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The Diaspora Times



Aug 17th, 2024 Issue 270

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Death Toll In Gaza Exceeds 40,000.

More than 40,000 Palestinians have been killed in the Israel-Hamas war in Gaza, the territory's Health Ministry said Thursday.



The fighting has also killed 329 Israeli soldiers. The Israeli military claims that over 17,000 Hamas fighters are among those killed in Gaza but has not provided evidence. Nearly 85% of Gaza's 2.3 million people have been driven from their homes, fleeing multiple times across the territory to escape ground offensives. During the war, thousands within Israel and in southern Lebanon have also been displaced.



Jn Gaza, health officials have struggled to fully identify the dead as bodies stream into overwhelmed hospitals and morgues where they say the count is compiled amid the chaos of war and displacement. In its most recent detailed report on the dead, issued Thursday, the ministry said 40,005 people have been killed. Health officials and civil defense workers say the true toll is likely thousands higher,

since many bodies remain buried under the rubble of buildings destroyed in air-strikes. Israel's air and ground offensive in Gaza has been one of the most devastating military campaigns in recent history. The bombardment and shelling have killed entire Palestinian families. With cemeteries often unreachable, families fleeing Israeli airstrikes bury their dead wherever possible — in backyards, along roadsides and under the staircases

of their homes. Israel says it aims to eliminate Hamas. It blames Hamas for civilian deaths because militants operate in civilian areas and have built extensive tunnel networks underneath them. Israeli forces have regularly targeted mosques, schools, hospitals and cemeteries where it claims fighters or tunnels are located, often causing civilian casualties. Reports from AP

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OPINION
NEW KENYA MOVEMENT
During the recent civil unrest led by youthful protestors, so much was achieved in a country whose chest thumping leader had turned the [Page 03](#)

Laughter is medicine

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FALLEN HEROES

Wahome Mutahi (24 October 1954 – 22 July 2003) was a humourist from Kenya. He was popularly known as Whispers [Page 06](#)

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

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KENYA NEWS



Charles Kabiriri
Political Activist
New Kenya Movement
For Change

STAND UP FOR YOUR
RIGHTS

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,

The Police Brutality While Suppressing Protests In Kenya Was Excessive.

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 thumping 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.

All these concerns have very far-reaching

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.



POLICE USING EXCESSIVE FORCE

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 Kabiriri
The writer is a human rights activist in Kenya

All articles should be by email
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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 THE BEST MEDICINE



"If there are any idiots in the room, will they please stand up", said the sarcastic teacher. After a long silence, one freshman rose to his feet. "Now then mister, why do you consider yourself an idiot?", inquired the teacher with a sneer. "Well, actually I don't," said the student, "but I hate to see you standing up there all by yourself."



He sees a policeman walking down the line of stopped cars to briefly talk to the drivers. As the policeman approaches the truck, the truckdriver rolls down his window and asks, "What's going on?" Policeman: "A terrorist is holding Putin hostage in a car. He's demanding 10 million rubles, or he'll douse Putin in petrol and set him on fire. So we're asking drivers for donations." Driver: "Oh, ok. How much do people donate on average?" Policeman: "About a gallon."

driver on the shoulder to ask him a question. The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches from a shop window. For a second, everything was quiet in the cab. Then the driver said, "Look, mate, don't ever do that again. You scared the living daylight out of me!" The passenger apologized and said, "I didn't realize that a little tap would scare you so much."

A young boy enters a barber shop and the barber whispers to his customer, "This is the dumbest kid in the world. Watch while I prove it to you." The barber puts a dollar bill in one hand and two quarters in the other, then calls the boy over and asks, "Which do you want, son?" The boy takes the quarters and leaves. "What did I tell you?" said the barber. "That kid never learns!" Later, when the customer leaves, he sees the same young

boy coming out of the ice cream parlor. "Hey, son! May I ask you a question? Why did you take the quarters instead of the dollar bill?" The boy licked his cone and replied: "Because the day I take the dollar the game is over!"

A guy said to God, "God, is it true that to you a billion years is like a second?" God said yes. The guy said, "God, is it true that to you a billion dollars is like a penny?" God said yes. The guy said, "God, can I have a penny?" God said, "Sure, just a second."

The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver — I've been driving a funeral van for the last 25 years." Internet share jokes from Panda



**"We don't laugh because we're happy – we're happy because we laugh."
– William James**

EDITORIAL PICK

Internet never forget

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

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



**R.I.P. heroes of your times!
Such courageous invasion of parliament will mark the beginning of times that never were. Kenya will never be the same again!**



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



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.

This is a notion 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 present a spotless character.

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 face of evil to boggle their 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-

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.

self away from these evil 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 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

the good lord to give you 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

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

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



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

POEM



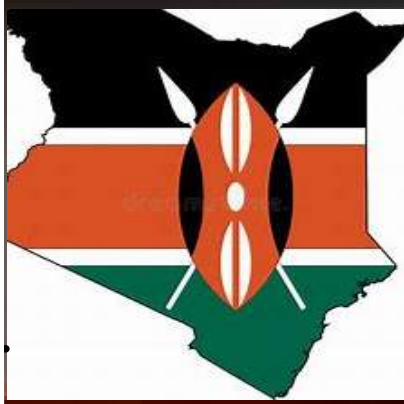
YOUNG LEADERSHIP PROGRAM



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.



WAHOME MUTAHI

FALLEN
HERO

WAHOME MUTAHI



Rest In Peace

Kenya
FALLEN
HERO

WAHOME MUTAHI.

His articles mirrored the everyday life of poor Kenyans and occasionally condemned the leadership of the Moi government – the recipe for his arrest and detention for 15 months without trial.

Wahome Mutahi (24 October 1954 – 22 July 2003) was a humourist from Kenya.

He was popularly known as Whispers after the name of the column he wrote for The Daily Nation from 1982 to 2003, offering a satirical view of the trials and tribulations of Kenyan life.

Mutahi was equally well known in theatre where he wrote and acted in English- and Kikuyu-language plays that caricatured Kenya's society and politics using his company Igiza Productions.

There is a memorial bust of him at the Kenya National Theatre. Outside of Kenya, he wrote humour columns for Ugandan publications The Monitor and Lugambo. Among his books are Three Days on the Cross which won the Jomo Kenyatta Prize for Literature (1992), Jail Bugs, Doomsday, and How To Be a Kenyan, based on his newspaper columns. Others include The Miracle Merchants, Mr Canta, Hassan the Genie, The Ghost of Garba Tula and Just Wait and See.

In 1986 Mutahi was arrested with his brother Njuguna Mutahi and detained in the infamous Nyayo House torture chambers in Nairobi. He was charged with sedition and alleged association with the underground Mwakenya Movement and later transferred to Kamiti Maximum Security Prison. They were both released after fifteen months without ever being brought to trial. His imprisonment inspired him to write Three Days on the Cross and Jail bugs.



In early 2003 Mutahi underwent what was supposed to be a routine, minor and painless operation at the Thika District Hospital to remove a lipoma from his back. He had been assured by a surgeon friend, who had offered to do the operation, that the procedure would take less than 15 minutes.

Possibly because of a blunder by the anaesthesiologist, he went into a coma from which he never awoke. His family was waiting for his condition to improve before they could fly him to Lon-

don for corrective neurosurgery.

Mutahi died on 22 July 2003 at the Kenyatta National Hospital after 137 days in a coma. All his life he expressed his solidarity with the average Kenyan through his refrain: "I am neither too foolish nor too clever."

Mutahi wrote the weekly Sunday humour column, Whispers, for the Standard on Sunday and later for the Sunday Nation. Four characters rarely missed from his column – his wife Thatcher, his daughter Pajero, his son the Domestic Thug and his mother Appeklonia.

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

summary



RIP

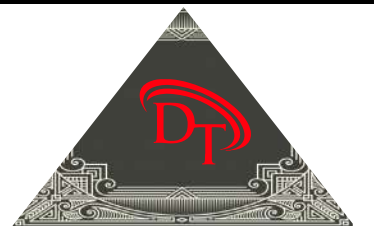
Mutahi first enrolled to nursery school at the Tetu Catholic Centre, where the young crafty boy used to run away from school.

Appeklonia says Mutahi never wanted to go to school, but was afraid that his father would beat him if he discovered that he was playing truant.

"The boy was very cheeky and would never concentrate in class because he was busy mimicking his classmates behind the teacher's back," she says. After class seven, he was admitted to St Pauls Mathani Seminary, where he passed his Form Four exams with a division II.

It was expected that he would proceed with his studies at the seminary and become a priest. But Mutahi kept sneaking secretly from school, as he was afraid of being canned by his dad.

Wahome Mutahi



This student was handing out bottles of water to protesters. Minutes later, he was dead.

Identical twins Mugdho and Snigdho were inseparable since birth – eating, sleeping and studying together, sharing clothes as well as secrets.

Using his sleeve to wipe tear gas from his burning eyes, 25-year-old Mugdho weaves through the crowd, handing out bottles of water to the protesters whose

demands for reform would soon topple Bangladesh's leader.

Fifteen minutes later, the university student would become a martyr of the protest movement, when a bullet pierced his forehead as he paused to rest during the searing afternoon heat in the capital Dhaka.

Mugdho – whose full name was Mir Mahfuzur Rahman – was rushed to hospital by his friend and fellow protesters, but it was too late, his twin Snigdho – Mir Mahbubur Rahman – told CNN. “I just hugged him, and I cried.”

The video of Mugdho handing out water before his death on July 18 punctured the social news feeds of millions across Bangladesh, galvanizing more people to take to the streets calling for justice for the lives lost.

What began as peaceful protests against a quota system for government jobs spiraled into a nationwide movement to push longtime Prime Minister Sheikh Hasina out of office, resulting in a deadly crackdown and clashes which killed at least 300 people, according to analysis by local media and agencies.



“(The killings) kept happening, and everyone was silent,” said Farah Porshia, a 23-year-old protester who works at a tech company in Dhaka. “We needed to stand up for ourselves, and for democracy.” Hasina fled to India by helicopter last week as tens of thousands of protesters marched on her home. By Thursday, the Bangladeshi economist and Nobel Peace Prize laureate Muhammad Yunus had returned to

Dhaka to form a temporary government, ahead of elections which the constitution states should be held within 90 days.

“I’m surprised by the amount of power we hold,” Porshia said. “Because for years, all of us have been feeling so powerless.”

Families seek justice
As the chaos of the last month is replaced by an uneasy calm, many families are now seeking account-

ability for the deaths of their loved ones.

Identical twins Mugdho and Snigdho were inseparable since birth – eating, sleeping and studying together, sharing clothes as well as secrets.

“He was not only my brother, he was my best friend, he is one of the parts of my body,” Snigdho said. “We used to do everything together.”

Presser News source.

**“Shakahola massacre is way beyond the Hola massacre
The Hola massacre was perpetrated by the colonialists
The Shakahola massacre by the self-proclaimed high priests”
Ngugi Wa Thiong’o**

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



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Paul Leroy Robeson

Paul Leroy Robeson (April 9, 1898 – January 23, 1976) was an American bass-baritone concert artist, actor, professional football player, and activist who became famous both for his cultural accomplishments and for his political stances.

In 1915, Robeson won an academic scholarship to Rutgers College in New Brunswick, New Jersey, where he was the only African-American student. While at Rutgers, he was twice named a consensus All-American in football and was elected class valedictorian. He earned his LL.B. from Columbia Law School, while playing in the National Football League (NFL). After graduation, he became a figure in the Harlem Renaissance, with performances in Eugene O'Neill's *The Emperor Jones* and *All God's Chillun Got Wings*.

Robeson performed in Britain in a touring melodrama, *Voodoo*, in 1922, and in *Emperor Jones* in 1925. In 1928, he scored a major success in the London premiere of *Show Boat*. Living in London for several years with his wife Eslanda, Robeson continued to establish himself as a concert artist and starred in a London production of *Othello*, the first of three productions of the play over the course of his career. He also gained attention in *Sanders of the River* (1935) and in the film production of *Show Boat* (1936). Robeson's political activities began with his involvement with unemployed workers and anti-imperialist students in Britain, and it continued with his support for the Republican cause during the Spanish Civil War and his involvement in the Council on African Affairs (CAA).

After returning to the United States in 1939, Robeson supported the American and Allied war efforts during World War II. His history of supporting civil rights causes and Soviet policies, however, brought scrutiny from the Federal Bureau of Investigation (FBI). After the war ended, the CAA was placed on the Attorney General's List of Subversive Organizations. Robeson was investigated during the McCarthy era. When he refused to recant his public advocacy of his political beliefs, the U.S. State Department withdrew his passport and his income plummeted. He moved to Harlem and published a periodical called *Freedom*, which was



critical of United States policies, from 1950 to 1955. Robeson's right to travel was eventually restored as a result of the 1958 United States Supreme Court decision *Kent v. Dulles*.

Between 1925 and 1961, Robeson released recordings of some 276 songs. The first of these was the spiritual "Steal Away", backed with "Were You There", in 1925. Robeson's recorded repertoire spanned many styles, including Americana, popular standards, classical music, European folk songs, political songs, poetry and spoken excerpts from plays.

1898–1915: Childhood

Robeson's birthplace in Princeton, New Jersey

Robeson was born in Princeton, New Jersey, in 1898, to Reverend William Drew Robeson and Maria Louisa Bustill. His mother, Maria, was a member of the Bustills, a prominent Quaker family of mixed ancestry. His father, William, was of Igbo origin and was born into slavery. William escaped from a plantation in his teens and eventually became the minister of Princeton's Witherspoon Street Presbyterian Church in 1881. Robeson had three brothers: William Drew Jr. (born 1881), Reeve (born c. 1887), and Ben (born c. 1893); and one sister, Marian (born c. 1895).

In 1900, a disagreement between William and white financial supporters of the Witherspoon church arose with apparent racial undertones, which were prevalent in Princeton. William, who had the support of his entirely black congregation, resigned in 1901. The loss of his position forced him to work menial jobs. Three years later when Robeson was six, his mother, who was nearly blind, died in a house fire. Eventually, William became financially incapable of providing a house for himself and his children still living at home, Ben and Paul, so they moved into the attic of a store in Westfield, New Jersey.

William found a stable parsonage at the St. Thomas A.M.E. Zion in 1910, where Robeson filled in for his father during sermons when he was called away. In 1912, Robeson began attending Somerville High School in New Jersey, where he performed in *Julius Caesar* and *Othello*, sang in the chorus, and excelled in football, basketball, baseball and track. His athletic dominance elicited racial taunts which he ignored. Prior to his graduation, he won a statewide academic contest for a scholarship to Rutgers and was named class valedictorian. He took a summer job as a waiter in Narragansett Pier, Rhode Island, where he befriended Fritz Pollard, later to be the first African-American coach in the National Football League.

In late 1915, Robeson became the third African-American student ever enrolled

at Rutgers, and the only one at the time. He tried out for the Rutgers Scarlet Knights football team, and his resolve to make the squad was tested as his teammates engaged in excessive play, during which his nose was broken and his shoulder dislocated. The coach, Foster Sanford, decided he had overcome the provocation and announced that he had made the team.

Robeson joined the debating team and he sang off-campus for spending money, and on-campus with the Glee Club informally, as membership required attending all-white mixers. He also joined the other collegiate athletic teams. As a sophomore, amidst Rutgers' sesquicentennial celebration, he was benched when a Southern football team, Washington and Lee University, refused to take the field because the Scarlet Knights had fielded a Negro, Robeson.

After a standout junior year of football, he was recognized in *The Crisis* for his athletic, academic, and singing talents. At this time his father fell grievously ill. Robeson took the sole responsibility in caring for him, shuttling between Rutgers and Somerville. His father, who was the "glory of his boyhood years" soon died, and at Rutgers, Robeson expounded on the incongruity of African Americans fighting to protect America in World War I but not having the same opportunities in the United States as whites.

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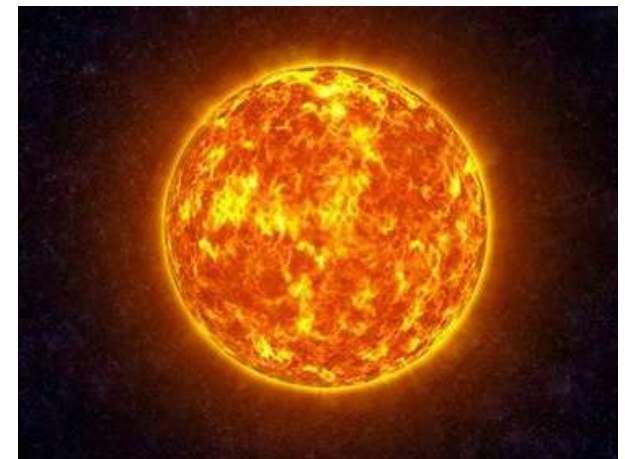
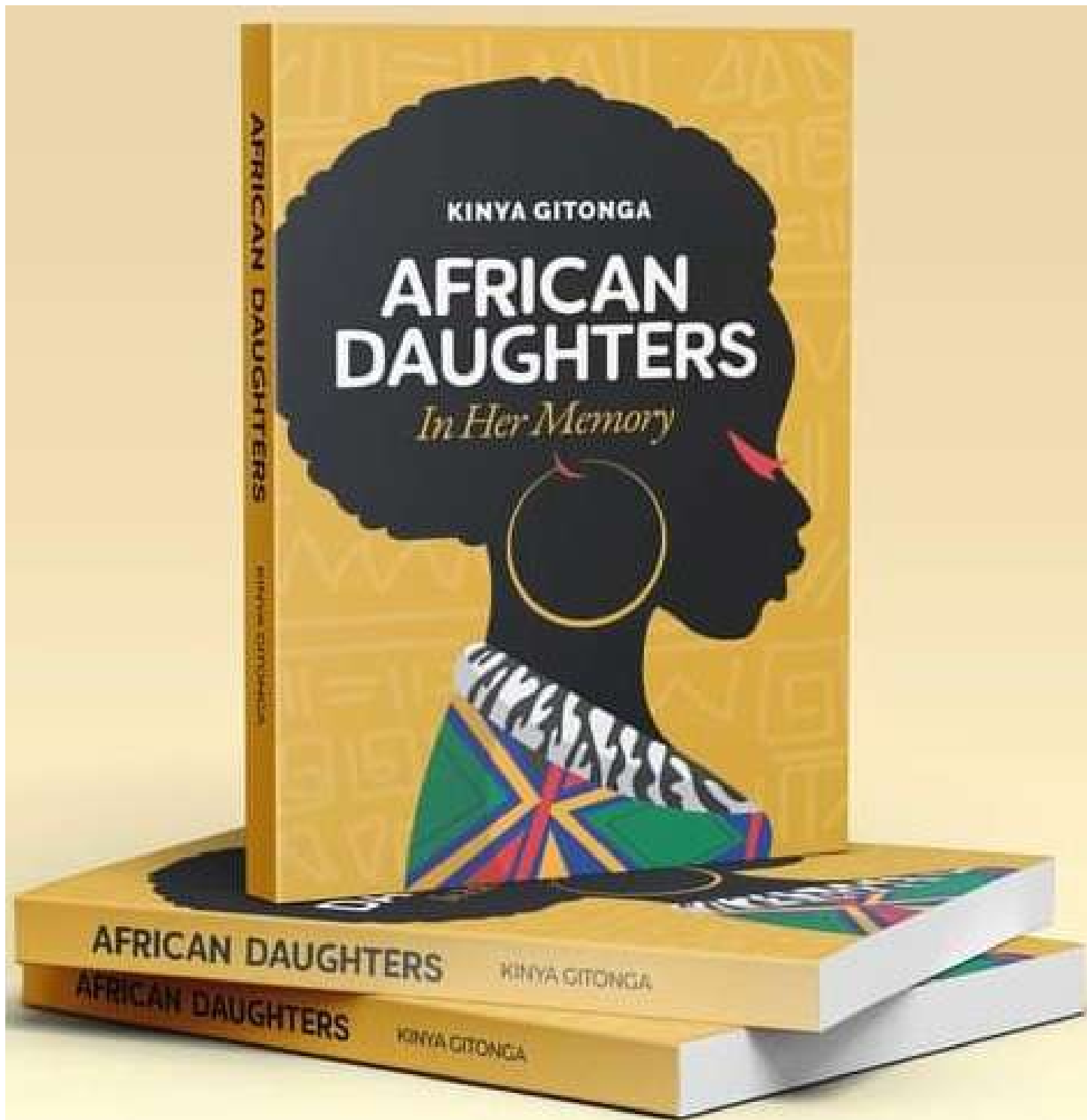


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The greatest glory in living lies not in never falling, but in rising every time we fall. -Nelson Mandela

Helen Keller Life is a long lesson in humility.



Kamala Harris would consider debate with Donald Trump in Grand Rapids condition.

Trump last week recommitted to debating Harris after recently backing out, holding a lengthy news conference Thursday, Aug. 8, in which he taunted the Democrat, boasted of his crowd on Jan. 6, 2021, and lashed out at questions about the enthusiasm her campaign has generated.

HIGHLIGHTS

BIDEN HIGHLIGHTS



Airlines would no longer be allowed to charge parents extra fees for their kids to be seated next to them under a new rule proposed by the Biden administration. White House officials say their "fee-free family seating" proposal could potentially save parents up to \$200 per round trip flight.

"Families don't need any additional stresses or costs when flying on top of how demanding it can be to be a parent flying with your kids," Transportation Secretary Pete Buttigieg told reporters when announcing the proposed rule.

Buttigieg said, "The idea that parents ought to be seated next to their own children on a flight is common sense and also seems like something that ought to be standard practice."

Campaign officials for Vice President Kamala Harris said they would consider debating Donald Trump in

Grand Rapids, but first he must demonstrate his willingness to participate in an earlier commitment.

Trump, the Republican nominee in the 2024 race for the presidency, last weekend announced on social media his plans to debate his opponent, Harris, on Wednesday, Sept. 25 in Grand Rapids. On his Truth Social account, Trump said the debate would air on NBC and be anchored by Lester Holt.

Harris campaign officials,



though, said they reached no such deal with Trump or NBC on the debate.

The only debate agreed upon is scheduled Tuesday, Sept. 10, in Philadelphia, where ABC plans to moderate the televised event.

Now the Democrat's campaign is outlining at least one condition that could pave the way for a Grand Rapids showdown with Trump.

"We are open to another debate, and we'll continue those conver-

sations," read a Harris campaign statement. "But to be clear, any additional debate would be subject to Trump actually showing up on Sept. 10. We're not playing his games."

"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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-Sylvester Stallone

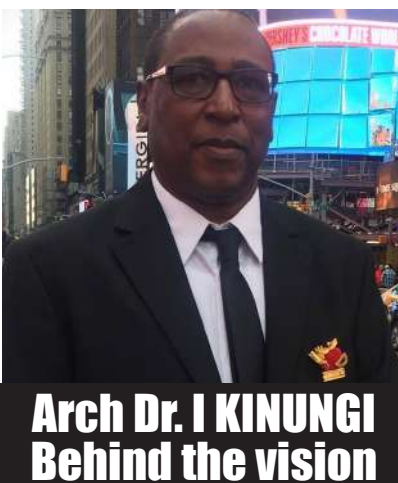


Charles Kabiriri
Activist, Kenya

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



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Responsible Tourists and Voluntourism.

Voluntourism is very imperative for it usually targets developing countries at most



Tourism with Memory Phiri Zimbabwe.



It's not every day that one gets to leave everything and join some volunteering

escapade. To up and go without any misgivings courtesy of the WorldPackers. Truth is, it has a platform that gives away information on where to volunteer. In other words, voluntourism combines the traditional aspects of tourism with voluntary service. Working while travelling is somehow related to ecotourism therefore it optimizes time and does not waste money. People always volunteer for a lot of things but have you ever thought of volunteering for the sake of tourism?. Notably, it leaves a good impact on the visited places and helps the local communities. Avid voluntourists visit a destination and they

Voluntourism is on the rise and it paves way for visitors to be responsible for their actions when they decide to go on vacation. An excursion with free accommodation is one of a kind and it motivates the next person to do likewise. WorldPackers has a galore of volunteer opportunities which ranges from teaching languages to childcare.



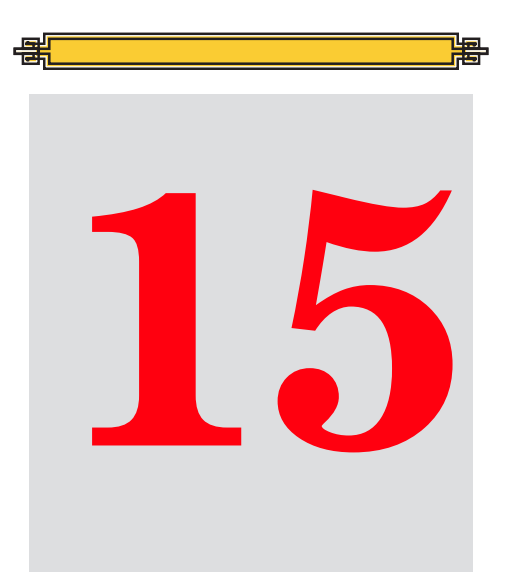
Through applying, a volunteer will have direct access with the host thereby making friends in the process. Likewise, staying for longer terms promotes bonding between people of different races.

Be a part of history in the making

look for ways to protect the environment for the future generation. When talking about the long haul, it's not everyday that a tourist decides to come to Africa and make a change. Need I mention, the act of travelling to a place far away from your normal space and doing something different for the love of conservation. Unabashedly deciding to go green with aplomb. In Marondera, Imire Wildlife Conservation for the rhinoceros is still going strong since 1984 due to this typology of tourism. Thank God for the small mercies because volunteers are lending a hand all the time in a bid to save the rhino. Voluntourism is on the rise and it paves way for visitors to be responsible for their actions when they decide to go on vacation. An excursion with free accommodation is one of a kind and it motivates the next person to do likewise. WorldPac-

kers has a galore of volunteer opportunities which ranges from teaching languages to childcare. Through applying, a volunteer will have direct access with the host thereby making friends in the process. Likewise, staying for longer terms promotes bonding between people of different races. Be a part of history in the making and enjoy the immersive experience that comes with the work that you will be doing. Voluntourism is very imperative for it usually targets developing countries at most. If anything, there goes corporate social responsibility with a hefty measure of empathy as the cherry on top. One too many a tourist have gone on to donate for tourism development around the world in wildlife sanctuaries like Wild is Life, Harare. Trend setting programs include working at an organic farm in Brazil, eco-projects in Ghana, fruit and coffee

picking farms in Nepal which enables one to learn a thing or two about sustainable tourism. For what it's worth, the learning curve allows one to have a memorable experience. Volunteering in general has since opened our eyes to the positive impacts of tourism that is responsible visitors can do anything for a destination and its people. 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

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

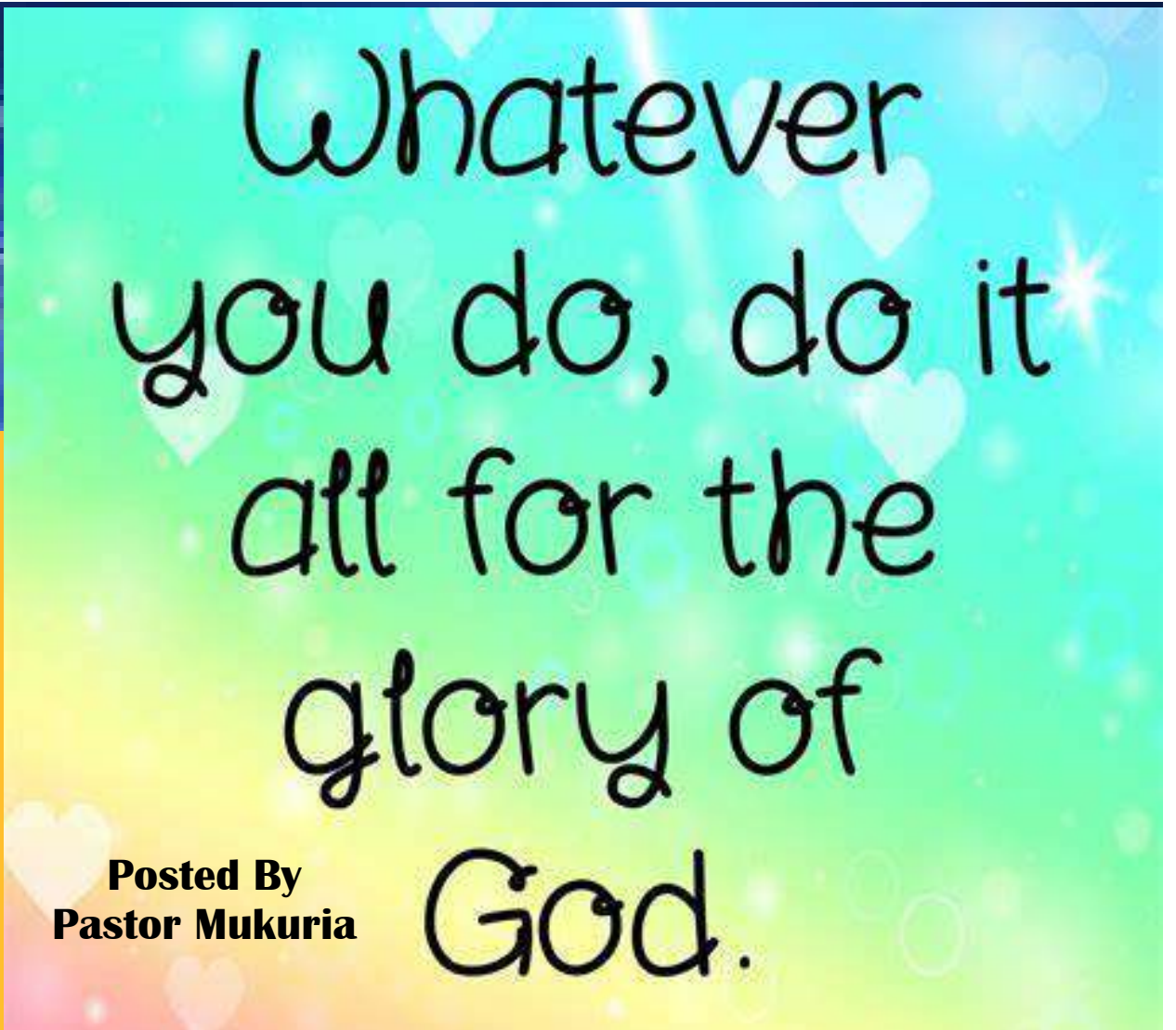
Prayer for a Healthy Cardiovascular and Respiratory System

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.

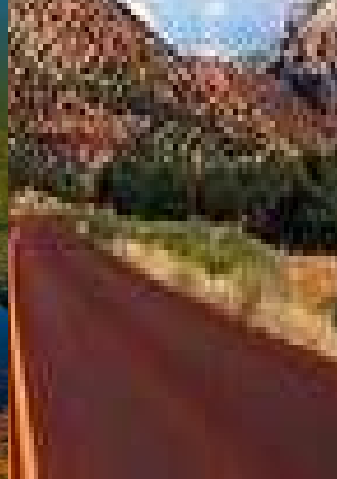
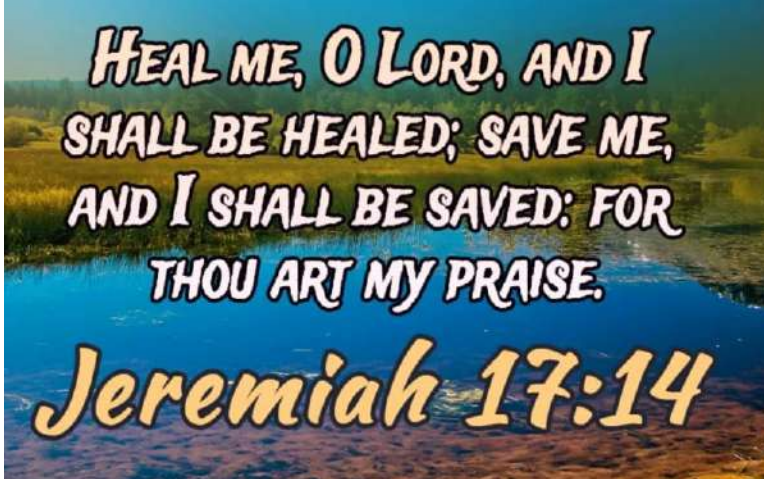
Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?"



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



Posted By
Pastor Mukuria



Pastor Mukuria

Brother Kigume

Morning Affirmation
Good day!!!!

True generosity is an offering, given freely and out of pure love. No strings attached. No expectations. Time and love are the most valuable possessions you can share.

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

Denmark Vesey: A Free Black Man.

Denmark Vesey (also Telemaque) (c. 1767 – July 2, 1822) was a free Black man and community leader in Charleston, South Carolina, who was accused and convicted of planning a major slave revolt in 1822.

Although the alleged plot was discovered before it could be realized, its potential scale stoked the fears of the antebellum planter class that led to increased restrictions on both enslaved and free African Americans.

Likely born into slavery in St. Thomas, Vesey was enslaved by Captain Joseph Vesey in Bermuda for some time before being brought to Charleston.[2][3] There, Vesey won a lottery and pur-

Telemaque worked as a personal assistant for Joseph Vesey and served Vesey as an interpreter in slave trading, a job which required him to travel to Bermuda (an archipelago on the same latitude as Charleston, South Carolina, but nearest to Cape Hatteras, North Carolina, and originally settled as part of colonial Virginia by the Virginia Company) for extended periods; as a result, he was fluent in French and Spanish as well as English

chased his freedom around the age of 32. He had a good business and a family but was unable to buy his first wife, Beck, and their children out of slavery. Vesey worked as a carpenter and became active in the Second Presbyterian Church. In 1818, he helped found an independent African Methodist Episcopal (AME) congregation in the city, today known as Mother Emanuel. The congregation began with the support of white clergy and, with over 1,848 members, rapidly became the second-largest AME congregation in the nation.

In the summer of 1822, Vesey allegedly used his substantial influence among the black community to plan a major slave revolt. According to the accusations, Vesey and his followers planned to kill slave-holders in Charleston, liberate slaves, and sail to the newly independent black republic of Haiti for refuge. By some contemporary accounts, the revolt would have involved thousands of enslaved Charlestonians and others who lived on nearby plantations.

City officials sent a militia to arrest the plot's leaders and many suspected followers before the rising could begin, and no white people were killed or injured. Vesey and five slaves were rapidly judged guilty by the secret proceedings of a city-appointed court and executed by hanging on July 2, 1822.



Vesey was about 55 years old. In later proceedings, some 30 additional followers were also executed. Several others, including his son Sandy, were convicted of conspiracy and deported from the United States. City authorities ordered that Vesey's church be razed, and its minister was expelled.

Manuscript transcripts of testimony at the 1822 court proceedings in Charleston, South Carolina, and its report after the events constitute the chief documentation source about Denmark Vesey's life. The court judged Vesey guilty of conspiring to launch a slave rebellion and executed him by hanging.

The court reported that he was born into slavery about 1767 in St. Thomas, at the

time a colony of Denmark. Captain Joseph Vesey renamed him Telemaque; historian Douglas Egerton suggests that Vesey could have been of Coromantee (an Akan-speaking people) origin.[4] Biographer David Robertson also suggests that Telemaque may have been of Mandé origin.

On November 9, 1799, Telemaque won \$1500 (~\$27,475 in 2023) in a city lottery. At the age of 32, he bought his freedom for \$600 (equivalent to \$10,990 in 2023) from Vesey. He took the surname Vesey and the given name of 'Denmark' after the nation ruling his birthplace of St. Thomas. Denmark Vesey began working as an independent carpenter and built up his own busi-

ness. By this time, he had married Beck, an enslaved woman. Their children were born into slavery under the principle of partus sequitur ventrem, by which children of an enslaved mother took her status. Vesey worked to gain freedom for his family; he tried to buy his wife and their children, but her master would not sell her. This meant their future children would also be born into slavery.



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.

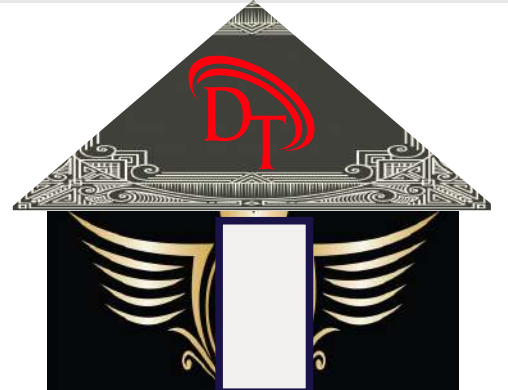


Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that. -Martin Luther King Jr.

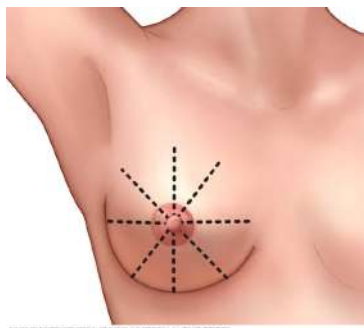
Spread love everywhere you go. Let no one ever come to you without leaving happier. -Mother Teresa



Health Tit Bits



STIFF PERSON SYNDROME



A minority of people with SPS experience "partial" SPS, also called "stiff-limb syndrome", where the muscle contractions and stiffness are limited to the limbs, or sometimes a single limb.

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

summary

B Stiff-person syndrome (SPS), also known as stiff-man syndrome, is a rare neurological disorder of unclear cause characterized by progressive muscular rigidity and stiffness. The stiffness primarily affects the truncal muscles and is characterised by spasms, resulting in postural deformities. Chronic pain, impaired mobility, and lumbar hyperlordosis are common symptoms.



A RARE DISORDER

SPS occurs in about one in a million people and is most commonly found in middle-aged people. A small

minority of patients have the paraneoplastic variety of the condition. Variants of the condition, such as stiff-limb syndrome, which primarily affects a specific limb, are often seen.

Benzodiazepine-class drugs are the most common treatment; they are used for symptom relief from stiffness. Other common treatments include baclofen, intravenous immunoglobulin, and rituximab. Limited but encouraging therapeutic experience of haematopoietic stem cell transplantation exists for SPS.

Partial SPS variants Progressive encephalomyelitis with rigidity and myoclonus Around 70% of those with SPS have the "classic" form of the disease.[5] People with classic SPS typically first experience intermittent tightness or aching in the muscles of the trunk.[6] These muscles repeatedly and involuntarily contract, causing them to grow and rigidify.

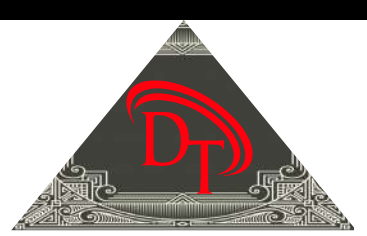
SPS patients experience superimposed spasms and extreme sensitivity to touch and sound. These spasms primarily occur in the proximal limb and axial muscles. Spasms usually last for minutes and can recur over hours. Attacks of spasms are unpredictable and are often caused by fast movements, emotional distress, or sudden sounds or touches. In rare cases, facial muscles, hands, feet, and the chest can be affected, and unusual eye movements and vertigo occur. Brisk stretch reflexes and clonus occur in patients. Late in the disease's progression, hypnagogic myoclonus can occur. In addition to their physical symptoms, many with SPS experience neurological and psychiatric disorders. Some with SPS have various neurological disorders that affect physical reflexes and the movement of the eyes. Some also experience anxiety, depression, alcohol use disorders, and phobias — particularly agoraphobia. Most patients are psychologically normal and respond reasonably to their situations.

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.

SPS was first described in 1956. Diagnostic criteria were proposed in the 1960s and refined two decades later. In the 1990s and 2000s, the role of antibodies in the condition became clearer. SPS patients generally have glutamic acid decarboxylase (GAD) antibodies, which seldom occur in the general population. In addition to blood tests for GAD, electromyography tests can help confirm the condition's presence.

Signs and symptoms Stiff-person syndrome (SPS) is often separated into several subtypes, based on the cause and progression of the disease. There are three clinical classifications of SPS: Classic SPS, associated with other autoimmune conditions and usually GAD-positive

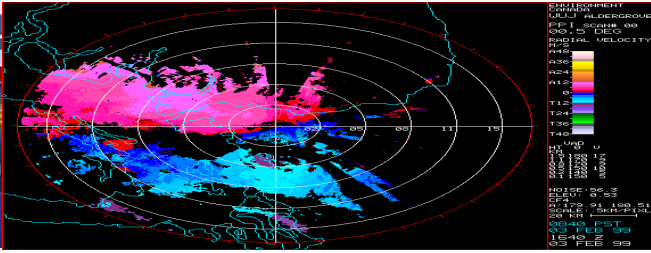
Stiff Person Syndrome



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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.

Hurricane Ernesto Seen From Space as Storm Strengthens.



Satellite imagery captured Hurricane Ernesto from space on Thursday morning as the storm continues its path through the Atlantic Ocean.

Ernesto became a tropical storm on Monday after moving quickly through the Caribbean, and it evolved into a hurricane by Wednesday morning as it brought heavy rain and the threat of significant flooding to Puerto Rico and the Virgin

Islands. The storm is expected to continue gaining strength this week, and its path is forecast to travel past Bermuda before winds are expected to reach Nova Scotia by late this weekend. Although the storm's path won't bring a direct landfall to the U.S., the storm poses fatal risks to parts of the East Coast. Ernesto is the fifth named storm of the 2024 Atlantic hurricane season. As of Thursday afternoon, the storm's maximum sustained winds were

measured at 85 mph, which is a Category 1 hurricane. Lightning flashes within Hurricane Ernesto this morning," the Cooperative Institute for Research in the Atmosphere (CIRA) posted on X, formerly Twitter, on Thursday morning with satellite imagery that showed lightning flashes within the swirling storm. From Citizen report

WEATHER



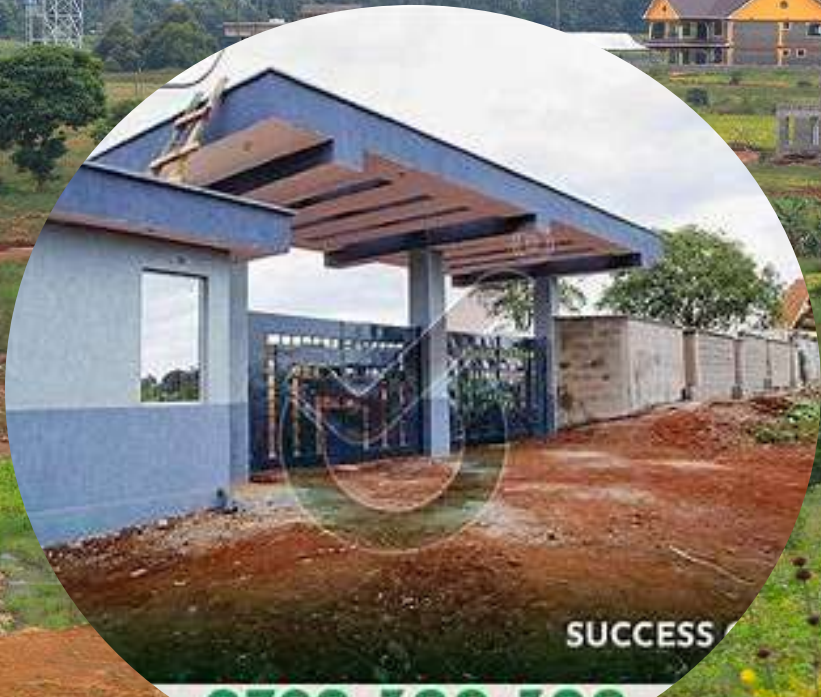
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Officer faces murder charge in shooting of pregnant Black woman who was accused of shoplifting.

An Ohio police officer was indicted Tuesday on murder and other charges in the shooting of Ta’Kiya Young, a 21-year-old pregnant Black mother who was killed after being accused of shoplifting last August.

Young was suspected of stealing bottles of alcohol when Blendon Township police officer Connor Grubb and a fellow officer approached her car. The other officer ordered her out. Instead, she rolled forward toward Grubb, who fired a single bullet through her windshield into her chest. The daughter she was expecting three months later also died.

A Franklin County grand jury indicted Grubb on charges of murder, involuntary manslaughter and felonious assault in the death of Young and her baby. He is scheduled to be arraigned in court Wednesday. A warrant for his arrest was issued as part of the indictment.

Brian Steel, president of the union representing Blendon Township police, called the indictment deeply disappointing. “Like all law enforcement officers, Officer Grubb had to make a split-second decision, a reality all too familiar for those who protect our communities,” he said in a statement.

Young’s grandmother, Nadine Young, said the officer never should have pulled his gun when he first confronted her.

“He took a lot from us,” she said on Tuesday. “It’s not fair. We don’t have her or the baby.”

The last year has been difficult for the family, including her granddaughter’s two young sons, she said. “It’s been agony, it’s been like a whirlwind of hurt and pain,” she said.

Family members called for the officer to be charged shortly after the Aug. 24 shooting. After viewing bodycam footage showing the officer firing the gun, the family called his actions a “gross misuse of power and authority,” especially given that Young had been accused of a relatively minor crime.

In the video, an officer at the driver’s side window tells Young she’s been accused of shoplifting and orders her out of the car. Young protests, both officers curse at her and yell at her to get out, and Young can



be heard asking them, “Are you going to shoot me?”

Seconds later, she turns the steering wheel to the right, the car rolls slowly forward and Grubb fires his gun. Moments later, after the car comes to a stop against the building, they break the driver’s side window. Police said they tried to save her life, but she was mortally wounded.

Sean Walton, the family’s attorney, said the law is clear on when an officer can use deadly force.

“In no scenario does someone shoplifting contribute to their murder by a police officer,” he said. “She bears no responsibility.”

Some departments around the U.S. prohibit officers from firing at or from moving vehicles, and law enforcement groups such as the Police Executive Research Forum say shooting in such circumstances creates an unacceptable risk to bystanders from stray gunfire or the driver

losing control of the vehicle.

The Blendon Township police department’s use of force policy says officers should try to move away from an approaching vehicle instead of firing their weapons. An officer should only shoot when he or she “reasonably believes there are no other reasonable means available to avert the imminent threat of the vehicle, or if deadly force other than the vehicle is directed at the officer or others.”

The encounter between Young and police was among a troubling series of fatal shootings of Black adults and children by Ohio officers, and followed various episodes of police brutality against Black people across the nation over the past several years.

The state’s Bureau of Criminal Investigation completed its investigation into the shooting last December before a special prosecutor was appointed to oversee the case. The prosecutor then presented

evidence to the grand jury over two days. Grand juries don’t consider guilt but instead look at whether there’s enough evidence to proceed to a trial.

Blendon Township Police Chief John Belford said the department has started a disciplinary review now that Grubb has been indicted. A full-time officer with the township since 2019, Grubb has been on paid administrative leave since the shooting. His personnel file showed he had no disciplinary history on the job, his first as a police officer.

“No one at Blendon Township has passed any judgment on whether Officer Grubb acted within the law,” the police chief said in a statement. “However, since people who’ve been indicted may not legally possess a firearm, the indictment against him leaves us with no choice but to begin the disciplinary process.”

Share from AP By Jim Roberts





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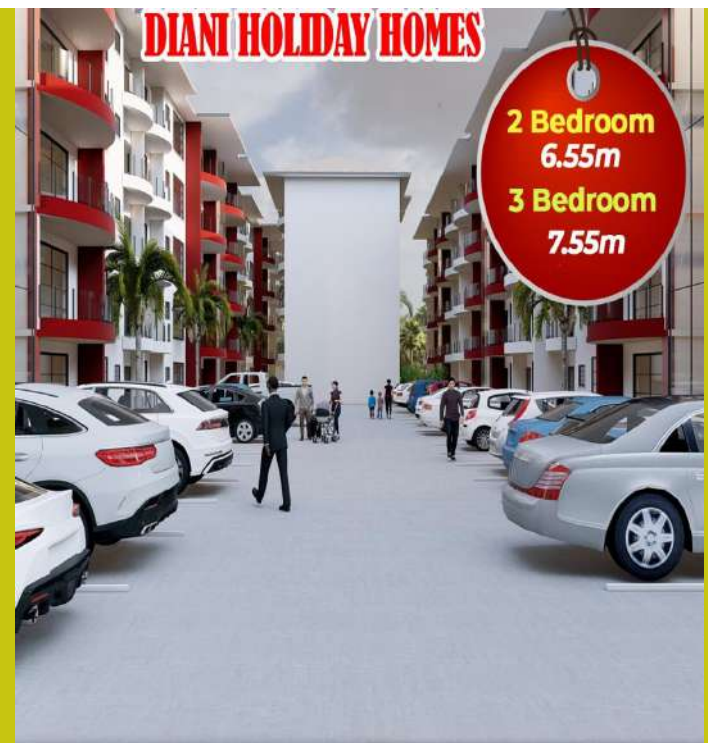
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BACKPAGE

WORLD OF SPORTS

Sixers icon Allen Iverson ranked as the 31st-best player in NBA history.



Shared by:
By Tafara
Makusha

Philadelphia 76ers legend Allen Iverson is one of the best players the game has ever seen for somebody of his stature. Standing at just 6 feet tall, Iverson went toe-to-toe with the giants of the NBA and attacked the basket every time down no matter how many times he got hit and took his lumps.

a cultural icon as well as one of the best lead guards of his era, Allen Iverson has to be one of the most ridiculously explosive athletes the sport has ever seen, especially out of a player generously listed at 6-foot tall. Iverson's crossover was devastating (just ask Jordan), and his bombastic styler as a scorer made for thrilling viewing throughout his prime. Iverson was one of the most influential players ever both on and off the court and in his prime, was one of the most exciting players to watch. He could really score with the best of them in such an unorthodox package.



SPORTS WORLD

