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GLOBAL
NEWS

The Diaspora Times.

Saturday, Dec. 13th, 2025
Weekly newspaper. Vol. 404

News with roots, stories with impact — this is the Diaspora voice.

Denied COP30, She Found Her Voice And Spoke Even Louder.

Bureaucrats tried to stop Truphena from attending COP30, but instead, they pushed her into history, proving that incompetence can never silence true conviction..... Something unique.



Truphena Muthoni Breaks Guinness World Record

Kenya has once again produced a remarkable story of resilience and environmental passion, this time through the quiet determination of a young climate activist named Truphena Muthoni, whose decision to hug a tree for an astonishing seventy two hours has captured the attention of national and international media.

The Diaspor Times Editorial Desk. Arch. DK Gitau.

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Kenya has once again produced a remarkable story of resilience and environmental passion, this time through the quiet determination of a young climate activist named Truphena Muthoni, whose decision to hug a tree for an astonishing seventy two hours has captured the attention of national and international media. Her record setting act, completed in Nyeri County, began as a personal protest against

missed opportunities and a restrictive system that stood between her and the global climate platform of COP30 in Brazil. It has since transformed into a powerful symbol of hope, environmental stewardship, and the unstoppable will of young Africans who refuse to be silenced or sidelined.

When her travel to Brazil collapsed due to bureaucratic frustrations and an unresponsive regime that failed to facilitate her participation in the global climate conference, many would have expected her to retreat quietly. Instead, Truphena converted disappointment into activism, frustration into creativity, and isolation into global visibility.

She chose to perform a seventy two hour endurance challenge that few would dare to attempt, standing in the cold, heat, rain, and wind with her arms wrapped around a single tree, using her own body as a living billboard calling the world to pay attention to nature, conservation, mental health, and the urgent climate crisis unfolding across Africa.Whole story on Page 9

Truphena Muthoni, whose decision to hug a tree for an astonishing seventy two hours has captured the attention of national and international media.

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Candlestick charts have become the heartbeat of modern trading, offering a dynamic visual representation of price movement that allows traders to quickly

interpret market sentiment, momentum, and potential reversals. Unlike simple line graphs that only show closing prices, candlestick charts condense the open, high, low, and close of price action into a compact visual symbol called a candle. This makes them not only more informative but also more intuitive because each candle tells a story. Candlestick charting originated in 1700s Japan, credited to a legendary rice merchant named Munehisa Homma.,

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HIGHLIGHTS



Recently, we were asked to do a play, and we had to come up with the storyline ourselves. The only help we received was the costumes, so

that we would be in character. Everything else — the plot, the scenes, and even our individual lines — was left to us. That was when I realized just how creative actors truly are. The hours they spend perfecting a role so that, when the production comes out, audiences can enjoy the piece of art, is no small feat.

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Madam C. J. Walker's legacy:
Rare American Story

STORY Page 09





The Magic Of Candle Stick Logic In Trading.

While identifying patterns is crucial, context matters even more. Candlestick patterns become significantly more reliable when combined with support and resistance levels, volume analysis, or trend lines.

By The Diaspora Times
Editorial Desk.

By Arch Dr D.K. Gitau
Chief Editor The Diaspora Times

Candlestick charts have become the heartbeat of modern trading, offering a dynamic visual representation of price movement that allows traders to quickly interpret market sentiment, momentum, and potential reversals. Unlike simple line graphs that only show closing prices, candlestick charts condense the open, high, low, and close of price action into a compact visual symbol called a candle. This makes them not only more informative but also more intuitive because each candle tells a story. Candlestick charting originated in 1700s Japan, credited to a legendary rice merchant named Munehisa Homma, who discovered that tracking emotional shifts and supply-demand patterns helped him predict rice futures and build immense wealth. Though markets today are digital and global, the psychology that drives price movement remains the same, which is why candlestick analysis still forms the foundation of technical trading in stocks, forex, crypto, commodities, and indices.

Each candlestick represents a specific time interval — one minute, five minutes, one hour, one day, one week, or any timeframe the trader chooses. The body of the candle shows the difference between the opening and closing prices, while the thin extensions above or below the body, called wicks or shadows, reflect the highest and lowest prices reached during that period. A bullish candle forms when the closing price is higher than the opening price, signaling buyer dominance, while a bearish candle forms when price closes lower than it opened, showing that sellers were in control.



When bodies are long, it indicates strong momentum; when they are short, the market is hesitating or consolidating. Wicks also communicate valuable clues — long upper wicks imply buyers pushed prices up only to be overwhelmed by sellers, while long lower wicks suggest sellers tried to drive prices down but buyers aggressively stepped in and rejected lower prices.

Because each candle reflects a battle between bulls and bears, traders use combinations of candles — called patterns — to forecast what might happen next. For example, a hammer pattern, which has a small body and a long lower wick, often appears after a prolonged price decline and indicates that although sellers tried to push the market lower, buyers gained strength and are potentially generating a reversal. The opposite of a hammer is the shooting star, typically found at the top of an uptrend, with a long upper wick and a small body near the bottom. This pattern shows buyer exhaustion and possible downward reversal. Other common reversal patterns include engulfing candles, where the second candle fully engulfs the previous candle's body, signaling a dramatic shift in momentum, and the doji, recognized by an almost invisible body, indicating indecision or a turning point after a strong move. Trend continuation patterns also exist, such as the rising three and falling three methods, which show periods of consolidation before the trend resumes.

While identifying patterns is crucial, context matters even more. Candlestick patterns become significantly more reliable when combined with support and resistance levels, volume analysis, or trend lines. A hammer near a major support level suggests a stronger reversal. A bullish engulfing candle backed by high trading volume demonstrates more conviction than the same candle formed on weak participation. Likewise, candlesticks in isolation can be misleading during news events, earnings releases, or when the market is extremely volatile. Traders therefore avoid reacting to a single candle without evaluating the broader trend. A bullish candle in a long-term downtrend may be just a temporary bounce, while a bearish candle in a strong uptrend could simply reflect profit taking.

One reason candlestick charts resonate so strongly with traders is that they are visual representations of emotion — fear, greed, confidence, hesitation, panic, and relief all appear on the chart before they appear in the headlines. Candles show when people are buying aggressively because they fear missing out. Candles show when uncertainty creeps in. Candles show when sellers panic. That emotional transparency creates opportunities. Traders who study candlestick movement develop a deep understanding of crowd psychology and learn to avoid traps. For example, novice traders often react when price “spikes,” only to discover that long wicks reflect rejection, not continuation. Experienced traders wait for candle closure rather than reacting mid-formation because a candle that looks bullish halfway through can flip and close bearish as market forces shift.

The flexibility of candlestick charts also empowers both short-term day traders and long-term investors. A long-term investor may use daily or weekly candles to identify the general trend — “Is this stock continuing upward or losing strength?” Meanwhile, a short-term trader may rely

on one-minute or five-minute candles to time entries precisely. Regardless of style, the principle remains consistent — candles tell the story of price, and price is the purest truth in the market.

In summary, candlestick charts are far more than decorative graphics; they are a language of market behavior. They provide insights that raw numbers cannot convey and empower traders with the ability to anticipate rather than react. Candle analysis reveals direction, emotion, sentiment, momentum, and potential turning points. It teaches patience, discipline, and interpretation — qualities essential to successful trading. Whether you trade occasionally or every day, mastering candlestick charts makes you less dependent on speculation and more aligned with how markets truly move — through patterns, psychology, and the timeless dance between buyers and sellers.

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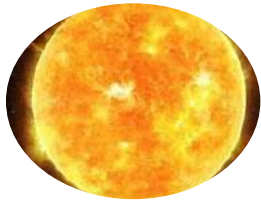


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BEST

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Behind the Curtain: My Unexpected Journey Into the World of Acting.



We cannot talk about entertainment without involving movies. Every year, there are blockbusters that make waves, brought to life by outstanding actors. Productions have a healing power — they can take your mind off stress and immerse you in another world. One can even end up laughing uncontrollably at comedies such as the ever-popular Mr. Bean movies.



Abigirl Phiri | Zimbabwe Senior Editor

Recently, we were asked to do a play, and we had to come up with the storyline ourselves. The only help we received was the costumes, so that we would be in character. Everything else — the plot, the scenes, and even our individual lines — was left to us. That was when I realized just how creative actors truly are. The hours they spend perfecting a role so that, when the production comes out, audiences can enjoy the piece of art, is no small feat.

I grew up watching movies such as Troy and Romeo Must Die, acted by popular stars like Brad Pitt and Jet Li respectively. But it is only when you are placed in the same role that you truly appreciate the intensity and precision of the craft. Acting requires creativity, discipline, and memory. You must internalize lines, master posture, and deliver emotion convincingly. It takes intelligent people with artistic instincts to make audiences believe that what they’re watching actually happened. Every movement has to be synchronized with the dialogue, every gesture must carry meaning, and the overall performance must be captivating.

This tradition goes all the way back to the plays of great authors like William Shakespeare, whose works have been enacted for centuries for the enjoyment of the masses. It proves that plays and movies have always been part of human life — as old as the hills. Even today, characters created long ago continue to be imitated, the likes of Marilyn Monroe being a timeless example.

As for the play we performed, I can safely confirm that it was fun. Trying new things in life is something I highly recommend to you, my treasured readers. It pushes you out of

your comfort zone. Sometimes you discover a talent you never knew you had, simply because you were placed in a position that forced you to explore it.

We grew up admiring actors who inspire us. Seeing them take on a completely different role in every movie and excel at it is remarkable. It requires wit, dedication, and a great deal of confidence. But the beautiful thing is that once you get into character, everything begins to flow naturally, almost like breathing.

We cannot talk about entertainment without involving movies. Every year, there are blockbusters that make waves, brought to life by outstanding actors. Productions have a healing power — they can take your mind off stress and immerse you in another world. One can even end up laughing uncontrollably at comedies such as the ever-popular Mr. Bean movies. This is why we must respect every job role, including acting, because each serves a purpose. We should never underestimate the power actors have in shaping perspectives and influencing how people think. That is creativity at its finest. With modern technology, picture quality and editing have become even more refined, compared to back in the day.

Movies also evoke powerful feelings — happiness or sadness — depending on the storyline. Their importance is reflected in the fact that every culture has developed its own style of filmmaking. From Hollywood to Bollywood to Nollywood, each reflects daily life while teaching and entertaining audiences at the same time.

This is exactly what we experienced, and I loved every bit of it. For a moment, I soaked in the applause and attention from our avid audience. Fun is found in different activities throughout life. Be open to trying new things, especially during this festive season.

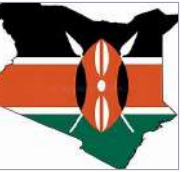
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Abigirl Phiri Corner





THE LEGACY OF MBIYU KOINANGE.

To some, he was a trusted nationalist, a visionary strategist close to the center of power, a diplomat who could negotiate in silence what others failed to achieve in noise. To others, he was the quiet architect of state decisions few ever fully understood.

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

Mbiyu Koinange's name is woven into the fabric of Kenya's political history like a golden thread wrapped in secrecy. To some, he was a trusted nationalist, a visionary strategist close to the center of power, a diplomat who could negotiate in silence what others failed to achieve in noise. To others, he was the quiet architect of state decisions few ever fully understood — a man whose influence operated behind curtains, rarely captured in the public eye, but felt strongly across the nation. What is indisputable is that his legacy—mixed, complex, and fascinating—remains pivotal in understanding the early decades of Kenya's independence.

Born in 1907 in Kiambaa, Kiambu County, Mbiyu Koinange belonged to a generation that witnessed the brutality of colonial rule and the turbulence of African resistance. He became one of the most educated Africans of his time: a graduate of Hampton Institute in Virginia, then Columbia University, becoming one of the earliest Kenyans to be deeply exposed to American educational and political environments. His time abroad shaped him into a cosmopolitan figure long before that word became fashionable.

Koinange's significance rose in the 1950s when he served as Secretary-General of the Pan-African Freedom Movement for East and Central Africa, placing him alongside liberation icons such as Kwame Nkrumah and Julius Nyerere. His influence stretched beyond Kenya's borders at a time when the continent was boiling with anti-colonial agitation. He curated relationships that later became valuable assets for Kenya's diplomacy. These networks helped position Kenya as a key African voice after independence.

However, it was his close and personal relationship with Jomo Kenyatta that po-



sitioned him at the core of Kenya's internal political power. As Minister of State in the Office of the President, Koinange became Kenyatta's right-hand man — a gatekeeper and interpreter of the president's intentions. Nothing moved through the highest office without passing by his desk, or at least through his channel of influence. He operated quietly and with precision, rarely giving public speeches, rarely showing emotion, but carrying an aura that whispered authority. Some feared him, some depended on him, and many wondered what he truly believed.

Critics argue that Koinange played a key role in the political suppression of the Kenyatta era. As Minister of State during the detention of political rivals such as Jaramogi Oginga Odinga and the crackdown on groups considered threatening to the state, his name repeatedly appeared in whispers surrounding decisions that reshaped Kenya's democratic space. His name was linked — fairly or unfairly — to the rise of a political dynasty system and to the entrenchment of power among a small elite connected by

alliances, education, and land ownership.

Land remains a major part of the legacy conversation. The redistribution — and sometimes unequal distribution — of land after independence left lasting wounds that continue to influence national politics. The Koinange family accumulated significant expanses of land, making it one of the most prominent landholding families in the country. Supporters argue that the family invested, developed, and played by the rules of the time. Critics point to the inequality cemented during that era, and the emotions tied to land dispossession that predated independence but were never fully resolved afterward.

Yet it would be incomplete to paint his legacy with a single brush. Koinange was instrumental in strengthening Kenya's diplomatic image in newly independent Africa. His fluency in navigating both Western and African political landscapes made him a rare bridge at a time when the Cold War sliced the world in two. He maintained a posture of quiet nationalism — never flamboyant, never loud, but fiercely

strategic about Kenya's sovereignty.

He was also part of a generation that believed in building national institutions from scratch — something that required both patience and power. Schools, laws, administrative systems, and foreign policy frameworks that today feel permanent were once experimental drafts shaped by men like him. Whether the methods were always democratic can be debated; that they were impactful cannot.

Mbiyu Koinange's legacy rests within a paradox: he was extremely powerful yet largely invisible; educated abroad but deeply tied to traditional networks; reserved in character but central to decisions that altered the nation. His impact forces Kenya to confront a difficult question: Can a nation be built without strong, sometimes forceful personalities — and do the ends ever justify the means?

History rarely gives simple answers. The legacy of Mbiyu Koinange is neither hero nor villain — it is the story of power in transition, of leadership in a young state, of ambition guided by strategy and shadowed by controversy. His life invites reflection on the early choices that shaped Kenya, the benefits they brought, and the unresolved outcomes they left behind.

He remains one of the most enigmatic architects of Kenya's modern identity — a man whose influence was historic, whose methods invite debate, and whose legacy continues to provoke questions about power, justice, and nation-building in post-colonial Africa.



We Remember the Dead

In silence and sorrow, The Diaspora Times remembers the **FALLEN HEROES**

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SELLING SAFARICOM: WHEN A GOVERNMENT RUNS OUT OF IDEAS.

Ruto’s Administration Is Auctioning a National Treasure to Fix Problems It Created, And Kenyans Are Right to Be Angry

By Arch. Dr. D.K. Gitau
Diaspora Times Editorial Desk

Selling Safaricom at this moment, at a time when market prices are depressed by the Government’s own economic mismanagement, is the equivalent of auctioning your house during a flood you caused, then calling it wisdom.

There are moments in the life of a nation when decisions made behind boardroom doors echo like thunder across the land. The proposed sale of a significant portion of Safaricom, Kenya’s most profitable company, Africa’s fintech icon, and the beating heart of our digital economy, is one of those moments. It is no exaggeration to say this deal has shaken Kenya’s soul. For more than two decades, Safaricom has been a symbol of what Kenya can be when vision, innovation, and trust align. M-PESA revolutionized the global financial sector, connecting millions to banking services, driving rural development, empowering hustlers and CEOs alike, and inspiring countries around the world. It is the platform through which farmers get paid, families receive support, school fees are settled, and businesses keep their doors open. It is the digital highway on which our national economy runs.

Yet today, after years of grand promises and economic sloganeering, the Government has put that highway up for sale, at a price many argue is woefully below its generational value. The anger in the streets and the growing uproar online are not merely about corporate shares. They are about sovereignty, trust, and the uncomfortable suspicion that when this regime talks about “transforming lives,” it may be referring to the lives of a very small circle around power.

The Ruto administration insists the sale is necessary, and a strategic move to raise cash quickly. The official justification reads like a crisis memo: we need to plug a fiscal hole; we need to service debt; we need to fund infrastructure; markets are unforgiving. In other words, Kenya is broke, and must sell. But Kenyans are asking a question that the Government seems unable, or unwilling, to answer:

How did we become so desperate that we must now auction off the crown jewel of our economy just to stay afloat?

Because this is not a story about telecom shares. This is a story about leadership failure, and a government that campaigned on fiscal discipline and transparency, but has instead presided over ballooning debt, record borrowing, constant tax hikes, and relentless spending. It is a government that demands sacrifice from citizens, while expanding state offices, rewarding loyalists, launching vanity projects, and entertaining corruption scandals with the moral seriousness of a circus skit. The message being sent is unmistakable: the Kenyan citizen must tighten their belt, but the political class will remain well-fed.

Selling Safaricom at this moment, at a time when market prices are depressed by the Government’s own economic mismanagement, is the equivalent of auctioning your house during a flood you caused, then calling it wisdom. The valuation controversy has only fueled public outrage. If analysts are correct that the sale undervalues the asset, then Kenyans are losing billions not because the market failed, but because their Government negotiated from a position of weakness. Worse, by publicly telegraphing desperation, the State weakened its own bargaining power before talks even began. Buyers noticed, capitalized, and offered, as one MP put it, “a song.”

It gets darker. The sale doesn’t just involve shares; it also involves the transfer of future dividend rights, meaning Kenya is not just selling land, it is selling the crops too. For a company that has consistently delivered profits, innovation, and jobs, swapping recurring income for a single upfront cheque feels like the policy equivalent of a payday loan: quick, convenient, and catastrophic in the long term.

And then there is the matter of trust, or rather, the lack of it. If Kenya were a country like Norway, Singapore, or New Zealand, where public money reliably becomes public benefit, perhaps Kenyans would swallow this deal. But here? Where infrastructure funds disappear before their groundbreakings? Where procu-



rement is a theater of padded invoices? Where projects rot unfinished, or collapse days before commissioning? Where audits read like crime novels without arrests? Kenyans have every right to ask: Who exactly will benefit from this sale? Is it the nation, or the network? Whoever is buying knows how valuable Safaricom is — something the Government ought to know, right? It’s laughable.

Safaricom is more than a business. It is a national artery. It processes billions of records daily, and holds financial, communications, and infrastructure data critical to national security. Handing majority influence to foreign corporations for short-term financial relief raises strategic questions that cannot be waved away with slogans. It is ironic, perhaps tragically so, that the same Government preaching digital sovereignty and data protection, is now willing to outsource control of the very platform on which 84% of Kenyan adults rely for financial inclusion.

This sale is not a reform strategy. It is an admission of failure. When a government chooses to sell assets before cutting waste, before fighting graft, before enforcing accountability, it is choosing the path of least resistance, and maximum harm. A State that cannot control corruption will never sell enough assets to satisfy its greed. Today, Safaricom; tomorrow, ports; next day, power; next week, water; until, eventually, the national treasury becomes

a vending machine for political survival.

Kenya deserves better, and Kenyans must demand better. Parliament must subject this transaction to rigorous public scrutiny. Civil society must resist attempts to rush it. The opposition must find its spine. And the public, especially young Kenyans, must refuse to be numbed by endless scandals disguised as “reforms.”

Selling Safaricom is not just an economic decision. It is a moral verdict on leadership. A government that pledged to protect national treasures, now presides over their disposal. History will remember this moment, and it will ask whether Kenyans were silent when the family silver was carried out the front door in broad daylight.

D I S C L A I M E R

This article reflects the author’s own views and opinions expressed in their capacity as a commentator, and citizen. It does not necessarily represent the official position of The Diaspora Times, its editorial board, or its partners. The opinions expressed are protected under freedom of expression, and public-interest commentary on matters of national concern.



The history of Safaricom shares reflects the company's growth and market performance over the years. Here are some key points regarding the history of Safaricom shares:

First Trading Day: Safaricom shares began trading on the Nairobi Securities Exchange (NSE) on June 9th, 2008.

Market Capitalization: As of December 5, 2025, Safaricom Plc had a market capitalization of KES 1.16 trillion, making it the

most valuable stock on the NSE.

Share Price: The current share price of Safaricom Plc (SCOM) was KES 28.90, with a 1.9% drop from its previous closing price of 29.45 KES.

Trading Volume: Safaricom traded a total volume of 464 million shares over the last trading period, with an average of 7.37 million traded shares per session.

Performance: Safaricom's share price has gained 69.5% since the beginning of the

year, ranking it 18th on the NSE in terms of year-to-date performance.

For a detailed historical stock price data, including open, high, low, close, and volume, you can refer to the historical stock price data for Safaricom PLC (NA-SE:SCOM)

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

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

When A Visa Failed, Courage Took Over: Truphena’s 72-Hour Tree Hug Stuns The World.

Truphena’s story carries emotional gravity because it is rooted in disappointment and systemic neglect. She had prepared to travel to Brazil, hoping to stand among global environmental leaders, indigenous communities, innovators, and negotiators working to shape the planet’s future.

From The Desk Of
Arch. Dr. D.K. Gitau
The Diaspora Times

Bureaucrats tried to stop her from attending COP30, but instead, they pushed her into history, proving that incompetence can never silence true conviction.

Kenya has once again produced a remarkable story of resilience and environmental passion, this time through the quiet determination of a young climate activist named Truphena Muthoni, whose decision to hug a tree for an astonishing seventy two hours has captured the attention of national and international media. Her record setting act, completed in Nyeri County, began as a personal protest against missed opportunities and a restrictive system that stood between her and the global climate platform of COP30 in Brazil. It has since transformed into a powerful symbol of hope, environmental stewardship, and the unstoppable will of young Africans who refuse to be silenced or sidelined.

When her travel to Brazil collapsed due to bureaucratic frustrations and an unresponsive regime that failed to facilitate her participation in the global climate conference, many would have expected her to retreat quietly. Instead, Truphena converted disappointment into activism, frustration into creativity, and isolation into global visibility. She chose to perform a seventy two hour endurance challenge that few would dare to attempt, standing in the cold, heat, rain, and wind with her arms wrapped around a single tree, using her own body as a living billboard calling the world to pay attention to nature, conservation, mental health, and the urgent climate crisis unfolding across Africa.

As she embraced the tree for hour after hour, her message grew stronger. What began as a local act of expression quickly spilled into regional and international conversations, with news outlets across Kenya and beyond reporting that she had set a new world record. The feat has been covered by multiple platforms, including TRT World, Citizen Digital, Capital FM, Nation Media Group, and other publications that framed her achievement as a landmark in climate advocacy, youth empowerment, and symbolic protest. Many outlets describe the record as not only unprecedented but also deeply meaningful at a time when global attention is

fixed on environmental degradation, disappearing forests, and the disproportionate impact of climate change on African communities. Efforts are already underway to document and submit the performance for official recognition as a Guinness World Record, and environmental groups are urging that her achievement be formalized and preserved as part of Kenya’s contribution to global climate activism.

Truphena’s story carries emotional gravity because it is rooted in disappointment and systemic neglect. She had prepared to travel to Brazil, hoping to stand among global environmental leaders, indigenous communities, innovators, and negotiators working to shape the planet’s future. Instead, she found herself stuck in Kenya, watching a plane she never boarded take off without her and a dream she had nurtured drift out of reach. Many young activists would have been crushed, but she chose to speak loudly without raising her voice. Her tree hug became her passport. Her endurance became her language. Her determination became the viral moment she never planned but absolutely deserved. Standing at the base of the tree, wearing a crocheted green, blue, and red sweater and smiling through exhaustion, she reminded Kenya and the world that activism does not always require international travel, microphones, or large institutions. Sometimes all it requires is courage, creativity, and the willingness to do something unusual enough to make people stop, think, and pay attention.

Her seventy two hour embrace was not simply a physical challenge. It was a psychological one that forced her to confront fatigue, harsh weather, and the weight of loneliness. Supporters gathered around her in shifts, singing, encouraging her, and keeping watch as night fell and temperatures dropped. By the time she completed the record, she had become a national conversation, a trending topic across social media, and an inspiration to young activists who often feel unseen or unsupported. Parents, teachers, conservationists, and community leaders praised her spirit, and environmental organizations celebrated her creativity in raising awareness. Climate experts said her action underscored the global gap in resources for African youth, who struggle to participate in high level environmental forums despite being among the most affected by climate change. Her demonstration became a protest against the system that



kept her from COP30, a celebration of Kenyan resilience, and a reminder that Africa has its own homegrown climate champions who need recognition, mentorship, and institutional backing.

What makes Truphena’s story even more compelling is its symbolic harmony with nature. In a world where forests are shrinking and communities are disconnected from the land, a young woman choosing to hug a tree for three consecutive days resonates deeply. It is as if she was reminding humanity that trees are not just plants but guardians, healers, archives of

history, and living witnesses to the planet’s changing seasons. Her act was gentle but assertive, peaceful but provocative, simple but profound. Whether or not Guinness World Records certifies the achievement, Kenya already regards it as a moment of national pride. Her story will undoubtedly inspire a new generation of environmental advocates, proving once again that young Africans are not waiting for permission to protect the earth. They are stepping forward, creating their own platforms, and rewriting the script on what activism can look like. Truphena Muthoni hugged

a tree for seventy two hours and in doing so, she hugged the world’s attention, opening a conversation that Kenya and the global community cannot afford to ignore.

Editorial Disclaimer

The views and interpretations expressed in this article reflect the editorial perspective of The Diaspora Times and are intended to inform public discussion. They should not be taken as official statements of any government, institution, or organization mentioned.



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

Exaggerated Funeral Budgets Are No Longer Rare Whispers.

Distance and technology make it even easier to hide the real figures behind screenshots and emotional appeals. Digital crowdfunding has also opened the door to outright fraud.

Japheth Kipkalia Kones
Diaspora Correspondent UK

Across many diaspora communities, death has quietly become a fundraising industry. What begins as a genuine call to support a grieving family often turns into a lucrative opportunity for relatives, friends, and even strangers who know how to mobilise emotions online. WhatsApp groups, Facebook pages, and community forums quickly light up with posters, links, and paybill numbers “to assist with funeral expenses and support the children left behind.” Yet after the burial, uncomfortable questions remain: How much was collected? How much was actually spent? And where did the balance go?

Complaints about exaggerated funeral budgets are no longer rare whispers; they are a pattern. In Kenya and its diaspora, cases have been highlighted where communities raise far more for burials than was ever available to save the person while they were still alive, provoking public anger when it emerges that only a fraction of the money was needed or properly accounted for

In the diaspora, similar stories surface of committees budgeting for air tickets, hotel stays, and lavish receptions, while widows and children receive token support, if anything at all. The language speaks of “dignified send-offs”, but behind the scenes, the deceased becomes a convenient excuse to collect money that is quietly shared later.

This problem is not entirely new. Studies of burial societies and in-



formal funeral funds in African communities have long warned about “misuse of moneys”, administrative inefficiency and failure of reciprocity – members contribute generously when others are bereaved, only to find little or nothing when their own crisis comes. Modern diaspora fundraisers, often run by ad hoc committees with no legal status, reproduce the same risks: loose structures, no obligation to publish accounts, and no penalties for abuse. Distance and technology make it even easier to hide the real figures behind screenshots and emotional appeals.

Digital crowdfunding has also opened the door to outright fraud. Investigations in different countries show scammers setting up fake funeral fundraisers on platforms like GoFundMe or copying real obituaries to collect money from well-wishers; the grieving family either receives nothing or is unaware that a second campaign even exists. In more subtle versions within

diaspora networks, people in the extended family run parallel collections – one “official” and one private – sending home only a small portion and labelling the rest as “logistics” or “thank-you” money for organisers and travellers.

Unsurprisingly, these abuses are eroding the culture of giving. Kenyan commentators warn that repeated “sympathy scams” and inflated appeals are breaking the trust that underpins harambee traditions and mutual aid. Many now hesitate before contributing, wondering if they are helping a widow or padding someone’s travel budget. In response, some African diaspora communities are turning to more formal solutions such as funeral insurance and diaspora funeral cash plans, precisely because people are tired of endless emergency harambees where accountability is optional.

Yet it would be dishonest to claim that all funeral fundraisers are corrupt. In countless cases,

diaspora friends and relatives act with integrity, raising money overnight to repatriate bodies, pay medical bills, and set up education funds for orphans. The problem is that the same unregulated system that enables genuine solidarity also allows exploitation. Good people give in faith; bad actors quietly capitalise on grief.

The solution is not to kill the spirit of giving but to demand transparency. Every diaspora funeral fundraiser should be treated like a mini-public project. Organisers should present a simple written budget, keep clear records of all collections, and provide a complete statement afterwards showing how much was raised, how it was spent, and what remains. Any surplus should be channelled transparently – for example, into a trust for the widow and children or a registered benevolent fund with clear rules – not divided in private.

Religious leaders, welfare

groups, and diaspora associations have a role to play. They can insist on minimum standards: no collections without budgets, no unreceipted cash, no vague “logistics deductions” that are not pre-approved and documented. Community media and opinion leaders can highlight both success stories and abuses, making it socially unacceptable to enrich oneself on the dead.

Ultimately, this is about dignity and justice. When a person’s death becomes a profit opportunity, we betray the very values of ubuntu, harambee, and mutual care that funeral collections are meant to express. Diaspora communities must draw a clear line: grieving families deserve transparency, widows and orphans deserve protection, and the dead deserve more than to be turned into business projects for the living.

Diaspora funeral fundraisers, once rooted in community support, are increasingly being misused for personal gain. Families and organisers often exaggerate costs to raise more money than needed, with the surplus quietly shared or spent on travel and hospitality rather than supporting widows and children. Some campaigns send only a small portion of what was collected, while others are outright fraudulent, exploiting grief for profit. This growing mistrust undermines the harambee spirit and mutual aid traditions. To protect dignity and ensure accountability, diaspora communities must demand transparency, audited budgets, and clear post-fundraiser reporting so contributions genuinely help the bereaved.

Beyond News — The Diaspora’s Pulse, Purpose, And Power.



A Guide To Coastal Properties For Kenyan Diaspora.



Coastal land and homes offer a more affordable entry point compared to Nairobi's premium neighborhoods. With rapid urbanization, increased tourism investment, and expanding infrastructure, the coast provides stronger long-term appreciation potential. For diaspora investors, this supports effective portfolio diversification while minimizing risk exposure.

By Alvin Mwangi
PR at Optiven.

KENYA -

Kenya's coastline extends approximately 536 km along the Indian Ocean—from Diani through Vipingo to Malindi—making it one of the country's strongest investment frontiers. For the Kenyan diaspora seeking both lifestyle benefits and solid financial returns, the coastal real estate market offers opportunities that are increasingly outperforming other traditional property hubs. This guide, brought to you by Optiven, highlights the compelling reasons to invest, the best locations to consider, and how you can secure your place in this rapidly appreciating region.

Why Invest in Coastal Property?

1. A Tourism and Hospitality Powerhouse

Tourism is the backbone of the coastal economy. Mombasa remains Kenya's second-largest city and the primary gateway for global and domestic tourists. The Kenya Tourism Board projects 3 million tourists by 2025, fueling year-round demand for:

- Short-stay rentals
- Vacation homes and holiday villas
- Boutique hospitality ventures
- Airbnb-style accommodation

Coastal destinations like Diani, Watamu, Vipingo, and Malindi are recording significant growth in visitor numbers and development activity—creating a robust and reliable rental income market for investors.

2. Accelerated Infrastructure Growth

Massive public and private projects are transforming mobility, business accessibility, and quality of life along the coast, including:

- Mombasa–Malindi Highway expansion
 - Dongo Kundu Bypass
 - Upgraded airports such as Vipingo Airstrip and Malindi International Airport
- Improved infrastructure is historically tied to rapid land appreciation. Investors who enter the market during development phases stand to gain the most from rising property values.

3. Higher Capital Appreciation and Affordable Entry

Coastal land and homes offer a more affordable entry point compared to Nairobi's premium neighborhoods. With rapid urbanization, increased tourism investment, and expanding infrastructure, the coast provides stronger long-term appreciation potential. For diaspora investors, this supports effective portfolio diversification while minimizing risk exposure.

Where to Invest: Top Coastal Picks with Optiven

Vipingo — A Luxury and Lifestyle Hub

Ocean View Ridge
Strategically located 2.4 km from the Mombasa–Malindi Highway and 4.5 km from the beach, Ocean View Ridge offers spectacular ocean views and convenient access to top amenities such as Sultan Palace, Sun & Sand Beach Resort, and Mtwapa Town.

Key advantages include:

- Master-planned design
- Strong ROI outlook
- Solar street lighting, reliable utilities & quality internal road networks

Optiven... FUTURE

KARIBU PWANI

OCEAN VIEW RIDGE VIPINGO

WHY INVEST HERE?

- ✓ Water tower
- ✓ Electricity
- ✓ Compacted murram road
- ✓ Beautiful entry gate

Coastal Dreams Secured

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www.optiven.co.ke | info@optiven.co.ke

Secure, serene, and eco-friendly environment

- Proximity to Vipingo Airstrip, schools & hospitals
- Vipingo Prime

Within the Ocean View Ridge community, Vipingo Prime offers premium living in a well-integrated, smart development. Investors enjoy:

- Planned commercial and recreational facilities
- Growing rental demand from tourists and executives
- A trusted developer with 26 years of excellence — Optiven Limited
- High appreciation potential due to its strategic coastal corridor

Early investment is key as Vipingo continues to rise as a high-value hotspot.

Malindi — Affordable Growth & Future Opportunity

Kibali Cha Watoto Wetu Gardens

Designed for young Kenyans and families, offering long-term growth over a 15–20 year horizon. Located just 39 minutes from Malindi CBD along a road set for tarmacking, and near Weru Technical College and Malindi Solar Plant. Water (MAWASCO) and electricity access ensure sustainable development. Optiven will enhance road grading and plot marking.

Joy Lovers Club

Only 1.7 km from the beach, this gated community is ideal for residential living or vacation rentals. Features include:

- Perimeter wall and main gate
- Cabro roads, trees & solar lighting
- On-site water supply and professional security

Its close proximity to Malindi International Airport and major amenities boosts both rental and resale value.

Malindi Phase 8

A top entry-level investment priced at Ksh 159,000, featuring:

- Freehold title deeds (no annual land rates)
 - Fertile red soil for development or agriculture
 - Access to water (MAWASCO) and nearby power supply
 - Graded roads and beacons for ease of development
- Ideal for first-time landowners entering a fast-growing market.

How to Secure Your Investment

Visit: Zamani Business Park

Call: 0790 300 300

Email: info@optiven.co.ke

Mombasa remains the most strategic and rewarding coastal investment hub for the Kenyan diaspora. As Kenya's second-largest city and the gateway to the Indian Ocean economy, it continues to attract millions of tourists, major logistics activity through the port, and expanding business opportunities. Infrastructure improvements such as the Dongo Kundu Bypass, upgraded highways, and enhanced airport connectivity are rapidly raising property values.

Rental demand from tourists, professionals, and expatriates guarantees steady income, while lifestyle benefits create added long-term appeal. For diaspora investors seeking strong returns and secure diversification, Mombasa stands as the best coastal investment destination.



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Global pick. |

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“Diaspora
Connecting
and
Informing
the World”



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

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



THE DIASPORA TIMES REPORTS

Not merely media —a community, a platform, a global Kenyan identity.



Madam C. J. Walker's Legacy: Rare American Story.

Madam C. J. Walker's legacy is one of those rare American stories that begins in the shadows of hardship and rises, almost defiantly, into the brilliance of historic achievement. Born Sarah Breedlove in 1867 on a Louisiana plantation to parents who had been enslaved, she entered a world stacked heavily against her. Orphaned by the age of seven, married at fourteen, and widowed at twenty, Sarah's early life read like a catalogue of adversity that could have crushed her spirit. Instead, it ignited a relentless determination to break cycles of poverty, redefine Black womanhood, and create opportunities where none existed. It is this courageous transformation that turned Sarah Breedlove into Madam C. J. Walker, the first self-made woman millionaire in American history, and an icon of Black enterprise whose influence still echoes across generations.

Her journey began not with great wealth but with a personal crisis: severe hair loss caused by stress, illness, and the harsh living conditions of the post-Civil War South. Black women in her era had limited access to hair products that actually catered to their needs. The beauty industry essentially ignored them. Walker's response was entrepreneurial brilliance—she began experimenting with home remedies and eventually adopted the formula of Annie Turnbo Malone, a pioneering beauty entrepreneur who later employed her as a sales agent. It was Malone who inspired her, but Sarah's ambition, salesmanship, and magnetic personality turned her into a force no one could overlook. Through door-to-door sales, product demonstrations, and empowering conversations with Black women, she built trust, confidence, and a growing business foundation.

Madam Walker's breakthrough came when she developed her famous "Walker System," a specialized hair-care routine that blended scalp treatment, hair-growing ointment, and the use of heated styling tools. But what truly set her apart was not just the product—it was the vision behind it. She understood that beauty for Black women in early 20th-century America was more than appearance. It was about dignity, self-esteem, and economic mobility. By teaching women to groom

their hair in healthier ways, she was restoring a sense of pride during an era when racism and segregation constantly chipped away at their humanity.

Demand for her products exploded. She built a manufacturing plant in Indianapolis, opened training schools, and established a network of thousands of sales agents across the United States, the Caribbean, and Latin America. These "Walker Agents" became symbols of success and professional independence, often earning incomes that surpassed those of men in their communities. More importantly, Walker instilled discipline, leadership, and financial literacy among them, encouraging Black women to save, invest, dress well, and stand tall in a hostile world. Her business therefore became a dual engine: one part beauty empire, one part empowerment movement.

Yet Madam C. J. Walker's legacy extends far beyond the realm of commerce. She was a passionate philanthropist and civil rights advocate, using her wealth to support causes that pushed for racial justice and community uplift. She donated generously to the NAACP, funded scholarships at Tuskegee Institute, supported orphanages, and contributed to anti-lynching campaigns during a time when such activism carried personal risk. Her philanthropy was both strategic and symbolic: she wanted to show that Black wealth could—and must—be used to break barriers and inspire collective progress.

By the time of her death in 1919, Walker had built more than a business; she had created a blueprint for Black entrepreneurship. She demonstrated that success was possible even when society closed nearly every door. She proved that Black women, dismissed by mainstream America, could build corporations, manage supply chains, run sophisticated marketing networks, and cultivate loyal national customers. She also shattered gender expectations in finance, industry, and philanthropy, setting a precedent for generations of Black women entrepreneurs, from beauty moguls like Annie Turnbo Malone and later Madam Walker-inspired enterprises, to modern leaders such as Oprah Winfrey, Rihanna,



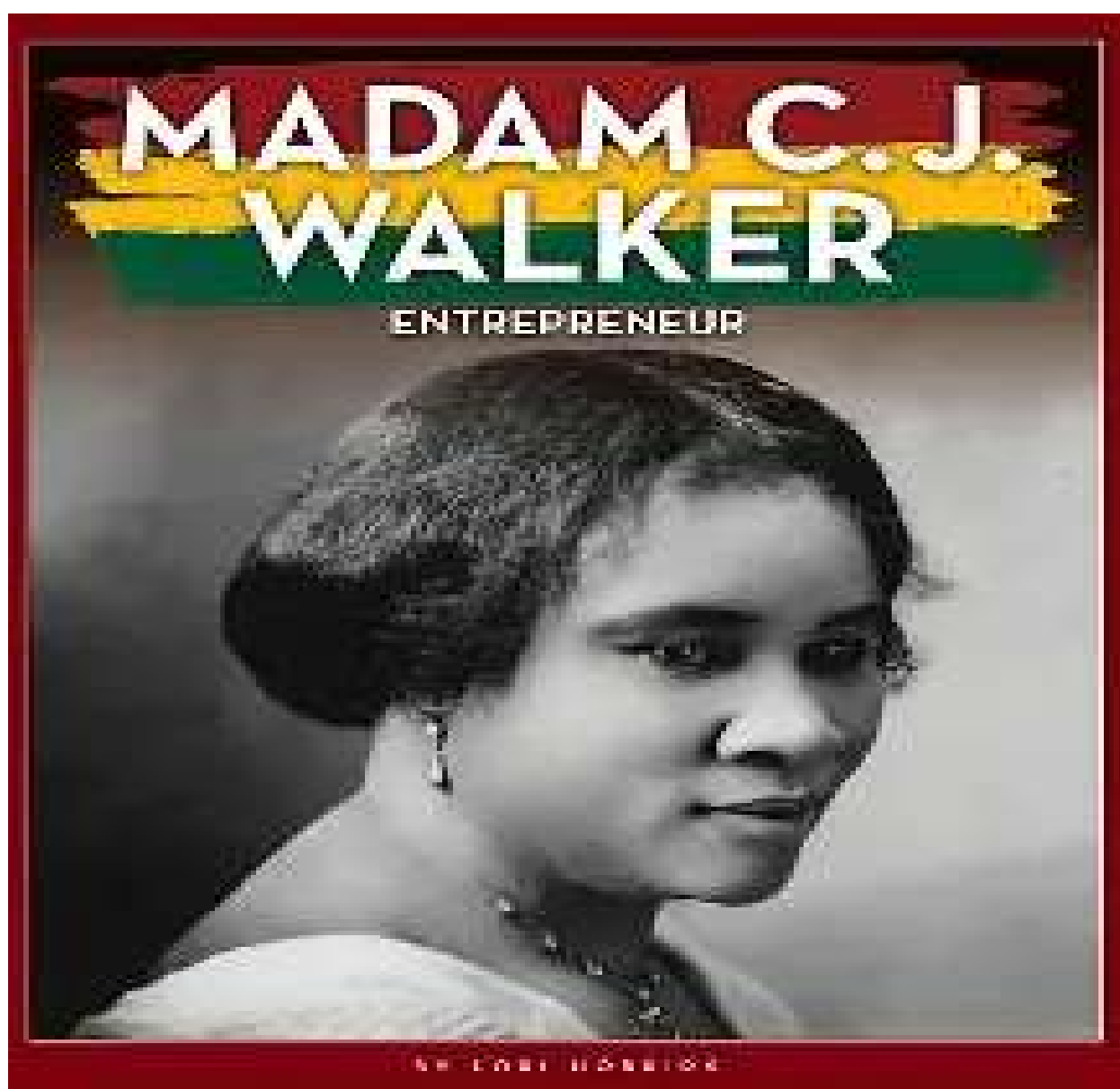
and countless small-business owners across the diaspora.

Her estate in Irvington, New York—the iconic Villa Lewaro—became a meeting place for Black intellectuals, activists, and business leaders of the Harlem Renaissance. Even in death, her home stood as a symbol of Black excellence and ambition, a physical reminder that brilliance can bloom even in the harshest soil.

Today, Madam C. J. Walker remains a towering figure not just in beauty and business but in the broader landscape of American history. Her story continues to resonate because it speaks to universal themes: resilience in the face of adversity, courage to dream beyond circumstances, devotion to community, and the unshakable belief that economic empowerment is a pathway to liberation. She reminds us that entrepreneurship is not merely

a pursuit of profit but a vehicle for social transformation.

Ultimately, Madam C. J. Walker's legacy lives wherever a Black woman opens a business, wherever someone lifts a community while lifting themselves, and wherever bold ambition challenges the boundaries of what society says is possible. Her life is a testament that greatness is not handed down—it is created, one determined step at a time.





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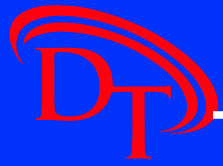
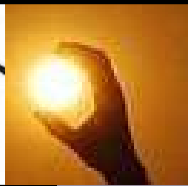
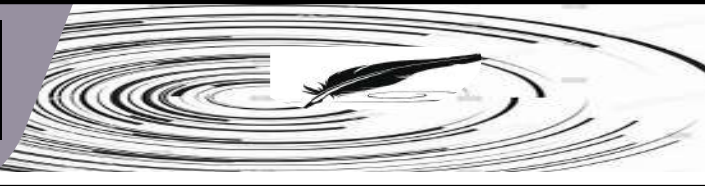
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The Diaspora Times: Bridging Continents, Amplifying Voices

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



THE DIASPORA TIMES



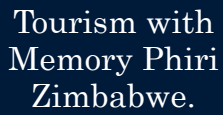
The Diaspora Times is a lifestyle and current affairs newspaper tailored for both the Kenyan Diaspora and readers within Kenya. It offers a vibrant platform for cross-continental dialogue, bridging the experiences, dreams, and challenges of Kenyans abroad with those on the ground at home.

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.

Not just a newspaper — a lifeline of the Diaspora, a bridge home, a force for change.



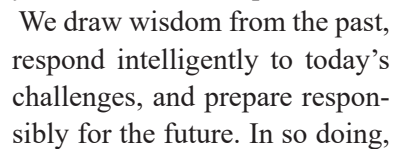
Planet First: The Urgent Call for Sustainable Tourism.

Sustainability revolves around three essential pillars: the planet, the people, and the profit — or, to put it differently, the environment, the social well-being of communities, and the economic stability of destinations.



In fact, tourism as a catalyst

Sustainability symbolizes a commitment to protecting the environment today for a safer and better tomorrow. Sustainable tourism is an eco-friendly tool built on reducing, reusing, recycling, conserving, and preserving. The principle is mutu-



The future of our destinations depends on what we do today. The earlier we embrace sustainability, the sooner we build

By Memory Phiri
Zimbabwe.
Senior editor

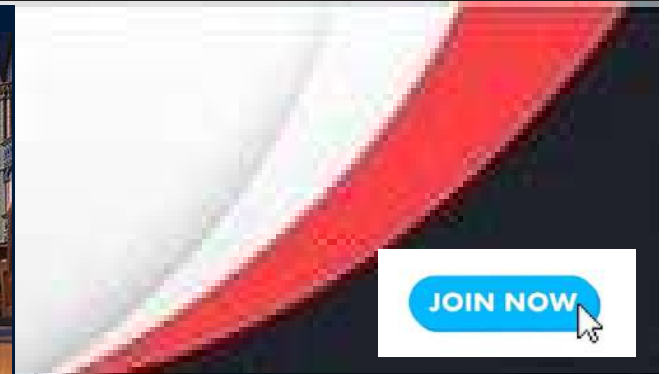


communities by promoting fair wages and cultural respect, and ensures economic growth that benefits both residents and visitors. In many places, tourism has begun flipping the script on climate change through clean-energy initiatives, conservation programs, and carbon-neutral commitments that reflect a deeper sense of duty. Ultimately, sustainable tourism is simply about treasuring what we have so that future generations can experience the world with the same wonder we do today. When we act with care, the destinations we love will continue to thrive long into tomorrow.

15

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DIASPORA SUNDAY



“The Lord will fight for you;
you need only to be still.”

– Exodus 14:14

For I know the plans I have for you,
declares the Lord... to give you a future
and a hope.”

– Jeremiah 29:11

I can do all things through him
who strengthens me.

Philippians 4:13

God is our refuge and strength,
a very present help in trouble.

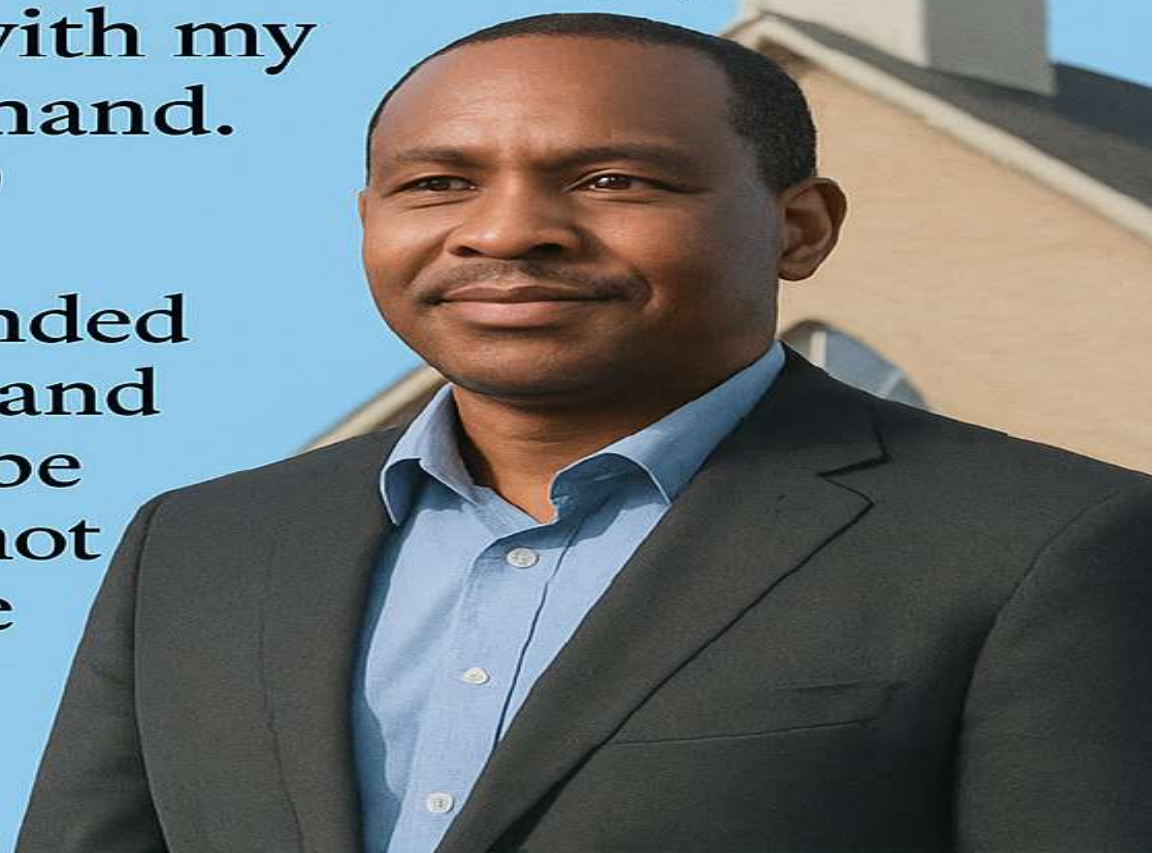
Psalms 46:1

Fear not, for I am with you;
be not dismayed, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my
righteous right hand.

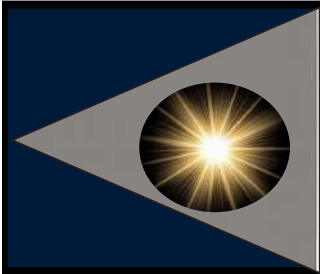
Isaiah 41:10

Have I not commanded
you? Be strong and
courageous. Do not be
frightened, and do not
be dismayed, for the
Lord your God is
with you wherever
you go.

Kennedy Mwangi



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



Lottery of Hope, Executed by Politics: America’s Ruthless War on Diversity Visas

This shift is not happening in a vacuum. It reflects an America that is increasingly suspicious of outsiders, increasingly intoxicated by nationalist rhetoric, and increasingly comfortable defining human worth by economic utility.

By Arch. Dr. D.K. Gitau |
Diaspora Times -Green Card
OPINION

The Green Card Lottery is dying, and let’s stop pretending otherwise. America is not quietly phasing it out, but it is strangling it in broad daylight. A program that once symbolized fairness, equality, and global opportunity is being cornered by politicians who have decided that diversity is no longer a national asset but an inconvenience.

For three decades, the Diversity Visa was the one American immigration pathway that did not bow to money, connections, or privilege. It allowed the son of a farmer in Nyeri, the daughter of a tailor in Kampala, the taxi driver in Accra, or the student in Harare to have the same chance as anyone else. And that, apparently, is exactly what Washington can no longer tolerate.

Let’s call this moment what it is: the near-extinction of the most democratic immigration idea the United States ever produced. The political class has spent the last fifteen years sharpening knives against the program, hiding behind the usual recycled excuses, national security, modernization, and “merit-based reforms.” But strip away the diplomatic vocabulary, and you are left with a brutal truth: America is retreating from the moral courage it once claimed to represent.

The Diversity Visa is not being killed because it is unsafe or ineffective. It is being killed because it gives a chance to the wrong kind of immigrant without wealth, without elite credentials, without family ties, and without the power to lobby Congress.

Washington has systematically poisoned the well. First came the speeches attacking “random” immigration. Then came the legislative proposals to abolish the program entirely. And now we have the silent weapons, slow-walked applications, unexplained delays, stricter interviews, endless documentation traps, and shrinking allocations masked as “administrative adjustments.”

The message is unmistakable: even if the law still allows the Green Card Lottery to exist, the system will make the process so suffocating that fewer and fewer people will make it through. Bureaucracy becomes the assassin when politics fears public confrontation.

For Africans, the near end of the lottery is not just disappointing but enraging. For years, the U.S. used this program as a public relations tool, a shining example of how open and inclusive American democracy could be. It told the world: “We are a nation that welcomes the ambitious, not just the privileged.” And millions believed it.

Families planned futures around it. Diaspora communities



grew from it. Remittances that now help sustain African economies flowed because of it. People built lives and identities around the promise that America remained a place where birth did not determine destiny. And now, that very promise is being quietly shredded for political convenience.

This shift is not happening in a vacuum. It reflects an America that is increasingly suspicious of outsiders, increasingly intoxicated by nationalist rhetoric, and increasingly comfortable defining human worth by economic utility.

Today’s political class prefers immigrants who come pre-packaged as engineers, PhD researchers, AI experts, and Wall Street-ready analysts. Everyone else, no matter how hardworking, brilliant, community-driven, or hungry for opportunity, is dismissed as a burden before they even arrive. Merit-based immigration sounds noble until we admit the truth: merit has

become a sanitized vocabulary for exclusion.

The worst part? America is killing the program without accountability and without shame. No hearings, no moral debate, no national soul-searching. Just silence because the people most affected do not vote, do not live on U.S. soil yet, and cannot fight back. It is easy to end a dream when the dreamers have no political voice. And when the obituary is finally written, it will not come with fanfare. It will arrive buried inside an immigration bill or disguised as a technical update. The American public will barely notice. But across Africa, millions will feel the earthquake.

The U.S. does not want to say this aloud, but the writing is on the wall: the era of an open, random, egalitarian path to migration is over. America no longer believes diversity must be earned at the grassroots level. It thinks it can selectively import the best while leaving the rest be-


hind. And that ideological shift is not just policy but a betrayal of the country’s own mythology.

When the Green Card Lottery finally falls, historians will mark the moment as a turning point, a confession that the U.S. chose caution over courage, elitism over equality, and self-protection over global justice. And for Africans who grew up believing that every October might bring a new beginning, it will be a harsh awakening. The message could not be more blunt: America is closing the door, not because the world changed, but because America lost the will to keep it open.

Disclaimer:
This article is for awareness and guidance purposes. It reflects shared experiences of African immigrants and aims to help new winners of the U.S. Diversity Visa (DV) Lottery prepare realistically before relocating.


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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



When Memories Fade: Understanding The Complex Reality Of Memory Loss.

Memory loss can be temporary or permanent, mild or severe, and can arise from a wide spectrum of causes. It may result from aging, neurological disorders, traumatic injuries, infections, or even stress and mental health conditions. In older adults, the gradual decline of memory—often described as forgetfulness or “senior moments”—can be a normal part of aging.

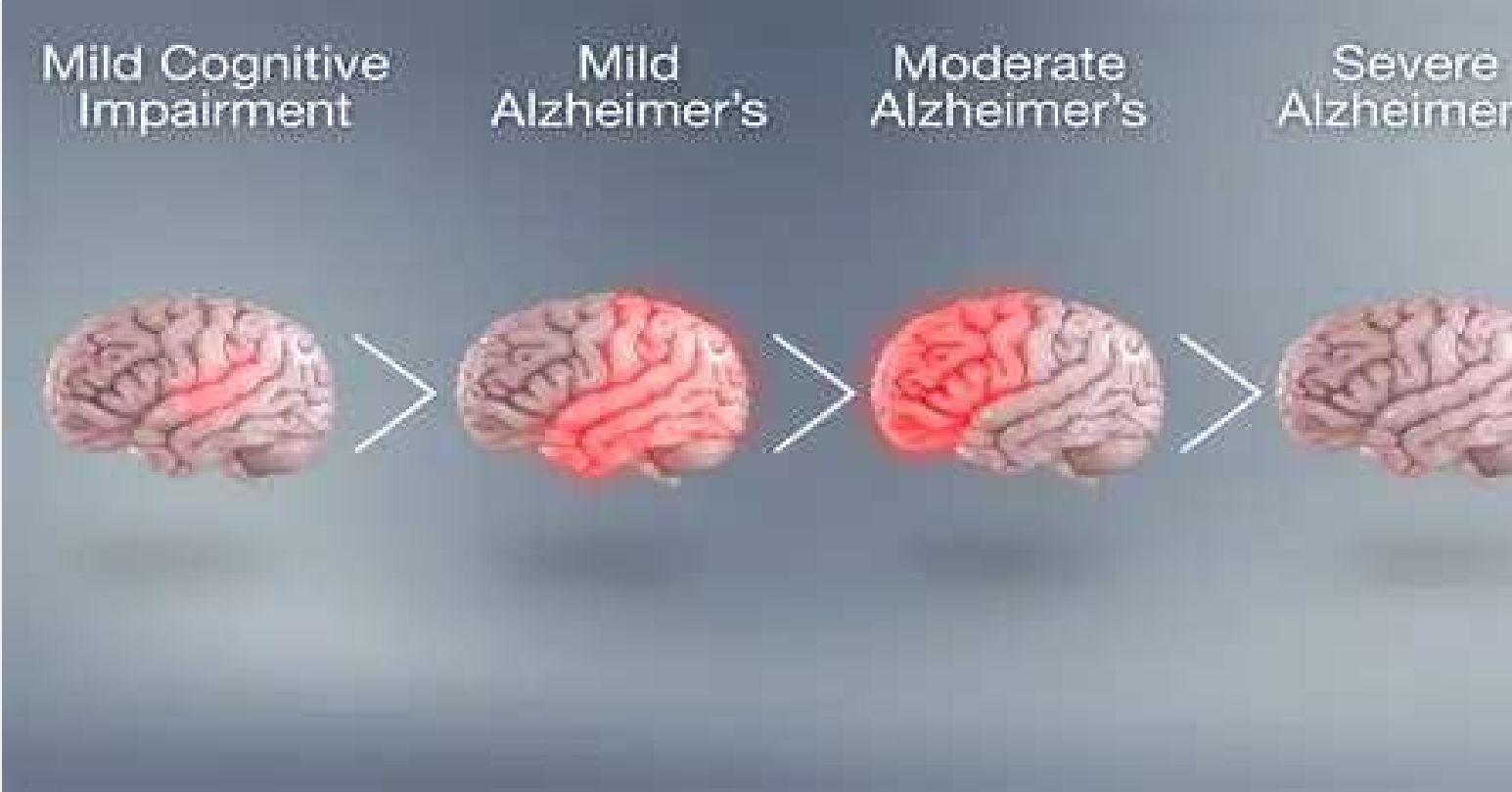
By Maggie Gonna
mngona@gmail.com
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Memory is the invisible thread that stitches together the fabric of who we are—our identities, relationships, knowledge, and lived experiences. It anchors us to our past, shapes our present decisions, and illuminates our hopes for the future. When this thread weakens or begins to unravel, the effects are profound and devastating. Memory loss is not merely forgetting; it is a gradual separation from oneself and the world, often accompanied by fear, frustration, and emotional turbulence for both the affected individual and their loved ones.

Memory loss can be temporary or permanent, mild or severe, and can arise from a wide spectrum of causes. It may result from aging, neurological disorders, traumatic injuries, infections, or even stress and mental health conditions. In older adults, the gradual decline of memory—often described as forgetfulness or “senior moments”—can be a normal part of aging. However, when memory lapses increase in frequency and begin to interfere with daily functioning, they may signal a more concerning condition such as dementia or Alzheimer’s disease.

Alzheimer’s disease, the most common form of dementia, affects millions globally. It progressively destroys brain cells, beginning with short-term memory before advancing to long-term memory, language, recognition, and eventually essential bodily functions. Families often describe the heartbreaking feeling of mourning someone who is still physically present but mentally slipping away. A loved one may forget familiar faces, cherished routines, or even their own identity.

In such conditions, memory loss becomes more than a symptom; it becomes a deep personal tragedy that affects the whole family. Beyond aging-related concerns, memory loss can occur at any stage of life. Traumatic brain injuries from accidents or sports, strokes, brain tumors, substance abuse, and certain medications can impair memory formation or retention. Stress, anxiety, and depression can also play a major role. In an increasingly fast-paced world, mental overload can lead to what is known as “brain fog”—a temporary difficulty in recalling information or concentrating. While not a disease, this form of cognitive fatigue reminds us that mental wellness is as crucial as physical health. There are two primary types of memory loss: retrograde amnesia, where past memories are lost, and anterograde amnesia, where the ability to form new memories is impaired. Some people experience both. The complexities of the brain mean that every case is unique.



One individual may forget names but remember childhood events vividly, while another loses recent memories but retains skills such as playing an instrument or performing daily tasks. This selective preservation makes memory loss both mysterious and scientifically fascinating. Symptoms often begin subtly. A person might misplace objects, repeat questions, lose track of dates or appointments, or struggle to follow a conversation. Over time, these signs can intensify, leading to disorientation, behavioral changes, confusion about familiar places, difficulty in decision-making, and reduced ability to perform everyday tasks like cooking or personal hygiene. The emotional toll—frustration, embarrassment, or fear—can further worsen cognitive decline if left unsupported.

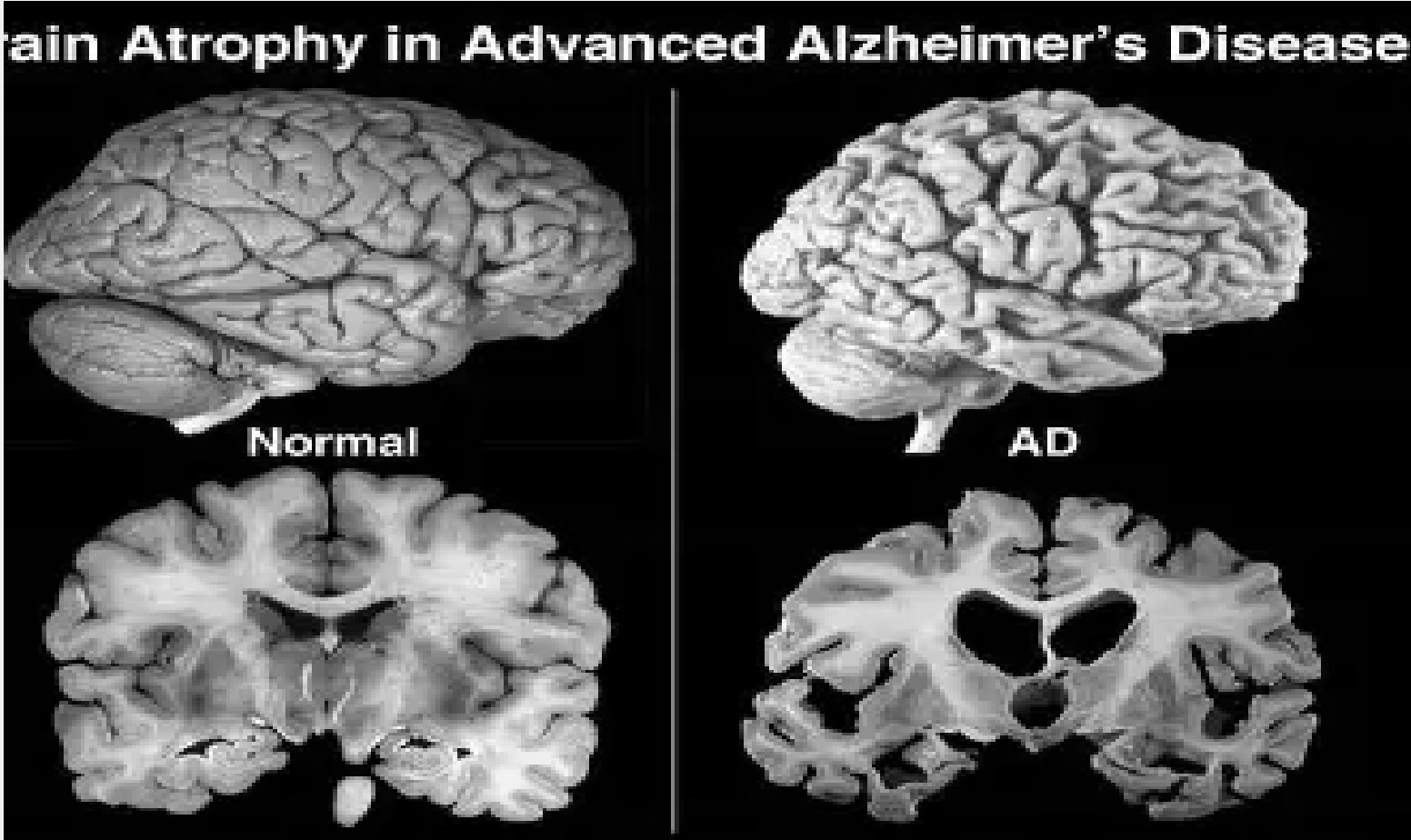
Early diagnosis and intervention are critical. Modern medical tools such as imaging scans, cognitive assessments, and laboratory tests can help identify the un-

derlying cause. While some conditions like Alzheimer’s currently have no cure, treatment can slow progression and help maintain quality of life. Rehab therapy, cognitive exercises, and structured routines can support memory retention. Additionally, a healthy lifestyle—balanced nutrition, regular physical activity, proper sleep, and social engagement—has been shown to reduce cognitive decline and strengthen brain function.

Caregiving for someone with memory loss requires patience, compassion, and resilience. Loved ones must learn how to communicate in new ways, provide emotional reassurance, and create safe environments that reduce confusion or accidents. Support groups and counseling can help families manage the emotional weight and prevent burnout. Caregiving is an act of love, but also a test of endurance as families adapt to a new reality where familiar roles are constantly shifting. At a societal level, rising cases of demen-

tia and cognitive decline among aging populations highlight an urgent need for stronger healthcare systems, awareness campaigns, and research funding. Stigma surrounding memory-related illnesses must be dismantled to encourage early intervention and support. People facing memory loss should not be marginalized or dismissed as simply “forgetful.” They deserve dignity, understanding, and comprehensive care. Memory loss reshapes relationships, identity, and independence.

Yet amidst the struggles, there is room for hope. Advances in neuroscience are unveiling new possibilities for prevention and treatment. Families learn to appreciate moments of clarity and connection, no matter how brief. Most importantly, memory loss reminds us to cherish the present—to embrace conversations, preserve stories, and value the people around us while we can still say, “I remember.”

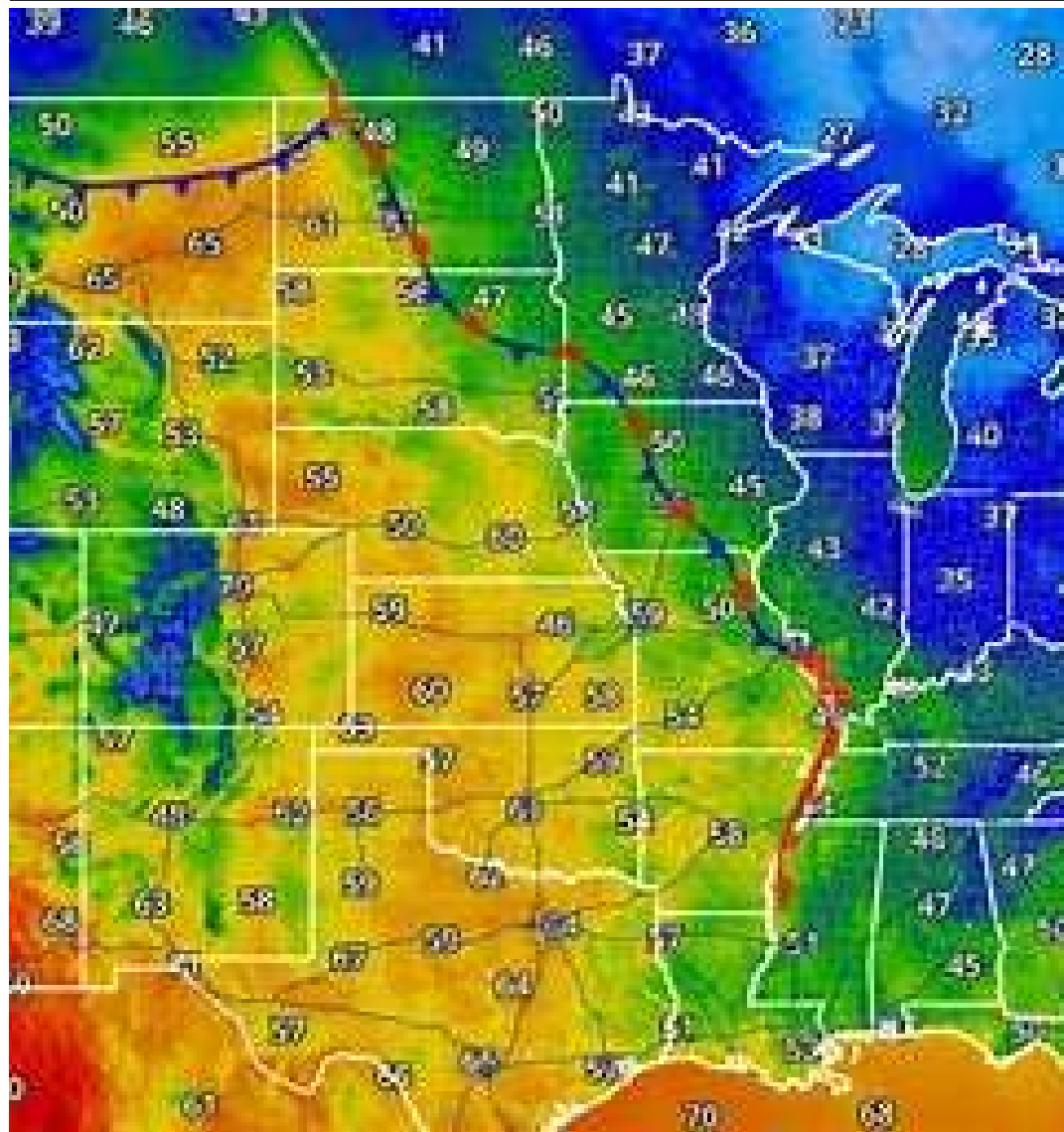


Do not go where the path may lead, go instead where there is no path and leave a trail. -Ralph Waldo Emerson

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



U.S. Weather Forecast Report.



A shifting pattern across the United States this week is bringing a mix of winter chill, coastal rain, and pockets of unseasonably warm air, creating a complicated national weather picture as Americans move deeper into the final stretch of December. Much

of the northern tier—from the Pacific Northwest through the Upper Midwest and into New England—will experience colder-than-average temperatures as Arctic air pushes southward. Highs in states such as Minnesota, Wisconsin, and Michigan are expected

to sit in the low 20s to 30s, with overnight lows dipping into single digits in some rural areas. Light to moderate snowfall will accompany the cold front, especially around the Great Lakes region, where lake-effect snow is likely to intensify midweek.

On the West Coast, a series of Pacific disturbances will bring periods of rain to Washington, Oregon, and Northern California. While totals are not expected to mirror the heavy atmospheric rivers seen earlier in the year, steady showers may cause minor flooding in low-lying areas and travel slowdowns along Interstate 5. Higher elevations in the Cascades and Sierra Nevada can expect fresh snow, improving early-season ski conditions.

In the South, a warmer and more humid pattern continues. Texas, Louisiana, Mississippi,

and much of the Southeast will see temperatures climbing into the upper 60s and 70s, well above typical December averages. However, this warmth comes with a price: a developing system over the Gulf is expected to bring scattered thunderstorms, some potentially strong, across the Gulf Coast states. Residents should remain alert for heavy downpours and localized flash floods, especially toward the end of the week.

The Northeast remains a battleground between warm Atlantic air and incoming Arctic influence. Cities like New York, Boston, and Philadelphia will experience fluctuating temperatures—mild conditions early in the week followed by a sharp cooldown as the northern cold front arrives. Light snow or wintry mixes may appear inland, while coastal areas are more likely to see cold rain.

The central Plains and Mountain West will stay mostly dry, though breezy conditions and falling temperatures in states like Colorado, Kansas, and Nebraska may create chilly mornings and freezing overnight lows.

Overall, Americans can expect a week defined by regional contrasts: winter tightening its grip in the North, wet and windy conditions in the West, and spring-like warmth—brief but notable—in the South. Stay prepared, stay alert, and plan travel accordingly.



"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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step toward dictatorship.
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is the last stand for freedom.”**





A Summary Of The Kenyan Constitution:

By Arch. Dr. D.K. Gitau |

The Diaspora Times | October 2025

Chapter Fourteen: National Security

Chapter Four of the Constitution of Kenya (2010) establishes the legal and institutional framework for national security. It defines the roles, responsibilities, and powers of the country's security organs, and sets out the principles under which they must operate. The chapter aims to ensure that security is exercised in a democratic, accountable, and lawful manner, respecting human rights and freedoms.

1. Principles of National Security

National security is anchored on:

- Protection of Kenya's sovereignty, territorial integrity, and people
- Respect for the rule of law, democracy, human rights, and fundamental freedoms
- Accountability and transparency
- Political neutrality in all security organs

Security is not merely the protection of the state, but the protection of individuals and the enjoyment of their freedoms, ensuring safety and stability for development.

2. National Security Organs

The Constitution establishes three main national security organs:

1. Kenya Defence Forces (KDF) – Responsible for defending Kenya from external aggression. Composed of the army, navy, and air force. They may assist civilian authorities during emergencies, with proper authorization.

2. National Intelligence Service (NIS) – Responsible for gathering and analyzing intelligence to detect and neutralize internal and external threats to national security. Operates under civilian oversight and is bound by law.

3. National Police Service (NPS) – Includes the Kenya Police Service and Administration Police. It is tasked with maintaining law and order, preventing crime,

protecting life and property, and enforcing the law.

Each security organ is expected to operate independently, free from political interference, but under civilian oversight.

3. Oversight and Command

- The President is the Commander-in-Chief of the Defence Forces.

- Parliament exercises oversight through committees and has the power to approve declarations of war or states of emergency.

- The National Security Council (NSC), chaired by the President, coordinates security policy across government.

Each organ must report to Parliament regularly and act within the Constitution.

4. Limitations and Safeguards

Security organs must not act outside constitutional limits. They are prohibited from partisan politics, and any abuse of power is subject to legal accountability.

In essence, Chapter Fourteen ensures that national security serves the people, not the regime, by embedding principles of lawful conduct, human rights, and democratic control into all security operations.

Chapter Fifteen: Commissions and Independent Offices

Chapter Fifteen of the Constitution of Kenya (2010) establishes constitutional commissions and independent offices to promote good governance, human rights, integrity, and accountability in public affairs. These bodies are independent from the Executive, Legislature, and Judiciary, and are designed to provide checks and balances, particularly in oversight and enforcement of constitutional values.

1. Purpose and Principles

The main objectives of commissions and independent offices are to:

- Protect the sovereignty of the people

- Secure the observance of democratic values and principles

- Promote constitutionalism

- Ensure fair, transparent, and accountable public administration

These institutions must operate independently, without influence from any authority, but they are still accountable to the Constitution and the law. They are subject to oversight by Parliament, which receives their reports and can summon them for questioning.

2. Establishment and Composition

Chapter Fifteen provides for the creation of both constitutional commissions and independent offices. Members of these bodies are appointed through a transparent, merit-based process, and must uphold the values of integrity, professionalism, and impartiality.

Parliament is responsible for enacting legislation to define the functions, structures, and powers of each commission or office.

3. Key Commissions Established by the Constitution

The Constitution specifically provides for the following commissions:

- Kenya National Human Rights and Equality Commission – Promotes and protects human rights and equality.
- Independent Electoral and Boundaries Commission (IEBC) – Conducts and supervises elections and referenda.
- Parliamentary Service Commission – Ensures efficient functioning of Parliament.
- Judicial Service Commission (JSC) – Oversees the Judiciary and recommends judicial appointments.
- Public Service Commission (PSC) – Manages recruitment, discipline, and values in public service.
- Salaries and Remuneration Commission (SRC) – Sets and reviews salaries of state officers and advises on compensation for other public servants.

- Teachers Service Commission (TSC) – Manages teacher recruitment and employment.

- National Police Service Commission (NPSC) – Handles recruitment, promotions, and discipline in the police service.

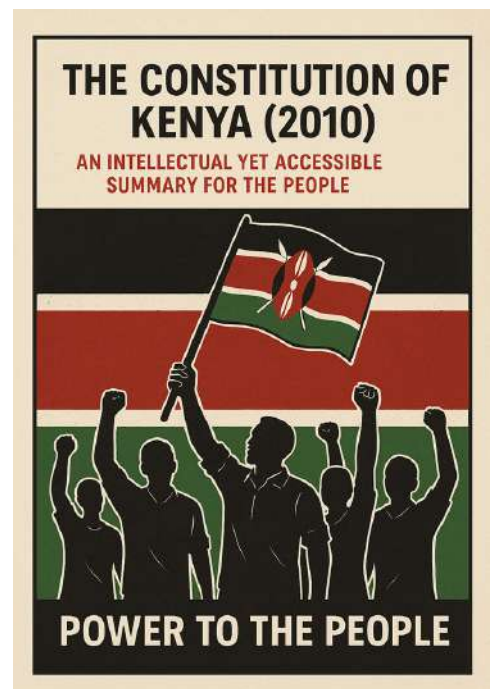
- Commission on Revenue Allocation (CRA) – Advises on the equitable sharing of revenue between national and county governments.

4. Independent Offices

These include:

- Auditor-General – Audits and reports on public finances.
- Controller of Budget – Authorizes release of public funds and oversees budget implementation.

In essence, Chapter Fifteen institutionalizes accountability, transparency, and independence in governance through specialized bodies tasked with upholding the spirit and letter of the Constitution.



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



The ethnicization of key institutions in Kenya has often served as the fuel for electoral unrest, with past elections degenerating into violence, most notably in 2007–2008, when over 1,000 people lost their lives and hundreds of thousands were displaced.



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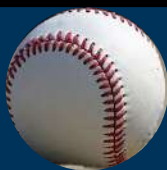


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WORLD OF SPORTS

Green Bay Packers.

Campbell called for an off-tackle play to Gibbs, but Micah Parsons and Isaiah McDuffie broke through the line and dragged Gibbs down for a 2-yard loss. Two plays later, Jordan Love threw a 51-yard touchdown pass to give the Packers a 24-14 lead.

Jordan Love had plenty of time to pass, and took full advantage.

Jared Goff did not and Micah Parsons had a lot to do with that.

Love converted a pair of fourth downs with scoring passes in the first half and finished with a career-high-matching four touchdown throws, leading the Green Bay Packers to a 31-24 win over the Detroit Lions on Thursday.

“Credit to our O-line for giving me plenty of time to make those throws,” he said. “It’s really the reason why we were able to win the game.”

Fourth downs were pivotal, too.

Green Bay went 3 of 3 on fourth down — scoring twice and to seal the win — and the Lions turned it over on downs two times when they went for it.

“I’d rather go down swinging,” Packers coach Matt LaFleur said. “It can bite you, absolutely.”

The Packers (8-3-1) swept the season series to earn a potential tiebreaker in the NFC North and are in second place in the division behind Chicago (8-3), which plays at Philadelphia on Friday. DETROIT (AP)

