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The Diaspora Times



Happy Thursday

Aug 22nd, 2024 Issue 272 We fail because we do not try The Diaspora Fountain Of News & Knowledge

Raila's Bid For African Union Is A Project Of Ruto And Museveni.

The meeting was held at Museveni's Kisozi country home ...witnessed by mainly cattle as they schemed while admiring the well-fed livestock.



The Project

Editorial



It all began on Feb 26, 2024, when President Ruto and Raila flew to Uganda to meet Museveni, and as rumored, his deputy Rigathi Gachagua may not have been briefed about the meeting.

The meeting was held at Museveni country home Kisozi and witnessed by mainly cattle as they schemed while admiring the well-fed livestock.

President Ruto's main aim was to tame Raila, who had given him sleepless nights due to the weekly demonstration that disrupted business mainly in Nairobi and Kisumu. He may have seriously thought about how he could convince Raila to support him and had to do it with the help of Museveni, whose country also lost much due to disruptions when transportation of commodities destined for Uganda and Rwanda was much affected. Yes, it was time to make Raila occupied with the thoughts of becoming the chairperson of AU. It worked perfectly, and now that Raila is no longer an opposition leader, the project may go perfectly as planned for one year of

absence from local politics. Whether he succeeds or not, Ruto is all set as he now can capitalize on the 4 opposition members in his cabinet. Gen Zees, however, significantly affected the project, and the plans Ruto initially had in mind may not work out as anticipated. As patriotic Kenyans, let us forget about the project for now and now look at the bigger picture of supporting one of our own for the benefit of Africa. We all the same need to encourage the Genz to take the opposition role, and everything will be fine, as the project will not fulfill Ruto's nefarious intentions if any. Conspiracy or coincidence?, time will tell.

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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

[Page 04](#)

FALLEN HEROES

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

Corruption is worse than prostitution. The latter might endanger the morals of an individual, the former invariably endangers the morals of the entire country.

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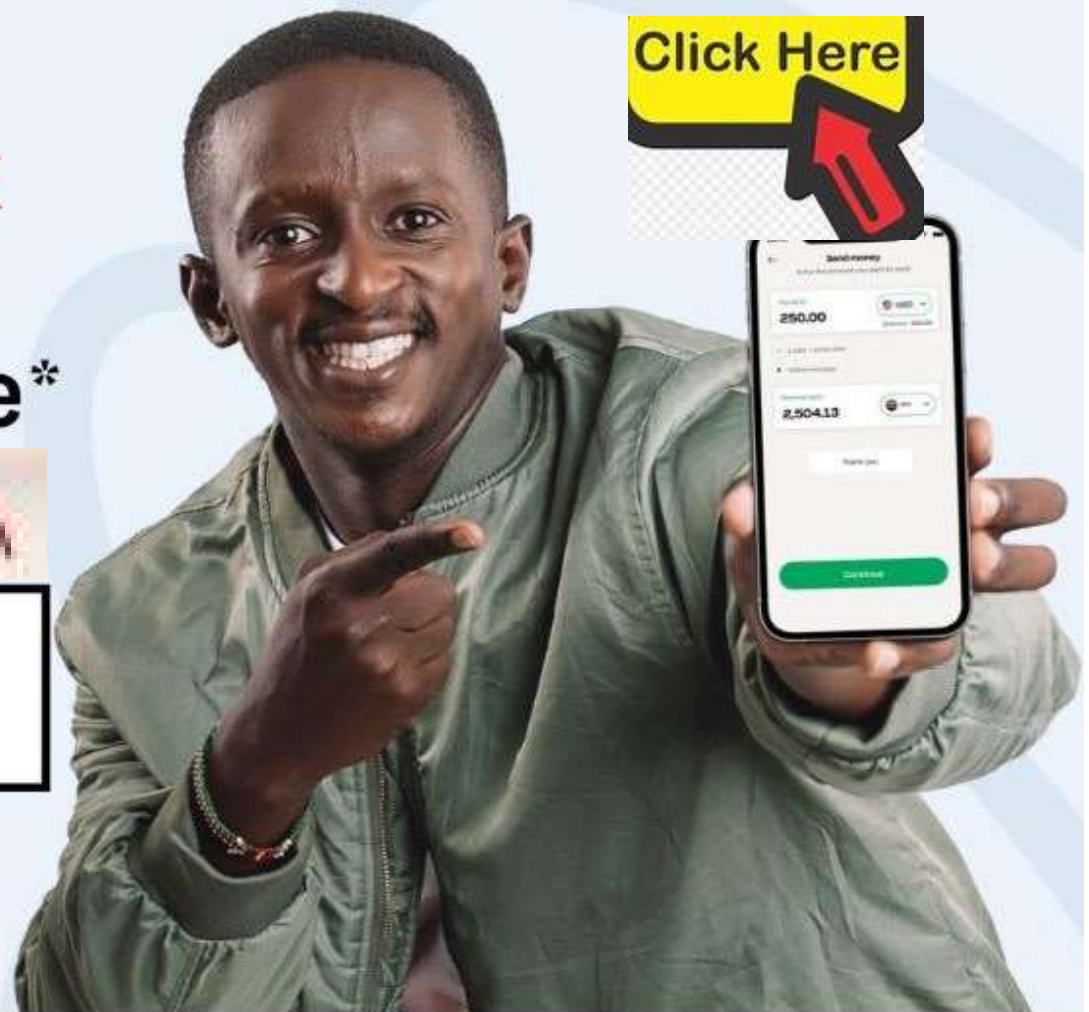
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WORLD NEWS

KENYA NEWS

STAND UP FOR YOUR RIGHTS

Charles Kabiriri
Political Activist
New Kenya Movement
For Change

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.



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

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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

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



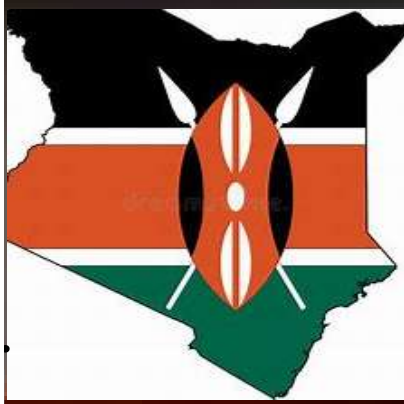
YOUNG LEADERSHIP PROGRAM



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

Kenya FALLEN HERO



Rest In Peace

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

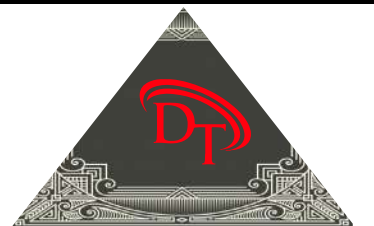
Mutahi first enrolled to nursery school at the Tetu Catholic Centre, where the young crafty boy used to run away from school.

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



Ron DeSantis-backed law barring Chinese from owning land in Florida

A Wen Raiti, a Chinese American community leader in Jacksonville, Florida, has been a Republican for more than a decade. As a small business owner, she said, the party's fiscal conservatism and small government ethos resonated with her. But last May, when Gov. Ron DeSantis signed legislation banning Chinese citizens from buying property in Florida, Raiti changed her party affiliation and began campaigning for local and national Democratic candidates. Leading up to Florida's Aug. 20 primary election, anger toward Senate Bill 264 has turbocharged voter mobilization efforts in the Chinese American community in the state, organizers and elected officials said, pushing conservatives to defect from the GOP while inspiring first-time voters to register and volunteer for Democrats. "This bill alone helped activate a lot of people in the Chinese American community who historically are not engaged with the government, especially the state government," said state Rep. Anna Eskamani (D-Orlando), who has been an outspoken critic of SB 264. Eskamani said hundreds of Chinese Americans have traveled to Tallahassee to protest, testify at committee hearings and spearhead fundraising drives. In the dozen years that she's been in government, she said, "I've never seen this kind of presence."

Strategist who ran DeSantis' ill-fated bid is working with Musk to help organize voters for Trump.

A Ron DeSantis' senior political aides were gathered last year at the Florida governor's campaign headquarters, an office across the street from a Red Lobster on Tallahassee's north side, planning the announcement of his candidacy for president.

Some wanted the Republican to go a baseball stadium in Tampa, near where he grew up and starred in Little League, for what they hoped would be a photogenic rally with his young family. Campaign manager Generra Peck supported a different idea, according to people familiar with the matter — one she had quietly been working on for weeks with Elon Musk, the then-new owner of the platform still known at the time as Twitter. The people spoke on condition of anonymity to disclose internal deliberations.

DeSantis opted for an audio-only conversation with Musk on Twitter Spaces. Initially drawing interest and curiosity, the call was a disaster. The feed crashed due to technical glitches, creating an inauspicious opening for what would ultimately be DeSantis' ill-fated campaign.



Peck, who was demoted three months into DeSantis' candidacy, and Musk are now working together again, this time on a super political action committee, America PAC, dedicated to electing Donald Trump, who beat DeSantis on his way to winning this year's Republican nomination. Trump's campaign is largely leaving paid canvassing and get-out-the-vote efforts to outside groups such as America PAC, relying on new

guidance from the Federal Election Commission that allows campaigns to coordinate with outside groups in ways that were previously not allowed. But in doing so, the campaign has outsourced a core function to a coterie of untested groups that operate independently. Indeed, DeSantis' decision to have an outside group canvass for him was attributed as one of the reasons his presidential bid failed. 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

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

Elderly doctor couldn't hear patient's screams during colonoscopy — because he wasn't wearing hearing aid, board finds

Ambulatory Surgery Center Tampa in June 2023 in which he failed to “effectively communicate” with his team and the patients because he wasn't wearing his required hearing aids.

An elderly Tampa gastroenterologist is on probation after he failed to hear a patient screaming during a colonoscopy.

After 34 years with a medical license, Dr Ishwari Prasad was placed on probation by the Florida Board of Medicine after a complaint accused him of medical malpractice, citing two procedures at the Ambulatory Surgery Center Tampa in June 2023 in which he failed to “effectively communicate” with his team and the patients because he wasn't wearing his required hearing aids.

During one colonoscopy, the gastroenterologist “began inserting the scope” before the patient was fully sedated. The patient started yelling — but Dr Prasad “did not immediately stop the procedure” because he wasn't wearing his hearing aids, the October 10, 2023 complaint says.

The nine-page complaint accuses Dr Prasad of falling below the minimum prevailing professional standard of care. “During one or both procedures, the surgical team was unable to effectively communicate with” Dr Prasad, the complaint states. If a doctor is unable to “effectively communicate” with their team without a hearing aid, “the minimum prevailing professional standard of care requires the physician to use an assistive hearing device during a procedure.”

During another procedure, Dr Prasad “improperly delegated” portions of the



colonoscopy to a surgical tech, who lacked a medical license. The surgical tech was asked to insert the scope, manipulate the scope, manipulate the snare over polyps, and remove polyps, according to the complaint. The state's board of medicine or-

dered on August 7, 2024, that Dr Prasad's license be placed on probation, prohibiting him from performing gastroenterology procedures without a supervisor present. He was also fined \$7,500 and ordered to pay \$6,301 in board administrative costs.

On top of this, the physician must complete five hours of a Continuing Medical Education course in laws, rules, and ethics within a year.

**“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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Jimmy Lee Ruffin.

Jimmy Lee Ruffin (May 7, 1936 – November 17, 2014) was an American soul singer, and the older brother of David Ruffin, the lead singer of the Temptations. He had several hit records between the 1960s and 1980s, the most successful being the Top 10 hits “What Becomes of the Brokenhearted” and “Hold On (To My Love)”.

Biography

Early life

Jimmy Ruffin was born in 1936 in Collinsville, Mississippi, to Eli, a sharecropper, and Ophelia Ruffin. He was approaching his fifth birthday when his younger brother David was born. As children, the brothers began singing with a gospel group, the Dixie Nightingales.

In 1961, Jimmy became a singer as part of the Motown stable, mostly on sessions but also recording singles for its subsidiary Miracle label, but was then drafted for national service. After leaving the Army in 1964, he returned to Motown, where he was offered the opportunity to join the Temptations to replace Elbridge Bryant. However, after hearing his brother David, they hired him for the job instead so Jimmy decided to resume his solo career. Ruffin recorded for Motown's subsidiary Soul label, but with little success.

Career

In 1966, he heard a song about unrequited love written for The Spinners, and persuaded the writers that he should record it himself. His recording of “What Becomes of the Brokenhearted” became a major success. The song reached #7 on the Billboard Hot 100 and #6 on the R&B Chart. It also initially reached #8 in the UK Singles Chart, rising to #4 when it was reissued in the UK in 1974. “What Becomes of the Brokenhearted” remains Ruffin's best-known song.

It was the lead single from his debut album Jimmy Ruffin Sings Top Ten (released as The Jimmy Ruffin Way in the UK), which was released on the Motown's Soul subsidiary label in 1967. Follow-up singles in America were successful, with “I've Passed This Way Before” and “Gonna Give Her All The Love I've Got” in late 1966 and early 1967.

Ruffin's second album, Ruff 'n' Ready, was released in 1969. It contained the song “Don't You Miss Me a Little Bit Baby”,



(May 7, 1936 – November 17, 2014)

which made the lower parts of the Billboard Hot 100 (#68) and was a Top 30 hit on the R&B Charts, peaking at #27. As a solo artist, it would prove to be Ruffin's last significant chart appearance in America for many years, and his last significant charting record for Motown in the US. The song was also released as the B-side to “What Becomes of the Brokenhearted” when it was reissued in 1974.

As Ruffin found success in the United States difficult to sustain, he began to concentrate instead on the British market. In 1970, “Farewell Is a Lonely Sound”, “I'll Say Forever My Love” and “It's Wonderful (To Be Loved by You)” each made the UK Top Ten, and he was voted the world's top singer in one British poll. He also teamed up with brother David to record the album I Am My Brother's Keeper, a modestly successful 1970 album for Motown that included the songs “When The Love Hand Comes Down”, “Your Love Was Worth Waiting For” and a cover of Ben E. King's “Stand by Me”. His third solo album for the label, The Groove Governor, was released in 1970, and did not fare as well as his previous two albums.

Following the success of his initial hits, Ruffin found it hard to maintain an identity, as most of his songs were later covered by other Motown artists, most prominently “Everybody Needs Love”, a hit when covered by Gladys Knight & the Pips for their 1967 debut album of the

same name, “Maria (You Were The Only One)”, a hit for Michael Jackson and “If You Let Me,” a minor hit for Eddie Kendricks. In addition, he had recorded the first version of The Temptations hit “Beauty Is Only Skin Deep”.

He then left Motown, and recorded for the Polydor and Chess labels, where he recorded “Tell Me What You Want.” In 1980, Robin Gibb of the Bee Gees produced his album Sunrise and the hit single “Hold On To My Love”, which reached #10 in the US and #7 in the UK, on the RSO label.

In the 1980s, Ruffin moved to live in Great Britain, where he continued to perform successfully. In December 1984 he collaborated with Paul Weller of The Style Council for his benefit single “Soul Deep”, produced to raise money for the families of striking miners affected by the UK miners' strike.[9] This went under the name of The Council Collective and Jimmy appeared with Paul on Radio 1 to say he is involved because his father worked down the mines and “he understands the suffering.”

In 1986 he collaborated with the British pop group Heaven 17, singing “A Foolish Thing to Do” and “My Sensitivity” on a 12" EP record. In 1987, Ruffin recorded “Easy Just To Say I Love You”, which was written by Peter Marsh, Mae McKenna and Julian Marshall. He took part in recording for Ian Levine's Motown revival label, Motorcity Records, in the late 1980s and early 1990s. He recorded duets with both Maxine Nightingale and Bren-

da Holloway. Later, Ruffin hosted a radio show in the UK for a time, and became an anti-drug advocate following the 1991 drug overdose death of his brother David Ruffin was portrayed by Lamman Rucker in the 1998 mini-series The Temptations. Following the 2010 release - on CD for the first time - of his 1970 album I Am My Brother's Keeper, Ruffin had been writing and recording songs for a new album that he had planned to release during 2013. It was not finished at the time of his death.

In 2012, a compilation album titled There Will Never Be Another You, including his hit songs “What Becomes of the Brokenhearted”, and “Hold On To My Love”, had been released.

Ruffin lived in the area of Las Vegas, Nevada. On October 17, 2014, it was reported that he was gravely ill and had been taken into an intensive care unit at a Las Vegas hospital. He died on November 17, 2014, in Las Vegas, aged 78.

Ruffin is buried at Palm Memorial Park Northwest Cemetery, Las Vegas, Clark County, Nevada in the Garden of Eternal Life Section.

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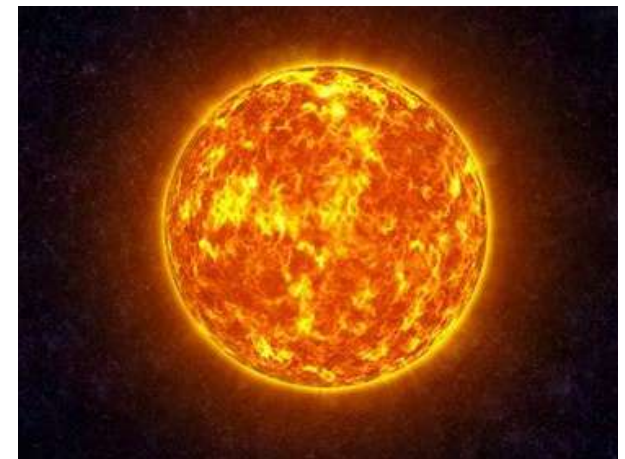
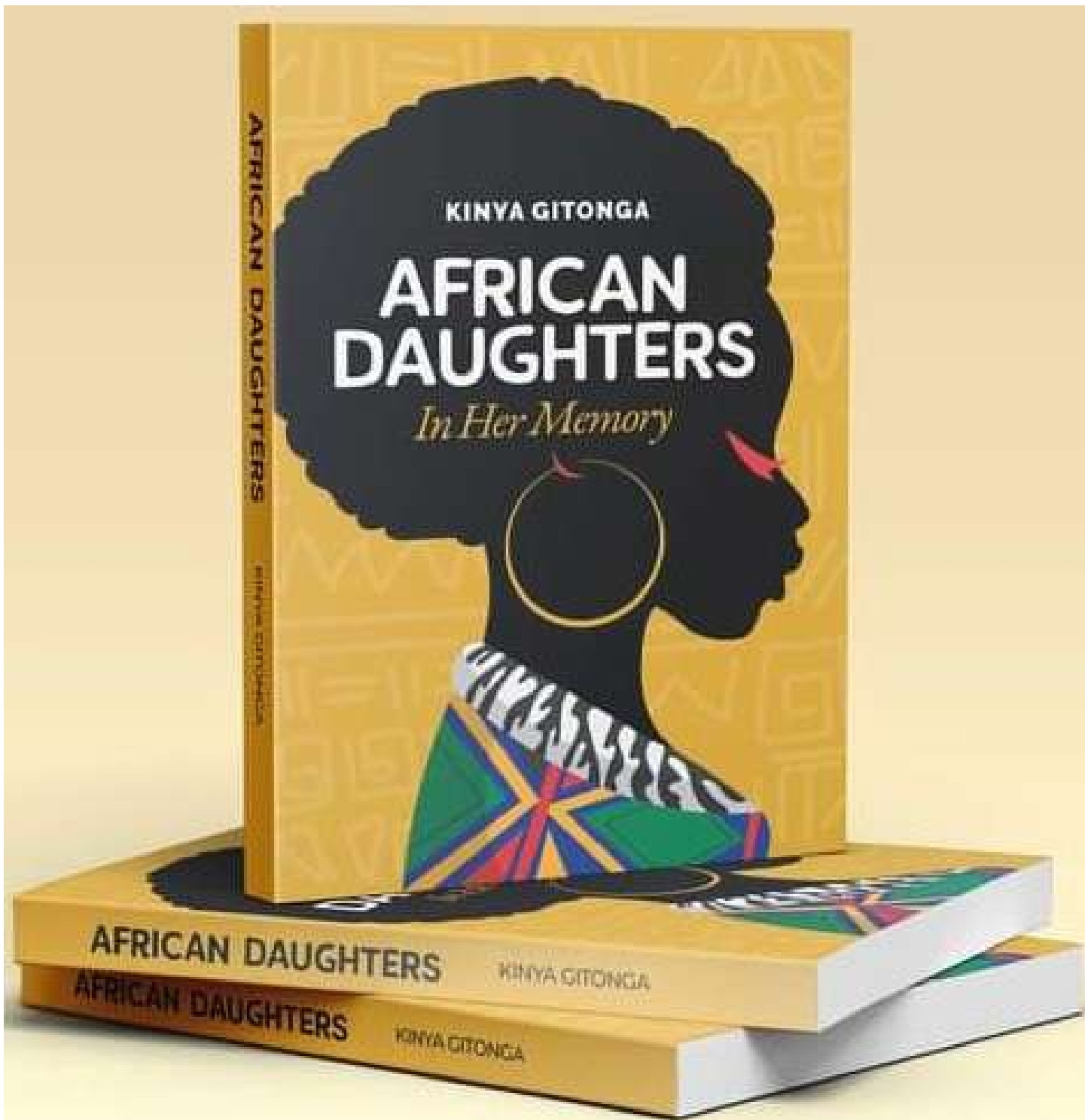


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The greatest glory in living lies not in never falling, but in rising every time we fall. -Nelson Mandela

Helen Keller Life is a long lesson in humility.



Chicago teen charged in rape after Hammond house party; victim's mom beats him outside with pipe: records.

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."

A Chicago teen faces charges after raping a 21-year-old woman hosting a Hammond house party, court filings allege.

Documents show her family hired Jonathan Gracia, 19, her acquaintance, to photograph her 21st birthday party on Aug. 17. He drank too much that night, puking, and he crashed in her bed.

Shortly afterward, she went to sleep on the other side. Around 5:30 a.m., she said he pinned her down by her shoulders. She was "scared" and froze, before he raped her.



The next day, Hammond cops found him bloodied elsewhere around the 1200 block of 175th Street after the victim's brother beat him up and her mom beat Gracia with a pipe. The brother said he had tried to stop his mom.

Gracia's face and arms were bleeding "excessively," police wrote.

Earlier at the house, the victim ran and told her brother when Gracia fell back asleep. He told Gracia to leave, who mistakenly took a black backpack from her

room on the way out. At the house, he denied raping the woman to her mother and brother, before they attacked him, then took it outside, charges state.

"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

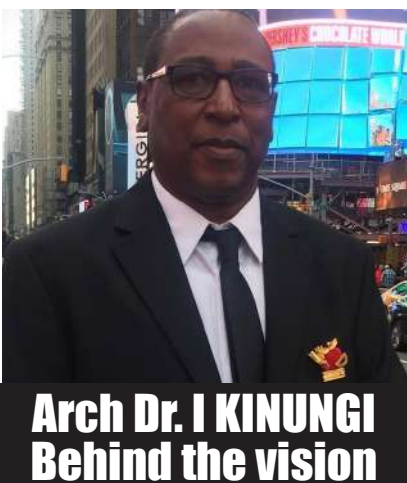


Charles Kabiriri
Activist, Kenya

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

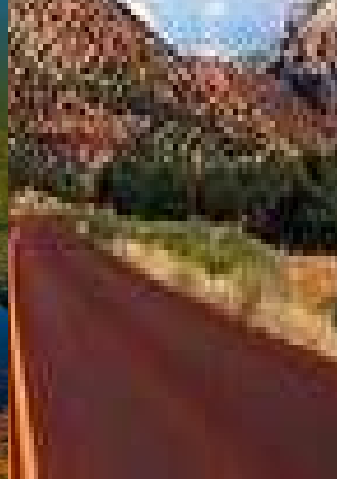
God of Might, please give me a healthy cardiovascular and respiratory system, so that I don't have any circulation or breathing issues that would damage my well-being. I pray that You will contend with any inherited propensities to heart or lung disease and help me make important changes to my lifestyle 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?"

GREATER LOVE HAS NO ONE THAN THIS ...
— John 15:13, NKJV
Forever-Loved.org

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

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



ALL Things WORK TOGETHER for Good
for those who **LOVE GOD**



BUT SEEK YE FIRST THE KINGDOM OF GOD AND HIS RIGHTEOUSNESS; AND ALL THESE THINGS SHALL BE ADDED UNTO YOU.
MATTHEW 6:33

Brother Kigume

Do all the good you can, by all means you can, in all the ways you can, in all the places you can, at all times you can, to all the people you can, as long as ever you can.

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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

Patricia Bath Was A Humanitarian.

DPatricia Era Bath (November 4, 1942 – May 30, 2019) was an American ophthalmologist and humanitarian. She became the first female member of the Jules Stein Eye Institute, the first woman to lead a post-graduate training program in ophthalmology, and the first woman elected to the honorary staff of the UCLA Medical Center.

Bath was the first African-American to serve as a resident in ophthalmology at New York University. She was also the first African-American woman to serve on staff as a surgeon at the UCLA Medical Center. Bath was the first African-American woman doctor to receive a

The assassination of Martin Luther King Jr. in 1968, caused Bath to dedicate herself to achieving one of the dreams of King, namely the empowerment of people through the Poor People's Campaign. She organized and led Howard University medical students in providing volunteer health care services to the Poor People's Campaign in Resurrection City in the summer of 1968

patent for a medical purpose. A holder of five patents, she founded the non-profit American Institute for the Prevention of Blindness in Washington, D.C.

Early life and education
Born 1942, in Harlem, New York, Patricia Bath was the daughter of Rupert and Gladys Bath. Her father was an immigrant from Trinidad, a newspaper columnist, a merchant seaman and the first black man to work for the New York City Subway as a motorman. Her father inspired her love for culture and encouraged her to explore different cultures.

Her mother was descended from African slaves and Cherokee Native Americans. Throughout her childhood, Bath was often told by her parents to "never settle for less than [her] best" and had been encouraged by their support of her education.

Her mother, encouraging her dreams and love of science, had bought her her first chemistry set. By the time she had reached high school, Bath was already a National Science Foundation scholar. This led to her cancer research earning a front-page feature in the New York Times. Patricia and her brother attended Charles Evans Hughes High School where both students excelled in science and math.

Inspired by the French Nobel Peace Prize laureate Albert Schweitzer's work in medicine, Bath applied for



and won a National Science Foundation Scholarship while attending high school; this led her to a research project at Yeshiva University and Harlem Hospital Center studying connections between cancer, nutrition, and stress. In this summer program, led by Rabbi Moses D. Tendler, Bath had studied the effects of streptomycin residue on bacteria. Through this, she was able to conclude that cancer, itself, was a catabolic disease and tumor growth was a symptom.

She had also discovered a mathematical equation that could be used to predict cancer cell growth.[citation needed] The head of the research program realized the significance of her findings and published them in a sci-

entific paper. Her discoveries were also shared at the International Fifth Congress of Nutrition in the fall of 1960. In 1960, at the age of eighteen years old, Bath won a "Merit Award" of Mademoiselle magazine for her contribution to the project. Bath received her Bachelor of Arts in chemistry from Manhattan's Hunter College in 1964.

She then relocated to Washington, D.C. to attend Howard University College of Medicine.[6] Her first year at Howard coincided with the Civil Rights Act of 1964. She co-founded the Student National Medical Association and became its first woman president in 1965.

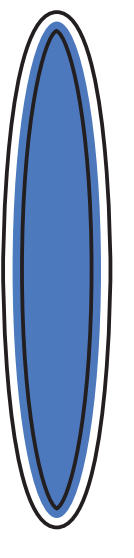
At Howard, she was awarded a Children's Bureau Na-

tional Government Fellowship Award to do research in Belgrade, Yugoslavia, in the summer of 1967, where her research focused on pediatric surgery.[15] The highlight of the award ceremony was the meeting of Earl Warren, chief justice of the United States Supreme Court, at the US Embassy in Belgrade. Bath graduated with honors from Howard University College of Medicine in 1968.



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.

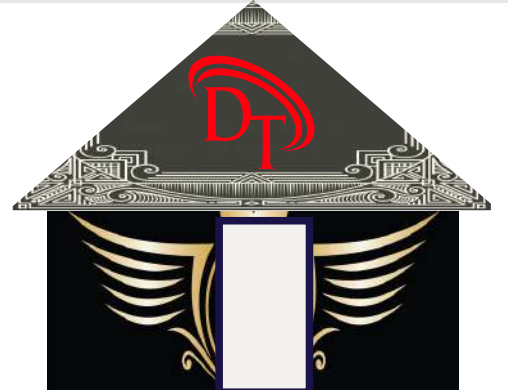


Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that. -Martin Luther King Jr.

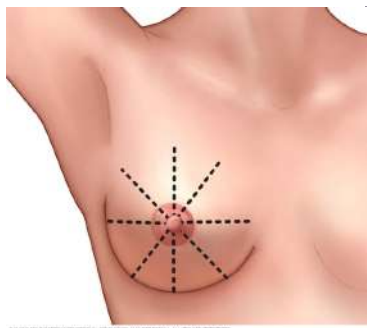
Spread love everywhere you go. Let no one ever come to you without leaving happier. -Mother Teresa



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.

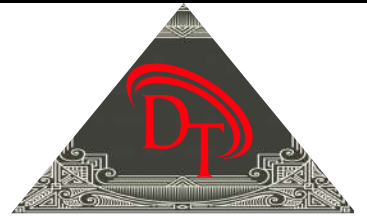
SPS patients experience superimposed spasms and extreme sensitivity to touch and sound. These spasms primarily occur in the proximal limb and axial muscles. Spasms usually last for minutes and can recur over hours. Attacks of spasms are unpredictable and are often caused by fast movements, emotional 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.

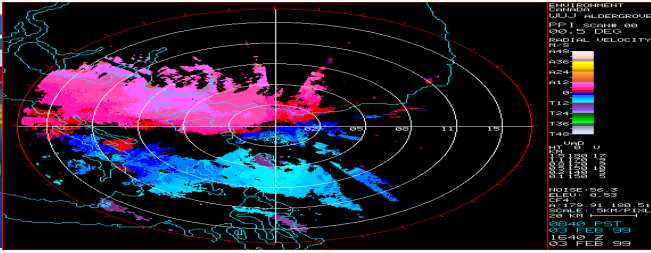
SPS was first described in 1956. Diagnostic criteria were proposed in the 1960s and refined two decades later. In the 1990s and 2000s, the role of antibodies in the condition became clearer. SPS patients generally have glutamic acid decarboxylase (GAD) antibodies, which seldom occur in the general population.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

There are three clinical classifications of SPS: Classic SPS, associated with other autoimmune conditions and usually GAD-positive

Stiff Person Syndrome



PUBLISHED BY GRAPHIC DESIGN SERVICES PAKISTAN



summary

Temperature, rain, snow, fog and wind are all part of weather. Severe weather events such as tornadoes, tropical storms, hurricanes, cyclones, floods, lightning strikes and extreme weather affect us all. In addition to weather forecasts are ozone levels, changing climate conditions and solar winds. Weather warnings are important forecasts because they are used to protect life and property. People use weather forecasts to determine what to wear on a given day or to plan travel or events. Since outdoor activities are severely curtailed by heavy rain, snow and the wind chill, forecasts can be used to plan activities around these events, and to plan ahead and survive them.

WEATHER



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



"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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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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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.

