



RELATIONSHIP

By Memory Phiri

Page 15



VICTORIA FALLS

By Abigirl Phiri

Page 5



NEW KENYA MOVEMENT

By Charles Kabiriri

Page 2

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

The Diaspora Times



Saturday Edition



Sep 7th, 2024 Issue 278

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

PRESIDENT RUTO, PLEASE STOP.

EDITORIAL

Launching projects when no funds are allocated, is like inviting your friends for a baby shower when your wife is not pregnant.



For the last 5 years, President Ruto has been launching projects that have either stalled- or not even started. A presidential or a deputy President visit to launch a project requires a lot of logistics, and the taxpayers' money required and spent in a day, can run into millions. Assuming that nearly 400 vehicles are involved in such launching ceremonies, and each spending a minimum of Ksh 5,000, without even adding money spent on the crowd or hooligan mobilization, our calculation gave us

a staggering figure of Ksh 675 million spent on launching such ghost projects alone. If that money had been spent on building new schools, the President would have put up 2 decent High schools the size of Kabarak. We are not even adding the amount of foreign trips that could come to five times that amount. It's time to be serious about minimizing spending at a time the country is experiencing an economic crisis. The President must now utilize the office of the President and leave supervision of development projects- to consultants from the Ministries that perform such tasks.

There is a 20-year development policy, which is further reduced to a ten-year policy plan, and therefore, a President doesn't need to go around telling people what the Government is doing for them as the Kenya Gazette and other media are enough to inform all Kenyans.

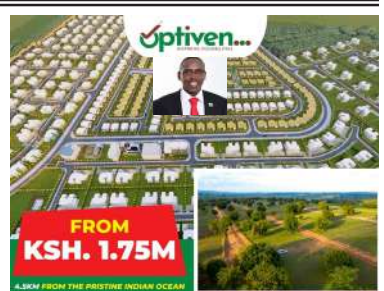
It is wrong to politicize developments and, worse still, when certain regions are promised what is not allocated in the fiscal year development plan.

Kenyans are now enlightened, and young people like Morara Kebaso are educating those who are still ignorant. The revelation embarrasses the President, who can try to stop the young man through intimidation or even mobilizing goons.

Let us now walk the talk and show Kenyans by action and not mere rhetorics, as it will cause disenchantment to the people who need to be served to fulfill their dreams and aspirations. Start going to the assigned office now, and if you fail to do that, you may not write a chapter of any worthwhile project undertaken by your administration during your short term in office.. Speeches full of psychoanalytic mumbo jumbo jargons are only destroying your legacy if any. Please stop and embark on a mission to serve Kenyans not by doing huge projects, but fulfilling the needs of the many desperate Kenyans.



TEL+4049668550
follow us on twitter



FROM KSH. 1.75M
OCEAN VIEW RIDGE VIPINGO
MASTER PLANNED & GATED COMMUNITY
CALL | SMS | WHATSAPP
0790 300 300



AMIRI BARAKA
Amiri Baraka (born Everett Leroy Jones; October 7, 1934 – January 9, 2014), previously known as LeRoi Jones and
Page 10



Having represented West Mugirango as a Member of Parliament for nine months, George Justus Morara's legacy
Page 06

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

Whats Inside

- Laughter P 04
- Amiri [click here](#) P. 10
- Wellness P. 18
- Sports P. 19
- Weather P. 20
- Africa Resouces P. 21
- Abigirl Phiri Corner P. 05



At **Diaspora Insurance** we pride ourselves in providing specialist and bespoke risk solutions to transnational citizens otherwise called Expatriates or Diasporans.

TEL+447703838304

DIASPORA INSURANCE
Peace of mind, Guaranteed!
diasporainsurance.com
TEL+447703838304

HIGHLIGHTS

. LAUGHTER P. 4 . STORM ALERT P. 20 . WRITERS OPINION P.3 . WELLNESS P.18



BEST RATES IN DIASPORA- LEMFI LEADS



LEMFI

International Payments
For Everyone

USE REFERRAL CODE- TIMES

Send and receive money from Kenya



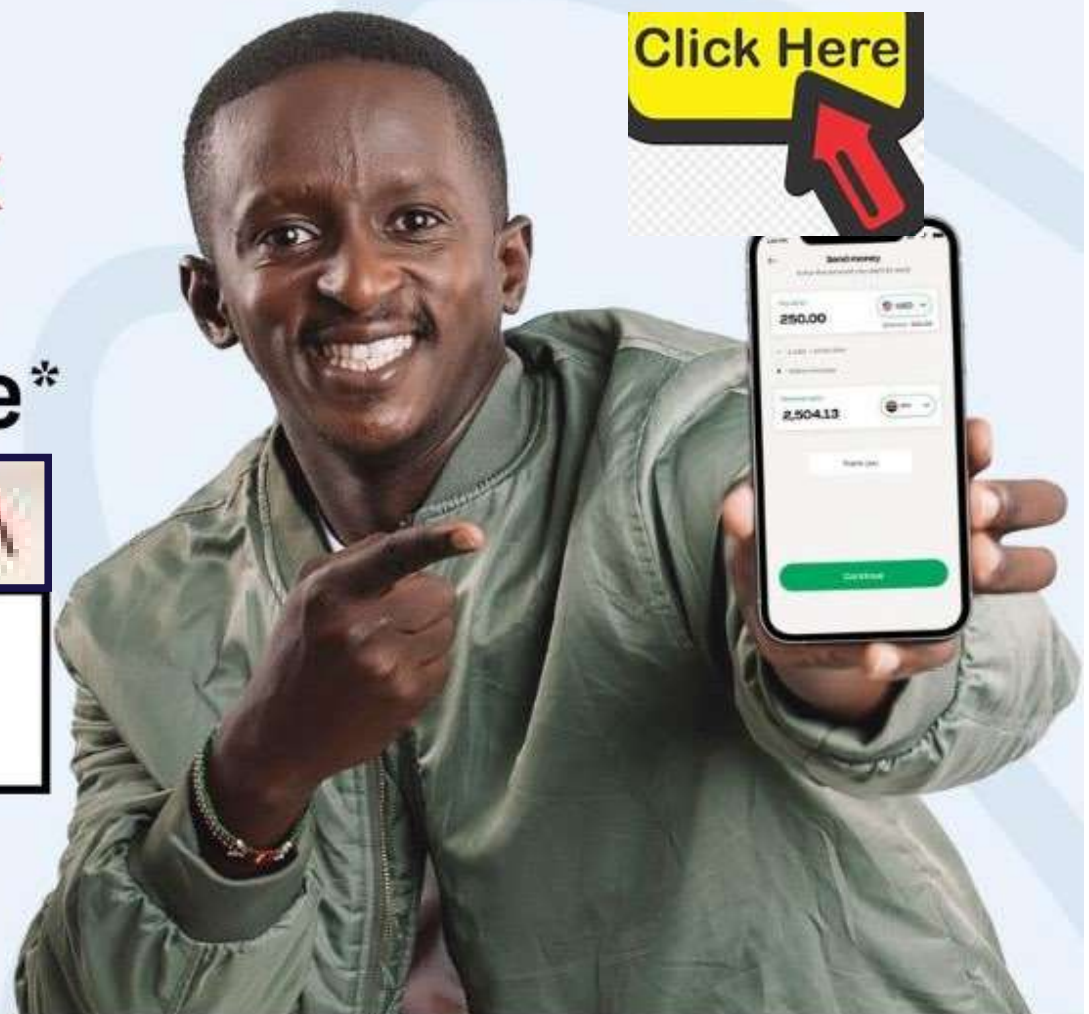
- Zero transfer fees
- Best rates
- Quick transfers
- Send directly to MPESA and bank accounts
- Receive money from Kenya

Get \$30 cashback the first time you send \$100 or more*



Use the referral code
TIMES

*Terms and conditions apply



Scan to download

CLICK ON PDF

GET IT ON Google Play

Download on the App Store



Send money to

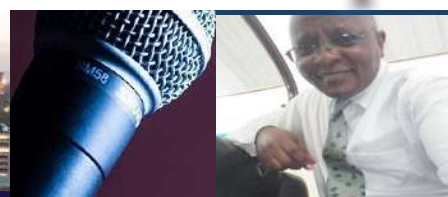
f @uselemfi @uselemfi

W: www.lemfi.com E: support@lemfi.com

Remittance services sponsored by Community Federal Savings Bank.



KENYA NEWS

Charles Kabiriri
Political ActivistNew Kenya Movement
For ChangeSTAND UP FOR YOUR
RIGHTS

Constitutional Review Process In Kenya Cannot Be Trusted When The Current Regime Is In Power.

Ruto must be removed to pave way for a people driven constitution and the same after completion, translated in all languages

Kenya may be ripe for constitutional review, but the people face the enormous catastrophe of losing a nation to the West. The choice of the government to address constitutionalism now is, by far and wide, diversionary!

When the youthful protestors left their homes for the streets to later occupy the parliament on the fateful day of 25th June this year, their minds had focused on one very critical item, CHANGE! They had nothing before them that would stop them from attaining their quest! This became a reality when they eventually held the bull by its horns by storming parliament! They gave themselves out for the sake of the betterment of this nation. It was not the constitutional review process that was the issue but matters on good governance, accountability, misappropriation of the country's economy, mega corruption scandals, and opulence in government. A call for single justice and no impunity

This country's leadership is trading us unawares to globalists.

Who is ADANI GROUP, and who authorised their entry to undertake their mission?

Where is the money of all stalled projects in the country?

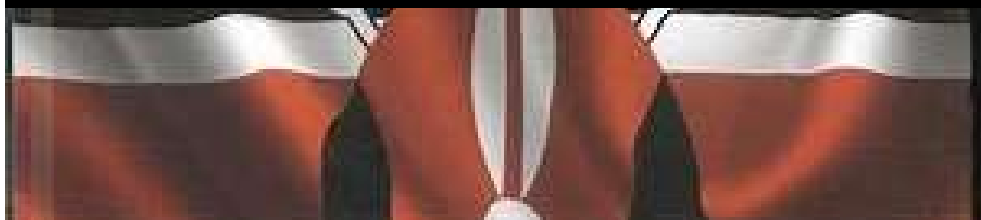
How did the GMO ban get lifted all of a sudden, and what

is the mission of Bill Gates Foundation in the country?

Our problems, unlike South Africa, are not constitutional.

They manifest in policy.

Constitutional Review



were also raised as their concerns.

Today, the government should not be pronouncing itself on matters of constitution but on the extent to which the implementation of reforms agreed upon between the government and the youthful protestors has been realized!

The government should be responsive because a word spoken by the president is as good as law!

This comes with the name "Political Power!"

What did the president agree with Gen Z during their conversation held on the X platform?

That is what is of interest currently to Kenyans!

Attorney General Dorcus Oduor firmly believes that this country is ripe for a constitution review process.

By weighing in to support her position, the Attorney General has gone ahead and mentioned South Africa as an example to identify with, claiming that since our constitution is fifteen years old, South Africa reviewed it at ten.

However, there is no rule to support this magnitude of an allegation.

Choosing to say so is prevalent in a person working for the benefit of the appointing authority, the sitting power, and not the

Kenyan people, who, from their taxes, every civil servant receives a salary. The Attorney General can thus be called out by Kenyans for misinforming the country!

Why should the country use its minute reserves as a non-vital entity?

South Africa and Kenya have geopolitics that are equal but opposite!

The Economic Freedom Fighters Party (E.E.F), led by firebrand former youth leader Hon Julius Malema, has pertinent issues with land ownership laws.

Our issues are within the context of politics of tribalism and patronage.

The recent cabinet reshuffle can tell it all. There is nothing about Broad-based government. It's all about the application of tribal cards to sustain power.

This is the worst regime in the political history of this country, and to try and assign it the role of constitutional review will be equal to shooting ourselves as Kenyans right on our feet!

This can be the worst direction that this country would ever take!

How would you allow a regime that is tainted with mediocrity and massive looting of public resources to be allowed to handle a critical document of the magnitude of the constitution of this country?

The regime has looted everything and everywhere, forcing critical institutions in the country to be underfunded, and this is not just very wrong but equally destructive. This country's leadership is trading us unawares to globalists.

Who is ADANI GROUP, and who authorized their entry to undertake their mission? Where is the money for all stalled projects in the country?

How did the G.M.O. ban get lifted suddenly, and what is the mission of the Bill Gates Foundation in the country?

Our problems, unlike South Africa, are not constitutional. They manifest in policy.

The remedy to these anomalies is through concerted efforts by each and every one of us in the country and diaspora to come together in suggesting a road map that will lead us towards regime Change by using our masses democratically.

New Kenya Movement for Change is in the process of initiating a political party to progress in giving a home to political orphans and those disgruntled by the current political parties.

We need to have a political party that lays down a robust foundation for Kenya's transformation!

Kenya should now prepare itself as a country used to recycling politicians and supporting political parties that originate from their tribal backyard to take up the advice of the Gen Z of being leaderless, formless, partyless, and shapeless to be able to establish themselves afresh by way of mindset change for the country to raise again! 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."

From the editorial pages of [NY Times March 14, 2013](#) - Article by Literature guru Ngũgĩ wa Thiong'o

<https://www.nytimes.com/2013/03/15/opinion/a-dictators-last-laugh.html> CLICK ANYWHERE HERE TO READ COPY

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-June 25th was and will always remain a sad day in Kenya

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



Is Your Partner Fully Involved?

It's hard to accept that you are dealing with an evil person but if the signs are there do not continue with the relationship instead run for your life whilst you still have breath in your body.

Now this is a burning question that every couple needs to zero in on. Does your partner help out with your goals? Are they fully supportive of decisions that you make or you feel alone most of the times.

It goes to couples in both marriages or are just dating. If that is the case that they are not with you all the way through the things you need them most to be involved, is it worthwhile then to keep being involved with such an individual. This matter is a two way thing because both women and men are complaining. The big question then is do these individuals really care about you?

Being in a relationship it's because you have a mutual connection. There are particular things that bind you together. Thus the expectation is that you both are emotionally invested in the relationship. Through trying times when in a relationship you turn to your partner for help or comfort. But if that person's presence is not felt and absent it raises a red flag that something is wrong. A sagacious man said you really see who are your people when in a



sticky situation. People tend to love you when everything is roses and wine but when it becomes ashes and sack cloth they are not present. They have a knack of disappearing. All that means is its fake love going on. You are being played for a fool.

I understand the heart wants what it wants but sometimes if it doesn't play it safe you will be sent to an early grave by people who don't care about you. They will use you then dump you. At most times they leave you with so much troubles that you can't be able to count. Thus there is need to reflect how good your relationship is? Some are in non exist ant ones, it's all make believe.

It's hard to move on because you are used to a certain person

but sometimes that's the best option. If you continue to stay you will meet your maker earlier than expected. What hurts the most is you will be aware of all the flaws but deep down in your heart you will be holding on to a leap of faith that they will change and become the person you want them to be. The handsome guy or beautiful lady that you fell in love with. Unfortunately the truth hurts and that only happens in the movies.

Situations like these eventually turn people to become bitter and to have little faith in love. Yet true love is real and present as good people are living on this face of earth. The hope is that we get clarity of where exactly our relationships are going because some are doomed at the start. At the

end this is causing GBV and untimely deaths that we see on the TV. It's hard to accept that you are dealing with an evil person but if the signs are there do not continue with the relationship instead run for your life whilst you still have breath in your body. If push comes to shove, you really need to cut ties and count your losses. Rugged treasured readers. Abigirl Phiri Zimbabwe

5

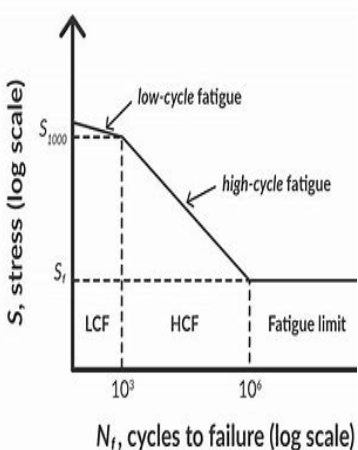


By Abigirl Phiri-Zimbabwe

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

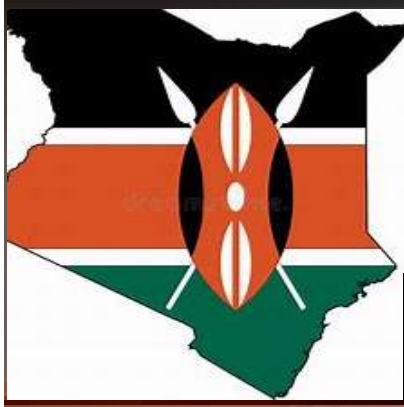


Most of the time fatigue can be traced to one or more lifestyle issues, such as poor sleep habits or lack of exercise. Fatigue can be caused by a medicine or linked to depression. Sometimes fatigue is a symptom of an illness that needs treat-

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





George Morara

FALLEN HERO

George Morara

Kenya FALLEN HERO



Rest In Peace

George Morara

Without mincing words, Morara spilled the beans on the group's encounter with Njenga in Lusaka, and gave the Government a 48-hour ultimatum to produce the Bulgarian-trained Njenga. Forty-eight hours later, the MP was dead

Having represented West Mugirango as Member of Parliament for nine months, George Justus Morara's legacy is now being honored more than fifty years after his passing. Morara, a charismatic and up-and-coming politician, tragically lost his life in a suspicious car accident in September 1970.

During his campaign, Morara popularized the symbol of Egesora Nyabirore, commonly known as a spectacled dragon, a name that strongly connected with the electorate. While Morara may not be a household name nationally, his influence is deeply rooted in the Gusii region, with his name prevalent across villages and clans in Nyamira and Kisii counties.

Only two days before his death, Morara had demanded that the government reveal the truth about who was responsible for the assassination of Tom Mboya, a cabinet minister killed in downtown Nairobi. There were concerns that the conviction of Mboya's assassin was being concealed, but Morara stated that he had spotted the suspect while in Zambia.

Morara quickly gained popularity before his untimely death, which was never fully examined. Many boys born shortly after and in the years following his passing were given his name.

Similar to numerous African societies, the naming of children was a complex procedure, yet there were names that went beyond sub-clan and lineage distinctions. It was documented that Morara passed away in a traffic accident while returning to Kisii from Kakamega.



Late George Morara

Reportedly, he collided head-on with a police land rover traveling in the opposite direction on the winding roads of Nandi Hills as they descended towards the plains. At that time, he held the position of Chair of the Public Accounts Committee in Parliament.

He attended a work-related meeting in Kakamega. His family continues to grapple with the puzzling death of their patriarch, a rising figure in the community and at the national level. The circumstances surrounding his passing remain a mystery.

THE HOME

The Late George Justus Morara Hailed from Gesore on the outskirts of Nyamira Town, just a stone's throw away from the well-known Konate junction along Kisii-Chemosit Road.

Konate is the local dialect's term for Corner-T.

The area has produced notable figures such as the late independence Senator George Kebaso and Senator Mong'are Bwokong'o (who served from 2013 to 2017). Prominent individuals like retired Chief Justice David Maraga, former athlete Tom Nyariki, the late first governor of Nyamira John Nyagarama, among others, also originate from this region.

Dr. Matunda Nyanchama of Nsemia Publishers mentioned that in addition to Morara's efforts in advocating for the construction of the Kisii-Chemosit Road (which was eventually completed during the NARC regime), he also championed for the elevation of Nyamira

Division to sub-district status.

The status elevation occurred during the 1990s, leading to the establishment of Nyamira County. This development brought about Nyamira District Hospital, now a referral facility, and the Nyamira Water Project, benefiting the residents of Nyamira and its environs. Alfred Nyagaka Nyamwange, an educator and the author of *The Blood Stains*, highlights the enduring impact of Morara's advocacy efforts, despite his untimely passing in 1970.

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

summary



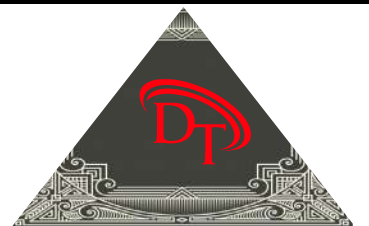
RIP

As he sipped his drink one late evening in Lusaka, Zambia, in early September 1970, West Mugirango MP George Justus Morara bumped into Nahashon Isaac Njenga Njoroge – the man who assassinated Constitutional Affairs Minister, Tom Mboya, on July 5, 1969.

An astonished Morara, who was among members of the Social Welfare and Employment parliamentary committee on official duty, confronted Njenga who, in panic, bolted out of the club. The government had announced the previous year that Njenga had been sentenced to death and hanged for shooting dead the powerful Cabinet minister along Nairobi's Government Road (present-day Moi Avenue).

Upon arrival at Nairobi's Embakasi Airport, Morara and a few members of the House team, chaired by Kandara MP

George Morara



Costco just raised its membership fees for the first time in 7 years

It now costs a little more to access Costco's selection of weighty pies and cookies. Back in July, Costco announced its June net sales in a news release — and in addition to reporting a profit increase of more than \$1 billion, the wholesaler said it would be raising customer's membership fees for the first time since 2017. Starting Sept. 1, annual membership fees went up by \$5 for U.S. and Canada Gold Star individual members, Business and Business add-on members, bringing it to an annual fee of \$65. Executive Memberships in the U.S. and Canada also increased by \$10, to \$130 — a Primary membership of \$65 plus the Executive upgrade of \$65 — but the maximum annual 2% Reward afforded to folks with Executive Membership increased from \$1,000 to \$1,250. These fee increases impacted around 52 million memberships, with a little over 50% of them being Executive members. Costco did not respond to TODAY.com's request for further comment. Previously, in July 2022, Costco CEO Craig Jelinek told CNBC that it was holding off on raising fees, citing customers dealing with high inflation as a reason. Then, in Sept. 2023, Richard Galanti, the company's now-retired chief financial officer, said during a quarterly earnings call at the time that the increase of Costco membership fees were a "matter of when, not if." Costco currently has 882 warehouses around the world, with 609 in the U.S. and Puerto Rico. There are also 108 Costcos in Canada, 40 in Mexico and 35 or less in Japan, the United Kingdom, Korea, Australia, Taiwan, China, Spain and more.

Ukraine foreign minister resigns amid war's biggest reshuffle.

Ukrainian Foreign Minister Dmytro Kuleba resigned on Wednesday, the highest-profile casualty so far of a major government reshuffle ordered by President Volodymyr Zelenskiy at a crucial juncture in the 30-month war against Russia. After Zelenskiy, 43-year-old Kuleba was the best-known face of Ukraine overseas, meeting leaders around the world and lobbying for military and political support in fluent English. More resignations and appointments are expected over the coming days after five ministers stepped down on Tuesday, in what a senior Zelenskiy ally cast as the start of a government "reset" ahead of the cold autumn and winter seasons. Kuleba's resignation letter was posted on Facebook by the speaker of parliament, Ruslan Stefanchuk. Zelenskiy has said changes to the government were necessary to achieve the results required by Ukraine. "Autumn will be extremely important for Ukraine. And our state institutions should be configured so that Ukraine achieves all the results that we need - for all of us," he said on Tuesday. Russian forces are advancing in the east of Ukraine while Ukrainian troops have made a bold incursion into Russia's Kursk region. Moscow has intensified drone and missile attacks in recent weeks and Kyiv launched a mass drone attack on Russia's energy infrastructure over the weekend. On Tuesday, at least 50 people, including



soldiers, were killed by two missiles in the central Ukrainian town of Poltava in the deadliest single attack of the war this year. Later this month Zelenskiy travels to the United States, where he hopes to present a "victory plan" to U.S. President Joe Biden, a key ally. The Kremlin said that government changes in Ukraine would not affect a peace negotiation process in any way, although such talks appear a distant prospect with the two warring parties far apart in their objectives. According to lawmaker Yaroslav Zheleznyak, parliamentary committees will consider the resignations and then parliament will vote on them in what is usually a formality. The new appointments are likely to be approved as soon as Thursday. Zelenskiy is expected to nominate his candidate for a new foreign minister on Wednesday, with first deputy foreign mi-

nister Andrii Sybiha among the frontrunners. On Tuesday, Strategic Industries Minister Oleksandr Kamyshin, Deputy Prime Minister Olha Stefanishyna and the justice, environment and reintegration ministers stepped down. At least five portfolios have been vacant since ministers were fired or resigned earlier this year, including the important agriculture and infrastructure ministries. Opposition lawmaker Iryna Herashchenko said: "It's a government without ministers ... an intellectual and personnel crisis that the authorities are closing their eyes to". She called for a government of national unity that would end the tight grip on the reins of power held by Zelenskiy's political team. As appeared at AP- For awareness only



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

US charges Hamas leader, other militants in connection with Oct. 7 massacre in Israel.

Other Hamas leaders facing charges include Marwan Issa, deputy leader of Hamas' armed wing in Gaza, who helped plan last year's attack and who Israel says was killed when its fighter jets struck an underground compound in central Gaza in March

The Justice Department announced criminal charges Tuesday against Hamas leader Yahya Sinwar and other senior militants in connection with the Oct. 7, 2023, rampage in Israel,

marking the first effort by American law enforcement to formally call out the masterminds of the attack.

The seven-count criminal complaint filed in federal court in New York City includes charges such as conspiracy to provide material support to a foreign terrorist organization resulting in death, conspiracy to murder U.S. nationals and conspiracy to finance terrorism. It also accuses Iran and Lebanon's Hezbollah of providing financial support, weapons, including rockets, and military supplies to Hamas for use in attacks.

The impact of the case may be mostly symbolic given that Sinwar is believed to be hiding in tunnels in Gaza and the Justice Department says three of the six defendants are believed now to be dead. But officials say additional actions are expected as part of a broader effort to target a militant group that the U.S. designated as a foreign terrorist organization in 1997 and that over the decades has been linked to a series of deadly attacks on Israel, including suicide bombings.

The complaint was originally filed under seal in February to give the U.S. time to try to take into custody then-Hamas leader Ismail Haniyeh and other defendants, but it was unsealed Tuesday after Haniyeh's death in July and other developments in the region lessened the need for secrecy,



Yahya Sinwar, head of Hamas in Gaza, greets his supporters during a meeting with leaders of Palestinian factions at his office in Gaza City, Wednesday, April 13, 2022.

the Justice Department said.

"The charges unsealed today are just one part of our effort to target every aspect of Hamas' operations," Attorney General Merrick Garland said in a video statement. "These actions will not be our last." The charges come as the White House says it is developing a new cease-fire and hostage deal proposal with its Egyptian and Qatari counterparts to try to bring about an agreement between Israel and Hamas to end the nearly 11-month war in Gaza.

A U.S. official, who was not authorized to talk publicly about the case and spoke on condition of anonymity, told The Associated Press there was no reason to believe the charges would affect the ongoing negotiations.

National security spokesman John Kirby said the recent "executions" of six hostages, including one American, Hersh Goldberg-Polin, by Hamas underscore "the sense of urgency" in the talks.

"We are investigating Hersh's murder, and each and every one of the brutal mur-

ders of Americans, as acts of terrorism," Garland said in the statement. "We will continue to support the whole of government effort to bring the Americans still being held hostage home."

Sinwar was appointed the overall head of Hamas after the killing of Haniyeh in Iran and sits atop Israel's most-wanted list. He is believed to have spent most of the past 10 months living in tunnels under Gaza, and it is unclear how much contact he has with the outside world

This article appeared at Washington AP

In the 70's Gacamba, a jua kali bicycle repairer, made an aeroplane, he termed KENYA ONE. It flew for ten minutes or so. You would think that an African government would have come to his aid, and give him help to develop his skills? Instead, the Attorney General had Gacamba arrested and then warned never to fly an aeroplane without an aviation licence. Charles Njonjo is famous for swearing never to fly in an aeroplane piloted by an African.

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 Diaspora Voice

Topline Land Limited



HURRY
DON'T MISS OUT!

f Follow us
on Facebook

Click NOW
For More Info!

TOPLINE LAND LIMITED

PRESENTS

JENGA NA TOPLINE



CONTACT US:

+1(901)455 5444

marketing@toplineland.co.ke



TOPLINE LAND LTD



www.toplineland.co.ke

Amiri Baraka.

Amiri Baraka (born Everett Leroy Jones; October 7, 1934 – January 9, 2014), previously known as LeRoi Jones and Imamu Amear Baraka,

was an American writer of poetry, drama, fiction, essays, and music criticism. He was the author of numerous books of poetry and taught at several universities, including the University at Buffalo and Stony Brook University. He received the PEN/Beyond Margins Award in 2008 for *Tales of the Out and the Gone*. Baraka's plays, poetry, and essays have been described by scholars as constituting defining texts for African-American culture.

Baraka's career spanned nearly 52 years, and his themes range from Black liberation to White racism. His notable poems include "The Music: Reflection on Jazz and Blues", "The Book of Monk", and "New Music, New Poetry", works that draw on topics from the worlds of society, music, and literature.

Baraka's poetry and writing have attracted both high praise and condemnation. In the African-American community, some compare Baraka to James Baldwin and recognize him as one of the most respected and most widely published Black writers of his generation, though some have said his work is an expression of violence, misogyny, and homophobia.

Baraka's brief tenure as Poet Laureate of New Jersey (in 2002 and 2003) involved controversy over a public reading of his poem "Somebody Blew Up America?", which resulted in accusations of antisemitism and negative attention from critics and politicians over his assertion that the US and Israeli governments had advanced knowledge of the September 11 attacks.

Early life (1934–1965)

Baraka was born in Newark, New Jersey, where he attended Barringer High School. His father Coyt Leroy Jones worked as a postal supervisor and lift operator. His mother Anna Lois (née Russ) was a social worker. Jazz was something Baraka became interested in as a kid.

He wanted to be just like Miles Davis. "I wanted to look like that too — that green shirt and rolled up sleeves on Milestones...always wanted to look like that. And be able to play "On Green Dolphin Street" or "Autumn Leaves" ... That gorgeous chilling sweet sound. That's the music you wanted playing when you was coming into a joint, or just looking up at the sky with your baby by your side, that mixture



October 7, 1934 – January 9, 2014

of America and them changes, them blue African magic chants." The influence of jazz can be seen throughout his work later in life.

He won a scholarship to Rutgers University in 1951 but transferred in 1952 to Howard University. His classes in philosophy and religious studies helped lay a foundation for his later writings. He subsequently studied at Columbia University and The New School without taking a degree.

In 1954, he joined the United States Air Force as a gunner, reaching the rank of sergeant. This was a decision he would come to regret. He once explained: "I found out what it was like to be under the direct jurisdiction of people who hated black people. I had never known that directly." This experience was yet another that influenced Baraka's later work.

His commanding officer received an anonymous letter accusing Baraka of being a communist. This led to the discovery of Soviet writings in Bara-

ka's possession, his reassignment to gardening duty, and subsequently a dishonorable discharge for violation of his oath of duty.

He later described his experience in the military as "racist, degrading, and intellectually paralyzing". While he was stationed in Puerto Rico, he worked at the base library, which allowed him ample reading time, and it was here that, inspired by Beat poets back in the mainland US, he began to write poetry.

Baraka visited Cuba in July 1960 with a Fair Play for Cuba Committee delegation and reported his impressions in his essay "Cuba Libre". There he encountered openly rebellious artists who declared him to be a "cowardly bourgeois individualist" more focused on building his reputation than trying to help those who were enduring oppression. This encounter led to a dramatic change in his writing and goals, causing him to become emphatic about supporting black nationalism.

In 1961 Baraka co-authored a "Declaration of Conscience" in support of Fidel Castro's regime. Baraka also was a member of the Umbra Poets Workshop of emerging Black Nationalist writers (Ishmael Reed and Lorenzo Thomas, among others) on the Lower East Side (1962–65).

Death

Amiri Baraka died on January 9, 2014, at Beth Israel Medical Center in Newark, New Jersey, after being hospitalized in the facility's intensive care unit for one month before his death. The cause of death was not reported initially, but it is mentioned that Baraka had a long struggle with diabetes. [69] Later reports indicated that he died from complications after a recent surgery. Baraka's funeral was held at Newark Symphony Hall on January 18, 2014.

Copied from black history books
For awareness only
Tobe Continued

CLICK FOR MORE INFO

f Follow us on Facebook



FROM AS LOW AS
KSH. 1.750M

This project comes with:

- ❑ State of the art gate
- ❑ Solar street lighting
- ❑ Stone perimeter wall
- ❑ Compacted murram roads
- ❑ Water and electricity

Offices

Head office: Absa Loita Street, 2nd Floor

Optiven Global Office: Zamani Business Park, Karen

Mtwapa:

Shifa Arcade, 2nd Floor Office B5

Kitengela: Optiven Business Center - Acacia Junction

Nanyuki: Ubii Plaza, along Kenyatta Highway, 2nd Floor

Nakuru: Golden Life Mall 7th Floor

Contact Information

| Office Line | Email & Website |
|--------------------|-----------------------------|
| (+254) 790 300 300 | www.optiven.co.ke |
| (+254) 723 400 500 | info@optiven.co.ke |
| Diaspora Line | globalmarkets@optiven.co.ke |
| (+254) 796 000 300 | |



OCEAN VIEW RIDGE

OPTIVEN WELCOMES You!

Ocean View Ridge – Vipingo by Optiven is an exquisite real estate project, tailored to meet the investment expectations of the most discerning and wise investors looking for a good and extremely prosperous, comfortable life at the Kenyan coastal region. This gated community is a haven of peace and tranquillity where you enjoy a cool breeze from the Ocean.

TO BOOK YOUR PLOT, CALL

0790 300 300 | 0790 667 799

ePaper

ePaper



ePaper

4049668550

diasporatimeskenya@gmail.com



ADVERTISE WITH US

ADVERTISE WITH US

ePaper

ePaper

f Follow us on Facebook

CLICK FOR MORE INFO



DIASPORA INSURANCE

Peace of Mind, Guaranteed!

DiasporaInsurance.com
24/7 QUOTE & APPLY

WHATSAPP
+44 770 383 8304

OFFICE
+44 121 295 1116

Brings You The Bespoke

DIASPORA FUNERAL CASH PLAN

Worldwide protection for Kenyans in the diaspora.

- ✓ Immediate cash payout, no more bereaving and begging.
- ✓ Cover yourself and your loved ones in Kenya or where ever they are.
- ✓ Uniquely flexible-burial abroad, body repatriation to kenys or cremation.
- ✓ Cover amooount of up to US\$/£/€ 20,000 per life.



SIGN UP >

SCAN ME

Click Here For More Info



Peace Of Mind, Guaranteed!

DiasporaInsurance.com

Diaspora Funeral Cash Plan | Group Funeral Cash Plan | COS Funeral Cash Plan

SCAN ME NOW!



Your Dignified Send-Off, Guaranteed!



Authorised & Regulated: FCA, UK: 795897 | FSCS UK protected | Underwriter: GuardRisk Life International | Re-Insurer: AfricaRe

OUR WINGS OF GLORY

I was due to fly back to Kenya on 7th June 1982 when I learned that a red carpet awaited me at Jomo Kenyatta. Exile was my only option. In exile I did not give up.

The moment, organized by Kenyans, is special and very personal. I have received many honors and prizes from all over the world, in fact two days ago in Canada I received my 14th Honorary Doctorate from Queens University. The other doctorates have come from some of the top Universities in Europe, America, and New Zealand. In Africa I have received three doctorates from universities in South Africa, Dar-es-Salaam and Kenya. But no such an honor has been accorded me by the University where, I along with others like Micere Mugo, Taban Lo Liyong, Oluwole Osofisan, did so much to put Nairobi University on the global intellectual map.

We were the first Department in the world to call for the abolition of the English Department as then constituted and have it re-organised as a Department of Literature, with Africa at the center. And thus was born the afro-centric studies and also post-colonial theory.

Some of the graduates from our department would go on to become leading professors all over the world. Let me mention a few: Simon Gikandi who I call Prince of Princeton is currently one of the top Professors in America. James Ogunde, is one of the leading professors in South Africa. There are others like Kĩmani Njogu, Wanjikũ Kabira, and Gĩtahi Gĩtiti, too many to mention them all.

What is the secret of their success and global visibility? Firmly rooted in Kenya and Africa, they were able to fly to the stars.

In this category let me single out the late Henry Chakava. Chakava a fresh graduate of the Department of literature inherited the reins of the Kenya Branch of the Bri-

What was the reward I got from Kenya for inspiring Kenyans to global visibility while rooted in their own country? Mocked in Parliament, accused of abolishing Shakespeare (NOT TRUE) and replacing him with Marxists from the Caribbean like George Lamming and V S Naipaul. In 1978 I lost my job and I was banned from any teaching institution in Kenya.



Ngũgĩ wa Thiong'o-Atlanta GA

tish owned Heinemann Educational Publishers and in no time, turned it into a fully Kenyan owned and run company. He even changed its name to East Africa Education Publishers. Under his leadership the company became the leading African owned Publishing Company in Africa and the world. Talk of what self-confidence can do!

What was the reward I got from Kenya for inspiring Kenyans to global visibility while rooted in their own country? Mocked in Parliament, accused of abolishing Shakespeare (NOT TRUE) and replacing him with Marxists from the Caribbean like George Lamming and V S Naipaul. In 1978 I lost my job and I was banned from any teaching institution in Kenya.

But that was only the beginning of my saga with my beloved country. In 1977, four of us from the university of Nairobi, viz Ngũgĩ wa Mĩriĩ, Sultan Somjee, Kĩmani Gecau went work with the peasants and workers of Kamĩrĩthũ, driven by our belief that real power, our power, comes from an awakened people. We called it Kamĩrĩthũ Education and Cultural Center, and in Gĩkũyũ, Mũciĩ wa Mũingĩ Mũgĩ, i.e. the Home Base of a people with an awakened consciousness. With the peasant farmers and workers in factories and in the tea plantations, we produced a play in Gĩkũyũ language, Ngaahika Ndeenda, which drew thousands from all over Kenya. The day it was banned, buses from Kisumu, on their way to Kamĩrĩthũ had to turn back in Nakuru.

Kamĩrĩthũ would become an inspiration

for people theater around the world. In Malaysia they even produced a news-magazine called; the Kamĩrĩthian. Kamĩrĩthũ has been the subject of theater studies and doctoral dissertations around the world.

What was my reward from the Kenya government? Jomo Kenyatta placed me in Kamĩtĩ Maximum Security prison for a year viz 1977-78

In prison I wrote the first ever novel in my mother tongue: Caitani Mũtharabainĩ/Devil on the Cross. I was driven by the same motivation and belief: Our languages can also produce great written literature to compete with the best in other languages including European languages.

The reward? The Moi Dictatorship tried to stop its publication by sending anonymous telephone threats to Henry Chakava, the publishers. In the end they sent assassins to abduct him. A passing car saved Chakava. But the assassins managed to cut off his finger and he had to have it surgically reconnected. But Henry Chakava went ahead and published Caitani Mũtharabainĩ as scheduled in 1981 (?). Later the same Moi dictatorship forced me into exile.

How?

In 1982 I went to England for the launch of my English translation of my Gĩkũyũ novel written in prison. The English title was Devil on the Cross. I was due to fly back to Kenya on 7th June 1982 when I learned that a red carpet awaited me at Jomo Kenyatta. Exile was my only option.

In exile I did not give up. I wanted to show that even in an English speaking en-

vironment, I could still write in Gĩkũyũ. And I did: two novels in fact: Matigari ma Njĩrũngi and Mũrogi wa Kagogo. Matigari was confiscated by the Moi regime. And eleven days after my arrival in Kenya after 23 years of exile to help launch my other Gĩkũyũ novel, Mũrogi wa Kagogo, assassins, armed with a gun, stormed my hotel room. My wife and I barely escaped with our lives.

But the regime would not stop there. Years later, I attended a Unicef conference in Harare, Zimbabwe, in support of the children of Mozambique, ravished by the RENAMO terrorist rebels directed by then apartheid regime in South Africa, to destabilize the FRELIMO government. On the way there I sat next to Harry Belafonte, then an Ambassador of UNICEF. In the middle of a meeting in Harare, I was summoned to the offices of the Zimbabwe Intelligence. They had just stopped two armed police assassins, outside the door of my hotel. They did not want to alarm me. They wanted to assure me that the Zimbabwe Intelligence would keep a vigilant eye during my stay. I was not sure what to make of the story. But soon after, I learnt that the Moi regime had recalled the official Kenya delegation to the conference, I suppose, in protest at my presence.

By Ngũgĩ wa Thiong'o
Cont P. 17

In prison I wrote the first ever novel in my mother tongue: Caitani Mũtharabainĩ/Devil on the Cross. I was driven by the same motivation and belief: Our languages can also produce great written literature to compete with the best in other languages including European languages.


The reward? The Moi Dictatorship tried to stop its publication by sending anonymous telephone threats to Henry Chakava, the publishers.



Colin Gray, father of suspected Apalachee High School shooter, charged in murders ; FBI received warnings in 2023.

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.”

The father of Colt Gray, the 14-year-old suspect being charged in the murder of four people at Apalachee High School, was arrested Thursday, law enforcement officials in Georgia said.

Colin Gray, 54, was charged with four counts of involuntary manslaughter, two counts of second-degree murder and eight counts of cruelty to children, the Georgia Bureau of Investigation said. An investigation is underway to determine if the AR-style weapon was purchased by the boy’s father and given to him as a gift, sources with knowledge of the investigation told CBS



News. “These charges stem from Mr. Gray knowingly allowing his son Colt to possess a weapon,” announced Chris Hosey, director of the Georgia Bureau of Investigations, at a Thursday evening news conference.

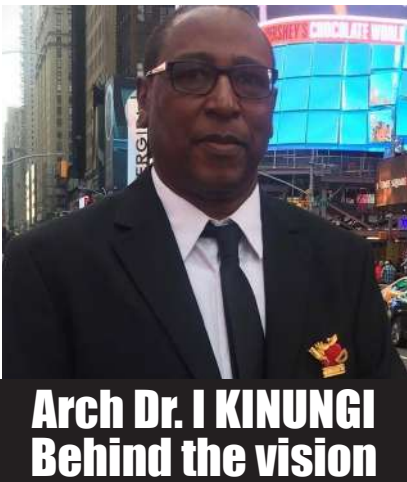
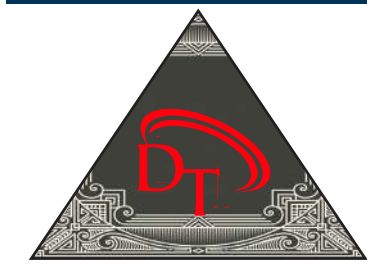
The shooting Wednesday killed 14-year-old students Mason Schermerhorn and Christian Angulo, and educators Richard Aspinwall and Christina Irimie. Nine other people were injured in the shooting — two teachers and seven students, officials

specified Thursday night. A bit of good news emerged from Thursday’s update, as authorities said “all nine will make a full recovery and be able to leave the hospital.”

“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.”



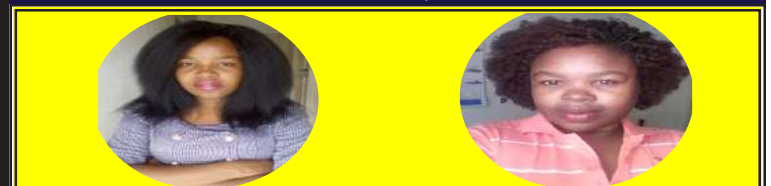
WE FAIL BECAUSE WE DO NOT TRY

THE FUTURE IS HERE

“Its all about dreams. Dreams cost nothing, they are free” -Sylvester Stallone



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



Senior Reporters



BE PART OF THE DIASPORA TIMES FAMILY. Tel 4049668550



Victoria Falls To Host The Fifteenth Ramsar Wetland Convention In 2025.

Zimbabwe is very interested and passionate when it comes to wetlands.



Tourism with
Memory Phiri
Zimbabwe.

More over, wetlands enhance the tourism product and they represent green tourism compared to other attractions.

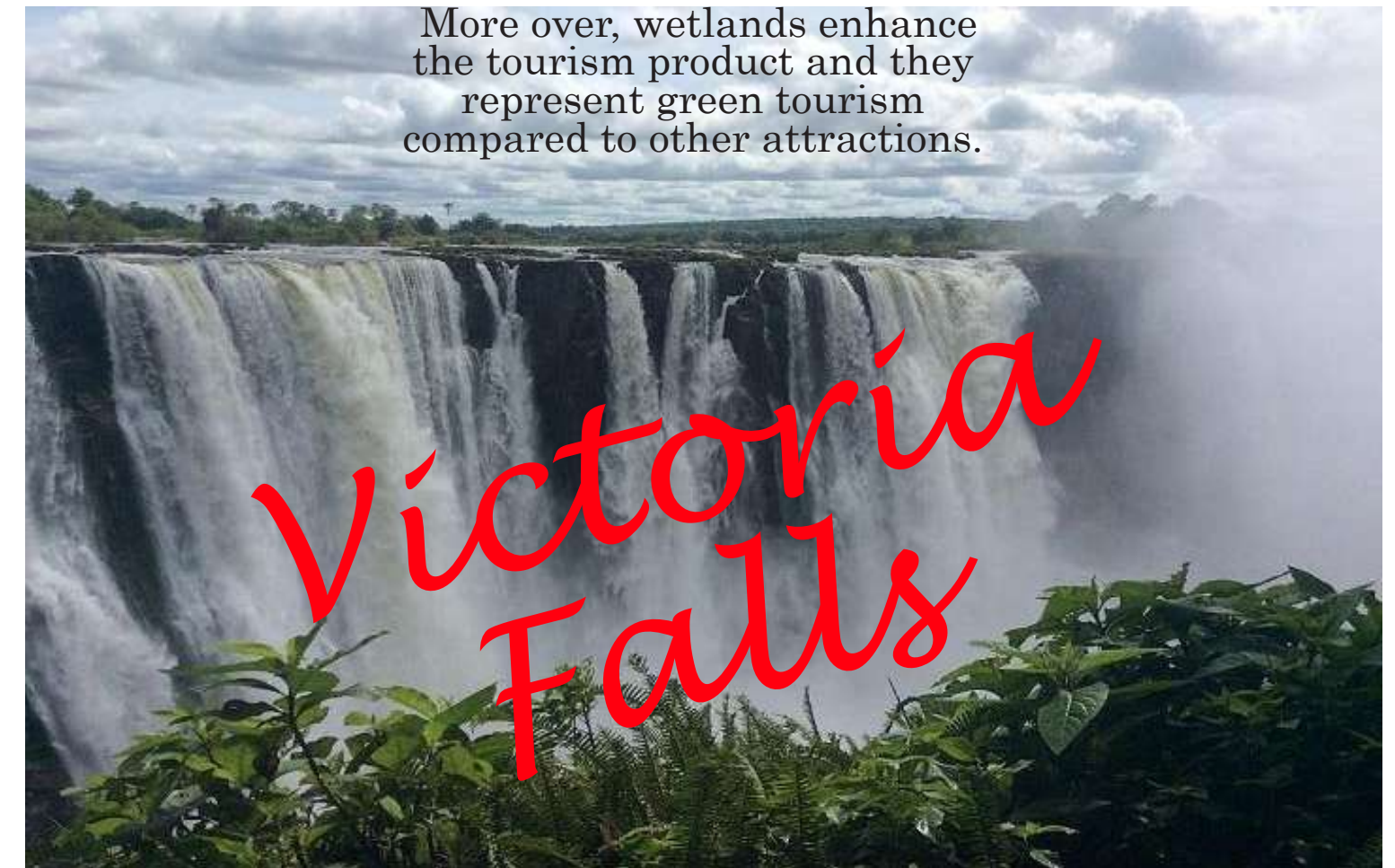
AThe Environmental Management Act of 2006 and the Environmental Assessment and Ecosystem Protection Regulations in 2007 are solid proof that the topical issue of wetlands is a cause for concern. With all due respect, Victoria Falls is set to host the fifteenth Ramsar Wetland Convention or COP15 in 2025.

To be frank, it will be attended by a hundred and seventy two countries and Zimbabwe will be the second African country to do so after Uganda. Unfortunately, threat to these areas is being caused by the clearing of more land for some urban settlements.

Thus, wetlands should be conserved because they are our major highlights in the tourism industry. Apparently, they filter and purify the water naturally thereby recharging the water table. Tourists love the wetlands and they want to experience them to the fullest. As bad as it looks our wetlands are being drowned by urban settlements. To add salt to injury, cultivating in these regions has since led to siltation with soil erosion being the major problem in the long run. Defini-

According to a draft government policy document, wetlands make up 3% of Zimbabwe's total surface area, about 11 700 square kilometres. Of the available wetlands, 21% are classified as stable, 18 % are severely degraded and 61% moderately degraded. This excludes reservoirs, dams and impoundments that cover 652 151ha, as well as permanent rivers and streams that cover over 5 700km .

The Ramsar Convention defines wetlands as "ecosystems where water is the primary factor controlling the environment and the associated plant and animal life."



Enjoy Touring best destinations in Zimbabwe

tion wise, a wetland is a low lying marshy area that forms headwaters for rivers and they act as water reservoirs.

On the same token, Zimbabwe is very interested and passionate when it comes to wetlands. Fortunately, Ramsar has endorsed and taken seven of our wetlands under its wing. The cynosures in question include Manapools and Victoria Falls National Parks which are heritage sites in their own rights. Lest we forget the recreational parks like Chinhoyi Caves, Lake Chivero, Manyame and Cleverland Dam.

Also, the same list has Monavale Wetland and Driefontein Grasslands to boot. Ostentatiously, this is a confectionary of famous game reserves, parks and lakes to say the least. At this juncture you can only imagine why I am vouching for the wetlands. To buttress this notion, a Ramsar site is an area that is designated to be of international importance under the Convention of Wetlands. Lucky enough, our tourism and hospitality industry is here to aid every wetland and to prevent it

from being abused. Be rest assured that the aforementioned wetlands are safe for Ramsar put an indelible stamp on them. In other words, they are literally shielded from heritage crime.

More over, wetlands enhance the tourism product and they represent green tourism compared to other attractions. Miss Ecotourism Africa adds weight to this topical issue as the parent is bent on the preservation of natural resources.

Historically, Ramsar was established in February 1971 in Iran under the stewardship of UNESCO. Although Zimbabwe joined in 2013, we have a decade of dedication to this stellar initiative.

To cut to the chase thee Convention is a treaty that provides a framework for the conservation and wise use of wetlands and their resources.

Article by Memory Phiri
Zimbabwe.



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?"

SHARE BY PASTOR MUKURIA

God is Love

Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love.

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

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

ALL Things WORK TOGETHER for Good for those who LOVE GOD



The world and its desires pass away, but whoever does the will of God lives FOREVER.
1 John 2:17



Pastor Mukuria

Morning Affirmation
Psalms 118:24

This is the day that the Lord has made, Let us rejoice and be glad in it.



Brother Kigume

Some who owned houses or land sold them and brought the proceeds before the apostles to distribute to those without. Not a single person among them was needy.

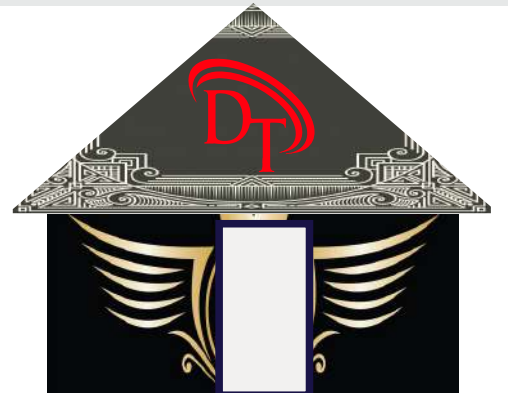


You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one. -John Lennon

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

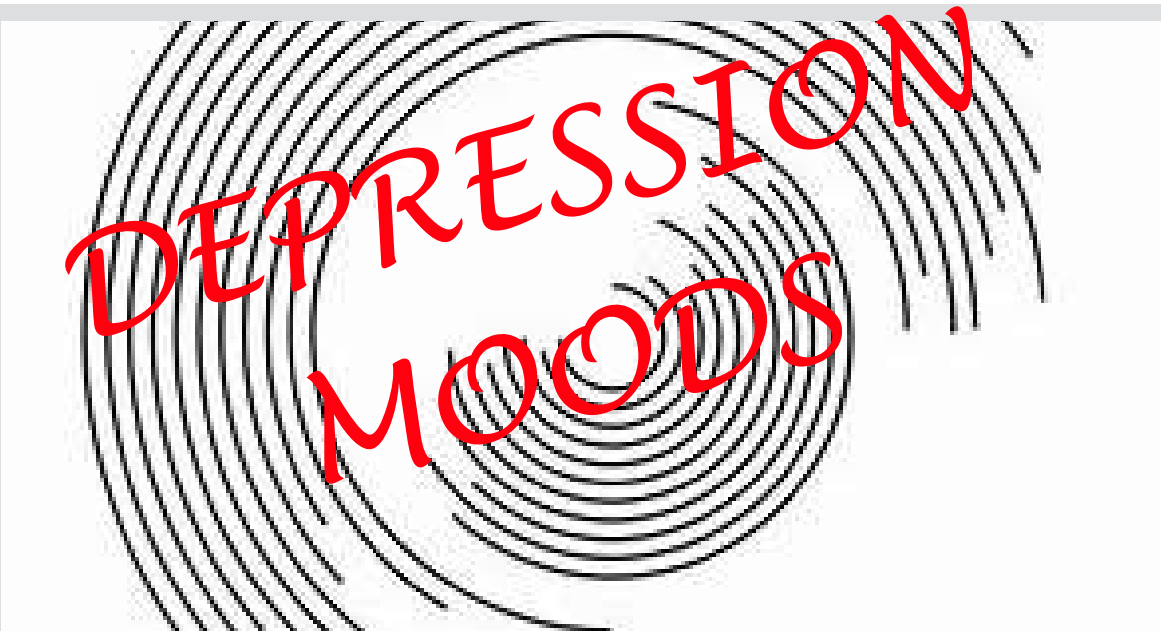
summary

Depression 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.



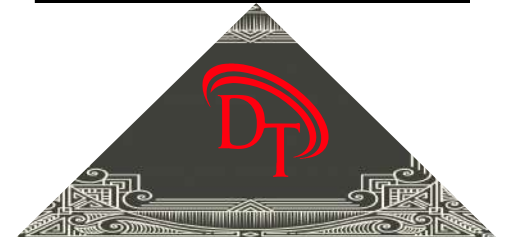
Depression symptoms in children and teens
Common signs and symptoms of depression in children and teenagers are similar to those of adults, but there can be some differences.

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.

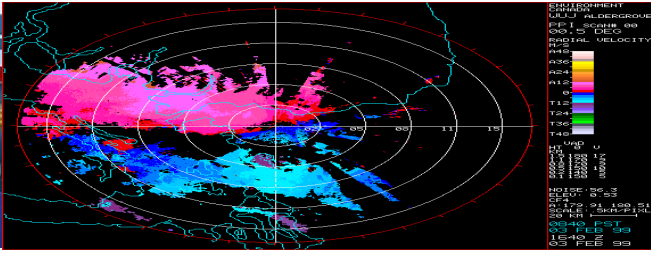
Depression



PUBLISHED BY GRAPHIC DESIGN SERVICES PAKISTAN

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



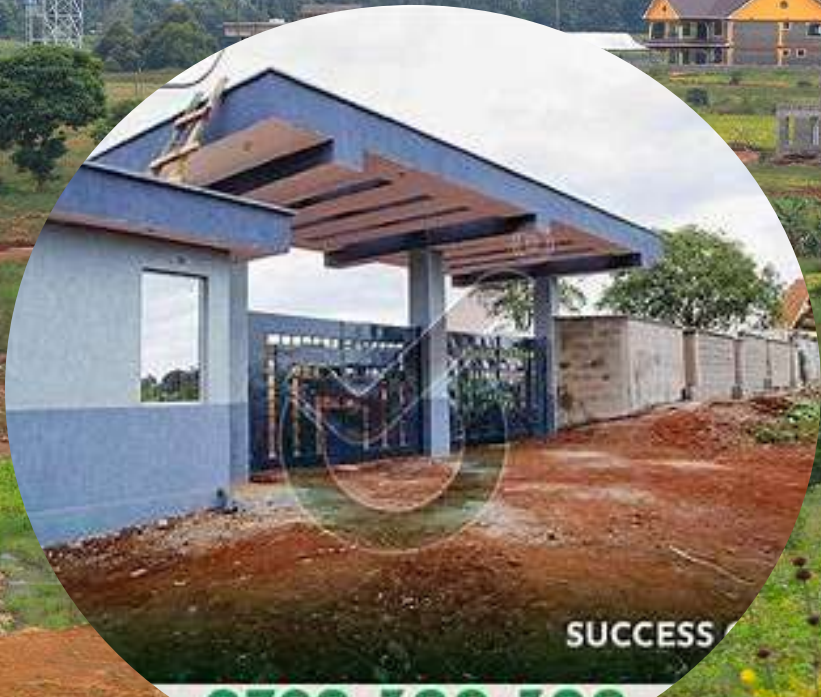
"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that." -Martin Luther King Jr.

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



Click Here For More Info

KSH 2.995M



0790 300 300

SUCCESS

SUCCESS GARDENS PHASE 2 GATANGA ROAD

WHY SUCCESS GARDENS PHASE 2

Success Gardens Phase II is strategically located only less than **9 minutes** from **Blue Post Hotel Thika**; off exit 18 of Thika Superhighway and right on **Gatanga Rd.**

The property is situated near the award winning project **Success Gardens Phase 1** by Optiven that is sold out and customers are now building their palatial dream homes.

PROPOSED VALUE ADDITIONS

- Compacted Murram roads
- Trees on ground
- Perimeter Wall
- Water tower
- Caretaker on site
- Solar Street lights

0790 300 300 | 0723 400 500

www.optiven.co.ke | info@optiven.co.ke

TEL 0790300300



Follow us on Facebook



Click Here For More Info



Join our WhatsApp Group

WE ARE THE DIASPORA VOICE

Spread the love



Africa Resources epaper is published in USA, Kenya, Pakistan, & UK. Issue 278

AFRICA RESOURCES CENTER

YOUR AD HERE!

The Digital Revolution

THE DIASPORA TIMES

Read the weekly eprint newspaper that is distributed in the Diaspora and Kenya.

email: diasporatimeskenya@gmail.com

SHARE THE NEWSPAPER WIDELY.

You cant go wrong as its the avenue to investing in Kenya. Only reliable real estate developers advertise with us.

ADVERTISE IN THE ONE AND ONLY ONE, THE DIASPORA TIMES

DISTRIBUTED ALL OVER USA, UK AND AUSTRALIA

Just email: liams2314@yahoo.com OR ads@mtkenyatimes.co.ke FOR RATES

SELLING LAND, SELLING A HOUSE, LETTING A HOLIDAY HOME, ANYTHING YOU CAN'T GO WRONG WITH THE DIASPORA TIMES

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

Just 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.

Shared for awareness
Do not overspeed

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





Diani Holiday Homes

2Br & 3Br perfect for Vacation & Long Stays



Amenities

Proximity to the Beach | Club House | Swimming Pool
 Pharmacy | Ample Parking | Controlled Access | Kids Play Area
 Modern Custom Finishes | Spacious & Functional Living Spaces

2Br Installments 7.85m, Deposit 3M, Bal in 36 months

3Br Installments 8.85m Deposit 3M, Bal in 36 months



subscribe to **yout**

(205) 946-7813



FOLLOW US on Facebook

www.certifiedhomes.co.ke | sales@certifiedhomes.co.ke

DIANI HOLIDAY HOMES

The best feeling ever is going for vacation and spending a great time at your own holiday home and renting it out for Airbnb.

Certified Homes Ltd is offering you a rare opportunity of a lifetime to own holiday home in Diani, the best beach destination in Africa, which is located at the South Coast.

Diani Holiday Homes are luxurious 2 & 3 bedrooms apartments located few metres from the beach, each unit has terrace to give you breathtaking scenic view of the relaxing magnificent Indian Ocean

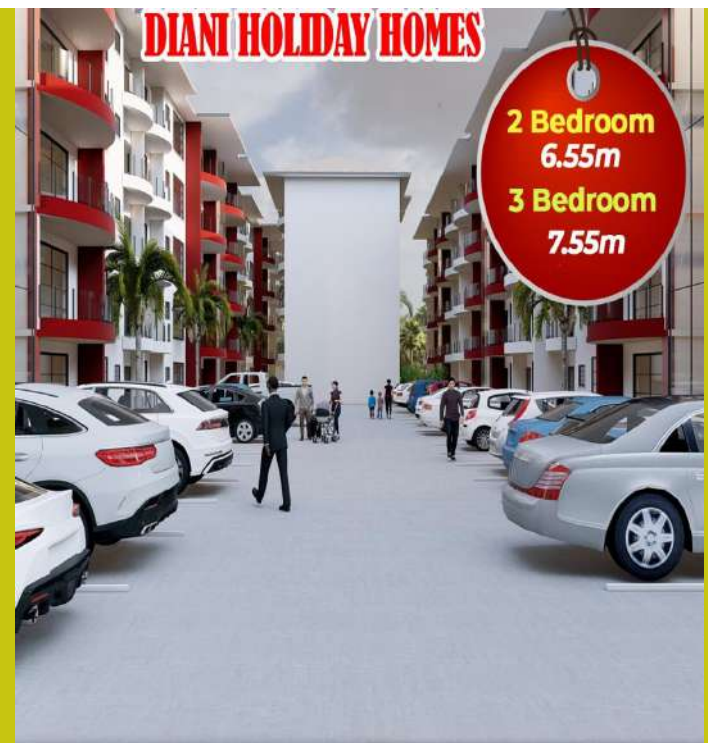
Units are in close distance to major shopping malls, Ukunda Airport, international schools, accredited hospitals, and hotels. The units are all ensuite, offering spacious bedrooms with well fitted built-in closets.

Designed to make your life easier and more convenient with state of the art facilities offering the perfect getaway for relaxation and bonding

with loved ones. We've amenities such as

- *Club house
- *Swimming pool
- *Children's play area
- *Convenient Shop
- *Pharmacy
- *Ample Secure Parking
- *Controlled Access
- *Modern Custom Finishes
- *Close Proximity to the Beach
- *Spacious & Functional Living Spaces
- *Spacious 2 Br, 102 square meters,

Cash Kshs 6.55m
 Luxurious 3 Br, 135 Square meters,
 Cash Kshs 7.55m
diaspora@certifiedhomes.co.ke
www.certifiedhomes.co.ke



www.certifiedhomes.co.ke
sales@certifiedhomes.co.ke

0711 128 128
0720 460 413

BACKPAGE

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.

The 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.

