



HAITI FUTILE MISSION

Special Edition - Open letter to President Ruto

SUBJECT: Unequivocal and Uncompromising Demand for the Immediate Withdrawal of Kenyan Police Officers from Haiti – A National Indictment of Betrayal, Arrogance, and Blood-Stained Leadership. To President William Samoei Ruto and the Enablers of This Catastrophe in the National Assembly,



Prof. Peter Ndiang'ui
Fort Myers Florida

Writer is a Senior Editor at The Diaspora Times

I write with volcanic anger and the broken heart of a patriot witnessing his country auctioned to foreign interests and his people treated like expendable cargo in a neo-colonial transaction. Let there be no misunderstanding—this Haiti deployment is not and

Kenya's officers were thrown into the burning wreckage of a collapsed state with no clear mission, no strategic support, and no backup.

You sent them like sheep to slaughter in gang-infested streets—armed not with tactical preparation, but with propaganda and presidential delusion.

And now?

The empire you bowed to has walked away. The United States has openly declared it will no longer fund or support the Multinational Security Support mission

was never a peacekeeping mission. It is a treasonous act of subservience, political cowardice, and outright betrayal of the Kenyan nation.

You have failed the Constitution. You have failed our security officers. And you have failed the soul of this republic.

Mr. President, you forced this mission down our throats with contemptuous arrogance, ignoring Parliament, trampling on public dissent, and treating Kenya like your personal fiefdom. You bypassed every legitimate structure of democracy to impress your foreign handlers in Washington—handlers who now, in spectacular fashion, have disowned you and your mission, as made crystal clear in the United States' official statement to the UN Security Council on April 21, 2025.

Kenya's officers were thrown into the burning wreckage of a collapsed state with no clear mission, no strategic support, and no backup. You sent them like sheep to slaughter in gang-infested streets—armed not with tactical preparation, but with propaganda and presidential delusion.

And now? The empire you bowed to has walked away. The United States has openly declared it will no longer fund or support the Multinational Security Support mission. The very rope you used to hang Kenya's dignity has now snapped—and our officers are dangling alone, abandoned and betrayed by both foreign allies and their own government.

Let me ask you plainly, Mr. President: Where are the casualty lists? Where are the wounded? Where are the dead?



Why have their families been met with silence while you posture for cameras and international approval?

Your silence is a cover-up. Your cowardice is criminal. Your presidency is now soaked in the blood of those who trusted you.

This is no longer about poor judgment—this is about blood guilt. And to every MP who stood by silently as this shame unfolded, your names will be remembered in infamy as co-conspirators in one of the darkest episodes of our post-independence history.

Mr. Ruto, your hands are red – colored by the blood of those you sacrificed for your ego.

Your conscience, if it exists, must now be scorched by the cries of families who may never see their sons again—sacrificed not for country, but for your personal political theater.

Kenya is not a plantation. Our police officers are not mercenaries. And we are not a beggar nation to be exploited at will by your ego or the whims of foreign powers.

You must:

. Recall every single Kenyan officer from Haiti immediately.

. Apologize publicly to their families and to the nation.

. Declare, in plain language, that this mission was a catastrophic mistake.

. And if you cannot do all that—RESIGN.

And to Parliament: if the President refuses to comply—you have a constitutional duty to act. The time for silence is over. The time for action is now.

I hereby call upon the National Assembly to immediately begin impeachment proceedings against President William Ruto should he fail to withdraw the remaining

Kenyan officers from Haiti or tender his resignation. Impeach him for violating the Constitution. Impeach him for abusing his powers.

Impeach him for endangering the lives of our citizens without consent, oversight, or strategy. Impeach him for turning Kenya into a hired gun for foreign interests.

Let this Parliament not be remembered as a rubber-stamp chamber of cowards. Let it reclaim its dignity and rise to

meet this moment with courage.

You have the power. Use it—or be remembered as co-authors of this bloody chapter.

Mr. President, this is your final warning. History is watching. The world is watching. And the people of Kenya will not forget.

Read the very statement that marked the collapse of your puppet show:

Ambassador Dorothy Shea's Statement to the UN Security Council

Bring our officers home.

Or step down. And if neither, be impeached. Kenya deserves better. And Kenya will rise.

With grief and unwavering loyalty to the people of Kenya, I remain,

Prof. Ndiang'ui
Fort Myers, Florida
United States of America
Senior Diaspora Times
Correspondents



Major coup plot against Captain Ibrahim Traoré thwarted in Burkina Faso



President Ibrahim Traoré of Burkina Faso

Burkina Faso's military-led government announced on April 22 that it had successfully thwarted a major coup plot targeting junta leader, Captain Ibrahim Traoré. According to Security Minister Mahamadou Sana, the conspiracy involved active and retired soldiers allegedly collaborating with terrorist groups to storm the presidential palace.

The plot, reportedly set for April 16, aimed to destabilise the country, install a regime under the control of an international

organisation, and incite rebellion by manipulating religious and traditional leaders to sway military officers.

Sana revealed that the masterminds of the operation were believed to be operating from Ivory Coast, though Ivorian authorities have yet to respond to the allegations.

The announcement followed the arrest of several military personnel, including two officers, suspected of involvement in the plot. Sana claimed that the

conspirators had been recruiting soldiers and passing strategic information to terrorist elements to fuel unrest.

This is not the first time Captain Traoré's administration has reported attempted coups. Traoré, who seized power in 2022 amid frustration over jihadist violence, continues to face challenges in maintaining control, with nearly 40% of Burkina Faso outside government authority due to insurgent activities.



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nyamũ cia githaka

hĩa na kanya ka mbakĩ

mũhuhi wa rũhĩa

İwioragia nĩrĩ, İno nĩyo ngathĩtĩ yaragia ma,talkĩria arata akũ mathome nĩgetha makĩmenye o kaũndũ.

MũGAMB WA KİRİNYAGA

Vaica kehiri nowe waica keruti ** Menyererai rũthiomi rwitũ rũtikanahuke

*Mũgambo wa mũingĩ niguo mũgambo wa Ngai **Mweri Wa Kihu-02/17/2025 Vol. 42

Hihi Raila Nĩ Egũcuria Macembe?

Muoyo ũmoyokaga mũtonyano-inĩ, wa maũndũ ta mũtonyano wa mũndũ na macigĩrĩa.

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LAUGHTER THE MEDICINE

BEST

A young man came from the parking lot and tried to cut in at the front of the line, but an old lady beat him back into the parking lot with her cane.

He returned and tried to cut in again but an old man punched him in the gut, then kicked him to the ground and rolled him away. As he approached the line for the third time he said, "Look, if you don't let me unlock the damn door you're never going to get in there!"

LAUGHTER-

In Jerusalem, a female journalist heard about a very old Jewish man who had been going to the Wailing Wall to pray, twice a day, everyday, for a long, long time. So she went to check it out.

She went to the Wailing Wall and there he was!

She watched him pray and after about 45 minutes, when he turned to leave, she approached him for an interview.

"Sir, how long have you been coming to the Wall and praying?"

"For about 60 years."

"60 years! That's amazing! What do you pray for?"

"I pray for peace. I pray for all the hatred to stop and I pray for all our children to grow up in safety and friendship."

"How do you feel after doing this for 60 years?"

"Like I'm talking to a wall!"

My grandfather told me this one not long before he died

A man is in his boat out on the lake with a bucket full of fish that he had just caught. A wild-

life officer spots him and pulls his boat up alongside. Seeing the bucket of fish in the man's boat, the wildlife officer asks to see his fishing license.

The man tells the officer that he doesn't need a fishing license.

The wildlife officer looks down at the bucket and says "you definitely need a license to be catching fish, I can see that you've been fishing today. You have live fish right there."

The man says "oh no, those are my pet fish. I just brought them out here for the day to enjoy the lake."

"Pet fish?" Replied the wildlife officer

"Oh absolutely, I let him out of the bucket and they swim around and play, but when I whistle they all jump right back in. They are very well trained."

The wildlife officers scratches his chin, then says. "I've never heard such a. Well I've got to see this."

The man dumps the bucket of fish into the lake, then calmly turns and looks at the wildlife officer.

The wildlife officer says. "Well, call them back. "

The man says "call who back."

The wild life officer says "your pet fish."

"What fish?" Replied the man.

The secret to a long life

A tough old cowboy from Texas counseled his granddaughter that if she wanted to live a long life, the secret was to sprinkle a pinch of gun powder on her oatmeal every morning.

The granddaughter did this religiously until the age of 103, when she died.

She left behind 14 children, 30 grandchildren, 45 great-grandchildren, 25 great-great-grandchildren, and a 40-foot hole where the crematorium used to be.

Two priests were driving in a car during a pouring rainstorm when they got a flat tire. They got out to change the tire, but just as they started a man pulled up and said "Father, you should wait in the car where it's dry. I'll change the tire for you."

The priest agreed but told the man to make sure the lug nuts were on tight. So the two priests

sat in the car while the man changed their tire. After a bit, he knocked on the window and said the were 'good to go'.

The priest asked the man, "Are those nuts on tight?"

The man replied "Tight as a nun's cunt." Then the man remembered who he was talking to and apologized saying "Yes. Yes. The nuts are tight."

After the man had driven off the one priest turned to the other priest and said:

"Do you think we should check those nuts?"

Shared by Robert Leeds, Texas

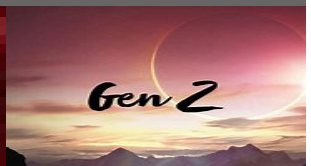


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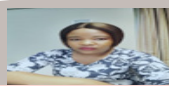


June-25th-2024- Was A Sad Day In Kenya

* You can rebuild destroyed Cities but not lost life *



Article By Abigirl Phiri- Zimbabwe



Loafers versus pumps.

ADVICE- Now the in thing in the shoe world are loafers. They have managed to revolutionize the foot world. This is because they are so classy and comfortable to the point you can wear them in either a formal or casual setting. With the high heel it's helping elevate ladies who struggle with height issues as they deem their selves to be short. These loafers are coming in different designs and heels but comfort and convenience you are definitely guaranteed to have it at all times. Even their durability is one other thing to commend about unlike pumps that would wear and tear easily. In some cases, other times for the latter one had to go to the cobbler to get them stitched right round again to deal with them turning loose and the heel slipping off.

Price wise loafers are a bit on the expensive side as compared to pumps but the benefit of their longevity outweighs the cost. For diversifying the wardrobe one might need to have all the type of shoes. Fashion is all about moving along with the times and trends. These shoes call for different occasions where one can don them on. For any ideas on how to put them to good use you can follow sites such as Pinterest which will give you ideas on how to style your clothing.



Fashion is like a fever that catches the masses as every one will go along with the turn of events at that very point in time. There are brands such as Sotto dedicated to making waves on designing these loafers that will take your breath away. The material being used itself due to technology is shiny as if a glass surface. They add flare on one's clothing and the icing to the cake is that it doesn't matter if it's day or night they do work for any occasion. In the same vein, even if it's a business setting or not loafers are the way to go.

There are changes that are happening in fashion world as people are embracing new ideas and way of doing things. Other designers are coming up with innovative inventions to spice up the shoe world. The people are loving these new developments because the moral of the story is to look good and boost one's confidence. Needless to mention when

you look good this will go a long way as first impressions do matter a lot.

People perceive the importance of somebody by looking at how you dress. Some even go to the extent of noting that shoes are the statement that shows how organised you are as an individual. They grade how you will mean to them using your shoes as the benchmark. All this proves one has to upgrade their shoe wardrobe. You should have a shoe for each and every occasion. Don't just rely on one pair as some occasions warrant you to go above and beyond. Make it a point to dress in a way that makes you feel good and will make people hear you out. It is noted by sagacious men dress as you would like to be addressed up to the shoe point. That said this proves maintaining one's self is a big issue.

With regards to pumps and loafers, there shouldn't be any cannibalisation that

they end up pitting against each other. This is because these designs are equally beautiful in their own way. It's good to have both in your wardrobe, and depending on your mood, you can wear the one that fits best. This ranges from the standpoint of whether you want flat and reliable pumps or you want loafers that will make you stand out in addition to elevating your height to another level.

With both shoe types, you just have to slip your toes into their comfort, and you will be on your merry way. Treasured readers, the choice is yours. Also, let it be known that these are not the only shoes one can wear, as there are different types. However, the popularity of these shoe types in the feminine world made it an interesting piece to mull over. Rugare treasured readers.



rent types. However, the popularity of these shoe types in the feminine world made it an interesting piece to mull over. Rugare treasured readers.

By Abigirl Phiri- Zimbabwe
Senior correspondent
The Diaspora Times.



*Take time to
appreciate different people
with the characteristics that
define them.
You will be surprised at what will
be in store for you.*

Abigirl Phiri

We can't become
what we need to
be by remaining
that we are.

- Oprah Winfrey



Jackson H. Angaine

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

Jackson H. Angaine was born in 1903 under the name of Jackson Harvester M'Nchebere. "Angaine" was his father's name, Chief M'Angaine MBE, a colonial paramount chief and prominent leader of the Njuri Ncheke, council of elders and so-called traditional government in Meru.

Jackson's grand-father was believed to have been a traditional Meru prophet, a Mugwe, who had foreseen the insidious conflicts in Meru brought about by the struggle of independence.

Growing up in the colony, Jackson Angaine was educated at the Alliance High School, like many of his fellow politicians (Kipkorir, 1969; Charton, 2002). After working as an accountant for some

Njuri Ncheke was one of the main defenders of the integrity of the Meru land unit, which they saw as a necessary condition to maintain the cohesion of the Meru tribe against foreign intrusions, in particular that of the Kikuyu. Land shortage in Central province (the White highlands) forced many landless Kikuyu to settle in Meru, while colonial authorities were at pains to relocate them.

Meru district appeared to become an ideal place, not only because land was available, but also because of the alleged similarities of Meru and Kikuyu tribal practices (Parsons, 2012).

In the late 1940s, tribal integrity was a prominent concern among Meru chiefs and elders, who felt threatened by the migrations and the subsequent institutional disruptions these might cause in the district.

years, Angaine started being politically active: he was secretary for the Meru Local Native Council (1935-1948), then became chairman of the KAU local branch (1948-1952), where he also worked with Jomo Kenyatta. His involvement in the Mau Mau movement that rose at that time was always ambiguous. In 1954, when the Emergency was declared, Angaine was arrested and shortly detained by the colonial government. It remains unclear, however, whether this was primarily because he was suspected of being a Mau Mau, or because he was accused of, and prosecuted for the murder of his wife. His judgement proved inconclusive, and he was acquitted for lack of any proof.

Nevertheless, his detention contributed to establish him as a follower of the movement. His links to both Njuri Ncheke and the Mau Mau would prove very useful to boost his political career upon independence. In 1960, Angaine joined KANU (Maxon and Ofcansky, 2014).

From tactful subversion to "pro-government of late": Angaine's strategic politicking in Meru (1960-1962)

The political situation in Meru was particularly worrisome at that time, mostly because of Mau Mau resilience: the district was the last bastion of influential Mau Mau leaders who refused to surrender to the government, and took over the command of the Kenya Land Freedom Army (Kamunchuluh, 1975: 208; Kanogo, 1987; Kinyatti, 2008). Their resistance risked, in the government's view, encouraging the remaining freedom fighters and released detainees to form a separated community and challenge the government's authority.

Local politics were further complicated by the KANU- KADU competition in the district. Colonial administrators, fearing a revival of Mau Mau activities, suspected them all of "double talk" politics, publicly denouncing terrorist oathing, yet spreading oaths to "ensure support for their party."

Jackson Angaine, then KANU chairman for Meru, was held responsible for such practices by the colonial authorities: "he is the source of all subversion, and indeed started the oathing campaign in the 1960 in order to defeat [KADU leader Bernard] Mate's influence."

He was suspected of having a close contact with radical KANU leaders as well as with so-called ex-terrorists.

Angaine systematically denied any sub-



versive activity, or any populist use of oathing campaigns.

This did not end the suspicions. In May 1962, the Central Province Commissioner felt bound to ask Jomo Kenyatta to "do everything he could to convince Angaine" to stop his "tactics".

The situation did not improve, and finally reached the Governor's office. The Governor himself requested Kenyatta, then president of KANU, to take urgent action to discipline the politician, quoting Kenyatta's earlier "special plea (...) to overlook Mr. Angaine's actions" and recalling that "it was yourself who said to me (...) that it was necessary to have discipline in the Government".

Kenyatta must have felt politically cornered in Angaine's case. He did not seem to have much esteem for the latter, as colonial administrators claimed that he was "more prepared to sack him" than anyone else. He nonetheless avoided any personal interference with Angaine, leaving the sensitive task to ensure his resignation from his KANU seat in the Legislative Council to the Governor.

Angaine did not resign, but finally "showed signs of being strongly pro-government", a change colonial officers perceived to be of personal interest. Then a strong defender of the KANU party-line, Angaine found himself in opposition not only to KADU leaders in Meru, such as the educated Bernard Mate, but also with the Njuri Ncheke, the traditional government. At the heart

of the competition between Angaine and Njuri Ncheke was the control of the Meru vote, as well as the control over land transactions in the district. Njuri Ncheke was a powerful institution as, in 1955, the colonial government strengthened it to ensure the Mau Mau movement would not gain ground in Meru district. Njuri Ncheke was "recognised officially by combining it with the Local Government system of the District." The traditional council nominated all civil servants.

Reinforcing the authority of Njuri Ncheke over administrative business enhanced their control over land ownership in Meru. As colonial officers noted, Njuri Ncheke held records of land transactions and "any decision which affected the laws and customs of the tribe had to be discussed by them before any adjustment could be made."

This was a useful device to counter emerging Mau Mau claims. Already in 1950, the Njuri Ncheke elders decided that "any Meru who took an illegal oath would be dispossessed of all tribal rights and land". Njuri Ncheke would continue to oppose the Mau Mau throughout the decade, either by organizing ceremonies to curse the movement or, later, by organizing the rehabilitation of Mau Mau detainees in camps.

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."*

06

Two major law firms urge judges to permanently block Trump's executive orders



Two major law firms asked separate judges Wednesday to permanently block President Donald Trump's executive orders that were meant to punish them and harm their business operations.

The firms — Perkins Coie and WilmerHale — say the orders are unconstitutional assaults on the legal profession threaten their relationships with clients and retaliate against them based on their past legal representations or their association with particular attorneys whom Trump perceives as his adversaries. Courts last month temporarily halted enforcement of key provisions of both orders, but the firms asked in court Wednesday for the edicts to be struck down in their entirety and for judges to issue rulings in their favor. Another firm, Jenner & Block, is scheduled to make similar arguments next week and a fourth, Susman Godfrey, is set to make its case next month.

U.S. District Judge Beryl Howell did not immediately rule on the firm's request, but she repeatedly expressed deep unease over the executive order, signaling that she was inclined to side with Perkins Coie.

She grilled a Justice Department lawyer over the government's plans to suspend the security clearances of lawyers at the firm and asked him to respond to the suggestion that the blacklisting of disfavored law firms

Judge blocks Trump push to cut funding to public schools over diversity programs.



Earlier this month, it ordered states to gather signatures from local school systems certifying compliance with civil rights laws, including the rejection of what the federal government calls "illegal DEI practices."



WASHINGTON DC- A federal judge on Thursday blocked Trump administration directives that threatened to cut federal funding for public schools with diversity, equity and inclusion programs.

The ruling came in a lawsuit brought by the National Education Association and the American Civil Liberties Union, which accused the Republican administration of giving "unconstitutionally vague" guidance and violating teachers' First Amendment rights.

A second judge on Thursday postponed the effective date of some U.S. Education Department anti-DEI guidance, ruling in a separate case filed by the American Federation of Teachers in Maryland.

In February, the department told schools and colleges they needed to end any practice that differentiates people based on their race. Earlier this month, it ordered states to gather signatures from local school systems certifying compliance with civil rights laws, including the rejection of what the federal government calls "illegal DEI practices."

The directives do not carry the force of law but threaten to use civil rights enforcement to rid schools of DEI practices. Schools were warned that continuing such practices "in violation of federal law" could lead to U.S. Justice Department litigation and a termination of federal grants and contracts.

U.S. District Court Judge Landya McCafferty in New Hampshire said the April letter does not make clear what the department believes a DEI program entails or when it believes such programs cross the line into violating civil rights law. "The Letter does not even define what a 'DEI program' is," McCafferty wrote.

The judge also said there is reason to believe the department's actions amount to a violation of teachers' free speech rights.

"A professor runs afoul of the 2025 Letter if she expresses the view in her teaching that structural racism exists in America, but does not do so if she denies structural racism's existence. That is textbook viewpoint discrimination," McCafferty wrote. Shared from AP by Jeff Kloe

In rare rebuke of Putin, Trump urges Russia to 'STOP!' after deadly attack on Kyiv



WASHINGTON- President Donald Trump on Thursday offered rare criticism of Vladimir Putin, urging the Russian leader to "STOP!" after a deadly barrage of attacks on Kyiv, Ukraine's capital.

"I am not happy with the Russian strikes on KYIV. Not necessary, and very bad timing. Vladimir, STOP! 5000 soldiers a week are dying." Trump said in a post on his Truth Social platform. "Lets get the Peace Deal DONE!"

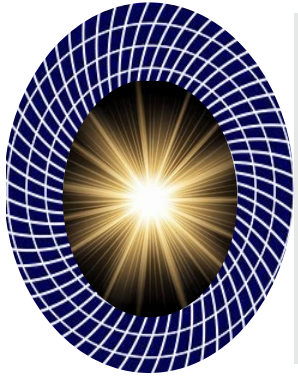
Russia struck Kyiv with an hours-long barrage of missiles and drones. At least 12 people were killed and 90 were injured in the deadliest assault on the city since last July.

Trump's frustration is growing as a U.S.-led effort to get a peace agreement between Ukraine and Russia has not made progress.

The comments about Putin came after Trump lashed out at Ukrainian President Volodymyr Zelenskyy on Wednesday and accused him of prolonging the "killing field" by refusing to surrender the Russia-occupied Crimean Peninsula as part of a possible deal. Russia illegally annexed that area in 2014.

Shared By Rose Kliv.





London's Foreign Office then confirmed on Wednesday that the meeting would take place at a lower level. "Official level talks will continue but these are closed to media," the department said in a message to journalists.

But Ukraine's European allies, particularly Britain and France, have been hoping to bridge the divide. Wednesday's talks were due to follow a meeting



Any move to recognize Russia's control of Crimea would reverse a decade

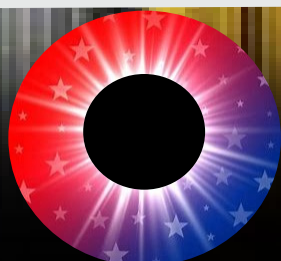
Ukraine's President Volodymyr Zelenskyy made clear Tuesday that he was open to talks with Russia, but that Kyiv would not accept a deal that recognizes Moscow's control of Crimea. "Ukraine will not legally recognize the occupation of Crimea," he told reporters. "There is nothing to talk about. It is against our constitution." Asked to clarify about whether he meant the US wanted to freeze the territorial lines where they are, Vance said Wednesday, "No, I didn't say that. What I said is the current line, somewhere close to them is where you're ultimately, I think, going to draw the new lines in the conflict. Now of course, that means the Ukrainians

[illegible]

Ngugi Wa Thiong'o



“A ‘no’ uttered from the deepest conviction is better than a ‘Yes’ uttered merely to please, or worse, to avoid trouble.”



*The Diaspora Times
is the Diaspora Voice
and the voice of God.*



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Ralph Johnson Bunche.

Historian Susan Pedersen describes Bunche as the “architect” of the United Nations’ trusteeship regime. Bunche was a principal author of the chapters in the UN charter on non-self-determining territories and trusteeship. He was later head of the Trusteeship Division of the UN.

BLACK HISTORY- Ralph Johnson Bunche BUNCH; August 7, 1904 – December 9, 1971) was an American political scientist, diplomat, and leading actor in the mid-20th-century decolonization process and US civil rights movement, who received the 1950 Nobel Peace Prize for his late 1940s mediation in Palestine. He is the first black Nobel laureate and the first person of African descent to be awarded a Nobel Prize. He was involved in the formation and early administration of the United Nations (UN), and played a major role in both the decolonization process and numerous UN peacekeeping operations.

Bunche served on the US delegation to both the Dumbarton Oaks Conference in 1944 and United Nations Conference on International Organization in 1945 that drafted the UN charter. He then served on the American delegation to the first session of the United Nations General Assembly in 1946 and joined the UN as head of the Trusteeship Department, beginning a long series of troubleshooting roles and responsibilities related to decolonization. In 1948, Bunche became an acting mediator for the Middle East, negotiating an armistice between Egypt and Israel. For this success he was awarded the Nobel Peace Prize in 1950.

Bunche continued to serve at the UN, working on crises in the Sinai (1956), the Congo (1960), Yemen (1963), Cyprus (1964) and Bahrain in 1970, reporting directly to the UN Secretary-General. He chaired study groups dealing with water resources in the Middle East. In 1957, he was promoted to Under-Secretary-General for special political affairs, having prime responsibility for peacekeeping roles. In 1965, Bunche supervised the cease-fire following the war between India and Pakistan. He retired from the UN in June 1971, dying six months later.

In 1963, he was awarded the Presidential

Medal of Freedom by President John F. Kennedy. At the UN, Bunche gained such fame that Ebony magazine proclaimed him perhaps the most influential African American of the first half of the 20th century and “or nearly a decade, he was the most celebrated African American of his time both [in the US] and abroad.”

Early life and education

Bunche was born in Detroit, Michigan, in 1904 and baptized at the city’s Second Baptist Church. When Ralph was a child, his family moved to Toledo, Ohio, where his father looked for work. They returned to Detroit in 1909 after his sister Grace was born, with the help of their maternal aunt, Ethel Johnson. Their father did not live with the family again after Ohio and had not been “a good provider”. But he followed them when they moved to New Mexico.

Because of the declining health of his mother and uncle, the family moved to Albuquerque, New Mexico, in 1915. His mother, “a musically inclined woman who contributed much to what her son called a household ‘bubbling over with ideas and opinions’”, died in 1917 from tuberculosis, and his uncle shortly thereafter. Thereafter, Bunche was raised by his maternal grandmother, Lucy Taylor Johnson, whom he credited with instilling in him his pride in his race and his self-belief.

In 1918, Lucy Taylor Johnson moved with the two Bunche grandchildren to the South Central neighborhood of Los Angeles.

Bunche was a brilliant student, a debater, athlete and the valedictorian of his graduating class at Jefferson High School. He attended the University of California, Los Angeles (UCLA) as a political science student, and graduated summa cum laude and Phi Beta Kappa in 1927 as the valedictorian of his class. Using



the money his community raised for his studies and a graduate scholarship at Harvard University, he earned a doctorate in political science.

Academic career

Bunche earned a master’s degree in political science in 1928 and a doctorate in 1934, while he was already teaching in the Department of Political Science at Howard University, a historically black college. At the time, it was typical for doctoral candidates to start teaching before completion of their dissertations. He was the first African American to gain a PhD in political science from an American university. Bunche’s 1934 dissertation, “French Administration in Togoland and Dahomey”, won the Toppan Prize for the best dissertation on comparative politics in the Department of Government at Harvard University. The dissertation examined the mandates system of the League of Nations, arguing that the system was indistinguishable from formal empire. From 1936 to 1938, Ralph Bunche studied anthropology and conducted postdoctoral

research at Northwestern University in Evanston, Illinois, and at the London School of Economics (LSE), and later at the University of Cape Town in South Africa.

He published his first book, A World View of Race, in 1936, arguing that “race is a social concept which can be and is employed effectively to rouse and rationalize emotions an admirable device for the cultivation of group prejudices.” In 1940, Bunche served as the chief research associate to Swedish sociologist Gunnar Myrdal’s landmark study of racial dynamics in the U.S., An American Dilemma: The Negro Problem and Modern Democracy.

For more than two decades (1928–1950), Bunche served as chair of the Department of Political Science at Howard University, where he also taught. Furthermore, he contributed to the Howard School of International Relations with his work regarding the effect racism and imperialism had on global economic systems and international relations.

Bunche was elected to the American Philosophical Society in 1950. He was the first Black member to be inducted into the Society since its founding in 1743. In 1953–54, he served as the president of the American Political Science Association. He served as a member of the Board of Overseers of his alma mater, Harvard University (1960–1965), as a member of the board of the Institute of International Education, and as a trustee of Oberlin College, Lincoln University, and New

Lincoln School. World War II years Ralph Bunche (top right) and members of his staff during WW2. He was the head of the Africa Research Section of the Office of Strategic Services. Declassified. In 1941–43, Bunche worked in the Research and Analysis Branch (R&A) of the Office of Strategic Services (OSS), the wartime intelligence service, as a senior social analyst on Colonial Affairs. In 1943, he was transferred from the



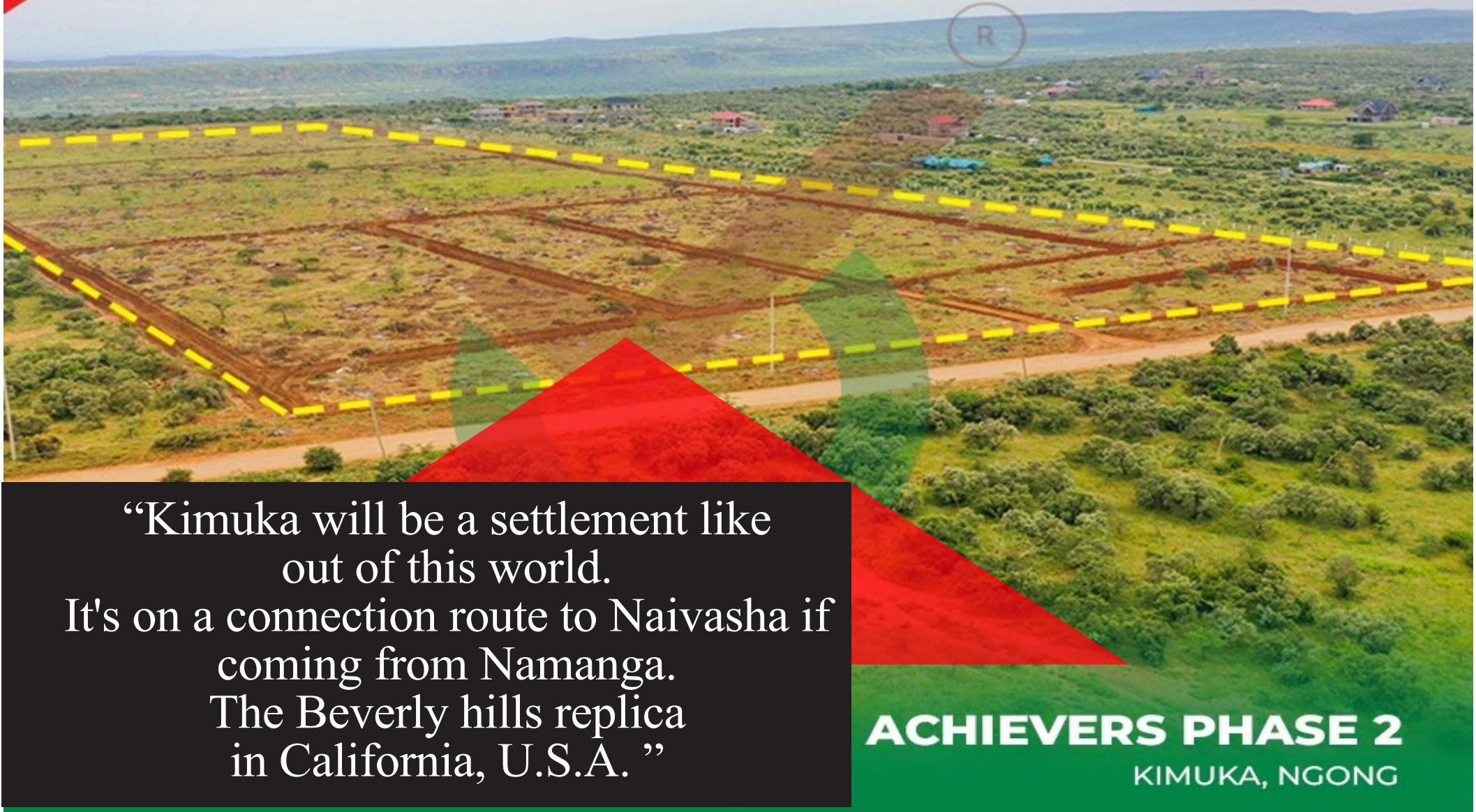
OSS to the State Department. He was appointed Associate Chief of the Division of Dependent Area Affairs under Alger Hiss. With Hiss, Bunche became one of the leaders of the Institute of Pacific Relations (IPR). He participated in the preliminary planning for the United Nations at the San Francisco Conference of 1945. In 2008, the U.S. National Archives and Records Administration released a 51-page PDF of his OSS records, which is available online.



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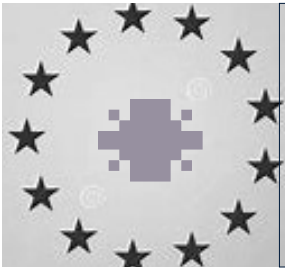


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Succession, Legacy and the Future of Kenyan Evangelical Churches.

A strong leadership needs to be able to stand up to the senior pastor or bishop however strong and offer correction, counsel and restraint for the good of the church, rather than the leader.

By Kamau Wa-Ikui

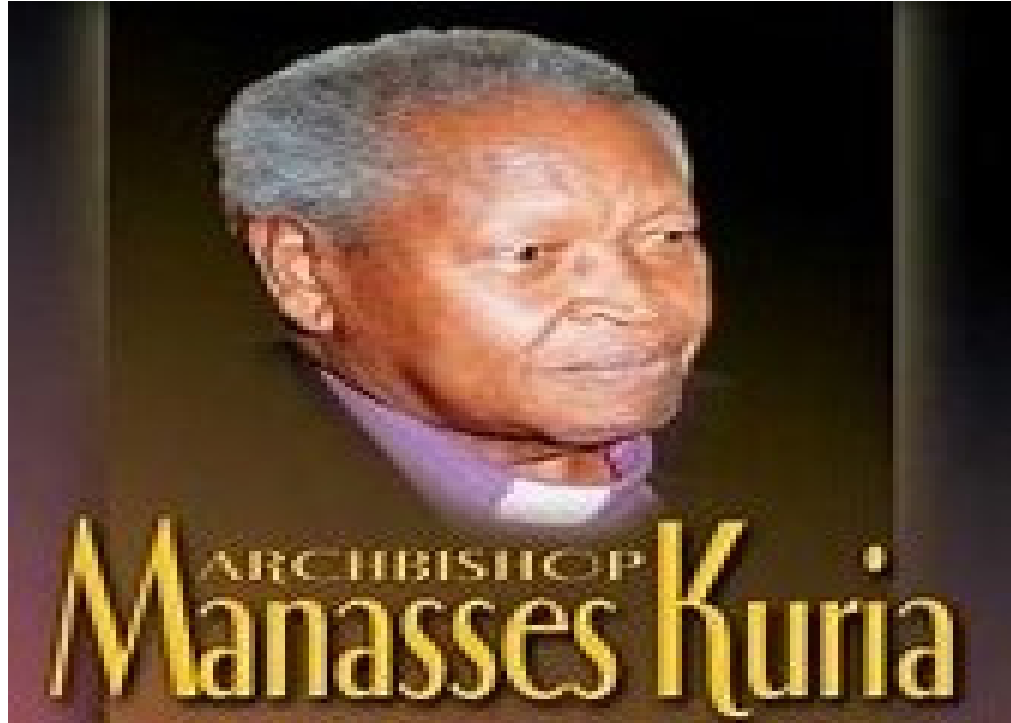
I have reflected on the lives of four towering figures in Kenya's church history - Dr Jesse Kamau, Maurice Otunga, Manasses Kuria and Stephen Birech. These four men led the PCEA, Catholic, Anglican and AIC churches in Kenya and retired honourably to await their return to the One in whose name they had preached the gospel. They wisely avoided the seductive accumulation of riches and at no point did any of them appear on TV asking for offerings in exchange for miracles. Of the four, only Rev. Dr Jesse Kamau remains, vibrantly full of life and faith.

Their lives and witness presents sobering lessons that owners of today's evangelical churches in Kenya and the diaspora may learn from. I have watched in agonising despair on the media Kenyan church owners bragging about owning hundreds of churches. churches they well know will disintegrate were they to die. Most of these churches do not have succession planning and institutional structures to outlive their owners. Indeed, Apostle Nganga described them as kiosks.

Yes, profit seeking physical shells beholden to the life of their founder. This springs the excruciating question of legacy that church owners need to confront, prickly as that may be. Where will their congregation be without them? If your congregation's fidelity is tethered to your individual persona and charisma rather than to God, it perhaps fits closely with the description of a cult rather than a church. What then can church owners do to secure a lasting legacy and leave behind thriving and lasting ministries? First they need to subordinate their egos, titles and greed to the fidelity of their calling. Longevity of leadership isn't equal to legacy.

The ministry of Jesus Christ lasted only 3 years. Indeed, little is known about where Jesus Christ was or was doing between the ages of 12 and 30. He barely travelled more than a 50 kilometre radius during his ministry. But he had foot soldiers called Apostles. As a church owner are you willingly nurturing younger pastors and deacons or are you fixated with being the senior overseer or bishop? If so, your legacy is on very shaky sand.

Secondly, establish a clear structure with a strong church leadership made up not of weak clones handpicked by you, but of competent individuals with a combined integrity, intellect and experience multiple times greater than you as the lead pastor, bishop or general overseer.



Surrounding yourself with halleluiahs empty heads is sowing the seeds of your eventual destruction and demise.

A strong leadership needs to be able to stand up to the senior pastor or bishop however strong and offer correction, counsel and restraint for the good of the church, rather than the leader. Unrestrained power ultimately consumes the bearer. Third and finally, every church leader needs to embrace lifelong learning geared towards acquiring lifelong skills useful beyond the pulpit.

Rowan Williams, a former primate of the Anglican Church, retired honourably and took a teaching position at the University of Cambridge, continuing to

contribute to theology beyond the pulpit, untethered by greed for riches and material possessions. Greatness cannot be bought by money. Jimmy Carter who served as US president returned to his church after the presidency and served as an unpaid lay minister and Sunday school teacher in his 70/80s.

His greatest achievements for which he won the Nobel Peace Award were not as president but retired president. The price of greatness is humility, not ego. Reverend Dr Jesse Kamau remains a respected and highly sought after father figure, over 20 years after retiring as head of the Presbyterian church in Kenya. Catholic churches in the late 1990s would burst

to the seams with congregants every time Cardinal Otunga appeared after retirement; humble to the ground and reminding those in attendance that he was above all a simple ordinary priest. He understood his calling and purpose and declined the seductive trap of riches and money that has ruthlessly poisoned and risks destroying the evangelical churches.

To that Bishop, Overseer or Prophet leading a church he/she owns and controls, it is not late to start thinking about a future beyond you; to understand that true greatness resides in nurturing and raising others to become better generals than yourself; including in your absence. Without the Apostles, particularly the Apostle Paul, an outsider to the original ministry of Jesus Christ, there would perhaps not be Christianity as we know it today.

Yes, because it was the Apostle Paul who became the Apostle to the Gentiles; of whom today's Bishops and Overseers derive the grand titles that have blinded some of them to elevate the altar of tithes, offerings and riches above the enduring service to God and His Humanity. No legacy, lasting peace and honour is available to those unable to see a life and future beyond their bulging egos and exulted self-importance.

Kamau Wa-Ikui once taught aspiring priests at a Seminary in Nairobi.



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.



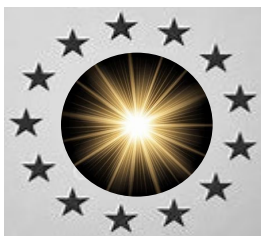
NEWS Briefs

HIGHLIGHTS

TRUMPS HIGHLIGHTS



Of all of President Donald Trump's second-term policies, only one is more hated by voters than Trump renaming the Gulf of Mexico to the Gulf of America, a new poll found. The name change is disapproved of by 67 percent of voters, according to the Fox News survey of 994 registered voters across the country released Thursday. Trump signed an executive order for the gulf to be re-named and declared February 9 as officially Gulf of America Day, stirring controversy.



China tells other nations to stay away from U.S. trade deals... or else.

USA-Welcome back to the spiciest reality show in the world, Trade Wars. In today's episode, China has some choice words for anyone considering teaming up with the U.S. on new trade deals: don't. You scratch our back... Following President Trump's April 2 tariff announcements, which slapped sky-high import taxes on basically all of America's trade partners, some countries (including Taiwan, Japan, South Korea) have been cozying up to Washington to strike separate deals. According to The Wall Street Journal, the U.S. wants these countries to:

- Ban Chinese firms from rerouting goods
- Block them from setting up shop locally
- Stop soaking up China's extra-cheap industrial exports
- You know, just small favors in exchange for tariff exemptions.

That didn't sit well with Beijing.

In a statement laced with poetic metaphors and not-so-subtle threats, China's Commerce Ministry warned other countries to expect payback if they make a deal that messes with China's interests. "Appeasement cannot bring peace, and compromise cannot win respect," the Commerce Ministry said. "For one's own temporary selfish interests, sacrificing the interests of others in exchange for so-called exemptions is like seeking the skin from a tiger. It will ultimately only fail on both ends and harm others without benefiting themselves." Translation: "f- around and find out." Making new friends. Not to be outdone, China is racing to counter the U.S. pressure campaign. President Xi Jinping recently wrapped up his first foreign trip of the year, visiting Vietnam, Malaysia, and Cambodia, where he inked a string of bilateral agreements

and pledged support for free trade. Chinese officials have also been actively engaging with Japan, South Korea, and the EU in an effort to reinforce regional ties and establish a sort of "hey, we're all mad at America, right?" type of agreement. Pick a side. While some nations are cautiously open to Beijing's outreach, they're also wary of getting caught in the crossfire between the two global powerhouses. Many fear being flooded with Chinese exports. Others are just trying to avoid backlash from Washington for cozying up to China. There's also lingering distrust over Beijing's history of economic coercion and its increasingly aggressive military behavior in the Indo-Pacific. "Even when China is a bigger trading partner, the U.S. is often a larger export market," said Elizabeth Economy, senior fellow at Stanford's Hoover Ins-

titution. "These countries have serious stakes in maintaining strong economic ties with the U.S." Wait, I'm sorry... her last name is ECONOMY?! I've never seen someone so appropriately named for their job. It would be like if my name was Greyson Meme. Looking ahead. China's been preparing itself for this moment since the first round of Trump-era trade wars by: Encouraging supply chain diversification across Asia Working to fix domestic weak spots like sluggish consumption and ballooning local debt Laying the groundwork for greater economic resilience Today, analysts say China is in a much stronger position to handle another prolonged trade brawl. In 2018, the U.S. accounted for about 20% of Chinese exports. Now, it's below 15%.

THE GENERATION TO CARRY ON THE VISION



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“Writing is the only thing that, when I do it, I don't feel I should be doing something else.”
Gloria Steinem

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Tourism with Memory
Phiri
Zimbabwe.

The Earth month

Truth is, tourism can be a catalyst for sustainability to the global village at large.

They say, it takes a village to achieve green innovation so we celebrate the Earth Day on the 22nd of April annually, worldwide.



By Memory Phiri
Zimbabwe.
Senior editor
The Diaspora Times

ZIMBABWE- The Earth month
According to the WTTC or World Travel and Tourism Council, the hospitality sector has significantly reduced its carbon footprint with global emissions dropping from se-

A journey of a thousand miles begins with a step. Honestly speaking, this is a milestone in terms of climate action because it will save our planet and its destinations in the long run. Before we go any further, the carbon footprint in question is a measure of the amount of carbon dioxide produced by a person, organisation or state in a given time.

ven point eight percent in 2019 to six point seven percent in 2023.

A journey of a thousand miles begins with a step. Honestly speaking, this is a milestone in terms of climate action because it will save our planet and its destinations in the long run. Before we go any further, the carbon footprint in question is a measure of the amount of carbon dioxide produced by a person, organisation or state in a given time.

As far as we are concerned, the tourism industry has never looked back since then and is going strong with its various sustainability initiatives. All this tangible effort is due to improved energy efficiency, increased renewable energy use and decreased reliance on fossil fuel. Vigilantly, through sustainable tourism one too many a tour operator are in a position to fight tooth and nail to make the world a better place. Just imagine having an everlasting wonderful sanctuary for tourists to go up and about without any guilty conscience. Lately, the ESG or environmental social governance denotes that we do not have to do away with fish bones but we can make some nutritious pasta from it. On the same note, discards from oyster shells in hotels are being turned or processed into eco-friendly cement. It can be



seen that, merging sustainability with urban development boils down to three protocols which should be observed. Talk about recycle, reduce and reuse.

Truth is, tourism can be a catalyst for sustainability to the global village at large. In regards to minimizing single-use plastics, businesses can replace plastic straws, cutlery and stirrers with bio-degradable or reusable alternatives such as bamboo, metal or paper.

Allow me to say that all that litter can be glitter. Sustainable tourism takes full account of its current and future economic, social and environmental impact thereby addressing the needs of the visitors, industry and environment and host communities.

Notably, the tenacious power of this typology of tourism is bound to leave a legacy that will reek of green investments and green pursuits in its wake. During this month of April also

known as the Earth Month, we are urging everyone to raise public awareness about the environmental challenges that are faced by this our planet.

They say, it takes a village to achieve green innovation so we celebrate the Earth Day on the 22nd of April annually, worldwide. To cap it off, this here is a golden opportunity to join this bandwagon and take action for nature.

By Memory Phiri
Zimbabwe.



Beautiful destinations



15

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

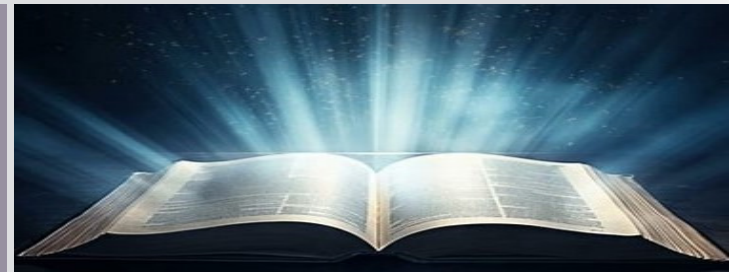
Short Prayer for Difficult Times

"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

JESUS OF NAZARETH



"Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven."

Ancient Jews usually had only one name, and, when greater specificity was needed, it was customary to add the father's name or the place of origin. Thus, in

his lifetime Jesus was called Jesus son of Joseph (Luke 4:22; John 1:45, 6:42), Jesus of Nazareth (Acts 10:38), or Jesus the Nazarene (Mark 1:24; Luke 24:19).

Jesus (c. 6 to 4 BC – AD 30 or 33), also referred to as Jesus Christ, Jesus of Nazareth, and many other names and titles, was a 1st-century Jewish preacher and religious leader.

He is the central figure of Christianity, the world's largest religion. Most Christian denominations believe Jesus to be the incarnation of God the Son and the awaited messiah, or Christ, a descendant from the Davidic line that is prophesied in the Old Testament. Virtually all modern scholars of antiquity agree that Jesus existed

historically.

Accounts of Jesus's life are contained in the Gospels, especially the four canonical Gospels in the New Testament. Academic research has yielded various views on the historical reliability of the Gospels and how closely they reflect the historical Jesus.

Jesus was circumcised at eight days old, was baptized by John the Baptist as a young adult, and after 40 days and nights of fasting in the wilderness, began his own ministry. He was an itinerant teacher who interpreted

the law of God with divine authority and was often referred to as "rabbi".

Jesus often debated with his fellow Jews on how to best follow God, engaged in healings, taught in parables, and gathered followers, among whom twelve were appointed as his chosen apostles. He was arrested in Jerusalem and tried by the Jewish authorities.

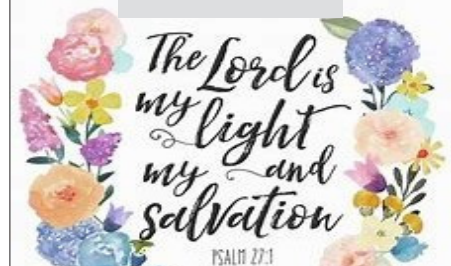
He was turned over to the Roman government, and crucified on the order of Pontius Pilate, the Roman prefect of Judaea. After his death, his followers

became convinced that he rose from the dead, and following his ascension, the community they formed eventually became the early Christian Church that expanded as a worldwide movement.

It is hypothesized that accounts of his teachings and life were initially conserved by oral transmission, which was the source of the written Gospels.



Muthoni



Pastor Mukuria:

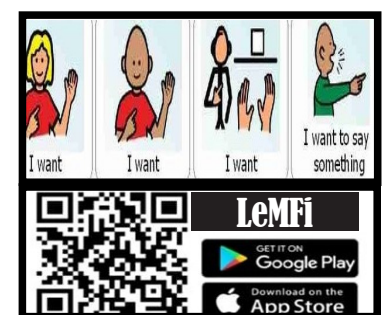
You will keep in perfect peace those whose minds are steadfast because they trust in you.

Isaiah 26:3
Good day



Kigume Karuri:

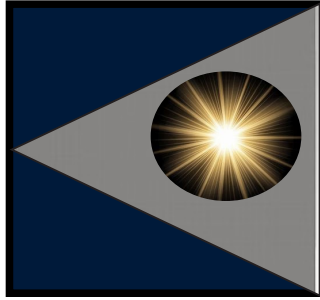
Treat people the way you would want to be treated. Think about what your expectations are when you come into contact with someone and aspire to give others the same kind of treatment that you expect.



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



Marcus Mosiah Garvey Jr.

Marcus Mosiah Garvey was born on 17 August 1887 in Saint Ann's Bay, a town in the British colony of Jamaica. In the context of colonial Jamaican society, which had a colourist social hierarchy, Garvey was considered at the lowest end, being a black child who was of full African descent.

Garvey was a controversial figure. Some in the African diasporic community regarded him as a pretentious demagogue, and were highly critical of his collaboration with white supremacists, his violent rhetoric, and his prejudice against mixed-race people and Jews.

HISTORY- Marcus Mosiah Garvey Jr. was a Jamaican political activist. He was the founder and first President-General of the Universal Negro Improvement Association and African Communities League (UNIA-ACL) (commonly known as UNIA), through which he declared himself Provisional President of Africa. Garvey was ideologically a black nationalist and Pan-Africanist. His ideas came to be known as Garveyism.

Garvey was born into a moderately prosperous Afro-Jamaican family in Saint Ann's Bay and was apprenticed into the print trade as a teenager. Working in Kingston, he became involved in trade unionism. He later lived briefly in Costa Rica, Panama, and England. On returning to Jamaica, he founded the UNIA in 1914. In 1916, he moved to the United States and established a UNIA branch in New York City's Harlem district. Emphasising unity between Africans and the African diaspora, he campaigned for an end to European colonial rule in Africa and advocated the political unification of the continent. He envisioned a unified Africa as a one-party state, governed by himself, that would enact laws to ensure black racial purity. Although he never visited the continent, he was committed to the Back-to-Africa movement, arguing that part of the diaspora should migrate there. Garveyist ideas became increasingly popular, and the UNIA grew in membership. His black separatist views—and his relationship with white racists like the Ku Klux Klan (KKK) in the interest of advancing their shared goal of racial separatism—caused a division between Garvey and other prominent African-American civil rights activists such as W. E. B. Du Bois, who promoted racial integration.

Believing that black people needed to be financially independent from white-dominated societies, Garvey launched various businesses in the U.S., including the Negro Factories Corporation and Negro World newspaper. In 1919, he became President of the Black Star Line shipping and passenger company, designed to forge a link between North America and Africa and facilitate African-American migration to Liberia. In 1923 Garvey was convicted of mail fraud for selling the company's stock, and was imprisoned in the United States Penitentiary, Atlanta for nearly two years. Garvey blamed Jews and Catholics, claiming that they were prejudiced against him because of his links to the KKK. His sentence was

commuted by U.S. president Calvin Coolidge and he was deported to Jamaica in 1927. Settling in Kingston with his wife Amy Jacques, Garvey established the People's Political Party in 1929, briefly serving as a city councillor. With the UNIA in increasing financial difficulty, he relocated to London in 1935, where his anti-socialist stance distanced him from many of the city's black activists. He died there in 1940, and in 1964 his body was returned to Jamaica for reburial in Kingston's National Heroes Park.

Garvey was a controversial figure. Some in the African diasporic community regarded him as a pretentious demagogue, and were highly critical of his collaboration with white supremacists, his violent rhetoric, and his prejudice against mixed-race people and Jews. He received praise for encouraging a sense of pride and self-worth among Africans and the African diaspora amid widespread poverty, discrimination and colonialism. In Jamaica, he is recognized as a national hero, the first person to be recognized as such. His ideas exerted a considerable influence on such movements as Rastafari, the Nation of Islam and the Black Power Movement.

Marcus Mosiah Garvey was born on 17 August 1887 in Saint Ann's Bay, a town in the British colony of Jamaica. In the context of colonial Jamaican society, which had a colourist social hierarchy, Garvey was considered at the lowest end, being a black child who was of full African descent. However, later genetic research nevertheless revealed that he had ancestors from the Iberian Peninsula. Garvey's paternal great-grandfather had been born into slavery prior to its abolition in Jamaica. His surname, which was of Irish origin, had been inherited from his family's former enslavers.

His father, Malchus Garvey, was a stonemason; his mother, Sarah Richards, was a domestic servant and the daughter of peasant farmers. Malchus had had two previous wives before Sarah, having six children between them. Sarah bore him four additional children, of whom Marcus was the youngest, although two died in infancy. Because of his profession, Malchus' family were wealthier than many of their peasant neighbours; they were petite bourgeoisie. Malchus was however reckless with his money and over the



course of his life lost most of the land he owned to meet payments. Malchus had a book collection and was self-educated; he also served as a deacon at a local Wesleyan church. Malchus was an intolerant and punitive father and husband; he never had a close relationship with his son.

Up to the age of 14, Garvey attended a local church school; further education was unaffordable for the family. When not in school, Garvey worked on his maternal uncle's tenant farm. He had friends, with whom he once broke the windows of a church, resulting in his arrest. Some of his friends were white, although he found that as they grew older they distanced themselves from him; he later recalled that a close childhood friend was a white girl: "We were two innocent fools who never dreamed of a race feeling and problem." In 1901, Marcus was apprenticed to his godfather, a local printer. In 1904, the printer opened another branch at Port Maria, where Garvey began to work, travelling from Saint Ann's Bay each morning. In 1905 he moved to Kingston, where he boarded in Smith Village, a working-class neighbourhood. In the city,

he secured work with the printing division of the P.A. Benjamin Manufacturing Company. He rose quickly through the company ranks, becoming their first Afro-Jamaican foreman. His sister and mother, by this point estranged from his father, moved to join him in the city. In January 1907, Kingston was hit by an earthquake that reduced much of the city to rubble. He, his mother, and his sister were left to sleep in the open for several months. In March 1908, his mother died. While in Kingston, Garvey converted to Catholicism.

Garvey became a trade unionist, vice president of the compositors' section of the Printers' Union, and took a leading role in the November 1908 print workers' strike. The strike was broken several weeks later and Garvey was sacked. Henceforth branded a troublemaker, Garvey was unable to find work in the private sector. He then found temporary employment with a government printer. As a result of these experiences, Garvey became increasingly angry at the inequalities present in Jamaican society.





ACNE



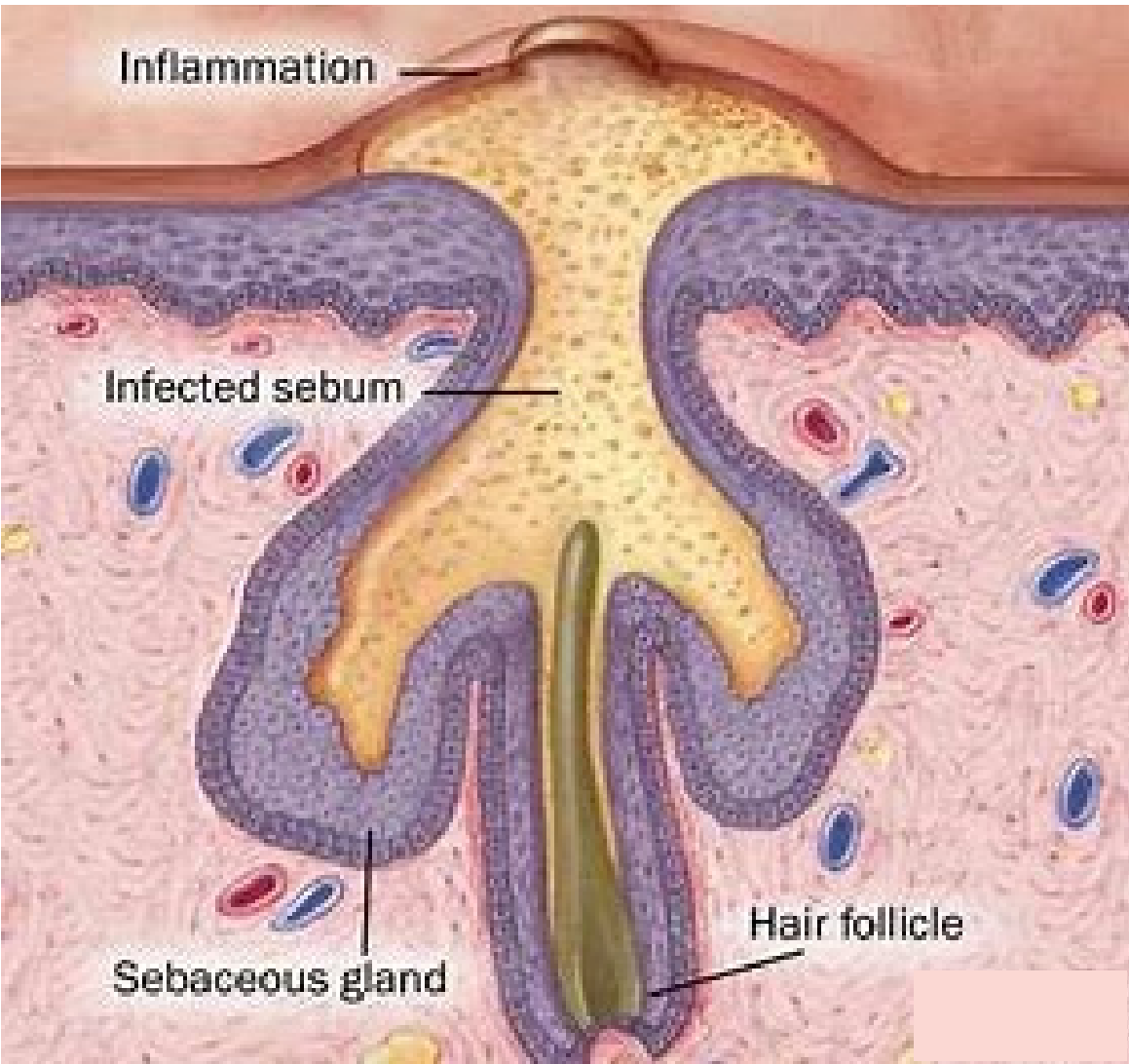
Hormonal changes. Androgens are hormones that increase in boys and girls during puberty and cause the sebaceous glands to enlarge and make more sebum. Hormone changes during midlife, particularly in women, can lead to breakouts too.

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

Acne is a skin condition that occurs when your hair follicles become plugged with oil and dead skin cells. It causes whiteheads, blackheads or pimples. Acne is most common among teenagers, though it affects people of all ages.

Effective acne treatments are available, but acne can be persistent. The pimples and bumps heal slowly, and when one begins to go away, others seem to crop up.

Depending on its severity, acne can cause emotional distress and scar the skin. The earlier you start treatment, the lower your risk of such problems. Acne signs vary depending on the severity of your condition: Whiteheads (closed plugged pores) Blackheads (open plugged pores) Small red, tender bumps (papules) Pimples (pustules), which are papules with pus at their tips Large, solid, painful lumps under the skin (nodules) Painful, pus-filled lumps under the skin (cystic lesions)



Acne usually appears on the face, forehead, chest, upper back and shoulders. If self-care remedies don't clear your acne, see your primary care doctor. He or she can prescribe stronger medications. If acne persists or is severe, you may want to seek medical treatment from a doctor who specializes in the skin (dermatologist or pediatric dermatologist). For many women, acne can persist for decades, with flares common a week before menstrua-

tion. This type of acne tends to clear up without treatment in women who use contraceptives. In older adults, a sudden onset of severe acne may signal an underlying disease requiring medical attention. The Food and Drug Administration (FDA) warns that some popular non-prescription acne lotions, cleansers and other skin products can cause a serious reaction. This type of reaction is quite rare, so don't confuse it with any redness, irritation or itchiness that occurs in

areas where you've applied medications or products. *Cosmetics. Cosmetics don't necessarily worsen acne, especially if you use oil-free makeup that doesn't clog pores (noncomedogenics) and remove makeup regularly. Non oily cosmetics don't interfere with the effectiveness of acne drugs.*

TIPS ON HEALTH summary

Acne typically appears on your face, forehead, chest, upper back and shoulders because these areas of skin have the most oil (sebaceous) glands. Hair follicles are connected to oil glands. The follicle wall may bulge and produce a whitehead. Or the plug may be open to the surface and darken, causing a blackhead. A blackhead may look like dirt stuck in pores. But actually the pore is congested with bacteria and oil, which turns brown when it's exposed to the air. Pimples are raised red spots with a white center that develop when blocked hair follicles become inflamed or infected with bacteria. Blockages and inflammation deep inside hair follicles produce cystlike lumps beneath the surface of your skin. Other pores in your skin, which are the openings of the sweat glands, aren't usually involved in acne.

Diet. Studies indicate that consuming certain foods — including carbohydrate-rich foods, such as bread, bagels and chips — may worsen acne. Further study is needed to examine whether people with acne would benefit from following specific dietary restrictions.



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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

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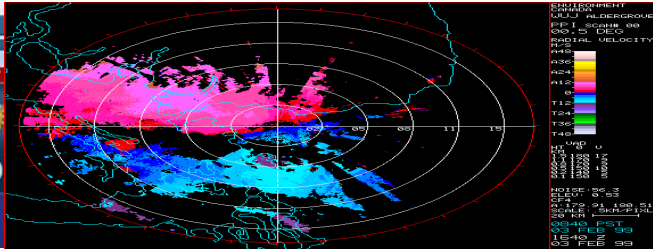
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The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. -Helen Keller

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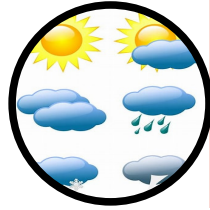


THE WEATHER IN USA

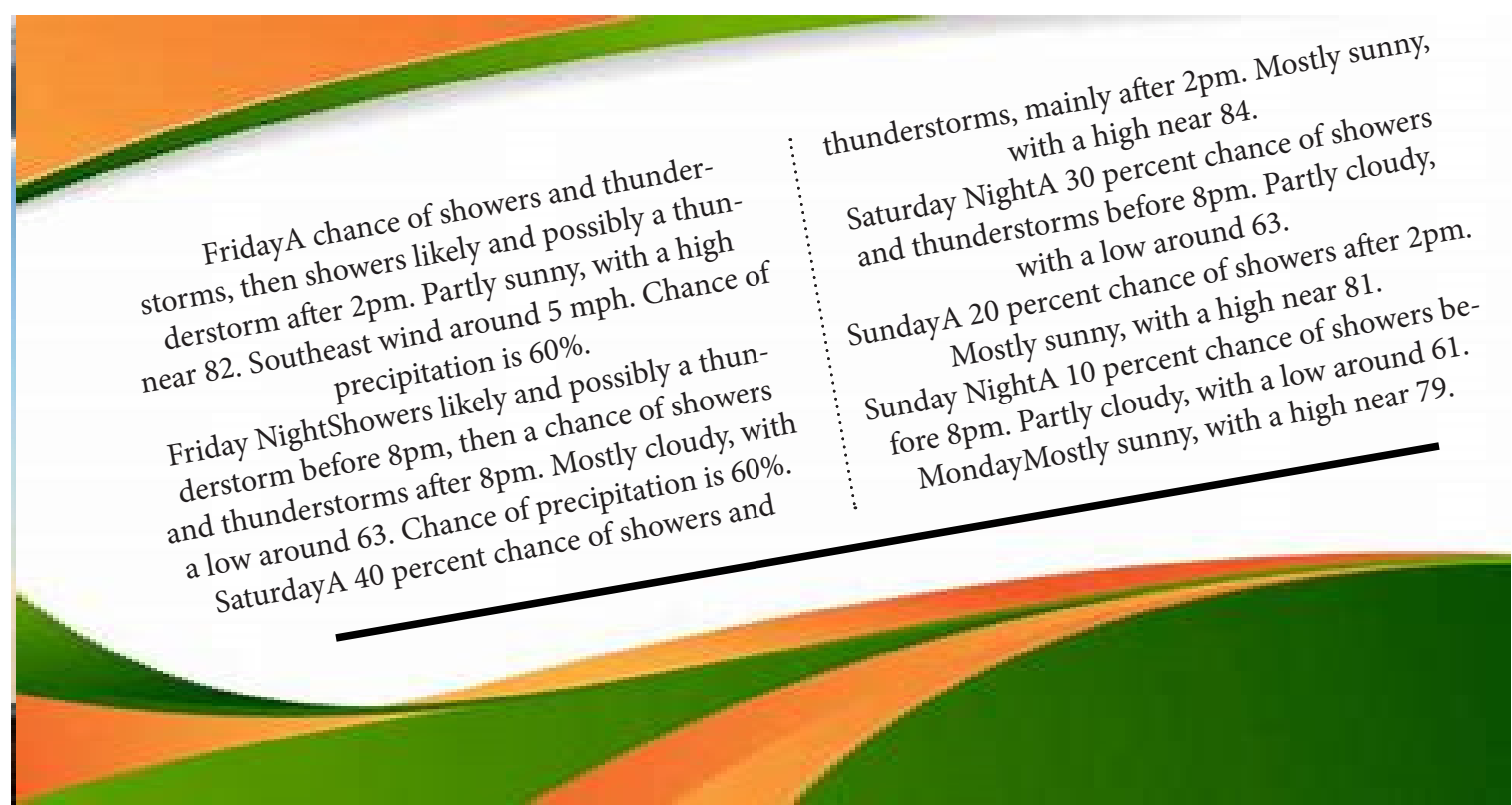
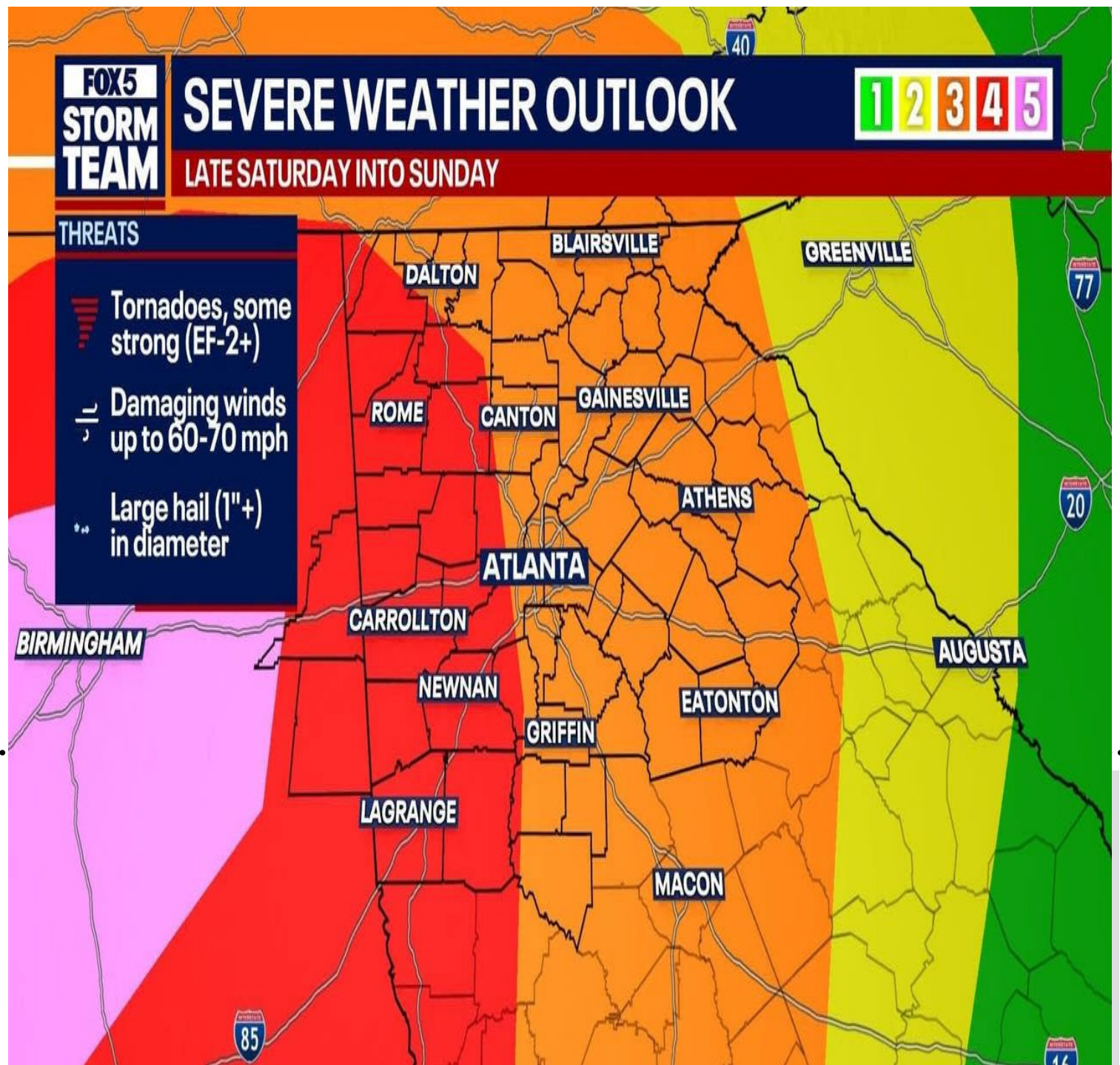
summary

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



NO ALERT IN WEATHER IN GEORGIA



"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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Countee LeRoy Porter

Cullen was brought to Harlem at the age of nine by Amanda Porter, believed to be his paternal grandmother, who cared for him until her death in 1917.

USA- Countee LeRoy Porter was born on May 30, 1903, to Elizabeth Thomas Lucas. Due to a lack of records of his early childhood, historians have had difficulty identifying his birthplace. Baltimore, Maryland, New York City, and Louisville, Kentucky have been cited as possibilities. Although Cullen claimed to have been born in New York City, he also frequently referred to Louisville, Kentucky, as his birthplace on legal applications. Cullen was brought to Harlem at the age of nine by Amanda Porter, believed to be his paternal grandmother, who cared for him until her death in 1917.

Reverend Frederick A. Cullen, pastor of Salem Methodist Episcopal Church, Harlem's largest congregation, and his wife, the former Carolyn Belle Mitchell, adopted the 15-year-old Countee Porter, although the adoption may not have been official.

Frederick Cullen was a central figure in Countee's life, and acted as his father. The influential minister eventually became president of the Harlem chapter of the National Association for the Advancement of Colored People (NAACP).

DeWitt Clinton High School
Cullen entered the DeWitt Clinton High School, then located in Hell's Kitchen.[5] He excelled academically at the school and started writing poetry. He won a citywide poetry contest.

At DeWitt, he was elected into the honor society, was editor of the weekly newspaper, and was elected vice-president of his graduating class.[5] In January 1922, he graduated with honors in Latin, Greek, Mathematics, and French

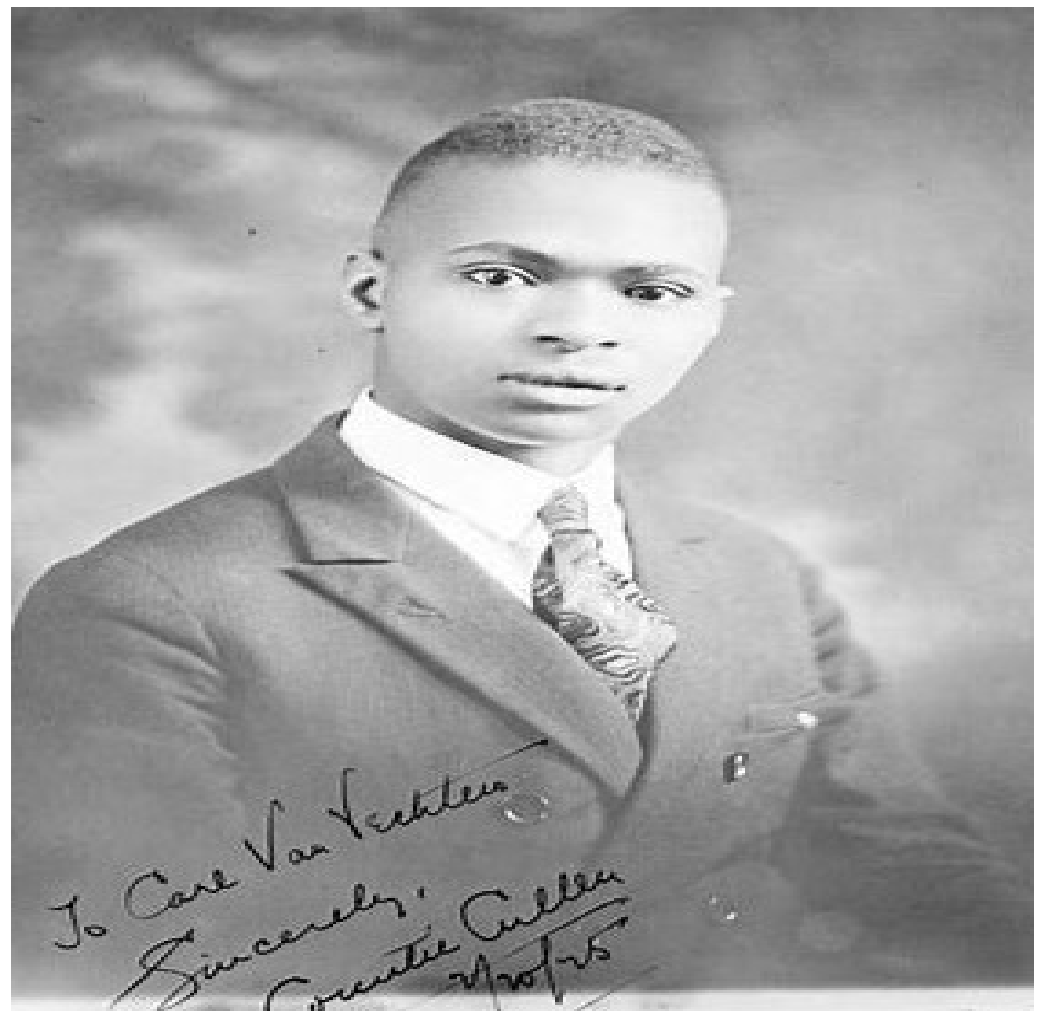
After graduating from high school, he attended New York University (NYU). In 1923, at the Town Hall in New York City, he gave a speech to the League of Youth in which he said, "For we must be one thing or the other, an asset or a liability, the sinew in your wing to help you soar, or the chain to bind you to earth." The speech was later printed in *The Crisis* (August 1923). Also in 1923, Cullen won second prize in the Witter Bynner National Competitions for Undergraduate Poetry, sponsored

by the Poetry Society of America, for his book of poems titled, "The Ballad of the Brown Girl". Soon after, he was publishing poetry in national periodicals such as *Harper's*, *The Crisis*, *Opportunity*, *The Bookman*, and *Poetry*, earning him a national reputation. The ensuing year, he again placed second in the contest, finally winning first prize in 1925. He competed in a poetry contest sponsored by *Opportunity* and came in second with "To One Who Say Me Nay", losing to Langston Hughes's "The Weary Blues". Cullen graduated from NYU in 1925 and was one of eleven students selected to Phi Beta Kappa.

That same year, Cullen entered Harvard to pursue a master's in English, and published *Color*, his first collection of poems that later became a landmark of the Harlem Renaissance. Written in a careful, traditional style, the work celebrated black beauty and deplored the effects of racism. The volume included "Heritage" and "Incident", probably his most famous poems. "Yet Do I Marvel", about racial identity and injustice, showed the literary influence of William Wordsworth and William Blake, but its subject was far from the world of their Romantic sonnets.

The poet accepts that there is God, and "God is good, well-meaning, kind", but he finds a contradiction in his own plight in a racist society: he is black and a poet. In 1926, Cullen graduated with a master's degree while also serving as the guest editor of a special "Negro Poets" issue of the poetry magazine, *Palms*. The appointment led to Harper's inviting him to edit an anthology of Black poetry in 1927.

American writer Alain Locke helped Cullen come to terms with his sexuality. Locke wanted to introduce a



new generation of African-American writers, such as Countee Cullen, to the reading public. Locke also sought to present the authentic natures of sex and sexuality through writing, creating a kind of relationship with those who felt the same.

Locke introduced Cullen to gay-affirming material, such as the work of Edward Carpenter, at a time when most gays were in the closet. In March 1923, Cullen wrote to Locke about Carpenter's work: "It opened up for me soul windows which had been closed; it threw a noble and evident light on what I had begun to believe, because of what the world believes, ignoble and unnatural".

Critics and historians have not

reached consensus as to Cullen's sexuality, partly because Cullen was unsure of this himself. Cullen's first marriage, to Yolande Du Bois, experienced difficulties before ending in divorce.

He subsequently had relationships with many different men, although each ended poorly. Each relationship had a sense of shame or secrecy, such as his relationship with Edward Atkinson. Cullen later married Ida Robertson while potentially in a relationship with Atkinson. Letters between Cullen and Atkinson suggest a romantic interest, although there is no concrete evidence that they were in a sexual relationship.

The poet accepts that there is God, and "God is good, well-meaning, kind", but he finds a contradiction in his own plight in a racist society: he is black and a poet.

American writer Alain Locke helped Cullen come to terms with his sexuality. Locke wanted to introduce a new generation of African-American writers, such as Countee Cullen, to the reading public.



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WORLD OF SPORTS

The Raiders need a tackle

One of the most valuable positions in football is the guys who protect the quarterback.

Tier 1 - Top 10 Pick

1. Armand Membou, Missouri - An absolute mauler in the run game and plenty good enough in pass protection. He might get beat around the edge a little more than you'd like, but can shut down everything else.

Tier 2 - Clear 1st Round

2. Josh Simmons, Ohio State - If his medicals are all clear, he has the highest ceiling in the class. His athleticism in the run game is outstanding, and he has a ton of explosiveness off the snap. He can struggle with pure power rushers.

Tier 3 - Priority 2nd Round

3. Kelvin Banks Jr, Texas - He has excellent feet and can mirror pass rushers with ease, but really struggles to sustain blocks. He might lose more often than you'd like, but he'll almost always lose slowly.

Tier 4 - 2nd/3rd Round

4. Will Campbell, LSU - He's just not a tackle in my eyes. Everyone talks about the arm length, and that's a problem, but it's far from the only one. He struggles massively on isolated pass protection reps. Exceptional football IQ and hand usage in the run game should make him a very good guard.

