By Memory Phiri

By Abigirl Phiri

Lawlessness in Kenya. By CharlesKabiriri Page 03

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Aug 10th, 2024 Issue 268

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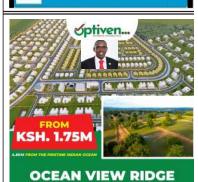
When they asked for volunteers To help stroke Netanyahu's balls So that after spilling blood in Palestine

Netanyahu can sleep soundly in the new Jerusalem Mwaŭrandũ thought they were talking about the balls of a cat/Nyau

He raised his hands and said that the task fitted him perfectly







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During the recent civil unrest led by youthful protestors, so much was achieved in a country whose chest thumbing leader had turned the Page 03

Laughter is medicine







1999) was a Kenyan Anglican bishop and theologian.

Page 06

And do not fear those who kill the body but cannot kill the soul.



HIGHLIGHTS



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How is this not insanity for Luo-Nyanza jobless fraternity to support the move of such appointments and discredit the recent Nane Nane revolt led by the youthful protestors who still have issues with President Ruto's administration on governance,

Lawlessness In A Country At The Verge of Economic Collapse.

Kenya rates amongst the fastest growing economies in the world today, but the country's political mindset has shown equal and opposite growth rate, which explains the fate of the nation going forward!

During the recent civil unrest led by youthful protestors, so much was achieved in a country whose chest thumbing leader had turned the nation to dictatorial rule with total disregard of the rule of law, fidelity to the constitution, bad governance, punitive policy measures, mass looting from public coffers, public debt audit and disbanding of unconstitutional offices were some of the concerns youthful revolt was raising.

It is believed that many youngsters in the protest, the majority of whom were university students and unemployed youth, have since gone missing while others who have been identified met their death from live bullets with about fifty deaths on record.

However, in a recent expose, 247 bodies have been discovered in the city morque with their entries falling between the 25th of June which was the peak of the protests when parliament was stormed and part of the establishment set ablaze and the 2nd of July.



All these concerns have very far-reaching consequences to this nation.

As of today, many of the concerns have been put into consideration, though the police brutality meted in suppressing the protests was enormous.

It is believed that many youngsters in the protest, the majority of whom were university students and unemployed youth, have since gone missing while others who have been identified met their death from live bullets with about fifty deaths on record. However, in a recent expose, 247 bodies have been discovered in the city morgue with their entries falling between the 25th of June which was the peak of the protests when parliament was stormed and part of the establishment set ablaze and the 2nd of July.

As of now, the fate of those who died fighting for this cause is unknown.

In the events that followed and shocked the world, about half of the cabinet that was earlier dismissed from allegations of incompetency found its way back to the cabinet posing question of change, which formed the bottomline of the youthful revolt.

The protestors came up as a movement that was tribless, formless, and leaderless, setting up a perception of an attack on the political elites whose interests were threatened and Ruto/Raila came together ganged up against the youthful protestors. President William Ruto, who was now struggling with legitimacy issues, teamed up with the opposition chief and the leader of the Azimio coalition to have his government pacified, thus neutralising the youthful revolt to their advantage.

Today, the Azimio coalition is shaky after the principals that formed the coalition attributed Hon Raila Odinga move to stand with President Ruto in exchange for cabinet slots for his ODM Party as betrayal. The Narc Kenya, led by Hon Martha Karua, has since withdrawn from the coalition.

The move by Hon Raila Odinga to offer his top most ODM Party leaders to be CS'S in President Ruto administration was interpreted as having hijacked the youthful protestors cause out of political greed reaping where he did not sow!

Listening to youth in Luo-Nyanza after the new cabinet was sworn in, they said

everything is now OK.
How could this have pacified the youthful protestors who were meted with police brutality during the Nyalenda massacre where youth were profiled and killed outside their homestead after the July

2023 protests on high cost of living with 75 reported deaths and which led to the NADCO REPORT.

Ali Hassan Joho and Wycliffe Oparanya have just served their full terms as Governors.

How is this not insanity for Luo-Nyanza jobless fraternity to support the move of such appointments and discredit the recent Nane Nane revolt led by the youthful protestors who still have issues with President Ruto's administration on governance, abductions, forced disappearances and the country's debt audit among other things? If not mere political elites' interests convergence, how would Hon Raila Odinga equate such appointments to CS'S now confirmed as caring to the same jobless youth of Luo-Nyanza

The greatest problem facing this country today is the ability to articulate political issues from an informed perspective.

The youthful protestors should now revert into flexing their muscle more in delivering the country a block of politically informed citizens as a tactical move to win against the current political elites and status quo come next general elections.

A country whose politics were deeply rooted in tribalism and patronage can only produce leadership that hold hostage their communities for personal gains as opposed to societal benefit.

It is from this kind of background that we come from as a country and it's therefore important to embrace and equally cultivate a mindset change awareness programme to shift the political mindset of the people by way of climbing down the paradigm of their tribal cocoons and approach political issues from ideological point of view thereby endeavouring political maturity and real change sustainability in future! Charles Kabibiri

The writer is a human rights activist in Kenya

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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

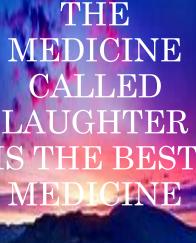






LAUGHTER THE BEST MEDICINE





"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. "The-

Holv cow!

re's a boat?"

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

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?"

ground!"



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 never forget

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



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!

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.

THEY DIED FIGHTING **FOR A BETTER KENYA REST IN POWER**

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ABIGIRL PHIRI-Zimbabwe 🔀 😅 🐽 😉



Article By Abigirl Phiri- Zimbabwe

his is a notion



AVOIDING EVIL PEOPLE

When you come to realise you are working with an evil person. Indeed, you need to beat them at their own game. Look unfazed and do not give them a reaction which they so deeply want.

that exists on the face of earth. Opposites are ever present in this our life. The confounding fact is that there are individuals who even choose the dark side. Naturally they do not want to see other people enjoying their lives or getting the fruits of working hard. Why many people can not exactly pin point evil doers or evil worshippers is that they live in pretense. In the face of society they act all good. Some even go the extra mile of going to church. However deep down these people are just wolves in sheepskins playing a part. It's really hard to plainly accuse these evil doers because you will be made to look like a fool. They never forget to cover their evil trail so that to the outside world they pre-

When you come to realise you are working with an evil person. Indeed, you need to beat them at their own game. Look unfazed and do not give them a reaction which they so deeply want. The point of hurting others is for them to revel in your plain as your nose pain which you will be showing to the world. It's better to present a smiling face in the minds and plan in secret on your next way forward to come out of this tricky situation. But one should not be forced to do heinous acts such as killing others. If possible move your-

sent a spotless character.

Everything happens for a reason. We are tried and tested for a reason which you must find out personally. Maybe it's for the good lord to give you a lesson on how to harden your resolve.

people. Distance yourself from them and seek sanity.

Evil people are sick to the core. It becomes a habit with time that they won't be doing this to just one individual. Instead they will be playing dirty and ball with many people's lives. Do not openly talk about this because you never know whom these evil doers are working with. Bottle up the emotions, then you talk it out with a trusted individual not with just any Tom, Dick and Harry. However, as mentioned afore distancing yourself from these evil doers is the best course of action.

In these trying times we ask people going through so much to pray. One should go down on their knees ask face of evil to boggle their God for guidance. They should ask the almighty what is the meaning of all this. Everything happens for a reason. We are tried and tested for a reason which you must find out personally. Maybe it's for

a lesson on how to harden your resolve. As much as goodness exist so does evilness in equal measure.

An ideal world would have none of this. It would be like paradise mentioned in the word of God. But somehow you won't really come to appreciate something good if you don't experience the other side of life. I have watched evil doers doing shenanigans in my life. With this heavy cross I have carried it, brought it forward to God to intervene whilst making an earthly plan to remove myself from the presence of these evil people. It is what it is, the reason why other people say earth is hard. This is what they meant.

In all your sorrows have the strength to read the Bible and understand the different challenges which were faced. Those with firm faith they eventually conquered like the Israelite who managed to come out of the evil hands of the Egyptians

self away from these evil the good lord to give you going to the promised land. It's possible to finally be set free and achieve success. The person facing this tribulation must just have the determination and resolve to mentally say I will come out of this deep hole. Prayer, fasting and reading the Bible will be your light in the darkness. All in all, if you can find other people or congregation to pray with the better. God does hear the cry of the troubled souls. No matter how life difficulties are never let them change you so that you join the bandwagon of the evil doers. Set an example like Jesus did that you stand by the truth and purity in your life. That alone will be your salvation to oust evil doers. Rugare treasured readers.

Article by Abigirl Phiri, Zimbabwe





By Abigirl Phiri-Zimbabwe

summary



Poem Title:

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

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

Good God



high, GOD

YOUNG LEADERSHIP PROGRAM



people continue with the rest of their lives, we carry nvisible 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.

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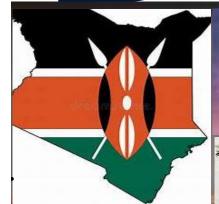
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John Henry Okullu.

Okullu was a bishop in the Anglican Church of Kenya known for his outspoken criticism of the Kenyan government.

ohn Henry Okullu (1929, Ramba Village, Asembo Central Location, District, Nyanza Province – 1999) was a Kenyan Anglican bishop and theologian.

Okullu was a bishop in the Anglican Church of Kenya known for his outspoken criticism of the Kenyan government. He married Esther Benta Nyambok in 1951 and they had 6 children. He was ordained an Anglican deacon in 1957, then as a priest in 1958. Okullu studied at Virginia Theological Seminary from 1963 to 1965, earning a Bachelor of Divinity degree. From 1962 to 1971, he was the editor of a Christian Newspaper in Uganda called New Day. He was consecrated as the first black provost of the Nairobi All Saints Cathedral in 1971 and Bishop of Maseno South Diocese where he served until his retirement in 1994.

Okullu was known for his political engagement. His first book was "Church and Politics in East Africa", published in 1974, which was an early call for pluralistic democracy. In this book he wrote, "The best system of government is one that is based on the principle of the constant exchange of ideas between the rulers and the ruled: a system which provides everyone with an opportunity to make his or her political contribution to the best of his ability and knowledge."

Okullu became an outspoken critic of President Daniel arap Moi, criticizing the government over the murder of Foreign Minister Robert Ouko and calling for the introduction of pluralistic politics and fair elections.



Despite their public disagreements, Okullu met with President Moi a number of times to provide guidance on issues such as how to respond to election violence in 1992. He published four books, including an autobiography. By Kevine Omollo SHARE Kenya: He was a man with plenty of fire in his belly, and not even threats from the State would reduce him to silence. The late Bishop John Henry Okullu of the Anglican Church is remembered as a fierce critic of the government in the 1990s. Unwavering, he issued

sermons agitating for hu-

man rights, justice and also multi-party system of government.

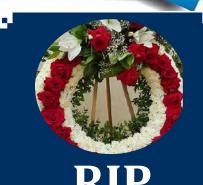
In 1929 in Ramba Village, Asembo Central Location, Siaya District, a baby boy was born to Ong'owo Adero and Ngore Nyar Alaro.

Born and raised in the rural Ramba village of Siaya County, Bishop Okullu learnt the spirit of liberation at an early age, a situation which made him leave Kima School where he was in his upper primary without a certificate due to his frequent protest against alleged injustice in the school.

He was born in the period when infancy mortality rates were at their peak in the country and no one could predict his survival given that nine of his eldest siblings had died ahead of his birth. He was then named Okullu, after a renowned harp player and baptised in 1947 and given the names John Henry, a King in the making, by his Kokise kinship.

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

summary



From 1963 to 1965, he studied at Virginia Theological Seminary in the US and received a Bachelor of Divinity degree. In 1973, he was awarded an honorary Doctor of Divinity Degree by the same institution for his exemplary service.

Okulu was thrown into the limelight when he started serving the Luo community as a layperson at Namirembe Cathedral in Kampala, Uganda in 1962 where he also became the editor of New Day, a Christian newspaper in Uganda.

His aim was to preach justice for all, especially the oppressed. He moved to Kenya and worked with other Christian English and Swahili publications such as Target and Lengo involved in the struggle against oppressive leadership in the country.

This became the main platform for his call for justice, which made him an outspoken critic of the Kenyan government in his sermons and publications on issues of human rights and justice, and particularly advocating for a multiparty system of governance

Bishop Okullu



Diaspora times global news

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Battles rage in Russia as Kremlin struggles to repel surprise Ukraine incursion.

A convoy of burnt-out military trucks, some bearing the "Z" symbol of the Kremlin's war and appearing to contain bodies, sits along the side of a highway.

But the video, circulating on social media Friday and geolocated by NBC News, doesn't show a beleaguered section of the front lines in eastern Ukraine. It is a village in Kursk, across the border in southern Russia.

For days now, Vladimir Putin's forces have struggled to put down an incursion into Russian territory by Ukrainian troops, a surprise attack that threatens to upend the war's status quo and open a new front in a daring challenge to the Kremlin.

The unprecedented assault entered its fourth day Friday with battles still raging and Moscow rushing reinforcements and bombing its own territory to try to contain the Ukrainian advance.

The operation has left observers struggling to track fast-moving developments on the ground — and to figure out Kyiv's strategy in launching the attack while its forces are still struggling in several of the conflict's longtime flashpoints.

With Ukraine tightlipped and Russian officials offering little detail on the extent of the Ukrainian advance, it's hard to judge the scale or success of the operation beyond poring over videos, like the one showing the convoy and relying on the frenzied chatter of Russia's influential and often-furious military bloggers. With Ukraine tightlipped and Russian officials offering little detail on the extent of the Ukrainian advance, it's hard to judge the scale or success of the operation beyond poring over videos, like the one showing the convoy and relying on the frenzied chatter of Russia's influential and often-furious military bloggers. AP Share

US rapper Travis Scott arrested in Paris after fight: prosecutors

US rapper Travis Scott
was arrested early Friday
over a fight at a five-star
hotel in the French capital, prosecutors said.
"Policemen were called
to the Georges V hotel
and arrested Travis Scott
for violence against a security agent. The

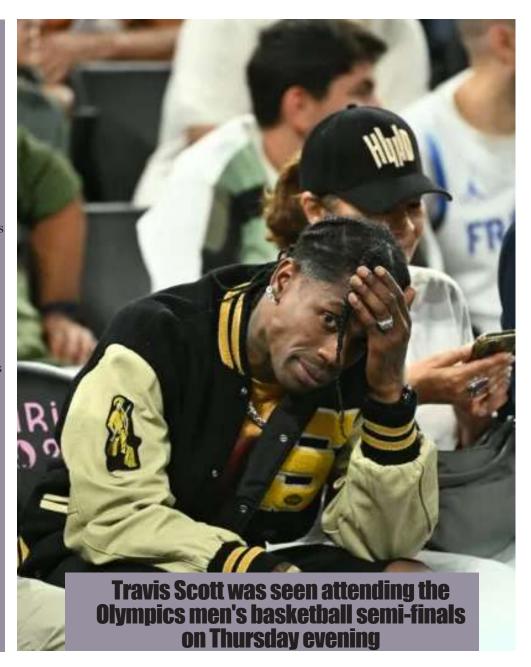
latter had intervened to separate the rapper from his bodyguard," the Paris prosecutor's office said in a statement.

It was not immediately clear if the 33-year-old singer was being detained.
Scott was seen attending the Olympics men's basketball semi-finals on Thursday evening.

The music star, whose real name is Jacques Bermon Webster, was arrested in Miami Beach in June for trespassing and disorderly intoxication, records showed.

Scott's "Utopia" was a nominee for best rap album at this year's Grammy Awards. Other endeavours include merchandising deals with Nike, video game maker Epic Games and McDonald's fast food.

Scott has two children with social media giant and business mogul Kylie Jenner. Share from AP



Gen Z Choice Is Kamala Harris





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

07

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



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A Cry For Gaza, Palestine From Ngũgĩ wa Thiong'o Translated from Gikuyu by the author.

MWAÜRANDÜ (aka William Ruto) & THE BALLS OF NETANYAHU (aka Benjamin Bibi)



When they asked for volunteers To help stroke Netanyahu's balls So that after spilling blood in Palestine Netanyahu can sleep soundly in the new Jerusalem

Mwaŭrandũ thought they were talking about the balls of a cat/Nyau

He raised his hands and said that the task fitted him perfectly

For already had experience in stroking the balls of a cat/Nyau

(Even though rumor had it that the cat had scratched him

And he went for those of a rat instead) And therefore Nyahu's balls would not be a big deal

Mwaŭrandŭ! Robber!

Mwaurandu!! Robber!!

Mwaũrandũũũ!!!Robber!!!

Please lend me your ears and listen Netanyahu's balls are not the same as those of a cat

Netanyahu is not a cat that meows Netanyahu is the man who rings the bell To awaken Zionist killers

The ones who claim to be the chosen to the end of the world

They shit the holy shit of the God of the end-of-the-world

They urinate the holy urine of the same God

That God

Is the one who once ordered Noah's

Which wiped out generations

Yes, That God

Once again ordered the genocide in Sodom and Gomorrah

The same who sent his angels to wipe out the firstborn males of Egypt

The same who once sent Moses on a mission of genocide in Canaan

The same who sent Saul to commit genocide against the Amalekites

The genocide that Netanyahu cites as an inspiration

Well, the genocides ordered by that angry God are countless.

Surprise! Surprise!

That God is the one celebrated in the Old Testament

And that's why Jesus came up with the New Testament

And talked of the God of Mercy Peace

and Forgiveness

Why?

Because Jesus was the only son of a

His father Joseph was a carpenter, a

Even Jesus started life as a worker in

His twelve disciples were all working men Fishermen

Mwaũrandũ

Is it really true that you volunteered

To be stroking Netanyahu's Balls Just because you once stroked those of a

The children of Palestine are burnt to

With you busy stroking Netanyahu's balls After he washes them with the blood of the children of Gaza

Mwaũrandũ don't you fear the curse from

The God of Peace among all The God of prosperity for all

The God who shares goodness among humans?

Netanyahu is cursed

He drinks the blood of the children of

He washes with the blood of the children

Netanyahu is the leader of wealthy Zionist

Netanyahu is the wealthy ringleader of Zionist nihilists

Netanyahu is a wealthy gangleader Mwaũrandũ

Do you know the Zionists were once set to settle in Kenya?

So that today it would have been our people moaning?

Our children being run over under Netanyahu's tanks

Our hospitals and shrines of worship demolished with patients inside?

Our pregnant women having their pregnancies terminated by bullets? Fortunately Kimathi said

If they come we shall welcome them with gunfire

Kenya belongs to us Black people

The Zionist settlers stopped in their tracks With their tails between their legs they fled to Palestine

They claimed it to be the land promised to **Zionists**

Mwaũrandũ

Were you not born in Kenya?

The land liberated by Kimathi son of Waciūri?

Please remember Waiyaki son of Hinga Remember Mekatilili daughter of Meza

Remember Müthoni Nyanjirü

Remember Samoe Koitalel Remember Moraa son of Ngiti

Remember Kimathi son of Ciūri

Mwaũrandũ

Stop selling our beloved country to any

The land liberated with the blood of patriots and matriots

The Mau Mau

Kenya is the land of people of Kenya The peasants and the workers of the land And therefore

Let us give our support to

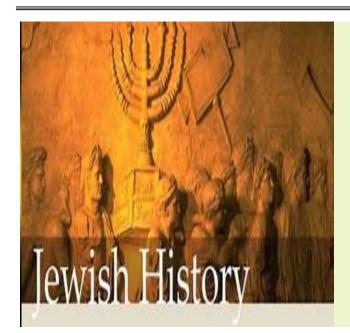
The workers and peasants of Gaza and Palestine

Be they of Jewish, Arabic or Ethiopian origins

The masses generate a common wealth To benefit all the children of working men and women

Together, collectively. All children of the same Creator

By Ngũgĩ wa Thiong'o



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

direction you choose. -Dr. Seuss

"This translation is dedicated to all the Men and Women of Jewish origins who have given so much to human civilization. May their names and contributions never be tarnished by Zionism."



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

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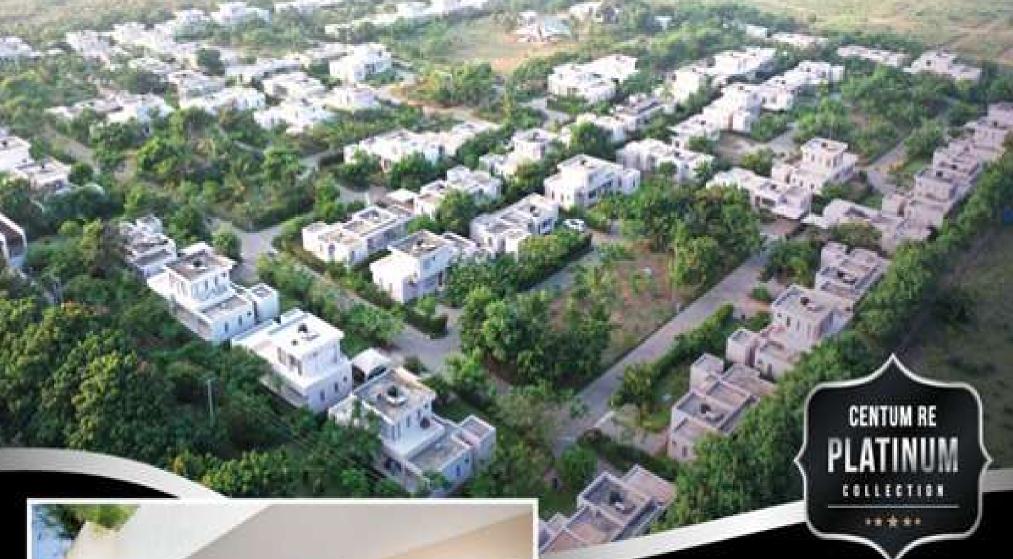
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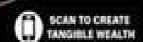
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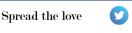


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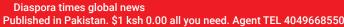
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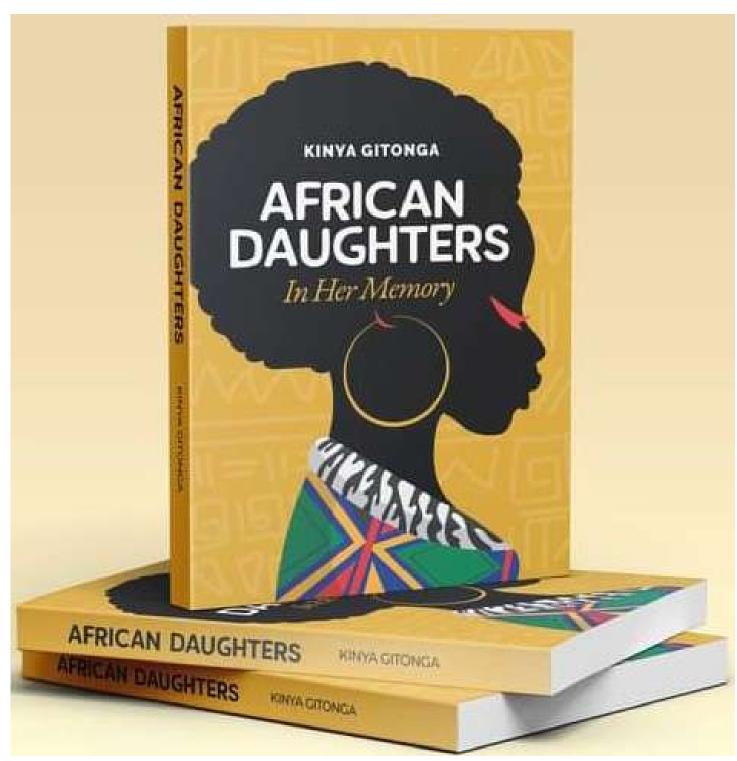




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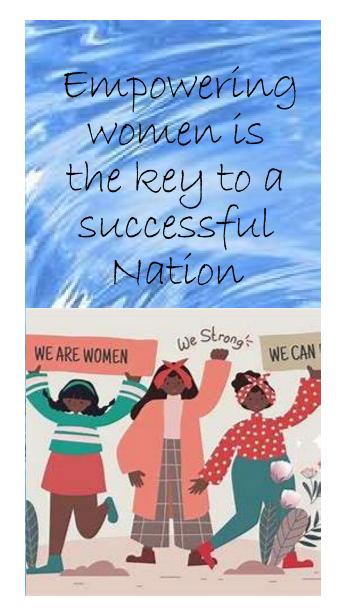
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The greatest glory in living lies not in never falling, but in rising every time we fall. -Nelson Mandela



Helen Keller Life is a long lesson in humility.





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Republicans Voting For Kamala **Harris Over Donald Trump.**

Naturally, I was curious why so many conservatives are willing to vote against their party.

BIDEN HIGHLIGHTS



Vice President Harris and President Biden will make their first joint campaign trip next week since he dropped out of the 2024 presidential race, the White House announced Friday morning.

Seeking to burnish his legacy in his final months in office and support the new Democratic ticket, the two will travel to Maryland Thursday to "discuss the progress they are making to lower costs for the American people," the White House said.



Arch Dr. I KINUNGI Behind the vision

Biden dropped out of the race and endorsed his VP, 've seen quite a few social media posts from Republicans announcing that they'll vote for Kamala Harris over Donald Naturally, I was curious why so

Since President

many conservatives are willing to vote against their party. So, I recently asked the Republicans in the BuzzFeed Community and got nearly 600 responses in one day! Here's what they had to say:

1."Because I'm voting against MAGA, not for Harris. I believe in small government,



personal freedoms, balanced budgets, and strong alliances. I used to vote Republican until 2016 when that party I voted for stopped existing. I'm willing to lend my vote to the Democrats for as long as the

GOP continues to be the party of forced religion, forced patriotism, forced birth, white nationalism, and isolationism." 2."I'm a Texan, a born-again Evangelical Christian, and a gun owner. I'm also a Navy

veteran who proudly served. I cannot and will not vote for Donald J. Trump. His words and actions are antithetical to Christ's teaching. Share from Buzz Feed

"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."

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"Its all about dreams. **Dreams cost nothing, they are free"**

-Sylvester Stallone



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



Charles Kabiriri Activist, Kenya



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A Time Of Reflection With Destination Mutare.

As far as mirror mirror on the wall comes it's a waste of time to ask about the best cynosure to go on vacation.



Tourism with Memory Phiri Zimbabwe.

ast year I had the privilege to stay in Mutare. Destination wise, it was the ultimate experience because

this is a potential gateway to the scenic Eastern Highlands. We are talking about the skywalk in Nyanga straight through to the Birchenough Bridge and the hotsprings. The city is populous in the Manicaland Province and it is surrounded by mountains left right and center. Tourists will feel like they are in a deep hole for the mountains are so high. Thus, it's normal for the denizens of Mutare to come across backpackers who will be going to Vumba Heights for some mountain hiking and camping. Starting my journey from Marondera passing through Macheke, Rusape, Nyazura and

According to the Google map, we were literally a stone throw away from the border with Mozambique. To refresh the memory of all tourists who have visited this attraction, Mutare is a key terminus en-route to the port of Beira.



Be a part of history in the making

Odzi right up to the time when I I could not wait to get off the saw the welcome sign for Mutare I could tell that the landscape was changing by the minute. My sister had told me beforehand that the air in Mutare was so clean and I thought she was joking. True to her words, the atmosphere was so becoming and refreshing. All thanks to the many trees that are ever present along the road. Above all, the view got more spectacular by the minute and nothing can beat the first time that I took a glimpse of the Christmas Pass. As far as mirror mirror on the wall comes it's a waste of time to ask about the best cynosure to go on vacation. My nose was actually plastered to the window so as to take in the beauty of the town displayed below, before my eyes and l felt like I was seeing a secluded island. Whoever knew that Zimbabwe could be so splendid? Only travel photography can do justice to that awe inspiring view. Suddenly,

bus and see it all. To say the least, the CBD is a hive of activity and it has beautiful tarred roads that never seem to end. From the Skyview Hotel uptown to the Murahwa building down town, the city is full of business minded residents who are entrepreneurs at heart. As if this was not enough, I was staying in the suburban bliss of Greenside. According to the Google map, we were literally a stone throw away from the border with Mozambique. To refresh the memory of all tourists who have visited this attraction. Mutare is a key terminus en-route to the port of Beira. Truth is, every little turn you take will point one to a plethora of more appealing destinations. Apparently, 1 was in paradise because the whole street was facing this huge mountain which had fog hovering around its peak half of the time. The weather was very fa-

the sun we surely had our own fair share of the rains. Destination Mutare is easy on the eye. After this well-deserved sojourn I came back home with a bit of Manyika accent that I use when need arises. That is what tourism is all about if you take your time to appreciate its many destinations. Long live Highland Tourism.

Article by Memory Phiri Zimbabwe.



The way to get started is to quit talking and begin doing. -Walt Disney

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





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Aiaspora 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 23:25Romans 15:13

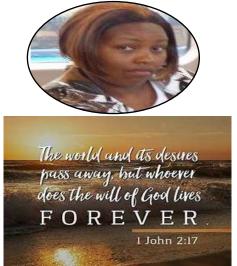
PRAYERS

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?"

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 $\overline{\text{will}}$ contend with any inherited propensities to heart or lung disease and help me make important changes to my lifestyle to promote healthy circulation and



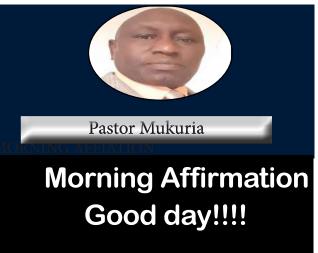


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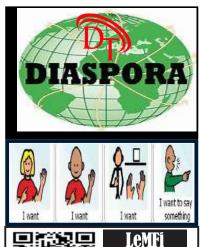
ıs Your work, O

Lord. Amen.





You will never have close friends unless you desire them. And you can only be a close friend to those who desire to be one with you. You cannot force someone to want you as a friend. Deep friendship must be equal and mutual.



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





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The spirit of Goodness Must Shine In Our Country Kenya.



By Dr Ayub London

oodness about character - integrity, honesty, kindgenerosity, moral courage, and the like. More than anything else, it is about how we treat other people. People are wondering what is happening in Kenya right now. At times, the creator of the universe can look at his creation and wonder, I didn't

The other dog is good. The mean dog fights the good dog all the time. When asked which dog wins, he reflected for a moment and replied, The one I feed the most. Let's stop feeding this monstrous government that believes that citizens can be silenced by abductions, killing, and intimating, where water cannons are sprayed to protesters, where corruption is the order day, where nepotism and tribal inclinations are so much in the open.

create unrational beings like this kenyan society, who act with primitive inclinations, and the spirit of goodness is non-existent in them.

Our society is void of goodness and basic moral values. No one cares anymore, just look at a two lane road when an accident occurs, driver or non thinking drivers will block the on coming traffic, driving four lanes moving in the same direction, no thought or care of the on coming motorist driving towards them. They say there is nothing like darkness.

It is just the absence of light, and there is no evil but the absence of good. But in our society, evil is real. One can touch it, smell it, hear it, see it, and even taste it in the form of tear gas, police brutality, showing off of ill gotten gains, and the upper political echelon smiling all the way to bank with fat salaries without a care of doctors striking for months, high cost of living or starving citizens.

The spirit of goodness and empathy have come to Kenya. You might call it Gen Z. Others might call it a revolution. The have it all, have been living as if they are mortals, celestial beings that are above the law, and us children of a lesser God as it were. I once lamented that the most difficult thing for the masses in Kenya was to think.

Conformity and wilful blindness to the doings of the political class. Now, fearless critical thinkers have emerged from the ashes of our education system, from the competition of class marks, eye openning and jaw breaking of bribery by the state to mps which makes them blind to the cries of Wanjiku and the temporary amnesia mp get when they visit statehouse.

Our country has become a man eat society as sane brained individuals bury their heads in the sand. Goodness brings equality to the human discourse, becoming more than a keeper of your neighbour to actually practising loving of the neighbour as the Holy book says.

The wave of bringing sanity to our society has begun. Sanitation of the blocked sewage in our society has found cleaning plumbers in the name of Gen Zs. A story is told of a Native American elder, who once described his own inner struggles in this manner: Inside of me, there are two dogs. One of the dogs is mean and evil.

The other dog is good. The mean dog fights the good dog all the time. When asked which dog wins, he reflected for a moment and replied, "The one I feed the most. Let's stop feeding this monstrous government that believes that citizens can be silenced by abductions, killing, and intimating, where water cannons are sprayed to protesters, where corruption is the order day, where

nepotism and tribal inclinations are so much in the open. Where certain class of persons get the creme of government jobs. Goodness is saying enough is enough, and it is drawing a line in the

Goodness is saying I have been absent for far too long. Evil has to leave. The godlike demeanor, giant inhuman thinking, the failed facade that a man aquires just for wearing a police uniform, or just been an Mpig fat snobbish politician, or the kanjo men that have been taking bribes from counties all over the country, because small businesses can't afford to pay the dragonied yearly licenses in a lumpsome, the list of our societial ills in our country is long.

Goodness has come to save the real hustler and mama mboga. In conclusion, there is no denying that there is evil in the Kenyan system of governance, but the light will always conquer the darkness.

The era of face covered un-uniformed subaru driving abductors state policemen is soon coming to an end. Genocide and treating opposite opinionated persons as enemies of the state should end.

There is no man more equal than others in our country. This is embedded in our constitution. Ruto must go. Nothing personal but, in my opinion, and that of other critical thinkers,

WSR is not capable of cleaning the mess in our society. Common sense tells us, a lion has never made favourable laws in the gazelle world. To see evil and call it good mocks God.

Worse, it makes goodmeaningless. ness Goodness has come to Kenya. Gen Zs are just the means, and the rest of the tired, Punda amechoka, Kenyans are sailing on it. This awakening has seen nearly forty-one people died in the last few weeks, and their blood is screaming from the ground, WSR and his cronies have to go. Evil, time is up, No matter how hard evil tries, it can never quite match up to the power of Good because Evil is ultimately self-destructive. Evil may set out to corrupt others, but in the process, it corrupts itself. That time of its demise has come. It will die fighting, but goodness and light will overcome it. Kudos to Gen Zs. The Writer is a political Activist and Commentator in London.

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

nericans 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.



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









Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate:

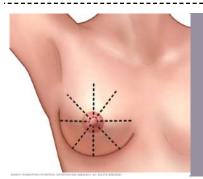
only love can do that. -Martin Luther King Jr.



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.

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

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

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

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



WSEN TO SEE A DOCTOR: DONT WAJT

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 include 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.



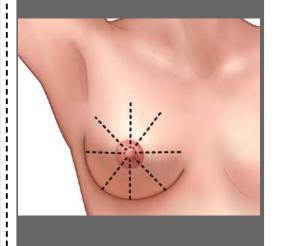
By Maggie Gonna mngona@gmail.com Internet MC sources Share only

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summary



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

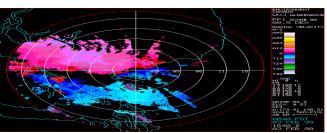














summary

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.

WFATHER



Tropical Storm Debby soaks US Southeast



ATLANTA (Reuters) Share
Tropical Storm Debby
inundated coastal Georgia and
South Carolina with a deluge
of rain on Tuesday that could
bring "catastrophic flooding"

to Charleston, Savannah and other cities in the southeastern United States, the National Hurricane Center said. At least six people have died in Florida and Georgia in the wake of the storm, which is expected to linger over the southeastern and mid-Atlantic coasts for days.

Debby is expected to produce potentially historic rainfall

totals of 10 to 20 inches (25 cm and 51 cm), with maximum amounts of 25 inches (63.5 cm), bringing areas of catastrophic flooding across portions of the eastern half of South Carolina, and southeast North Carolina through Friday," the NHC said.

The governors of those states have declared states of emergency.

The storm featured 40-mile-per-hour (64 kph) winds as it chugged along slowly at 5 mph (8 kph) to the northeast, with its center located about

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50 miles (80 km) east of Savannah, Georgia, on Tuesday night. Heavy rainfall could cause flooding in parts of the mid-Atlantic through Sunday, the Miami-based center said. In Savannah, rain was coming down hard outside the landmark Bellwether House, a 16-room bed-and-breakfast in the city's historic district, but general manager Victoria Hill was not too concerned.



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

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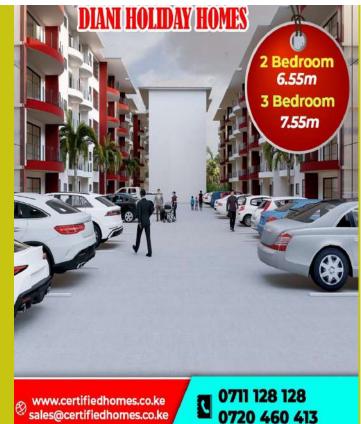
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WORLD OF SPORTS

PARIS OLYMPICS 2024



Shared by By Tafara Makusha

A gold medal is coming back to the U.S. in the women's 4x100 relay. The star-powered U.S. women's relay team featuring Gabby Thomas and Sha'Carri Richardson, as well as Melissa Jefferson and Twanisha Terry, cruised to first place in the event, running a season-best 41.78. Great Britain took second with a time of 41.85 and Germany ran a season-best for third in 41.97. Thomas ran a good third leg and Richardson brought the victory

The U.S. women finished second in the Tokyo Olympics behind a star-studded Jamaican squad, but Jamaica was without all of its stars, such as Shelly-Ann Fraser-Pryce, Shericka Jackson and Elaine Thompson-Herah, due to various injuries.

home running the anchor leg in

rainy conditions.

The U.S. women were the far superior team on the track as they got through all their relay exchanges on the way to an Olympic gold medal.

In Olympic history, Finland is the most successful nation in the men's 5000m. The Scandinavian nation has won six gold medals



