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Illicit Brews

By Prince Masika

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Diaspora Source Of Anything, Everything you are looking for.

The Diaspora Times

Jan 19th, 2025 Issue 316

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

TikTok Shuts Down In USA.

TikTok is no longer accessible in the U.S. as of late Saturday night, shortly before a nationwide ban on ByteDance's popular social media app took effect

TIKTOK

Diaspora Times Sunday Edition

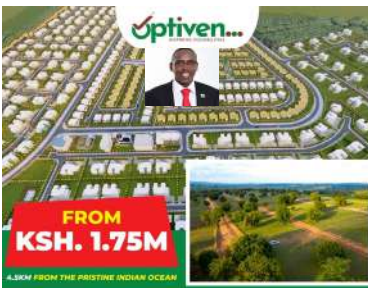
TikTok's mobile app and website as of 11 p.m. EST Saturday were greeted with the message: "Sorry, TikTok isn't available right now" due to a "law banning TikTok."

The message further said: "We are fortunate that President Trump has indicated that he will work with us on a solution to reinstate TikTok once he takes office."



Hiram Rhodes Reveals Page 13

Optiven...



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Mary Terrell (born Mary Church);

She was an American civil rights activist, journalist, teacher and one of the first African-American women

Laughter is medicine



Page 04

FALLEN HEROES



Jean-Marie Seroney was a Kenyan human rights advocate, legislator, and an Amnesty International prisoner of conscience.

Page 06



Kenya and Diaspora

Its always good to know the ones who say hello.

Death and funeral Announcements

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The Diaspora Times

Jan 27th, 2024 Issue 218

The First Execution Using Nitrogen Gas Takes Place In Alabama.

428

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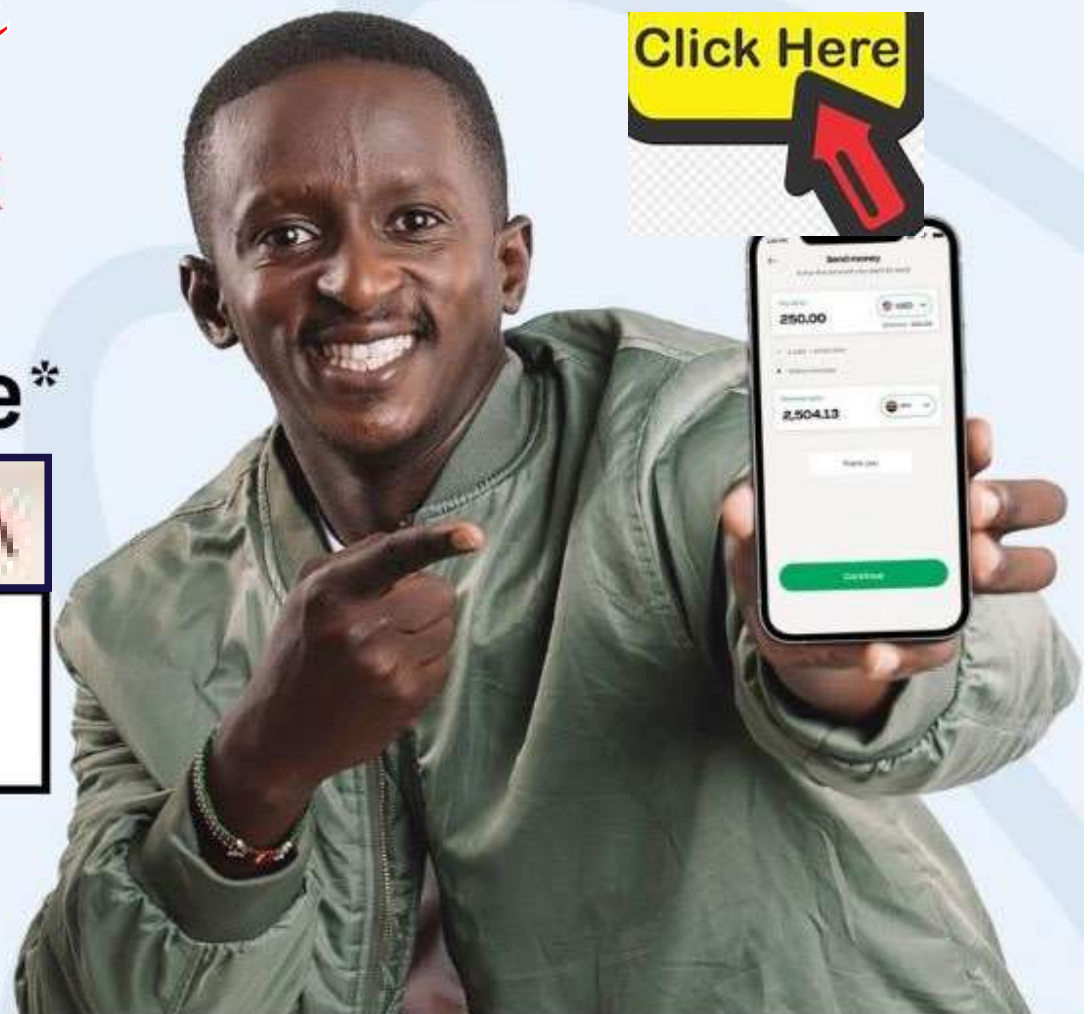
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LAUGHTER THE MEDICINE

BEST

LAUGHTER-

1. On a hot summer day, a group of NASA folks found themselves in a heated debate about the capital of a specific country. Each person was confident in their knowledge but couldn't agree on a single answer. Finally, one person had an idea. They said, "Let's at least settle on one capital we can all agree on." After a few moments of contemplation, someone chimed in, "How about capital letters?" Laughter erupted as they realized they were arguing about the same things in different contexts.

2. Two robots were discussing human emotions. One said, "I observed a human saying she was perfectly fine, but then she consumed an entire tub of ice cream." The other robot responded, "Ah, 'perfectly fine' must be human code for 'needs more ice cream'."

3. A renowned professor paused dramatically at an important

science conference before delivering a groundbreaking discovery. The room fell silent, not a sound to be heard. Suddenly, the professor grinned mischievously and declared, "Ladies and gentlemen, after months of research, I can confidently say... cats have been secretly plotting against us!"

4. A flight attendant sees a man reading a book and asks, "Sir, are you enjoying your flight?" The man looks up from his book, chuckles, and replies, "I'm actually reading a book about anti-gravity. It's impossible to put down!"

5. An official government translator was hired to translate a crucial document. Halfway through, he called his supervisor, sounding distressed. "What's wrong?" the supervisor asked. The translator replied, "Well, this section is all about different kinds of pasta, but I'm gluten-intolerant. Can I skip it?" The supervisor chuckled, "Just translate, don't eat!"

6 A wealthy art collector called an artist and said, "I've just bought one of your paintings, but I have one question." The artist, eager to hear the question, asked, "What is it?" The wealthy collector inquired, "Why is the paint still wet?" The artist chuckled and said, "Well, you said you wanted one of my freshest works!"

7. During a family dinner, a little girl said, "Dad, I've noticed you've been eating a lot of beans these past few months." The dad looked at her and replied with a grin, "Well honey, I've been trying to toot my own horn without making any noise!"

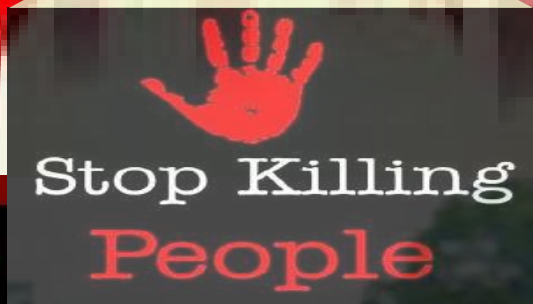
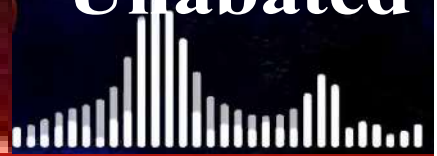


A renowned professor paused dramatically at an important science conference before delivering a groundbreaking discovery. The room fell silent, not a sound to be heard. Suddenly, the professor grinned mischievously and declared, "Ladies and gentlemen, after months of research, I can confidently say... cats have been secretly plotting against us!"

Aluta continua Unabated



Aluta continua Unabated



STOP PRIMITIVE BARBARIC ABDUCTIONS



GEN Z

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

* You can rebuild destroyed Cities but not lost life *



Article By Abigirl Phiri- Zimbabwe



How To Overcome Nightmares

It's not a good feeling to fear thy sleep because you are not having pleasant dreams

All things being equal, find routines that will put your mind in a peaceful state of mind such as taking a luxurious bath before you sleep to calm down the nerves and brains.

ADVICE- When one sleeps after a long day they will be expecting to have a good night's rest not to be tormented by unending nightmares. These come and go in one's life up until you leave the face of earth.

They do not discriminate due to age because anyone can have them. For some, nightmares are the order of the day. As a result, they end up fearing to go to sleep. It will be like going to hell over and over again. A lot of assumptions and explanations are tied to what causes nightmares.

Scientifically and religiously people have reasons why nightmares happen that might end up causing sleep paralysis. Also, due to this problem others might end up losing sleep over this little problem in trying to find the best way to do away with it for good.

Some people due to past trauma can't find adequate rest. In fact, they face their fears in their dreams which leads

Usually the things we see in our nightmares are objects of our fear that one ends up feeling like in a prison filled with despair. Indeed, in these nightmares you are powerless to do anything. If its a past traumatic event you will relive it until Jesus come which is forever.

to nightmares that never give them a rest. Bottom line is first finding out what is causing the nightmares. If one finds the root cause then definitely you will be able to exorcise the ghosts that hound you in the night.

It's not a good feeling to fear thy sleep because you are not having pleasant dreams. When worse comes to worst, this might end up causing insomnia in some people. Night time is supposed to be enjoyed as you lose yourself to sleep. Provided you are having sleepless nights do to nightmares you need to find professional help because it can not be the order of the day for the rest of your life.

Usually the things we see in our nightmares are objects of our fear that one ends up feeling like in a prison filled with despair. Indeed, in these nightmares you are powerless to do anything. If its a past traumatic event you will relive it until Jesus come which is forever. This can leave one drained and helpless. To kids this becomes a cross that you as the parent can't even bear to carry for them.

That sense of hopelessness is brought about by nightmares. Consequently, for us who are firm believers we then exhort all to pray before sleeping so that at least you have guardian angels on your pillow to look over you as you rest. It's a requirement for one to at least sleep eight hours a day so that you wake up rejuvenated to face another day with vigour. Therefore, this peaceful time must not be marred by the daily trials of unending nightmares.

All things being equal, find routines that will put your mind in a peaceful state of mind such as taking a luxurious bath before you sleep to calm down the nerves and brains. This is because mental disorders can end up generating nightmares for somebody because your mind



That sense of hopelessness is brought about by nightmares. Consequently, for us who are firm believers we then exhort all to pray before sleeping so that at least you have guardian angels on your pillow to look over you as you rest.

will not be at peace. Others claim nightmares are premonitions of what might happen. However which either way one puts it, nightmares are not a good thing to contend with.

From a personal experience you end up waking up bathed in sweat, breathing heavily and fearful of every sound in the night because of these nightmares. All this proves the power it has to disorient one's peace of mind. Unfortunately, for some they end up being unable to separate what is real and what is not due to these nightmares. Ultimately this will lead to an individual losing their mind.

Kindly do go to sleep when ready and not to force oneself to sleep. You can read a book before sleeping and if it's spiritual in nature reading a bible will be the best course of action to take. Ultimately, we should thrive to get fruitful dreams that give direction in one's life not nightmares that distorts the beauty of losing yourself to sleep.

It's a requirement for a person to sleep fitfully not to be hounded by unspeakable things. Thus, rugare treasured readers let's continue standing firm in

our believe that God will see us through thick and thin since he is the saviour who can be able to abolish nightmares in our lives.

Having them once in a blue moon is ok. Having them on a daily basis is what we are lamenting over that it shouldn't be like that. In all that we do let's pray for good things and put God first. Rugare treasured readers.

5

It's a requirement for a person to sleep fitfully not to be hounded by unspeakable things.

Abigirl Phiri





Jean-Marie Seroney

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

HEROES- Jean-Marie Seroney was a Kenyan human rights advocate, legislator, and an Amnesty International prisoner of conscience. He was detained as a prisoner of conscience for 1,155 days.

Seroney served as the Member of the Legislative Council for Nandi Constituency from 1961 to 1963 and a Member of Parliament (MP) for Nandi North from 1963 to 1966 before becoming the Member for the newly formed Tinderet Constituency from 1966 to 1975. As a legislator, he worked hard to introduce bills that would remove or at least check the excessive powers vested in the president as a result of the numerous amendments to the Constitution. He also brought in the first private member's bill to help ensure that Kenya's

While in India, Jean-Marie Seroney had kept the political pressure on the colonial government by various methods, even publishing an article in the Indian Review of January 1950 entitled 'Threat of South African Fascism to East Africa.' He returned to Kenya in 1951, just in time for the heady days of the independence struggle before the declaration of the Mau Mau Emergency. He addressed public meetings in the African quarter in Nairobi and once accompanied Jomo Kenyatta on a tour of the Rift Valley.

elections were free, fair, and inclusive.

Seroney decried what he described as the wanton abuse of power by the executive and condemned corruption, the unfair distribution of national wealth, theft of land from the poor by the ruling elite, and the failure to resettle the landless. He made powerful enemies, and his detention in harsh prison conditions for three and a half years set in motion the events that eventually led to his death.

Early life

Jean-Marie Seroney was born Eric Kipketer Seroney on Monday, 25 July 1927 at Kapsabet, Nandi District of Kenya. He was the first child of the recently converted Africa Inland Mission (AIM) teacher/evangelist Reuben Seroney and Leah Jeptarus Tapmaina Seroney. Shortly after his birth, the Rev. Stuart M. Bryson took over the Kapsabet AIM Mission. Bryson turned out to be a controversial missionary challenging the deeply held traditions of the Nandi in a bid to increase his numbers. He immediately sent Reuben Seroney to start a new Mission station and school at Surungai some 32 miles north of the Kapsabet Mission. Reuben and Leah taught at the Surungai School in the afternoons and spent their mornings preaching in the nearby villages. Two years later, in 1929, Leah unexpectedly died from labour complications. Two years later Reuben married Rebecca Jeptanui.

The Seroney family lived in the Surungai Mission until 1933 when Reuben was asked to move to Kapsowar in Elgeyo-Marakwet area to pioneer the new Mission station together with Rev. and Mrs. R. V. Reynolds. The AIM had also started a hospital there which stands to date. Reuben Seroney stayed at Kapsowar as an evangelist and the lead teacher of the school for five years. He visited nearby villages and far-off areas



(25 July 1927 – 6 December 1982)

teaching and preaching. It was during one of his visits to Kabartonjo in Tugen country that Reuben Seroney met Daniel Toroitich arap Moi, later to become President of Kenya. He became Moi's teacher and mentor and was instrumental in placing him at Government African School Kapsabet in 1938.

Education

The young Seroney began formal schooling in 1935 at Kapsowar with his father and Mrs. Reynolds as his instructors. Following his father's return to Kapsabet in May 1938, he joined the Government African School at Kapsabet (now Kapsabet High School) from 1938 to 1940. Seroney passed his Primary School Examination and was the only one in his class to be admitted to the Alliance High School in Kikuyu which was then Kenya's only secondary school. He obtained a scholarship from the Local Native Council (LNC) at Kapsabet which paid for him the required Sh. 200 annual fee. Seroney stayed at Alliance from 1941 to 1944, where he studied under Edward Carey Francis.

He sat for the Cambridge School Certificate and obtained a Division 1, which meant he

could then proceed to Makerere for higher studies. He enrolled at the Makerere College in Kampala, Uganda in 1945 taking the Higher Studies in Arts. At Makerere, he won the prestigious Arts Research Prize. He was the founding President of the Political Society and served as the president of the Dramatic Society in his final year. After performing well at Makerere, he got the Government of India Scholarship to study at the prestigious University of Allahabad in the state of Uttar Pradesh, India. He began his studies there in September 1947 at the William Holland University College, a constituent college of the University of Allahabad. He completed his BA degree in 1949 obtaining a Second-class Honours, Upper Division. He began to study for his LL.B degree at the same university and completed it in December 1951 and obtained first-class honours.[8] He became the first Kenyan to hold a law degree.

To be continued.....

Rest In Power

"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

Takeaways from the second day of Trump Cabinet confirmation hearings



Donald Trump's Cabinet nominees for key roles in the intelligence, foreign policy and law enforcement agencies all pledged to keep politics out of their offices amid concerns from Democrats that the president-elect will carry out his vows to go after his political enemies once in office.

Trump's nominee for attorney general, Pam Bondi, repeatedly insisted she would not allow politics to infect her Justice Department - accusing President Joe Biden's DOJ of being responsible for politicizing law enforcement against Trump.

"Every case will be prosecuted based on the facts and the law that's applied in good faith, period. Politics have got to be taken out of the system," Bondi said before the Senate Judiciary Committee. "This department has been weaponized for years and years and years, and it has to stop."

In addition to Bondi's pledge not to be influenced by politics, Trump's nominee for CIA director, John Ratcliffe, said he would not impose "political litmus tests" at the agency, while secretary of state nominee and Republican Sen. Marco Rubio of Florida, defended the importance of NATO, an alliance Trump has often questioned.

A CNN share

UnitedHealth, employer of slain exec Brian Thompson, found to have overcharged some cancer patients for drugs by over 1,000%

Independent Vermont Sen. Bernie Sanders has been conducting Congressional hearings in an attempt to shed light on the problems posed by these drug middlemen as well as drugmakers themselves.



USA UnitedHealth Group is charging patients a markup for key life-saving drugs that could easily exceed their cost by a factor of ten or more, according to findings from the Federal Trade Commission.

The report, which levels the same allegations at CVS and Cigna, is the latest indictment of America's broken healthcare system and comes on the heels of last

month's shocking murder of UnitedHealthcare CEO Brian Thompson.

The U.S. is notorious for incurring the highest costs per capita of any wealthy nation, yet failing to achieve an even remotely equivalent improvement in patient outcomes versus Europe's social market-based economies.

Critics argue that is due largely to the highly opaque

manner in which needless markups are hidden to conceal inefficiencies that serve various vested interests. These include, but are not limited to, the big three drug middlemen known as pharmacy benefit managers (PBMs).

According to the FTC report, UnitedHealth's OptumRx, along with Cigna's Express Scripts and CVS Caremark Rx, were able to

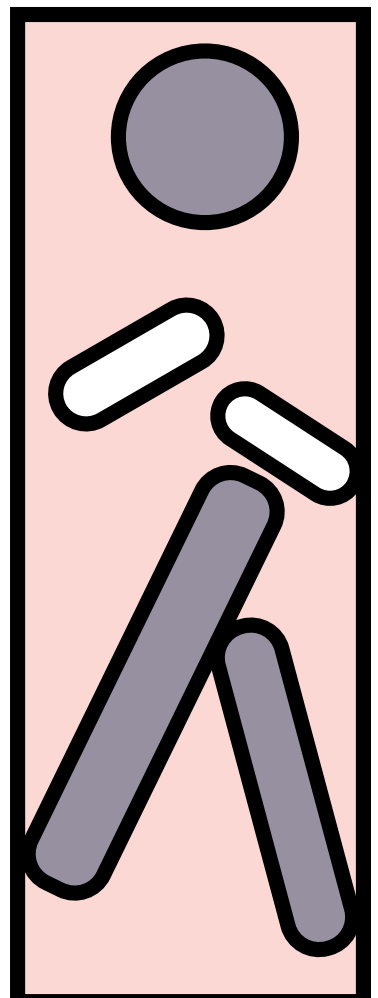
collectively pocket \$7.3 billion in added revenue above cost during the five year period of the study through 2022.

"The Big 3 PBMs marked up numerous specialty generic drugs dispensed at their affiliated pharmacies by thousands of percent, and many others by hundreds of percent," it concluded.

A CNA report

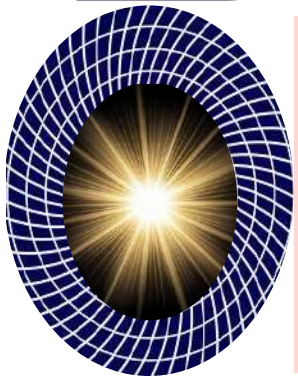
The findings levelled at the three big PBMs stem from a report carried out under the leadership of outgoing FTC chair Lina Khan. She has been a frequent target of criticism due to her robust approach to investigating monopolies and waging battle with Big Tech, earning her the ire of major figures in Silicon Valley on both sides of the political divide.

As the Bushes walked by, Obama stood to let them pass, leading to the moment where President Bush gave Obama a friendly tap on the belly with his hand before sitting down.



"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



Biden warns the US risks becoming an 'oligarchy.'

The philosopher Aristotle wrote in his book "Politics" that "democracy is safer and more free from civil strife than oligarchy; for in oligarchies two kinds of strife spring up, faction between different members of the oligarchy and also faction between the oligarchs and the people."

USA- President Joe Biden in his Wednesday farewell speech to the nation warned that American democracy was sliding into an "oligarchy" of tech billionaires. But what exactly is an oligarchy?

What is an oligarchy?

In short, an oligarchy is an elite few who control the government's actions.

By using the pointedly negative term "oligarchy," Biden equated this moment — when the world's wealthiest men are feting President-elect Donald Trump — with some of history's more brutal regimes.

Meta CEO Mark Zuckerberg is scheduled to cohost a Trump inaugural reception with wealthy Republican donors next week. Amazon Prime Video, which was founded by billionaire Jeff Bezos, got exclusive licensing rights to stream and theatrically release first lady Melania Trump's new documentary.

Meta, Amazon and OpenAI CEO Sam Altman last month donated \$1 million to Trump's inauguration fund. And billionaire Elon Musk's super PAC spent around \$200 million to help elect Trump.

But Biden made a complicated assertion as both Republicans and Democrats have relied on Silicon Valley fortunes to boost their political ambitions.

What are the term's origins?

Like many words in politics, oligarchy originates from Ancient Greek and quite literally means that few command. But unlike



an aristocracy, an oligarchy is more closely tied to wealth than nobility and family lineage.

The philosopher Aristotle wrote in his book "Politics" that "democracy is safer and more free from civil strife than oligarchy; for in oligarchies two kinds of strife spring up, faction between different members of the oligarchy and also faction between the oligarchs and the people."

What are some examples of oli-

garchies?

Multiple countries have been labeled oligarchies by academics. After the break-up of the Soviet Union in 1991, former state assets and other institutions came under the control of increasingly wealthy businessmen who became known as billionaire oligarchs.

The mix of profits and politics that began under then-Russian President Boris Yeltsin gave way to crackdowns by President

Vladimir Putin, who has his own favored oligarchs and pledged to let them keep their fortunes so long as they are loyal to him.

With its legacy of colonialism and powerful families, the Philippines has been accused of being an oligarchy, with its former President Rodrigo Duterte claiming to have dismantled the system. Critics said he simply gave preferences to a different set of oligarchs.

Apartheid-era South Africa was also seen by some academics as having a white racial oligarchy. Even before Biden's speech, the rising wealth gap in the United States — as well as in China — raised concerns about whether the world's two largest economies were becoming oligarchies. Associated Press writers Lindsey Bahr and Dan Merica contributed reporting AP Share

Meta CEO Mark Zuckerberg is scheduled to cohost a Trump inaugural reception with wealthy Republican donors next week. Amazon Prime Video, which was founded by billionaire Jeff Bezos, got exclusive licensing rights to stream and theatrically release first lady Melania Trump's new documentary.

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.

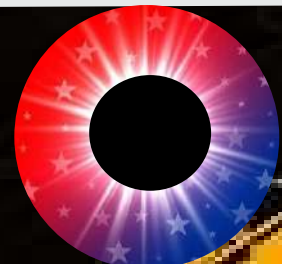
Ngugi Wa Thiong'o



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



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and the voice of God.*



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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Mary Church Terrell

Terrell aligned the African-American Women's Club Movement with the broader struggle of black women and black people for equality. In 1892, she was elected as the first woman president of the prominent Washington DC black debate organization Bethel Literary and Historical Society

ACTIVIST-Mary Terrell (born Mary Church; was an American civil rights activist, journalist, teacher and one of the first African-American women to earn a college degree. She taught in the Latin Department at the M Street School (now known as Paul Laurence Dunbar High School)—the first African American public high school in the nation—in Washington, DC. In 1895, she was the first African-American woman in the United States to be appointed to the school board of a major city, serving in the District of Columbia until 1906. Terrell was a charter member of the National Association for the Advancement of Colored People (1909) and the Colored Women's League of Washington (1892). She helped found the National Association of Colored Women (1896) and served as its first national president, and she was a founding member of the National Association of College Women (1923).

Life and education

Mary Church Terrell

Mary Church was born in the year of 1863 in Memphis, Tennessee, to Robert Reed Church and Louisa Ayres, both freed slaves of mixed racial ancestry. Her parents were prominent members of the Black elite of Memphis after the Civil War, during the Reconstruction Era. Her father, Robert Reed Church, was a businessman who became one of the first African American millionaires in the southern states and her mother, Louisa Ayers, was a hair stylist who owned her own hair salon. Her paternal great-grandmother was of mixed descent and her paternal grandfather was Captain Charles B. Church, a Euro-American steamship owner and operator from Virginia. After working for wages as a steward on his father's ship, Robert Church continued to accumulate wealth by investing in real estate, and purchased his first property in Memphis in 1866. He made his fortune by buying property after the city was depopulated following the 1878 yellow fever epidemic. He is considered to be the first African-American millionaire in the South.

Church's mother, Louisa Ayres, is believed to be one of the first African American women to establish and maintain a hair salon, frequented by well-to-do



September 23, 1863 – July 24, 1954

residents of Memphis. Ayres was a successful entrepreneur at a time when most women did not own businesses. She is credited with having encouraged her daughter to attend Antioch College Model School in Yellow Springs, Ohio, for elementary and secondary education, because the Memphis schools were not adequate.

Church attended Antioch College Model School from 1871 to 1874, starting at the age of eight. In 1875, Mary's parents moved her to Oberlin, Ohio to attend Oberlin public school from eight grade to the end of her high school education in 1879. Terrell remained in Oberlin throughout her college career, opting to take the four-year "gentleman's course" instead of the expected two-year ladies' course, earning her B.A. in 1884 and her M.A. in 1888.

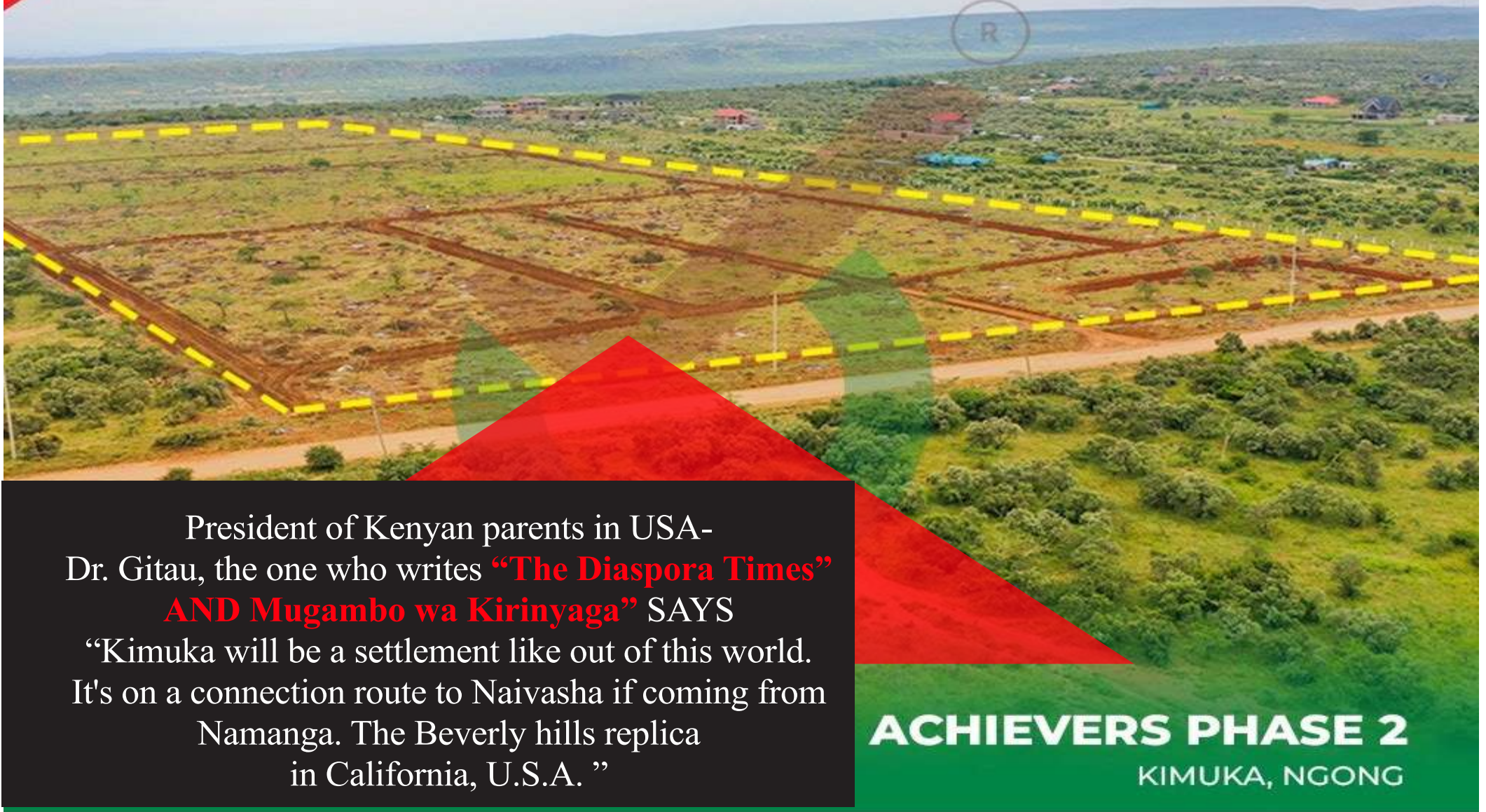
Church's father was married three times. His first marriage, to Margaret Pico

Church, began in 1857, ended in 1862, and produced one child, Laura. Robert then married Louisa Ayers in 1862.[7] Mary Church Terrell and her brother Thomas Ayres Church (1867–1937) were both products of this marriage, which ended in divorce. Their half-siblings, Robert, Jr. (1885–1952) and Annette (1887–1975), were born to Robert Sr.'s third wife, Anna Wright.

Church majored in Classics at Oberlin College, failed verification] the first college in the United States to accept African American and female students. She was one of the first African American women to graduate with a Bachelor's degree, rather than a 2-year ladies' degree. The freshman class nominated her as class poet, and she was elected to two of the college's literary societies. She also served as an editor of *The Oberlin Review*. Terrell earned her bachelor's degree in 1884. She earned her degree in classics. She wrote that some of her

friends tried to dissuade her from taking this degree, which included the study of Greek, on the grounds that Greek was in their view hard and that it would be hard to find an African-American man who had studied it. She graduated alongside African-American intellectuals Anna Julia Cooper and Ida Gibbs Hunt. Together, these three Oberlin graduates grew to become lifelong colleagues and highly regarded activists in the movement towards racial and gender equality in the United States. Continuing her studies at Oberlin, Terrell earned her master's degree in Education four years later, in 1888, becoming (along with Anna Julia Cooper) one of the first two African-American women to earn an MA. To be continued

Historians have generally emphasized Terrell's role as a community leader and civil rights and women's rights activist during the Progressive Era. She learned about women's rights while at Oberlin, where she became familiar with Susan B. Anthony's activism.

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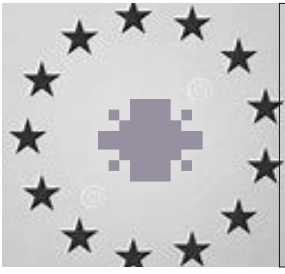
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Hiram Rhodes Revels

During his childhood, Revels was taught by a local Black woman for his early education. In 1838, at the age of 11, he went to live with his older brother, Elias B. Revels, in Lincolnton, North Carolina.

AMERICA-Hiram Rhodes Revels was an American Republican politician, minister in the African Methodist Episcopal Church, and college administrator. Born free in North Carolina, he later lived and worked in Ohio, where he voted before the Civil War. Elected by the Mississippi legislature to the United States Senate as a Republican to represent Mississippi in 1870 and 1871 during the Reconstruction era, he was the first African American to serve in either house of the U.S. Congress.

During the American Civil War, Revels had helped organize two regiments of the United States Colored Troops and served as a chaplain. After serving in the Senate, Revels was appointed as the first president of Alcorn Agricultural and Mechanical College (now Alcorn State University), a historically black college. He served from 1871 to 1873. Later in his life, he served again as a minister.

Early life and education

Revels was born free in 1827 in Fayetteville, North Carolina, to free people of color, with ancestors who had been free since before the American Revolution. His parents were of African American, European, and Native American ancestry. His mother was also specifically known to be of Scots descent. His father was a Baptist preacher.

Revels was a second cousin to Lewis Sheridan Leary, one of the men who were killed taking part in John Brown's raid on Harpers Ferry in 1859, and to North Carolina lawyer and politician John S. Leary.

During his childhood, Revels was taught by a local Black woman for his early education. In 1838, at the age of 11, he went to live with his older brother, Elias B. Revels, in Lincolnton, North Carolina. He was apprenticed as a barber in his brother's shop. Barbering was considered a respectable, steady trade for black Americans in this period. As men of all races used barbers, the trade provided black Americans an opportunity to establish networks with the white community. After Elias Revels died in 1841, his widow Mary transferred the shop to Hiram Revels before she remarried.

Revels attended the Beech Grove Quaker Seminary, a school in Union County, Indiana, founded by Quakers, and the Union Literary Institute, also known as the Darke County Seminary despite being in Randolph County, Indiana.

In 1845, Revels was ordained as a minister in the African Methodist Episcopal Church (AME); he served as a preacher and religious teacher throughout the Midwest: in Indiana, Illinois, Ohio, Ten-



(September 27, 1827– January 16, 1901)

nessee, Missouri, and Kansas. "At times, I met with a great deal of opposition," he later recalled. "I was imprisoned in Missouri in 1854 for preaching the gospel to Negroes, though I was never subjected to violence." During these years, he voted in Ohio.

He studied religion from 1855 to 1857 at Knox College in Galesburg, Illinois. He became a minister in a Methodist Episcopal Church in Baltimore, Maryland, where he also served as a principal of a black high school.

During the American Civil War, Revels served as a chaplain in the United States Army. After the Union authorized establishment of the United States Colored Troops, he helped recruit and organize two black Union regiments in Maryland and Missouri. He took part at the Battle of Vicksburg in Vicksburg, Mississippi.

Political career

In 1865, Revels left the AME Church, the first independent black denomination in the US, and joined the Methodist Episcopal Church. He was assigned briefly to churches in Leavenworth, Kansas, and New Orleans, Louisiana. In 1866, he was called as a permanent pastor at a church in Natchez, Mississippi, where he settled with his wife and five daughters. He became an elder in the Mississippi District of the Methodist Church, continued his ministerial work, and founded schools for black children.

Supporters of Revels made arguments ranging from relatively narrow and technical issues, to fundamental arguments about the meaning of the Civil War. Among the narrower arguments was that Revels was of primarily European ancestry (an "octoroon") and that the Dred Scott decision should be interpreted as applying only to those blacks who were of totally African ancestry. Supporters said that Revels had long been a citizen (as shown by his voting in Ohio) and that he had met the nine-year requirement before the Dred Scott decision changed the rules and held that blacks could not be citizens.

The more fundamental argument by Revels's supporters was that the Civil War, and the Reconstruction amendments, had overturned Dred Scott. Because of the war and the Amendments, they argued, the subordination of the black race was no longer part of the American constitutional regime and, therefore, it would be unconstitutional to bar Revels on the basis of the pre-Civil War Constitution's citizenship rules. One Republican Senator supporting Revels mocked opponents as still fighting the "last battle-field" of that war.

Senator Charles Sumner (R-Massachusetts) said, "The time has passed

for argument. Nothing more need be said. For a long time it has been clear that colored persons must be senators. Sumner, a Republican, later said, All men are created equal, says the great Declaration, and now a great act attests this verity. Today we make the Declaration a reality. ... The Declaration was only half established by Independence. The greatest duty remained behind. In assuring the equal rights of all we complete the work.

To be continued.....



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

Helen Keller Life is a long lesson in humility. Wise quotes of Hellen Keller are repeated in our issues.

NEWS Briefs

THE GENERATION TO CARRY ON THE VISION



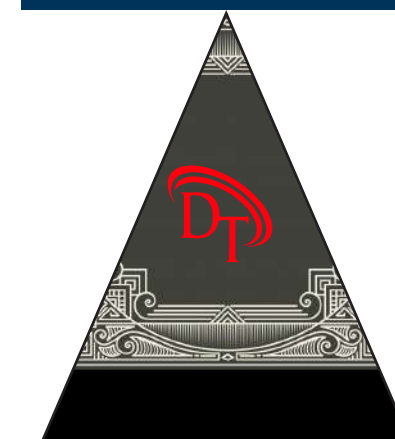
HIGHLIGHTS



BIDEN HIGHLIGHTS

The TikTok law gives the president the authority to grant a one-time extension of up to 90 days on the deadline for a sale, if he certifies that there is a path for - and evidence of progress toward - a divestment, including "binding legal agreements," which the law does not define.

Meeting those requirements would make it feasible for Biden to give ByteDance a nearly three-month reprieve, if a deal were on the horizon, according to Colin Costello, an attorney with Freshfields and a former official in the Office of Director of National Intelligence. While no offer appears imminent, under such a scenario, the binding legal agreement criteria could potentially be met by the signing of a simple "term sheet" between ByteDance and a prospective buyer. But to halt the ban on a longer term basis, Costello said, could require incoming President Trump to direct his Justice Department to "deprioritize" or not enforce the law, probably for a specified period of time.



Joe Biden Trump-Proofs Russia Sanctions in Parting Shot

BIDEN In his final week in the White House, President Joe Biden has imposed new sanctions on Russia that may be difficult for his successor to undo. Newsweek contacted Trump's transition team for comment on Friday outside regular working hours.

There have been long-standing allegations of a close relationship between U.S. President-elect Donald Trump and Russian President Vladimir Putin, and U.S. allies have raised concerns that Trump could cut sanctions on Russia upon his return to the White House.

On January 15, the U.S. Treasury Department said in a news release that Moscow had sought ways to circumvent sanctions imposed by the U.S. after Russia began a full-scale invasion of Ukraine in February 2022.

The Treasury has therefore re-listed more than 100 Russian companies and individuals under Executive Order



13662, which then-President Barack Obama signed in March 2014 following Russia's invasion of Ukraine's Crimea region. Obama's sanctions program and its orders are regulated by the Countering America's Adversaries Through Sanctions Act. Sanctions listed under CAATSA can be undone only by a vote in Congress.

By moving more than 100 Russian companies and individuals from a presidential

order and placing them under CAATSA, Biden has ensured that they will stay on the sanctions list unless Congress says otherwise, and Trump may be unwilling to ask Congress to change the list.

In 2019, special counsel Robert Mueller published a 200-page report that described "numerous links between the Russian government and the Trump Campaign."

Mueller found that "a Russian entity carried out a social

media campaign that favored presidential candidate Donald J. Trump and disparaged presidential candidate Hillary Clinton." He also found that "a Russian intelligence service conducted computer-intrusion operations" against Clinton's campaign and released stolen documents to embarrass her.

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Another dream

"Its all about dreams. Dreams cost nothing, they are free"

- Sylvester Stallone

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Lecturer at the
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Tajalla Qureshi
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Lahore,
Gujrat Campus

Memory Phiri Zimbabwe
Tourism in Africa

The future is here

Correspondents from across the Globe



Plush Safari Tourism Camps

Tourism with Memory
Phiri
Zimbabwe.

Adventure tourists are always up to something and they get a kick from bush walks, picnics and photography safaris to boot.

Firstly, we have the homeliness of the Changa Safari Camp in Matusadonha which has eight luxury tents that are set under sprawling Mopane woodlands.



By Memory Phiri
Zimbabwe.
Senior Editor
The Diaspora Times

ZIMBABWE-There is no need to go on a camping safari and look for some accommodation elsewhere. Fortunately, our national parks have the state of the art camps

Most tour operators are wholeheartedly creating an environment that is so appealing to this ever increasing typology of tourists. The popular camps in our various national parks are a safari package that can only be experienced in Africa at most.

that are lying in wait for us. A luxury-getaway allows one to stargaze and listen to the sound of crickets during the night. Adventure tourists are always up to something and they get a kick from bush walks, picnics and photography safaris to boot. Lest we forget the sundowners, the ancient elephant trails and a bit of fishing. In this instance, adventure and exploration means enjoying every perk that comes with a safari camp. Most tour operators are wholeheartedly creating an environment that is so appealing to this ever increasing typology of tourists. The popular camps in our various national parks are a safari package that can only be experienced in Africa at most. Quantessentially, the camps are a slice of paradise in the middle of nowhere. Zimbabwe has the Matusadonha, Hwange and ManaPools as national parks to mention but a few that come with luxurious accommodation. The plush camps comprises of lodges, tents and even tree houses. For your own information, tourists will have a chance to see some elep-

hants coming near the camp to quench their thirst. Indeed, the aforementioned national parks have a plethora of camps that are worth talking about. Tour operators now specialize in very comfy outfits that leave tourists flabbergasted and craving for more. Be rest assured that, the parks house very luxurious accommodation facilities that are out of this world. If anything, the remote savanna wilderness with its wildlife creates a surreal and serene atmosphere that has an abundance of cle-

an air. It will be sublime, an immersive experience which gives one leverage on close encounters with the rhinos, zebras and buffalos. Firstly, we have the homeliness of the Changa Safari Camp in Matusadonha which has eight luxury tents that are set under sprawling Mopane woodlands. A private beach, a central pool, bar and dining area also define the attraction to perfection. Secondly, the Nyamamutsi Camp in ManaPools has a wine cellar, an ambient fire pit and a stylish bar. Let alone, a

plunge pool and tented suites that are equipped with air conditioning. Thirdly and exactly forty-five minutes away from the Victoria Falls, we have the award winning Somalisa Camp in Hwange. It boasts of a treehouse retreat, an outdoor shower, seven beautiful furnished luxury tented suites, a copper slipper style bath and lavish king sized beds. Visit Zimbabwe and have a taste of the various plush safari campsites.

Somalisa Camp in Hwange.



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

The Farmer Who Sows Seeds



And other seeds fell into good soil and produced grain, growing up and increasing and yielding thirtyfold and sixtyfold and a hundredfold." And he said, "He who has ears to hear, let him hear."

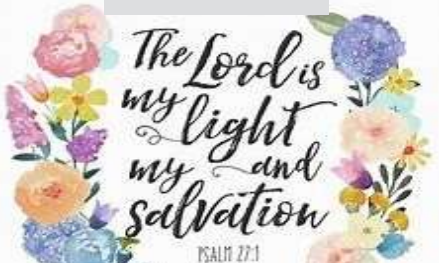


Jesus tells of a farmer who sows seed indiscriminately. Some seed falls on the path (wayside) with no soil, some on rocky ground with little soil, some on soil which contains thorns, and some on good soil. In the first case, the seed is taken away; in the second and third soils, the seed fails to produce a crop; but when it falls on good soil, it grows and yields thirty sixty or a hundred-fold.

Jesus later explains to his disciples that the seed represents the Gospel, the sower represents anyone who proclaims it, and the various soils represent people's responses to it.



Muthoni



Pastor Mukuria:

Morning Affirmation
Philippians 4:13

I can do all things through Him who strengthens me
Good day



Kigume Karuri:

The key to successful leadership is influence not authority. True leaders inspire and motivate others through their actions, words and deeds rather than relying on their title.



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



Liver Cancer.

You can reduce your risk of hepatitis B by receiving the hepatitis B vaccine. The vaccine can be given to almost anyone, including infants, older adults and those with compromised immune systems.

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

- Upper abdominal pain
- Nausea and vomiting
- General weakness and fatigue
- Abdominal swelling
- Yellow discoloration of your skin and the whites of your eyes (jaundice)
- White, chalky stools
- Causes

Liver cancer happens when liver cells develop changes (mutations) in their DNA. A cell's DNA is the material that provides instructions for every chemical process in your body. DNA mutations cause changes in these instructions. One result is that cells may begin to grow out of control and eventually form a tumor — a mass of cancerous cells. Sometimes the cause of liver cancer is known, such as with chronic hepatitis infections. But sometimes liver cancer happens in people with no underlying diseases and it's not clear what causes it.

Risk factors
 Factors that increase the risk of primary liver cancer include:

Chronic infection with HBV or HCV. Chronic infection with the hepatitis B virus (HBV) or hepatitis C virus (HCV) increases your risk of liver cancer.

Cirrhosis. This progressive and irreversible condition causes scar tissue to form in your liver and increases your chances of developing liver cancer.

Certain inherited liver diseases. Liver diseases that can increase the risk of liver cancer include hemochromatosis and Wilson's disease.

Diabetes. People with this blood sugar disorder have a greater risk of liver cancer



Exposure to aflatoxins. Aflatoxins are poisons produced by molds that grow on crops that are stored poorly. Crops, such as grains and nuts, can become contaminated with aflatoxins, which can end up in foods made of these products.

than those who don't have diabetes.

Nonalcoholic fatty liver disease. An accumulation of fat in the liver increases the risk of liver cancer.

Exposure to aflatoxins. Aflatoxins are poisons produced by molds that grow on crops that are stored poorly. Crops, such as grains and nuts, can become contaminated with aflatoxins, which can end up in foods made of these products.

Excessive alcohol consumption. Consuming more than a moderate amount of alcohol daily over many years can lead to irreversible liver damage and increase your risk of liver cancer.

Reduce your risk of cirrhosis. Cirrhosis is scarring of the liver, and it increases the risk

of liver cancer. You can reduce your risk of cirrhosis if you:

Drink alcohol in moderation, if at all. If you choose to drink alcohol, limit the amount you drink. For women, this means no more than one drink a day. For men, this means no more than two drinks a day.

Maintain a healthy weight. If your current weight is healthy, work to maintain it by choosing a healthy diet and exercising most days of the week. If you need to lose weight, reduce the number of calories you eat each day and increase the amount of exercise you do. Aim to lose weight slowly — 1 or 2 pounds (0.5 to 1 kilograms) each week.

TIPS ON HEALTH

summary

Ask your doctor about liver cancer screening

For the general population, screening for liver cancer hasn't been proved to reduce the risk of dying of liver cancer, and it isn't generally recommended.

People with conditions that increase the risk of liver cancer might consider screening, such as people who have:

- Hepatitis B infection
- Hepatitis C infection
- Liver cirrhosis

Discuss the pros and cons of screening with your doctor. Together you can decide whether screening is right for you based on your risk. Screening typically involves a blood test and an abdominal ultrasound exam every six months.

Most people don't have signs and symptoms in the early stages of primary liver cancer. When signs and symptoms do appear, they may include:

- Losing weight without trying
- Loss of appetite

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

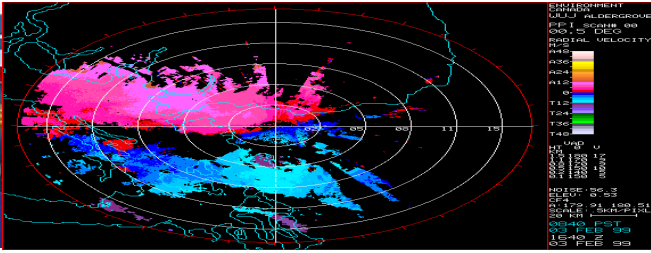
Health For All

1 EXERCISE Get an exercise habit. Aim for 30 minutes of moderate exercise most days of the week.	6 GET UP EARLY Start an agreement with yourself every morning. Get up at the same time every day, get up and get a great day and feel all the good things of the day.
2 MAKE PLANS Think about your future. Make a commitment with yourself to do something every day that will make a difference each week.	7 AVOID ALCOHOL Limit your alcohol intake. If you choose to drink alcohol, limit the amount you drink. For women, this means no more than one drink a day. For men, this means no more than two drinks a day.
3 SLEEP WELL Think about your sleep. Try to get 7-9 hours of sleep each night. Your body will thank you, and it will be a better you.	8 LAUGH MORE Laugh often. Laughing is a great way to reduce stress and improve your mood. Try to laugh every day.
4 MEDITATE Find a quiet place to sit and meditate. Meditate for 10-15 minutes.	9 HAVE SEX! Having sex that's safe and fun is a great way to improve your mood and reduce stress. Use protection every time you have sex.
5 LISTEN TO MUSIC Listening to music can be a great way to improve your mood and reduce stress. Listen to music every day.	10 ACT LIKE A KID Have fun every day. Have fun and be happy. Have fun and be happy every day.



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



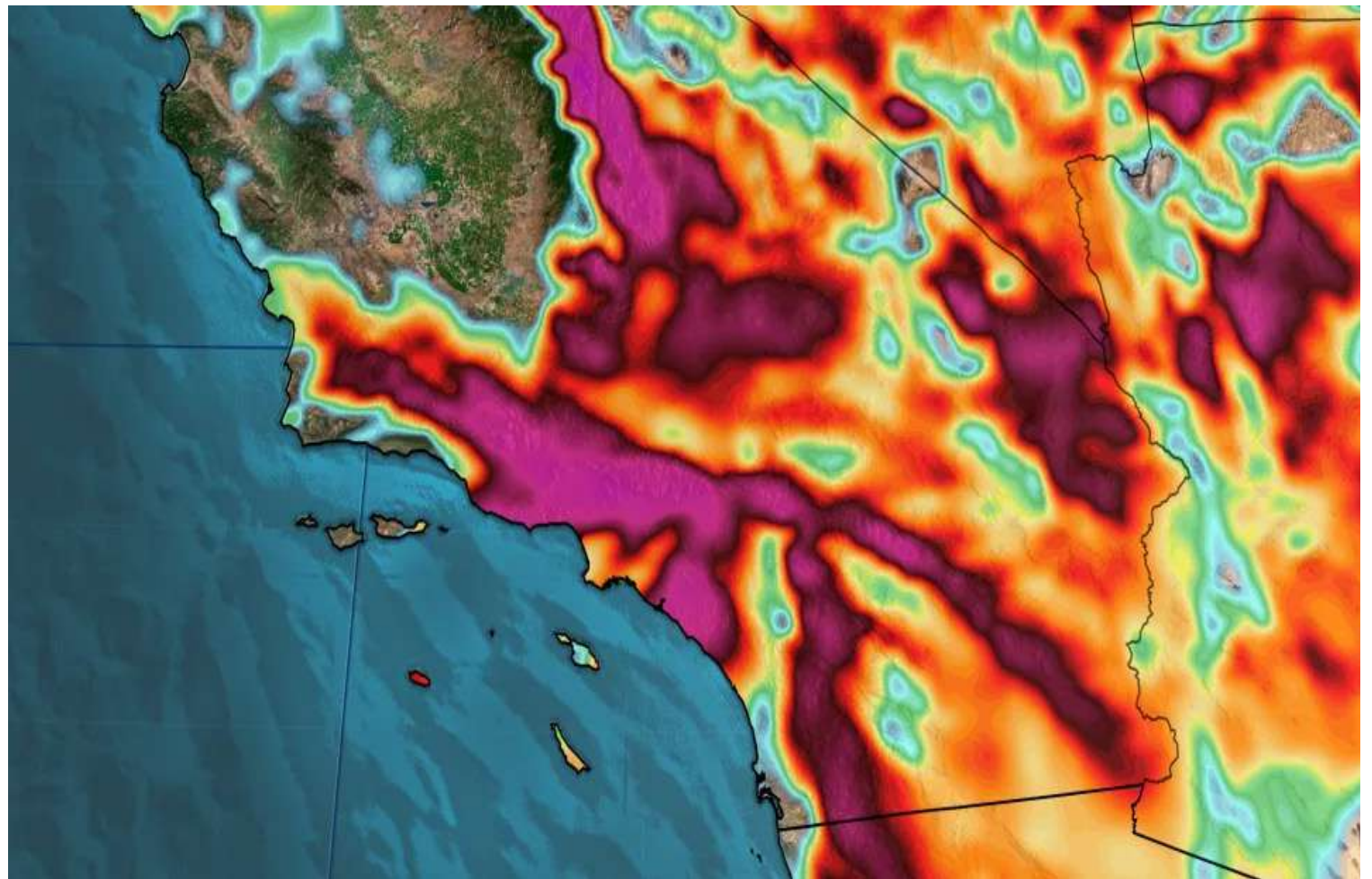
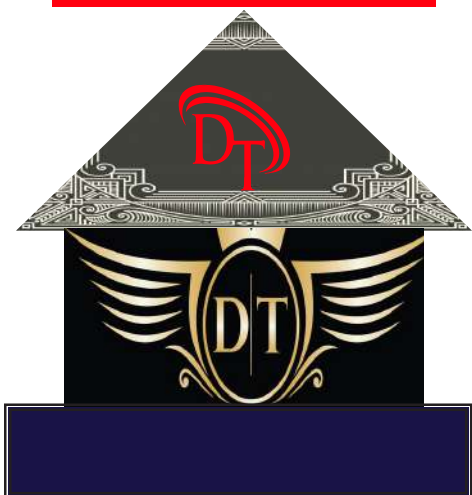
summary



'Most destructive windstorm' in over a decade likely in Southern California.

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.

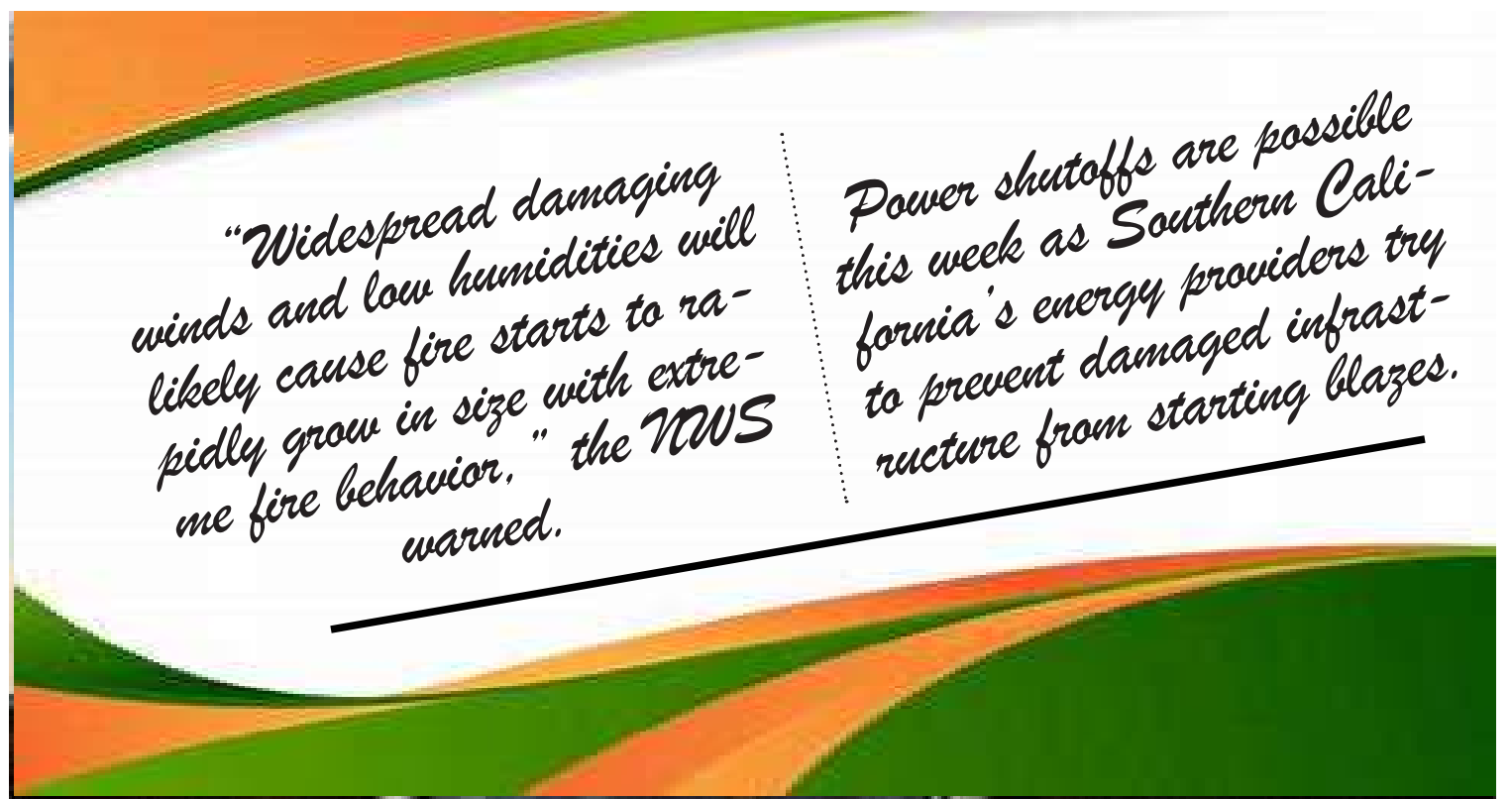
WEATHER



WEATHER- A life-threatening, widespread windstorm that could be one of the most destructive to hit Southern California in over a decade will roar to life Tuesday and also create extremely dangerous fire weather conditions. Meteorologists with the National Weather Service in Los Angeles used the most dire language possible to characterize the threats. The "life-threa-

tening" windstorm "will likely be the most destructive" since a 2011 event "that did extensive damage to Pasadena and nearby foothills of the San Gabriel Valley," the weather service warned. They also issued a rare, "particularly dangerous situation" red flag warning, the most dire such warning issued by the weather service, for a high risk for dangerous fire weather conditions

Tuesday afternoon until Wednesday afternoon for most of Los Angeles and Ventura Counties. The 2011 windstorm downed hundreds of trees and knocked out power for days because the seasonally strong Santa Ana winds dipped into more populous, lower elevation areas typically sheltered from them. A CNN report shared



"Widespread damaging winds and low humidities will likely cause fire starts to rapidly grow in size with extreme fire behavior," the NWS warned.

Power shutoffs are possible this week as Southern California's energy providers try to prevent damaged infrastructure from starting blazes.

"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 Park Bus Boycott.

Near the middle of the bus, her row was directly behind the ten seats reserved for white passengers. Initially, she did not notice that the bus driver was the same man, James F. Blake, who had left her in the rain in 1943.

BUS BOYCOTT- Montgomery buses: law and prevailing customs

In 1900, Montgomery had passed a city ordinance to segregate bus passengers by race. Conductors were empowered to assign seats to achieve that goal. According to the law, no passenger would be required to move or give up their seat and stand if the bus was crowded and no other seats were available. Over time and by custom, however, Montgomery bus drivers adopted the practice of requiring black riders to move when there were no white-only seats left.

The first four rows of seats on each Montgomery bus were reserved for whites. Buses had "colored" sections for black people generally in the rear of the bus, although blacks composed more than 75% of the ridership. The sections were not fixed but were determined by placement of a movable sign. Black people could sit in the middle rows until the white section filled. If more whites needed seats, blacks were to move to seats in the rear, stand, or, if there was no room, leave the bus.

Black people could not sit across the aisle in the same row as white people. The driver could move the "colored" section sign, or remove it altogether. If white people were already sitting in the front, black people had to board at the front to pay the fare, then disembark and reenter through the rear door.

For years, the black community had complained that the situation was unfair. Parks said, "My resisting being mistreated on the bus did not begin with that particular arrest. I did a lot of walking in Montgomery."

One day in 1943, Parks boarded a bus and paid the fare. She then moved to a seat, but driver James F. Blake told her to follow city rules and enter the bus again

from the back door. When Parks exited the vehicle, Blake drove off without her. Parks waited for the next bus, determined never to ride with Blake again.

Refusal to move
Rosa Parks's arrest

Parks being fingerprinted on February 22, 1956, when she was arrested again, along with 73 other people, after a grand jury indicted 113 African Americans for organizing the Montgomery bus boycott

After working all day, Parks boarded the Cleveland Avenue bus, a General Motors Old Look bus belonging to the Montgomery City Lines, around 6 pm, Thursday, December 1, 1955, in downtown Montgomery. She paid her fare and sat in an empty seat in the first row of back seats reserved for blacks in the "colored" section. Near the middle of the bus, her row was directly behind the ten seats reserved for white passengers.

Initially, she did not notice that the bus driver was the same man, James F. Blake, who had left her in the rain in 1943. As the bus traveled along its regular route, all of the white-only seats in the bus filled up. The bus reached the third stop in front of the Empire Theater, and several white passengers boarded. Blake noted that two or three white passengers were standing, as the front of the bus had filled to capacity.

To be continued



(February 4, 1913 – October 24, 2005)

One day in 1943, Parks boarded a bus and paid the fare. She then moved to a seat, but driver James F. Blake told her to follow city rules and enter the bus again from the back door. When Parks exited the vehicle, Blake drove off without her. Parks waited for the next bus, determined never to ride with Blake again.

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

Injury report for Paul George, others vs. Pacers.

The Philadelphia 76ers will begin a 3-game road trip on Saturday when they take on the Indiana Pacers. Sitting at 15-24, the Sixers will need to turn this season around quickly as the halfway point in the season looms.

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Of course, the Sixers will be without Joel Embiid who will miss this entire road trip after his knee recently swelled up after a workout. He will be re-evaluated in 7-to-10 days per the team which puts a possible return date on Jan. 25 against the Chicago Bulls on the road.

As for the other injured Sixers, KJ Martin (left foot stress reaction), Jared McCain (left knee meniscus surgery), and Kyle Lowry (right hip soreness) all remain out.

Paul George (left groin tightness) and Guerschon Yabusele (right knee swelling) are listed as questionable against the Pacers. Caleb Martin is not listed on the injury report.

Andre Drummond (left toe sprain) has been upgraded to probable after missing the last six games due to the issue.

