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• OUR HISTORY PAGE 07 (f) (in) (S)





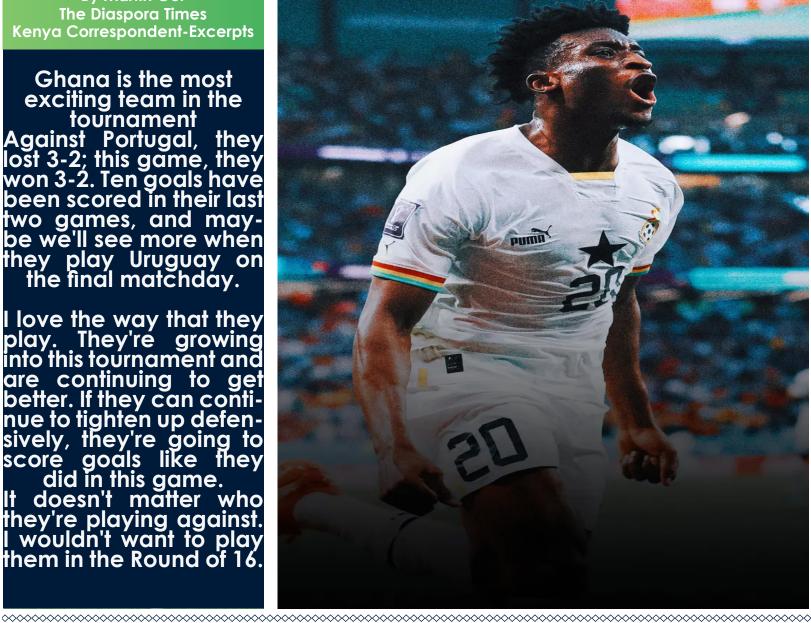


Ghana Is The World Cup Favourite.

Bv Martin Gor The Diaspora Times Kenya Correspondent-Excerpts

Ghana is the most exciting team in the tournament Against Portugal, they lost 3-2; this game, they won 3-2. Ten goals havé been scored in their last two games, and may-be we'll see more when they play Uruguay on the final matchday.

love the way that they play. They'ré growing into this tournament and are continuing to ge better. If they can continue to tighten up defensively, they're going to score goals like fhey did in this game. doesn't matter who they're playing against. l wóuldn't ẃant to play them in the Round of 16.



P 04 Laughter Centum P. 10 Wellness P. 18 **Sports** P. 19 Weather P. 20 Africa Resources P. 21 Abigirl Phiri Corner P. 05

Gossip dies when it comes to the intelligent person's ears. There is a hypocrite who creates a gossip for the gossip to spread and the naive believe without resistance.

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THE DIASPORA TIMES 123,indd 1



Placing the Kenya police officers under the chiefs- will violate the Constitution.



By George Biruri

he UDA re-

gime's recent

actions and utterances have proved they that do not care about the Constitution, the laws, procedures, and processes. Several examples indicate their disregard for the Constitution and the law. Take, for example, the so-called Prime Cs office. Look at the Constitution; there is nowhere it is provided for. Every Cs is equal to the other. They are only accountable directly to the President. Yet UDA has created the post of Prime Cs, which is not backed by law. The law does not have a provision for CSs to re-

Take interior Cs roadside declarations on the secu-

Cs.

port to the so-called Prime

rity. Kindiki said that the Clearly, the Cs do not have However, the Chiefs can chiefs will be armed and a constitutional mandathat they will be assigned five police officers. In Article 245 (2)(b) of the Constitution, the Inspector General exercises independent command over the national police service. In subsection (4), the Cabinet Secretary may lawfully give a direction to the Inspector General with respect to any matter of policy for the National Police Service, but no person may give direction to the IG with respect to (a) investigation of any particular offense or offenses, (b) the enforcement of the law against any particular person or persons, (c) the employment, assignment, promotion, suspension or dismissal of any member of the National Police Service. In subsection (5), any direction given must be in writing!

te to order the IG to deplov police officers to the Chiefs!

Kenya Police and Administration Police operate under the Constitution while guided by the National Police Service Act. include the National Government Administration Officers! The Police also operate under the Police Standing Orders. The latter are not publicly accessible because it would compromise security. The Police are trained intensively and are backed by the

Placing the police officers under the chiefs- would violate the Constitution, the National Police Service Act, and the Standing Orders. It would violate the police command structure.

request the local Police Command to support them when in need.

The other example is the poisonous GMO that UDA wants to force down Kenyan's throats without proper research findings and people's participation. The Act creates command They are trying to import toxic GMOs when farmers have a bumper harvest! Their motivation can only be to please some outside dark forces and make private profits in the process!

> All those actions show that UDA does not respect the rule of law!

> George Biruri is an enthusiastic political analyst in Kenya He shares his articles to The Diaspora Times.

summary

Commencement: 1st February 1961

An Act of Parliament to provide for the functions, organization

discipline of the Kenya Police Force and Kenya Police Reserve.

for matters incidental thereto Part I—Preliminary

- 1. This Act may be cited as the Police Act.
- 2. In this Act, unless the context otherwise requires—

'arms" include firearms;

"Commissioner" means the Commissioner of Police appointed under the Constitution;

'Force" means the Kenya Police Force, referred to in section 3, including the Reserve; 'gazetted officer" means a police

officer holding one of the ranks specified in Part I of the First Schedule of this Act;

'inspector" means a police officer holding one of the ranks

specified in Part II of the First Schedule of this Act;

'police officer" means an officer of the Force;

'police station" means a post or place appointed by the

Commissioner, by notice in the Gazette, to be a police station;

'Reserve" means the Kenya Police Reserve referred to in section 53 of this Act;

POLICE ACT









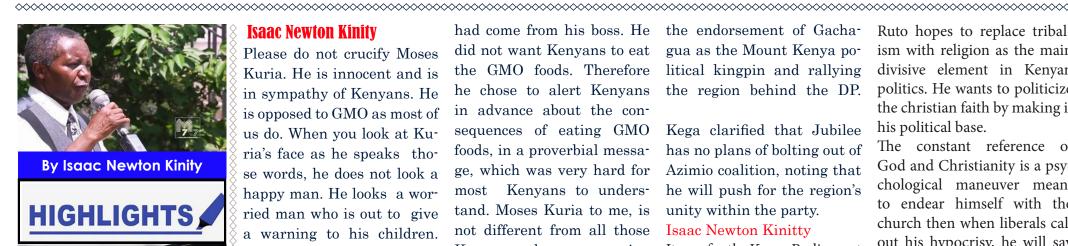






EDITOR





While many African countries hit by drought have totally objected to the introduction of GMO foods to their Citizens. President William Ruto of Kenta, has dictated that the GMO foods manufacture must be introduced in Kenya in 2023. The efforts of many NGOs, some seniors Cabinet Sectetaries and Individual Kenyans, to advise the President about the effects and the dangers and the hazards associated with the GMOs introduction into Kenya, has fell on deaf ears, as the President authoritatively declared that the manufacture of the GMO foods has to start in Kenya next year (2023) The Kenya Parliament which would save Kenvans from such foreseeabke dangers, has remained silent over the matter.

GMO

Isaac Newton Kinity

Please do not crucify Moses Kuria. He is innocent and is in sympathy of Kenyans. He is opposed to GMO as most of us do. When you look at Kuria's face as he speaks those words, he does not look a happy man. He looks a worried man who is out to give a warning to his children. As if he was not able to stop the GMO poison scandal into Kenya, Kuria is frankly relaying the warning, that GMO is surely poison that can kill. Who would be such a determined killer, who would choose to kill some people through poison, then as he gives the poisoned food to the very people he wants to kill, he alerts them in advance saying to them, "Take this poisoned food and eat it so that you will die?". For sure, that would not be an individual person out to kill, because, by giving a prior warning that the food is already dosed with poison, he would have certainly set out an assurance through that alert, that no sensible smart brain, would eat that food. My interpretation of the wordings of Moses Kuria, was that he had been instructed by his boss to order for the importation of the GMO. He knew it was poisoners and it would kill many Kenyans. The instructions

had come from his boss. He did not want Kenyans to eat the GMO foods. Therefore he chose to alert Kenyans in advance about the consequences of eating GMO foods, in a proverbial message, which was very hard for most Kenyans to understand. Moses Kuria to me, is not different from all those Kenyans who are opposing the GMO in Kenya, but he is not ready for a fight with his boss, William Ruto, who has been dying to introduce GMO manufacture and consumption in Kenya. He is in a very difficult situation. He should neither be impeached nor be punished in any way. His alert was intended to save Kenyans and not to kill Kenyans.

Sam Mwaura

Plans are underway to broker a unity deal between retired president Uhuru Kenyatta and Deputy President Rigathi Gachagua and rally the region behind Gachagua who has emerged as the kingpin. Championing the initiative are Nyeri Governor Mutahi Kahiga and director of elections at Jubilee Party and former Kieni MP, Kanini Kega.

The duo confirmed that a series of consultative meetings will be held with leaders from across the political divide, with the climax being the endorsement of Gachagua as the Mount Kenya political kingpin and rallying the region behind the DP.

Kega clarified that Jubilee has no plans of bolting out of Azimio coalition, noting that he will push for the region's unity within the party.

Isaac Newton Kinitty

It now for the Kenya Parliament to either discuss and approve the removal of the levies and other charges by the Counties, which seriously affect the business of buying the maize from Rift Valley and Western Kenya, where a lot of maize is in store, or reduce such levies and such charges, so that the business men and business women who wish to trade in the buying of the maize and selling it to the areas affected by hunger, may do so without incurring loses.

Anonymous

I have followed Ruto's religious proclamations keenly and I have concluded that they are not by accident. Ruto's is deliberately trying to convert the christian population of this country into a single voting block. He hopes to emulate the Evangelical Vote block of the United States and Brazil where right wing political parties and candidates always get the Evangelical Christians vote as a block.

In Kenya, religion has never brought us together in Political season like tribalism has done.

Ruto hopes to replace tribalism with religion as the main divisive element in Kenyan politics. He wants to politicize the christian faith by making it his political base.

The constant reference of God and Christianity is a psychological maneuver meant to endear himself with the church then when liberals call out his hypocrisy, he will say that those are people against God and God's people. The church will come to his defense due to his dragging of God into political debate and before long Ruto will be God's and the church candidate while his opponents will be labeled anti-christ, pagans, illuminati, freemasons et al. Dragging religion into politics will take away logic and common sense from the whole debate. Religious folks will accept the poor economy on earth with hope of better life in heaven. Ruto will not be voted to make life better or improve the economy but rather to prevent the devil and his followers from ascending the Kenyan throne.



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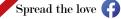






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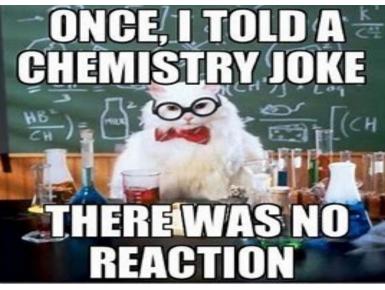






laughter is the







Turning 80 means your favorite romantic song is probably now a laxative commercial. You new theme song is "I've Got Boobs In Low Places." 80 years old is when you tell somebody, "I must be losing my memory" and they say, "I know, you told me yesterday."

about the 80 year old woman that tried to kill herself?

She was told that the most it in" effective way would be to shoot herself through the heart, just below her left breast... She woke up in hospital with a gunshot wound to her knee.

This joke may contain profanity.

I am over 18

In an old age home, 80 year old Rustomji: I miss Sex life so much.

76 year old Dina: How can I

could just hold my dick.

So Dina held his dick, and they kept talking all night.

This continued every night for two weeks.

Then one day Dina saw Rustomji with another old lady holding his dick.

Dina furiously asked: Y... read He made me breakfast and as

id you hear A 80 year old man walks in on his 80 year old wife doing a naked handstand

> He asks, "What are you doing?" She says, "I know you can't get it up but maybe you can drop

An 80 year old man goes to the doctor

The doctor tells him that he needs a sperm sample. He hands the old man a small jar and tells him to bring it back the next day. However, it's empty when he returns it. The doctor says, "Hey, I told you I needed to take a sperm sample" to which the old man replied "Well doc, I tried, I really

Rustomji: I'd feel good if you What does an 80 year old pirate say?

Aye matey!

This joke may contain profa-

I am over 18

I went to visit my 80 year old grandfather who lives in a ru-

I was eating I noticed the pla-

tes had a film-like residue on

"Grandpa are these plates clean?", I asked him.

He responded, "They're as clean as cold water can get them. Now hurry up and eat your food."

I am over 18

What did one 80 year old boob say to the other?

If we don't get it together, people are going to think we're

This joke may contain profanity.

I am over 18

Last year, my 80 year old mom started walking a mile a day. I've no fucking idea where she is now.

This joke may contain profanity.

I am over 18

An 80 year old man visits a brothel looking for a "date"... but all of the girls are busy, so the madame takes him to her room. Eventually, after the lights go out, the unmistakable sounds of a great and furious copulation are heard. bed,,,,,,, was,.,., squeaking, until at last, ... read more

An 80 year old woman was arrested for shop lifting

When she went before the judge he asked her, "What did you

She replied, "A can of peaches." The judge then asked her why she had stolen the can of peaches, and she replied that she was hungry.

The judge then asked her how many peaches were in the can. She replied, "6."... read more

An 80 year old couple are talking with each other

"I've heard your memory is the first to go in old age," says the old man.



I'm hynie the laughing hyena I'm laughing all day long (huhuhuhu) because when I kick all my troubles they wiggle awaaay where theeey belong (other voices) He's happy no matter what happens when singing his happy song so when you get up every mooooorning 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

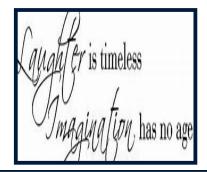
ha ha ha ha ha haaa ha ha ha ha haaa ha ha ha ha

ha ha ha ha ha

All born in the 70 know this one







"A smile everything straight.







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ABIGIRL PHIRI-Zimbabwe



Confessions in the



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.

the nick of time

ried into a family that practically loathes you. This is exactly the situation that Manyaradzwana found herself in. Mark had been the love of her life since she had met him in a kombi going to town. A sixth sense had told her this is my man and to her greatest relief the feeling had been mutual. Let us just say it was love at first sight though a lot of people have a hard time believing this really happens in real life. However their whole courtship though short it was, it had been all smooth sailing. In the wise man 'words it had been a little bit bumpy road but love had conquered for them.

nothing dis-

tasteful than being

mar-

They wouldn't have it any other way despite the discouragements and the bad mouthing they got from their relatives. Mark's mother had decided to become a sworn enemy of Manyaradzwana though she was fighting a losing battle because the sun rose and set on his wife for her son.

He would rather have Manyaradzwana or have no one at all. This had been his ultimatum thus he had gone against his mother whom he deeply cared about. But he believed when it came to the matters of the heart it was a one man battle whether you had to swim through the situation or sink of which he had decided to opt for the former. He had to put a tight rein on his temper not to tell his mother to butt out of his business. The Ndebele would say "Indoda siya

zibonela" and now this was his mantra.

As for Mrs. Ndapetwa she couldn't stand to be in the same room with Manyaradzwana. She just believed Mark would have done better in choosing a more befitting lady who suited a man of his station, a lawyer not any common girl who hardly had any qualification let along a good background too but all her advice had fallen on deaf ears. Once Mark listened intently to everything she said. Her word had been gospel Manyaradzwana before came in the picture. At the mere thought of Manyaradzwana she could work herself into a rage. On closer inspection of the situation it seemed as if Manyaradzwana had some kind of power she wielded on her son whom was the only beloved son God had gifted

Mrs. Ndapetwa ended up confiding her predicament to one of her friends who said this was nothing. All she needed to do was to put a little "midzi" in the drink she would give to Manyaradzwana who was heavily pregnant and was well secure in her position

as the new Mrs. Ndapetwa. They said the best way to beat an enemy was to do so at their very own game and this was what Mrs. Ndapetwa the original was following. She would go to the ends of the world if that meant making Mark see his grave mistake which he had brought to his family. To make matters worse they were thinking of having quite a big family seeing to the quick work they had done to have this oncoming baby. Doing as exactly as she had been told she spiked Manyaradzanwa's drink with the "midzi" one Sunday evening at the family dinner which Mark wouldn't miss for the world. To her disappointment after Manyaradzwana drank the drink laced with the "midzi" nothing happened. Mrs. Ndapetwa was one for quick results. Patience had never been one of her greatest traits. That she understood quite well that you could never try the patience of the clergy man because theirs was a testament of their virtue. However as the months dragged on the due date for Manyaradzwana came and

as it seemed she was facing problems with her pregnancy. Now she couldn't barely walk as she waddled and her face was blotched. In the movies this is what they called the look alike of a beach ball. The doctors claimed nothing was wrong with either the baby or Manyaradzwana but what they failed to understand is that why she was now 12 months pregnant. This was a typical gestation period only meant for elephants not normal human beings. In the nick of Already Mark showed signs of strain for he wasn't concentrating on his work let along on anything. People were now worried for the young family and Mrs. Ndapetwa went to Ruby her best friend and asked for a reverse spell because she could not stomach the confusion which was now assailing the Ndapetwa family as a whole but Ruby could only tell her the "midzi" had been sold by an old man who took off to God knows where.



summary

Time flies you know. Now you are high then you will feel low. Sun will shine then rain will pour. Last month feels just a minute ago. How could you forget and just let it go?

They say people come and go. lf a door opens, probably one will close. You can't remember which one you chose. Just continue and find out where it goes.

But in the nick of time you will meet The right person you will keep.

0n unforgettable your date, he won't skip. Like when he first kissed you while holding your

finally feel. The nice and warm that will make you heal. You do not care how much is the bill. it's true, it's Yes, SOmething real.

IN THE NICK OF TIME





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passed with much difficulty





gala Mwendwa



Ngala was part of Kenya's delegation to the Lancaster House Conference in 1960, served in the 15-member first post-independence Cabinet in 1963 and held the Labour portfolio for a record 11 years (1963 to 1974).

liud Ngala Mwendwa (1923 - June 8, 2016) was a Kenvan teacher

and politician. He was a member of the Kenyan delegation to the 1960 Lancaster House Conference, which negotiated the country's independence from the United Kingdom.[1] Mwendwa then served as Minister for Labour within President Jomo Kenyatta's first post-independence 15-member cabinet.

He ultimately served as the Minister for Labour and Social Services from 1963 until 1974 under Kenyatta.

Mwendwa was born in 1923 to Kitui Paramount Chief Mwendwa Kitavi and his fifth wife (Kitavi had seven wives).

His brother, Kitili Maluki Mwendwa, became the first African-born Chief Justice of Kenya. Another brother, Kyale Mwendwa, was a former Cabinet minister and director of education. Mwendwa's sister-inlaw, Nyiva Mwendwa, became the first woman to serve as a Cabinet minister in Kenya's history.

He graduated from Kagumo Teachers Col-



lege and worked as a teacher until he entered politics in the 1950s and

He was first elected to the Legislative Council

Mwendwa was first elected to the Legislative Council of Kenya (Legco) from Kitui in 1963 after the country gained independence.

He then served as an MP for Kitui in Legco's successor, the National Assembly, from 1963 until 1969.

In 1969, moved to nearby Kitui Central Constituency, which he represented as an MP from 1969 to 1974.

In 1974, Mwendwa was defeated for re-election by Daniel Mutinda, the former Minister of Information and Broadcast-

Ngala Mwendwa died from complications of a heart attack at the Nairobi Hospital ICU unit on June 8, 2016, at the age of 93.

He was buried at his Mwendwa home in Ithookwe, Kitui County, on June 18, 2016.

He was survived by

vutha Mwendwa, and their eight children.[1] Mwendwa's first wife, Agnes Kana, died in 1960.

By Dr. Jean Kamau Excerpts from Wikipedia jean@gmail.com

summary

Mr Mwendwa participated in the Lancaster House talks that yielded the country's independence Constitution and self-rule.

Mwendwa was part of the 15-member first independence Cabinet at independence in 1963 under senior Kenyatta.

He served as Kitui Central MP in 1963-1969 during the one Kanu party system. Kitui Senator David Musila eulogised with the family saying the former minister made huge contributions to the development of Kitui County in particular and Kenya in general as a teacher and a politician.

The senator said Mwend[.] wa was a freedom fighter who championed for the rights of all. "I have learnt of the death of Mwendwa with great sorrow. May his soul rest in eternal peace," said Mr Musila.

Ngala Mwendwa



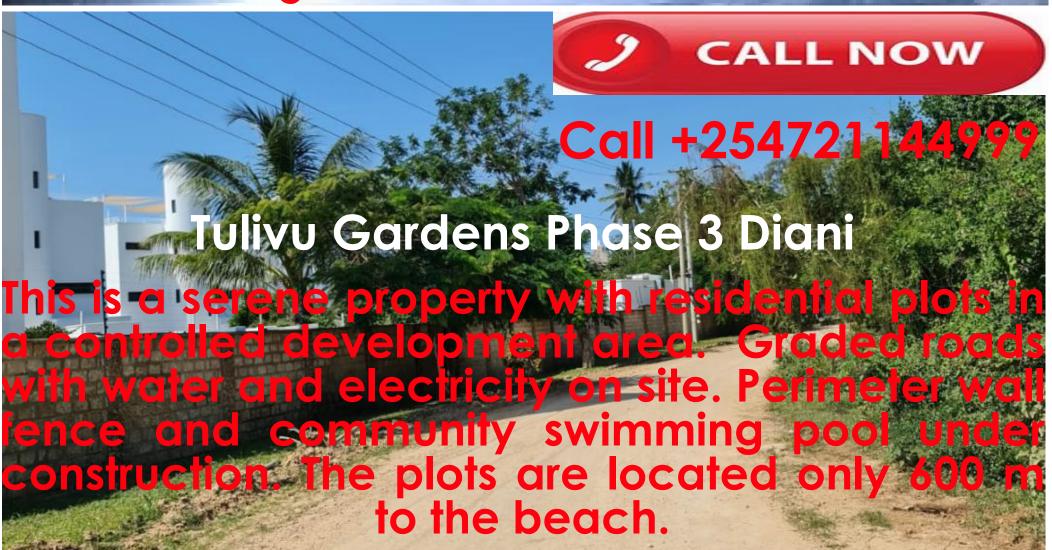








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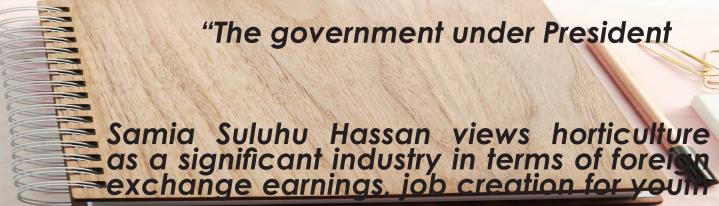


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Tanzania targets \$2 billion in horticulture exports value by year 2030.





The government plans to unlock the full potential horticulture as it seeks to make the industry the largest source of foreign exchange in the near future.

minister, Anthony Ma- million. was attending the GlobalG.A.P. conference organised by the horticulture kev driver. Taha.

"The government under President Samia Suluhu Hassan views horticulture as a significant industry in terms of foreign exchange earnings, job creation for youth and women, and poverty alleviation," Mr. Mayunde

Govt, Taha in new move to increase horticulture exports to over \$2 billion National 16 hours ago He told the conference,

"Enhancing Compliance for Expanded Market Access and Trade," that the government has developed a number of policies aimed at increasing the horticulture industry's contribution to the economy to \$2 billion by 2030, up The agriculture deputy from the current \$750

vunde, disclosed the Mr Mavunde cited opeidea in Arusha, where he ning up the international markets, the development of key infrastructures critical to reducing post-harvest losses from the current 35 percent to zero, and the improved handling of the perishables destined for overseas markets at the Dar es Salaam port as among the measures to stimulate the industry's growth.

"Plans are underway to establish the cold chain management system to serve horticultural products in transit, processing, storage, and display as part of the govern-

ment's grand strategy to boost exports," the deputy minister noted.

He also stated that the ministry, led by Minister Hussein Bashe, is working to implement the National Development Strategy, which calls for agriculture to grow by 10 percent by 2030, up from the current 5 percent.

"We are in talks with the United States of America and Spain over the possibilities of unlocking these two key markets for our horticulture crops to get reliable markets, bring more foreign currency to the economy, and improve household income," he noted.

Taha, in collaboration with the Finnish Agri-agency for Food and Forest Development (FFD). the United Nations Development Programme (UNDP), TradeMark East Africa (TMEA), EU-Agriconnect, and TRIAS, brought the GlobalG.A.P. tour stop 2022 to Tanzania for the first time in history.

The GlobalG.A.P Tour Stop is a conference that brings together horticulture stakeholders to deliberate on efforts that will enable increased compliance to GlobalG.A.P standard requirements for international market access.

>>>>>>>>>>>>

Excerpts from the Citizen liams2314@gmail.com



The Arusha regional commissioner, Mr John Mongela, vowed to work with Taha to stimulate the horticulture industry's growth to contribute more to the regional and country's economies, as well as a critical mass of farmers.

'The horticulture industry in Tanzania was born in Arusha before spreading to the southern highlands. The industry touches a critical mass of farmers," Mongella said, adding, "its contribution to Arusha's GDP is significant, so we are ready to collaborate with Taha to accelerate its growth."

The Taha Group chief executive officer, Jacqueline Mkindi, commended President Samia Suluhu Hassan for her efforts to unlock the strategic markets for horticulture. She said that the assignment ahead was to work with the government to put up appropriate infrastructure, impart farmers with the right skills to produce the required quality and volume to meet the standards of overseas markets, and craft investment-friendly policies to attract foreign direct investors (FDI) to spur the industry.

FARMING





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SOCIAL MEDIA



Social Media Reduce Productivity.

Written by

Hopewell T Muchemedz:





ne process of focusing the mind on a subject and avoiding jumping from branch to branch is called the focus. The ability to master the work and focus the mind attention and energy on the same work gives you the power to continue your work with more power and better quality. Focusing your mind on your mental effort refers to whatever you are currently working on or learning. Note that focus on the mind is different from the scope and duration of attention, and the focus range is the amount of time you can focus on something.

Reasons for focusing the mind: Several factors can affect your attention span, including age and lack of sleep, and brain damage.

Ways to increase the focus of the mind:

Memory games:

Train your brain by doing some exercises or even games. For example, you can use a variety of memory games such as chess, sudoku, and crossword puzzles to focus the mind on a specific topic.

SOCIAL MEDIA



he rise of web2 from web1 brought us the interactive internet experience that transformed our lives. Communication which formerly relied on text and phone calls was revolutionised by sharing images, and videos. Now with Web3 insight, we will be interacting in this online environment using virtual reality. While we rejoice in this technological advancement, a war has been waged on our minds and as things are, we are in oblivion. In a moment l will reveal more about this war, how Social media took away your focus and how you can take it back. But first, let me define what is focus and its importance.

What is Focus?

Your mental ability to consciously concentrate or give attention to a particular task, and be able to finish it. Focus enables us to pay attention in the face of interruptions or other obstacles. For instance, you can offer someone your full attention as you listen to them, ignorant of everything else going on in the world. So, you must invest wisely in your focus, it could make or break your personal development and success.

How is Social Media taking your

Time, money, and focus are the three essential tools for any successful endeavour in our personal or professional lives. You can divide time and money, but not your attention. So it comes as no surprise that, as screen time has doubled over the previous ten years, mental health-related concerns and decreased productivity have increased. According to the astounding figures from Exploding Topics, the average daily screen time throughout the globe is 7 hours, with social media usage coming in at about 3 hours. This shows that people spend too much time on social media and that computer algorithms are controlling how much and the type of information we consume.

The present form of digital age slavery was produced by the algorithms of advertisements, trending tweets, and local news. Businesses compete for your attention and spend billions on marketing research. They use a psychological marketing strategy of showing you the information you enjoy watching, and we can't help but feel like kings as our applications recommend tweets and purportedly ground-breaking new technol-

A brain chemical that makes us feel good called dopamine, develops into a positive-feedback loop in our brains as this happens over time. Dopamine is released as a reward for the content we are served on social media. This explains why we constantly check our phones for social media notifications, it's because our brain have been wired to feel good while doing

Social media corporations want you to buy the products on their advertisements, and it would be wonderful if you could also spare some time to view their marketing videos and images. However, the true objective is to keep your focus so they can keep your relationship with rewards with their brand or whoever they are endorsing. This mental deception is lauded as a "great customer experience".

This is typical when you receive free products or services; after all, you would not have paid a dime. But, you are rather paying with the ultimate price of your focus, and you are more likely to upgrade to premium and remain a devoted customer after using their service or commodity. Such a wonderful social media experience, so to speak, leads to issues that I'll describe below.

Consequences of Social Media with your focus

I know you could be saying, but I have no problem being a loyal customer and spending time on social media. Well, social media with your focus poses a couple of problems.

Isolation

I have visited households where because of wifi, everyone is always locked up in their rooms. The family members there spend more time on their phones, and

they hardly interact. This is dangerous for one ends up neglecting real relationships which leads to loneliness and isolation. **Reduced Productivity**

More people are being active on social media during working hours hence reducing productivity. I have recently graduated and I can testify that without discipline, social media makes concentrating on your studies extremely difficult.

Mental Health issues

Research Scientists believe there is a strong correlation between young adults being exposed to social media, such as Instagram, and being addicted. This in turn causes inadequacy in their lives, self-centeredness and even depression.

How to Regain your focus?

I'll be honest: It takes some convincing to get your brain to break free from its patterns, just like it does with any other addiction. Particularly in this instance, when social media in all of its forms has become an integral part of our lives thanks to the internet. However, just like with any addiction, making the change must be deliberate. The first step is to admit the harm social media can do to your concentration. The most effective techniques to recover command of what to focus on is:

- •Turn off your notifications
- •Schedule time for checking emails and social media
- •Be more engaged in conversations
- Read more long-form content and books

Turn off your notifications

Social media, as I mentioned earlier, thrives on luring you into the endless pit of scrolling through the news stream. By turning off the notifications, you are safer because they might tempt you to return to social media. For anyone like me who still finds the appearance of my notification bar crowded to be infuriating, you might just log out to stop receiving notifications of any new comments from your friends.

Schedule time for social media

Like bodybuilding, you can train your focusing skills and have a routine for screentime.

You could do the same with your social media if you dedicate 30 minutes per day to check messages and or check for engagement on your tweets(depending if you earn money from social media). You could free up time for other mentally stimulating tasks or focus more on becoming productive in other important things.

Get involved in more in-person

You would be surprised how interesting how your co-worker or brother is if you could just talk to them more often. The more time you spend having actual in-person conversations fosters good relationships which a shared Tik-Tok video wouldn't have achieved. Put your phone away when you meet someone, and avoid answering it unless it is urgent because doing so is impolite. It just indicates that you find chatting with that individual boring and that your phone is more important.

Read more Books or long-form

Reading a book is similar to going on an imaginary vacation. As you read, your vocabulary and focus span get better. If you plan to read the book online, make sure to turn off all other distractions or just go to aeroplane mode.

Conclusively, many things are vying for your attention however relationships and careers should not suffer because of social media. Recognize that whatever you choose to focus on indicates that you have determined it to be significant in some way. As a result, take control of your focus now and choose where you invest it carefully.

Written by Hopewell T Muchemedzi Diaspora Times Correspondent



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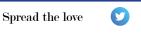


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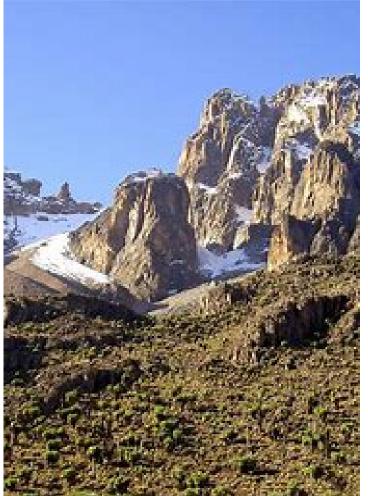
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12/2/2022 10:17:06 AM



Lava oozing out of Mauna Loa inching closer to main highway on Hawaii's Big Island.

summary

Comments

The lava flowing out of Mauna Loa, the world's largest active volcano located on Hawaii's Big Island, is inching closer to a main highway, according to officials.

The lava is flowing out of Fissure 3 in the northeast rift zone and is now just 3.6 miles from Saddle Road, a main highway that runs east to west through the center of the island and a route often used to travel between Kona and Hilo, the U.S. Geological Survey tweeted just before 10 a.m. local time.

A recent history of volcanic eruptions and their impact, as Mauna Loa erupts

Volcanic gas plumes are lofting high and vertically into the atmosphere, according to the Hawaii County Civil Defense.

Fissure 3 remains the dominant source of the lava and is feeding flows that are moving downslope toward the highway, according to the USGS. Around 7 a.m. local time, the lava fountains were reaching up to 82 feet, the USGS confirmed. Lava fountains have also formed at Fissure 4, which is emitting smaller fountains of hot magma and is also flowing downslope toward the road.

VOLCANO



ava oozing
out of Mauna Loa inching closer
to main
highway on
Hawaii's Big
Island

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Both fissures are feeding flows that are advancing northeast at .08 miles per hour toward the highway.

The flows are approaching a relatively flat area and will begin to slow down, spread out and inflate, according to the Hawaii County Civil Defense. It could take another two days for the lava to reach the highway, officials said.

However, seismic detection of tremors in the location of the currently active fissures, indicates that magma is still being supplied and activity is likely to continue, according to the Hawaii County Civil Defense. Emergency managers are beginning to ramp up planning, as the lava threatens the main route to travel east and west on the island, Talmadge Magno, an administrator for the Hawaii County Civil Defense, said on Wednesday. Magno is especially concerned about the "thousands of residents and visitors" who have flocked to the highway to view the eruptions, which are exacerbating



the safety hazards, he said. In addition, Pele's hair, or strands of volcanic glass, are falling in the Saddle Road area, officials said.

Ash and lava began spewing out of the volcano on Sunday around 11:30 p.m. and has continued into Wednesday.

This is the first time Mauna Loa has erupted in nearly 40 years. The last time it erupted was in March and April 1984. The volcano is so large it takes up more than half of the Big Island

Geologists do not expect any lier this week.

activity outside of the northeast rift zone, and there are still no threats to populated areas, as there are no homes downslope from the northeast rift zone, according to the USGS.

Since the eruption is occurring to the northeast, where the peak's slope seaward is more gentle, it would take weeks of a continuous eruption for it to reach Hilo, Michael Poland, research geophysicist for the USGS Cascades Volcano Observatory, told ABC News earlier this week.

However, officials have advised residents at possible risk from Mauna Loa lava flows to review preparedness and refer to Hawaii County Civil Defense information for further guidance.

ABC News' Jennifer Watts contributed to this report.

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Diaspora times global news

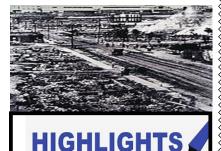
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heGrio Staff



SALEM, Ore. About previously 45,000 people convicted of marijuana possession in Oregon will be pardoned and \$14 million in fines forgiven, the Governor's Office announced Monday.

Oregon Gov. Kate Brown is pardoning the 47,144 convictions for possession of one ounce or less of marijuana going back several decades. Criminal convictions, even for possessing small amounts of marijuana that would be legal now, can be barriers to employment, housing and education.

No one deserves to be forever saddled with the impacts of a conviction for simple possession of marijuana — a crime that is no longer on the books in 🖇 Oregon," Brown said in a state-ment Monday. "Oregonians should never face housing insecurity, employment barriers, and educational obstacles as a result of doing something that is now completely legal, and has been for years. My pardon will remove these hardships."



Dr. Who Gave Abortion Drugs To a Ten Year Old

NDIANAPO-LIS (AP) -An Indianapolis doctor who provided abortion

drugs to a 10-year-old rape victim from Ohio defended her actions before a judge Monday in an episode that drew national attention in the weeks after the U.S. Supreme Court overturned Roe v. Wade.

Dr. Caitlin Bernard testified during the second day of a court hearing on an attempt to block Indiana's Repub-

is dead-

locked



lican attorney general from seeking patient medical records. The attorney general's office says it is investigating whether Bernard properly reported child abuse and possibly violated patient privacy laws by telling a newspaper reporter about the girl's case. The Marion County judge

mistrial has

red in Danny Masterson's

The That '70s

Show star, 46,

decla-

case.

been

rape

was charged with forcibly raping three women from

2001 to 2003. Masterson ple-

aded not guilty and maintai-

ned his innocence through

his lawyers, but opted not

to take the stand during

high-profile trial at the Los

Angeles Superior Courthou-

se. Masterson faced up to 45

years in prison if he'd been convicted on all counts.

In a note to the judge, jurors

said, "We are not even close to coming to a unanimous decision on any count, and are convinced this will not

Jurors initially deliberated

for three days beginning on

change," per Variety.

said she expected to issue a decision next week on whether to issue a preliminary injunction against the attorney general's office. Bernard treated the girl in Indianapolis in late June, as the girl was unable to have an abortion in neighboring Ohio. That's because Ohio's "fetal heartbeat" law took effect with the Supreme Court's decision. Such laws ban abortions from the time cardiac activity can be detected in an embryo, which is typically around the sixth week of pregnancy.



15, but the group couldn't reach a unanimous decision on the three charges of forcible rape. The judge released the panel on Nov. 18 and ordered the members back to court 10 days later. When jurors returned on X Monday, they had to start & deliberations over as two & members tested positive for & COVID-19 over the break.





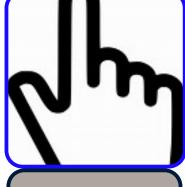


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Being wise is different from gathering knowledge. Wisdom is a virtue but it requires time and patience and a general approach to life versus trying to get one specific thing. Once you start to develop a wise approach to your own life, you will be on the path to your own personal wisdom.





























12/2/2022 10:17:07 AM



Ebola in Uganda: The people spreading misinformation online

think there is Ebola in Uganda." Those are the words of Battle

Kay, as he is known online - a 28-year-old who lives in the capital, Kampala, and makes social media videos criticising the actions of the government.

But he's also part of a new wave of people making unsubstantiated claims that the current Ebola outbreak is either exaggerated or entirely made up by the authorities.

Uganda has been battling Ebola for two months now. So far, there have been 141 cases with 55 deaths - confirmed by Medecins Sans Frontieres (MSF) - out of its 44.7 million population. Wider criticism of the government's record has become mixed up with speculation and unfounded claims about the disease.

What are the claims about Ebola?

The key misleading messages which are spreading have been:

the government is using it to justify locking down and controlling citizens

the outbreak is a cover to harvest body organs to sell illegally

the government is falsifying case numbers to attract funding or just to scare people

For example, a social media post claiming organs were being harvested with Ebola as a cover highlighted a visit in October by the UK's Princess Anne, sister to King Charles.

It said there was no way she would have toured a country which had "real" cases of Ebola.

Screengrab of Princess Anne visited labelled "false"

However, Princess Anne visited knowing there was an outbreak under way, partly because of her involvement with London's School of Hygiene and Tropical Medicine, which is helping combat the outbreak.

What is Ebola and why is



Although it is more deadly, Ebola is much less infectious than coronavirus since it does not spread via airborne transmission. It spreads between humans by direct contact with contaminated bodily fluids - blood, saliva, vomit, semen, vaginal discharge, urine, faeces and sweat.

Uganda's Health Minister Jane Ruth Aceng has dismissed the claims about organ harvesting as entirely false.

Screengrab of vaccine claim labelled "no evidence"

And with the impending rollout of a trial vaccine against the virus, some claims allege that Ugandans will be used as guinea

There are two vaccines in use against a different, more common Ebola strain, but this outbreak is being caused by the Sudan strain - for which there is currently no approved vaccine in use.

Three vaccine candidates have been approved for testing in a clinical trial. But the vaccines are yet to be tested, let alone offered to the general population. Who are behind the claims?

are, like Mr Kay, generally critical of Yoweri Museveni's government.

"unaccountable" way mo-

ney is used by the govern-

ment elsewhere on health,

Others questioning the

Ebola outbreak have pre-

viously spread misinfor-

Joseph Kabuleta, another

contender for the presi-

dency in 2021, has claimed

the government is using

the outbreak to get money.

But he has gone further to

allege Ebola vaccines are

not safe, without giving

"The ultimate purpose of

all this is to use Ugandans

as lab rats for an experi-

mental vaccine, whose side

effects might be very dead-

ly," he recently posted on

He had also made claims

about the safety of Covid

vaccines, which are not

supported by the evidence.

What has been the govern-

any evidence.

Twitter.

ment's

education and Covid.

mation about Covid.

He supports opposition leader Robert Kyagulanyi popularly known as Bobi Wine - who lost Uganda's 2021 presidential election to Mr Museveni.

Ugandans at a protest in London with a banner with a message claiming the outbreak is not real

Image caption,

A protest in London had a poster with a message claiming the outbreak is not

The vote was dogged by accusations of unlawful detentions, torture and killings of protesters by members of the security forces. These incidents have led some, like Mr Kay, to mistrust anything the authorities say.

Patricia Ssewungu is a nurse based in the UK, who continues to be very involved in political activism against the govern-

She told the BBC that although she did believe there were Ebola cases, she thought they had been exaggerated.

She added this was becau-

summary

State Minister for Health Margaret Muhanga recently told the country's parliament that politicisation of the epidemic was one of the challenges the government is facing.

The government says misinformation is making members of the public apprehensive

politicians... "Some confusing the public saying there is no Ebola and this epidemic is the government's propaganda of mobilising resources," she said

They even confidently say the Ministry of Health should leave the disease to spread and people develop immunity, forgetting what happened in West Africa."

She says the negative talk could lead to an explosion of cases - even in areas where the government has made progress against the spread of the disease.

Marion Apio, who works for an independent fact-checking initiative in Uganda said the most common thing her team has found is not targeted misinformation, but gaps in people's knowledge around the disease, how it it, especially in areas not affected by the outbreak.

EBOLA VIRUS











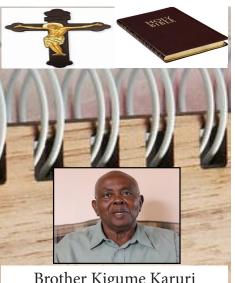
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SPIRITUAL CORNER

ehovah Lord God,







Brother Kigume Karuri

Ha ha ha ha ha Laughter is an amazing ability that God gave us all. Laughter helps us cope with sadness and life in general.



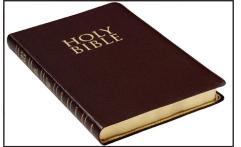
Pastor Mukuria

Morning Affirmation Ephesians 6:11

Put on the full armor of God, so that you can take your stand against the devil's schemes.

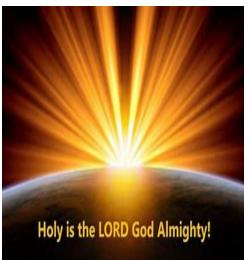
Good day!!





The Presence in Our Life

the Lord Almighty Whose love is unconditional. thank you most sincerely for your goodness and mercy. Thank you for the gift of another day and week this morning. Thank you most sincerely for your great love for your children and your upholding of our hands through the days. As we wake up this morning and start this new week, we humble ourselves before Thee and seek Thy presence in our lives. May you walk us through this week successfully rewarding our efforts and sacrifices. Dear Lord, we are privi-



leged to be your children and as your children it's also true that we at times make mistakes. How we pray that you will forgive our struggles with sin and strengthen us so we can be victorious physically, emotionally, spiritually and financially. Dear Lord, be with Children who' are doing there Final Exams starting today. Grant us success and make us better persons meeting us at our points of need. Teach us to trust you and your promises. You Who heals, we pray that you will heal those who are sick both at home and in hospitals. To those who have lost their loved ones, we pray for their comfort and courage. Hold our hands and walk with us through this week making us better Christians and supporter to fellow humanity in Jesus' Holy Name we pray and give thanks, Amen. God bless you and have a great week

Prayers by Brother Kennedy Onyango.



Father and our God Whofaithfulness se abound His love is unmatched, thank you this morning for the

free gift of life and the privilege of another day called today. As we start off this day, we are reminded of your goodness and love towards us and we come before Thy presence with fear and trembling. Dear Lord, may you be with us this day teaching us what to do and how to live in this day, in harmony with you and in peace with fellow humans. Master of the tempest rage, may you hold for us the storms of this life and sail us through courageously with great victory. We remember in a special way those of us who are sick and in need of Thy healing mercies. May you be with

them and grant them healing. To those in pain and loss of loved ones, we pray for strength and hope beyond death. Dear Father, we thank you for all the prayers we have mentioned and even those we haven't stated. As You answer our prayers, humble us and teach us to continue taking you at your word. This is our prayers in Jesus' Name, Amen. God bless you and have a great day ahead!

AMEN



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Tourism Is All About Appreciating.

By Memmory Phiri Zimbabwe



HIGHLIGHTS

What Is Climate? How Is It Different From Weather? You might know what weather is. Weather is the changes we see and feel outside from day to day. It might rain one day and be sunny the next. Sometimes it is cold. Sometimes it is hot. Weather also changes from place to place

People in one place might be wearing shorts and playing outside. At the same time, people far away might be shoveling snow.

Climate is the usual weather of a place. Climate can be different for different seasons. A place might be mostly warm and dry in the summer. The same place may be cool and wet in the winter. Different places can have different climates. You might live where it snows all the time. And some people live where it is always warm enough to swim outside!

There's also Earth's climate. Earth's climate is what you get when you combine all the climates around the world together.

TOURISM





he Conference of Parties or the COP27 is underway and it's running from the 6th-

18th of this month in Egypt. Climate change will surely be the death of us if we fail to handle it with care. It is everyone's responsibility to guide jealously this planet Earth which God gave us. With all due respect global warming is a cause for concern since it affects the normal temperatures in terms of the four seasons. Drastically the rainy season is experiencing droughts whilst the summer is prone to extreme heat waves.

This is so absurd to the extent that it has brought about a foreboding feeling as to what will happen to the next generation. I'm not saying we can do away with these negative effects at one go but it's a plea, a clarion call so that we take care of our environment through proven theories that can abate this catastrophic evil. Travel and tourism in it's own right has a close affirnity with climate change

because tourism is all about appreciating the well being of this our planet.

Tourists always travel to see various attractions in different destinations thus there will be no reason to travel if our planet is in shambles so let's put our hands together so as to put our house inorder.

Respectively East Africa is a place to be because it is naturally endowed dear readers, talk about the mighty Mount Kilimanjaro, the famous Massai boiling down to Lake Tanganyika in particular which is being affected negatively by global warming.

It is the longest fresh water lake in Africa and it boarders numerous African countries per se. Reference wise in Burundi, Bujumbura to be exact there has been a rise in water levels due to the incessant rains causing flooding. Moreso the deluge has led to loss of life and property not forgetting the break of waterborne diseases.

Needless to say that all these side effects of flooding are not in favour of tourism. On the other hand skiing in As-

pen has been affected by the fact that high temperatures are reducing the snowpacks which are required for this activity in most resorts at this destination. Introspectively this will cripple some tourism operations as the tour operators are struggling to switch to summer related activities thereby reducing the influx of adventure tourists.

It is noteworthy to say that global warming poses a threat not only to our tourism operations but to our food security as well leading to abject poverty.

Tourism as an industry that is governed by travelling causes a lot of gas emissions from every mode of transport that ferries them from one point to another.

As a form of comeback we are not throwing in the towel but we are leading by example through the Glasgow Declaration of Climate Action in Tourism.

The hospitality industry has blantantly staked it's claim through this initiative which was launched at COP26 UN Climate Change Conference held in Scotland last year.

It stands for supporting the global commitment by tourism participation to halve the emissions by 2030 so as to achieve net zero by 2050. Allow me to say that this bid will surely obliterate this carbon footprint.

However waste management in our hotels has been resolved by going green long before the declaration through recycling the paper and plastics used by visitors at every destination on their staycations.

We went even greener by the facilitation of natural tours which enables one to walk during sightseeing and natural tours thus reducing gas emissions from gamedrives and safari excursions which affects the ozone layer negatively.

The reintroduction of cycling has become our consolation in our fight for this planet so as to have a safe guarded future which will allow everyone to enjoy their stay on this precious earth.

"

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17 Signs Your Body Is Too Acidic

It is best to eliminate the refined sugar in your diet altogether. This definitely means no soda (super acidification powers in those fizzy, sugary drinks). If you need to sweeten your meals and beverages, use coconut crystals, raw honey or unprocessed stevia leaves instead.

s your body too acidic? Many people have never even considered this question. The pH of our bodies is enormously important to our health, yet we hardly ever give it a second thought. Here's

why you should care...

The optimal condition for your body is a balanced environment that is not too acidic and not overly alkaline. If your body is overly acidic, you may be more susceptible to certain illnesses. You may also become deficient in certain nutrients. This is because when the body is too acidic, the body may need to take minerals such as calcium, potassium and sodium from your bones to neutralize the acid. This can put your body under a lot of strain.

Because of the prevalence of the Western diet and an inactive lifestyle, many people today are somewhat acidic. If your acidity gets extreme, it is known as acidosis — a condition which requires urgent medical attention. If it is mild, you may not notice a problem at first, until you find yourself feeling worse and worse in unexpected ways.

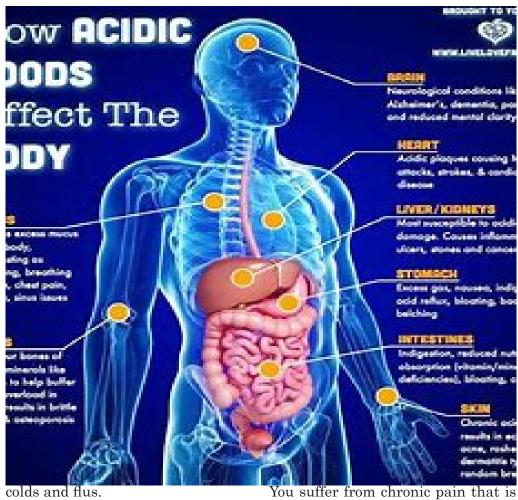
Signs your body may be too acidic You feel fatigued, even when you've had enough sleep.

You feel depressed or have a hard time enjoying things that you used

You find yourself especially irritable for no discernable reason.

You feel like you cannot focus or have "brain fog" often.

You frequently develop infections,



Your skin is dry, even in the warmer months.

You have acne or other skin prob-

You have hormonal imbalance is-

You frequently develop yeast infec-

You feel like your digestion is sluggish, or frequently experience constipation or diarrhea.

You find yourself becoming short of breath often.

You frequently experience joint pain. You often experience headaches.

You experience chronic allergies or sinus pain.

not due to an injury or a medical condition.

Your neck often feels stiff or sore. You have sensitive gums and teeth.

By Maggie Gonna

summary



If you find you are experiencing multiple symptoms on this list it's time to check your pH. You can either have this done by a health professional or you can do it yourself at home. If you're going the DIY route, you can purchase pH test strips that use your saliva or urine. If you get a reading lower than 6.5, your body is too acidic.

If your pH reading is significantly lower than 6.5, you may have a more serious case of acidosis. If this is the case, make an appointment to see your doctor as soon as you can. If the reading is 6.5 or slightly lower, you may be able to combat the problem at home although it never hurts to v a health professional you trust, just to be safe).

ACIDIT



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Cristiano Ronaldo, Manchester United agree to 'mutual' soccer



Manchester United agreed to a mutual split, effective immediately, the English Premier League franchise announced Tuesday.

Manchester United and Cristiano Ronaldo agreed this week to a mutual

tiano Ronaldo and the club in an interview. Manchester United and Cristiano Ronaldo agreed this week to a mutual split after the soccer star criticized the club in an in-

> "The club thanks him for his immense contribution across two spells at Old Trafford, scoring 145 goals in 346 appearances, and wishes him and his family well for the future," the Red

split after the soccer star criticized Devils said in a new

Sources told multiple news outlets last week that the Red Devils were considering a contract termination after the soccer icon made critical comments about the club in an unsanctioned interview. Those reports stated that United started the legal process against Ronaldo for a breach of cont-



With four billion fans around the world, soccer is the most popular sport in the world. Having some serious team spirit includes not only cheering for your favorite team but also sharing some funny jokes about soccer. While telling these hilarious soccer jokes might not land you the World Cup, it will send your friends and teammates into a fit of LOLs. Trust us: you'll end up having a ball.

In life, there is no such thing as impossible; it's always possible.



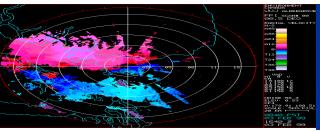












The Weather

summary



Temperature, rain, snow, fog and wind are all part of weather. Severe weather events such as tornadoes, tropical storms, hurricanes, cyclones, floods, lightning strikes and extreme weather affect us all. In addition to weather forecasts are ozone levels, changing climate conditions and solar winds. Weather warnings are important forecasts because they are used to protect life and property. People use weather forecasts to determine what to wear on a given day or to plan travel or events. Since outdoor activities are severely curtailed by heavy rain, snow and the wind chill, forecasts can be used to plan activities around these events, and to plan ahead and survive them.

WEATHER









12/2/2022 10:17:10 AM

AFRICA RESOURCES CENTER



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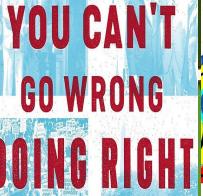






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NASERIAN



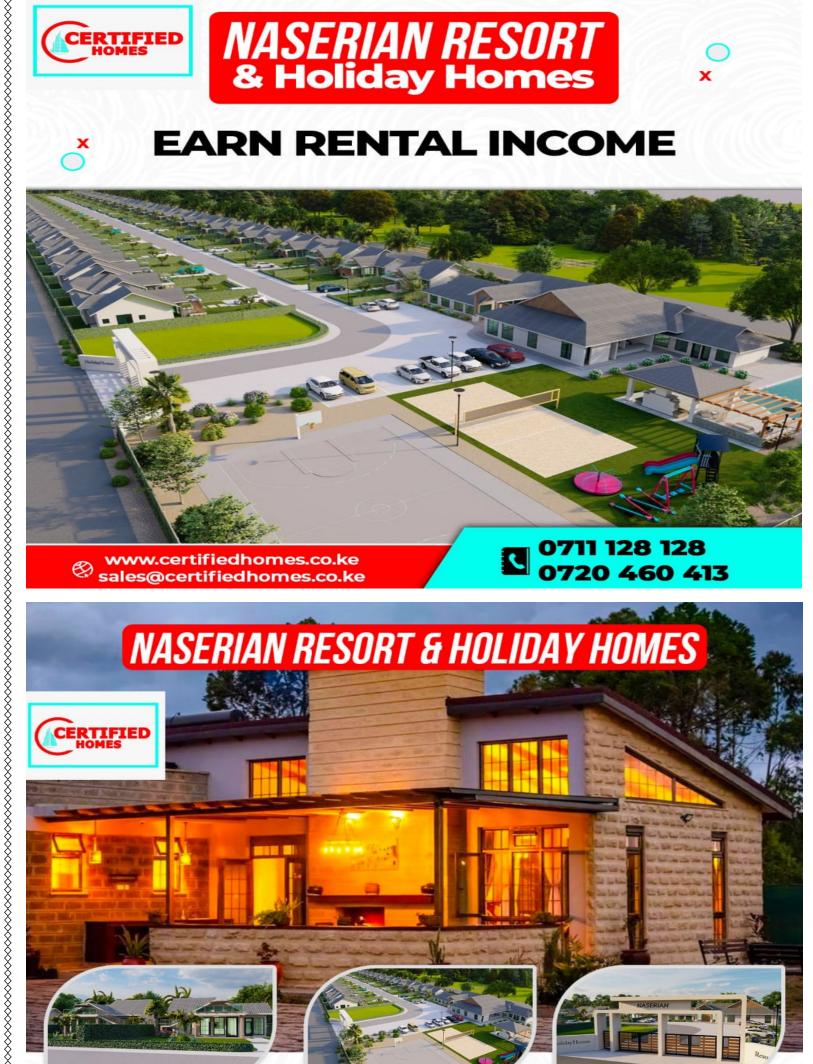
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summary

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.



WED, 11th MAY 2022 *TIME: 5.30PM*



0790 300 300 www.optiven.co.ke | info@optiven.co.ke

Property Offered:

Option One – 1/8 Acre Plots

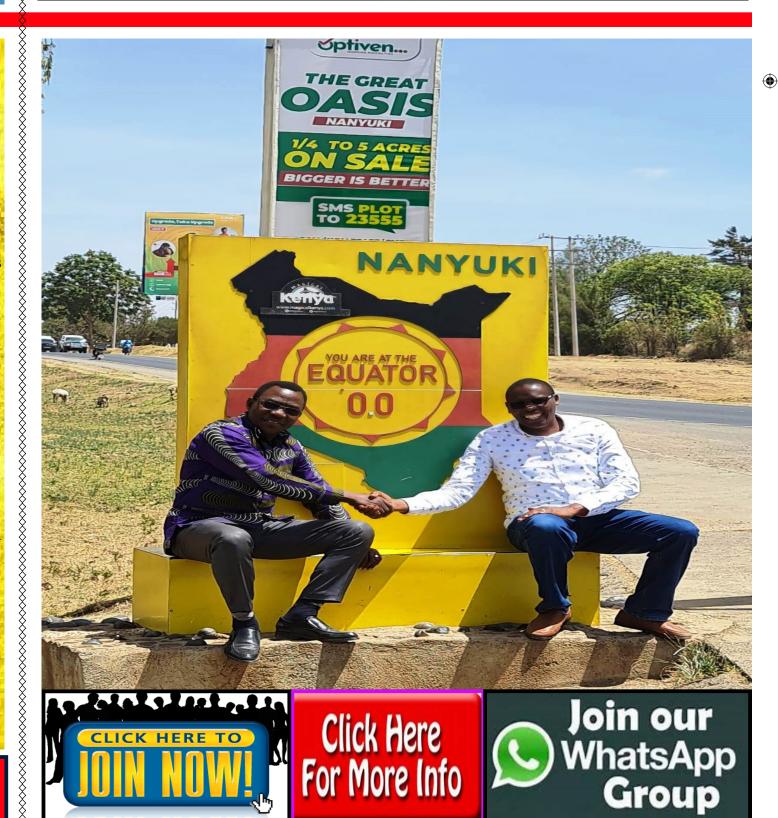
Ksh 349,000 cash in 30 days
Ksh 359,000 cash in 3 months
Ksh 369,000 cash in 6 months
Ksh 399,000 cash in one year
Option Two – 1/4 Acre Plots
Ksh 680, 000 Cash within 30 days
Ksh710, 000 Cash within 3 months
730, 000 Cash within 6 months
760,0000 Cash within 12 months
Option Three – 1/2 Acre Plots
Ksh 1, 300, 000 Cash within 30
days
Ksh 1, 339, 000 Cash within
3 months
Ksh 1, 380, 000 Cash within

6 months
Ksh 1,450,000 payable in one year

Option Four – 1 Acre Land
Ksh 2.5M cash purchase payable in

Ksh 2.5M payable in 30 days
Ksh 2.6M payable in 3 months
Ksh 2.65m payable in 6 months
Ksh 2.8M payable in One year
Option Five – 5 Acres Blocks
Ksh 12.5M payable in 30 days
Ksh 13M payable in 3 months
Ksh 13.25M payable in 6 months

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