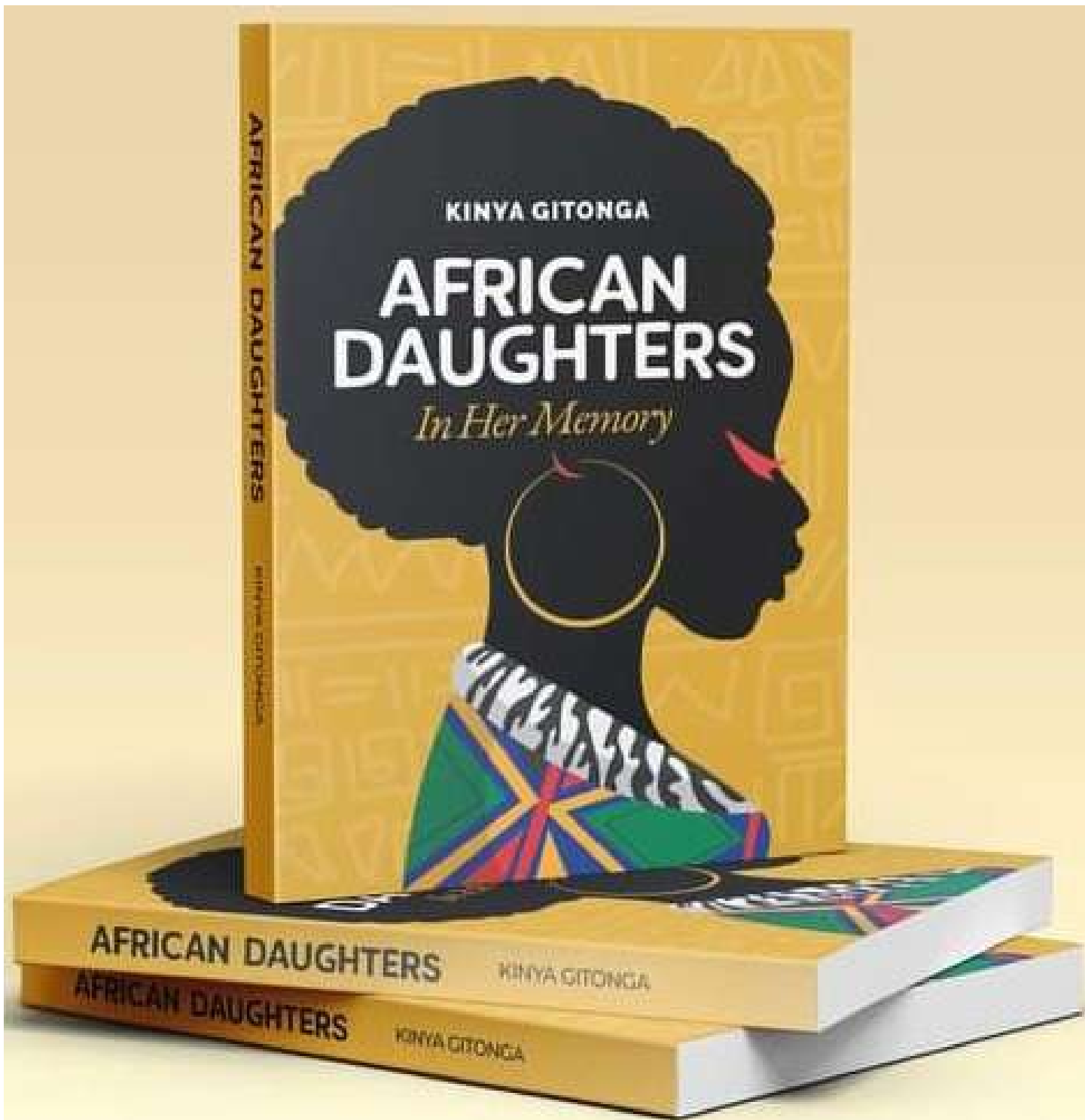


Authorised & Regulated: FCA, UK: 795897 | FSCS UK protected | Underwriter: GuardRisk Life International | Re-Insurer: AfricaRe

FOLLOW KINYA GITONGA AND DISCOVER HER

POTENTIAL ON EMPOWERING WOMEN IN SOCIETY.

African Daughters: Honoring Women's Influence in Society



Kinya Gitonga

Empowering women is the key to a successful Nation



OUT NOW
Grab yourself a copy today!

KSHS.700 ONLY
LIPA NA M-PESA

PAYBILL: 5008885
ACCOUNT: 7994#Name

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

Also available on:
amazon books

NURIA
The Honest Store

Savani's Bookshop

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

Helen Keller Life is a long lesson in humility.



Abortion, Israel-Hamas War, criminal justice: Where Harris' agenda could break from Biden's on key issues for voters

Kamala Harris must articulate her own agenda for her presidential campaign

After more than three years supporting President Joe Biden's policy agenda as his deputy, Vice President Kamala Harris must articulate her own agenda for her presidential campaign -- and the first term that could follow.

Since Biden announced on Sunday that he was leaving the 2024 race, Harris has secured commitments from enough delegates to become the presumptive nominee if they all honor their commitment when voting, according to ABC News reporting.



Now Harris -- who ran well to the left of Biden during her unsuccessful presidential primary campaign in 2020, but has since become a loyal advocate of the administration's policies -- is taking on the challenge of

establishing her own path forward and stance on key issues that matter most to voters as the November election approaches. Her 2020 platform and some remarks from during her vice presidency offer a glimpse of

a Harris presidency that could prove more progressive than Biden's in several key areas.

"News reporting is a dynamic and intricate art form that demands in-depth research, meticulous analysis, and the skill to present facts in a coherent and engaging manner. It transcends the mere conveyance of information; it is an art form designed to enlighten the public about the intricate web of current affairs. A news report, at its core, is more than a mere enumeration of facts arranged chronologically; it is a narrative that strives to furnish readers with background context, analysis, and interpretation. Beyond the straightforward delivery of news, news reporting significantly influences public discourse, shaping perspectives, and steering debates. Its impact extends beyond the immediate moment, leaving a lasting imprint on our collective memory. Moreover, it serves as the cornerstone of an informed society, spotlighting the pivotal events of our time."

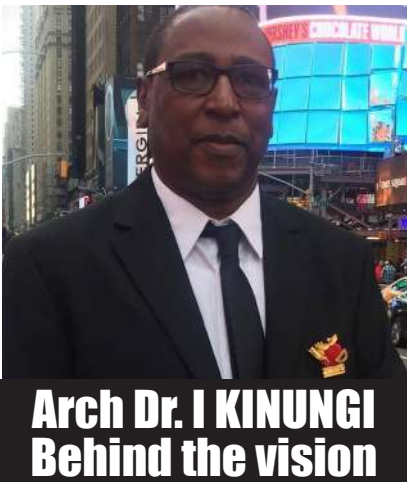


BIDEN HIGHLIGHTS



The Justice Department revealed late Monday in a court filing that it does in fact have transcripts of President Biden's interviews with a biographer after initially having denied possessing the documents.

While juggling Freedom of Information Act (FOIA) requests related to former special counsel Robert Hur's investigation into Biden's handling of classified documents following his departure as vice president in the Obama administration, DOJ attorneys said it would be time-consuming to process audio files into transcripts related to the president's conversations with biographer Mark Zwonitzer.



Arch Dr. I KINUNGI Behind the vision

WE FAIL BECAUSE WE DO NOT TRY

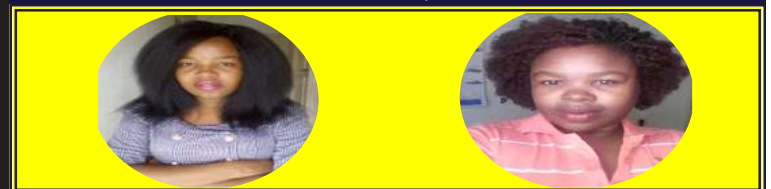
THE FUTURE IS HERE

"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



Senior Reporters



BE PART OF THE DIASPORA TIMES FAMILY. Tel 4049668550



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.



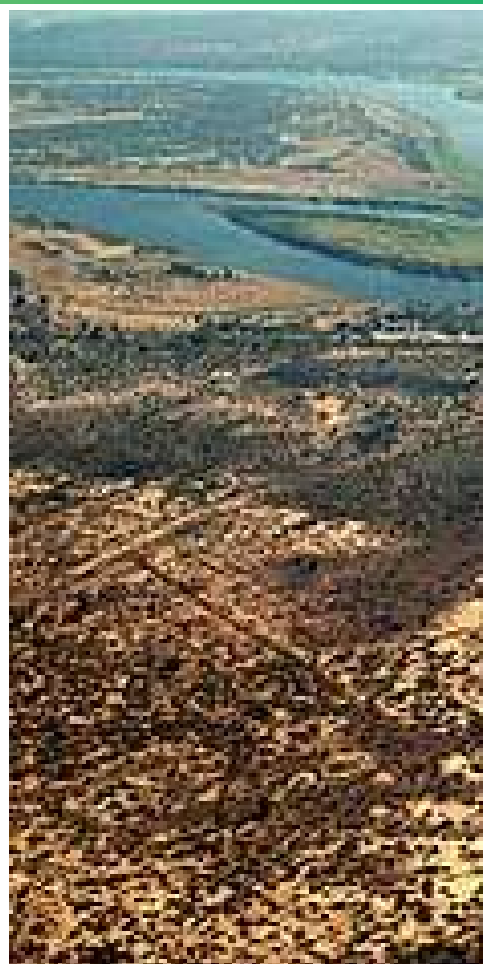
Zambezi means only those who can swim and it comes from the Tonga phrase 'kasambabezi'.

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, bungee 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
Morning Affirmation
Psalms 34:20

He protects all his bones, not one of them will be broken.

A good friend will always allow for other friendships in the person's life of which they are not a part of. He or she will also not dominate a relationship but will allow space for other activities of life.



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

Secret Service director steps down after assassination attempt against ex-President Trump at rally.

The director of the Secret Service resigned Tuesday in the aftermath of the assassination attempt on former President Donald Trump that unleashed an outcry about how the agency failed in its core mission to protect current and former presidents.

Kimberly Cheatle, who had served as Secret Service director since August 2022, faced growing calls to resign and several investigations into how a gunman was able to get so close to the Republican presidential nominee at an outdoor campaign rally in Pennsylvania.

"I take full responsibility for the security lapse," she said

Biden said in a statement that "what happened that day can never happen again," and he planned to appoint a new director soon, but he did not discuss a timeline. The president and Homeland Security Secretary Alejandro Mayorkas thanked Cheatle for her service. Mayorkas appointed Deputy Director Ronald Rowe as acting director.



in an email to staff obtained by The Associated Press. "In light of recent events, it is with a heavy heart that I have made the difficult decision to step down as your director."

Cheatle's departure was unlikely to end the scrutiny of the long-troubled agency after the failures of July 13, and it comes at a critical juncture ahead of the Democratic National Convention and a busy presidential campaign season. Lawmakers on both sides of the aisle have promised more investigations. An inspector general probe and an independent, bipartisan effort launched at President Joe Biden's behest will keep the agency in the spotlight.

Cheatle's resignation came a day after she appeared before a congressional committee and was berated for hours by both Democrats and Rep-

ublicans for the security failures. She called the attempt on Trump's life the Secret Service's "most significant operational failure" in decades, but she angered lawmakers by failing to answer specific questions about the investigation.

Biden said in a statement that "what happened that day can never happen again," and he planned to appoint a new director soon, but he did not discuss a timeline. The president and Homeland Security Secretary Alejandro Mayorkas thanked Cheatle for her service. Mayorkas appointed Deputy Director Ronald Rowe as acting director. He has worked for the agency for 23 years.

"At this moment in time, we must remain focused," Rowe said in a note to staff obtained by AP. "We will

restore the faith and confidence of the American public and the people we are entrusted to protect."

Congressional questioning

At the hearing Monday, Cheatle remained defiant that she was the "right person" to lead the Secret Service, even as she said she took responsibility for the failures. When Republican Rep. Nancy Mace suggested Cheatle begin drafting her resignation letter from the hearing room, Cheatle responded, "No, thank you." The 20-year-old shooter, Thomas Matthew Crooks, was able to get within 135 meters (157 yards) of the stage where the former president was speaking when he opened fire. That's despite a threat on Trump's life from Iran that led to additional security for the former pres-

ident in the days before the rally.

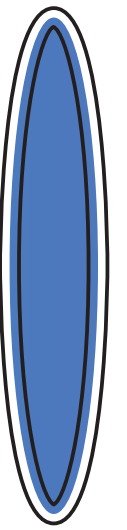
Cheatle acknowledged Monday that the Secret Service was told about a suspicious person two to five times before the rally shooting. She also revealed that the roof from which Crooks fired had been identified as a potential vulnerability days earlier. But she failed to answer many questions about what happened, including why there were no agents on the roof.

Shared from Associated P



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

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

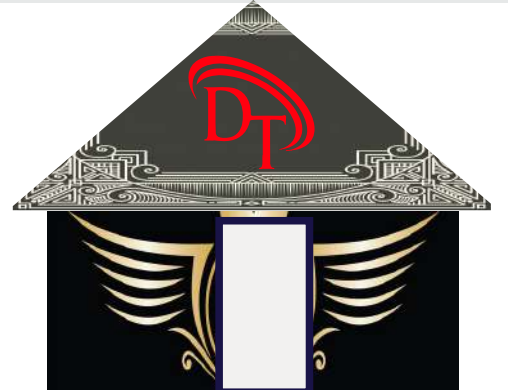


Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that. -Martin Luther King Jr.

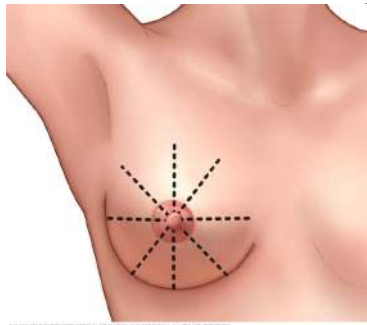
Spread love everywhere you go. Let no one ever come to you without leaving happier. -Mother Teresa



Health Tit Bits



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.

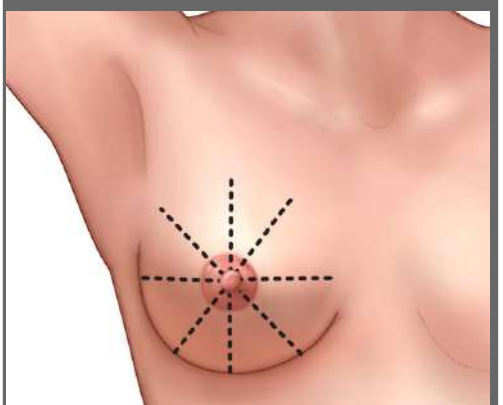
support for breast cancer awareness and funding for research. Advances in breast cancer screening allow healthcare professionals to diagnose breast cancer earlier. Finding the cancer earlier makes it much more likely that the cancer can be cured. Even when breast cancer can't be cured, many treatments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

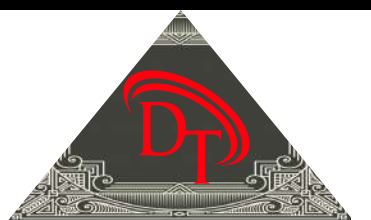
clude hormones, lifestyle choices and things in the environment. But it's not clear why some people who don't have any factors get cancer, yet others with risk factors never do. It's likely that breast cancer happens through a complex interaction of your genetic makeup and the world around you.



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.



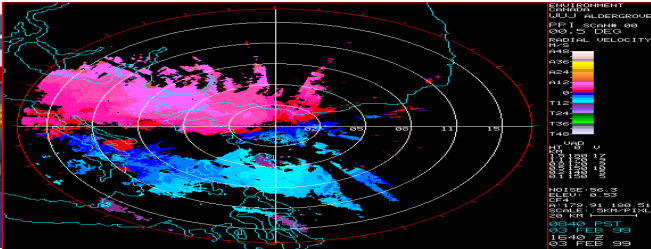
Breast Cancer



PUBLISHED BY GRAPHIC DESIGN SERVICES PAKISTAN

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

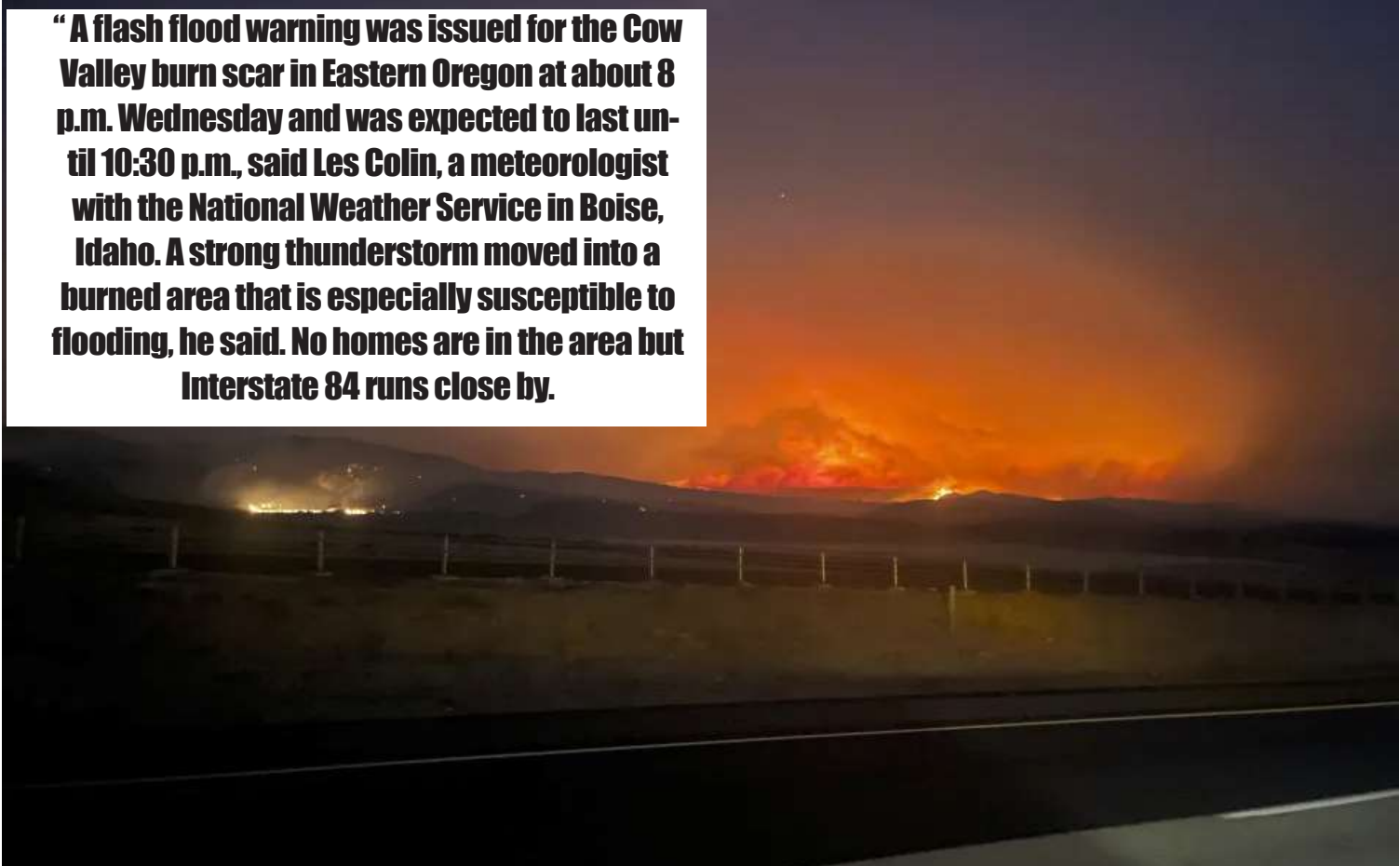
Temperature, rain, snow, fog and wind are all part of weather. Severe weather events such as tornadoes, tropical storms, hurricanes, cyclones, floods, lightning strikes and extreme weather affect us all. In addition to weather forecasts are ozone levels, changing climate conditions and solar winds. Weather 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



Oregon fire is the largest burning in the US.

“A flash flood warning was issued for the Cow Valley burn scar in Eastern Oregon at about 8 p.m. Wednesday and was expected to last until 10:30 p.m., said Les Colin, a meteorologist with the National Weather Service in Boise, Idaho. A strong thunderstorm moved into a burned area that is especially susceptible to flooding, he said. No homes are in the area but Interstate 84 runs close by.



Powerful winds and hundreds of lightning strikes from thunderstorms rattled eastern Oregon and Idaho Wednesday afternoon, cutting power and stoking fires, including one in Oregon that is already the largest active blaze in the nation. The Durkee Fire, burning near the Oregon-Idaho border about 130 miles (209 kilometers) west of Boise, Idaho, caused the closure of a stretch of Interstate 84 again Wednesday. Amid rapidly forming storms in the afternoon, the blaze crossed the interstate near the town of Huntington, home to about 500 people. It also merged with the Cow Valley Fire, another large blaze that had been burning nearby, Gov. Tina Kotek said. "The wildfires in Eastern Oregon have scaled up quickly," Kotek said in a news release Wednesday evening, calling it a dynamic situation. "We are facing strong erratic winds over the region that could impact all fires. Rain is not getting through. Some communities do not have power." She said she had deployed the National Guard to the region. The nearly 420-square-mile

(1,088-square-kilometer) blaze had prompted the evacuation of Huntington on Sunday, and on Wednesday city officials posted on Facebook that people remaining in town, especially those with "major health issues," needed to leave their homes because of wildfire smoke and the lack of power. City officials also said Wednesday that gas service to residents had been shut off until the evacuation orders are lifted. The fire approached Alison Oszman's home in Rye Valley, a small ranching area north of Huntington, last week, but they were able to protect their property with the help of Bureau of Land Management firefighters and neighbors, using small tanker trucks and shovels. They used a small dozer to keep it away from the house, she said. Since their property was burned and safe, her neighbor moved his horses and cattle over as the fire moved toward his ranch, she said. On Wednesday night, Oszman went to check his property and found that the fire came down a steep hillside and threatened his home. "I went and parked our truck out in the field just in case those big trees by his house caught fire," she said. "I was

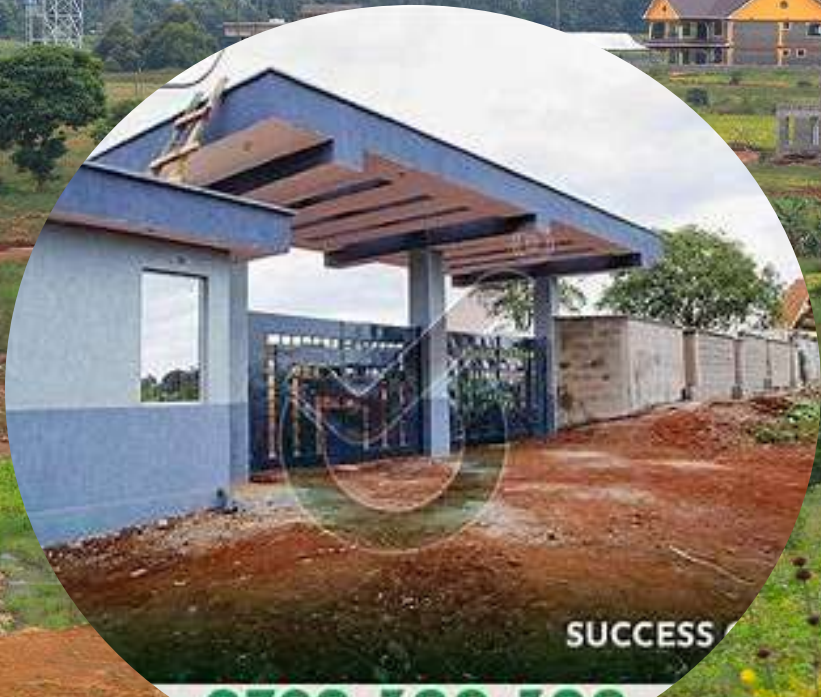
making sure sparks didn't land in the dirt or the dry grass. But as the fire passed his house, it started raining." The rain helped the firefighters get on top of the blaze. "It was pretty scary but everything seemed to fall into place," she said. "Everybody helped everybody. It was actually pretty amazing for how crummy it really was." The National Weather Service in Boise said the storms were capable of producing wind gusts up to 70 mph with blowing dust reducing visibility. A storm about 44 miles (71 kilometers) northwest of Huntington near Baker City on Wednesday afternoon had recorded a wind gust of 66 mph (106 kph), the weather service said. Wind, lightning and heavy rain fell that could cause flash flooding and debris flows in recently burned areas, authorities said. Flash flood warnings were issued for Huntington and in a nearby burn scar area. Shared from AP





Click Here For More Info

KSH 2.995M



SUCCESS GARDENS PHASE 2 GATANGA ROAD

WHY SUCCESS GARDENS PHASE 2

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

The property is situated near the award winning project **Success Gardens Phase 1** by Optiven that is sold out and customers are now building their palatial dream homes.

PROPOSED VALUE ADDITIONS

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

0790 300 300 | 0723 400 500

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

TEL 0790300300



Follow us on Facebook



Click Here For More Info



Join our WhatsApp Group

WE ARE THE DIASPORA VOICE

Spread the love



Africa Resources epaper is published in USA, Kenya, Pakistan, & UK. Issue 263

AFRICA RESOURCES CENTER

YOUR AD HERE!

The Digital Revolution

THE DIASPORA TIMES

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

email: diasporatimeskenya@gmail.com

SHARE THE NEWSPAPER WIDELY.

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

ADVERTISE IN THE ONE AND ONLY ONE, THE DIASPORA TIMES

DISTRIBUTED ALL OVER USA, UK AND AUSTRALIA

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

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

The Diaspora Times
DIASPORA SOURCE OF ANYTHING EVERYTHING

The Diaspora Fountain Of News & Knowledge

26 MZIZI COURT APARTMENTS
AT TWO RIVERS

CENTUM ^{re}

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



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

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

**Click Here
For More Info**



SCAN TO CREATE
TANGIBLE WEALTH



**THE PERFECT
INVESTMENT PROPERTY**



Diani Holiday Homes

2Br & 3Br perfect for Vacation & Long Stays



Amenities

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

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

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

subscribe to **youT**

(205) 946-7813

FOLLOW US on Facebook

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

DIANI HOLIDAY HOMES

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

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

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

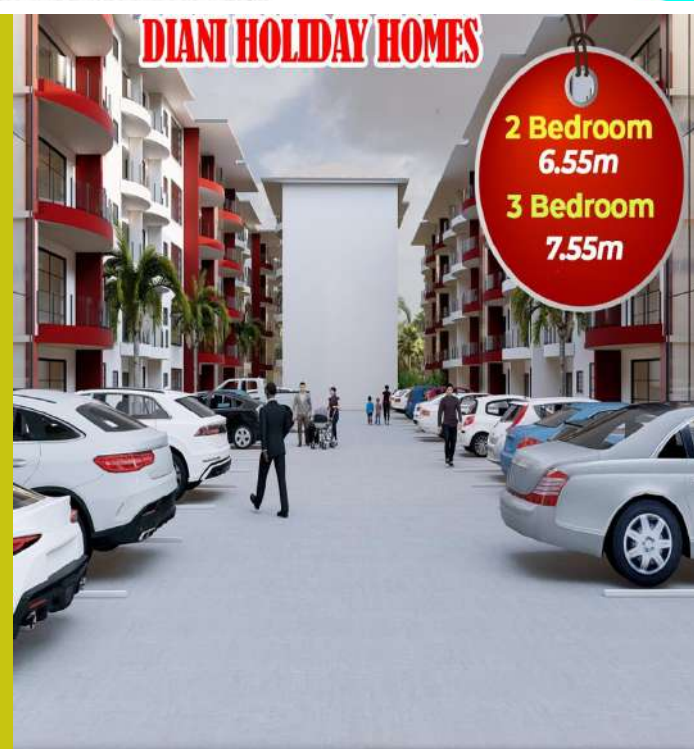
Units are in close distance to major shopping malls, Ukunda Airport, international schools, accredited hospitals, and hotels. The units are all ensuite, offering spacious bedrooms with well fitted built-in closets.

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

with loved ones. We've amenities such as

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

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



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

0711 128 128
0720 460 413

BACKPAGE

WORLD OF SPORTS

4 Under-the-Radar Lions That Could Make Impact in Training Camp.



Shared by:
By Tafara Makusha

Fast-forward to this summer, and Mitchell will have to fight tooth and nail for a spot on Detroit's 53-man roster. LaPorta and Wright are firmly entrenched as the team's top two tight ends, but Mitchell – a third-year pro – does at least have a fighter's shot to beat out Shane Zylstra for the No. 3 TE job. With a solid enough camp, I believe that Mitchell will do just that.

The day has finally arrived. The Lions will take the Allen Park practice field for their first full practice of training camp on Wednesday.

With training camp comes a variety of intriguing position battles for Dan Campbell's squad. Plus, as is the case with every camp, there are bound to be multiple under-the-radar players that catch the attention of fans and pundits alike.

With that said, let's take a look at four of those types of players that have a chance to make an impact at camp this summer.

Prior to the beginning of last season, Mitchell – a 2022 fifth-round pick – looked like he had a chance to move up the Lions' tight ends depth chart.

But then, last season came and went, and Mitchell emerged from it with just two catches. Meanwhile, Sam LaPorta took the league by storm, and set all kinds of rookie records, and Brock Wright firmly took control of the No. 2 TE job.

USA today share



SPORTS WORLD

