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October Is The Month Dedicated To Breast Cancer Awareness.

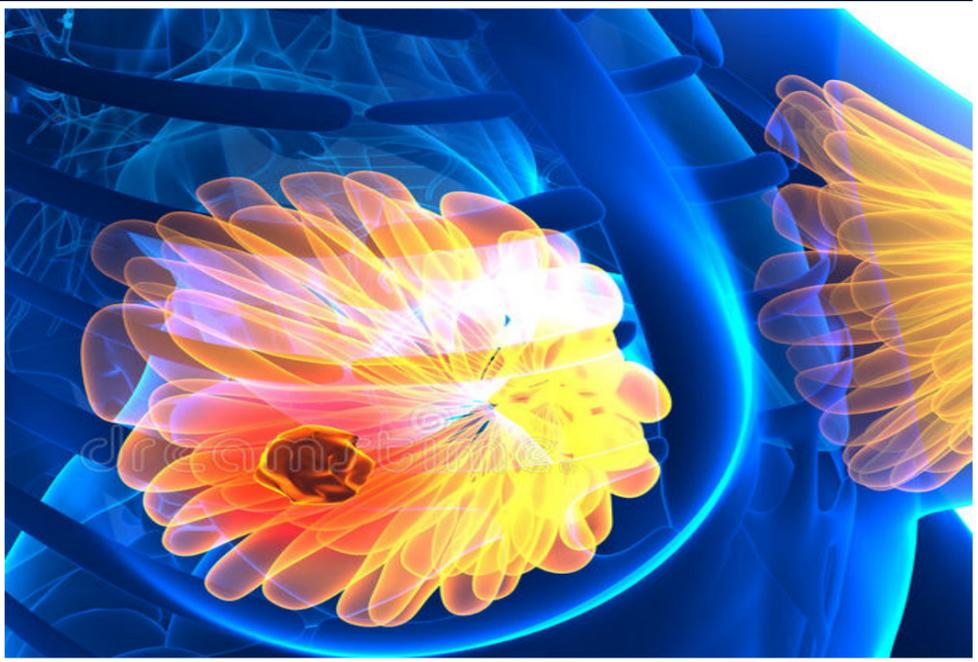


By Memory Phiri
The Diaspora Times
Zimbabwe Correspondent

October is the month dedicated to breast cancer awareness. This means that everyone one of us should play a part by just consentizing the masses about breast cancer in general.

Any little aspect that one knows should be shared with others. Information is power because some people do not even understand that breast cancer is very lethal among the different types of cancer and has caused the deaths of many people, especially women. Gone are the days when breast cancer was a nuisance for women only; now, it also happens to our male counterparts.

[Continued Page 12](#)



In the early years, there was a dearth in screening machines and testing; there was not a whole month dedicated to this worthy cause. It only points to the fact that we are a very privileged generation as we can acknowledge, at the same time, participate in favour of the downfall of this dreadful pandemic. Dear readers, it is better to be safe than sorry. Likewise, prevention is better than cure. Let's show some love, ladies, and repre-

sent because pink is the color for this initiative, thereby symbolizing retaliation or rebellion against this fatal ailment. Dig out those blouses, skirts, vests, leggings, belts, headbands, or lipsticks. It's mandatory to know about breast cancer so let's have awareness campaigns and go to the local schools in our immediate society and hold competitions or quizzes about this vicious disease.

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All that we are is the result of what we have thought.
Mark Twain

WISSE QUOTES

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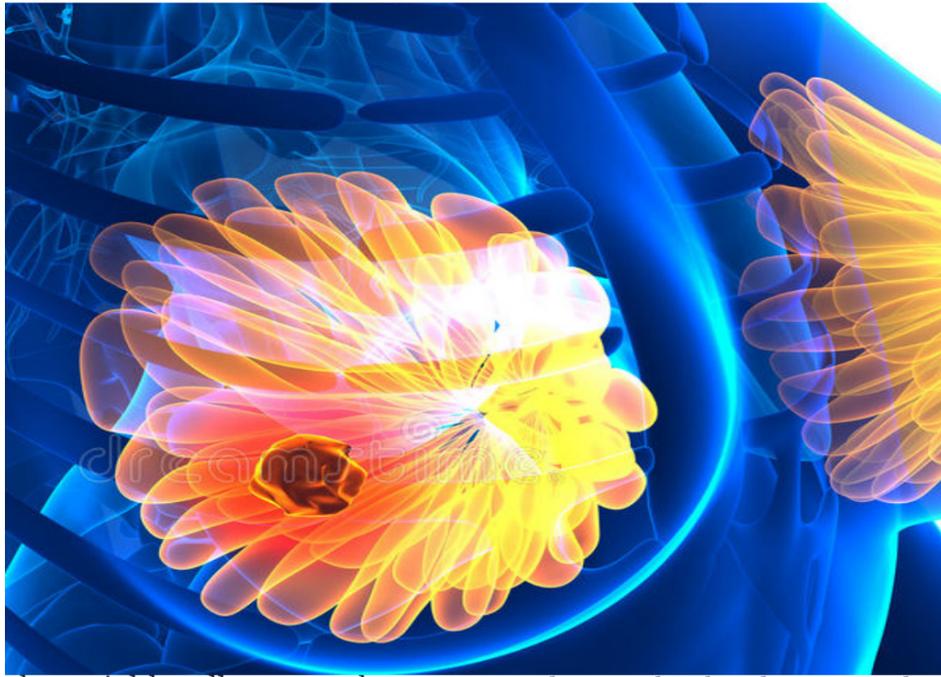
October Is The Month Dedicated To Breast Cancer Awareness.

In the early years, there was a dearth in screening machines and testing; there was not a whole month dedicated to this worthy cause. It only points to the fact that we are a very privileged generation as we can acknowledge, at the same time, participate in favour of the downfall of this dreadful pandemic.

Dear readers, it is better to be safe than sorry. Likewise, prevention is better than cure. Let's show some love, ladies, and represent because pink is the color for this initiative, thereby symbolizing retaliation or rebellion against this fatal ailment. Dig out those blouses, skirts, vests, leggings, belts, headbands, or lipsticks. It's mandatory to know about breast cancer so let's have awareness campaigns and go to the local schools in our immediate society and hold competitions or quizzes about this vicious disease.

Nothing beats being edified and inculcated, for, in the long run, this will stick like glue and stay in the students' minds forever.

That is why they say catch them young and watch them grow. Don't forget to post the campaigns on all



the social handles to reach out to hordes of people globally. Respectively my sister bought a sticker that will undoubtedly contribute in funding for this worthy cause, and we displayed it in our closet. I am proud of this thoughtful gesture because every time we open our closet, we cannot help but feel that this donation will help one or two cancer victims.

That is why I decided to write this article to play a part in conscientizing all and sundry that cancer is real and a menace. Its a social evil to the world, but we will defi-

nately win this battle sooner than later.

On a more serious note, let me walk you through the symptoms of breast cancer so that no one will tell you otherwise. Anyone who has heard about this issue knows that breast cancer's most common symptom is a lump or mass. Breast cancer can be a tender, soft, rounder, and painful lump. That is why we are reiterating that one should take their time acquainting themselves with this month to know a thing or two about this disease. Moving on to other symp-

toms, there is the issue of swelling of all or part of the breast, nipple or breast pain, nipple retraction or thickening, and last but not least, nipple discharge.

On the contrary, you should also commit the following factors to memory because they do not increase breast cancer risk. It can be deduced that abortions, miscarriages, underwire bras, breast implants, caffeine, cellphones, sugar, trauma to breast and migraine headaches does not play a role when it comes to breast cancer. One will feel like this information is a drop in the ocean, but someone out there will learn something today. Furthermore, scientists and doctors have been working tirelessly since 1932 when they had an improvement in the name of mastectomy, a more effective procedure that was not as disfiguring.

In 2018 they discovered immunotherapy which regresses breast cancer in a patient with a form of the disease resistant to other treatments. This just about rounds up my article, so let's go and have those checkups and tests done this October.



LETTER to the EDITOR



By Isaac Newton Kinity

HIGHLIGHTS

As soon as Ruto gave those promises during his final days in his campaigns, in answer to what he would do if he became President, we knew he was lying to the Kenyan people, and we were sure the Mama mboga and the Hustlers were heading to a very big conflict with Ruto over the promises. We knew that it was the same Ruto who had lied about Stadiums in three months, about dams, about hospitals and many others. We also remembered that it was the same Ruto who had boasted in public last year, about how much work the then infant UDA had done for Kenyans. Then came his Deputy Gachagua, who came out lying that the Treasury was left empty by Uhuru Kenyatta. Thanks to the CBK, which immediately denounced Gachagua's lies. Ruto has a duty to give to Mama mboga what he promised them. Ruto has a duty to give to the youth what he promised them. Shollei and Gachagua should not mislead Kenyans with lies that the country does not have money.

Gitau Wa Wairimu

All these agricultural land being partitioned in Central Kenya for "development" and the local government is not protecting these activities. In 50 years time the central region will be a desert.

It's sad but we shall live to see it..Kaimbu is already turning into a desert Ruiru has caught on heading towards Thika. Nanyuki has caught on. There are many arid areas near Nairobi like Athi river and the region that can be reserved for these small town developments and residential development but the government is not concerned.

D.K. GITAU

Anyone mentioned in any scandal real or imagined, proved or not proved should not come to Diaspora to confuse people. Diaspora don't need Kenyans to show them how to invest as internet has answer to everything.

Every year Kenyans are cheated with paid up seminars and continue to be lied by same people. They could be gaining from investment but the same may not be the best as other better investment avenue exist. Those homecomings organized by Kenyans are suspect. When were graft cases those leaders were involved in solved? Shem Ochuodho who lives in Kenya, must stop lying to Kenyans. Diaspora knows

the people who help them to invest in Kenya and don't need swindlers with a bad past. I am not exaggerating as they have pending cases not yet determined. Even if the same were terminated, it was through corruption and the new administration should revive them. There is no malice but stating facts as they are. We are the Diaspora Voice.

Alex G

The picture below shows USA's Anita Alvarez as she sank slowly to the bottom of the pool at the world championships in Budapest recently. Her coach Andrea Fuentes, scanned the pool deck and made a split-second decision: She dove in to save her. This image should remind us of the importance of coaching and mentoring. This coach had the ability to recognize when Anita was under the water longer than she normally could. This coach had the desire to help. This coach had the willingness to save. This coach acted while others were still watching on the sideline We have too many young folks drowning right before us especially at work, in the church etc. We watch as many walk away & unfortunately, some, even taking their own lives due to the pressure that comes from navigating life's challenges Every Paul needs a Timothy and every

Timothy needs a Paul. If you're a young person that doesn't have a mentor, find one Now. If you're a seasoned vet and don't have a mentee, find one Now There's no excuse for anyone to drown.



Isaac Kinity

In September 2022, 1kg of maize flour cost Kenyans Kshs. 107. Now Ruto is lying to Kenyans in broad day light that he found the same costing Kshs.230 when he took office. When will Ruto understand that he ca not succeed to lead Kenyans on lies? When will he learn that the campaign period of his lies is over? Kenya will not be built on lies, and Ruto stands to fail miserably if he thinks that his lies will improve the economy.

HRP FEEDING SESSION

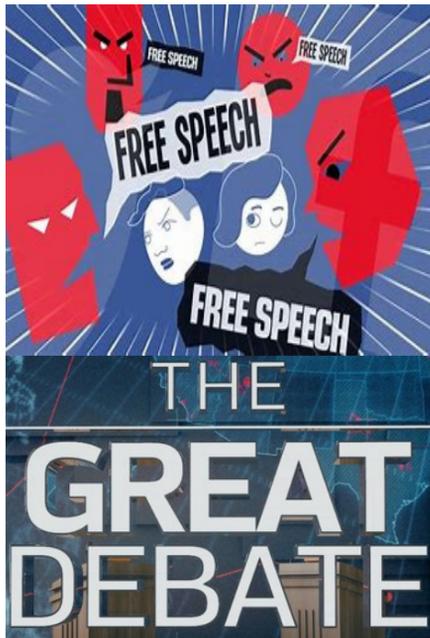
The feeding activity was characterized by some unique desire by our brothers and sisters at South Commons Park to cooperate with us without resentment from any one of them. Flow of love was awesome. All this is the result of our beloved

sister Anne Mburu, (commonly known as Anne Karanja), who selflessly sponsored this activity. Perhaps nobody saw her doing it, but God saw it. We appreciate and thank you Anne, knowing it's not the first time that you have contributed to the needs of this organization. The Lord will fill your barns with plenty, and cause your presses to burst out with new wine. God bless all that support and participate in our feeding sessions, and in other HRP activities.



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laughter is the best medicine



*I'm hynie the laughing hyena
I'm laughing all day long (huhuhuhu)
because when I kick all my troubles they wiggle awaaay where theey belong (other voices)
He's happy no matter what happens when singing his happy song
so when you get up every moooorning don't ever be whiny but make life sun shiny like hynie the laughing hyena
I laugh and I laugh and I laugh some more
we laugh and we laugh and we laugh ha ha
ha ha ha ha ha haaa ha ha ha ha haaa ha ha ha ha haaa ha ha ha ha ha ha*

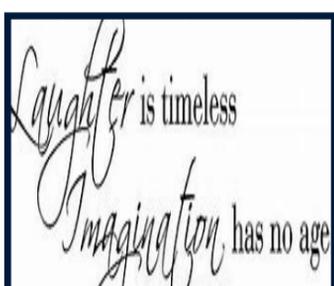
A pair of cows were talking in the field. One says, "Have you heard about the mad cow disease that's going around?" "Yeah," the other cow says. "Makes me glad I'm a penguin."

An 88-Year Old Woman was interviewed by the local News after getting married for the fourth time... The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation. "He's a funeral director," she answered. "Interesting," the newsman thought. He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living. She told him she'd first married a banker when she was in her early 20s, then a circus ringmaster in her 40s, later on a preacher in her 60s, and now in her 80s, a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers. She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go." The 80s, an American and a Russian are arguing about which country has more freedom. The American says, "I can walk right up to the White House and shout 'Down with Reagan!' and nothing bad will happen to me." The Russian replies, "Guess what? I can walk in front of Kremlin and shout 'Down with Reagan!' and nothing will happen to me either." A couple in their 80s were having problems remembering things, so they decided to go the doctor for a checkup. The doctor tells them that they

are physically okay, but they might want to start writing things down to help them remember. Later that night, while watching TV, the old man get... read more How does the kid tell you that their grandparents called? 60s kids: Grandma called. 70s kids: Gramps called. 80s kids: Granny called. 90s kids: Grandmother called. Kids now: Boomerang. Here's a joke from the 80s Ronald Reagan and Nancy Reagan are out to dinner. The waiter asks what the First Lady will have. She says, "I'd like the filet mignon, and a baked potato." The waiter asks, "and the vegetable?" Mrs. Reagan answers, "Oh, he'll have the same." The 70s/80s aesthetic has recently become pretty popular in France.

They say it has a certain Gen X sais quoi. A man with a gun barged into the pub earlier and was threatening violence if the bar didn't play some classic 80s tunes. Luckily The Police turned up and sorted him out. I've been diagnosed with a type of amnesia where I deny the existence of certain 80s bands.. there is no cure My girlfriend asked if I remembered to get tickets for the 80s dance party she was really looking forward to. I had to tell her... Domo arigato, totally forgot I am a dyslexic with an obsession with 80s experimental music. I can Phil it Collin in the air tonight

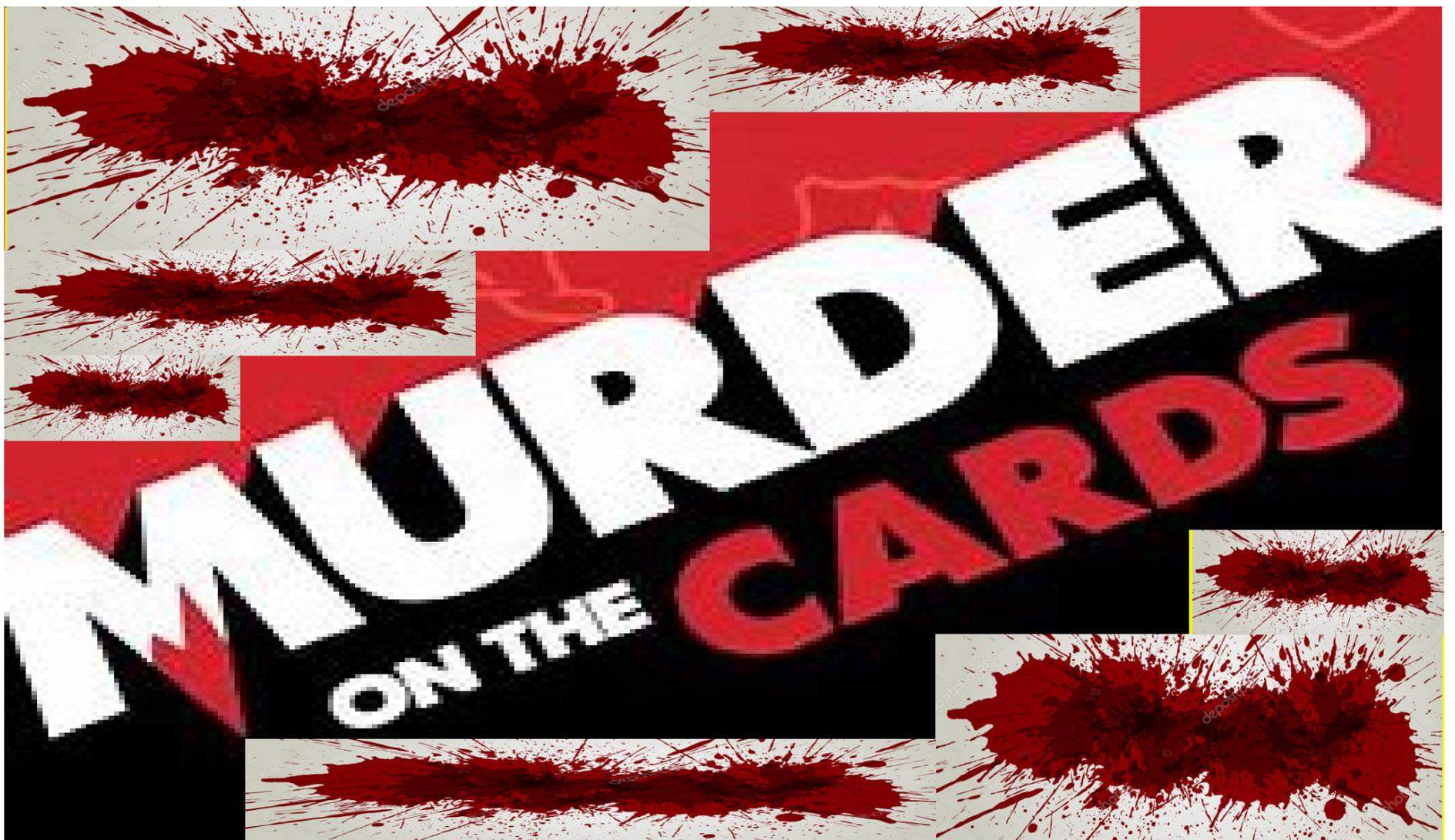


Murder On The Cards

Abigirl Phiri is a PhD student of commerce at the University of Zimbabwe who is a voracious reader and an avid writer. In addition, she is a freelance writer as well as columnist in the Mt Kenya Times e-daily paper, Diaspora Times Global, Diaspora Times, Diaspora Sunday, Diaspora Connect Kenya, Misingi Afrika magazine, Entrepreneurial magazine, Raniernews magazine and Student Academic Freedom Regional Advocacy Program inter alia. For more of her work it can be found on her Facebook page: Words are Forever.



Abigirl Phiri-Zimbabwe



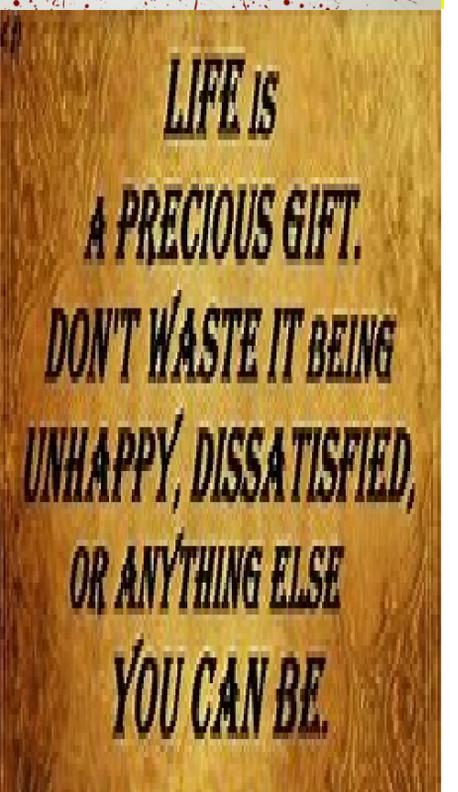
Sean Masiwa heard the shrill scream once again and he galvanized into action knowing that if he didn't get there in time there was a sense of impending doom in the air and how unfortunate that his treasured night walk would be disrupted unexpectedly this way. He had been accustomed to going on these soul searching walks without his phone and with just Bruce for company since he had started work at the Adams farm as their mechanic after all he had inherited the inherent Masiwa touch for tinkering around from his dad. Another ear-splitting scream prompted him to run as fast as his long legs could carry him, but he could feel that age was no longer on his side despite the military training he once had gone through; it seemed another time when he once had been

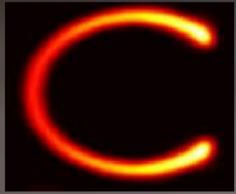
a dedicated soldier. The branches hit him hard as he sped on in the forest, and these were the rare times he wished Kimberly hadn't taken long to come back home from town with Bruce, their German shepherd whom she had gone with for his monthly shots- besides that the hound followed her faithfully like a disciple.

For a man of his age, he pushed on, and when he reached the scene of action, hidden with some under bushes, he came to a grounding halt, chest heaving hard from the exertion he had put it through. Already he could see a retreating figure in black which tore in the dark, who with no doubt was responsible for the gory sight of the carelessly sprawled body lying on the ground that affronted him; he could even bet it on his last dollar. Were it not that the suspect had already a full head start on him, he didn't think it wise to follow but had he gotten here with some few minutes to spare;

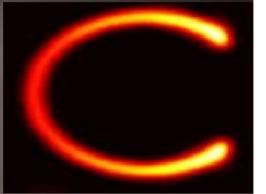
he would have had half a mind to have just done that, going after the murdering son of a gun. Somehow his gut instinct told him something was quite familiar with the retreating figure, which he could not put the finger on, for the victim needed him more and when he crept closer, all he could mutter was "Dear God" as he sank on his knees.

Some situations surely could emasculate people; he was now a witness to that little piece of fact because lying on the ground in a crooked heap was none than Trice, the bright-natured daughter of the manor her hair always pulled back in a neat bun was now in total disarray. Trice was Brock Adams's beautiful daughter who had been brutally assaulted and a serrated knife laid buried in her stomach as he crawled on his knees to her in a closer inspection.





History



Ramadhan Seif Kajembe

Ramadhan Seif Kajembe (2 March 1954 – 7 August 2020) was a Kenyan politician. He was a member of the Orange Democratic Movement and was elected to represent the Changamwe Constituency in the National Assembly of Kenya from 1997 to 2013.

By Dr. Jean Kamau
Excerpts from hivi sasa
jean@gmail.com

summary

After ex-MP Kajembe and wives, death now robbed the family their daughter on Thursday, August 20, 2020. Police officers cordoned off Pandya Hospital, Mombasa where the former Assistant Minister Ramadhan Kajembe died on August 7, 2020. His daughter, Langoni Kajembe, passed away at the facility. What you need to know: The death of Mr Kajembe and his daughter followed those of his two wives, robbing the family a total of four members in a span of five months. The ex-MP's first wife Aziza died two weeks before the death of her husband, with reports indicating that she had succumbed to Covid-19 complications. The politician lost his second wife Zaharia four months before Aziza's death.

Former Changamwe MP Ramadhan Kajembe passed on at Pandya Hospital in the month of August 2020 at the height of the Covid crisis. His death was barely two weeks after his wife died of Covid-19 complications. Kajembe, who was ailing during his wife's burial, was not able to attend the ceremony as he was on oxygen supply. Some of his close relatives had been admitted at the same facility over a week ago after the wife succumbed. He was buried at 7 pm at the Kajembe family cemetery in Changamwe according to Muslim traditions. It was also where his second wife was also buried two weeks before. Following the death of Kajembe, Kenyans sent many messages of condolences to the



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Tanzania's trade mission set for visit to DRC Congo.



The DRC is the major customer for Tanzania's ports. It accounts for close to 40 percent of all transit goods that pass through Tanzania's ports. Lake Tanganyika, which borders the two countries, also has ports that could be utilised to the advantage of both countries

A business delegation from Tanzania will visit the Democratic Republic Congo (DRC) next month. The visit will be part of efforts to foster relations in line with the aspirations of the leaders of the two East African Community (EAC) member states. The one-week mission, which is slated to start on November 7, will be a follow-up to President Félix Tshisekedi's two-day official visit to Tanzania. Mr Tshisekedi left the country yesterday after meeting with President Samia Suluhu Hassan. Key issues as DR Congo's Tshisekedi visits National 3 hours ago The two leaders witnessed the signing of a memorandum of understanding on defence and security; infrastructure and transport; trade and investment, as

well as social cooperation. In their joint press briefing on Sunday, they deliberated on a number of grand infrastructure projects such as the standard gauge railway (SGR) and road construction as a way of improving connectivity, which is key to boosting trade between Tanzania and the DRC, the only two EAC members that also belong to the 16-member Southern African Development Community (Sadc). During the meeting, President Hassan said the DRC was ready to receive members of the business community from Tanzania. And speaking to The Citizen yesterday, Tanzania Chamber of Commerce, Industry and Agriculture (TCCIA) president Paul Koyi said a trade and investment mission will travel to Lubumbashi in the DRC next month where they will hold site visits and business meetings to discuss specific areas

of investments and trade. The mission to the second largest city in the DRC will consist of a trade and investment forum, business to business (B2B) meetings and site visits to key economic sectors in that country. "We plan to go with a delegation of 50 members of the business community to check on areas such as agriculture, minerals, timber, general trade finance, construction and building materials, and also real estate," Mr Koyi said. He added that in agriculture, for instance, the DRC was blessed with good weather, but their productivity was still "very low". As a result, commodities like food crops and all forms of cereals are in high demand.



Excerpts from the Citizen
liams2314@gmail.com

HIGHLIGHTS



The DRC is the major customer for Tanzania's ports. It accounts for close to 40 percent of all transit goods that pass through Tanzania's ports. Lake Tanganyika, which borders the two countries, also has ports that could be utilised to the advantage of both countries, said Dr Mmari. Latest data show that a total of 2.956 million tonnes of goods destined for the DRC passed through Tanzania's ports during the 2021/22 financial year. This was about 38 percent of a total of 7.801 million tonnes of goods in transit that passed through Tanzania's ports during the financial year. Zambia came second with 2.036 million tonnes while Rwanda, Burundi, Malawi and Uganda came in third, fourth, fifth and sixth positions respectively, with 1.487 million tonnes, 493,078 tonnes, 470,277 tonnes and 209,975 tonnes respectively.



'Brutal' attack on pregnant woman at Publix ends when witness pulls gun, Florida cops say.

By Jean Kamau
Senior Editor
The Diaspora Times

summary



The Violence Against Women Act of 1994 (VAWA) is a United States federal law (Title IV of the Violent Crime Control and Law Enforcement Act, H.R. 3355) signed by President Bill Clinton on September 13, 1994. The Act provided \$1.6 billion toward investigation and prosecution of violent crimes against women, imposed automatic and mandatory restitution on those convicted, and allowed civil redress when prosecutors chose to not prosecute cases. The Act also established the Office on Violence Against Women within the U.S. Department of Justice.



A bystander drew his gun on a man accused of beating and stomping on his pregnant girlfriend outside a Publix super market, ending the "brutal" attack, Florida deputies say.

The incident occurred around 5:15 p.m. Saturday, Oct. 22, in the parking lot of the Largo grocery store, according to an arrest affidavit.

The woman told Pinellas County deputies that her boyfriend, Cole Danishment, 27, got angry and punched her in the face repeatedly. She fell to the ground, and Danishment is then accused of stomping on her head and upper body.

The woman told deputies that Danishment knew she was 14 weeks pregnant with his unborn child.

A man who witnessed the attack said he feared for the woman's life, prompting him to intervene. Danishment didn't stop brutalizing the woman until the witness pulled a gun on him, according to the affidavit.

The victim was left "covered in large amounts of blood" and suffered a possible broken nose in the attack.

Deputies said there was a no contact order against Danishment after his arrest on a domestic battery charge a week prior, but it did not stop his "pattern of violence" toward his girlfriend. He acknowledged attacking the woman but told deputies he "saw red" and couldn't remember what happened after "blacking out," the affidavit said.

Danishment was charged with aggra-



vated domestic battery and booked into the Pinellas County Jail, where he remains held on a \$20,000 bond as of Tuesday, Oct. 25, online records show.

Largo is about 20 miles southwest of Tampa.

If you are experiencing domestic violence and need someone to talk to, call the National Domestic Violence Hotline for support at 1-800-799-7233 or text "START" to 88788.

Woman found stabbed to death after

welfare check ends in SWAT standoff, GA police say

Missing pregnant woman is found shot dead, Virginia cops say. Boyfriend is arrested

Mother charged with murder in 5-year-old daughter's fatal stabbing, Texas police say

Concepts from Florida Tribune



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Police in Georgia make shocking discovery in case of missing Douglasville Kenyan teen.

summary



Comments

A Georgia father believes more could have been done to save his son after his body was discovered three weeks after he went missing.

Douglasville Police discovered Yaron Kathuri's remains in a 50-foot-well on Saturday, Oct. 22, in an area near where he had been reported missing since Sept. 28. He was wearing the same clothes he was last seen wearing. Yaron's father, Andrew Kathuri, said his son had been denied care at a mental health facility hours before he went missing.

"He had gone seeking help, and he was turned away. I think that that was the nail in the coffin," Kathuri told Atlanta Black Star. "That his life didn't matter and that he decided to take his own life."

Yaron's cause of death has not been identified. The 17-year-old told doctors that he was feeling suicidal, sent goodbye texts to his friends, and made an emotional call to his family the morning he disappeared. Still, the police department did not assign a detective to the case until after his family discovered his abandoned car at his favorite mall. His father, devastated by the loss of his elder son, is desperate for answers.



The family of a missing Georgia teen last seen in September has confirmed that the remains found

Saturday behind the Arbor Place Mall are his. According to The Atlanta Journal-Constitution, the family of Yaron Kathuri, 17, told a local network Sunday they were notified that the remains are those of the Douglasville teenager. He went missing on Wednesday, Sept. 28.

Yaron Kathuri Family members have confirmed that the remains found behind the Arbor Place Mall in Georgia on the morning of Oct. 22, 2022, are those of Yaron Kathuri, shown on a flyer. The Douglasville teen was last seen on Sept. 28.

The Douglasville Police Department shared in a Facebook post on Saturday, Oct. 22 that the area was one of the last known locations of the

then-missing youth.

They had said that detectives were working to confirm the individual's identity and the circumstances surrounding his death.

"I'm sad. I'm at a loss of words," said Yaron's father, Andrew Kathuri, according to The AJC. "(I'm) confused a little bit. I've been on an emotional roller coaster 'cause his memories and reality are coming together."

Fox 5 Atlanta News reported that the family last saw their loved one around 8 a.m. on Sept. 28. They thought he was driving to school.

The grieving father said his son struggled with depression. "He had texted his friends," Andrew Kathuri told Fox 5. "He said that 'I'm sorry.' That he's 'tired of life.'"

According to WSB-TV, Yaron's family made an attempt to get him checked into a mental health facility 48 hours before he went missing. The center

maintained that Yaron would require outpatient treatment because it was at capacity. Missing Black children not promoted on social media like white counterparts

Also Read:

Missing Black children not promoted on social media like white counterparts

The teen's mother, Vera Kathuri, believes his disappearance could've been avoided had he been allowed to be admitted into the facility.

"I would say if he was admitted — because he was really adamant about getting medication — that maybe could have calmed down his fears about what he was going through," she said, WSB reported.

“



NEWS Briefs

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Which, if any, of the following kinds of art do you have hanging on the wall of your home?

52%	Photographs
42%	Paintings
33%	Drawings/Sketches
20%	Posters
15%	Textured wall hangings
1%	Maps
10%	Stamps
6%	Mostly none (e.g., empty)
6%	Music
6%	Other art
4%	Nothing/hanging pictures

Who is Rishi Sunak? What to know about the new prime minister of the UK.



Just a few days after Liz Truss resigned as prime minister, the UK has a new prime minister. Truss, who lasted a mere 45 days in office, will be replaced by Rishi Sunak, a veteran of British politics and a fellow member of the conservative party. Rishi Sunak meets supporters as he arrives to attend a Conservative Party leadership election event in Birmingham, England, Tuesday, Aug. 23, 2022.

Rishi Sunak meets supporters as he arrives to attend a Conservative Party leadership election event in Birmingham, England, Tues-

day, Aug. 23, 2022.

Sunak, the former finance minister, was chosen by fellow members of Britain's Conservative Party, which currently controls parliament. The British people elect a party to power, not an individual, making it possible for the party in power to choose a new prime minister without a popular election. Sunak took office Tuesday, after meeting with Prince Charles at Buckingham Palace.

Sunak's newly assumed role marks a number of firsts. He is the first prime minister of color, the first of South Asian descent, and the first of the Hindu faith. Here's what else to know about Sunak,

from his political views and previous wealth to his age and height.

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More on Sunak's election: Rishi Sunak completes comeback, to become Britain's first prime minister of color. A 'profound economic crisis': Britain's new Prime Minister Rishi Sunak warns nation.

Who is Rishi Sunak? Rishi Sunak is the prime minister of the United Kingdom.

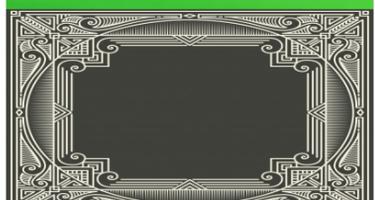
He was selected by fellow members of Britain's Conservative Party after the previous prime minister, Liz Truss resigned.

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HIGHLIGHTS

As Rishi Sunak made history this week by becoming Britain's first Prime Minister of Indian descent, many in the South Asian nation were quick to congratulate the new leader – with some in the media even claiming him as their own. New British PM delivers first speech: My predecessor 'was not wrong' India was once part of a British empire that stretched so far across the globe it was often said the sun would never set on it. But 75 years since the end of the British Raj, many Indian commentators gleefully pointed out how times have changed. "Indian son rises over the empire. History comes full circle in Britain," an NDTV headline said. "From Age of Empire to Rishi Raj as Sunak moves into No 10," thundered The Times Of India.



"I will trash your budget" Ruto tells Uhuru



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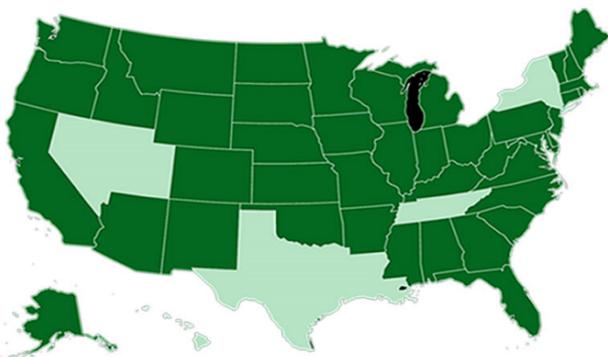
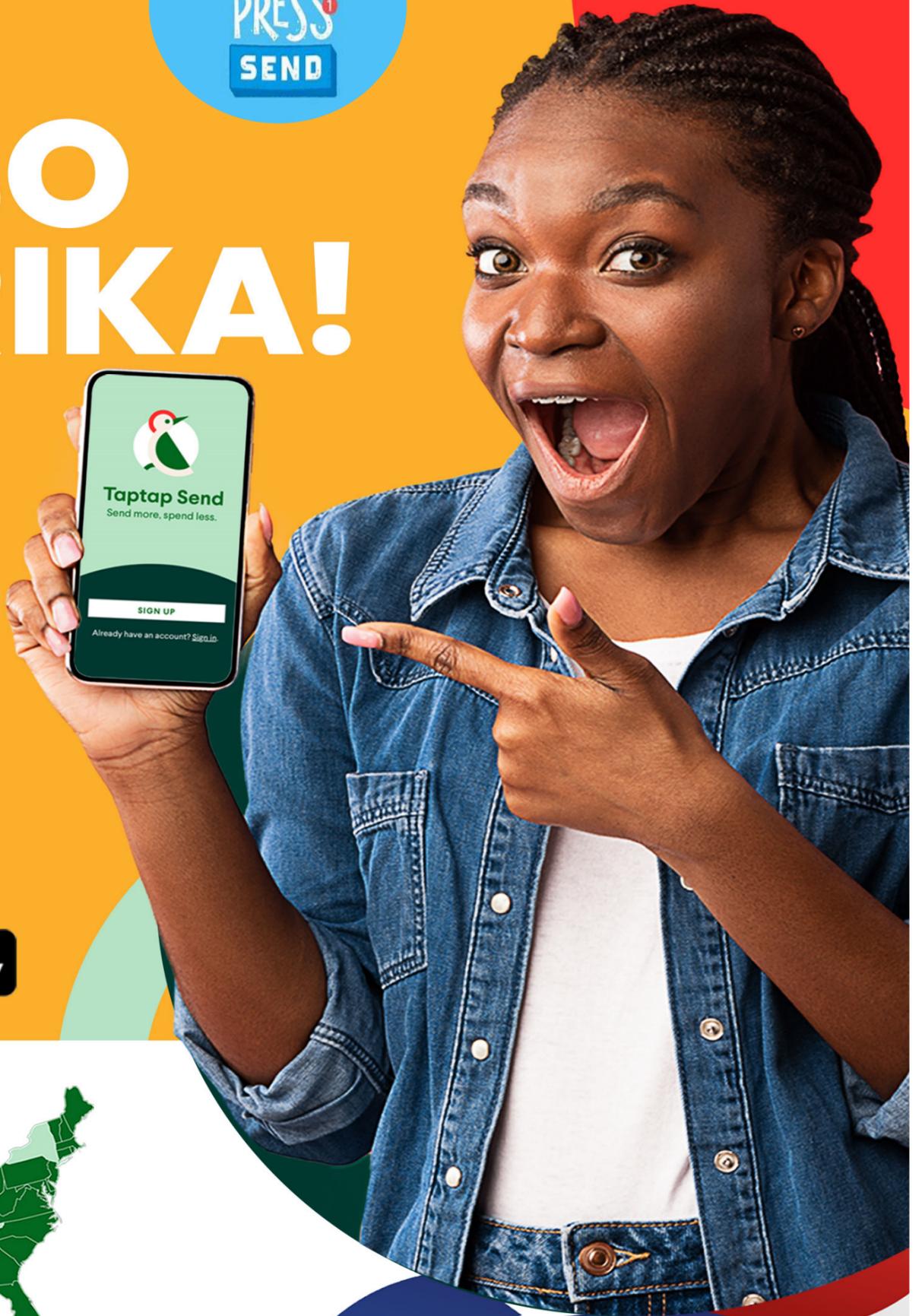
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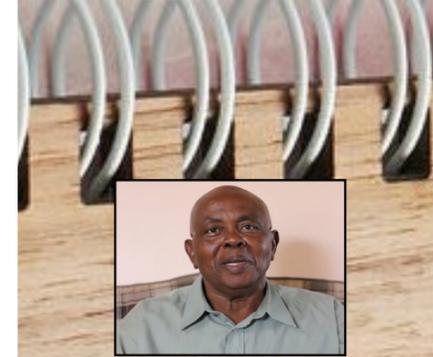
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Diaspora Sunday



Brother Kigume Karuri



No matter how things look right now, be jubilant and know that God is still in control of your life. Stay in peace and believe that He will always be with you in all directions.

Lords Love Is Deep

Jehovah Lord God Who dwells on high, we thank You Prince of Peace and Wonderful Counselor for the special gift of another day called today. We are grateful to You for the many blessings You accord us along the way and for Your unfailing love. As we wake up this morning, we commit ourselves to You asking for Your goodness and mercy upon our lives. Dear Father, we commit ourselves and our families to You. Be with us and guide us



today and always. We remember the sick today and ask that You may grant them healing. To those who have lost their loved ones, we pray for their comfort and courage as they go through this. To those seeking employment and business opportunities, may You grant them their wish. Today, we ask that You grant us wisdom to aid our decision making. Walk with us and grant us our desires according to Your will in Jesus' Holy Name, Amen. God bless you and have a great day!

AMEN

Prayers by Kennedy Onyango.

Today's Prayer

You must walk in all the ways that the LORD your God has commanded you, so that you may live and prosper and prolong your days in the land you will possess. Deuteronomy 5:33

Lord, help us to walk in your way. May we experience the blessings of true joy and peace that come from living in relationship with you. In Jesus Name. Amen

Our King of glory, the Lord Who sits on the throne and controls all nature and creations, we thank you this morning for the precious gift of life.

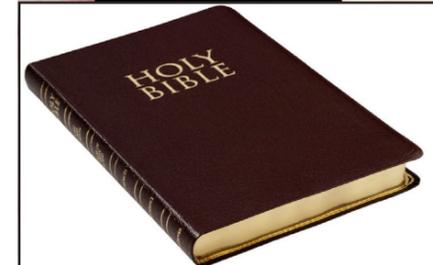
Indeed we are privileged to wake up in good health and in sound mind courtesy of your love. As we wake up, we are honoured to have opportunities to pursue. Our prayer is that in our pursuit of these opportunities, success will accompany us. Thank you for honouring us with the opportunity to be your children. How we pray that we will stand fully in your word and promises as your children. Show us the way to follow and may we follow it faithfully showing great love to you and support to fellow humanity. This day, remember those of us who are seeking job and business opportunities/prosperity. May they succeed. To those of us whose marriages, families and relations-

hips are in turmoil, we pray for your doing to make them better. We pray for our children, those who go to school daily, those in boarding and those at home. May you watch over them in our absence. To those who are sick in homes and in hospitals, may healing be their portion in Jesus' Name. To those who have lost their loved ones, we pray for their comfort and courage as they go through the painful loss. Loving Father, grant us together with the leaders wisdom to aid our decision making process in matters of importance. Thank you for answering the prayers we have mentioned and those not mentioned in Jesus' Name we pray and give thanks, Amen. bless you and have a great day full of hope and prosperity!



Pastor Mukuria

MORNING AFFIRMATION
ROMANS 8:18
For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.





Health Tit Bits

Over Eating Disorder

Behavioral Symptoms

- Sudden interest in weight loss diets
- Excessive/compulsive exercise
- Binge eating
- Self-induced vomiting
- Laxative, diuretic, and/or diet pill abuse
- Food chewing and spitting
- Obsession with food cleanliness

Feeling overweight despite weight loss or low body weight

- Impulsive or irregular eating habits
- Insulin misuse (in individuals with diabetes)
- Noticeable distress and feelings of disgust, depression, or guilt around food

By Maggie Gonna
mngona@gmail.com



summary



The hallmark of myasthenia gravis is muscle weakness that worsens after periods of activity and improves after periods of rest. Certain muscles such as those that control eye and eyelid movement, facial expression, chewing, talking, and swallowing are often (but not always) involved in the disorder.

The onset of the disorder may be sudden, and symptoms often are not immediately recognized as myasthenia gravis. The degree of muscle weakness involved in myasthenia gravis varies greatly among individuals.



IT STARTS LIKE A JOKE THEN BECOMES A HABIT AND BEFORE YOU KNOW, YOU CANNOT CONTROL OBESITY. ITS A DISEASE LIKE ANY OTHER THAT WILL EVENTUALLY REQUIRES TREATMENT

Eating disorders have some of the highest mortality rates of all mental illnesses. In the United States, there are 10,200 deaths per year as a direct result of an eating disorder, equating to one death every 52 minutes. Alcohol and substance abuse are four times more common among people with eating disorders. Suicide is a major cause of mortality for individuals with eating

disorders. While women are more likely than men to struggle with eating disorders, all genders are impacted. People of all races are affected, with BIPOC being half as likely to be diagnosed or to receive treatment. People with eating disorders tend to experience symptoms for an average of six years before ever seeking treatment. Excerpts Awareness from Alsana news

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WELLNESS



WELLNESS

BACKPAGE

WORLD OF SPORTS

Joe Mazzulla could be the Boston Celtics' long-term head coach.



While he has a long way to go to show he can handle being at the helm of a club playing at the highest levels of difficulty and pressure in the NBA Finals, there have been some reassuring hints the Boston Celtics made the right call by tapping assistant coach Joe Mazzulla to be the team's interim head coach in the wake of the Ime Udoka scandal.

Woj: Joe Mazzulla could be the Boston

Celtics' long-term head coach Woj: Joe Mazzulla could be the Boston Celtics' long-term head coach. The players support him, and his lineups and tactics on the court have been piling up wins early in the Celtics' 2022-23 campaign. Could the West Virginia alumnus be the candidate Boston hopes he is as a potential long-term option to be at the head of the Celtics?

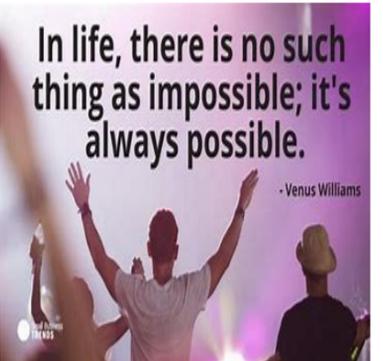
ESPN's Adrian Wojnarowski recently brought such a topic up for debate on an episode of "NBA Countdown." Msn

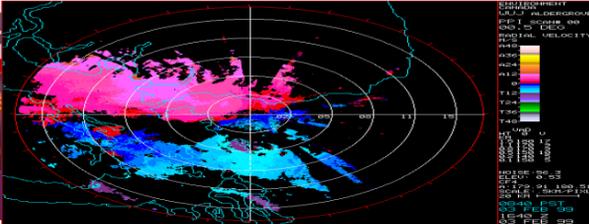
summary



- Why does a pitcher raise one leg when he throws the ball? If he raises them both, he'd fall down.
- 2. Where do they keep the largest diamond in New York City? Yankee Stadium.
- 3. A man leaves home, makes three left turns, and is on his way back home when he notices two men in masks waiting for him. They're the catcher and umpire.
- 4. Why did the Braves hire a baker? They needed a new batter.
- 5. What goes all the way around the baseball field but never moves? The fence.

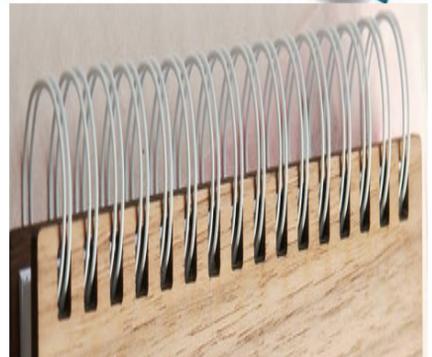
SPORTS WORLD





The Weather

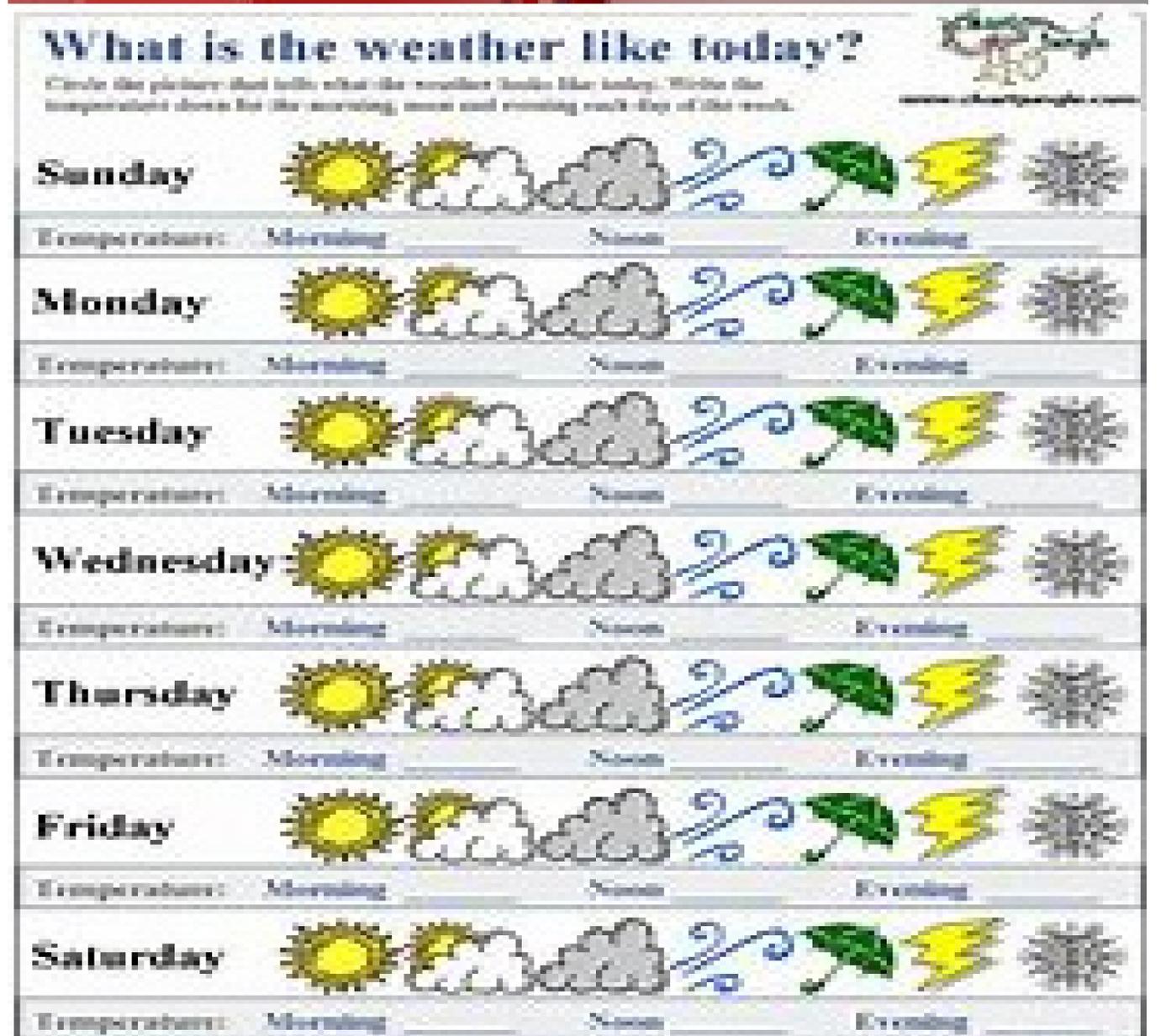
summary



As the carnage from Hurricane Ian subsides, many drivers in Florida, Georgia and the Carolinas are wondering if their auto insurer will pay to repair damages on their car. The answer: It depends on your coverage. Some policies will leave motorists footing the bill, while other plans will cover all repair costs. Not sure what type of coverage you have? Experts say the policy documents provided by your auto insurer should detail the specifics.

Here's a look at whether the most common auto insurance plans cover hurricane damage.

Collision insurance. Drivers with collision insurance will not be covered for hurricane damage. That's because collision covers a policyholder only if someone is in a car wreck, said Scott Holeman, spokesman for the Insurance Information Institute in New York.



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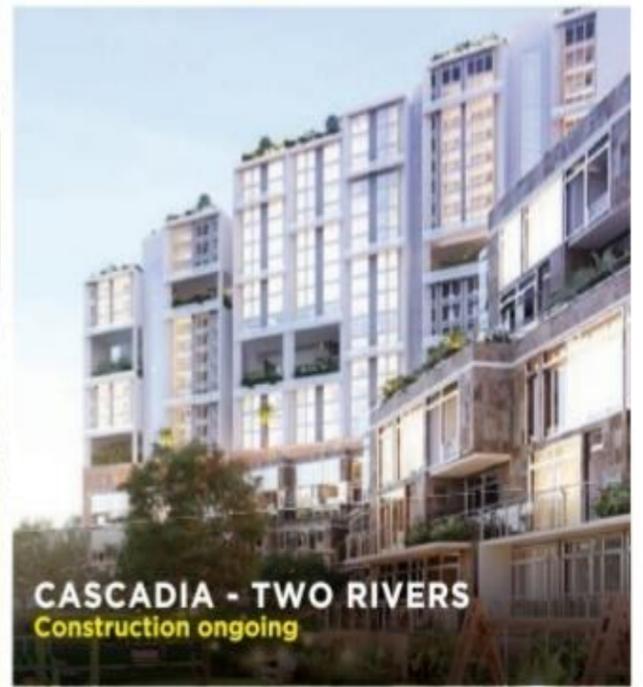
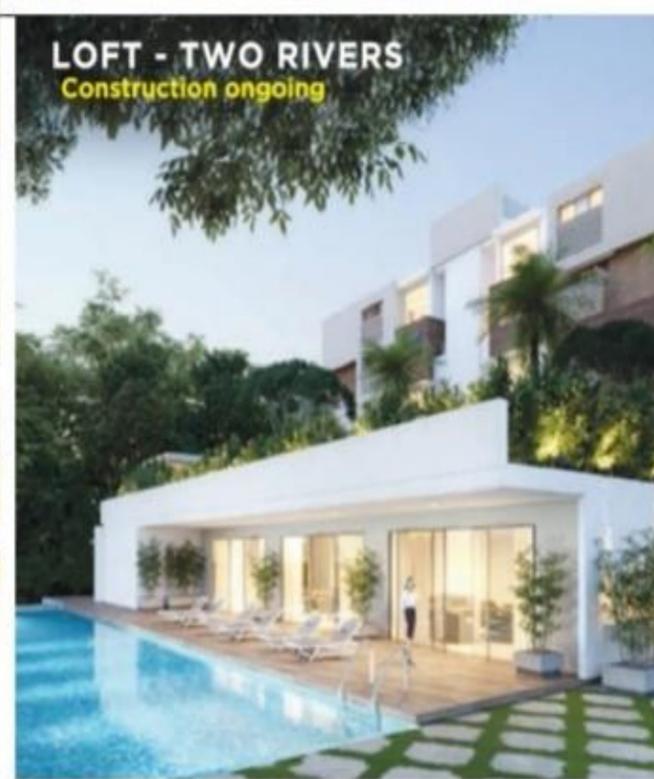


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summary

Optiven is a leading brand in the region and has a number of flourishing Strategic Business Units (SBUs) that include Optiven Real Estate, Optiven Construction, Optiven Insurance, Optiven Homes and Optiven Water. The firm has also gained a foothold into the hospitality industry with its GMC Place in Kitengela and two food franchises that include Eagle Peak Spur and Panarottis. Optiven also has a soft arm, which undertakes charity works, by the name Optiven Foundation.

The Foundation has so far been involved in numerous philanthropic works in its quest to transform the social well being of thousands of Kenyans.

Optiven is captained by its Founder and CEO, George Wachiuri, and is rightly living up to its mission, which is to create an environment that positively transforms its staff, customers and all its stakeholders through offering state of the art products and services. The firm aims at creating over 30, 000 direct employees by the year 2030, has continued to be a differentiated and trusted name that regularly receives accolades both inside and outside Kenya. Optiven has also empowered over 10, 000 Kenyans to own property and also directly and indirectly employed about 2, 000 employees across the real estate and hospitality sector.

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