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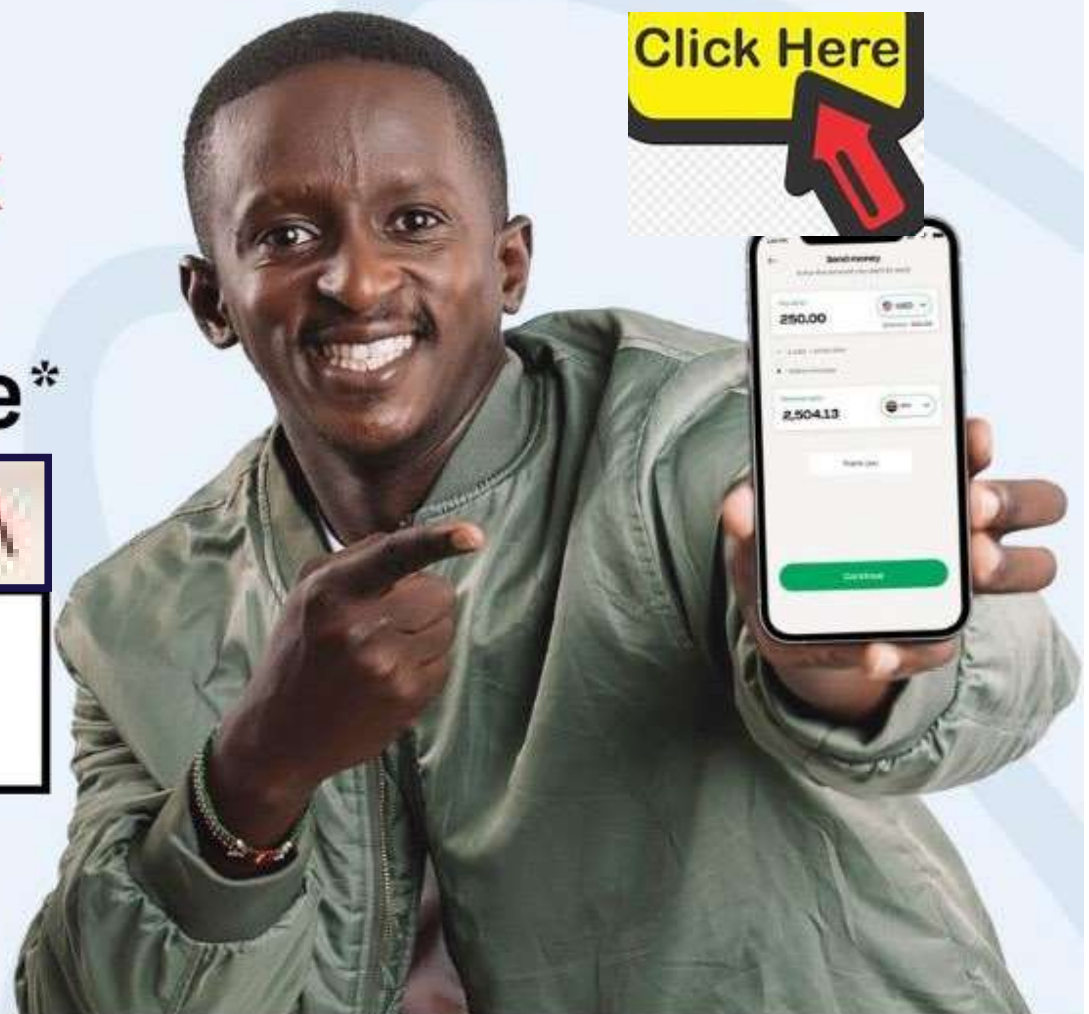
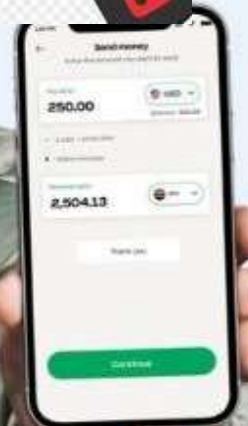
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# LAUGHTER THE BEST MEDICINE



*If you can't laugh, the tree will.*

**At the height of laughter, the universe is flung into a kaleidoscope of new possibilities.**

**LAUGHTER-** 1. Two men were arguing about who was a bigger fan of baseball. One said, "I've been to every game this season!" The other retorted, "I named all my children after famous players!" A third man, overhearing, interjected, "That's nothing! I named my cat Empire so every time he causes trouble, I can say, 'You're out!'"

2. At a pet talent show, everyone expected dogs to do tricks and cats to play pianos. However, when a young boy entered with a tortoise, there was a collective gasp. The host asks, "What's the talent?" The boy grins, "He's really good at... patience." The audience had a good laugh while the tortoise took its time crossing the stage.



way. Legends say that only the most extraordinary wizards could open it. One day, a young boy enters the academy, and without hesitation, walks straight to that door and opens it. Everyone is stunned. They ask, "How did you do it? Are you a prodigy?" The boy chuckled, "No, it was just a pull instead of a push door!" ready to roar with laughter and let the good times roll!



3. In a village, rumors swirled about a boy who could understand animal languages. A curious farmer invited the boy over and pointed to his chickens. "What are they saying?" The boy listened intently and replied, "They're discussing the egg-economy and who lays the best egg-ssets!"

upon hearing this, decided to check it out. But when he opened it, all he found were drawings of cats, dogs, and some peculiar-looking animals. He inquired, "Why are these the usual subjects?" The librarian pointed at a young boy who entered, saying, "Because every time he comes in, those are all he ever wants to read about!"

4. A librarian in a quaint village once boasted of a book that discussed all the usual subjects in just a single volume. A scholar,

5. At a magical academy, students are always curious about the mysterious door at the end of the hall-

6. I was in a barbershop when a man and his young son walked in to get a haircut. The man asked the barber to give his son a haircut while he shopped for groceries nearby. The barber finished the haircut but there was no sign of the father. An hour passed, and two more but nobody came.



## June-25th-2024- Was A Sad Day In Kenya



*When you kill them remember that they have families*  
**TO THE HEROES WHO DIED WHILE EXERCISING THEIR DEMOCRATIC RIGHTS -REST IN POWER**

*You can rebuild destroyed Cities but not lost life*

Article By Abigirl Phiri- Zimbabwe



# FAKE LIFE.

This is caused by pressure within our close circle of friends and family.

You reap what you sow in this life; therefore, you will acquire fake friends if you stage a phony life.

**ADVICE-** Many people are finding themselves in this boat of living a fake life. This is caused by pressure within our close circle of friends and family. You want to match somebody's standards, yet you do not usually have the means. Because one doesn't want to be left out, you end up living beyond your capabilities and capacity to please the eyes of the general populace. Yes, at first, this might seem like you have struck gold, but as the days pass, you will find yourself in a conundrum. It's hard to keep up appearances when that is not the real picture and state of things on the ground. Eventually, you will lose touch, and your act will become tatters. When the same people you were trying to please get wind of the fact that this was nothing but a colossal lie, then that's when trouble starts. You will be shunned from all activities and correspondence with them. The befitting word is you will become an outcast. This is because you would have no use for them. In their eyes, you will be a pauper who will only humiliate their doorstep.

*The clarion call is for one not to be interested in things that are not important in life. All that glitters is not gold, which is the saying that one must put to use. The best is to form fruitful relationships with real people with whom you can have conversations to help you change your life. If you join the bandwagon of the people who want to live large soon before you know it, you will be in deep trouble.*



People are generally attracted to power, influential people, and money. Without these, you are next to being a nonentity to them. Indeed, getting this cold shoulder will hurt to the bone, and before you know it, these victims of such a behavior will then face mental health issues such as depression and anxiety. If such people are not handled with kid gloves, they might even turn to suicidal thoughts. The welcoming comfort of death will now look more attractive than for one to continue living. Being on an island is tough when the world is full of people. One would like to feel a sense of belonging and camaraderie with others so that you feel satisfied that you are living your life out. Thus, that is why some are caught in a fast life that doesn't suit them and later regret everything when they find themselves in a deep hole.

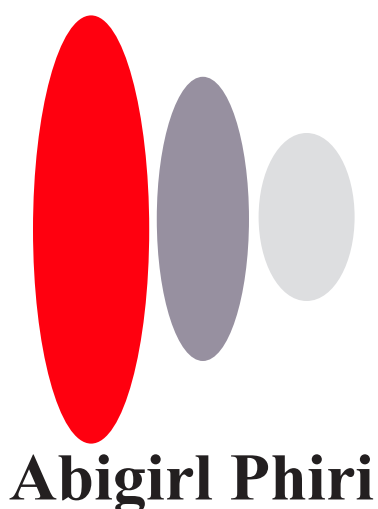
The clarion call is for one not to be interested in things that are not important in life. All that glitters is not gold, which is the saying that one must put to use. The best is to form fruitful relationships with real people with whom you can have conversations to help you change your life. If you join the bandwagon of

the people who want to live large soon before you know it, you will be in deep trouble. In addition, when you have been burnt by such a consuming fire, and you want help, no one will be there for you. These people are only available in good times.

Consequently, treasured readers, may you have the wisdom to deduce your contacts' true intentions lest you jump from the frying pan into the fire. Be genuine in your dealings and do things that do not please mortal men but that please God the almighty. With time, you realize there are things you deem essential at a certain age, but as you mature, you outgrow them and conclude that they are not worth it. This is the same applies to fake life. It doesn't mean much to have the whole world's attention on you admiring your lifestyle. All this is short-lived, and in most cases, it has dire consequences. Live in the public eye and be ready to have your dirty laundry aired because they thrive on that. In fact, with your support, they will suck you dry like a parasite, so it's good to live your everyday life, not seek out things that do not concern you. Win the public eye for other things rather than that because you live a fancy life.

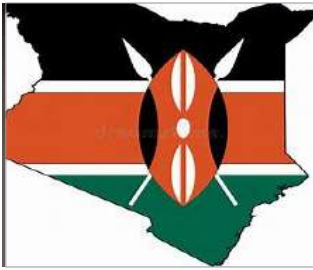
You reap what you sow in this life; therefore, you will acquire fake friends if you stage a phony life. This artificial lifestyle will be the death of you because you will be wasting precious time that you should have done something fulfilling that will add substance to your life. Ultimately, the game of life all boils down to the choices that one makes. Either you go on the right path or are lured on the wrong one. The choice is all yours, as well as the repercussions you will face in the future. Rugare treasured readers.

# 5



The clarion call is for one not to be interested in things that are not important in life





General Waruingi

# FALLEN HERO



General Waruingi



## General Waruingi- A Confession

General Waruingi, who was later killed by the security forces, was one of our most successful and daring Mau Mau leaders in the Kiambu bush

**HEROES** General Waruingi, who was later killed by the security forces, was one of our most successful and daring leaders in the Kiambu bush and it was my responsibility to maintain contact with him and to supply him with arms, food and men when needed. The Kiambu people in Nairobi were our main source of arms, medicine, clothing and other necessary supplies. These would be delivered to me and I would take the supplies directly to Waruingi or to one of our other leaders in Narok, Longonot, Ngong or the southern Aberdares.

During the month of August 1953 it became necessary that I deliver arms and food to our fighters in Narok, who were under the command of Generals Nubi and Ole Kisio. I set out with 20 men and armed with 12 rifles and 6 homemade guns. It was about 5 a.m., as we moved from our hideout in Limuru toward Narok, that we ran into a Government ambush near Kikuyu station. By the time we realized it we were completely surrounded by security forces. Being in a bad position and greatly outnumbered by the enemy I decided that we should try and make a run for it rather than engage the Government forces in an open battle. I directed my group to aim all of our guns at one point in the circle around us. When I gave the signal we all opened fire and ran through the hole which our bullets prepared. Once we made our move, Government forces returned our fire and three of my men fell to the ground, dead or injured. The rest of us continued into the bush and lost our pursuers. Without stopping we continued on toward Narok, arriving the next day and turning over the supplies we had brought to General Ole Kisio.

After discussing our business and spending the night in one of the Narok camps, it was necessary that I return with my 17 fighters to Limuru. We were provided with an escort of 50 additional fighters and set off through the bush during the day, making sure not to reveal ourselves to



(Late General Waruingi)

the enemy. While travelling I noticed a Government reconnaissance plane overhead, but felt quite confident that they hadn't spotted us. After a day's tiring journey, as we were sitting on the ground eating, one of our guards ran up excitedly and told me that we were being surrounded by a large force of Tribal Police, Home Guards and military units.

With a force of 67 well-armed fighters and being in a position well chosen for its defensive cover, I decided to deploy my men for battle. Government forces soon opened fire and a fight began which lasted till dark. One of my fighters was killed but we managed to capture 12 enemy rifles. It is difficult to say just how many men the Government force lost.

Not knowing where the security forces had withdrawn to for the night, it was unwise for us to continue our journey. Instead, I sent a couple of my men back to Narok to ask for reinforcements. By the follow-

ing morning, 300 additional fighters arrived at our camp; Government, of course, had also built up its forces. A day-long battle began, ending at night-fall with a loss of 11 of our fighters. We had captured no enemy guns and it was decided that we should move out of the area.

Midnight found us in the Mt. Longonot forests where we met with a group of fighters under the command of General Waruingi. We were led to Waruingi's camp and planned to rest there for three days. At the end of the third day, as we were making preparations to leave, we were spotted by a military plane which started to bomb the mountain. Soon after, Government ground forces began to attack on our position. Our own force, in addition to the men who had come with me from Limuru, consisted of 300 fighters from Narok and about 400 of Waruingi's men. After a long and gruelling battle we took stock of our

position. None of our fighters were killed, though six had sustained injuries. Arrangements were made to take the injured men to the Aberdares for treatment and during the darkness of the night I started off with my men and an escort of 150 fighters toward Limuru via Kijabe and Lari. When we arrived at Kijabe the fighters from Longonot and Narok bid us farewell and we were provided with a smaller escort by the local leaders for the remainder of the journey. The next day we finally reached our Limuru hideout. Our escort left us but unluckily ran into a Government ambush and lost 25 men. . .

Mau Mau From Within  
Karari Njama, 1966

**ARTICLE  
REPEATED  
ON PUBLIC  
DEMAND**

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

### summary



### TRIBUTE

The Mau Mau rebellion (1952–1960), also known as the Mau Mau uprising, Mau Mau revolt, or Kenya Emergency, was a war in the British Kenya Colony (1920–1963) between the Kenya Land and Freedom Army (KLFA), also known as the Mau Mau, and the British authorities. Dominated by Kikuyu, Meru and Embu fighters, the KLFA also comprised units of Kamba and Maasai who fought against the European colonists in Kenya, the British Army, and the local Kenya Regiment (British colonists, local auxiliary militia, and pro-British Kikuyu).

The capture of Field Marshal Dedan Kimathi on 21 October 1956 signalled the defeat of the Mau Mau, and essentially ended the British military campaign.[11] However, the rebellion survived until after Kenya's independence from Britain, driven mainly by the Meru units led by Field Marshal Musa Mwariama. General Baimungi, one of the last Mau Mau leaders, was killed shortly after Kenya attained self-rule.

### Mau Mau



## Here's what Trump said he'll do immediately once he becomes president



**POLICY-** President-elect Donald Trump has laid out an ambitious agenda that he has promised will go into effect on Jan. 20, the day he will be sworn into office for his second term.

While some of Trump's policy proposals, such as cutting corporate taxes, will require an assist from Congress in the form of passing new legislation that could take months to complete, others will simply require the stroke of a pen.

Here's a rundown of the policies he hopes to begin pursuing on day one.

Trump repeatedly attacked Harris during the campaign over her support of transgender rights. He also promised to immediately sign an executive order that would ban federal funding for gender-affirming care deemed "necessary" through programs and agencies like Medicare, the Veterans Health Administration, the Department of Defense TRICARE and the State Children's Health Insurance Program.

Trump also said he would support allowing "victims to sue doctors" who have performed transgender procedures on children.

## Man who used legal loophole to live rent-free for years in NYC hotel found unfit to stand trial

**NEW YORK** A man charged with fraud for claiming to own a storied Manhattan hotel where he had been living rent-free for years has been found unfit to stand trial, prosecutors said Wednesday.

Doctors examining Mickey Barreto deemed he's not mentally competent to face criminal charges, and prosecutors confirmed the results during a court hearing Wednesday, according to Manhattan District Attorney Alvin Bragg's office.

Judge Cori Weston gave Barreto until Nov. 13. to find suitable inpatient psychiatric care, Bragg's office said.

Barreto had been receiving outpatient treatment for substance abuse and mental health issues, but doctors concluded after a recent evaluation that he did not fully understand the criminal proceedings, the New York Times first reported. Barreto dismissed the allegations of a drug problem to some "partying," and said prosecutors are trying to have him hospitalized because they did not have a strong case against him. He does see some upside.

"It went from being unfriendly, 'He's a criminal,' to oh, they don't talk about crime anymore. Now the main thing is, like, 'Oh, poor thing. Finally, we convinced him to go seek treatment,'" Barreto told The Associated Press on Wednesday.

Brian Hutchinson, an attorney for Barreto, didn't immediately respond to a phone message seeking comment. But during Wednesday's hearing, he said he planned to ask his client's current treatment provider to accept him, the Times reported.



*A New York Street*

In February, prosecutors charged Barreto with 24 counts, including felony fraud and criminal contempt.

They say he forged a deed to the New Yorker Hotel purporting to transfer ownership of the entire building to him. He then tried to charge one of the hotel's tenants rent and demanded the hotel's bank transfer its accounts to him, among other steps.

Barreto started living at the hotel in 2018 after arguing in court that he had paid about \$200 for a one-night stay and therefore had

tenant's rights, based on a quirk of the city's housing laws and the fact that the hotel failed to send a lawyer to a key hearing.

Barreto has said he lived at the hotel without paying any rent because the building's owners, the Unification Church, never wanted to negotiate a lease with him, but they also couldn't legally kick him out.

Now, his criminal case may be steering him toward a sort of loophole.

"So if you ask me if it's a better thing, in a way it is. Because I'm not being treated as a criminal but I'm treated like a nutjob," Barreto told the AP.

Built in 1930, the hulking Art Deco structure and its huge red "New Yorker" sign

is an oft-photographed landmark in midtown Manhattan.

Muhammad Ali and other famous boxers stayed there when they had bouts at nearby Madison Square Garden, about a block away. Inventor Nikola Tesla even lived in one of its more than 1,000 rooms for a decade. And NBC broadcasted from its Terrace Room.

But the New Yorker closed as a hotel in 1972 and was used for years for church purposes before part of the building reopened as a hotel in 1994

AP NY Share

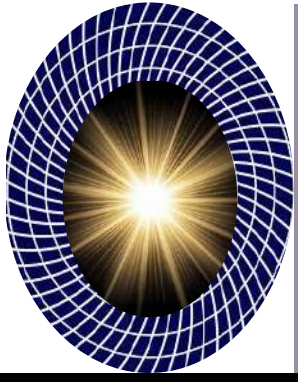
**But as Texas Gov. Greg Abbott told reporters on Wednesday, "This task is a mountain to climb. It's going to take Trump time."**



*Homelessness In The Big Cities On The Rise*

"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



# Trump's Cabinet picks are the first step in carrying out his agenda.

**Trump's transition team announced a rolling series of Cabinet picks this week as he moves swiftly to set up an administration and capitalize on the electoral victory that has given him the popular mandate he didn't enjoy when he won in 2016.**

WASHINGTON DC As he waged his winning campaign, Donald Trump described the Justice Department as a hotbed of partisan prosecutors who had "weaponized" law enforcement and the military as a fighting force that had forsaken its mission in favor of political decorum.

A Trump presidency would fix all that, he pledged, and with his choices to lead the Defense and Justice departments, along with other agencies, he has shown he meant just what he said.

Since his decisive victory last week, Trump has tapped trusted allies to carry out the priorities that align with what he promised voters.

If he wins Senate confirmation, Matt Gaetz will become the next attorney general, with power to end the Justice Department's traditional independence from the White House and ensure that it is a reliable tool of Trump's political interests.

"President Trump is going to hit the Justice Department with a blowtorch, and Matt Gaetz is that torch," Steve Bannon, Trump's former White House strategist, told NBC News.

Gaetz, R-Fla., submitted his resignation from the House on Wednesday.

In Pete Hegseth, a former Fox News personality, Trump would have at his side a defense secretary who may be called upon to purge the armed forces of the sorts of generals Trump has deemed anathema to America's military superiority.

Former Rep. Tulsi Gabbard, who was a Democrat in Congress but has since left the party, has been tapped to be the director of national intelligence, despite limited experience in that arena.

Trump picked a hard-line former im-



migration official, Tom Homan, to be his border czar and South Dakota Gov. Kristi Noem, who once gave him a model of Mount Rushmore that included his face, for homeland security secretary. If they are confirmed, both would be crucial to his plan to evict undocumented immigrants on an unprecedented scale.

Follow live updates on the aftermath of the 2024 election

Trump's transition team announced a rolling series of Cabinet picks this week as he moves swiftly to set up an administration and capitalize on the electoral victory that has given him the popular mandate he didn't enjoy when he won in 2016.

One difference this time is that he's elevating people he largely knows and likes, as opposed to strangers boasting impressive credentials and résumés. In his

first term, he nominated a retired four-star general, James Mattis, for defense secretary. Mattis had commanded troops in wartime and was considered a blend of soldier and scholar, with a library of thousands of books.

As homeland security chief, Trump at the time chose John Kelly, another retired four-star general, whose son was killed fighting in Afghanistan.

Trump broke with both men, ousting Mattis and parting ways with Kelly after having brought him into the White House to be his chief of staff.

At the time, both Mattis and Kelly were seen as "adults in the room" who would guide a new president who'd never held public office.

That model didn't suit Trump, and he's plainly abandoning it as he shapes a new presidency.

The Gaetz and Hegseth announcements, in particular, drew backlash.

Neither has run anything as complex and consequential as the departments they'd be leading. Hegseth was deployed to Afghanistan and Iraq and served in the National Guard for more than 19 years.

A Trump transition official said Hegseth is "perhaps unorthodox to inside-the-Beltway types [but] exactly the kind of young, talented, new thinker that can execute for DJT [Donald J. Trump] with lessons the president learned from his first term."

Still, in filling jobs with such vast responsibility, experience counts, others said.

"You need two things: competence and character. You need people who have deep, large, organizational experience, ideally with the public sector. We're not seeing that with these picks," said Max Stier, chief executive of the Partnership for Public Service, a nonprofit group devoted to improving government effectiveness.

Gaetz has been investigated over allegations of sex trafficking of a 17-year-old girl. The federal probe didn't result in criminal charges, and he has long denied wrongdoing.

A Justice Department official called the Gaetz announcement "truly stunning"; another labeled it "insane."

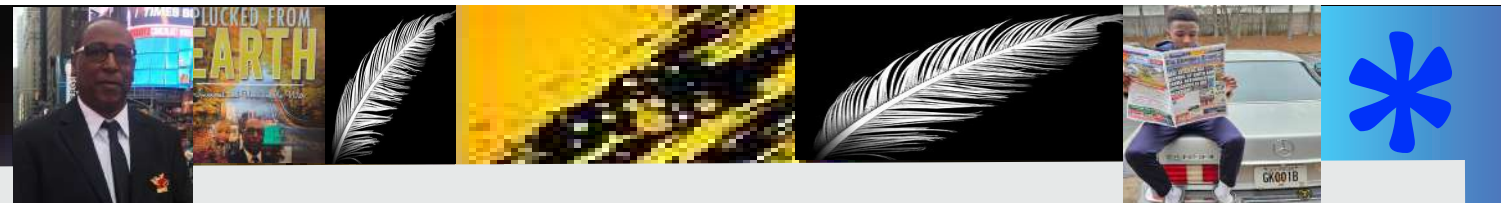
At this point, Trump has shown no signs of backing down. He won a clear-cut victory over Democrat Kamala Harris. His party will control both the House and the Senate, and Congress' habit is to give presidents latitude in choosing their own teams.

NBC report

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



**"You must be the change you wish to see in the world."  
-Mahatma Gandhi**

*The Diaspora Times  
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# THERE IS AN ENERGY SHIFT GOING ON, FOCUS WITHOUT ANY DISTRACTIONS AND YOU WILL RECEIVE. #ASCENSION!

It's very important that you mind your energy, and take a break to shift your energy from time to time.



By Sasha Seraphine Mbote  
Shasha Spice Africa

**ADVICE**-The universe has undergone a significant shift: 85% of spiritually awakened people have entered the new earth, with more arriving signaling a promising new era. I'm going through a huge energy shift at the moment.

I am feeling called to release and step away from some parts of myself and my life that I've outgrown and to find an enormous amount of courage to up level into a new version of myself.

Life is about growth, we must learn something new from each challenge and I am thankful to God for the new shift in my life, a healed new version of me. I am ascending into a lot of calming energy, favour, love and nothing can distract me from that.

Once in a while be thankful for challenges coz they bring a new shift and you feel like the place you're at just doesn't feel as bright and sparkly as it once did, and while you're grateful for everything around you, you just know that there is another part of yourself and your life out there you need to shed and discover. When you start feeling like that, it is time for you to embrace the new shift

Right now, things are really super intense for a lot of people. There's is some funky energy of fear, hate, and polarization running so high right now, and it's easy to get swept away in.

Have you been feeling it, too? If you have been working on your healing, I know you can feel the shift, sometimes it feels so an easy and you can become anxious, which is ok if you find calmness and compassion to embrace yourself in that shedding season.

You might lose appetite for food and so many other things while at it. Just drink lots of fluids as you embrace your greatness and healing shift, soon favour will colour your table like I have received abun-

dance in my life.

God's grace is always sufficient when we believe and wait on His timing. Shed all that needs to be shed even here on social media and your tribe will align with you as days go by.

It's far too easy to doom scroll or get caught up in people reporting one million different kinds of tragedies, Equatorial Guinea's Mr Body count, environmental catastrophies, classroom brawls and so on and so forth.

Social media sites seem to favor polarizing content too, and they seem to have a knack for filling people's feeds with maddeningly contrary opinions, mediocrity and fear. Seriously, I don't know why those kinds of posts show up on my feed. Anyway such things are a regular part of the cycle and sometimes it is hard to avoid them, but make sure you are grounded. I literally ignore what no longer serves my higher self coz I am shifting into a new version of me that is less accessible.

This makes it more important than ever right now, for me to make sure that you I feel centered, grounded, and secure within myself and you too can do that.

It's very important that you mind your energy, and take a break to shift your energy from time to time. I am there right now, and I am full of gratitude for the kindness and love my family, tribe, friends and my God have shown me during my healing process.

When I'm doing something I love doing, I'm generally far happier than when doing something I don't love doing. I bet you feel the same. Passion is everything so please find what you love doing and focus on it no matter how many times you fail coz one day you will get it right.

Of course, you can't spend every moment of every day doing things you like to do, even though that would probably shift your energy the fastest. You can however, make more time for hobbies and things that you love doing and it will heal heal your energy coz doing what you love comes with a lot of blessings.

Also, what can you do to help yourself shift your energy, what

can you do to evolve from things that no longer serve you, what can you do to help you get out of a funk?

Here are 7 tips to help you shift

## YOUR ENERGY.

### 1. GROUND, GROUND, GROUND.

Get off the internet and get into your body, mind and soul. Do yoga, run, exercise. Stretch. Take care of your body, mind and soul.

### 2. MEDITATE.

Give your mind a rest from thinking and allow yourself to meditate in the way that works for you. You might not be able to do the sitting still with eyes closed, focused on your breath kind of meditation, but you get into a meditative state by cleaning or painting or going on a walk in nature.

### 3. GET ENOUGH SLEEP.

A good night's sleep is way more important than you might think it is. Sleep helps your body and mind heal. It can also help you keep depression and anxiety in check.

### 4. AVOID PEOPLE WHO IRRITATE YOUR ENERGY

This might sound a bit harsh, but it can be so helpful for your energy when you avoid people who irritate your soul. It's just better to avoid people who leave you feeling drained or those who are always ready for a fight or who make you feel like arguing.

Like after I healed from depression I had to shed a lot in real time and on this streets because my mind is very important and I don't want takers close to me ever again. While on the same token, avoid anyone who makes you feel uncomfortable or ashamed, if you can.

This includes both online and in person, I don't think people realize how much energy they pick up from social media platforms, like I was told off on this streets a few weeks ago, and I had no idea I would receive such a massive trigger.

I am grateful though coz this has helped me focus on my energy shift and healing. Sometimes we pull our own chaos and blame others. I am so glad it happened coz it gave me a new vibe to remind myself that I am on a healing journey which does not need any type

of negative energy to avoid triggers.

### 5. EAT FOODS THAT MAKE YOU FEEL GOOD.

Listen to your own intuition and body when choosing what you eat. Personally, I feel way better when I don't eat meat. It's like my intuition gets crystal clear and it's super easy for me to get messages from my GUIDES.

You might thrive with meat in your diet, do what works best for you. Myself when I am on the shift I love to do vegetables and smoothies, healing must align even with the food you eat and the company you keep. The point here is not to compare yourself to others, but to shift your energy for the positive and do things that make you feel good.

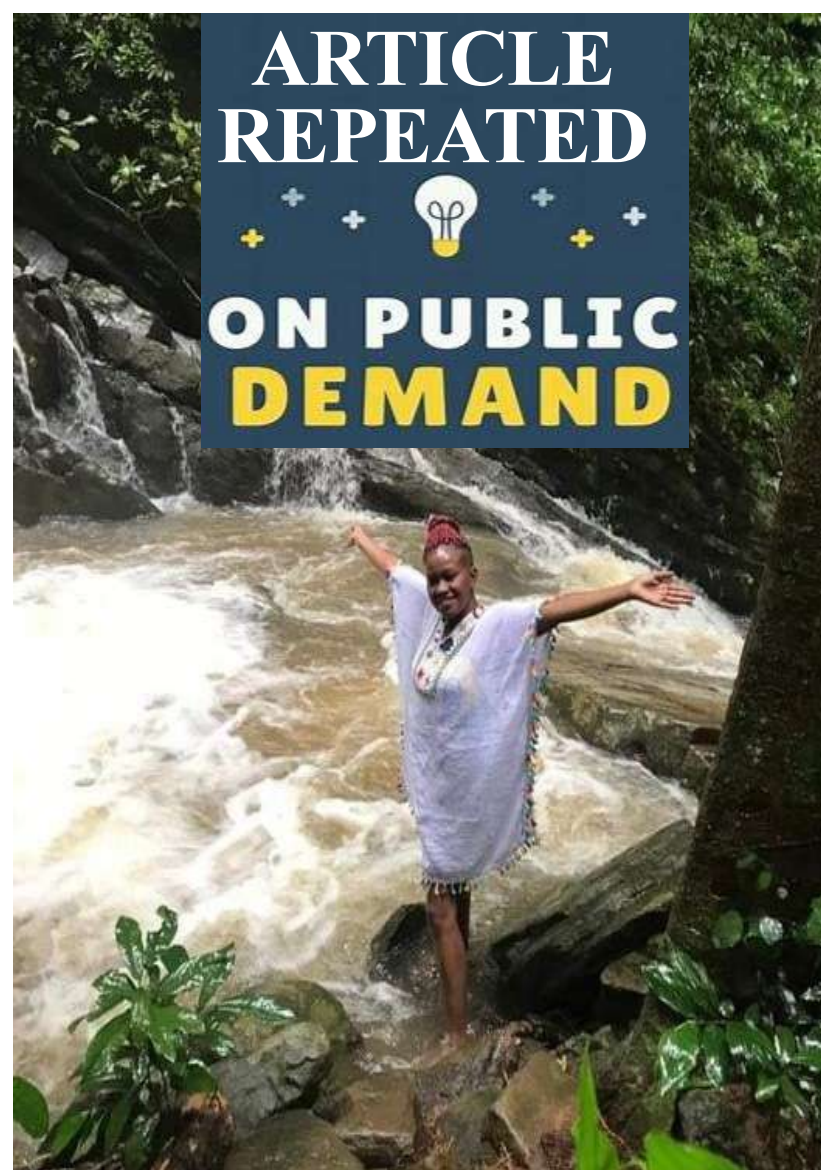
### 6. DO THINGS THAT MAKE YOU FEEL HAPPY.

Personally, I love to put some good music on and either dance around while cleaning the house or creating art. I love going for a walk in the woods which is one of the reasons I am in the farm planting fruits and flowers, watering them daily is healing me and in my mind it is part of my travel passion.

I love laying in the yard, looking at the stars at night, the good thing is that in the farm house you get to see that at night unlike in the big cities. I love going to art museums. I love walking around the city. I can't even believe my self retreat is ending tomorrow When I'm doing something I love doing, I'm generally far happier than I am if I'm doing something I don't love doing. I bet you feel the same way too, like for the last three years I love to be alone and this has helped me heal my inner child from a lot.

Of course, you can't spend every moment of every day doing things you like to do even though that would probably shift your energy the fastest. You can however make more time for hobbies and things that you love doing. Just traveling out of town has really helped in my shift, being alone is so calming.

Continued on page.14



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## Language Is a ‘War Zone’: A Conversation With Ngũgĩ wa Thiong’o.

The Kenyan author discusses colonialism and abandoning English to write in his native Kikuyu.

### LITERATURE NGURU KENYA-

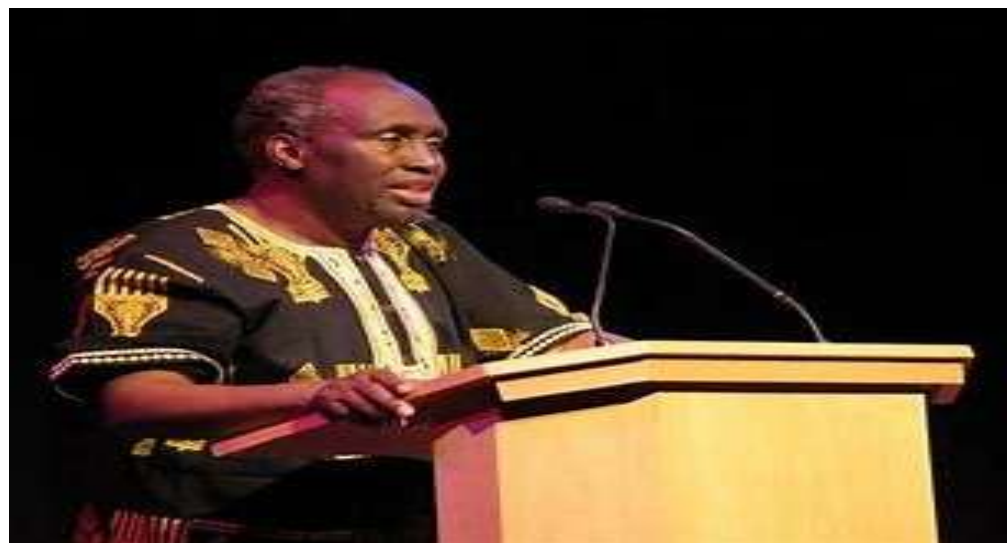
When the Kenyan writer Ngũgĩ wa Thiong’o entered a packed auditorium at the University of the Witwatersrand in Johannesburg, he immediately received a standing ovation. The audience whistled and hollered, their fists jabbing the air as they cheered: “Ngũgĩ! Ngũgĩ! Ngũgĩ!” More than 50 years after *Weep Not, Child*, the first novel to be published in English by an East African, he remains a literary superstar and perennial favorite for the Nobel Prize

Ngũgĩ was born into a large peasant family in 1938 in Limuru, Kenya, at the height of the Mau Mau rebellion. He was educated at primary schools in Kenya, and earned his bachelor degrees at Makerere University in Uganda and University of Leeds in England. His debut novel, *Weep Not, Child* (1964), detailing the Mau Mau uprising, was published to wide acclaim. He quickly followed it up with *The River Between* (1965) and *A Grain of Wheat* (1967). After a 10-year gap, Ngũgĩ published *Petals of Blood* in 1977. Later that year, after he published the play *Ngaahika Ndeenda* (*I Will Marry When I Want*) about inequalities and injustices in Kenyan society, written in Kikuyu, his mother tongue, the government arrested and imprisoned him. While in prison, Ngũgĩ abandoned English as a literary language and committed himself to writing in Kikuyu. He wrote *Caitani Mutharabaini* (1981), translated into English as *Devil on the Cross* (1982), from his cell on the only thing available—squares of toilet paper.

After his exile from Kenya in 1982, Ngũgĩ headed to the United States, where he’s lived and taught for more than three decades, establishing himself as a fierce critic of Western imperialism and neoliberalism.

At 80 then, Ngũgĩ is warm, funny and deeply generous. Our conversation took place over two sittings, at the India Habitat Centre in New Delhi. The interview has been edited and condensed for clarity. —Rohit Inani

Rohit Inani: In 1977, you published *Petals of Blood* about a peasant uprising in a neocolonial Kenyan society. Immediately after, you published a controversial play *Ngaahika Ndeenda* (*I Will Marry When I Want*) in Kikuyu, your native language. Did you write the play in Kikuyu because *Petals of Blood* failed to connect with the people you were writing about?



Ngũgĩ wa Thiong’o: It’s true. There is a reality in Africa that 90 percent of the population speaks different languages. And if you think, as I do, that people are an engine of change, then the question of their access to information and skills is very important. When you write a novel in English—no matter how radical, no matter how progressive—it can only reach people in a trickle-down fashion.

RI: Were you hoping of an uprising after the publication?

NT: No, never. Art does not incite. To me, art has to do with imagination. Imagination makes possible everything we do as human beings. We can picture all the possibilities and try to realize it in practice.

What nourishes the imagination? It is actually the arts, the songs, the culture. The problem with repressive regimes is that they like to starve the imagination. They don’t want you to think or imagine the possibilities of a different future. They want you to think this is the best of all possible worlds, like that character in Voltaire’s *Candide*, “Oh! This is the best of all possible worlds!” Slave-owning institutions used to argue that this is the best of all possible worlds.

So writing in English, or making sure that literature is only available in English, you are starving the imagination of a majority of people.

RI: In 1978, while being imprisoned in the Kamiti maximum-security prison, you wrote one of your most famous books, *Devil on the Cross*, in Kikuyu, on toilet paper. How difficult was it to write an entire book on toilet paper?

NT: I was put in prison because of my play *I Will Marry When I Want*, which was published in Kikuyu and acted by peasants. I remember the play being

stopped in November 1977, and on December 31, 1977, I found myself in a maximum-security prison. Now, in prison I was thinking very seriously about the language question. I realized that when I looked at the history of colonialism, the colonizer not only imposes his language, but he denigrates and represses the languages of the colonized. So the condition of learning English was the unlearning of our language, which continued into the postcolonial era.

I decided that since I’d been put in prison for writing in a national language and put there by an African government, I would, as part of my resistance, write in the very language which had been the basis of my incarceration.

RI: And this was the moment of truth for you?

NT: Yeah. It sustained me—feeling as if I was resisting. It was fun writing when I did not have paper. All I had was toilet paper. But occasionally I got a pen from the prison authorities if I said I was writing some kind of confession—I don’t know what there was to confess.

RI: How did you manage to keep it away from the eyes of the prison authorities?

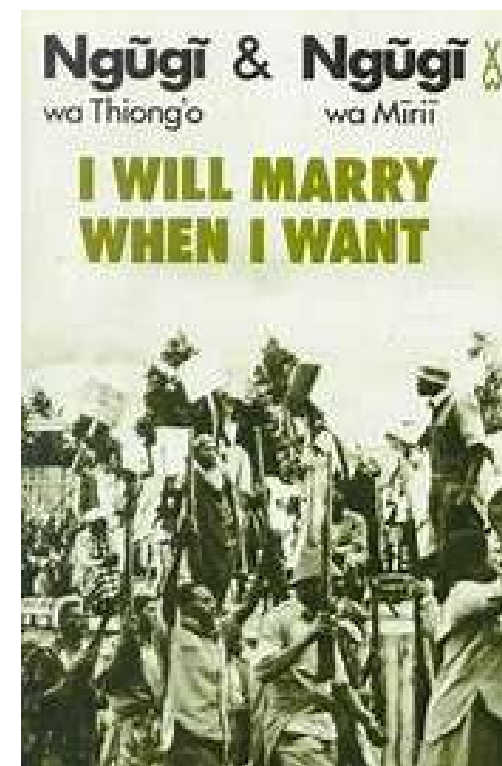
NT: I used to hide them in the open. We were allowed thousands of squares of toilet paper. Together they pack nicely. Towards the end the pile of toilet paper reached very high. At one point, I almost lost it, which I write about in my memoir that’s coming out in March under the title *Wrestling with the Devil*.

RI: You have called language a “war zone,” and you describe yourself as a

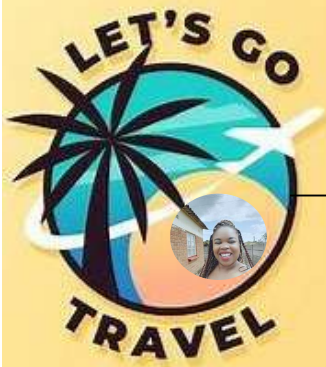
“language warrior.” Can you briefly talk about that?

NT: Look at the Irish situation with the British. The humiliation of Native Americans, how their language was denigrated. In Africa, of course, we were forbidden to speak our mother tongues. Japan imposed its language on the Koreans. So wherever you look at modern colonialism, the acquisition of the language of the colonizer was based on the death of the languages of the colonized. So it is a war zone. In case of India, [British historian and statesman Thomas Babington] Macaulay was brutally honest about wanting to create a class of Indians with English on their minds. The English wanted them to play a role in governing the rest of the population. It is true of Africa, and anywhere where there was a colonial situation. African languages were weaponized against Africans. Language was a weapon of war whether we are talking about the Spanish and Portuguese in Latin America or French in Africa and Vietnam. Language was a very important element in both the conquest and maintenance of colonial rule, because it was likely to bind the minds of the middle class.

A repeated story from the Nation Courtesy of Ngũgĩ wa Thiong’o







Tourism with Memory  
Phiri  
Zimbabwe.

# Recreation in Marondera.

Visiting us in winter is not a bad idea but be prepared for some very low temperatures that come with this tourism package

Marondera Central might look like a small town but it has a lot of recreational places for tourists



By Memory Phiri  
Zimbabwe.  
Senior editor  
The Diaspora Times

**ZIMBABWE**-People are always asking me if Marondera is a rural area because the Tsindi Ruins, Imire and Goshu Game Park are popular tourism hotspots that hail from our district. Today I'm going to paint a clear picture of the attractions that are

For starters, we take a look at the HopeFay Conference Center which was formerly known as Marondera Hotel. As far as I can remember, this hotel continues to be a prominent feature of our CBD.

in and around Marondera. My home town is begging to differ because it is 72km east of Harare and is very civilised. Marondera Central might look like a small town but it has a lot of recreational places for tourists to spend their disposable income on. Dynamites surely come in small packages. For starters, we take a look at the HopeFay Conference Center which was formerly known as Marondera Hotel. As far as I can remember, this hotel continues to be a prominent feature of our CBD. HopeFay practically keeps its head above water with very comfortable accommodation and cool surroundings. On the opposite side of the road you can also see the National Railways of Zimbabwe station for every attraction is close-knit in this endowed destination. If you are bent on a township tour, then you will have to pass by the beautiful golf course which is very conspicuous along the Harare-Mutare highway. Fortunately, the Driving Range with its expanse of evergreen manicured lawns allows participants to practice their swing unabashedly. Moving away from the CBD, we have the Malwate

Village Lodge Restaurant. The popular cynosure offers the best quality services including conferencing, events, casino, dinner bar and craft shop among others. Situated in the outskirts of town, it's rhetorical to mention that the atmosphere is so refreshing and tourists can indulge their culinary journey with the exquisite menu that screams of multi-cuisine. Marondera is privileged to the point of having its own university, MUASt which is there to sharpen our agricultural expertise which is committed to

provide free education for farmers. Let me remind you, that Marondera is a watershed which gets a lot of rain so we are on top of anything and everything that has to do with agro-tourism. To hammer on the education spectrum, we have both Watershed and Peterhouse as 'A' schools under our wing. More so, the town is surrounded by many dams like the Nyakambiri and Wenimbe. Lately, Muchekeranwa has gone viral with its boat cruises, canoeing, bird watching and fis-

hing not forgetting the braai movement as well. During the weekends, we always have a fair share of artists like Feli Nandi, Killer T, Freeman and Saintflow gracing the Roundabout Pagomo Leisure Spot or Chipiwa Gardens. Visiting us in winter is not a bad idea but be prepared for some very low temperatures that come with this tourism package. Marondera means to follow in English so we will never lead you astray, ever.



*Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma, which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition.*  
Steve Jobs

The drivers side has dents even after repairing. Makangas side has never had not even a single scratch.  
The SACCO must replace the Driver

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



*Diaspora Spiritual Group*

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

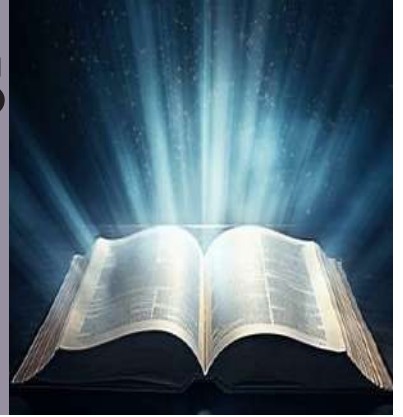
### Short Prayer for Difficult Times

"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 Ten Commandments Are Much In The News Today.



**BIBLE** 1. Mark Twain told the story about a man who had memorized the Ten Commandments. He told Twain that his ambition was to go to the Holy Land, stand on the Mount and recite loudly the Ten Commandments. Twain replied, "Have you ever thought about just staying home and keeping them?"  
2. The Ten Commandments are much in the news today. Can they be posted? Should they be removed from public venues? Personally I will tell you that I do not believe it detrimental to post the Ten Commandments. In fact, I believe quite the opposite. We have sought to silence any mention of God and His precepts to our own harm.  
3. But, having stated my conviction, the more important issue is not whether we post the Ten Commandments on a wall. It is whether we are fulfilling the law by loving God and loving our neighbor as ourselves.  
4. What I propose to do over the next eleven weeks is to take a fresh look at the original top ten.  
5. Today we are going to lay a foundation. Please open your Bible to Exodus 20:2.  
6. There are three planks to this foundation. To communicate



these planks to you I'm going to use an acronym. L-A-W.

2. "L" STANDS FOR LOVE (20:2 "who brought you out of the land of Egypt, out of the house of slavery")

1. Before God launches into His demands of us, He reminds us of His love for us.

2. The Jewish people count this verse as the first of the ten commandments. It is foundational.

3. This is a God who worked to redeem us. We can be assured that what he commands is for our good.

1. When they were entrapped in Egypt with no hope, he rescued them.

2. When they were thirsty, he opened up a spring in the desert.

3. When they hungered, he fed

them with manna and quail.

4. When He says, "Thou shalt not . . ." He is simply saying, "Don't hurt yourself."

Two of the Ten Commandments have to do with sins of speech. This commandment - don't take God's name in vain and the ninth commandment - thou shalt not bear false witness to thy neighbor. One of God's most beautiful gifts to man is the gift of speech. Among many things this is one of the things that distinguishes man from the animals. God has given to man the ability to express himself and to express himself in marvelous, unusual ways. Isn't it a tragedy that man would take the beautiful gift of speech and would misuse that gift. To misuse that gift, for instance, to curse man. In James 3:9 the Bible says - therewith (the tongue) curse we

men. What a sad thing that people would take the gift of speech and use it to curse men. An even sadder thing it is for someone to take God's beautiful gift of language and use the gift that God has given to him as a means of abusing and misusing the name of God Himself.

Our Lord Jesus, in the model prayer, taught us to pray: Our Father who art in heaven, hallowed be thy name. May your name be honored.

I want to talk tonight about this commandment - thou shalt not take the name of the Lord thy God in vain.



Muthoni



Pastor Mukuria



Brother Kigume



**Morning Affirmation**  
Make every effort to live in Peace with everyone

Hebrews 12:14

Good day

Dream and continue to dream. You can make it a reality. If you just keep pushing and keep trying then eventually you will reach your goal.



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





# Obesity Is A Complex Disease

Some medicines can lead to weight gain if you don't compensate through diet or activity. These medicines include steroids, some antidepressants, anti-seizure medicines, diabetes medicines, antipsychotic medicines and certain beta blockers.

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

Obesity is a complex disease involving having too much body fat. Obesity isn't just a cosmetic concern. It's a medical problem that increases the risk of many other diseases and health problems. These can include heart disease, diabetes, high blood pressure, high cholesterol, liver disease, sleep apnea and certain cancers.

There are many reasons why some people have trouble losing weight. Often, obesity results from inherited, physiological and environmental factors, combined with diet, physical activity and exercise choices.

The good news is that even modest weight loss can improve or prevent the health problems associated with obesity. A healthier diet, increased physical activity and behavior changes can help you lose weight. Prescription medicines and weight-loss procedures are other options for treating obesity. Symptoms  
Body mass index, known as BMI, is often used to diagnose obesity. To calculate BMI, multiply weight in pounds by 703, divide by height in inches and then divide again by height in inches. Or divide weight in kilograms by height in meters squared. There are several online calculators available that help calculate BMI. Asians with a BMI of 23 or higher may have an increased risk of health problems.

For most people, BMI provides a reasonable estimate of body fat. However, BMI doesn't directly measure body

fat. Some people, such as muscular athletes, may have a BMI in the obesity category even though they don't have excess body fat.

Many health care professionals also measure around a person's waist to help guide treatment decisions. This measurement is called a waist circumference. Weight-related health problems are more common in men with a waist circumference over 40 inches (102 centimeters). They're more common in women with a waist measurement over 35 inches (89 centimeters). Body fat percentage is another measurement that may be used during a weight loss program to track progress. When to see a doctor  
If you're concerned about your weight or weight-related health problems, ask your health care professional about obesity management. You and your health care team can evaluate your

health risks and discuss your weight-loss options. Causes  
Although there are genetic, behavioral, metabolic and hormonal influences on body weight, obesity occurs when you take in more calories than you burn through typical daily activities and exercise. Your body stores these excess calories as fat.

In the United States, most people's diets are too high in calories — often from fast food and high-calorie beverages. People with obesity might eat more calories before feeling full, feel hungry sooner, or eat more due to stress or anxiety.



## TIPS ON HEALTH

### summary

Obesity often results from a combination of causes and contributing factors: Family inheritance and influences  
The genes you inherit from your parents may affect the amount of body fat you store, and where that fat is distributed. Genetics also may play a role in how efficiently your body converts food into energy, how your body regulates your appetite and how your body burns calories during exercise. Obesity tends to run in families. That's not just because of the genes they share. Family members also tend to share similar eating and activity habits. Unhealthy diet. A diet that's high in calories, lacking in fruits and vegetables, full of fast food, and laden with high-calorie beverages and oversized portions contributes to weight gain. Liquid calories. People can drink many calories without feeling full, especially calories from alcohol. Other high-calorie beverages, such as sugared soft drinks, can contribute to weight gain. Inactivity. If you have an inactive lifestyle, you can easily take in more calories every day than you burn through exercise and routine daily activities. Looking at computer, tablet and phone screens is inactivity. The number of hours spent in front of a screen is highly associated with weight gain.

Follow a low-carb eating plan

Try out this superfood for energy and health

Track your progress to stay motivated

Always check food labels for sugar and carbs

Replace your morning coffee and milk with cinnamon tea

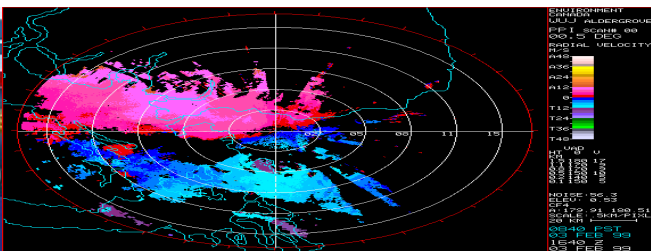
Eat slowly, without any interference

<b>1 EXERCISE</b> Make an appointment with your doctor to discuss your weight and get a referral for a physical therapist. Start with 10 minutes of walking 3 times a week and gradually increase to 30 minutes.	<b>6 GET UP EARLY</b> Waking up early and going to bed early can help you stay motivated and healthy. Try to wake up at the same time every day.
<b>2 MAKE PLANS</b> Write down your goals and the steps you need to take to reach them. Share your plans with a friend or family member for support.	<b>7 AVOID ALCOHOL</b> Alcohol is high in calories and can lead to weight gain. Limit your alcohol intake to one drink per day for women and two for men.
<b>3 SLEEP WELL</b> Getting enough sleep is important for your health and weight loss. Aim for 7-9 hours of sleep each night.	<b>8 LAUGH MORE</b> Laughter is a great stress reliever and can help you stay motivated. Spend time with people who make you laugh.
<b>4 MEDITATE</b> Meditation can help you manage stress and stay focused on your goals. Start with 5-10 minutes of meditation each day.	<b>9 HAVE SEX!</b> Having sex is a fun and healthy way to stay motivated and healthy. Aim for 2-3 times per week.
<b>5 LISTEN TO MUSIC</b> Listening to music can help you stay motivated and healthy. Create a playlist of songs that inspire you.	<b>10 ACT LIKE A KID</b> Acting like a kid can help you stay motivated and healthy. Play games and have fun.

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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

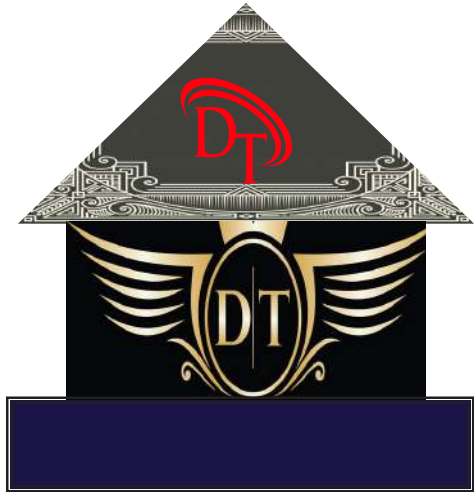
The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. -Helen Keller



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



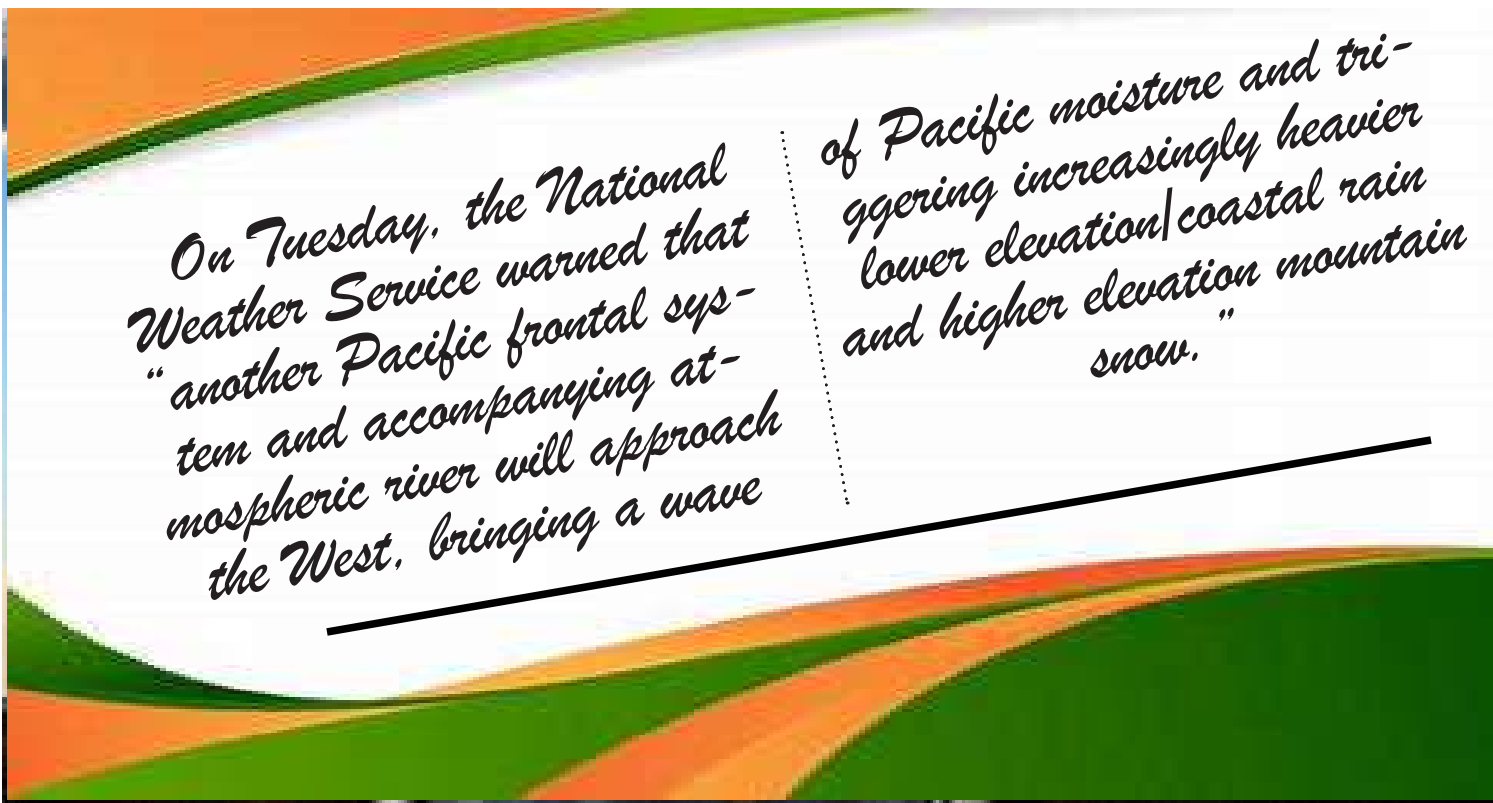
Huge snow totals reported in West as another storm looms.



**WEATHER-** The latest batch of wintry weather is heading for the Pacific Northwest. In the past week, the nation's first major snowstorm of the winter season left behind mounds of heavy, wet snow in portions of Colorado and New Mexico. How much snow fell? Several ski areas in the mountains of the two states picked up as much as 3-4 feet of snow, as did portions of the eastern Plains of

Colorado. In fact, some counties in the Plains of Colorado were buried under between 30 to 42 inches of snow, averaging 3 feet overall, David Barjenbruch, a meteorologist with the National Weather Service's Boulder office, told the Denver Post. "This is one that will be remembered for a while," he said. The highest reported snowfall total was 54.9 inches at a location 7

miles northwest of San Isabel, Colorado (southwest of Pueblo), the National Weather Service said. And with 20 inches of snow, Denver recorded its third-biggest November snowstorm on record, the biggest since 1983. Elsewhere, New Mexico's Colfax County was blanketed in 40 inches of snow, while parts of Albuquerque received 7.5 inches of snow.



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

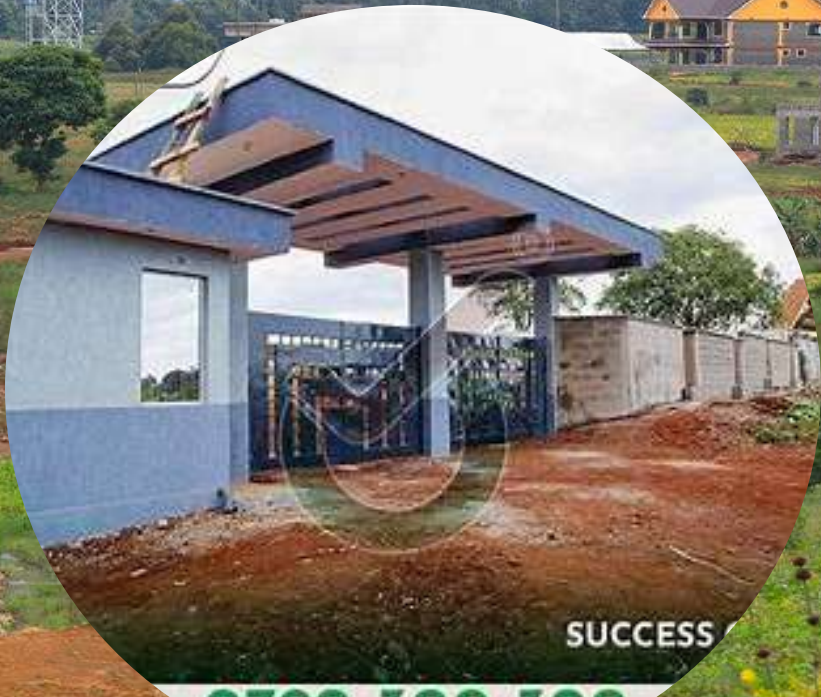


"Spread love everywhere you go. Let no one ever come to you without leaving happier." -Mother Teresa



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# Chloe Anthony Wofford Morrison

*Among other books that Morrison developed and edited is *The Black Book* (1974), an anthology of photographs, illustrations, essays, and documents of Black life in the United States from the time of slavery to the 1920s*

**American Novelist** Chloe Anthony Wofford Morrison (née Chloe Ardelia Wofford; February 18, 1931 – August 5, 2019), known as Toni Morrison, was an American novelist and editor. Her first novel, *The Bluest Eye*, was published in 1970. The critically acclaimed *Song of Solomon* (1977) brought her national attention and won the National Book Critics Circle Award. In 1988, Morrison won the Pulitzer Prize for *Beloved* (1987); she was awarded the Nobel Prize in Literature in 1993.

Born and raised in Lorain, Ohio, Morrison graduated from Howard University in 1953 with a B.A. in English. Morrison earned a master's degree in American Literature from Cornell University in 1955. In 1957 she returned to Howard University, was married, and had two children before divorcing in 1964. Morrison became the first black female editor for fiction at Random House in New York City in the late 1960s. She developed her own reputation as an author in the 1970s and '80s. Her novel *Beloved* was made into a film in 1998. Morrison's works are praised for addressing the harsh consequences of racism in the United States and the Black American experience.

The National Endowment for the Humanities selected Morrison for the Jefferson Lecture, the U.S. federal government's highest honor for achievement in the humanities, in 1996. She was honored with the National Book Foundation's Medal of Distinguished Contribution to American Letters the same year. President Barack Obama presented her with the Presidential Medal of Freedom on May 29, 2012. She received the PEN/Saul Bellow Award for Achievement in American Fiction in 2016. Morrison was

inducted into the National Women's Hall of Fame in 2020.

#### Early years

Toni Morrison was born Chloe Ardelia Wofford, the second of four children from a working-class, Black family, in Lorain, Ohio, to Ramah (née Willis) and George Wofford. Her mother was born in Greenville, Alabama, and moved north with her family as a child. She was a homemaker and a devout member of the African Methodist Episcopal Church.

George Wofford grew up in Cartersville, Georgia. When Wofford was about 15 years old, a group of white people lynched two African-American businessmen who lived on his street. Morrison later said: "He never told us that he'd seen bodies. But he had seen them. And that was too traumatic, I think, for him." Soon after the lynching, George Wofford moved to the racially integrated town of Lorain, Ohio, in the hope of escaping racism and securing gainful employment in Ohio's burgeoning industrial economy.

He worked odd jobs and as a welder for U.S. Steel. In a 2015 interview Morrison said that her father, traumatized by his experiences of racism, hated whites so much he would not let them in the house.

When Morrison was about two years old, her family's landlord set fire to the house in which they lived, while they were home, because her parents could not afford to pay rent. Her family responded to what she called this "bizarre form of evil" by laughing at the landlord rather than falling into despair. Morrison later said her family's response demonstrated how to keep your integrity and claim your own life in the face of acts of such "monumental crudeness".

Morrison's parents instilled in her a sense of heritage and lan-

guage through telling traditional African-American folktales, ghost stories, and singing songs. She read frequently as a child; among her favorite authors were Jane Austen and Leo Tolstoy.

Morrison became a Catholic at the age of 12 and took the baptismal name Anthony (after Anthony of Padua), which led to her nickname, Toni. Attending Lorain High School, she was on the debate team, the yearbook staff, and in the drama club.

Adulthood, Howard and Cornell years, and editing career: 1949–1975

In 1949, she enrolled at Howard University in Washington, D.C., seeking the company of fellow black intellectuals. She was the

first person in her family to attend college, meaning that she was a first-generation college student.

Initially a student in the drama program at Howard, she studied theatre with celebrated drama teachers Anne Cooke Reid and Owen Dodson. It was while at Howard that she encountered racially segregated restaurants and buses for the first time.

She graduated in 1953 with a B.A. in English and a minor in Classics, and was able to work with key members of the Harlem Renaissance era such as Alain Locke and Sterling Brown. Additionally, she participated in the university's theater group, known as the Howard Players, where she had the opportunity to travel the

Deep South, which was a defining experience of her life.

Morrison went on to earn a Master of Arts degree in 1955 from Cornell University in Ithaca, New York. Her master's thesis was titled "Virginia Woolf's and William Faulkner's treatment of the alienated".

She taught English, first at Texas Southern University in Houston from 1955 to 1957, and then at Howard University for the next seven years. While teaching at Howard, she met Harold Morrison, a Jamaican architect, whom she married in 1958. Their first son was born in 1961 and she was pregnant with their second son when she and Harold divorced in 1964.

To be continued.



February 18, 1931 – August 5, 2019)

*In Kenya, the corrupt accuses the corrupt people of being corrupt and the corrupt investigate the corrupt and eventually absolve the corrupt of being corrupt.  
A Society rotten to the core.*



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# WORLD OF SPORTS

## Devin Booker, Kevin Durant lead Phoenix Suns over Los Angeles Lakers

*Booker led the Suns with 24 points, and Kevin Durant had 22. Lakers' Anthony Davis still has the game-high 25. Rui Hachimura's got the Lakers' second most with 18 points, and LeBron James has just seven with a game-high seven assists.*

**T**he Phoenix Suns (3-1) edged the Los Angeles Lakers (3-1) at home Monday after a tight fourth quarter, 109-105. The teams have split their two matchups in the early season.

Phoenix's Big 3 of Devin Booker (game-high 33 points), Kevin Durant (30) and Bradley Beal (15) drove them in the second half, in which there were six ties and nine lead changes in the fourth.

L.A.'s Anthony Davis finished with a team-high 29 points and 15 rebounds, Rui Hachimura had 20 and 10, Austin Reaves contributed 23 and eight and LeBron James was held to 11 points but matched D'Angelo Russell (14 points) on the team-high eight assists.

Phoenix began the game struggling on defense and trailed by 18 in the first quarter. After trailing by seven to start the fourth, the Sun opened on a 14-3 run to take the lead, and the see-saw affair ensued until Phoenix pulled away in the closing seconds.

