





ZIMBABWE FLAG

By Abigirl Phiri

Page 5



The Diaspora Times

Saturday, Sep. 6th, 2025 Vol 0381

Life is about your inner thoughts.

Dubai Rolls Out Holiday Perks for Prophet's Birthday.

The Prophet's Birthday, known as Mawlid al-Nabi, is a deeply significant holiday in the Islamic world, observed to honor the birth of Prophet Muhammad and celebrated through communal prayers, acts of charity, public festivities, and cultural traditions that reinforce faith, unity, and spiritual reflection across generations.



Dubai celebrates the Prophet's birthday with free parking and longer metro hours, easing public participation in festivities. Across the Atlantic, Connecticut's Bethlehem Fair launches its 100th anniversary weekend, showcasing community, tradition, and culture. Together, these events reflect global moments of faith and heritage that resonate deeply with the Diaspora. By Dr. Jean Kamau





Every nation on earth is distinguished by its flag, a unique banner that communicates silently yet powerfully to its people and the rest of the world. The flag is not just cloth stitched colors; it is a mirror of a

together in bright colors; it is a mirror of a country's soul.

STORY Page 05





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Martha Karua: Kenya's Untapped Leadership Standard.

This is the moment to demand more than resignations. Kenyans must demand arrests, asset recovery, full disclosure of every hospital paid, and the stepping down of those who engineered this betrayal.

By Professor Peter Ndiang'ui, Fort Myers, Florida



The question "Is Kenya ready for a woman president?" has been asked so often that it has become a cliché. It is also the wrong question. Readiness should not be measured by gender—it should be measured by whether Kenyans are willing to reject mediocrity and embrace principled leadership.

When Martha Karua was asked this very question, her response was piercing: "When were Kenyans ready for corrupt men like William Ruto?" In that single sentence, Karua exposed the double standards that plague our political culture. Kenya has consistently elevated men with tainted records, while the integrity of women leaders remains under scrutiny. The Real Crisis

Kenya's crisis is not gender representation; it is the chronic tolerance for corruption, impunity, and empty theatrics. We judge women on readiness while rewarding men who fail spectacularly. This hypocrisy reveals more about the electorate's reluctance to break with old habits than it does about Karua's ability to lead. A Rare Record of Integrity

For over three decades, Karua has shown what leadership grounded in principle looks like. As Minister for Justice and Constitutional Affairs, she defended the rule of law even when isolated in Cabinet. She played a key role in the birth of the 2010 Constitution and resisted efforts to undermine it. Long before that, in Moi's authoritarian years, she stood in court for political prisoners, often at great



personal risk.

Unlike many of her peers, Karua has never been implicated in corruption. In a political environment where expediency trumps ethics, this makes her an outlier—and perhaps the clearest test of whether Kenyans are truly serious about reform. Standing Against Authoritarianism

Today, under the Ruto regime's creeping authoritarianism, Karua remains unwavering. She has condemned state-sponsored abductions, defended political detainees, and aligned herself with grassroots groups like 50+ Million Kenyans. Her solidarity crosses borders, as she consistently denounces political abuses in neighboring countries. She is not a seasonal critic; she is a lifelong defender of justice. The 2022 Elections

In 2022, as Raila Odinga's running mate, Karua became the first woman to appear on a major presidential ticket. But her candidacy was not symbolic. She was chosen because she embodied credibility, competence, and integrity. For many Kenyans disillusioned with politics as usual, Karua's presence offered hope that democracy could mean more than slogans and tribal bargaining.

Yet, despite this record, doubts about her readiness persist—not because she has failed, but because she is a woman. Meanwhile, men with disastrous legacies continue to enjoy political rehabilitation. The double standard is glaring.

Redefining Leadership

If merit were the measure, Karua would be a frontrunner for the presidency. She represents a model of leadership that prioritizes service over self, principle over expediency. She is not a populist showman. She is a constitutionalist, a reformer, and a servant of the people.

Kenya's problem, then, is not readiness for a woman president. The real question is whether Kenyans are prepared to choose integrity over impunity, substance over showmanship, and courage over compromise.

Beyond Symbolism

A Karua presidency would not just mark progress for gender equality. It would re-

define leadership itself. It would break with decades of mediocrity and signal that Kenyans are no longer willing to settle for corruption and impunity as the cost of politics.

Such a shift would be transformative. It would send a message that leadership is about competence and ethics, not about gender, ethnicity, or patronage. And in a country long held hostage by low expectations, that transformation is not just desirable—it is long overdue.

Conclusion

So, is Kenya ready for a woman president? That question misses the point. The real question is whether Kenyans are ready to abandon political habits that have stifled progress for generations. If the answer is yes, then Kenya is not only ready for a woman president—it is ready for Martha Karua.

Not because she is a woman. But because she is the leader Kenya desperately needs.

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Martha Karua has long been one of Kenya's most principled and courageous leaders, yet the question still asked of her candidacy—"Is Kenya ready for a woman president?"—misses the real point. Karua herself answers sharply: "When were Kenyans ready for corrupt men like William Ruto?" Her record speaks volumes: a fearless lawyer under Moi, a reformist minister who defended the 2010 Constitution, and a politician never tainted by corruption. Today, she continues to challenge authoritarianism, defend victims of state abuse, and stand for justice across the region.

The real crisis in Kenya is not gender representation but the tolerance of corruption and mediocrity. If merit guided political choices, Karua would be a frontrunner for the presidency. A Karua presidency would not be symbolic; it would redefine leadership itself, anchoring it in integrity, service, and accountability. Kenya's true readiness lies in elevating principle over impunity, and courage over compromise.

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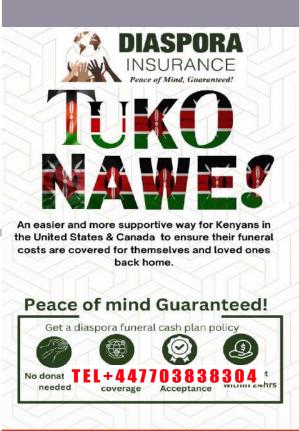
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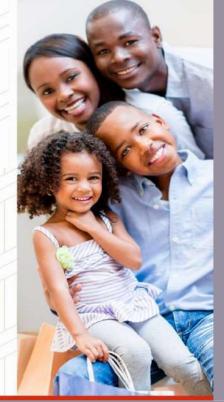
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LAUGHTER THE MEDICINE

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THE DIASPORA TIMES



DIASPORA LAUGHS-

– Because Homesickness Needs Humor

Why don't trees like to knit? They can't handle the purls of diversity!

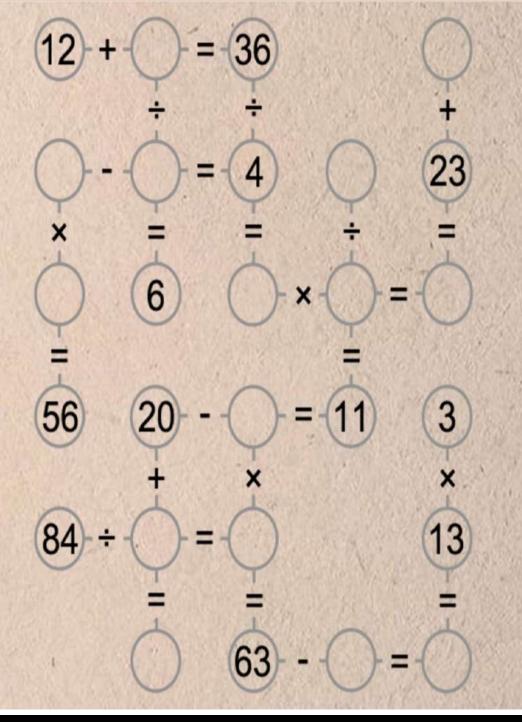
Why did the pencil admire diversity? Because it believed in the power of different shades of lead! Why did the chicken go to the seance? To talk to the other side, just like promoting diversity does! Why did the zookeeper get a promotion? They successfully created a "diverse" animal habitat! Why did the math book attend a diversity workshop? It wanted to improve its problem-solving skills, no matter the equation!

Why did the chef struggle in the kitchen?
They needed to add more "diverse" spices!
Why did the soccer team invite a kangaroo to play?
They wanted to add some diversity and a little

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
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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





"The Colors of Unity: What Flags Represent in Zimbabwe and Beyond"

At the center stands the Zimbabwe Bird, a proud national emblem drawn from the stone-carved sculptures of Great Zimbabwe.



Abigirl Phiri | Zimbabwe Senior Editor

Every nation on earth is distinguished by its flag, a unique banner that communicates silently yet powerfully to its people and the rest of the world. The flag is not just cloth stitched together in bright colors; it is a mirror of a country's soul. Its design, symbols, and shades reveal the struggles endured, the victories achieved, and the aspirations still burning. The flag becomes a constant reminder of identity—our birthright, our roots, and our collective journey through history.

Flags are deeply rooted in heritage, capturing the essence of where a people have come from and what they stand for. The history of a nation is often woven into its flag: the battles fought, the oppressions resisted, the triumphs celebrated, and the values held sacred. For Zimbabwe, like many nations, the flag is a historical record that cannot be erased. Every stripe and symbol tells a story, allowing citizens to trace their heritage and connect with generations past. Heritage is therefore not an abstract concept; it is embodied in the flag as a visible legacy.

Each person may attach personal meaning to their flag, yet the unifying thread is always heritage. The colors and emblems become cultural markers that represent more than the present—they carry the voices of ancestors, the scars of colonization, and the resilience of those who fought for freedom.

On the global stage, flags are indispensable tools of identifica-

tion. At international sporting events such as the Olympics, at regional summits like SADC meetings, or at United Nations conferences, flags stand tall to declare where one comes from. They make nationality visible, turning a crowd of strangers into a constellation of nations.

The Zimbabwean flag, when hoisted abroad, is more than a marker of geography. It is a beacon of belonging. It allows Zimbabweans in the diaspora to find each other, to share in brotherhood and sisterhood, and to hold onto a piece of home even when oceans away. This role of flags in narrowing identity down to a people and a place makes them enduring symbols of pride and kinship.

Freedom is one of the most profound messages a flag carries. Few nations were handed independence without struggle; most clawed it back through blood, sweat, and sacrifice. The Zimbabwean flag, like many African flags, reminds its citizens of the arduous journey from colonial domination to sovereignty.

The red stripe vividly captures the blood that was shed in the liberation war. It is not merely decorative—it is sacred. It insists that the freedoms enjoyed today must never be taken for granted. A flag thus becomes both a reminder of past struggles and a call to protect peace, unity, and justice for future generations. Citizens, looking upon it, are reminded of their civic duty to contribute positively to the growth and development of their homeland.

The Zimbabwean flag is a masterpiece of symbolism. Yellow represents the richness of the land, from precious minerals like gold and lithium to the promise of economic self-reli-



ance. Black reflects the strength, resilience, and majority of its people. Green signifies the lush vegetation, flora, and fauna that adorn the country. Red embodies the blood shed during the liberation struggle, a permanent acknowledgment of sacrifice.

At the center stands the Zimbabwe Bird, a proud national emblem drawn from the stonecarved sculptures of Great Zimbabwe. It is a link to ancient heritage and civilization, reminding citizens of a glorious past long before colonial encounters. The white triangle signifies peace, an aspiration that unites the nation despite challenges. Finally, the red star embodies the hopes and dreams of the people, a guiding light pointing toward a better future.

These symbols are not unique to Zimbabwe alone; many nations weave similar themes into their flags-struggles, sacrifices, aspirations, and triumphs. In this way, flags correlate across borders, underscoring the shared human desire for freedom, dignity, and progress. Beyond symbolism, flags serve as a source of inspiration. For Zimbabweans abroad, the flag is more than a memory—it is a call to excellence. Whether in London, Johannesburg, Sydney, or New York, carrying the flag means representing the homeland with dignity. Even when citizenship changes, achievements are often tied back to roots: "a Zimbabwean-born scientist," "a Zimbabwean artist," "a Zimbabwean athlete." The flag therefore transcends borders, turning personal success into national pride.

It inspires not just loyalty but also responsibility. Citizens are reminded that wherever they go, they remain ambassadors of their nation's values, history, and potential.

Whether Zimbabwean, Nigerian, Australian, American, Egyptian, South African, or Kenyan, every flag tells a story of unity, struggle, and hope. These banners are more than colored fabric—they are declarations of identity, heritage, and pride. They remind us that we are representatives of our nations in all we do, and that our achievements reflect back on the lands that raised us.

Ultimately, flags remind human-

ity that while nations differ, their aspirations converge: peace, dignity, freedom, and progress. Raising one's flag high is not just a patriotic act; it is a universal gesture of belonging to the family of humanity.

By Abigirl Phiri- Zimbabwe Senior correspondent The Diaspora Times.



Summary:

Abigirl Phiri Corner

Flags are more than national symbols; they embody history, heritage, and pride. In Zimbabwe, each color and emblem tells a story—minerals, people, land, sacrifice, peace, and aspirations—linking past struggles to present hopes. Across the world, flags serve as tools of identity, reminders of freedom won through sacrifice, and sources of inspiration for citizens at home and abroad. Ultimately, raising a flag is both a patriotic act and a universal gesture of unity, reflecting humanity's shared desire for dignity, peace, and progress.

106 HEROES WHO PASSED ON. Rest In Power





Koitalel Arap Samoei: Life and Legacy Koitalel's legacy endures: as a prophe warrior, and a patriot whose spirit continues to echo through the valleys he once defended.

Koitalel's legacy endures: as a prophet, a

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

Koitalel Arap Samoei, the legendary Orkoiyot (spiritual and political leader) of the Nandi people, occupies a revered place in Kenya's history as a symbol of anti-colonial resistance and indigenous leadership. Born around 1860 in what is now Nandi County, Koitalel was part of the Kaplelach clan and inherited a lineage of spiritual leaders whose influence extended across the broader Kalenjin community. He rose to prominence not only as a seer but also as a strategist who marshaled cultural authority, spiritual legitimacy, and military resistance in defense of his people's sovereignty.

From the late 19th century, as British colonial expansion advanced into Kenya's interior, the Nandi peop-

Today, Koitalel Arap Samoei is remembered as a foundational figure in Kenya's nationalist history. Memorials have been erected in his honor, most notably the Koitalel Arap Samoei Mausoleum and Museum in Nandi Hills. His descendants, including the late Jean-Marie Seroney (a prominent post-independence politician and human rights advocate), have continued his legacy of resistance against injustice.



le—fiercely independent and militarily adept—resisted with remarkable tenacity. By the mid-1890s, British settlers and colonial officials, eager to build the Uganda Railway and assert control over the Rift Valley, saw the Nandi resistance as a threat that needed to be eliminated. At the heart of this resistance was Koitalel Arap Samoei.

As Orkoiyot, Koitalel assumed both spiritual and military leadership after the death of his elder brother Kimnyole Arap Turukat. In 1895, Koitalel emerged as the uncontested leader of the Nandi resistance. For over a decade, he organized coordinated raids on railway construction camps, military outposts, and colonial supply routes. These attacks were not acts of wanton violence; they were deliberate military and spiritual responses to foreign incursion, guided by a belief that the land, people, and spirits of the Nandi Hills were under attack.

Koitalel's leadership was rooted in prophecy and divine authority. It is said he could foresee the future, and many of his followers believed he had direct

communication with the ancestors. This spiritual dimension gave the resistance a powerful psychological edge. Under his command, the Nandi warriors (or moran) adopted guerrilla tactics, ambushing British forces and retreating into the dense escarpments of the Rift Valley.

The British, unable to break the Nandi militarily, resorted to deception. On October 19, 1905, Colonel Richard Meinertzhagen requested a peace meeting with Koitalel at a neutral site in Ketbarak, near Nandi Hills. Koitalel agreed to the meeting, stipulating that both sides come unarmed and in equal numbers. Trusting in the agreed-upon termsand perhaps the sanctity of the oaths taken—Koitalel arrived with his entourage. It was a trap. Meinertzhagen and his men opened fire at close range, killing Koitalel and several of his followers.

The assassination of Koitalel marked the effective end of the Nandi resistance. However, it also created a martyr whose legacy would inspire future generations of Kenyan freedom fighters. His death was not simply a loss of a military leader; it was a cultural

and spiritual assassination that symbolized the brutal methods of imperial conquest. Even Meinertzhagen later admitted in his memoirs that the murder was a premeditated act of political necessity, not a battlefield accident.

Today, Koitalel Arap Samoei is remembered as a foundational figure in Kenya's nationalist history. Memorials have been erected in his honor, most notably the Koitalel Arap Samoei Mausoleum and Museum in Nandi Hills. His descendants, including the late Jean-Marie Seroney (a prominent post-independence politician and human rights advocate), have continued his legacy of resistance against injustice.

More than a century after his death, Koitalel's name evokes not just memories of resistance, but a profound reverence for indigenous knowledge, unity, and courage. He was not merely fighting against foreign domination—he was fighting for the right of his people to determine their own future, preserve their spiritual heritage, and protect their land from exploitation. In the annals of Kenya's liberation struggle, Koitalel Arap Samoei stands as a towering ancestor—one who bled for the land long before independence was a whisper on the horizon.

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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.







The Piaspora Times

AMPLIFIYING KENYAN VOICES ABROAD



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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.

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Various News For Awareness Only

President Ruto's Lobbyists Cannot Fix Kenya's Image Abroad.

Kenya has all the ingredients to command respect on the world stage: a vibrant civil society, a youthful and innovative population, strategic geographic importance, and a history of regional leadership.

EDITORIAL

In the corridors of Washington, D.C., image is a currency, and lobbying is the marketplace through which foreign governments often attempt to purchase visibility, legitimacy, and favor. President William Ruto's administration, reportedly spending millions of shillings of taxpayers' money on American lobbyists, has chosen to play this game, which is rather expensive. But what is at stake here is more than public relations. It is the credibility of a nation, the dignity of its people, and the stark question of whether international legitimacy can be bought with dollars rather than earned through principled governance at home.

For Kenyans struggling to feed their families, to find work, or simply to live without fear of political repression, the revelation that scarce national resources are being channeled into the pockets of Washington's lobbying firms is both galling and tragic. It is a reflection of a government that mistakes performance for substance, rhetoric for reform, and visibility abroad for legitimacy at home. The bitter irony is that such expenditures, rather than enhancing Kenya's global image, risk further entrenching the perception of a leadership that is out of touch with its citizenry and more concerned with its foreign applause than domestic accountability.

The premise behind the hiring of lobbyists is deceptively simple: that influence in Washington translates into international stature, economic investment, and political cover. Lobbyists can indeed open doors, secure speaking slots at prestigious summits, arrange glossy meetings with lawmakers, and shape headlines in influential publications. But they cannot erase structural realities. They cannot silence reports of corruption, state violence, or financial mismanagement. They cannot transform investor risk assessments, which are driven by hard data rather than press releases. And they cannot alter the lived experiences of ordinary Kenyans whose discontent increasingly spills into the streets.

The world has seen this playbook before. Apartheid South Africa invested heavily in American lobbyists in the 1980s to mask its brutality, only for global civil society and unrelenting evidence to shatter the façade. Similarly, autocratic regimes from Eastern Europe to the Middle East have poured fortunes into K Street firms, only to discover that the legitimacy they craved cannot be fabricated. Legitimacy rests not in the polished reports of lobbyists but in the hard currency of democratic practice, respect for human rights, and economic competence.

Kenya, under President Ruto, faces a



similar impasse. No matter how carefully scripted his speeches in Washington or how expensive his lobbyists, international partners will ultimately look to Kenya's debt ratios, inflation levels, governance indices, and human rights record. Investors are pragmatic; they calculate risk with spreadsheets, not slogans. They observe whether contracts are honored, whether courts are independent, whether corruption prosecutions are impartial, and whether social stability is guaranteed.

The cost of this lobbying initiative is not abstract. It is measured in the currency of foregone opportunity. Every million shillings transferred to Washington firms is a million shillings not spent on healthcare, education, youth employment, or infrastructure. At a time when Kenyans face escalating food prices, crumbling hospitals, and a generation of youth teetering on the edge of despair, the symbolism of exporting scarce funds for image management abroad is almost unbearable.

The message to ordinary citizens is chillingly clear: their suffering is less urgent than the president's photo opportunities. The hunger of mothers priced out of food markets, the blood of protesters beaten or shot in the streets, and the desperation of unemployed graduates are subordinated to the illusion of global prestige. This is governance inverted, where the governed become props in the spectacle of the ruler's international ambitions.

Even from a purely strategic perspective, the calculus is misguided. International investors, whom Ruto seeks to court, are acutely aware of these contradictions. They know that a country whose leaders prioritize lobbying abroad while neglecting reform at home is not a safe bet. They understand that propaganda cannot erase the systemic risks posed by corruption, political instability, and social unrest. Thus, the very investors the administration seeks to attract are likely to be repelled by the extravagance of the gesture.

History's verdict on leaders who chase legitimacy abroad while ignoring accountability at home is rarely kind. From Mobutu Sese Seko of Zaire to Ferdinand Marcos of the Philippines, the pattern is clear: lavish expenditures on image management abroad eventually crumble under the weight of domestic rot. The illusion can last for a season, but sooner or later, the truth asserts itself.

Kenya stands at a dangerous precipice. The temptation to substitute lobbying for reform is strong, but it is a mirage. Ruto's admi-nistration would do well to remember that the world is not blind. International human rights reports are compiled annually. Debt sustainability analyses are published quarterly. Democracy indices, corruption barometers, and investment risk assessments are accessible to anyone with an internet connection. No lobbyist, however skilled, can make these disappear.

In the age of instant communication, global audiences are more informed than ever. Images of police brutality in Nairobi circulate within minutes on international platforms. Diaspora communities with global reach amplify reports of abductions, corruption scandals, and economic protests. Against this backdrop, the attempt to stage-manage Kenya's reputation abroad appears not only futile but almost farcical.

Washington, London, Brussels, and Beijing are not deceived by rhetoric. Diplomats cross-check talking points against intelligence briefings. Investors compare presidential promises with ratings from Moody's and Fitch. Civil society organizations document every act of repression. And journalists, both Kenyan and international, continue to expose the gap between words abroad and deeds at home.

The consequence is not merely embarrassment. It is erosion of trust. Once international partners conclude that a government is more interested in optics than reform, skepticism hardens into disengagement. Promises of reform are discounted, credibility evaporates, and opportunities for genuine partnership are lost.

The tragedy of Ruto's lobbying gambit is that the path to international credibility is already well known, and it does not run through K Street. Credibility is built when a government protects the rights of its citizens, fights corruption impartially, upholds the rule of law, and delivers inclusive economic growth. It is earned when leaders demonstrate humility before their people and accountability to their institutions.

Kenya has all the ingredients to command respect on the world stage: a vibrant civil society, a youthful and innovative population, strategic geographic importance, and a history of regional leadership. What is missing is not lobbyists but leadership, leadership that channels resources into development rather than deception, that prioritizes citizens over self-promotion, that chooses reform over rhetoric.

President Ruto may believe that Washington lobbyists can provide him with international stature, but he is mistaken. No amount of money can purchase what only good governance can secure: legitimacy, trust, and enduring partnership. The millions now flowing into the coffers of public relations firms abroad represent not an investment in Kenya's future but a squandered opportunity to repair its present.

The truth is both inescapable and straightforward. The polished speeches of foreign lobbyists cannot rescue a government that is drowning in blood, corruption, and betrayal. It can only be redeemed by the hard, often painful, work of reform at home. Until then, Kenya's image abroad will remain what it is at home: tarnished, precarious, and in desperate need of genuine renewal.

EDITORIAL DISCLAIMER

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"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

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Between Kayole and Atlanta: Love in Exile.

And when the question arises—should we return home or stay?—there is no single answer. Some dream of retiring to farms in Nyahururu, where goats graze under the shadow of Mount Kenya.

By Dr. Jesinta Koimburi New Jersey

DIASPORA-Behind the carefully curated snapshots of Kenyan picnics in American parks, graduation ceremonies adorned with kitenge dresses, and joyous baby showers posted across social media lies a truth few discuss: migration transforms people—and, in turn, the very fabric of relationships. The transition from Kayole, Umoja, Githurai, or Kisumu to Atlanta, Boston, or Seattle isn't just a change in geography; it is a transformation of identity, expectation, and survival. For many couples, especially those who migrate together or reunite after years of long-distance separation, the American dream becomes a silent battleground for dignity, love, and endurance.

At Jomo Kenyatta International Airport, tearful goodbyes often carry the silent promise of better tomorrows. Mothers whisper prayers, fathers remind their children never to forget home, and lovers cling desperately, swearing distance will not kill their bond. Yet when the plane lands in a new world, reality bites. Rent is due. Work demands consume every hour. The once-proud husband who provided for his family in Nairobi may find himself washing dishes in Boston, while his wife works as a caregiver on the night shift. Roles blur, tempers flare, and intimacy becomes hostage to exhaustion. The American Dream is not golden streets—it is long hours, endless bills, and the painful reinvention of oneself.

Couples who once walked hand in hand in Umoja suddenly find themselves quarreling over remittances. Should money be sent to buy land in Ngong' or pay for daycare in Seattle? Should one invest in building a dream house in Kiambu, even as eviction notices threaten in Minneapolis? Money becomes the third partner in many marriages, dictating who survives and who crumbles. Some husbands drown their pride in alcohol; some wives find solace in the arms of strangers. And yet, there are also stories of resilience—partners who learn to

talk again, to forgive, to adapt. One such couple is James and Lydia, who met in Kisumu before James won a green card. For five years, they lived on separate continents, sustained only by letters, late-night calls, and promises. When Lydia finally joined him in Dallas, she discovered a man hardened by survival. He was no longer the romantic youth she remembered but a tired truck driver working eighteen-hour shifts. She considered leaving, but love, mixed with necessity, kept her rooted. Slowly, they rebuilt trust. Lydia took nursing classes while James saved for a small logistics business. Today, they own a fleet of trucks, employ fellow Kenyans, and are raising three children who call both Dallas and Kisumu home. Their success is not without scars, but it shines as proof that love, when tested, can bend without breaking.

Still, not every story ends with triumph. Behind closed apartment doors in Boston, silence often lingers longer than laughter. Couples argue in English so the children won't understand, forgetting that silence is its own language. Churches try to heal wounds, but sometimes they only deepen divisions. Community groups raise alarms over domestic violence, while children grow up straddling two worlds—singing Kikuyu hymns at home, then pledging allegiance to the American flag at school. They carry accents that confuse their grandparents, and identities that confuse even themselves.

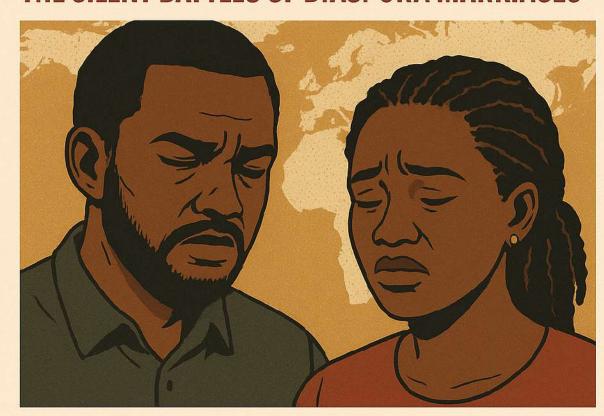
Yet amid these struggles, diaspora love stories also inspire. From Minneapolis to Atlanta, couples who once lived in tin-roofed estates now run thriving care homes, real estate businesses, and law practices. They have turned pain into power, sending remittances that sustain whole villages back home. They have built schools in Nyeri, drilled boreholes in Kitui, and sponsored orphans in Kisii. In their endurance lies a quiet revolution, one that proves migration does not just fracture families; it can also forge stronger ones.

And when the question arises—should we return home or stay?—there is no single answer.

THE DIASPORA TIMES

WHEN LOVE CROSSES OCEANS

THE SILENT BATTLES OF DIASPORA MARRIAGES



Behind the bright photos of Kenyan picnics in American parks, graduation ceremonies, and baby showers lies an unspoken reality: migration changes eeple. It demannds that couples not only love each other, abuo constantly re-negouate who they are, what they believe, and how will survive in a system.

When Love crosses oceans, the silent battles of diaspora mariages. For John and Mary, a *reverit* a a price-we taringed endurance, and know when to right for ench other.

WE ARE THE DIASPORA VOICE

Some dream of retiring to farms in Nyahururu, where goats graze under the shadow of Mount Kenya. Others accept that their children are now American, with futures tied to Boston streets rather than Nairobi avenues. The homeland remains in memory, in remittances, and in the kitenge dresses worn at graduation parties. However, the lived reality is that most are forever in between, citizens of two worlds, married to

two identities, lovers in exile. In the end, diaspora marriages are neither tales of pure tragedy nor unbroken triumph. They are complex mosaics of sacrifice, resilience, betrayal, and grace. Migration reshapes love, but it does not erase it. In fact, for those willing to endure, adapt, and forgive, love can sometimes become even stronger. The dream is not perfect, but it is real—and within it lies both the struggle and the

beauty of being Kenyan abroad.

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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Top 10 Unique Facts About Optiven Limited That Will Change Your Perspective.

the heart of Optiven's sustained growth, is the Founder and CEO, Dr. George Wachiuri, a renow-ned author, speaker and philanthropic leader. His leadership has led to groundbreaking projects, innovative financing options and a benchmark for new customer service trends.

By Alvin Mwangi PR at Optiven.

For many investors, Optiven Limited is more than just a real estate company, it is a trusted partner in wealth creation, financial freedom and ultimately generational security.

The name Optiven derives from 'Optimising Ventures', summarising the company's core philosophy that maximises opportunities and value in every endeavour it undertakes. From infrastructure and community development to customer service and philanthropy, Optiven has created a reputation for excellence that attracts investors from across the globe.

These are the exceptional features that give this real estate brand its competitive edge,

The Story Behind the Success Visionary Leadership

At the heart of Optiven's sustained growth, is the Founder and CEO, Dr. George Wachiuri, a renowned author, speaker and philanthropic leader. His leadership has led to groundbreaking projects, innovative financing options and a benchmark for new customer service trends. The emphasis on mentorship and social impact further ensures long-term growth.

2. The Optiven Global Office

Optiven Limited operates at its Global Office headquartered at Karen, Nairobi, supporting its expansive operations across East and Central Africa. With over 120 cities traversed across 5 continents in the past 3 years, the Optiven Global Office has enhanced accessibility to worldwide investors

The Incredible Numbers

21,000 Property Owners Created

21,000 individuals now have title deeds thanks to Optiven.

This has been achieved through the simplified property acquisition process that has reduced barriers for first time buyers, including diaspora. These numbers reflect Optiven's unmatched impact in real estate.

26 Years Market Leadership

For over 25 years, Optiven has had a consistent market presence. This longevity has allowed them to continuously set new benchmarks for the industry completing over 60 projects. The company's vision continues to inspire possibilities through social and economic transformation.

4.2000 Employment Ecosys-

Optiven sustains a vibrant ecosystem supporting approximately 2000 jobs in various sectors. This network includes full time employees, contractors, suppliers and service providers who contribute to the overall operations. This model enhances economic and skill empowerment that uplifts individuals and families. The annual mentorship program continues to nurture talent development, especially for the Kenyan youth.

Innovation and Customer Obsession

6.5 Level Property Classifica-

Understanding that investors have diverse needs, Optiven have employed a 5-tier property classification. This unique feature allows clients to navigate the Optiven portfolio providing them with the opportunity to choose projects based on budget and lifestyle. This transparent system simplifies real estate decisions for clients.

7. Master in Digital Innovation

Amani chatbot by Optiven was one of the pioneers in Africa's real estate. This automation has allowed clients to explore projects, make payments and interact online with ease. This commitment to innovation has made investment more accessible, transparent and convenient for modern investors

Recognition and Corporate Social Responsibility

8. Award Winning Excellence

The real estate brand award award-winning portfolio, spans across diaspora engagement, innovation and customer service. As the "Most Professional Real Estate", these recognitions from prestigious institutions serve as quality and reliability for clients.

9. The Optiven Foundation

Beyond business, The Optiven Foundation represents the commitment to Corporate Social Responsibility. It focuses on 4 pillars: Environmental Protection, Education, Health and Poverty Alleviation. Aligned with the United Nations Sustainable Development Goals (SDGs), the soft arm promotes sustainable growth through initiatives like Mobility that Brings Smiles, Go Green na Optiven and Soaring Eagles Scholarship Program.

Exciting Future Ahead

10. Going Public by 2030 Looking to the future, the strategic goal is to be listed on the Nairobi Securities Exchange (NSE) by 2030. This public listing will create more opportunities by enabling ordinary citizens to become shareholders in the country's leading real estate. The continued leadership by Dr. Wachiuri ensures stability post Initial Public Offering (IPO) representing the ultimate





SUMMARY—In a landscape often mired with skepticism and horror stories of fraudulent land transactions, Optiven Real Estate emerges as a stellar exception—an enterprise defined not merely by profit margins, but by vision, integrity, and a deep-rooted commitment to nation-building. For years, Optiven has positioned itself as the heartbeat of credible property ownership in Kenya, especially for the Diaspora community, which often seeks secure investments and emotional reconnection with their homeland. Global pick.



"A ruler's legacy dies the day justice is buried with the victims."

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





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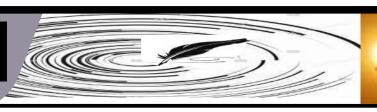


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Those who steer thedeream

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.



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



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The Diaspora Times: Bridging Continents, Amplifying Voices

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

THE DIASPORA TIMES

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.

1



One Bridge, Two Nations, One Dream: The Power of the Kaza Univisa.

Tourism with Memory Phiri Zimbabwe. The Kaza Univisa is more than just a travel document; it is a dream made real. It is proof that regional tourism, when anchored on goodwill and cooperation, can thrive in ways that uplift entire nations. One bridge, two countries, and a single vision have created an enduring legacy for Africa's tourism sector.



By Memory Phiri Zimbabwe. Senior edidor The Diaspora Times

The Kaza Univisa stands as a shining example of regional cooperation, uniting Zimbabwe and Zambia through one of Africa's most ambitious tourism initiatives. At its symbolic heart lies the Victoria Falls Bridge, a century-old marvel that not only connects two countries at the hip but also guards one of the world's most prized natural treasures—the majestic Victoria Falls, a UNESCO World Heritage Site and one of the Seven Natural Wonders of the World. By allowing seamless travel between Zimbabwe and Zambia, the Kaza Univisa has transformed the region into a single tourism powerhouse. With just one visa, visitors can explore both nations freely, a convenience that few destinations in the world can boast. This initiative has elevated Victoria Falls beyond a geographical landmark to become a shared cultural and economic asset that unites rather than divides.

A Tourism Jewel Beyond Borders

Zimbabwe and Zambia, as partner nations, are blessed with an enviable tourism package. The thunderous Victoria Falls itself is the crown jewel, while Lake Kariba, the vast Kavango-Zambezi Transfrontier Conservation Area (KAZA TFCA), and the famed Quadripoint—the only place in the world where four countries nearly meet (Zambia, Zimbabwe, Namibia, and Botswana)—add layers of allure.



Together, these create a tourism corridor unrivalled in Southern Africa.

Metaphorically, the Falls can be imagined as a woman of immense beauty, whose front view belongs to Zimbabwe and her graceful backside to Zambia. On the Zimbabwean side, tourists can lose themselves in the lush Victoria Falls Rainforest and the iconic National Park. Crossing over, Zambia offers equally unforgettable adventures such as the daring Devil's Pool and the historic Livingstone Island. Two

sides of a coin, two countries, and yet one unified tourism product—watertight and world-

Diplomacy Through Tourism
The Kaza Univisa has also become a symbol of diplomacy, a reminder that shared prosperity flows best when borders do not restrict but instead invite. As the adage goes, united we stand, divided we fall. This initiative is proof of what can be achieved when nations choose collaboration over competition.

Importantly, the Univisa is not

confined to Zimbabwe and Zambia alone. It is part of the larger Kavango-Zambezi Transfrontier Conservation Area, which also includes Angola, Botswana, and Namibia. This broader vision shows that Southern Africa is determined to create a model of regional tourism that not only preserves natural wonders but also fuels economic growth across borders.

Economic Transformation
The economic impact of the
Univisa cannot be overstated.
By making it easier for tourists

to move freely between countries, Zimbabwe and Zambia enjoy higher visitor numbers, increased tourism receipts, and greater contributions to their Gross Domestic Product (GDP). Hotels, lodges, tour operators, and local artisans all benefit from this expanded market. In turn, communities living near these attractions gain from job creation and income opportunities.

Tourists, too, enjoy unmatched convenience. Instead of applying for multiple visas, visitors need only one document to traverse both countries multiple times, valid for up to thirty days in any twelve-month period. It is, quite literally, a golden opportunity presented on a silver platter—a rare blend of value, efficiency, and unforgettable experience.

A Shared Dream Come True The Kaza Univisa is more than just a travel document; it is a dream made real. It is proof that regional tourism, when anchored on goodwill and cooperation, can thrive in ways that uplift entire nations. One bridge, two countries, and a single vision have created an enduring legacy for Africa's tourism sector.

For anyone seeking the adventure of a lifetime, the message is simple: make the journey, stand in awe of Victoria Falls from both sides, and experience the best of two worlds with ease. The Kaza Univisa is not just about crossing borders—it is about uniting people, preserving heritage, and celebrating the shared beauty of Southern Africa.

Kudos to one bridge, two countries, and one Univisa.

By Memory Phiri Zimbabwe.



KAZA UNIVISA

The Kaza Univisa is a joint initiative between Zimbabwe and Zambia that allows tourists to travel freely between the two countries with a single visa. Centered on the iconic Victoria Falls and the historic bridge connecting both nations, it promotes unity, boosts regional tourism, and strengthens economic growth. By simplifying travel, it offers visitors the chance to enjoy the best of both worlds—Zimbabwe's rainforest and national park alongside Zambia's Devil's Pool and Livingstone Island—while symbolizing diplomacy and cooperation in Southern Africa.

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

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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



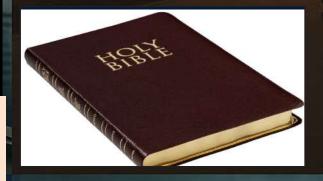
"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

"He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

These verses are a source of encouragement for anyone feeling exhausted or burdened. God promises renewed strength for those who place their hope in Him. The imagery of soaring like eagles is particularly comforting, portraying divine empowerment that allows us to rise above life's struggles.

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."



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







"Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground... with the belt of truth... the breastplate of righteousness... feet fitted with the gospel of peace... the shield of faith... the helmet of salvation and the sword of the Spirit, which is the word of God."

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

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A Sprawling New Detention Center On The Outskirts of Tucson, Arizona, Opened

"This is not a temporary fix. It is an infrastructure choice," said Mendoza of the Arizona Immigrant Justice Alliance. "Once you build a place for 5,000 people, the pressure will always be to fill it."

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

A sprawling new detention center has quietly opened on the outskirts of Tucson, Arizona, sparking fierce debate over safety, costs, and transparency. The facility, built on Davis-Monthan Air Force Base, began receiving detainees over the weekend and is already being described as the largest of its kind in the nation. Immigration and Customs Enforcement (ICE) officials confirmed on Sunday that the Tucson center—nicknamed "Desert Shield" by supporters—will initially house 3,500 people, with capacity to expand to 5,000. The agency said the project was necessary to "alleviate overcrowding at existing ICE detention facilities" and to centralize operations in the Southwest.

But immigrant-rights advocates, local leaders, and watchdog groups have raised alarm bells. "This is not just a detention center. It is a city behind barbed wire," said Carla Mendoza, director of the Arizona Immigrant Justice Alliance. "There has been almost no transparency on the contracts, the cost, or the standards of care for detainees. We are creating another black hole where people disappear from public view."

Safety and Accountability Questions

The facility, constructed in under eight months, has been criticized for its rapid timeline and reliance on private contractors with troubled track records. CoreCivic, a private prison giant previously fined for safety violations, is reportedly one of the main operators. Critics argue that the rush to complete construction has left key safety pro-

tocols untested.

"There are serious concerns about fire safety, medical response, and staffing levels," said state lawmaker James Soto, who toured the facility last week. "When you put thousands of people in a high-security compound in the middle of the desert, everything from water supply to heat mitigation becomes a life-or-death issue."

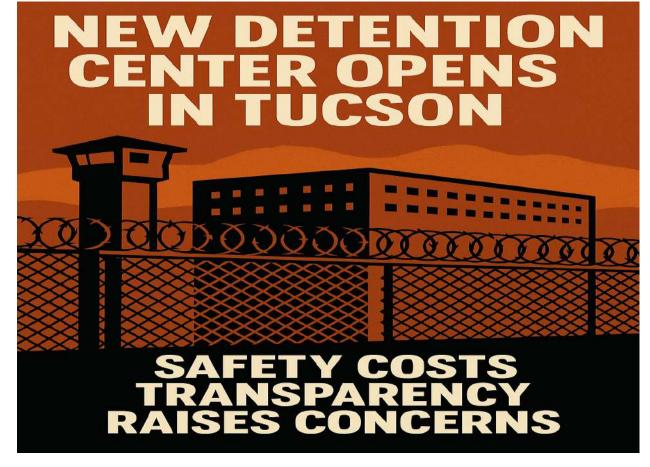
ICE, however, insists that "Desert Shield" meets all federal standards. In a press statement, the agency said that medical clinics and legal aid spaces, including family visitation areas, are included in the design. Officials also noted that the facility will create over 1,200 jobs in the region, from correctional staff to maintenance workers, boosting the local economy.

Ballooning Costs

Cost has also become a flashpoint. Initial estimates pegged the price tag at \$280 million, but recent disclosures suggest that the actual figure may exceed \$400 million once security, staffing, and maintenance contracts are included. Much of the funding comes from emergency allocations that bypassed the normal congressional review process.

"This is a blank check to the detention-industrial complex," said Maria Lopez, an analyst at the Border Policy Institute. "Instead of investing in community-based alternatives that are cheaper and more humane, we're building a mega-prison in the desert."

Supporters counter that the cost is justified given the strain on the current system. "If we don't expand capacity, we face uncontrolled overcrowding in facilities across the country," argued Senator Thomas Grant, a Republican from Arizona. "This is about restoring order to the im-



migration process and ensuring that detention is safe, structured, and efficient."

Human Impact

For detainees and their families, however, the debate feels abstract compared to the lived reality. Families worry that the location—remote, heavily militarized, and difficult to access—will make visitation nearly impossible.

"My brother was transferred here from California without warning," said one woman, who asked not to be named for fear of retaliation. "We don't know how long he'll be held, or if we can even afford to visit him. It feels like they want to hide him."

Legal advocates have also warned that the scale of the facility could overwhelm local courts and create "due process deserts." With immigration judges already facing backlogs of several years, mass transfers of detainees to Tucson could exacerbate delays.

A National Flashpoint

The opening of "Desert Shield" reflects broader tensions in U.S. immigration policy. While the Biden administration has pledged to reduce reliance on mass detention, ICE has quietly expanded capacity through new contracts and military partnerships. In recent years, detention numbers have fluctuated, but critics argue that large-scale facilities signal a long-term commitment to detention as a primary tool of enforcement.

"This is not a temporary fix. It is an infrastructure choice," said Mendoza of the Arizona Immigrant Justice Alliance. "Once you build a place for 5,000 people, the pressure will always be to fill it."

The White House has remained largely silent on the issue, deferring questions to ICE. In Congress, Democrats from border states have demanded hearings on the project, while Republicans have praised it as a model for future expansion.

For residents of Tucson, the faci-

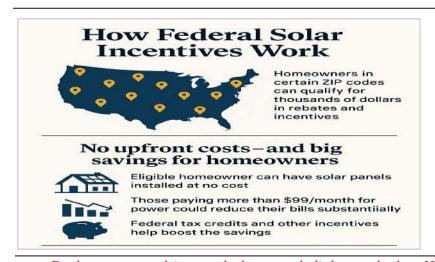
lity is now a looming presence. Beyond the razor wire and guard towers, questions remain unanswered: Who will be held here, under what conditions, and at what cost to taxpayers and communities?

As buses carrying the first groups of detainees rolled into Davis-Monthan over the weekend, protestors lined the roads with signs reading "No Desert Prisons" and "Dignity Not Detention." Supporters, meanwhile, waved American flags and thanked ICE agents for their service.

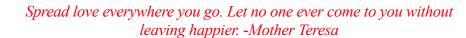
For now, "Desert Shield" is open, operational, and on its way to becoming the largest immigration detention site in the United States. Whether it will stand as a symbol of order or a monument to secrecy and neglect remains to be seen.

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

HEALTH CORNER



Understanding Diabetes: Tit Bits A Global Health Challenge.

Management and PreventionWhile type 1 diabetes cannot yet be prevented, type 2 diabetes and its complications can often be delayed or even avoided through simple but powerful lifestyle changes:

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

Diaspora

Introduction

Diabetes is a chronic, life-threatening condition that affects how the body processes blood sugar (glucose). Once considered a disease of affluence or old age, diabetes has now beco- me a global health cri- sis, impacting millions of people across all age groups, geographies, and socio-economic backgrounds. According to the World Health Organization (WHO), over 500 million adults were living with diabetes in 2021, a number expected to rise sharply in coming decades. Understand-ing diabetes its causes, types, symptoms, and preventive strategies—is essential to managing this growing threat.

Types and Causes

There are three main types of diabetes:

- Type 1 Diabetes: This is an autoimmune condition where the body's immune system at-tacks and destroys the insulin-producing beta cells in the pancreas. It often develops in childhood or adolescence and requires lifelong insulin therapy. The exact cause is un-known, but genetics and environmental factors like viruses may trig-
- Type 2 Diabetes: This is the most common form of diabetes and typically develops in adults, though increasingly in younger populations due to rising obe-

sity rates. It occurs when the body becomes resistant to insulin or doesn't produce enough insulin to maintain normal blood glucose levels. Poor diet, lack of exercise, obesity, and genetic predisposi-tion are key risk factors. Gestational Diabetes:

This occurs during pregnancy and usually resolves after delivery. However, it increases the risk of developing type 2 diabetes later in life, both for the mother and

A lesser-known condition, prediabetes, involves blood sugar levels that are higher than normal but not yet high enough to be diagnosed as type 2 diabetes. It serves as an early warning and a crucial window for intervention.

Symptoms and Complications

The symptoms of diabetes can be subtle or severe, including:

- Frequent urination
- Excessive thirst and hunger
- Fatigue
- Blurred vision
- Slow-healing sores
- Unexplained weight loss (especially in type 1) If left untreated or poorly managed, diabetes can lead to a host of serious complications:
- Cardiovascular disease: Diabetes significantly increases the risk of heart attacks and strokes.
- Kidney failure: Diabetes is a leading cause of end-stage renal disease.
- Nerve damage (neuropathy): Especially in the limbs, leading to pain, tingling, or even amputation.



pathy): A major cause of blindness globally.

Increased susceptibility to infections: Due to impaired immune function.

Management and Prevention While type 1 diabetes cannot yet be prevented, type 2 diabetes and its complications can often be delayed or even avoided through simple but powerful lifestyle changes:

- Healthy Eating: Emphasizing whole grains, vegetables, fruits, lean proteins, and healthy fats while avoiding sugary foods and processed carbohydrates.
- Regular Exercise: Physical activity helps control blood sugar and supports weight man-agement.
- Weight Control: Losing even 5-10% of body weight can significantly reduce the risk of developing diabetes.
- Routine Screening: Especially important for those with a family history or other Eye damage (retino- risk fac-tors like high blood

pressure or high cholesterol. Medical management often involves oral medications or insulin therapy, along with regular moni-toring of blood glucose levels. Education, support, and counseling play a crucial role in helping individuals adhere to treatment and make sustainable lifestyle changes.

The Social and Economic Impact

Diabetes is not just a personal health issue—it's a societal challenge. The costs of managing dia-betes are enormous, especially in lowand middle-income countries where health systems are of-ten ill-equipped. The burden includes direct costs (hospital visits, medications, equipment) and indirect costs (lost productivity, premature death). In Kenya, for instance, the increasing preva-lence of diabetes is straining an already fragile healthcare system.

Challenge



If current trends continue, as many as 1 in 3 Americans will have diabetes by the year 2050. That projection is staggering but it doesn't necessarily have to come true.

Almost 30 million adults and children in the U.S. have diabetes, and there are several forms of the disease. Type 1 diabetes, which affects approximately 5% of the U.S. population, is an autoimmune disease where the body destroys the cells in the pancreas that produce insulin. Many people think this type of • diabetes is only diagnosed in children and teens, but more than half the people diagnosed with type 1 diabetes are over **30.**

Type 2 diabetes is a condition where the pancreas still produces insulin, but the body doesn't use it appropriately. In the past, this type of diabetes usually only occurred in adults.

But now that many young people are overweight and have obesity issues, this type of diabetes is developing more in

Conclusion

Diabetes is one of the defining health issues of our time. Yet, with awareness, prevention, early diagnosis, and effective management, its impact can be greatly reduced. Governments, communities,

and individuals all have a role to play in combating this silent epidemic. As we confront the rising tide of diabetes, a collective shift toward healthier lifestyles, improved access to care, and sustained public health initiatives will be our strongest defense.





HE WEATHER IN USA NBRIGO GEORGIA



Best outdoor windows: Saturday and Monday offer comfortable, breezy, and enjoyable weather. USA



Weekly Highlights: Nationwide Weather Outlook

Today (September 4): Expect sunny to partly cloudy skies with a high around 85 °F (29 °C) and a crisp low near 56 °F (14 °C).

Friday (September 5): Cooler and cloudier, with morning showers possible. Highs only reach 67 °F (20 °C), dipping to 46 °F (8 °C) overnight.

Saturday (September 6): A pleasant, sunny day with milder temperatures—highs around 77 °F (25 °C) and lows near 51 °F (11 °C).

Sunday (September 7): Mostly cloudy. High 75 °F (24 °C), low 57 °F (14 °C).

Monday (September 8): Breezy and enjoyable, partly sunny. High 79 °F (26 °C), low 63 °F (17 °C).

Tuesday (September 9): Becoming humid with sunshine and passing clouds. High 86 °F (30 °C), low 60 °F (15 °C).

Wednesday (September 10): Mostly sunny and warm, highs reaching 89 °F (31 °C), lows 61 °F (16 °C).

The Diaspora Mines

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

AND A MOVEMEN

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.



SUCCESS GARDENS PHASE 2 GATANGA ROAD

WHY SUCCESS GARDENS PHASE 2

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Africa Resources epaper is published in USA, Kenya, Pakistan, & UK. Issue 381

AFRICA RESOURCES CENTER







Summary of Chapter One of the Constitution of Kenya (2010):

Sovereignty of the People and Supremacy of the Constitution

By Arch. Dr. D.K. Gitau

The Diaspora Times | September 2025

SUMMARY

Chapter One of the Constitution of Kenya lays the foundational principles that define the authority, legitimacy, and supremacy of the nation's governance.

It opens by declaring that all sovereign power belongs to the people of Kenya and is to be exercised either directly or through their democratically elected representatives. This affirmation places the citizen at the heart of the constitutional order, emphasizing that the government derives its power from the people and must serve their interests.

The chapter establishes the supremacy of the Constitution, stating that it is the highest law of the land. Any law, conduct, or action that is inconsistent with the Constitution is invalid. This clause underscores that no individual, including the President or Parliament, is above the Constitution. Moreover, all citizens and organs of the state are bound by it, reinforcing the

rule of law and constitutionalism.

The Constitution divides sovereign power among the three arms of government—the Executive, the Legislature, and the Judiciary—and devolves authority to the county governments.

However, this power must always be exercised in accordance with the Constitution, ensuring checks, balances, and accountability at all levels.

Additionally, Chapter One affirms Kenya's commitment to democracy, the rule of law, and the participation of the people in governance. It reflects a deliberate break from authoritarian pasts by enshrining principles of openness inclusiveness, and transparency.

In essence, this chapter serves as the constitutional compass, directing all other chapters. It reminds both leaders and citizens that ultimate authority lies not in offices or titles, but in the collective will of the people, expressed within the framework of a binding, supreme Constitution.

"This Constitution is the supreme law of the Republic and binds all persons and all State organs at both levels of government."—Article 2(1)



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 history

Bill Russell Era (1956–1969): Russell led the Celtics to 11 championships, including 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, 1986)

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

brand.

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



