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The Diaspora Times



DT Saturday Edition

Aug 24th, 2024 Issue 273

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

Kamala Harris' Historic Acceptance Speech At DNC.



Vice President Kamala Harris accepted her party's nomination on the fourth and final night of the Democratic National Convention, making her the first Black and South Asian woman named a major-party presidential nominee. In her remarks, Harris praised President Joe Biden before she talked about her upbringing, professional career and policy proposals, in addition to laying into former President Donald Trump. Harris' speech closes out a convention that has featured speakers such as

Biden, former President Bill Clinton, former President Barack Obama, former first lady Michelle Obama, media mogul Oprah Winfrey in a surprise appearance, and the vice presidential nominee, Minnesota Gov. Tim Walz. Trump and his running mate, Sen. JD Vance, held counterprogramming events today. Trump visited the U.S.-Mexico border in Arizona as his campaign tries to paint Democrats as weak on border security, while Vance spoke about the same issue in Georgia. NBC

Kamala speech at the Democratic National Convention that has been underway in Chicago since Monday was historic. She tackled the Gaza issue cleverly by maintaining recognition of both Palestinian and Israel hostages and blamed Hamas for the invasion of Israel.



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OPINION
THOMAS MUSAU U.K.
Africa's youth-led movements are growing on the youngest continent in the world, where 70% of the population [Page 13](#)

Laughter is medicine

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FALLEN HEROES

Ali Mazrui (24 February 1933 – 12 October 2014), was a Kenyan-born American academic, professor, and political writer [Page 06](#)

Corruption is a cancer that steals from the poor, eats away at governance and moral fibre and destroys trust

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BEST RATES IN DIASPORA- LEMFI LEADS

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KENYA NEWS



Charles Kabiriri
Political Activist
New Kenya Movement
For Change

STAND UP FOR YOUR
RIGHTS



In moments of doubt or confusion, Gikũyũ children are encouraged to remember the Ngemis that heralded their entry into the world

Bring Back The ‘Ngemis’

The “Ngemi” is a profound cultural practice in the Gikũyũ community, deeply rooted in both tradition and spirituality. These celebratory ululations represent more than just joy—they are sacred declarations, pronouncements that welcome a new soul into the world and define the spiritual and cultural path that this new life will follow.

In Gikũyũ culture, the birth of a child is celebrated with the chanting of “Ngemis.” This ritual is not only a family celebration but a spiritual ceremony that connects the newborn with their heritage, ancestors, and the universe. The number of Ngemis varies by gender: four for a girl and five for a boy, each representing a specific blessing or intention.

The Five Ngemis:

1. **Ngemi of Uthamaki (Leadership):**

Every Gikũyũ child is blessed with the gift of leadership. This Ngemi instills the strength to take charge, to own one’s path, and to lead in every aspect of life, no matter where they are in the world.

2. **Ngemi of Ugo (Skill):**

The second Ngemi bestows the gift of skill. It is a prayer for the child to acquire the talents and abilities needed to navigate life successfully, ensuring they are equipped to face challenges and seize opportunities.

3. **Ngemi of Urathi (Prophecy):**

This Ngemi blesses the child with the gift of foresight. Gikũyũ children are endowed with the ability to see beyond the present, making them natural visionaries and problem-solvers, often with a keen sense for entrepreneurship.

4. **Ngemi of Utonga (Wealth):**

The fourth Ngemi is a prayer for prosperity. It’s a reminder that the universe is abundant, and every Gikũyũ child is destined to access wealth as far as they can see,

“All my inspiration comes from the fact that I am able to wake up every morning. The gift of going to sleep at night and rising in the morning is all I need to help me write of the goodness of life. Life itself is my inspiration and in every new breath lies a new story.” – Kwame Rîgîi

Kwame is a talented creative artist who uses song to tell captivating stories of love, spirituality and tradition. He describes his style of music as “Urban Folk”, which is a form of music that combines modern and traditional styles. His lyrics are compelling as they are inspiring.

He continues to bring back the beauty of the Gikũyũ language while inspiring an entire generation to find their identity and embrace it.



Listening to ngemi Rîgîi center with Ngugi Wa Thiongo and a friend Gitau

both spiritually and materially.

5. **Ngemi of Ucamba (Warrior):**

This Ngemi, unique to boys, calls upon them to be warriors—not just in the physical sense, but spiritual protectors of their community. It emphasizes the role of men in seeking righteousness and divine guidance to ensure the safety and well-being of their people.

Cultural Significance:

The Ngemis are more than mere traditions—they are a call to remember and live out the prayers and blessings of one’s ancestors. Even for those who may feel disconnected from these practices, the spirit of the Ngemi lives on through their names and heritage. The ancestors to whom they are connected had Ngemis chanted

for them, linking them eternally to these sacred intentions.

To be Gikũyũ is to be part of a lineage rich with culture, spirituality, and responsibility. The Ngemis serve as a reminder of the intentionality behind every Gikũyũ life—an intention to lead, to acquire skill, to foresee and prepare, to prosper, and for men, to protect with righteousness.

A Call to Remember:

In moments of doubt or confusion, Gikũyũ children are encouraged to remember the Ngemis that heralded their entry into the world. They were born with the blessings to overcome and succeed, and these blessings continue to guide them throughout their lives.

This reflection, inspired by Kwame Rîgîi’s “Ngemi,” encourages all Gikũyũ to

live fully, embracing the love and intentions that were set for them from the very beginning.

Thayũ mũingî (abundant peace)

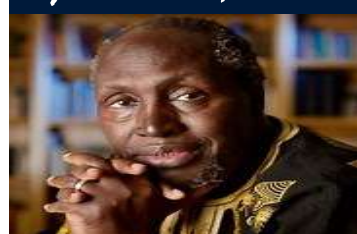
By Kibirũ
Kibirũ210@gmail.com

I wrote the piece on ngemi inspired by Rîgîi music

CLICK BELOW FOR THE SONG NGEMI



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



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

"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."

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!"

Putin is held hostage by a terrorist. A Russian truck-driver stops at the back of a long queue on the motorway.

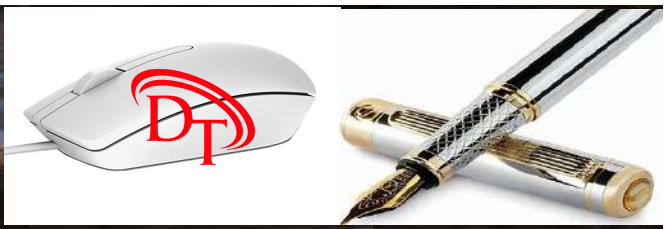
He sees a policeman walking down the line of stopped cars to briefly talk to the drivers. As the policeman approaches the truck, the truckdriver rolls down his window and asks, "What's going on?"
Policeman: "A terrorist is holding Putin hostage in a car. He's demanding 10 million rubles, or he'll douse 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."

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."
A taxi passenger tapped the

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 daylights out of me!"
The passenger apologized and said, "I didn't realize that a little tap would scare you so much."
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



EDITORIAL PICK



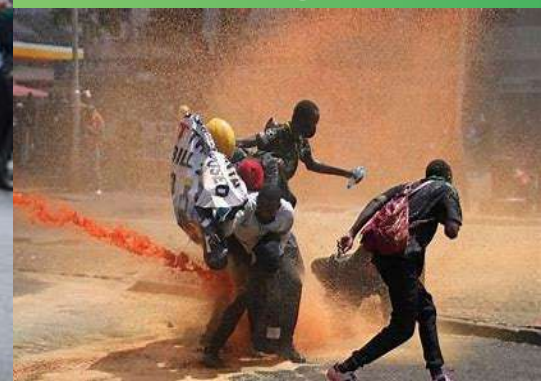
Internet never forget

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



CAPABILITIES

A human is a very understanding minded individual that is easy to convince when they are shown and made to see the benefits of doing something.

Be capable to stand on your own two feet and look after yourself. The dependency syndrome of leaning on other people for help always will get you in trouble especially when these individuals leave the face of earth or get rid of you.

In the Zimbabwean context we then say have a something or a hustle that you do which generates money. For life to move forward it needs money so that you can be able to put food on the table. Thus, one needs to explore his or her full potential, capabilities wise. What can you do? What are you good at? Won't that craft help you out in carving a road of independence and fulfillment.

You will be surprised with what you can unearth. Currently, because you haven't done this whole thing of deep reflection you are using just a small percent of your capabilities. Given you go all full throttle you will do wonders with your life. This is why when people are pushed in difficult situations they come up with brilliant ideas. It's all because you will now be using all capabilities exploring all avenues. As humans, the survival mode will kick in and before you know it one will be coming up with innovative ideas that will help the world at large.

Never let your capabilities go to waste. May they be used so that the world can benefit from them. It's pos-



sible you will then become an example to many hordes of people.

The life journey is unpredictable but it has some few set rules that if followed will make your path so much easier. It's noted when you do things that you love and are good at as an individual you won't face stress.

In fact, you will even reach a level of complacency and the opposite is true when you are forcing and trying things you are not good at. This will not only give you headaches but will later end up with dire repercussions such as depression and suicidal thoughts. One sage man indicated people we call genius are using another percent of their capabilities whilst we're just using a few. Given you try it as well you will be added on the statistics of these people such as Albert Einstein.

The problem usually is when people see potential they want to destroy it instead of nurturing it to blossom. Provided people showing traits of this wonderful character were nur-

tured then we would have more people realizing their full capabilities and purpose in the world. Ultimately, this would help us all in enjoying the benefits of these. Career guidance, friends and family should then assume this role of motivating people to not settle for less in their lives but to push themselves up until they use their capabilities to the best of their abilities.

A human is a very understanding minded individual that is easy to convince when they are shown and made to see the benefits of doing something. Thus, let's make it a point for everybody to act this role to encourage someone to reach their full potential by using their talents in the world.

Life as it is said, it's short. You need to be in the moment so that you do all this whilst there is still time. If you stall then before you know it, you might leave the face of earth without having exercised your capabilities. Others go on to the say do your best and God will do the rest. This should be your guiding

mantra. Do not do things in halves. Do it all the way even up to perfection that is using your capabilities to their full potential. We need that in the world. Ensure you proudly set yourself aside with your distinctive work. Even in your personal life you will find contentment. It's boils down to just a change of the mindset and asking yourself important questions that who am I? What do I want to do with my life? If you answer these then you are good and set to go in the right direction in your life.

The clarion call is to use your full capabilities. Do not short change yourself and the world by doing things half heartedly. Go all the way and revel in your accomplishments soon after. On all intents and purposes, go down on your knees to pray so that God gives you strength to use your capabilities to better the world. Rugare treasured readers.

Article by Abigirl Phiri, Zimbabwe



By Abigirl Phiri-Zimbabwe

summary



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



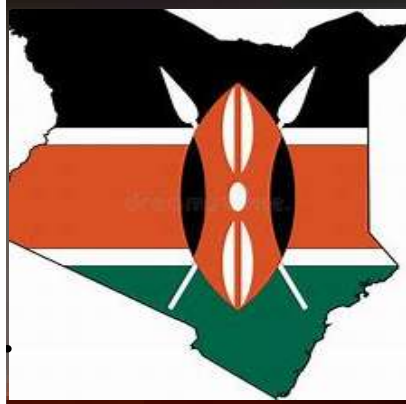
POEM



A capability list is not appropriate for systems where actions are centered on users. It will result in duplications and complicate the management of rights. Because access matrix

does not explicitly define the scale of the protection mechanism, it is often used to model static access privileges in a given access control system. It does not represent the rules of changing rights within a system, and hence

partially describes the system's security policy. Access control and capability-based policies are subsets of a protection mechanism, while an access control matrix can model their static privileges.



ALI MAZRUI

FALLEN HERO

ALI MAZRUI

Kenya
FALLEN
HERO

Rest In Peace

Ali Al'amin Mazrui

Mazrui attended primary school in Mombasa, where he recalled having learned English specifically to participate in formal debates, before he turned the talent to writing.

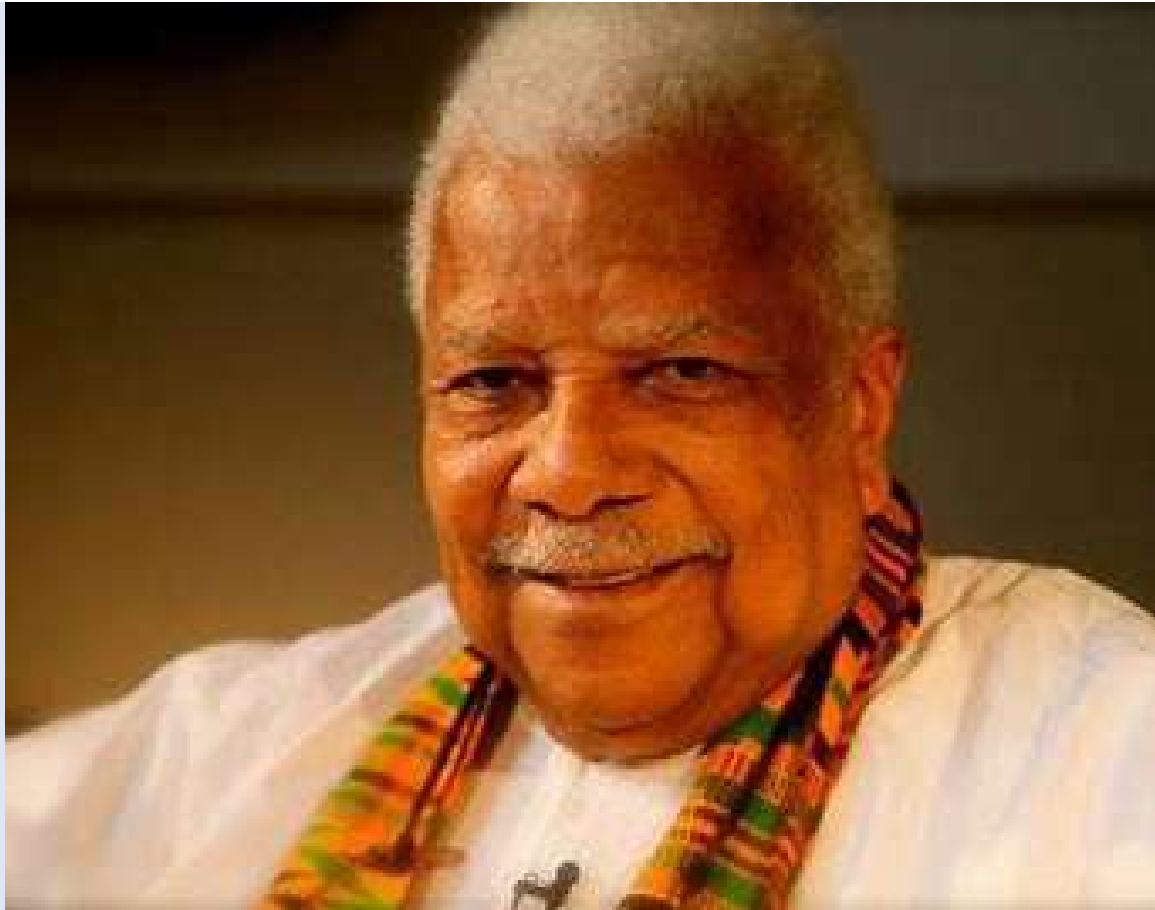
WAli Al'amin Mazrui (24 February 1933 – 12 October 2014), was a Kenyan-born American academic, professor, and political writer on African and Islamic studies, and North-South relations. He was born in Mombasa, Kenya. His positions included Director of the Institute of Global Cultural Studies at Binghamton University in Binghamton, New York, and Director of the Center for Afro-American and African Studies at the University of Michigan. He produced the 1980s television documentary series *The Africans: A Triple Heritage*.

Early life

Mazrui was born on 24 February 1933 in Mombasa, Kenya Colony. He was the son of Al-Amin Bin Ali Mazrui, the Chief Islamic Judge in Kadhi courts of Kenya Colony. His father was also a scholar and author, and one of his books has been translated into English by Hamza Yusuf as *The Content of Character* (2004), to which Ali supplied a foreword.

The Mazrui family was a historically wealthy and important family in Kenya, having previously been the rulers of Mombasa. Ali's father was the Chief Kadhi of Kenya, the highest authority on Islamic law. Mazrui credited his father for instilling in him the urge for intellectual debate, as his father not only participated in court proceedings but also was a renowned pamphleteer and public debater.

Mazrui would, from a young age, accompany his father to court and listen in on his political and moral debates. Mazrui initially intended to follow the path of his father as an Islamist and pursue his study in Al-Azhar University in Egypt. Due to poor performance in the



Cambridge School Certificate examination in 1949, Mazrui was refused entry to Makerere College (now Makerere University), the only tertiary education institute in East Africa at that time. He then worked in the Mombasa Institute of Muslim Education (now Technical University of Mombasa). Education

Mazrui attended primary school in Mombasa, where he recalled having learned English specifically to participate in formal debates, before he turned the talent to writing. Journalism, according to Mazrui, was the first step he took down the academic road. In addition to English, Mazrui also spoke Swahili and Arabic.

After getting a Kenyan Government scholarship, Mazrui furthered his study and obtained his B.A. degree with Distinction from Manchester University in Great Britain in 1960, his M.A. from Columbia University in New York in 1961, and his doctorate (DPhil) from Oxford University (Nuffield College) in 1966. He was

influenced by Kwame Nkrumah's ideas of pan-Africanism and consciencism, which formed the backbone of his discussion on "Africa's triple heritage" (Africanity, Islam and Christianity).

Mazrui began his academic career at Makerere University in Uganda, where he had dreamed of attending since he was a child. At Makerere, Mazrui served as a professor of political science, and began drawing his international acclaim. Mazrui felt that his years at Makerere were some of the most important and productive of his life.

He told his biographer that 1967, when he published three books, was the year that he had made his declaration to the academic world "that I planned to be prolific – for better or for worse!" During his time at Makerere, Mazrui also directed the World Order Models Project in the Department of Political

Science, a project which brought together political scientists from across the world to discuss what an international route to lasting peace might be.

Mazrui reflected that he felt forced to leave the University of Makerere. His departure was likely the result of his desire to remain a neutral academic in the face of pressures to attach his growing prestige as a political thinker to one of the regional factions.

His first solicitation was from John Okello, the leader of the Zanzibar Revolution, who came to Mazrui's house in 1968 to urge Mazrui to join his cause. Okello originally tried to convince Mazrui to become an advisor to him and then simply tried to enlist Mazrui's assistance in writing a constitution for Zanzibar.

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

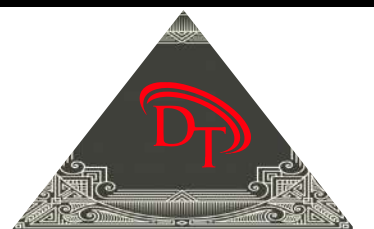
summary



RIP

Mazrui reflected that he felt forced to leave the University of Makerere.[9] His departure was likely the result of his desire to remain a neutral academic in the face of pressures to attach his growing prestige as a political thinker to one of the regional factions. His first solicitation was from John Okello, the leader of the Zanzibar Revolution, who came to Mazrui's house in 1968 to urge Mazrui to join his cause. Okello originally tried to convince Mazrui to become an advisor to him and then simply tried to enlist Mazrui's assistance in writing a constitution for Zanzibar. Mazrui told Okello that, while he was inclined to sympathize with the cause, it would be a violation of the moral duty of a professor and an academic to join with a political agenda. This incident shows the level of international prestige that Mazrui had

Ali Mazrui



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. 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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Youth Led Revolution

Protesters continue to march in the capital Kampala holding placards written with messages such as “The Corrupt are Messing with a Wrong Generation”.

Africa's youth-led movements are growing on the youngest continent in the world, where 70% of the population are under the age of 30.

Driven by social media, a number of unrests have been witnessed across African States leading to historical political shake-ups that has never been experienced in the long history of the continent.

From Arab Spring uprisings in North Africa of 2011; the Sudanese Revolution that ousted General Omar al-Bashir in 2019; to the 2020 Nigerian #EndSARS protests against the abuse, extortion, #FeesMustFall protests in South Africa and the #RejectFinanceBill2024 protests in Kenya all were unheard with political elites holding power with no or little threat to the throne for decades.

The average age of a president in Africa is 62, and young protesters say they are frustrated with an aging leadership that does not hear their growing calls for change.

Just recently Kenyan political class had its major reckoning with Generation Z. After several days of protests against what they saw as obnoxious taxes in the Finance Bill, and “budgeted corruption”, they got the government to withdraw the law. President William Ruto went ahead and dissolved the entire cabinet and also announced a series of cutbacks on items the Gen Z protesters had highlighted as wasteful.

And unlike previous political anti-government protests, no political affiliations or ethnic alignments were evident but just a clear determination by the protesters to be heard.

Several hours after the demonstrators had mobilised, the presidency appeared to bow to the pressure and announced that it would scrap some of the bill's most contentious provisions, including a proposed 16% value-added tax (VAT) on bread.

The political elite seemed to have been blind-sided. Understandably, because in the early days, it was a protest like Africa hasn't seen.

Middle class kids, who one MP mocked as arriving to protest in Ubers and with iPhones and left to go away with chicken nuggets from KFC, linked up with upper working-class youngsters, and stood up to their parents – basically. With many (not all) people who should otherwise be content taking to the streets to face The Man, the formbook was upended.

Stories swirled in Nairobi of big men and women in government and business running around police stations in the evening in their expensive cars and bodyguards, looking for their rebellious children



in their tear-gas-smelling clothes.

In Uganda, youth protesters are staging rallies outside parliament against alleged corruption and human rights abuses by leaders.

President Yoweri Museveni has ruled Uganda for almost four decades and has denied condoning corruption.

Protesters continue to march in the capital Kampala holding placards written with messages such as "The Corrupt are Messing with a Wrong Generation".

In 2017 mass protests to end the Special Anti-Robbery Squad (known as the #EndSARS protests) against police brutality in Nigeria was characterised by series of decentralised mass protests. The protest started in 2017 as a Twitter campaign using the #ENDSARS to demand the disbanding of the Special Anti-Rob-

bery Squad that was known for brutality, harassment and extortion.

In February this year young people in Senegal, where more than 60% of the population is under 25, led nationwide anti-government protests after a decision to delay a highly anticipated presidential vote from February to December.

What began on university campuses soon spread to the streets of major cities. Demonstrators, including children, rejected former President Macky Sall's 10-month vote delay, which many said threatened the country's longstanding democracy.

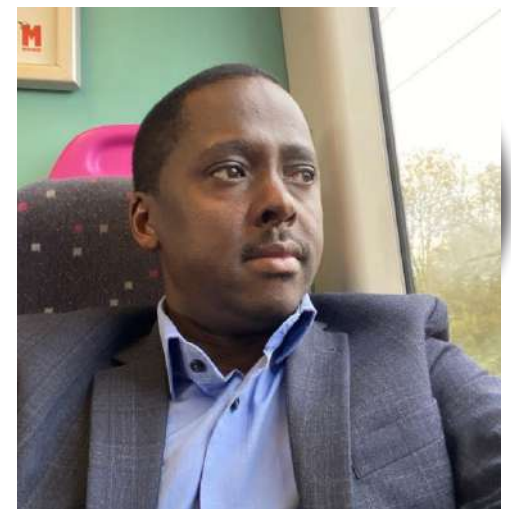
In 2015 South Africa faced similar protest from the youth when University of the Witwatersrand in Johannesburg announced a 10.5% tuition fee increase for 2016. Protests began that same day,

with the university's Student Representative Council (SRC) in full support of lower-income students who would not be able to afford the increase.

For three days, demonstrations took different forms across the university, from sit-ins, to marches, to locking-in the university's staff on campus. On Oct. 17, the university agreed to suspend the fee increase, renegotiate, and announce future plans two days later.

With the rise of youth-led protests who are determined to see transparency, accountability and good governance in Africa's corruption prone countries it remains to be seen how long the political class can hold onto power before the new dawn eclipses the continent.

By Thomas Musau



Writer is a Kenyan freelance journalist and a political commentator based in the UK.



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

HIGHLIGHTS

BIDEN HIGHLIGHTS



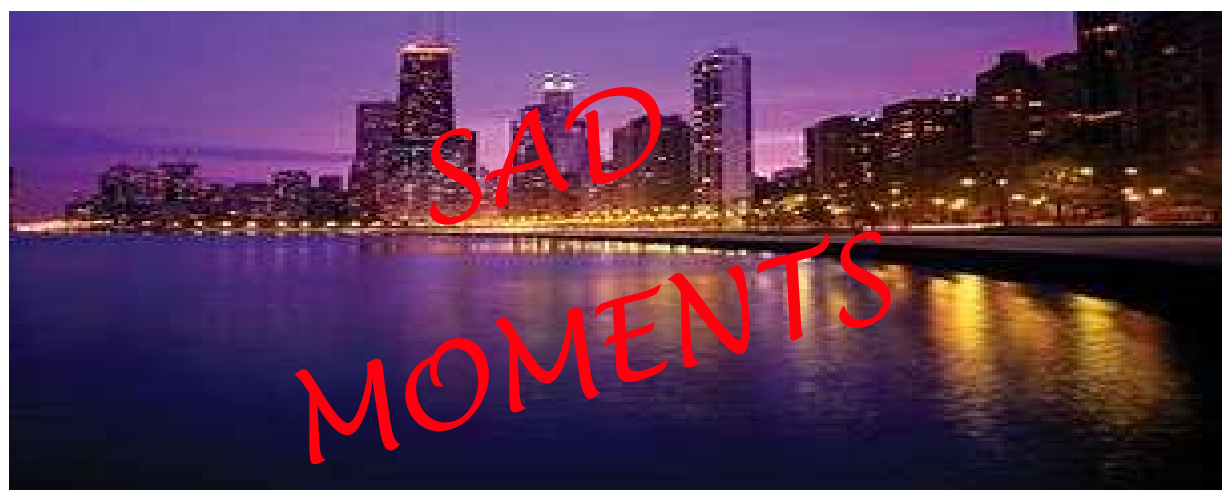
Airlines would no longer be allowed to charge parents extra fees for their kids to be seated next to them under a new rule proposed by the Biden administration. White House officials say their "fee-free family seating" proposal could potentially save parents up to \$200 per round trip flight. "Families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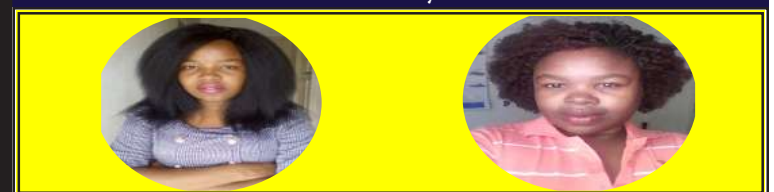
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-Sylvester Stallone

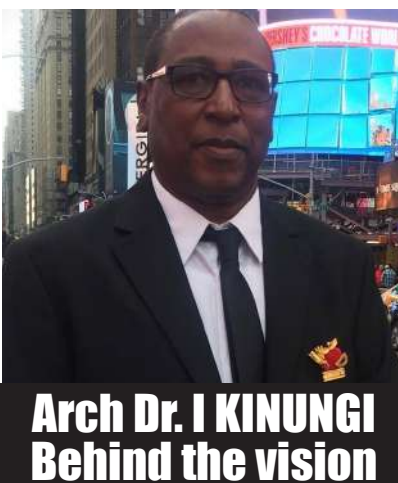


Charles Kabiriri
Activist, Kenya

Our dedicated contributors to different topics make the newspaper to continue informing the Diaspora the current affairs of where they live and back home



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The Great Limpopo Frontier Park.

A transfrontier park is totally unique because there will be a lot of collaborative efforts going down behind the scenes.



Tourism with
Memory Phiri
Zimbabwe.

As Zimbabweans we are known for our penchant to cross-boarders so as to follow our dreams. Now here comes an excuse to travel beyond and do some river crossing courtesy of the Great Limpopo Transfrontier Park and Conservation Area.

It's befitting to say the grass is greener on the other side. In the tourism sense we can only revel in this our transfrontier park that enables us to pass through the Manjinji Pan Sanctuary and Malipati Safari Area for starters.

As far as we are concerned, tourists are able to sample a package that has gushing waterfalls and herds and herds of game. Needless to mention the Shangaan Cultural Festival for the tripartite is bound together by the Shangani speaking tribe. Just imagine having to sample such a tourism package that is exclusively

All the aforementioned ecotourism giants have a reputation that is why a lot of wildlife enthusiasts are always singing praises about this great gigantic park. Over the years the GLTPCA has managed to strengthen cordial bonds between the countries because they unite us as a people showing us the brighter side of tourism.



Now here comes an excuse to travel beyond and do some river crossing courtesy of the Great Limpopo Transfrontier Park and Conservation Area.

Enjoy the adventures of the Limpopo

Southern African.

Tourists are bound to learn a lot from this adventure for it's a foregone conclusion. A transfrontier park is totally unique because there will be a lot of collaborative efforts going down behind the scenes.

Talk about community partnerships in the form of training programs for the custodians of wildlife or the park rangers and the stringent measures when it comes to anti-poaching. Rhetorically, that is the reason why transfrontiers were created in the first place.

Above all the Great Limpopo Transfrontier Park and Conservation Area always brings about safety to the habitats that reside and flourish amongst its luscious expanse. For your own information, the GLTPCA is nestled between Zimbabwe, South Africa and Mozambique to boot. Thus, the sharing and management of resources becomes easier because there are no

boundaries or barriers for the countries and the abundance of wildlife can come and go to and fro without fear.

In a nutshell, the GLTPCA is a collection of three parks that caters for the five night and six day guided cross-border Shingwezi 4x4 Eco Trail, the Lebombo Hiking Trail and the Elefant's Gorge Backpacking. We are talking about the Kruger National Park, Limpopo Park and Gonarezhou National parks in their own rights to be precise.

All the aforementioned ecotourism giants have a reputation that is why a lot of wildlife enthusiasts are always singing praises about this great gigantic park. Over the years the GLTPCA has managed to strengthen cordial bonds between the countries because they unite us as a people showing us the brighter side of tourism.

Infact, the international treaty for the transfrontier

park was signed by three Presidents in 2002 so as to establish the vast wild area of thirty seven thousand five hundred and seventy-two square kilometers of flat savanna. Contact a travel agency and witness the natural beauty that has elephants, black and white rhinoceros, lions, leopards, giraffes, zebra, buffalo and antelopes.

Article by Memory Phiri
Zimbabwe.

15

Diaspora Sunday

Worship the Lord your God, and his blessing will be on your food and water. I will take away sickness from among you.
Exodus 23:25 Romans 15:13

PRAYERS

Prayer for a Healthy Cardiovascular and Respiratory System

God of Might, please give me a healthy cardiovascular and respiratory system, so that I don't have any circulation or breathing issues that would damage my well-being. I pray that You will contend with any inherited propensities to heart or lung disease and help me make important changes to my lifestyle to promote healthy circulation and respiration. I praise You for splendid and majestic is Your work, O Lord. Amen.

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

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

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 True Humanitarian.

Patricia 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.

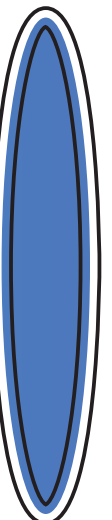
At Howard, she was awarded a Children’s Bureau Na-

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.

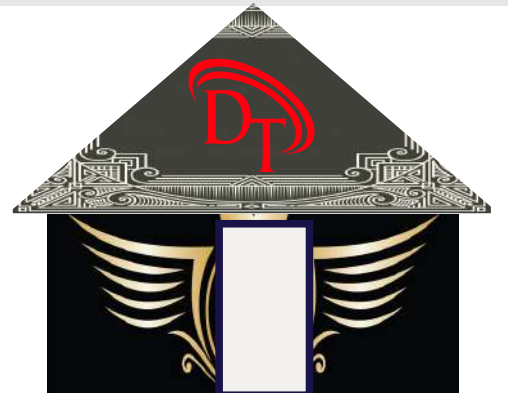


Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that. -Martin Luther King Jr.

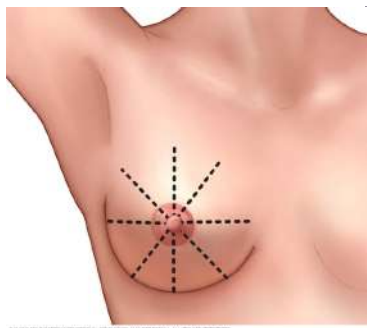
Spread love everywhere you go. Let no one ever come to you without leaving happier. -Mother Teresa



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

BStiff-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.

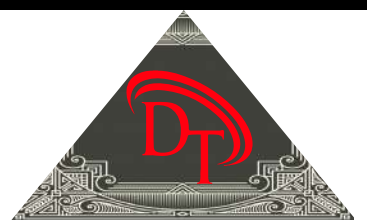
Signs and symptoms Stiff-person syndrome (SPS) is often separated into several subtypes, based on the cause and progression of the disease.

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

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.

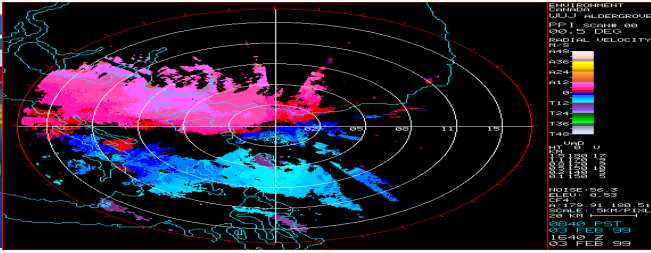
Stiff Person Syndrome



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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



"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



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There Is Too Much Anger In Kenya And Tensions Are Running High

For those who think Ruto will lose in the next general election, let us all live up to the fact that the country needs a vigorous mindset change advocacy to shift the people mindset from politics of tribalism and patronage to politics of Idealism from the core and this is how we can beat Ruto to win the next general elections.



Charles Kabiriri
Political Activist
New Kenya
Movement
For Change

The recent constituted cabinet is widely silent, but the CSs who joined the government from the ODM Party are talking. This is because they are to redeem the face of Ruto's government.

The country is asking accountability questions. The CS Treasury is planning to fish out 49 clauses from the rejected Finance Act that he believes were good for the nation. This goes against the agreement that followed the rejection of the document since every clause in the Finance Act 2023-2024 was rejected.

Eco levy was one such very controversial item in the Finance Act 2024, and for the CS to suggest that it will be reintroduced is calling for hell to break.

Eco levy affects the life of the common mwananchi far and wide. For the government to think that they have neutralised the minor revolution by the Gen Z is giving the state a wrong comfort.

If the government goes about without working at the deep sitted issues that need addressed, the rage will reoccur. When time for reckoning came, Ruto ran to cover under Raila.

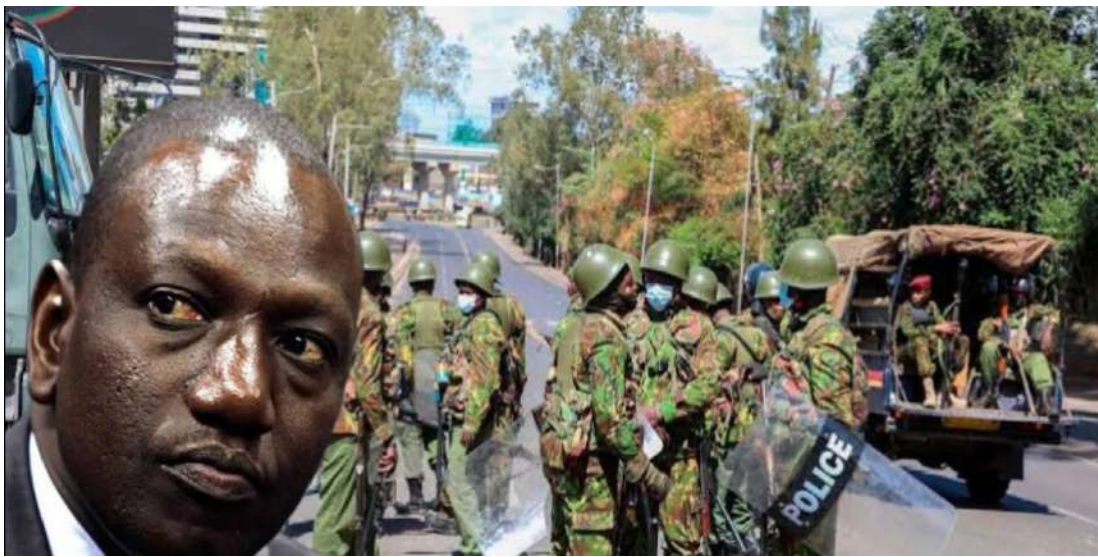
Ruto is vulnerable since he has exposed his underbelly that if Raila is not there, government collapses!

Hon Raila Odinga offered political optics to Kenya Kwanza administration, which in its two years, was faced by possible collapse.

However, political optics without tangible sensitivity to the plight of the country is something that can not produce favourable results.

A real element of change must be visible! The protests in Kenya have left the streets, and people have resulted in digital protests where everything is being discussed online.

The June/July protests however will go down in Kenya's history as the most



Kibaso Morara, a lawyer by profession, has gone out of his way to provide civic education to Kenyans. He is using his own resources to visit the country and expose the Ruto projects that were launched and never took off, yet from the Auditor-General, the money for the projects has been dished out!

successful protests that were bent on the patriotism of leaderless and tribless formation seeking good governance and the question on the country's economy that is marred by mega looting of State resources, austerity and opulence. However, Hon Raila Odinga who is on exit from Kenya's politics to take up a continental role at the African Union has weakened his political clasp in the country after Kenyans associated his joining of Ruto's government as an act of selfishness and betrayal.

The economic problem in the country is bedevilled on the sovereign debt. However, it is unclear what exactly the debt owed to this nation is. Late President Mwai Kibaki's government had a debt deficit of 18%. His economy for the country worked well because his government had 82% for recurrent expenditure and development matters in the country.

Former President Uhuru Kenyatta's government had a debt deficit of 65%. This meant his administration had 35% to engage with in recurrent expenditure and development programmes.

The current administration of President Ruto is having a debt deficit of 80%, with only 20% available for recurrent expenditure and development, which is quite unsustainable.

It doesn't matter who occupies the Treasury docket. With such figures as 20% is quite impossible to turn around the economy of this nation.

It therefore means, Hon John Mbadi, who is an ODM appointee to the Ruto government and the Head at Treasury,

will find himself at a fix if the question of sovereign debt is not scrutinised to the latter.

This country has had a total of seven Eurobonds, and it is widely believed that a good chunk of the money ended up in influential people's pockets!

This has raised our debt as much and from what we are made to pay for, we did not have the value of the said money as a country.

It is therefore prudent to work out the genuine debt the country is owed and separate it from odious debt failure, CS Treasury Hon John Mbadi will not be able to solve the problem of this country, which is the economy!

President Ruto, the Head of Kenya Kwanza administration, has failed, and the government may never deliver, but Ruto, the politician, is up on the car roof cruise crossing promising goodies even with a broke Treasury.

We will need to re-engineer our politics to change the parameters on how we elect our leaders.

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Such actions are necessary. They surpass daydreams.

When politicians ganged up against the people, Kalonzo and Wamalwa gained recognition from the Gen Z.

They should as well take advantage of that and stop using conferences to add-

ress how they are now the opposition but go to the people and start catapulting their State House ordeal by castigating the ills in Ruto administration! Jimmy Wanjigi is also a potential president contender.

He recently gained milliege for being victimised for his support to Gen Z. He should now leave the studios and go to the mountain to proclaim himself as the viable King Pin and suppress the Gachagua star from rising.

That is the basket with the most votes in the country, and by so doing, it will enable his looks and approach to be high in the skies.

Kenya politics is local, and people look up for leaders from up not down. Jimmy Wanjigi should now be ascending up for the country and the world at large to spot him!

For those who think Ruto will lose in the next general election, let us all live up to the fact that the country needs a vigorous mindset change advocacy to shift the people mindset from politics of tribalism and patronage to politics of Idealism from the core and this is how we can beat Ruto to win the next general elections.

Gen Z has the vote and will look for the most suitable candidate to rally in masses behind that person.

This has been the dream of the New Kenya Movement, but a dream alone can not remove a bad president from power!





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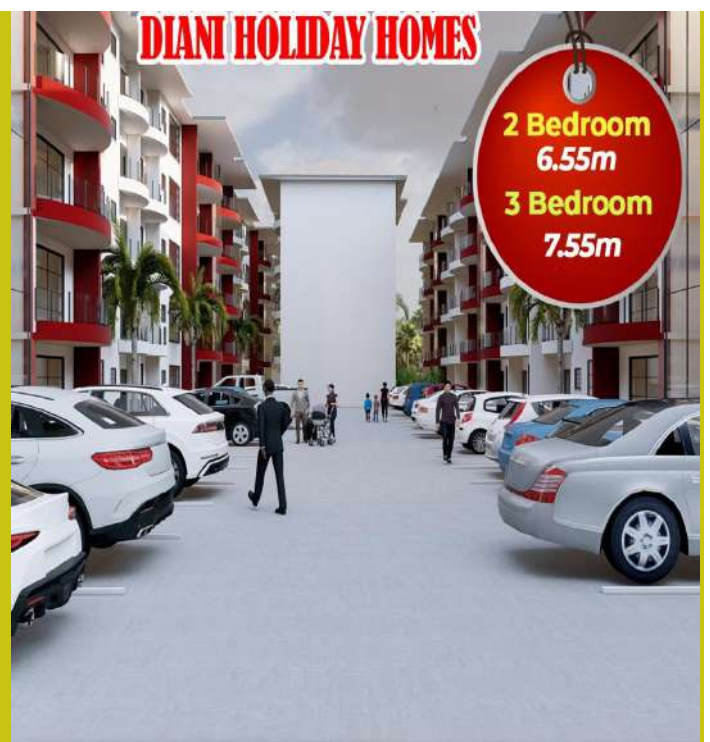
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BACKPAGE

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-feet 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

