



Harare International
Conference Cente
By Memory Phiri

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LOVEBOMBING

By Abigirl Phiri

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Deputy President Rigathi Ga-
chagua convened a landmark
meeting at his residence in
Nyeri County. and 1

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Diaspora Source Of Anything.....Life is about creating yourself

The Diaspora Times

May 19th, 2025 Issue 351

We fail because we do not try



We are the voice of the Diaspora Worldwide

Martha Karua Barred in Tanzania: When Borders Betray Justice. *Special Edition*

East Africa's Democratic Meltdown – The Hour to Challenge Tyranny Has Come



Prof. Peter Ndiang'ui
Fort Myers Florida

The East African Communi-
ty (EAC) was born of a bold
vision: a region united by
shared values, open borders,
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man dignity.

The right to move freely
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Rwanda, and Burundi—is en-
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as a cornerstone of the
EACs foundational treaties..

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The ultimate tragedy is not the oppression and cruelty by the bad people but the silence over that by the good people. Martin Luther King Junior.

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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
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what has hit you even if you see it

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Kenya Safaris coming soon





Martha Karua Barred in Tanzania:

As political theorist Hannah Arendt warned, the greatest threat to liberty is not just overt tyranny—it is the quiet complicity of those who should know better.



Prof. Peter Ndiang'ui
Fort Myers Florida

Writer is a Senior Editor at The
Diaspora Times

The East African Community (EAC) was born of a bold vision: a region united by shared values, open borders, economic collaboration, and a collective commitment to human dignity. The right to move freely within member states—Kenya, Tanzania, Uganda, Rwanda, and Burundi—is enshrined not as a courtesy, but as a cornerstone of the EACs foundational treaties.

That foundation was violently undermined when Martha Karua—Senior Counsel, political party leader, and 2022 presidential running mate in Kenya—was denied entry into Tanzania and forcibly deported for the simple act of solidarity. Her intention was to observe the trial of opposition leader Tundu Lissu. Her removal at Julius Nyerere International Airport was not merely an administrative decision. It was a calculated act of repression—politically charged, deeply symbolic, and categorically indefensible.

A Shameful Act:

Deporting Karua Is Denying Democracy
Let us state this without equivocation: the deportation of Martha Karua is a disgraceful violation of democratic norms, legal protocols, and basic human rights. It signals a dangerous regional trend—where those who bear witness to injustice are treated not as allies in democracy, but as threats to the regime.

Tanzania's decision was not just an attack on Karua—it was an attack on the very principles of rule of law, transparency, and civic participation. To deny her access to a public courtroom is to criminalize accountability. It is a sign not of strength, but of political fragility.

A government confident in its legitimacy does not deport observers.

Only regimes that fear scrutiny resort to such cowardice.

To expel Karua from an airport named after Mwalimu Julius Nyerere—a revered champion of African unity and social-

ist dignity—is not just a bitter irony. It is a desecration of Nyerere's legacy. His dream of a principled, people-centered regionalism is being disfigured by the very governments claiming to uphold it.

A Deafening Silence: The Complicity of Regional Leaders
Perhaps more alarming than the act itself is the silence that followed. The East African Community, led by its current chair, President William Ruto of Kenya, has issued no statement, no protest, no condemnation. Ruto's refusal to respond is not neutrality. It is tacit endorsement.

Ruto, himself facing growing accusations of authoritarian drift in his own country, appears unwilling—or unable—to speak against political repression elsewhere. But East Africans should not be surprised. From extrajudicial abductions of young activists in Kenya to the erosion of press freedoms, Ruto has presided over a climate of fear, not reform.

As political theorist Hannah Arendt warned, the greatest threat to liberty is not just overt tyranny—it is the quiet complicity of those who should know better. The EAC, once a symbol of hope, is now a silent witness to the corrosion of democracy. Its leaders—by their inaction—have become enablers of oppression.

The African Union: A Monument to Paralysis

The African Union, created to safeguard the continent's democratic aspirations, has become alarmingly impotent. Its silence in the face of growing repression across East Africa is a betrayal of its mandate. Its institutions are dormant, its watchdogs defanged.

Each time it turns a blind eye to tyranny, it confirms what many now fear: that the AU has become a ceremonial relic, not a guardian of the people.

A Region in Retreat

From Kampala to Dodoma, from Nairobi to Kigali, democracy is in retreat.

Yoweri Museveni of Uganda continues his brutal suppression of dissent—arresting, torturing, and harassing opponents like Bobi Wine. Tanzania has turned the criminalization of transparency into state policy. In Kenya, Gen Z activists are abducted in broad daylight, interrogated without charge, and surveilled for speaking truth to power. And Rwanda maintains a meticulously enforced regime of fear.

The institutions meant to protect the people—the courts, the



commissions, the watchdogs—have either been compromised or crushed. The East African Court of Justice, once a promising beacon of regional jurisprudence, is now a sidelined bystander.

A Historical Warning

We have seen this path before. In the words of Pastor Martin Niemöller, whose poem continues to echo through time as a warning against moral passivity:

"First they came for the socialists, and I did not speak out—Because I was not a socialist. Then they came for the trade unionists, and I did not speak out—Because I was not a trade unionist.

Then they came for the Jews, and I did not speak out—Because I was not a Jew.

Then they came for me—and there was no one left to speak for me."

Today, they came for Martha Karua. Tomorrow, it may be the journalist, the teacher, the

imam, the youth organizer, or the mother who dares to protest.

The People Must Rise

This is not the time for silence. It is the time for East Africans to organize, mobilize, and speak in one voice against rising despotism. Not through violence, but through deliberate, strategic, and sustained civic engagement.

Let 2025 be the year of reckoning in Tanzania.

Let 2026 bring long-overdue transformation in Uganda.

Let 2027 serve as Kenya's democratic crucible—if the regime survives that long.

Let it be known: most of our current leaders no longer govern through legitimacy, but through coercion and manipulation. They are not stewards of the future. They are custodians of fear. Their time is up.

Conclusion: The Silence Ends Here

To the youth, the whistleblowers, the political prisoners, the

exiles, the mothers and fathers of the resistance: you are not alone. The world is watching. But more importantly, your people are ready.

East Africans in the diaspora must lend their voices, their resources, and their platforms to this fight. We cannot afford to wait for permission to defend our dignity. We must speak now—because silence is the oxygen of tyranny.

When they came for Martha Karua—and we said nothing—we allowed the tyrants to write the script. That silence must now be broken, permanently.

History remembers everything. And it is watching us.

Let us be counted.

Let us rise.

Let us rid this region of the tyrants who have shamed it for far too long.



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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



Julius Gikonyo Kiano.

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

In 1963, Julius Gikonyo Kiano was one of the prima donnas, led by Jomo Kenyatta, who straddled the anti-colonial stage inspiring others. He was one of the young men in the 1940s that Kenyatta and Peter Mbiyu Koinange, son of Senior Chief Koinange, inspired. At times called Ka-Wanjiru, Kiano became a major anti-colonial player on the eve of independence.

Born in 1926 to Jonathan Kiano and Damaris Wanjiru at Githiga, Murang'a, Kiano exhibited brilliance all around. In primary school, fellow pupils remembered him receiving a kamukanda, or medallion, to commemorate the 1936 coronation of King George VI. At Alliance High School he met other boys including Munyua Waiyaki, Njoroge Mungai, and later Mau Mau General Karari Njama. Their teacher, besides headmaster Carrey Francis, was Eliud Mathu, the first African to be nominated to the Legislative Council in 1944. Mathu's nomination overlooked Mbiyu, the founder of Githunguri Teachers College which was to train teachers in preparation for Kenya's eventual independence.

Mathu's nomination spurred the African elite to create a study body, Kenya African Study Union (Kasu) to empower their man with research and information. The body dropped the 'S' and became Kenya African Union or KAU. Among the officials was Mucuhi Gikonyo, Kiano's older cousin, who once said that he drunk njohi because his name was Mucuhi.

When Kenyatta returned to Kenya in 1946 and assumed KAU leadership in 1947, he became the colony's political rallying point, recruiting diverse people into KAU, including Kisumu businessman Jaramogi Oginga Odinga. Thereafter, Odinga became Kenyatta's disciple in nationalism. Kenyatta was the national anti-colonial inspiration for people meeting secretly at Kiburi House. Kiano was one of them and took Karari to Kiburi House.

Kiano was a source of inspiration for students. At Githunguri Teachers College, students nicknamed him 'Mr Si-

multaneous Equation' because of his Mathematical prowess. He became another KCA project, Kenyatta having been the first in 1929 and 1931. The people of Murang'a made Kiano the first 'Harambee' student by collecting pennies to educate 'the son of Jonathan'. When Mucuhi asked Kenyatta for KAU financial help, Kenyatta reportedly rebuked him over the inability of Metumi people to educate a child. The rebuke angered one Metumi man, Lewis Waciuma, enough for him to produce Sh3,000 to enable a Metumi boy to go study. Karari, who had donated Sh5, escorted Kiano to the airport.

Tension intensified in Kenya culminating in the Mau Mau War. Such militants as Jesse Kariuki, or Charang'a administered oaths and helped to commission Stanley Mathenge wa Mirugi as overall commander of the Kenya Land and Freedom Army while Dedan Kimathi was to be secretary. Besides commissioning fighters, the militants targeted 'softies' like Mucuhi whose mistake was to sign for Nairobi to receive a city charter. He appealed to Kenyatta for help and Kenyatta told the militants that he had repented and should be left alone. The militants, however, killed Chief Waruhiu wa Kungu for being a colonial official. Governor Evelyn Baring declared a state of emergency which exploded into the Mau Mau War.

The Mau Mau War in the 1950s exploded amid raging Soviet-American Cold War. The initial American response was to support Britain because, US Secretary of State John Foster Dulles told India's Jawaharlal Nehru in 1953, of the Cold War. Nehru had warned Dulles that supporting Britain might spread Mau Mau activities throughout Africa. The US also entered an MOU with Britain to ensure that the United Nations would not discuss the Mau Mau War. It created the African Committee on African Affairs and the African American Institute, and even tried to deport R. Mugo Gatheru back to Kenya because he had worked with Kenyatta and Mbiyu in KAU as an editor of Sauti Ya Mwafrika. The attempted deportation acquired national dimension as African Americans condemned colonial atrocities in Kenya and turned Gatheru into an anti-colonial celebrity.

In addition, the Gatheru saga brought Kiano to official limelight. Walter White, the Executive Secretary of the NAACP, pointed out that the best way



to win potential African leaders is to provide education to such sensible Africans as Gikonyo Kiano who are likely to side with the United States in the Cold War. Kiano had published an article in May 1953 in the Saturday, Review arguing that the Mau Mau War was a consequence of colonial atrocities on the Africans. A. Philip Randolph, President of the Brotherhood of Sleeping Car Porters, wrote to the White House in June 1953 urging President Dwight D. Eisenhower to demand that "the British military forces immediately cease dropping bombs upon the Kikuyu.

The best way to avoid Africans being "lured into the orbit of world Communism", he wrote, was for the US to stand fast against colonialism. When Eisenhower wrote to UK Prime Minister Winston Churchill suggesting a statement about colonial autonomy Churchill dismissed his advice since he was not ready to give votes to "the Hottentots". In the meanwhile, Kiano excelled at Antioch College in Ohio as well as at Stanford and UC Berkeley in California. On obtaining his doctorate at Berkeley in 1956, the same year as Martin Luther King did, he returned to Kenya by way of Uganda.

Kiano became educationally inspiring. Cousin Mucuhi intervened with Governor Baring to have Kiano appointed the first African lecturer at the Royal Technical College. In the 1957 first election for Africans, in which the British rigged out Mathu because he was 'Kikuyu' and probably Mau Mau contaminated. Kiano could not vote because of the im-

posed general disability on the Kikuyu. Baring once again intervened on Kiano's behalf; he got three votes

Kiano linked up with another 1956 returnee, trade unionist Tom Mboya. A product of the Mau Mau War and British desire to create alternative leadership to Kenyatta that was not Kikuyu, Mboya was young, energetic, articulate, and charismatic. The government had sent him to Ruskin College, Oxford, to hobnob with colonial policymakers and then he went to the US where ACOA and American trade unions adopted him as their own. They gave him money which he spent to build Solidarity Building at Gikomba and successfully to run for the 1957 election. The American media received Mboya's victory positively, and ignored such other winners as Odinga. The elected then pressured for additional African members and in 1958, Kiano joined Mboya and Odinga in the LegCo.



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

Converting
Trump's Qatari jet
gift into Air Force
One could cost \$1
BILLION,
experts say



Converting a Qatari-owned 747 jumbo jet into a new Air Force One for President Donald Trump could reportedly cost over a billion dollars and take years to complete.

Trump has sparked outrage after it was revealed on Sunday that he was prepared to accept the luxury gift, which has been described as a 'palace in the sky,' from the Qatari royal family.

A report by NBC News which cites three aviation experts said that refurbishing the jet to ensure it was equipped with the full suite of features needed for Air Force One could cost “billions.”

“You’re taking a 747, disassembling it, reassembling it, and then jacking it up to a very high level,” said Richard Aboulafia, analyst and consultant on commercial and military aviation.

Ted Joe share

ed Scare" panic over communis Aboulafia added that converting the plane would be "enormously time-consuming" and could take until the 2030's to be completed.

The current Air Force One planes include advanced security features, an onboard operating room and air-to-air refueling capabilities.

Trump's plan to accept the Qatari plane has raised ethical concerns, as well as concerns that he would be compromising safety and security by rushing to modify the jet.

Republicans lock horns over Medicaid proposal.

Speaker Mike Johnson faces yet another critical test of his speakership and must corral his divided conference around the final reconciliation package in the House.



WASHINGTON DC-

A growing number of House Republicans -- from moderates to hardliners -- are expressing grievances with key components of the megabill encompassing President Donald Trump's legislative agenda -- threatening to undercut the package's momentum ahead of an expected vote late next week.

Speaker Mike Johnson faces yet another critical test of his speakership and must corral his divided conference around the final reconciliation package in the House. Johnson can only afford to lose three GOP defections and currently there are enough

lawmakers signaling opposition to stop the bill from advancing to the Senate. Several hardliners expressed deep concerns with the plan from the Energy and Commerce Committee, which started its markup on Tuesday and continued through the night into Wednesday afternoon, to overhaul Medicaid, which includes new work requirements that won't take effect until 2029 and imposes more frequent eligibility checks for beneficiaries. "Work requirements cannot be extended to 2029. I can't come to your station and say, 'I'm here to pick up a check. What do you do? Norman? I don't do

anything.' No, it's not right in '29, it's not right now," Norman said.

House Freedom Caucus Chairman Andy Harris called the Medicaid plan “a joke.”

“The proposal to stop waste, fraud, and abuse in Medicaid will do little to achieve that. The common-sense work requirement for able-bodied adults doesn’t start for four years (into the next administration) and CAN BE WAIVED by any state for “hardship” that they determine (and they will). What a joke. The swamp is real. And by the way...the federal government should NOT pay states more for able-bo-

died, working-age adults on Medicaid than it pays states for children, pregnant women, seniors, and people with disabilities on Medicaid,” Harris said in a post on X. Rep. Victoria Spartz, who often changes her position, said on X, “the GOP is legalizing Medicaid for illegals at a higher federal match rate than for the most vulnerable Americans -- seems hypocritical and screwed up.”

Georgia Rep. Rich McCormick took issue with the package at large.

Shared by Jane McComick
 >>>>>>>>>>>>>>>>>>>

Republicans say they're 'out of the loop' on Trump's \$400M Qatari lane deal.



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

Many of life's failures are people who did not realize how close they were to success when they gave up. -Thomas A. Edison



Trump administration poised to accept 'palace in the sky' as a gift for Trump

In a social media post Sunday night, Trump confirmed his administration was preparing to accept the aircraft, calling it a "very public and transparent transaction" with the Defense Department. Trump had previously toured the plane, which is so opulently configured it is known as "a flying palace,"

USA-In what may be the most valuable gift ever extended to the United States from a foreign government, the Trump administration is preparing to accept a super luxury Boeing 747-8 jumbo jet from the royal family of Qatar -- a gift that is to be available for use by President Donald Trump as the new Air Force One until shortly before he leaves office, at which time ownership of the plane will be transferred to the Trump presidential library foundation, sources familiar with the proposed arrangement told ABC News.

The gift had been expected to be announced next week, when Trump visits Qatar on the first foreign trip of his second term, according to sources familiar with the plans. But a senior White House official said the gift will not be presented or gifted while the president is in Qatar this week.

In a social media post Sunday night, Trump confirmed his administration was preparing to accept the aircraft, calling it a "very public and transparent transaction" with the Defense Department.

Trump had previously toured the plane, which is so opulently configured it is known as "a flying palace," while it was parked at the West Palm Beach International Airport in February. The highly unusual -- unprecedented -- arrangement is sure to raise questions about whether it is legal for the



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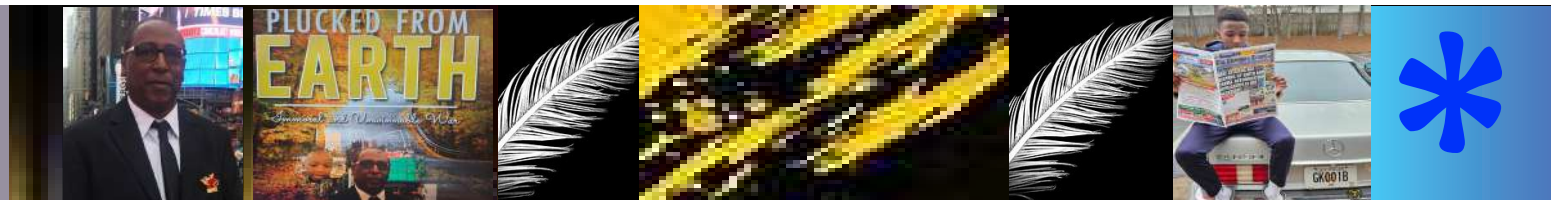
Trump administration, and ultimately, the Trump presidential library foundation, to accept such a valuable gift from a foreign power. Anticipating those questions, sources told ABC News that lawyers for the White House counsel's office and the Department of Justice drafted an analysis for Defense Secretary Pete Hegseth concluding that is legal for the Department of

Defense to accept the aircraft as a gift and later turn it over to the Trump library, and that it does not violate laws against bribery or the Constitution's prohibition (the emoluments clause) of any U.S. government official accepting gifts "from any King, Prince or foreign State." Sources told ABC News that Attorney General Pam Bondi and Trump's top White

House lawyer David Warrington concluded it would be "legally permissible" for the donation of the aircraft to be conditioned on transferring its ownership to Trump's presidential library before the end of his term, according to sources familiar with their determination. The sources said Bondi provided a legal memorandum addressed to the White House

counsel's office last week after Warrington asked her for advice on the legality of the Pentagon accepting such a donation. White House press secretary Karoline Leavitt said in a statement to ABC News, "Any gift given by a foreign government is always accepted in full compliance with all applicable laws." ABC SHARE REPORT

In the 70's Gacamba, a jua kali bicycle repairer, made an aeroplane, he termed KENYA ONE. It flew for ten minutes or so. You would think that an African government would have come to his aid, and give him help to develop his skills?
Instead, the Attorney General had Gacamba arrested and then warned never to fly an aeroplane without an aviation licence. Charles Njonjo is famous for swearing never to fly in an aeroplane piloted by an African.
Ngugi Wa Thiong'o



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



You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. -Dr. Seuss

"If life were predictable it would cease to be life and be without flavor."
-Eleanor Roosevelt

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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.



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

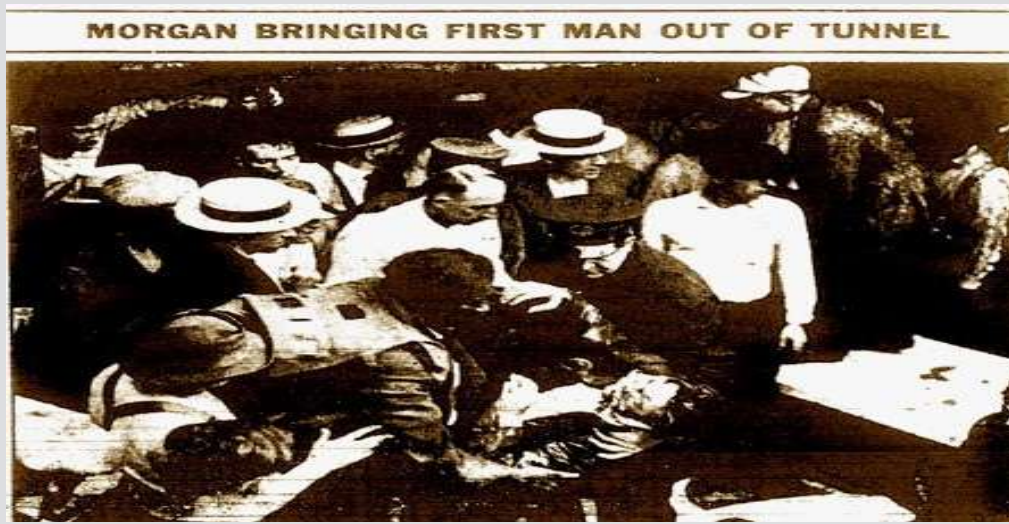
Morgan conducted experiments with a liquid that gave sewing machine needles a high polish, that prevented the needle from burning fabric as it sewed. In 1905, Morgan accidentally discovered that the liquid could straighten hair. After he discovered this, he wiped the liquid on a piece of pony fur cloth 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.

[illegible]



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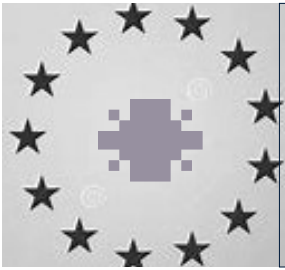


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What to know about the Supreme Court's birthright citizenship case

The order says that babies born to parents who are unlawfully in the U.S. or in the U.S. on a temporary visa should not be considered “subject to the jurisdiction” of the country and, therefore, not granted automatic citizenship.

President Donald Trump’s executive order on birthright citizenship will be in front of the Supreme Court on Thursday, but the discussion may have more to do with the judicial system than with parents and kids.

Although several lawsuits over the legality of the order are ongoing, the Supreme Court was specifically asked to address the use of universal injunctions, a type of ruling that puts a challenged policy on hold nationwide.

The Trump administration wants the court to limit the effect of their lower-court losses in birthright citizenship cases by ruling that judges can only block an order with respect to the people or regions involved.

But the states, cities, pregnant women and immigrants’ rights groups challenging Trump’s order believe universal injunctions were properly used in their cases. Chaos would follow if the order took effect in some states while being on hold in others, they say.

fect in some states while being on hold in others, they say.

The justices seem to believe the conflict would benefit from their input sooner rather than later, since they adjusted the court’s spring calendar in order to hear the birthright citizenship case.

Originally, April 30 was meant to be the final day of oral arguments in the court’s 2024-25 term. When the justices agreed to weigh in on universal injunctions, they scheduled the hearing for Thursday (May 15).

Here’s what you need to know ahead of Thursday’s court session.

What’s birthright citizenship?

Birthright citizenship refers to the Constitution’s promise of citizenship to nearly all babies born in the United States.

The concept comes from the Fourteenth Amendment, which begins, “All persons born or naturalized in the United States, and subject to the jurisdiction thereof, are citizens of the United States and of the State wherein they reside.”

Most legal scholars interpret the Fourteenth Amendment to mean that children born to immigrants living in the country illegally or foreign visitors in the U.S. are U.S. citizens, despite the fact that their parents are not.

What’s in Trump’s birthright citizenship order?

Trump challenged that interpretation of the Fourteenth Amendment in an executive order released on Jan. 20, the day he returned to the White House for his second term.

The order says that babies born to parents who are unlawfully in the U.S. or in the U.S. on a temporary visa should not be considered “subject to the jurisdiction” of the country and, therefore, not granted automatic citizenship.

Who is challenging Trump’s birthright citizenship order?

Trump’s executive order on birthright citizenship is the subject of several lawsuits. The three cases that were consolidated for Supreme Court review involve expectant mothers, immigrants’ rights groups, 22 states and two cities. The challengers ar-



gue that the order violates the Fourteenth Amendment.

What happened in the lower courts?

In all three of the cases, lower court judges issued nationwide injunctions, which are preventing the Trump administration from enforcing the order.

Although the cases are still in a preliminary stage, the judges said the Trump administration is unlikely to successfully defend the order once courts fully consider the constitutional questions that have been raised.

How did the Supreme Court get involved? In March, the Trump administration turned to the Supreme Court for help.

Sarah Harris, who was then acting as the U.S. solicitor general, asked the justices to limit the scope of the injunctions put in place by lower-court judges and thereby clear the way for the birthright citizenship order to take effect in part of the U.S.

What questions are in front of the Supreme Court?

The main question in front of the court is

the one raised by Harris. The justices are considering whether it was proper for the lower courts to put universal injunctions in place.

The court may also consider a separate question raised in the Trump administration’s briefs: whether the states involved in the case actually have standing to sue to block the order’s implementation.

Last but not least, the Supreme Court could decide to dig into the question of whether or not the order violates the Fourteenth Amendment, which all parties in the case briefly addressed in their filings.

When are oral arguments?

Oral arguments in the birthright citizenship case will begin at 8 a.m. MDT on Thursday.

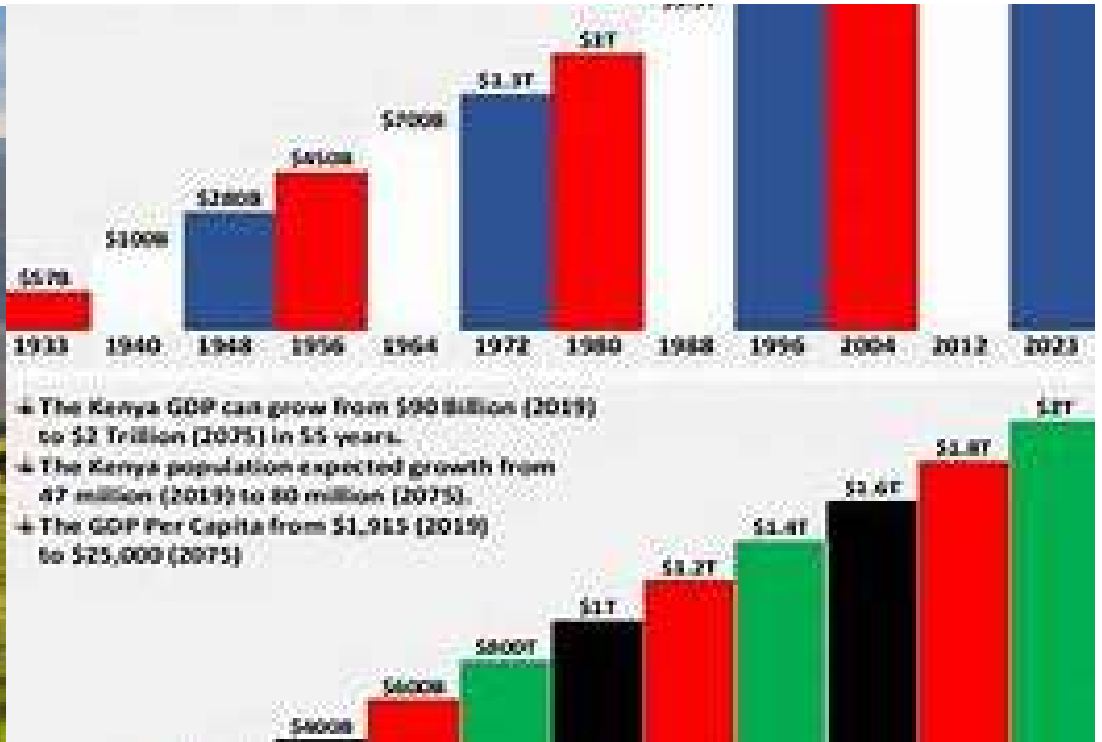
An audio feed of what’s happening in the courtroom will be available on the Supreme Court’s website.

The justices’ decision in the case is expected to be released by early July.

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



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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.



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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



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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."

In our daily lives, trusting Jesus' authority means we let go of trying to control everything ourselves and instead place our needs in His hands.

It's about depending on Him rather than our own strength.

Whether we are struggling with money, health, or relationships, we are called to come to Jesus in faith, trusting that He can and will help us.

This attitude of humility helps us grow closer to Him and gives us peace even when things are difficult. When we trust Jesus' authority over our needs, we learn to rely less on what we can do and more on His power and grace. This leads us to live with faith, humility, and confidence in His love and control.

Jesus praised the faith of the centurion because he showed humility and truly understood that Jesus had all authority and power. The centurion's respectful request for help showed he trusted Jesus not because he thought he deserved it, but because he believed in Jesus' divine power.

This teaches us that real faith means trusting Jesus completely, recognizing that we can't do everything on our own. When we humble ourselves and acknowledge Jesus' authority, we can confidently come

to Him, knowing He is able to help us in every situation.

Practically, understanding genuine faith means checking our own hearts- Are we approaching Jesus with humility, trusting Him more than our own strength? Humble trust involves giving up our need to control everything and relying fully on His mercy and power.

It encourages us to depend on Jesus instead of ourselves, helping us grow closer to Him. When we trust Jesus humbly, we open ourselves to His transforming work in our lives, making

us more open to His guidance and more confident that He can work miracles in our circumstances.

True faith like this not only changes us but also shows others how powerful humble trust in Jesus can be. The story also shows that Jesus' love goes beyond social barriers.

He is willing to help and show kindness to those who are often overlooked or considered different. Practically, this means that we should do the same- Reach out with kindness and love to people of all bac-

kgrounds, races, and social statuses. Theologically, it reminds us that God's mercy and salvation are available to everyone who trusts in Jesus with humility.

In our daily lives, this calls us to look past superficial differences and build real relationships with others. When we show love across social barriers, we demonstrate what it means to follow Jesus and reflect God's kingdom here on earth.



Muthoni



Pastor Mukuria:

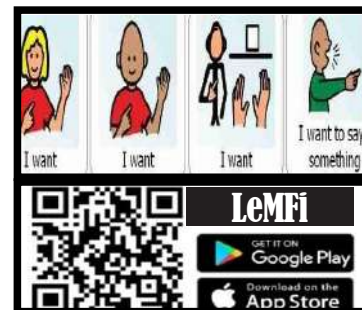
You will keep in perfect peace those whose minds are steadfast because they trust in you.

Isaiah 26:3
Good day



Kigume Karuri:

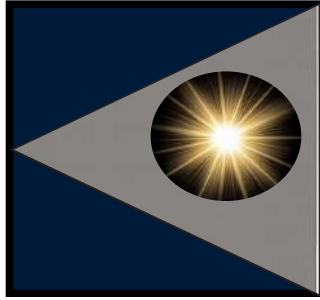
Treat people the way you would want to be treated. Think about what your expectations are when you come into contact with someone and aspire to give others the same kind of treatment that you expect.



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



August Wilson.

Wilson was born Frederick August Kittel Jr. in the Hill District of Pittsburgh, Pennsylvania, the fourth of six children. His father, Frederick August Kittel Sr., was a Sudeten German immigrant, who was a baker/pastry cook. His mother, Daisy Wilson, was an African-American woman from North Carolina who cleaned homes for a living.

AMERICA August Wilson was an American playwright. He has been referred to as the “theater’s poet of Black America”. He is best known for a series of 10 plays, collectively called The Pittsburgh Cycle (or The Century Cycle), which chronicle the experiences and heritage of the African-American community in the 20th century. Plays in the series include *Fences* (1987) and *The Piano Lesson* (1990), each of which won Wilson the Pulitzer Prize for Drama, as well as *Ma Rainey’s Black Bottom* (1984) and *Joe Turner’s Come and Gone* (1988). In 2006, Wilson was inducted into the American Theater Hall of Fame.

Other themes range from the systemic and historical exploitation of African Americans, race relations, identity, migration, and racial discrimination. Viola Davis said that Wilson’s writing “captures our humor, our vulnerabilities, our tragedies, our trauma. And he humanizes us. And he allows us to talk.” Since Wilson’s death, three of his plays have been adapted or re-adapted into films: *Fences* (2016), *Ma Rainey’s Black Bottom* (2020) and *The Piano Lesson* (2024). Denzel Washington has shepherded the films and has vowed to continue Wilson’s legacy by adapting the rest of his plays into films for a wider audience. Washington said, “the greatest part of what’s left of my career is making sure that August is taken care of”.

Early life

Wilson was born Frederick August Kittel Jr. in the Hill District of Pittsburgh, Pennsylvania, the fourth of six children. His father, Frederick August Kittel Sr., was a Sudeten German immigrant, who was a baker/pastry cook. His mother, Daisy Wilson, was an African-American woman from North Carolina who cleaned homes for a living. Wilson’s anecdotal history reports that his maternal grandmother walked from North Carolina to Pennsylvania in search of a better life. Wilson’s mother raised the children alone until he was five in a two-room apartment behind a grocery store at 1727 Bedford Avenue; his father was mostly absent from his childhood. Wilson later wrote under his mother’s surname.

The economically depressed neighborhood where he was raised was inhabited predomi-

nantly by Black Americans and Jewish and Italian immigrants. Life was tough for the Kittel siblings as they were biracial. August struggled with finding a sense of belonging to a particular culture and did not feel that he truly fit into African-American culture or White culture until later in life. Wilson’s mother divorced his father and married David Bedford in the 1950s, and the family moved from the Hill District to the then predominantly White working-class neighborhood of Hazelwood, where they encountered racial hostility; bricks were thrown through a window at their new home. They were soon forced out of their house and on to their next home.

The Hill District went on to become the setting of numerous plays in the Pittsburgh Cycle. His experiences growing up there with a strong matriarch shaped the way his plays would be written.

video icon American Masters, August Wilson: The Ground on Which I Stand, PBS, 1:24:39 In 1959, Wilson was one of 14 African-American students at Central Catholic High School but dropped out after one year. He then attended Connelley Vocational High School, but found the curriculum unchallenging. He dropped out of Gladstone High School in the 10th grade in 1960 after his teacher accused him of plagiarizing a 20-page paper he wrote on Napoleon I of France. Wilson hid his decision from his mother because he did not want to disappoint her. At the age of 16 he began working menial jobs, where he met a wide variety of people on whom some of his later characters were based, such as Sam in *The Janitor* (1985).

Wilson’s extensive use of the Carnegie Library of Pittsburgh resulted in its later awarding him an honorary high school diploma. Wilson, who said he had learned to read at the age of four, began reading Black writers at the library when he was 12 and spent the remainder of his teen years educating himself through the books of Ralph Ellison, Richard Wright, Langston Hughes, Arna Bontemps, and others.

Career
1960s
Wilson knew that he wanted to be a writer, but this crea-



(April 27, 1945 – October 2, 2005)

ted tension with his mother, who wanted him to become a lawyer. She forced him to leave the family home and he enlisted in the United States Army for a three-year stint in 1962, but he was discharged after a year and went back to working various odd jobs as a porter, short-order cook, gardener, and dishwasher.

Frederick August Kittel Jr. changed his name to August Wilson to honor his mother after his father’s death in 1965. That same year, he discovered the blues as sung by Bessie Smith, and he bought a stolen typewriter for \$10, which he often pawned when money was tight. At 20, he decided he was a poet and submitted work to such magazines as Harper’s. He began to write in bars, the local cigar store, and cafes—longhand on table napkins and on yellow notepads, absorbing the voices and characters around him. He liked to write on cafe napkins because, he said, it freed him up and made him less self-conscious as a writer. He would then gather the notes and type them up at home. Gifted with a talent for catching dialect and accents, Wilson had an “astonishing memory”, which he put to full use during his career. He slowly learned not to censor the language he heard when incorporating it into his work.

Wilson’s childhood home at 1727 Bedford Avenue in Pittsburgh Malcolm X’s voice influenced Wilson’s life and work (such as *The Ground on Which I Stand*, 1996). Both the Nation of Islam (NOI) and the Black Power mo-

vement spoke to him regarding self-sufficiency, self-defense, and self-determination, and he appreciated the origin myths that Elijah Muhammad supported. In 1969 Wilson married Brenda Burton, a Muslim, and became associated with the NOI, though he reportedly did not convert. He and Brenda had one daughter, Sakina Ansari-Wilson. The couple divorced in 1972.

In 1968, along with his friend Rob Penny, Wilson co-founded the Black Horizon Theater in the Hill District of Pittsburgh.[5] Wilson’s first play, *Recycling*, was performed for audiences in small theaters, schools and public housing community centers for 50 cents a ticket. Among these early efforts was *Jitney*, which he revised more than two decades later as part of his 10-play cycle on 20th-century Pittsburgh. He had no directing experience. He recalled: “Someone had looked around and said, ‘Who’s going to be the director?’ I said, ‘I will.’ I said that because I knew my way around the library. So I went to look for a book on how to direct a play. I found one called *The Fundamentals of Play Directing* and checked it out.”

In 1976, Vernell Lillie, who had founded the Kuntu Repertory Theatre at the University of Pittsburgh two years earlier, directed Wilson’s *The Homecoming*. That same year Wilson saw Athol Fugard’s *Sizwe Bansi is Dead*, staged at the Pittsburgh Public Theater, the first time he attended professionally produced drama. Wil-

son, Penny, and poet Maisha Baton then founded the Kuntu Writers Workshop to bring African-American writers together and to assist them in publication and production. Both organizations remain active.

In 1978, Wilson moved to Saint Paul, Minnesota, at the suggestion of his friend, director Claude Purdy, who helped him secure a job writing educational scripts for the Science Museum of Minnesota. In 1980 he received a fellowship for The Playwrights’ Center in Minneapolis. He quit the museum in 1981, but continued writing plays. For three years, he was a part-time cook for the Little Brothers of the Poor. Wilson had a long association with the Penumbra Theatre Company of St. Paul, which was initially funded by a federal Comprehensive Employment and Training Act (CETA) grant and which premiered some of his plays. He wrote *Fullerton Street*, which has been unproduced and unpublished, in 1980. It follows the Joe Louis/Billy Conn fight in 1941 and the loss of values attendant on the Great Migration to the urban North.

17

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



High Blood Pressure.



Untreated, high blood pressure increases the risk of heart attack, stroke and other serious health problems. It's important to have your blood pressure checked at least every two years starting at age 18. Some people need more-frequent checks.

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



Health High blood pressure is a common condition that affects the body's arteries. It's also called hypertension. If you have high blood pressure, the force of the blood pushing against the artery walls is consistently too high. The heart has to work harder to pump blood. Blood pressure is measured in millimeters of mercury (mm Hg). In general, hypertension is a blood pressure reading of 130/80 millimeters of mercury (mm Hg) or higher.

The American College of Cardiology and the American Heart Association divide blood pressure into four general categories. Ideal blood pressure is categorized as normal. Normal blood pressure. Blood pressure is lower than 120/80 mm Hg. Elevated blood pressure. The top number ranges from 120 to 129 mm Hg and the bottom number is below, not above, 80 mm Hg. Stage 1 hypertension. The top number ranges from 130 to 139 mm Hg or the bottom number is between 80 and 89 mm Hg. Stage 2 hypertension.

The top number is 140 mm Hg or higher or the bottom number is 90 mm Hg or higher. Blood pressure higher than 180/120 mm Hg is considered a hypertensive emergency or crisis. Seek emergency medical help for anyone with these blood pressure numbers. Untreated, high blood pressure increases the risk of heart attack, stroke and other serious health problems. It's important to have your blood pressure checked at least every two years starting at age 18. Some people need more-frequent checks. Healthy lifestyle habits—such as not smoking, exercising and eating well—can help prevent and treat high blood pressure. Some people need medicine to treat high blood pressure. Symptoms Most people with high blood pressure have no symptoms, even if blood pressure readings reach dangerously high levels. You can have high blood pressure for years without any symptoms. A few people with high blood pressure may have: Headaches Shortness of breath Nosebleeds However, these symptoms aren't specific. They usually don't occur until high blood pressure has reached a severe or life-threatening stage.

SYMPTOMS OF HIGH BLOOD PRESSURE

SEVERE HEADACHE

TROUBLE BREATHING

CHEST PAIN

VISION PROBLEMS

IRREGULAR HEART BEAT

FATIGUE OR CONFUSION

More Information Pulse pressure: An indicator of heart health? When to see a doctor Blood pressure screening is an important part of general health care. How often you should get your blood pressure checked depends on your age and overall health. Ask your provider for a blood pressure reading at least every two years starting at age 18. If you're age 40 or older, or you're 18 to 39 with a high risk of high blood pressure, ask for a blood pressure check every year. Your care provider will likely recommend more-frequent readings if have high blood pressure or other risk factors for heart disease. Children age 3 and older may have blood pressure measured as a part of their yearly checkups. If you don't regularly see a care provider, you may

be able to get a free blood pressure screening at a health resource fair or other locations in your community. Free blood pressure machines are also available in some stores and pharmacies. The accuracy of these machines depends on several things, such as a correct cuff size and proper use of the machines. Ask your health care provider for advice on using public blood pressure machines. Causes Blood pressure is determined by two things: the amount of blood the heart pumps and how hard it is for the blood to move through the arteries. The more blood the heart pumps and the narrower the arteries, the higher the blood pressure.

TIPS ON HEALTH summary

There are two main types of high blood pressure.

Primary hypertension, also called essential hypertension For most adults, there's no identifiable cause of high blood pressure. This type of high blood pressure is called primary hypertension or essential hypertension. It tends to develop gradually over many years. Plaque buildup in the arteries, called atherosclerosis, increases the risk of high blood pressure.

Secondary hypertension This type of high blood pressure is caused by an underlying condition. It tends to appear suddenly and cause higher blood pressure than does primary hypertension. Conditions and medicines that can lead to secondary hypertension include:

- Adrenal gland tumors
- Blood vessel problems present at birth, also called congenital heart defects
- Cough and cold medicines, some pain relievers, birth control pills, and other prescription drugs
- Illegal drugs, such as cocaine and amphetamines
- Kidney disease
- Obstructive sleep apnea
- Thyroid problems

Sometimes just getting a health checkup causes blood pressure to increase. This is called white coat hypertension.

The American College of Cardiology and the American Heart Association divide blood pressure into four general categories. Ideal blood pressure is categorized as normal. Normal blood pressure. Blood pressure is lower than 120/80 mm Hg.

Depressive

Feelings of worthlessness

Appetite changes

Extreme sadness

Suicidal thoughts



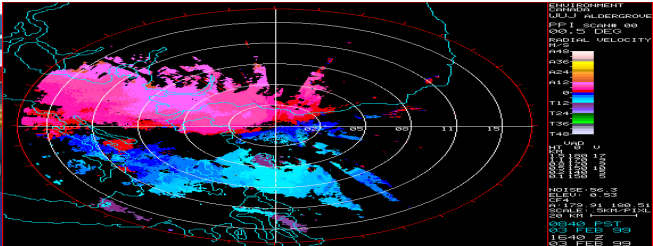
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May the dream be carried on by the generations to come



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

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

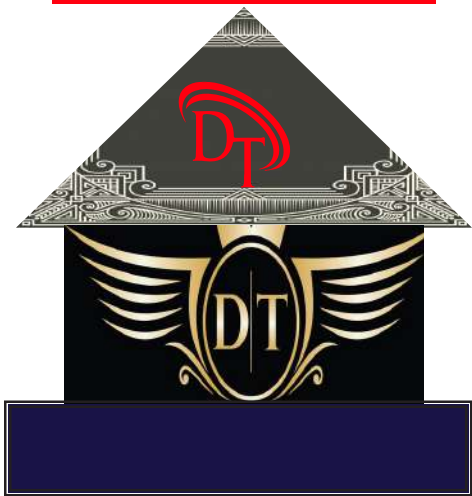


THE WEATHER IN USA

summary

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

WEATHER



‘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.

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Booker Taliaferro Washington

After his death in 1915, he came under heavy criticism for accommodating white supremacy, despite his claims that his long-term goal was to end the disenfranchisement of African Americans, the vast majority of whom still lived in the South.

USA-Booker Taliaferro Washington was an American educator, author, and orator. Between 1890 and 1915, Washington was the primary leader in the African-American community and of the contemporary Black elite.

Born into slavery on April 5, 1856, in Hale's Ford, Virginia, Washington was freed when U.S. troops reached the area during the Civil War. As a young man, Booker T. Washington worked his way through Hampton Normal and Agricultural Institute and attended college at Wayland Seminary. In 1881, he was named as the first leader of the new Tuskegee Institute in Alabama, an institute for black higher education. He expanded the college, enlisting students in construction of buildings. Work at the college was considered fundamental to students' larger education.

He attained national prominence for his Atlanta Address of 1895, which attracted the attention of politicians and the public. Washington played a dominant role in black politics, winning wide support in the black community of the South and among more liberal whites. Washington wrote an autobiography, *Up from Slavery*, in 1901, which became a major text. In that year, he dined with Theodore Roosevelt at the White House, which was the first time a black person publicly met the president on equal terms. After an illness, he died in Tuskegee, Alabama on November 14, 1915.

Washington was a key proponent of African-American businesses and one of the founders of the National Negro Business League. Washington mobilized a nationwide coalition of middle-class blacks, church leaders, and white philanthropists and politicians, with the goal of building the community's economic strength and pride by focusing on self-help and education. Washington had the ear of the powerful in the United States of his day, including presidents.

He used the nineteenth-century American political system to manipulate the media, raise money, develop strategy, network, distribute funds, and reward a cadre of supporters. Because of his influential leadership, the timespan of his activity, from 1880 to 1915, has been called the Age of Booker T. Washington. Washington cal-

led for Black progress through education and entrepreneurship, rather than trying to challenge directly the Jim Crow segregation and the disenfranchisement of Black voters in the South. Furthermore, he supported racial uplift, but secretly also supported court challenges to segregation and to restrictions on voter registration. Black activists in the North, led by W. E. B. Du Bois, disagreed with him and opted to set up the NAACP to work for political change.

After his death in 1915, he came under heavy criticism for accommodating white supremacy, despite his claims that his long-term goal was to end the disenfranchisement of African Americans, the vast majority of whom still lived in the South. Decades after Washington's death in 1915, the civil rights movement of the 1950s took a more active and progressive approach, which was also based on new grassroots organizations based in the South. Washington's legacy has been controversial in the civil rights community.

However, in the late twentieth century, more nuanced perspectives about his actions by scholars and historians interpreted him more positively. Booker was born into slavery to Jane, an enslaved African-American woman on the plantation of James Burroughs in southwest Virginia, near Hale's Ford in Franklin County. He never knew the day, month, and year of his birth (although evidence emerged after his death that he was born on April 5, 1856). Nor did he ever know his father, said to be a white man who resided on a neighboring plantation. The man played no financial or emotional role in Washington's life. From familysearch.org, his father was Benjamin N. Hatcher (b. 1821 d. 1900).

From his earliest years, Washington was known simply as "Booker", with no middle or surname, in the practice of the time. His mother, her relatives and his siblings struggled with the demands of sla-



Booker Taliaferro Washington (April 5, 1856 – November 14, 1915)

very. He later wrote:

I cannot remember a single instance during my childhood or early boyhood when our entire family sat down to the table together, and God's blessing was asked, and the family ate a meal in a civilized manner. On the plantation in Virginia, and even later, meals were gotten to the children very much as dumb animals get theirs. It was a piece of bread here and a scrap of meat there. It was a cup of milk at one time and some potatoes at another.

When he was nine, Booker and his family in Virginia gained freedom under the Emancipation Proclamation as U.S. troops occupied their region. Booker was thrilled by the formal day of their emancipation in early 1865:

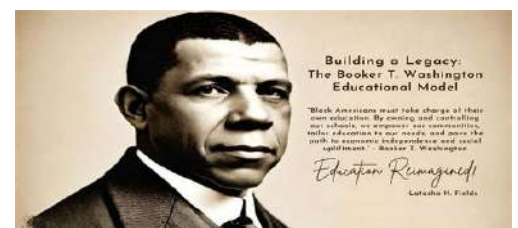
As the great day drew nearer, there was more singing in the slave quarters than usual. It was bolder, had more ring, and lasted later into the night. Most of the verses of the plantation songs had some reference to freedom.... [S]ome man who seemed to be a stranger (a United States officer, I presume) made a little speech and then read a rather long paper—the Emancipation Proclamation, I think. After the reading we were told that we were all free, and could go when and where we pleased. My mother, who was stan-

ding by my side, leaned over and kissed her children, while tears of joy ran down her cheeks. She explained to us what it all meant, that this was the day for which she had been so long praying, but fearing that she would never live to see.

After emancipation Jane took her family to the free state of West Virginia to join her husband, Washington Ferguson, who had escaped from slavery during the war and settled there. The illiterate boy Booker began painstakingly to teach himself to read and attended school for the first time.

At school, Booker was asked for a surname for registration. He chose the family name of Washington. Still later he learned from his mother that she had originally given him the name "Booker Taliaferro" at the time of his birth, but his second name was not used by the master.

Upon learning of his original name, Washington immediately readopted it as his own, and became known as Booker Taliaferro Washington for the rest of his life.



The Negro worshipped books. We wanted books, more books. The larger the books were the better we liked them. We thought the mere possession and the mere handling and the mere worship of books was going, in some inexplicable way, to make great and strong and useful men of our race



Washington worked and socialized with many national white politicians and industry leaders. He developed the ability to persuade wealthy whites, many of them self-made men, to donate money to black causes by appealing to their values.

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BACKPAGE

WORLD OF SPORTS

OKC Thunder jersey history No. 27 - Johan Petro (2005-09)

This article originally appeared on OKC Thunder Wire:

The Oklahoma City Thunder (and the Seattle Supersonics before them) have 51 jersey numbers worn by the players who have suited up for the franchise since its founding at the start of the 1967-68 season. To commemorate the players who wore those numbers, Thunder Wire is covering the entire history of jersey numbers and the players who sported them since the founding of the team.

And while those Supersonics jerseys may not remain part of the franchise history should a new team be established in Seattle as was the case with the return of the Charlotte Hornets, they are part of the Thunder's history today.

For this article, we continue with the 28th jersey number in the series, jersey No. 27, with four players in total having donned the jersey in the history of the franchise.

The third of those players did so in the Seattle SuperSonics and Oklahoma City Thunder eras, big man alum Johan Petro. After starting his pro career abroad, Petro was picked up with the 25th overall selection of the 2005 NBA draft by the Supersonics.

