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

# The Diaspora Times



Saturday Edition



Aug 31st, 2024 Issue 276

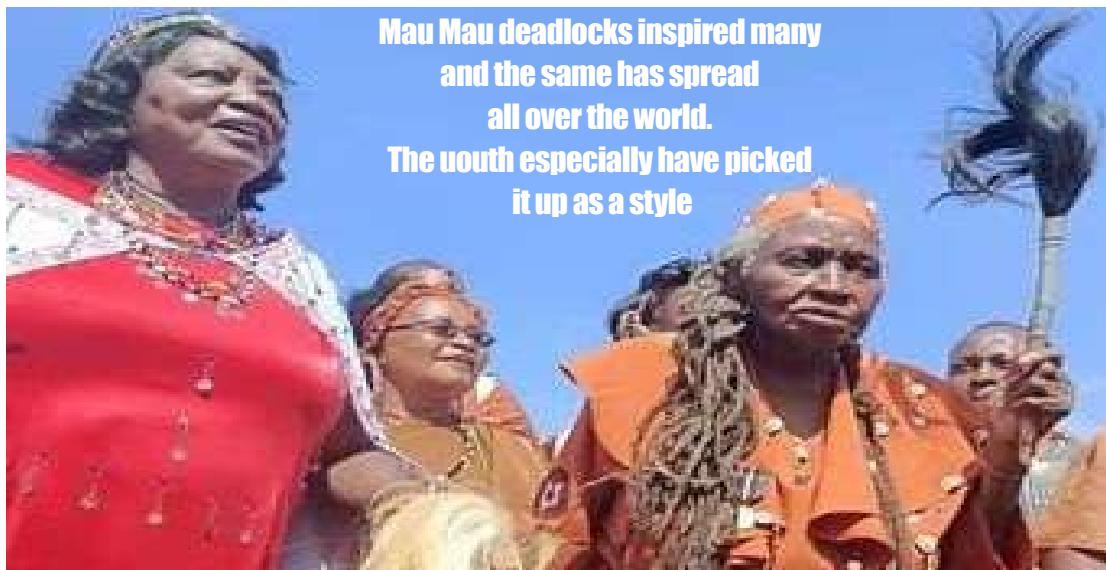
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The Diaspora Fountain Of News & Knowledge

# Where Is The Hair Of Field Marshal Mũthoni Kĩrĩma?

**If Field Marshall Muthoni's hair could tell a story, it would narrate the many fearless battles the Mau Mau fought with the British and at times the loyalists to liberate Kenya.**



Mau Mau deadlocks inspired many and the same has spread all over the world. The youth especially have picked it up as a style

In this picture, Mama Ngina Kenyatta together with the late Mũthoni Kĩrĩma (in deadlocks)

**M**ama Ngina Kenyatta, must tell Kenyans what efforts she has made to have the hair of our last and only field Marshall Mũthoni Kirima, reserved at our National Museum or the Kenya Archives.

Kenyans observed and witnessed on National television the much-publicized rare ceremony held at the Nyeri home of the late freedom fig-

hter Mũthoni Kirima.

During that ceremony, Mama Ngina Kenyatta personally shaved Mũthoni's much-cherished and well-kept deadlocks while women ululated to signify that she had finally accepted it as some form of freedom.

All the same, Mama Ngina was no Delilah, for it was Mũthoni's wish to signify that she had fulfilled her service to the country

That hair in deadlock form is not ordinary as it

symbolizes the freedom struggle of the many in the forest fighting for independence.

The freedom fighters, like the biblical Samson, believed that hair gave them strength to fight the British, the same way Samson would fight the Philistines.

If Mũthoni's hair could tell a story, it would narrate the many fearless battles the Mau Mau fought with the British to liberate Kenya.

If it could tell a story, it would narrate the days of Dedan Kimathi, Mwariama, General China, and many others who sacrificed and paid the ultimate price for the freedom we now enjoy.

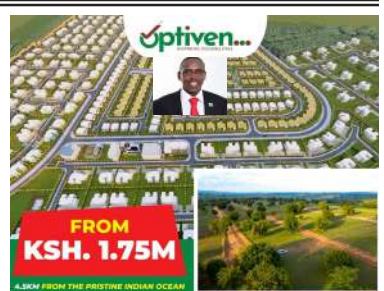
Therefore, it is a great honor to the heroes of the Mau Mau liberation struggle who today lie in unmarked graves -to preserve that hair along with other freedom fighters artifacts as a symbol of our freedom struggle.

Its symbolic and a heritage of our freedom fighters which should be preserved to remind the future generation that once upon a time-there were people who sacrificed themselves to liberate Kenya from Colonialism.

By Dr Jean Kamau  
Senior editor at The Diaspora Times  
Mũthoni story continued on page 06



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**Marian Anderson.**  
Marian Anderson (February 27, 1897 – April 8, 1993) was an American contralto. She performed a wide range of music, from .....cont..

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Laughter is medicine



Page 04

## FALLEN HEROES



**Field-Marshall Mũthoni wa Kirima** (1931 – 4 September 2023) was a female fighter in Mau Mau's 1950s rebellion against British colonialism.

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*"When I was a boy I was told that anybody could become President. I'm beginning to believe it." ~ Clarence Darrow*

## Whats Inside

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## HIGHLIGHTS

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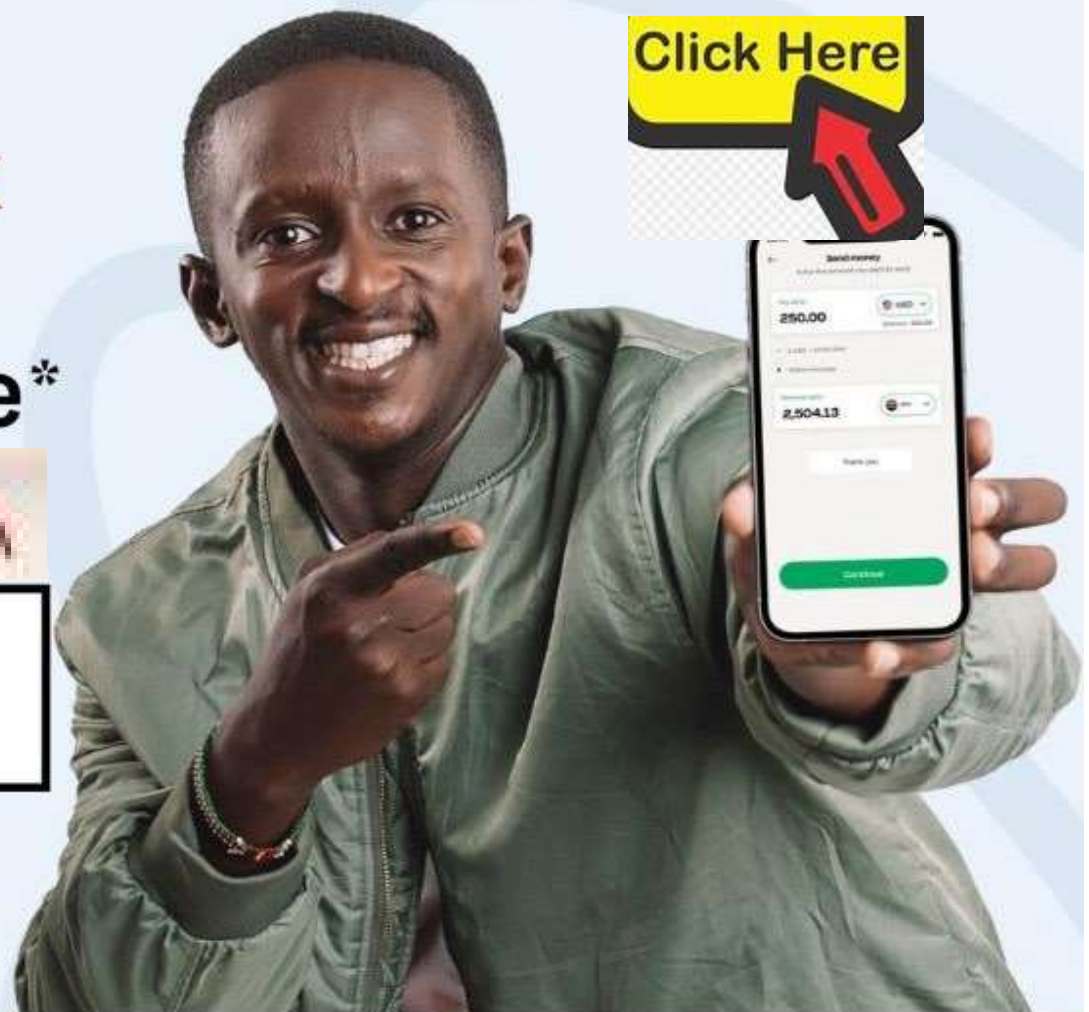
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KENYA NEWS



Charles Kabiriri  
Political Activist  
New Kenya Movement  
For Change

STAND UP FOR YOUR  
RIGHTS

How does it sit with Kenyans when cabinet slots are shared out between billionaires who have already made it in life in a country struggling with its unemployment level

## Kenya is battling a persistent problem that threatens the country's socioeconomic and political future!

**K**enya has become the center of all manner of crude activities imminent of a failed state with lawlessness emerging from the existence of firm drug trafficking networks in the country, wild game poaching, counterfeits, land grabbing, and supported economic crimes that have turned the country into a dumpsite of waste and deplorable materials and substances such as the GMO and the recent fake fertilizer scandal as looting of public resources takes an upwards scale.

The existence of a New Kenya would have been fundamental in convening successful meetings that would constitute civil, private, and government institutions over how to consolidate and denounce such illegalities in practicalities that would enhance permanent solutions. The absence of this has gone on to create a Kenya of inequality where 60% of the country lives in abject poverty, with partly 20% of the population living an advantaged life.

**When Kenya rose from the ashes to become an independent state, the country's economy was at par with today's Singapore, whose percentage equivalence is over four hundred, compared to ours. This is remarkably a good educative reality of how we started as a country and where we are today!**



When Kenya rose from the ashes to become an independent state, the country's economy was at par with today's Singapore, whose percentage equivalence is over four hundred, compared to ours.

This is remarkably a good educative reality of how we started as a country and where we are today!

It is, therefore, not for the country to go about recycling leadership that has consistently been linked with mediocrity.

Everybody's concern should be the agenda of bringing back the country to the path of prosperity and sound financial management.

In the recent arrangement to constitute a cabinet regarded as a broad-based government for taking in ODM, party members can not be the answer to our problems as a country in its entirety!

Therefore, it does not add up to see the reason for the recent welcoming multitude witnessed in Luo-Nyanza when the Head of State took to the region for a four-day working visit, as it is referred to.

There is every reason to decry any support to President Ruto's government!

Former Interior Cabinet Secretary Hon Fred Matiangi once stunned the nation when he alleged that it was impractical for a person to allege to be in the government in the day and at night, the person pro-

claims to be an opposition.

When people mill around President Ruto's motorcade in the manner it was witnessed in Kisumu, the question that comes to mind is whether people do understand genuinely what is expected of them under our current circumstances as a country where only recently we were all supportive of the youthful protestors whose quest for good governance and accountability was timely but got neutralized when Hon Raila Odinga led ODM Party into government.

How does it sit with Kenyans when cabinet slots are shared out between billionaires who have already made it in life in a country struggling with its unemployment level, with the exportation of labour to Arab countries being used as a solution. Can't Kenyans read a sinister motive with that, and you praise Hon Raila Odinga and forgive Ruto, whose government killed in Nyalenda Kisumu, innocent youngsters by profiling in July 2023 protests on high cost of living and the call to have the elections server opened to legitimize Ruto's presidency.

How does the inclusion of Hon John Mbadi, Hon Wandai, Hon Oparanya, and Hon Joho clean the innocent blood spilled in both the July 2023 protest and the recent June 2024 reject Finance Act

youthful protests with over five hundred deaths and continued abductions on the rise?

There is a clear disconnect between the aspirations of Kenyans and how they go about in making their political decisions. This confirms why mindset change awareness is critical in our political advancement as a country.

President Ruto is not making any economic impact that can carry the country forward.

This government is robbing its people left, right, and centre.

They give no meaning to any public participation.

President Ruto bragged that he was the engine behind the fourth regime.

Uhuru messed.

Uhuru stalled projects!

It was not true. We see the same in the fifth regime and even worse!

We Kenyans need to be vigilant.

It's the only way to put leadership to the task!

By Charles Kabiriri  
The Diaspora Times Senior Correspondent  
on Political Affairs in Kenya and a

Political Activist New Kenya Movement  
For Change

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.***

<https://www.nytimes.com/2013/03/15/opinion/a-dictators-last-laugh.html>

CLICK ANYWHERE HERE TO READ COPY

From the editorial pages of **NYTimes** 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.

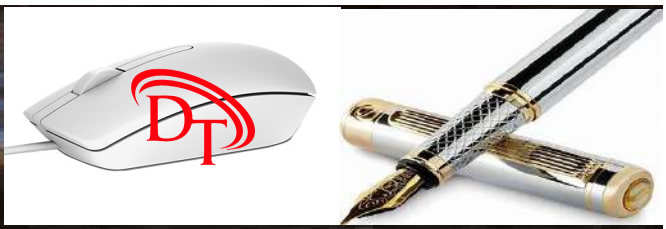
He sees a policeman walking down the line of stopped cars to briefly talk to the drivers. As the policeman approaches the truck, the truckdriver rolls down his window and asks, "What's going on?" Policeman: "A terrorist is holding Putin hostage in a car. He's demanding 10 million rubles, or he'll douse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



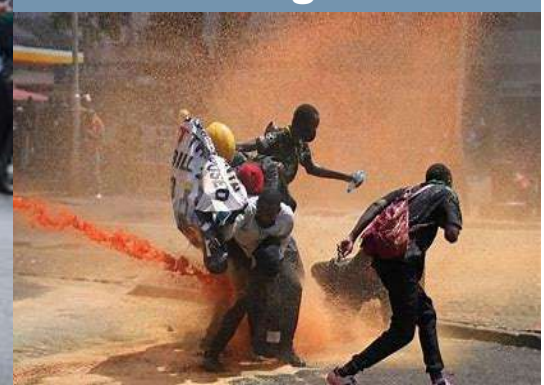
Internet never forgets

# 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



# TIREDNESS

**This might be made worse if one goes to a toxic work environment. All this will impact negatively not only on your performance but your body ending up feeling tired always.**

**W**e are all involved in a variety of activities and jobs that we do in our daily basis. Some of the things we do are draining to the point you find yourself always tired to the bone.

It can even be called dog tired to emphasize the intensity of the feeling. It's not welcoming and is that bad. This might be caused by the physical or mental exertion you will be going through. It's then wise to find adequate time to rest. Research highlights that one must sleep 8 hours if not more. In the long run this will benefit your system in addition to your mindset.

Only this way can you reboot your system to face another day with vigour. Overworking can lead to other consequences such as stress and physical pain of the body. This will then trigger a number of aches in the body be it back, head and even stomach ones. Thus an individual needs to strike a balance on ensuring they keep their body fit.

For me, the weekend is the time to rest. I make the most out of it to compensate the time I will be working non stop on weekdays. The reasons why people end up feeling tired



is that maybe they are juggling two jobs, their work has pressure or its due to advancement in years and age. The causes are not limited to these one as they are plenty as they come. Bottom line is they have the same effect of causing tiredness.

This might be made worse if one goes to a toxic work environment. All this will impact negatively not only on your performance but your body ending up feeling tired always. This is why some companies do take their employees out for team building activities. It's a way of trying to revive the old spirit and maintaining the sense of camaraderie at work.

As a personal endeavor on your free time one can even go for exercises and join at a gym. This way you ensu-

re you keep your body fit and you will make friends in the process who you can share your thoughts. A problem shared is half solved and this can lessen your tiredness. Be the king or queen of squats like the South African individual who has become popular for his fitness and energetic stances. That kind of vitality is needed is one's life. It brings back the joys of living. Also, it will vanquish the tiredness.

The kind of tiredness you will get at a gym is completely new than this one of overuse and overworked that ends up draining all the strength of someone. At most times, this is associated with burnt stress as you would have reached your tether. It's common then to even drop down and pass out if this continuously goes on

without one working on lessening these side effects.

In a Zimbabwean context, all this is being attributed to the different jobs that we do that are keeping food on our tables. As a result, some sage men noted no pain no gain. However it's a matter of just knowing how't o maintain this to stay health as you continue your life. Idleness is not recommended just as well as overworking is loathed. If you can't hit the gym then try meditation, a time where you leave everything else that includes your phone.

You find a place to sit and shut your eyes as you meditate breathing slowly in and out. All these are fruitful means of working on vanquishing a feeling of constantly feeling tired. It's normal to feel this way however do not make it a habit because it has detrimental effects in the long run. Rugare treasured readers. Abigirl Phiri Zimbabwe

# 5

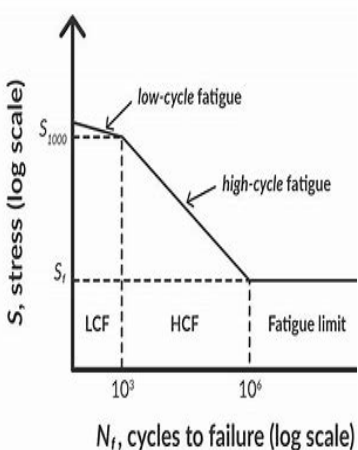


By Abigirl Phiri-Zimbabwe

## summary



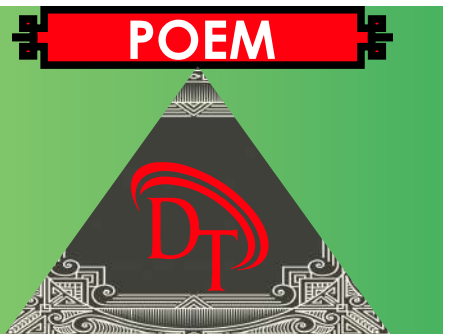
Poem Title :  
 Godly goodness  
 As you can discern  
 Seeing the picturesque display  
 Changing one after the other  
 The visions are as real as reels life  
 Muttering as if chants  
 There is no room for doubters  
 Cast your net wider, catch men  
 And drop to your knees, life is real  
 Good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

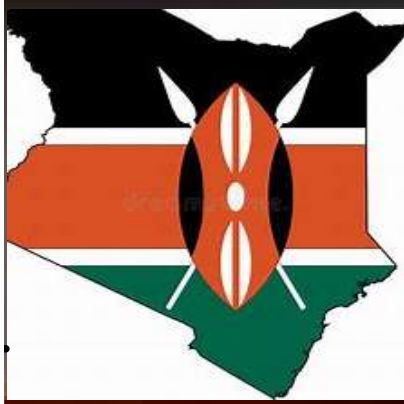


**M**ost of the time fatigue can be traced to one or more lifestyle issues, such as poor sleep habits or lack of exercise. Fatigue can be caused by a medicine or linked to depression. Sometimes fatigue is a symptom of an illness that needs treat-

ment. Lifestyle factors Fatigue may be related to: Alcohol or drug use Eating poorly Medicines, such as ones used to treat allergies or coughs Not enough sleep Too little physical activity Too much physical activity Exhaustion that doesn't let up

might be a sign of: Adrenal insufficiency Amyotrophic lateral sclerosis (ALS) Anemia — a condition in which the body doesn't get oxygen due to a lack of healthy red blood cells. Anxiety disorders





Muthoni Kirima

FALLEN HERO

Muthoni Kirima

Kenya  
FALLEN  
HERO

Rest In Peace

# Mũthoni Kĩrĩma

As a child, she went into the missionaries' tent with other children to learn about Christianity.

**F**ield-Marshal Muthoni wa Kirima (1931 - 4 September 2023) was a female fighter in Mau Mau's 1950s rebellion against British colonialism. Few Mau Mau women became active fighters, and Muthoni was the only woman to have attained the Mau Mau rank of field-marshal.

#### Early life

Muthoni Kirima was born in Nairutia village, Nyeri County, Kenya, in 1931. She was born Muthoni Whihuini, originating from her grandfather's name. When Muthoni was very little, her family moved to Karing'u for a better life. The journey was mentioned by her as long and hard for her as a young girl. They traveled 15km, half on a small donkey with no saddle, and the other half she walked herself. During her time in Karing'u, Muthoni first learned about Christianity and became infatuated with it.

As a child, she went into the missionaries' tent with other children to learn about Christianity. By the time she was eight years old, she started her long-standing devotion to the church. Her experience of racial violence between Kenyan settlers and the Kikuyu came when she was doing child labor at the farm of a white settler.

During this period of her life, she saw verbal and emotional abuse, physical violence toward Kikuyu men, and sexual violence toward Kikuyu women. This is said [by whom?] to have driven her resolve to fight for independence to free her people and her country.

In 1948, she met her husband Mutungi Gichuhi, who was a young cook working at the same settler farm as she did. After their wedding, the couple moved to the edge of Nyeri town and started their own life;



Muthoni Kirima (1931 – 4 September 2023)

Muthoni became a trader and her husband became a cook.

Muthoni Kirima first took the Mau Mau oath in 1952. From then on, she had to balance being part of the revolution with family responsibilities. She started out by using her connections as a trader to get information and events that were happening to the Mau Mau that were in the forest.

She also organized the oaths of other people. This was extremely hard on her because at this time her husband didn't take the oath and she felt guilty lying to him. This changed in 1953 when her husband Mutungi Gichuhi finally decided that he wanted to take the oath and join the Mau Mau. That same

day, Muthoni Kirima took him and a goat to her father in law's home in the Kinaini forest where he swore his oath to the Mau Mau fighters. That was the last time that she would see her husband for 11 years, as he lived in the forest until 1963.

The next day, Chief Muhoya, who was an African colonial chief in Kenya, sent soldiers to Muthoni Kirima's house to check on her husband, as he was a candidate to be a member of the Kamatimu, a loyalist group under Chief Muhoya.

When they questioned her, she told them that he went to get eggs and had not returned, so they eventually left. Three days later, they came back with the suspicion that he joined the Mau

Mau fighters. To get the information that they needed, they beat her relentlessly. In an interview, she describes this by saying, "I was beaten up."

They kicked me with their boots until I could hardly move. Blood oozed from my nostrils. They left me unconscious." She credits this moment as the turning point that made her want to not just be in the village helping the Mau Mau fighters but to be a forest fighter. This was when she took off to the forest and after a week by herself, she found the Mau Mau fighters.

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

## summary



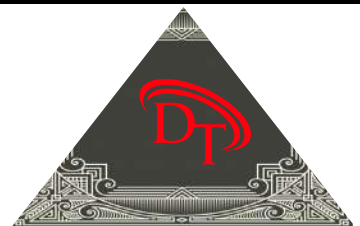
## RIP

Kirima started her time in the forest as a non-combatant; like most of the other women, she just cooked and looked after the soldiers while getting them ammunition and grenades from the market.

But she quickly impressed her fellow soldiers with her shooting skills and quick thinking. Before long, she was leading her own platoons and helped break the gender norms of the Mau Mau fighters.

In an interview in 2015, a woman veteran soldier says, "There was one woman called Muthoni, I was with her. She feared nothing. She used to go to war with men because she did not fear. She was a dangerous woman; even men feared her."

Muthoni Kirima



# Tom Girardi found guilty of wire fraud: 'It wasn't a hard decision,' juror says

**A** federal court jury in Los Angeles found Tom Girardi, once a legal titan and now a disgraced former attorney, guilty Tuesday of wire fraud for leading a years long scheme in which he embezzled tens of millions of dollars.

The verdict concluded a 13-day trial in which prosecutors elicited emotional testimony from former clients, including a burn victim and a widow whose husband died in a boating accident, employees of the now-closed law firm Girardi Keese and an outside attorney who struggled to get a woman the settlement money she'd been granted.

As clients went unpaid, prosecutors told the jury, Girardi spent money on private jets, country clubs and the entertainment career of his now-estranged wife, Erika Girardi, a star of "Real Housewives of Beverly Hills."

Girardi, 85, had been on trial on four counts of wire fraud; he was found guilty on all four.

The jury deliberated for roughly four hours before delivering a verdict. Girardi, in the same gray blazer he'd worn throughout the trial, swiveled back and forth in his chair as he waited to hear his fate.

He turned to watch Judge Josephine Staton as she read the verdict, face impassive. As she recited the final guilty verdict, he rubbed his forehead. He could be sentenced to up to 80 years in prison.

# 2 people killed, 1 injured in reported tire explosion at Delta facility in Atlanta's Hartsfield-Jackson airport.

**T**wo people were killed and one was injured after a tire reportedly exploded at a Delta Air Lines facility adjacent to Hartsfield-Jackson Atlanta International Airport on Tuesday morning, officials said.

Georgia's Clayton County Medical Examiner's Office identified the dead Tuesday evening as Mirko F. Marweg, 58, of Stone Mountain, Georgia; and Luis Aldarondo, 37, of Newnan, Georgia. In response to an inquiry about the workers' length of employment, titles and job duties, Delta spokesperson Anthony L. Black said, "We are not releasing any details on our Delta employees at this time."

In an earlier statement, the airline confirmed the deaths and injury of members of their staff. "The Delta family is heartbroken at the loss of two team members and the injury of another following an incident this morning at the Atlanta Technical Operations Maintenance facility (TOC 3)," the statement said. "We have extended our full support to family members and colleagues during this incredibly difficult time."

A Delta Air Lines spokesperson



said there was an incident in Delta's TechOps facility in Atlanta involving "a wheel component" just after 5 a.m. The TechOps division is North America's largest provider of maintenance, repair and aircraft overhauling, according to Delta's website.

Delta said it is conducting an investigation into the incident and working with local authorities. Delta did not specify what kind of incident led to the deaths and injury, but a union representing workers at the airport

cited reports of a tire explosion. The International Association of Machinists and Aerospace Workers, a union that represents airlines industry workers across North America, issued a statement on the reported tire explosion and extended condolences to the victims' families. Yahoo page share

# 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

# Black Trump supporter claims he was called a 'slave' by right-wing organization he was canvassing for.

Buckels, who is white, according to Baxter's suit, "then proceeded to call [him] a 'slave' and demanded that he confirm he is a 'slave,' stating as follows: 'I know you are doing the work and I can see the doors that you are hitting on my iPad on my side. At least you are working as a slave (sarcastically) but at least you are getting paid, many slaves today do get paid, many used to never get paid. Are you a slave?'"

**A** die-hard Trumper in Florida says he was discriminated against by a right-wing political advocacy group, claiming he was called a "slave" during his 12 days with the organization before it fired him for complaining.

Carl Baxter, who is Black, is suing Americans for Prosperity, the nonprofit "grassroots" conservative operation run by Charles and David Koch, the billionaire siblings and hard-line climate change deniers.

Baxter serves as president of the Republican Club of North & East Fort Myers, and is not at all shy about his outsized affection for Donald Trump. He can be seen on social media at Trump appearances, waving a MAGA flag at a "Trump Truck Parade," at charity galas giving the camera a Trumpian "thumbs-up," and donning a red MAGA hat and posing with, among others, a county tax collector who has come out as a vociferous opponent of critical race theory.

AFP, which has been around since 2004, gained prominence after Barack Obama was sworn in as president. It has traditionally focused on hollowing out workers' rights, blocking Medicaid expansion, knee-capping green energy initiatives, and pushing down the minimum wage. Since 2010, some 42 percent of AFP's ads have been rated "false" by Politi-



Fact, the nonpartisan fact-checking website; none have been rated "true." The group backed Trump's UN ambassador Nikki Haley in the 2024 presidential race before the former South Carolina governor bowed out

in March. Trump chafed at AFP's support of Haley, posting last January to his flailing Twitter clone, Truth Social: "American's [sic] for No Prosperity, who made more money during the Trump years than at any

other time, are stupid people who are backing Birdbrain as she goes down tubes. Bad timing Charles!"

**"Shakahola massacre is way beyond the Hola massacre**  
**The Hola massacre was perpetrated by the colonialists**  
**The Shakahola massacre by the seif-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.**

*The Diaspora Times is the Diaspra Voice*





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# Marian Anderson.

**M**arian Anderson (February 27, 1897 – April 8, 1993) was an American contralto. She performed a wide range of music, from opera to

spirituals. Anderson performed with renowned orchestras in major concert and recital venues throughout the United States and Europe between 1925 and 1965.

Anderson was an important figure in the struggle for African American artists to overcome racial prejudice in the United States during the mid-twentieth century. In 1939, during the period of racial segregation, the Daughters of the American Revolution (DAR) refused to allow Anderson to sing to an integrated audience in Constitution Hall in Washington, D.C.

The incident placed Anderson in the spotlight of the international community on a level unusual for a classical musician. With the aid of First Lady Eleanor Roosevelt and her husband, President Franklin D. Roosevelt, Anderson performed a critically acclaimed open-air concert on Easter Sunday, April 9, 1939, on the Lincoln Memorial steps in the capital. The event was featured in a documentary film, *Marian Anderson: The Lincoln Memorial Concert*. She sang before an integrated crowd of more than 75,000 people and a radio audience in the millions.

On January 7, 1955, Anderson became the first African American singer to perform at the Metropolitan Opera. In addition, she worked as a delegate to the United Nations Human Rights Committee and as a Goodwill Ambassador for the United States Department of State, giving concerts all over the world. She participated in the civil rights movement in the 1960s, singing at the March on Washington for Jobs and Freedom in 1963.

The recipient of numerous awards and honors, Anderson was awarded the first Presidential Medal of Freedom in 1963, the Congressional Gold Medal in 1977, the Kennedy Center Honors in 1978, the National Medal of Arts in 1986, and a Grammy Lifetime Achievement Award in 1991.

Marian Anderson was born in Philadelphia on February 27, 1897, to John Berkley Anderson and Annie Delilah Rucker.

Her father sold ice and coal at the Reading Terminal in downtown Philadelphia and eventually also sold liquor. Before her marriage, Anderson's mother was briefly a student at the Virginia Seminary and College in Lynchburg, and worked as a sc-



## February 27, 1897 – April 8, 1993

hoolteacher in Virginia. As she did not obtain a degree, Annie Anderson was unable to teach in Philadelphia under a law that was applied only to black teachers and not white ones. She therefore earned an income caring for small children. Marian was the eldest of the three Anderson children. Her two sisters, Alyse (1899–1965) and Ethel (1902–90), also became singers. Ethel married James DePreist and their son James Anderson DePreist was a noted conductor.

Anderson in 1920

Anderson's parents were both devout Christians and the whole family was active in the Union Baptist Church, which, during her youth, stood in a building constructed by the congregation in 1889 at 709 S. 12th Street in South Philadelphia.

Marian's aunt Mary, her father's sister,

was particularly active in the church's musical life and convinced her niece to join the junior church choir at the age of six. In that role, she got to perform solos and duets, often with her aunt.

Aunt Mary took Marian to concerts at local churches, the YMCA, benefit concerts, and other community music events throughout the city. Anderson credited her aunt's influence as the reason she pursued her singing career.

Beginning as young as six, her aunt arranged for Marian to sing for local functions where she was often paid 25 or 50 cents for singing a few songs. As she got into her early teens, Marian began to make as much as four or five dollars for singing, a considerable sum for the early 20th century. At the age of 10, Marian joined the People's Chorus of Philadelphia under

the direction of singer Emma Azalia Hackley, where she was often a soloist.

When Anderson was 12, her father received a head injury while working at the Reading Terminal before Christmas 1909. Soon afterwards, her father died following heart failure. He was 37 years old. Marian and her family moved into the home of her father's parents, Benjamin and Isabella Anderson.

Her grandfather had been born a slave and was emancipated in the 1860s. He relocated to South Philadelphia, the first person in his family to do so. When Anderson moved into his home, the two became very close, but he died just a year after the family moved there.

To be continued.....  
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# Benjamin Banneker

**Banneker's knowledge of astronomy helped him author a commercially successful series of almanacs. He corresponded with Thomas Jefferson on the topics of slavery and racial equality.**

**B**enjamin Banneker was African-American naturalist, mathematician, astronomer and almanac author. A landowner, he also worked as a surveyor and farmer.

Born in Baltimore County, Maryland, to a free African-American mother and a father who had formerly been enslaved, Banneker had little or no formal education and was largely self-taught. He became known for assisting Major Andrew Ellicott in a survey that established the original borders of the District of Columbia, the federal capital district of the United States.

Banneker's knowledge of astronomy helped him author a commercially successful series of almanacs. He corresponded with Thomas Jefferson on the topics of slavery and racial equality. Abolitionists and advocates of racial equality promoted and praised Banneker's works. Although a fire on the day of Banneker's funeral destroyed many of his papers and belongings, one of his journals and several of his remaining artifacts survived.

Banneker became a folk-hero after his death, leading to many accounts of his life being exaggerated or embellished.[2] The names of parks, schools and streets commemorate him and his works, as do other tributes.

#### Early life

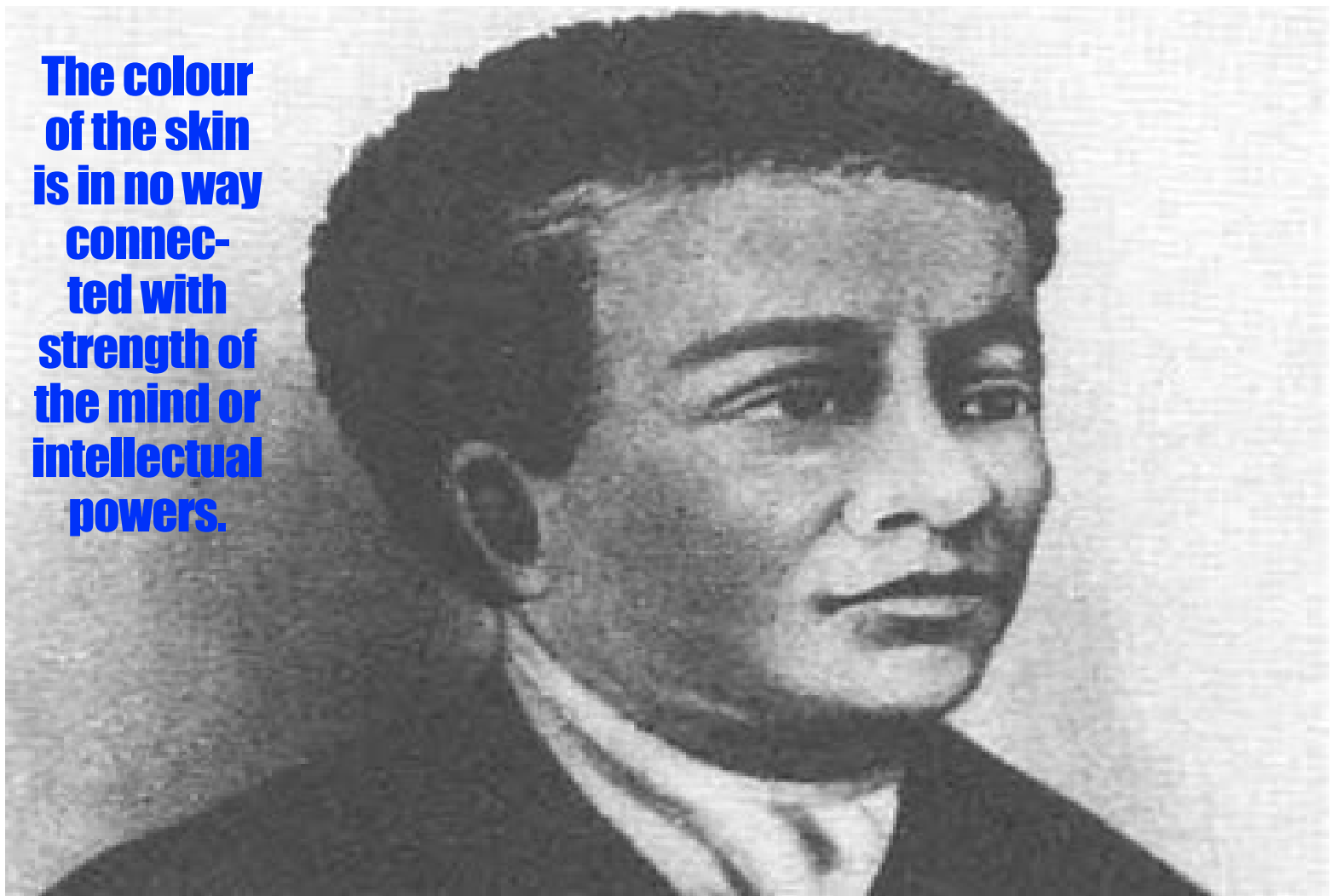
Banneker was born on November 9, 1731, in Baltimore County, Maryland, to Mary Banneky, a free black woman, and Robert, a freed slave from Guinea who died in 1759. There are two conflicting accounts of Banneker's family history.

Banneker himself and his earliest biographers described him as having only African ancestry.[5][6][7] None of Banneker's surviving papers describe a white ancestor or identify the name of his grandmother.

However, later biographers have contended that Banneker's mother was the child of Molly Welsh, a former white indentured servant, and an African slave named Banneka.[4][6][8] The first published description of Molly Welsh was based on interviews with her descendants that took place in 1836, long after the deaths of both Molly and Benjamin.[6][9] According to that story, Molly purchased Banneka to help establish a farm located near the future site of Ellicott's Mills, Maryland, west of Baltimore.

A biographer suggested in 2002 that Banneka may have been a member of the Dogon people, who several anthropologists have claimed had an early knowledge of astronomy (see Dogon astronomical beliefs).

**The colour of the skin is in no way connected with strength of the mind or intellectual powers.**



*(Benjamin Banneker November 9, 1731 – October 19, 1806)*

Molly supposedly freed and married Banneka, who may have shared his knowledge of astronomy with her. The biographer suggested that Benjamin acquired this knowledge from Molly, as Benjamin was born after Banneka's death.

A genealogist who in 2016 reported an analysis of records related to Banneker's family tree was unable to identify any documents that showed that Banneker had a white grandmother, but could not rule out that possibility. The report noted that the name "Bannaker" may have had the same origin as that of Banaka, a small village in the present-day Klay District of Bomi County in northwestern Liberia that had once participated in the African slave trade.

A 2021 update to this genealogy stated that Benjamin Banneker's father, Robert, was by May 18, 1731, married to Mary Lett (then called Mary Beneca), the daughter of a white woman by an enslaved man. The update noted that Banaka is the home of the Vai people, who have lived there since about 1500 when they left the Mali Empire. In 1737, Banneker was named at the age of 6 on the deed of his family's 100-acre (0.40 km<sup>2</sup>) farm in the Patapsco Valley in rural Baltimore County.

A letter writer stated in 1791 that Banneker's parents had sent him to an obscure

school where he learned reading, writing and arithmetic as far as double position. [clarification needed However, the remainder of Banneker's early life is not well documented.

Unverified accounts that first appeared in books published more than 140 years after Banneker's death relate that, as a young teenager, Banneker met and befriended Peter Heinrich, a Quaker who later established a school near the Banneker family farm. (Quakers were leaders in the anti-slavery movement and advocates of racial equality (see Quakers in the abolition movement and Testimony of equality)). These accounts state that Heinrich shared his personal library and provided Banneker with his only classroom instruction. Banneker's formal education (if any) presumably ended when he was old enough to help on his family's farm.



**Around 1753, at about the age of 21, Banneker reportedly completed a wooden clock that struck on the hour. He appears to have modelled his clock from a borrowed pocket watch by carving each piece to scale. The clock continued to work until his death.**

**After his father died in 1759, Banneker lived with his mother and sisters.[3][9] In 1768, he signed a Baltimore County petition to move the county seat from Joppa to Baltimore.[24] An entry for his property in a 1773 Baltimore County tax list identified Banneker as the only adult member of his household.**

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

13

*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."



## WE FAIL BECAUSE WE DO NOT TRY

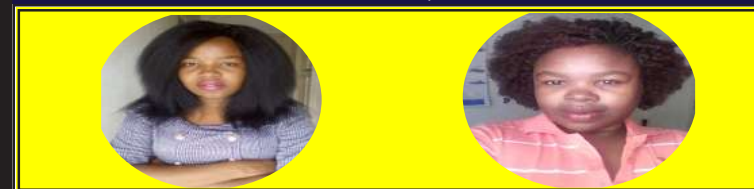
## THE FUTURE IS HERE

**"It's all about dreams. Dreams cost nothing, they are free"**  
-Sylvester Stallone

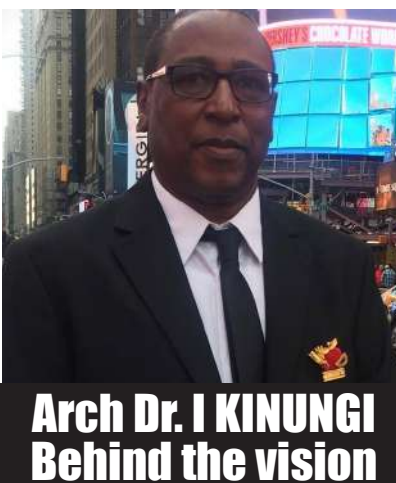


**Charles Kabiriri**  
Activist, Kenya

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



## Senior Reporters



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# Unique Experiences With The Sterling Group Of Hotels

From my own prerogative, if you visit the attraction then you are bound to promote domestic tourism,



Tourism with Memory Phiri Zimbabwe.

**A**ccommodation becomes a very interesting topic if a cottage, lodge and hotel is designed in a way that you will remember it for the rest of your days. Visitors always dance to a tour operator's tune when the establishment is built with tourism development in mind.

In all honesty, such luxurious hubs are bound to find a solid place on the market or industry. That lasting impression which conjures repeat business with the word of mouth to boot. From time to time, tourists are compelled to witness the Sterling Group of Hotels because they pay homage to Destination Zimbabwe, the World of Wonders. At this moment in time, allow me to say that the Sterling Boutique Lodge and Conference Center caught my fancy all because of its rooms.

Situated in Hogerty Hill Borrowdale Harare, it is only sixteen minutes away from the airport. We all know that every hotel room has a number but that is not the case with this lodge. Interestingly, when you check in you will be on a virtual

From time to time, tourists are compelled to witness the Sterling Group of Hotels because they pay homage to Destination Zimbabwe, the World of Wonders. At this moment in time, allow me to say that the Sterling Boutique Lodge and Conference Center caught my fancy all because of its rooms



As beautiful as it comes, the state of art premises has the latest in modern structure thanks to the architects that designed it.

## Enjoy Your Stay At Sterling Group Of Hotels

journey or excursion to very famous destinations in Zimbabwe. Without any shadow of doubt, the Sterling Boutique Lodge has a lot to offer in terms of upholding travel and tourism. As beautiful as it comes, the state of art premises has the latest in modern structure thanks to the architects that designed it.

The building has the signature glasses for walls and you can see through whilst you will be going about your business inside. It is a very neat place that is well maintained to please guests who have the privilege to stay overnight. The Sterling Boutique Lodge provides visitors with WIFI and twenty four hour security as part of the package.

Moreover it has four standard rooms, three luxury rooms and a tour bus that is available for picking and dropping off guests. With two conference rooms to enhance this outfit, visitors will be designated to rooms like the Hwange, Mtarazi, Chinhoyi, Vumba, Vicfalls, Kariba and Inyanga, Kwekwe, the Sunshine City and Matopos as room names. Actually, this proves that the establishment is out to

touch the hearts of one too many a tourist when it comes to it's marketing strategy. Needless to mention that if you let your imagination run wild you will feel like braving the skywalk. Similarly, the Matopos room will put you in the shoes of a wildlife conservation volunteer.

From my own prerogative, if you visit the attraction then you are bound to promote domestic tourism, deliberately making every

guest feel like they are part of something big. Besides the awe inspiring rooms the lodge offers conference and event needs as well as fine dining for private occasions, family dinners with breakfast or lunch as well. Indeed, it is wise to say that the Sterling Group of Hotels puts other tourism destinations first before their own. What a selfless gesture.

Article by Memory Phiri



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

15

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

# Diaspora Sunday

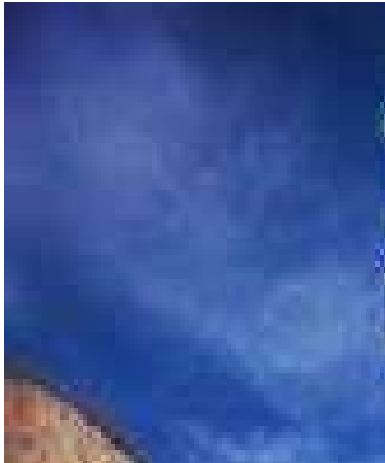
Worship the Lord your God, and his blessing will be on your food and water. I will take away sickness from among you.  
Exodus 23:25 Romans 15:13

## PRAYERS

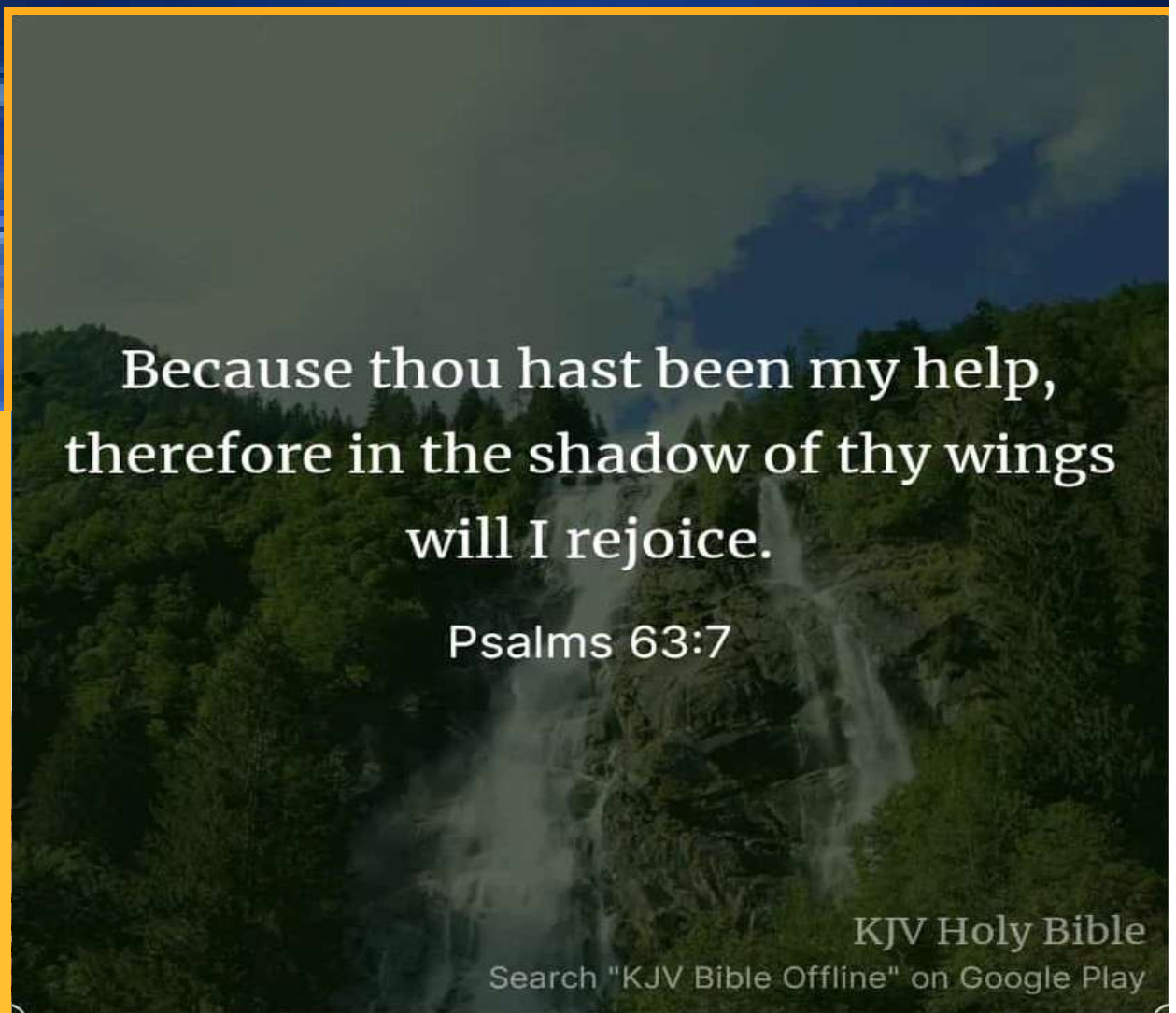
### Prayer for a Healthy Cardiovascular and Respiratory System

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

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



The Lord will keep you from all harm—he will watch over your life; the Lord will watch over your coming and going both now and forevermore.  
Psalm 121:7-8

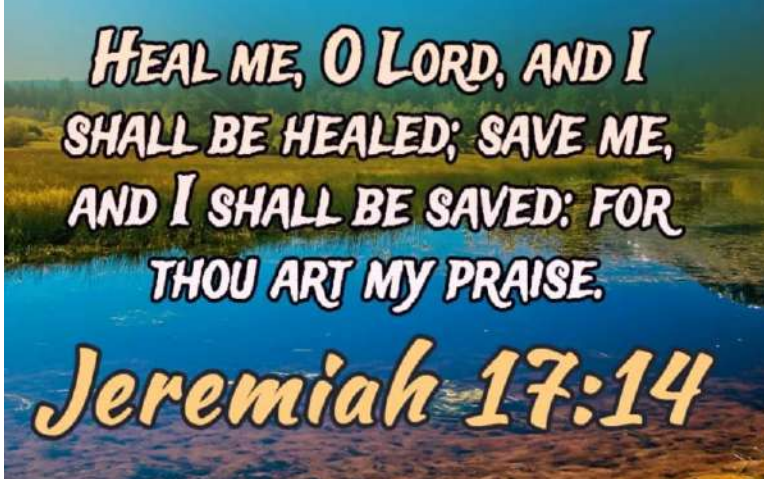


Because thou hast been my help, therefore in the shadow of thy wings will I rejoice.

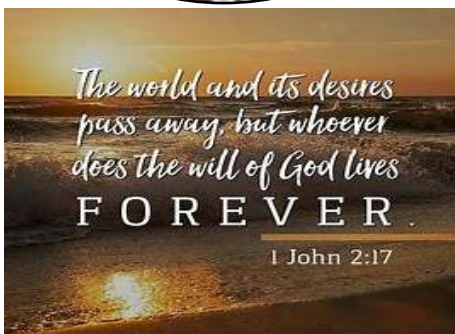
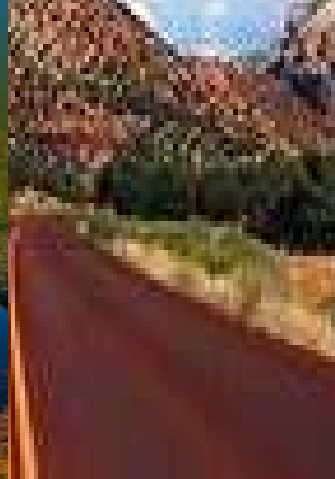
Psalms 63:7

KJV Holy Bible

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



Pastor Mukuria

MORNING AFFIRMATION - PSALMS 34:1  
Morning Affirmation  
Psalms 34:1  
I will Praise the Lord at all times  
I will constantly speak His Praises.

Good day!



Brother Kigume

We need to be generous at all times. Someone showing generosity is happy to give time, money, food, or kindness to people in need.



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

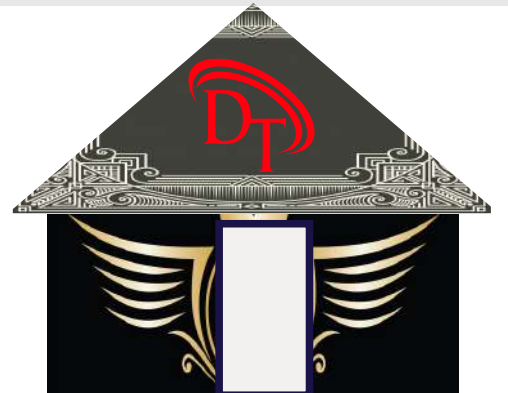
If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success. -James Cameron







# Health Tit Bits



# DEPRESSION.



If you have a loved one who is in danger of suicide or has made a suicide attempt, make sure someone stays with that person. Call 911 or your local emergency number immediately. Or, if you think you can do so safely, take the person to the nearest hospital emergency room.

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

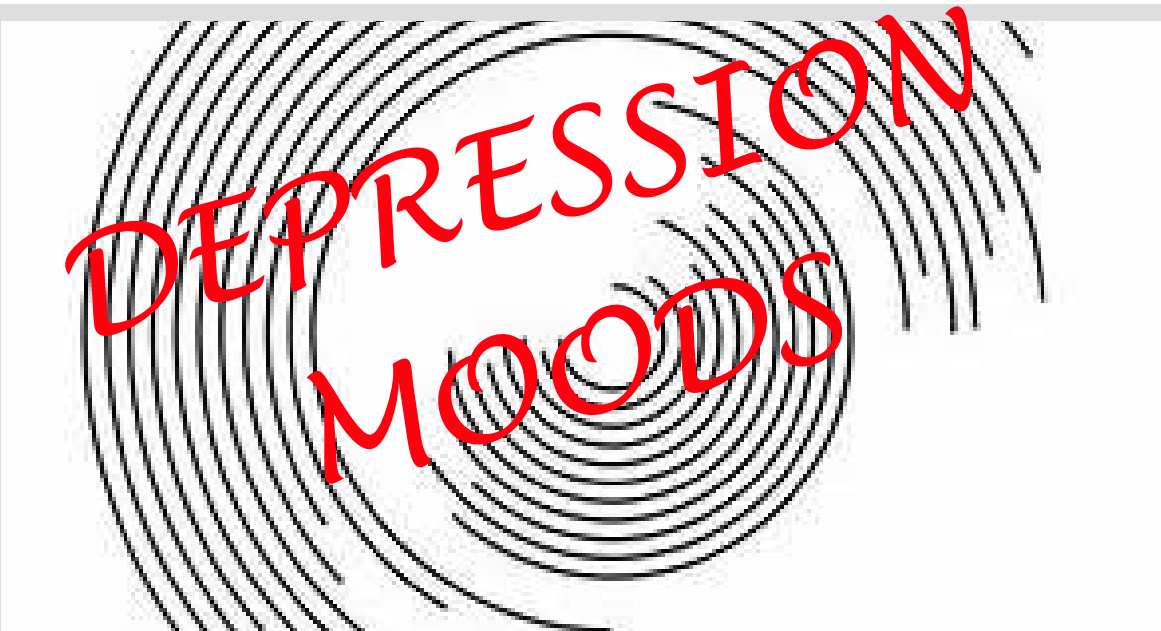
## summary

**D**epression is a mood disorder that causes a persistent feeling of sadness and loss of interest.

Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living.

More than just a bout of the blues, depression isn't a weakness and you can't simply "snap out" of it. Depres-

If you feel depressed, make an appointment to see your doctor or mental health professional as soon as you can. If you're reluctant to seek treatment, talk to a friend or loved one, any health care professional, a faith leader, or someone else you trust.



### A RARE DISORDER

sion may require long-term treatment. But don't get discouraged. Most people with depression feel better with medication, psychotherapy or both.

**Symptoms**  
Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day and may include:  
Feelings of sadness, tearfulness, emptiness or hopelessness

Angry outbursts, irritability or frustration, even over small matters

Loss of interest or pleasure in most or all normal activities, such as sex, hobbies or sports

Sleep disturbances, including insomnia or sleeping too much

Tiredness and lack of energy, so even small tasks take extra effort

Reduced appetite and weight loss or increased cravings for food and weight gain

Anxiety, agitation or restlessness

Slowed thinking, speaking or body movements

Feelings of worthlessness or guilt, fixating on past failures or self-blame

Trouble thinking, concentrating, making decisions and remembering things

Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide

Unexplained physical problems, such as back pain or

headaches

For many people with depression, symptoms usually are severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.



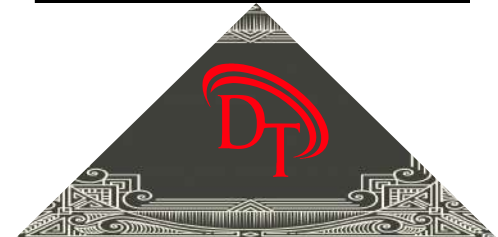
Depression symptoms in children and teens  
Common signs and symptoms of depression in children and teenagers are similar to those of adults, but there can be some differences.

In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.

In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.

Depression symptoms in older adults  
Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help.

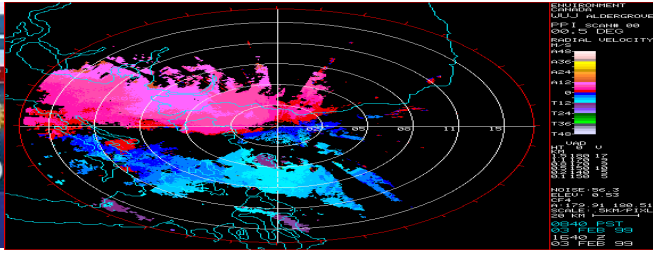
## Depression



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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.

**Tornado in Oklahoma forms behind rainbow as severe weather strikes region.**



**A new line of storms was barreling through Texas on Sunday as officials worked to assess damage from a series of tornadoes and severe weather which left at least 11 people dead overnight.**

**Authorities said the full extent of the damage from Saturday's spate of storms was not yet known — but warned the region should get ready for another hit. Forecasters warned of more "severe" weather and heavy rain.**

**The same storm system that spawned the deadly twisters in the Dallas area was expected to leave up to 16 inches of snow in west Texas through Sunday evening, according to the National Weather Service (NWS).**



**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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## The Diaspora Fountain Of News & Knowledge

# Slow down! Michigan mom's texts to son may come back to haunt her

**Rather, she bought a faster and more powerful car, and allegedly gave him access to it: a BMW X3 M series that can reach up to 177 mph**

**J**ust weeks before he killed his friend in a car crash, Michigan teenager Kiernan Tague was blasting across highways at more than 140 mph in his family's Audi sports coupe, photographing the speedometer and getting texts from his mom: "Slow... down!"

According to police reports, his mom knew about his driving habits through a special safety app called Life360, and once texted him: "I have screen shots of you ... doing 123 mph ... It scares me to my bone." But she didn't take away his keys.

Rather, she bought a faster and more powerful car, and allegedly gave him access to it: a BMW X3 M series that can reach up to 177 mph. That's what Kiernan was driving the night he lost control at 105 mph on a residential street in Grosse Pointe Farms, a Detroit suburb, hitting a pole and then a tree, killing his passenger: 18-year-old Flynn MacKrell, a stellar, 6-foot-4 swimmer known for his gentle ways, easy smile and shaggy red hair. "To say this is a living hell is an understatement," Flynn's mom, Anne Vanker, said through tears in a recent interview with the Detroit Free Press, part of the USA TODAY Network. "My life has been ruined. My family's life is ruined. No one should ever, ever have to lose a child like this ... I still can't believe my son — my big calm son — is gone."

Nine months after Flynn's tragic death, his family is seeking justice: Not just for the driver's actions, but for his mom's inaction. MacKrell's family is asking



Wayne County Prosecutor Kym Worthy to pursue criminal charges against the driver's mom, Elizabeth Puleo-Tague — much like another Michigan prosecutor, Oakland County's Karen McDonald, sought parental accountability after the deadly mass shooting at Oxford High School in 2021. She charged the gunman's parents, James and Jennifer Crumbley, who were convicted of involuntary manslaughter this year in a landmark prosecution that put parents everywhere on notice.

The Crumbleys, who bought the gun that their son, Ethan, used in his rampage, are serving 10-year prison sentences after separate juries held them responsible for the lives of four students — 16-year-old Tate Myre; 17-year-olds Madisyn Baldwin and Justin Shilling, and 14-year-old Hana St. Juliana — killed by their son. Ethan Crumbley also injured six students and a teacher.

The MacKrell family is hoping for a similar result. "We believe there is cause to bring criminal charges against Mrs. Elizabeth Tague," the family writes in a letter delivered in July to Prosecutor Worthy.

"The (police) report and the investigation clearly illustrate that not only were Mr. Tague's driving habits criminal — frequently filming himself speeding at more than 100 mph on our local Detroit roads — but that (his mom) was intimately aware of his behavior, but did not take the actions of a 'reasonable' person to prevent harm."

The letter reads much like the legal arguments against the Crumbleys, who were accused of failing to take reasonable actions to prevent their child from harming others: Like not putting a cable lock on the gun he sneaked out of the house and used to shoot up his school, or not bringing him home from school when he drew a picture of a gun in class and wrote "The Thoughts won't stop. Help me" on a school worksheet. Instead, the Crumbleys returned to their jobs. Two hours later, their son fired his first shot.

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**FBI says gunman spent months seeking a target, then settled on Trump**



The gunman who tried to kill Donald Trump mounted a "sustained, detailed effort" to attack a major gathering of some sort before deciding to target the Republican presidential candidate at a Pennsylvania rally in July, FBI officials said on Wednesday. FBI officials said Thomas Crooks, 20, searched more than 60 times for information about the Republican presidential candidate and his then-rival, Democratic President Joe Biden, before registering for the Trump rally in early July. "We saw ... a sustained, detailed effort to plan an attack on some events, meaning he looked at any number of events or targets," Kevin Rojek, the FBI's top official in western Pennsylvania, said in a telephone briefing to reporters. Rojek said Crooks became "hyper focused" on the Trump rally when it was announced in early July "and looked at it as a target of opportunity." Rojek said the FBI has not yet been able to determine what motivated Crooks to

try to assassinate Trump at a rally in Butler, Pennsylvania, on July 13.

Crooks' computer activity showed he was interested in a mix of ideologies, but did not show definitively that he was motivated by a particular left-leaning or right-leaning point of view, Rojek said.

FBI officials said they had not found any evidence indicated that Crooks had worked with other people, or had been directed by a foreign power. There were no traces of illicit drugs or alcohol in his system.

The assassination attempt prompted questions about how Crooks was able to climb a nearby building and fire eight shots at the former president before being killed by a Secret Service sharpshooter. Several congressional and government probes are examining the event's security measures.

As reported NY Times





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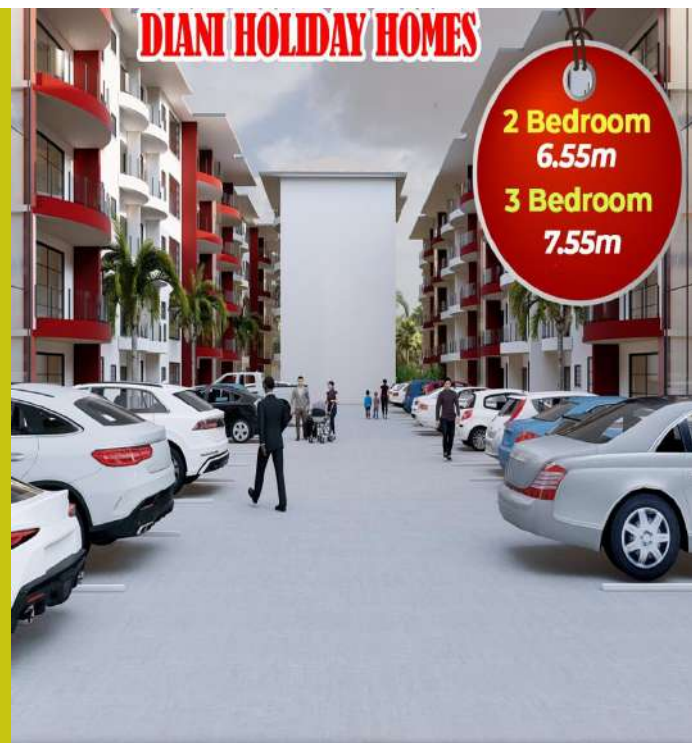
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# WORLD OF SPORTS

## Ranking NFL's top 10 quarterback-coach duos for 2024: Chiefs' Patrick Mahomes and Andy Reid remain No. 1.



Shared by:  
By Tafara  
Makusha

**Quarterbacks who had a strong 2023 season or have a small sample size with their coach shouldn't be punished too harshly because they haven't been together for many years.**

**T**he quarterback-coach duo rankings have undergone a lot of change over the past five seasons, yet one aspect remains constant: Patrick Mahomes and Andy Reid are the standard.

Mahomes and Reid led the Kansas City Chiefs to their third Super Bowl title in five years, retaining their spot at the top of the annual quarterback-coach duo list. Behind Mahomes and Reid, the rankings underwent some shuffling.

Two new duos made the list for the first time, thanks to some impressive seasons by two of the rising teams in the league. The top of the rankings also shuffled a bit thanks to the performance of their teams last season, which plays a huge role in determining the 2024 list.

It's a great sign that a coach and a quarterback have been together for a long time (which certainly plays a role in these rankings), but recent success on the field should also play a factor.



# SPORTS WORLD

