

Earthquake Rattles North Georgia, Metro Atlanta.

People from all over metro Atlanta — including as far south as Newnan — have called Atlanta News First, saying the quake shook their walls and furniture.

A Tennessee earthquake shook north Georgia at around 9 a.m. on Saturday morning.

The quake’s epicenter was near Knoxville, but residents felt the tremors hundreds of miles away. According to the U.S. Geological Survey, the earthquake’s estimated magnitude is 4.1.

Report from Joe Evans



It is not enough to say we are Christians. We must live the faith, not only with our words, but with our actions. Late Pope Francis.

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HIGHLIGHTS



In today’s world where people play act for their benefit and gain. It’s really wise to be always alert about people’s motives. Others might coin this as paranoia but then it’s better to be safe than sorry. Dealing with cunning individuals is a very sticky situation. You will be hoodwinked by the nose that you won’t know what has hit you even if you see it *Cont. Page 5*





Wamunyoro Earthquake

The clarion call is "Ruto must go"

President Rigathi Gachagua convened a landmark meeting at his residence in Nyeri County. Appropriately dubbed the "Wamunyoro Earthquake," the high-stakes gathering brought together a coalition of influential leaders united by a singular message: "Ruto Must Go."



Prof. Peter Ndiang'ui
Fort Myers Florida

Writer is a Senior Editor at The
Diaspora Times

In a bold political maneuver that has sent shockwaves through Kenya's power corridors and beyond, former Deputy President Rigathi Gachagua convened a landmark meeting at his residence in Nyeri County. Appropriately dubbed the "Wamunyoro Earthquake," the high-stakes gathering brought together a coalition of influential leaders united by a singular message: "Ruto Must Go." This seismic event signals a significant shift in Kenya's political landscape. Gachagua's initiative not only underscores his growing influence but also positions him at the forefront of a rising opposition movement. It has exposed mounting dissatisfaction with President William Ruto's leadership and may prove to be one of the most consequential realignments in Kenya's political history as the country looks ahead to the 2027 general election.

Dr. Fred Matiang'i: A Presidential Bid with Global Reach

Among the key figures in this emergent opposition alliance is Dr. Fred Matiang'i, former Interior Cabinet Secretary and a widely respected public servant. His engagement with the Canadian lobbying firm Dickens & Madson—and a reported \$250,000 investment to elevate his international profile—signals a serious and calculated presidential campaign. Matiang'i is repositioning the United Progressive Alliance (UPA) from a regional player into a national force. His message—centered on accountability, good governance, and the rule of law—resonates with Kenyans disillusioned by Ruto's perceived economic mismanagement and unfulfilled promises. With a track record of results-driven leadership, Matiang'i is emerging as a formidable contender and a credible alternative to the current regime.

Martha Karua: The Relentless Crusader for Justice

Martha Karua, leader of the Narc-Kenya party, remains one of Kenya's most respected voices for justice and constitutionalism. Her recent departure from the Azimio la Umoja-One Kenya coalition, citing irreconcilable differences, positions her as a potential successor to Raila Odinga in leading a revitalized opposition.

Karua's candid denunciation of the Ruto administration—calling it a "rogue state"—underscores her unwavering commitment to principled leadership. Her vision for a transparent, people-centered government continues to appeal to citizens yearning for integrity and reform in public office.

Kalonzo Musyoka: The Bridge Builder

Former Vice President and Wiper Party leader Kalonzo Musyoka remains a key architect in Kenya's opposition landscape. With his extensive experience and political base—especially among the Kamba community—Kalonzo is uniquely positioned to unify divergent opposition factions. His steady hand and conciliatory approach could be crucial in forging a cohesive, broad-based coalition ahead of 2027.

Governor Mutahi Kahiga: From Regional Leader to National Force Nyeri Governor Mutahi Kahiga has swiftly risen as a powerful voice beyond Central Kenya. After assuming office in 2017 and his re-election in 2022, his boldness and performance in governance—marked by gains in infrastructure, healthcare, and education—has boosted his credibility.

Kahiga's growing national profile is further strengthened by his position as Vice Chair of the Council of Governors. His alliance with Gachagua places him at the heart of the emerging political transformation with a clearly demonstrated vision. Notably, he is the only governor to have established a formal engagement platform with his county's Diaspora—the Nyeri Diaspora Advisory Council—reflecting a forward-thinking, inclusive leadership model that could shape Kenya's future at a national level.

President Ruto's Decline and Raila's Diminishing Influence President William Ruto's administration is increasingly defined by economic turmoil, rising public frustration, and growing civil unrest. A stark symbol of this discontent occurred in Migori, where a protester hurled a shoe at the President—a dramatic,



though unacceptable, gesture of national frustration. This is indeed a very embarrassing and bad signal for Ruto and his henchmen who are heckled any time they meet a crowd.

Ruto's alliance with Raila Odinga, once hailed as a political masterstroke, has instead alienated large segments of the ODM base. ODM Secretary General Edwin Sifuna has publicly condemned Ruto's economic policies, accusing the administration of deepening poverty and disillusionment.

This alignment has weakened Raila's standing and fractured the opposition, leaving many Kenyans disillusioned with both leaders. What once seemed like a stabilizing political partnership now appears to be a liability for both parties.

The Dawn of a New Political Era?

The Wamunyoro Earthquake is more than a symbolic protest—it is the birth of a movement. The coalition forming around Gachagua, Matiang'i, Karua, Kahiga and the rest has the potential to fundamentally shift Kenya's political direction. Whether they can maintain unity, withstand internal pressures, and translate public dissatisfaction into electoral victory remains the critical question.

But one thing is undeniable: Ruto's hold on the public imagination is slipping, and Kenya is entering a period of political reawakening as in other parts of the African continent led by Ibrahim Traore of Burkina Fasso. As we observed in an earlier article, we are rapidly becoming Traores and time of African sycophants of the West like William Ruto of Kenya and Tinubu of Nigeria is waning. The 2027 Kenyan general election could become the most

consequential of a generation. The Road Ahead: Turning Protest into Policy

1. Rally Behind One Flagbearer

The opposition must show maturity by uniting behind a single presidential candidate. As Dr. Matiang'i has warned, the forces seeking to divide the opposition will intensify in the months ahead. Democratic processes must guide the selection of the flagbearer—and once chosen, all parties must rally behind them. This unity will be critical to countering Ruto's entrenched political machinery.

2. Engage the Diaspora Strategically

Kenya's Diaspora, long vital to the economy through remittances, must now take a more active role in political advocacy. Their global networks, resources, and perspectives offer a unique advantage. Governor Kahiga's Nyeri Diaspora Advisory Council is a successful model the opposition can scale nationally to harness Diaspora engagement for political reform and voter mobilization.

3. Empower the Youth

Kenya's youth—especially Gen Z and millennials—represent the largest, most dynamic voting bloc. Digitally savvy and politically aware, they are leading conversations on justice, employment, and innovation. The opposition must connect with them directly, address their challenges, and tap into their energy to drive grassroots mobilization. Most important, they must be mobilized to vote when the time comes. If this happens, the one who captures the youth will have a strong base.

4. Mobilize Professionals and Technocrats

Kenya's transformation requires more than populist rhetoric.

Professionals and technocrats from all sectors—law, education, health, technology, and finance—must be integrated into policy development and governance. Their expertise will be vital in designing solutions to Kenya's most urgent challenges, and in ensuring reforms are practical, not merely political. They have been sidelined for too long. It is time they were encouraged to come out of their offices and be active players in national development.

Conclusion: A Nation at the Crossroads

The Wamunyoro Earthquake may indeed mark the beginning of the end for President Ruto's administration—or at the very least, a powerful reckoning for a government increasingly viewed as detached from the needs of its people. More importantly, it offers a rare opportunity for national renewal.

As Dr. Matiang'i and other leaders have emphasized, the opposition must resist fragmentation, remain focused on the national good, and build an inclusive, participatory movement.

The road to 2027 will be shaped not only by political rallies but by a disciplined, visionary strategy that engages every Kenyan—from the grassroots to the Diaspora.

This is a defining moment. Kenya's democratic future depends on the courage of its leaders, the will of its people, and the resolve of a generation ready to reclaim the promise of a better tomorrow.





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ene Gikũyũ-inĩ nĩ wakoragwo na itũika ria nathanĩre, ũika ria Mwangi rigatigira ia Maina/ĩrũngu ũthamaki, nyamũ cia githaka hĩa na kanya ka mbaki mũhũhi wa rũhĩa

ĩworagia nĩrĩ, ĩno nĩyo ngathĩti yaragia ma,taikĩria arata akũ mathome nĩgetha makĩmenye o kaũndũ.

MŪGAMB WA KĪRĪNYAGA

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 macigĩrĩria.





LAUGHTER THE MEDICINE

BEST

LAUGHTER-

The end is near
Every time a little boy went to a playmate's house, he found the friend's grandmother deeply engrossed in her Bible. Finally his curiosity got the better of him. "Why do you suppose your grandmother reads the Bible so much?" he asked. "I'm not sure," said his friend, "but I think she's cramming for her finals."
Man overboard
A gawky lad from New England came to New York with his girl, and took her to nearby Playland Amusement Park. They had heard a lot about the Tunnel of Love and were especially anxious to try it out. But when they got home, the kids expressed disappointment. "Shucks," the boy said, "it was dark and damp and uncomfortable. Besides, we got soaking wet."
"How come?" asked a friend. "Did the boat leak?"
The kid looked amazed. "There's a boat?"

Holy cow!
A pair of cows were talking in the field. One says, "Have you heard about the mad cow disease that's going around?" "Yeah," the other cow says. "Makes me glad I'm a penguin."
Where there's smoke
Once, my father came home and found me in front of a roaring fire. That made my father very mad, as we didn't have a fireplace.
Identity crisis
"Your mother has been with us for 20 years," said John. "Isn't it time she got a place of her own?"
"My mother?" replied Helen. "I thought she was your mother."
Kidding around
On a Miami to Chicago flight was a lively youngster who nearly drove everyone crazy. He was running up and down the aisle when the flight attendant started serving coffee. He ran smack into her, knocking a cup of coffee out of her hand and onto the floor.
As he stood by watching her clean up the mess, she glanced

up at the boy and said, "'Look, why don't you go and play outside?"
Funny Long Jokes
People are frequently praised for their wit and ability to crack jokes. A good fit under the section of funny long jokes can improve things tenfold. You can find a few examples here.
A waiter gives a gentleman a cup of coffee. The gentleman takes a sip and spits it out. He turns to the waiter and says, "Waiter! This coffee tastes like mud!"
The waiter, looking surprised, turns to the gentleman and says, "But, sir, it's fresh ground!"
A kid finds a magical lamp. He rubs the lamp, and a genie appears and says, "What is your first wish?" The kid says, "I wish I were rich!" The genie replies, "It is done! What is your second wish, Rich?"
A guy asks a girl to go to a dance. She agrees, and he decides to rent a suit. The rental has a long line, so he waits and waits, and finally he gets his suit. He decides to buy flowers, so

he goes to the flower shop. The flower shop has a long line, so he waits and waits, until he finally buys flowers.
He picks up the girl and they go to the dance. There is a long line into the dance, so they wait and wait.
Finally, they get into the dance, and the guy offers to get the girl a drink. She asks for punch, so he goes to the drink table, and there is no punch line.
Three friends stranded on a deserted island find a magic lamp. Inside it is a genie who agrees to grant each friend one wish.
"I want to go home," says the first friend. The genie grants her wish.
"I want to go home, too," says the second friend. And the genie sends her back home.
"I'm lonely," says the third friend. "I sure wish my friends were back here."



A man was driving down the road when a policeman stopped him. The officer looked in the back of the man's truck and said, "Why are these penguins in your truck?"
The man replied, "These are my penguins. They belong to me."
"You need to take them to the zoo," the policeman said.
The next day, the officer saw the same guy driving down the road. He pulled him over again. He saw the penguins were still in the truck, but they were wearing sunglasses this time. "I thought I told you to take these penguins to the zoo!" the officer said.
"I did," the man replied. "And today I'm taking them to the beach."



STOP PRIMATIVE BARBARIC ABDUCTIONS.



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

* You can rebuild destroyed Cities but not lost life *



Article By Abigirl Phiri- Zimbabwe



Lovebombing and gaslighting that leads to being ghosted.

Gaslighting is the preamble to being completely being ignored. You won't receive any call, text or email. It will seem like time has come to a standstill and all this had been make believe made in your head.

ADVICE- In today's world where people play act for their benefit and gain. It's really wise to be always alert about people's motives. Others might coin this as paranoia but then it's better to be safe than sorry. Dealing with cunning individuals is a very sticky situation. You will be hoodwinked by the nose that you won't know what has hit you even if you see it

Gaslighting is the preamble to being completely being ignored. You won't receive any call, text or email. It will seem like time has come to a standstill and all this had been make believe made in your head. The individual in question will drop off the face of earth like they never existed and your life turns to become bleak.

coming. These individuals have mastered this craft to an extent the victim won't discern what is reality from what is fiction.

It first starts as lovebombing whereby the victim is lavished with attention that will have one going weak in the knees. The whole episode will look like something out of a fairy tale. One will eventually fall for this even if it's against your better judgement. It's in the human nature to give in to people who treat us nice. To be heard whilst people

are busy with their every day lives is a blessing from heaven. Before you know it you will be head over heels in love. In fact you will be thinking you are in cloud nine. Realisation won't dawn on you that this individual has an ulterior motive and is leading you on a goose chase. Only the power of a heart break will open your eyes that you have been taken on a fool's ride all along. Thus one should make it a point to be aware of the other person behaviour and take note of any early warning signs or red flags in these relationships. Usually a leopard doesn't lose its spots.

Also for such a pretentious person it will be hard for them to keep on being in character. At some point their mask will come and fall of. With lovebombing these individuals will be on your beck and call, giving your undivided attention, showering you with presents and making you feel valued. When the emotional connection they seek is present then they will eventually turn on you and show you their true colours. You would have fallen deep in love with them to understand what's really going.

Even your close circle of family and friends if they point you out these little details to you it will seem like they are throwing stones to a glass house. Yet the irony of it is that they will be alerting you to open your eyes whilst there is still time before the hoodwinker does a number on you. They will be harboring your best interests at heart but to the victim they will only look as if enemies of progress. If they are ladies they will play dumb and hard of hearing to the



point of secluding their family and friends because of love.

Unfortunately at the end through tears they will realise how bad they had got it and how the hands of time can't be turned back. As a result one will end up feeling used and acting as if crazy as it would be hard to grasp with reality that people tend to be wolves hiding in sheep's skins.

Gaslighting is the preamble to being completely being ignored. You won't receive any call, text or email. It will seem like time has come to a standstill and all this had been make believe made in your head. The individual in question will drop off the face of earth like they never existed and your life turns to become bleak. The long and short of it is like the light in your life has been turned off. Depression kicks in coupled with anxiety.

Mentally you won't be ok. Any forms of communication they will cut and bar you from

accessing them anymore. This is the hardest time to travest in one's life especially if you had secluded your family and friends. You will then find yourself lonely and going through a lot. Not being acknowledged by someone you knew hits hard in the gut. But reality check is let's be wary of people we let in our lives. Not all of them have good intentions. Some are on a mission to destroy you and continue with their happy lives like nothing amiss happened. Personally I think this is cruel of them but it is what it is. You have to learn to suck up hardships and continue with life as if nothing amiss happened.

In most cases these individuals would have messed up with your plans as you would have been planning including them whilst they had no motive of staying for long. As difficult it is to perceive of what the future holds for us still one should be cautious in how they handle their lives. Not all people are

good hearted treasured readers. Thus may we have the ability to discern the way the relationship will be going early before things turn sour. This will save you a lot of trouble. Rugare treasured readers.

By Abigirl Phiri- Zimbabwe
Senior correspondent
The Diaspora Times.

5

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 what we are.

- Oprah Winfrey



George Moseti Anyona.

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

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

Despite being born to peasant parents, Anyona rose to prominence in the Kenyan political landscape to be thrice elected to the Kenyan Parliament representing the people of Kitutu East (later renamed Kitutu Masaba) constituency. He shared an ideological viewpoint and was a close political confidant of the first vice-president of Kenya, Jaramogi Oginga Odinga. Anyona's name remains dominant among Kenya's political personalities because he is perceived by a large section of Kenyans as a brave man, who was strong enough to challenge the Kenya African National Union (KANU) government at a time when it was almost suicidal to do so. He forged a reputation as a principled politician who championed free expression of thought, democracy and a just and equal society. He lived a modest life, never seeking to enrich himself from the offices he held and abhorred the culture of corruption and worship of money that prevailed in the country.

Early life

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

He attended Tombe Primary School from 1952 to 1954 and Sengera Intermediate School from 1955 to 1958 before proceeding to the prestigious Alliance High School where he schooled from 1959 to 1964 and served as Deputy School Captain. From Alliance, he proceeded to Makerere University, Uganda where he studied Political Science, English, Economics and History between 1965 and 1968, graduating with Bachelor of Arts (Hons) and serving as President of the Kenya Makerere Students Union in 1967. Upon returning from Uganda, Anyona worked as an Assistant Secretary in the Office of the President between 1968 and 1970, as the Secretary General of the Kenya Red Cross Society in 1970 and as Nairobi Airport Manager then District Sales Manager for British Overseas Airways Corporation (BOAC) later renamed British Airways in Nairobi from 1970 to 1974.

Rise to politics

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

Anyona's political troubles began in 1977 when he was arrested within the precincts of parliament (an illegality in itself) for questioning the award of a tender for the supply of wagons to the then East African Railways and Harbours Corporation and detained without trial at Manyani Prison by then President Jomo Kenyatta. He was released a year later by President Daniel arap Moi soon after he assumed power following the death of President Kenyatta. His attempts to resume representative politics were thwarted when he was barred from contesting his old parliamentary seat in the 1979 General Elections and from contesting trade union elections as a candidate for the post of Secretary General of the Transport and Allied Workers Union in 1980.

Anyona would again be arrested in 1981 and charged with sedition but the charges were eventually withdrawn by the state. In 1982, this time with his longtime friend and veteran politician Jaramogi Oginga Odinga and several others, he attempted to form a political party Kenya African Socialist Alliance (KASA) to challenge the ruling party KANU.

He was arrested on the way to the Intercontinental Hotel Nairobi to hold a press conference to announce the formation of the party and was detained without trial on 2 June 1982 and incarcerated at Kamiti and Shimo La Tewa Prisons; Jaramogi was later placed under house arrest in August 1982. Anyona was also expelled from the ruling party KANU. Shortly after Anyona was detained, his lawyer John Khaminwa was also detained without trial and a crackdown followed that targeted university lecturers, student leaders, politicians, lawyers and journalists. KANU, sensing the danger the two politicians had posed, immediately sought to change the constitution. The result was the passing of a constitutional amendment making Kenya a de



facto one-party state the same year.

Anyona was released from detention in 1984 but his attempts to resume active politics were thwarted by the state when he was barred from contesting KANU branch elections in 1985, trade union elections in 1986, the Kitutu East (Masaba) parliamentary seat in the 1988 General Elections and Speaker of the National Assembly in 1988. He teamed up with his friend Jaramogi in 1990 during the clamour for multi-party democracy in Kenya; to many Kenyans, this was one battle Anyona and Jaramogi could not shy away from because they were the ones who started it in 1982. Anyona was however arrested at a Nairobi pub and charged with sedition. Others arrested with him included Professor Edward Oyugi, Isiah Ngotho Kariuki, and Augustus Njeru Kathangu.

The experiences they went through included torture at the infamous Nyayo House torture chambers in Nairobi. After a marathon trial, they were jailed for fifteen years running concurrently for seven years on charges of scheming to overthrow the Kenyan government and being in possession of seditious and proscribed publications.

According to some documents presented in the trial, it was alleged that Anyona had gone as far as preparing a shadow

cabinet to take over after he overthrew the government. However, it was later revealed by an Assistant Minister in the Office of the President, John Keen, that these allegations were nothing but government fabrications, aimed at silencing Anyona. In 1992, after filing appeals against their sentences, the four were released on bail. On 20 May 1992, they were freed when the state opted not to oppose their appeals.

In the 1992 Multi-Party General Elections, he easily won the Kitutu Masaba Constituency parliamentary seat, becoming the only member of parliament from the KSC. He also stood as a presidential candidate in the same elections and came out 5th. He served as the Chairman of the Public Investments Committee (PIC) of the national assembly for 1993/1994 and was re-elected as a member of parliament in 1997 for another 5-year term.

Anyona died on 4 November 2003 in a car crash on Lusaka Road in Nairobi.

Rest In Power

*Man
cannot live without
some knowledge of the purpose of
life. If he can find no purpose in life
he creates one in the inevitability
of death.— Banksy*

06

Trump
administration asked
Kyiv in late January to
take in third-country
nationals deported
by the U.S.,



President Donald Trump reportedly asked several foreign governments if they would accept U.S. deportees who are not their citizens—including war-torn Ukraine. Documents obtained by The Washington Post revealed that the Trump administration asked Kyiv in late January to take in third-country nationals deported by the U.S., all while Ukraine was fending off Russia's attacks.

A Ukrainian diplomat told American counterparts that while Ukraine had a “solid track record of accepting the return of its citizens when removed by the United States,” it was dealing with “wartime exigencies,” the Post reported Tuesday. Data from the United Nations showed that at least 139 civilians were killed and over 700 were injured in Ukraine in January, mostly from Russian short-range drone attacks.

Joe Kliv share

The proposal to Ukraine, relayed by a senior U.S. diplomat, was reportedly one of many that the Trump administration sent to multiple countries around the same time. Former U.S. officials told the Post that the proposal was unusual and outside of routine diplomatic correspondence.

A Ukrainian diplomat reportedly told the U.S. Embassy that they would respond once they formulated their position, but there is no indication that Kyiv seriously weighed the proposal.

was similar to the “Red

Vance says Russia 'asking for too much' to end war with Ukraine.

“The Russians are asking for a certain set of requirements, a certain set of concessions in order to end the conflict.”



WASHINGTON DC-

Vice President JD Vance said Wednesday that Russia is “asking for too much” to end its war with Ukraine, underscoring new frustrations in the Trump White House over its efforts to court Moscow on peace talks.

Speaking to the Munich Leaders Meeting in Washington, he said that the U.S. is focusing on a long-term settlement since Russia has rejected the U.S. call for a 30-day ceasefire. Moscow has said that sort of temporary pause is not in its strategic interest because it would allow Ukraine to regroup.

Vance stressed that Russia is likely to have to make concessions — the latest sign that the Trump administration is willing to get more aggressive with Russian President Vladimir Putin.

“The Russians are asking for a certain set of requirements, a certain set of concessions in order to end the conflict. We think they’re asking for too much,” Vance said.

The vice president was channeling growing impatience in the White House with Putin. Late last month President Donald Trump said Putin may just be “tapping me along” and suggested he may employ

sanctions to change the dynamic.

“Maybe he doesn’t want to stop the war,” Trump said of Putin on his Truth Social platform in April. The post came after Trump met with Ukrainian President Volodymyr Zelenskyy in Rome.

Vance said in his speech Wednesday that Trump was prepared to walk away from the talks but stopped short of threatening sanctions.

He said the next step is to get Ukraine and Russia to agree to talk to each other.

"We would like both the Russians and the Ukrainians to actually agree on some basic guidelines for sitting down and talking to

one another,” Vance said. “That is the next big step we’d like to take.”

He said that he's "not yet a pessimist" on the process even though there's "a big gulf" between where the Russians and Ukrainians are. He said that "it's probably impossible" for the U.S. to mediate between the parties without them having at least some direct contact.

Vance, speaking to the audience of senior transatlantic leaders visiting Washington, struck a much more diplomatic tone than his fiery speech before the Munich Security Conference

[illegible]

Biden said Trump's pressure on Ukraine to give up territory to Russia is 'modern-day appeasement'



WASHINGTON- Former President Joe Biden called the Trump administration's pressure on Ukraine to give up territory to Russia in exchange for a cease-fire "modern-day appeasement."

In his first interview since leaving the White House, Biden told the BBC on Monday that Putin cannot be appeased.

"I just don't understand how people think that if we allow a dictator, a thug, to decide he's going to take significant portions of land that aren't his, that that's going to satisfy him," Biden said.

He added that anybody who thinks Putin would stop after territorial concessions as part of a peace deal “is just foolish.”

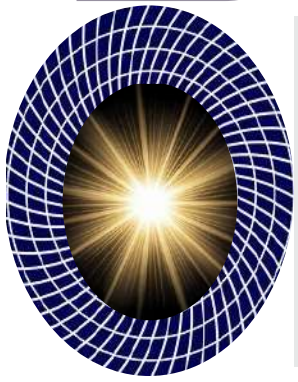
President Donald Trump has pushed for a peace deal since returning to office in January.

Trump's defence secretary, Pete Hegseth, has called a return to Ukraine's pre-2014 borders "unrealistic," and last month, Vice President JD Vance said the US was going to "freeze the territorial lines at some level close to where they are today."

John Mose share

"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



J.P. Morgan Estimates a 60% Chance of a Recession in 2025.

The last time tariffs were raised this much was in 1986 – and that led to a recession. Bottom line: the economy could be heading for some rough waters, so now's the time to get ahead of it. Here are 5 things you can do right now to prepare before things get worse.

USA- JP Morgan just dropped a pretty big update: there's now a 60% chance of a U.S. recession by the end of the year. They bumped up their forecast after the latest round of tariffs, warning it could mean higher inflation and slower growth. The last time tariffs were raised this much was in 1986 – and that led to a recession. Bottom line: the economy could be heading for some rough waters, so now's the time to get ahead of it. Here are 10 things you can do right now to prepare before things get worse.

1. Cut your auto insurance payment by \$450+/year. Believe it or not, the average American family still overspends by \$461¹ on car insurance. (Sometimes it's significantly more: I saved \$1,300/year when I switched) Here's how to quickly see how much you're being overcharged (takes maybe a couple of minutes): Pull up Coverage.com – it's a free site that will compare offers for you Answer the questions on the page It'll spit out a bunch of insurance options for you. That's literally it. You'll likely save yourself a bunch of money. Here's a link to Coverage.com
2. See if this company will pay

off your credit card debt for you. If you've got \$10k+ in unsecured debt (think credit cards, medical bills, etc), you could use a debt relief program and potentially reduce it by around 23% (on average). Here's how to quickly see if you qualify for debt relief: Head to National Debt Relief's site here Answer the questions on the page They'll give you an estimate on how much they could save you. Simple as that. You'll likely end up paying less than you owed and could be debt free in 24-48 months.

3. If you own your home, you're sitting on a gold mine. If you own your home but are low on cash, you might want to look into a HELOC (home equity line of credit). It's more/less a credit card, but you borrow against your home's equity. They usually have lower interest rates and more flexible terms that a typical loan would. Here's a calculator you can use to see how much money you could access: link.
4. Get a financial advisor right now. One of the best things you can have in a financial crisis is a great advisor. 95% of people don't have an advisor,



and it's typically a huge mistake. There are huge benefits to having somebody pay attention to your money all the time: People with financial advisors tend to beat the market by ~3%/year (according to a 2019 Vanguard Study). That can make a huge difference over time. But more important: a good advisor will handle ALL of

the annoying retirement stuff & bizarre tax implications you would have never thought of If you don't know a financial advisor personally, use a comparison site (like FinancialAdvisor.net) and find somebody near you that has good reviews. Or if you want something easier, here's a quiz you can fill out that will find an advisor/planner based on your

reqs. 5. Let a company pay your home repair bills for you. Picture this: your trusty furnace suddenly throws a tantrum in the dead of winter, leaving you shivering and facing a repair bill that could cost you way more than you anticipated. If you had a home warranty, you could be covered the next time something breaks down. Shared by Jimmy

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

"A 'no' uttered from the deepest conviction is better than a 'Yes' uttered merely to please, or worse, to avoid trouble."

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Garrett Augustus Morgan Sr.

Morgan conducted experiments with a liquid that gave sewing machine needles a high polish, that prevented the needle from burning fabric as it sewed. In 1905, Morgan accidentally discovered that the liquid could straighten hair. After he discovered this, he wiped the liquid on a piece of pony fur cloth and it stood straight. He observed that the liquid worked on his neighbor's dog and his own hair.

BLACK HISTORY- Garrett Augustus Morgan Sr. was an American inventor, businessman, and community leader. His most notable inventions were a type of three-way traffic light in 1923, and a protective 'smoke hood' notably used in a 1916 tunnel construction disaster rescue. Morgan also discovered and developed a chemical hair-processing and straightening solution. He created a successful company called "G. A. Morgan Hair Refining Company" based on his hair product inventions and a complete line of hair care products. He was involved in African Americans' civic and political advancement, especially in and around Cleveland, Ohio.

Early life and education

Morgan was born in 1877 in Paris, Kentucky, an almost exclusively African American community. His father was Sydney Morgan, a son and freed slave of Confederate General John H. Morgan of Morgan's Raiders. His mother, also a freed slave, was Elizabeth Reed, daughter of Rev. Garrett Reed: she was part Native American. Garrett Morgan was the seventh of eleven children. Morgan received a sixth grade education at Branch Elementary School in Claysville, Kentucky. At age 14, he moved in search of work to Cincinnati, Ohio.

Career

Morgan spent most of his teenage years working as a handyman for a Cincinnati landowner. Like many African American children growing up at the turn of the century, he had to quit school at a young age to work full-time. Morgan hired a tutor and continued his studies while working in Cincinnati. In 1895, he moved to Cleveland, where he began repairing sewing machines for a clothing manufacturer. This experience sparked Morgan's interest in how things worked, and he built a reputation for fixing them. His first invention, made during this period, was a belt fastener for sewing machines. Mor-

gan also invented a zigzag attachment for sewing machines.

In 1907, Morgan opened a sewing machine shop. In 1908, more conscious of his heritage, he helped start the Cleveland Association of Colored Men. In 1909, he and his second wife, Czech-immigrant Mary Anne Hassek, opened Morgan's Cut Rate Ladies Clothing Store. The shop made coats, suits, dresses, and other clothing, and ultimately had 32 employees.

Around 1910, his interest in repairing other people's inventions waned, and he became interested in developing some of his own. He received his first patent in 1912. In 1913, he incorporated hair care products into his growing list of patents and launched the G. A. Morgan Hair Refining Company, which sold hair care products, including his patented hair straightening cream, hair coloring, and a hair straightening comb invented by Morgan.

In 1914, he patented his smoke hood design, also known as a 'breathing device'. In 1914, he launched the National Safety Device Company. The invention earned him the first prize at the Second International Exposition of Safety and Sanitation in New York City." In 1916, Morgan rescued workers trapped in a water intake tunnel 50 ft (15 m) beneath Lake Erie, using the smoke hood to protect his eyes from smoke and featuring a series of air tubes that hung near the ground to draw clean air beneath the rising smoke.

In 1923, Morgan designed a traffic signal after witnessing a horrible crash at an intersection. His manually-operated design included moving arms featuring signals for "go" and "stop". He eventually sold the rights to General Electric for \$40,000.

Later in life he developed glaucoma. By 1943 was functionally blind. He had poor health the rest of his life, but continued

Garrett Morgan invented a "safety hood smoke protection device" after seeing firefighters struggling to withstand the suffocating smoke they encountered in the line of duty. His device used a moist sponge to filter out smoke and cool the air. It took advantage of the way smoke and fumes tend to rise to higher positions while leaving a layer of more breathable air below, by using an air intake tube that dangled near the floor. The hood used a series of tubes to

draw clean air of the lowest level the tubes could extend to. Smoke, being hotter than the air around it, rises, and by drawing air from the ground, the Safety Hood provided the user with a way to perform emergency respiration. In 1912, he filed for a patent for the device. In 1914, he founded a company called the National Safety Device Company to market it. He was able to sell his invention around the country, sometimes using the tactic of hiring a white actor.



(March 4, 1877 – July 27, 1963)

to work on his inventions. One of his last was a self-extinguishing cigarette, which used a small plastic pellet filled with water placed just before the filter. He died on July 27, 1963, at age 86. He is buried at the Lake View Cemetery in Cleveland. Hair care products

Morgan conducted experiments with a liquid that gave sewing machine needles a high polish, that prevented the needle from burning fabric as it sewed. In 1905, Morgan accidentally discovered that the liquid could straighten hair. After he discovered this, he wiped the liquid on a piece of pony fur cloth and it stood straight. He observed that the liquid worked on his neighbor's dog and his own hair.

He made the liquid into a refining cream and launched the G. A. Morgan Hair Refining Company to market it. Morgan received great success and added other products including "hair-growing" cream, black hair oil dye, and a curved-tooth comb for hair straightening in 1910.

Traffic signal

Main article: History of traffic lights

Following the success of his company, Morgan became a well-known citizen in Cleveland and achieved financial success leading to his purchasing of a new automobile. In 1922, he witnessed an accident between a horse-drawn carriage and a car which sparked inspiration to prevent future accidents. Morgan designed a manually-operated traffic signal with moving arms featuring "stop" and "go" signs, which could be placed on a post at traffic intersections. The arms could be raised halfway to indicate caution moving forward. A traffic attendant would crank the post to operate the signal and all lanes could be stopped by showing "stop" if needed. In 1923, Morgan patented his traffic signal. He later sold the rights to General Electric for \$40,000.

MORGAN BRINGING FIRST MAN OUT OF TUNNEL





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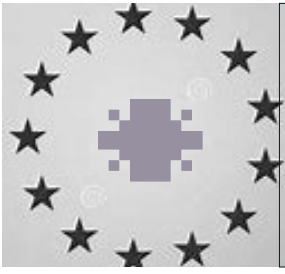


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Cardinal Robert Prevost becomes 1st American pope

Newly elected Pope Leo XIV appears on the balcony of St. Peter's Basilica at the Vatican on Thursday.



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 renamed and declared February 9 as officially Gulf of America Day, stirring controversy.



AMAZING WORLD LIFE TOURS COMING SOON.



THE GENERATION TO CARRY ON THE VISION



THE DIASPORA TIMES

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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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Harare International Conference Center.

Tourism with Memory
Phiri
Zimbabwe.

Ostentatiously, the setting is just mesmerizing and the stage lighting will be dancing about in a myriad of colors. Talk about some spectacular magic to the naked eye.

The Harare International Conference Center is Africa's premier convention center so its quite popular in the global village at large.



By Memory Phiri
Zimbabwe.
Senior editor
The Diaspora Times

ZIMBABWE- Lately the Harare International Conference Center has given a new definition to what is known as the State of the Art. Believe you me, a facelift can change anything and it transformed

As the largest Colosseum Amphitheatre alias the HICC boasts of world-class accoustics thanks to its unique design and seating. Thus, for a stunning transformation this upgrade or refurbishment surpassed the destination from its former self. Hyperbolically it's a sought of resurrection, a phoenix that always rises from its ashes.

the whole landscape to another level. Tourists are expected to feel this upgrade because they love to see something novel and worthwhile. The interior is so breathtaking that guests will feel like they have stepped into a whole new world. Visit the attraction and get the chance to be spellbound and blown away by the intricates of architecture. Ostentatiously, the setting is just mesmerizing and the stage lighting will be dancing about in a myriad of colors. Talk about some spectacular magic to the naked eye. As part of the concrete jungle, such beauty usually brings about the folktale of Alice in Wonderland to play. With a massive four thousand five hundred seat auditorium, five thousand square metres of exhibition space and over two thousand parking bays the HICC is the ultimate event venue. In simpler terms, there is room for everyone because this is the home of MICE tourism which stands for meetings, incentives, conferences and events. Without doubt, the current status quo reflects that we will surely witness a high influx of tourists from now onwards. Interesting enough, the Rainbow Towers Hotel and the Harare International Conference Center are a two in one powerhouse that is physically staking it's claim. A force to be reckoned with indeed. Nu-



merically, the RTG is the third tallest building in Zimbabwe and for a hotel it is a striking landmark that is one hundred and four metres tall. Also, it is one building that enhances the Sunshine City's walking tour and with that bright yellowish color you will never miss it. The Rainbow Towers Hotel has always been our gem in the hotel scene but right now it has outdone our expectations by the added spark or appeal within the conference center. As the largest Colosseum Amphitheatre alias the HICC boasts of world-class accoustics thanks to its unique design and seating. Thus, for a stunning transformation this upgrade or refurbishment surpassed the destination from

its former self. Hyperbolically it's a sought of resurrection, a phoenix that always rises from its ashes. If you had the privilege to visit it before, I urge you to go back and appreciate this refreshed and redefined piece of art that comes with a two hectare complex. The Harare International Conference Center is Africa's premier convention center so its quite popular in the global village at large. Infact, one too many a visitor are supposed to experience ultimate comfort with the latest seat designs. Good examples of other features that have been upgraded include charging ports such as the three pin, USB and c-type to boot. Speaking at length, that is the beauty of renovation. Notably,

the destination in question is famous in the tourism circles because it continues to lead by example thereby making a statement. When all has been said and done, this eye-catching conference center can be a package that can give other venues a run for their money. Come down to Zimbabwe and experience a marvel in the form of a recreational space.

By Memory Phiri
Zimbabwe.



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:

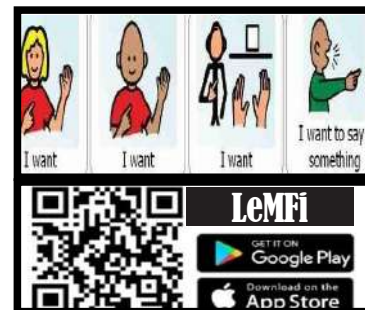
You will keep in perfect peace those whose minds are steadfast because they trust in you.

Isaiah 26:3
Good day



Kigume Karuri:

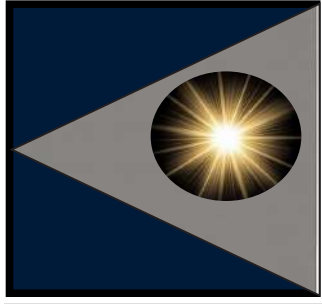
Treat people the way you would want to be treated. Think about what your expectations are when you come into contact with someone and aspire to give others the same kind of treatment that you expect.



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



Roy Ottoway Wilkins.

Wilkins backed a proposal suggested by T. R. M. Howard of Mound Bayou, Mississippi, who headed the Regional Council of Negro Leadership, a leading civil rights organization in the state. Under the plan, black businesses and voluntary associations shifted their accounts to the black-owned Tri-State Bank of Memphis, Tennessee.

Roy Ottoway Wilkins (August 30, 1901 – September 8, 1981) was an American civil rights leader from the 1930s to the 1970s. Wilkins' most notable role was his leadership of the National Association for the Advancement of Colored People (NAACP), in which he held the title of Executive Secretary from 1955 to 1963 and Executive Director from 1964 to 1977. Wilkins was a central figure in many notable marches of the civil rights movement and made contributions to African-American literature. He controversially advocated for African Americans to join the military.

Early life

Wilkins was born in St. Louis, Missouri, on August 30, 1901. His father was not present for his birth, having fled the town in fear of being lynched after he refused demands to step away and yield the sidewalk to a white man. When he was four years old, his mother died from tuberculosis, and Wilkins and his siblings were then raised by an aunt and uncle in the Rondo neighborhood of Saint Paul, Minnesota, where they attended local schools. Wilkins graduated from Mechanic Arts High School. His nephew was Roger Wilkins. Wilkins graduated from the University of Minnesota with a degree in sociology in 1923.

In 1929, he married social worker Aminda "Minnie" Badeau; the couple had no children of their own, but they raised the two children of Hazel Wilkins-Colton, a writer from Philadelphia, Pennsylvania.

Early career

Roy Wilkins (1958)

Photo by Carl Van Vechten
While attending college, Wilkins worked as a journalist at The Minnesota Daily and became editor of The Appeal, an African-American newspaper. After he graduated he became the editor of The Call in 1923.

His confrontation of the Jim Crow laws led to his activist work, and in 1931 he moved to New York City as assistant NAACP secretary under Walter Francis White. When W. E. B. Du Bois left the organization in 1934, Wilkins replaced him as editor of The Crisis, the official magazine of the NAACP. From 1949 to 1950, Wilkins chaired

the National Emergency Civil Rights Mobilization, which comprised more than 100 local and national groups.

He served as an adviser to the War Department during World War II.

In 1950, Wilkins—along with A. Philip Randolph, founder of the Brotherhood of Sleeping Car Porters, and Arnold Aronson, a leader of the National Jewish Community Relations Advisory Council—founded the Leadership Conference on Civil Rights (LCCR). LCCR has become the premier civil rights coalition, and has coordinated the national legislative campaign on behalf of every major civil rights law since 1957.

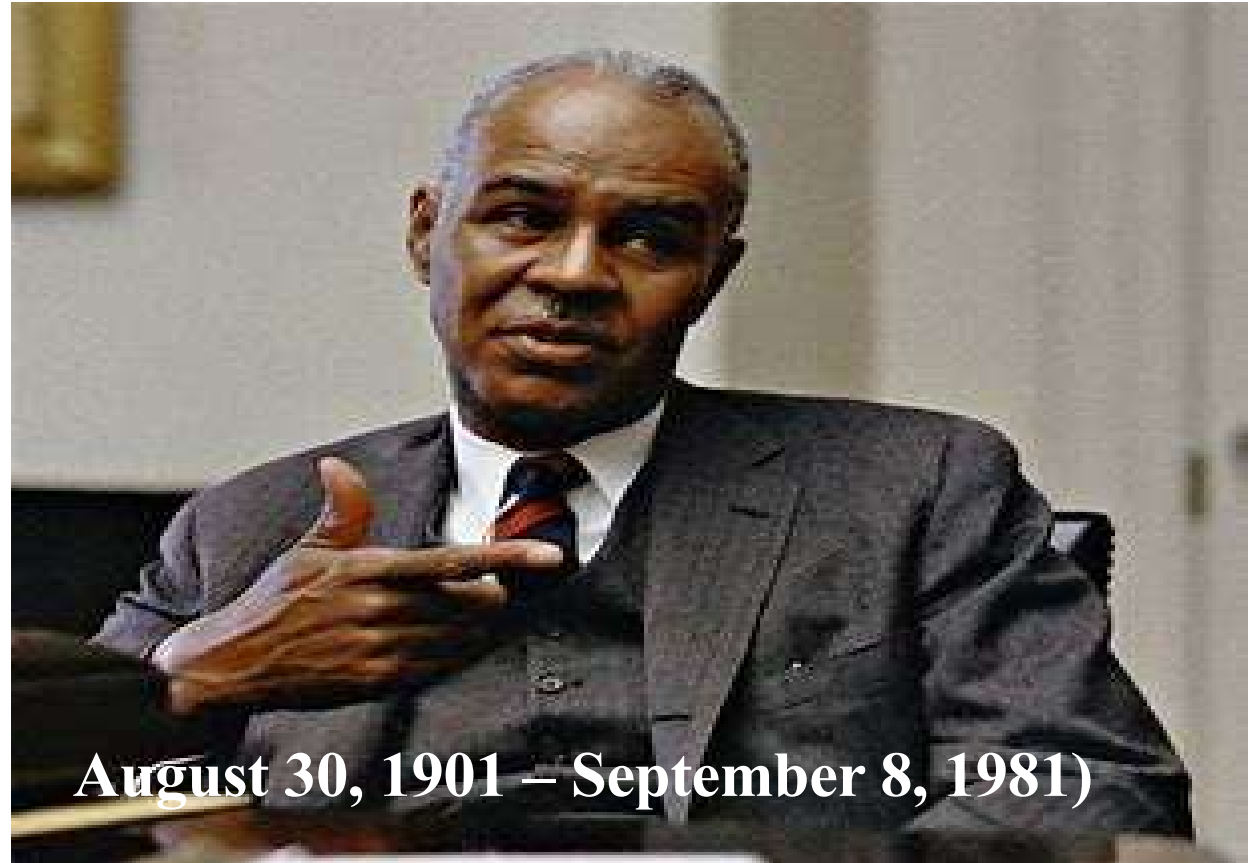
NAACP leadership

Roy Wilkins as the Executive Secretary of the NAACP in 1963

In 1955, Wilkins was chosen to be the executive secretary of the NAACP and in 1964, he became its executive director. He had developed an excellent reputation as a spokesperson for the Civil Rights Movement. One of his first actions was to provide support to civil rights activists in Mississippi who were being subjected to a "credit squeeze" by members of the White Citizens Councils.

Wilkins backed a proposal suggested by T. R. M. Howard of Mound Bayou, Mississippi, who headed the Regional Council of Negro Leadership, a leading civil rights organization in the state. Under the plan, black businesses and voluntary associations shifted their accounts to the black-owned Tri-State Bank of Memphis, Tennessee. By the end of 1955, about \$300,000 had been deposited in Tri-State for that purpose. The money enabled Tri-State to extend loans to credit-worthy blacks who were denied loans by white banks. Wilkins participated in the March on Washington (August 1963), which he had helped organize. The march was dedicated to the idea of protesting through acts of non-violence in which Wilkins was a firm believer. Wilkins also participated in the Selma to Montgomery marches (1965) and the March Against Fear (1966).

He believed in achieving reform by legislative means, testi-



August 30, 1901 – September 8, 1981)

fied before many Congressional hearings, and conferred with Presidents Kennedy, Johnson, Nixon, Ford, and Carter. Those achievements gained Wilkins attention from government officials and other established politicians, earning him respect as well as the nickname, "Mr. Civil Rights". Wilkins strongly opposed militancy in the movement for civil rights as represented by the "black power" movement because of his support for nonviolence. He was a strong critic of racism in any form regardless of its creed, color, or political motivation, and he also declared that violence and racial separation of blacks and whites were not the answer. As late as 1962, Wilkins criticized the direct action methods of the Freedom Riders, but changed his stance after the Birmingham campaign, and was arrested for leading a picketing protest in 1963.

In 1964, he was awarded the Spingarn Medal by the NAACP.

During his tenure, the NAACP played a pivotal role in leading the nation into the Civil Rights Movement and spearheaded the efforts that led to significant civil rights victories, including Brown v. Board of Education, the Civil Rights Act of 1964, and the Voting Rights Act of 1965.

In 1968, Wilkins also served as chair of the U.S. delegation to the International Conference on Human Rights. After turning 70

in 1971, he faced increased calls to step down as NAACP chief.

In 1977, at the age of 76, Wilkins finally retired from the NAACP and was succeeded by Benjamin Hooks. Wilkins was honored with the title Director Emeritus of the NAACP in the same year. He died on September 8, 1981, in New York City, from heart problems related to a pacemaker implanted on him in 1979 because of his irregular heartbeat. In 1982, his autobiography, *Standing Fast: The Autobiography of Roy Wilkins*, was published posthumously.

The players in this drama of frustration and indignity are not commas or semicolons in a legislative thesis; they are people, human beings, citizens of the United States of America.

Wilkins was a staunch liberal and proponent of American values during the Cold War. He denounced suspected and actual communists within the Civil Rights Movement. He had been criticized by some on the left of the movement, such as Daisy Bates, Paul Robeson, W. E. B. Du Bois, Robert F. Williams, and Fred Shuttlesworth, for his cautious approach, suspicion of grassroots organizations, and conciliatory attitude towards white anticommunism.

In 1951, J. Edgar Hoover and the US State Department, in collusion with the NAACP and Wilkins, who was then the editor of *The Crisis*, the official

magazine of the NAACP, arranged for a ghost-written leaflet to be printed and distributed in Africa. The purpose of the leaflet was to spread negative press and views about the black political radical and entertainer Paul Robeson throughout Africa. Roger P. Ross, a State Department public affairs officer working in Africa, issued three pages of detailed guidelines including the following instructions:

Death and legacy

Wilkins died on September 8, 1981, in New York City, at the age of 80. During his later life Wilkins was frequently referred to as the "Senior Statesman" of the Civil Rights Movement.

In 1982, his autobiography *Standing Fast: The Autobiography of Roy Wilkins* was published posthumously.

The Roy Wilkins Renown Service Award was established in 1980 to recognize members of the Armed Forces who embodied the spirit of equality and human rights. The St. Paul Auditorium was renamed for Wilkins in 1985. The Roy Wilkins Center for Human Relations and Social Justice was established at the University of Minnesota's Hubert H. Humphrey School of Public Affairs in 1992. Roy Wilkins Park in St. Albans, Queens, New York was named after him as a unique public and cultural touchstone for all of New York City.



Symptoms of bipolar disorder can be hard to identify in children and teens. It's often hard to tell whether these symptoms are the usual ups and downs or due to stress or trauma, or if they're signs of a mental health problem other than bipolar disorder.

Overview

Bipolar disorder, formerly called manic depression, is a mental health condition that causes extreme mood swings. These include emotional highs, also known as mania or hypomania, and lows, also known as depression. Hypomania is less extreme than mania.

When you become depressed, you may feel sad or hopeless and lose interest or pleasure in most activities. When your mood shifts to mania or hypomania, you may feel very excited and happy (euphoric), full of energy or unusually irritable. These mood swings can affect sleep, energy, activity, judgment, behavior and the ability to think clearly.

Episodes of mood swings from depression to mania may occur rarely or multiple times a year. Each bout usually lasts several days. Between episodes, some people have long periods of emotional stability. Others may frequently have mood swings from depression to mania or both depression and mania at the

same time.

Although bipolar disorder is a lifelong condition, you can manage your mood swings and other symptoms by following a treatment plan. In most cases, healthcare professionals use medicines and talk therapy, also known as psychotherapy, to treat bipolar disorder.

Symptoms

There are several types of bipolar and related disorders:

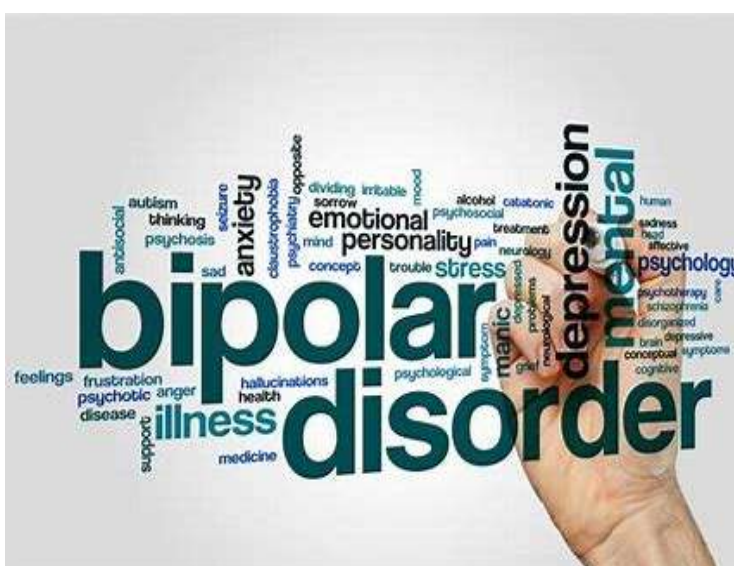
Bipolar I disorder. You've had at least one manic episode that may come before or after hypomanic or major depressive episodes. In some cases, mania may cause a break from reality. This is called psychosis.

Bipolar II disorder. You've had at least one major depressive episode and at least one hypomanic episode. But you've never had a manic episode.

Cyclothymia. You've had at least two years — or one year in children and teenagers — of many periods of hypomania symptoms and periods of depressive symptoms. These symptoms are less severe than major depression.

Other types. These types include bipolar and related disorders caused by certain drugs or alcohol, or due to a medical condition, such as Cushing's disease, multiple sclerosis or stroke.

These types may include mania, or hypomania, which is less extreme



than mania, and depression. Symptoms can cause changes in mood and behavior that can't be predicted. This can lead to a lot of distress and cause you to have a hard time in life.

Bipolar II disorder is not a milder form of bipolar I disorder. It's a separate diagnosis. While the manic episodes of bipolar I disorder can be severe and dangerous, people with bipolar II disorder can be depressed for longer periods of time.

Bipolar disorder can start at any age, but usually it's diagnosed in the teenage years or early 20s. Symptoms can differ from person to person, and symptoms may vary over time.

Mania and hypomania
Mania and hypomania
are different, but they
have the same symp-
toms. Mania is more se-
vere than hypomania. It
causes more noticeable

problems at work, school and social activities, as well as getting along with others. Mania also may cause a break from reality, known as psychosis. You may need to stay in a hospital for treatment.

Manic and hypomanic episodes include three or more of these symptoms:

Being much more active, energetic or agitated than usual.

Feeling a distorted sense of well-being or too self-confident.

Needing much less sleep than usual.

Being unusually talkative and talking fast.

Having racing thoughts or jumping quickly from one topic to another.

Being easy to distract.

Making poor decisions. For example, you may go on buying sprees, take sexual risks or make foolish investments.

summary

Major depressive episode

A major depressive episode includes symptoms that are severe enough to cause you to have a hard time doing day-to-day activities. These activities include going to work or school, as well as taking part in social activities and getting along with others.

An episode includes five or more of these symptoms:

Having a depressed mood. You may feel sad, empty, hopeless or tearful. Children and teens who are depressed can seem irritable, angry or hostile.

Having a marked loss of interest
or feeling no pleasure in all or
most activities.

Losing a lot of weight when not dieting or overeating and gaining weight. When children don't gain weight as expected, this can be a sign of depression.

Sleeping too little or too much.
Feeling restless or acting slower
than usual.

Being very tired or losing energy.
Feeling worthless, feeling too
guilty or feeling guilty when it's
not necessary.

Having a hard time thinking or concentrating, or not being able to make decisions.

Thinking about, planning or attempting suicide.

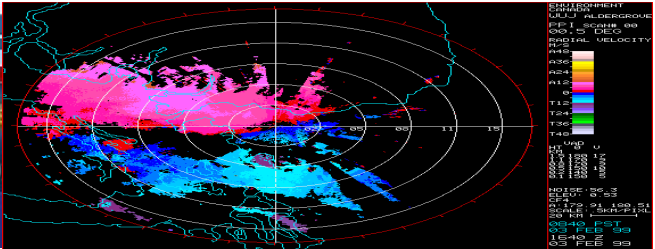
Children and teens may have distinct major depressive or manic or hypomanic episodes. But the pattern can vary from adults with bipolar disorder. Moods can shift fast during episodes. Some children may have periods without mood symptoms between episodes.



May the dream be carried on by the generations to come

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

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

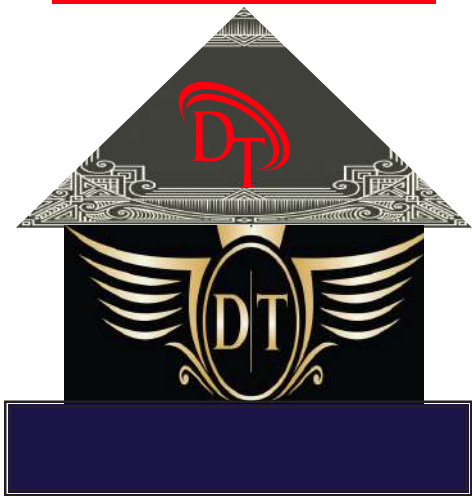


THE WEATHER IN USA

summary

Temperature, rain, snow, fog and wind are all part of weather. Severe weather events such as tornadoes, tropical storms, hurricanes, cyclones, floods, lightning strikes and extreme weather affect us all. In addition to weather forecasts are ozone levels, changing climate conditions and solar winds. Weather warnings are important forecasts because they are used to protect life and property. People use weather forecasts to determine what to wear on a given day or to plan travel or events. Since outdoor activities are severely curtailed by heavy rain, snow and the wind chill, forecasts can be used to plan activities around these events, and to plan ahead and survive them.

WEATHER



‘Enhanced Risk’ Of Severe Weather Stretches From Texas To Appalachians Friday



WEATHER-The threat of severe weather has increased for Friday in parts of the South and East, with destructive straight-line winds and large hail standing out as the main hazards. -Area Of Concern: An “enhanced risk” severe weather outlook (level

3 out of 5) has been issued from Texas to the lower Mississippi and Tennessee valleys by NOAA’s Storm Prediction Center, as shaded in red below. This is where severe storms could be most widespread and includes Houston and San Anto-

nio, Texas; Shreveport, Louisiana; Huntsville, Alabama; and Nashville, Tennessee. -Threats: Damaging thunderstorm winds is the most likely impact, with downed trees or power outages possible. There is also a low-end tornado could also

The National Weather Service has also removed several counties in the OKC metro from the tornado watch. The counties still in the watch include Coal, Garvin, Hughes, Murray, Pontotoc, Pottawatomie and Seminole counties.

6:34 a.m. Wednesday Update: A crash is causing a slowdown on westbound Interstate 240 after severe storms brought heavy rain to the Oklahoma City metro early Wednesday morning. Open the v

Wednesday Update: A severe thunderstorm warning has been issued for Craig, Creek, Nowata, Osage, Pawnee, Rogers, Tulsa and Washington counties until 6:30 a.m.

6:15 a.m. Wednesday Update: Damon says 50-55 mph wind gusts have been recorded in Shawnee as storms continue to move east.

"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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John Hope Franklin

Born in Oklahoma, Franklin attended Fisk University and then Harvard University, receiving his doctorate in 1941. He was a professor at Howard University, and in 1956 was named to head the history department at Brooklyn College, part of the City University of New York.

USA- John Hope Franklin (January 2, 1915 – March 25, 2009) was an American historian of the United States and former president of Phi Beta Kappa, the Organization of American Historians, the American Historical Association, and the Southern Historical Association. Franklin is best known for his work *From Slavery to Freedom*, first published in 1947, and continually updated. More than three million copies have been sold. In 1995, he was awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

Born in Oklahoma, Franklin attended Fisk University and then Harvard University, receiving his doctorate in 1941. He was a professor at Howard University, and in 1956 was named to head the history department at Brooklyn College, part of the City University of New York. Recruited to the University of Chicago in 1964, he eventually led the history department and was appointed to a named chair. He then moved to Duke University in 1983, as an appointee to a named chair in history.

Early life and education

Franklin was born in Rentiesville, Oklahoma, in 1915 to attorney Buck (Charles) Colbert Franklin and his wife Mollie (Parker) Franklin. He was named after John Hope, a prominent educator who was the first African-American president of Atlanta University.

John Hope Franklin graduated from Booker T. Washington High School (then segregated) in Tulsa, Oklahoma. He graduated in 1935 from Fisk University, a historically black university in Nashville, Tennessee, then earned a master's degree in 1936 and a doctorate in history in 1941 from Harvard University.

Father

Buck Colbert Franklin was a civil rights lawyer, also known as "Amazing Buck Franklin", of African-American and Choctaw ancestry, born in the Chickasaw Nation in western Indian Territory (formerly Pickens County). He was the seventh of ten children born to David and Milley Franklin. David was a former slave, who became a Chickasaw Freedman when emancipated after the American Civil War. Milley was born free before the war and was of one-fourth Choctaw and

three-fourths African-American ancestry. Buck Franklin is best known for defending African-American survivors of the 1921 Tulsa race massacre, in which whites had attacked many blacks and buildings, and burned and destroyed the Greenwood District. This was known at the time as the "Black Wall Street", and was the wealthiest Black community in the United States, a center of black commerce and culture. In 2015, Buck Franklin's previously unknown written eyewitness account of the 1921 Greenwood attack, a 10-page typewritten manuscript, was discovered and subsequently obtained by the Smithsonian's National Museum of African American History and Culture. Franklin and his colleagues also became experts at oil law, representing "blacks and Native Americans in Oklahoma against white lawyers representing oil barons." His career demonstrated a strong professional black life in the West, at a time when such accomplishments would have been more difficult to achieve in the Deep South.

Career

"My challenge," Franklin said, "was to weave into the fabric of American history enough of the presence of blacks so that the story of the United States could be told adequately and fairly."

In his autobiography, Franklin has described a series of formative incidents in which he confronted racism while seeking to volunteer his services at the beginning of the Second World War. He responded to the navy's search for qualified clerical workers, but after he presented his extensive qualifications, the navy recruiter told him that he was the wrong color for the position. He was similarly unsuccessful in finding a position with a War Department historical project. When he went to have a blood test, as required for the draft, the doctor initially refused to allow him into his office. Afterward, Franklin took steps to avoid the draft, on the basis that the country did not respect him or have an



interest in his well-being, because of his color.

In the early 1950s, Franklin served on the NAACP Legal Defense Fund team led by Thurgood Marshall, and helped develop the sociological case for *Brown v. Board of Education*. This case, challenging de jure segregated education in the South, was taken to the United States Supreme Court. It ruled in 1954 that the legal segregation of black and white children in public schools was unconstitutional, leading to integration of schools.

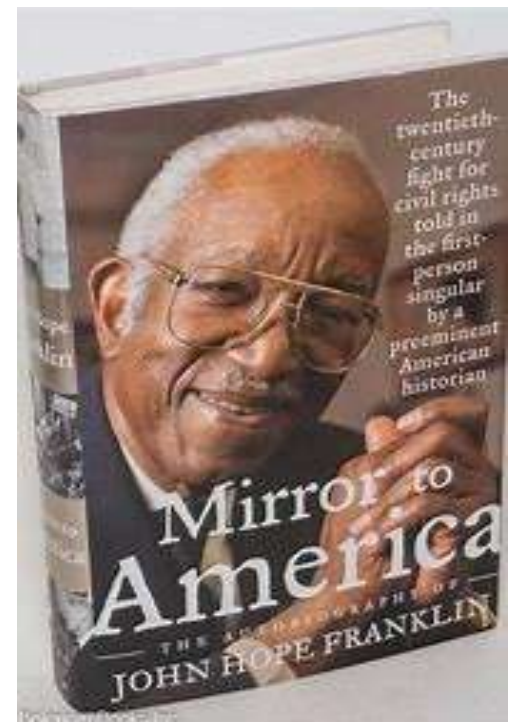
Professor and researcher

Franklin's teaching career began at Fisk University. During WWII, he taught at St. Augustine's College from 1939 to 1943 and the North Carolina College for Negroes, currently North Carolina Central University from 1943 to 1947.

From 1947 to 1956, he taught at Howard University. In 1956, Franklin was selected to chair the history department at Brooklyn College, the first person of color to head a major history department. Franklin served there until 1964, when he was recruited by the University of Chicago. He spent 1962 as a visiting professor

at the University of Cambridge, holding the Professorship of American History and Institutions.

David Levering Lewis said that while he was deciding to become a historian, he learned that Franklin, his mentor, had been named departmental chairman at Brooklyn College.



*In 2005, at the age of 90, Franklin published and lectured on his new autobiography, **Mirror to America: The Autobiography of John Hope Franklin**. In 2006, **Mirror to America** received the Robert F. Kennedy Center for Justice and Human Rights Book Award, which is given annually to honor authors "whose writing, in illuminating past or present injustice, acts as a beacon towards a more just society."*



*In 2006, he also received the John W. Kluge Prize and as the recipient lectured on the successes and failures of race relations in America in **Where do We Go from Here?** In 2008, Franklin endorsed presidential candidate Barack Obama.*

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BACKPAGE

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.

