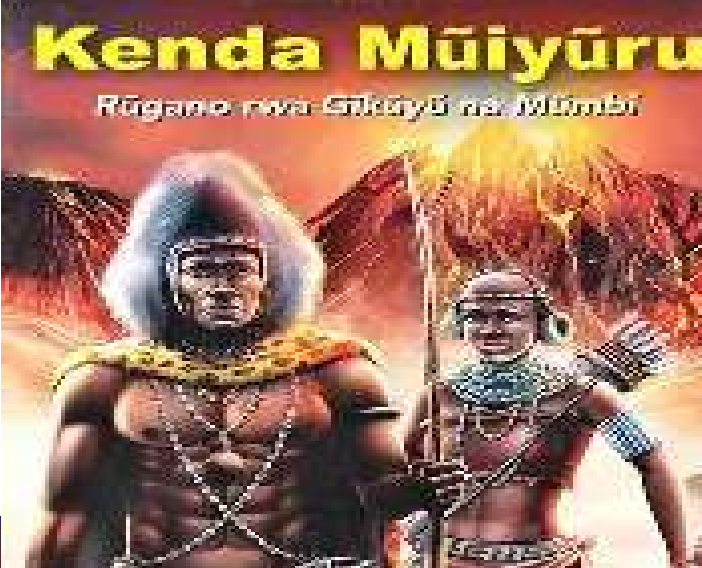


From Limuru to the World:

The Timeless Voice of Ngũgĩ wa Thiong’o.

SPECIAL EDITION

A Revolutionary Pen: Honouring the Enduring Legacy of Prof. Ngũgĩ wa Thiong’o.



“Ngũgĩ wa Thiong’o’s photographer from the University of California, Irvine, presenting a collection of photographs to Ngũgĩ’s firstborn son, Mr. Tee Ngugi, on behalf of the family.”

Nairobi Kenya-It was a fitting and heartfelt moment at the University of Nairobi, where friends, professors, and scholars from around the world gathered to celebrate the life and legacy of the late Professor Ngũgĩ wa Thiong’o — a world-renowned literary icon and one of Africa’s most revered intellectuals. Professor Ngũgĩ, who taught and inspired countless students at the University, was remembered fondly by a large gathering, including many of his former students. One moving tribute after another was delivered, each speaker reflecting on the enduring influence of a man whose passion for

reading, writing, and storytelling remained steadfast until his final days. In a deeply emotional segment of the ceremony, Ngũgĩ’s children — Tee Ngũgĩ (in attendance), Kimunya Ngũgĩ, Mrs Kimunya, Ndũcũ Ngũgĩ, Dr.Wanjikũ Ngũgĩ, and Ngĩna — shared their heartfelt messages via Zoom, offering personal reflections on the father and scholar they cherished. Kenyan musician Rĩgĩ via zoom added a special touch to the occasion by performing Ngũgĩ’s favorite song, “Mwene Nyaga”, which stirred memories and emotions among those present. Gifted with an extraordinary me-

memory, Ngũgĩ often recalled significant moments of his life in vivid detail — recollections he generously wove into his writings and public lectures, leaving behind a treasure trove of intellectual and cultural heritage. Among the many distinguished guests was Kenya’s Iron Lady, Martha Karua, who had the privilege of meeting Ngũgĩ in Atlanta this past May, alongside Bishop GG Gitahi of Kenyan American Community Church (KACC) Marietta GA. Reflecting on their conversation, Karua shared how Ngũgĩ had passionately emphasized the need to embrace

and preserve African languages. She recounted his words: **“The greatest honor you can give me is for people to believe in themselves.”** Ngũgĩ wa Thiong’o will be remembered not only for his literary brilliance but also for his unwavering commitment to African identity, language, and self-worth. His legacy will continue to enlighten, empower, and inspire many many generations to come. **By Arch. Dr. D.K. Gitau**
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HIGHLIGHTS



It's common knowledge that people are always looking for opportunities where they can get something out of a situation or a person. Before you know it, you turn to become a bootlicker who simply says yes sir and that's correct in order to gain favour.

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A Crisis of Legitimacy: The Tragedy of William Ruto's Presidency.

Behind the carefully curated optics lies a deeper unraveling. Ruto appears increasingly isolated and erratic. His public addresses oscillate between denial, defensiveness, and delusion.

Written by Arch. Dr. D.K. Gitau,
The Diaspora Times

Kenya stands today not merely at a political crossroads, but at a moment of reckoning—one that interrogates the very soul of leadership, the integrity of our democratic institutions, and the sacred covenant between the government and the governed. At the center of this reckoning is President William Ruto, a man who has reached the pinnacle of personal ambition but failed to attain the summit of public legitimacy. Ruto's long journey to the presidency is a story of audacity, calculation, and tireless ambition. He climbed through the treacherous ladder of Kenyan politics—one rung at a time—through alliances forged and broken, through carefully tailored populism and political tenacity. He styled himself as the “hustler-in-chief,” a man of the people, an outsider crashing the gates of elite power. And indeed, on paper, he won the election. But elections alone do not confer moral legitimacy. They are merely the start of a leader's social contract—not the validation of it.

From the moment he took office, something shifted. The euphoria of victory quickly gave way to a growing national unease. Ruto may have captured the State House, but he never captured the heart of the Republic. Instead of uniting the nation, his presidency has exposed deep fractures—economic, regional, generational, and emotional. Far from being embraced as a unifier, he has become a lightning rod for national frustration and public anger. In towns, villages, online forums, pulpits, and street protests, a chorus of disillusionment echoes through the land. Where applause was once expected, jeers now resound. The chants of “tume-choka!” have grown louder. The optics are impossible to ignore. His every move, speech, and pol-



icy announcement is met with a wave of skepticism. This is not just political opposition. It is a collective verdict from a disillusioned public that feels betrayed, dismissed, and gaslit. This is not the script he envisioned.

Ruto's presidency has become the cautionary tale of what happens when personal ambition is mistaken for national purpose. Despite numerous, often desperate attempts to recast himself as a continental statesman—jetting across capitals, lecturing on Pan-Africanism, and issuing lofty pronouncements at global summits—his efforts have floundered. The international stage, it turns out, has little patience for performative leadership cloaked in empty grandstanding. And back home, the stage has turned hostile. No amount of foreign applause can drown out the domestic boos.

Behind the carefully curated optics lies a deeper unraveling. Ruto appears increasingly isolated and erratic. His public addresses oscillate between denial, defensiveness, and delusion. He insists unprovoked that he is “not mad,” that he “cannot be threatened,” that he “will not fail.” These un-

solicited reassurances reveal a deeper anxiety: the growing recognition that the dream is slipping through his fingers, that the adoration he so desperately seeks is not forthcoming.

What we are witnessing is not just a political crisis—it is a psychological one. President Ruto seems afflicted by a messianic complex: the unshakable belief that he alone is the solution to the nation's problems, that he alone sees the truth, and that those who oppose him are either misguided, ungrateful, or outright enemies of progress. This self-perception has created a toxic environment of hubris, groupthink, and sycophancy around him. His administration has become an echo chamber where truth is inconvenient and loyalty is currency.

Rather than deliver results, the regime has chosen to curate narratives. Rather than solve problems, it crafts optics. Rather than listen, it lectures. The so-called “empowerment tours” and “development forums” that now dot the national calendar are little more than public relations theatre—pep rallies meant to project energy while concealing exhaustion. They reflect a government in campaign mode, not govern-

nance mode.

The misuse of religion has become especially glaring. Donations to churches have been weaponized to sanitize political sins and mute criticism from the pulpit. But even the most pliable clergy now sense the shifting winds. Even in sanctuaries, dissent stirs. Spiritual endorsement cannot compensate for secular failure.

Faced with mounting opposition, Ruto has not recalibrated. Instead, he has retreated deeper into triumphalism, surrounding himself with loyalists and silencing dissenters. The creation of the so-called “broad-based government”—a strategic alliance with former rivals—is a cynical move meant not to foster unity, but to consolidate survival. It is a union not of purpose, but of panic. Far from easing public tension, it has only deepened public cynicism. And the most troubling consequence of this unraveling is the erosion of truth itself. Facts have become casualties in a daily war of propaganda. Economic hardship is dismissed as a perception. Protest is branded as sabotage. Journalists are intimidated, civil society is surveilled, and critics are demonized. This is not democracy. It is a drift toward authoritarianism, masked by the language of reform.

At the core of this national tragedy lies a profound but straightforward contradiction: the collision between ego and leadership. Kenya did not need a messiah. It needed a servant. Ruto believed that winning the presidency was an end in itself. But the people have made it clear: the presidency is not a crown—it is a yoke. It is not a personal reward, but a public trust.

To govern is to serve. To lead is to listen. A leader is not celebrat-

ed for climbing to power, but for lifting others with it. Kenyans are not asking for miracles. They are asking for honesty, dignity, and justice.

They are asking that the promise of the constitution be fulfilled—not in speeches, but in service. It is not too late for President Ruto to change course. But first, he must shed the illusion that the presidency exists to glorify him. He must understand that power is not an entitlement. It is a temporary responsibility, granted by the people and subject to their continued consent.

History will not be kind to leaders who mistake fear for loyalty, silence for approval, or ritual praise for genuine respect. And it will be brutal to those who gamble with the soul of a nation to protect the vanity of one man.

The question is no longer whether William Ruto is in power. He is. The question is whether he can lead with humility, courage, and moral clarity—or whether he will allow personal ambition to drag an entire nation into ruin. Kenyans are watching. The people and especially the GenZ are speaking. And power, ultimately, is fleeting. When will this President put the country before himself?

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When will this President put the country before himself?

Arch. Dr. D.K. Gitau is a columnist with The Diaspora Times and an advocate for social accountability, civic ethics, and diaspora engagement in African governance.

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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

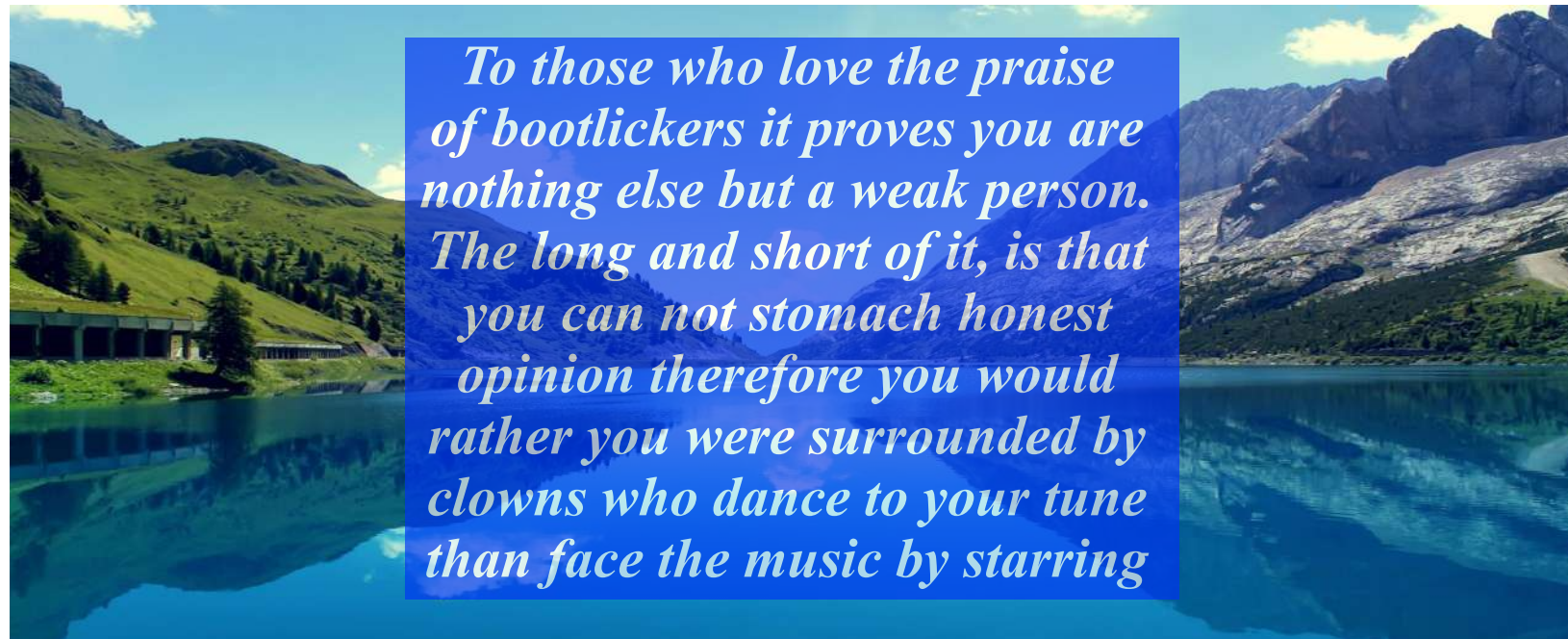


Are you a bootlicker.

To those who love the praise of bootlickers it proves you are nothing else but a weak person.

It's common knowledge that people are always looking for opportunities where they can get something out of a situation or a person. Before you know it, you turn to become a bootlicker who simply says yes sir and that's correct in order to gain favour. You turn into a shadow of your former self. In a company set up having bootlickers can be a bane of existence. This is because they kill the spirit of creativity and innovation. Even the doctrine of team spirit is put to shame by bootlickers because you won't be collectively guided by the same goals. In the same vein, bootlickers promote a culture where the leadership style is autocratic in nature. Such kind of a people are responsible for pulling the whole team back because you can't voice out your ideas when surrounded by bootlickers.

As a result this will cause frustration and depression to those individuals who do not share the same thought as bootlickers. In the African countries context, this culture is rife and the mantra is as long it brings you food on the table then that's the way to go. Yet as Jesus rightfully noted man can not live on food alone. Unfortunately this kind of behaviour is even being found in the house of God as well. To be quite frank it is prev-



To those who love the praise of bootlickers it proves you are nothing else but a weak person. The long and short of it, is that you can not stomach honest opinion therefore you would rather you were surrounded by clowns who dance to your tune than face the music by starring

alent everywhere be it in beerhalls or schools. This is because bootlickers are rewarded by the people whom they will be supporting fervently. The thank you comes in different forms. It can be monetary value or being promoted to an undeserving post which they don't even qualify for. Because of these benefits people are doing all kind of things to secure for their future and that of their immediate family. The bootlickers fall victim to the servitude spirit that puts you in the servant shoes and not to own up to doing what is right. As a human being in his or her right faculty of mind you should be able to voice out your honest opinion in a bid to build something constructive.

By mimicking somebody's doctrines and wants in a way you will be losing your own true identity. You would have

turned yourself into a parrot that repeats what it has heard without full understanding of what it means or the reparation that will follow. To those who love the praise of bootlickers it proves you are nothing else but a weak person. The long and short of it, is that you can not stomach honest opinion therefore you would rather you were surrounded by clowns who dance to your tune than face the music by starring reality in the face. Even in a family set up bootlickers are present.

All this just proves money is the root of all evil as well as the love and greed for material things. Research has it these bootlickers they do not only stop on doing that but instead they also resort to gossiping, eaves dropping and all sorts of unscrupulous behavior as long as it serves the purpose of them getting

a big chunk of something. Once you fall prey to this kind of behaviour it's hard to turn back because some character traits are not easy to shake of. It's like an addiction to cause havoc in people's lives but the end result is that you will be hated by most people. Eventually you will be shunned out and being ostracised because you are doing something bad is shameful. Needless to mention, if you are really up to it you can simply turn over a new leaf and repent.

Life is all about the choices we make on a daily basis good or bad. Thus we won't buy the fact that one turns to being a bootlicker just to join the flow. After all, on it's own it's a choice you would have chosen to play dumb so that you can gain something out of it. Such a character trait will soil your name for permanency if you keep applauding wrong ways.

Morally as an individual have values that guide you to do some acts. Therefore treasured readers it is what it is. The last word of advice is that you have the power to change your life if you really want to. Provided you are a bootlicker it's never too late to turn back. All is possible. Rugare treasured readers

By Abigirl Phiri- Zimbabwe
Senior correspondent
The Diaspora Times.

5

All this just
proves money is the root
of all evil as well as the love and
greed for material things.

Abigirl Phiri

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

- Oprah Winfrey



James Osogo.

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

James Charles Nakhwanga Osogo (10 October 1932 – 15 August 2023) was a Kenyan politician.

Early life and education

James Charles Nakhwanga Osogo was born on 10 October 1932, in Bukani Village of Bunyala subcounty, Budalangi Constituency in Kenya. He attended Port Victoria Primary from 1941 to 1943 before proceeding to St. Mary's Secondary School, Yala from 1944 to 1949. He later attended Railways Training School, Nairobi from 1950 to 1951.

Career

Nakhwanga Osogo qualified as assistant station master; 1951–1953 assistant station master Kenya and Uganda; 1953–1954 Kagumo Teacher's Training College P2 certificate; 1955–1959 teacher at various schools in Kenya; 1960 headmaster Kibasanga School; 1961 headmaster Nangina School; 1963 elected Member House of Representatives for Ruwambwa.

He served in several cabinet posts, including Assistant Minister for Agriculture (1964-1966), Minister for Information and Broadcasting (1966-1969), Minister for Commerce and Industry (1969-1973), Minister for Local Government (1973-1974), Minister for Health (1974), Minister for Agriculture (1979) and Minister for Livestock (1980).

Nakhwanga Osogo was awarded the Elder, Order of the Golden Heart (Kenya), the Grand Cordon of the Star of Ethiopia, the Order of the Star of Africa (Liberia), and the Grand Cross of the Star Yugoslav Flag (1st Class).

Death

Nakhwanga Osogo died in Kisumu on 15 August 2023, at the age of 90. James Charles Nakhwanga Osogo was born on



(10 October 1932 – 15 August 2023)

10 October 1932 in Bukani Village, Budalangi, Busia County. He studied at St Mary's Yala School, the famous Catholic Church sponsored institution that nurtured many a talent in Kenya's formative years.

Mr Osogo worked as an Assistant Station Master at various railway stations in Kenya and Uganda 1951-1953. In 1953, he enrolled at Kagumo Teachers' Training College and graduated three years later.

In 1955-1959 he worked as a teacher at various schools in Kenya. In 1960, Osogo was the Headmaster Kibasanga School and in 1961, he was the Headmaster Nangina School.

In 1963, James was elected as the Member House of Representatives for

Ruwambwa.

He was first appointed Assistant Minister for Agriculture in 1964-1966, Minister for Information and Broadcasting (1966-1969), Minister for Commerce and Industry (1969-1973) within which he also served concurrently as Minister for Agriculture from May 1970.

He was also Minister for Local Government between 1973-1974, Minister for Health in 1974 and concurrently headed the Foreign Affairs docket.

Mr Osogo was also the Deputy Leader of Government Business in 1978, Minister for Agriculture in 1979 and Minister for Livestock in 1980.

He was awarded severally by various governments for his distinguished service including receiving the Elder, Order of the Golden Heart (Kenya);

Grand Cordon of the Star of Ethiopia; Order of the Star of Africa (Liberia) and Grand Cross of the Star Yugoslav Flag (1st Class). Mzee Osogo died in Kisumu County on August 15, 2023 aged 91. Shortly after, he was appointed as an Assistant Minister for Agriculture before joining the Kenyatta Cabinet in 1966 as the first African Minister for Information and Broadcasting.

He then served in various capacities, including the Commerce and Industry, Agriculture, Local Government, Health and Foreign Affairs dockets.

After Mzee Jomo Kenyatta passed away in 1978, Osogo transitioned to Moi's government and was appointed the Minister for Agriculture.

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

G7 summit minus Trump rallies behind Ukraine

Majority of Americans disapprove of Trump's second term, but he leads on immigration: new poll.

Republicans were five percentage points less likely to report that they strongly support the president's administration, compared to the survey results from April. Much of that shift came from respondents who say they identify with the president's MAGA –



Group of Seven leaders on Tuesday vowed greater support for Ukraine but stopped short of joint condemnation of Russia for its growing attacks, at a summit missing Donald Trump.

The US president had been due to speak at the G7 summit with his Ukrainian counterpart Volodymyr Zelensky, with whom he has had a volatile relationship, but flew back Monday over the Israel-Iran conflict.

Zelensky met the remaining leaders at a remote lodge in the Canadian Rockies hours after Russia hit Kyiv with one of the worst bombardments since it invaded in February 2022, killing at least 10 people in the capital.

Canadian Prime Minister Mark Carney welcomed Zelensky and announced Can\$2 billion (\$1.47bn) of military support, including drones and helicopters, for Ukraine. REPORTS AFP



WASHINGTON DC-

WASHINGTON – A majority of Americans say they disapprove of Donald Trump's second term – with even some Republicans hitting the president – as immigration remains his strongest policy issue.

A new NBC News Decision Desk Poll, conducted along with SurveyMonkey, found that 45% of Americans approve of the way Trump is handling his job as president, while 55% disapprove. Those figures remain unchanged from an NBC News survey in April.

Trump's rating differs along party lines. Among Repub-

licans, 89% approve of the president's second term in office, compared to eight percent of Democrats and 35% of Independents. Approximately 12% of Republicans said they disapprove of the president's job, compared to 92% of Democrats and 65% of Independents.

Republicans were five percentage points less likely to report that they strongly support the president's administration, compared to the survey results from April. Much of that shift came from respondents who say they identify with the president's MAGA – Make America Great Again – movement.

vement.

The survey also found a so-called intensity gap among Republicans and Democrats over how they feel about the Trump administration's actions. Pollsters asked respondents to pick one emotion from a list: Thrilled, happy, satisfied, neutral, dissatisfied, angry and furious.

Fifty-one percent of Democrats agreed that they feel "furious" about the Trump administration, compared to 23 percent of Republicans who agreed. GOP survey respondents also shifted seven percentage points away from

feeling "thrilled" about Trump from earlier surveys: 25% of Republicans said they felt thrilled over Trump's actions in the latest poll, compared to 32% who said the same in April.

Still, only one percent of Republicans said they felt furious over Trump's actions.

The latest survey was conducted among 19,410 adults nationwide between May 30 and June 10. It has a margin of error of plus or minus 2.1 percentage points.

New US visa rules will force foreign students to unlock social media profiles

USA-Foreign students will be required to unlock their social media profiles to allow US diplomats to review their online activity before receiving educational and exchange visas, the state department has announced. Those who fail to do so will be suspected of hiding that activity from US officials.

The new guidance, unveiled by the state department on Wednesday, directs US diplomats to conduct an online presence review to look for "any indications of hostility toward the citizens, culture, government, institutions, or founding principles of the United States".

A cable separately obtained by Politico also instructs diplomats to flag any "advocacy for, aid or support for foreign terrorists and other threats to US national security" and "support for unlawful antisemitic harassment or

violence".

The screening for "antisemitic" activity matches similar guidance given at US Citizenship and Immigration Services under the Department of Homeland Security and has been criticised as an effort to crack down on opposition to the conduct of Israel's war in Gaza. The new state department checks are directed at students and other applicants for visas in the F, M and J categories, which refer to academic and vocational education, as well as cultural exchanges.

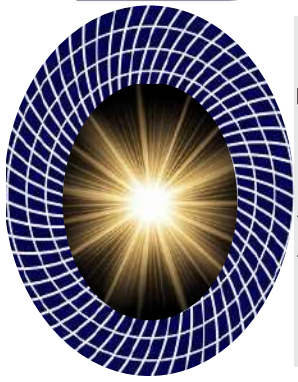
"It is an expectation from American citizens that their government will make every effort to make our country safer, and that is exactly what the Trump administration is doing every single day," said a senior state department official, - Share from The guardian.

ed Scare" panic over communis Aboutafia 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.





Trump officials reverse pause on immigration raids targeting farms and hotels.

Our farmers are being hurt badly by, you know, they have very good workers, they have worked for them for 20 years,” Trump said during a press conference on Thursday, offering rare praise towards undocumented migrants

The Trump administration is reportedly reversing a recently formulated plan to refrain from conducting immigration raids against undocumented migrants in the agricultural, hotel, and restaurant industries, just days after adopting the original policy.

The Department of Homeland Security announced the return to raids on such workers on a Monday morning call with representatives from 30 Immigration and Customs Enforcement field offices, The Washington Post reports.

The Independent has contacted DHS for comment.

Late last week, the department announced it would be pausing worksite enforcement and investigation operations across the industries in question, after the president admitted his attempts to rapidly deport millions of people were draining workers from those sectors. “Our great Farmers and people in the Hotel and Leisure business have been stating that our very aggressive policy on immigration is taking very good, long time workers away from them, with those jobs being almost impossible to replace,” the president wrote last week on Truth Social. “This is not good,” he added. “We must protect our Farm-



ers, but get the CRIMINALS OUT OF THE USA. Changes are coming!”

He reinforced the message later that day in remarks to reporters.

“Our farmers are being hurt badly by, you know, they have very good workers, they have worked for them for 20 years,” Trump said during a press conference on Thursday, offering rare praise towards undocumented migrants, a group he frequently demonizes as overwhelmingly dangerous despite data showing the opposite. “They’re not citizens, but they’ve turned out to be, you know, great. And we’re going to have to do something about that. We can’t take farmers and take all their people and send

them back because they don’t have maybe what they’re supposed to have, maybe not.”

The message was at odds with that of White House Deputy Chief of Staff Stephen Miller, the architect of much of the administration’s immigration policy.

Miller has argued for the validity of rapidly deporting all undocumented immigrants arguing that opposition from Democrats in places such as Los Angeles to raids targeting those without criminal records was tantamount to trying to overthrow the U.S. government.

The split came as the Trump administration ordered hundreds of Marines and thousands of National Guard

troops into LA in response to widespread protests against immigration raids there.

By Sunday, the brief moment of goodwill seemed to evaporate, and the president was once again calling for mass deportation raids across the country, telling ICE agents in a Truth Social post to “do all in their power to achieve the very important goal of delivering the single largest Mass Deportation Program in History.”

“You don’t hear about Sanctuary Cities in our Heartland!” the president added, despite having just entertained giving unlawful migrants in rural farming communities a reprieve from deportations earlier that week.

Trump administration officials

including Miller have been pushing immigration agents to ramp up the pace of deportations, with a goal of 3,000 ICE arrests every day, though the administration has acknowledged it is not yet hitting this target.

In the meantime, ICE could reportedly run out of money as soon as next month amid the administration’s wide-ranging deportation efforts.

This article appeared on Independent.

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



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Guion Stewart Bluford.

AMERICA ASTRONAUT Guion Stewart Bluford Jr. (born November 22, 1942) is an American aerospace engineer, retired United States Air Force (USAF) officer and fighter pilot, and former NASA astronaut, in which capacity he became the first African American to go to space. While assigned to NASA, he remained a USAF officer rising to the rank of colonel. He participated in four Space Shuttle flights between 1983 and 1992. In 1983, as a member of the crew of the Orbiter Challenger on the mission STS-8, he became the first African American in space as well as the second black person in space, after Cuban cosmonaut Arnaldo Tamayo Méndez.

Personal life

Born in Philadelphia, Bluford graduated from Overbrook High School in 1960. He received a Bachelor of Science degree in aerospace engineering from Pennsylvania State University in 1964, a Master of Science degree in Aerospace Engineering from the Air Force Institute of Technology (AFIT) in 1974, a Doctor of Philosophy degree in Aerospace Engineering with a minor in Laser Physics, again from AFIT, in 1978, and a Master of Business Administration degree from the University of Houston–Clear Lake in 1987.[4] He has also attended the Wharton School of Business of the University of Pennsylvania.

His hobbies include reading, swimming, jogging, racquetball, handball, scuba diving and golf. He married Linda Tull in 1964 and has two sons.

Air Force career

Bluford attended pilot training at Williams Air Force Base, and received his pilot wings on January 19 for the Aeromechanics Division and as branch chief of the Laboratory's Aerodynamics and Airframe Branch. He has written and presented several scientific papers in computational fluid dynamics.

NASA career

Astronaut candidates Ron McNair, Bluford, and Fred Gregory wearing Apollo spacesuits, May 1978

Bluford was selected to become a NASA astronaut in January 1978 as a part of NASA astronaut group 8. He was one of several astronauts recruited by Nichelle Nichols as part of a NASA effort to increase the number of minority and female astronauts. [9] They trained for a year and were officially designated as astronauts in August 1979.[6][10] His technical assignments have included working



with Space Station operations, the Remote Manipulator System (RMS), Spacelab systems and experiments, Space Shuttle systems, payload safety issues and verifying flight software in the Shuttle Avionics Integration Laboratory (SAIL) and in the Flight Systems Laboratory (FSL). Bluford was a mission specialist on STS-8, STS-61-A, STS-39, and STS-53.

Bluford's first mission was STS-8, which launched from Kennedy Space Center, Florida, on August 30, 1983. This was the third flight for the Orbiter Challenger and the first mission with a night launch and night landing. During the mission, the STS-8 crew deployed the Indian National Satellite (INSAT-1B); tested the Canadian-built robotic arm (the Shuttle Remote Manipulator System (SRMS) or Canadarm) with the Payload Flight Test Article (PFTA); operated the Continuous Flow Electrophoresis System (CFES) with live cell samples; conducted medical measurements to understand bio-physiological effects of space flight; and activated four "Getaway Special" canisters. STS-8 completed 98 orbits of the Earth in 145 hours before landing at Edwards Air Force Base, California, on September 5, 1983.

Bluford then served on the crew of STS-61-A, the German D-1 Spacelab mission, which launched from Kennedy Space Center on October 30, 1985. This mission was the first to carry eight crew members, the largest crew to fly in space, and included three European payload specialists. This was the first dedicated Spacelab mission under the direction of the German

Aerospace Research Establishment (DFVLR) and the first U.S. mission in which payload control was transferred to a foreign country (German Space Operations Center, Oberpfaffenhofen, Germany). During the mission, the Global Low Orbiting Message Relay Satellite (GLOMR) was deployed from a "Getaway Special" (GAS) container, and 76 experiments were performed in Spacelab in such fields as fluid physics, materials processing, life sciences, and navigation. After completing 111 orbits of the Earth in 169 hours, Challenger landed at Edwards Air Force Base on November 6, 1985.

Bluford also served on the crew of STS-39, which launched from Kennedy Space Center on April 28, 1991, aboard the Orbiter Discovery. The crew gathered aurora, Earth-limb, celestial, and Shuttle environment data with the AFP-675 payload. This payload consisted of the Cryogenic Infrared Radiance Instrumentation for Shuttle (CIRRIS-1A) experiment, Far Ultraviolet Camera experiment (FAR UV), the Uniformly Redundant Array (URA), the Quadrupole Ion Neutral Mass Spectrometer (QINMS), and the Horizon Ultraviolet Program (HUP) experiment. The crew also deployed and retrieved the SPAS-II which carried the Infrared Background Signature Survey (IBSS) experiment. The crew also operated the Space Test Payload-1 (STP-1) and deployed a classified payload from the Multi-Purpose Experiment Canister (MPEC). After completing 134 orbits of the Earth and 199 hours in space, Discovery landed at the Kennedy Space Center on May 6, 1991. Bluford's last mission was STS-53, which launched from Kennedy Space Center on December 2, 1992.

The crew of five deployed the classified Department of Defense payload DOD-1 and then performed several Military-Man-in-Space and NASA experiments. After completing 115 orbits of the Earth in 175 hours, Discovery landed at Edwards Air Force Base on December 9, 1992.

With the completion of his fourth flight, Bluford has logged over 688 hours in space.

Bluford, an Eagle Scout, was designated as the emissary to return the Challenger flag to Boy Scout Troop 514 of Monument, Colorado, in December 1986. On December 18 of that year, he presented the flag to the troop in a special ceremony at Falcon Air Force Base.

Post-NASA career Bluford left NASA and retired from the USAF in July 1993 to take the post of Vice President/General Manager, Engineering Division of NYMA, Greenbelt, Maryland. In May 1997, he became Vice President of the Aerospace Sector of Federal Data Corporation and in October 2000, he became the Vice President of Microgravity R&D and Operations for the Northrop Grumman Corporation. He retired from Northrop Grumman in September 2002 to become the President of Aerospace Technology, an engineering consulting organization in Cleveland, Ohio.

Bluford was inducted into the International Space Hall of Fame in 1997, the United States Astronaut Hall of Fame in 2010, and the National Aviation Hall of Fame in 2019.



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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



US lawmakers have drafted a package of new sanctions on Russia but Trump has been hesitant to give his support and isolate Putin, to whom he spoke by telephone on the eve of the G7 summit. Trump infamously berated Zelensky in the Oval Office on February 28, saying he was ungrateful for US aid, but has since voiced disappointment that Putin has rebuffed a US proposal for at least a temporary ceasefire.



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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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RIP
Ngũgi Wa Thiong’o
Mũhianĩre Wa Kiroto
Guru of Literature
Atlanta, GA.



Dr. Ayub Wainaina
UK Correspondent



Abigail Phiri Zimbabwe
Lifestyle stories



Pastor Mukuria
Spiritual Verses



Muhammad Adnan
Gujjar
Lecturer at the
University of Chenab
Pakistan.



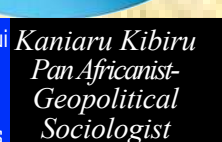
Prof. Peter Ndiang’ui
Fort Myers Florida
Senior Editor At
The Diaspora Times



ARCH. DR. D.K. GĩTAŨ
MŪTONGORIAWŨ KĪONEKI



Kaniaru Kibiru
Pan Africanist-
Geopolitical
Sociologist



Tajalla Qureshi
Poetess, Author
University of
Lahore,
Gujrat Campus



Mr. Thomas Musau

Writer is a Kenyan
freelance journalist and
a political commentator
based in the UK.



Brother Kigume
Spiritual Verses



Charles Kabiriri
Activist, Kenya



Mr. Thomas Musau



Charles Kabiriri
Activist, Kenya



Memory Phiri Zimbabwe
Tourism in Africa

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THE FOUR CORNERS OF AFRICA QUADRIPOINT

Tourism with Memory
Phiri
Zimbabwe.

The crux of the matter is that, four countries are being tied at the hip and tourists are bound to enjoy a pinch from each country.

A quadripoint refers to the area where four borders of distinct countries meet. In this case, the Great Zambezi and the Chobe rivers join Zimbabwe, Zambia, Namibia and Botswana together.



By Memory Phiri
Zimbabwe.
Senior editor
The Diaspora Times

Statistically, there are more than one hundred and fifty tripoints in the world but only one quadripoint. Without further ado, a quadripoint refers to the area where four borders of distinct countries meet. In this case, the Great Zambezi and the Chobe rivers join Zimbabwe, Zambia, Namibia and Botswana together. Also known as the Four Corners of Africa, it is celebrated in the Southern Region and has managed to take tourism to staggering heights. With all due respect, tourism operations do not necessarily have to be about one country but they can be used as an arsenal. Betterstill, a weapon that can spice it all up into a package with other countries and make it more appealing. In regards to

this tourism package we have Zambia, Namibia, Botswana and Zimbabwe coming together for a reason, a purpose. Accordingly, this beautiful introduction to Southern Africa has airports in proximity namely the Livingstone Airport on the Zambian side, Kasane Airport in Botswana and the Victoria Airport in Zimbabwe. Without any shadow of doubt, travel and tourism becomes fairly seamless between the major national parks that grace these four countries. Good sightings include the Chobe National Park, Lower Zambezi National Park, Victoria Falls and the Namib Desert to boot. The crux of the matter is that, four countries are being tied at the hip and tourists are bound to enjoy a pinch from each country. Apparently, other attractions might be eye-catching but a quadripoint is in its own league. A sight for sore eyes. Suffice it to say, the Four Corners of Africa is a rare gem that should be held with great esteem. A sight to behold. Be rest assured that, we are setting a good examples for other con-



tinents on how to promote the tourism product wholeheartedly as a unit. At this moment in time, we have to talk about the Kazungula Bridge. Fortunately, it was constructed over the Zambezi at the duo-tri-point between Namibia and Zimbabwe and crossing between Botswana and Zambia. To be approximate, the state of the art bridge is nine-hun-

dred and twenty three metres long and twenty-eight comma five metres wide. Needless to mention that, it has the longest span of a hundred and twenty-nine metres. Thus, the idea of crossing from Zambia back into Botswana by boat or ferry brings about the exact spot in the water where the countries meet. What say you to such a juicy excursion?. Come down

to Southern Africa and enjoy this four in one tourism package that upholds a geographic point where four borders meet and greet.

By Memory Phiri
Zimbabwe.

Also known as the Four Corners of Africa, it is celebrated in the Southern Region and has managed to take tourism to staggering heights. With all due respect, tourism operations do not necessarily have to be about one country but they can be used as an arsenal. Betterstill, a weapon that can spice it all up into a package with other countries and make it more appealing.

Beautiful destinations



15

The way to get started is to quit talking and begin doing.
-Walt Disney



The future belongs to those who believe in the beauty of their dreams.
-Eleanor Roosevelt

DIASPORA SUNDAY



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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.

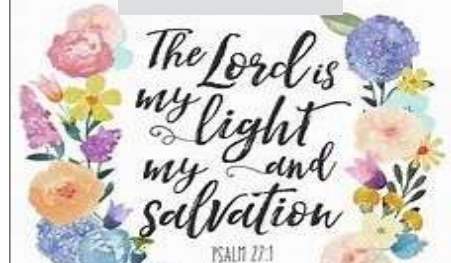
He is willing to help and show kindness to those who are often overlooked or considered different. Practically, this means that we should do the same- Reach out with kindness and love to people of all backgrounds, races, and social statuses.

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:

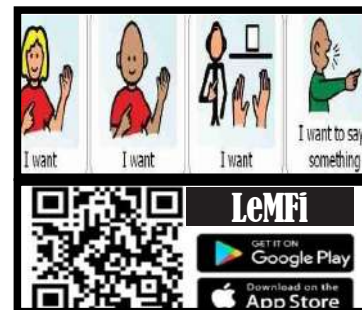
You will keep in perfect peace those whose minds are steadfast because they trust in you.

Isaiah 26:3
Good day



Kigume Karuri:

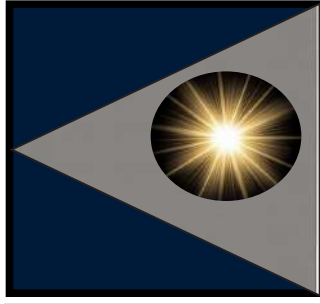
Treat people the way you would want to be treated. Think about what your expectations are when you come into contact with someone and aspire to give others the same kind of treatment that you expect.



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



A Scholarly Reflection on the Life and Legacy of Professor Ngũgĩ wa Thiong'o.

“As the sun dipped behind the historic towers of the University of Nairobi, casting long shadows over the amphitheater, a solemn silence settled across the gathering. The final moments of the tribute were reserved for symbolic gestures — deeply rooted in African traditions yet resonant with the progressive spirit that Ngũgĩ embodied.”

Article by
Arch. Dr. D.K Gitau
Atlanta GA.

NAIROBI KENYA-

The University of Nairobi today June 20th hosted a profoundly moving commemoration of the late Professor Ngũgĩ wa Thiong'o — a titan of African literature, cultural theorist, and one of the most formidable intellectuals of the postcolonial world.

Academics, students, writers, and admirers from around the world gathered to celebrate the life and enduring contributions of a man whose literary imagination and philosophical rigor have reshaped the landscape of African letters.

Professor Ngũgĩ, who once walked the corridors of the University of Nairobi as both a teacher and revolutionary thinker, was remembered with deep affection and reverence by those he mentored and those who were transformed by his ideas.

Speaker after speaker, from former students to esteemed colleagues, offered testimonies of his pedagogical brilliance, moral courage, and unyielding belief in the emancipatory power of language and narrative.

A particularly poignant segment of the memorial came through the voices of his children — Tee Ngũgĩ (present in person), Kĩmunya Ngũgĩ, Ndũcũ Ngũgĩ, Dr. Wanjikũ Ngũgĩ, and Ngĩna Ngũgĩ — who joined the event virtually. Their reflections not only honored the public intellectual but revealed the tender, private figure who shaped their lives with the same passion and principles he brought to his work. Their tributes underscored Ngũgĩ's enduring legacy as both a father and a thinker committed to decolonizing the African mind.

Kenyan musician Rĩgĩ virtually performed Mwene Nyaga, a song close to Professor Ngũgĩ's heart, which imbued the ceremony with spiritual resonance and cultural depth, reminding attendees of the intimate interplay between music, memory,

and identity in his work.

Known for his prodigious memory and vivid storytelling, Ngũgĩ often recalled critical junctures in African history and his journey with precision and poignancy. These recollections found their way into his writings and public lectures, constituting an invaluable archive of intellectual resistance and cultural reclamation.

Among the dignitaries in attendance was Kenya's renowned stateswoman, Hon. Martha Karua, who recounted her recent meeting with Professor Ngũgĩ in Atlanta in May, alongside Bishop GG Gitahi of the Kenya-American Christian Church (KACC). Karua shared Ngũgĩ's impassioned plea for the preservation and valorization of African languages, quoting him as saying, *“The greatest honor you can give me is for people to believe in themselves.”* This reflection crystallized the essence of Ngũgĩ's lifelong project: the restoration of dignity through linguistic and cultural sovereignty.

As the world mourns the passing of this literary colossus, it also affirms the vitality of his thought—a thought that called for the radical reimagining of Africa's place in the world through the prism of its own languages, histories, and truths. Ngũgĩ wa Thiong'o leaves behind not only a formidable body of literature but also a philosophical legacy that continues to enlighten, empower, and provoke generations of readers and thinkers worldwide.

His life's work remains an enduring call to action — to read deeply, to remember truthfully, and above all, to reclaim ourselves.

As the sun dipped behind the historic towers of the University of Nairobi, casting long shadows over the amphitheater, a solemn silence settled across the gathering. The final moments of the tribute were reserved for symbolic gestures — deeply rooted in African traditions yet resonant with the progressive spirit that Ngũgĩ embodied.

In a powerful act of remem-



Sunrise 5th January 1938 – Sunset 28th May 2025)

brance, a group of drama students from the university's Department of Literature staged a brief but stirring adaptation of Ngahiika Ndenda (I Will Marry When I Want) — one of Ngũgĩ's most controversial and revolutionary plays, co-written with Ngũgĩ wa Mirĩ.

The students, dressed in a fusion of traditional and contemporary attire, delivered their lines with a fiery conviction that reminded all present of the youthful courage Ngũgĩ himself displayed when he first dared to dramatize the socio-political contradictions of post-independence Kenya. The performance, raw and urgent, closed with a rousing chant in Gĩkũyũ that translated to: “We are not dead — we are seeds. And seeds grow.”

Following the performance, a group of elders drawn from the Kikuyu Council of Elders stepped forward, placing calabashes of water and millet at the foot of a carved wooden sculpture unveiled in Ngũgĩ's honor. The sculpture, an abstract rendering of a pen breaking through chains, was created by a young artist from Murang'a who had been mentored under a foundation Ngũgĩ once supported. The symbolism was not lost on the

audience: a writer's tool as a weapon of liberation.

Professor Pius Adesanmi's last published essay — read aloud by a Nigerian doctoral student — was cited during the proceedings. “Ngũgĩ,” the essay proclaimed, “refused to write in the tongue of Caesar without first reshaping it to sing the pain and pride of his people.” It was a reminder that Ngũgĩ's linguistic rebellion was never just about words; it was about power — who holds it, who speaks it, and who is denied it.

Across the courtyard, under a shade tree near the old Gandhi Memorial Library, a small group of secondary school teachers huddled quietly, some wiping away tears. “He made us see that our mother tongues are not backward,” one whispered. “He gave us back our names.”

In the crowd was a student from the University of Dar es Salaam, who had traveled by bus over two days to attend the ceremony. Holding a tattered copy of Decolonising the Mind, she said simply, “I had to come. This man made me believe that writing in Kiswahili is not a limitation but a liberation.”

Later in the evening, as the event came to a close, Ndũcũ Ngũgĩ — speaking on behalf

*Tiga kūrĩra Mwana
witũ
Tiga kūrĩra mwana
witũ
Maitũ mūrĩmi
nĩ aroka
Na marigũ ma
mĩtahato na ũcũrũ.
Tiga Kūrĩra
Gũtirĩ ũtukũ ũtakĩa*

*.....
Gacunjĩ kuma irebeta
rĩa Gĩtaũ Mĩtaũri
Ndanuko cia Mĩtahato*

of the family — VIRTUALLY announced the establishment of the Ngũgĩ wa Thiong'o Institute for Language Justice and Cultural Memory. “This is not the end of a story,” he said, “but the continuation of a struggle that my father believed in — one that belongs to all of us.”

And so, as the lights dimmed and people began to leave, there was no sense of finality — only the echo of a beginning.

The legacy of Professor Ngũgĩ wa Thiong'o does not reside in marble monuments or fleeting headlines but in the living language of the people, in the whispered proverbs of elders, in the unflinching voice of the dissident writer, in the dreams of a continent rewriting its destiny. And in the words of Ngũgĩ himself, “There is no night so long that it does not end with dawn.”

*Gũtirĩ ũtukũ
ũtakĩa I surely
miss your voice.*

17



Gallbladder.



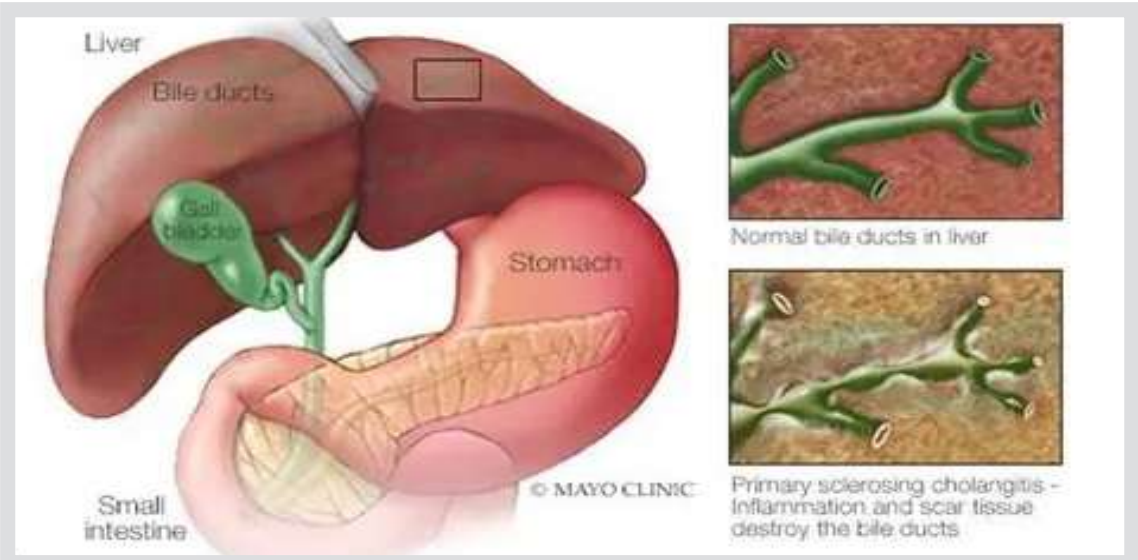
People with a history of gallstones have an increased risk of gallbladder cancer. But gallbladder cancer is very rare, so even though the risk of cancer is elevated, the likelihood of gallbladder cancer is still very small.

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

Health- Gallstones are hardened deposits of digestive fluid that can form in your gallbladder. Your gallbladder is a small, pear-shaped organ on the right side of your abdomen, just beneath your liver. The gallbladder holds a digestive fluid called bile that's released into your small intestine. Gallstones are hardened deposits of bile that can form in your gallbladder. Bile is a digestive fluid produced in your liver and stored in your gallbladder. When you eat, your gallbladder contracts and empties bile into your small intestine (duodenum).

Gallstones range in size from as small as a grain of sand to as large as a golf ball. Some people develop just one gallstone, while others develop many gallstones at the same time.

People who experience symptoms from their gallstones usually require gallbladder removal surgery. Gallstones that don't cause any signs and symptoms typically don't need treatment. Symptoms



toms
Gallstones may cause no signs or symptoms. If a gallstone lodges in a duct and causes a blockage, the resulting signs and symptoms may include:

- Sudden and rapidly intensifying pain in the upper right portion of your abdomen
- Sudden and rapidly intensifying pain in the center of your abdomen, just below your breastbone
- Back pain between your shoulder blades
- Pain in your right shoulder
- Nausea or vomiting
- Gallstone pain may last several minutes to a few hours. When to see a doctor
- Make an appointment with your doctor if you have any signs or symptoms that worry you.

Seek immediate care if you develop signs and symptoms of a serious gallstone complication, such as:

Abdominal pain so intense that you can't sit still or find a comfortable position
Yellowing of your skin and the whites of your eyes (jaundice)
High fever with chills
Causes
It's not clear what causes gallstones to form. Doctors think gallstones may result when:

Your bile contains too much cholesterol. Normally, your bile contains enough chemicals to dissolve the cholesterol excreted by your liver. But if your liver excretes more cholesterol than your bile can dissolve, the excess cholesterol may form into crystals and eventually into stones. Your bile contains too much bilirubin. Bilirubin is a chemical that's produced when your body breaks down red blood cells. Certain conditions cause your liver to make too much bilirubin, including liver cirrhosis, bi-

liary tract infections and certain blood disorders. The excess bilirubin contributes to gallstone formation. Your gallbladder doesn't empty correctly. If your gallbladder doesn't empty completely or often enough, bile may become very concentrated, contributing to the formation of gallstones. Types of gallstones
Types of gallstones that can form in the gallbladder include:

Cholesterol gallstones. The most common type of gallstone, called a cholesterol gallstone, often appears yellow in color. These gallstones are composed mainly of undissolved cholesterol, but may contain other components. **Pigment gallstones.** These dark brown or black stones form when your bile contains too much bilirubin.

TIPS ON HEALTH

summary

Complications
Complications of gallstones may include:

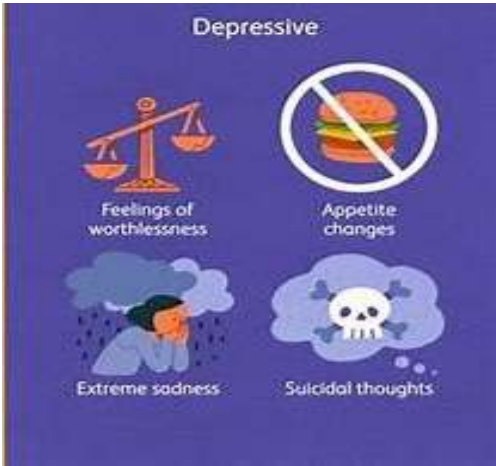
Inflammation of the gallbladder. A gallstone that becomes lodged in the neck of the gallbladder can cause inflammation of the gallbladder (cholecystitis). Cholecystitis can cause severe pain and fever. **Blockage of the common bile duct.**

Gallstones can block the tubes (ducts) through which bile flows from your gallbladder or liver to your small intestine. Severe pain, jaundice and bile duct infection can result.

Blockage of the pancreatic duct. The pancreatic duct is a tube that runs from the pancreas and connects to the common bile duct just before entering the duodenum. Pancreatic juices, which aid in digestion, flow through the pancreatic duct.

A gallstone can cause a blockage in the pancreatic duct, which can lead to inflammation of the pancreas (pancreatitis). Pancreatitis causes intense, constant abdominal pain and usually requires hospitalization. Gallbladder cancer. People with a history of gallstones have an increased risk of gallbladder cancer. But gallbladder cancer is very rare, so even though the risk of cancer is elevated, the likelihood of gallbladder cancer is still very small.

Blockage of the pancreatic duct. The pancreatic duct is a tube that runs from the pancreas and connects to the common bile duct just before entering the duodenum. Pancreatic juices, which aid in digestion, flow through the pancreatic duct.

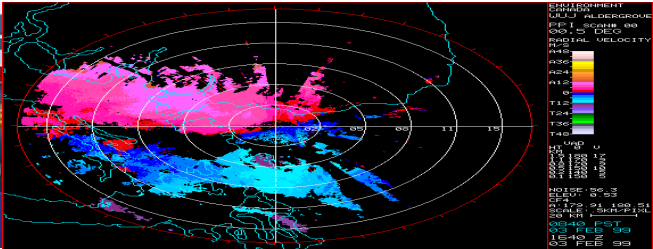


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May the dream be carried on by the generations to come

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

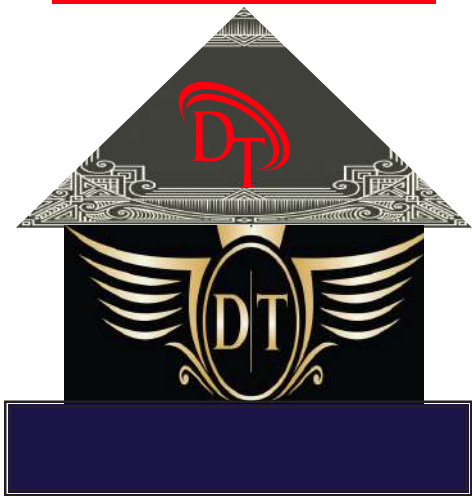


THE WEATHER IN USA

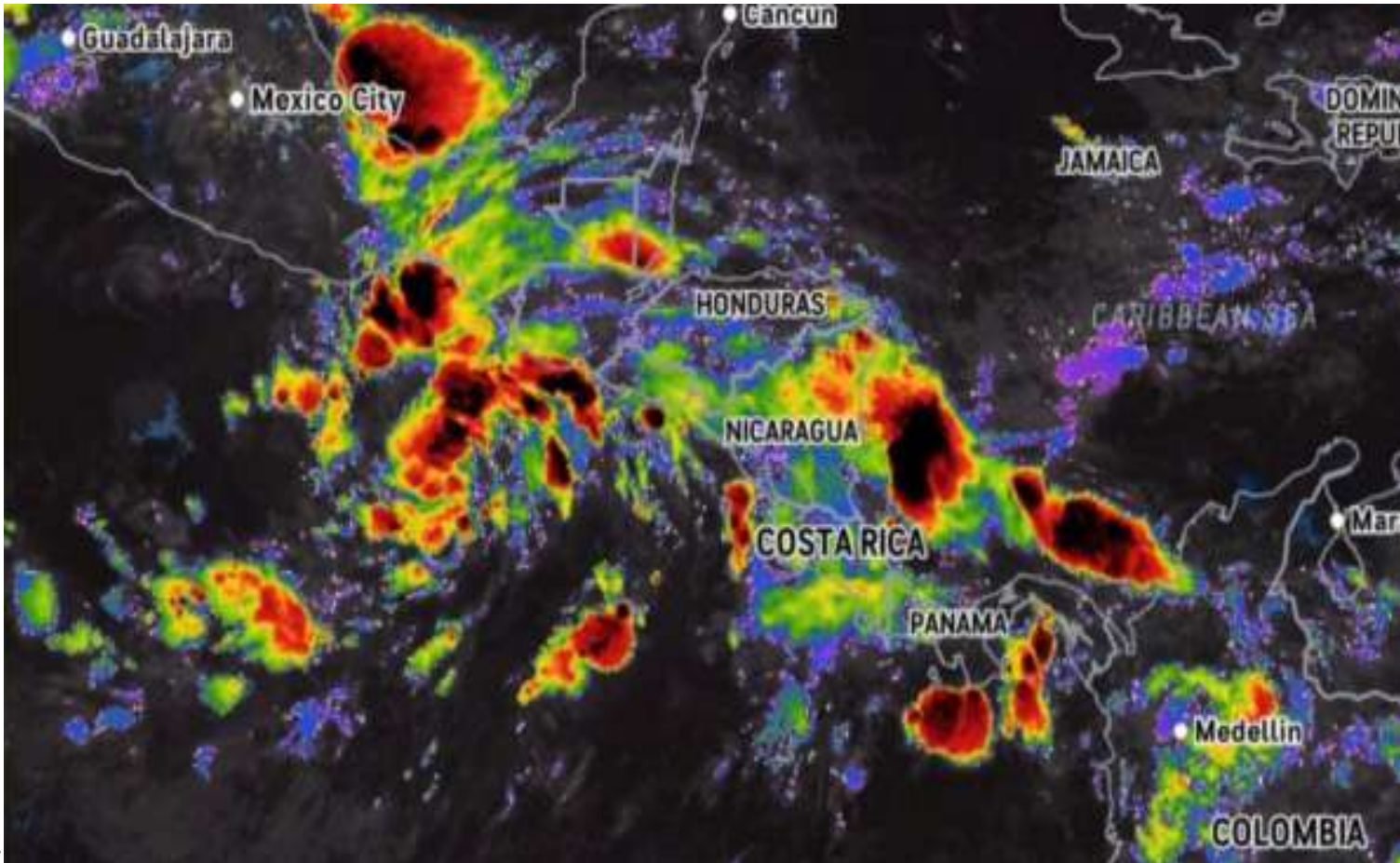
summary

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



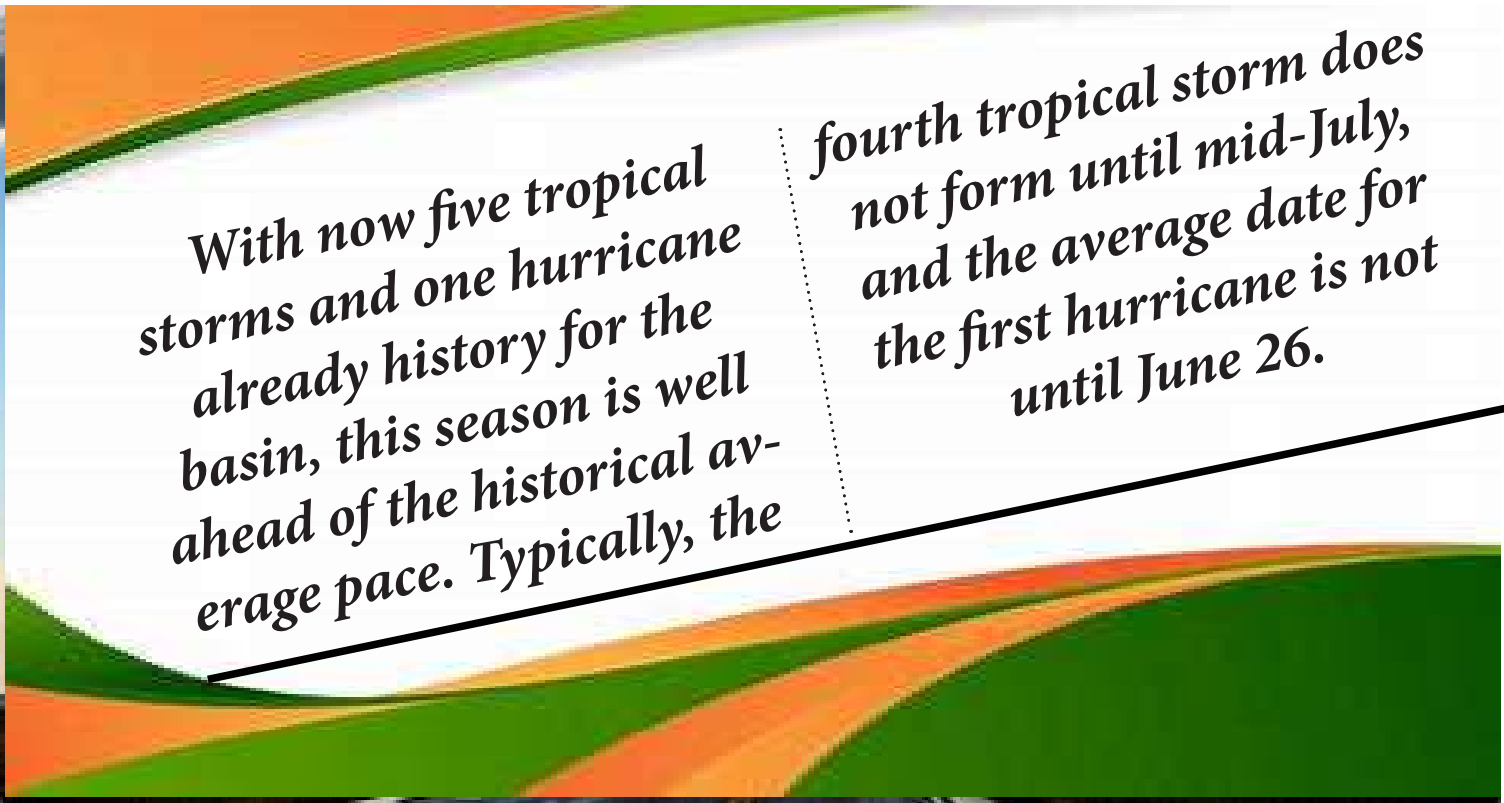
Tropical Storm Erick to strengthen rapidly, to become major hurricane.



The eastern Pacific continues its tropical tear with the fifth tropical storm of the season already in the books and the second hurricane on the way. AccuWeather meteorologists believe Tropical Storm Erick will rapidly strengthen over the next couple of days. It will quickly reach hurricane intensity and become the strongest tropical cyclone in the Northern and Western Hemisphere so far this year before approaching the southwestern coast of Mexico. On the heels of Dalila, Tropical Storm Erick formed off the coast of Mexico early Tuesday morning and is forecast to become the second hurricane of the 2025 eastern Pacific hurricane season in a matter of hours. This is the earliest fifth-named storm since July 9, 1956. The average date for the fifth-named storm is July 23.

With now five tropical storms and one hurricane already history for the basin, this season is well ahead of the historical average pace. Typically, the fourth tropical storm does not form until mid-July, and the average date for the first hurricane is not until June 26.

With now five tropical storms and one hurricane already history for the basin, this season is well ahead of the historical average pace. Typically, the fourth tropical storm does not form until mid-July, and the average date for the first hurricane is not until June 26.



"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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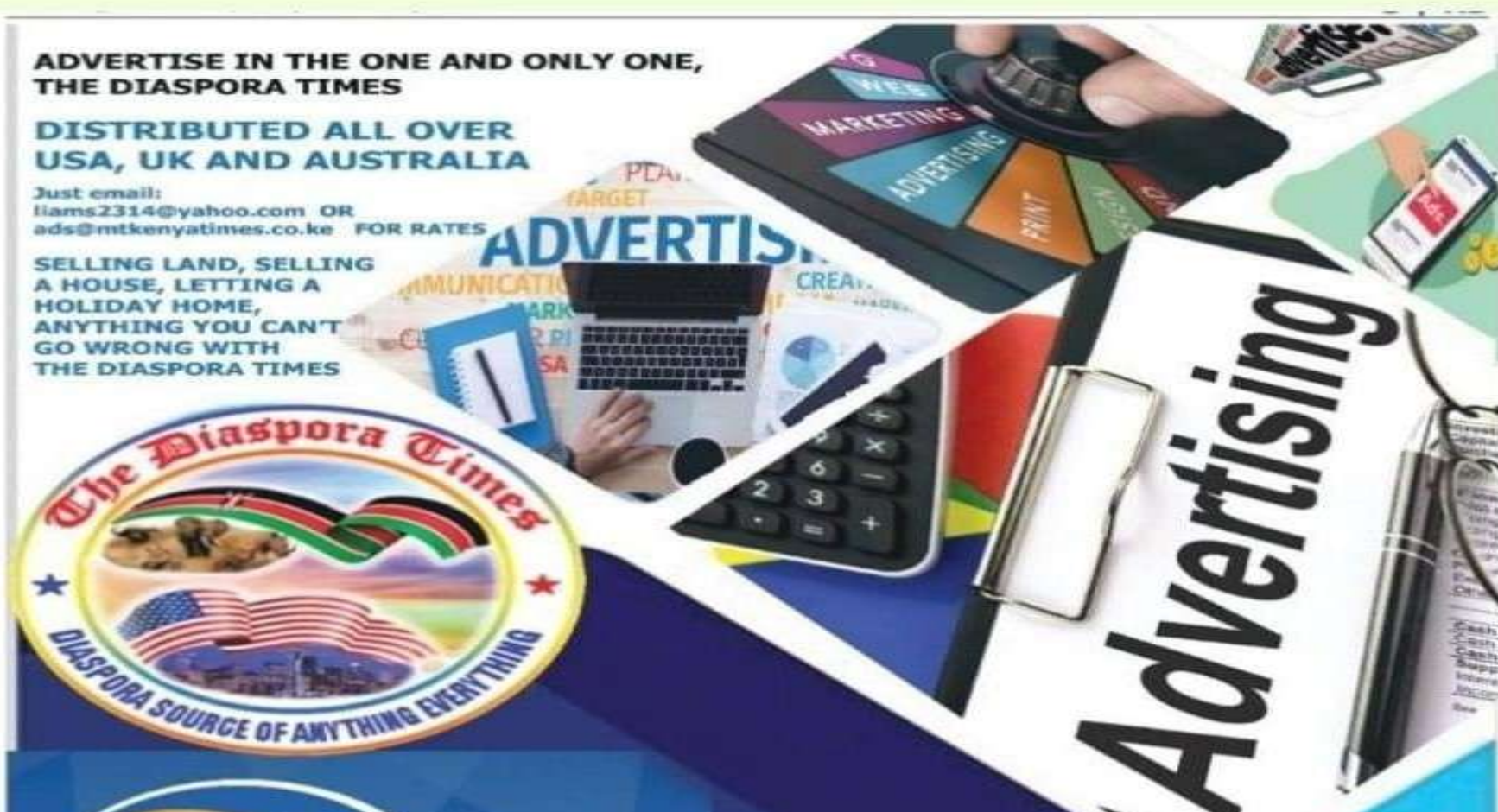
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Henry Louis Aaron.

While he was born in a section of Mobile referred to as “Down the Bay”, he spent most of his youth in Toulminville. Aaron grew up in a poor family. His family could not afford baseball equipment, so he practiced by hitting bottle caps with sticks.

USA- Henry Louis Aaron (February 5, 1934 – January 22, 2021), nicknamed “Hammer” or “Hammerin’ Hank”, was an American professional baseball right fielder who played 23 seasons in Major League Baseball (MLB), from 1954 through 1976. Considered one of the greatest baseball players in history, he spent 21 seasons with the Milwaukee / Atlanta Braves in the National League (NL) and two seasons with the Milwaukee Brewers in the American League (AL). At the time of his retirement, Aaron held most of the game’s key career power-hitting records. He broke the long-standing MLB record for career home runs held by Babe Ruth and remained the career leader for 33 years, until Barry Bonds surpassed his famous total of 755 in 2007. He hit 24 or more home runs every year from 1955 through 1973 and is one of only two players to hit 30 or more home runs in a season at least fifteen times.

Aaron holds the MLB records for the most career runs batted in (RBIs) (2,297), extra base hits (1,477), and total bases (6,856). Aaron is also third all-time for career hits (3,771) and fifth in runs scored (2,174). He is one of only four players to have at least 17 seasons with 150 or more hits. Aaron’s ability as a hitter can be illustrated by his still having over 3,000 hits even without counting any of his home runs. He was an NL All-Star for 20 seasons and an AL All-Star for one season, and he holds the record for the most All-Star selections, while sharing the record for most All-Star Games played with Willie Mays and Stan Musial. He was a three-time Gold Glove winner, and in 1957, he won the NL Most Valuable Player (MVP) Award when the Milwaukee Braves won the World Series. Aaron was born and raised in and around Mobile, Alabama, one of eight children. He appeared briefly in the Negro American League and in minor league baseball before starting his major league career. By his final MLB season, Aaron was the last former Negro league baseball player on a major league roster. During his time in Major League Baseball, and especially during his run for the home run record, Aaron and his family endured extensive racist threats. His experiences fueled his activism during the civil rights

movement.

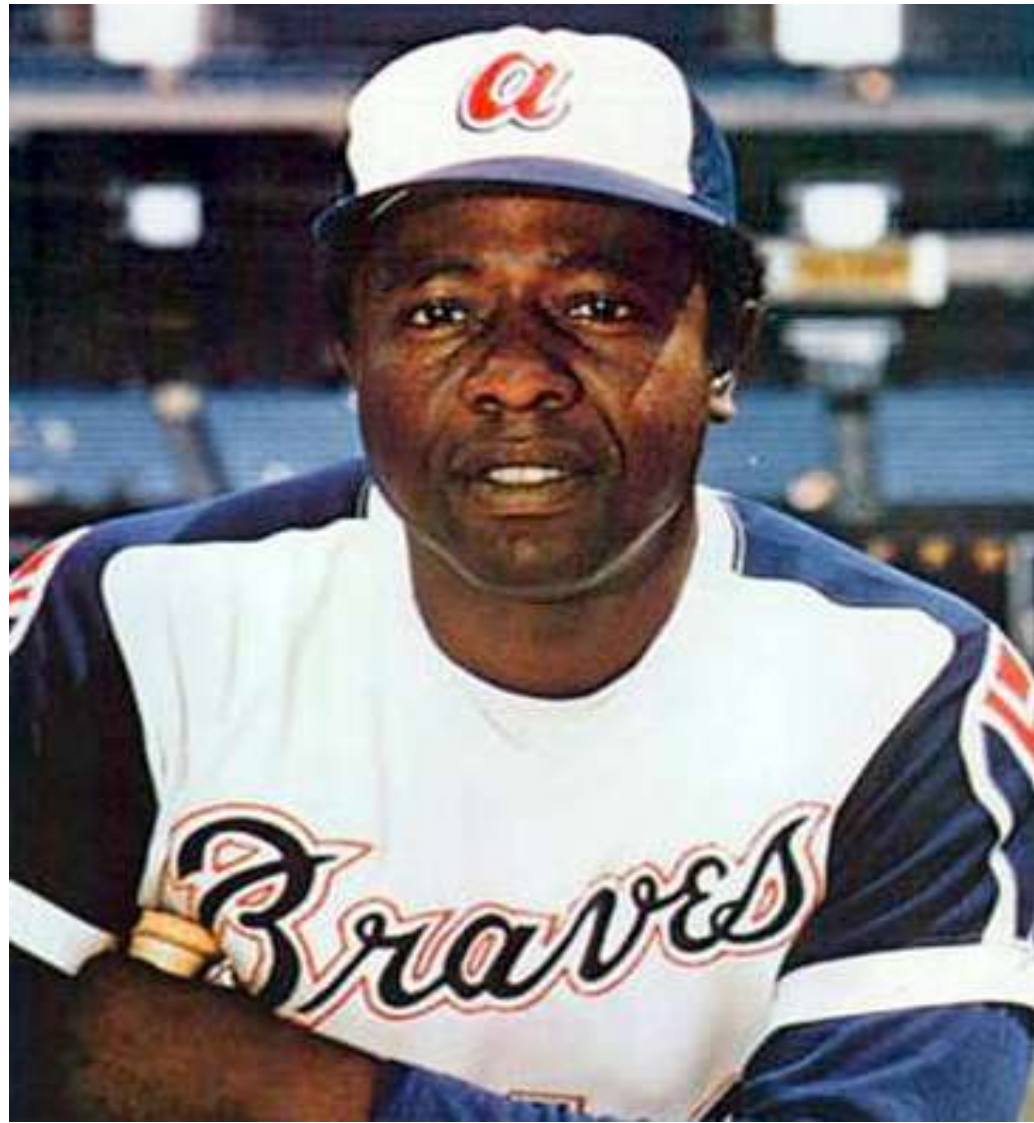
Aaron was inducted into the National Baseball Hall of Fame in his first year of eligibility in 1982 and Wisconsin Athletic Hall of Fame in 1988. In 1999, MLB introduced the Hank Aaron Award to recognize the top offensive players in each league. That same year, he was one of 30 baseball players elected to the Major League Baseball All-Century Team. He was awarded the Presidential Medal of Freedom in 2002. After his retirement, Aaron held front office roles with the Atlanta Braves, including the senior vice president. He resided near Atlanta until his death in 2021.

Early life

Aaron was born in Mobile, Alabama, to Herbert Aaron Sr. and Estella (Pritchett) Aaron. His father worked as a shipyard riveter. He had seven siblings. Tommie Aaron, one of his brothers, also went on to play Major League Baseball. By the time Aaron retired, he and his brother held the record for most career home runs by a pair of siblings.

While he was born in a section of Mobile referred to as “Down the Bay”, he spent most of his youth in Toulminville. Aaron grew up in a poor family. His family could not afford baseball equipment, so he practiced by hitting bottle caps with sticks. He would create his own bats and balls out of materials he found on the streets. His boyhood idol was baseball star Jackie Robinson. Aaron attended Central High School as a freshman and a sophomore. Like most high schools, they did not have organized baseball, so he played outfield and third base for the Mobile Black Bears, a semipro team. Aaron was a member of the Boy Scouts of America.

Although he batted cross-handed (as a right-handed hitter, with his left hand above his right), Aaron established himself as a power hitter. As a result, in 1949, at the



(February 5, 1934 – January 22, 2021),

age of 15, Aaron had his first tryout with an MLB franchise, the Brooklyn Dodgers; however, he did not make the team. After this, Aaron returned to school to finish his secondary education, attending the Josephine Allen Institute, a private high school in Alabama. During his junior year, Aaron joined the Prichard Athletics, an independent Negro league team, followed by the Mobile Black Bears, another independent Negro league team.[9] While on the Bears, Aaron earned \$3 per game (\$40 today), which was a dollar more than he got while on the Athletics.

Professional career

Negro and minor leagues

On November 20, 1951, baseball scout Ed Scott signed Aaron to a contract on behalf of the Indianapolis Clowns of the Negro American League, where he played for three months.

He started play as a 6 ft (180 cm), 180 lb (82 kg) shortstop, and earned \$200 per month. As a result of his standout play with the Indianapolis Clowns, Aaron received two offers from MLB teams via telegram, one from the New York Giants and the other from the Boston Braves. Years later, Aaron remembered:

In 1954, Aaron attended spring training with the major league club. Although he was on the roster of its farm club, Milwaukee manager Charley Grimm later stated, “From the start, he did so well I knew we were going to have to carry him

On March 13, 1954, Milwaukee Braves left fielder Bobby Thomson fractured his ankle while sliding into second base during a spring training game. The next day, Aaron made his first spring training start for the Braves major league team, playing in left field and hitting a home run.



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BACKPAGE



WORLD OF SPORTS

Texans punter Shane Lechler, DE J.J. Watt named to NFL All Quarter Century team.

Lechler is widely considered the best punter of the new century and his consistency with hang time, arch angle, plus length of punt easily clears all other participants. He was only in Houston for five seasons, but it made the difference in helping Houston win multiple division titles.

The Houston Texans have been an above-average roster over the past several seasons and they've had some impactful players along the way. Perhaps bigger than defensive end J.J. Watt, who is expected to be a first-ballot Hall of Famer when the time comes in 2027.

Who else deserves love? How about the punter that set up Houston's defense in the 2010s, Shane Lechler, a prominent figure in the locker room and around the league for decades. Well, ESPN believes he might be the G.O.A.T. of the 2000s in special teams.

Aaron Schatz and Seth Walder unveiled their NFL All Quarter Century team, which includes a slew of Hall of Famers, future Hall of Famers and some of the most impactful players in the game. Technically, four players made the cut, but only two are known for their time in H-Town: does anyone really think of Houston star Ed Reed or Vince Wilfork?

Watt is the first in a long line of promising defensive ends in Houston, where he established himself as perhaps the league's best past rusher for over five season.

