





By Abigirl Phiri



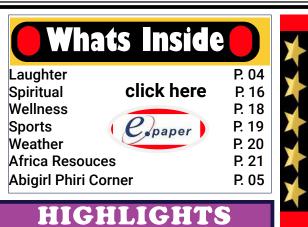
The Diaspora Times

Saturday, Aug. 16, 2025 Vol 0376 Life is about your inner thoughts.

Bridging Valor: Zelenskyy and Starmer Forge Security Path for Ukraine.



On August 14, 2025, Ukrainian President Volodymyr Zelenskyy met with UK Prime Minister Keir Starmer at Downing Street. Their discussions centered on long-term security guarantees, expanding support for Ukrainian drone production, and bolstering the PURL defense equipment programme. The meeting reflects a strengthening bond between Ukraine and the UK ahead of a critical summit between U.S. President Trump and Russian President Putin in Alaska. Joe Kamau report NJ.





Whether positive or negative, one must come to terms with their HIV and AIDS status. But to know it, you must first get tested. This is a crucial step in anyone's

life—to have the courage to know your status, especially if you've not lived a celibate life.

STORY Page 05





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The Unstoppable Gateway to East Africa's 300 Million Consumer Market.

As regional integration deepens through the establishment of regional headquarters and the advancement of infrastructure continues, organizations like Optiven, which have capitalized on the advantage, are positioned to tap into the collective potential of 300 million that drives sustainable growth.

Article By Alvyn-Optiven Ltd

Kenya stands as the economic powerhouse and gateway to the East African market, serving a population of nearly 300 million across the East African Community (EAC). The tech-savvy population, English-speaking robust investment infrastructure, and progressive economic policies have established the country as the natural entry point to this growing market. This pivotal status is further reinforced by the country's coastline serving the broader East and Central Africa

Here is why you need to tap into this market;

https://www.bloomberg.com/ news/articles/2025-04-22/kenyaset-to-overtake-ethiopia-as-eastafrica-s-largest-economy

1. Regional Economic Bloc One of the main reasons why Kenya is the ideal entry point to this region is its membership in the regional economic blocs. African Continental Free Trade Area (AfCFTA) and Common Market for Eastern and Southern Africa (COMESA) provide platforms to facilitate seamless trade, simplifying business operations for organisations expanding to East Africa. This enhances the role as a trade conduit offering access to diverse consumer bases and providing investment opportunities. As a founding member of the East African Community (EAC), Kenya leverages its strategic location and economic influence to drive integration initiatives, thereby facilitating easier access to the broader EAC market for businesses established in Kenya. 2. Infrastructure

Aside from the robust infrastructure the government has invested in, including the extension of the Standard Gauge Railway (SGR) to Malaba and the upcoming Konza Technopolis, the coastal city of Mombasa is the home to the largest deep-water seaport in East and Central Africa, acting as

the main entry point for goods. This strategic advantage enables Kenya to effectively manage its imports and exports, targeting businesses. The Gross Domestic Product (GDP) projection of 5.1-5.6% by the Africa Development Bank Group has inspired businesses, including Optiven Limited, the leading real estate company in the region, to further expand into the East African countries, aligning itself with Kenya's role as a gateway. Optiven CEO, Dr. George Wachiuri, emphasizes that Optiven is tapping into the growing infrastructure by developing real estate projects along major transportation corridors serving both commercial and residential needs.

https://www.optiven.co.ke/ newsblogs/optiven-lead-diaspora-markets/

"Our value addition concept has resonated throughout Africa, offering comprehensively developed properties with essential amenities."

3. Thriving Innovative Economy When you narrow down to the economy, you find pro-business policies, a youthful, skilled workforce, and a mobile penetration rate of over 85% attracting significant Foreign Direct Investment (FDI). This innovation-driven culture has earned the country the nickname "Silicon Savannah," with mobile payments like M-Pesa revolutionizing financial inclusion that caters to both urban and rural consumers. This makes Kenya not just a transit point but also a significant consumer market in its own right.

As regional integration deepens through the establishment of regional headquarters and the advancement of infrastructure continues, organizations like Optiven, which have capitalized on the advantage, are positioned to tap into the collective potential of 300 million that drives sustainable growth.



Why Optiven Stands Out in Kenya's Real Estate Landscape.

Optiven Limited is not just a property seller—it is a developer of thriving, value-driven communities designed to deliver long-term returns. With a reputation built on integrity, transparency, and professionalism, Optiven has consistently delivered projects that go beyond mere land sales to create vibrant, serviced communities that appreciate in value.

Key features that set Optiven apart include:

- Prime Locations with High Growth Potential: From the serene coastal appeal of Vipingo to the lush greenery of Amani Ridge and the fast-developing areas around Nanyuki and Kajiado, Optiven strategically acquires and develops land in areas poised for exponential growth.
- Infrastructure-Ready Developments: Each project is equipped with essential infrastructure such as graded access roads, perimeter fencing, water supply, green spaces, and solar-powered street lighting, ensuring both immediate usability and sustained property value appreciation.
- Flexible Payment Plans: Recognizing the unique needs of diaspora and local investors, Optiven offers tailored payment plans that make investment accessible without financial strain.
- Clean Title Deeds: Investors are assured of secure transactions with legally verified documentation, removing the common risks associated with land acquisition in Kenya.

Why Now is the Time to Invest with Optiven

Kenya's real estate market is experiencing robust demand fueled by urbanization, diaspora remittances, and infrastructure expansion. Land prices in key regions have shown consistent double-digit annual growth, and projections suggest this trend will continue as the government's Vision 2030 and affordable housing initiatives accelerate.

For diaspora investors, Optiven offers a safe, credible, and customer-friendly pathway to participate in Kenya's growth story without the uncertainty that often surrounds property transactions from abroad. In an era where land ownership is one of the most secure and appreciating asset classes, Optiven stands as a trusted steward of investors' aspirations.

A Call to Action – Secure Your Place in Kenya's Future

Kenya's role as the economic hub of East Africa is set to grow even stronger. For investors seeking to benefit from the region's expansion, real estate remains one of the most resilient and high-yielding sectors. Optiven Limited, with its proven track record, transparency, and commitment to value creation, offers a unique opportunity to be part of this growth story.

Whether you are in Nairobi, London, Atlanta, or Sydney, Optiven ensures that investing in Kenya is simple, secure, and rewarding. With projects that combine prime location, sustainable design, and ready infrastructure, the choice is clear: the future belongs to those who invest in it today. Visit www.optiven.co.ke or speak to an Optiven investment advisor to begin your journey to financial security and legacy building.

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Email: info@optiven.co.ke



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LAUGHTER THE MEDICINE

BEST



THE DIASPORA TIMES



DIASPORA LAUGHS-

Because Homesickness Needs Humor

1. Diaspora Logic:

Spend \$2,000 on a ticket to Kenya... then bargain with a mama mboga over 20 bob for sukuma wiki.

2. Phone Call Home:

"Mum, I sent the money!" Ah, good! By the way, the roof fell, the goat is sick, and your cousin needs school fees...

Translation: That money already left the account.

4. Kenyan Abroad Starter Pack:

- WhatsApp group for every county
- 3 Kenyan churches within 2 miles
- One cousin you've never met... who suddenly needs "emergency' help

5. Airport Scene:

igoplus

Diaspora: *Arrives with 2 suitcases*
Kenyan Relatives: "Where are the other 4?

Word List

NAIROBI, KAMPALA, KIGALI, ADDIS, DODOMA, LUSAKA, KINSHASA, PRETORIA, ACCRA,

ABUJA, CAIRO, TUNIS
N A I R O B I X X X X X
K A M P A L A Q W E R T
K I G A L I B C D E F G
H J Q L A D D I S M N O
V D O D O M A P Q L Y Z
R E D T O P L U S A K A
U V K I N S H A S A L M
P R E T O R I A S D F G
Z X V B N M Q A C C R A
L K H G A B U J A P Q W
C A I R O T Y U I P L K
A B C D E F G T U N I S

NUMBER PUZZLE

5	2		2	2
3	5	3		
7			8	8
	5			
4	7		9	9

Down

 1.5×5

 2.2×7

 3.8×9

Across

1.5 + 2

3.7×8

 4.4×7

1own

4. 5×5

GEN Z KENYA DROZA JUNE 25TH 2024
WE WILL NEVER FORGET

"You may pave the streets with gold, but if you silence the people with bullets, history will remember only the blood."

THE YOUTH DEMAND CHANGE

REMEMBER THE YOUTH ARE WATCHING

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Accepting Your HIV and AIDS Status

If acceptance feels difficult, consider joining support groups. These platforms offer powerful shared experiences and lessons that can guide your own journey.



Abigirl Phiri | Zimbabwe Senior Editor

ADVICE - Accepting Your HIV and AIDS Status

Whether positive or negative, one must come to terms with their HIV and AIDS status. But to know it, you must first get tested. This is a crucial step in anyone's life—to have the courage to know your status, especially if you've not lived a celibate life.

For those who are sexually active, it's in your best interest to get tested regularly. If you value privacy, you can use self-test kits in the comfort of your home especially if you're uncomfortable with prying eyes. However, the danger with self-testing is that if the result is positive, it may be difficult to process alone. You might not know how to react to the news compared to being at a health facility, where professionals are trained to break the news in an appropriate, compassionate way. For some, the shock of this reality can lead to panic and poor decisions.

If you are in a relationship—whether married or in a de facto partnership—it's wise to get tested together. This helps you make informed decisions about your sexual health. If you're unsure of your partner's status, always play it safe. Use protection. As the saying goes, "Better safe than sorry," and indeed, "Prevention is better than cure." We only get one chance at life, and protecting our health must be a priority.

If you do find yourself HIV positive, it's not the end of the world. Acceptance is key. Fighting reality will only worsen your

KNOW YOUR STATUS. LIVE YOUR LIFE.





- Whether Positive or Negative Acceptance is Strength.
- · Test Regularly. Know Early. Live Longer.
- If Positive, Take Your Medication. No Skipping. No Shame.
- Join Support Groups. Share. Heal. Grow.
- Fight Stigma Not Yourself.
- Talk When Ready, But Never Suffer Alone.
- · Don't Spread Hate or the Virus.
- Protect Yourself. Protect Your Partner.

"Being HIV Positive doesn't end your life — it redirects

situation. Instead, begin taking your medication faithfullywithout defaulting. Many people have lost their lives simply because they skipped treatment. As painful as it is, acceptance is the beginning of healing. Life isn't smooth sailing; it's full of challenges. This is one of them especially if you were unknowingly infected by someone else. It's painful and you may feel betrayed, but never allow yourself to fall into the trap of spreading the virus in revenge. That path only deepens the wounds.

If acceptance feels difficult, consider joining support groups. These platforms offer powerful shared experiences and lessons that can guide your own journey. When you're ready, talk about your situation—but don't bottle it up until it turns into depression. You don't have to face this alone.

Eat traditional, healthy foods. Exercise regularly. Live your life as normally as before, but with discipline in taking your medication. Gone are the days when HIV carried unbearable stigma. Today, it is managed like many other chronic conditions. With proper treatment, you can live a long, full life. Thanks to the internet, you can access countless resources on how to live positively. But above all, train your mind to accept your status—that's the real starting point for moving forward.

Being HIV positive doesn't

mean your life stops. It doesn't mean you can't dream or suc-

ceed. In fact, it can open your eyes to the beauty of life in new ways—through resilience, compassion, and awareness. Unfortunately, some family members disclose others' HIV status without consent. This is wrong. No one has the right to share your medical information. Your status is yours alone, and your privacy must be respected.

If you're struggling to accept your diagnosis, seek professional counseling. Trained counselors can guide you on how to live fully and wisely. In our relationships, let's be vigilant and responsible, because not everyone has good intentions. Some may infect others deliberately. So, let's protect ourselves and each other.

Above all, may we all find the strength to accept our situations—whether positive or negative—because life is a precious gift from God.

Rugare, dear readers.

By Abigirl Phiri- Zimbabwe Senior correspondent The Diaspora Times.





Summary:

The article emphasizes the importance of getting tested for HIV and AIDS, regardless of one's status. It encourages regular testing, including self-testing for those who value privacy, while warning that receiving a positive result alone can be emotionally overwhelming. Testing with a partner and using protection are urged as preventive measures. For those who test positive, the key message is that HIV is not a death sentence. Acceptance, adherence to medication, and joining support groups are vital for living a long and healthy life. The text also warns against seeking revenge by knowingly infecting others, urging instead for healing, responsibility, and emotional support. It highlights the need to fight stigma, maintain confidentiality, and respect individual rights.

Ultimately, the story delivers a message of hope: that with the right mindset and support, one can live fully, love deeply, and pursue dreams—regardless of HIV status. The final appeal is for compassion, vigilance, and strength in facing life's challenges with dignity.

106 HEROES WHO PASSED ON. Rest In Power





Life and Legacy of Dr. Joseph Odero-Jowi.

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

Joseph Odero-Jowi was born on August 15, 1936, in the small fishing town of Sori, along the shores of Lake Victoria in what is now Migori County, Kenya. He began his early education in local schools before joining Kisii School, where he was known for his diligence and sharp intellect. His academic journey then took him to Kagumo Teachers College, a breeding ground for many of Kenya's early post-independence leaders. His thirst for knowledge extended beyond Kenya's borders, leading him to India, where he studied economics at the University of Calcutta and later the University of New Delhi, experiences that broadened his worldview and exposed him to the complexities of international economics and development.

In 1961, before Kenya's independence, Odero-Jowi took up the position of Principal at the African Labour College in Kampala, Uganda. This role allowed him to engage with trade union movements and labor issues across the continent at a time when Africa was awakening politically and socially. In 1963, after marrying his wife Salome, he returned to Kenya, just months before the nation gained independence. That same year, he entered politics and was elected to the House of Representatives for Lambwe Constituency, becoming part of the first wave of African legislators tasked with shaping a new nation.

His political career gained momentum in 1966 when he was elected Member of Parliament for Ndhiwa Constituency. He served in key positions within the Ministry of Labour and later in the Mi-



15 th August 1936–17th October 2015)_

nistry of Finance, where his grounding in economics proved valuable. In 1969, following the assassination of Tom Mboya, Odero-Jowi was appointed

would hold until 1974. It was here, in the corridors of international diplomacy, that Odero-Jowi made history. At a time when major UN bodies were firmly rooted in the developed world, he spearheaded Kenya's successful bid to host the United Nations Environment Programme (UNEP). Through

skilled lobbying and building strategic alliances with both developing and developed nations, he convinced the UN General Assembly to establish UNEP's headquarters in Nairobi. This unprecedented achievement placed Kenya and Africa—at the center of global environmental governance and remains one of the most significant diplomatic triumphs in Kenya's history. During his time at the UN, he also served as the first Chairman of the UN Committee on Natural Resources, reinforcing his reputation as a champion of sustainable development and resource manage-

In 1974, Odero-Jowi returned to Kenya and reclaimed his Ndhiwa parliamentary seat. However, his second stint in Parliament was short-lived; in 1977, he resigned to take on new international assignments, continuing his engagement with global development and environmental issues. His contributions to national and international policy-making reflected a rare blend of political acumen and diplomatic skill, and his work left a lasting imprint on both Kenya's domestic policy and its standing abroad.

In recognition of his service, the Kenyan government honored him in 2007 with the title of Elder of the Order of the Burning Spear (EBS), one of the country's highest civilian awards. By 2014, however, Odero-Jowi was living a quiet, largely private life in Lang'ata, Nairobi, away from the political spotlight he once commanded. Despite his retreat from public affairs, his legacy continued to inspire diplomats, environmentalists, and leaders across Africa.

Joseph Odero-Jowi passed away on October 17, 2015, leaving behind not only his family but also a legacy etched in the history of Kenyan diplomacy. His determination to place Kenya on the world stage, particularly through UNEP, stands as a testament to what visionary leadership, backed by strategic diplomacy, can achieve. Today, Nairobi's status as a hub for environmental policy and global governance owes much to the foresight and tenacity of a man from the quiet fishing town of Sori, whose journey took him from the shores of Lake Victoria to the highest chambers of the United Nations.



Minister for Economic Planning and Development, albeit briefly, as the political landscape in Kenya became more turbulent. Later that same year, he lost his parliamentary seat, a setback that would steer him toward one of the most defining chapters of his life. In 1970, the Kenyan government appointed him Permanent Representative to the United Nations, a post he

We Remember the Dead In silence and sorrow, The Diaspora Times remembers the FALLEN HEROES

Lost in struggle, fallen in flame.

They spoke the truth, they walked boldly,

Their dreams live on, unbought, unsold.

Though guns or poor health silenced their cries,

Their courage will never die.

Every week, The Diaspora Times features a story about a fallen Kenyan hero.

Those who died naturally, through assassinations or accidents.



FREEDOM OF EXPRESSION, ASSEMBLY, AND WORSHIP ARCH. D. K. GITAU THE DIASPORA TIMES

A nation that suppresses freedom of expression, criminalizes peaceful assembly, or dictates religious worship is not sovereign—it is captive. These freedoms are not negotiable; they are the heartbeat of any legitimate republic.

History bears the blood of those who dared to speak, to gather, to believe

The right to speak one's truth, to gather in shared cause, and to worship according to one's conscience—these are not mere civil liberties. They are the essence of human dignity, and any nation that honors them becomes more than a state; it becomes a sanctuary of the human spirit.

Arch, Dr, D.K. Gitau

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Silent Poison: How Illicit Brews and Drugs Are Wiping Out Central Kenya's Future;

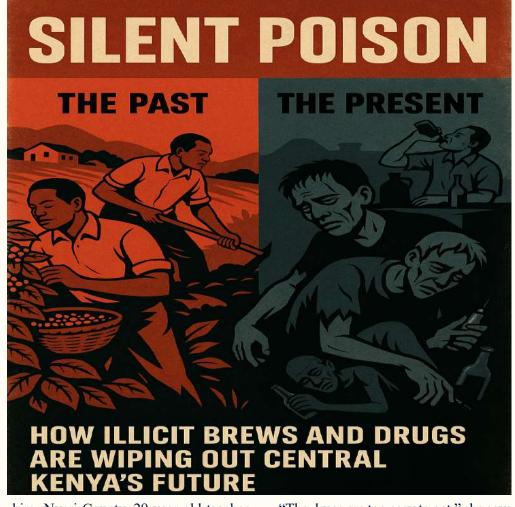
The resurgence of illicit brews and drugs is especially devastating in the Central region, a place that has historically been one of Kenya's most industrious. It is now, sadly, among the hardest hit.

By Joe Ndirangu|Diaspora Times Muranga reporter.

Once celebrated as Kenya's industrious heartland—home to disciplined coffee farmers, thriving businesses, and a work ethic that drove national economic growth—the Central region now staggers under the weight of a silent crisis. The resurgence of illicit brews and narcotics has carved deep wounds into its social fabric. Families are burying breadwinners in their 30s and 40s, while children grow up in households where addiction is the new inheritance. What was once a matter of public health has, to many residents, become a weaponan unspoken form of economic sabotage born of political neglect.

In towns like Karatina, Nyeri, and Murang'a, whispered conversations in market stalls and matatus carry a bitter refrain: we have been abandoned. Residents believe that the region's political distance from President William Ruto's administration has left them exposed. The government's once-vigorous crackdowns on chang'aa dens and drug peddlers seem to have slowed, if not stopped entirely. Where chiefs once led dawn raids, now entire villages watch as illegal liquor flows openly, often with the collusion of local officials.

The human toll is staggering. In Kirinyaga's Kiamutugu village, the family of 42-year-old James Muriuki still grieves. A once-vibrant mason and father of three, James collapsed and died after drinking a batch of adulterated liquor on a Friday evening. His eldest son, 17-year-old Kevin, has since dropped out of school to take care of his younger siblings. In Mat-



hira, Nyeri County, 29-year-old teacher Jane Wanjiku lost her husband, Peter Mwangi, to alcohol-related liver failure. "He was the breadwinner," she says, holding their three-year-old daughter. "Now we survive on well-wishers. I don't even know where to start."

Drugs have been no less merciless. In Thika, 25-year-old Samuel Kamau, once a promising mechanic, now roams the streets, enslaved to heroin. His mother, Margaret Njeri, recalls selling their only dairy cow to pay for a rehabilitation program that failed after a month. "The drugs are too easy to get," she says. "You can buy them faster than bread." In Murang'a's Kangema constituency, two cousins—David and Moses—died within the same week after overdosing on methanol-laced alcohol. Their joint funeral drew hundreds, most of whom whispered about the police officers who allegedly collected "protection fees" from the very dens that sold the lethal

Local leaders such as Nyeri Senator Wahome Wamatinga and Murang'a Woman Representative Betty Maina have raised alarms, accusing certain administrators of looking the other way. Others, like former Gatanga MP Peter Kenneth, have called it a form of economic warfare deliberately allowing addiction to drain the region's labor force, cripple families, and ensure political compliance through

Beyond the immediate deaths, the slow burn of destruction is visible. Coffee farms lie unattended because their owners are too drunk to work. Skilled artisans vanish from the job market, leaving construction projects stalled. Children skip school because their parents spend the day in chang'aa dens. Medical centers overflow with cases of liver disease, kidney failure, and addiction-related in-

For many in Central, the equation is painfully simple: kill the work ethic, kill the economy. In a region that has historically been a backbone of Kenya's prosperity, the current crisis feels less like a tragedy of negligence and more like a deliberate dismantling of its future. The silence from those in power is deafening, and every funeral procession that winds through the hills carries not just a coffin, but another nail in the region's economic coffin.

Until decisive action is taken—free from political games and rooted in the protection of life—the people of Central Kenya will continue to live under a slow, state-tolerated genocide, one bottle and one syringe at a time.

EDITORIAL SUMMARY

abuse in any country are symptoms of eliminate this menace would dismantle deeper social, economic, and governance failures.

In a nation with a functioning and committed government, such vices can be controlled through strict enforcement of existing laws, regulation of production and distribution, public health campaigns, and community rehabilitation programs

However, when these issues persist or worsen, it often points to willful

neglect, corruption, or complicity within the state machinery.

Illicit alcohol consumption and drug A government that genuinely seeks to cartels, prosecute complicit officials no matter how high-ranking—and invest in youth empowerment, education, and addiction recovery.

> Where the state has the power but lacks the will, illicit substances become tools of economic suppression, political sabotage, or quiet demographic destruction. In such contexts, the crisis ceases to be accidental—it becomes institutional.

"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

377.indd 8 8/15/2025 9:51:25 AM down. Arguments about mon-

When Love Crosses the Atlantic: The Hidden Struggles of Kenyan Marriages in the Diaspora

Caught between bitter divorces, legal battles, and relocations, the children of these unions pay the highest price. "My son once asked me, 'Is dad in jail because he loved us too much?' I had no words,"

By Dr. Jesinta Koimburi New Jersey

The Diaspora Times, Aug 2025 When John and Mary boarded their flight from Nairobi to Texas in the year 2000, they were filled with hope. Their love story—simple, grounded, and full of dreams-was forged in the dusty courtyards of Ngumo Estate, where gospel music mingled with the scent of chapati on lazy weekends. They had prayed together, saved together, and promised each other that America would be the place where their future took root. Eight years later, they live on opposite coasts—John in California, Mary in Georgia. Their children shuttle between states, carrying homework assignments and emotional scars in equal measure. The man who once walked barefoot to school in Kisumu now checks in at a supervised visitation center, smiling for his children while privately mourning a marriage that couldn't survive the weight of distance, bills, and cultural shifts.

For many Kenyan couples, migration to the U.S. begins with an almost sacred belief: that together, they can withstand anything. And in the early years, they do. There is a certain romance in facing hardship together—sharing a one-bedroom apartment, working night shifts, sending remittances home. But America has a way of testing bonds. The absence of extended family, the high cost of living, the relentless schedule, and the constant pull of obligations back home in Kenya can quickly turn romance into quiet resentment. Take Peter and Ruth, who landed in Boston in 2005 with two suitcases and a wedding album wrapped in a kitenge cloth. Peter found work in night security, Ruth in a nursing home. Their first year was full of teamwork—alternating shifts, sharing stories of "how we will go back home one day." But by the third year, the fatigue was wearing them

ey became arguments about respect, and by the time their eldest turned ten, the marriage was more a roommate arrangement than a partnership. In Kenya, couples like James and Grace, or David and Sarah, can lean on the "village system." Aunties, cousins, and elders intervene in disputes; neighbors lend a hand with child care; there's always a social fabric to catch a falling marriage. But in the U.S., disputes unfold in private apartments or over hurried text messages between shifts. Small misunderstandings—never addressed-turn into emotional walls. And when the American legal system steps in, what might have been a reconciliatory meeting with elders in Nairobi becomes a custody hearing in a U.S. court. For Samuel and Anne, the breaking point came during the 2008 recession. Samuel lost his job in Minneapolis; Anne's income barely covered the mortgage. Yet the expectation from both their families back in Nyeri and Kisumu was unchanged-monthly remittances for school fees, hospital bills, and church projects. When they couldn't keep up, the shame and pressure translated into fights at home. By the time Samuel was employed again, Anne had moved out. Even couples who are financially stable face a different set of challenges: cultural assimilation versus cultural preservation. Michael and Jane, who met at Kenyatta University, found themselves in a cold war over language. Michael insisted on speaking Kiswahili and Kikuyu at home to "keep the children grounded," while Jane preferred English so the kids could "blend faster" in school. The disagreement, seemingly small, was actually about identity and belonging—questions that cut to the heart of the diaspora experience. Patrick and Beatrice, both engineers in Atlanta, earned good salaries and drove luxury cars. But long hours and frequent travel left them emotionally distant.

BROKEN ABROAD The Silent Crisis of Domestic Violence Among Kenyan Diaspora Families

"I felt like I was raising the children alone," Beatrice confided to friends. When Patrick returned from a three-month overseas project, he found the locks on their home changed. While official numbers on Kenyan divorce rates in the diaspora are hard to track, community organizations and diaspora churches acknowledge the trend. Leaders estimate that divorce rates among Kenyan immigrants in the U.S. are significantly higher than in Kenya, driven by legal independence for women, work-related separation, and lack of family mediation. In Kenya, marital problems are often addressed in informal, culturally rooted ways; in the U.S., they often end in legal filings. Pastor Elijah Njoroge of a Kenyan church in Dallas observes that in America, your marriage is between you, your spouse, and the law. In Kenya, it's between you, your spouse, your parents, your in-laws, your village, and sometimes

even your chief. That difference alone changes everything. Not all marriages collapse. Some couples adapt, finding ways to balance American realities with Kenyan values. David and Wanjiku, in Maryland, attend marriage counseling through their church, schedule regular "no work talk" date nights, and maintain close ties to their extended family via weekly video calls. They send remittances together as a couple decision, avoiding the resentment that comes when one partner feels overburdened. Others build local community. Kenyan welfare associations, women's groups, and men's chamas have become informal safety nets—offering not just financial support but also emotional and marital guidance. Some couples credit these groups with helping them keep their home together in a foreign land.

Behind the bright photos of Kenyan picnics in American parks, graduation ceremo-

nies, and baby showers lies an unspoken reality: migration changes people. It demands that couples not only love each other but also constantly renegotiate who they are, what they believe, and how they will survive in a system that often works against family cohesion. For John and Mary, the dream of America gave them opportunities they never would have had in Ngumo Estate. But it also exacted a price—one they never imagined they would pay. In the words of a Kenyan elder in Atlanta, in America, marriage is not just about love. It's about endurance, adaptation, and knowing when to fight for each other instead of against each other.

This report is part of the "Diaspora Lives" series by The Diaspora Times. Names have been changed to protect privacy. For follow-up stories or to share your experience, email editor@diasporatimes.news.

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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*Angolan Writer Nituecheni Africano Wins the Prestigious Sankofa Book Awards.

"Angolan author Nituecheni Africano, winner of the Sankofa Book Awards - Kenya 2025, holds the Sankofa Trophy after his novel The Recluse: The Beginning and the End of an Injustice was honored for its powerful social critique and profound reflection on justice, memory, and human dignity."

PRESS RELEASE

Nairobi, August 7, 2025

Angolan writer Nituecheni Africano wins the Sankofa Book Awards – Kenya 2025 with the novel The Recluse: The Beginning and the End of an Injustice

The Sankofa Book Awards - Kenya 2025 is honored to announce that the winner of this year's edition is Angolan writer Nituecheni Africano, author of The Recluse: The Beginning and the End of an Injustice, a novel.

The book was selected from among dozens of finalists from across the African continent by an international jury composed of literary critics, acclaimed writers, and specialists in contemporary African literature. With a powerful and sensitive narrative, the novel stands out for its social critique and profound reflection on themes such as justice, memory, and human dignity.

"This is a novel that forces us to confront the open wounds of recent African history, written with maturity, intensity, and deep humanity," said Professor Wanjiku Mugo, president of the jury, during the announcement ceremony.

Upon hearing the results, Nituecheni Africano responded with emotion and humility:

"This recognition is, above all, a tribute to the struggle for justice that so many Africans have faced-and continue to face. The Recluse was born from pain, but also from the hope that our stories can light the way. I am deeply honored by this award and grateful to see African literature increasingly gaining the recognition it deserves."



Nituecheni Africano

Nituecheni Africano will receive a cash prize of USD 5,000, along with the Sankofa Trophy, a symbol of reclaiming and honoring African memory. His award-winning novel will be translated into English, French, and one of Kenya's national languages.

The official award ceremony will take place on September 26, 2025, in Nairobi, during a literary gala attended by writers, publishers, journalists, diplomats, and intellectuals from around the world. The winner will be present, alongside other finalist authors.

The official announcement was made on

August 7 at 6:00 PM (Kenya time) on the award's official websites:

- . www.sankofabookawards.com
- . www.sankofabookawardskenya.com About the Sankofa Book Awards -Kenya

Created to celebrate African literary excellence, the Sankofa Book Awards honors works that recover, preserve, and reimagine the African experience through its many voices and languages. The award is based in Kenya, with continental reach and growing international recognition.

For interviews, additional informa-

tion, or accreditation for the September gala, please contact:

. +254 712 345 656

- info@sankofabookawards.org
- . kennyabookwords@gmail.com
- Note: To all international media outlets and press organizations, I invite you to announce and spread this news across newspapers, websites, radio stations, and magazines around the world. Africa and the world should be proud—let's share the news of the winning author.

https://sankofabookawardskenya.com/

© The Diaspora Times Kenya. | Reporter

On behalf of the entire African diaspora, The Diaspora Times warmly congratulates NITUECHENI AFRICANO, winner of the SANKOFA BOOK AWARDS – KENYA 2025, for his extraordinary achievement with THE RECLUSE: THE BEGINNING AND THE END OF AN INJUSTICE.

Your novel is more than literature—it is a voice for truth, a mirror to our history, and a torch lighting the path toward justice and human dignity. This honor celebrates not only your talent but also the resilience and creativity of African storytelling, which continues to inspire generations across continents. We also extend our heartfelt congratulations to all the **FINALISTS AND PARTICIPANTS**.

Each of you has enriched the African literary landscape, proving that our stories matter, our voices endure, and our creativity knows no borders.

SANKOFA BOOKS AWARDS is calling upon all readers, writers, media houses, and lovers of African literature to share this press release across all platforms—from social media to community networks so that this noble initiative can receive the attention of the entire world. By doing so, they affirm that African literature belongs not in the shadows, but at the forefront of global cultural conversation.

The Diaspora Times – A Voice, A Connector, A Movement



"Progress built on graves is merely a monument to cruelty."



THE DIASPORATIMES REPORTS



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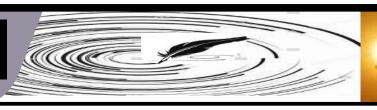


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Those who steer thedream

Letters to the editor diasporatimeskenya@gmail.com Tel. 4049668550





Arch Dr. D.K Gitau Vision founder. He ensures every story uplifts, informs, and connects Kenyans in the Diaspora and at home.



Advertise with us and see real results. We only partner with trusted companies that deliver-No Abunuazi Stories.



Professor Peter Ndiangu'i He speaks not to please, but to reveal—without adornment, without disguise, as truth demands.



Memory Phiri A dedicated senior writer from Zimbabwe Topics: Tourism email address abigirlphiri@gmail.com



Abigirl Phili A dedicated senior writer from Zimbabwe Topics: Lifestyle email address abigirlphiri@gmail.com

The Diaspora Times: Bridging Continents, Amplifying Voices

Your Weekly Window into Diaspora Life, Kenyan Politics, and Global Success

The Diaspora Times is a lifestyle and current affairs newspaper tailored for both the Kenyan Diaspora and readers within Kenya. It offers a vibrant platform for cross-continental dialogue, bridging the experiences, dreams, and challenges of Kenyans abroad with those on the ground at home.

Sourced from a wide network of global contributors, The Diaspora Times delivers high-impact stories on Kenyan politics, diaspora dilemmas, investment opportunities, cultural identity, and success narratives from Kenyans making a mark across the globe. Whether covering bold Gen Z protests in Nairobi, real estate prospects in Kajiado, immigration policies in the U.S., or inspiring tales of Kenyan nurses, truck drivers, and tech innovators in Europe and America, the newspaper remains committed to amplifying authentic voices.

More than just a news outlet, The Diaspora Times serves as a community mirror and a cultural compass. It offers opinion columns, lifestyle features, health advice, family and faith reflections, legal guidance, and even business ads, creating a holistic ecosystem that supports diaspora families in navigating both worlds.

Published weekly in both digital and print formats, The Diaspora Times is widely circulated through churches, community centers, Kenyan-owned businesses, social events, and online platforms, ensuring that the heartbeat of the diaspora is heard, felt, and acted upon.

It is not just a newspaper—it is a voice, a connector, and a movement.

By Memory Phiri Corner



The Rumba Route for Peace.

Tourism with Memory Phiri Zimbabwe. As the capital city, Kinshasa brought together hordes of people, showcasing the power of tourism to create opportunities while protecting and celebrating unique cultures. Simply put, it was about embracing positive transformation through innovation.



By Memory Phiri Zimbabwe. Senior edidor The Diaspora Times

From the 16th to the 18th of July last month, the Democratic Republic of Congo (DRC) hosted the first-ever World Music and Tourism Festival. According to the UN Tourism Secretary, tourism can serve as a channel for establishing peace and understanding. As the capital city, Kinshasa brought together hordes of people, showcasing the power of tourism to create opportunities while protecting and celebrating unique cultures. Simply put, it was about embracing positive transformation through innovation.

Music tourism—travel specifically for the purpose of experiencing live music, music-related attractions, or music festivals—is a growing trend. The DRC was the perfect destination for this festival, as Rumba music originated in Central Africa. By 1960, Congolese Rumba was already popular, internationally thanks to legendary artists such as Franco Luambo, a seasoned guitarist whose influence helped the genre spread like wildfire across



CAPITAL CITY KINSHASHA

the globe.

President Félix Tshisekedi reiterated that by uniting the rhythms of the world with the treasures of their territories, the gathering reflected an ambition to build bridges between people through art, exchange, and discovery. The theme, The Rumba Route for Peace, was fitting—given the DRC's history of civil wars, the festival highlighted a different side of the country. Just imagine dancing your way from Kinshasa to Lubumbashi, all in the name of peace and stability.

Indeed, tourists deserve to move around freely, without fear, while enjoying the beauty of the African continent. The festival, a brainchild of UN Tourism, attracted great interest from tourists, musicians, government officials, private-sector leaders, creative entrepreneurs, and cultural institutions. Over four high-level panel discussions, speakers explored how music tourism can create jobs, strengthen intellectual property protection, and spotlight Africa's cultural wealth on the global stage.

In addition to these productive discussions, the festival featured electrifying live performances from artists representing Angola, Kenya, South Africa, and Zimbabwe. Everyone had a chance to put on their dancing shoes and channel their inner Koffi Olomide, Awilo Longomba, or Fally Ipupa.

Kinshasa also offered plenty for visitors to explore,

including the National Museum, the Lac de Ma Vallée Park, the Kisantu Botanical Gardens, and the breathtaking Zongo Falls.

It can be concluded that The Rumba Route for Peace was a resounding success—and we eagerly await its next edition.

By Memory Phiri Zimbabwe.

The Rumba Route for Peace.

The festival celebrated Congolese Rumba—born in Central Africa and made globally famous by icons like Franco Luambo, Koffi Olomide, Awilo Longomba, and Fally Ipupa—while showcasing Kinshasa's attractions such as the National Museum and Zongo Falls. High-level panels discussed how music tourism can create jobs, protect intellectual property, and promote Africa's cultural wealth.

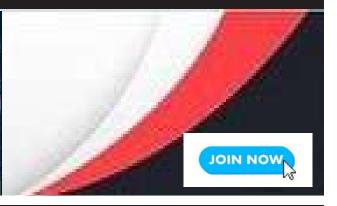
Featuring performances from artists across Africa, the event drew tourists, musicians, officials, entrepreneurs, and cultural institutions, offering a vibrant image of the DRC beyond its history of conflict. The festival was hailed as a success, with anticipation already building for its next edition.



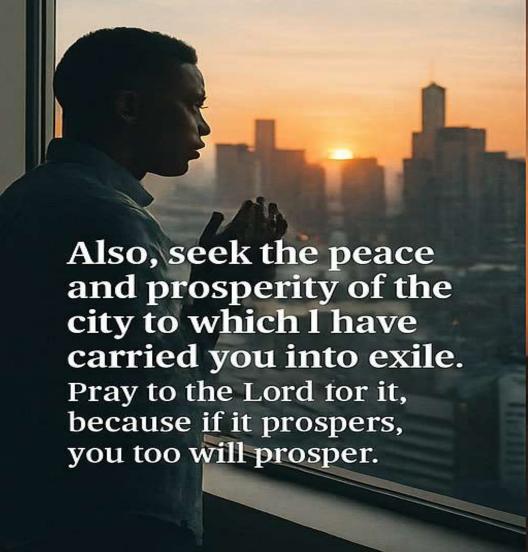
The future belongs to those who believe in the beauty of their dreams.
-Eleanor Roosevelt

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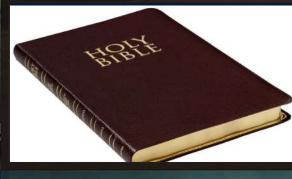
DIASIPORA SUNDAI



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



Beuteronomy 31.6 "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you, he will never leave you nor forsake yo."



Psalm 121.8
The Lord will keep your going out and your coming in from this time forth and forevermore.

When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you.

For this world is not our permanent home; we are looking forward to a home yet to come.

Hebrews 13:14 NLT

I WILL SING TO THE LORD, FOR HE HAS DEALT BOUNTIFULLY WITH ME.

Psalm 13:6

Psalm 13:6

IN THE LORD
ALWAYS

THIS IS THE

THE LORD

"Defend the cause of the weak and fatherless; maintain the rights of the poor and oppressed." - Psalm 82:3

CLEAN ENERGY



From High Bills to Bright Savings: How Federal Incentives Are Turning Rooftops into Power Plants.

Every solar-powered home reduces dependence on fossil fuels, lowers greenhouse gas emissions, and contributes to a cleaner, more sustainable energy future. It's a win-win scenario — savings for homeowners and a healthier planet for all.

By Arch. Dr. D.K. Gitau | Diaspora Times Opinion Desk

© The Diaspora Times | Arch. Dr. D.K. Gitau

Across America, a quiet yet powerful transformation is underway. From suburban neighborhoods to rural towns, more and more rooftops are glinting in the sun — not from shingles or tiles, but from sleek black panels turning sunlight into electricity. The shift isn't just about going green — it's about saving green, too.

The driving force behind this change? An unprecedented push from the federal government to make clean, renewable solar power accessible to everyday homeowners. In specific zip codes, households are being offered thousands of dollars in rebates and incentives to install solar energy systems. These programs are designed to remove one of the biggest barriers to solar adoption — the upfront cost.

For qualifying homeowners, that means the opportunity to go solar with no initial investment, start saving immediately, and potentially cut their power bills to a fraction of what they once were. If you currently pay more than \$99 a month for electricity, the potential savings are not just noticeable — they're substantial. Some homeowners report slashing monthly bills by 50–90%, while others have eliminated them altogether.

Meet the New Solar Homeowners

For Mark and Denise Porter of Phoenix, Arizona, the decision to switch was almost accidental. "We were at the farmers' market when a solar rep told us we



could get panels without paying anything upfront," Mark recalls. "Honestly, I thought it was a gimmick." But after running the numbers and learning they'd save over \$1,800 a year on power, they signed up. "Now our summer bills are less than our Netflix subscription," Denise laughs.

In Toledo, Ohio, Samuel and Grace Martinez saw the switch as a way to protect their retirement budget. "We're on a fixed income, and the utility bills kept creeping up," Samuel says. With federal rebates covering a significant portion of the cost, they were able to install a system in March. "We feel secure knowing our energy costs won't spike in the middle of winter anymore," Grace adds.

Meanwhile in Austin, Texas, Lisa Nguyen, a mother of three, sees her solar panels as more than just a cost-saving measure. "I wanted my kids to grow up knowing we did something for the planet," she explains. "When my oldest told his teacher our house runs on sunlight, I knew we'd made the right choice."

Why Now is the Time to Act

Solar panels, once considered fragile or experimental, are now highly efficient and built to last, often backed by warranties of 20 to 25 years. They can withstand extreme weather conditions and require minimal maintenance. With the right system in place, families can lock in predictable energy costs for decades — a welcome relief in an era of unpredictable utility rate hikes.

Experts say that the math speaks for itself. A well-sized solar installation can save tens of thousands of dollars over its lifetime, especially when combined with federal tax credits, state-level incentives, and net metering programs that al-

low homeowners to sell excess electricity back to the grid.

Beyond the financial upside, there's a broader environmental mission at play. Every solar-powered home reduces dependence on fossil fuels, lowers greenhouse gas emissions, and contributes to a cleaner, more sustainable energy future. It's a win-win scenario — savings for homeowners and a healthier planet for all.

A Movement, Not a Trend

The cultural shift is visible in communities across the country. In neighborhoods where solar was once seen as an expensive luxury reserved for the wealthy, it's now becoming a practical, almost common-sense household upgrade. Local installers are busier than ever, fielding calls from homeowners eager to take advantage of current incentives before they expire or are scaled back.

And that's the key point: these incentives won't last forever. Policy experts caution that rebate amounts and eligibility rules can change with little notice. Those who wait may miss the window for the most generous savings in history.

As the sun rises each morning, it brings more than just warmth and light — it brings an opportunity. For thousands of American families, that opportunity now comes with a lower power bill, a smaller carbon footprint, and the pride of knowing their home is part of the clean energy solution.

If the past belonged to coal and oil, the future is shaping up to belong to the sun. And for homeowners ready to act, the future can start right now — on their very own rooftop.



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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EALTH CORNER



Youth in Crisis: The Silent Tit Bits Epidemic of Depression.

Recognizing depression in young people is challenging because symptoms often overlap with normal adolescent behavior. However, certain warning signs should raise concern:

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

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Diaspora-Depression among young people has become a global pub-lic crisis, cut- ting health across geographic, economic, and cultural lines. Once seen primarily as an adult condition, it now affects adolescents and young adults at alarming rates, with the World Health Organization estimating that over 14% of adolescents worldwide suffer from a mental health disorder, depression being among the most prevalent.

This crisis is amplified by the socio-economic pressures of the 21st century, the rise of social media, academic competition, unemployment, political instability, and a lingering stigma around mental health. In Africa and the diaspora alike, depression often hides under the cultural expectation that young people should be resilient and uncomplaining, yet suicide has emerged as one of the leading causes of death for those aged 15 to 29.

Depression is not simply feeling sad. It is a medical condition characterized by persistent low mood, loss of interest in once-enjoyed activities, fatigue, changes in appetite or sleep patterns, and feelings of worthlessness or hopelessness. In youth, it can also manifest as irritability, risk-taking behaviors, declining academic performance, and withdrawal from friends or activities.

While genetic predisposition plays a role, environmental factors are increasingly significant. In Kenya, many young people face limited job prospects despite high educational attainment, fostering deep disillusionment. In the diaspora, youth encounter identity struggles, racial discrimination, and cultural dislocation—factors that heighten feelings of alienation and low self-worth.

The triggers are varied. Academic pressure is intense in many countries, where education systems equate personal worth with performance. Students strive for high grades to secure scholarships, gain admission to prestigious institutions, or find jobs in overcrowded markets.

Failure often brings anxiety, chronic stress, and depression. Youth unemployment compounds this burden; in Sub-Saharan Africa, the rate hovers around 13%, while in diaspora settings systemic discrimination and credential recognition issues hinder opportunities.

The digital age, while offering connection, has added another layer of strain. Social media fuels unhealthy comparison, cyberbullying, and unrealistic self-image standards, while excessive screen

UNDERSTANDING DEPRESSION



- FEELINGS OF WORTHLESSNESS
- THOUGHTS OF DEATH OR SUICIDE

time disrupts sleep, a known contributor to mental health decline. Family and cultural expectations weigh heavily too. Many African and diaspora youth are expected to support relatives financially, marry within cultural lines, or maintain traditions that may conflict with personal goals. Falling short can breed guilt and shame. Political instability worsens the picture, as young people in volatile societies face hopelessness about their futures.

Recognizing depression in youth is difficult because symptoms are often dismissed as normal adolescent moodiness. Warning signs include persistent sadness, irritability, withdrawal, appetite or weight changes, declining performance, substance abuse, hopelessness, and suicidal thoughts.

The tragedy is that stigma si-

DEPRESSION IS MORE THAN JUST SADNESS

- PERSISTENT SADNESS **OR EMPTINESS**
- LOSS OF INTEREST
- IN ACTIVITIES FATIGUE OR LOSS
- OF ENERGY CHANGES INI SLEEP OR APPETITE
- DIFFICULTY
- CONCENTRATING
- FEELINGS OF WORTHLESSNESS
- THOUGHTS OF DEATH OR SUICIDE

lences many who need help. In African and immigrant communities, mental illness is still misunderstood as weakness, moral failure, or even spiritual affliction. Many avoid speaking out for fear of being labeled "mad" or "possessed."

Cultural silence is reinforced by inadequate institutional support—Kenya has fewer than 500 registered psychiatrists for over 50 million people, and in the diaspora, services may exist but lack cultural sensitivity, leading to mistrust. Gender also shapes how depression is experienced. Young women are more likely to report symptoms and seek help, while young men often externalize distress through aggression, substance abuse, or delinquency, reflecting societal norms that discourage male vulnerability.

TIPS ON HEALTH



The Impact of Stigma

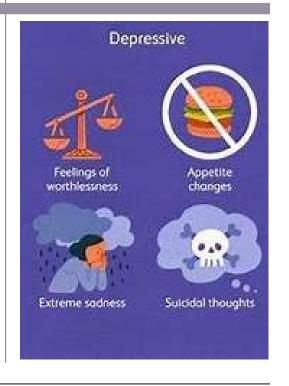
Cultural stigma remains one of the greatest barriers to addressing youth depression, particularly in African and immigrant communities. Mental illness is often misunderstood as a sign of weakness, moral failure, or spiritual deficiency. Young people may avoid seeking help for fear of being labeled "mad" or "possessed."

In some cultures, discussing mental health openly is taboo, leaving many to suffer in silence.

Stigma also exists within institutions—schools, workplaces, and even healthcare systems—where mental health services are underfunded and understaffed. In Kenya, there are fewer than 500 registered psychiatrists serving a population of over 50 million, and most are concentrated in urban areas. In the diaspora, mental health services are often available but culturally insensitive, leading to mistrust among minority youth.

In Kenya, the COVID-19 pandemic caused a sharp rise in depression among university students, with over 40% in one survey showing moderate to severe symptoms. In the United States, African immigrant youth report high rates of depression tied to identity struggles and racism. These cases highlight how depression transcends geography but remains shaped by cultural and socio-political contexts. Depression among the youth is not a passing

phase—it is a public health emergency that demands sustained action. The causes are complex, blending personal, social, economic, and political dimensions, and solutions must be equally comprehensive. For the young, depression is not just an internal struggle; it is a silent thief of dreams, potential, and life itself. Combating it is not only a moral duty but an investment in the future vitality of societies both in Africa and across the diaspora.



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



THE WEATHER IN USA IN BRIEF GEORGIA



Mostly sunny and humid with spotty thunderstorms possible this afternoon.



Weekly Highlights:

- Today, August 2: Mostly sunny and humid with spotty thunderstorms possible this afternoon. High near 92 °F (33 °C). Stay hydrated and limit strenuous activity during peak heat.
- Sat-Mon (July 26–28): Intensifying heat with highs ranging 94–96 °F (34–36 °C). Nights barely cool off, bottoming out in the low to mid 70s °F (23–24 °C). Expect sizzling afternoon humidity.
- Mid week (July 29–30): More of the same scorching conditions—highs up to 97 °F (36 °C) on Wednesday. The forecast indicates a possibility of approaching a record high of 37 °C (99 °F), a mark not seen since 1986. Afternoon thunderstorms likely.
- Thursday, July 31: Slight relief with temperatures around 90 °F (32 °C), though still humid, and a couple of thunderstorms expected.

Hydrate: Drink plenty of water throughout the day.

Shade & timing: Avoid direct sun between midday and early afternoon.

Dress smart: Light, breathable clothing helps—think cotton, moisture-wicking fabrics. Watch for storms: Afternoon thunderstorms could roll in—stay updated through local alerts.

The Diaspora Times

IS NOT A NEWSPAPER
IT IS A VOICE,
A CONNECTOR,

AND A MOVEMENT

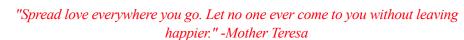
MAN LEAVES HIS MOTHER'S WOMB AT BIRTH, ONLY TO ENTER THE GREATER WOMB OF THE WORLD. AT DEATH, HE DEPARTS ONCE MORE—INTO THE MYSTERY OF THE INFINITE UNKNOWN. PERHAPS AS A SPIRIT, SHEDDING THE FLESH LIKE OLD GARMENTS, TO BEGIN ANEW—A BIRTH WITHOUT A BODY.

– ARCH. DR. D. K. GITAU





"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that." -Martin Luther King Jr.



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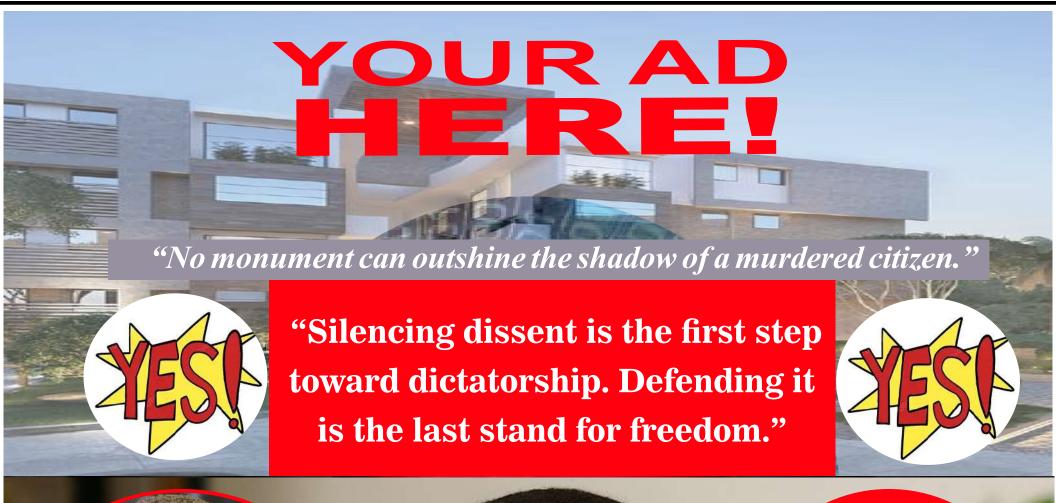
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Africa Resources epaper is published in USA, Kenya, Pakistan, & UK. Issue 368

AFRICA RESOURCES CENTER







"A River of Irony: Nairobi's Clean-Up Effort Mirrors a Broken System"

By Arch. Dr. D.K. Gitau | The-Diaspora Times | August 2025

In the heart of Kenya's capital, excavators roar and wheelbarrows rattle. The Nairobi River, long abused and neglected, is now the focus of a highly publicized government clean-up operation. President William Ruto's administration has pledged to restore the river's lost glory, citing environmental sustainability, urban renewal, and public health. But behind the photo-ops and planted trees lies a deeper, more unsettling reality: you cannot clean a river while the source of its pollution remains active and unregulated. Across the sprawling informal settlements that line the Nairobi River's upstream tributaries places like Kibera, Mathare, Korogocho, and Kangemithousands of households still lack access to basic sewer infrastructure. With no functioning sewage treatment systems, raw human waste and greywater flow directly into open drains, eventually finding their way into the river. The same fate awaits plastic waste, discarded electronics, food refuse, and industrial sludge—an unholy cocktail of urban neglect and systemic failure.

A Futile Exercise Without Systemic Change

What the government has launched is not so much a clean-up as it is an expensive performance of environmental concern, repeated every decade with little long-term success. Without investing in upstream solutions—such as affordable sewer connections, community waste management systems, and strict enforcement of anti-dumping laws—the clean-up effort is as useful as drying a floor while the tap remains

NAIROBI RIVER BEFORE AND AFTER CLEANING





not put in place serious deterrents or monitoring mechanisms to prevent continued disposal of waste into the river. Residents and even some businesses continue to dump their refuse with impunity. The city authorities lack both the manpower and the political will to enforce environmental regulations in informal settlements, where votes matter more than accountability. What Kenya Can Learn from San Antonio, Texas Compare this to cities like San Antonio, Texas, where the San Antonio River winds through the center of the city and has become a crown jewel of urban recreation, tourism, and cultural expression. There, the river isn't

just an ecological feature—it's

a protected and economically

productive public space. The

famous San Antonio River Walk

is lined with restaurants, public

art, parks, and walking paths.

What made it possible?

systems and trash collection services. Public-private collaboration: Businesses near the river have a vested interest in keeping it clean and contribute to its maintenance.

Civic education and enforcement: Citizens understand that a clean river equals public good, and polluters are penalized accordingly.

ructure planning: Every neig-

hborhood has access to sewer

A cultural shift: The river is not seen as a place to dump, but a shared space to enjoy.

Kenya Must Move Beyond Cosmetic Environmentalism In Nairobi, rivers are still viewed as sewage lines and dumping grounds. Until this mentality changes—supported by policy reforms, investment in infrastructure, and a civic culture of ownership—the government will be doomed to repeat this cycle: spend millions

to clean, only to watch the river return to filth within months. If President Ruto's administration is sincere about environmental restoration, it must shift from rhetoric to results. Start by:

- Banning further settlements along riverbanks and relocating high-risk dwellers with dignity and compensation.
- Constructing decentralized sewage systems in informal areas.
- Launching a public education campaign on river conservation.
- Installing waste-trapping barriers and sensors in stormwater outfalls.
- Empowering youth with green jobs centered on environmental monitoring and clean energy solutions.

Until these structural measures are taken, Nairobi's river clean-up will remain symbolic—a temporary clearing of the visible while ignoring the toxic

flow beneath. After all, you don't purify a river with prayers and press conferences. You start at the source. You start with people. You start with justice.

Disclaimer:

The images presented in this publication are for illustrative and educational purposes only. While they reflect the general conditions of the Nairobi River before and after recent clean-up efforts, they may not represent a single continuous location or official government documentation. The comparison is intended to provoke public discourse on sustainable urban environmental management. The Diaspora Times does not assume responsibility for the accuracy of third-party visual sources and encourages independent verification where necessary.

Comprehensive infrast-Ironically, the government has The ethnicization of key institutions in Kenya has often served as the fuel for electoral unrest, with past elections

> degenerating into violence, most notably in 2007-2008, when over 1,000 people lost their lives and hundreds of thousands were displaced.



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WORLD OF SPORTS

The Celtics are known for their tradition of tough defense.

Jack Simone, in a recent pod he put together with cohost Sam LaFrance taking a look at ways Boston could make their team both better balanced in the frontcourt, as well as cheaper.

Boston Celtics: Legacy of Champions Founded: 1946

City: Boston, Massachusetts Arena: TD Garden

Highlights: 17 NBA Championships – tied with the

Los Angeles Lakers for most in league Bill Russell Era (1956-1969): Russell led the Celtics to 11 championships, includ-

ing 8 straight (1959–1966)—the greatest dynasty in NBA history. Larry Bird Era (1980s): With Larry Bird, Kevin McHale, and Robert Parish, the Celtics won 3 more titles (1981, 1984,

2008 "Big Three" Revival: Paul Pierce, Kevin Garnett, and Ray Allen brought Boston back to glory with a title in 2008, defeating the Lakers.

The Celtics are known for their tradition of tough defense, teamwork, and storied rivalries—especially with the Lakers. Chicago Bulls: The Jordan Dynasty Founded: 1966

City: Chicago, Illinois Arena: United Center Highlights:

6 NBA Championships – all won in the 1990s, led by Michael Jordan and Scottie Pippen.

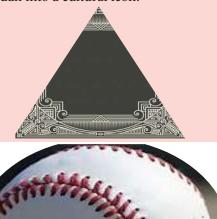
Michael Jordan Era (1984–1998): Jordan, widely considered the greatest basketball player of all time, led the Bulls to two three-peats:

1991–1993

1996-1998

Coach Phil Jackson developed the "Triangle Offense," turning the Bulls into a global

The Bulls became synonymous with dominance and commercial success, turning Jordan into a cultural icon.





Boston Celtics steps to the basket against Nikola Vucevic #9 of the Chicago Bulls

