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The Diaspora Times

Special Edition

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We fail because we do not try



The Diaspora Fountain Of News & Knowledge

Kenyan police in Haiti Tender Resignations Over Pay Delays.



Kenya has deployed about 400 officers since June to lead the MSS, which is meant to comprise around 2,500 personnel from about 10 countries, but the force has been hobbled by funding and staffing shortfalls.....



File Kenyan officers on a patrol in Haiti

KENYA Reuters has reported that nearly 20 of the roughly 400 Kenyan police officers serving in Haiti on a U.N.-backed anti-gang force have submitted letters of resignation from the mission over the past two months because of pay delays and poor conditions, three officers told Reuters. According to the report, the officers have received no response to their letters and continue to serve on the Multinational Security Support (MSS) mission, said the three

officers, who requested anonymity because they were not allowed to speak to the media. Kenya's national police spokesperson did not respond to calls and messages seeking comments about the resignation letters, pay delays, and working conditions. National police chief Douglas Kanja addressed reports in Kenyan media of pay delays at a news conference on Wednesday, saying the officers had been paid "up to the

end of October". The three officers disputed this, saying they were last paid in September. Kenya has deployed about 400 officers since June to lead the MSS, which is meant to comprise around 2,500 personnel from about 10 countries, but the force has been hobbled by funding and staffing shortfalls. Only a handful of officers from the other countries have arrived in Haiti, and a pledge in October by Kenyan President William Ruto to send another 600 officers the following month did not materialize. The three officers told Reuters that colleagues began to submit letters of resignation in October after trying to resign verbally and being told to put their requests in writing. Three officers submitted resignation letters in October and another 15 or so in November. Among them were at least five senior officers, including a unit commander, who was the first to submit a letter in October, they said. As per Nairobi Reuters for awareness sharing only. Shared to Diaspora Times.



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Advertisement for 'FALLEN HEROES' featuring a portrait of Francis Davis Imbuga and a wreath

"Whenever you see a successful person, you only see the public glories, never the private sacrifices to reach them." Vaibhav Shah

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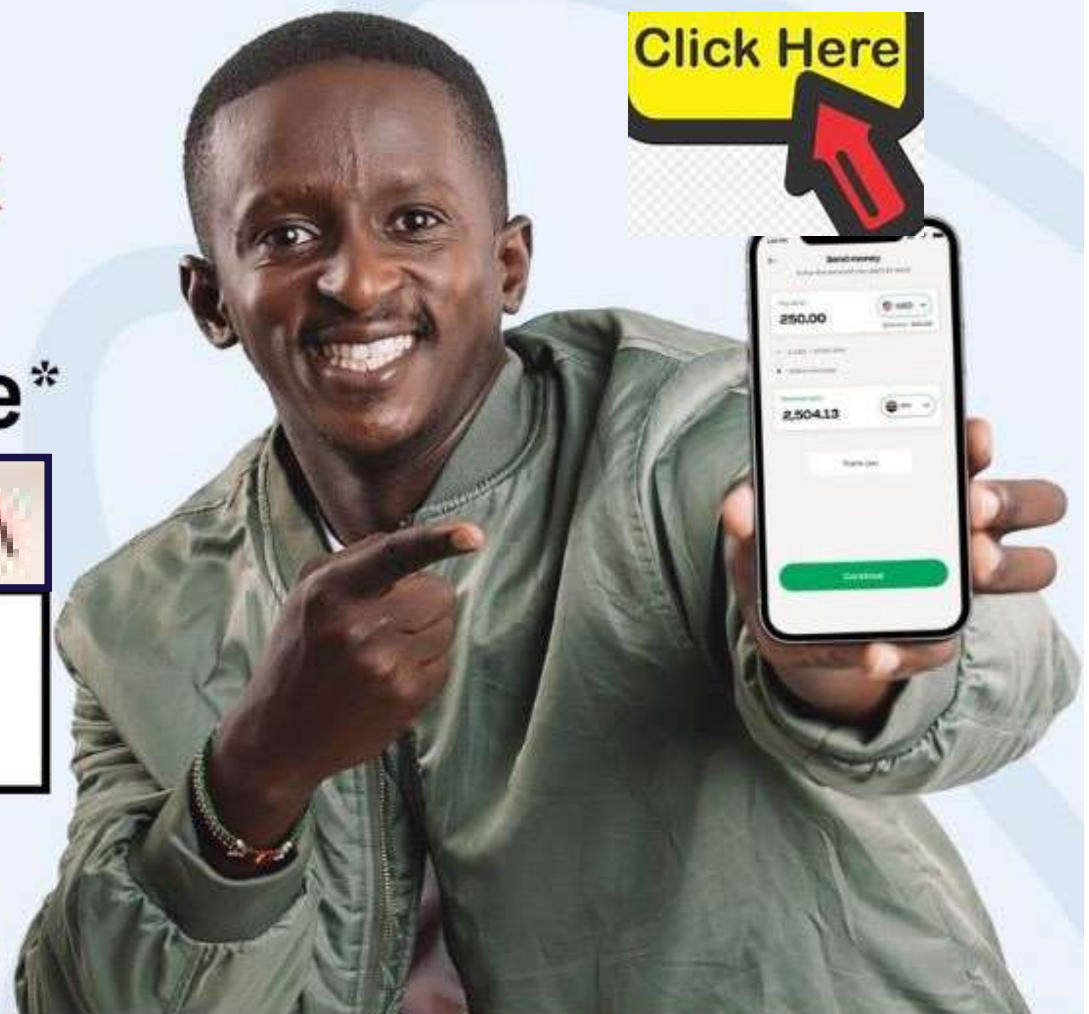
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KENYA NEWS



Revolutionaries Should Watch Out Lest They Are Compromised.



By Kaniaru wa Kibiru
(Globalization Sociologist)

NATO covert psychological warfare and its being executed by a cabal of western oligarchs using both physical and psychological attacks whose goal is to pacify and subjugate Kenyans to force them to conform to their planned total take over of our country as a private corporation through the UN Agenda 21 to achieve the New World Order objectives.

Every Kenyan should be worried because its ramifications and future impact are designed to put every Kenyan into eternal servitude. This reality urgently and deeply must be properly documented and explained in simple terms to every Kenyan such that, even the hardest of hardcore mind controlled conformists to western fascist's social engineering(-mind hacking) schemes understand its irreversible consequences.

This is paramount because when it is properly understood by everyone then the country will be safe as it will be easily galvanized into one entity and thus come together rallying behind this common cause to liberate protect and safeguard our sovereignty not as tribes, regions or politicians but as lovely one people of Kenya in defense of our motherland. Imperatively much honor and expectation goes to GenZ a true "army of God" who have embarked on this tumultuous task full of risks, betrayal and compromises posed



by brain dead political class, running a rogue government which is managed by gangs of militia puppets of collaborators appointed and funded by western corporation oligarchs psychopaths. Nevertheless, a clear understanding of this government habitual brutal and barbaric reaction toward citizens demands for better governance, in order to instill fear is a critical component need in countering its excessive use of barbarous force. Best approach is by exposing all perpetrators using well researched information to safeguard the front liners from getting exposed and easy target of elimination, abduction, terrorism, incarcerated, detained or being compromised.

There are various ways in which this revolution can become prone to compromise, and infiltration either by government agents, planted informants, corrupted sell out, traitors from within the movement or higher risks that can emerge from instigated internal divisions and conflicts.

Whether its through espionage, treachery, dishonesty, disloyalty, corruption, infiltration or dealing with gang stalking from hostile entities, there is always a possibility of facing subversion, disruption, distraction, diversion and even manipulation which are old tactics used by all tyrant authoritarians

Cont. Page 10



"I was wondering why I was put in prison for working in an African language when I had not been put in prison for working in English. So really, in prison I started thinking more seriously about the relation between language and power.

"I think a repressive regime always fears people who are awakened - particularly ordinary people. If they are awakened, I think governments all over the world feel uncomfortable about that; they want to be in control. They want to be the ones telling people: "This is what we have done in history" but when people begin to say, "No this is what we have done in history" it's a different thing.

Prof Ngũgĩ Wa Thiong'o



"The worst thing that could happen to a country is to have citizens who are knowledgeable about the whole world but ignorant about themselves!"

~Ngugi wa Thiong'o (On the Abolishment of English Department)

Ngũgĩ wa Thiong'o

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 MEDICINE****BEST****LAUGHTER-**

Once upon a time, there was a salesman named Tom who was known for being very Long Jokes clever. He worked at a big store where he sold all sorts of things, from electronics to clothes.

Tom had a special talent for convincing people to buy things they didn't even Long Jokes know they needed. He would always greet customers with a big smile and a friendly attitude, making them feel comfortable and valued.

One day, a man walked into the store looking for a new laptop. He was a Long Jokes bit hesitant about spending too much money, so he approached Tom with caution.

Tom immediately noticed the man's uncertainty and began chatting with him about the different laptops available. He asked the man what he needed the laptop for and listened carefully to his requirements.

After a few minutes of conversation, Tom recommended a high quality laptop that met all of the man's needs. But the man was still unsure if he wanted to make Long Jokes such a big purchase.

Tom did not give up. Instead, he started talking about all the amazing features of the laptop and how it would make the man's life easier. He even threw in a few Long jokes to lighten the mood and make the man laugh.

Before long, the man was convinced. He decided to buy the laptop and thanked Tom for his help. As he walked out of the store with his new purchase, he could not help but smile at how easily Tom had persuaded him to buy it.

From that day on, the man became a loyal customer of the store, always seeking out Tom whenever he needed to make a purchase. And Tom continued to use his smarts and charm to sell more and more products

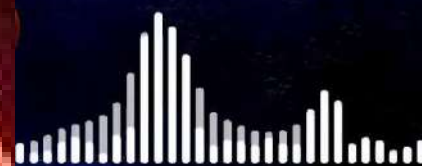
making him one of the most successful salesman in the store..

Once there was a fisherman who lived by the sea. Every day he would go out in his small boat to catch fish. One day he caught a fish that could talk. The fish begged to be set free, promising to grant the fisherman three wishes in return.

Skeptical but curious, the fisherman agreed. He made his wishes but soon realized he was happier with his simple life by the sea. He released the magical fish content with what he already had.



*Life without laughter can be boring.
Laugh Each Day of your life.*

Aluta continua**Aluta continua**


Stop Killing People

**June-25th-2024- Was A Sad Day In Kenya**** You can rebuild destroyed Cities but not lost life ***Gen Z**Gen Z*

Article By Abigirl Phiri- Zimbabwe



Era Of New Things.

After everything has been said and done, one must find a certain activity that gives them joy. Soon after that, you need to try it and learn it.

As women we thrive on beauty and being complimented. It boosts your self morale and people will pay serious attention to someone who portrays the picture of poise and elegance.

ADVICE- With regards to beauty tricks women of this century must be on top of their game. One needs to self teach themselves to do certain activities on their own. This will save you money and also perfect your craft especially if you are running on a tight budget. When you set your mind to something ensure with time you will be on top of the game. You never know this might be an avenue you can capitalize on in the future as it will become a side hustle for you.

Personally, I have went through the journey of self teaching myself to do make up and plaiting. At first it seemed I was wasting my time but with resilience I soldiered on determined to be the best make up artist I could be. The beauty of it is that nowadays there are a lot of new YouTube videos that will be fully to your disposal. If you follow them attentively you will be surprised by the end result. YouTube was specifically created for that the tutorials range from driving, cooking, to beauty tricks you name it as the list is endless.

It's disheartening at first that you will be faced with hiccups and your hand won't be steady but that's ok. Experience is the best teacher in life.

One starts with baby steps before they can fully run a race same applies to this journey.

It's recommended as women to have life skills that will aid you to eke out a living.



You start as a beginner and as time goes on you will become a pro. I am a testament of that because I was tired of poor service at saloons where you had to wait the whole day to be attended to. In addition, when the service was done you would see what you wanted and what you got was different. That alone, gave me the drive to say I can do this on my own and wala this is the case now. This all proves you can start anything at any age as long as you put your heart to it, the sky is the limit.

When you can do certain things by yourself it gives you a sense of elation. It increases your self confidence by spades and in addition you can be able to share your knowledge with others on how to go about it. At first it might seem as an uphill task but as you get accustomed to either plaiting or applying makeup you will see that it's so easy and enjoyable worse when you are now attending to someone else. I always marvel at the end result and ask myself why did I never think of doing this earlier. Given I had done so I would have saved myself a lot of stress and money. Natural beauty is ok but at times you need to enhance the look through these means especially at memorable moments such as graduations, weddings or simply photoshoots. For that reason

you have to ensure that no stone goes unturned in going all the way to perfect the look. As women we thrive on beauty and being complimented. It boosts your self morale and people will pay serious attention to someone who portrays the picture of poise and elegance.

It's disheartening at first that you will be faced with hiccups and your hand won't be steady but that's ok. Experience is the best teacher in life. One starts with baby steps before they can fully run a race same applies to this journey. It's recommended as women to have life skills that will aid you to eke out a living. This is because these are life skills that can even put food on your table if you follow them through to the extent that you will now be a pro.

After everything has been said and done, one must find a certain activity that gives them joy. Soon after that, you need to try it and learn it. Continual trials will be the life saver you have been looking for all this while in your life. Some might want to look as them as the divine intervention.

This is because it will lead you to a path of self actualization as you will be happy with your craft and what you can make out of it. Life is supposed to be colored by our personal achievements and

these are some of them. They always come handy in life and can set you on a path of fulfillment. The moral of the article is this is a new dawn to search out for new activities to do, hands on to improve yourself. Thus we all need to find hobbies of these kind to make our life more memorable and enjoyable. With that, I hope my treasured readers you will also reflect on what you have always wanted to try out and was lacking motivation and faith that you can do it. It's a dawn of new things, Rugare treasured readers.

5

Each experience should shape you into becoming a better person with a greater understanding of the worldview.

THINK LIKE A QUEEN. A QUEEN IS NOT AFRAID TO FAIL. FAILURE IS ANOTHER STEPPING STONE TO GREATNESS.

OPRAH
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Abigirl Phiri



Francis Imbuga.

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

KENYA- Francis Davis Imbuga was born in Wenyange village, West Maragoli in Western Kenya in 1947.

He was a Kenyan writer, playwright, literature scholar, teacher and professor at Kenyatta University. His works, including *Aminata* and *Betrayal in the City*, have become staples in the study of literature schools in Kenya.

His works have consistently dealt with issues such as the clashes of modernity and tradition in the social organisation of African communities. His play *Betrayal in the City* was Kenya's entry to FESTAC.

Education

He attended Keveye Primary school and Chavakali Intermediate School. In 1963 he joined Alliance High School. Imbuga studied at the University of Nairobi where he received a Bachelor of Arts degree in 1973 and a Master of Arts degree in 1975. In 1992, he received a Doctor of Philosophy degree from the University of Iowa.

Works

- The Fourth Trial (1972)
- Kisses of Fate (1972)
- The Married Bachelor (1973)
- Betrayal in the City (1976)
- Games of Silence (1977)
- The Successor (1979)
- Man of Kafira (1984)
- Aminata (1988)
- The Burning of the Rags (1989)
- Shrine of Tears (1992)
- Miracle of Remera (2004)
- The Green Cross Of Kafira (2013)

Career

Imbuga started his career as an actor at Kenya Broadcasting Corporation in 1970. He left this post in 1973 and in 1976 he became a lecturer in the Department of Educational Communication and Technology at the University of Nairobi. He later joined Kenyatta University as professor of literature, holding the posts of Dean of the Literature Department, Dean of Arts and Director of Quality Assurance. Imbuga was an honorary Fellow of the University of Iowa International Writing Programme.

Imbuga started writing plays in 1969. His play *Omolo* was chosen as an entry in the Kenya National School's Drama Festival finals.

Imbuga died on the night of Sunday November 18, 2012, after suffering a stroke.

Membership

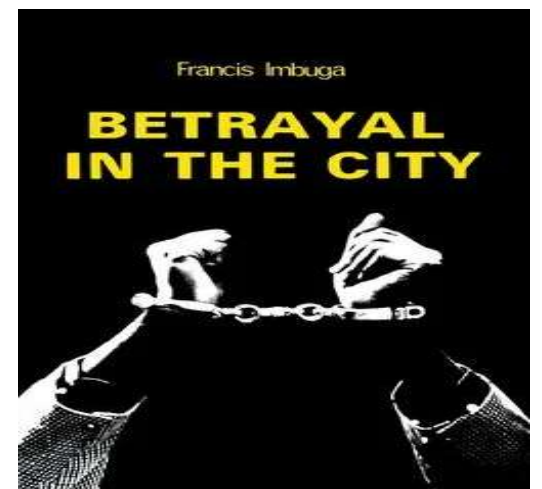
He was a member of the Kenya National Theatre and the International Writing Program.

Francis attended the University of Nairobi, receiving his BA in education in 1973 and his MA in drama in 1975. Francis studied as a visiting student at various African institutions including the University of Ghana, Legion and the University of Ibadan, Nigeria. During this period of study, Francis encountered the works of African writers who would reinforce the upbringing he received from his elders to resist colonial influences and return to traditional values. Writers Elvania Zirimu, Peter Nazareth, Jonathan Kariara, and Okoto p'Bitek were among his influences. However, the writer who influenced him the most was Ngũgĩ wa Thiong'o, whose works *Weep Not Child* and *The Black Hermit* helped shape Francis's own philosophies and writing styles. In 1988, Francis left his teaching post at Kenyatta University to pursue his doctorate studies at the University of Iowa, which he completed in two and a half years.

Francis's theatrical career can be divided into two phases. His early works such as *Kisses of Fate* (1972), *The Fourth Trail* (1972), *The Married Bachelor* (1973), and *Game of*



Silence (1977) use domestic settings to dramatize the tensions between African and Western sociocultural values that resulted from the emergence of an educated elite on the African Continent. His later works such as *Betrayal in the City* (1976), *The Successor* (1979), and *The Man of Kafira* (1984), decry government corruption in contemporary African republics, exposing the deplorable selfishness of the new leaders.



Kisses of Fate (1972)

Kisses of Fate furthers the theme of sociocultural responsibility by exposing an incestuous relationship between a brother and sister. Both have been separated for a long time, and the riotous encounter of a promiscuous student life provides the occasion for the incest. Characters: Rocho, Lena, Bombo, Yohana, Matilda, Matia, Geoffrey, Dorris, Julius

Rest In Peace

"They say you die twice. One time when you stop breathing and a second time, a bit later on, when somebody says your name for the last time."

— Banksy

06



Court backs Texas over razor wire installed on US-Mexico border



NEW ORLEANS (AP) — A federal appeals court Wednesday ruled that Border Patrol agents cannot cut razor wire that Texas installed on the U.S.-Mexico border in the town of Eagle Pass, which has become the center of the state's aggressive measures to curb migrant crossings.

The decision by the 5th U.S. Circuit Court of Appeals is a victory for Texas in a long-running rift over immigration policy with the Biden administration, which has also sought to remove floating barriers installed on the Rio Grande.

Texas has continued to install razor wire along its roughly 1,200-mile (1,900 kilometers) border with Mexico over the past year. In a 2-1 ruling, the court issued an injunction blocking Border Patrol agents from damaging the wire in Eagle Pass.

"We continue adding more razor wire border barrier," Republican Gov. Greg Abbott posted on the social platform X in response to the ruling.

A spokesperson for the Department of Homeland Security did not immediately respond to an email seeking comment Wednesday.

Some migrants have been injured by the sharp wire, and the Justice Department has argued the barrier impedes the U.S. government's ability to patrol the border.

Prior to his appointment, Muchelule was serving as the presiding Judge of the Family Division at Milimani High Court.

Sharon Stone Says "Ignorant" and "Uneducated" Americans to Blame for Trump Re-Election.



"I respect the results of the vote," Stone added. "Even if I don't like the president, I respect his role. This is democracy."

HOLLYWOOD Sharon Stone tackled the re-election of Donald Trump with some harsh words at the Turin Film Festival in Italy. The Casino and Basic Instinct actress was on a panel with Angelina Jolie when the topic shifted to politics. Stone, who was awarded the festival's Stella della Mole prize, was asked her thoughts about the International Day for the Elimination of Violence against Women.

"You know, Italy has seen fascism," she said, according to The Guardian. "Italy has seen these things. You guys, you understand what happens. You have seen this before. My country is in adolescence. Adolescence is very arrogant. Adolescence thinks it knows everything. Adolescence is naïve and ignorant and arrogant. And we are in our ignorant, arrogant adolescence. So, Americans who don't travel, who 80 percent don't have a passport, who are uneducated, are in their extraordinary naïveté. What I would say is that the only way that we can help with these issues is to help each other."

"I respect the results of the vote," Stone added. "Even if I don't like the president, I respect his role. This is democracy. I don't know what will happen in the future, I'm not a fortune teller. I don't even know if there will be an authoritarian turn: There are 200 people in government who have to convince 200 million people in society. It won't all happen in an instant."



Speaking about the reasons for the defeat of Democratic candidate Kamala Harris, Stone said: "Did we really get to know her, in just three months and with just one TV debate? Was she the right person? ... I can't say." Asked if she would ever enter politics herself, Stone replied, "Me? Oh, Jesus, no!"

Stone's viral comments follow Alec Baldwin making somewhat similar remarks at the festival a few days earlier. Baldwin was at the Turin Film Festival to receive its Lifetime Achievement Award.

"You know what's going on from the news, but information in America is driven by money," he said. "It's a business. That's why there's a void in information on the biggest issues in the world."

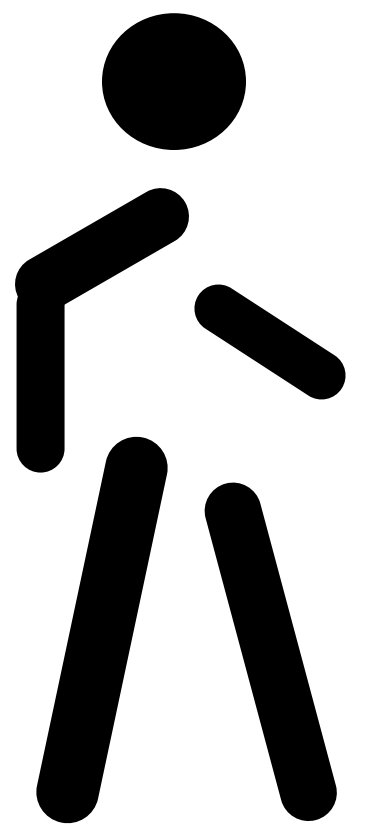
Americans know little or nothing — on climate change, on Ukraine. That void is filled in part by the film industry, by documentaries and narrative films."

Sharon Vonne Stone is an American actress. Known for primarily playing femmes fatales and women of mystery on film and television, she became one of the most popular sex symbols of the 1990s. She is the recipient of various accolades, including a Primetime Emmy Award, a Golden Globe Award, and a nomination for an Academy Award. She was named Officer of the Order of Arts and Letters in France in

2005. After modeling in television commercials and print advertisements, Stone made her film debut as an extra in Stardust Memories (1980) and played her first speaking part in the horror film Deadly Blessing. In the 1980s, she appeared in such films as Irreconcilable Differences (1984), King Solomon's Mines (1985), and Above the Law (1988). She had a breakthrough with her part in Paul Verhoeven's science fiction film Total Recall (1990),

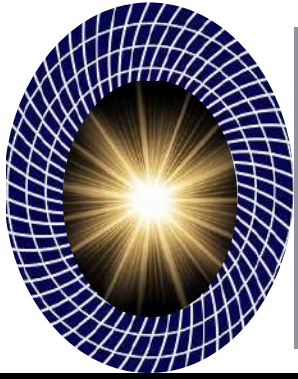


Homelessness In The Big Cities On The Rise



"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



Anthem Blue Cross Blue Shield reverses decision to put a time limit on anesthesia.

Anthem Blue Cross Blue Shield said in a statement that its decision to backpedal resulted from “significant widespread misinformation” about the policy.

HEALTH One of the country’s largest health insurers reversed a change in policy Thursday after widespread outcry, saying it would not tie payments in some states to the length of time a patient went under anesthesia. Anthem Blue Cross Blue Shield said in a statement that its decision to backpedal resulted from “significant widespread misinformation” about the policy.

“To be clear, it never was and never will be the policy of Anthem Blue Cross Blue Shield to not pay for medically necessary anesthesia services,” the statement said. “The proposed update to the policy was only designed to clarify the appropriateness of anesthesia consistent with well-established clinical guidelines.”

Anthem Blue Cross Blue Shield would have used “physician work time values,” which is published by the Centers for Medicare and Medicaid Services, as the metric for anesthesia limits; maternity patients and patients under the age of 22 were exempt. But Dr. Jonathan Gal, economics committee chair of the American Society for Anesthesiologists, said it’s unclear how CMS derives those values.-

In mid-November, the American Society for Anesthesiologists called on Anthem to “reverse the proposal immediately,” saying in a news release that the policy would have taken effect in February in New York, Connecticut and Missouri. It’s not clear how many states in total would have been affected, as notices also were posted in Virginia and Colorado.

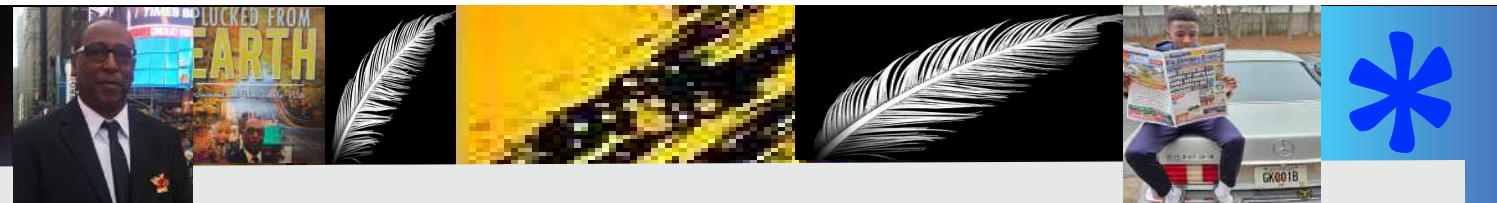
Awareness share from AP



In the 70’s Gacamba, a jua kali bicycle repairer, made an aeroplane, he termed KENYA ONE. It flew for ten minutes or so. You would think that an African government would have come to his aid, and give him help to develop his skills?

Instead, the Attorney General had Gacamba arrested and then warned never to fly an aeroplane without an aviation licence. Charles Njonjo is famous for swearing never to fly in an aeroplane piloted by an African.

Ngugi Wa Thiong’o



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



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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Revolutionaries Should Watch Out Lest They Are Compromised.

To prevent compromise, revolutionists should maintain high level leadership which boost general moral, maintain clear focus and a distinctive road map including development of dynamic methods of dealing with adversaries attempt to sabotage the movement.



By Kaniaru wa Kibiru
(Globalization Sociologist)

KENYA Face with this reality, It is therefore important for revolutionaries to thoroughly vet and set certified mechanism that make sure their comrades, maintain strict security measures, and are able to be alert who constantly are aware of any potential risks and threats they may be facing. By staying united, well networked, informed, cautious, and prepared, revolutionaries succeed in reducing any likelihood of facing damaging and destructive compromise which ensure overall success of their movements.

To prevent compromise, revolutionists should maintain high level leadership which boost general moral, maintain clear focus and a distinctive road map including development of dynamic methods of dealing with adversaries attempt to sabotage the movement. Of paramount is resolution of designing harmonized practices, maintaining good security measures including devising an efficient instant response to every old or emerging matters.

The best practice needed is embracing an integrated advanced use of encrypted communication channels instead of abstract communication. Being cautious and taking serious precautions concerning who to trust and not while sharing sensitive information is not a choice but a must do practice at all times. This involve conducting thorough background checks, referencing and conducting instant and periodical tests on all new contacts.

However no one can deny the fact that, good inspirational leadership is the most important factor that revolutionists need to maintain a strong, cohesive, focused and higher sense of unity and objectivity within the movement. This prevents many would be internal divisions that could weaken their cause.

Imperatively, revolutionists must constantly update themselves on data and information that keep them aware of any old or emerging risks that can lead to compromises in order to tentatively take proactive steps in time to protect and safeguard their movement onward match. These efforts are strengthened by remaining vigilant, practicing good security measures, and maintaining unity within the movement. This way revolutionists achieve better protection of themselves and their cause from outside interference or demoralization. Once such measures are taken and maintained Revolutionaries eventually remain standing strong, firm and unshaken.



The dire situation we are facing today emanates from ignorance and and sabotage coming from myopic greedy and selfish political class.

As a nation we must be now clearly make a distinct decision to evaluate who we trust as a leader in every level and this must be pushed hard until everyone read from same plate and it has sunk deep into every person imaginations and understanding if this country is going to be free. The real enemies must also be ruthlessly exposed and their tactics laid bare so that the idea of compromising is made difficult and effectively minimized just by making it known to all in full together with its life threatening implications.

Once it is well elaborated and explained to all, this fact will galvanize the entire country into a defense force that no enemy can break while the safety of front line forces become hard nut to crack. Its result will definitely minimize all possibilities of easy infiltration and instead become an enemies nightmare as it can trigger an avalanche whose impact has capacity to destroy the enemy beyond a point he cannot recover, cause demoralization and drive low esteem on the far

side.

Even so, the only way to maintain higher security is by investing heavily on investigation, research, and study to help maintaining on time best knowledge of the enemy through acquiring most critical true and authentic information that tell everything about the enemy. This regards their thoughts, actions and reactions in order to stay abreast and a head of them while maintaining a highly effective vigilance and cautious movement toward their actions and decisions, as there is always a risk of compromise.

In addition, revolutionists should investigate, discover and study all tactics and strategies used by authority to infiltrate and disrupt revolutionary movements because “He who exercises no forethought but makes light of his opponents is sure to be captured by them- Sun Tzu.” These tactics incorporate among others; surveillance, gaslighting, gang stalking, propaganda, and informants. By staying informed this boosts better ways of keeping vigilance, which enable the revolutionists better protect themselves and their movement from being compromised. Always keep in mind this golden

rule, “know thyself and know thy enemy and thousand battles your victory will never stand in doubt” and that those whose focused is on defeating the enemy never compromise.

Overall, the stresses is on importance of remaining vigilant, informed, and unified approach among al revolutionaries to protect the movement from compromise and ensure its success in challenging status quo of the oppressive regime and external interference. Soldier on my fellow compatriots. Viva Kenya Viva Africans



Kaniaru wa Kibiru
The Pan Africanist – Globalization
Sociologist
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Kelvin Must Die And Am The Killer.

I want to echo Mbeki's words—I am an African—while I choke the colonizer's breath out of every syllable of my name.

By Kelvin Nyamache

I will kill my name Kelvin one day. I swear on all the gods of my ancestors, I will end him. I will do it without remorse, and I will dance on his grave. Kelvin is an impostor, a masquerade, a thief in the night who has stolen my identity. I am ready to reclaim what imperialism stole, spit it out, and crush it underfoot. I want to echo Mbeki's words—I am an African—while I choke the colonizer's breath out of every syllable of my name.

You think I'm mad? Maybe I am. But let me tell you something, not everyone will get it. In fact, most Africans will fight me on this. I have seen it before. We have become experts at hating ourselves. I have no patience for it anymore. You see, I am not some empty husk, waiting for civilization to find me. I do not need white approval to feel like a human being.

But here I am. Trapped in the name Kelvin. What in the name of all ancestors is a Kelvin? Is it a tree that grows on the slopes of the Aberdares? Did it sprout from African soil? Or was it forced down my throat like bitter quinine, handed out by missionaries with Bibles in one hand and curses for my ancestors in the other?

My mother swears by the church. She tells me that even in church, you cannot go far without a European name. The priest looks down his spectacles, and if your name sounds like Kigen or Nyamache or Omondi, he writes "unsuitable." You must become John, Matthew, or James if you want to stand at the gates of their heaven. The African spirit, the unbreakable African soul, must bow and scrape for entrance.

I ask myself sometimes—where do we come from as Africans? Why is everything that matters painted in white? They tell me Jesus has blue eyes and golden hair, and that heaven is some sparkling gated community where people like me are only welcome if we're baptized with new names. So what about my ancestors, those proud people who lived, laughed, and died before the Bible arrived with a missionary on horseback? Are they doomed to some fiery place because they didn't kneel before a white-faced savior?

The very people who preach forgiveness and salvation came here, took our rivers, mountains, and lakes, and named them after themselves. Lake Victoria? Ati Lake Victoria? What happened to all the names our people gave it? Were our ancestors just sitting around with blank slates,



waiting for some "discoverer" to come along and tell them what to call their own waters? Did they forget the songs they sang by the lakeshore, the prayers they murmured before casting their nets? And the Nile! Watu wangu, the Nile, the river that birthed our civilizations. They act like it needed them to exist.

And yet, they still call these things "discoveries." They tell us we should be grateful for the progress they brought us. Ati progress! And when I ask why no African has discovered anything in their land, they tell me it's because we didn't have the tools, the means, the mind. But let me ask—who was minding their rivers and mountains before we showed up in their textbooks?

Here's what stings: when I say Jesus was black—yes, black—the first people who rush to stone me are Africans. Africans! They've become gatekeepers of lies, soldiers in an army they don't even belong to. I look around, and all I see are bleached faces and empty souls trying to scrub away their past. We hate the mirror. We want to erase every inch of ourselves until all that's left is an echo of someone else.

And it gets worse. You see, we have become like dogs who let their masters name them. We prance around with these strange names, wagging our tails, forgetting that a dog does not name its master; the master names his dog. We have allowed ourselves to be given names, stories, and beliefs that are not ours. We have traded our pride for their approval.

But I am done. I am tired of living as someone else. I am tired of carrying a name

that means nothing to me. One day, I will kill Kelvin. Yes, Kelvin must die so that Nyamache can rise. I will bury him deep, dance on his grave, and let his memory rot in the soil. I will sing the songs of my ancestors, call upon their spirits, and tell them I have come home.

So, here's my promise—to myself and to all who came before me: I will reclaim every piece of what was stolen. I will strip away this borrowed mask and stand tall, unbowed and unapologetic. Let them label me as they wish, but I will know my own truth. And when my people ask, I will tell them this: it is never too late to remember who we are. It is never too late to rise, to find our voice, and to speak with the fire of our ancestors burning in our hearts.

Copied from Whatapp group

But here I am. Trapped in the name Kelvin. What in the name of all ancestors is a Kelvin? Is it a tree that grows on the slopes of the Aberdares? Did it sprout from African soil? Or was it forced down my throat like bitter quinine, handed out by missionaries with Bibles in one hand and curses for my ancestors in the other?





Tourism with Memory
Phiri
Zimbabwe.

Mixing business with luxury

Make a date with your staff and teach them a thing or two whilst they enjoy a star studded service in the Oasis which will surely quench your appetite for some hospitality

Many a business conference are done at Cresta Jameson which is ready to do some business with anyone who is serious about their company's growth.



By Memory Phiri
Zimbabwe.
Senior Editor
The Diaspora Times

ZIMBABWE - Whoever said hotels were only for luxury. All work and no play makes Jack a dull boy therefore a hotel can be used for business matters as well. In actual fact, various resorts have always been built with

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.

a business setting in mind. Thus, you can meet and greet, discuss your goals and objectives in the comfort of the plush hotels. Good examples of the best hotels that specialize in this case are the Cresta Group of Hotels that are scattered around Zimbabwe. They have actually managed to cement relations between tourism and business players to be precise. Many a business conference are done at Cresta Jameson which is ready to do some business with anyone who is serious about their company's growth. Background wise, the Cresta Jameson Hotel was opened in 1958 and became the first four star hotel in the late 1970s. We are talking about getting close and personal with your bosses in the confines of a hotel. Potently, the Jameson has been able to meet the changing expectations of guests who prefer accommodation, banqueting and conference options. To second the Jameson, we have the Cresta Oasis which is out of this world for they have conference rooms that cater for the employers and employees to boot. They

call it killing two birds with one stone. Indeed, the conference rooms are spacious with multi-purpose facilities that are perfectly suited for meetings, events and functions. Some of the rooms include the Sanyathi, Odzi, Sabi and Limpopo which are named after famous tourism destinations. Make a date with your staff and teach them a thing or two whilst they enjoy a star studded service in the Oasis which will surely quench your appetite for some hospitality. Also, Cresta Oasis has pro-

perty which offers apartments for long stay guests. It can be seen that the Cresta hotels are out to satisfy the human resources at large because if you get into such a program you will feel honored to be a part of something big. In-between meetings when participants break for some refreshments they can always stretch their legs in the beautiful gardens that are outside the hotel and enjoy some clean air. Likewise, when the top management entourage stays overnight they get to experience the continen-

tal breakfast first thing in the morning before going on their merry way. Room setting like the cinema, banquet, cocktail, u-shaped and classroom houses individuals that range from a hundred and twenty to two hundred people give and take. Last but not least, the Cresta Churchill in Bulawayo has the Tudor Architecture which is said to reminisce of a forgotten time. A round of applause, for the Cresta hotels on this their stellar campaign.



Cresta Jameson Hotel

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 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

Story Of King David



David was summoned to the king's court, where his sweet music on the harp helped to set the king's troubled mind at ease. Little did Saul know that the young lad who was playing before him was destined to be his successor.

King David is one of the most well-known figures in Jewish history. His life was filled with much happiness and much pain. He is known by many titles: David the conqueror, David the pious man, David the sweet singer, David the shepherd and David the penitent. King David was a descendant of Judah as well as Ruth, and was promised by G-d that his children would rule Israel forever. Until this very day, he is remembered by Jews everywhere, who still chant his Psalms in prayer, in times of joy and sorrow. David was born in Beth-Lehem, in the land of Judah, in the year 2854. He was only ten generations removed from Judah, one of Jacob's twelve sons. David belonged to the princely family of his tribe, which had given Israel princes and leaders. One of David's early ancestors, Nachshon, the son of Aminadav, won fame at the crossing of the Red Sea, after the liberation of Israel from Egypt. He was the first to

jump into the sea, whereupon the sea was divided for Israel. Since then, Nachshon was the most honored of all the princes of Israel. (He was the first to bring his offerings to the Mishkan, which was erected in the desert in the following year). David's great grandfather, Boaz, or Ibzan, was the tenth Judge of Israel. He was one of the greatest scholars and most pious men of his generation. His estates were many, and his generosity was renowned. When Boaz was eighty years old, he married Ruth. Ruth was a member of the Moabite royal family. Her grandfather was the powerful King Eglon of Moab. Yet Ruth preferred to become an ordinary Jewish woman, rather than a royal princess of Moab. All her trials and misfortunes did not dampen her great devotion to her newly acquired people. Even among the modest and fair maidens of Judah, Ruth stood out with a charm of her own; her modesty and piety, her selflessness and devotion became known far and wide. But how richly Ruth

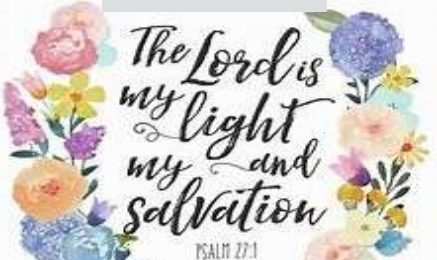


was rewarded! She became a princess in Israel—the wife of the ruling Judge, and the great-grandmother of King David. She lived long enough not only to see the glorious reign of King David, but also to see Solomon succeed to the throne of a great and glorious Land of Israel. Throughout the years, the great traditions of the noble family, going back to Judah and Jacob, were maintained by the house of Jesse, David's father. Here was a house of scholarship, piety, kindness, generosity and wealth. And the noble traits of all his great and famous ancestors were

bestowed upon David. Soon G-d appeared to Samuel and told him to go to Beth-Lehem, where he would find the future king among one of the sons of Jesse. Samuel was to anoint the chosen one as king. The prophet went to Beth-Lehem on the pretext of holding Divine services there, for he feared lest Saul detect his true purpose. Once in Beth-Lehem, Samuel imparted his secret to Jesse. Jesse presented to the prophet each of his seven sons in turn. David was absent, tending the sheep.



Muthoni



Morning Affirmation
Give thanks to the Lord, for He is good.

Psalms 106:1

Good day



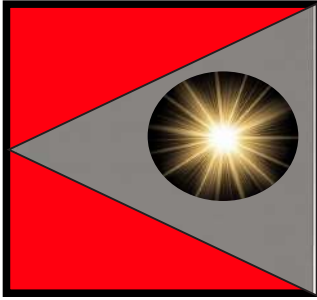
Having a keen mind refers to a person's ability to think sharply, quickly and critically. It suggests a high level of intelligence and perceptiveness allowing someone to analyse situations effectively, solve problems and understand concepts with ease.



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



Beauty as an Escape: How Keats' Words Resonate in Modern Times



Tajalla Qureshi
Co-founder and Co-Editor of
"The Wordsmith E- Magazine"
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POETRY In the world often dominated by haste and chaos are wandering in wonders, beauty that captures the long side of thoughts, as an ocean that remains with waves, tides, depth and delightful shallowness. It's an aesthetic pleasure for pleasure and being pleased. It brings the unheard, undefined joy for the holder's eye where it dwells deeper than ocean and heightened more than clouds. It all envelopes first then take to the world of forgetfulness and that's the escape from fickleness. It could be a touch of soft words, sweet lips, innocent moles or settling eyes. It could be a voice that echoes still ages to ages with breaths and cease that rest. It could be an epiphany that clicks through the spring air and convey the heart the heart bells. It could be a lock that swings at every dream in the middle of night. It could be a fragrance that wears the gaon of delightfulness in every season. It could be a catch that never drops through hard and even on yards. It could be a long-lasting stance that murmurs with murmurs we made.

On the other side of coin, it is an escape from inconsistency, indecisiveness and fickleness from this cruel and vulturous world. It rejuvenates the fainted souls and hefty hearts. It has a delightful wonder that ignite the fire of warmth in hearts and sweet deepness of thought. It often takes a pause to visit the verses of beauty and wonders of odysseys, it's conveyance from undefined to define world as being in the depth to sense the stress and sorrow. In modern fickleness, beauty emerge as a silent escape— to the world of pause, to sense the ease and well-being, a way to engrossed but keeping one thing, excess become disaster of soul vs sight. It hits the pure for pure.

"Being in sense to eye the beauty, one must have a heart to drive the delights for ages— to redefine time and again with the same passion and obsession"

~ Tajalla Qureshi.



Muhammad Adnan Gujjar
Lecturer at the
University of Chenab
Pakistan.

BEAUTY-Beauty as natural delight that existed formerly the birth of Adam and Eve and will remain longer till it reaches to its termination. When we encounter an overwhelming enchant more closely, we reckon the shifts and shuffles into it like being breath ravishingly in muddiness and conceitedness. As John Keats sensed, "A thing of beauty is a joy forever" and with all his perception, he ponderously peeps into the beauty when we linger with heart and soul, fetches light and delight to wrench and vulnerable parts. This is the opening excerpt from "Endymion" by John Keats, a festivity that rejoice and revel the beauty and its power to replay and grace the solace and joy in a world fraught with desolation and adversity. Keats wreaths beauty as an eternal stance that keep the pleasure with all along, strengthen the soul, energize every mob. As it intertwines that beauty endures beyond moments, phases and paces. As being overwhelmed with Keat's sense of beauty, I still perceive what he perceived before writing, all in my eyes, as fresh and eager as Keats sensed before ages. All the tales I read, shades, love, and discomfort altogether.

"A thing of beauty is a joy forever: Its loveliness increases; it will never Pass into nothingness, but still will keep A bower quiet for us, and a sleep Full of sweet dreams, and health, and quiet breathing.

Therefore, on every morrow, are we wreathing

A flowery band to bind us to the earth, Spite of despondence, of the inhuman de-arth

Of noble natures, of the gloomy days, Of all the unhealthy and o'er-darkened ways

Made for our searching; yes, in spite of all,

Some shape of beauty moves away the pall

From our dark spirits. Such the sun, the moon,

Trees old and young, sprouting a shady boon

For simple sheep; and such are daffodils With the green world they live in; and clear rills

That for themselves a cooling covert make 'Gainst the hot season; the mid forest brake,

Rich with a sprinkling of fair musk-rose

blooms:

And such too is the grandeur of the dooms We have imagined for the mighty dead; All lovely tales that we have heard or read:

An endless fountain of immortal drink, Pouring unto us from the heaven's brink".

~John Keats

Moreover, beauty is for blind; it can be sense and seem with profound forgetfulness through artistic dreams. It can be seen through close eyes, wet lips, warm hands, fragranted soul, and broken heart. It has been from the beginning of mankind until the end and afterwards. Presence sometimes evaporates but beauty ever remains like a fuming fragrance embedded for centuries. It's a furthestmost valuable ornament that embrace the nothingness in gripping hearts. Beauty, all need an eye who sip the sizzling softness and clutch the colors of coziness.

"Everything that is made beautiful and fair and lovely is made for the eye of one who sees" ~ Rumi.

Overly on a flip, Keats of Modern Times, Respected Muhammad Adnan rejoices the beauty by living in fickleness, desires are his beats and words are on heat. He embraces the beauty as an escape by reflecting his desire to be in between innermost and external joy and pleasure. "To the valley of Holy Spirits", is almost an ethereal experience of joy and beauty. I can sense—a residence where beauty and purity intertwine, resonating with Keats own thoughts on truth and beauty, also a blending of tangible trance, and a dream of tremendous tenor and many more. He shares a state of mind that dreams for delights due to delights and lights, due to being felt the love, beauty and sense of relief, due to taste the peace and ease beyond the beats. Where a soul fascinates after feeling the fumes of fragrance, there beauty lies forever. I pray, it remains forever.

In this ecstatic phase I wish moments could stop

Holding the infinite joy

Spirits could lace;

Cherishing the face

They could whistle and rehearse

"A thing of beauty is joy forever"

Sway swing and collapse in a River

Uttering beauty is truth, truth is beauty

They could walk in purity

and clad in maturity

Ecstatically collide in 'The Valley of Holy Spirits'

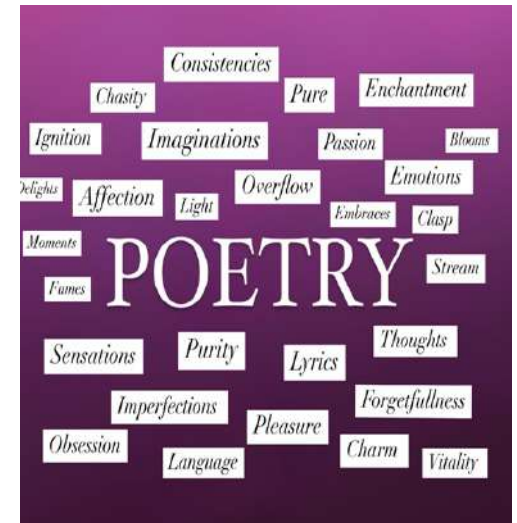
They could live the delightful songs of Phoenix

Melting like chocolate, they could twist and turn

In the Valley of Infinite Concern.

~Muhammad Adnan

In seeking the beauty as an escape, try not to escape from reality as over indulgence lost the price and peace. So rather that dwelling deeper in nonrealistic stance and be a mentally sick sucker, must strengthen through as it regenerates, recoils and rephrase the aura of optimism and perspectives. As a truth of beauty appears the renewal of love, grace and embrace. Through beauty, we just not find an escape from dark but



a roadmap back to colors of peace and ease, life that have dreams to relish and relive. Embracing the nerves to sense the stream of beliefs and being beloved. Beauty finds the truth in it, As Keat says: "Beauty is truth, truth is beauty".

Tajalla Qureshi - a literary enchantress who weaves embroideries of thoughts and passions with the delicacy of a leading artist in the realm of words. She is a gifted wordsmith from Pakistan. She is the visionary Co-Founder and Co-Editor of The Wordsmith Magazine, where words are woven into magic. Her pen swings across the globe, leaving a trail of mesmerizing poems and columns that captivate readers worldwide. She is a multi-talented creative force who wears many fedoras with elegance and flair. She is an engaging graphic designer and illustrator. She is named as Miss 20th Century Poetry at the University of Chenab, Gujrat.

On the other hand, her writings including Poetry, Flash Fictions and Creative Articles and Research Articles have been glorified in International Journals, more than 40 international and national anthologies, Global magazines, many international e-papers, and Online websites in Pakistan, America, Germany, Canada, Africa, the United Kingdom, and India. Furthermore, she was highlighted as the top-ranked Author in many poetic presentations and competitions at international forums with certificates. Tajalla is a master in writing research papers and her research papers have been published in prestigious international journals. Her published poem, My Phoenix, was organized for the final term exam for literature students at the University of Lahore, Gujrat. She designed book covers and websites. She served as a part of editorial board in University of Chenab, Pakistan. In addition, she has artistically read her poetry at the Pakistani Young Writer's Conference held at Mandi Bahaiddin and presented her paper at Kinnard Collage for Women Lahore, Pakistan. Like a shooting star, her literary presence blazes across the sky, leaving an indelible mark on the hearts and minds of all who encounter her work.





Mental Illness.

“Take your time healing, as long as you want. Nobody else knows what you’ve been through. How could they know how long it will take to heal you?” – Abertina Halili

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



Mental Illness, also called mental health disorders, refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors.

Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function.

A mental illness can make you miserable and can cause problems in your daily life, such as at school or work or in relationships. In most cases, symptoms can be managed with a combination of medications and talk therapy (psychotherapy).

Symptoms

Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Mental illness symptoms can affect emotions, thoughts and behaviors.

Examples of signs and symptoms include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or

- extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities

- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations

- Inability to cope with daily problems or stress

- Trouble understanding and relating to situations and to people

- Problems with alcohol or drug use

- Major changes in eating habits

- Sex drive changes
- Excessive anger, hostility or violence

- Suicidal thinking

Sometimes symptoms of a mental health disorder appear as physical problems, such as stomach pain, back pain, headaches, or other unexplained aches and pains.

When to see a doctor

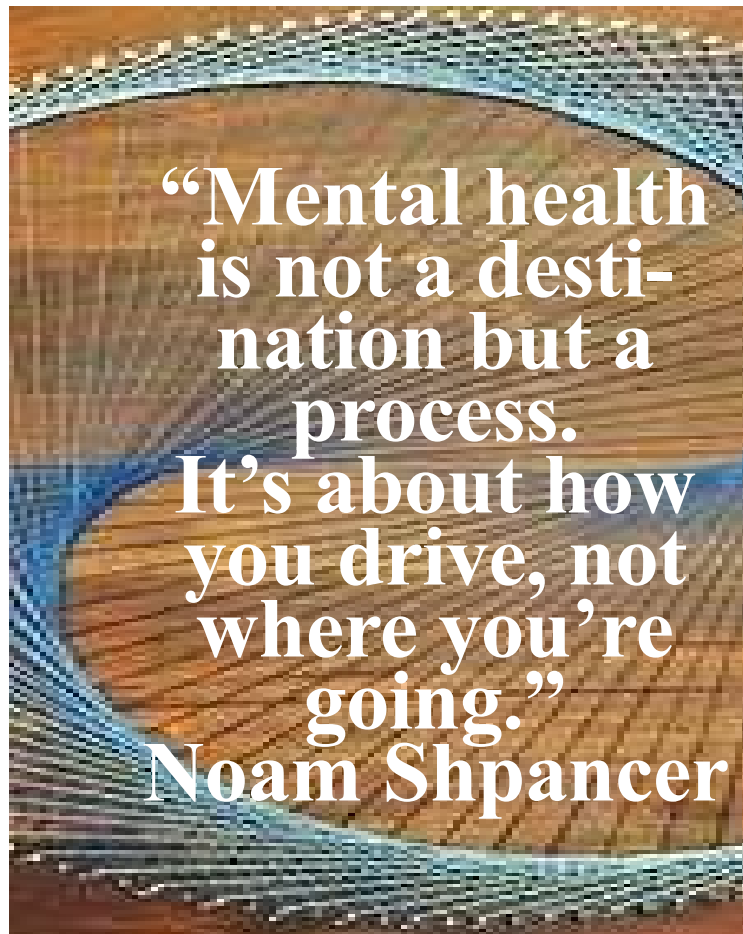
If you have any signs or symptoms of a mental illness, see your primary care provider or a mental health professional. Most mental illnesses don't improve on their own, and if untreated, a mental illness may get worse over time and cause serious problems.

If you have suicidal thoughts
Suicidal thoughts and behavior are common with some mental illnesses. If you think you may hurt yourself or attempt suicide, get help right away:

Call 911 or your local emergency number immediately.

Helping a loved one

If your loved one shows signs of mental illness, have an open and honest discussion



with him or her about your concerns. You may not be able to force someone to get professional care, but you can offer encouragement and support. You can also help your loved one find a qualified mental health professional and make an appointment. You may even be able to go along to the appointment.

If your loved one has done self-harm or is considering doing so, take the person to the hospital or call for emergency help.

Causes

Mental illnesses, in general, are thought to be caused by a variety of genetic and environmental factors:

Inherited traits. Mental illness is more common in people whose blood relatives also

have a mental illness. Certain genes may increase your risk of developing a mental illness, and your life situation may trigger it.

Environmental exposures before birth. Exposure to environmental stressors, inflammatory conditions, toxins, alcohol or drugs while in the womb can sometimes be linked to mental illness.

Brain chemistry. Neurotransmitters are naturally occurring brain chemicals that carry signals to other parts of your brain and body. When the neural networks involving these chemicals are impaired, the function of nerve receptors and nerve systems change, leading to depression and other emotional disorders.

TIPS ON HEALTH

summary

Certain factors may increase your risk of developing a mental illness, including:

A history of mental illness in a blood relative, such as a parent or sibling

Stressful life situations, such as financial problems, a loved one's death or a divorce

An ongoing (chronic) medical condition, such as diabetes

Brain damage as a result of a serious injury (traumatic brain injury), such as a violent blow to the head

Traumatic experiences, such as military combat or assault

Use of alcohol or recreational drugs

A childhood history of abuse or neglect

Few friends or few healthy relationships

A previous mental illness

Mental illness is common. About 1 in 5 adults has a mental illness in any given year. Mental illness can begin at any age, from childhood through later adult years, but most cases begin earlier in life.

The effects of mental illness can be temporary or long lasting. You also can have more than one mental health disorder at the same time.

For example, you may have depression and a substance use disorder.

FIND THE CAUSES

While stress is a major cause of poor mental health, so are many other everyday attributes. It's important to keep in mind ways to better your mental health, look back on problems you may have, point out anything that seems to be upsetting you, and separate yourself from people or events that are causing stress and anxiety.

SEEK OUT HELP

One way you can seek help is to find an adult or person you trust to call and communicate with. While using websites to get more information can be a good starting place, it is also recommended to ask for advice from trusted peers or mental health professionals with proper and updated information.

FIND RESOURCES

Finding resources can be hard since many often aren't shared or talked about. Sometimes the best resources can be found through a trusted counselor or teacher, your own school's website, or

ADVOCATE!!

Decreasing stigma and raising awareness about mental health are very important. We should normalize talking about mental health because it is a normal thing that affects everyone. You are human, and you

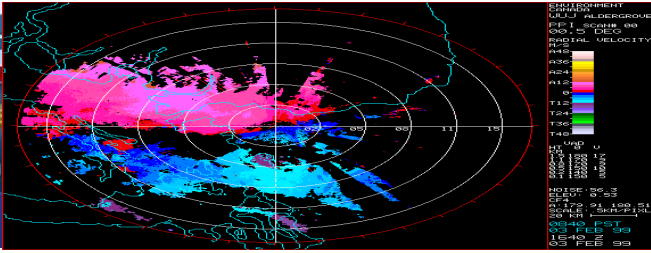
Health For All

1 EXERCISE Aim for 30 minutes of moderate-intensity aerobic activity most days of the week.	6 GET UP EARLY Waking up early can help you feel more energized and ready to take on the day.
2 MAKE PLANS Having a plan for your day can help you stay on track and avoid distractions.	7 AVOID ALCOHOL Alcohol can affect your mood and sleep, and it can be a trigger for mental health issues.
3 SLEEP WELL Aim for 7-9 hours of sleep each night. Establish a consistent bedtime routine.	8 LAUGH MORE Laughter can reduce stress and improve your mood.
4 MEDITATE Meditation can help you manage stress and improve your focus.	9 HAVE SEX! Sex can be a great way to reduce stress and improve your mood.
5 LISTEN TO MUSIC Listening to music can help you feel more relaxed and happy.	10 ACT LIKE A KID Acting like a kid can help you feel more carefree and happy.

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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

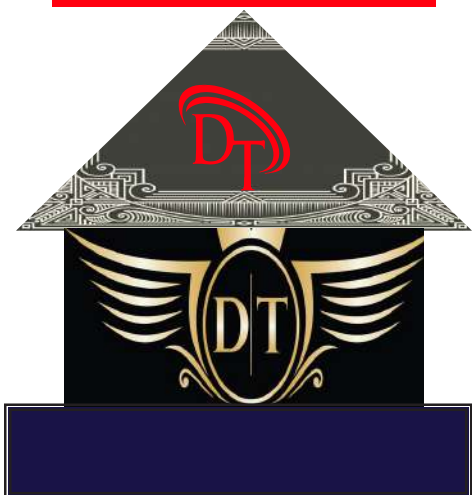


THE WEATHER IN USA

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



Cold temps, winter storm warnings coming for Northeast.



WEATHER- Colder weather will descend on much of the East Coast late this week and a winter storm will bring both rain and snow that could reach up to a foot at higher elevations in parts of the Northeast, forecasters said. Temperatures across much of the eastern part of the country will drop from highs in the 60s and 70s on Wednesday to the 40s and 50s on Thursday, the weather service said. Even Florida and

parts of the southeast will feel some chill: temperatures 5-15 degrees below average could be felt through Friday, according to AccuWeather. While rain is likely across the Northeast later Wednesday into Thursday, there is a high probability for at least 4 inches of snow by Friday night in northeast Pennsylvania and the southern Catskills of New York, the National Weather Service said. "Impactful snowfall" will also

reach the Allegheny Mountains at higher elevations in West Virginia, Maryland and Pennsylvania, the weather service said. There, snow could total up to 1 foot. "Travel could be difficult. Roads, and especially bridges and overpasses, will likely become slick and hazardous,"

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"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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Rosa Louise McCauley Parks.

In 1932, Rosa married Raymond Parks, a barber from Montgomery. He was a member of the NAACP, which at the time was collecting money to support the defense of the Scottsboro Boys, a group of black men falsely accused of raping two white women.

BUS BOYCOTT Rosa Louise McCauley Parks was an American activist in the civil rights movement, best known for her pivotal role in the Montgomery bus boycott. The United States Congress has honored her as “the first lady of civil rights” and “the mother of the freedom movement”.

Parks became an NAACP activist in 1943, participating in several high-profile civil rights campaigns. On December 1, 1955 in Montgomery, Alabama, Parks rejected bus driver James F. Blake’s order to vacate a row of 4 seats in the “colored” section in favor of a white female passenger who had complained to the driver, once the “white” section was filled.

Parks was not the first person to resist bus segregation, but the National Association for the Advancement of Colored People (NAACP) believed that she was the best candidate for seeing through a court challenge after her arrest for civil disobedience in violating Alabama segregation laws, and she helped inspire the black community to boycott the Montgomery buses for over a year. The case became bogged down in the state courts, but the federal Montgomery bus lawsuit *Browder v. Gayle* resulted in a November 1956 decision that bus segregation is unconstitutional under the Equal Protection Clause of the 14th Amendment to the U.S. Constitution.

Parks’s act of defiance and the Montgomery bus boycott became important symbols of the movement. She became an international icon of resistance to racial segregation, and organized and collaborated with civil rights leaders, including Edgar Nixon and Martin Luther King Jr. At the time, Parks was employed as a seamstress at a local department store and was secretary of the Montgomery chapter of the

NAACP. She had recently attended the Highlander Folk School, a Tennessee center for training activists for workers’ rights and racial equality. Although widely honored in later years, she also suffered for her act; she was fired from her job and received death threats for years afterwards. Shortly after the boycott, she moved to Detroit, where she briefly found similar work. From 1965 to 1988, she served as secretary and receptionist to John Conyers, an African-American US Representative. She was also active in the black power movement and the support of political prisoners in the US.

After retirement, Parks wrote her autobiography and continued to insist that there was more work to be done in the struggle for justice.

She received national recognition, including the NAACP’s 1979 Spingarn Medal, the Presidential Medal of Freedom, the Congressional Gold Medal, and a posthumous statue in the United States Capitol’s National Statuary Hall. Upon her death in 2005, she was the first woman to lie in honor in the Capitol Rotunda. California and Missouri commemorate Rosa Parks Day on her birthday, February 4, while Ohio, Oregon, and Texas commemorate the anniversary of her arrest, December 1.

Early life

Rosa Parks was born Rosa Louise McCauley in Tuskegee, Alabama, on February 4, 1913, to Leona (née Edwards), a teacher, and James McCauley, a carpenter. In addition to African ancestry, one of Parks’s great-grandfathers was Scots-Irish, and one of her great-grandmothers was a part-Native American slave.

As a child, she suffered from chronic tonsillitis and was often bedridden; the family could not afford to pay for an operation to address the condition. When her

parents separated, she moved with her mother to her grandparents’ farm outside Pine Level, where her younger brother Sylvester was born.

Rosa joined the African Methodist Episcopal Church (AME), a century-old independent black denomination founded by free blacks in Philadelphia, Pennsylvania, in the early nineteenth century, and remained a member throughout her life.

McCauley attended rural schools until the age of eleven. Before that, her mother taught her “a good deal about sewing.” She started piecing quilts from around the age of six, as her mother and grandmother were making quilts, she put her first quilt together by herself around the age of ten, which was unusual, as quilting was mainly a fami-

ly activity performed when there was no field work or chores to be done. She learned more sewing in school from the age of eleven; she sewed her own “first dress she could wear”. As a student at the Industrial School for Girls in Montgomery from 1925 to 1928, she took academic and vocational courses. As the school closed in 1928, she transferred to Booker T. Washington Junior High School for her final year.

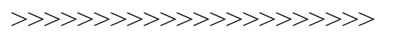
Parks went on to a laboratory school set up by the Alabama State Teachers College for Negroes for secondary education, but dropped out to care for her grandmother and later her mother, after they became ill.

Around the turn of the 20th century, the former Confederate states had adopted new constitutions and electoral laws that

effectively disenfranchised black voters and, in Alabama, many poor white voters as well. Under the white-established Jim Crow laws, passed after Democrats regained control of southern legislatures, racial segregation was imposed in public facilities and retail stores in the South, including public transportation.

Bus and train companies enforced seating policies with separate sections for blacks and whites. School bus transportation was unavailable in any form for black schoolchildren in the South, and black education was always underfunded.

To be continued.....



(February 4, 1913 – October 24, 2005)



Repeatedly bullied by white children in her neighborhood, Parks often fought back physically. She later said: “As far back as I remember, I could never think in terms of accepting physical abuse without some form of retaliation if possible.”

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BACKPAGE

WORLD OF SPORTS

Michigan football landing No. 1 recruit Bryce Underwood.

Roy sports insider Brandon Brown posted: "Bryce Underwood may end up being responsible for completely changing the trajectory of Michigan football and it might not have anything to do with what he does on the field."

Michigan On Nov. 4, just days after class of 2025 four-star quarterback Carter Smith decommitted from Michigan, head coach Sherrone Moore was asked how confident he was that the Wolverines would add a quarterback this cycle.

With a sly smile, he responded: "We'll be fine."

Moore was right, making one of the biggest splashes in Michigan recruiting history on Thursday. Belleville five-star quarterback Bryce Underwood, the No. 1 overall recruit in the country, flipped his commitment to Michigan from Louisiana State, where he had been verbally pledged since January. The 6-foot-3 signal-caller instantly becomes the headliner in Michigan's 2025 class that has now entered the top-10 in the 247Sports Composite rankings and features two five-stars and five top-100 prospects.

Prying Underwood, who plays high school football less than 20 miles to Ann Arbor, away from LSU is a massive win for the Wolverines, who have one of worst-ranked passing offenses in the country in 2024.



SPORTS WORLD

