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The Diaspora Times

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

The Art of the Abyss:



Representations of Despair and Darkness

POET



Tajalla Qureshi
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Literature has been longwindedly fascinated with the expressions that unveil the depth of darkness, languages of hopelessness, and the abyss that reveals innerness.

From the existential musings of classical texts to the modern portrayals of demonstrative torment have sought to picture the true essence of despair and its profound impacts on humanistic conditions. Additionally, emotional bounds and repressed fits lead to a trapped situation where destruction welcomes the innocent veins. Darkness has deceived the glints and glows from the decades until now.

Embark on imprints in literature from the centuries to highlight the illustration of darkness and despair, eventually showcasing a testament to the intricacy of thoughts and complexity of human experience as a reflection. Therefore, the dimensional stickiness, dreadful disorders, and barren plots point toward the stream of conciseness. Being a keen observer, I sense d that Thread-like beliefs often unglued the soul from reality.

Cont. Page 10

Embark on imprints in literature from the centuries to highlight the illustration of darkness and despair, eventually showcasing a testament to the intricacy of thoughts and complexity of human experience as a reflection. from reality.



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BLACK HISTORY BIOGRAPHIES
Romare Bearden
Romare Bearden was an American artist, author, and songwriter. He worked with many types of media including cartoons.
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FALLEN HEROES
George Moseki Anyona
He was a politician from Kenya. Despite being born to peasant parents, Anyona rose to prominence in the Kenyan political landscape.
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"Dictators are not in the business of allowing elections that could remove them from their thrones." Gene Sharp

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KENYA NEWS



Things Fall Apart, The Center Can't hold.

We are the voice of the Diaspora Worldwide



Charles Kabiriri
Political Activist
New Kenya
Movement for
Change



Many vote their leaders but, are they well represented?

The conflict in Kenya that is rocking the presidency barely two years into office has a connection with the geopolitical strength and popularity of each individual, who again features as masters of politics of tribalism and patronage. It is the kind of politics currently practiced in Kenya. As it may be, the whole hullabaloo has not been a priority to the public.

The country is struggling with its education and health sectors, which have been badly affected since the regime came to power.

There is a need for the country to understand that the history we are writing as a nation for the country's future is sad.

A civil society from Meru recently aired its grievances, which touched on jobs.

They have been losing top leaders from their community, which was an issue of concern to them.

They cited the former head of intelligence during the fourth regime,

Mr. Kinoti and the recent departure of Inspector General Mr Koome service.

Kenyans should focus their struggle on the issue of equal rights for all.

The recent altercations over a judicial determination that affected the outgoing acting Inspector General, Mr. Gilbert Masengeli, should never occur.

Mr. Masengeli defiled seven court orders, and the conviction to a jail term was consequential to the charges leveled against him based on contempt.

However, Western leaders politicized the matter, indicating that the judgment was negative and the issues they raised were petty.

Kenyans should be able and willing to let go of the past.

New Kenya can not be achieved in any other way but through people's mindset to change.

We must not be standing for ourselves and, again, fighting ourselves.

The civil society group from Meru and the Western Kenya leaders should avoid this most.

We can not afford to make rules that we, as a people, have contributed immensely to their crafting.

This is why any state activity is subject to public participation today.

This gave us the power that applies to the judicial process.

Let the country not always come up with a tribal card.

If we allow this to persist, we shall remain impoverished with many of our good brains and geniuses watered down.

This is why we will need as a country to rise up and demand respect and order from our leaders.

We have one country to keep, and we have no other.

Our priorities, therefore, should be deemed fundamental in their undertakings!

A recent audit report painted a picture of the nature of budgeted corruption.

A project worth billions of shillings was completed in 2018, and all payments were settled by the following year.

Funny enough, the project and the amount were reflected in the fiscal year 2024-2025 budget that the country rejected, appearing as a debt.

We are losing so much money by the day.

The head of President Ruto's Economic Advisory Panel

Mr David Ndii was recently quoted saying there was corruption when they took the government, and they would leave it the same way they found it.

So, what solutions was the Kenya Kwanza administration offering the country?

We should have a government that is responsive to the plight of the people.

The kind of leaders we elected have shown us to be motivated by greed after being elected but not by public good.

The situation in the country is pathetic from the sense of a progressive development agenda that is nonexistent, the current state of abductions, and massive looting in government.

The appointment of Mr Eliud Owalo to lead in the delivery of Kenya Kwanza administration vision in the office of the president is one way to manage the discrepancies emerging and which concern the population and especially on the bottom-up economic model that is believed to have never existed but which was pivotal to William Ruto to win the 2022 presidential elections.

However, the cooking of an impeachment motion against Deputy President Rigathi Gachagua will destabilize the nation from failing to achieve the perceived results by the motion's proponents and the vast majority of leaders and the people of Kenya who will stand against it.

Kenya needs clean hands objective, and visionary leadership to take up the country in the next general elections, August 2027. Kenyans should carry along with them into the future the lessons learned from the fifth regime.

We have to let go of the tribal card to succeed.

This will mark the maturity of our political progress.

Tribal cards, which are determinant in the tyranny of numbers mechanism, have affected this country negatively but in favor of the political elites and quite detrimental to the common Kenyans.

We have to let go of the "mtu wetu" slogan.

It is lazy and exposes the stupidity of the nation.

The unemployment crisis is being mis-

handled in the country.

Kenya Kwanza's leadership is entirely out of its senses!

There is no way the whole country has to go and work abroad.

At some point, we will need to build our own economy.

We will build it from both agriculture and manufacturing.

The current government is not focused on any of these items; instead, it is busy stealing from Kenyans day and night!

There is a developing conflict between the executive and the people in Kenya.

Civil unrest is boiling, and the chaff is only about to spill over.

Medics and teachers have shown similar indications of protestations.

This means to Kenyans that our Unity for Change is most wanting.

This country should seek to form regional blocks, unlike the current agitation by political elites lobbying for tribal alliances!

This is backward and disastrous to the country.

We have allowed politicians to make decisions on our behalf.

It should change from being that way.

We should be able to have weight in the extent of political freedom in state matters our leaders should exercise.

However, President William Ruto is a greenhorn of Kenya's last dictator, Moi.

The country should not allow him to dictate the nation to the route that leads to the cemetery, where the ghosts of Moi's second regime dwell.

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**

Ngũgĩ wa Thiong'o

Article by Literature guru Ngũgĩ wa Thiong'o

Lord have Mercy

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

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 teaching at any institution in Kenya.

Ngũgĩ wa Thiong'o



★ LAUGHTER THE BEST MEDICINE



If you can't laugh, the tree will.

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

My friend called a few house painters for some work. He wanted them to paint his porch. After a few hours, the house painters came back for the payment as their work was complete. Before leaving, they told my friend that they had enjoyed painting his car, but it was not a Porsche.

2. There is a skeleton in our neighborhood that always knows when something bad might happen way before it happens. It became quite famous and when a TV crew interviewed it about the reason behind this ability, the skeleton finally disclosed its secret: it could feel the bad vibes in the bones.

3. I visited a café one day with my friends. The waiter recommended that we



try their special coffee. We agreed and soon the coffee arrived.

As we drank the coffee, we realized that it tastes like dirt and mud. Disgusted by the fact, all of us complained immediately. The alarmed server rushed over and said, "Well sir, it was freshly ground coffee!"

4. A family was having dinner once when the youngest boy asked his father whether worms tasted nice when we eat them.

Both the parents reprimanded the little boy and told him that these things shouldn't be discussed over the dinner table. When the father asked the boy after dinner why he had asked such a question, he replied, "Dad, I think



worms taste okay because there was one in your plate."

5. After Sunday church, the priest would hand us each an orange and a big cookie.

A little girl once lied and took two oranges, but the priest told her she mustn't lie because God is watching. Then, the girl took two cookies and lied about it. When asked why she had done that, she said that she thought that God was only watching oranges.

6. I went to this haunted house for exploration. It was near the forest, so the local guide warned me that I might find some wild animals there.

Zell jokesTO BE CONT. Sure enough, there was a panda. When I offered it some food, I was taken aback because it suddenly started talking. Turned out that it was a ghost panda, and it only ate bambooooo!

7. As a group of robbers entered the bank, their leader went to the manager and asked him to open the vault.

He threatened the manager by saying, "If you try to do anything smart, you are fiction." The manager was confused and asked him, "Don't you mean 'You are history?'" The robber angrily replied, "Do not change the subject, okay?"

June 25 24 Heroes Who Died R.I.P.



When you kill them remember that they have families



THEY DIED FIGHTING FOR A BETTER KENYA REST IN POWER

Article By Abigirl Phiri- Zimbabwe



Set your mind on something

In fact, you need to pray and ask for Wisdom like Solomon did.

The environment that you are in also plays a part, whether it will make you bloom like a flower or it's there to kill all your big dreams. Be in an environment that is not conservative to change.

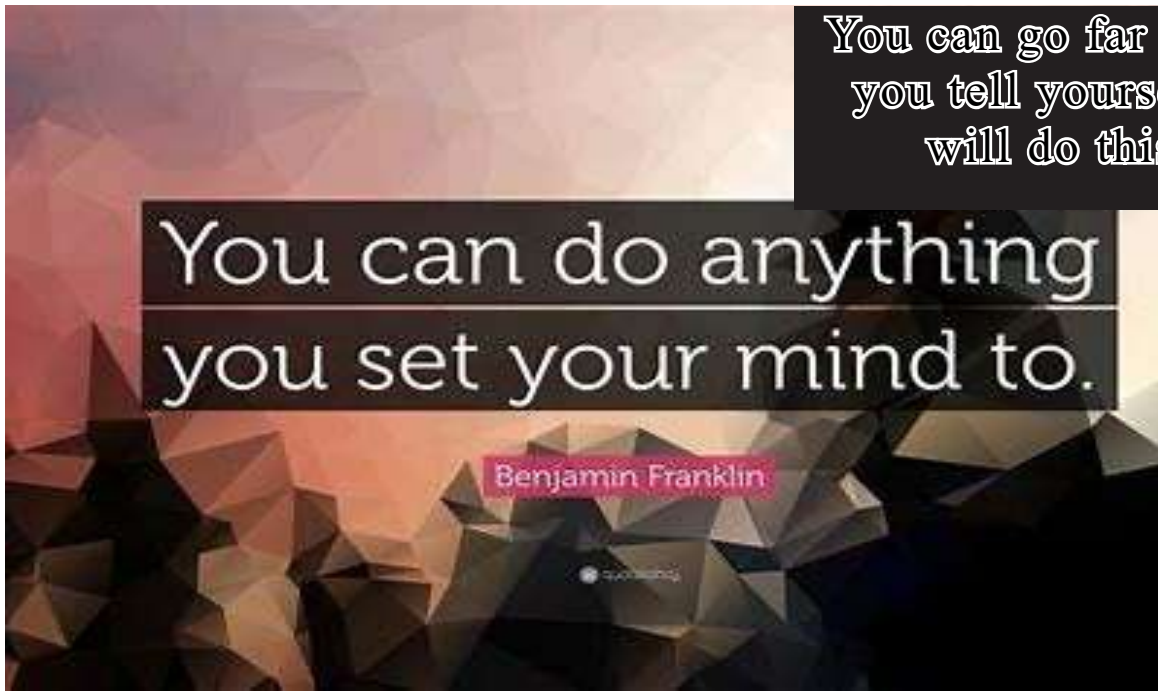
In d e e d , you can go far when you tell yourself I will do this.

This is what is called a shift in the mindset. You will be caught up in the same redundancy web until you claim it yourself. Like a toddler, you need to take the first step. You must have the willpower to exercise that way of thinking.

This boils down to all facets of life. If you are going through driving tests. Focus is a significant contributor in those instances as well. But as the Bible notes, nothing is impossible, but you need to play your cards rights and make the first step.

Even as a Christian, you need to accept the presence of God so that you can be able to receive Christ and be born again. When your mindset is closed off, you won't be able to process

Women who find themselves in toxic relationships cannot discern; let me change my mindset and move on. Up until they decide to do so, they will be at the mercy of the narcissist, but as soon as they embrace a shift in their mindset, then they acknowledge they deserve better.



You can go far when you tell yourself I will do this



By Abigirl Phiri-Zimbabwe

summary



Poem Title : Peacefully accepting
By: Abigirl Phiri

Reliance on the word
Bravery that needs to be purchased
Candid thoughts that triggers trauma
Acceptance of reality already done
Grieving for what could have been and can not be
Truth serum the potion needed for recovery
Endless debates and confrontations of the heart and mind
Seeking and sorting the pieces of jigsaw of peace
Peace is underrated and it's presence must be warranted
Granted you first forgive yourself through the thorny journey
Of peacefully accepting things you can't and can control
Hallelujah revelation

and accept change. It will be a non-start notion, but you will do wonders if it's open-minded and geared up for a shift.

The environment that you are in also plays a part, whether it will make you bloom like a flower or it's there to kill all your big dreams. Be in an environment that is not conservative to change. Find yourself in a nurturing and supportive environment that gives you peace of mind. With the mindset being watered with peace of mind, you can shift thinking to say let me go this path; probably, my life will have more meaning when I traverse it.

Women who find themselves in toxic relationships cannot discern; let me change my mindset and move on. Up until they decide to do so, they will be at the mercy of the

narcissist, but as soon as they embrace a shift in their mindset, then they acknowledge they deserve better. This is when they walk out and do wonders in life.

Thus, to have the strength to enact this, you need to have a strong relationship with God. In fact, you need to pray and ask for Wisdom like Solomon did.

This way, you can have an open mind focused on positive vibes. Then, you will live your life to the fullest without harboring any regrets. Let us thrive and live an exciting life where we are content with the progression of the turn of events. Also, let us not settle for less but tell ourselves we deserve the good and better in our lives.

And most importantly, let's work on improving our lives so that the quality is satisfactory. In respect,

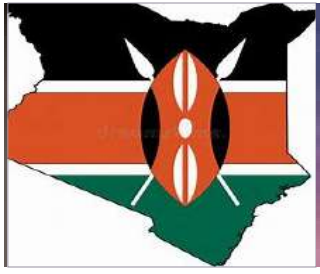
all this is possible when you build a relationship with God.

When you set your mind on something, you will become unstoppable, a force to be reckoned with. However, finding yourself on this path is an individual choice, leading to reflection, improvement, and self-actualization.

May God help us all to know our purpose on the face of this earth. In the process, may we then embrace a shift of mindset that walks hand in hand with current times. Without change, you will forever be lost in the dark forest of redundancy, which will cause unhappiness. Rugare treasured readers.

By Abigirl Phiri
Zimbabwe





Moseti

FALLEN HERO



Moseti

Kenya FALLEN HERO

George Anyona

Anyona was released from detention in 1984 but his attempts to resume active politics were thwarted by the state when he was barred from contesting KANU branch elections in 1985, trade union elections in 1986, the Kitutu East (Masaba) parliamentary seat in the 1988 General Elections and Speaker of the National Assembly in 1988.

George Moseti Anyona (1945–2003) was a politician from Kenya.

Despite being born to peasant parents,

Anyona rose to prominence in the Kenyan political landscape to be thrice elected to the Kenyan Parliament representing the people of Kitutu East (later renamed Kitutu Masaba) constituency.

He shared an ideological viewpoint and was a close political confidant of the first vice-president of Kenya, Jaramogi Oginga Odinga. Anyona's name remains dominant among Kenya's political personalities because he is perceived by a large section of Kenyans as a brave man, who was strong enough to challenge the Kenya African National Union (KANU) government at a time when it was almost suicidal to do so.

He forged a reputation as a principled politician who championed free expression of thought, democracy and a just and equal society. He lived a modest life, never seeking to enrich himself from the offices he held and abhorred the culture of corruption and worship of money that prevailed in the country.

Early life

Anyona was born in 1945 in Tombe Village, Kitutu Masaba, Kenya.

He attended Tombe Primary School from 1952 to 1954 and Sengera Intermediate School from 1955 to 1958 before proceeding to the prestigious Alliance High School where he schooled from 1959 to 1964 and served as Deputy School Captain. From Alliance, he proceeded to Makerere University, Uganda where he studied Political Science, English, Economics and History between 1965 and 1968, graduating with Bachelor of Arts (Hons) and serving as President of the Kenya Makerere Students Union in 1967.

Upon returning from Ugan-



Late George Moseti Anyona

da, Anyona worked as an Assistant Secretary in the Office of the President between 1968 and 1970, as the Secretary General of the Kenya Red Cross Society in 1970 and as Nairobi Airport Manager then District Sales Manager for British Overseas Airways Corporation (BOAC) later renamed British Airways in Nairobi from 1970 to 1974.

In 1974, he contested and won the then Kitutu East Parliamentary seat. He quickly established a reputation as a fearless firebrand and for thorough research before presenting issues in parliament, coming to be referred to as a 'one-man backbench' after parliament was neutered following the murder of JM Karuiki and the detention of then Deputy Speaker and Tinderet MP Jean Marie Seroney and

Butere MP Martin Shikuku.

Anyona's political troubles began in 1977 when he was arrested within the precincts of parliament (an illegality in itself) for questioning the award of a tender for the supply of wagons to the then East African Railways and Harbours Corporation and detained without trial at Manyani Prison by then President Jomo Kenyatta. He was released a year later by President Daniel arap Moi soon after he assumed power following the death of President Kenyatta.

His attempts to resume representative politics were thwarted when he was barred from contesting his old parliamentary seat in the 1979 General Elections and from contesting trade union elections as a candidate for the post of Secre-

tary General of the Transport and Allied Workers Union in 1980.

Anyona would again be arrested in 1981 and charged with sedition but the charges were eventually withdrawn by the state. In 1982, this time with his longtime friend and veteran politician Jaramogi Oginga Odinga and several others, he attempted to form a political party Kenya African Socialist Alliance (KASA) to challenge the ruling party KANU. He was arrested on the way to the Intercontinental Hotel Nairobi to hold a press conference to announce the formation of the party and was detained without trial on 2 June 1982 and incarcerated at Kamiti and Shimo La Tewa Prisons; Jaramogi was later placed under house arrest in August 1982. to be cont....

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

summary

Rest In Peace

With the multi-party elections coming up in December 1992, all opposition parties hoped Anyona would give them his endorsement. FORD-Kenya in particular, then under Jaramogi Oginga Odinga was seen as Anyona's perfect destination. He was elected the FORD-Kenya Nyamira District Branch Chairman in absentia. In a surprising move however, Anyona rejected FORD-Kenya's overtures, opting instead to launch his own political party Kenya Social Congress. In the 1992 Multi-Party General Elections, he easily won the Kitutu Masaba Constituency parliamentary seat, becoming the only member of parliament from the KSC. He also stood as a presidential candidate in the same elections and came out 5th. He served as the Chairman of the Public Investments Committee (PIC) of the national assembly for 1993/1994 and was re-elected as a member of parliament in 1997 for another 5-year term. Anyona died on 4 November 2003 in a car crash on Lusaka Road in Nairobi.

Moseti Anyona

Mass. police recruit dies after getting knocked out.



A Massachusetts family is demanding a full investigation after a state police recruit died after being injured during a training exercise late last week at the Massachusetts State Police Academy.

Police said Enrique Delgado-Garcia, 25, of Worcester was injured and became unresponsive during a training exercise Thursday on defensive tactics. He died the next day. The exercise involved boxing, according to WBZ-CBS News Boston.

The boxing component at the Massachusetts State Police Academy was suspended and revamped in the 1990s to respond to injury concerns, a former state police instructor told the Worcester Telegram & Gazette, part of the USA

After giving aid to the recruit, the academy's medical team determined that urgent care was required, and the trainee was transported to UMass Memorial Medical Center in Worcester, state police said.

"Despite the heroic efforts of medical professionals to deliver lifesaving care, Trainee Delgado-Garcia died at the hospital," state police said in a statement Friday evening.

USA NEWS

Florida sheriff releases mug shot of 11-year-old.

Police in Florida's Volusia County say they recovered airsoft rifles, pistols and fake ammunition along with knives, swords and other weapons, from a middle school student who threatened to commit a school shooting.

A Florida sheriff released the mug shot and video of an 11-year-old child charged with a felony for allegedly making a written threat of a mass shooting.

The release came just days after the sheriff said he would start releasing the mug shots of students who are arrested for making school shooting threats; two teenagers and the 11-year-old child were taken into custody within the last few days.

"Since parents, you don't want to raise your kids, I'm gonna start raising them," Volusia County Sheriff Mike Chitwood said at a news conference Friday. "Every time we make an arrest, your kids' photo is going to be put out there and if I can do it, I'm gonna perp walk your kid so that everybody can see what your kid's up to."

On Monday, the sheriff's office announced the arrest of the 11-year-old Creekside Middle School student who allegedly threatened to commit a school shooting and had a "written list of people he claimed he would kill," authorities said.

The boy, of Port Orange, is accused of showing off "several weapons" during a video chat with friends and threatening to commit the shooting at Creekside or Silver Sands Middle School, the sheriff's office said in a news release. Detectives were alerted through Fortify Florida, which allows people to make anonymous reports of suspicious activity to law enforcement and school officials.

The sheriff's office released the child's name, mug shot and a video of him being escorted into the jail. NBC News is not naming the child or showing his pic-



ture because he is a minor.

Police in Florida's Volusia County say they recovered airsoft rifles, pistols and fake ammunition along with knives, swords and other weapons, from a middle school student who threatened to commit a school shooting. (Volusia County Sheriff's Office)

In the video, the child is handcuffed behind his back as deputies take him inside the jail. He's then cuffed around his ankles as he's told to wait in a holding cell until deputies can gather some paperwork.

"Do you have any questions?" the deputy asks.

"No, sir," the boy responds.

Authorities searched the child's room and allegedly found a large number of airsoft rifles, pistols and fake ammunition along with knives, swords and other weapons, the news release states. The alleged list of targets was also recovered.

The child told deputies that the threat was a joke, according to the news release.

Sheriff Chitwood said it's no laughing matter.

"Go talk to the families who have lost a loved one in a school shooting. These little knuckleheads think it's funny. Go talk to those parents and see how funny this is. It's not," he said at Friday's news conference.

The sheriff said that upward of 54 tips had recently been reported through Fortify Florida, and investigators and school districts "have been running around the clock to investigate these tips which are all turning out to be false."

nbc release for awareness

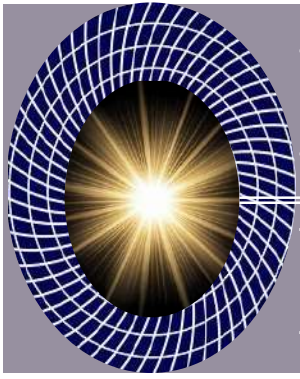
The Defining Moments It's A Do Or Die

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



Kamala Harris ignores Hamas in call for cease-fire

Israeli Prime Minister Benjamin Netanyahu has said a two-state solution and a cease-fire are at odds with the Jewish state's right to defend itself against Hamas, Hezbollah and other proxies of its main enemy, Iran.

Vice President Kamala Harris called again Thursday for an end to Israel's war against Hamas in Gaza — without mentioning the name of the terrorist group that started the conflict and only saying that a cease-fire deal must be "done immediately."

The Democratic nominee also laid out a curious vision for the aftermath of the Middle East conflict during an appearance before the National Association of Black Journalists in Philadelphia.

"That there be no reoccupation of Gaza, that there be no changing of the territorial lines in Gaza, that there be an ability to have security in the region for all concerned in a way that we create stability," she said, without elaborating on who should control the Palestinian enclave in the absence of an Israeli force.

Harris, 59, also stumbled when recounting that "1,200 Israelis" and "some Americans" were "slaughtered" by the jihadist group on Oct. 7, when in fact US officials have said that at least 40 US citizens lost their lives in the atrocity — and included those deaths in the estimation of nearly 1,200 fatalities.

The veep also said that "far too many innocent Palestinians have been killed" in the war and recommitted the US to the long-standing "goal of a two-state solution, because there must be stability and peace in that region ... our goal is to ensure that Israelis have security and Palestinians, in equal measure, have security, have self-dimension and dignity"

Democrats have been bedeviled this election cycle by a vocal minority of Israel critics based in key states like Michigan,



Kamala Harris speaks during a discussion hosted by the National Association of Black Journalists (NABJ), in Philadelphia, Pennsylvania, on September 17.

which has the largest Arab population in the US, and which encouraged voters to write "uncommitted" in party primaries earlier this year.

Israeli Prime Minister Benjamin Netanyahu has said a two-state solution and a cease-fire are at odds with the Jewish state's right to defend itself against Hamas, Hezbollah and other proxies of its main enemy, Iran.

While Harris paid lip service to Israel's right to self-defense, the VP added she was in "support" of a pause the US put

on 2,000-pound bomb shipments to Israel back in May.

"There is some leverage that we have had and used," Harris said of the weapons halt, adding that "we are doing the work of putting the pressure on all parties involved to get the deal done."

Secretary of State Antony Blinken traveled to Egypt on Tuesday to continue pressing for negotiations, but will not be visiting Israel, a possible sign that a deal is not imminent.

The Netanyahu government came under

new pressure to hammer out an agreement to release the remaining hostages last month after six Israeli captives, including American Hersh Goldberg-Polin, were found dead in a Hamas tunnel under the city of Rafah.

Approximately 100 hostages are still believed to be held alive by Hamas.

This article appeared at NY newspaper

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

"I may not be a poet in other peoples opinion, but I am a poet in my own way. I celebrate myself and praise myself."
Arch Dr. D.K. Gitau
The Diaspora Times is the Diaspora Voice

You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. -Dr. Seuss



"If life were predictable it would cease to be life and be without flavor."
-Eleanor Roosevelt

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The Art of the Abyss:

“To be or not to be” reveal the clear and compact depth that deals with and contemplates life and death.



Tajalla Qureshi

Pakistan

To begin with, the ancient influence of darkness, and replication of despair, the Greeks and Romans: Aeschylus, Sophocles, and Euripides stand firm in reflecting the idea of despair and darkness in literature. Suffering has been since the beginning of mankind and maybe it will end with the end of this universe. It's an on-song approach that hits with the wall of calmness.

Additionally, in “Oedipus Rex” by Sophocles (Circa 429 BCE), the elements of despair, hopelessness, and misery are depicted through the tragic downfall of Oedipus, who despite his efforts to avert his destiny, fulfills a prophecy that he will kill his father and marry his mother. The darkness reflected by Sophocles in Oedipus Rex is not just physical but existential, as he grapples with realizing his inadequacy and the inescapable nature of fate.

Sophocles unveils the rudiments as Oedipus's torment to highlight the confines of human knowledge and control, setting the stage for future exploration of despair. Endurance and belief make the accuracy achieve. Hence darkness imitates through the mental approach, cuts the nerves, and makes a healthy blind. I extracted a few verses from “Oedipus Rex” that truly conveyed the sediment of Lamentation upon discovering the fact, Metaphorical, and literal blindness to the truth. The following expressions exemplify the despair, darkness, and senseless concepts throughout the journey.

“Oh, woe is me! Oh, fate! Oh, cursed fate!” (Line 1182)

“Darkness, darkness, everywhere! I am lost, I am blind!” (Line 1318)

When the stars aligned in a perfect harmony, “Medea” by Euripides (431 BCE) delves into the depths of darkness, and the consequences of unchecked emotions. The interplay between despair and darkness creates a sense of certainty, underscoring the tragic outcomes. Hopelessness and despair fuel the darkness within and out. Medea's despair is transformed into a vengeful fury; how personal

betrayal can lead to profound psychological and moral darkness. Darkness, a sense of stress, and despair wrench the identity internally and as a result, it manifests extremeness in actions and internal turmoil. Here I mentioned some lines from “Medea” that truly illustrate the expression of despair, hopelessness, declaration of emotional sorrow, and lamentation.

“Oh, cursed fate, that has brought me to this pass!” (Line 163)

“I am undone, lost, and utterly betrayed!” (Line 166)

“I am a woman, and women are weak, but in sorrow, I am stronger than any man!” (Line 243)

On the flip side, during the Middle Ages and Renaissance, the exploration of despair and desperateness was often crisscrossed with religious and existential aspects. On the other hand, the darkness depicted in this period echoes both spiritual crises and moral struggles. “The Divine Comedy” by Dante Alighieri (early 14 century) offers an intense and vivid representation of despair through its portrayal of Hell, Purgatory, and Paradise.

Dante's journey through the infernal realms reveals a spectrum of human grief and moral worsening, highlighting the consequences of sin and the pathway to redemption. I grab a few lines from “The Divine Comedy”, here below that truly portray the situational despair, sense of being trapped, and a trace of being caged with heaviness, hecticness, and thickness

“In the middle of the journey of our life, I found myself in a dark wood, for the straight path was lost.” (Canto I,

lines 1-3)- Dante's renowned introductory lines, conventional the tone for his journey through despair.

“I felt a heavy sorrow, for I knew I was banished from the human race.” (Canto I, lines 4-5) – Dante's frame of mind with the isolation and despair as he instigates his ascent.

“In the depths of Hell, I saw the darkest night, but here, I see the radiant light.” (Canto XXXIII, lines 85-86)- Dante's contrast between the despair of Hell and the hope of Heaven.

Thereupon, “Hamlet” by Master William Shakespeare reconnoiters the psychological dimensions of despair. Hamlet's soliloquies, especially the eminent “To be or not to be” reveal the clear and compact depth that deals with and contemplates life and death. Shakespeare's skillful and artistic approach to writing about internal conflict and madness mirrors a sophisticated understanding of despair that blocs psychological, philosophical, and existential essentials.

I believe that when uncertainty clicks in the form of terrible tears, wrenching hearts, and shattered thoughts, it ruins the spark, the glory, and the artistic story. It's like a Spider's web that stretches an emotional ditch to a vulnerable that habitually imagines a sense of darkness in a horrible dimension where vultures clap and bamboozle the glint, intricately woven from the threads of grief, betrayal, and despair. In “Hamlet”, his father's murder was a wound that refused to heal, similarly, there are some wrenching overwhelming smidgeons that lead to psychological, physical, and emotion-

al crashes and cracks.

“I have of late—but wherefore I know not—lost all my mirth”

(Act 1, Scene 1)

“How weary, stale, flat, and unprofitable seem to me the uses of this world” (Act 1, Scene 1)

“I am but mad north-north-west. When the wind is southerly, I know a hawk from a handsaw”

(Act 2, Scene 2)

“Something is rotten in the state of Denmark” (Act 1, Scene 4)

Like a canvas waiting for colors, the Greeks and Renaissance, Moderns contributed their contributions with their perspectives that highly describe despair and darkness. I stated that writers from the 20th century onwards have delved into the complexities of despair, offering new insights into how darkness manifests the individual psyches and collective realities. The modern era more likely reflects the anxieties of a world grappling with rapid change and existential vagueness. Uncertainty and despair are a realm that whispers secrets to the soul that stitched the mouth and pinch the eyes unknowingly and knowingly and there the hidden forces deceptively shape the life, the shadows of a mare.

Cont. Page 17

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The Naked Truth.

“WSR you are naked and not even Baba, the fluid, chameleon chap can cover your loss of integrity and shameful birthday suit.”



Dr. Ayub Wainaina
Senior Editor
The Diaspora Times UK sector

Caci cia ing'otore



Kenyas clergy at Statehouse Nairobi

There is the office of the president of Kenya, with all its trimmings, free houses, free food, free attire, free transportation, free everything, and there is the person of the president.

Respect and reverence should be given to the office of the president and the person holding it. But if the person of the president doesn't behave in a certain way worthy of that office, then we shouldn't wait for five years to remove the person from soiling or staining the highest office in the land. In his political career, WSR has done a lot of church visits and prayer breakfasts. But the preachers in all these sacred spaces have never had the balls to preach to him the verses from the Holy Bible, which should be the norm or mantra of anyone holding the office of the president.

I know it will be said that human beings are to error, but at times, some play God, forgetting that no human who doesn't sits or squats in a toilet. Memento mori."Look after yourself. Remember, you're a man. Remember you will die. It should be cast in stone on the gates of the house on the hill, where the incumbent president resides.

The clergy, men and women of the cloth, have failed to point out that the king is naked, in our case, that Zakayo, the tax collector, is as bare as a nail before it is hammered in wood. In the ancient story, an emperor is deceived by two swindlers who claim to make him an invisible suit that only wise people can see.

The emperor, not wanting to appear foolish, pretends to see the clothes, and his subjects do the same. For over sixty years, our people saw the nakedness of Jomo, but no one dared tell him. Whoever did end up in ways we will not debate now. Moi came, his nakedness was obvious, Biwott, kamocho, and co actually stripped naked to appear naked like him. Nyayo dungeon walls tell the story.

At least Kibaki covered his nakedness a bit. Uhuru and the incumbent fellow, no one dared point fingers at them; river Nyala has floated the evidence, so the status quo of nakedness has gone on unabated. In our ancient story, ultimately, a child points out that the emperor is wearing nothing at all, exposing the truth. I will try

to wear that young boy's shoes and declare WSR you are naked and not even Baba, the fluid, chameleon chap can cover your loss of integrity and shameful birthday suit.

The dancing and opening of non-existing developments project around the country, and no one in your cabinet or friends dare tell you, sir, here you are naked. What a shame.

You are still thinking the populace is so daft that they can't see through you. The x-ray eyes of Gen Zs are seeing and pointing at your naked bottom. No amount of water cannons, intimidation, arrest, killing, tear gassing, or abducting will silence them. Someone once said that haughtiness is the high-heeled shoe of the low men.

High heels make ladies appear tall, but what is haughtiness. In the holy bible, proverbs 6:26-29 says, there are six, seven things that God hates, an abomination, these things are detestable to him: haughty eyes, a lying tongue, hands that shed innocent blood, a heart that devises wicked schemes, feet that are quick to rush into evil, a false witness who pours out lies and a person who stirs up conflict in the community. End of quote. I should rest my case here because the person of the president of our country is guilty of all seven of the above-mentioned detestable, abominable things hated by God. Now the Gen Zs are saying enough is enough. In my humble opinion, integrity and transparency should be added to this list of abominable things and be engraved in gold and hung on the walls of all states' houses in Kenya.

This should be sung in schools and incorporated into parliamentary prayer breakfasts. Let the many keshas in our boundaries teach these things that God loathes. In the Bible, "haughty eyes" is a figure of speech that refers to pride, arrogance, or conceit. It's often used in contrast to humility and is described as an arrogant demeanour that causes someone to look down on others.

People with haughty eyes may be arrogant, vain, and boastful, and be overly confident in their skills, accomplishments, possessions, or position. Be high-minded, presumptuous, and insensitive towards others and treat others with disdain, contempt, and even cruelty. Our MPS fit this bill line and clinker. God hates a pathological liar.

This has become so evident that the person of the president doesn't see the thin line dividing lies from truth. Hands that shed the innocent blood of Gen Zs are detested by the creator. A heart that devises wicked plans, covid millionaires, plotters and wheeler dealers that have made many Kenyans die, cry and go hungry, GMO foods, fake fertiliser, kicking poor people out of their ancestral lands, need I say more.

Feet that are swift in running to evil, our forces in Haiti are a testament to this dense action. The mighty ones, the USA, Canada, Germany, and even the neighbour Dominican Republic, wouldn't run to a burning house, but our naked person of the president sends our cops there, uncaring about the flag-covered body bags that will

come out of that uncalled-for exertion. The other two things stated that God hates, I will leave them to your politically knowledgeable noticing mind, to check if he is sinful or not. But the other two, I added, integrity and transparency, or lack of them, should be mentioned and displayed as stated above. Poor governance and no checks and balances by parliament because the August's house has gone to bed with the person of the president leaves the prostitution of our tax revenue and resources to continue unabated. In conclusion, I believe Zakayo must go. It is said that God is slow to anger, but it is coming; his anger will be so manifested it will leave some of us wetting our trousers.

It is also said that if a government has come to a point of not being afraid of the people, the people must remind the government that they should be afraid of the people! The people who do not respond on the streets, like Gen Zs, to the arrogance of governments are nothing but herds of cowardly sheep that have approved of fascism.

The old generation has placed their tail between their legs, me included, but the Gen Zs are not only barking, they are biting and biting. The person of the president you have nowhere to hide. Dr Ayub Wainaina.

The clergy, men and women of the cloth, have failed to point out that the king is naked, in our case, that Zakayo, the tax collector, is as bare as a nail before it is hammered in wood. In the ancient story, an emperor is deceived by two swindlers who claim to make him an invisible suit that only wise people can see. The emperor, not wanting to appear foolish, pretends to see the clothes, and his subjects do the same. For over sixty years, our people saw the nakedness of Jomo, but no one dared tell him. Whoever did end up in ways we will not debate now. Moi came, his nakedness was obvious, Biwott, kamocho, and co actually stripped naked to appear naked like him. Nyayo dungeon walls tell the story.

NEWS Briefs

THE GENERATION TO CARRY ON THE VISION



HIGHLIGHTS

BIDEN HIGHLIGHTS



President Joe Biden briefly donned a red "Trump 2024" hat during a visit to a Shanksville, Pennsylvania fire station, in what the White House described as a gesture of unity on the anniversary of the September 11 attacks.

"At the Shanksville Fire Station, @POTUS spoke about the country's bipartisan unity after 9/11 and said we needed to get back to that," White House senior deputy press secretary Andrew Bates posted on social media.

Bates said Biden gave a hat to a Trump supporter in the crowd as a friendly gesture. The supporter then asked Biden to put on a Trump cap in the name of bipartisanship, and the president went along, briefly wearing the red hat.

"As a gesture, he gave a hat to a Trump supporter, who then suggested that, in the same spirit, POTUS should wear the Trump cap. He briefly put it on," Bates added.



Father Of Aiden Needs Apology

Don't use my sons death as a political tool

The father of an 11-year-old Ohio boy who was killed last year when a minivan driven by a Hai-

tian immigrant struck his school bus said Tuesday that Donald Trump and JD Vance were "morally bankrupt politicians" who were using his dead son as a political tool. Nathan Clark, of Springfield, denounced the Republican presidential ticket and asked Trump and Vance to apologize in an impassioned speech before the City Commission after Vance, the Republican nominee for vice president, mentioned the death of Clark's son Aiden as a reason to oppose Haitian immigration.

is, to say the least, reprehensible for any political purpose," Clark said during the commission's public comment period, according to a livestream of the meeting.

"This needs to stop now," he added. "I will listen to them one more time to hear their apologies."

Asked for comment on Clark's statement, Luke Schroeder, a spokesperson for Vance, said that Vice President Kamala Harris should apologize to people who are victims of crime allegedly



committed by immigrants — some of whom have blamed the Biden administration and testified before Congress. "They hold her and her open borders policies accountable for the deaths of their children," Schroeder said in an email.

"The Clark family is in Senator Vance's prayers," he said.

Campaign representatives for Trump did not immediately respond to requests for comment late Tuesday, as Trump was preparing to debate his Democratic opponent, Harris.

Earlier Tuesday, the Trump-Vance campaign thrust the 11-year-old boy and his family into the nation's political spotlight. NBC Awareness



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- Sylvester Stallone



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MŪTONGORIA W Ī KĪONEKI

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



Mr. Thomas Musau



Dr. Ayub Wainaina
UK Correspondent



Pastor Mukuria
Spiritual Verses



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Tourism with Memory Phiri Zimbabwe.

Bread And Breakfast Establishments

A moment in time when you look back, smile, and yearn to relive with elation.



By Memory Phiri Zimbabwe. Senior editor The Diaspora Times

BnB establishments are in their own league and deserve to be appreciated for their stand. It will be advisable for tourists to sleep at a guest house as part of their vacation itinerary because this enhances what we call a memorable experience. A moment in time when you look back, smile, and yearn to relive with elation. In cases of a road trip or for typical backpackers, a bed and breakfast establishment is essential for refreshment.

That desired temporary accommodation to rest to be on your merry way with alacrity. Usually, the hosts live in the same place, so you will be in capable hands during the stay.

A bed and breakfast is a small lodging establishment offering overnight accommodation without empty promises. Apparently, they do not provide more than three rooms for rent, and they are usually furnished. They are private family-owned houses or homes renovated to attract tourists traveling the world in 365 days.

Rest assured that they will not provide luxuries like conference rooms, gyms, and a sauna because they believe that you will be on the



BnBs are convenient as a contingency plan, especially at night when you cannot reach your destination. Before the dawn of the 20th century, it was quite normal for country travelers to spend the night at a private house rather than an inn.

Enjoy Touring best destinations in Zimbabwe

move. However, they have advantages like affordability and localized experience, and the guests will enjoy a quieter stay.

BnBs are convenient as a contingency plan, especially at night when you cannot reach your destination. Before the dawn of the 20th century, it was quite normal for country travelers to spend the night at a private house rather than an inn.

To this day, BnBs still offer the same service as that coveted personal touch with a cozy atmosphere. Designed with a home away from home theme, they always stand out

in the accommodation circles.

The crux of the matter is that guest houses have leveled up and are even more advanced thanks to technology and its advantages. According to the Zimbabwean Trip Advisor, our country has comfy stays at affordable prices and plenty of options in popular neighborhoods.

Good examples are the Green Gardens in Mutare, Mt Pleasant BnB, the Royal Guest House located miles from Mukuvisi Woodlands, and the Kugara Guest House, Marondera. In the morning, a country or continental breakfast will be served on the cards, and the hosts

are very good at their catering services. I need to mention that they are aware of the registered guests, who are usually few and easy to handle.

After some shut-eye, you will have the staff at your door and call in the morning for breakfast. Notably, it is that one meal that brought about these establishments. To cut a long story short, the tourism industry cannot do without these accommodating and cost-effective BnBs scattered at every destination in the country. Come away and break your fast without any shadow of doubt.

Talk about a heart stopping experience with the Mosi-Oa-Tunya, the Smoke that Thunders. Luckily, tourists have been visiting the Victoria Falls since it was discovered and because it is one of the wonders of the world. Without doubt, the current trend allows everyone to have something extraordinary to talk about after a vacation and the Devil's Pool is one good excuse.



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

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

DIASPORA SUNDAY



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

Short Prayer for Difficult Times

"I pray that despite the difficulty surrounding us that we can stand firm in our faith. I pray we can share the love of Jesus with all those around us and that the lies and the schemes of the enemy will not prevail. I lift the people who don't know you, I pray you would bring people into their lives that can bring truth to their hearts and hope for their souls. Thank you for your peace, Lord and thank you that we can come to you and you meet us right where we are.

In your name we pray, Jesus,

AMEN

The Parable of the Prodigal Son.



And he said, "There was a man who had two sons. 12 And the younger of them said to his father, 'Father, give me the share of property that is coming to me.' And he divided his property between them. 13 Not many days later, the younger son gathered all he had and took a journey into a far country, and there he squandered his property in reckless living. 14 And when he had spent everything, a severe famine arose in that country, and he began to be in need. 15 So he went and hired himself out to [a] one of the citizens of that country, who sent him into his fields to feed pigs. 16 And he was longing to be fed with the pods that the pigs ate, and no one gave him anything. 17 "But when he came to himself, he said, 'How many of my father's hired servants have more than enough bread, but I perish here with hunger! 18 I will arise and go to my father, and I will say to him, "Father, I have sinned against heaven and before you. 19 I am no longer wor-



thy to be called your son. Treat me as one of your hired servants." 20 And he arose and came to his father. But while he was still a long way off, his father saw him and felt compassion, and ran and embraced him and kissed him. 21 And the son said to him, 'Father, I have sinned against heaven and before you. I am no longer worthy to be called your son.'[b] 22 But the father said to his servants,[c] 'Bring quickly the best robe, and put it on him, and put a ring on his hand, and shoes on his feet. 23 And bring the fattened calf and kill it, and let us eat and celebrate. 24

For this my son was dead, and is alive again; he was lost, and is found.' And they began to celebrate. 25 "Now his older son was in the field, and as he came and drew near to the house, he heard music and dancing. 26 And he called one of the servants and asked what these things meant. 27 And he said to him, 'Your brother has come, and your father has killed the fattened calf, because he has received him back safe and sound.' 28 But he was angry and refused to go in. His father came out and entreated him, 29 but he answered his father, 'Look,

these many years I have served you, and I never disobeyed your command, yet you never gave me a young goat, that I might celebrate with my friends. 30 But when this son of yours came, who has devoured your property with prostitutes, you killed the fattened calf for him!' 31 And he said to him, 'Son, you are always with me, and all that is mine is yours. 32 It was fitting to celebrate and be glad, for this your brother was dead, and is alive; he was lost, and is found.'"



Pastor Mukuria

Morning Affirmation
Psalms 118:24

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

Good day



Brother Kigume

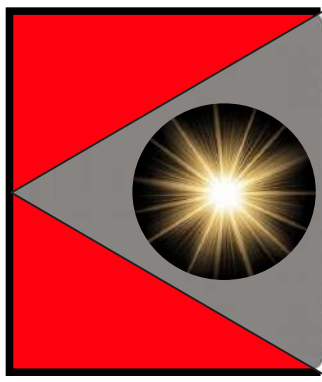
Some who owned houses or land sold them and brought the proceeds before the apostles to distribute to those without. Not a single person among them was needy.



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



The Art of the Abyss: Representations of Despair and Darkness



Tajalla
Qureshi

As the pages turned, “The Metamorphosis” (1915) by Franz Kafka probes into despair through psychological depth. I examine Kafka’s protagonist, Gregor Samsa, who undergoes a grotesque transformation into an insect, symbolizing profound alienation and existential dread.

He artistically and beautifully shares a portrayal of Gregor’s isolation and consequentially existential crisis, depicting darkness and despair as an internal and external phenomenon that distorts reality and self-perception. I sensed that Kafka’s writing discloses the sentiments of anxiety, despair, and darkness of modern existence.

The abyss within, where hope and despair entwine like twisted vines is a patent of obscurity and darkness, a mirror that replicates the innermost anxieties, judgments, appearance, and grief. Yet, only silence speaks volumes and reverberates the murmurs of innocent and vulnerable hearts. I beg for light and delights, glints and glow, sense, and snow that clear the caves of darkness and I believe. I strongly believe. Here I picked a few phrases from “The Metamorphosis” that reveal the isolation and inability, physical and emotional paralysis, and the burden, all collectively demonstrating despair.

“He had become a burden to his family, a constant reminder of their own guilt and shame.” (Chapter 2)

“He would often lie there for hours, unable to move, unable to think, unable to do anything but feel the weight of his own despair.” (Chapter 3)

“His family’s rejection of him was complete, and he was left to face the darkness alone.” (Chapter 4)

“And so he died, alone, unmourned, and unloved.” (Chapter 6)

On the other side of the coin, “The Bell Jar” (1963) by Sylvia Plath is a philosophical exploration of despair, presenting a raw and intimate interpretation of mental illness through the lens of her protagonist, Esther Greenwood. Writing is merely a keen reflection of a writer’s innermost landscape. As the pen swings across the pages, it strongly leaves behind a trail of the writer’s soul.

As a writer, my pen often bleeds with vulnerable emotions, the monarchy of terrible thoughts, and untold experiences that transform the blank sheets into a canvas of my signature. Words are like tender shoots, sprouting from the fertile soil of fancy flight. Correspondingly, “The Bell Jar” also highlights the sensitiveness and hecticness through despair and darkness in her leading character, reverberating Plath’s scraps and scuffles. Plath’s narrative is the metaphor of “The Bell Jar” which reveals the overpowering nature of her protagonist’s depressive phase.

I grab a few images from Plath’s “The Bell Jar” which spotlights the sense of inaccessibility and entrapment as I said before. Plath descends into mental sickness so, “The Bell Jar” becomes an all-encompassing barrier, separating her from the outer world and distorting her perceptions in the form of despair and darkness.

“I felt like I was drowning in a sea of

unknowing, unable to find a foothold anywhere.” (Chapter 5)

“The darkness closed in around me like a suffocating shroud.” (Chapter 10)

“I didn’t know why I was going to cry, but I knew I was going to cry, and I didn’t know how to stop it.” (Chapter 10).

As the sun dipped into the horizon, Najwa Zebian’s writings offer a nuanced and intense individual exploration of despair and darkness. “The Journey”, a Poem by Najwa Zebain captures the essence of her transformative voyage she writes, “I walked through the darkest nights to find the dawn within me, each step a testament to my strength.”

This imagery illustrates that despair is not an eternal state but a phase in a larger journey of self-discovery. I sensed her soulful expressions maintain a focus on the emotive depth of multiple involvements, providing a candid look at the struggles she faces and how artistically she finds the strength in confronting them.

“The shadows that once consumed me are now a backdrop to my growth, the night a canvas for the light I discovered.”

Moreover, In “Trapped” (page 122.), “Let the Pain Hurt” (page 213), and Crystal Ball (page 236) from “The Nectar of Pain”, “The Unspoken”, “I Am Not My Mistakes”, and “The Light” from “Mind platter” (2017), “The Darkness We Carry”, “The Phoenix” and “The Echo of Silence” from Spark of Phoenix (2019) imitates despair and darkness through vivid metaphors and reflections. The evocative imagery such as shadows, echoes, and silence, I witness through her poetry is exceptional

and wrenching, offering the readers a window into the complexities of despair, identity, and healing. The following lines give justice to my approach.

“I am the shadow that falls in the absence of light, I am the whisper in the dark, the echo of solitude.” (The Light)

“I am a phoenix rising from the ashes of despair, the fire within me burns brighter than any darkness I’ve known.” (The Phoenix)

“In the quiet of the night, I hear the echoes of my silence, the darkness within me speaking louder than words.” (The Echo of Silence)

As the clock struck midnight, I clutched the verses from Great Greeks to Contemporary authors that also depict despair and the dimension of darkness with the fumes of imagery that clasp the thoughts to the thoughts.

It vitrines the vulnerability and oversensitivity of an innocent art. Being a poet, I sense the inky expressions and eager aggressions more clearly. I believe that darkness is an envelope that wraps more strongly and remains for a long time, yet it shuffles with a bright ray from the window to keep awake. I have faith in firmness. Yet, Bleeding on paper is better than bleeding into the feet for pity and pace.

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Pakistan



Beneath the surface, I unveil the deep isolation that heavenly imitates the twilight before morning, the silence before eagerness, the rain before sunshine, and lastly, the pain before pleasure.

To pack up my discussion, I portray the voyage of despair and darkness from the tragic fates of Greek heroes to the introspective struggles of modern and contemporary protagonists, the heart-wrenching represen-

tation of despair and darkness in literature has evolved significantly. I capture the evolution of despair and darkness from Greek to Contemporary Literature. By tracing this journey, we gain a deeper thoughtfulness of how these aspects continue to resonate with readers and also provide a powerful means of exploring the depth of writers’ experiences. END

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



Breast cancer

Advances in breast cancer screening allow healthcare professionals to diagnose breast cancer earlier. The earlier you detect a change in your breast, especially a lump which is n, dont delay to see a doctor.

By Maggie Gonna
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MC sources Share only



TIPS ON HEALTH summary

Breast cancer is a kind of cancer that begins as a growth of cells in the breast tissue.

After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States. But breast cancer doesn't just happen in women. Everyone is born with some breast tissue, so anyone can get breast cancer.

Breast cancer survival rates have been increasing. And the number of people dying of breast cancer is steadily going down. Much of this is due to the widespread support for breast cancer awareness and funding for research.

Advances in breast cancer screening allow healthcare professionals to diagnose breast cancer earlier. Finding the cancer earlier makes it much more likely that the cancer can be cured. Even when breast cancer can't be cured, many treatments exist to extend life. New discoveries in breast cancer research are helping healthcare professionals choose the most effective treatment plans.

Signs and symptoms of breast cancer may include:

A breast lump or thickened

area of skin that feels different from the surrounding tissue. A nipple that looks flattened or turns inward.

Changes in the color of the breast skin. In people with white skin, the breast skin may look pink or red. In people with brown and Black skin, the breast skin may look darker than the other skin on the chest or it may look red or purple.

Change in the size, shape or appearance of a breast.

Changes to the skin over the breast, such as skin that looks dimpled or looks like an orange peel. Peeling, scaling, crusting or flaking of the skin on the breast.

When to see a doctor
If you find a lump or other

change in your breast, make an appointment with a doctor or other healthcare professional. Don't wait for your next mammogram to see if the change you found is breast cancer. Report any changes in your breasts even if a recent mammogram showed there was no breast cancer.

Causes
The exact cause of most breast cancers isn't known. Researchers have found things that increase the risk of breast cancer. These include hormones, lifestyle choices and things in the environment. But it's not clear why some people who don't have any factors get cancer, yet others with risk factors never do. It's likely that breast cancer happens through a complex interaction of your genetic

makeup and the world around you.

Healthcare professionals know that breast cancer starts when something changes the DNA inside cells in the breast tissue. A cell's DNA holds the instructions that tell a cell what to do. In healthy cells, the DNA gives instructions to grow and multiply at a set rate.

The instructions tell the cells to die at a set time. In cancer cells, the DNA changes give different instructions. The changes tell the cancer cells to make many more cells quickly. Cancer cells can keep living when healthy cells would die. This causes too many cells.

The cancer cells might form a mass called a tumor. The tumor can grow to invade and destroy healthy body tissue. In time, cancer cells can break away and spread to other parts of the body. When cancer spreads, it's called metastatic cancer.

The DNA changes that lead to breast cancer most often happen in the cells that line the milk ducts. These ducts are tubes designed to carry milk to the nipple. Breast cancer that starts in the ducts is called invasive ductal carcinoma. Breast cancer also can start in cells in the milk glands. These glands, called lobules, are designed to make breast milk. Cancer that happens in the lobules is called invasive lobular carcinoma. Other cells in the breast can become cancer cells, though this isn't common. may feel reluctant to seek help.

A family history of breast cancer. If a parent, sibling or child had breast cancer, your risk of breast cancer is increased. The risk is higher if your family has a history of getting breast cancer.....

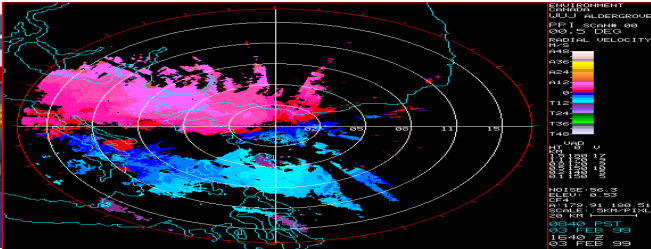


Breast Cancer.
The earlier detected, the better chances of getting healed without much complications

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May the dream be carried on by the generations to come.

Do not go where the path may lead, go instead where there is no path and leave a trail. -Ralph Waldo Emerson

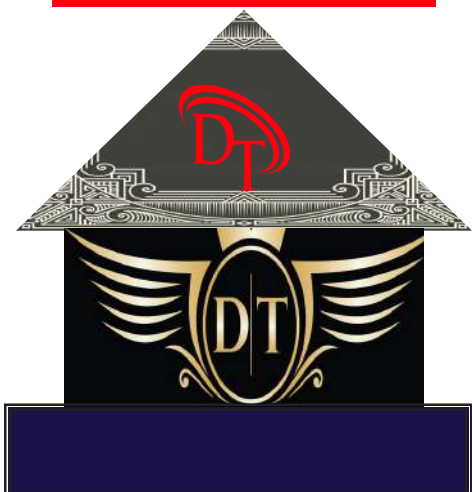
The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. -Helen Keller



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.

WEATHER



Changing Weather In Most American Cities.



Off the coast of South Carolina, Potential Storm Eight is now unlikely to form, but will probably just make landfall as a Depression sometime this evening through tomorrow. As for our upper-level pattern, things are getting away from us, as the troughs are trending northward over the central plains. Kansas and Oklahoma look like

the spots to be. We still might see a stray rain chance late weekend into early next week, but it doesn't look

great at this point. Fingers crossed for a change in the model guidance! We're ready for October and those first fall, strong cold fronts! Just get us to the state fair and red river showdown! For now, September heat is not going out without a fight.

Carolina Beach was placed under a state of emergency Monday after a "historic" 18 inches of rain fell there in 12 hours at one station, a once-in-1,000-year rainfall event, according to the National Weather Service in Wilmington.

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

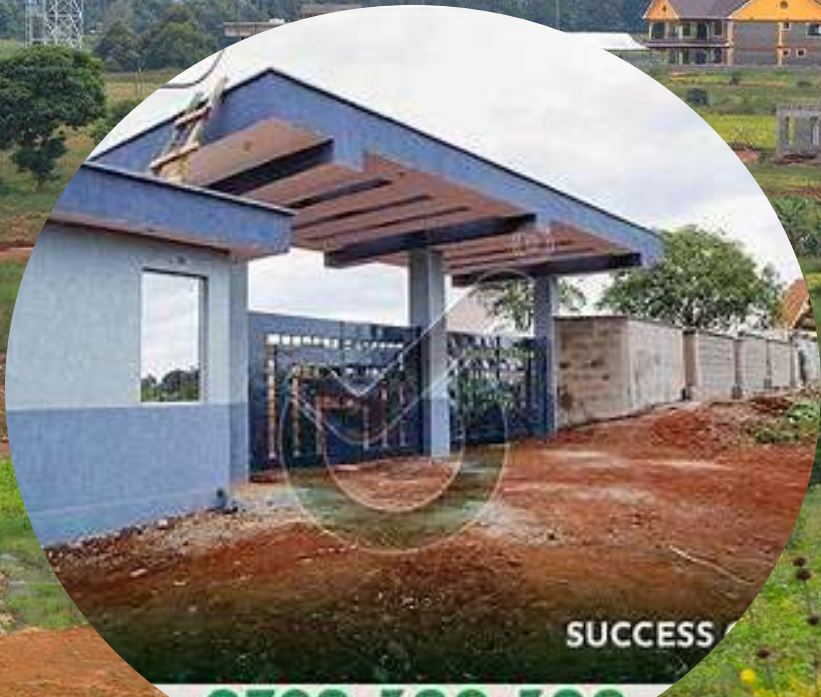


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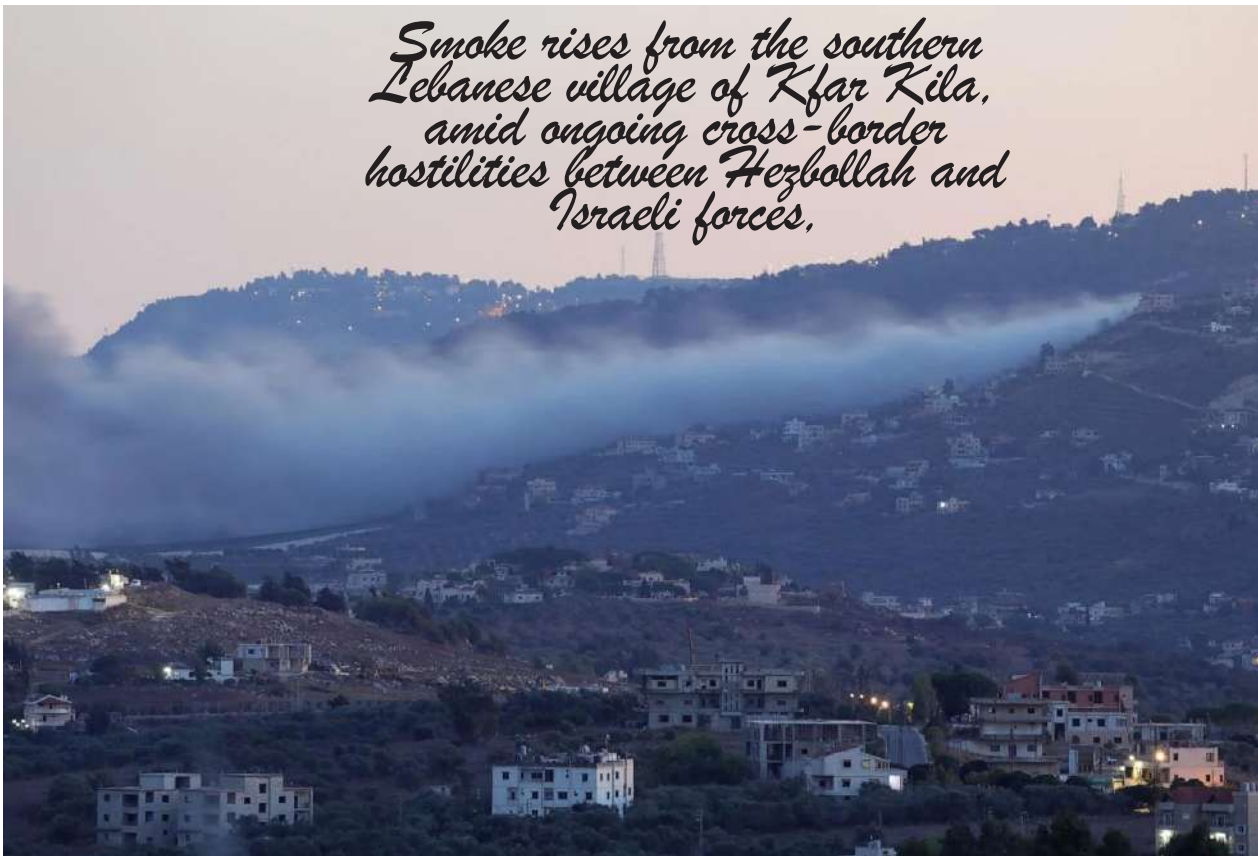




Israel launches strikes on Hezbollah.

The last two days of explosions in Lebanon, triggered remotely with explosives inside pagers or walkie-talkies, have killed at least 37 people and wounded 2,931.

Smoke rises from the southern Lebanese village of Kfar Kila, amid ongoing cross-border hostilities between Hezbollah and Israeli forces.



“Where is the justice for Jayda?”



Israel launched a series of strikes on Hezbollah targets Thursday as the war against the Lebanon-based group widened in the wake of two consecutive days of deadly explosions triggered in wireless devices. “The IDF is currently striking Hezbollah targets in Lebanon to degrade Hezbollah’s terrorist capabilities and infrastructure,” the Israeli army said. “The Hezbollah terrorist organization has turned southern Lebanon into a combat zone. For decades, Hezbollah has weaponized civilian homes, dug tunnels beneath them, and used civilians as human shields.” Two large sonic booms shook buildings in Beirut on Thursday as Hezbollah leader Hassan Nasrallah delivered a speech on this week’s device explosions. The IDF strikes come as Nasrallah said the use of the devices in civilian areas crossed all laws and red lines. “This criminal act is a major terrorist operation, an act of genocide and massacre and amounts to a declaration of war,” Nasrallah

said. “The only way to return the displaced to the north is to stop the aggression on the Gaza Strip and the West Bank. What you are doing will increase the displacement of the displaced from the north and will remove the opportunity for their return,” Nasrallah said. The last two days of explosions in Lebanon, triggered remotely with explosives inside pagers or walkie-talkies, have killed at least 37 people and wounded 2,931, Lebanese Health Minister Firass Al-Abyad said in a press conference Thursday. Prior to announcing the strikes, Prime Minister Benjamin Netanyahu restated his intention of returning tens of thousands of displaced Israelis to their homes in the north of the country, parts of which have been emptied by the threat of Hezbollah attacks. Two IDF soldiers were killed by Hezbollah rockets in the north on Thursday, the army said. Defense Minister Yoav Gallant, meanwhile, said the “center of gravity” of Israel’s 11-month-old war against Hamas and its backers “is shifting” from the Gaza Strip to the

northern border with Lebanon. The Israeli rhetoric was punctuated by the two waves of explosions in Lebanon. Pager devices exploded on Tuesday prompting chaos in the capital Beirut and across the Hezbollah militant group’s southern heartland. On Wednesday, walkie-talkies exploded, some during funeral processions being held for militants killed in Tuesday’s explosions. An ABC News source confirmed that Israel was behind the Tuesday pager attacks. Israeli leaders have not publicly commented on either round of explosions. The Lebanese Health Ministry said 12 people were killed and 2,323 wounded in Tuesday’s pager detonations, and another 25 people were killed and 608 wounded in Wednesday’s walkie-talkie blasts, according to Al-Abyad. ABC News share for awareness

Family and loved ones of Jayda Woods-Johnson – the 13-year-old girl killed in a shooting at Alderwood Mall in Lynnwood a little more than two months ago – say they’re upset with a judge’s ruling on the bail for the suspected shooter, 16-year-old Samuel Gizaw. “Samuel Gizaw is a danger to our community,” said Cheryl Huffman, Jayda’s cousin. Prosecutors say Gizaw retaliated after getting punched near the mall’s food court, firing a shot toward a group of teen boys running away, as Woods-Johnson was hit by the bullet while walking with a friend. Huffman says, on one hand, the family is pleased the judge decided to keep Gizaw’s bail at \$2 million after his attorney asked for a reduction to \$790,000. But they’re disappointed the judge is allowing Gizaw’s

family to use their home – valued at up to nearly \$1.1 million – as collateral. Defense attorney Bryan Hershman asked for a property bond during last week’s bail hearing. “There will be at least two eyes on this young man at all times, more than that, four or six or eight eyes at all time to include mom and dad who have sort of created a shift for their own work so that one or the two of them can be home 24/7,” said Hershman. Under the court’s ruling, if released, Gizaw is not allowed to leave home, except for medical or legal appointments. “I think it was 24 people who wrote letters on behalf of Samuel, stating he’s this outstanding child and that he is well-received in the community. A share from mainstream



“Corruption in the form of bribery and misuse of public funds is a major obstacle to democracy and economic development in many of the world’s poor countries.”
Ulla Törnæs

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BACKPAGE

WORLD OF SPORTS

Saints are off to a historic start.

The Saints were 25th on our preseason Power Rankings, with coach Dennis Allen firmly on the hot seat. Allen's defense still looked stiff, but on offense, they were planning to start rookie left tackle Taliese Fuaga and bump much-maligned left tackle Trevor Penning to the right side in place of the injured Ryan Ramczyk.

There are so many different offenses to fear in the NFL. The elite quarterbacks: Patrick Mahomes, Josh Allen. The dual-threat quarterbacks: Lamar Jackson, Jalen Hurts. The elite schemers: Kyle Shanahan, Sean McVay. The star wideouts with takeover potential: Justin Jefferson, Tyreek Hill. And of course, the New Orleans Saints, who have scored 4.33 points per drive to start the season. (The best offense this century, the 2007 Patriots, finished the season at 3.19.) The 15 consecutive scoring drives quarterback Derek Carr strung together to start the season is the longest streak since 1978, according to the Elias Sports Bureau. No biggie. Even the most optimistic Saints fan did not have this on their bingo card: a 47-10 drubbing over the listless Carolina Panthers chased by a 44-19 statement win at AT&T Stadium against the Dallas Cowboys. The Saints were 25th on our preseason Power Rankings, with coach Dennis Allen firmly on the hot seat. Allen's defense still looked stiff, but on offense, they were planning to start rookie left tackle Taliese Fuaga and bump much-maligned left tackle Trevor Penning to the right side in place of the injured Ryan Ramczyk. from sports today..

