



Kenya Has Lost One Of The most Bright General,

They were on a mission to reopen some of the schools closed following the region. After finalizing and boarding the ill fated chopper nine died.

Nine others killed in the crash were named as Brig Swale Saidi, Col Duncan Keittany, Lt Col David Sawe, Maj George Benson Magondu, Capt Sora Mohamed, Capt Hillary Litali, Snr Sgt John Kinyua Mureithi, Sgt Cliphonce Omondi, and Sgt Rose Nyawira.



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REGENERON

Regeneron ISEF 2024, the world's largest pre-college STEM competition, will take place from May 11-17 in Los Angeles, California, at the Los Angeles Convention **Center. Regeneron ISEF 2024 will be a fully in-person** event complemented by a virtual site where finalists will share their projects online. All judging and events will be in-person.

FIRST PLACE AWARD

Myambura Salli



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The country is losing its best ones on road and air carnage

The Affordable Housing project In Kenya was not in the KK manifesto.

very disturbing today that the progressive agenda outlined by the Kenya Kwanza regime in their cam-

paign pledges before the 2022 general elections, never mirrored out that key to their role out on economic agenda was... Affordable Housing project.

The Affordable Housing

project was not in the KK

manifesto as they claim. Neither was their a discussion with the people during the campaign time that we the people, will fund such a project. It was all out of the blues! The Kenya Kwanza government took power and immediately shortchanged those who propelled it to the helm. The level of unemployment in the country keeps surging and while the Kenya kwanza regime is a monster that uses tax payers money to fund its lavish lifestyle, it has remained adamant in opening a new page on industrialization to fall in line with the great infrastructural network that was funded by tax payers money during the fourth regime and push this country into a mid-industrial state taking the Eastern



powerment regime which is a the matter are very irritating. We the people of Kenya want dublicate of well known comto remind the President that munism ideology and with no resemblance to the least of as much as he does not dethe mask worn during campend on the medics on rampaign time talk shows told page, we the people of Kenya to the people at the bottom have only them to depend on. of the pyramid from whose If the president will fail to shoulders his castle sits upon. show leadership on this mat-The recent expose on fake agriter between government and culture fertilisers compromised the medics, there is absolutely food security in the country. no reason for us to continue The government responded so hosting him on our shoulders. casually, notwithstanding the We shall have him down belevel of damage caused to the cause we needed leadership victims and the general public. when we had him elected.

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The government should solutions Africa markets by our stride. То give Its so shallow of a president to be reminded that the citall situations focus on exportation of labour izens of this country will instead of exportation of prodnot take that lying low. ucts (finished or raw) abroad. The country is losing its best Its so shallow too of a presiones on road and air carnage. dent to shortchanged his cam-This back stops at the Presipaign economic promises to dent who took over leadership suggest that the affordable housing project can handle employment issues in the country. This regime is busy rising

in that arise. Two years ago, when we elected the Kenya Kwanza government, we thought it made sense but to the nation's dismay the government that was expected to show leadership of this country and instead of is not coming up with solushaping up the nation start- tions even when the country ed by lining his own pockets! feels so much that the ad-The standoff between med- ministration should respond. Article By Charles Kabiriri taxes one after the other to the ics and the government is From infrotrak and other sciextent that the administration still ongoing after it en- entific agencies that provide has been observed as being an tered its fifth week recently. an insight on many factors anti-people's economic em- The President's words over affecting the society through their survey from within the masses, majority of Kenyans believe that the country is heading in the wrong direction. Today, everything has collapsed! Education has again retrogressed from the free education to one where capitation keeps on not only being delayed but also being faced by threats of getting more slashed. When the former President Mwai Kibaki (late) took office and gave a pledge for free education in the country, an influx of a million kids was reported to

have joined school because education had became affordable.

Today, under the current regime, many pupils have again opted out of school. Parents are not able to meet the cost. This is quite retrogressive of a regime that spends so lavishly. Ksh 4 trillion in four months and nothing to show of it! What is the essence of having a government that has not been walking the talk? If a country can no longer be able to keep its health and education sectors on course, food security is perceived to be compromised by the entry of counterfeit in agricultural products in the country, the importation by government of unfit for consumption edible oil

and contaminated sugar with-

out critical intervention by the

State then it's about time Ken-

yans took to the streets to de-

mand that the President own up

the ills in his government and

do what is noble of him to the

country at large.. Resignation!

The Kenya Kwanza government took power and immediately shortchanged those who propelled it to the helm. The level of unemployment in the country keeps surging and while the Kenya kwanza regime is a monster that uses tax payers money to fund its lavish lifestyle,

New Kenya Movement For Change

The regime has become a monster and feeds on tax payers money in a manner that if nothing is done to shape the situation, This country will have been buried in a cemetery where all our dreams shall be shattered and like the Singapresident porean pointed out, we are likely to be the victims of his words.



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LAUGHTER THE BEST MEDICINE

laughter is the t med



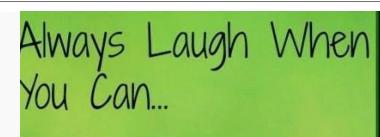
1. My friend called house ainters some for

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work. He wanted them to paint his porch. After a few hours, the house painters came back for the payment as their work was complete. Before leaving, they told my friend that they had enjoyed painting his car, but it was not a Porsche.

2. There is a skeleton in our neighborhood that always knows when something bad might happen way before it happens. It became quite famous and when a TV crew interviewed it about the reason behind this ability, the skeleton finally disclosed its secret: it could feel the bad vibes in the bones.

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It's The Best Medicine

3. I visited a café one day with my friends. The waiter recommended that we try their special coffee. We agreed and soon the coffee arrived.

As we drank the coffee, we realized that it tastes like dirt and mud. Disgusted by the fact, all of us complained immediately. The alarmed server rushed over and said, "Well sir, it was freshly ground coffee!" 4. A family was having dinner once when the youngest boy asked his father whether worms tasted nice when we eat them.

Both the parents reprimanded the little boy and told him that these things shouldn't be discussed over the dinner table. When the father asked the boy after dinner why he had asked such a question, he replied, "Dad, I think worms taste okay because there was one in your plate."

5. After Sunday church, the priest would hand us each an orange and a big cookie. A little girl once lied and

took two oranges, but the priest told her she mustn't lie because God is watching. Then, the girl took two cookies and lied about it. When asked why she had done that, she said that she thought that God was only watching oranges.

6. I went to this haunted house for exploration. It was near the forest, so the local guide warned me that I might find some wild animals the Sure enough, there was a panda. When I offered it some food, I was taken aback because it suddenly started talking. Turned out that it was a ghost panda, and it only ate bam-booooo! re.....

These are not original but internet sourced jokes just for laughs.

.....



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 shinv 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

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Make it a habit to spend time with funny friends

7. As a group of robbers entered the bank, their leader went

to the manager and asked him to open the vault.

He threatened the manager by saying, "If you try to do anything smart, you are fiction." The manager was confused and asked him, "Don't you mean 'You are history'?" The robber angrily replied, "Do not change the subject, okay?" 8. I was in the library once when a man walked in asking for some ham and cheese. The librarian politely told him that he was in a library. The man first apologized and then whispered to the librarian, "Can I please have some ham and cheese?" 9. I was in my garden when I got the news that my father had fallen from a ladder and was in the hospital.



was alright except for some that day. minor cuts. When I told him that it was a miracle, he disagreed and told me, "Son, I had just fallen from the first

and says, "Well, I did always want to be in two places at once. Today, I finally am!" 13. A boy was sitting in a hospital waiting room, looking rather bored. Suddenly, he noticed a rich man entering, looking flustered. "I can't keep up with all these conferences and check-ups!" the rich man exclaimed. The boy, without missing a beat, replied, "Maybe it's because you're rich in responsibili-

I rushed to the hospital expecting that my father had some major fractures, but he

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step of the ladder." 10. After a prolonged drought when the rain came, all the animals in the forest were happy except the kangaroo. When the others asked it what the reason was for such sadness, the kangaroo replied that the rain meant that all its kids would now be playing inside. 11. My brother came back from school all motivated because he said he would be following a new diet from

We didn't give it much thought until my brother started eating his homework for dinner. When we stopped him and asked why he was doing that, he replied, "I was just trying to see how it tasted because my teacher said that the homework would be a piece of cake for me."

12. A second guy walks into a barber shop, straight after the first guy, who is his identical twin.

The barber looks perplexed, rubs his eyes, and asks, "Did you forget something or did I just imagine cutting your hair?" The second guy grins



Internet Jokes share

Tank







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ABIGIRL PHIRI-Zimbabwe 🛛 🦙 😋 🗅 🕥

Article By Abigirl Phiri- Zimbabwe

05

Being antisocial is a mental strain on its own.

Research has it that psychopaths are antisocial in nature or those people who vandalize property.

s a human being one should be keen to socialize with other people.

Being antisocial is a mental strain on its own. One will end up hatching devious plans. With associating with other people you get to appreciate humanity. Mainly, you will get fruitful ideas on how to conduct properly your own life. This is why at work or at school there are break times to allow people to gather around and exchange ideas and notes. At the university people who were antisocial missed out a lot. Opportunities come when people converse. You are advised of things that you are looking for. This is why it's noted no man is an island. At some point, you need somebody to just pay a listening ear to your life story.

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Being left to your own

In the mind of an antisocial being they are scared of what other people might think of them. Others because of lack of self confidence will wear the armour of being antisocial.





By Abigirl Phiri-Zimbabwe

summary



Poem Title : Clarity By: Abigirl Phiri

It's the clarity to look in the windows of the soul Discern what can not be easily detected Embracing the multitudes of people with aplomb Prompting one to excel over life calamities Anti social the mirror image of apartheid The zeal is seen in the zest to cohabit Mother earth is big enough

devices might lead one the wrong path. on Research has it that psychopaths are antisocial in nature or those people who vandalize property. An idle mind is a devil's workshop and that's related to antisocial people who hate to associate with other people. For parents, this is a cause of concern therefore the need to watch your children with a hawk's eye if they are falling in the antisocial clutches. If worst comes to worse these individuals require therapy sessions. This is because some end up this way for they would have gone through a traumatic experience in their lives. Thus this will lead them to shun other people as they evolve into mentally disturbed monsters. Mainly, abuse tops the list on making anti social people. In the mind of an an-

tisocial being they are scared of what other people might think of them. Others because of lack of self confidence will wear the armour of being antisocial. The causes are a plethora of them of what causes it to take root.

The general consensus is that it's not a good thing because it deprives one to enjoy life to the fullest. Group time is rewarding because it brings about a sense of belonging and purpose. In fact this is why other countries top the ranks in promoting collectivism such as the Asian countries rather than the individualism view point because they fear one if not watched closely might turn to anti socialism. When one is in that mode, he or she is prone to do anything because they don't feel for the next person. To them all that matters is their feelings and nothing else which is a bad way of seeing life. Without doubt, we all should coexist on this face of earth in harmony.

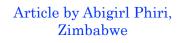
It all comes down to respecting others as it is rightfully said in the bible do unto others what you would expect them to do unto you. Suffice to say, the more the merrier. Ideally, two heads are better than one. Given we are living in hard times having survived the Covid-19 pandemic era we all need

each other. The moment you set yourself aside from the rest of the people you are brewing untold trouble to yourself.

Also, that behavior alone

will put off people because as human beings we have a tendency to warm up to a good reception. Notably being given a cold shoulder shuts off people to want to be associated with you and before you know it one will be a confirmed recluse who is antisocial. The long and short of it revel in your relations in life because they make who you are. They also give you an identity by association. Being anti social is not the route to go about in life because it is colored with a bad aura. Why condemn and confine yourself to solitude whilst you can get along with other people.

We only have one life and for that reason we need to do good by it.





for every creature Big or small We all need one another The definition of one love





DEFINING ANTI-SOCIAL PERSONALITY DISORDER

The General Criteria DSM-V Definition

ential features of personality disorder mosis are impairments in personality ctioning and pathological personality traits uding the following criteria:

Significant impairments in self One or more patholigical personality traits Impairments are consistent across time The impairments are not normal given the enviroment and stage of development The impairments are not a direct result of substance abuse or a medical condition

pendent Summary of APA's DSM-V

Antisocial personality disorder, sometimes called sociopathy, is a mental health condition in which a person consistently shows no regard for right and wrong and ignores the rights and feelings of others. People with antisocial personality disorder tend to purposely make others angry or upset and manipulate or treat others harshly or with cruel indifference. They lack remorse or do not regret their behavior. People with antisocial personality disorder often violate the law, becoming criminals.

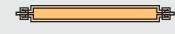
They may lie, behave

violently or impulsi-

vely, and have prob-

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lems with drug and alcohol use. They have difficulty consistently meeting responsibilities related to family, work or school. Adults with antisocial personality disorder usually show symptoms of conduct disorder before the age of 15.



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Michael Christopher Kijana Wamalwa

Michael Christopher Kijana Wamalwa (25 November 1944 – 23 August 2003) was a renowned Kenyan politician who at the time of his death was serving as the eighth Vice-President of Kenya.

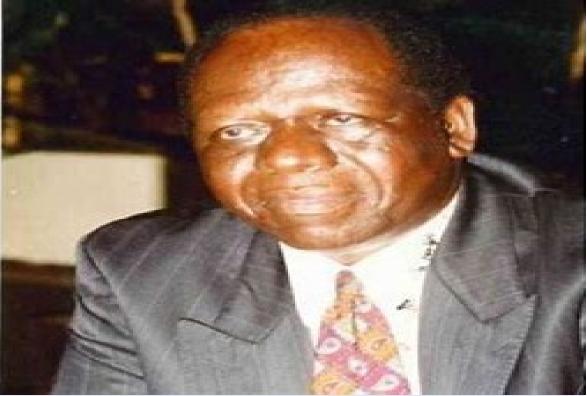
chael Christopher Kijana Wamalwa (25th November 1944 – 23 August 2003) was a renowned Kenyan politician who at the time of his death was serving as the eighth Vice-President of Kenya. Early life

Michael Christopher Kijana Wamalwa was born in Sosio, a village near Kimilili in Kenya's Bungoma district. He was the son of an influential MP, William Wamalwa. He went on to become head boy and the best debater at his secondary school, Strathmore School.

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He won a national essay competition and represented Kenya at a UN student forum. In 1965, he was awarded a Commonwealth scholarship to study law at King's College London, graduating with a

In late 2002, during the election campaign, Mwai Kibaki was seriously injured in a car accident nd was flown to Londo for treatment. There he was visited by Wamalwa, who also fell ill and had to be treated, supposedly for kidney problems. This was apparently the forerunner of further illness because he was taken ill again in mid-2003 and was once again treated in London.



Michael Kijana Wamalwa-Sunrise

third-class honours degree in an aircraft and extravagant paying school fees and asnomics. He was called to the Masinde Muliro. bar at Lincoln's Inn in 1970. He returned to Kenya that multi-party elections in same year and taught law post-independence Kenya, at the University of Nairo- in 1992, Wamalwa identified dreams.

bi. Some of the students he with the Ford Kenya faction

Law in 1968 before going on public rallies. He finally won sisting in raising living stanto the London School of Eco- a seat in 1979, as a protégé of dards of the poor. He started the Touch Africa foundation In the run-up to the first with a view toward empowering youths, the poor, and the needy to realize their

He was a member of Parlia-

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

summary

RIP

In the run up to the 2002 general elections, Wamalwa closed ranks with fellow opposition stalwarts in a bid to wrestle KANU out of power. KANU had been the ruling party since independence.

He joined fellow 1997 presidential candidates Charity Kaluki Ngilu and Mwai Kibaki and formed an alliance. They were later joined by Raila Odinga who had also contested in the 1997 presidential elections, and Kalonzo Musyoka who jumped ship from KANU after all indications proved that president Daniel Toroitich Arap Moi had settled on his prede-

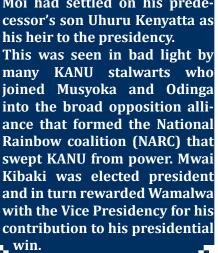
He briefly recovered, and returned to Kenya to marry Yvonne Nambia in a sumptuous ceremony; it was said that he proposed in Shakespearean English, and arrived at church in a vintage Ford, wearing a morning coat.

taught there would later be- of the FORD opposition come his political allies and movement. He was elected opponents. During this pe- MP for Saboti Constituenriod, he also ran the family cy, as well as the First Vice farms in the Kitale area, as Chairman of his party. In Janwell as holding several prom- uary 1994, he became chairinent government positions, man of Ford Kenya following including general manager the death of Oginga Odinga. of the Kenya Stone Mining Wamalwa went on to contest Company and director of the the 1997 Kenyan elections as a leader of the opposition, Kenya-Japan Association. but he fared badly and came Politics

Wamalwa's first foray into only fourth in the nationwide politics came in Kenya's 1974 tally of votes. parliamentary election. Just Political life 30, his opponents painted Alongside Tom Mboya, Ronhim as too young and from ald Ngala and PLO Lumumtoo wealthy a background to ba, Wamalwa was a gifted effectively represent his con-Kenyan orator. stituency. His campaign was He sacrificed his riches to flashy: it included the use of assist the poor and needy by

ment (MP) for Saboti Constituency, in Trans-Nzoia District, Rift Valley Province. His home town was Kitale. Perhaps uniquely in Kenyan history, he managed to secure votes without tribal/ethnic chauvinism. He was thought of as an automatic successor of Presi-

dent Mwai Kibaki.





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



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



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08

SHARED STORY



Miscalculation Led to Escalation as Israel and Iran Clash.

American, British, French, Israeli and Jordanian warplanes and air defense systems shot down most of the drones

srael was mere moments away from an airstrike on April 1 that killed several senior Iranian

commanders at Iran's embassy complex in Syria when it told the United States what was about to happen.

Israel's closest ally had just been caught off guard.

Aides quickly alerted Jake Sullivan, President Joe Biden's national security adviser; Jon Finer, the deputy national security adviser; Brett McGurk, Biden's Middle East coordinator: and others, who saw that

Israeli officials say the Oct. 7 attack by Hamas, which caught them by surprise, changed the ground rules of regional conflict. To its enemies, it was Israel's bombing and invasion of Gaza that did that, and it led to increased rocket fire by Hezbollah, Iran's proxy in Lebanon. That in turn drew heavy fire from Israel.

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Israel under attack-war may escalate

the strike could have serious consequences, a U.S. official said. Publicly, U.S. officials voiced support for Israel, but privately, they expressed anger that it would take such aggressive action against Iran without consulting Washington.

The Israelis had badly miscalculated, thinking that Iran would not react strongly, according to multiple U.S. officials who were involved in high-level discussions after the attack, a view shared by a senior Israeli official. On Saturday, Iran launched a retaliatory barrage of more than 300 drones and missiles at Israel - an unexpectedly large-scale response, if one that did minimal damage.

The events made clear that the unwritten rules of en-

mering conflict between Israel and Iran have changed drastically in recent months, making it harder than ever for each side to gauge the other's intentions and reactions.

Since the Oct. 7 attack on Israel by Hamas, an Iranian ally, and Israel's subsequent bombardment of the Gaza Strip, there has been escalation after escalation and miscalculation after miscalculation, raising fears of a retribution cycle that could potentially become an allout war.

Even after it became clear that Iran would retaliate, U.S. and Israeli officials initially thought the scale of the response would be fairly

revise their assessment again and again. Now the focus is on what Israel will do next and how Iran might respond.

"We are in a situation where basically everybody can claim victory," said Ali Vaez, the Iran director of the International Crisis Group. "Iran can say that it took revenge, Israel can say it defeated the Iranian attack and the United States can say it successfully deterred Iran and defended Israel."

But Vaez said: "If we get into another round of tit for tat, it can easily spiral out of control, not just for Iran and Israel, but for the rest of the region and the entire world."

This account of these tense weeks is gleaned from inter-

well as officials from Israel. Iran and other Middle Eastern states. All of them spoke on the condition of anonymity to discuss sensitive matters they were not authorized to reveal publicly.

Planning for the Israeli strike in Syria started two months earlier, two Israeli officials said. The target was Mohammad Reza Zahedi, the commander for Syria and Lebanon of Iran's elite Quds Force, a branch of the **Revolutionary Guard.**

About a week beforehand, on March 22, Israel's war Cabinet approved the operation, according to internal Israeli defense records that summarized preparations for the strike and were viewed by The New York Times. The Israeli military did not comment on the internal assessment.

Shared story from NY Times for information purposes only.







direction you choose. -Dr. Seuss



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"If life were predictable it would cease to be life and be without flavor." -Eleanor Roosevelt

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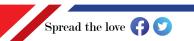


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TEXT TO RESERVE

Kenya and Diaspora

Romans 14:8 - If we live, we live for the Lord, and if we die, we die for the Lord. Therefore, whether we live or die, we belong to God.



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E GENERATION

HIGHLIGHTS

BIDEN HIGHLIGHTS

A broad coalition of the

Kennedy family endorsed

President Biden on Thurs

in Philadelphia, pointedly

rejecting one of their own

in Robert F. Kennedy Jr.,

date who many Democrats

the independent candi-

believe poses a signifi-

day at a campaign rally

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RRY ON THE VISION

WORLDOFS

NEWS IN BRIEF





Biden says military unable to recover uncle's remains during WWII because 'there used to be a lot of cannibals' in New Guinea

The White House did not provide additional details around Biden's claim that cannibals prevented the recovery of Finnegan's remains.

resident Joe Biden Wednesday on suggested twice that the United States was unable to recover his uncle Ambrose Fin-

negan's remains after Finnegan's plane crashed near New Guinea during World War II, "because there used to be a lot of cannibals" in the region. Biden's accounting of his uncle's death - and possible cannibalization differs from the account published by the Defense POW/MIA Accounting agency, which says Finnegan's plane, an A-20 Havoc headed to New Guinea on a courier flight, was "forced to ditch in the ocean" off the coast of the island "for unknown reasons."

"And my uncle, they called

The President highlighted his uncle's story as he made the case for honoring our 'sacred commitment...to equip those we send to war and take care of them and their families when they come home,' and as he reiterated that the last thing American veterans are is 'suckers' or 'losers.'"



President Joe Biden

century.

before the Air Force came Finnegan says three men "failed to emerge from the sinking wreck and were lost in the crash," and that an aerial search the followthe missing aircraft or the lost crew members." An additional crew member because there used to be a report.

- in that part of the New military was ultimately unable to recover Finneg-The president also told an's remains - appears the story before departing to be true. He is memo-Scranton, Pennsylvania, rialized on the Walls of the Missing at the Manila

him - Ambrose, they called the region in the mid-20th trip to Pennsylvania earlier Wednesday, Biden vis-But the DPAA entry for ited a veterans' memorial in Scranton, where he paid his respects to his uncle, who is also memorialized at the site.

> "President Biden is proud ing day "found no trace of of his uncle's service in uniform, who lost his life when the military aircraft he was on crashed in the survived the crash, per the Pacific after taking off near New Guinea,"

lot of cannibals - for real Biden's claim - that the Story share from CNN



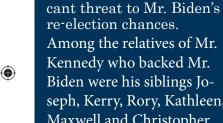


Joe Biden suggested that his missing uncle may have been eaten by cannibals in Papua New Guinea after his plane crashed during World War II.

The 81-year-old US president revealed the bizarre claim during a stop in Pittsburgh on Wednesday to speak to members of the United Steelworkers Union. He told the group that uncle Ambrose Finnegan, one of his mother's four brothers, volunteered to join the military after D-Day.

"He got shot down in an area where there were a lot of cannibals at the time," Biden told reporters earlier in the day after visiting a Scranton war memorial etched with his uncle's name.





Biden were his siblings Joseph, Kerry, Rory, Kathleen, Maxwell and Christopher. Roughly a dozen Kennedys appeared at the rally, where Kerry Kennedy introduced Mr. Biden. Joe Kennedy III, Mr. Kennedy's nephew and a former Democratic congressman from Massachusetts, was expected to introduce the president at a second event.



earlier in the day. There was, in fact, doc- American Cemetery in the umented cannibalism in Philippines. During his



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him Bosie... and he be-

came an Army Air Corps,

along, he flew those single

engine planes as recon-

naissance over war zones,"

Biden said during remarks

at the United Steelwork-

ers Headquarters in Pitts-

burgh. "And he got shot

down in New Guinea, and

they never found the body

Guinea."

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237.indd 14



online following.



Influencer marketing use all social media

different from the other typologies of marketing.

Steadfastly, this can be achieved by an incessant social media presence in the form of live posts, reels and short videos on Instagram, Facebook, TikTok and YouTube.

Thus, influencer marketing is bent on using all social media handles inorder to leave a digital footprint that will serve it's purpose for generations to come. a huge following and statistical evidence has it that the marketing of car hires, tour companies with travel agencies have since gone viral.

Henceforth, when tour operators use the services of this our travel influencer, they should be rest assured that their followers will be provided with content that inspire tourists to visit the suggested areas.

To be brutally honest, social

tent inspires wanderlust and a deeper connection with travellers for every visitor seeks a genuine experience.

Let just say it is impossible to succeed in the global village without giving this type of digital marketing a real shot.

By Memory Phiri

As far as the tourism world is concerned, it requires an army of travel influencers because the perishable and intangible product has the power to cloud one's judgement. То clear the air, influencer marketing helps in introducing unknown destinations by bringing them to the public eye.

Tourism with Memory Phiri Zimbabwe.



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nfluencer marketing has a promising future in this day and time because we are living in the digital era. Almost

everything is centered on and governed by technology. First things first, an influencer is someone who wields control over a dedicated online following. In other words, such a promoter has to garner support and loyalty from a specified niche by wielding the influencer marketing arsenal.

This can only be made possible by posting authentic content religiously so as to propel traffick and engagement because your followers will always be switched on. Better still, they are the reason why most social media pages, blogs and websites continue to grow in leaps and bounds.

For all intents and purposes, influencer marketing as a service is cost effective and very

To be brutally honest, social media draws social attention so as to gain fame. If anything, a blatant collaboration with an influencer harnesses the impact of a tourist's travel preferences thereby enhancing brand promotion on a global level. As far as the tourism world is concerned, it requires an army of travel influencers because the perishable and intangible product has the power to cloud one's judgement.

To clear the air, influencer marketing helps in introducing unknown destinations by bringing them to the public eye. At this juncture tourists are compelled to call upon Handei Zimbabwe, a certified tourism brand promoter and a total game changer. Handei Zimbabwe has amassed media draws social attention
so as to gain fame. If anything,
a blatant collaboration with an
influencer harnesses the impact
of a tourist's travel preferences
thereby enhancing brand promotion on a global level.
Handei Zimbabwe is short of a
miracle for it offers other services like content marketing, se-

and offline marketing to boot. Undoubtedly, the moment of truth comes about when the con-

arch engine advertising, website

listing, social media advertising

The way to get started is to quit talking and begin doing. -Walt Disney





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SPIRITUAL CORNER

"For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.' Jeremiah 29:11:

Alaspora Sundap

PRAYERS

16

Prayer for a Healthy Cardiovascular and **Respiratory System**

God of Might, please give me a healthy cardiovascular and respiratory system, so that I don't have any circulation or breathing issues that would damage my well-being. I pray that You will contend with any inherited propensities to heart or lung disease and help me make important changes to my lifestyle to promote healthy circulation and respiration. I praise You for splendid and majestic is Your work, O Lord. Amen.

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Highly Exalted Lord, I ask for prosperity for my body. Please grant me many years of life, a sound mind, strength to my muscles, bones, heart, and lungs, a powerful immune system, and excellent agility. The healthier I am, the more thoroughly I can do Your work. Lord, I thank You that when I pay attention to Your words and keep them within my heart that they

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

"Blessed are those who hunger and thirst for righteousness,

A C (b) (c)

for they will be filled." MATTHEW 5:6 NIV Deuteronomy 31:6 Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave <u>vou or forsake</u> you."

HEAL ME, O LORD, AND I SHALL BE HEALED; SAVE ME, AND I SHALL BE SAVED: FOR THOU ART MY PRAISE.

bring health to my whole body. Amen.





The world and its desires pass away, but whoever does the will of God lives FOREVER

I John 2:17



Pastor Mukuria

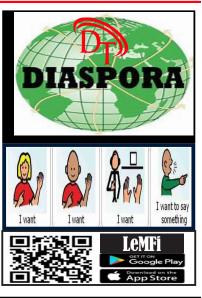
The Message Colossians 3:23 Whatsoever you do, do it from the heart, as to the Lord and not to men.



Isaiah be not dismayed, for I am with Isaiah be not dismayed, for I am your Voli, I will strengthen you, with my God; I will strengtheous right hand. You, I will uphold you and.

Brother Kigume

Without commitment, you cannot have depth in anything, whether it is a group, relationship, business or friendship. When you are committed, you will put more energy and be expectant to get better results.



You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one. -John Lennon



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If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success. -James Cameron



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Arizona's supreme court revives **1864 abortion ban.** What to know about the ruling.

rizona's highest court upheld an 1864 law that bans nearly all abortions, a decision that could have far-reaching consequences for women's health care and

election-year politics in a critical battleground state. But the law is not immediately in effect. The court put its ruling on hold for the moment, and sent the matter back to a lower court to hear additional arguments about the law's constitutionality.

Here's what to know about the ruling, the law and its possible impact.

What is the 1864 law? The law, which was on the books long before Arizo-

na

The ban doesn't include specific criteria to help providers determine when an abortion is legally allowable, said Jennifer Piatt, co-director of the Center for **Public Health Law and Po**licy at Arizona State University's Sandra Day O'Connor College of Law.

That raises legal questions and could make it difficult for doctors to parse out when a medical emergency is so severe that they can perform an abortion without fearing retribution.



achieved statehood in red by decades of other state 1912, outlaws abortion from laws that regulate and restrict the moment of conception, abortion. except when necessary to Doctors prosecuted under the save the life of the mother,

law could face fines and prison terms of two to five years for providing, supplying or administering care to a pregnant woman.

What does the ruling say? On April 9, the Arizona Supreme Court ruled in a 4-2 decision that the pre-statehood law was "now enforceable."

The court said that because the federal right to abortion had been overturned by the U.S. Supreme Court in 2022, there was no federal or state law preventing Arizona from

enforcing the near-total ban. It noted that the state Legislature had not created a right to abortion when it passed the 15-week ban in 2022.

"Physicians are now on notice that all abortions, except those necessary to save a woman's life, are illegal," the court wrote.

Is the law in effect now? No. The court put its ruling on hold for 14 days, and sent the case back to a lower court to hear additional arguments about the law's constitutionality.

Because of this 14-day pause, and an additional 45-day delay before enforcement, it will very likely be weeks be-

fore the law goes into effect. Abortion providers said they expected to continue performing abortions through May. It is also unclear what the enforcement of the law will look like. Arizona's attorney general, Kris Mayes, a Democrat, called the ruling "unconscionable and an affront to freedom," and said she would not prosecute doctors for providing abortions, potentially opening a new legal fight with Republican prosecutors and abortion opponents. Article appeared at NY Times

had sat dormant for decades. could be enforced, or whether it had been effectively neute-

and it makes no exceptions

for rape or incest. It bans all

types of abortions, including

Until now, abortion had been

legal in Arizona through 15

weeks of pregnancy. Since

the overturning of Roe v.

Wade nearly two years ago,

supporters and opponents of

abortion rights in Arizona had

been fighting in court over

whether the 1864 law, which

medication abortions.

Americans **On Medicare Could Get A New Food** Allowance **Card This** Month

mericans on medicare could now be eligible to get a new Food Allowance Card with an annual spending limit, yet many don't even know it exists. This benefit is helping smart seniors get the benefits they deserve and can be used cover various bills and even groceries. Up until recently, Americans have not been

able to get the full care they need. But that's all changed now that people can get their Food Allowance benefit and unlock additional benefits and spending each year.



Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that. -Martin Luther King Jr.



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Spread love everywhere you go. Let no one ever come to you without leaving happier. -Mother Teresa



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These diseases, conditions and agents may damage the kidneys and lead to acute kidney failure:

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kidney failure occurs when your kidneys suddenly become unable o filter waste products from blood.

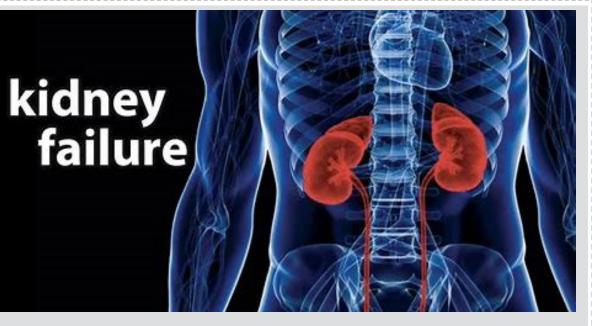
When your kidneys lose their filtering ability, dangerous levels of wastes may accumulate, and your blood's chemical makeup may get out of balance.

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Acute kidney failure — also called acute renal failure or acute kidney injury - develops rapidly, usually in less than a few days. Acute kidney failure is most common in people who are already hospitalized, particularly in critically ill people who need intensive care.

Acute kidney failure can be fatal and requires intensive treatment. However, acute kidney failure may be reversible. If you're otherwise in good health, you may recover normal

Diseases and conditions that block the



Kidney failer can be managed if detected early

or nearly normal kidney function.

Acute kidney failure is often difficult to predict or prevent. But you may reduce your risk by taking care of your kidneys. Try to:

Pay attention to labels when taking over-the-counter (OTC) pain medications. Follow the instructions for OTC pain medications, such as aspirin, acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others) and naproxen sodium (Aleve, others). Taking too much of these medications may increase your risk of kidney injury. This is especially true if you have pre-existing kidney disease, diabetes or high blood pressure. Work with your doctor to manage kidney and other chronic conditions. If you have kidney disease or another condition that increases your risk of acute kidney failure, such as diabetes

or high blood pressure, stay on track with treatment goals and follow your doctor's recommendations to manage your condition.

Make a healthy lifestyle a priority. Be active; eat a sensible, balanced diet; and drink alcohol only in moderation — if at all. Potential complications of acute kidney failure include:

result.

Permanent kidney damage. Occasionally, acute kidney failure causes permanent loss of kidney function, or end-stage renal disease. People with end-stage renal disease require either permanent dialysis - a mechanical filtration process used to remove toxins and wastes from the body — or a kidney transplant to survive. Death. Acute kidney failure can lead to loss of kidney function and, ultimately, death.

By Maggie Gonna mngona@gmail.com Internet MC sources Share only

summary





Acute kidney failure almost always occurs in connection with another medical condition or event. Conditions that can increase your risk of acute kidney failure include: Being hospitalized, especially for a serious condition that requires intensive care Advanced age

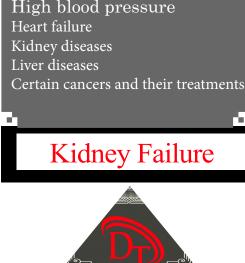
Blockages in the blood vessels in your arms or legs (peripheral artery disease) Diabetes

passage of urine out of the body (urinary obstructions) and can lead to acute kidney injury include: Bladder cancer Blood clots in th<u>e uri-</u> nary tract Cervical cancer Colon cancer Enlarged prostate Kidney stones Nerve damage involving the nerves that control the bladder

Fluid buildup. Acute kidney failure may lead to a buildup of fluid in your lungs, which can cause shortness of breath.

Chest pain. If the lining that covers your heart (pericardium) becomes inflamed, you may experience chest pain. Muscle weakness. When your body's fluids and electrolytes — your body's blood chemistry — are out of balance, muscle weakness can





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



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



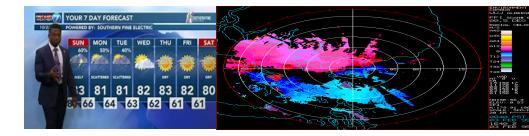
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Weather In America

19





summary

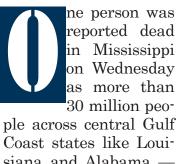
Temperature, rain, snow, fog and wind are all part of weather. Severe weather events such as tornadoes, tropical storms, hurricanes, cyclones, floods, lightning strikes and extreme weather affect us all. In addition to weather forecasts are ozone levels, changing climate conditions and solar winds. Weather 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

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Three Dead As Tornadoes, Flash Flooding And Large Hail Wreak Havoc Across Southern U.S.

Widespread thunderstorms are forecast Wednesday across the central Gulf Coast, some of which may produce strong wind gusts and tornadoes. Locally, heavy rain will also be possible with these storms with street flooding possible.





part of the New Orleans metro area, warned residents of the dangers

despread damaging winds" reaching up to almost 80 mph in the Southeast, multiple tornadoes and large hail through Thursday. As of Wednesday morning, about 300,000 people across Texas, Mississippi and Louisiana were without according power, to PowerOutage.us. By Thursday, the storm is predicted to shift to the Southeast overall, including Georgia, South Carolina. North Carolina and Florida, Fox Weather reported. On Tuesday, over 100,000

Louisiana residents were under several tornado watches spanning from the north-

(

survive them.

rain, snow and the wind chill, forecasts can be used to plan activities around

these events, and

to plan ahead and



Coast states like Louisiana and Alabama and stretching further into the Southeastern U.S. — were under severe thunderstorm and tornado warnings.

Widespread severe weather has dumped heavy rain, as well as caused storm damage, rescues and an evacuation in the region. Police in Slidell, La., of venturing out, as police work to rescue people who were stuck in their vehicles and their homes.

What's the path of the storm?

On Monday, the storm started barreling down on Texas, before moving east to Louisiana, Mississippi and Alabama. National Weather Service (NWS) meteorologists are warning that the powerful storm system will cause flash flooding and "wieastern to the southeastern part of the state.

The NWS had issued a tornado warning for Jackson, St. Francisville and Wilson until Wednesday morning. Residents were warned to brace for wind gusts up to 70 mph, with possible Ping-Pong-size hail wreaking havoc on those parts of the state.



"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that." -Martin Luther King Jr.



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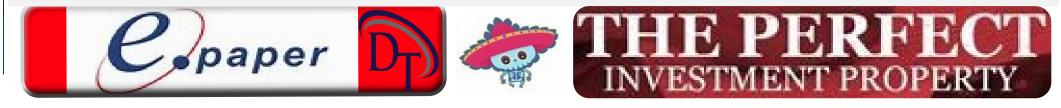
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SPORTS BRIEFS FUNS SHARE

WORLD OF SPORTS Eagles Have A Rea nterest in Signing Giants.



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 $\mathbf{24}$

Makusha

he Eagles need a running back, and three players are testing free agency.

A local star could be looking to make a statement to his current team while remaining in the rugged NFC East.

Howard Eskin does his bit of news-breaking in Philadelphia.

The legendary sports radio host and analyst reports that the Eagles are seriously interested in signing former Penn State star Saquon

The legendary sports radio host and analyst reports that the Eagles are seriously interested in signing former Penn State star Saquon Barkley.



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Barkley.

In 14 games last season, Barkley logged 962 yards and six rushing touchdowns, 41 receptions for 280 yards, and four touchdowns for the 6-11 Giants. Barkley would pair well with Kenneth Gainwell while giving Philadelphia

