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# The Diaspora Times

Saturday, Oct. 11th, 2025  
Weekly newspaper. Vol. 0390

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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.

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# Editorial: Free Bob Njagi – A Cry Against Twin Dictatorships in East Africa.

*When Ruto collaborates with Museveni to suppress activists like Njagi, it is not just a betrayal of one man's freedom; it is a betrayal of Kenya's democratic struggle and the memory of those who fought for the freedoms we claim today.*

# OPINION

This editorial represents the independent views of The Diaspora Times editorial team.

The abduction and detention of Kenyan activist Bob Njagi and his companion in Uganda is not an isolated incident; it is the latest chapter in a grim story of repression, state collaboration, and betrayal of the very citizens leaders are sworn to protect. The Kenyan and Ugandan regimes, led by Presidents William Ruto and Yoweri Museveni respectively, are complicit in a shameful alliance to silence dissent. Their joint actions expose the rot of leadership that has turned East Africa into a playground for dictators masking themselves as democrats.

The facts are chilling. Bob Njagi was previously abducted by the Kenyan government and held incommunicado, unlawfully detained in an undisclosed location. That was a crime against his constitutional rights and against the principles of justice. Now, abducted again in Uganda, his fate bears the same fingerprints. It would be naïve to believe that Uganda acted alone. Njagi's ordeal reflects a cross-border conspiracy in which Kampala and Nairobi coordinate to punish voices of resistance. The conclusion is inescapable: if the Kenyan government truly wanted him released, a simple phone call would suffice. But instead, silence reigns—a silence heavy with complicity. Uganda has long abandoned the promise of democracy. President Museveni, in power since 1986, has entrenched himself as a life president. Once hailed as a liberator, he now rules with an iron fist, suppressing opposition, manipulating elections, and turning state security organs into tools of intimidation. Abductions, disappearances, and unlawful detentions have become the language of governance in Kampala. Civil society is muzzled, journalists are harassed, and critics live in constant fear. Uganda, once full of hope, is now a cautionary tale of how liberation movements mutate into dictatorships.

But Kenya, too, is sliding down the same dangerous slope. Under President William Ruto, Kenya has witnessed a steady erosion of freedoms. The abduction of activists and critics has become normalized, reminiscent of the dark days of Moi's



*Silence is complicity. Freedom for Njagi now.*

regime. Ruto's government, despite its democratic veneer, has adopted the tools of tyranny: silencing dissent through extra-judicial means, criminalizing protest, and weaponizing state institutions against the people. When Ruto collaborates with Museveni to suppress activists like Njagi, it is not just a betrayal of one man's freedom; it is a betrayal of Kenya's democratic struggle and the memory of those who fought for the freedoms we claim today.

East Africans must refuse to normalize this impunity. The abduction of Njagi and his companion is not about national security—it is about silencing the truth. It is about instilling fear in anyone who dares to speak out against corruption, injustice, and misrule. Both Ruto and Museveni understand that their survival depends on the suppression of voices like Njagi's. And so, they collude, each propping up the other, ensuring that dissenters are punished whether in Nairobi or Kampala. This collaboration is not new. Historically, dictatorships in Africa have found comfort in supporting one another. Moi stood shoulder to shoulder with dictators in the region, and Museveni has perfected the art of solidarity among the repressive. Today, Ruto follows the same script. Instead of solidarity among peoples, we are witnessing solidarity among rulers—at

the expense of justice, truth, and freedom. The international community cannot afford to look the other way. Human rights bodies, regional organizations, and democratic partners must demand the unconditional release of Bob Njagi and his companion. Silence in the face of injustice only emboldens tyrants. For too long, East African leaders have weaponized sovereignty as a shield against accountability, hiding their crimes behind the rhetoric of non-interference. But sovereignty does not give a government the right to abduct its citizens or collaborate in their persecution abroad.

Kenyans and Ugandans must also rise together in unity. Civil society, opposition leaders, religious institutions, and ordinary citizens must demand an end to these abductions. Today it is Bob Njagi; tomorrow it could be any one of us. Freedom is indivisible—when it is denied to one, it is denied to all. To remain silent is to give consent to dictatorship.

Bob Njagi's fate is not just about his freedom; it is about the soul of our nation. His abduction symbolizes the growing darkness of repression in East Africa. But it also offers an opportunity: an opportunity to rally, to resist, to declare that our freedoms cannot be traded by phone calls between two tyrants.

President Ruto must be held accountable.

President Museveni must be held responsible. The people of Kenya and Uganda must remind their rulers that power belongs to the people, not to the presidency. Njagi's freedom will not come as an act of mercy from dictators—it will come from the sustained pressure of citizens who refuse to be silenced.

The demand is apparent and non-negotiable: Free Bob Njagi and his companion now.

## Disclaimer

This editorial represents the independent views of The Diaspora Times editorial team. The arguments herein are based on publicly available information, commentary, and analysis of recent events. It is intended to raise awareness, stimulate debate, and advocate for human rights and justice. The opinions expressed do not necessarily reflect the official stance of any government, institution, or organization.

Silence is complicity. Freedom for Njagi now.

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LAUGHTER THE MEDICINE

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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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|---|---|---|---|---|---|---|---|---|
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| 9 | 6 | 2 | 4 | 1 |   | 8 | 7 | 3 |
|   | 8 |   |   |   |   |   | 2 | 4 |
|   |   |   |   | 2 | 8 | 1 | 6 | 5 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |

Word List

NAIROBI, KAMPALA, KIGALI, ADDIS, DODOMA, LUSAKA, KINSHASA, PRETORIA, ACCRA, ABUJA, CAIRO, TUNIS

 +  +  = 18

 +  +  = 9

 x  -  = 12

 x  -  = ??

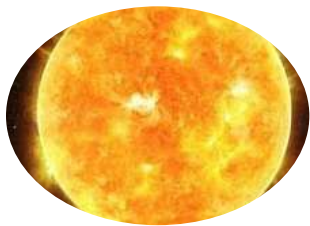
GENZ KENYA PROTEST  
June 25, 2024



*“You may pave the streets with gold, but if you silence the people with bullets, history will remember only the blood.”*  
THE YOUTH DEMAND CHANGE  
REMEMBER THE YOUTH ARE WATCHING



# 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 sacrifice. 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 reason. 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.***



Abigirl Phiri  
Corner

***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.***



We can’t become what we need to be by remaining what we are.  
– Oprah Winfrey



## A composite image featuring a lit candle and a heart-shaped wreath. The top half shows a single lit candle with a bright flame against a dark background. The bottom half shows a heart-shaped wreath made of green foliage and small pink flowers, tied with a large pink ribbon bow in the center.

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

Zora Neale Hurston remains one of the most influential and controversial figures in American literature, anthropology, and Black cultural history. A novelist, folklorist, and anthropologist, she carved her own path in a world that often refused to recognize the brilliance of Black women. Through her boldness, humor, and unwavering commitment to telling stories rooted in African American life, she helped shape the Harlem Renaissance and left a legacy that continues to inspire scholars, writers, and activists.

Born on January 7, 1891 (though she later adjusted her birth year to 1901) in Notasulga, Alabama, Hurston moved with her family to Eatonville, Florida, at a young age, one of the first self-governing all-Black towns in the United States. Eatonville profoundly shaped her worldview. In this community, she grew up free from the daily humiliations of Jim Crow segregation. Black men held political office, businesses thrived, and children were taught that they could aspire to greatness. Hurston would later write that Eatonville gave her a sense of pride and independence that fortified her against the racism she encountered elsewhere.

Hurston's life was not without hardship. After her mother's death and her father's remarriage, her family splintered. By her teenage years, she was on her own, working as a maid while seeking education. She attended Morgan Academy in Baltimore before earning a scholarship to Howard University, where she began to flourish intellectually and artistically. At Howard, she co-founded The Hilltop, the university's newspaper, and published her earliest short stories. Her determination and talent soon carried her to Barnard College, where she studied anthropology under the guidance of Franz Boas, one of the most respected anthropologists of the time. She was Barnard's only Black student, but she excelled and earned her bachelor's degree in 1928.

Hurston's time in New York coincided with the flowering of the Harlem Renaissance, a cultural movement that celebrated Black art, literature, and intellectual life. She quickly became a central figure in this circle, rubbing shoulders with luminaries such as Langston Hughes, Countee Cullen, and Wallace Thurman. Known for her wit, flamboyance, and confidence, Hurston stood out in a male-dominated space. Yet she was also deeply committed to preserving and celebrating the oral traditions of African American culture.

Her anthropological training fueled her artistic vision. Hurston traveled through the American South, Haiti, and Jamaica, collecting folklore, songs, and stories that might otherwise have been lost. Works like *Mules and Men* (1935) and *Tell My Horse* (1938) combined rigorous research with narrative flair, blending ethnography and storytelling in a style uniquely her own. She insisted that African American folk culture held intellectual and artistic value equal to that of classical European traditions.

As a novelist, Hurston achieved her greatest fame with *Their Eyes Were Watching*



*God* (1937), now considered her masterpiece. The novel tells the story of Janie Crawford, a Black woman who navigates love, independence, and self-discovery. Through Janie, Hurston gave voice to the interior life of Black women, an area largely ignored by both white and Black male writers of the era. Initially, however, the novel was met with criticism. Some Black male intellectuals accused her of pandering to white audiences by portraying rural Southern life rather than focusing on racial protest. Hurston rejected the notion that Black literature needed to be defined solely by struggle. She insisted on the richness, humor, and beauty of Black life, apart from oppression. Despite her achievements, Hurston's career was marked by numerous challenges. She struggled financially for much of her life, working at times as a teacher, journalist, and domestic servant to make ends meet. In the 1940s and 1950s, her conservative political views, which included criticism of aspects of the civil

rights movement, placed her at odds with many of her contemporaries. By the time of her death on January 28, 1960, she was nearly forgotten, buried in an unmarked grave in Fort Pierce, Florida. Yet Hurston's story did not end there. In the 1970s, writer Alice Walker, author of *The Color Purple*, rediscovered her work and reclaimed her grave with a marked headstone that read: "Zora Neale Hurston: A Genius of the South." Walker and subsequent generations of Black feminist scholars brought Hurston back into the literary canon, recognizing her as a pioneer who had articulated the complexities of Black womanhood and celebrated the power of folklore long before these themes became mainstream. Today, Hurston is studied not only as a novelist but also as an anthropologist who blurred the boundaries between science and art. Her writing captures the rhythms of African American speech, the struggles and joys of Southern Black communities, and the resilience of women as they

seek their place in the world. Her insistence that Black life needed no apology or justification remains radical even now. Zora Neale Hurston lived boldly and wrote unapologetically. She embodied the contradictions of her time, celebrated and overlooked, brilliant yet underfunded, politically defiant yet culturally rooted. She left behind not just books but a vision: that Black stories, in all their complexity, matter deeply to the story of America. Her life, once nearly erased, now stands as a testament to courage, creativity, and the power of reclaiming one's voice.

**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.

**Zora Neale Hurston: A Genius of the South**  
*Zora Neale Hurston (1891–1960) was a novelist, folklorist, and anthropologist who became a central voice of the Harlem Renaissance. Raised in Eatonville, Florida, one of the first all-Black towns in America, she grew up with pride and independence that shaped her groundbreaking work. Hurston celebrated African American culture through novels, folklore, and anthropology, with *Their Eyes Were Watching God* standing as her masterpiece. Though overlooked in her lifetime and buried in an unmarked grave, her brilliance was later revived by Alice Walker and feminist scholars. Today, Hurston is remembered as a fearless storyteller who insisted Black life was beautiful, complex, and worthy of celebration.*



# 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 under-

stood 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*

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



# The Hidden Burden – Depression and Drug Abuse in the Diaspora.

*Experts caution against simplification. Migration brings opportunity, yes, but it also disrupts traditional support systems. In Kenya, children were often raised by the village, with uncles, aunts, and grandparents frequently stepping in to care for them.*

By Dr. Jesinta Koimburi  
New Jersey

When Kenyans migrated abroad, many carried with them the dream of a better life for their children. They endured double shifts, sleepless nights, and jobs below their qualifications, all in the hope that their sons and daughters would prosper in safer, wealthier societies. But in the shadows of these sacrifices lies a growing crisis—depression and drug abuse—that is not confined to youth alone but reverberates across entire families and communities.

Take the case of Mwangi, a father of three who left Kiambu in 2002 for the United States. He drove taxis for years, saved diligently, and later joined a warehouse job in Atlanta. His dream was simple: his children would become doctors, lawyers, or engineers. Instead, his firstborn, Kevin, fell into prescription drug abuse in college. Mwangi and his wife Grace lived in quiet shame, whispering excuses to church members when Kevin dropped out. “We left Kenya so our children could have better chances,” Grace said, “but now we feel we failed them.”

This guilt is not unique. In Minnesota, Atieno, a nurse who migrated from Kisumu, struggles with the depression of her teenage daughter, Lydia. The girl has been in and out of counseling after a suicide attempt. Atieno works nights, often too exhausted to provide the emotional presence her daughter craves. “I pay for the therapy, but sometimes I wonder if the price of migration was too high,” she confessed.

The ripple effects stretch beyond individual households. Community organizations report an alarming rise in school dropouts among Kenyan diaspora youth. In Boston, Pastor Njoroge of a small Pentecostal church says he officiates more prayer sessions for distressed families than weddings. “Every month, I meet a mother or father worried that their child is hooked on marijuana, opioids, or alcohol. We pray, but prayer alone cannot fill the gap left by broken intergenerational bonds.”



Law enforcement encounters add another layer of trauma. Omari, who migrated from Mombasa, recalls the shame of bailing out his son Brian after a drunk-driving arrest in Texas. “In Kenya, we were taught that police are feared. Here, my son behaves as if the law is just another hurdle to play with,” Omari lamented. The court case drained not only his savings but also his spirit.

Mental health stigma remains a stubborn barrier. In many diaspora communities, therapy is viewed as foreign or unnecessary. Instead, families keep silent, fearing judgment from their peers. Wanjiru, a mother in Seattle, said she never told her relatives back in Nakuru that her daughter was undergoing treatment for depression. “They would think I failed as a mother. They would gossip.”

The problem is compounded by cultural dislocation. Youth born or raised abroad often straddle two worlds: at home, they are expected to uphold Kenyan traditions, while outside, they navigate Western individualism. Many feel misunderstood. “My

parents think I should be grateful, but they don’t understand what it means to grow up Black, immigrant, and different,” said Tony, a 19-year-old in Dallas who struggled with cocaine addiction before entering rehab.

Community leaders have begun sounding the alarm. Diaspora associations in New Jersey and Dallas have held forums on mental health, inviting counselors and social workers. However, attendance is often low, as parents prioritize work shifts or fear exposure. “We need to normalize conversations about mental health the same way we discuss remittances and funerals,” argued Kamau, a community organizer in New Jersey.

The economic toll is also immense. Families already stretched thin by mortgages and remittances to Kenya are forced to pay for rehabilitation programs, legal fees, or therapy. In extreme cases, some sell property back home to cover costs. Beyond money, the emotional exhaustion drains entire communities. A grandmother in Eldoret may not

understand why her grandson in the U.S. cannot “just stop using drugs,” while a cousin in Nairobi wonders why diaspora parents “failed to control their children.” Such judgments deepen the sense of isolation among affected families.

Experts caution against simplification. Migration brings opportunity, yes, but it also disrupts traditional support systems. In Kenya, children were often raised by the village, with uncles, aunts, and grandparents frequently stepping in to care for them. Abroad, nuclear families shoulder the burden alone, while parents juggle economic survival. Depression and drug abuse, then, are not just personal failings but structural consequences of displacement, cultural mismatch, and relentless pressure to succeed.

Still, resilience persists. Lucy, a mother in Boston, joined a support group after her son entered rehabilitation. “For the first time, I met other mothers facing the same pain. We cried together. We prayed. We shared advice. I realized I was not alone.” Such

grassroots networks are small, but they represent a lifeline for parents drowning in silent grief. Ultimately, the crisis of depression and drug abuse among diaspora youth is not a private matter; it is a community emergency.

It demands open dialogue, culturally sensitive counseling, youth mentorship, and a willingness to confront stigma. If migration was meant to be an investment in the future, then safeguarding the mental and emotional well-being of the next generation is the dividend that must be protected.

As Mwangi, the Atlanta father, put it: “I can buy land in Kiambu, I can build a house, but if my child is lost, what have I really gained?”

**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](mailto: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



# THE DIASPORA TIMES

## BREAKING NEWS ACROSS AFRICA



**Somalia**  
Al-Shabaab fighters attack Godka Jilaow prison in Mogadishu



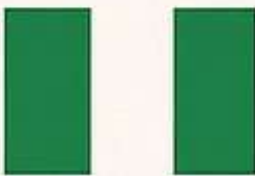
**Malagascar**  
Gen Z-led protests over water, power cuts, and corruption



**Madagascar**  
Gen Z-led protests over water, power cuts, and corruption



**DRC**  
Former President Joseph Kabila sentenced to death



**Nigeria**  
Nigeria’s oil production has rebounded to 1.7–1.83 million barrels/day



**South Africa**  
Six activists, including Mandla Mandela, detained by Israel



**Sudan**  
Clashes between the RSF and army continue, Nile floods



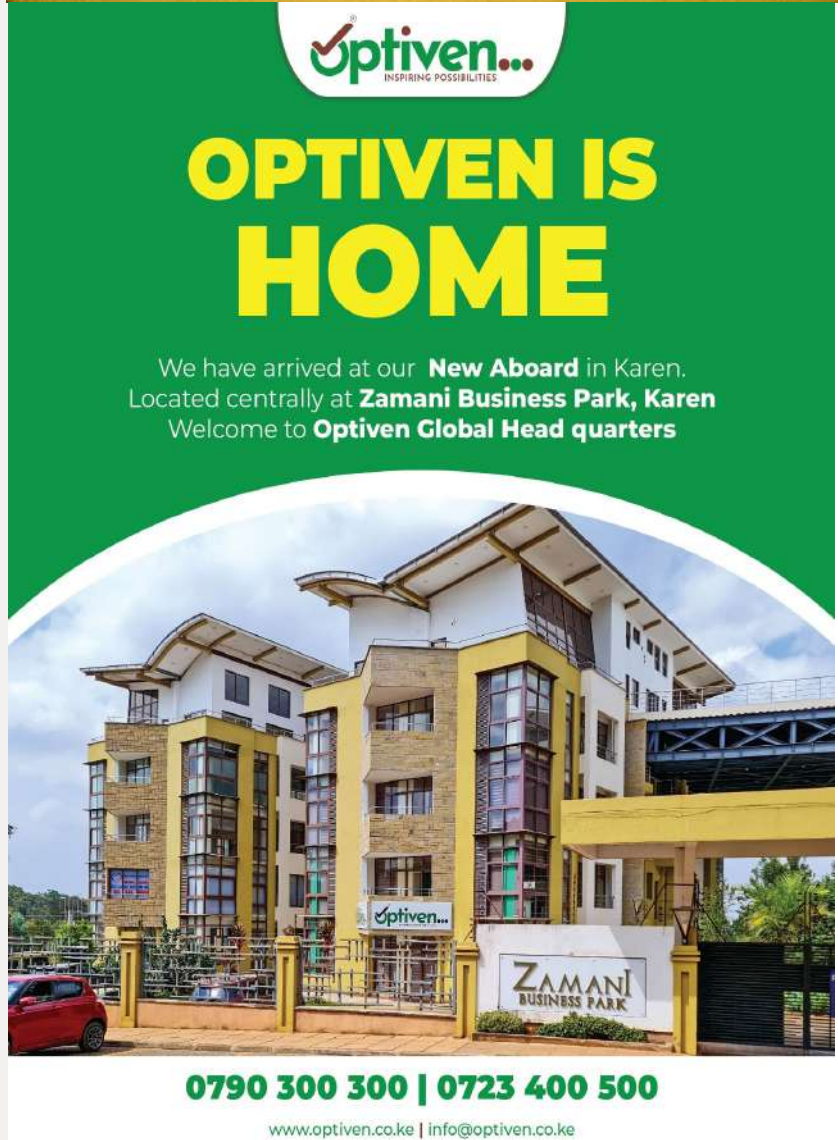
**Cape Verde**  
on verge of qualifying for first FIFA World Cup

**Regional/business:** Optasia plans \$375 million IPO, Anglo American sees strong future in Africa’s minerals, sub-Saharan growth at 3,8% in 2025





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# “Diaspora Connecting and Informing the World”



“A ruler’s legacy dies the day justice is buried with the victims.”

“Progress built on graves is merely a monument to cruelty.”



THE DIASPORA TIMES REPORTS





Africa today stands at the center of dramatic events that stretch from Mogadishu to Cape Town, revealing a continent grappling with insecurity, political upheaval, economic shifts, and youthful demands for change. Each country’s headlines add to a mosaic of urgency and resilience.

SOMALIA

In Somalia, the fragile stability of Mogadishu was shaken when al-Shabaab militants stormed the high-security Godka Jilaow prison. Explosions and heavy gunfire rocked the capital as fighters tried to free detainees. Somali forces pushed them back, killing all seven attackers, and the government insists no prisoners escaped. Yet, al-Shabaab claims otherwise, boasting they had liberated “all Muslim prisoners.” About 25 people were injured, highlighting once again the persistent threat of insurgents even in the heart of the capital.

MALI

Across the Sahel, Mali is facing a different kind of siege—this time from fuel shortages engineered by militants. Al-Qaida-linked JNIM has blocked vital fuel supply routes, attacking convoys and destroying more than 100 tankers. Drivers have been kidnapped or killed, and the capital, Bamako, has been thrown into a transport and economic paralysis. Long lines of cars snake around empty petrol stations while the military scrambles to escort convoys and mount operations against militant bases. For a nation already under pressure, the blockade is deepening hardship and fueling discontent.

MADAGASCAR

Further south, Madagascar is convulsed by youth-driven protests. Gen Z activists, initially angered by power and water outages, have broadened their demands to systemic reform. The unrest has left at least 22 people dead and more than 100 injured in violent clashes, according to UN figures. President Andry Rajoelina dissolved his cabinet and appointed a military general as Prime Minister, hoping to quell the anger. But protesters reject dialogue under his leadership and call for his outright resignation. With students, youth groups, and civil society uniting, Madagascar faces its most volatile political moment in years.

DRC

In the Democratic Republic of Congo, a shock ruling by a military court sentenced former President Joseph Kabila to death for treason, war crimes, and insurrection. The court also ordered him to pay billions in restitution. Once a powerful leader who governed for nearly two decades, Kabila now finds himself condemned in a verdict that stunned Congolese politics. Supporters see the ruling as politically motivated, while critics say it reflects long-overdue accountability. Either way, the implications for DRC’s fragile stability are profound.

NIGERIA

West Africa’s giant, Nigeria, has a rare bright spot in its oil sector. Crude output has risen to 1.7–1.83 million barrels per day, a sharp improvement fueled by reforms, fresh investment, and a surge in drilling activity. President Tinubu’s government is touting this as proof that Nigeria can still attract global capital and reclaim its energy dominance. Yet ques-

tions remain on whether this revival can translate into jobs and relief for ordinary Nigerians grappling with inflation and unemployment.

SOUTH AFRICA

Meanwhile in South Africa, a diplomatic row is brewing after six activists, including Nelson Mandela’s grandson Mandla Mandela, were detained by Israeli authorities while participating in a Gaza aid flotilla. The activists allege mistreatment—forced removal of hijabs, strip searches, and harassment. This comes as South Africa pursues its genocide case against Israel at the International Court of Justice, further straining ties. The incident underscores South Africa’s assertive role in global human rights battles and how such actions reverberate domestically.

SUDAN

In Sudan, war and weather are combining to devastate communities. The Rapid Support Forces (RSF) continue to push their advance around El Fasher amid ongoing clashes with the army. At the same time, seasonal Nile floods have inundated seven Khartoum neighborhoods, deepening the humanitarian crisis in a country already overwhelmed by displacement and violence. Aid groups warn that the dual pressures of conflict and flooding are stretching relief efforts to the breaking point.

CAPE VERDE

On a different front, Cape Verde is daring to dream of football glory. The island nation’s national team drew 3–3 with Libya, coming within reach of qualifying for its first ever FIFA World Cup. The team now faces a decisive final match that could secure a historic spot, capturing the imagination of fans across Africa.

OVERALL

Beyond individual nations, the continent’s economic and business trends also point to big shifts. The World Bank forecasts sub-Saharan Africa’s growth at 3.8% in 2025, up slightly from 2024, but warns of a “jobs emergency” as millions of young people remain unemployed or underemployed. This warning is echoed by events in Madagascar, where youth frustrations are already exploding onto the streets. Business headlines are equally dynamic. Fintech giant Optasia, with major operations across Africa, has announced plans for a \$375 million IPO on South Africa’s Johannesburg Stock Exchange. The company handles tens of millions of mobile micro-loans daily and sees Africa as its growth frontier. Meanwhile, Anglo American, one of the world’s biggest miners, insists Africa’s mineral wealth—copper, cobalt, lithium—will be central to the global energy transition, even as the company restructures and fends off takeover threats. Taken together, these stories capture a continent in motion: battling insurgents, facing economic disruption, pushing for political reform, and still striving for growth and global recognition. From Mogadishu’s prisons to Antananarivo’s streets, from Bamako’s fuel lines to Cape Verde’s football pitch, Africa today is a story of turbulence, resilience, and ambition.

THE DIASPORA TIMES

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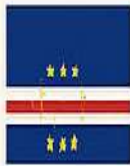
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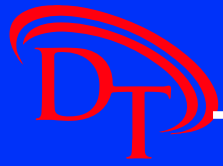
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## Those who steer the dream

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**Arch Dr. D.K. Gitau**  
*Vision founder.*  
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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.





Tourism with  
Memory Phiri  
Zimbabwe.

# World Tourism Day 2025: Spotlight on Uganda.

*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 editor  
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 of travelers worldwide.

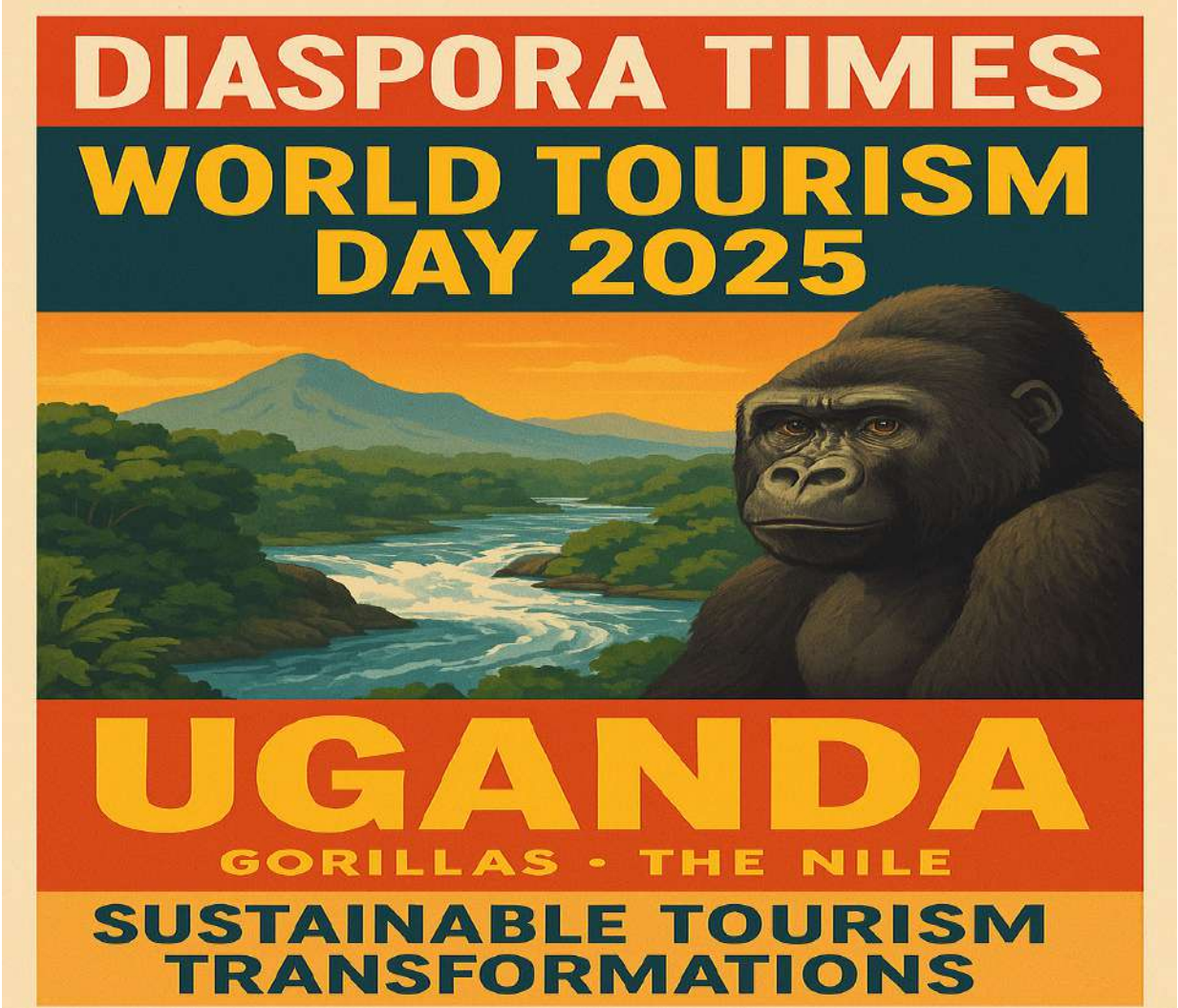
One of Uganda’s most celebrated attractions is Kibale National Park, the top destination for chimpanzee tracking. Unlike many other destinations in Africa, Uganda offers visitors an opportunity to explore uncrowded parks, ensuring a more exclusive and intimate eco-tourism experience. Tourists travel 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 “Sustainable 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.

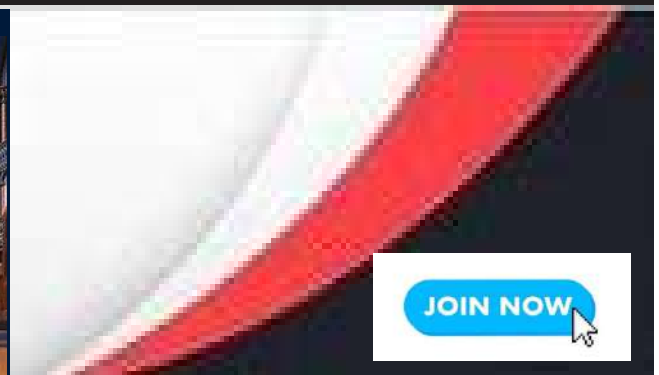
**World Tourism Day 2025 will be celebrated in Arua City, Uganda, spotlighting the nation’s gorilla trekking, chimpanzee tracking, and Nile adventures. This year’s theme, “Sustainable Tourism Transformations,” emphasizes conservation, community empowerment, and eco-friendly practices. Uganda’s unique 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



# DIASPORA SUNDAY



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 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.”*

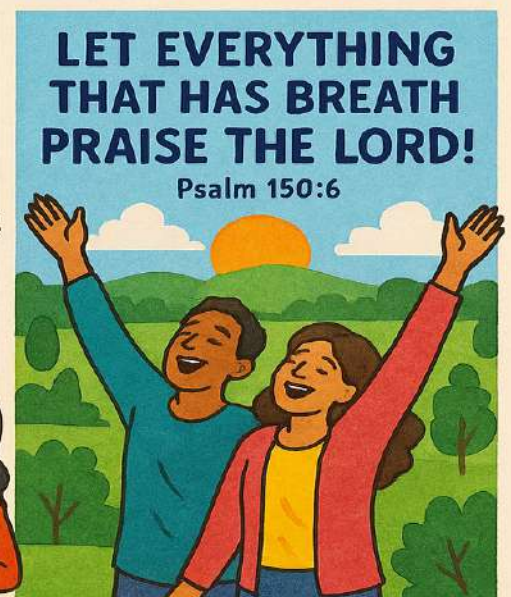
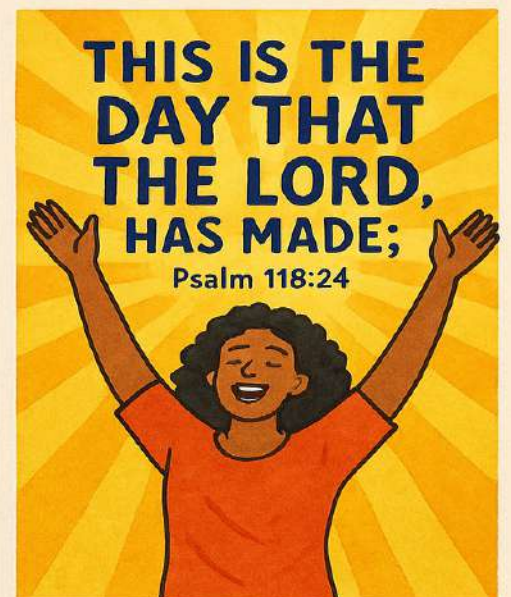
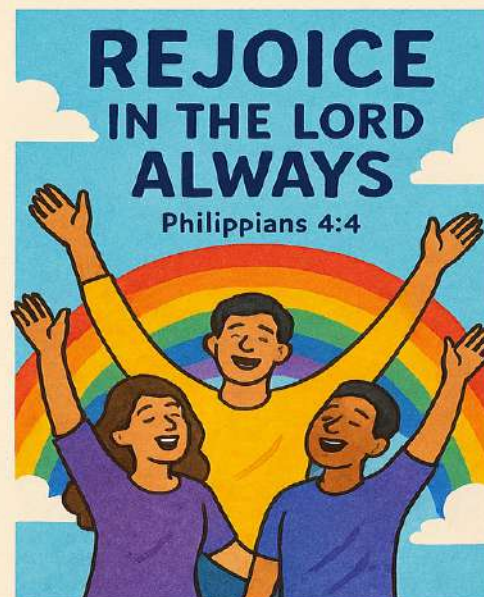
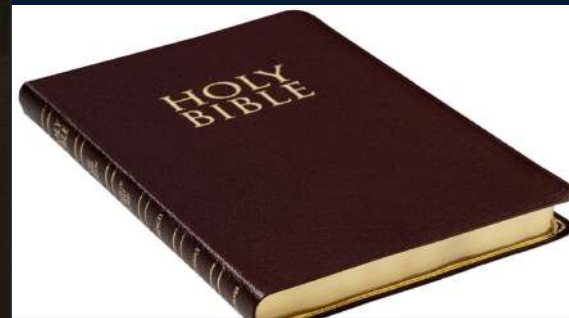
*These verses are a source of encouragement for anyone feeling exhausted or burdened. God promises renewed strength for those who place their hope in Him. The imagery of soaring like eagles is particularly comforting, portraying divine empowerment that allows us to rise above life’s struggles.*

## **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.”*

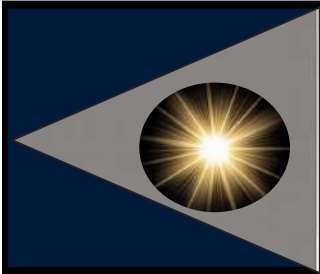
## **Beuteronomy 31.6**

*“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.”*



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





# 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



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. TikTok, Twitter, Instagram, YouTube, 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 out-

rage 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

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Arch. Dr. D.K. Gitau

### How Federal Solar Incentives Work



Homeowners in certain ZIP codes can qualify for thousands of dollars in rebates and incentives

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#### No upfront costs – and big savings for homeowners



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Those paying more than \$99/month for power could reduce their bills substantially



Federal tax credits and other incentives help boost the savings



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

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





# Stiff-Person Syndrome: Breaking the Silence Around a Rare and Stigmatizing Disease.

*It occurs when the body’s immune system mistakenly attacks nerve cells in the brain and spinal cord that regulate movement. The result is a body that gradually becomes rigid, with muscles that lock or spasm unpredictably.*

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

Stiff-Person Syndrome (SPS) is one of the world’s rarest autoimmune and neurological disorders, affecting roughly one in a million people. Despite its severity, it remains largely unknown, even among medical professionals, leading to frequent misdiagnoses, late treatment, and unnecessary stigma for those living with the condition. Awareness is crucial—not only to improve medical responses but also to foster compassion for patients who often suffer in silence.

**What is Stiff-Person Syndrome?**  
Stiff-Person Syndrome is a chronic autoimmune neurological disorder that causes progressive muscle stiffness and painful spasms. It occurs when the body’s immune system mistakenly attacks nerve cells in the brain and spinal cord that regulate movement. The result is a body that gradually becomes rigid, with muscles that lock or spasm unpredictably.

In many cases, patients develop severe sensitivity to external stimuli—noise, touch, or emotional stress can trigger violent spasms strong enough to cause falls or fractures. Unlike common back pain or muscle tightness, these spasms can be crippling, leaving patients temporarily immobilized or bedridden.

**The Stigma of “Invisible Illness”**  
Because SPS is so rare and poorly understood, many patients endure years of being dismissed, misdiagnosed, or misunderstood. Early symptoms—back stiffness, muscle tightness, imbalance—are often attributed to stress, anxiety, fibromyalgia, or even psychosomatic disorders. Some patients are labeled as “exaggerating” their condition. This dismissal not only delays treatment but also adds emotional trauma.

A patient may appear outwardly “normal” during remission phases, which makes friends, coworkers, or even family question the legitimacy of their suffering. Others, confined to mobility aids like wheelchairs or walkers, experience stares or whispers in public. The isolation is compounded by the invisibility of the condition in mainstream health discourse.

**Known Causes and Risk Factors**  
Scientists believe SPS is an autoimmune disorder where antibodies attack a critical enzyme called glutamic acid decarboxylase (GAD), which is essential for producing gamma-aminobutyric acid (GABA), a neurotransmitter that calms overactive nerves. With reduced GABA activity, nerves misfire, causing muscles to contract uncontrollably.

SPS is more common in women than

men and often coexists with other autoimmune conditions such as type 1 diabetes, thyroiditis, and pernicious anemia. The average age of onset is between 30 and 60 years. Genetics may play a role, but no direct hereditary pattern has been confirmed.

**Symptoms and Daily Struggles**  
The hallmark symptoms of SPS include:

- **Progressive muscle stiffness:** especially in the trunk and limbs, often worsening over time.
- **Painful spasms:** triggered by unexpected noises, emotional stress, or sudden movements.
- **Mobility issues:** patients may develop a “statue-like” posture, with difficulty walking or standing.
- **Anxiety and phobia:** due to unpredictable spasms, many develop a fear of falling or leaving home.

Everyday life becomes a minefield. A car honk, a slammed door, or even laughter can trigger a spasm. Some patients lose their ability to work or drive, while others withdraw socially to avoid embarrassment.

**Treatment Options and Hope**  
There is no known cure for SPS, but several treatments can help manage symptoms:

- **Medications:** Benzodiazepines like diazepam and muscle relaxants are often prescribed to reduce stiffness. Intravenous immunoglobulin (IVIG), steroids, or plasma exchange therapies are used to suppress the autoimmune response.
- **Physical therapy:** helps maintain flexibility and reduce long-term complications.
- **Supportive care:** counseling and therapy to address the emotional toll of chronic illness.

Notably, in recent years, increased research attention has come following high-profile diagnoses. Singer Céline Dion revealed in 2022 that she was battling Stiff-Person Syndrome, sparking global interest and awareness. For many patients, her openness was a lifeline, proving they were not alone and that the world was finally paying attention.

**The Emotional and Social Burden**  
The stigma surrounding rare diseases like SPS is often heavier than the medical symptoms themselves. Patients report feeling abandoned by healthcare systems, employers, and even loved ones. Insurance companies sometimes question treatment needs, labeling therapies as “experimental” due to the rarity of the disease.

Socially, patients face assumptions of laziness, dramatization, or mental illness. “You look fine” is a phrase many SPS patients hear, undermining their invisible struggles. Over time, this erodes confidence and contributes to depression and anxiety.

**Why Awareness Matters**

## INVISIBLE BUT REAL: STIFF-PERSON SYNDROME AWARENESS

- Progressive muscle stiffness
- Painful spasms
- Mobility issues
- Anxiety and phobia



## INVISIBLE BUT REAL: STIFF-PERSON SYNDROME AWARENESS

Raising awareness of Stiff-Person Syndrome serves multiple purposes. First, it encourages earlier and more accurate diagnoses. A patient who might otherwise endure years of misdiagnoses could be spared unnecessary suffering. Second, it compels healthcare systems to invest in specialized research, drug development, and medical training for rare diseases. Third, and most importantly, it builds empathy in society—reminding us that not all disabilities are visible, and that compassion must extend beyond what the eye can see.

**Building a Culture of Support**  
Families, communities, and workplaces can play a vital role by:

- Educating themselves about SPS and other rare autoimmune conditions.
- Providing emotional support by listening and validating patient experiences.
- Promoting inclusivity at work and in public spaces for people with mobility or health challenges.
- Advocating for policy changes that protect rare disease patients from

discrimination in insurance and healthcare systems.

**Conclusion**  
Stiff-Person Syndrome may affect only one in a million, but for those living with it, the impact is life-altering. Awareness, empathy, and research are the cornerstones of meaningful change. Patients are not looking for pity—they are seeking understanding, access to effective care, and dignity in their daily lives.

As we break the silence around SPS, we remind ourselves that every life, no matter how rare the condition, deserves recognition and respect. Stiff-Person Syndrome is not just a medical challenge; it is a test of humanity’s willingness to stand with the most vulnerable.





# 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.*

# The Diaspora Times

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

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

— ARCH. DR. D. K. GITAU



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



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



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**21**



# **SUCCESS GARDENS PHASE 2**

## **GATANGA ROAD**

### **WHY SUCCESS GARDENS PHASE 2**

**Success 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 I** by Optiven that is sold out and customers are now building their palatial dream homes.

### **PROPOSED VALUE ADDITIONS**

- **Compacted Murram roads**
- **Trees on ground**
- **Perimeter Wall**
- **Water tower**
- **Caretaker on site**
- **Solar Street lights**

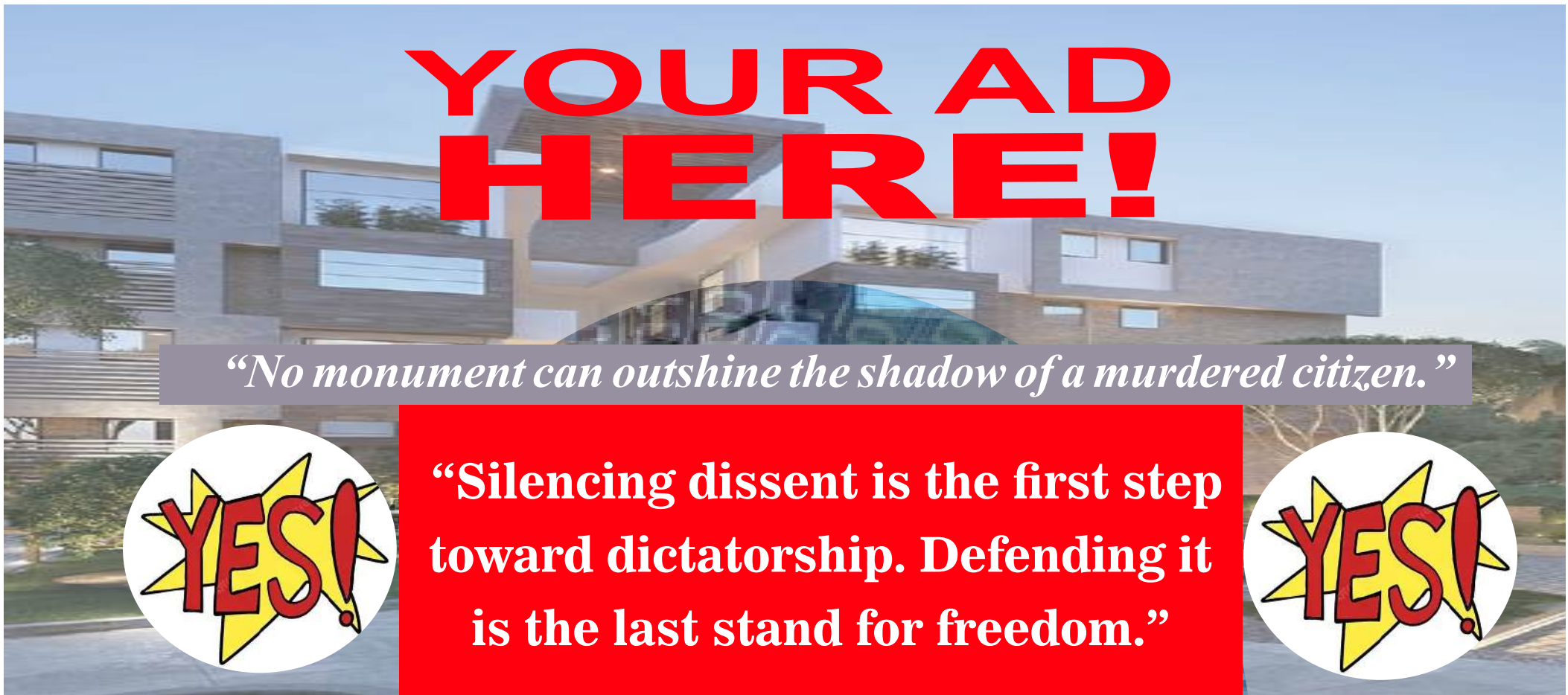
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*“No monument can outshine the shadow of a murdered citizen.”*



**“Silencing dissent is the first step toward dictatorship. Defending it is the last stand for freedom.”**









### The Diaspora Times

**What's inside**

- Kenya 5.2027 Elections Elections
- Alreddy Kaising Eotrrrs 29
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# Summary of Chapter Three of the Constitution of Kenya (2010): Citizenship

By Arch. Dr. D.K. Gitau |

The Diaspora Times | October 2025

**Chapter Three of the Constitution of Kenya provides a comprehensive framework for the acquisition, retention, and loss of Kenyan citizenship, as well as the rights and obligations that come with it. This chapter redefines the concept of citizenship in a more inclusive, progressive, and rights-based manner, reflecting Kenya's democratic aspirations.**

## Citizenship by Birth

**The Constitution affirms that every person who was a Kenyan citizen by birth before the 2010 Constitution remains a citizen. Furthermore, citizenship by birth is granted to any person born to a Kenyan parent, whether the parent is a mother or a father—ensuring gender equality in matters of nationality, which was not previously guaranteed. This eliminates past legal discriminations where only Kenyan fathers could pass on citizenship automatically.**

## Citizenship by Registration

**Citizenship may also be acquired through registration, under specific conditions. This includes individuals who have been married to Kenyan citizens for at least seven years, lawful residents who have lived in Kenya for a continuous period, and children adopted by Kenyan citizens. Spouses of Kenyan citizens, stateless persons, or migrants who meet prescribed criteria can also apply.**

**Importantly, the Constitution now permits dual**

**citizenship, meaning Kenyans can acquire citizenship of another country without losing their Kenyan nationality. Those who lost citizenship under the old law due to acquiring another nationality are entitled to regain it.**

## Rights and Responsibilities of Citizens

**Citizens have the right to carry Kenyan identification documents, including passports, IDs, and registration documents. They have the right to participate in elections, access public services, and enjoy the protection of the Kenyan state, whether at home or abroad.**

**Citizens are also expected to uphold the Constitution, pay taxes, defend the country if required, and respect the rights and freedoms of others.**

## Revocation and Renunciation

**Citizenship may be revoked if it was acquired through fraud, false representation, or concealment of facts. Additionally, a person may renounce their citizenship voluntarily, though the Constitution provides safeguards, especially to prevent statelessness.**

## In Summary

**Chapter Three transforms citizenship from a legal status controlled by the state into a fundamental right and identity, grounded in equality, inclusion, and participation. It reflects Kenya's shift toward a rights-based society, welcoming diasporas, embracing diversity, and protecting the dignity and rights of every citizen.**

[illegible]

*“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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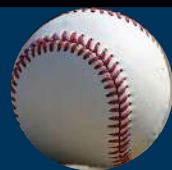
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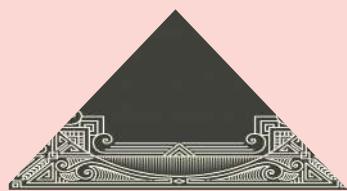
# WORLD OF SPORTS

## Fantasy Football Mount Rushmore for the top performers of the week.

*Carolina leaned heavily on him to control the tempo, and he answered by breaking multiple tackles and extending drives. It was a complete performance that reminded fans of classic workhorse backs. Fantasy managers benefited from his career breakout, as his explosiveness made him nearly impossible to contain.*

In Week 5, Sam Darnold delivered one of the most impressive performances of the fantasy season despite Seattle falling short against Tampa Bay. Completing 28 of 34 passes for 341 yards and four touchdowns, Darnold was locked in from start to finish. His command of the offense was evident as he spread the ball efficiently, hitting open receivers and attacking all levels of the field.

Every drive seemed to have a rhythm that started with his decision-making and precision. Though the Seahawks lost a close one, fantasy managers who trusted Darnold were rewarded handsomely with a top-tier quarterback performance that reminded everyone of his upside. His accuracy, toughness in the pocket, and poise under pressure made him the week's fantasy quarterback on the Mount Rushmore. For running backs, Rico Dowdle of the Carolina Panthers stole the spotlight in a dominant win over the Miami Dolphins. Dowdle powered through the Dolphins' defense for 206 rushing yards and a touchdown, adding 3 receptions for 28 yards in the passing game. His balance, patience, and burst in open space were on full display, keeping Miami defenders off balance all afternoon.



*Fantasy football Week 5 delivered unforgettable performances that left managers either celebrating huge scores or agonizing over near misses. Every position had a standout star who rose above the rest, producing the kind of stat lines that define a fantasy season. These were not just good games but dominant outings that showcased skill, preparation, and clutch execution. From veteran steadiness to breakout brilliance, these four players carved their names into the fantasy Mount Rushmore of Week 5.*

