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Quiet Power Grab In Kenya.
Yet, even as the country bowed its head in mourning, President William Ruto chose that very moment to sign the Computer Misuse and Cybercrimes.
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The Diaspora Times.

Saturday, Oct. 18th, 2025
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“The fear of a free press is the first sign of a failing government.”

A Thunder at Nyayo Stadium: Uhuru’s Words Thrill The Crowd Ruto Faces Cold Silence.



The scene symbolized a nation torn between legacy and leadership, as Uhuru’s impassioned eulogy eclipsed the sitting president’s words, leaving an indelible mark on Kenya’s political conscience.

Nairobi, Kenya

.....By Diaspora TimesPolitical|Desk

Nyayo Stadium erupted into thunderous emotion as former President Uhuru Kenyatta delivered a blazing eulogy that united and electrified the nation during the memorial service of Raila Amolo Odinga. His defiant vow to “*defend the freedoms Raila fought for, as long as I live*” drew deafening applause and tears across the packed standium. When President William Ruto rose to speak, the crowd’s energy plummeted into an uneasy stillness, a silence that spoke louder than words. Not even Winnie Odinga’s earlier heartfelt rendition of her father’s favorite song, “*I Took a Trip on a Sailing Boat,*” could salvage the moment. The emotional tide of Uhuru’s tribute overshadowed the sitting President, painting a rare and powerful scene of national conscience reclaiming its voice.

It was not just a farewell, but a reckoning.

WINNIE ODINGA POWERFUL GESTURE OF LOVE: CONTINUED ON PAGE 7



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HIGHLIGHTS



Power cuts in Africa have become an unending burden hanging heavily on our collective necks. They occur so frequently that citizens have resigned to

them as part of everyday life. Businesses grind to a halt, homes descend into darkness, and productivity is stifled—especially for those without alternative power sources like generators or solar systems. Although generators offer temporary relief, they rely on fuel, which is increasingly expensive.

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DIASPORA TIMES

GIVING VOICE TO
A GLOBAL KENYAN COMMUNITY



When Mourning Becomes Cover: Ruto's Quiet Power Grab Under Kenya's Grief.

Ruto's defenders claim the law protects the public from online harm. But in reality, it protects those in power from criticism. It shields corruption, muffles independent journalism, and empowers state machinery to manipulate the narrative.

A Diaspora Times Special Feature

On Thursday, October 16, Kenya witnessed an image that will be remembered for generations. Winnie Odinga, the last-born daughter of the late Raila Amolo Odinga, stepped off the plane holding her father's iconic white hat. Her eyes were steady, her steps composed, and her silence heavy with meaning. It was more than a daughter carrying a hat; it was a nation carrying its grief. The white hat, long a symbol of Raila's struggle for justice, democracy, and the right to dissent, gleamed like a quiet flame of defiance. As Winnie walked toward the parade of officers, Kenya mourned not only a father but a freedom fighter who had spent decades giving his voice to the voiceless.

Yet, even as the country bowed its head in mourning, President William Ruto chose that very moment to sign the Computer Misuse and Cybercrimes (Amendment) Bill, 2024, into law, a piece of legislation that many believe strikes at the heart of free expression and media independence. While the nation's eyes were filled with tears, the pen of power moved swiftly in the shadows. Timing is never accidental in politics. To sign such a controversial law during a period of national grief was not simply insensitive; it was calculated. It was the quiet art of distraction, the use of mourning as camouflage for authoritarian intent.

The new law expands the state's power to police online content, shut down digital platforms, and access personal data in the name of "security." Its vague clauses on "false publications" and

“offensive content” open the door to selective enforcement, a familiar tactic in regimes that fear scrutiny. Kenya now faces the prospect of a digital landscape where a simple Facebook post, tweet, or blog can land a citizen behind bars. For a country that once celebrated the courage of bloggers, student activists, and whistleblowers, this is a sharp descent into fear and control. The timing could not be more ironic: as one of the greatest defenders of free speech was being laid to rest, the state was tightening its grip on the very freedoms he fought for.

Critics have rightly condemned the move as a betrayal of democratic ideals. Civil society groups, journalists, and legal experts have warned that these laws, disguised as tools to fight cybercrime, are actually political instruments designed to silence dissent. They allow the government to block websites, delete content, and monitor citizens without sufficient judicial oversight. This is not the Kenya Raila Odinga dreamed of, a Kenya where thought itself could become criminal. It is a dangerous precedent, one that undermines the Constitution's guarantees of expression and privacy.

Ruto's defenders claim the law protects the public from online harm. But in reality, it protects those in power from criticism. It shields corruption, muffles independent journalism, and empowers state machinery to manipulate the narrative. When mourning becomes the perfect cover for control, democracy becomes theater, a performance for cameras while real freedom suffocates backstage. Raila's death created a void of moral authority, and Ruto filled it not with



empathy but with expedience. While Winnie Odinga embodied grace, courage, and quiet strength, the President chose to flex the pen of suppression. Winnie's moment on that tarmac was not just familial; it was political. Her silence spoke louder than any speech. She represented a generation of Kenyans who have inherited both the dreams and the burdens of a nation still in search of justice. As she held that white hat, she held the memory of a man who endured detentions, betrayals, and near death for the belief that no voice should be silenced. In contrast, Ruto's act symbolized the coldness of a state more concerned with control than compassion. The image of Winnie carrying her father's legacy side by side with the image of Ruto signing away press freedom captures the soul of a nation divided between remembrance and repression.

This moment should awaken every journalist, artist, and citizen who still believes in the power of truth. Kenya's

freedom was never a gift; it was won through tears, sacrifice, and blood. If the state is allowed to regulate speech under the guise of “order,” soon even grief will need permission. Raila Odinga fought for the right of Kenyans to speak without fear. Now that right is once again under siege — and it is up to those he inspired to defend it. Winnie Odinga’s poise amid sorrow reminded us that leadership is not about titles but about courage. She is a lady to watch in the future, capable of stepping into her father’s footsteps and restoring the moral vision Kenya desperately needs.

While the President wielded his pen in secrecy, Winnie carried her father's hat in daylight. One act symbolized control; the other symbolized continuity. And as history judges both, Kenyans will remember who chose to comfort the nation, and who chose to silence it.

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diasporatimeskenya@gmail.com.

Raila Amolo Odinga (1945–2025) was one of Kenya's most influential and enduring political figures, whose life embodied both resistance and resilience. Born to Kenya's first Vice President, Jaramogi Oginga Odinga, Raila inherited a legacy of defiance against injustice.

Educated in East Africa and East Germany, he became an engineer before turning to politics, where he fought against the repressive regimes of the Moi era and was detained without trial for nearly a decade.

Raila played a central role in ushering multiparty democracy in the 1990s and later served as Prime Minister (2008–2013) under the Grand Coalition government. His le-

adership of the Orange Democratic Movement (ODM) cemented his status as Kenya's chief opposition leader and the voice of reform. He contested the presidency five times, coming close in several disputed elections.

Known for his charisma and fearless advocacy for equality, Raila was both loved and criticized, admired for his democratic ideals but faulted for later political compromises, including his alliance with President Ruto.

Despite never becoming president, he remained Kenya's conscience, symbolizing the unfinished struggle for justice. His death in 2025 closed a remarkable era, that of a man who fought, fell, and rose again for Kenya's democracy.

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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?

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

Africa’s Endless Power Struggle: When Darkness Becomes a Way of Life.



Abigirl Phiri | Zimbabwe
Senior Editor

Power cuts in Africa have become an unending burden hanging heavily on our collective necks. They occur so frequently that citizens have resigned to them as part of everyday life. Businesses grind to a halt, homes descend into darkness, and productivity is stifled—especially for those without alternative power sources like generators or solar systems. Although generators offer temporary relief, they rely on fuel, which is increasingly expensive. The result is a vicious cycle of ever-rising operational costs. What makes this ordeal disheartening is the irony of paying electricity bills only to remain in darkness.

In many households, the return of electricity triggers spontaneous ululations and cheers, as if the faithful were rejoicing in a Sunday service. The gap between the rich and the poor becomes glaringly evident, those with means have long insulated themselves with private solar installations or standby generators, while the majority languish in helpless frustration. Candle-lit dinners, once romantic, have lost their novelty and now symbolize resignation to failure rather than love. The situation worsens with

population growth and rapid urbanization, where infrastructure cannot keep pace with demand. Many citizens cannot afford renewable solutions and thus endure this recurring torment.

For those who enjoy television dramas or rely on electronic media for entertainment, power outages are a cruel interruption. Some resort to YouTube to catch up, but that too depends on costly internet access, another luxury for many. The misery doubles when a day wasted at work due

to a blackout is followed by another at home. In a fast-paced economy, time is money, and every hour lost to power disruption translates to real financial loss. Businesses that depend heavily on electricity, especially those operating online, suffer deeply, jeopardizing their sustainability and employees’ livelihoods.

Electricity is no longer a luxury but a basic necessity intertwined with modern survival. It powers communication, industry, education, and healthcare. Yet

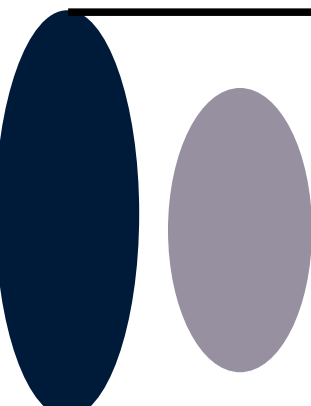
when blackouts become routine, citizens are left questioning the competence and priorities of those entrusted with national planning. Load-shedding may be necessary, but it must be managed intelligently and communicated transparently. Extended, unannounced outages paralyze commerce and erode public trust.

Workers who spend scarce transport money only to sit idly in powerless offices face demoralization and despair. Idle minds,

as the saying goes, become the devil’s workshop, creating room for unethical behavior born of economic frustration. The lack of timely communication from energy authorities compounds the problem, leaving citizens stranded in literal and figurative darkness. This crisis demands not mere explanations but urgent reform, investment in renewable energy, and a leadership that treats electricity not as a privilege, but as a right essential to Africa’s progress.



Power cuts across Africa have become a daily burden, crippling businesses, frustrating households, and widening the gap between the rich and the poor. While the wealthy rely on solar and generators, the majority suffer in darkness, losing productivity and income. Frequent, unannounced blackouts disrupt work, education, and entertainment, eroding morale. Electricity, a basic necessity, demands better management, sustainable investment, and accountability to restore hope and power the continent’s progress.

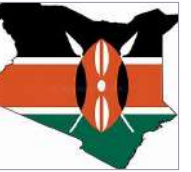


Abigirl Phiri
Corner

*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



THE LIFE AND TIMES OF JOSEPH ODERO JOWI: KENYA'S UNSUNG DIPLOMATIC HERO.

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

Joseph Odera Jowi's life tells the story of a quiet but determined statesman whose intellect, diplomacy, and vision placed Kenya on the global map. Born on August 15, 1936, in Sori, Migori County, he grew up during the waning days of British colonial rule. His early years were marked by discipline, humility, and a burning desire for education, a value he carried throughout his career. After his basic education in local schools, he attended Kisii School and Kagumo Teachers College, where his leadership skills began to flourish. He later pursued further studies in India, a destination that molded his worldview and exposed him to the power of internationalism and economic planning.

Upon returning to East Africa, Jowi became the principal of the African Labour College in Kampala, Uganda, from 1961 to 1963. This role gave him deep insight into labor movements, social justice, and the growing winds of African independence. By the time Kenya achieved independence in 1963, Jowi was ready to serve his nation. He entered politics as the Member of Parliament for Lambwe and, later, for Ndhiwa Constituency, quickly gaining a reputation as an articulate debater and a pragmatic policymaker.

Jowi's intellectual depth caught the attention of President Jomo Kenyatta, who appointed him to several ministerial posts. He first worked at the Ministry of Labour and later the Ministry of Finance, where he helped shape early post-independence economic policy. His big break came in 1969 following the tragic assassination of Tom Mboya, Kenya's charis-

matic Minister for Economic Planning. Kenyatta appointed Jowi to take over the same docket, recognizing his competence and ability to carry forward the economic modernization agenda. Though his tenure as Minister for Economic Planning and Development was short-lived due to electoral politics, it marked him as one of the brightest minds of the young republic. After losing his parliamentary seat later that year, Jowi was appointed Kenya's Permanent Representative to the United Nations in New York.

This became the most defining chapter of his life. At the UN, he demonstrated remarkable diplomatic acumen, representing Kenya's interests with precision and passion at a time when the young nation was carving its place in international affairs. His crowning achievement was convincing the world community to host the headquarters of the United Nations Environment Programme (UNEP) in Nairobi in 1972. It was a bold move, never before had a major UN agency been headquartered in the Global South. Through his persistence, Kenya won the bid over several developed nations, making Nairobi the environmental capital of the world.

At the 1972 Stockholm Conference on the Human Environment, Jowi worked closely with Canadian diplomat Maurice Strong, who later became UNEP's first Executive Director. Together, they symbolized a bridge between North and South, a partnership that demonstrated that developing nations could also lead in global environmental governance. This singular act placed Kenya permanently in global environmental diplomacy, a legacy that lives on as UNEP remains the only UN headquarters in the developing world.

In 1974, Jowi returned home to contest the Ndhiwa parliamentary seat, which he



won easily. Yet, politics in Kenya was increasingly shifting toward ethnic alliances and patronage, a space that did not suit his intellectual and independent character. By 1977, he resigned from Parliament and returned to international service, where his contributions continued quietly but steadily. He served as a mentor to young diplomats and remained an adviser on economic and environmental policy.

Despite his monumental contributions, Joseph Odera Jowi never received the recognition he truly deserved from successive Kenyan administrations. He was a man of deep humility who preferred substance to showmanship. In his later years, he lived a simple life in Lang'ata, Nairobi, with his wife, Salome, away from the political limelight. Those who met him recall a gentle scholar whose sharp mind and patriotic spirit remained intact till the end.

Odera Jowi passed away on October 17, 2015, leaving behind a legacy far richer than most of his contemporaries. He was awarded the Elder of the Order of the Burning Spear (EBS) for his service to the nation, though many believe he de-

served higher honors. His role in bringing UNEP to Kenya transformed Nairobi into an international diplomatic hub, attracting thousands of global visitors, creating employment, and enhancing Kenya's prestige for decades.

Today, his name is rarely mentioned among Kenya's heroes, yet the green lawns of the UNEP complex in Gigiri whisper his legacy daily. Joseph Odera Jowi embodied the ideals of public service, intellect, and patriotism. He was a statesman who understood that diplomacy was not about power but purpose, not about self-glorification but about leaving a lasting footprint for generations to come.

Disclaimer: This article is written in honor of the late Hon. Joseph Odera Jowi (1936–2015), whose life and work remain a cornerstone of Kenya's diplomatic and environmental history.



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.

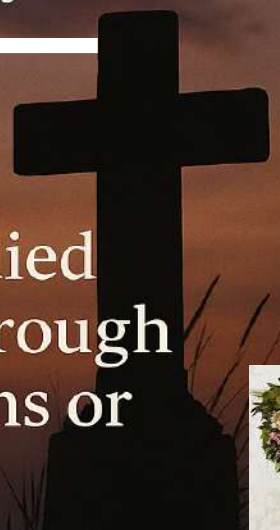
Though guns or poor health silenced their cries,

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.



Winnie Odinga: The Daughter Who Carried a Nation’s Grief.

When the plane door opened on Thursday, October 16, and Winnie Odinga appeared holding her father’s iconic white hat, Kenya fell silent. It was more than an image, it was the weight of history, grief, and continuity carried in the hands of a daughter. The white hat, forever tied to Raila Amolo Odinga’s defiant political journey, glistened against the morning light as Winnie stepped forward. In that single moment, the private became public, and the daughter became a custodian of her father’s legacy. The sight of her steady steps and unflinching gaze captured something far beyond politics; it was the grace of courage, the dignity of lineage, and the quiet resilience of a woman stepping into history.

Winnie Odinga, the fourth child and last-born daughter of the late Raila and Mama Ida Odinga, has always shared a deep bond with her father. From her earliest days, she mirrored his resilience and political fire, often accompanying him to rallies, courtrooms, and strategy meetings that shaped Kenya’s modern history. Those who knew Raila intimately speak of his deep affection for Winnie, a daughter who stood beside him during the darkest days, unshaken by the storms of politics. While others saw chaos, Winnie saw conviction; while others fled from danger, she walked beside her father through it. She became both his confidant and companion, embodying the indomitable Odinga spirit that refused to yield even when battered by betrayal and imprisonment.

Over the years, Winnie has steadily built her own identity, not merely as “Raila’s daughter,” but as a visionary in her own right. Her work in youth empowerment, digital innovation, and women’s political participation has earned her respect across generational and ideological lines. She is outspoken yet composed, intelligent yet grounded, and carries a modern Kenyan woman’s courage shaped by heritage and purpose. Many who have worked with her describe her as bold, analytical, and unafraid to confront hard truths, qualities that mirror her father’s uncompromising pursuit of justice and her mother’s quiet fortitude. In her voice, Kenyans hear echoes of the past and a glimpse of the nation’s possible future.

When Raila’s health began to wane, Winnie became his emotional anchor. She was ever present, sometimes silent, sometimes fiercely protective, but always steadfast. So when the inevitable came and Kenya’s foremost opposition leader took his final bow, it was only fitting that Winnie would be the one to hold his white hat, the symbol of his long, unbroken struggle for democracy. That hat had weathered the brutality of detentions, the bitterness of betrayals, and the burden of hope. In her hands, it transformed from a relic of rebellion into an emblem of inheritance, a daughter taking up the unfinished work of her father, not with speeches, but with silent grace.

As she walked from the aircraft toward



the waiting officers, Winnie’s poise was striking. There were no tears, no faltering steps, no grand displays of sorrow. Just composure — the kind that comes from knowing you carry more than grief; you carry history. Her eyes were fixed ahead, her grip on the hat unyielding, as though she was escorting not just a father home, but a nation’s conscience. The image flooded social media, evoking tears, admiration, and reflection. Kenyans called her “the Lion’s cub,” “the true heir of courage,” and “the daughter who never flinched.” In that brief yet unforgettable moment, Winnie became the face of both loss and continuity, the bridge between an ending and a new beginning.

For Mama Ida Odinga, watching her daughter stand in that moment must have been bittersweet, the culmination of a family’s generational sacrifice. From Jaramogi Oginga’s fight for Kenya’s independence to Raila’s unrelenting quest for democratic freedom, the Odinga name has been

synonymous with courage, defiance, and conscience. Now, the torch appears to have passed to Winnie, the daughter who learned leadership not from classrooms, but from the battlefield of her father’s life. Whether she chooses to pursue politics or remain behind the scenes, destiny is already calling her name. She stands at a unique intersection where legacy meets leadership, where grief meets growth.

And make no mistake, this is a lady to watch in the future. Winnie Odinga possesses the intellect, poise, and emotional maturity to step into her father’s footsteps and redefine leadership in Kenya’s next chapter. She represents a new generation yearning for authenticity, courage, and moral clarity in public life, a generation that believes integrity must return to the center of governance. Should she choose to lead, she will not walk in the shadow of Raila Odinga; she will extend his light, blending tradition with transformation and turning memory into movement.

Raila’s white hat will forever remain a symbol of resistance, resilience, and faith in Kenya’s destiny. But now, it rests in the hands of a daughter who has proven that legacy is not merely inherited, it is lived. Winnie did not need to speak that day; her silence spoke louder than any manifesto. The walk, the hat, the composure, all told a story of continuity and courage. Kenya’s story does not end with Raila Odinga. It continues through his daughter, the woman who carried a nation’s grief, and perhaps, its future.

Disclaimer: This feature is prepared by The Diaspora Times for educational, historical, and inspirational purposes. It does not claim to be a comprehensive biography of Winnie Odinga.



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

© The Diaspora Times



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.

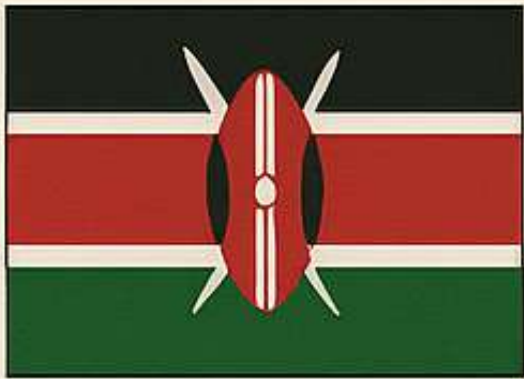
You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.
-Dr. Seuss



"If life were predictable it would cease to be life and be without flavor."
-Eleanor Roosevelt

BRIEF NEWS ACROSS AFRICA

Mid-October 2025



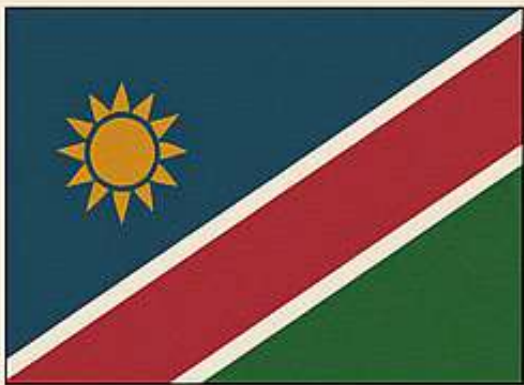
KENYA TENSIONS AT ODINGA'S PUBLIC VIEWING

Thousands gathered in Nairobi for the public viewing of former Prime Minister Raila Odinga. Security forces used tear gas to disperse crowds



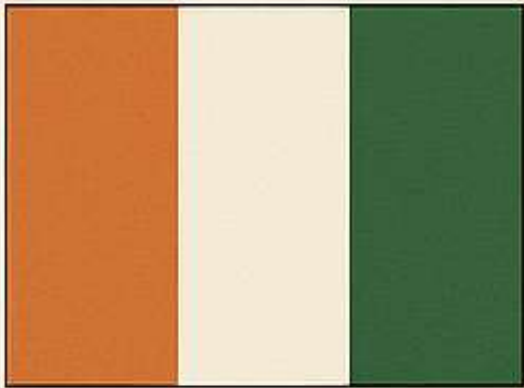
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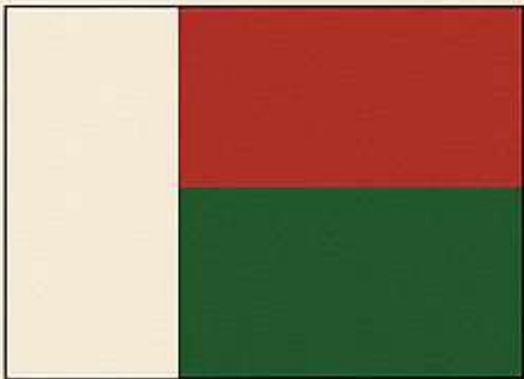
NAMIBIA DEBT & ECONOMIC PRESSURES

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IVORY COAST RISING POLITICAL TENSION BEFORE ELECTION

237 protesters arrested in demonstrations against perceived authoritarian drift



MADAGASCAR COUP & POLITICAL SHIFT

Colonel Michael Randrianirina to be sworn in as transitional president after military coup



Why You Need to be at the East African Coast

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.

Once primarily known as the Swahili coast for its rich cultural heritage, immaculate beaches and maritime climate, the East Africa coastline has emerged as one of the world’s most promising real estate frontiers. From the thriving tourism in the area to the growth of the urban regions increasing the middle-class base and the regulatory improvements that have attracted foreign investment, several factors are driving the rush to the East African coast.

Strategic Location & Infrastructure Development

The East African coast lies along the busiest shipping lanes connecting Asia, the Middle East, Europe and America. This is important as it not only serves as a global trade route for importing and exporting goods but also provides vital access to the sea for 7 countries in the East Africa region. The government in the region have recognized the strategic advantage and is investing heavily in infrastructure to support economic growth.

This includes the expansion of ports, transport corridors like the LAPSET Corridor connecting the landlocked countries and the Standard Gauge Railway (SGR) which has enhanced the movement creating more demand for commercial and residential properties. These investments signal the government’s commitment to long-term development reducing risks in real estate investment.

<https://global-interlink.org/destinations/east-african-coast/>

Tourism & Hospitality Demand

Tourism remains a significant factor in real estate growth as real estate developers seek to maximize the demand for hotels, resorts, vacation homes and serviced apartments. Drawn by iconic destinations that include Zanzibar, Malindi, Vipingo, the presence of UNESCO – World Heritage sites has seen an increase of 32% according

to the Tourism Research Institute increasing the demand for hospitality infrastructure. Optiven Real Estate are established on the Kenyan coast providing solutions through their projects Ocean View Ridge – Vipingo, Vipingo Prime and Joy Lovers Club in Malindi. Dr. George Wachiuri, CEO of Optiven Real Estate, remarks “The Kenyan coast is transforming into a high-value tourism and investment hub and our projects are strategically positioned to meet the growing demand for luxury stays and holiday homes. With international interest rising, we foresee sustained growth in coastal real estate.”

<https://www.optiven.co.ke/properties/ocean-view-ridge-vipingo-by-optiven/>

Growing Middle Class & Urbanization

According to the UN, Africa’s urban population will triple by 2050 with coastal cities experiencing the fastest growth rates. This is due to the economic opportunities and infrastructure offering jobs in trade, tourism and manufacturing services. Currently, East African nations are experiencing rapid urbanization with a growing middle class that is seeking better living standards. The population growth is driving demand for properties particularly because of the scenic views and relaxed lifestyle. With flexible payment options and rent-to-own schemes becoming more popular coastal real estate is experiencing a significant shift.

While the opportunities are plenty, several factors need to be considered before investment. This includes environmental concerns with the rising sea levels and climate change vulnerabilities. There are also fluctuating market conditions that require careful due diligence. Ultimately, real estate companies that prioritize sustainability and innovation in their projects will lead the charge for the transformation on the East African coast.



Mombasa

The city of Mombasa is situated on an island on the southern coast of Kenya. It is the oldest town in Kenya and the most significant port in East Africa. The earliest known reference to Mombasa dates from 150 AD when the Roman geographer Ptolemy placed the town on his map of the world. The rich historical influence is still visible in Mombasa town which is a mystical mixture of ancient and modern. The Old Town dominated by Fort Jesus with its lurid saga of conquest and siege, the narrow alleys overshadowed by high ornamental balconies and the vibrant bazaars, combines with the

New Town to provide an intriguing potpourri of romanticism and practicality.

Mombasa Island is divided into three general areas: the North Coast, the South Coast and Mombasa Town. The beach hotels are located along the palm fringed, sandy white beaches of the North Coast and South Coast. Mombasa has the highest concentration of resorts, lodges and hotels in the region, ranging from beach campsites to five star deluxe beach properties.

Mombasa is located 485 km from Nairobi, and can be accessed by air, road or train. All our packages to Mombasa are by air, with a host of daily flights via Nairobi.

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





“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

Kenya – Tensions at Odinga’s Public Viewing
Thousands of mourners gathered in Nairobi for the public viewing of former Prime Minister Raila Odinga. Security forces used tear gas to disperse crowds after some breached the presidential pavilion, leading to injuries. At least two people were shot dead in related clashes.

AP News
The government declared seven days of national mourning.
AP News
South Africa – U.S. Aid, Bus Tragedy & HIV Prevention
The U.S. pledged \$115 million in bridging funds to support HIV treatment and prevention programs in South Africa through March 2026, after disruptions to aid earlier this year.

AP News
A tragic bus crash in Limpopo province killed at least 42 people and injured dozens more. The vehicle was en route to Zimbabwe.
AP News
South Africa’s health minister also flagged the upcoming rollout of lenacapavir, a twice-yearly HIV prevention injection, though initial supply will cover only a limited number of initiations (≈ 456,000).

AP News
Debt & Economic Pressures
Namibia has mobilized funds to redeem a \$750 million Eurobond due late October, despite expected pressure on foreign reserves.
Reuters
The IMF has warned that many sub-Saharan African governments are paying more to borrow domestically than internationally, which may crowd out private investment and strain financial systems.
Reuters
Nigeria’s naira is under pressure and expected to weaken further, while Ghana’s cedi is showing signs of strength amid central bank support.

Reuters
At the IMF/World Bank meetings, South Africa’s central banker placed global debt at the forefront of the G20 agenda, highlighting spillover risks for Africa.
Reuters
Regional Integration & Payments Innovation

COMESA (Common Market for Eastern and Southern Africa) has launched a Digital Retail Payments Platform to facilitate cross-border trade using local currencies, aiming to reduce reliance on U.S. dollar conversions. Initial trials are underway between Malawi and Zambia.
Reuters
Ivory Coast – Rising Political Tension Before Election
Ahead of the October 25 presidential election, authorities have arrested at least 237 protesters in demonstrations against perceived authoritarian drift. Some prominent opposition figures have been barred from running.
AP News

The incumbent, Alassane Ouattara, is widely seen as the front-runner in a contest with restricted competition.
Reuters
Madagascar Coup & Political Shift
Colonel Michael Randrianirina is set to be sworn in as transitional president following a military coup that ousted President Andry Rajoelina. The takeover follows weeks of protests over corruption, governance, and economic hardship.
allAfrica.com

Tunisia – Environmental Protests in Gabès
In the southern city of Gabès, thousands protested worsening air pollution linked to phosphate-processing plants. Clashes with police ensued, with reports of injuries and tear gas usage.
ABC News
Sports & Culture
The Men’s and Women’s Hockey Africa Cup of Nations is being held in Ismailia, Egypt (Oct 11–18). Winners will qualify for the 2026 World Cup.
Wikipedia
In cricket, Namibia and Zimbabwe secured spots for the 2026 ICC Men’s T20 World Cup via the Africa regional qualifiers.
Wikipedia

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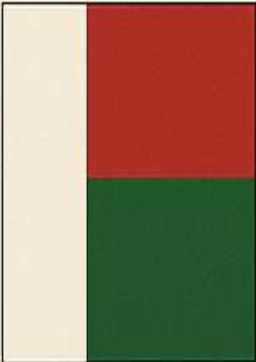
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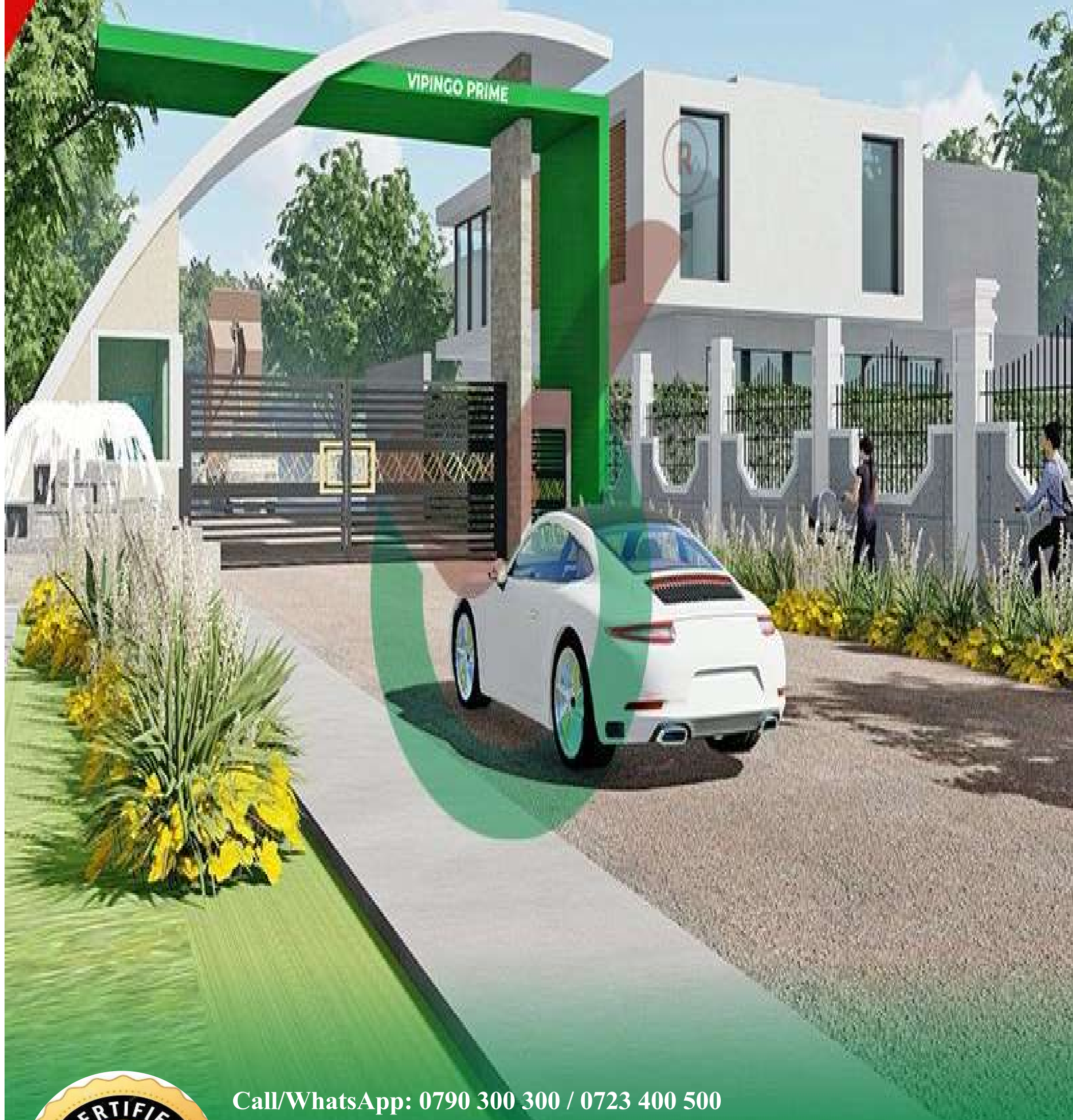


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237 protesters arrested in demonstrations against perceived authoritarian drift



MADAGASCAR
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Colonel Michael Randrianirina to be sworn in as transitional president after military coup

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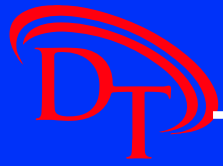
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delivers more than just land—it delivers legacy

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Those who steer the dream

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



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



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



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



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

The Diaspora Times: Bridging Continents, Amplifying Voices

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



THE DIASPORA TIMES



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.

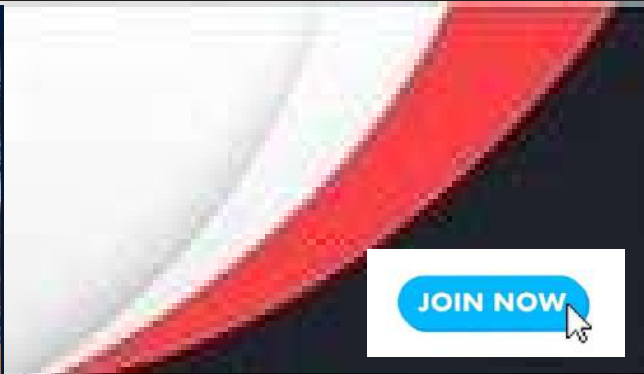
Sourced from a wide network of global contributors, The Diaspora Times delivers high-impact stories on Kenyan politics, diaspora dilemmas, investment opportunities, cultural identity, and success narratives from Kenyans making a mark across the globe. Whether covering bold Gen Z protests in Nairobi, 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.

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

BE STILL,
AND KNOW
THAT I AM
GOD.

PSALM 46:10

FOR I KNOW
THE PLANS
I HAVE FOR
YOU, DECLARES
THE LORD.

JEREMIAH 29:11

I CAN DO
ALL THINGS
THROUGH CHRIST
WHO STRENGTHENNS
ME.

PHILIPPIANS 4:13

AND WE KNOW
THAT IN ALL
THINGS GOD
WORKS FOR THE
GOOD OF THOSE
WHO LOVE HIM.

ROMANS 8:28

What distinguishes this generation is not just its courage but its interconnectedness. A scandal in one country sparks debates in another. When an African leader censors youth voices, it trends in Berlin or Toronto.

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

The rise of Generation Z, the cohort born roughly between the mid-1990s and early 2010s, marks a historic shift in how leadership, accountability, and information are viewed globally. Unlike their predecessors, Gen Zers have grown up in a world where borders are blurred by technology, where a tweet can bring down a government minister, and where activism is as instantaneous as it is viral. They are the first truly global generation, born into a digital ecosystem that gives them a panoramic view of leadership, corruption, inequality, and innovation across every continent.

From Nairobi to New York, London to Lagos, Gen Z is redefining civic engagement. They are not easily swayed by propaganda, state-controlled media, or the old guard’s theatrics of power. They are data-driven, skeptical, and demanding. They question not only what leaders say but how they live, who funds them, and what they stand for when no one is watching. The “Gen Z gaze” is relentless, amplified by the smartphone lens, and shared across millions of screens in seconds.

In Kenya, the Gen Z movement that erupted online and spilled onto the streets in 2024 symbolized this global awakening. Young people, frustrated by joblessness, rising taxes, and broken promises, turned social media into a parliament of conscience. They livestreamed protests, exposed police brutality, and called out hypocrisy in



governance, forcing leaders to face unfiltered scrutiny. What began as hashtags evolved into civic resistance, echoing similar youth-led movements across Nigeria, Sudan, and Chile. These digital warriors are no longer content with being spectators; they are rewriting the script of democracy in real time.

Globally, Gen Z is also transforming leadership expectations in the West. In the United States, they are shaping political debates around climate change, gun control, and racial justice. In Europe, they are questioning corporate greed and demanding ethical governance. In Asia, particularly South Korea and Japan, they are rejecting toxic work cultures and championing mental health. Even in authoritarian regimes, Gen Z has found creative ways to dissent, through memes, music, and encrypted channels. Their

resistance may appear playful, but it carries revolutionary undertones.

What distinguishes this generation is not just its courage but its interconnectedness. A scandal in one country sparks debates in another. When an African leader censors youth voices, it trends in Berlin or Toronto. When students in Iran risk their lives for freedom, messages of solidarity flood from Brazil to South Africa. Gen Z has effectively turned the world into a single civic space where leaders can no longer hide behind national borders.

However, their defiance comes with a heavy cost. Many young activists face intimidation, joblessness, and despair. Governments, threatened by their digital sophistication, respond with surveillance, misinformation, and internet shutdowns. Yet, the more leaders attempt

to silence them, the more creative and resilient Gen Z becomes. They shift platforms, invent slang to evade censorship, and document abuses through decentralized networks. Theirs is a revolution that cannot be televised, it is streamed, shared, and immortalized in cloud servers across continents.

The challenge before today’s leaders is stark: adapt or perish. Gen Z will not be governed by fear, nor bribed by empty slogans. They demand authenticity, transparency, and inclusion. They admire leaders who admit mistakes, share power, and act with empathy. They despise arrogance and hypocrisy. And while they may seem fragmented, their unity emerges in moments of moral clarity—whether it’s climate justice, social equality, or economic fairness.

In truth, Generation Z is not

waiting for the future, they are building it, often without permission. Their collective conscience is the new watchdog of the world, unbound by geography or ideology. And as governments falter, corporations manipulate, and democracies strain under corruption, one truth stands tall: Gen Z is watching. Every click, every post, every protest is a reminder that the age of passive citizenship is over.

Disclaimer: This report reflects the author’s analytical perspective and does not represent the views of any institution or publication.

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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

No upfront costs – and big savings for homeowners



Eligible homeowner can have solar panels installed at no cost



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



Heart Attack: The Silent Killer That Can Strike At Any Age.

Physical activity is another critical preventive measure. Regular exercise strengthens the heart, improves circulation, reduces blood pressure, and helps control body weight. The World Health Organization recommends at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity each week, combined with muscle-strengthening exercises twice weekly.

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

Heart attacks, medically known as myocardial infarctions, remain among the leading causes of death globally, yet they are largely preventable with awareness, early diagnosis, and lifestyle modification. A heart attack occurs when the blood flow to a part of the heart is suddenly blocked, usually by a blood clot or plaque buildup in the coronary arteries. This blockage deprives the heart muscle of oxygen, causing tissue damage that, if untreated, can lead to death. Recognizing the signs early and responding promptly can be the difference between life and death.

The most common and classic symptom of a heart attack is chest pain or discomfort, often described as pressure, squeezing, fullness, or a heavy weight on the chest. This pain may last for several minutes or go away and come back. It is typically felt in the center or left side of the chest and may radiate to the shoulders, arms, neck, jaw, or back. However, not everyone experiences chest pain in the same way. Some people, particularly women, older adults, and diabetics, may have subtle symptoms such as shortness of breath, fatigue, nausea, or light-headedness without severe chest pain. These atypical signs often lead to dangerous delays in seeking help.

Other warning signs include sweating profusely for no apparent reason, feeling faint or dizzy, or experiencing sudden anxiety that feels like a panic attack. A person may also feel pain or discomfort in one or both arms, the back, stomach, or jaw. Shortness of breath may occur with or without chest discomfort, and some may notice cold sweats, indigestion-like pain, or an overwhelming sense of doom. Because symptoms can differ widely, any combination of these signals, especially if they appear suddenly, should prompt immediate medical attention.

Preventing heart attacks begins with understanding the risk factors. The major contributors include high blood pressure, high cholesterol, diabetes, obesity, smoking, and a sedentary lifestyle. Family history and age also play significant roles, with risk increasing after the age of 45 for men and 55 for women. Uncontrolled stress, excessive alcohol consumption, and poor dietary habits further exacerbate the risk. Fortunately, most of these factors can be managed through conscious lifestyle changes and medical care.

Dietary habits are the cornerstone of prevention. A heart-healthy diet should emphasize fruits, vegetables, whole grains, lean proteins like fish and poultry,

legumes, and nuts. Saturated fats, trans fats, salt, and sugar should be reduced to prevent cholesterol buildup and hypertension. Replacing processed foods with fresh produce helps maintain ideal body weight and ensures adequate intake of essential nutrients and antioxidants that protect blood vessels. Regular hydration and limiting alcohol intake also contribute to cardiovascular health.

Physical activity is another critical preventive measure. Regular exercise strengthens the heart, improves circulation, reduces blood pressure, and helps control body weight. The World Health Organization recommends at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity each week, combined with muscle-strengthening exercises twice weekly. Activities such as brisk walking, swimming, cycling, or even gardening can significantly lower the risk of heart disease. For people with preexisting conditions, consulting a doctor before starting an exercise routine is advised.

Smoking cessation is among the most powerful steps to prevent heart attacks. Tobacco damages the lining of the arteries, promotes plaque formation, and increases the tendency for blood clotting. Within just one year of quitting, the risk of coronary heart disease is cut in half, and within five years, it approaches that of a non-smoker. Avoiding secondhand smoke is equally vital, as it carries similar cardiovascular risks.

Managing stress is another often-overlooked preventive strategy. Chronic stress triggers the release of hormones like cortisol and adrenaline, which raise blood pressure and heart rate, straining the cardiovascular system. Techniques such as meditation, deep breathing, yoga, adequate sleep, and maintaining social connections can greatly improve emotional and physical well-being. Learning to manage time, setting realistic goals, and taking breaks from stressful environments can reduce the long-term toll on the heart.

Medical checkups are crucial for early detection and prevention. Regular monitoring of blood pressure, cholesterol, and blood sugar can reveal hidden risks before they escalate. Individuals diagnosed with hypertension, diabetes, or high cholesterol should adhere strictly to medication and medical advice. Ignoring these conditions allows silent damage to the arteries that may culminate in a heart attack. In some cases, doctors may recommend low-dose aspirin or cholesterol-lowering drugs such as statins for those at high risk.

Recognizing and responding promptly to symptoms saves lives. If you suspect someone is having a heart attack, call emergency services immediately—never attempt to drive the person yourself unless absolutely necessary. While waiting

SIGNS OF A HEART ATTACK AND HOW TO PREVENT



CHEST PAIN



SHORTNESS OF BREATH



NAUSEA



SWEATING

HOW TO PREVENT



EAT HEALTHY



EXERCISE REGULARLY



GET REGULAR CHECK-UPS

for help, keep the person calm and seated, loosen tight clothing, and if available, administer aspirin to help thin the blood (unless allergic or advised otherwise). Cardiopulmonary resuscitation (CPR) should be performed if the person becomes unconscious and has no pulse. The first hour, often called the “golden hour,” is critical for survival; the sooner treatment begins, the less damage occurs to the heart muscle.

In conclusion, heart attacks are not random events but predictable consequences of lifestyle, genetics, and neglected health habits. Prevention lies in embracing a balanced diet, regular exercise, stress management, and avoiding harmful habits such as smoking and excessive drinking. Regular health screening ensures that potential risks are identified and managed early. Most importantly, awareness of the warning signs empowers individuals to act swiftly, ensuring that what could have been fatal becomes survivable. Heart health is a lifelong commitment, and every small, consistent choice—whether it’s walking daily, eating a fruit instead of junk food, or taking prescribed medication—makes the difference between a short life and a long, fulfilling one.



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

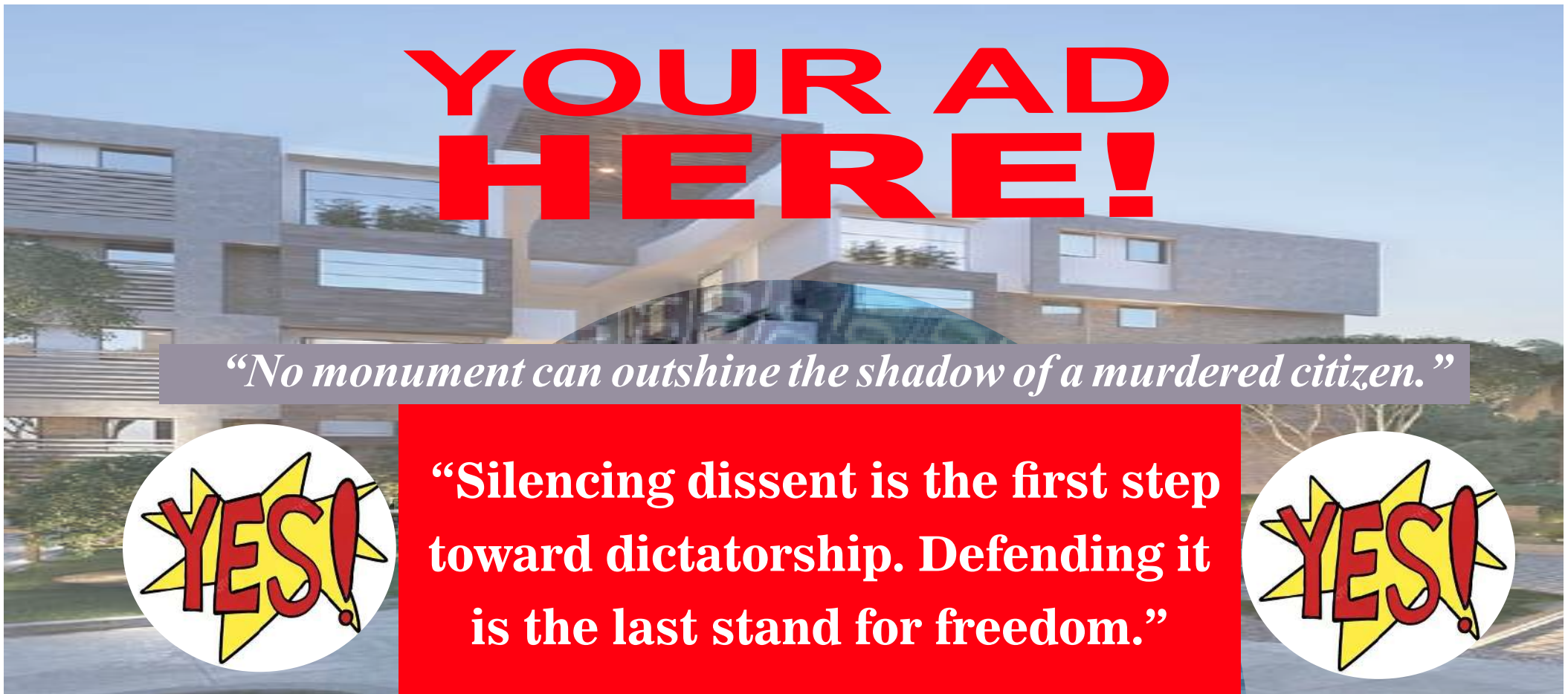
- Compacted Murram roads
- Trees on ground
- Perimeter Wall
- Water tower
- Caretaker on site
- Solar Street lights

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Africa Resources epaper is published in USA, Kenya, Pakistan, & UK. Issue 389

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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

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Chapter Four: The Bill of Rights

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

Chapter Four is the cornerstone of Kenya's constitutional democracy. It outlines the Bill of Rights, declaring it an integral part of the country's democratic state and legal framework. Its purpose is to preserve the dignity of individuals, promote social justice, and ensure the realization of human rights and fundamental freedoms for all.

The chapter begins by stating that the rights and freedoms belong to every individual and are not granted by the state — they are inherent. These rights apply to all persons equally, regardless of race, sex, ethnicity, religion, political affiliation, or social status. The state and every organ of government are bound to respect, protect, promote, and fulfill these rights.

Key rights include:

- Right to life – Every person has the right to life, and life begins at conception.
- Equality and freedom from discrimination – Every person

is equal before the law.

- Human dignity – Everyone has the right to be treated with dignity and respect.
- Freedom and security of the person – Protection against torture, inhumane treatment, and unlawful detention.
- Privacy – Protection of personal data, communications, and property.
- Freedom of conscience, religion, belief, and opinion – Including the right not to be compelled to act against one's beliefs.
- Freedom of expression, media, and access to information.
- Freedom of association and assembly – Including the right to demonstrate and picket peacefully.
- Political rights – Including the right to vote, run for office, and participate in democratic processes.

mocratic processes.

- Economic and social rights – Including rights to education, health, housing, food, water, and a clean environment.

- Cultural and linguistic rights.

- Consumer rights and fair labor practices.

The chapter also outlines limitation clauses — rights can only be limited under law and only to the extent that is justifiable in a democratic society.

It establishes enforcement mechanisms, allowing any person, including those acting on behalf of others, to approach the courts if a right is denied, violated, or threatened. It mandates courts to interpret rights broadly and in favor of enforcing them.

In essence, Chapter Four enshrines a comprehensive human rights framework that seeks to transform Kenya from a state of state-centered authority to one centered on the dignity and sovereignty of the individual.

“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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WhatsApp:
+254 790 300300
+254 723 400 500

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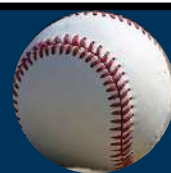


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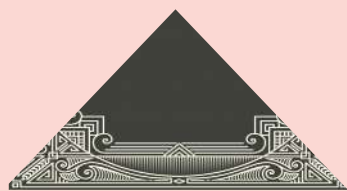
WORLD OF SPORTS

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.

