

# The Diaspora Times

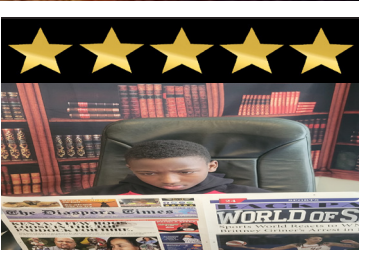




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# Christmas Spirit In Diaspora Its All Loving And Giving.



**By Roselyn Njau  
 Diaspora Times  
 Correspondent AZ**

Christmas in the Diaspora for Kenyans is a time of the year to embrace our unique identity, which is a combination of two cultures. We use the same to show our generations raised here in America our true origins in the form of songs and dance. The culture we share through dance is based quite firmly on what we went through or remembering how the Christmas festivities used to be back in the days. So, all the Christmas songs and tunes engraved in our memories or direct from books tend to create the spirit of Christmas. One of the main challenges is the lack of gathering together as Kenyans in one common place to express and share 'festive feelings.'

Many of our children are being brought up in the Diaspora, but for those who grew up in Kenya, being away from where we celebrated Christmas as little children experience sad memories, for we are not together as a whole family. Without our favorite Christmas treats like nyama choma in villages, the merry-making is not precisely the same like the moments we had in Kenya. In addition, many of us live in extreme climates, especially during Christmas, which restricts families from celebrating outdoors. It's not easy to enjoy Christmas in the middle of winter.

Many of us in the Diaspora are blessed with family, friends and a strong community around us, and this is who we celebrate special occasions with. However, with some of our loved ones still back in Kenya, Christmas can be somehow boring. Luckily, evolving technology enables us to do "face-time" or Skype one another and share instant messages, photos, and videos, so it can feel almost like being together on these special occasions. Some ideas to incorporate the Kenyan way in our Christmas celebrations

include roasting goat meat instead of turkey! You can cook chapati or buy them from Asian shops supplied by Kenyans or directly order from someone in our community who knows how to make it. Many Kenyans also attend the local Kenyan Churches on Christmas day, where the sense of community and cheerful atmosphere- is felt to bring some Christmas spirit.

Celebrating Christmas in the Diaspora is an extraordinary blessing. Everyone who attends such festivities, either in Church or community halls, have the chance to come together to enjoy together; surely, that is the true spirit of Christmas. Kenyans combine the best traditions from all the 42 tribes back home. Children learn more about their heritage and how their parents and grandparents celebrated Christmas back in Kenya. It's a time of loving and giving.

*Roselyne*

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I want I want I want I want to say something

**WISSE QUOTES**

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking.  
 -Steve Jobs

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# How Africa is building a different energy pathway

**F**orecasts by the International Renewable Energy Agency (IRENA), the inter-

governmental organisation mandated to facilitate cooperation, advance knowledge and promote the adoption and sustainable use of renewable energy, indicate that with the right policies, regulation, governance and access to financial markets, sub-Saharan Africa could meet up to 67 per cent of its energy needs by 2030.

Vera Songwe, Executive Secretary, United Nations Economic Commission for Africa

The good news is that the compelling case for clean energy in Africa has never been stronger than now, with so much demand for energy owing to population growth, increasing urbanization, industrialization and trade, and climate change among other factors.

Vera Songwe

UN Under Secretary-General and Executive Secretary of the UN Economic Commission for Africa Mr. Adnan Amin, the director-general of IRENA, says a lot of countries in Africa are increasingly embracing renewables as an enabler to leapfrog to sustainable energy future.

“As a promising sign of things to come, several African countries have already succeeded in making steps necessary to scale up renewables, such as adoption of support policies, investment promotion and regional collaboration,” Mr. Amin said at the 9th Session of the agency’s Assembly, held in Abu Dhabi last year.

According to the International Renewable Energy Agency, countries like Egypt, Ethiopia, Kenya, Morocco and South Africa have shown firm commitment towards



**Solar energy plant in South Africa**

accelerated use of modern renewable energy and are leading energy transition efforts, while some of Africa’s smaller countries including Cape Verde, Djibouti, Rwanda and Swaziland have also set ambitious renewable energy targets. Others are following suit, and renewable energy is on the rise across the continent.

For example, Africa has shown great progress in the development of its solar energy markets over the recent years, with the continent experiencing a growth of over 1.8W of new solar installations, mainly driven by five countries; Egypt, South Africa, Kenya, Namibia and Ghana.

At the same time, Mr. Daniel-Alexander Schroth, the

Acting director for Renewable Energy and Energy Efficiency at the African Development Bank (AfDB) exudes confidence that things are heading to the right path and Africa’s renewable energy is on accelerated growth.

“We recently saw Solar PV tariffs below \$.04 making it the cheapest form of electricity generation and the logical choice for additional capacity,” Mr. Schroth told Africa Renewal.

Over the past few years, Africa’s renewable energy solutions have proven to be economically viable, he says, underpinned by significant innovations across technologies. In particular, the costs for electricity from utility-scale Solar photovoltaics (PV) fell 82 per

cent between 2010 and 2019, while similar trend in wind project reflected a 50 - 60 per cent decline between 2010-2019.

Consequently, Africa’s renewable energy mix has gradually shifted from traditional hydropower and thermal plants to renewable solutions to both accelerate energy access and support sustainable economic growth.

”

# LETTER to the EDITOR



By Isaac Newton Kinity

## HIGHLIGHTS

By Isaac Newton Kinity

I have ADVISED William Ruto several times, that some of his actions, which are dictatorial in nature, will not have any space in the modern Kenya. When Ruto orders for GMO without consulting Kenyans, when Ruto creates a new Prime Secretary position in Kenya without consulting the Parliament, when Ruto nominates and approves PSs without the vetting of the Kenya Parliament as mandated by the Kenya constitution and when Ruto releases an Executive order to force Land owners to negotiate with Land grabbers over their lands, Kenyans will not sit back to watch him, as he creates a situation of chaos and killings over land, and as he destroys democracy to become a Dictator, whether the United States is behind him or not. We will not allow the United States to mess Kenya through William Ruto, at the expense of the suffering Kenyans. All efforts will be made by Kenyans, to prevent and to stop Rutos moves to force Dictatorship in Kenya

## Justice

DIASPORA CONNECT KENYA

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In a table where they discuss people who are not around, discuss wisely cause once you leave, you might be the next person.



### Pastor Wairimu Mugwana

We have been there. The same company that used you to sack someone will use another to sack you. The same friend that came to gossip someone to you will gossip you to another. Leadership is not perennial. Wait for your turn. Wanjiku is still a Kenyan.

ANNONYMOUS BY Mary Kangethe

Where are your classmates? A 60 year old gentleman was suffering from deep depression and his wife booked an appointment with a counselor. The wife said... "He is in severe depression, please see to it." The Counselor began his counseling by asking some personal things while the gentleman's wife sat outside. The gentleman spoke, and it went this way; "I am too

much worried. Infact, I am overwhelmed by worries - family issues, job pressure, friends, children's education, and job tension, mortgage loan, car loan, etc. I have lost interest in everything that I use to like. The world thinks of me as a cannon, they think I have everything, but I don't have as much stuff as even cartridge. I am very depressed." Then the learned Counselor asked him, "which secondary school did you attend." The gentleman told him the name of the school. The counselor said, I want to advise that you go to that school. When you get to the school, locate your 'Class register' if it is still there, look up the names of your peers and try to get information about their current well being. Write down all the information you get about them and meet me after a month..!

The gentleman went to his former school, found the register, and copied every name in it. There were 120 names in all. He tried day and night throughout one month, but was barely able to collect information on about 75-80 of his classmates. Surprise results ...!!! 20 of them were dead. 7 were widows/widowers, 13 were divorced. 10 turned out to be drug addicts. 5 came out so poor that nobody could even connect with them. 6 turned out to be so rich that he couldn't believe it. Some were cancerous, some were paralyzed, some were diabetic, asthmatic, heart disease patients. A couple of them were in bed with injuries to the arm/leg or spinal cord. The children of some has turned out to be insane, vagabonds, etc. One was in jail. One person after two divorces was seeking for a third marriage. The counselor asked:- "Now tell me how is your depression?" The gentleman understood that he had no disease, he was not starving, his mind was perfect, he was not unlucky. He was lucky that his wife and children were very good and healthy. He was also healthy, he could afford three meals daily. His challenges paled in significance to that of others. That gentleman realized that, there's really a lot of sorrow in the world, and that

he was very happy and lucky. Leave the habit of peeping into other people's plates (peoples fortune or misfortune), take the food on your plate with love. Don't compare your life with others. Everyone is moving according to his or her destiny, you are neither late nor early. In everything, good or bad, great or small, GIVE THANKS TO GOD  
**ISAAC KINITY**  
I bet there is no any other community in Kenya other than the Kikuyus, which can tolerate the torture the Kikuyus have been subjected to, yet behave blindly, that Kikuyu way. Not even one, not even the minorities. All other communities in Kenya are above that.



Tell this girl that Raila is a mchawi or mganga. If she does not reply you that you are an idiot, it will be your lucky day. Raila is one of the most humane person in Kenya. Raila also put up a beautiful house for his classmate abroad called Peter Young at a place called Matuguta. Tell Njeri wa Peter that Raila is a Mchawi, if she does not call you "nuguno" then she became senile. \*Raila is an enigma..... a luminary patriot. He is a HERO. By D.K Gitau

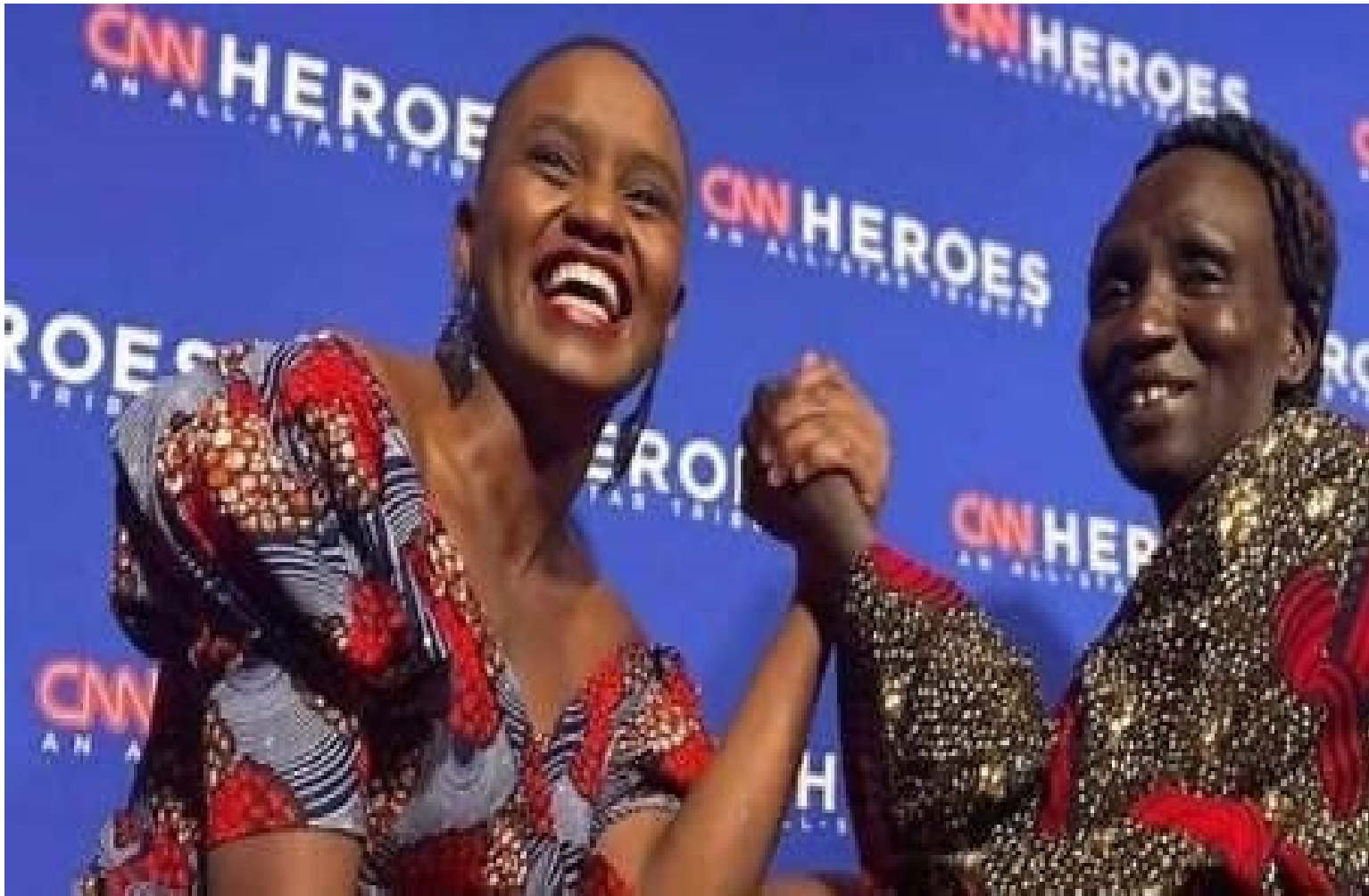


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# laughter is the best medicine



*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  
ha ha ha ha ha ha*

**All born in the 70 know this one**



**A**n 80 year old man walks into the doctor's office. After the examination, the doctor says: "Sir, you have to give blood, feces, urine and if possible sperm for tests." The man replied: "Well, doctor, I'm in a bit of a hurry, will it be okay if I just left my underpants?" This joke may contain profanity.

I am over 18  
80 year old man goes to the doctors.  
Doc I gotta tell you what's been happening.  
Go on says the doctor.  
Every morning at 07:00 I have a glorious piss.  
Every morning at 08:00 I take the best dump.  
So what's the problem asks the doctor?  
I don't get up until 09:00!!  
An 80 year old lady gets married for the 4th time.  
This time to a funeral director. The local paper does a story on her and they ask her about her previous marriages.  
She tells them that at 20 she married a bank manager, at 40 a ringmaster, at 60 a pastor and at 80 a funeral director.

Two 80 year old men Michael and John, who have been best friends since high school, have just spent the last of their retirement savings on a trip to Hawaii. They check into their hotel and are furious when they find out that the lifts wont be working for another month and that their room is located on the 90th  
There was this 80 year old virgin...  
There was this 80 year old virgin that started getting itchy... down there....  
So, she goes to the gynecologist. The dr does the examination and reports "ma'am, i'm sorry to tell you, but it appears you've contracted an STD. We'll need to do further testing to confirm." The lady is outraged!  
An 80 year old couple is watching Jeopardy when a Viagra commercial comes on...  
The husband says with a smile, "You know what, Edith? I'm gonna go to the doctors office tomorrow and get some of that Viagra."  
Edith says, "Well you better make an appointment for me too."  
Her husband replies, "Naw honey, I'm the only one who has

to take the stuff."  
Edith says, ... read more  
80 year old lady gets married  
The local news station was interviewing an 80-year-old lady because she had just gotten 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. Did you hear about the 80 year old man who ran naked through the flower show?  
...he won first place for a dried arrangement!  
Three old men, 70, 80, and 90 years young, sat on a park bench for a chat. During their conversation, the topic of sleep schedules and bodily functions comes up. Of course, being a competitive group, each one feels the need to have the most significant problems.  
The 70 year old says, "I wake up at 5 AM every morning and need to pee urgently, but I have to stand th... read more  
This joke may contain profanity.  
I am over 18  
Elder humor  
Two 80 year old folks decided to married after their respective partners had died. Mostly

for companionship, and social things.  
That night after the wedding in bed, the husband starts to get frisky...  
She says "Be careful, I have acute angina", he says "Ya and your titties aren't bad either!"  
This joke may contain profanity.  
I am over 18  
An 85 year old man wanted to spice up his marriage  
He went to a lingerie shop to get a sexy lingerie for his 80 year old wife. He got an expensive one and went home.  
Later that night he gave it to his wife and told her to put it on. She went to the bathroom to put it on and found out that it was too small for her. She thought "He does not hav... read more  
Sand trap  
An octogenarian who was an avid golfer moved to a new town and joined the local Country Club. He went to the Club for the first time to play but was told that there wasn't



# Major highlights of this year.

**A**s we close off this year we thought to look at major highlights of it like the just ended 2022 FIFA World Cup held in Qatar. It will be another four years until we experience such adrenaline rush collectively as a global village. Particularly, in 2026 it will be held in three different countries that is USA, Canada and Mexico which is another first for countries to share this tournament. Also, the number of teams has been proposed to have been increased from 32 to 48 nations. Last Sunday 18/12/22 was testament to how great the World cup is when Argentina locked horns with the French team. The stakes were high on that game and it won its place in history because everything that happened was electrifying. Kylian Mbappe, stole the show although France eventually lost to Argentina through penalties otherwise they would have scooped the cup twice in a roll. This is because the French were the 2018 World cup winners. Notably, due to his stellar performance the recently turned 24 year old on the 20th of December, Mbappe won individually the Adidas golden boot at the just ended World Cup. Worth noting the golden boot is given to the top goal scorer since he had 8 goals to his name. Nonetheless, Messi did prove he is the "goat" greatest of all time as he is lovingly called forth by his legion of fans all over the globe. The Argentinians were able to take the World Cup after 36 good years

# Thank you



of trying and failing. In their history since the World Cup started in 1930, it is their third time scooping the world-coveted trophy. Needless to mention this was the first World Cup played in a Islamic country, Qatar which is rich in culture as can be seen through its cities starting from the capital of Doha. In addition, this is the same year that Morocco did proud African football having landed the fourth place after losing 1-0 to Croatia led by Luka Modric who is a legend in his own right. Interestingly, Morocco had previously managed to beat both Spain and Portugal which was a welcomed change to the African fans. Indeed, it was a fun filled tournament sponsored mainly by the international giants such as officially by Budweiser not forgetting other partners the likes of Coca Cola. The World Cup had its ups and downs as some left the pitch crying foul but the reality of the matter is that in every match somebody has got to win whilst the other party loses. All this is indication that you should

give it your best shot on whatever you do in life regardless of the outcome. Lionel Messi is now a testament that hard work pays off as the 35 year old player finally got to win his first World Cup as he is about to retire. Frankly, kudos to the Argentinians for getting the youngest player trophy again by the 21 year old Enzo Fernandez whilst Emiliano Martinez got the golden globe for besting other goal keepers. In addition, Lionel Messi got the golden ball certifying his prowess in the field to the satisfaction of many people who root for him. Without no shadow of doubt, the Argentinians revived the good old times of their predecessors such as Diego Maradona by this well deserved glory. Football is a sport that has a huge following. It brings about an aspect of togetherness not to mention the significance of doing teamwork. As a matter of fact, united we stand and divided we fall stands even in soccer matches. Given an opportunity to represent your country one must do so wholeheartedly and proudly. Not only will this save to motivate the younger generation it will give you yourself a sense of purpose and belonging. Consequently, with the ending of the year 2022 it had its highs and lows but such is life. We soldier on into 2023 with fresh resolutions to perfect our talents and do better in areas we are a tad lacking in. Let us not drag our names and countries in muck but let's do admirable things like how the 2022 World Cup players made their different nations proud. Interestingly, we should live in the moment giving thanks for the gift of abundant life. That said, goodbye 2022 you have been a year full of promises and surprises. Kindly, all hail year 2023.

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Abigail Phiri-Zimbabwe

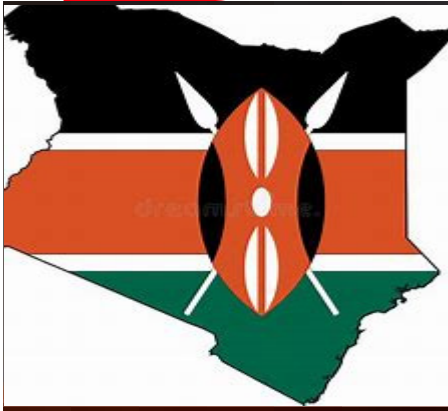
## summary

Poem: 2022 Qatar World Cup  
By : Abigail Phiri

Waiting patiently for 4 years  
Teams can not afford to lose  
A player has everything to prove  
This is no chase for a goose  
Every second matters, regardless of no booze  
From Russia, today we are in Qatar  
Imagine the rapture  
For the Arabic host ribs might fracture  
The moments must be captured  
The teams experience must be savored  
Athletes sworn to the sport  
Giving their best shots  
Gloating when things turn hot  
Smiling to the packed stadium and whole lot  
Entertainment comes in different forms and its never soft

## POEMS





# History

FALLEN  
HERO



R.I.P.

# Alexander Muge

Merchants of Evil took the life of a servant of God after he pleaded with the authorities to stop killing its citizens in order to retain power.

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

## summary

**A**lexander Kipsang Muge (1948 – 1990) was an Anglican bishop in Kenya. He was Bishop of Eldoret from 1983 until his death in 1990.

Muge was born in 1948 and educated at St. Philip's, Maseno. He was ordained deacon in 1975 and priest in 1976. He served at St. Stephen, Nairobi and then at All Saints' Cathedral, Nairobi.

Muge became a critic of Daniel arap Moi and advocated for civil rights in Kenya. His death in a car accident is widely regarded as suspicious.

**Early life**  
Alexander Kipsang Muge was born in March of 1948 to Anna Chepkoskei who went by the moniker "the woman of the dusty roads." (A moniker born from her efforts of fetching firewood for her children) Born into the Kamelilo Clan, Kipsang was known to refuse the common traditions of his clan and would often abstain from ceremonies as a child, much to the astonishment of the clan elders. This refusal remains a mystery in light of his lack of Christian faith at the time.

According to his mother, Kipsang was a child who loved the solitude of the forest and possessed an ever-inquisitive spirit. His father, recognising his ability, enrolled him into the Africa Inland Church Primary School at Tangaratwet where he received exemplary marks in his fourth year common en-



Late Alexander Kipsang Muge

trance examination in 1962. Later, Kipsang studied at the Anglican Mission School where he passed the Kenya Primary Education Examination.

**Early Christian Faith**  
Kipsang was converted and baptized on October 25, 1970 at St. Michael and All Angels Church in Ruiru by Rev. John Kago. As a soldier at the time, Kipsang proclaimed to have previously lived a life of sin which changed after a personal encounter with Christ. He was encouraged by born again Christians to pursue the path of faith to its ultimate end and from then on, Kipsang became totally devoted to the revival movement.

In 1973, Kipsang resigned from his work as a soldier and began his studies at St. Philip's Maseno Bible School. In 1975, he was ordained as a deacon at St. Stephen's Church, Jogoo Road, in Nairobi. The following year, he was ordained as a priest and became a curate there. Later, he served as a priest at St. Mark's Church, Westland, Nairobi, before attending London Bible School in

Britain in 1979. Whilst in London he also held the position of secretary for the Pan-African Student Body. He graduated from the London Bible School in June 1982 with a bachelor of arts in divinity, returning to Kenya right after. He rejoined the diocese of Nairobi and on July 1st of that same year, was appointed assistant provost of All Saints Cathedral. Muge served at All Saints for eleven months before being appointed bishop of the newly created diocese of Eldoret on June 5, 1983.

**Bishophood**  
As a Bishop, Muge maintained his stalwart vision for Kenya. Being a courageous person, he devoted his life to the advocacy and proclamation of social truths. He believed in the power of the pulpit to transform and reform society. Nicholas Otieno, in his book about Muge mentions that "When Muge set out for a mission, however dangerous it was, no one, not even his family could stop him. He was a man of depth and total commitment to the cause of truth. He had faith beyond

the fear of death". Bishop Muge had a particular focus on defending the poor and oppressed children of God. Being a part of the military previously, Muge often conceptualized his vocation as a watchman looking over the flock.

Muge held a traditional interpretation of Scripture. On May 17, 1990, during a visit to the U.S.A., he openly condemned homosexuality, appealing to the authority of Scripture in its classic understanding which, he said, must not be compromised. Muge was a firm anti-corruption advocate for the church calling it the nation's conscience which needs to remain clear. Maintaining moral authority is of the utmost importance. Muge preached a holistic gospel aiming to increase the community's capacity to plan and implement development projects. Muge launched the Christian Community Services (CCS) to oversee all development activities within the diocese.

**Death**  
On August 14, 1990, Muge lost his life in a road accident near Kipkaren, Uasin Gishu district at the age of 44. He had ignored multiple warnings from Minister for Labor Mr. Peter Habenga Okondo concerning the area, lending credibility to the theory that his accident was not really an accident.

Bishop Alexander one day dared the powers that be and vowed to visit where they had warned him not to and the threat, somehow came true for he never made it back to his home that same evening. He was involved in a suspicious fatal head on collision accident many believe was stage managed.

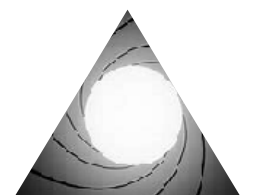
The news of his death, spread like a wild bush fire on that eve of 13th August 1990 and many, spoke in whispers not believing that the person that advocated for the rights of many, was no more.

Alexander Muge was a critic of Daniel Arap Moi and he spoke openly on the civil rights of Kenyan at a time Kenya was a one party state and opposing the head of State, or imagining that he can die, was considered treasonable.

The Anglican Church asked the government of Moi to come clean over the death of the former bishop of Eldoret, the Rt. Rev. Alexander Kipsang Muge but the matter landed on deaf years till this day.

Alexander Muge

”



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# How World Cup finals sent Tanzania's meat exports soaring



Excerpts from the Citizen  
liams2314@gmail.com

## HIGHLIGHTS



Beef meat production is the key to reducing poverty, achieving food security and nutrition, promoting exports, economic growth, and industrialization. Despite a large number of beef cattle, Tanzania continues to import beef meat and its contribution to GDP is low. Thus, this study used time-series panel data to analyze the beef meat industry in Tanzania from 1990 to 2019, with a particular focus on identifying the reasons and direction of the correlation between beef meat output and its determinants in the production processes. The study applied both descriptive statistics and the Cobb-Douglas production function model, using the Ordinary Least Squares (OLS) based estimator to analyze the data. Descriptive analyses revealed that Tanzania's beef meat production increased by 283,871 tons (59.3%-a positive trend) between 1990 and 2019. This increase was accompanied by approximately 29.75%, 53.05%, and 42.42% increases in beef cattle yield (carcass weight (hg) per head, beef cattle inventory, and the number of beef cattle slaughtered, respectively). However, the analysis further revealed that a 2.8% decrease in beef cattle extraction (low harvesting) rate due to low market participation, continues to be a critical barrier to increasing beef meat production in Tanzania. Furthermore, econometric estimates showed that the key factors that positively influenced beef meat output at a 5% significance level ( $P < 0.05$ ) included beef cattle population (inventory), beef cattle yield (carcass weight (kg) per head, and the number of beef cattle slaughtered, with elasticity coefficients of 0.146, 0.469, and 0.564, respectively

**D**ar es Salaam. Tanzania benefited from the Fifa World Cup finals in Qatar in the form of increased meat exports to the Gulf state during the month-long football extravaganza. Qatar is the largest importer of meat from Tanzania, especially goat meat, followed by Oman, United Arab Emirates (UAE), Saudi Arabia and Bahrain. In November 2022, Tanzania's meat exports more than doubled to 1,423 tonnes, an increase of 125 percent from 632 tonnes that were exported in October, according to the Tanzania Meat Board (TMB). Goat meat is by far the leading export item, accounting for about 74 percent of meat exports at 1,047 tonnes, followed by mutton (343 tonnes), beef (32 tonnes), chicken (0.67 tonne) and pork (0.2 tonne). Thirty-seven percent of the meat Tanzania exported in November went to Qatar, according to TMB.

The value of the meat exports also increased from \$2.9 million (about Sh6.8 billion) in October to \$5.37 million (about Sh12.5 billion) in November. "The World Cup greatly boosted demand for meat in Qatar, which is currently our biggest market," TMB marketing manager John Chasama told The Citizen. In October, the value of meat exports dropped to \$2.9 million from \$3.8 million registered in September, with stakeholders blaming the fall on drought, which affected meat quality. Mr Chasama said the situation was still affecting meat quality, but the impact on goat meat was not as pronounced as on beef and other types of meat. "Cattle and goats are affected by drought in different ways. The impact is greater on cattle," he said. Tan Choice Limited, one of the companies which processes meat exports, said there was a spike in demand for goat meat exports in November, and attributed the increase to the World Cup fi-

nals hosted by Qatar. The company's business operations manager, Dr Sero Luwongo, said Tanzania could have exported to Qatar much more than what it had actually sent to the Gulf state. "We could have exported more goat meat than we did, but there were some challenges, especially with regard to transport from Tanzania to Qatar," he said. The company – which operates under the Export Processing Zones Authority (EPZA) – owns modern slaughterhouses that process goat meat and mutton at Soga in Kibaha District, Coast Region. According to Dr Luwongo, Tanzania's exports could have jumped even more if there were better transport links between the country and Qatar during the World Cup. In October, Qatar Airways announced adjustments to its network in order to cope with a surge in demand for travel to and from Qatar during the World Cup. In October, Qatar Airways announced adjustments to its network in order to cope with a surge in demand for travel to and from Qatar during the World Cup. In October, Qatar Airways announced adjustments to its network in order to cope with a surge in demand for travel to and from Qatar during the World Cup.

“Due to unprecedented demand and a greater focus on bringing football fans to the first Fifa World Cup in the Middle East, Qatar Airways is temporarily adapting its operations to a more point-to-point model,” the carrier said. “Throughout the course of the tournament, we will be reducing frequencies and provisionally scaling back flights to several destinations across our network,” it added. Tanzania was also affected by the adjustment as frequencies were slashed. The Dar es Salaam frequencies were reduced from ten to seven times weekly, while those to and from Kilimanjaro International Airport were reduced from ten to between three and seven. The Zanzibar frequencies were also reduced from 14 a week to between four and seven.



## BEEF





# Desperate Graduates Resort To Racketeering.

Written by  
Hopewell T Muchemedzi  
Zimbabwe.

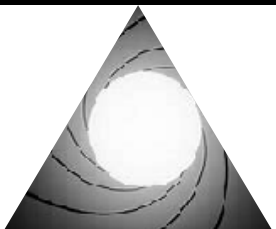


summary



In African societies, attending university has, over the years, turned up like a bad penny. Thousands of students graduate from universities every year, adding numbers to the already depressing job markets and skyrocketing unemployment rate. Frustrated and desperate, graduates resort to racketeering to survive. Due to that, some have ended up proposing entrepreneurship rather than splashing money on tuition fees, only to end up unemployed. After all, some billionaires in Silicon Valley are dropouts from high school.

JUDICIARY



File Picture Graduation ceremony in Zimbabwe

**I** know the topic might have you wondering, do the dead still have anything to offer? Well, let me define the dead I am on about. The dead in this context are the failures, the failed actors, athletes, politicians, and any other career you can fantasize about. The media has warped our perception of success and happiness by linking them to being extraordinary. Success stories of musicians, actors, and start-up founders make it to the headlines or breaking news. These stories have influenced how we conduct business and plan our careers. We are inspired to set lofty goals, put in a lot of effort, and strive to become the next Elon Musk's, acquiring billion-dollar businesses while still finding time to tweet memes. However, in an era where our attention span has diminished, our focus is only being served with news of a select few achievers- the survivors. Read on to find out why you need to take focus and take lessons from the obituaries.

In African societies, attending university has, over the years, turned up like a bad penny.

Thousands of students graduate from universities every year, adding numbers to the already depressing job markets and skyrocketing unemployment rate. Frustrated and desperate, graduates resort to racketeering to survive. Due to that, some have ended up proposing entrepreneurship rather than splashing money on tuition fees, only to end up unemployed. After all, some billionaires in Silicon Valley are dropouts from high school. The fallacy connected to this predicament is known as survivorship bias. We accept biased information shaped by the myopia of a select few successful stories because we are dazzled by the tales of the fortunate or intelligent. This bias offers the notion that taking a chance and forgoing college will end up among the successful entrepreneurs who overcame all difficulties.

The survivorship fallacy is a cognitive bias in which we overlook the majority of a group and focus exclusively on the successful members. To prevent more American fighter pilots from being shot down, Hungarian mathematician Abraham Wald and his colleagues were entrusted with figuring out where

planes could be reinforced with armour in the 1930s World War II. It was not possible to armour the entire aircraft because doing so would add weight and cause it to slow down. After analyzing the returned aircraft, the mathematicians discovered that the warplanes had bullet holes everywhere but the cockpit and engine. They recommended strengthening the aircraft where there were no bullet holes. This was because the planes shot in those places did not return. This was a case where it could have been pretty easy to be conclusive using evidence that the mathematicians had, but instead, they didn't dwell on the survivors. They focused on and employed the aircraft that failed to make it, to propose a solution that helped save American pilots and win the war.

Behind every successful start-up are thousands of other businesses that never made it to their 2nd anniversary. Behind those unlucky ones, some business plans have added more layers of dust as shelved ideas for decades. That's how it is for every other successful people and business you know. The real-world perils of ignoring survivorship bias is a

pitfall for many, this mistake is common in business. Entrepreneurs and investors go all in with obscured data that misrepresent their outlook suggesting an easy ride. There is an underestimation of failure when focusing on the survivors. This explains why there are staggering start-up failures of 70% in years two and five of starting. People and businesses need to divorce outliers of success from determining how to formulate strategy. There is more to thriving companies or successful careers than meets the eye.

The next time you get a brilliant idea worthy of dropping out of school, consider the deceased careers (none-survivors) who walked your desired path. Don't ignore this objective approach of stubborn faith on steroids.

”

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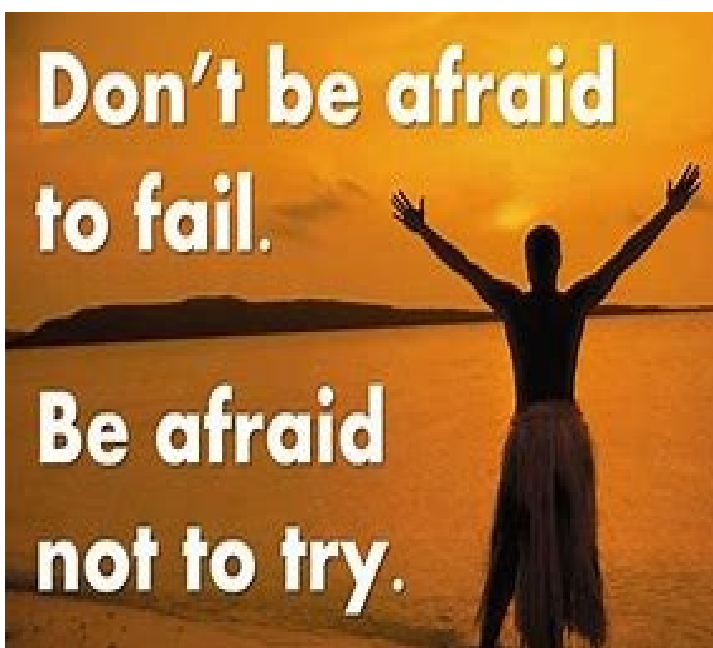
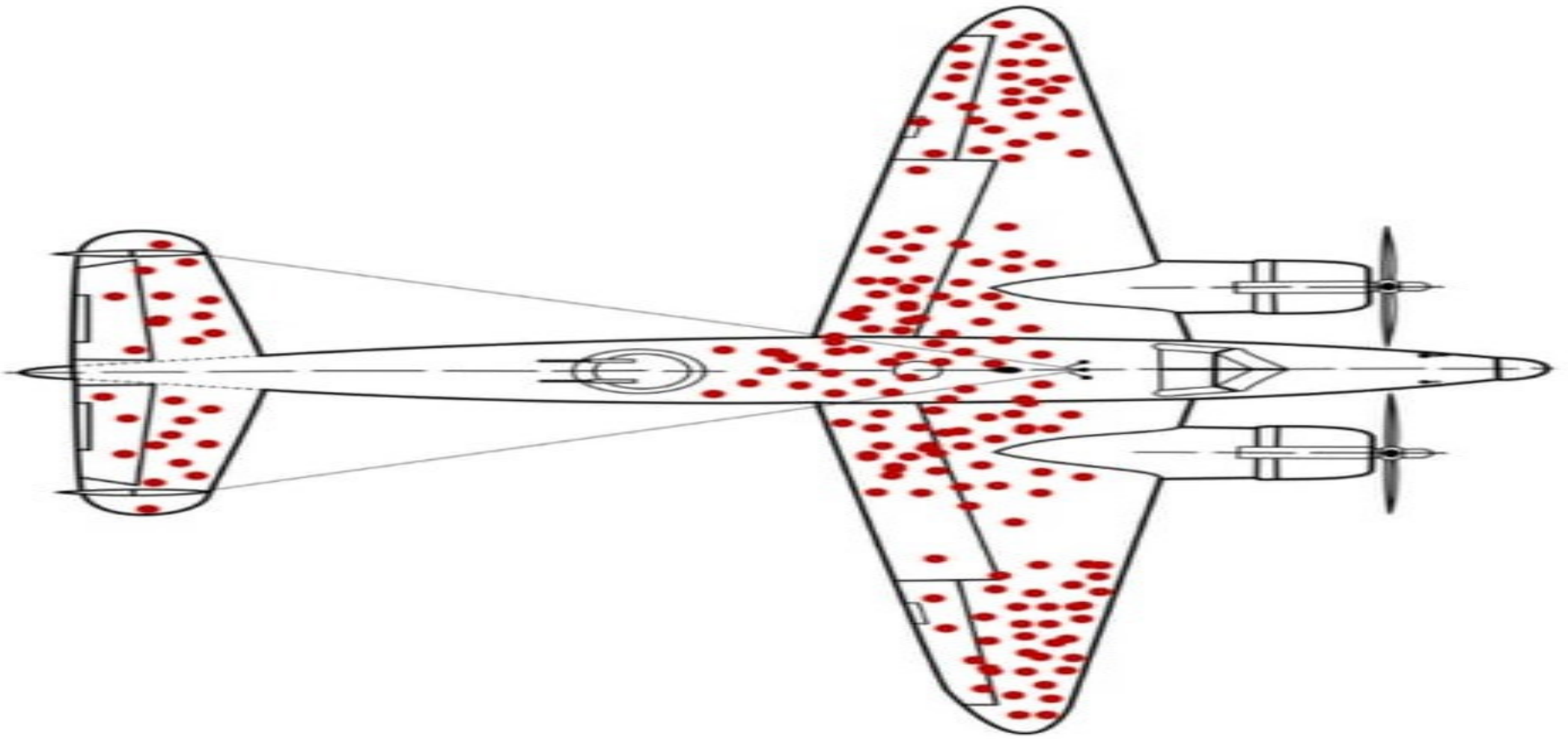
\*Estimated return based on current market trends

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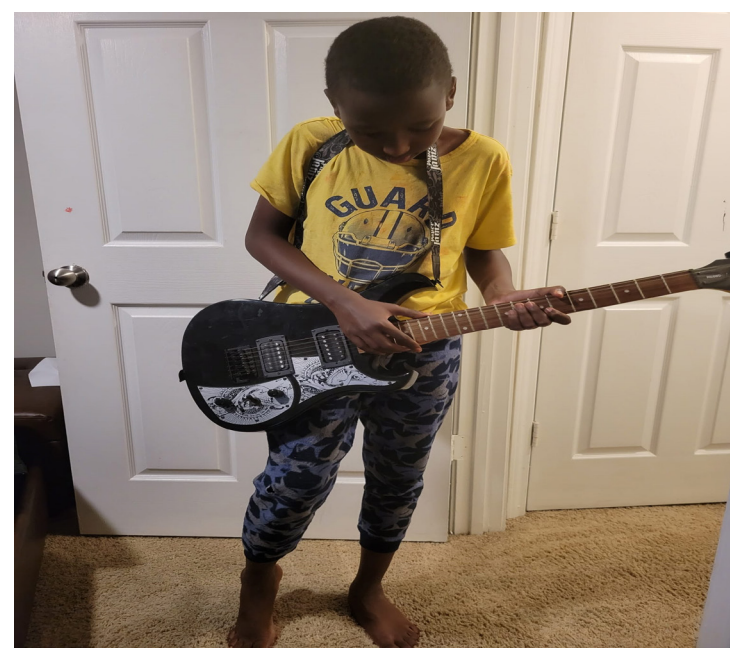


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## Your Dignified Send-Off, Guaranteed

# Keeping Up The Christmas Spirit.

## summary

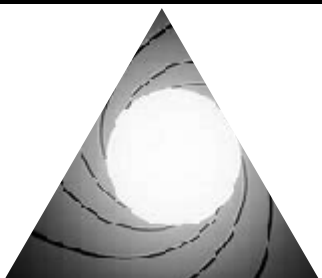


By Memory Phiri  
Zimbabwe  
Correspondent

## Comments

Someone recently told me that it's not all about taking but you have to give back so as to enjoy the experience. Ladies and gentlemen it's that time again that we have been looking forward to all year long, and it is here. Christmas time means showing each other love and care. As a generation that the Corona Virus rattled, this Christmas should be different, making it more special. We survived the COVID era, so there is something to celebrate about. Biblically Christmas is the day our saviour was born in Bethlehem Judea.

Christmas



Let me say that Christmas is around the corner, and it's about time we had those miracles with some magic.

Do the needful for I'm already doing my vocals of all those christmas carols because one has to go with the flow in this festive season. Don't forget to decorate that christmas tree with your friends and family as the mistletoe will be ready for some action. I guess you know what I'm talking about. Santa Claus is out there waiting for you kids and those who are young at heart with his wagon full of gifts.

Someone recently told me that it's not all about taking but you have to give back so as to enjoy the experience. Ladies and gentlemen it's that time again that we have been looking forward to all year long, and it is here. Christmas time means showing each other love and care. As a generation that the Corona Virus rattled, this Christmas should be different, making it more special. We survived the COVID era, so there is something to celebrate about. Biblically Christmas is the day our saviour was born in Bethlehem Judea. This marks the absolution of



*Christmas Festival*

our sins as a people for God showed his true love by giving us his only begotten son. This is a clear pointer that everyone should be kind and loving for the season's duration and observe repentance from all bad deeds.

Christmas entails us reliving the life of Jesus Christ. One should do something new to thank God for giving us life. A chance to have battled throughout December from January when we discussed setting goals aligned with our aspirations and what we wanted to achieve. Christmas comes

once a year, so it is our responsibility to make it worthwhile and idyllic. Keeping up the Christmas spirit is portrayed by buying something new and nice for yourself and others. To indulge yourself with good food and try out new recipes with friends and family. Live the moment, dear readers.

Interestingly Christmas instills a feeling of camaraderie because whether you are stingy or not, you have to give someone something. Let's descend on those orphanages, old people's homes and hospitals and give out those presents.

Sharing is tantamount to caring; everyone has to open a box on the 26th as the official Boxing day. The twelve days from Christmas up to the new year are essential because they bring about unity of purpose globally. Practically this holiday cuts across any race, for no one goes to work because it is printed in black and white on our calendars. Treasured readers, let's uphold the spirit of Christmas, enjoy this day like never before, make merry and pay respect to the Father, Son, and the Holy Spirit.



*Lighting the Christmas tree in Boston*

# NEWS Briefs



## Hazardous storm system hits United States ahead of winter holidays.

It is unconscionable that we have people living without shelter in Chicago winters at all, much less during a blizzard at Christmas," posted

Heavy snow is also likely across the northern Rocky Mountains and the Pacific Northwest, with the greatest snowfall expected in the higher terrain of the Cascade Mountains, northern Idaho, northwest Montana, and western Wyoming, the National Weather Service said. U.S. winter storms have shifted northward and increased in frequency and intensity over the past 70 years, according to the U.S. Global Change Research Program.



**A** huge swath of the United States will face heavy snow, below-freezing temperatures, and dangerous wind chills this week, likely leading to flight delays and impassable roadways during one of the busiest travel periods of the year. The National Weather Service forecasts potentially hazardous weather conditions into

the middle of the week, extending from the Northwest and Great Plains regions of the country to the central and southern Appalachian area.

"With such a large and powerful storm system... it is imperative that travelers check the latest forecast before venturing out," the Service said in a short range forecast posted on its website on Tuesday.

A surge of Arctic air crossing the country behind a cold front is expected to create blizzard conditions in parts of the Plains and Great Lakes region, while a flash freeze could occur from the mid-South to the East Coast, according to the Service.

Residents of the affected areas fretted on social media about travel disruptions, the prospect of getting trapped in their houses, and the plight of their neighbors without homes.

Source APA



### HIGHLIGHTS



Donald Trump Taxes

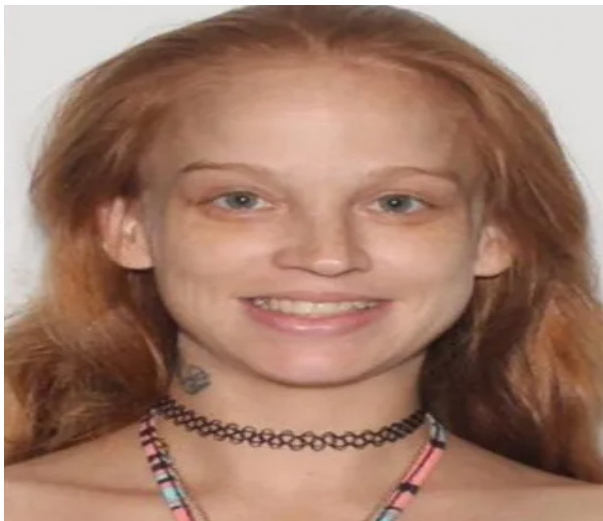
The six years of returns — spanning from 2015-2020 — will be released to the public in the coming days after the documents are prepared by staffers to redact information like Social Security numbers, street addresses, and other identifying data.

The returns will be released as part of a larger committee report on the IRS practice of auditing presidents and marks the end of a long partisan battle that began when then-candidate Trump broke years of tradition by refusing to release his tax returns during the 2016 presidential campaign.

"After a long process, this was not about being punitive, this was not about being malicious," Committee chairman Richard Neal (D-MA) said Tuesday after the vote.

## Feds Identify Woman Found Floating Off Florida Coast Wrapped In Bedding, Trash Bag.

Those who found the body attempted to retrieve the bag but soon realized it wasn't trash



**F**ederal officials are appealing for information after a Florida woman was found dead in the water. Investigators with the FBI's Tampa Field Office are looking into a suspicious death after a woman — later identified as 34-year-old Heather Rose Strickland

was "found floating" near the shores of Egmont Key, about 13 miles off the coast of Pinellas County, Florida, according to the FBI. A group of fishermen made the grisly discovery on Dec. 10 and notified the United States Coast Guard shortly before noon.

"The body was found wrapped in bedding in a plastic trash bag," wrote the feds.

Those who found the body attempted to retrieve the bag but soon realized it wasn't trash, according to CBS Palm Beach affiliate WPEC. The victim's skin became exposed when the fishermen cut into the bag, as was what appeared to be a bra or bikini strap. "We love her very much; she was a kind person," the victim's father, John Strickland, told NBC Tampa affiliate WFLA-TV. "She had some problems with mental illness, but she was a kind person, and no person deserves that."

Source WBTV

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# O.J. Simpson Finally Addresses Longstanding Rumor That He's Khloé Kardashian's Father.

**T**he ex football player set the record straight during

an appearance on the 'Full Send' podcast on Sunday.

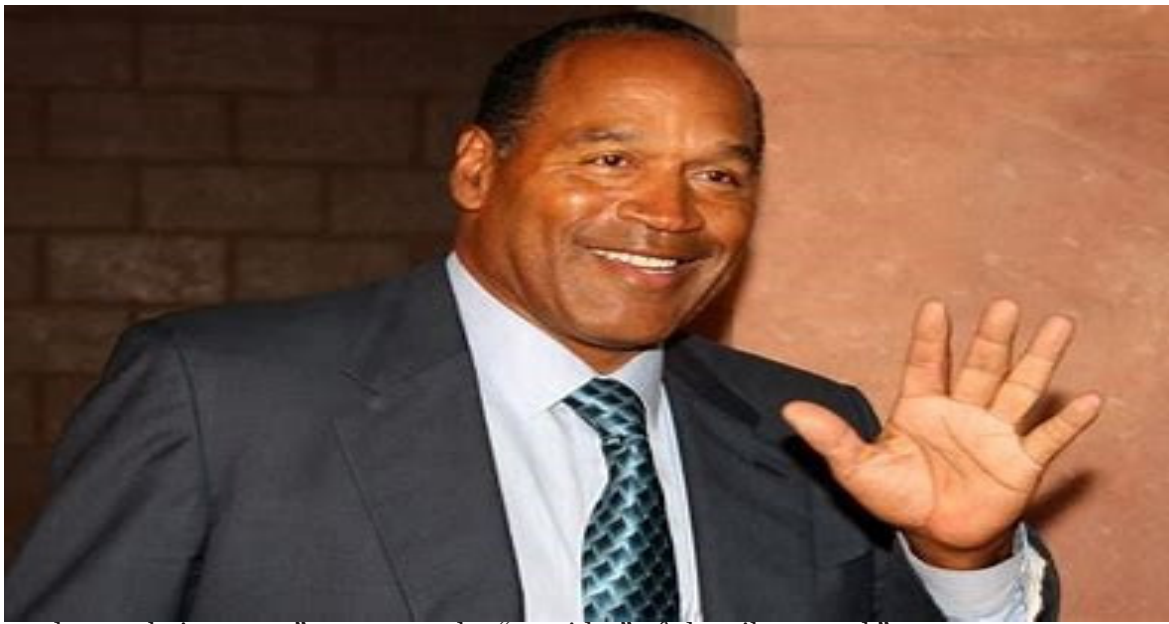
O.J. Simpson is clearing up the rumors about being Khloé Kardashian's biological father, once and for all.

The former NFL star, 75, has long been the subject of outlandish speculation that he fathered the reality star as a result of an affair with Kris Jenner, whom he knew through his attorney and Jenner's ex-husband, Robert Kardashian.

During an appearance on the "Full Send" podcast on Sunday, Dec. 18, the ex football player finally set the record straight, insisting that he has never had an affair with the famed momager.

"People have their types, right? I always thought Kris was a cute girl," he stated. "She was really nice. But I was dating supermodels."

He then took a moment to shut down any claims of being the father to Khloé, insisting, "The rumor ain't true. It's not even anywhe-



re close to being true." Khloé's actual biological dad, Robert, was part of O.J.'s defense team when he was on trial for the 1994 murders of Nicole Brown Simpson and Ron Goldman, the former being one of Kris' longtime good friends.

O.J. was famously acquitted in 1995, though he was later found responsible for the wrongful death of Goldman in a civil lawsuit filed by the victim's family.

In 2003, Robert tragically died at age 59 following a battle with esophageal cancer. As the Kardashian family began rising to fame with the birth of their reality show, Keeping Up With the Kardashians in 2007, Khloé became pinpointed

as the "outsider" of the siblings, prompting speculation about Robert potentially not being her father.

In an early episode of KUWTK, Khloé even took a DNA test to find out if she has the same father as her sisters, Kourtney and Kim Kardashian—but that didn't stop the rumors from hovering around for years.

In 2017, Khloé publicly addressed the online trolls in her Instagram comments who were still convinced that she was O.J.'s biological daughter. The Good American co-founder replied to a fan who came to her defense, writing, "People are a--holes but I don't care lol. I focus on the

good." She added, "They are all f--ed lol such a--holes. Hehe oh well...I'm happy and they hating," Page Six reported.

Kris has also long maintained that she never had an affair with O.J., despite admitting to infidelity during her marriage to her late ex-husband, who is the father of her first four children. She went on to marry Bruce Jenner, now Caitlyn Jenner, who is the father of Kendall and Kylie Jenner.

Kris is currently dating business exec Corey Gamble, who she's been in a steady relationship with since 2014.

Yahoo stories.

## summary

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## US hits more Iranian officials with human rights sanctions.

WASHINGTON (AP) — The Biden administration on Wednesday slapped sanctions on Iran's chief prosecutor, four other Iranian officials and a company that supports the country's security forces for their roles in an ongoing violent crackdown on antigovernment protests.

The Treasury Department announced it is targeting the Prosecutor-General of Iran,



Mohammad Jafar of the Basij, a paramilitary volunteer group that often enforces strict rules on dress and conduct.

"We denounce the Iranian regime's intensifying use of violence against its own people who are advocating for their human rights," Treasury said in a statement, noting that Montazeri has presided over prosecutions of protesters some of whom have been executed or condemned to death.

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## RUMOURS



# Diaspora Sunday



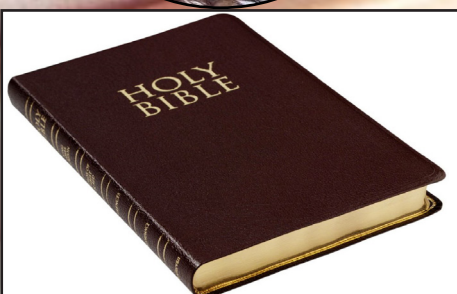
Brother Kigume Karuri

Laughing brightens your day, calms your mind and also lifts your mood to whole new level heights.



Pastor Mukuria

**MORNING AFFIRMATION**  
**2 CORINTHIANS 5:7**  
 For we walk by faith not by sight.  
 Good day!



## Prayers by Brother Kennedy Onyango.

**O**ur Father and God, the Lord God Almighty upon Whom our life and future is based, we thank you this morning for the gift of life and the privilege of another new day you have granted us free of charge. As we wake up this morning, we reflect on our lives and all we can say is thank you Lord God for your goodness and mercy. We are privileged as your children not only to be alive today but also to stand before Thy presence in prayers to present our petition to you. Our prayer this morning is that you will hold our hands and walk with us through this day, teaching us to love and to obey you as your children while respecting and supporting each other.

Dear Lord, there are those of us who are in hospitals and homes but not feeling well, how we pray that Thy healing hand will stretch upon them and grant them healing. To those who have lost their loved ones, we pray for strength and courage as they face the sad reality.

Dear Lord, we pray for success as we go through this day and may you make us grateful for all the blessings that will come our way. Be with us as we go out and may you bring us back home safely. It's our prayer that we will make steps forward towards our spiritual growth as we await you in Jesus' Name we pray and give thanks, Amen.

**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 3:33

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

as before Thee. Dear Father, a lot of things are happening and all are indicators that you are soon coming to take us home. As we await your soon coming, we pray for wisdom to understand and live within the times.

May you heal the sick amongst us even as you also stabilise those who are taking care of the sick. To those who have lost their loved ones and are preparing or have already burried, may you stand with them and strengthen them.

In our struggles with the challenges of this life, make us confident of a better tomorrow for you promise us in Mathew 6:25-26 that we should take no thought of what we shall eat nor drink. Father we believe that you shall feed us and provide us with our needs.

As we get into the festivities, we pray for moderation in everything. Take care of us, provide for us and grant us safety as we travel and celebrate.

Bless and prosper our families, marriages and relationships in Jesus' Name we pray and give thanks, Amen. May God bless us all and keep us safe under His wings!

**A**lmighty Father in heaven, the most loving and caring Lord, we adore you this morning as we come to Thee with a humble heart as we present our thanks giving and petitions. Our Father, we come unto Thy throne asking that you may accept us as we are, forgiving us of our wrongdoing and strengthening us to stand strong in our walk with you. We worship and give you praise for the wonderful deeds that you've done unto us King of glory. This morning we call upon you to listen to our ple-





# Tourism In Kenya Is The Country's No 1. Foreign Exchange Earner.

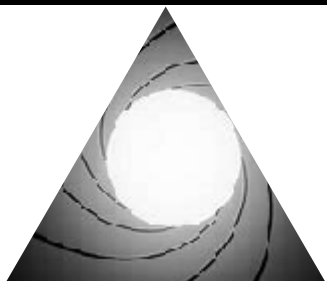
By John Njiru  
Kenya correspondent



## HIGHLIGHTS

Lack in training of tour guides and lack in ethics and guidelines for tourists contributes to many of the negative impacts ecotourism has had on Kenya's environment. In one day in the Maasai Mara National Park could be up to 200 guide vehicles shuttling upwards of 700 tourists in and out of the park. Besides the direct effect the trucks have on the soil, causing erosion, compaction, and mud pits, exciting events like the sighting of a leopard could cause major back-ups and traffic jams in the middle of the African bush. Although it is technically against the park rules, tour guides, sometimes encouraged with a bribe from their tourist passengers, will often stray off the designated dirt paths and onto the vegetation so as to let people get a closer look at the wildlife. Not only does this harm the plants that are trampled, perhaps leading to a shortage in food supply for a certain animal species that could possibly rely on them for food, but it also poses a major stress for the animal that is being observed, and most likely photographed, by hordes of tourists.

## TOURISM



**T**ourism in Kenya is one of the leading sources of foreign exchange along with coffee.

Following the controversial 2007 presidential election and the 2007–2008 Kenyan crisis that followed, tourism revenues plummeted 54 percent from 2007 in the first quarter of 2008. [6] It fell to KSh.8.08 billion/= (US\$130.5 million) from KSh.17.5 billion/= in January–March 2007 and a total of 130,585 tourists arrived in Kenya compared to over 273,000 that year. Tourist income from China dropped 10.7%, compared with over 50% from traditional revenue earners the United States and Europe. Domestic tourism improved by 45%, earning the tourist sector KSh.3.65 billion/= out of the KSh.8.08 billion/= in the period being reviewed.

Conference tourism was badly hit during the first quarter, dropping by 87.4% compared to the growth that occurred in 2007.

Conference attendance declined also with 974 people arriving in Kenya during that period while many conferences were cancelled. Business travel declined by 21 per cent during the time period and 35,914 travellers came into the country compared to 45,338 during the same period the year before.

Kenya won the Best Leisure Destination award at the World Travel Fair in Shanghai, China, in April 2008. The then permanent secre-



tary in Kenya's Ministry of Tourism, Rebecca Nabutola, stated that the award "goes to testify that Kenya has a unique world acclaimed tourism product. The recognition will no doubt boost Kenya's tourism and enhance its profile as a leading tourist destination."

Tourist numbers reached a peak of 1.8 million visitors in 2011 before decreasing due to terrorist attacks in 2013, specifically the Westgate Terror attack that prompted travel restrictions and advisories including from England.[9] International tourist arrivals for 2013 were 1.49 million. [10] Despite tourist advisories during the election period, Tourist Arrivals in Kenya increased to 105862 in December from 72573 in November 2017. Tourist Arrivals in Kenya averaged 81987.29 from 2006 until 2017.

### Statistics

In 1995, there were 34,211 hotel beds with a 44% occupancy rate. 1,036,628 visitors arrived in Kenya in 2000 and tourism receipts totalled \$257 million. That year, the US government estimated the average cost of

staying in Nairobi at \$202 per day, compared to \$94 to \$144 per day in Mombasa, depending on the time of year.

In 2018, 2,025,206 tourists visited Kenya.

In 2019, the number of global visitors was 2,048,334; 1,423,971 to Nairobi, 128,222 to Mombasa, and 27,447 through other airports by ground. Kenya's growth in 2019 was 1,167%. In addition to this overall growth, Jomo Kenyatta International Airport and Moi International Airport showed significant growth of 6.07% and 8.56% respectively. Najib Balala, Tourism Cabinet Secretary in Kenya, is the person credited for an African tourism achievement of \$1.6 billion.

### Ecotourism

Ecotourism people travelling responsibly to natural areas while maintaining a high priority of the conservation of the host country's environment and local community's lifestyles. This differs from mass tourism, which is a more organized and mainstream movement of larger numbers of people to specialized locations, or "popular destinations", such as resorts. Mass tourism

is often offered in package deals where the tourist can purchase a plane ticket, hotel, activities, food, etc. from one single company. This type of tourism is usually not concerned with environmental impact or climate change and puts business and revenue as its top priority, whereas the main goal of ecotourism is to make minimal impact on local communities while improving their state of well-being. The rise of ecotourism has annually increased by 10-15% worldwide, and 20% of that tourism accounts for travel to the global south, with a 6% increase each year in tourism specifically to third world countries. Kenya's wildlife and unique landscapes have attracted a growth in ecotourism, and much of its economy is now primarily sustained by foreign revenue brought in by tourism, causing a myriad of positive and negative impacts to its culture, ecosystems, and the lifestyles of its local people.

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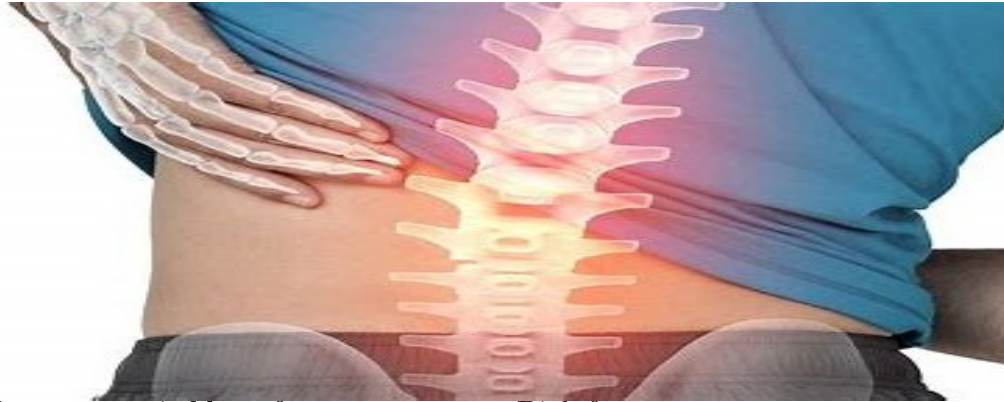


Health Tit Bits

BACK PAINS.

Low back pain caused by spinal degeneration and injury. Back pain often develops without a cause that shows up in a test or imaging study.

Back pain is one of the most common reasons people seek medical help or miss work. Back pain is a leading cause of disability worldwide.



Fortunately, measures can help prevent or relieve most back pain episodes, especially for people younger than age 60. If prevention fails, simple home treatment and using the body correctly often will heal the back within a few weeks. Surgery is rarely needed to treat back pain. Symptoms Back pain can range from a muscle aching to a shooting, burning or stabbing sensation. Also, the pain can radiate down a leg. Bending, twisting, lifting, standing or walking can make it worse. When to see a doctor Most back pain gradually improves with home treatment and self-care, usually within a few weeks. Contact your health care provider for back pain that: Lasts longer than a few weeks Is severe and doesn't improve with rest Spreads down one or both legs, especially if the pain goes below the knee Causes weakness, numbness or tingling in one or both legs Is paired with unexplained weight loss In rare cases, back pain can signal a serious medical problem. Seek immediate care for back pain that: Causes new bowel or bladder problems

Is accompanied by a fever Follows a fall, blow to the back or other injury Request an Appointment at Mayo Clinic Low back pain caused by spinal degeneration and injury. Back pain often develops without a cause that shows up in a test or imaging study. Conditions commonly linked to back pain include: Muscle or ligament strain. Repeated heavy lifting or a sudden awkward movement can strain back muscles and spinal ligaments. For people in poor physical condition, constant strain on the back can cause painful muscle spasms. Bulging or ruptured disks. Disks act as cushions between the bones in the spine. The soft material inside a disk can bulge or rupture and press on a nerve. However, a bulging or ruptured disk might not cause back pain. Disk disease is often found on spine X-rays, CT scans or MRIs done for another reason. Arthritis. Osteoarthritis can affect the lower back. In some cases, arthritis in the spine can lead to a narrowing of the space around the spinal cord, a condition called spinal stenosis. Osteoporosis. The spine's vertebrae can develop painful breaks if the bones become porous and brittle.

Risk factors Anyone can develop back pain, even children and teens. These factors can increase the risk of developing back pain: Age. Back pain is more common with age, starting around age 30 or 40. Lack of exercise. Weak, unused muscles in the back and abdomen might lead to back pain. Excess weight. Excess body weight puts extra stress on the back. Diseases. Some types of arthritis and cancer can contribute to back pain. Improper lifting. Using the back instead of the legs can lead to back pain. Psychological conditions. People prone to depression and anxiety appear to have a greater risk of back pain. Stress can cause muscle tension, which can contribute to back pain. Smoking. Smokers have increased rates of back pain. This may occur because smoking causes coughing, which can lead to herniated disks. Smoking can also decrease blood flow to the spine and increase the risk of osteoporosis.



By Maggie Gonna mngona@gmail.com

summary



Prevention Improving one's physical condition and learning and practicing how to use the body might help prevent back pain.

To keep the back healthy and strong:

- Exercise. Regular low-impact aerobic activities — those that don't strain or jolt the back — can increase strength and endurance in the back and allow the muscles to work better. Walking, bicycling and swimming are good choices. Talk with your health care provider about which activities to try. Build muscle strength and flexibility. Abdominal and back muscle exercises, which strengthen the core, help condition these muscles so that they work together to support the back. Maintain a healthy weight. Being overweight strains back muscles. Quit smoking. Smoking increases the risk of low back pain. The risk increases with the number of cigarettes smoked per day, so quitting should help reduce this risk.

CANCER



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# BACKPAGE

# WORLD OF SPORTS

## Fantasy football: Five must-start QBs for Week 16.



**J**oe Burrow and Justin Fields are among my five must-start quarterbacks for Week 16 of the 2022 fantasy football season.

Fantasy football: Five must-start QBs for Week 16

Cincinnati Bengals quarterback Joe Burrow passes against the Tampa

Bay Buccaneers on Sunday at Raymond James Stadium in Tampa, Fla. Each of my must-start passers ranks inside the Top 14 in my Top 20 weekly rankings, meaning they should be started in leagues with at least 14 teams. My full Top 20 weekly rankings are listed below.

Geno Smith is another high-end QB1 play this week. My list of five must-start quarterbacks also features some

streaming options or injury fill-ins. Patrick Mahomes, Burrow, Josh Allen, Justin Herbert and Tua Tagovailoa make up the Top 5 of my weekly rankings. Smith, Tom Brady, Trevor Lawrence, Kirk Cousins and Jared Goff also are inside my Top 10.

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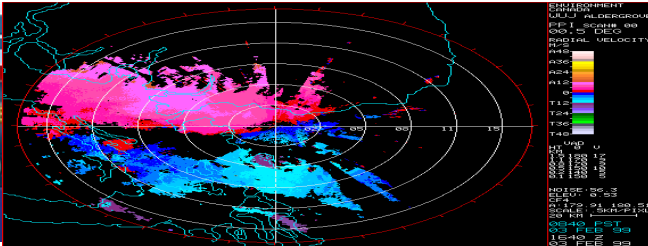
**summary**

Burrow ranks fifth among quarterbacks in fantasy points per game over the last four weeks and remains an elite option for the remainder of the postseason. The Cincinnati Bengals star is the No. 2 option in my Week 16 quarterback rankings. Burrow accounted for at least two touchdowns in 12 of his 14 starts this season, including his last three appearances. This week, the Bengals will face the New England Patriots. The Patriots are decent at defending opposing quarterbacks, but I think this Bengals offense is too potent to stop. Look for Burrow to total at least 300 passing yards and three scores.

”

# SPORTS WORLD





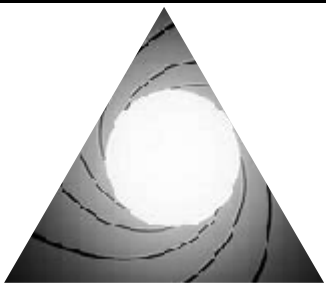
# The Weather

## 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





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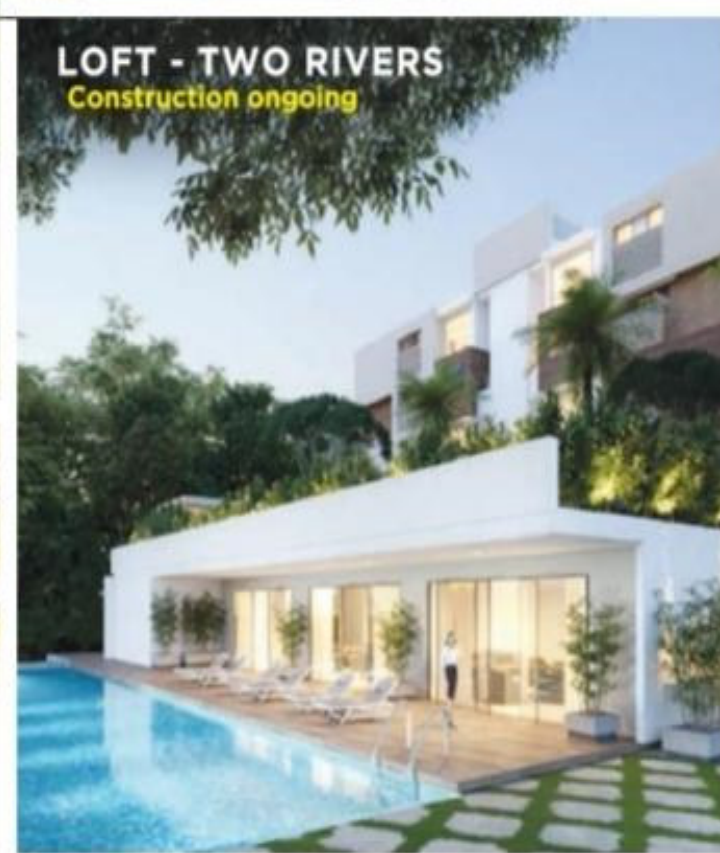


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summary

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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