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Colonial Medals In This Age

Dr Jean Kamau| Reporting from Kenya Medals and state decorations in Kenya were meant to symbolize merit, bravery,

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The Diaspora Times.

Saturday, Oct. 25th, 2025

Weekly newspaper. Vol. 0394

“The fear of a free press is the first sign of a failing government.”

Kenya, Remittances From The Diaspora Reached A Record US\$5.08 Billion In The Year To June 2025.



“Over three million Kenyans now call the diaspora home, creating a dynamic global community that embodies ambition, creativity, and resilience. From the bustling streets of major cities to the quiet corners of distant suburbs, these citizens are not merely seeking better opportunities—they are redefining what it means to be Kenyan in a borderless world. Their stories of adaptation, innovation, and perseverance reflect a powerful spirit that continues to shape both their host nations and the homeland, offering a vivid portrait of modern Kenyan identity abroad.

According to the Central Bank of Kenya, diaspora remittances hit a record US\$5.08 billion by June 2025, surpassing earnings from tea and coffee. This reflects the growing economic power of Kenyans abroad, whose funds sustain families and boost investments at home. However, the IEBC’s plan to expand physical polling centers overseas, including in the U.S., may inconvenience many voters spread across vast states, making participation costly and impractical. The better alternative is secure on-line voting, which would allow Kenyans abroad to vote conveniently while ensuring transparency and inclusion. Countries like Estonia have proved that digital voting can be safe and efficient. Given their massive contribution to the economy, the diaspora deserves not just recognition but real participation in shaping Kenya’s leadership. Online voting would affirm citizenship without borders and finally align Kenya’s democracy with its global diaspora footprint. **Justus Mwala- Diaspora Times**

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HIGHLIGHTS



I have always been on the other side of the table as an interviewee—until recently, when I assumed the role of a hiring manager. Without a doubt, these are big shoes to

fill in the professional world because the success of any organization depends on the team members who collectively work to propel the company’s goals to greater heights. This position has given me a deeper appreciation of how complex the recruitment process is in the business world. One wrong move can lead to a loss of

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OPTI VEN ARTICLE PAGE 11

DIASPORA TIMES



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Kenya’s Colonial Medals: Symbols of Servitude, Not Honor.

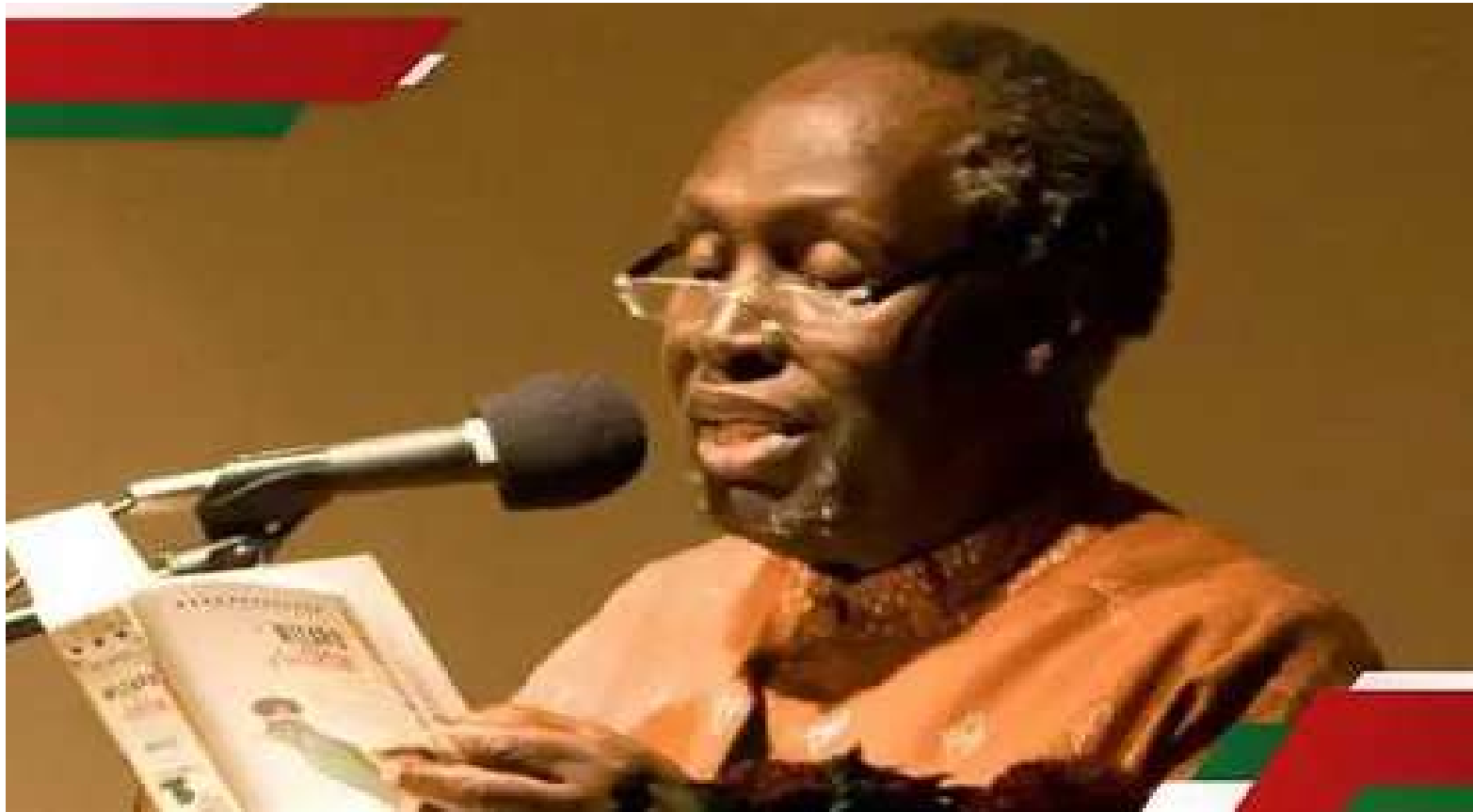
If Kenya must honor anyone, let it be those who serve in silence. Let us celebrate courage, not compliance. Let us immortalize integrity, not influence. The time has come to melt those colonial medals, recast them into monuments of memory, and engrave upon them a new creed:

Dr Jean Kamau| Reporting from Kenya
Medals and state decorations in Kenya were meant to symbolize merit, bravery, and national service. Yet in truth, they remain among the most enduring relics of colonial mentality, glittering emblems of obedience to power rather than symbols of service to humanity. Every year, as the President pins metallic ornaments on the chests of selected politicians, police chiefs, and well-connected businessmen, the ceremony mirrors the imperial pageantry of the British Empire that once rewarded local chiefs for their loyalty to the Crown. The medals may have changed names, but the spirit behind them has not, to glorify those who serve authority, not those who challenge it.

Kenya’s medals are colonial in both structure and philosophy. The categories, Moran of the Order of the Burning Spear, Elder of the Golden Heart, Head of State Commendation, echo the hierarchy of British knighthoods, orders, and commendations. They create an artificial aristocracy in a republic that claims to have liberated itself from monarchy. These so-called honors are distributed not on merit but on political allegiance. Civil servants who bow to the ruling regime receive them; those who question or expose corruption never do. The irony is painful, a teacher who shapes a generation in hardship remains invisible, while a corrupt official who praises the President in a speech walks away with a medal pinned on his lapel.

In this sense, the medals function as instruments of colonial continuity. They preserve a culture of submission to authority, teaching citizens that validation must descend from above. They also perpetuate inequality, for they elevate a chosen few to symbolic nobility while ignoring the collective contribution of ordinary Kenyans who build the nation quietly, daily, and without ceremony. Just as the British once decorated African chiefs to legitimize their empire, modern Kenyan leaders decorate loyalists to sustain their own political empires.

Ernest Hemingway’s The Old Man and the Sea offers a perfect metaphor. Santiago, the old fisherman, endures tremendous struggle to catch a magnificent marlin, only to have sharks devour it before he reaches shore. In the end, he re-



turns home exhausted, with nothing but the skeleton of his achievement. Similarly, Kenya’s political elite cling to their medals as hollow prizes, proof of a battle fought for self-glorification rather than national good. The decorations are like Santiago’s skeleton, glittering yet empty, symbols of effort wasted on vanity. Equally instructive is Ferdinand Oyono’s The Old Man and the Medal, where the protagonist Meka, after years of servitude to colonial masters, is awarded a medal that becomes the ultimate symbol of humiliation. He realizes too late that the medal is not a reward but a mockery, a token meant to remind him of his subjugation. That same frustration haunts Kenya today. When the State parades medals to honor great thinkers like Professor Ngũgĩ wa Thiong’o posthumously, it reenacts Oyono’s tragedy. To honor Ngũgĩ now, after ignoring and exiling him in life, is to decorate a corpse for courage it once despised.

How ironic that President William Ruto, who never responded to Ngũgĩ’s open letter pleading with him to stop selling Kenya cheaply to foreign powers, now finds the audacity to drape his name in posthumous honor. Ngũgĩ’s letter was not a plea for recognition but a cry of conscience — a call for moral leadership in a nation bleeding from corruption and

betrayal. To ignore that letter in life and then offer a medal in death is the ultimate insult. It is political theatre disguised as tribute, the same colonial hypocrisy that Ferdinand Oyono immortalized, a system that rewards submission while punishing truth. Ngũgĩ would never have accepted such a medal, for he understood, as Meka did, that colonial decorations are chains polished into symbols of gratitude.

A true republic must redefine honor. Recognition should not flow from State House but from the people. Imagine a “People’s Order of Service” awarded to teachers in remote counties, doctors in understaffed hospitals, volunteers feeding street families, or journalists exposing corruption. Such recognition would restore dignity to genuine service, shifting reward from political loyalty to social contribution. Kenya could learn from countries that have democratized national honors, where local communities nominate citizens for extraordinary service, ensuring that medals reflect real human impact, not presidential favor. The continuation of colonial medals is not just a harmless tradition, it is an ideological statement. It signals that Kenya, six decades after independence, still measures greatness through the eyes of its former masters. It sustains the illusion that honor must come wrapped in metal

and ribbon, handed down by power rather than earned through principle. It numbs the moral imagination of the nation, teaching youth that servitude is the path to prestige.

If Kenya must honor anyone, let it be those who serve in silence. Let us celebrate courage, not compliance. Let us immortalize integrity, not influence. The time has come to melt those colonial medals, recast them into monuments of memory, and engrave upon them a new creed: Honor belongs not to those who serve power, but to those who serve the people.

Disclaimer:

The views expressed in this editorial are solely those of the writer and do not necessarily represent the official policy or position of The Diaspora Times or its affiliates. This commentary is intended to provoke thought and public dialogue on Kenya’s post-colonial identity, governance, and value systems. Any resemblance to specific individuals or institutions is purely coincidental and serves the broader purpose of social critique and historical reflection.

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LAUGHTER THE MEDICINE

BEST



THE DIASPORA TIMES



DIASPORA LAUGHS—

— Because Homesickness Needs Humor

A wife got so mad at her husband she packed his bags and told him to get out. As he walked to the door she yelled, “I hope you die a long, slow, painful death.”

He turned around and said, “So, you want me to stay?”

.....
Tim decided to tie the knot with his long time girlfriend. One evening, after the honeymoon, he was organizing his golfing equipment. His wife was standing nearby watching him. After a long period of silence she finally speaks: “Tim, I’ve been thinking, now that we’re married maybe it’s time you quit golfing. You spend so much time on the course. You could probably get a good price for your clubs.”

Tim gets this horrified look on his face.

She says, “Darling, what’s wrong?”

“For a minute there you were beginning to sound like my ex-wife.”

“Ex-wife!” she screams, “I didn’t know you were married before!”

Harder Than You Think!

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- ☐ TUESDAY
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- ☐ SEPTEMBER
- ☐ SATURDAY
- ☐ JUNE
- ☐ WEDNESDAY
- ☐ FEBRUARY
- ☒ AUGUST
- ☐ FRIDAY
- ☐ MARCH
- ☐ NOVEMBER
- ☐ OCTOBER
- ☐ SUNDAY

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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

The Role of the Interviewer.



Abigirl Phiri | Zimbabwe Senior Editor

I have always been on the other side of the table as an interviewee—until recently, when I assumed the role of a hiring manager. Without a doubt, these are big shoes to fill in the professional world because the success of any organization depends on the team members who collectively work to propel the company’s goals to greater heights. This position has given me a deeper appreciation of how complex the recruitment process is in the business world. One wrong move can lead to a loss of money, wasted time, and organizational setbacks.

An employer must approach interviews with an open mind regarding the candidates they meet. Some will exceed your expectations, while others will leave you wondering whether they can truly deliver on the job description. As an interviewer, your judgment is often based on what candidates tell you, their academic background, presentation skills, and, not least, your gut instinct.

The funny thing about interviews is that some candidates have impressive résumés that tick all the boxes, but when it comes to the oral interview,

things just don’t add up. That’s where good judgment comes in when selecting the right person. Proper planning in the selection process is essential so that you don’t end up hiring the wrong person—a misfit for the role. Many employers agree that the best way to prove one’s capability is through a probation period, where performance can be observed firsthand. Some people are naturally vocal and great at selling themselves, but when it comes to doing the actual job, their performance tells a different story altogether. Some candidates win you over immediately—from their attire,

demeanor, and confidence, to how thoughtfully they answer questions. They leave a lasting impression. However, beyond charm, employers value honesty. Integrity is a key quality because it determines the kind of professional conduct one will exhibit in the future. The only challenge is that a one-time interview cannot reveal a person’s true attitude until you have worked with them for a while. Some individuals turn out to have toxic attitudes that disrupt team harmony. Therefore, it is wise to have a marking scheme or checklist during interviews. This promotes uniformity, fair-

ness, and objectivity, ensuring interviewers are not swayed by personal bias. It’s also advisable to have a panel of at least two or more interviewers to balance opinions and minimize favoritism. Companies need committed and visionary employees who are determined to help the organization grow and soar to new heights. When recruitment is handled professionally and transparently, it becomes a win-win situation for both the employer and the employee. Nerves can also affect some candidates, causing them to give unsatisfactory or off-topic responses.

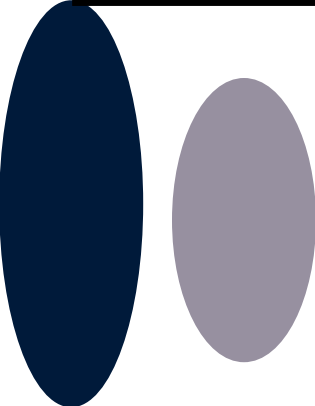
Interviewers should be keen enough to identify such cases and evaluate the underlying potential. Additionally, it is crucial to verify academic documents, as fraudulent papers have become increasingly common. Ultimately, the hiring team must uphold professionalism, avoid nepotism, and focus on merit. For those selected, may they perform diligently and prove their worth in their respective organizations.

Rugare, treasured readers.



5

Becoming a hiring manager has shown me how complex recruitment truly is. The interviewer must remain open-minded, objective, and guided by both judgment and fairness. A good résumé doesn’t always guarantee performance, so proper planning, honesty, and a fair panel are vital. Interviews should use marking schemes to avoid bias and verify academic documents to prevent fraud. Ultimately, professionalism and integrity must guide the hiring process, ensuring a win-win for both employer and employee.

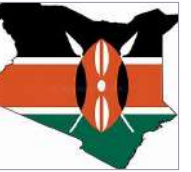


Abigirl Phiri
Corner



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 Odero 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 Odero 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.

Odero 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 Odero 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 Odero 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.



Gathoni, Sit Down: We Are Fighting For Freedom, Not Sheep!

Mt Kenya rejects political gossip as hunger, joblessness, and heavy taxes bite. The people want Ruto’s rule dismantled — not more palace drama.

By James Irungu- Muranga

In the wake of her sensational claims that Deputy President Rigathi Gachagua once formed a WhatsApp group to plan the theft of Uhuru Kenyatta’s sheep, Githunguri MP Gathoni Wamuchomba has lit a fire in the mountain — but not the kind she hoped for. Her revelation, which came suspiciously soon after the burial of Raila Odinga, is being met not with applause, but with anger, fatigue, and deep suspicion. Across the ridges and markets of Mt Kenya, the people are whispering the same phrase: “Gathoni, shut up — we’re fighting for freedom, not sheep.” For ordinary Kenyans from Nyeri to Kirinyaga, this is not a season for palace gossip. It’s a season of survival. Families are fighting to pay school fees, traders are struggling with taxes that strangle every profit, and farmers are watching their coffee and milk prices collapse while their leaders bicker over the ghosts of past regimes. In such an atmosphere, Wamuchomba’s outburst sounds like an insult to the people’s pain. Her story may dominate headlines, but it has failed to dominate hearts.

The truth is simple: Mt Kenya voters are disillusioned, not distracted. They see through the smoke of political theatre. When Wamuchomba talks about stolen sheep, they hear nothing about their stolen livelihoods. When she positions herself as a defender of Uhuru’s dignity, they remember that Uhuru’s silence helped create the very political monster now tormenting them — a system that has turned hustlers into beggars and entrepreneurs into debtors. They do not want nostalgia for dynasties; they want deliverance from deception.

Let’s be blunt. The mountain no longer



FILE PICTURE| Gathoni Wamuchomba

fears William Ruto, but it despises what his government represents: overtaxation, arrogance, and betrayal. Rigathi Gachagua, despite his imperfections and political missteps, has emerged as a reluctant symbol of rebellion within that oppressive structure. He is not loved — but he is tolerated as a vessel for defiance. When he challenges Ruto’s policies, he voices what millions of Mt Kenya citizens feel: that this presidency has become an abductor of their economic dignity. Wamuchomba’s move, therefore, reeks of opportunism. Her sudden morality play appears less like truth-telling and more like a script written by those who want to neutralize Gachagua and pacify a restless region. Her timing — immediately after the national mourning for Raila Odinga — is strategic: while the country was grieving, she injected poison into Mt Kenya’s fragile unity. It’s a tactic familiar in Kenyan politics — drop a bomb when

emotions run high and truth runs low. But Mt Kenya is no longer naive. The people who filled ballot boxes for Ruto in 2022 have since discovered the price of blind loyalty. They have watched as their leaders traded the people’s pain for political favors. They know that every new alliance, every WhatsApp leak, every “unity call” is just another step in the endless dance of betrayal. And they are tired. Tired of politicians who think they can manipulate memory and manufacture outrage. Tired of leaders who pretend to be victims while feasting on the same state they claim to oppose.

In that context, Wamuchomba’s antics are not just irrelevant — they are offensive. She cannot lecture the mountain on morality when mothers can’t afford unga. She cannot preach about unity while serving the interests of those who divided the region. She cannot ask us to hate the one man daring to confront Ruto’s tyrann

ny while she dines with the same forces that sold us this misery. Her claims might win her short-term attention, but in the long run, they expose her as a traitor to the cause of liberation — the cause to end Ruto’s deceitful rule.

Mt Kenya’s cry today is not for gossip; it is for justice. It is a cry against hunger, against humiliation, against a regime that mocked our loyalty and stole our future. The people are not looking for who stole whose sheep — they are looking for who will return their dignity. And that, Gathoni, is not found in WhatsApp groups or in press conferences; it is found in courage, in honesty, and in standing with the oppressed, not with their oppressors.

If Gathoni Wamuchomba’s aim was to rescue Uhuru’s reputation or gain favors from State House, she has misread the room. The mountain is not nostalgic — it’s restless. Its people no longer kneel before power; they question it. The politics of gossip is dead. The politics of survival, truth, and rebellion has taken its place. So to Wamuchomba and all those playing games while we suffer, the mountain speaks with one voice: Shut up. We are fighting for freedom, not sheep.

Disclaimer:
This report reflects public opinion and editorial analysis of current events in the Mt Kenya region. Allegations referenced remain unproven in court. The piece represents a journalistic interpretation and does not imply factual guilt or innocence of any party.

Honor Ngũgĩ wa Thiong’o by Respecting His Wishes — Reject Ruto’s Award.



By Professor Peter Ndiang’ui,
Fort Myers, Florida

In March this year, I published an appeal urging Kenya to honor one of its greatest sons, Professor Ngũgĩ wa Thiong’o. The article, “Kenya Should Honour Professor Ngũgĩ Now, Not Later,” appeared in The Standard and was also published by Diaspora Times. It was a call to recognize, in his lifetime, a man whose words and work have shaped our national conscience.

When I shared the article with Ngũgĩ himself, he was deeply moved by the gesture but firm in his principles. He told me, in Gikuyu: “Ndingiheo ni muingi wa Kenya no nji-tikire na ngatho. No ndingiheo ni Ruto, ndingimioya.”

(“If I am honored by the people of Kenya, I would accept it with gratitude. But if I am honored by Ruto, I would not accept it.”)

Ngũgĩ repeated this statement more than once — first in a three-way conversation with Hon. Geoffrey Wandeto, MP for Tetu, who had submitted my appeal to Parliament, and later with Isaac Gitau, the Editor of Diaspora Times. His position was unambiguous and unwavering. When Ngũgĩ wa Thiong’o passed away in May this year, he had never retracted those words. It is therefore profoundly disheartening and ethically tone-deaf that President William Ruto would proceed to announce a posthumous state award for Ngũgĩ during the Mashujaa Day celebrations. Such an act not only disregards Ngũgĩ’s explicitly stated wishes but also diminishes the moral integrity of the honor itself. To claim to celebrate Ngũgĩ while violating his own expressed will is a contradiction — one that mocks the very values of truth, justice, and freedom that his life embodied.

Ngũgĩ taught us that “a writer has no choice but to choose sides. He chooses



The Late Professor Ngũgĩ wa Thiong’o

to write for the people, not the rulers.” His rejection of political co-optation was a lifelong stance against tyranny and hypocrisy. He never sought validation from power; he sought liberation for the powerless. By bestowing this award in defiance of Ngũgĩ’s principles, the Ruto administration has turned what could have been an act of national gratitude into a symbol of political opportunism. It desecrates the memory of a man who

consistently resisted the misuse of state power to whitewash injustice.

Out of respect for Ngũgĩ’s moral courage and in fidelity to his own words, I urge President Ruto and his government to withdraw the award immediately. That would be the truest way to honor him — not by decorating his name posthumously for political mileage, but by listening to the voice he left behind. If Kenya as a people wishes to celebrate Ngũgĩ wa Thiong’o, let it be through the collective will of its citizens — through libraries, scholarships, literary festivals, and education reforms that embody his spirit, not through hollow gestures from those he explicitly declined to be associated with.

As Ngũgĩ himself once reminded us, “Writers must be the memory of their people.” To honor his memory, we must also honor his truth.

Withdraw Ruto’s award now — in Ngũgĩ’s honor.

Government Shutdown and Its Repercussions on Health.

New medications awaiting review may remain in limbo, delaying access for patients with life-threatening conditions.

EDITORIAL

By Roy Smith- Arkansas

A government shutdown occurs when Congress fails to pass sufficient appropriation bills or continuing resolutions to fund federal government operations. In the United States, such shutdowns have become a recurring crisis that affects not only political processes but also the day-to-day lives of millions of citizens. The 2025 government shutdown—triggered by disagreements over healthcare subsidies and fiscal priorities—has already begun to expose cracks in America’s health infrastructure, highlighting how deeply public health depends on continuous federal funding.

During a shutdown, not all health programs come to a halt. Essential entitlement programs such as Medicare and Medicaid continue operating since they are mandatory spending programs. Beneficiaries still receive hospital care, prescription drugs, and routine checkups, though administrative delays are common. Claims processing and provider reimbursements may slow down due to reduced staffing. Likewise, the Children’s Health Insurance Program (CHIP) and critical emergency services continue, ensuring that the nation’s most vulnerable are not completely abandoned. However, discretionary health agencies that rely on annual appropriations—such as the Centers for Disease Control and Prevention (CDC), the National Institutes of Health (NIH), and the Food and Drug Administration (FDA)—face major disruptions. Reports indicate that up to 41 percent of employees in these agencies have been furloughed. As a result, ongoing clinical trials, laboratory research, food inspections, and public-health surveillance are delayed or suspended. The FDA cannot perform most routine food-safety checks, and the CDC’s capacity to track disease outbreaks is severely weakened. Such gaps heighten the risk of delayed responses to epidemics, foodborne illnesses, and environmental health threats.

Hospitals and clinics that depend on federal reimbursements, especially rural and safety-net facilities, experience cash-flow interruptions. Payment delays from Medicare and Medicaid create uncertainty, forcing administrators to stretch resources or postpone hiring. Some facilities may suspend elective procedures or reduce staff hours. Providers working under federal contracts, including public-health nurses and mental-health counselors, can be temporarily furloughed, interrupting continuity of care. For patients, the effects are uneven. Seniors and persons with chronic conditions are particularly affected if telehealth flexibilities and pandemic-era waivers expire without congressional renewal. Many



older adults now rely on telemedicine for consultations and prescription refills. The lapse of these provisions could force millions back into crowded clinics or lead to missed appointments altogether. Low-income patients who depend on subsidized insurance under the Affordable Care Act face uncertainty as extended premium tax credits are at the center of the shutdown dispute. Without them, insurance costs could rise sharply, putting affordable care out of reach for millions of working families.

“The economic shock of a shutdown extends well beyond Washington. Each week of closure costs the U.S. economy an estimated fifteen billion dollars in lost GDP, a portion of which directly affects the healthcare sector. Federal employees on unpaid leave often postpone elective medical care, reduce spending on prescriptions, or lapse on health-insurance premiums. The resulting financial stress has measurable health consequences, including anxiety, depression, and increased risk of substance abuse. Community programs funded through federal grants—such as nutrition assistance, maternal-health initiatives, HIV prevention, and opioid-response programs—face suspension or delay. Local health departments, many of which depend on federal grants for staffing and supplies, are left in limbo. Over time, these interruptions compromise public health infrastructure and weaken community resilience. States with tighter budgets may be forced to dip into emergency reserves to sustain essential services.”

A prolonged shutdown is especially damaging to medical research. Thousands of clinical studies under NIH oversight could face suspension, leaving patients enrolled in experimental treatments without supervision. New grant applications cannot be processed, halting innovation pipelines. The long-term cost of interrupted research extends far beyond the shutdown itself—potentially delaying the discovery of life-saving therapies by years. Meanwhile, the FDA’s limited operations pose risks to drug and device approval timelines. New medications awaiting review may remain in limbo, delaying access for patients with life-threatening conditions. The absence of food and pharmaceutical inspections also heightens public-safety risks. Even after funding resumes, the backlog of pending work can take months to clear, compounding inefficiencies across the healthcare system.

Shutdown repercussions are most severe for populations already living on the edge. Rural hospitals, community health centers, veterans, and low-income families face disproportionate challenges. Federal nutrition programs for women and children often run on reserve funds, which deplete quickly in prolonged shutdowns. Veterans’ medical benefits are technically protected, but administrative processing can slow dramatically. For Native American communities relying on the Indian Health Service, a lapse in appropriations can immediately disrupt essential care, since their facilities depend entirely on federal funding. The ripple effects reach the mental-health landscape as well. Reduced access to counseling, increased financial anxiety, and uncertainty about healthcare affordability combine to create a mental-health strain on millions of Americans. Public-health professionals warn that this kind of stress can escalate into long-term behavioral-health crises.

The current shutdown underscores the fragility of a healthcare system that is deeply entwined with federal funding. Policymakers must prioritize health as an essential service, insulated from political brinkmanship. Mechanisms such as automatic continuing resolutions for health agencies could prevent future disruptions. States should be empowered to deploy contingency funds rapidly when federal support stalls. Hospitals and clinics need clear guidance on reimbursement timelines, and communication with patients must remain transparent to avoid panic or misinformation. Equally important, Congress must protect telehealth expansions and premium subsidies that sustain accessibility and affordability. The health of a nation should never be held hostage to partisan gridlock.

In essence, the 2025 government shutdown reveals how public health can quickly become collateral damage in political conflicts. While Medicare, Medicaid, and emergency services continue, the ripple effects on research, regulation, mental health, and community programs are severe. A shutdown may appear as a fiscal standoff in Washington, but on the ground, it means delayed treatments, suspended research, unpaid health workers, and lives put at risk. The nation’s well-being demands that health never again become a bargaining chip in budgetary wars.

"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

Don’t Traumatize People Who Were Once Taxpayers While Working Effortlessly in America.

Under the Trump administration, the enforcement agency known as ICE, Immigration and Customs Enforcement, turned into a symbol of fear among immigrants. Its officers conduct impromptu arrests in shopping malls, schools, churches, and even hospitals.

By Dr. Jesinta Koimburi
New Jersey

A message of hope and comfort for those being returned to their homeland, reminding them that going home is not punishment but a renewal of identity and belonging.

For many immigrants living in the United States, the word deportation carries deep emotional pain. It evokes fear, humiliation, and a sense of being discarded after years of hard work and contribution to a country they once believed had become their second home. Yet, behind the statistics and policy language are real human beings, mothers, fathers, professionals, and dreamers who once paid taxes, built businesses, raised children, and gave their best years to the American dream.

It is time to change how we view and treat those who are being sent back to their countries of origin. They are not criminals or rejects of society; they are fellow human beings who once called America home, and whose only “crime” in many cases is overstaying a visa or falling victim to a complex immigration system that few fully understand. The word deportation itself should be replaced with something more humane, such as returning home, because that is what it truly is. People are not being thrown into exile; they are being escorted back to the lands of their birth, where they once belonged, where they were once loved.

Kenya, like many countries, remains a beautiful home filled with hope, opportunity, and warmth. Those being sent back should not be made to feel ashamed. Many of them came to the U.S. legally, through airports and immigration checks, with valid dreams of education, work, or safety. Those being deported may have lost their green card or failed to renew it after it expired. No one swam across oceans or sneaked through borders; they were received with dignity and hope. Circumstances change, life becomes complicated, and sometimes legal paper-



work expires, or renewal systems fail. That should not turn decent, hardworking men and women into prisoners of bureaucracy or targets of fear campaigns.

Under the Trump administration, the enforcement agency known as ICE, Immigration and Customs Enforcement, turned into a symbol of fear among immigrants. Its officers conduct impromptu arrests in shopping malls, schools, churches, and even hospitals.

***“The cruelty of being handcuffed in front of one’s children or community is something no human should endure. Worse still, many detainees languish in detention centers for months, sometimes years, without proper legal representation or humane care. These people were once celebrated taxpayers, part of America’s workforce, nurses, truck drivers, cleaners, caregivers, engineers, people who contributed to the same society that now rejects them.*”**

Yet, the return home should not

be seen as a curse. It can be a new beginning, a return to the roots that shaped one’s character and values. Kenya welcomes her sons and daughters with open arms. Those returning should know that home has not forgotten them. They can rebuild, invest, and share the skills and experience they gained abroad. The government and diaspora organizations should create programs that support reintegration, financial assistance, counseling, and business start-up guidance. America, too, has a moral obligation to assist in this transition. A portion of the taxes these individuals paid should be allocated to resettlement packages to help them start afresh in their home countries.

Language matters. The word deportee must be retired. It carries the weight of shame and rejection. We must speak of returnees or repatriated citizens, individuals coming back to their own soil with dignity. The media must stop using sensational images of tears and handcuffs. Instead, we should highlight resilience, hope, and renewal, the story of people who gave their best to a foreign land and are now reclaiming their identities.

To those facing deportation: do not lose heart. You are not being thrown away; you are being guided back to your origin, to family, to familiar languages, to food, to laughter under the African sun. You were valuable in America, and you remain valuable in Kenya. Your story is not ending; it is simply turning a page. The world may call it deportation, but you can call it homecoming.

It is time for both the U.S. and Kenya to humanize this process. Deportation should no longer mean disgrace. It should mean dignity, a respectful return for those who once carried America’s burdens and dreams. Let every person being sent home remember this: you are not forgotten, you are not a failure, and you are not alone. You are simply going home, and there is no shame in that.

A message of hope and comfort for those being returned to their homeland, reminding them that going home is not punishment but a renewal of identity and belonging.

Disclaimer:
We are the voice of the Diaspora, and we deeply empathize with our fellow Kenyans who are being traumatized through deportation. It pains us to witness hardworking men and women, once taxpayers and contributors to the American economy, being treated without dignity. Our message is one of compassion, solidarity, and hope. Every Kenyan abroad deserves respect, humane treatment, and the assurance that returning home should never feel like a punishment but a dignified homecoming.



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



KENYA *ruto’s administration announces increase in maize flour prices*



ETHIOPIA *government declares three days of mourning for melez*



NIGERIA *military opens new investigation into deadly market explosion*



SOUTH AFRICA *ramaphosa to attend climate summit in germany*



UGANDA *opposition criticizes new tax measures, calls for reforms*



GHANA *health ministry launches vaccination drive against malaria*



MOROCCO *rare snowfalls blanket lowland areas in the south*



DRCONG *president appoints new mining minister amid controversy*



ZIMBABWE *power cuts worsen as demand surges during dry season*



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



The continent’s economic outlook shows some resilience despite global headwinds. The African Development Bank forecasts African growth rising from about 3.3 % in 2024 to around 3.9 % in 2025, and potentially 4 % in 2026.

African Development Bank

At the same time, the International Monetary Fund and other institutions stress that the model of growth must shift – focusing on job creation, small enterprise and regional intra-trade rather than export dependences.

Yet deep-seated crises persist. Hunger is worsening across large parts of Africa: the Food and Agriculture Organization reports that more than 20 % of the continent’s population — around 307 million people in 2024 — face undernourishment, while hunger has declined overall globally.

World Health Organization

Conflict, climate shocks and economic instability are major drivers of this humanitarian emergency.

World Vision

On the geopolitical front, shifts are also underway. The continental body African

Union elected a new commission chair in early 2025, signaling renewed attempts at reform and pan-African leadership consolidation.

Wikipedia

Meanwhile, the trade war dynamics between the U.S. and China are reverberating across Africa: reduced demand for raw materials and shifts in global value chains are forcing African governments to rethink how they engage in foreign policy and adjust their economic strategies.

Economics Observatory

In short: Africa is navigating a complex overlay of modest economic recovery, significant humanitarian vulnerabilities and evolving global political alignment. Countries that leverage regional integration, strengthen domestic industries, and invest in human security are likely to fare better — but the risks are substantial and the path forward uneven.

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



SOUTH AFRICA

U.S. AID, BUS TRAGEDY & HIV PREVENTION

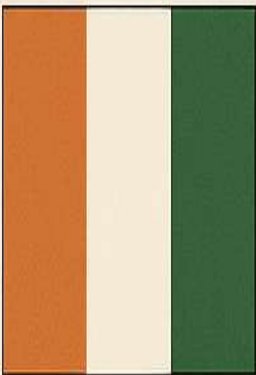
\$115 million pledged by the U.S. in HIV programs
A bus crash in Limpopo killed at least 42 people
Twice-yearly HIV injection rollout flagged



NAMIBIA

DEBT & ECONOMIC PRESSURES

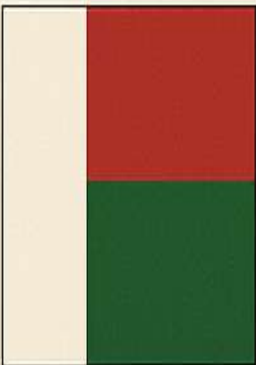
Funds mobilized to redeem \$760 million Eurobond



IVORY COAST

RISING POLITICAL TENSION BEFORE ELECTION

237 protesters arrested in demonstrations against perceived authoritarian drift



MADAGASCAR

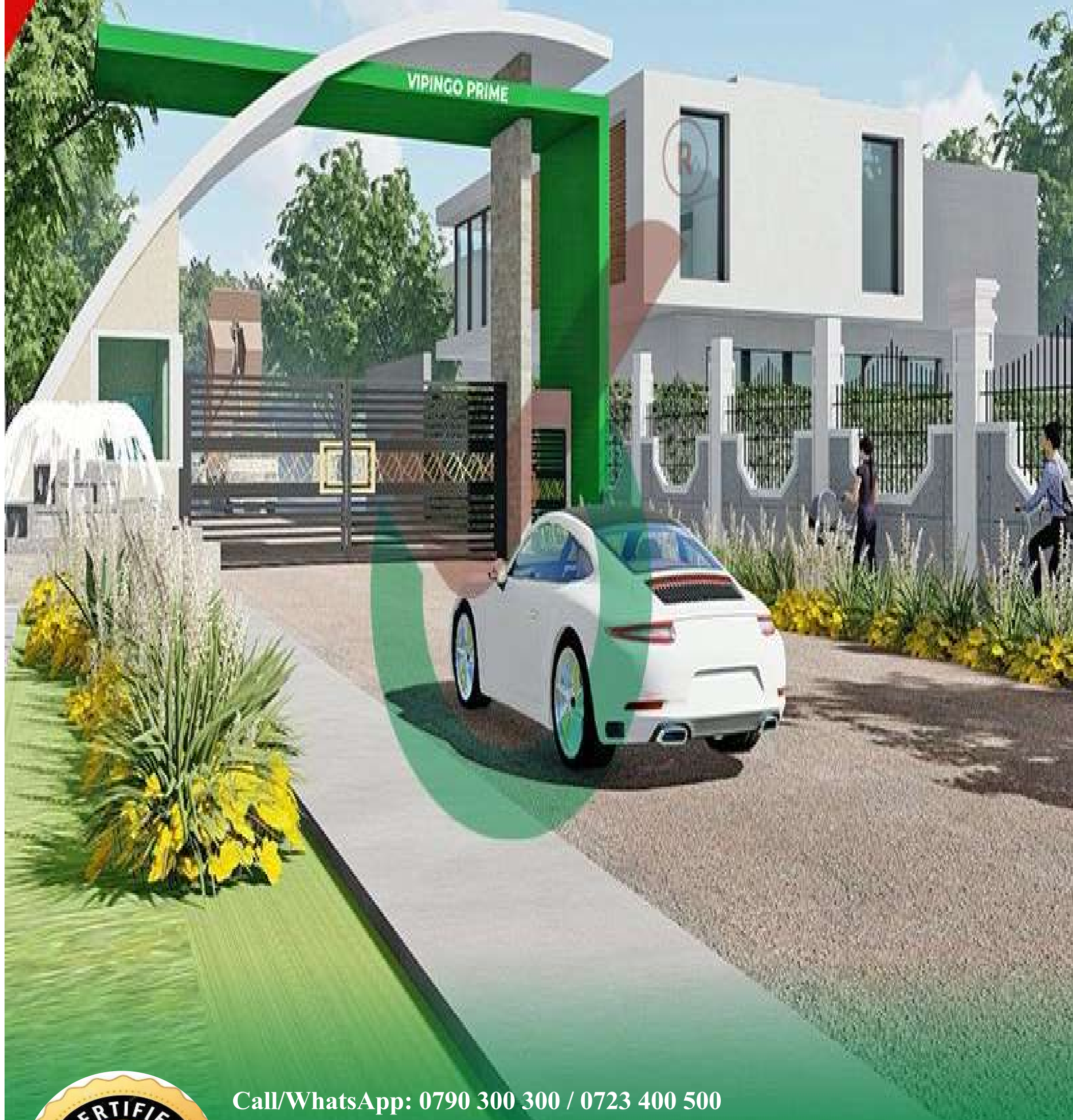
COUP & POLITICAL SHIFT

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

KES. 2.795M

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FUTURISTIC EXPRESSION



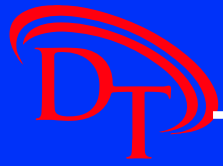
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Those who steer the dream

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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.

Destination Weddings: Love Beyond Borders

Everyone deserves something special for their big day. The entourage accompanying the bride and groom — family, friends, and well-wishers — are also treated to an adventure of a lifetime.



By Memory Phiri
Zimbabwe.
Senior editor
The Diaspora Times

A destination wedding is more than just a ceremony — it is an adventure, a fusion of love and travel wrapped into one unforgettable experience. It refers to a wedding held outside the couple's hometown, usually in a scenic location that doubles as a honeymoon spot. To make this dream come true, lovebirds must travel to a tourism hotspot, far from the ordinary, to tie the knot in style.

Such weddings are synonymous with breathtaking backdrops — think clear blue waters, white sandy beaches, lush tropical gardens, and palm-tree-lined horizons. From the sun-kissed coasts of the Caribbean to the romantic vineyards of France and Italy, destination weddings have become the ultimate expression of luxury, freedom, and adventure. Greece, France, Italy, Costa Rica, Brazil, and Argentina all feature prominently among the world's most popular wedding destinations, drawing couples eager to start their lifelong journey in places that radiate natural beauty and cultural charm.

Indeed, honeymoon travel has evolved to the point that every Tom, Dick, and Harry now dreams of joining this global trend. Gone are the days when weddings were confined to hometown venues and familiar faces. Today, couples want



to make a statement — to celebrate love in places that speak to their hearts. The concept of the destination wedding has therefore painted not just one town red, but many tourism hotspots around the world. It has raised the hospitality industry to new heights, inspiring hotels, tour operators, and entire communities to craft specialized experiences for these modern love pilgrims.

Everyone deserves something special for their big day. The entourage accompanying the bride and groom — family, friends, and well-wishers — are also treated to an adventure of a lifetime. The journey often turns into a vacation, an escape from routine, and a chance to bond over shared memories. Every moment — from airport arrivals to sunset dinners — becomes part of the love story. The itinerary itself transforms into a celebration of romance, making the wedding both intriguing and exhilarating.

Nowhere in Africa is this more

beautifully expressed than in Zimbabwe's Victoria Falls. This world-renowned natural wonder, locally known as Mosi-oa-Tunya — "The Smoke that Thunders" — offers a wedding experience beyond compare. As a UNESCO World Heritage Site, Victoria Falls blends natural splendor with world-class hospitality, creating a setting that feels almost divine. Here, couples can exchange vows against the majestic backdrop of cascading water, shimmering rainbows, and the distant roar of the Zambezi River. It is an unforgettable symphony of nature and emotion — a moment that truly defines the phrase "a cut above the rest."

Victoria Falls has positioned itself as the ultimate destination wedding hub in Africa. The allure goes beyond the ceremony itself — imagine romantic sunset cruises on the Zambezi, private helicopter rides over the Falls, or candlelit dinners under the stars. Every detail is designed to capture the spirit of romance and the thrill of adventure.

Several iconic hotels and lodges complete this fairy-tale experience. The Palm River Hotel, Elephant Hills Resort, Victoria Falls Hotel, and Victoria Falls Safari Lodge are among the most sought-after venues for couples from around the world. Each offers a unique blend of luxury, tradition, and breathtaking scenery.

The Palm River Hotel, for instance, is located upstream of the majestic waterfall, offering panoramic views of the Zambezi River. It boasts elegantly designed honeymoon suites created specifically to celebrate newlyweds, anniversaries, and vow renewals. Picture this — four-poster king-size beds draped in soft linen, luxurious gold bathtubs, double showers, and a romantic vanity setup to complete the royal experience. For couples seeking privacy, the hotel's deluxe rooms come with private balconies overlooking the river, perfect for morning coffee or quiet reflection as the mist of the Falls dances in the distance.

Victoria Falls is not just a location — it's an emotion. It's a place where the earth, water, and sky come together to whisper blessings to every union. The warm hospitality of the Zimbabwean people, coupled with impeccable service and endless adventure options, ensures that your special day will be nothing short of magical.

As a quick reminder, Zimbabwe has been named Forbes' #1 Country to Visit in 2025 — a testament to its growing recognition as a premier global tourism destination. For couples planning to say "I do," there's no better time to explore this hidden gem.

So, come to Victoria Falls, Zimbabwe, and experience an all-year-round wedding destination that truly oozes love and romance. Exchange your vows in one of the world's most extraordinary settings and create memories that will outlive the roar of the mighty Zambezi itself.

Love is timeless, but at Victoria Falls, it becomes legendary. **Zimbabwe has been named Forbes' #1 Country to visit in 2025**

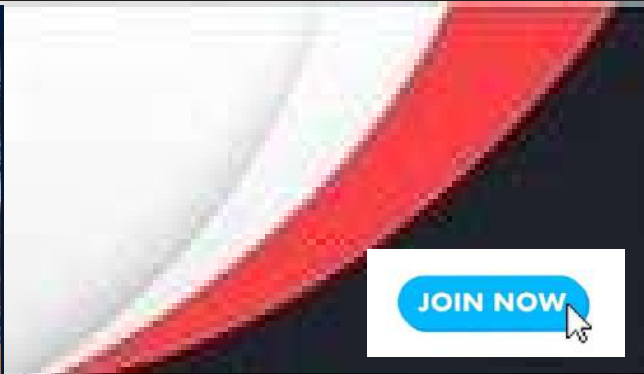
By Memory Phiri
Zimbabwe.



A destination wedding is a romantic ceremony held outside a couple's hometown, often in scenic tourist hotspots like Greece, Italy, or the Caribbean. In Africa, Zimbabwe's Victoria Falls stands out as the ultimate venue, blending natural beauty with world-class hospitality. Couples can enjoy sunset cruises, helicopter rides, and luxurious stays at the Palm River Hotel or Elephant Hills. Named Forbes' #1 Country to Visit in 2025, Zimbabwe offers an unforgettable all-year-round wedding experience surrounded by love and breathtaking scenery.

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

BE STILL,
AND KNOW
THAT I AM
GOD.

PSALM 46:10

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

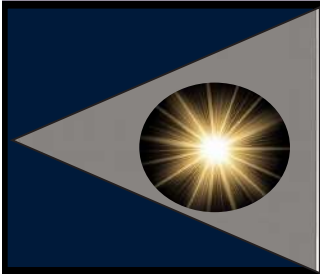
JEREMIAH 29:11

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



Life and Times of Malcolm X.

I am for truth, no matter who tells it.

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

Malcolm X, born Malcolm Little on May 19, 1925, in Omaha, Nebraska, remains one of the most influential and controversial figures in the history of the African-American struggle for equality and justice. His life was a journey of transformation—from a troubled youth entangled in crime to a fiery minister of the Nation of Islam, and finally, to an international human rights advocate who redefined Black consciousness and dignity. His story embodies the pain and resilience of African Americans in a racially divided America.

Malcolm’s early years were marked by racial terror and poverty. His father, Earl Little, was a Baptist preacher and follower of Marcus Garvey’s “Back to Africa” movement, which promoted Black pride and self-reliance. The family faced constant threats from white supremacist groups like the Ku Klux Klan. When Malcolm was six, his father was mysteriously killed—officially ruled a streetcar accident but widely believed to be a racist murder. His mother, Louise Little, was later institutionalized due to psychological breakdown, leaving the children to be raised in foster homes. These early experiences instilled in Malcolm a deep anger and mistrust of white society, which he described as “devilish” in later years.

As a teenager in Boston and Harlem, Malcolm drifted into street life, adopting the name “Detroit Red.” He became involved in gambling, drug dealing, and burglary, living the fast life of a hustler in America’s

racial underworld. In 1946, at just 21, he was arrested and sentenced to ten years in prison. It was behind bars that Malcolm’s transformation began. Exposed to books for the first time, he educated himself voraciously, studying philosophy, history, and religion. Most crucially, he was introduced to the teachings of Elijah Muhammad, the leader of the Nation of Islam (NOI), who preached that the white man was the devil and that Black people were God’s chosen nation. Through correspondence and spiritual discipline, Malcolm converted to Islam and replaced his last name “Little” with “X” to symbolize his lost African identity.

Upon his release in 1952, Malcolm X became one of the most dynamic ministers in the Nation of Islam. His charisma, intelligence, and uncompromising rhetoric attracted thousands of new followers. He rose rapidly through the ranks, establishing temples across the United States and serving as national spokesman for Elijah Muhammad. His fiery speeches denounced racism, segregation, and the hypocrisy of American democracy, often clashing with the nonviolent philosophy of Dr. Martin Luther King Jr. Malcolm argued that African Americans must defend themselves “by any means necessary,” challenging the notion that freedom could be achieved through passive resistance. His boldness earned him both admiration and condemnation—admired by the oppressed who saw truth in his defiance, and hated by mainstream America that feared his influence.

However, Malcolm’s growing fame and independent thinking brought tension with Elijah Muhammad. Disillusioned by



Malcolm X

the leader’s moral failings and by internal politics, Malcolm broke away from the Nation of Islam in 1964. That same year, he made a life-changing pilgrimage to Mecca (the Hajj), where he encountered Muslims of all races praying together. This experience shattered his earlier racial absolutism and expanded his worldview. He adopted the name El-Hajj Malik El-Shabazz and embraced a more inclusive vision of Islam and human rights. He began advocating for global Black unity and sought alliances with African nations and liberation movements. His message shifted from separation to solidarity, from racial anger to international justice. As he stated, “I am for truth, no matter who tells it. I am for justice, no matter who it is for or against.”

Malcolm’s evolving ideology, however, made him many enemies. The FBI had long

monitored him, labeling him a dangerous radical. Within the Nation of Islam, betrayal and resentment grew. On February 21, 1965, while preparing to address a rally at the Audubon Ballroom in Harlem, Malcolm X was assassinated in front of his wife, Betty Shabazz, and their children. Three members of the Nation of Islam were convicted, though questions linger about the broader conspiracy and government involvement. He was only 39 years old.

After his death, Malcolm X’s ideas continued to inspire generations. His autobiography, written with journalist Alex Haley, became one of the most influential books in American history, chronicling his journey from ignorance to enlightenment. The 1960s Black Power movement, the Pan-African revolution, and modern civil rights activism all drew from his legacy. His coura-

ge to speak truth to power re-defined Black identity, pride, and resistance worldwide.

Malcolm X’s life was a testament to the power of transformation and conviction. He evolved from a victim of America’s racial injustice into one of its fiercest critics and moral voices. Though his methods were controversial, his message was clear: dignity, freedom, and self-determination are non-negotiable. As he once declared, “If you’re not ready to die for it, put the word ‘freedom’ out of your vocabulary.” Today, decades after his death, Malcolm X stands not merely as a symbol of Black militancy but as a prophet of truth whose words continue to echo in every struggle against oppression and inequality.

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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.



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ENTER THE GREATER
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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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The Diaspora Times

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Chapter Five: Land and Environment

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

Chapter Five of the Constitution of Kenya (2010) addresses two critical and historically sensitive sectors: land and the environment. It is divided into two parts: Land (Part 1) and Environment and Natural Resources (Part 2).

Part 1 – Land

This section begins by affirming that land in Kenya belongs to the people, collectively as a nation, as communities, and as individuals. Land is categorized into three types:

1. **Public land** – Held by the government on behalf of the people and includes land not otherwise classified, such as minerals and government forests.
2. **Community land** – Held by communities based on ethnicity, culture, or similar interest, including ancestral lands and trust lands.
3. **Private land** – Owned by individuals or entities under freehold or leasehold tenure.

The Constitution emphasizes that

land should be used in an equitable, efficient, productive, and sustainable manner. It provides for laws that regulate land use, eliminate gender discrimination in land ownership, and promote access to land for all. It also calls for the recognition and protection of matrimonial property during and after marriage.

The National Land Commission (NLC) is established to manage public land on behalf of the national and county governments, recommend national land policies, investigate land injustices, and ensure equitable access to land.

Part 2 – Environment and Natural Resources

This section recognizes the importance of the environment to the well-being of current and future generations. Every person has the right to a clean and healthy environment, and this includes the right to have the environment protected for future generations through legal and other measures.

The state is mandated to ensure

sustainable exploitation, utilization, management, and conservation of natural resources. It must also eliminate activities that endanger the environment and establish systems for environmental impact assessments. The Constitution allows any person to bring legal action to protect the environment, even if they are not personally affected — a powerful provision that advances public interest litigation.

It further outlines how Parliament may regulate agreements relating to natural resources, and ensures communities benefit from such resources equitably.

SUMMARY

In essence, Chapter Five balances historical land injustices with modern sustainability concerns, framing land and the environment as national assets to be managed justly, transparently, and with future generations in mind.

“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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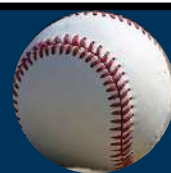


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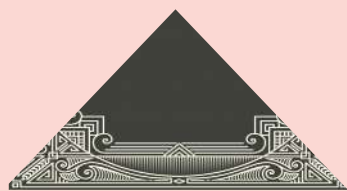
WORLD OF SPORTS

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.

