





MOTHERS LOVE

By Abigirl Phiri

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Or
Opportunism
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The Diaspora Times

Saturday, Oct. 4th, 2025 Vol 0388

Life is about your inner thoughts.

"Shutdown Showdown: US Supreme Court to Decide Limits of Trump's Power"



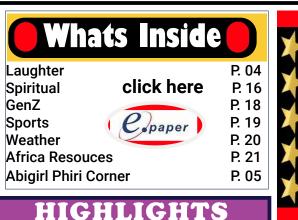
The United States faces escalating political and economic turmoil as the government shutdown drags into another week. At the center of the storm, the Supreme Court is preparing to rule on the extent of presidential power after President Trump moved to dismiss a Federal Reserve governor and impose sweeping tariffs without congressional approval.

At the same time, the administration has frozen \$26 billion in federal funding, a decision that

threatens mass layoffs, disrupts public services, and further deepens partisan divisions.

Democrats accuse the White House of reckless overreach, while Republicans argue that the president is acting within his constitutional mandate to protect national interests. With the shutdown showing no signs of resolution and the high court's ruling looming, the standoff could reshape the balance of power between the executive branch and other arms of government, leaving millions of Americans in limbo as

uncertainty continues to mount.. Dr Jean report-Diaspora Times Senior Editor. De Mosts Inside Market Diaspora Times Senior Editor. De Mosts Inside Market Diaspora Times Senior Editor. De Mosts Inside Market Diaspora Times Senior Editor. De Mosts Inside De Mosts Inside De Mosts Inside De Mosts Inside De Diaspora Times Senior Editor. De Mosts Inside De Diaspora Times Senior Editor. De Diaspora T





In this cold world full of misery, there is always that one person we owe the most profound gratitude to—the woman who gave us life. A lady who sacrificed so much for our benefit, throw-

ing her own dreams to the wind to raise us. Some became mothers at a very young age, a situation they could have avoided had they wished.

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KENYA NEWS



Ruto's Climate Gambit and Trump's Dismissal: A Tale of Justice or Opportunism?

The more profound fear among many Kenyans is that even if the billions Ruto demands were to flow, they would never trickle down to the ordinary people most affected by climate shocks.

OPINION

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

President William Ruto has worked diligently to establish himself as Africa's most vocal advocate on climate change, positioning himself as a champion of climate justice and a bridge between the Global North and the Global South.

Since the Africa Climate Summit in Nairobi in 2023, he has demanded that rich nations honor their pledges to finance adaptation, mitigation, and loss-and-damage funds for a continent that contributes less than four percent of global emissions but suffers the most from its devastating consequences. In speech after speech, from Nairobi to Addis Ababa to New York, Ruto has argued that Africa must not be punished for sins it did not commit, and that wealthy polluters should be held accountable.

Yet his loud insistence has come under a shadow after former U.S. President Donald Trump, now once again an influential figure on the global stage, dismissed climate change finance as a "scam" and a "hoax." In one brutal moment, Ruto's carefully curated global campaign was shaken, and questions arose about whether his motives are as pure as his words suggest.

It is true that Africa desperately needs climate adaptation. Droughts in Kenya's arid lands are pushing millions into hunger, floods destroy villages each rainy season, and pastoralists are losing herds to unpredictable weather. The science is real, and the suffering is undeniable. But politics is never far behind, and in Ruto's case, critics argue that his climate diplomacy is as much about personal and political gain as it is about global justice. Climate finance is the new goldmine for aid. Billions of dollars are tied up in funds at the World Bank, IMF, and Western treasuries, waiting to be channeled into projects ranging from renewable energy plants to reforestation to green infrastructure. Whoever stands at the gate of those funds controls immense political leverage. For a president facing a restless population at home, battered by taxes, unemployment, and debt, such money is a lifeline not only for the economy but for his survival in power.



Heads of State and Delegates pose for a group photo during the Second Africa Climate Summit

Donald Trump's remarks struck at this very nerve. By calling climate finance a hoax, Trump not only displayed his long-standing contempt for climate science, but he also exposed the fragility of leaders like Ruto who have pinned their reputations on the hope that the West will deliver. Without those funds, Ruto's sermons risk sounding hollow, his stature abroad diminished, and his bargaining power at home weakened. For a man who has styled himself as the "green Messiah" of Africa, this was more than a diplomatic slight; it was an embarrassment.

The more profound fear among many Kenyans is that even if the billions Ruto demands were to flow, they would never trickle down to the ordinary people most affected by climate shocks. Kenya's record with aid is dismal. From the Anglo Leasing scandal to the theft of COVID-19 emergency funds, every significant influx of money has ended in corruption and patronage.

There is little to suggest that climate finance will be any different. Already, insiders whisper of "green projects" and lucrative tenders being lined up, with well-connected businessmen circling like vultures around the promise of international cash. In this light, Trump's dismissal is not merely ignorance but a warning:

that climate finance, unless tightly guarded, risks becoming another scam, not because climate change is fake, but because politicians will turn it into their private feast.

And yet the tragedy is that Africa cannot afford to give up on the fight for climate justice. The floods in Budalangi, the droughts in Kitui, the rising heat in Turkana are not political abstractions; they are lived realities for millions of poor households. They require real solutions and real financing. The West does owe a debt to Africa, and climate finance, if managed with integrity, could provide lifelines in the face of catastrophe. But that integrity is precisely what is lacking.

Ruto's passionate speeches may be correct on principle, but they ring hollow when matched against the corruption and mismanagement of his government at home. His climate crusade risks appearing like yet another hustle, a means to polish his global image while Kenyans at home bear the brunt of broken promises.

The continuous clash between Trump's denial and Ruto's insistence is thus more than a policy disagreement; it is a mirror reflecting the broader tragedy of global climate politics. On one side are leaders in the Global South who know the science and feel the suffering but cannot escape

the temptation to politicize the money.

On the other hand, Western powers make pledges with one hand and retract them with the other, rendering promises meaningless. Stuck in the middle are ordinary citizens, battered by floods and droughts, waiting for help that may never come.

Unless climate finance is reimagined to bypass corrupt gatekeepers and reach communities directly, the whole exercise will remain what Trump called it — a scam — not because the crisis is false, but because the politics surrounding it has become rotten.

Disclaimer: This report is an editorial opinion of The Diaspora Times. It is intended for analysis and discussion purposes only. The views expressed do not constitute official policy positions and should not be taken as definitive statements of fact. Readers are encouraged to engage critically and independently verify claims.

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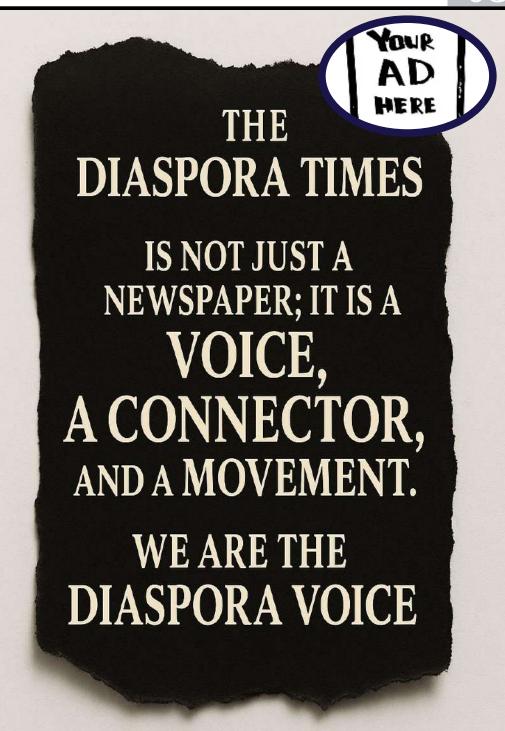
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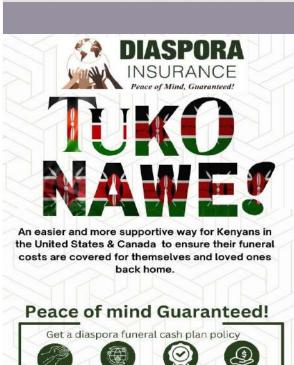
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LAUGHTER THE MEDICINE

BEST

THE DIASPORA TIMES DIASPORA LAUGHS-

Because Homesickness Needs Humor

"If there are any idiots in the room, will they please stand up", said the sarcastic teacher.

After a long silence, one freshman rose to his feet.

"Now then mister, why do you consider yourself an idiot?", inquired the teacher with a sneer.

"Well, actually I don't," said the student, "but I hate to see you standing up there all by yourself."

A man is walking through the woods when he sees a bear charging at him.

He books it, but he knows he can't outrun a bear for long, so he starts praying, "Dear Lord, I beseech thee. Please, o Lord, please let this bear be a Christian!" The bear catches up to him, knocks him down on the ground, then gets on its knees and says, "Dear Lord, thank you for this food I am about to receive..."

Can you complete this Sudoku?

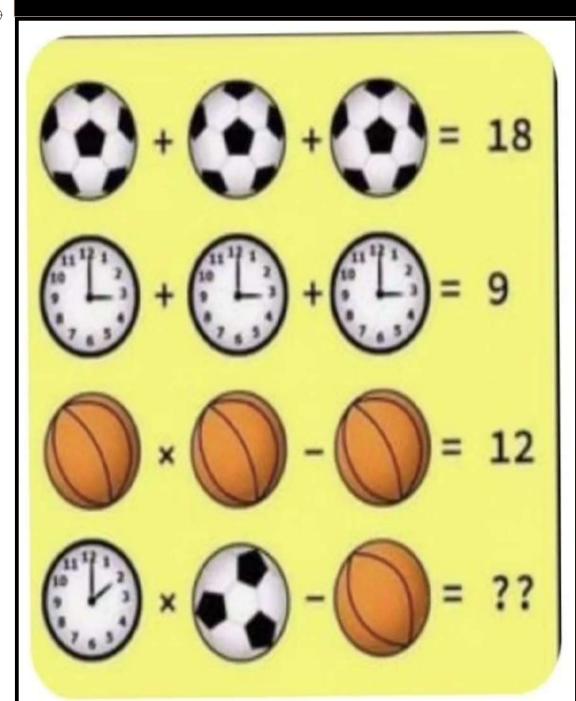
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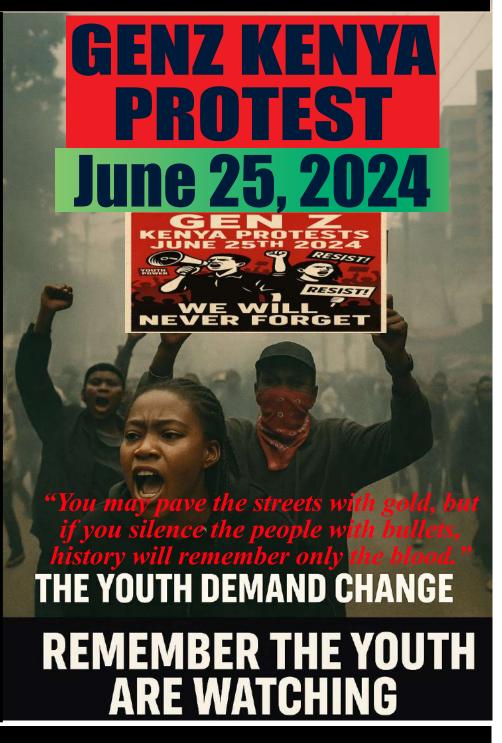
1 2 3 4 5 6 7 8 9

Word List

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

ABUJA, CAIRO, TUNIS





A Mother's Love:

The Priceless Gift of Life.

As Celine Dion once sang, there is no love like that of a mother. Indeed, from the womb to adulthood, through pain and joy, mothers guide us with steady hands and voices of reason.



Abigirl Phiri | Zimbabwe Senior Editor

In this cold world full of misery, there is always that one person we owe the most profound gratitude to—the woman who gave us life. A lady who sacrificed so much for our benefit, throwing her own dreams to the wind to raise us. Some became mothers at a very young age, a situation they could have avoided had they wished. However, their soft hearts strengthened their resolve to carry the pregnancy to term. These are our dear mothers women who harbor warm hearts that know only how to nurture. Ladies with the gentlest touch, as light as a butterfly's, making the world applaud femininity.

We must never underestimate or look down on the women who brought us into this world. Faced with numerous options to eliminate us, they instead chose the right path. They defied the odds by giving us life—an act of selflessness that is the most priceless gift of all. To be given a chance to live is to inherit a legacy of resilience, and we remain living proof of both their love and the greatness of God.

Past, present, or future, mothers deserve to be applauded for their resilience. They endure the pains of childbirth, then devote

themselves tirelessly to raising their young. Like a mother hen shielding her chicks or a lioness fighting for her cubs, they place family above everything. Single mothers raise the bar even higher, doing it all alone, while mothers in every station—rich or poor—will give their last coin just to see their child smile. They embody the true meaning of sac-

While alive, we often take this blessing for granted. Yet, when a mother passes on, her absence reveals the role she played in uniting the family. Many challenges in life require only a mother's gentle touch or wise counsel to calm the storm. As Celine Dion once sang, there is no love like that of a mother. Indeed, from the womb to adulthood, through pain and joy, mothers guide us with steady hands and voices of

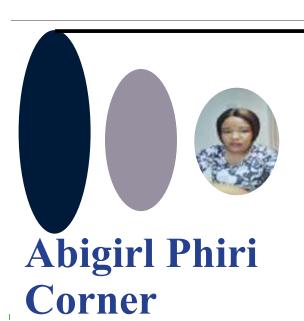
If circumstances permit, we should spoil our mothers once in a while, for time is fleeting and tomorrow is never guaranteed. They deserve to enjoy the fruits of their labor while still alive. Just as they shaped us with their love, we must reciprocate in their old age by caring for them with the same devotion. For those whose mothers have already departed, the lesson is clear: if yours is still alive, treasure her like gold. Protect her joy, ease her burdens, and let her depart one day with a light heart.

Rugare, treasured readers.

A MOTHER'S LOVE THE PRICELESS GIFT OF LIFE In this harsh world so cold, One figure stands above— A mother, fierce and bold, Who chose the path of love. She nurtured us from birth, Guided by a gentle hand— Her sacrifice of endless worth, A gift none can understand.

In this harsh world, one figure stands as our greatest blessing—the mother who gave us life. She sacrificed dreams, endured pain, and chose love over escape. From the womb to adulthood, her nurturing hand shaped our destiny. Mothers, whether young or old, single or married, rich or poor, give their all—fighting fiercely like lionesses, guiding gently like doves. Too often, we take them for granted until they are gone, leaving a void no one can fill. Treasure her now, spoil her, and repay her sacrifice with devotion. Truly, a mother's love is life's most priceless gift.





Hymn to Mothers O gentle hands that shaped our days, Through storm and sun, through dark and blaze,

A mother's love shall never cease, Her heart our haven, her voice our peace. She bore the weight, she gave us breath, Her sacrifice defying death, O treasure rare, O light above, Forever bless a mother's love.



06 HEROES WHO PASSED ON. Rest In Power





Life and Times of Wangari Maathai



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

Wangari Maathai, born on April 1, 1940, in the rural village of Ihithe, Nyeri County, Kenya, was a pioneering environmentalist, human rights activist, and Nobel Peace Prize laureate whose life journey embodied resilience, intellect, and courage. Raised in a Kikuyu farming family, she grew up deeply connected to the land, streams, and forests of central Kenya. This early exposure to the natural world profoundly influenced her later commitment to environmental conservation and sustainable development.

Her academic brilliance opened doors at a time when opportunities for African girls were scarce. She attended local Catholic schools before earning a scholarship under the Kennedy Airlift program, which enabled her to study in the United States during the early 1960s. She pursued a degree in biology at Mount St. Scholastica College in Kansas, graduating in 1964, and later obtained a master's degree in biological sciences from the University of Pittsburgh. Returning to Kenya, she became the first woman in East and Central Africa to earn a doctorate, receiving her Ph.D. in veterinary anatomy from the University of Nairobi in 1971. This groundbreaking achievement established her as a trailblazer in academia at a time when women faced immense barriers in higher education.

Wangari's scientific training merged with her social consciousness, giving rise to a unique form of activism. In 1977, she founded the Green Belt Movement, a grassroots initiative that encouraged rural women to plant trees to combat deforestation, restore ecosystems, and secure firewood and water sources. What began as a simple tree-planting project evolved into a broad movement for environmental justice, women's empowerment, and community resilience. The Green Belt Movement eventually spread beyond Kenya, with over 50 million trees planted across Africa, symbolizing both ecological renewal and collective empower-

Her activism soon brought her into conflict with Kenya's authoritarian regime under President Daniel arap Moi. Maathai fearlessly opposed land grabbing, deforestation of public spaces, and corrupt development projects. Notably, in the late 1980s and early 1990s, she led protests against the government's plan to build a skyscraper in Nairobi's Uhuru Park and against the grabbing of Karura Forest. Despite arrests, police beatings, and smear campaigns, she stood firm, insisting that the integrity of public resources must be preserved for future generations. Her resilience made her a symbol of defiance, giving ordinary citizens the courage to challenge corruption and misrule.

Her personal life was also marked by challenges. Her marriage ended in a highly publicized and bitter divorce, with her husband disparaging her as being "too educated, too strong, and too hard to control." Yet she turned her struggles into strength, embracing feminism and inspiring African women to claim their rightful space in society.

Wangari's activism transcended environmental concerns and became intertwined with democracy and human rights. She played a key role in Kenya's pro-democracy struggles of the 1990s, joining other activists in demanding multiparty democracy and accountability. Her courage was recognized globally, culminating in 2004 when she became the first African woman to receive the Nobel Peace Prize. The Nobel Committee praised her "holistic approach to sustainable development that embraces democracy, human rights, and women's rights in particular." This recognition elevated her to the global stage as a symbol of hope and



Later in her career, she served as an Assistant Minister for Environment and Natural Resources in President Mwai Kibaki's government from 2003 to 2005, bringing her lifelong convictions into the policy arena. She also authored several books, including Unbowed: A Memoir, where she recounted her journey of struggle, triumph, and unyielding faith in the power of ordinary people to effect chan-

Wangari Maathai passed away on September 25, 2011, after a battle with ovarian cancer. Her death was mourned worldwide, but her legacy endures in the millions of trees planted, the women empowered, and the global movements for environmental justice that continue to draw inspiration from her life. She remains a towering figure in African and global history, a testament to the transformative power of courage, vision, and persistence.

In summary, Wangari Maathai's life was a remarkable intersection of science, activism, and compassion. She championed the environment, stood for democracy, empowered women, and challenged injustice with unyielding determination. Her times were turbulent, but her vision was clear: a just, sustainable, and democratic world rooted in respect for people and nature. Her enduring message is that we must never bow to oppression but rise, like trees planted deep in fertile soil, to stand firm for what is right.



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.



Dorothy Irene Height: The Godmother of the Civil Rights Movement.

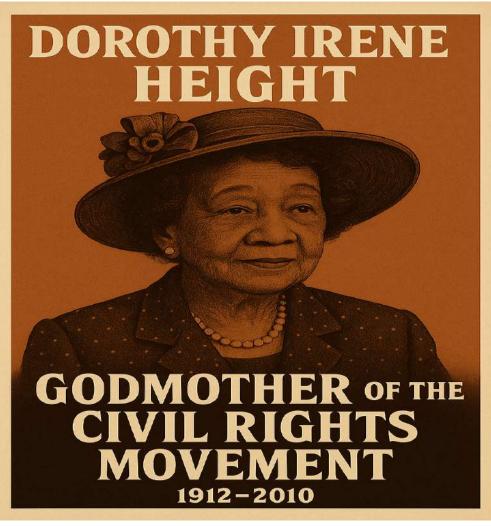
Dorothy Irene Height's life is one of the most compelling stories of perseverance, dignity, and leadership in the long struggle for equality in America. Born on March 24, 1912, in Richmond, Virginia, she entered a world defined by strict racial segregation, economic hardship, and limited opportunities for women let alone for African-American women. Her parents moved to Rankin, Pennsylvania, when she was young, where Dorothy grew up in a steel town that reflected both the grit of working-class life and the stark racial divides of the early twentieth century. From childhood, she exhibited unusual determination, excelling in academics, oratory, and community service. Her gift for public speaking won her national competitions as a teenager, foreshadowing the voice she would later lend to movements for justice.

Height's journey through higher education reflected both the cruelty and the resilience required of African Americans in her era. In 1929, she won admission to Barnard College in New York City, only to be turned away on arrival because the institution had already met its quota of two Black students. The incident could have ended her dream of higher education, but Height refused defeat. She walked across the street to New York University, where she completed her bachelor's degree in education and her master's degree in psychology by the age of twentyfour. Her experience at Barnard instilled in her a lifelong recognition that doors closed to some must be forced open for all, and that systemic change required not only courage but persistence.

Her early career as a caseworker for the New York Welfare Department exposed her to the realities of urban poverty, racial discrimination, and the struggles of Black families during the Great Depression. She soon joined the YWCA, where she worked to break down barriers in an institution that, like the broader society, was deeply segregated. She became a powerful advocate for racial integration, pushing the YWCA to open its facilities to women of all races and championing interracial dialogue long before it was acceptable.

A pivotal moment in her life came in 1937, when she met the legendary Mary McLeod Bethune, founder of the National Council of Negro Women (NCNW). Bethune recognized Height's talent and invited her into the organization, where she would later rise to prominence. This encounter cemented her lifelong association with the NCNW, which she eventually led as president from 1957 until 1998. Under her stewardship, the NCNW became one of the most influential organizations representing African-American women and families, tackling issues ranging from education and health care to housing and economic development.

Height's career unfolded at the epicenter of the civil rights movement of the 1950s and 1960s. She became the lone woman regularly present at strategy meetings



with Martin Luther King Jr., Roy Wilkins, Whitney Young, and A. Philip Randolph, the so-called "Big Six" male leaders of the movement. While these men often took the spotlight, Height played an indispensable role behind the scenes mediating disputes, maintaining unity, and insisting that the unique struggles of women not be ignored. Yet even within the movement, sexism was pervasive. At the 1963 March on Washington, where King delivered his immortal "I Have a Dream" speech, Height was seated on the platform but not invited to speak. This exclusion underscored her belief that the fight for racial equality could not be separated from the fight for gender equality.

As president of the NCNW, Height spear-headed initiatives that addressed the full range of issues affecting Black communities. She led voter registration drives in the South, organized workshops on economic self-sufficiency, and developed housing projects for working-class families. She also prioritized health care, including later campaigns addressing the devastating impact of HIV/AIDS in Black commu-

nities. She had the rare ability to see the interconnectedness of social justice struggles, understanding that racism, sexism, and poverty reinforced one another.

Height's reach extended well beyond the United States. She was a global ambassador for women's rights, traveling to Africa, Asia, and Latin America to exchange strategies for empowerment and equality. She represented African-American women at international conferences, reminding the world that the fight for civil rights in America was part of a broader human struggle for dignity and freedom.

Her reputation for wisdom and integrity made her a trusted adviser to presidents of both parties. She met with every U.S. president from Dwight Eisenhower to Barack Obama, offering counsel on civil rights, poverty alleviation, and gender justice. President Bill Clinton awarded her the Presidential Medal of Freedom in 1994, and President George W. Bush presented her with the Congressional Gold Medal in 2004. When she died in 2010, President Oba-

ma described her as the "godmother of the civil rights movement," acknowledging her decades of service to the nation.

Despite her many accolades, Dorothy Height remained remarkably humble. Known for her elegant dress and signature hats, she projected an image of grace and discipline, but her style was always matched by substance. She believed in the quiet power of persistence, the strength of negotiation, and the necessity of moral clarity. She was as comfortable in a church basement speaking to grassroots organizers as she was in the Oval Office advising presidents.

What made Height unique was her ability to bridge divides—between Black and white, men and women, young and old, rich and poor. She believed in dialogue without ever sacrificing principle. She understood that movements required both confrontation with injustice and collaboration with those willing to be allies. Her leadership style was not bombastic but steady, a reminder that progress is often built through patience and resilience rather than sudden revolution.

Dorothy Irene Height lived to be ninety-eight years old, passing away on April 20, 2010. Her life spanned nearly a century of transformation in America, from the age of Jim Crow segregation to the election of the first Black president. She saw the fruits of her labor but also recognized that the struggle was far from complete. Her passing was marked by a state funeral at Washington National Cathedral, attended by presidents, dignitaries, and ordinary citizens alike, all paying tribute to a life of extraordinary service.

Her legacy lives on not only in the institutions she strengthened and the policies she influenced but in the countless individuals she mentored and inspired. Generations of women and men learned from her that leadership is not about fame but about service, that dignity must be maintained even in the face of humiliation, and that justice must always be pursued even when progress seems slow.

In remembering Dorothy Height, we honor more than a leader; we honor a moral compass, a visionary, and a woman whose life embodied the very best of the human spirit. She taught the world that movements are sustained not only by speeches and marches but by the tireless work of those willing to labor quietly for the greater good. Her example remains a beacon for those committed to justice, reminding us that freedom is never handed down but must be claimed, protected, and expanded by each generation.

Disclaimer: This feature is prepared by The Diaspora Times for educational, historical, and inspirational purposes. It does not claim to be a comprehensive biography but a reflective tribute capturing the life, spirit, and enduring legacy of Dorothy Irene Height.



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Various News For Awareness Only

Editorial – Ruto's Diaspora Bond Trap: Why Land and Real Estate Remain the Real Deal.

The diaspora must therefore ask itself a hard question: will we build legacies by underwriting state corruption through bonds, or will we secure our future through investments we can see, touch, and pass down?

EDITORIAL

President William Ruto's administration is aggressively targeting Kenyans abroad, urging them to channel their hard-earned savings into government bonds. The message is wrapped in patriotic rhetoric, packaged as a noble contribution to national development, and sold as a supposedly safe investment. Yet, behind the glossy appeal lies a dangerous truth: investing in government bonds within a corrupt system is not patriotism—it is financial self-destruction.

Kenyans in the diaspora understand risk better than most. They have witnessed, from afar, the spectacular collapse of once-thriving institutions: Kikomi, Uchumi Supermarkets, Nakumatt, Mumias Sugar, Panpaper, and others that once symbolized economic promise but are now grave markers of lost fortunes. If such giants could crumble before the eyes of regulators, what confidence should we have in bonds floated by a government that is already drowning in debt and addicted to corruption? To invest blindly in such instruments is nothing less than leaping into fire.

By contrast, real estate—particularly land—remains the true anchor of intergenerational wealth. Unlike volatile stocks or fragile government paper, land is finite, immovable, and uniquely tied to location. It cannot be spirited away through creative accounting or erased by the collapse of an institution. Properly managed, land is not speculation—it is security, heritage, and legacy.



For the Kenyan diaspora, real estate investment is more than a financial strategy; it is a reconnection to home, a bridge between exile and heritage. Each plot secured, each house built, is a statement of belonging, a tangible stake in the soil that nourished our parents and will shelter our children. Even speculation in land carries a different logic than speculation in stocks. Where the Nairobi Securities Exchange often serves insiders who harvest profits before ordinary citizens can participate, land speculation bears real risk and frequently anticipates development that governments may only deliver years later. In many cases, it is the foresight of private landholders that drives community growth.

It is no accident that pioneers of the NSE—figures such as Ngenye and Jimna Mbaru—ultimately diversified into banking and real estate. They unders-

tood a timeless truth: that paper wealth is fragile, but land and bricks endure. Real estate, whether rental property or subdivided plots, not only appreciates in value but also generates income and employment, circulating wealth more effectively within communities than speculative markets ever could.

The diaspora must therefore ask itself a hard question: will we build legacies by underwriting state corruption through bonds, or will we secure our future through investments we can see, touch, and pass down? Remittances are already Kenya's largest source of foreign exchange. To squander them on feeding a bloated, unaccountable state is to betray the very families who sacrifice abroad so that their children may thrive.

The answer is self-evident. Land and real estate are the real deal. They represent

not only security and autonomy but also the freedom to sleep at night without fearing the collapse of an institution or the default of a government bond. In a corrupt environment, the most patriotic act is not to gamble on paper promises but to safeguard wealth in tangible, enduring assets that strengthen both families and future generations.

Disclaimer: This editorial is not financial advice. It is a call to the diaspora to resist the false lure of government bonds and fragile speculation, and instead to build wealth through land and real estate—the only assets that endure beyond corruption, collapse, and political deceit. We are The Diaspora Voice.

Diaspora bonds are financial instruments that tap into the wealth, loyalty, and emotional ties of citizens living abroad. They have historically been successful in countries such as Israel and India, where expatriates carry a strong sense of patriotism and a clear understanding of their home country's long-term economic prospects. In these cases, investors have accepted relatively low yields compared to other markets, not purely because of financial return, but because they saw themselves as contributing to nation-building.

These bonds functioned as a hybrid between investment and patriotic duty, allowing governments to finance infrastructure, defense, and crisis-relief projects with minimal reliance on external aid. In the Kenyan context, the question of whether such a model can succeed immediately raises one key concern: corruption. Unlike Israel or India, Kenya has a long-standing governance and trust deficit. From infrastructure scandals to the mismanagement of public funds,

Kenyans in the diaspora are often wary

of sending their hard-earned money back home into government-controlled channels. Indeed, many prefer to channel their remittances into land, education, or direct family support rather than state-backed instruments. If Kenya were to launch a diaspora bond modeled only on patriotism, it is unlikely to raise significant funds because the government cannot reasonably expect a "patriot discount" in yields. Investors will demand higher returns to compensate for the risk of mismanagement.

That does not mean such a bond is impossible. Kenya receives billions of shillings annually in diaspora remittances—figures that already rival or surpass foreign direct investment and aid flows. A diaspora bond could channel a portion of these funds into development projects, provided the government structures it to overcome mistrust. This would require transparency and accountability mechanisms that go far beyond the standard domestic infrastructure bond. For instance, proceeds must be ring-fenced in an inde-

pendent account, preferably offshore, and released only when independent auditors verify project milestones. Such governance structures would reassure investors that their money is not disappearing into opaque state coffers.

Furthermore, the projects financed must be tangible, auditable, and have a socially impactful impact. Diaspora investors are more likely to invest in a bond that supports a specific project, such as building a hospital, funding a renewable energy project, or providing affordable housing, rather than one that is allocated to a general budget.

The government should also create space for diaspora representation in oversight boards or project committees, giving investors not just financial stakes but governance rights. International institutions, such as the World Bank or the IFC, could act as observers to increase credibility.

Crucially, Kenya must price diaspora bonds realistically. Unlike Israel, it cannot rely on patriotic sentiment to lower yields. Instead, it must offer competitive returns relative to its own infrastructure bonds, likely denominated in hard currency, with maturities aligned to diaspora income cycles. Accessibility also matters. Distribution should combine global investment platforms with mobile and digital-first solutions that mirror the channels through which diaspora remittances already flow.

In conclusion, diaspora bonds can succeed in Kenya, but not as a means to appeal to blind patriotism. They must be designed as credible financial instruments that mitigate corruption risk through strong governance, independent oversight, transparent project financing, and fair yields.

Without these safeguards, such bonds will either fail to attract investors or worsen mistrust. With them, they could become a powerful tool to harness diaspora wealth for nation-building, while setting a new standard for accountability in public finance.

Jane Karani report- Freelance

"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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Awareness Campaigns Can Help Educate Diaspora Families About Mental Health.

The story of diaspora youth need not be defined by depression and drug abuse. With open dialogue, community engagement, and professional support, healing and resilience are possible.

By Dr. Jesinta Koimburi New Jersey

Depression and drug abuse are increasingly emerging as twin challenges within diaspora communities, especially among the youth. While the migration journey is often narrated as a story of opportunity and upward mobility, it also carries a hidden underside of psychological struggles, cultural dislocation, and coping mechanisms that often turn destructive. This reality has left many young people vulnerable to depression and substance abuse, threatening not only their individual futures but also the wellbeing of diaspora families and the communities they inhabit.

Migration reshapes family and individual life in profound ways. For many youth in the diaspora, identity is caught between two worlds: the traditions of their parents' homeland and the expectations of the new societies they inhabit. This in-between state can create feelings of alienation, loss of belonging, and constant pressure to "prove" oneself.

Young people may struggle with language barriers, racial discrimination, cultural misunderstandings, and academic or professional expectations that are often higher than they can realistically achieve.

These pressures can generate feelings of inadequacy and isolation. For some, the absence of extended family support systems so common in African, Asian, or Latin American cultures—further deepens loneliness. Parents, often working multiple jobs to survive in the diaspora, may be emotionally unavailable, leaving youth without sufficient guidance. Depression emerges silently, sometimes masked by academic performance or social activity, only to surface in moments of crisis.

Depression rarely exists in isolation. Among diaspora youth, drug abuse frequently becomes a coping strategy for managing the emotional burdens they carry. Easy access to substances in host countries, combined with peer influence, creates fertile ground for experimentation. What begins

as recreational use often evolves into dependency. Alcohol, marijuana, and prescription drugs are the most common substances abused, but reports also show increasing involvement with harder drugs in some communities.

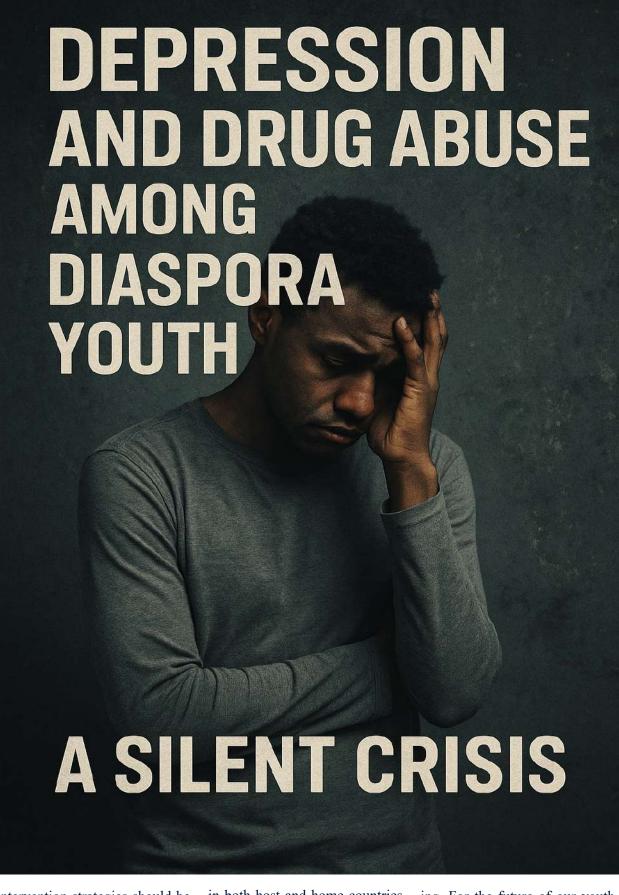
For many, drugs serve as an escape from the anxiety of cultural dislocation or the silence surrounding mental health issues. Within traditional communities, mental illness is still heavily stigmatized, and youth may fear judgment if they openly discuss their struggles. Turning to substances offers temporary relief but ultimately worsens depression, creating a destructive cycle.

The crisis of depression and drug abuse does not affect youth alone—it reverberates across families and communities. Parents who sacrificed to migrate often feel guilt and shame when their children fall into addiction or mental health challenges. The wider diaspora community grapples with rising cases of school dropouts, strained intergenerational relationships, and sometimes encounters with law enforcement.

Tragically, in extreme cases, untreated depression leads to suicidal ideation and attempts, leaving families devastated. Communities that once celebrated success stories of diaspora resilience now face uncomfortable conversations about their internal struggles.

Addressing this crisis requires acknowledging that depression and drug abuse are real and widespread among diaspora youth. Silence and stigma only worsen the problem. Faith organizations, diaspora associations, and community leaders must create safe spaces for young people to speak openly without fear of judgment. Schools and universities should strengthen counseling services tailored to multicultural students who face unique challenges of identity and adaptation.

Parents, too, must recognize the importance of listening. Beyond material provision, emotional presence is crucial. Taking time to understand what young people are going through, even if cultural gaps exist, can prevent isola-



Intervention strategies should be holistic. Awareness campaigns can help educate diaspora families about mental health, dispelling myths that depression is a weakness or punishment. Support groups and mentorship programs linking younger and older diaspora members may foster belonging and reduce alienation. In addition, partnerships between diaspora organizations and professional mental health practitioners can ensure access to therapy, rehabilitation, and recovery programs.

On a policy level, governments

in both host and home countries should collaborate to support diaspora wellbeing. Investment in youth-focused initiatives, affordable mental health services, and culturally sensitive rehabilitation programs can save lives.

The story of diaspora youth need not be defined by depression and drug abuse. With open dialogue, community engagement, and professional support, healing and resilience are possible. The crisis we face is real, but it is also an opportunity to redefine diaspora life as one that nurtures both material success and mental wellbe-

ing. For the future of our youth and our communities, silence is no longer an option.

DIASPORA-

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

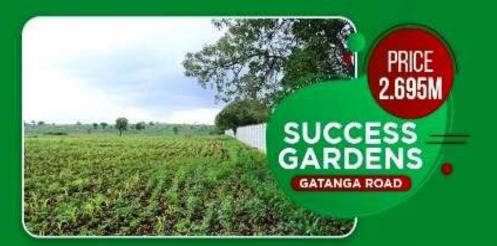
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CATALOGUE





















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Quarter 3 Report 2025 -Optiven Limited.

Optiven Group was honored as "Philanthropist of the Year" by the Top Excellence Award and also received "The Lifetime Achievement Award in Real Estate" from Starbrands Awards. Optiven Limited won "The Best Land Selling Company" at the Real Estate Awards and "Best Customer Service Excellence Award" at the Starbrands.

By Alvin Mwangi PR at Optiven.

The fourth quarter is officially with us. Happy New Month. As we look ahead, we cannot fail to acknowledge that the third quarter proved to be a period of significant milestones and strategic advancements for Optiven. Under the visionary leadership of Dr. George Wachiuri, we have demonstrated resilience and growth maintaining our presence as Kenya's leading real estate. Between July and September, Optiven delivered key initiatives from relocating to launching 4 new projects and strengthening global ties, this report comprehensively highlights the achievements and milestones;

1. Transition to the Global Of-

Q3 began with a major internal operation as the finance, legal and operations team moved to the Global office in July. The move culminated on Monday 29th September, when all departments officially transitioned to the new headquarters. The new location at Zamani Business Park in Karen is a powerful statement of our ambition, strategic direction, and evolving brand identity. It represents modern working spaces that enhance teamwork, premium client service and a sophisticated brand presence in one of Nairobi's most distinguished addresses.

2.New Projects Launched

Besides the services offered at Optiven, our portfolio had a major revamp during the third quarter, which saw us strengthen our presence in the Nairobi metropolis. There was a consistent stream of 4 project launches throughout the quarter, with Founder and CEO Dr. George Wachiuri officially introducing the projects;

July - The month began with the unveiling of the four-star Achievers Paradise 1B in the rapidly developing Kimuka,

Ngong area. This project is complemented by strategic infrastructure that includes solar street lighting, compacted murram access, a beautiful gate, borehole water and electricity and caters for the growing demand for affordable residential plots within Nairobi's central business district.

August - Building on the initial phase, Celebration Gardens Phase 2 was launched in August representing Optiven's investment in the Athi River corridor. The project, located 45 minutes from Nairobi, places you at the heart of social amenities, promising a lifestyle elevation and investment security.

September – This month saw the launch of two projects, Peace Gardens Phase 2 in Konza and Malindi Phase 8 in Malindi. Peace Gardens align with the development of Konza Technopolis offering investors a unique opportunity to own property in a prime location.

The introductory price of Malindi Phase 8, is a great advantage for land ownership in the rapidly appreciating coastal market. Optiven will go ahead and clearly demarcate the plots with beacons and enhance the accessibility through graded roads.

3.Diaspora Engagement

Optiven's diaspora outreach featured visits in 9 countries across multiple continents. This itinerary included Europe where a team engaged with communities in Germany, Norway and Sweden. We also had team travel to the United States of America and the Australian markets. In Africa, we traversed through Tanzania, Botswana, Zambia and Seychelles with this extensive international presence highlighting Optiven as a key driver to diaspora remittance.

4. Tripartite Partnership

A major highlight was the strategic Tripartite partnership involving Optiven, Everstong Maskani LLP and Co-operative Bank of Kenya. Launched in July, this collaboration is aimed at simplifying land acquisition, home construction and financing boosting homeownership for Kenyans.

a) Optiven – Facilitates land ownership.

Everstrong Maskini LLP - Manages professional house designs and construction. Co-operative Bank of Kenya - Provides financing including loans of up to Ksh. 10.5 million at single digit rates (9.5%) fixed under the Kenya Mortgage Refinance Company model.

5. Recognition & Awards

The quarter was characterized by significant accolades led by Dr. George Wachiuri. The Founder and CEO, Optiven Group was honored as "Philanthropist of the Year" by the Top Excellence Award and also received "The Lifetime Achievement Award in Real Estate" from Starbrands Awards. Optiven Limited won "The Best Land Selling Company" at the Real Estate Awards and "Best Customer Service Excellence Award" at the Starbrands. These recognitions highlight Optiven's leadership in social responsibility, service quality and real estate market prominence.

6.Mentorship

Investing in the next generation remains central to Optiven's mission. In September, Optiven welcomed new mentees across various departments. The interns joined different departments including finance, legal, public relations, human resources and The Optiven Foundation gaining hands on experience and bringing fresh ideas to Kenya's leading real estate.

As we look ahead to Q4, we are confident and well positioned to end the year on a higher note and accelerate into 2026 with renewed energy and vision.

>>>>>>>>>>>>>>>>



We have arrived at our **New Aboard** in Karen. Located centrally at Zamani Business Park, Karen Welcome to Optiven Global Head quarters



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© The Diaspora Times

Global pick. © CO-OPERATIVE BANK



SUMMARY— Optiven Ltd, led by Dr. Wachiuri, has won the 2025 StarBrands Award for "Best Customer Service Excellence," showcasing its customerobsessed values and collective team commitment to delivering exceptional real estate experiences across all organizational levels.

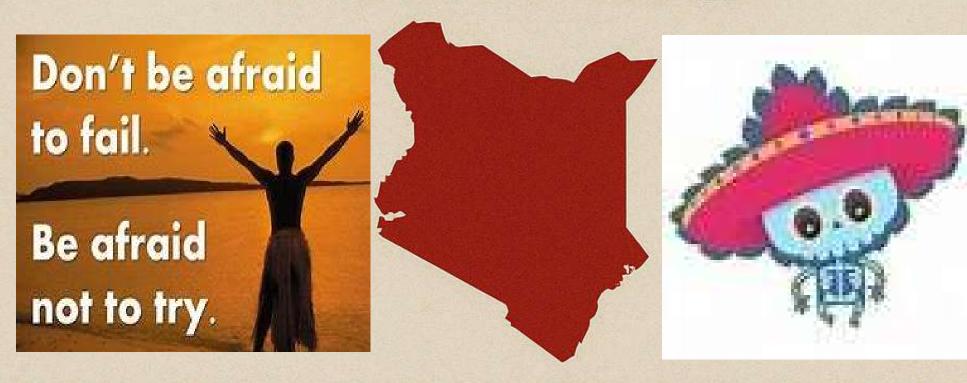


"A ruler's legacy dies the day justice is buried with the victims."

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



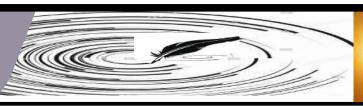
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The Diaspora Times Editorial Team



Those who steer thedeream

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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.



World Tourism Day 2025: Spotlight on Uganda.

Tourism with Memory Phiri Zimbabwe. This year's World Tourism Day celebrations will be held in Arua City, the vibrant gateway to Uganda's West Nile region. This choice is significant: it highlights the untapped tourism potential of a region rich in natural and cultural treasures.



By Memory Phiri Zimbabwe. Senior edidor The Diaspora Times

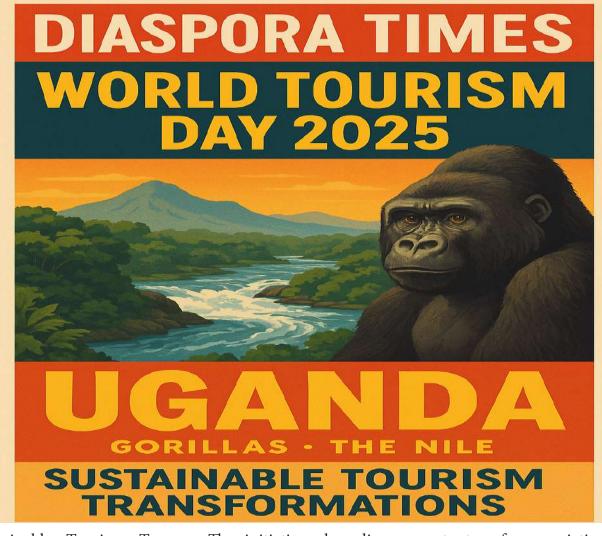
Last year, the global tourism family gathered in Tbilisi, Georgia, to mark World Tourism Day. This year, however, all eyes turn to Uganda—an African nation that has steadily built a reputation as a force to be reckoned with in tourism and hospitality. Uganda is blessed with breathtaking natural beauty, extraordinary biodiversity, and a warm spirit of hospitality that continues to capture the imagination travelers worldwide.

One of Uganda's most celebrated attractions is Kibale National Park, the top destination for chimpanzee tracking. Unlike many other destinations in Africa, Uganda offers visitors an opportunity to explore uncrowded parks, ensuring a more exclusive and intimate eco-tourism experience. Tourists travel from across the globe to witness Uganda's thriving chimpanzee population, a species integral to the nation's safari portfolio. Yet the experience does not end there. Visitors can also immerse themselves in mountain gorilla trekking within the legendary Bwindi Impenetrable Forest and Mgahinga Gorilla National Park—two of the most enchanting sites in the region.

Beyond wildlife, Uganda offers a thrilling range of adventure experiences. The mighty Nile River, which begins its epic journey here, has become a hub for adrenaline-seekers. White-water rafting on the Nile is a bucket-list activity, drawing adventure tourists eager to test themselves against one of the world's most powerful rivers.

This year's World Tourism Day celebrations will be held in Arua City, the vibrant gateway to Uganda's West Nile region. This choice is significant: it highlights the untapped tourism potential of a region rich in natural and cultural treasures. Visitors to West Nile can marvel at Mt. Wati, explore the Ajai Wildlife Reserve, witness the River Nile's transboundary flow, and engage with unique cultural heritage sites that preserve Uganda's history and identity. By shining a spotlight on Arua City, UN Tourism seeks to promote regional tourism development and diversify Uganda's offerings.

The global theme for World Tourism Day 2025 is "Sus-



tainable Tourism Transformations." This theme resonates strongly with Uganda's tourism vision. It reflects the urgent need to shift the global tourism industry toward practices that conserve the environment, empower local communities, and create equitable economic opportunities. From gorilla conservation programs that directly benefit surrounding villages, to eco-lodges that prioritize renewable energy and community involvement, Uganda is already demonstrating how tourism can be both profitable and sustainable.

The initiative also aligns with the United Nations Sustainable Development Goals (SDGs), calling on the industry to embrace innovation and harness technologies of the 4th Industrial Revolution, including artificial intelligence and big data, to improve destination performance. These tools not only enhance the visitor experience but also enable more effective conservation and climate action.

World Tourism Day is more than a celebration—it is a call to action. It reminds us that travel, when practiced responsibly, has the power to transform societies, preserve cultural heritage, and safeguard the planet for future generations.

As the world converges on Uganda this September 27th, let us celebrate together the richness of global tourism, from Kampala to Arua, and beyond. May this day inspire us to protect the wonders of our world and share them with generations yet to come.

Happy World Tourism Day 2025!

By Memory Phiri Zimbabwe.

World Tourism Day 2025 will be celebrated in Arua City, Uganda, spotlighting the nation's gorilla trekking, chimpanzee tracking, and Nile adventures.

This year's theme, "Sustainable Tourism Transformations,

"emphasizes conservation,

community empowerment, and eco-friendly practices. Uganda's unique attractions make it a global tourism hotspot promoting responsible travel and future-focused development.



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

"The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

This beloved passage offers peace and

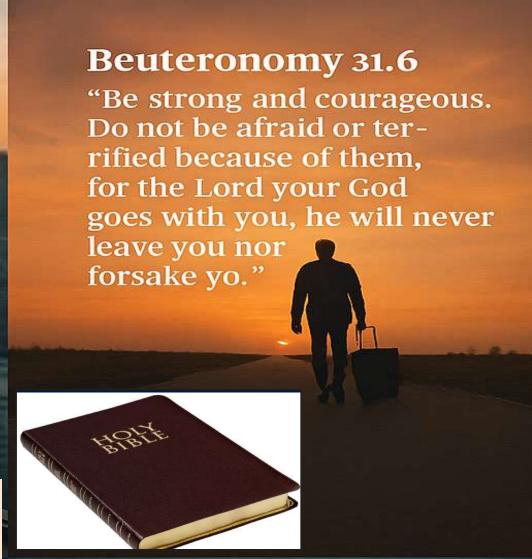
This beloved passage offers peace and assurance. The imagery of God as a shepherd emphasizes His personal care and guidance. Even in life's darkest moments, the Lord remains close, providing comfort and protection to His followers.

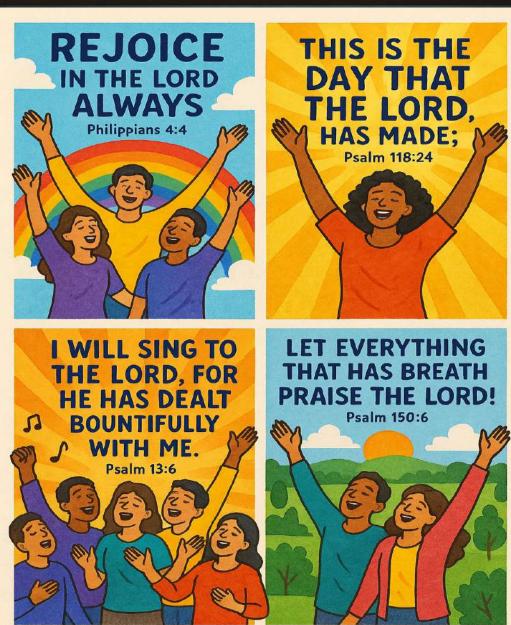
Strength in the Lord: Isaiah 40:29–31
"He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, 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.

Ephesians 6:13–17

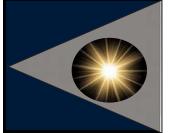
"Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground... with the belt of truth... the breastplate of righteousness... feet fitted with the gospel of peace... the shield of faith... the helmet of salvation and the sword of the Spirit, which 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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Gen Z's Boldest Defiance: Building a Hospital Without Government.

One young organizer summed up the spirit bluntly: "We are tired of waiting for promises. If we must build with our own hands and our own shillings, then so be it." Their defiance is not hidden in humility; it is designed to be seen. By turning protest energy into construction blueprints, Gen Z is showing that citizens can govern themselves, even in areas the state claims as its exclusive domain.

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

Kenya's Generation Z—once dismissed as online rebels and meme-makers—has now embarked on a project so bold it cuts straight to the heart of governance: they are raising funds to build a hospital. This is not charity. It is audacious dissent. It is a statement: when the government fails, we will create our own lifeline.

For decades, Kenyans have been told that health is a constitutional right. In reality, many die waiting for care. According to recent health policy reviews, Kenya's doctor-to-patient ratio is approximately 1 doctor per 5,263 people, which is five times worse than the World Health Organization's recommended standard of 1:1,000. The shortage goes beyond doctors. Kenya's health workforce density—comprising doctors, nurses, and clinical officers stands at just 13.8 health providers per 10,000 people, far below the WHO's recommended threshold of 44.5.

In rural counties like Mandera, Turkana, and Wajir, nurse ratios dip below 1 per 10,000, while Nairobi hoards nearly 32% of the nation's doctors despite housing just 8% of its population. The disparities are glaring, and the collapse is visible. Public hospitals often lack basic supplies like gloves, syringes, and painkillers; mothers in labor are told to buy their own drugs. Doctors strike repeatedly over unpaid salaries, broken equipment, and empty promises.

Meanwhile, billions are lost to corruption scandals, while leaders declare hollow reforms and levies that fail to heal the

388.indd 18



sick.

In this vacuum, Gen Z's hospital project becomes more than infrastructure—it is a spectacle of defiance. A hospital is not a social event; it is a lifeline for the poor. By choosing this route, the youth are challenging the government where it hurts most, on public trust. Every shilling they contribute is a slap in the face of bloated ministries and tenderpreneurs who enrich themselves while citizens die at hospital gates.

Their intent is loud and public, and unlike past generations that grumbled in silence, this one is armed with digital tools. Tik-Tok, Twitter, Instagram, You-Tube, and crowdfunding platforms amplify their effort far beyond borders. The Kenyan diaspora, which remitted over 641 billion shillings in 2023 alone, is watching closely and

is likely to rally behind the youth's initiative rather than invest in government bonds or levies they do not trust.

One young organizer summed up the spirit bluntly: "We are tired of waiting for promises. If we must build with our own hands and our own shillings, then so be it." Their defiance is not hidden in humility; it is designed to be seen. By turning protest energy into construction blueprints, Gen Z is showing that citizens can govern themselves, even in areas the state claims as its exclusive domain. The government now faces a humiliating dilemma. Does it obstruct the project and risk being branded as an enemy of life itself? Or does it embrace it, tacitly admitting its own failure? Either path is perilous. Blocking a hospital built by the people would spark outrage both locally and abroad. Supporting it would concede that legitimacy now rests not in State House but in the hands of citizens who have chosen to serve themselves.

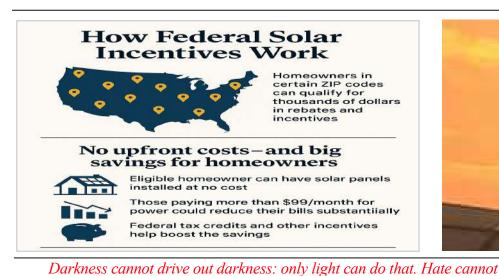
Professional bodies and civil society recognize the depth of this shift. The Kenya Medical Association has repeatedly warned that healthcare access is often hindered during protests, increasing mortality, and has called for urgent reforms. Activists frame this initiative as part of a broader struggle for "health citizenship"—a demand that the right to healthcare is a fact, not a rhetorical claim. As one opinion writer put it, "Protest is a pathway to health justice." By moving from chanting in the streets to building wards and emergency rooms, Gen Z has escalated protest into practice.

This is no longer about

healthcare alone. It is about power, legitimacy, and the future of governance. For decades, Kenya's political class has thrived on promises, lies, and corruption. Now, a generation is proving it can organize, mobilize, and build outside the state. If citizens can build hospitals, they can build schools, social insurance funds, and even their own political movements. In 2027, the ballot will not just ask who can promise hospitals, but who has already built one.

Gen Z's hospital project is the greatest nightmare for Kenya's elite: a living proof that the people can survive—and thrive—without them. It undermines the government's monopoly on public service delivery and exposes the rot at the heart

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





Spread love everywhere you go. Let no one ever come to you without leaving happier. -Mother Teresa

drive out hate: only love can do that. -Martin Luther King Jr.

HEALTH CORNER



Alzheimer's Disease: The Silent Thief of Memory and Dignity.

Advancing age is the strongest known risk factor, but family history, cardiovascular health, head injuries, and lack of mental or physical activity also contribute.

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

Diaspora Introduction

Alzheimer's disease is a progressive neurological disorder that affects memory, thinking, and behavior, gradually interfering with daily functioning and independence. It is the most common cause of dementia worldwi- de, primarily affecting older adults, though early-onset cases also occur. The disease is marked by the buildup of abnormal protein deposits in the brain, including amyloid plaques and tau tangles, which disrupt communication between nerve cells and ultimately lead to their death. Over time, this destruction causes significant brain shrinkage, most notably in areas

responsible for memory and cognition.

The early symptoms of Alzheimer's often include forgetfulness, difficulty finding words, misplacing items, or struggling with problem-solving tasks. At first, these signs may be mistaken for normal aging. However, as the disease advances, individuals begin to experience more severe memory loss, confusion about time and place, impaired judgment, mood swings, and difficulty managing routine tasks such as cooking, finances, or even personal hygiene. In the later stages, patients often lose the ability to recognize loved ones, communicate effectively, or carry out basic bodily functions without assistance. This progressive decline places a heavy emotional and financial burden on families and caregivers, who must provide constant supervision and care.

While the exact cause of Alzheimer's remains unclear, research points to a combination of genetic, environmental, and lifestyle factors. Advancing age is the strongest known risk factor, but family history, cardiovascular health, head injuries, and lack of mental or physical activity also contribute. Though there is no cure, ongoing research has led to treatments that may slow symptom progression and improve quality of life. Current therapies focus on managing symptoms through medications that boost communication between brain cells, alongside lifestyle approaches such as exercise, a balanced diet, and cognitive stimulation. Support groups and counseling also play a vital role in helping patients and caregivers cope with the challenges of the illness.

Globally, Alzheimer's is a growing public health concern. With aging populations, especially in developing regions, cases are expected to rise dramatically in the coming decades. This surge places immense strain on healthcare systems and economies. Raising awareness, reducing stigma, and promoting early diagnosis are crucial steps in addressing the challenge. Public education can encourage healthier lifestyles, while governments and institutions must invest in research and caregiver support programs.

Ultimately, Alzheimer's is more than a medical condition—it is a profound social issue that reshapes families, communities, and societies. Though science has not yet found a cure, collective action can ease the burden for those affected, offering dignity, compassion, and hope in the face of decline.

DIASPORA TIMES

ALZHEIMER'S DISEASE:

The Silent Thief of Memory and Dignity



WHAT IS ALZHEIMER'S?

A progressive brain disorder that destroys memory, thinking, and independence. The leading cause of dementia worldwride.



EARLY SYMPTOMS

- Frequent forgetfulness
- Misplacing items
- · Difficulty finding words
- Trouble with problem-solving



ADVANCED SYMPTOMS

- Severe memory loss
- Confusion of time/place
- · Mood swings & poor judgement
- · Inability to recognize loved ones
- Loss of independence in daily tasks



RISK FACTORS

- No cure (strongest isk factor)
- · Family history & genetics
- Heart health problems
- Low mental/physical activity



GLOBAL IMPACT

- · Cases expected to triple by2050
- Heavy burden on families and heathcare systems
- Urgent need for awareness, research, compassion

Conclusion

Alzheimer's disease is a devastating condition that robs individuals of memory, dignity, and independence while placing a heavy burden on families and healthcare systems. With cases expected to

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rise globally, early diagnosis, caregiver support, and continued research are essential. Though no cure exists, awareness, healthy living, and compassion can ease suffering. By uniting efforts, societies can offer dignity, hope, and resilience to those battling this silent thief of memory.



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

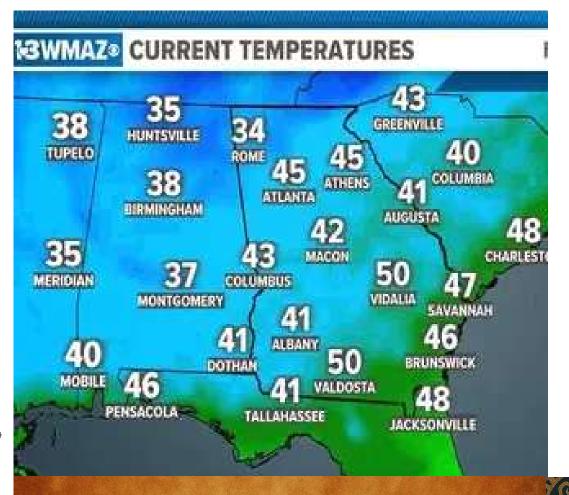
The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. -Helen Keller



THE WEATHER IN USA IN BRIEF GEORGIA



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



Thursday: Partly sunny, but expect a few scattered showers late afternoon.

High around 88°F (31°C);

cooler toward evening.

Friday: Mostly sunny and warm—good day for outdoor plans.

High near 88°F (31°C).

Saturday: Sunshine mixed with clouds; evening thunderstorms likely.

Temperatures around 86°F (30°C).

Sunday Tuesday: More stable—partly sunny with seasonal highs in the low to mid 80s. Nights will be mild.

Wednesday: A more humid, cloudy day with chances of afternoon storms

returning.

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The Diaspora Times

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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.

AND A MOVEMEN





WHY SUCCESS GARDENS PHASE 2

GATANGA ROAD

Sucess Gardens Phase II is strategically located only less than
9 minutes from Blue Post Hotel Thika; off exit 18 of Thika
Superhighway and right on Gatanga Rd.
The property is situated near the award winning project

Success Gardens Phase 1 by Optiven that is sold out and customers are now building their palatial dream homes.

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- Trees on ground
- Perimeter Wall

- Water tower
- Caretaker on site
- Solar Street lights

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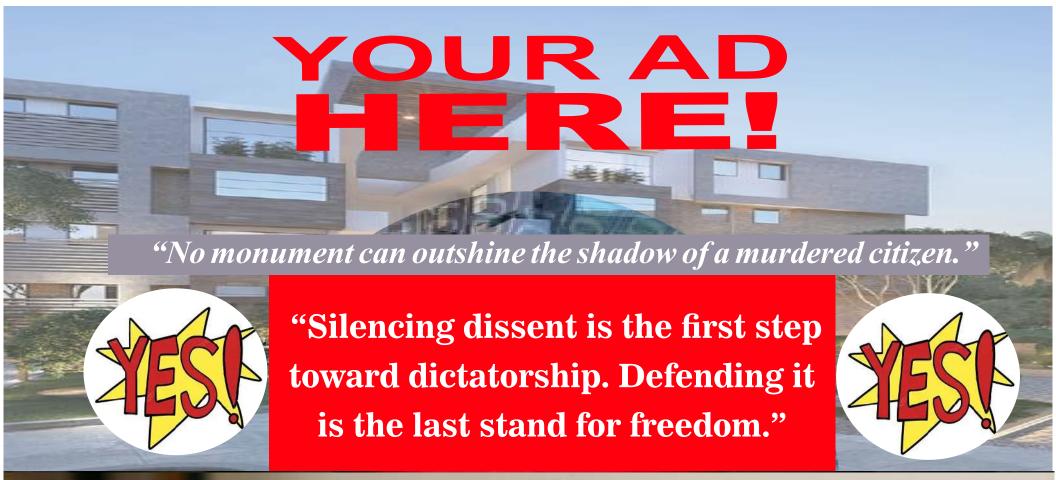
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Africa Resources epaper is published in USA, Kenya, Pakistan, & UK. Issue 381

AFRICA RESOURCES CENTER







Summary of Chapter Two of the Constitution of Kenya (2010): The Republic.

By Arch. Dr. D.K. Gitau |

The Diaspora Times | September 2025

SUMMARY

Summary of Chapter Two of the Constitution of Kenya (2010): The Republic

Chapter Two of the Constitution of Kenya defines the nature, identity, and territorial integrity of the Republic of Kenya, laying the foundation for national unity, sovereignty, and the values that guide the state.

The chapter begins by affirming Kenya as a sovereign Republic, emphasizing its indivisibility and commitment to multi-party democracy. The sovereignty of Kenya is not negotiable, and no person or institution may establish a government otherwise than in compliance with the Constitution. This clause protects the Republic against coups, illegal takeovers, or any form of governance outside democratic and constitutional procedures.

A key emphasis is placed on territorial integrity, declaring that the territory of Kenya consists of the land, the territorial sea, and the airspace, as defined by law. The Constitution protects this territory from secession or external threats. Additionally, borders are defined and protected, ensuring that the nation's physical boundaries remain intact unless changed through legal and constitutional processes.

The chapter then articulates national values and principles of governance (Article 10), which must guide all state organs, public officers, and citizens when applying or interpreting the Constitution. The-

se values include:

- Patriotism, national unity, sharing and devolution of power
- The rule of law, democracy, and participation of the people
- Human dignity, equity, social justice, inclusiveness, equality, human rights, non-discrimination, and protection of the marginalized
- Good governance, integrity, transparency, and accountability
- Sustainable development

These principles form the ethical and moral foundation for leadership and public service in Kenya, and are binding on all persons and entities in the exercise of authority.

Importantly, Chapter Two defines Kenyan citizenship, affirming that all persons who were citizens before the enactment of the 2010 Constitution continue to be citizens. Citizenship may be acquired by birth or registration, and dual citizenship is permitted, reversing earlier restrictions. The chapter also guarantees that no Kenyan shall be deprived of citizenship arbitrarily.

Finally, it declares Kenya as a secular state, affirming that there shall be no state religion, and that the state shall treat all religions equally. It also identifies Swahili and English as official languages, and Kiswahili as the national language, promoting both national identity and cultural integration.

In sum, Chapter Two articulates what it means to be a Kenyan, the values that bind the people, and the sacred nature of the Republic that all must uphold and protect.

"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)



when over 1,000 people lost their lives and hundreds of thousands were displaced.









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WORLD OF SPORTS

The Green Bay Packers.

The Packers became a publicly owned football team run by a board of directors elected each year. The team went on to win six NFL championships from 1929 to 1944, including three straight (1929–1931). Along the way, Curly Lambeau, with the help of receiver Don Hutson, revolutionized football through the development and utilization of the forward pass

The Green Bay Packers are a professional American football team that has played professionally in the National Football League (NFL) since 1921. The team was founded in 1919 by Curly Lambeau and George Whitney Calhoun, and for the next two years played against local teams in Wisconsin and the upper peninsula of Michigan. In 1921, the Packers joined the American Professional Football Association, the precursor to the NFL, with Curly Lambeau as their coach. After falling into financial trouble, the Green Bay Football Corporation, now known as Green Bay Packers, Inc., was formed in 1923. The Packers became a publicly owned football team run by a board of directors elected each year. The team went on to win six NFL championships from 1929 to 1944, including three straight (1929-1931). Along the way, Curly Lambeau, with the help of receiver Don Hutson, revolutionized football through the development and utilization of the forward pass After Curly Lambeau resigned from the Packers in 1949, the team fell into a slump. They did not have a winning record for 11 straight seasons until 1959, the year that the Packers hired a new coach, Vince Lombardi. Lombardi would go on to lead one of the most successful teams in league history. Thirteen Pro Football Hall of Famers played for Lombardi, including quarterback Bart Starr and linebacker Ray Nitschke. The Packers lost the 1960 NFL Championship, however they would go on to win five championships in seven years under Lombardi, including three straight between 1965 and 1967.



The Packers are now the only team in American professional sports that is legally a publicly traded company. Other teams, such as the Atlanta Braves (Liberty Media, previously Time Warner), New York Rangers and New York Knicks (The Madison Square Garden Company, previously Cablevision) and the Toronto Blue Jays (Rogers Communications) are subsidiaries of publicly traded companies. Additionally, three of the nine teams in Canada's Canadian Football League exist with various forms of community ownership, with the Saskatchewan Roughriders employing a similar ownership structure as the Packers.



