



SHONA SCULPTURE

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INNOVATIVE ZIMBABWE

By Abigirl Phiri

Page 5



Blurred Vision

By Charles Kabiriri

Page 03

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The Diaspora Times



May 11th 2024 Issue 241

We fail because we do not try Its the Diaspora Market Place

SF 2340 ALSO GIVES JUDGES THE POWER TO ORDER A PERSON TO BE SENT BACK TO THE COUNTRY FROM WHICH THE PERSON ENTERED THE UNITED STATES.

Civil Rights Groups Sue To Block Controversial Iowa Immigration Bill.



THOUSANDS OF ILLEGAL MIGRANTS GOING TO IOWA

SF 2340 is a bill that was signed into law by Governor Kim Reynolds of Iowa. The bill addresses several aspects related to immigration and enforcement within the state. Here are the key points covered by SF 2340:

Illegal Reentry. The bill pertains to illegal reentry into the state by certain aliens. It aims to address situations where individuals who have previously been deported or removed from the country re-enter illegally.

Prohibition on Arrest in Certain Locations: SF 2340 includes provisions related to where law enforcement officers can make arrests.

SF 2340 authorizes local law enforcement officials to arrest migrants who have previously been deported

The state lawmakers passed the law last month and Gov. Kim Reynolds signed it, it's scheduled to go into effect on July 1. Shared story from ABC

The Department of Justice and civil rights groups filed two separate lawsuits on Thursday aiming to block a controversial immigration law -- known as SF 2340 -- from going into effect in Iowa.

SF 2340 authorizes local law enforcement officials to arrest migrants who have previously been deported or removed from the country, or who have been denied entry in the past. It also gives judges the power to order a person to be sent back to

the country from which the person entered the United States.

The law also does not prohibit children from being charged.

The DOJ's lawsuit comes just one week after Principal Deputy Assistant Attorney General Brian Boynton penned a letter to Gov. Kim Reynolds, urging her to strike down the law by May 7 or face legal action.

Awareness share from ABC.



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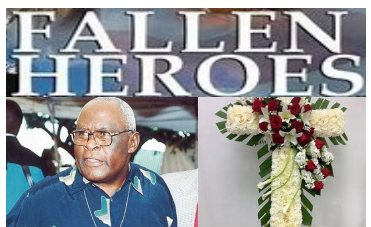
NEW KENYA MOVEMENT

The Kenya Kwanza administration came to power by winning the presidency [Page 03](#)

Laughter is medicine



Page 04



FALLEN HEROES
Joseph Martin Shikuku Oyondi, was born on Christmas day 1932 in Magadi Kenya. His father was John Osule Oyondi

Page 06

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Anyone who holds a true opinion without understanding is like a blind man on the right road. Socrates

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HIGHLIGHTS

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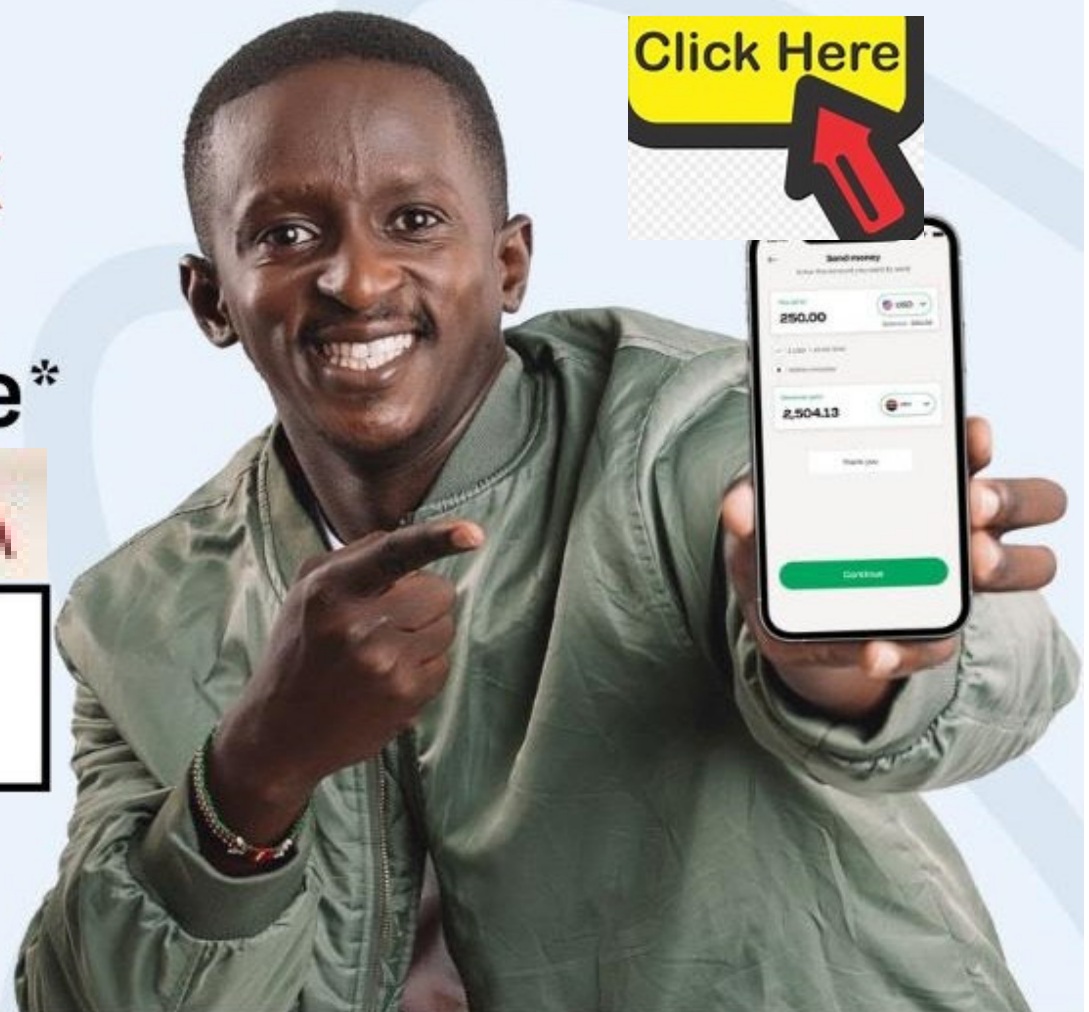
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Since William Ruto became the president partly two years ago, he embarked on disparaging the country's economic resources to an extent that his leadership made no sense anymore

LAVISH LIFESLE AND MANY USELESS TRIPS ABROAD TAKING A TOLL ON THE FRAGILE KENYAN ECONOMY

The Kenya Kwanza administration came to power by winning the presidency, but on realising that it had not won to the extent of assuming the majority slot of the 13th parliament, Kenya Kwanza devised a mission of wooing legislators from other political divides to have their numbers bloated to a majority, an act that is literally interpreted as anti democratic! Since William Ruto became the president partly two years ago, he embarked on disparaging the country's economic resources to an extent that his leadership made no sense anymore.

Second year to his leadership, none of the Kenya Kwanza coalition campaign promises has seen the light of the day. It's now true beyond reasonable doubts that Kenya Kwanza coalition came to power through deceit with hidden intentions other than leadership. The regime has gone ahead to squeeze out of Kenyans every little penny through punitive taxation, while embarks on industrial scale corruption that has resulted in the country being recently listed and grey-marked in the global chart as a money laundering country.

The president and his prominent Cabinet Secretaries can hardly explain their current source of wealth as they go ahead to exhibit lavish lifestyle backed by clothing worth millions, contrary to what they wore before coming to power, let alone bags of money in millions



Politicians promises that will never be fulfilled are like optical illusions

Its there, but when you get there, its futher and on and on with no end

carried in cash as fund raiser for churches in Rift Valley. Genuine money can not be carried in such huge amounts since transactions can be of banking in nature. 80% of Kenyans are disenfranchised with the Kenya Kwanza regime and are communally engaging virtually as tagged "our politics are local" on shortening President Ruto's term to a one term president come 2027 General elections confirming the fatigue in the country with the regime described as the worst Kenya has ever had.

The western Kenya is moving away from the Musalia- Wetangula combination and have now embarked on generational change politics spearhead-

ed by one George Nitembea a man who came from the uniformed service to clinch Governorship in the last elections and through his newly formed TAWE Movement President Ruto is continually losing the grip of Mulembe nation. Mt Kenya that voted him in with a majority of 68% has been economically targeted by the regime through punitive taxation and the President's name featured in a land grabbing scandal which is now a matter in court where 140,000 of the community have been displaced from their homes in Ndabibi farm, Naivasha.

This can outrightly explain the bandit regime ruling Kenya, and now a plan has been hatched

to convene a meeting dubbed LIMURU 3 on the 17th of May to deliberate on the future political discourse of the mountain.

During the Labour Day celebrations that were largely boycotted by the citizenry from how the president responded to the recent floods that hit the country, President William Ruto looked desperate and expressed anger during his entire speech. Kenyans should not allow any constitutional issues with matters as they are today.

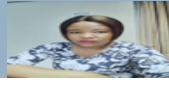
President Ruto, instead of losing power that he's now drunk off through elections, he may indulge the rogue parliament towards changing the country through constitutional means into a totalitarian authority.

The same happened to Turkmenistan, a little known Republic that rests deep in Asia with vast deposits of LPG gas.

The parliament that was largely handpicked assisted in law enactments that assisted in transforming the country to authoritarian rule. Last year, Turkmenistan was listed as the second worst country in the world for freedom much lower than Taliban controlled Afghanistan, the war-torn Eritrea, or even the infamous North Korea Kenya should not be allowed to descend to this level at any cost!

Article By Charles Kabiriri
New Kenya Movement
For Change

Article By Abigirl Phiri- Zimbabwe



Commercially Viable Products Driven By Indigenous Innovations In Zimbabwe.

Students are putting theory to practice in a bid to outline Africa isn't a dark continent.

Introduction
 We are living in an age where countries are working hand in glove with stakeholders to promote indigenous innovations. This is the way to generate novel products on the market that are distinctively African. This is possible if indigenous knowledge is upheld to put motion to subsequent innovations. In Zimbabwe, this heritage based philosophy is backed by the Education 5.0 that is encouraging universities to come up with indigenous innovations to strengthen local industrialization.



range in their form but the essence is that they define who Africans are, their way of living, beliefs and practices. Good examples being agricultural practices, governance and medicines used to cure diseases coined as "muti." In a modern day perspective, this indigenous knowledge is being churned to indigenous innovations.

left behind as industry is also playing a part in conjunction with high institutions of learning and African governments. According to researchers this is exactly what the Triple helix model alluded to. Researches of this kind are being promoted up to fruition as it leads to patenting. Such massive strides help the development not only of sole countries. In fact, they improve the whole of the continent placing Africa amongst other giants in the world.

Indigenous knowledge This is the knowledge that African countries have been using since the age of time. They

Innovations do come by, trying to solve day to day issues faced by people in order to add value to their lives. Thus, the presence of indigenous knowledge is for the masses to draw inspiration on how to come up with localized wonders.

Zimbabwe's Education 5.0 This is the mantra as of present to ensure universities generate graduates who are self-reliant and have bright ideas. In particular, proving how universities have moved away from only teaching as they were noted to be ivory towers. Students are putting theory to practice in a bid to outline Africa isn't a dark continent. Instead the graduates have got what it takes to use available local resources to come up with indigenous innovations. On this good fight, no one is being

The new dawn of baobabs taking their rightful place in the world This is one major indigenous fruit that has made its name for itself. Companies have drawn such indigenous knowledge to their benefit into making indigenous innovations. As a result this is the first time the fruit is leaving the African continent to be exported. This is the reason why one of Zimbabwe companies Dairiboard through

their "Cascade Baobab" emerged as a finalist in the dairy innovations award held in USA. The fruit "Adansonia digitata" is known as a minefield rich of nutrients. This is just a drop in an ocean of the various kind of indigenous innovations that have been broached up by think tanks who noticed possibilities are ever surrounding the populace. In particular these are the practices that have being done since the age of time that needs to be coupled with technology to produce wonders.

Conclusion
 Innovations do come by, trying to solve day to day issues faced by people in order to add value to their lives. Thus, the presence of indigenous knowledge is for the masses to draw inspiration on how to come up with localized wonders. Nothing compares to the joy of having a sense of ownership over indigenous innovations. What better way to experience all this through the help of indigenous knowledge. Staking our heritage claim through indigenous innovations.

Article by Abigirl Phiri, Zimbabwe



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



THINK LIKE A QUEEN. A QUEEN IS NOT AFRAID TO FAIL. FAILURE IS ANOTHER STEPPING STONE TO GREATNESS.
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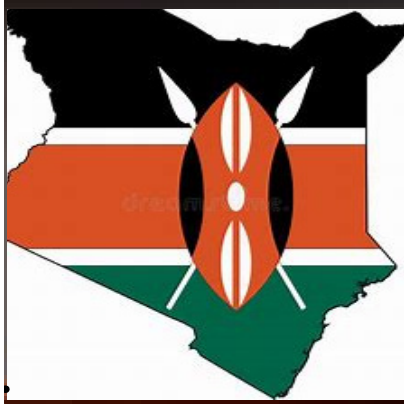


It has been realized that indigenous communities thrive in the gradual adoption of innovations and the context in which such innovations are accepted strongly depends on a number of the social system variables. However, most of innovations that get adopted in indigenous communities are based on trial and error as the innovations get tested in a practical

context of survival. Such innovations are derived in the context of social obligation to contribute to the sustenance of the whole community. These manifest in a wide range of areas such as agriculture, health, economics, education, social networks and other contexts. Indigenous people are generally conservative in nature and much of what they develop is mostly from

their worldview and their strong belief in spirituality. In fact, innovations in indigenous communities are not individually owned but are part of some revelation from the spiritual realm and are meant for the survival of the community rather than individuals.





Martin Shikuku

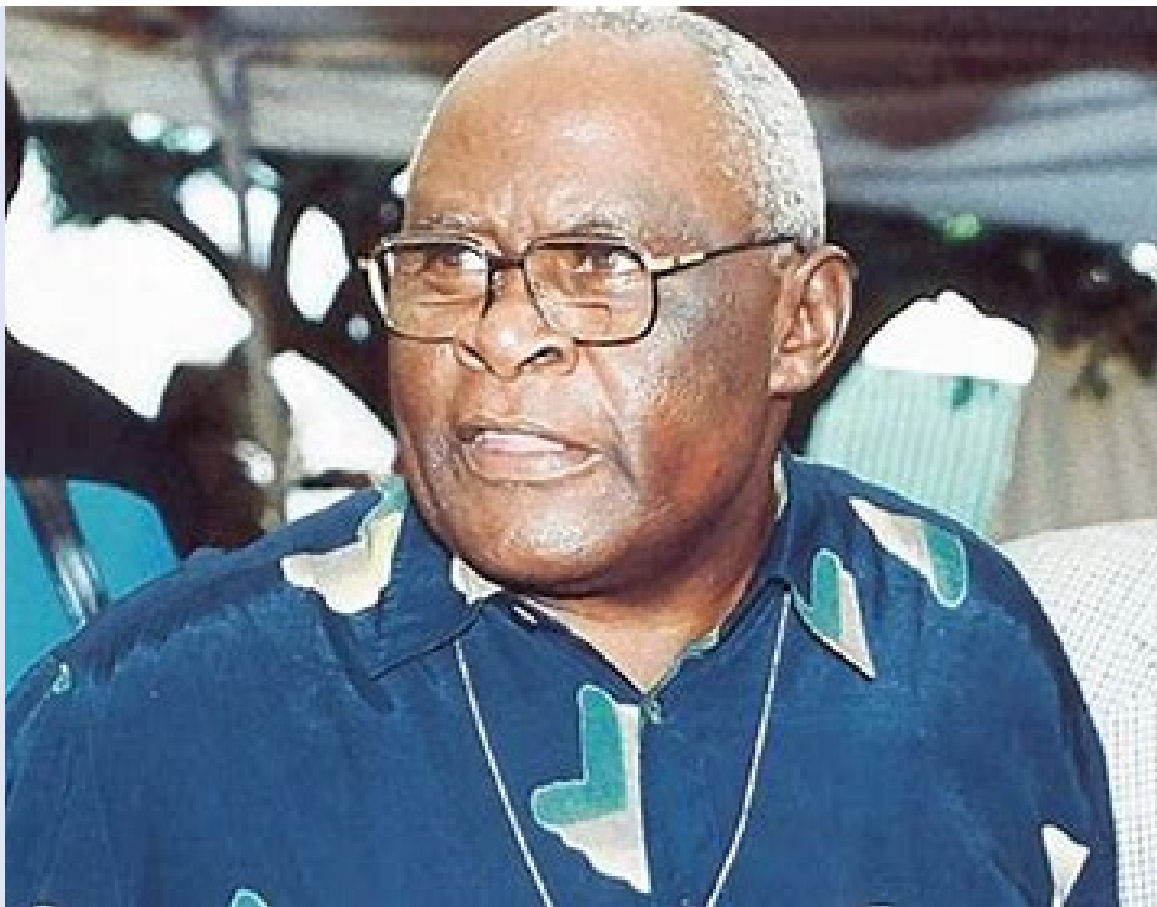
Shikuku was married to;Dolarosa Elizabeth Regina Achieng on 24 September 1966 and they had four children; Sylvano Madanji Shikuku (born 16 November 1966), Emmanuel Noel Osyle Shikuku (born 26 December 1968), Lucia Awor Shikuku (born 30 June 1971), and Martina Maende Shikuku (born 26 January 1974, died 5 November 2016).

Joseph Martin Shikuku Oyondi (December 25, 1932– August 22, 2012) was a Kenyan politician.

Spouse: Dolorosa Regina Elizabeth Achieng Shikuku: born 12 June 1942- Died 5 December 2004. Children: Sylvano Madanji Shikuku: Both 16 November 1966, Emmanuel Noel Osyle Shikuku, Born 26 December 1968, Lucie Awor Shikuku, Born 30 June 1971 and Martina Maende Shikuku, Born 26 January 1974-Died 4 November 2016.

Joseph Martin Shikuku Oyondi, was born on Christmas day 1932 in Magadi Kenya. His father was John Osule Oyondi and he was as married to Lucia Andeche in the Catholic church in 1929. They had seven children. Shikuku was the second

Kenyan single-party system started to crack in the early 1990s. He was a founding member of Forum for the Restoration of Democracy alongside Jaramogi Oginga Odinga. The forum soon split, and Odinga formed the Ford-Kenya party, while Shikuku Ford Asili with Kenneth Matiba. The 1992 general election were the first multiparty election in Kenya since the 1960s. Matiba was the Ford Asili presidential candidate, while Shikuku recaptured the Butere MP seat on Ford Asili ticket. Matiba later left Ford Asili and at the 1997 elections Shikuku was the party's presidential candidate. He did not get many votes and also lost his parliamentary seat. He died on August, at the Texas Cancer Centre in Hurlingham, Nairobi.



Born 12 June 1942- Died 5 December 2004.

born.

Early life

Shikuku attended St Peters Mumias boys primary school, a Catholic school in western Kenya. After completing his primary education he joined St. Peters Seminary for secondary education with the intention of becoming a Catholic priest. This was not to be as he apparently fell in love and left the seminary.

Career

He briefly worked with the Caltex oil company in Kenya then Kenya and then East African Railways before joining politics at a young age of 19 on 18 October 1952.

At the age of 28, he was the youngest member of the Kenyan delegation to Lancaster House Conferences (England), as the youth representative for KADU, a political party which together with KANU went for

the talks at Lancaster House which paved way to the Independence of Kenya. He also participated in the crafting of Kenya's first Constitution. He joined Nairobi People's Convention Party (NPCP), becoming its Secretary-General soon afterwards. He later resigned to join the Kenya African Democratic Union (KADU) as a youth leader along with future President Daniel Moi and Ronald Ngala. Shikuku was elected the Butere Constituency MP in 1963 on KADU ticket. His party merged soon later with Kenya African National Union KANU, the only legal party during the subsequent Kenyan single-party era. Shikuku was the last member to cross the floor of the House to join the one government after the Merger of Kanu and Kadu.

He retained the Butere seat

in 1969 was appointed Assistant Minister in the Office of the Vice-President and Home Affairs by the President Jomo Kenyatta. Later Shikuku was detained by Kenyatta after the minister sarcastically referred the KANU government as "dead". Shikuku was released in 1978 when Daniel arap Moi took over as the President upon Kenyatta's death. Shikuku recaptured the Butere parliamentary seat the next year and was appointed Assistant Minister for Livestock Development. He retained his seat at the 1983 elections but lost in 1988

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

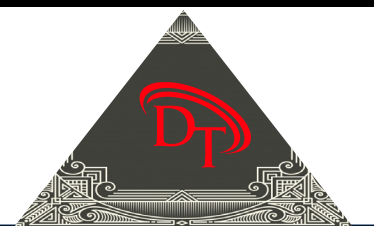
summary



RIP

On several occasions for example, he stunned his often wealthy colleagues in Parliament by appealing to the government to lower the prices of Maize Meal(Unga) and other items that comprise Kenya's staple diet. Ever since his debut in Kenya's Parliament in 1963, Shikuku has been a star figure at the Parliamentary floor for his amazing grasp of Parliamentary rules and procedures. Martin Shikuku was born near Lake Magadi in Rift Valley Province, where his parents worked at the Magadi Soda Mining Company. In the 1992 General Elections, Shikuku and Matiba's FORD-Asili put up a remarkable performance against KANU, coming very close to dislodging KANU from power. This was thanks in a large part to Shikuku, who helped FORD-Asili carry most of the votes from the populous Western Province.

MARTIN SHIKUKU





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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

07

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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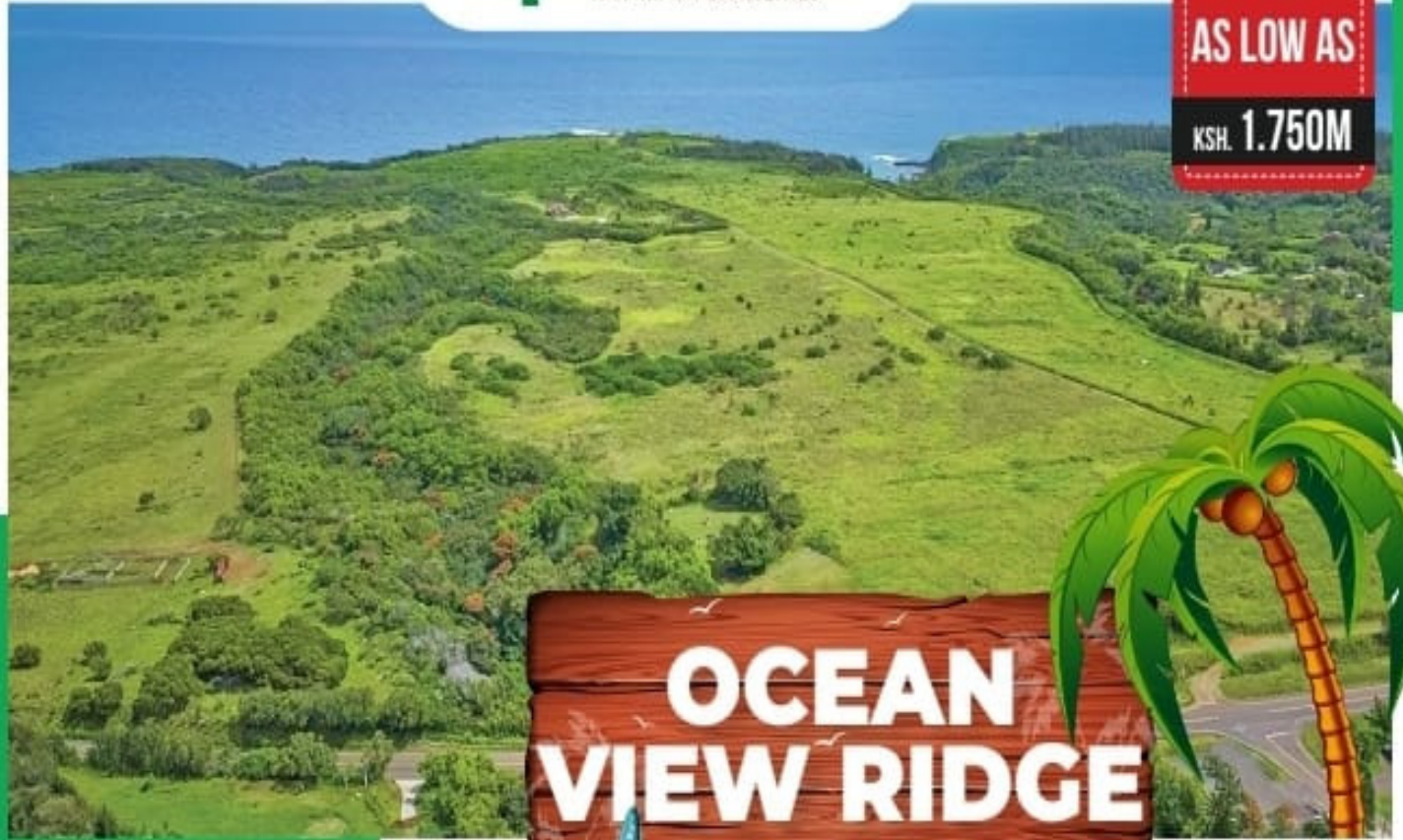
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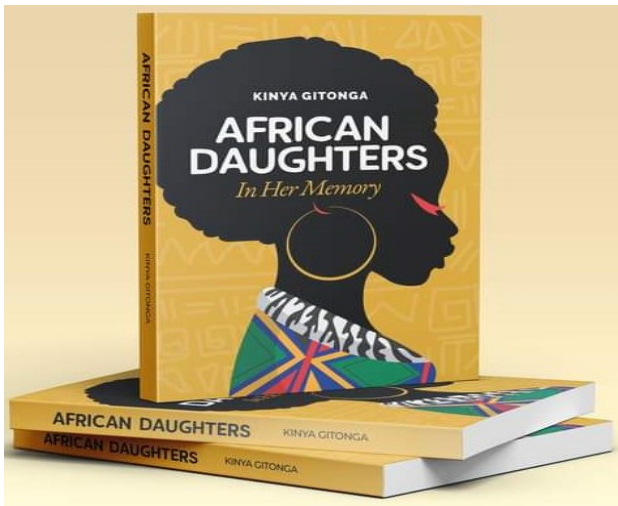
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African Daughters: Honoring Women's Influence in Society



In the globe today, women's contributions are threads of strength, resilience, and unwavering determination. "African Daughters" celebrates these vital threads, weaving together the stories of remarkable women whose impact reverberates across continents and generations.

Through the pages of "African Daughters," readers embark on a transformative journey, exploring the diverse roles and achievements of women throughout history and into the present day. From the courage of pioneering activists to the creativity of visionary artists, each story illuminates the unique and

invaluable contributions of African women to society.

As the author of "African Daughters," I am thrilled to extend a heartfelt invitation to join me on May 11th at YMCA Central in Kenya from 2-5 pm for an enriching event celebrating women's empowerment.

This gathering promises to be an empowering experience, filled with engaging discussions, insightful reflections, and opportunities to connect with fellow advocates for gender equality and women's rights.

At this free event, we will delve into the themes of empowerment, resilience, and the transformative power of women's leadership. Through interactive activities and meaningful conversations, we will celebrate the strength and tenacity of African daughters and explore how we can collectively work towards a more inclusive and equitable society.

Whether you are a woman seeking inspiration and empowerment or

an ally committed to championing gender equality, your presence at this event is invaluable.

Alternatively, please get yourself a copy of this amazing book. Together, let us honor the legacy of African daughters, amplify their voices, and pave the way for a brighter future where every woman can thrive and contribute her unique gifts to the world.

The writer is a psychologist, author and trainer.



Kinyanina52@gmail.com
Kinya Nina

The greatest glory in living lies not in never falling, but in rising every time we fall. -Nelson Mandela

Helen Keller Life is a long lesson in humility.



NEWS Briefs



HIGHLIGHTS

BIDEN HIGHLIGHTS



President Joe Biden made an awkward gaffe while paying tribute to the 2023 WNBA champions, the Las Vegas Aces, during the team's visit to the White House, as he called recently retired star Candace Parker a 'coach.'

On Thursday, No. 46 congratulated the Aces for their back-to-back championships, as he celebrated what he called a 'banner year' for women's basketball amid the rise in popularity in the league due to the likes of Caitlin Clark and Angel Reese. But the 81-year-old U.S. president couldn't help but make a blunder, confusing some of the notable names on the Aces and their roles - prompting awkward glances and confused smiles among those behind him.

MS Coast jury convicts stepfather of capital murder in deadly child abuse of toddler.

The torture and abuse that Hailey Heard and her son suffered, Joffe said, "was not isolated but was prolonged."

Harrison County jury took 45 minutes Thursday to convict Joseph David Heard of capital murder in the beating and suffocation death of his 2-year-old stepson. Afterward, Judge Larry Bourgeois polled the jury to confirm the verdict.

The jury will return Friday to determine whether to sentence Heard, 41, to life in prison without parole or death for the Dec 27, 2021, killing of 2-year-old Hayden Lee Bataille.

Heard's wife, Hailey Lynn Bataille Heard,

An autopsy showed the toddler had bruises — both old and new — all over his face, his head, his abdomen, his back and his legs, plus old and new broken bones, and more. Joseph David Heard's attorney, Donald Rafferty, maintains that Hailey Heard caused the toddler's death when she put her hand over his mouth, suffocating



Stop child abuse

24, is already serving a life sentence in her son's murder.

The morning of the toddler's death, Joseph David Heard repeatedly punched the toddler in the gut and the head, and when the toddler cried out in pain, his mother said, the beating only escalated.

Joseph David Heard was already angry that morning, two days after Christmas 2021, because the toddler with curly blond hair had soiled his diapers overnight.

When Heard felt like the child took too long to get a juice box out of the refrigerator after his bath, the torture began. Hayden's cries ended only after his mother said she later walked into the living room of their one-bedroom apartment, where the boy's stepfather was still beating the child. She testified that she put her hand over her child's mouth and nose, hoping he would stop crying and the beating would end.

Earlier Thursday, Heard testified in his defense

and repeatedly denied abusing the child. Instead, he said he walked into the living room, saw the little boy wasn't breathing and started performing CPR on him to save him.

Share from Herakd to warn parents on child abuse.



Heard said he had seen bruising on the child in the past, but his wife told him the toddler had fallen off a bed or a couch. As Heard kept up his denials, prosecutors pointed out how a forensic of his phone showed how he had searched online for ways to make bruises go away. When Heard thought he had found a remedy, he texted his wife to tell her they could use banana peels to make them go away faster.



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Charles Kabiriri Activist, Kenya

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SHONA SCULPTURE GALLERY

The gallery specializes in the famous Shona Sculpture Art Movement which has work ranging between modern and the first generation craftsmanship.



Tourism with
Memory Phiri
Zimbabwe.

The Shona Sculpture Gallery is our very own pride and joy because it is the home of some of the polished work of art in the capital city, Harare. The gallery specializes in the famous Shona Sculpture Art Movement which has work ranging between modern and the first generation craftsmanship.

In a way, the sculptors aim to satisfy the different needs and tastes of the customers. Hyperbolically killing two birds with one stone. Situated along the airport road the gallery is open from 9am to 5pm. Under normal circumstances, this gives visitors ample time to indulge themselves to the fullest.

Notably, an indoor gallery houses the smaller works whilst the larger works are exposed in the serene gardens making the exhibition more appealing. The Shona Sculpting Gallery is short of a miracle for it boasts of the best selections of modern art

Situated along the airport road the gallery is open from 9am to 5pm. Under normal circumstances, this gives visitors ample time to indulge themselves to the fullest. Notably, an indoor gallery houses the smaller works whilst the larger works are exposed in the serene gardens making the exhibition more appealing.



Shona Sculpture in Zimbabwe

sculptures. Above all, the gardens are nicely manicured and they have a very enchanting pool to go with it.

Leisurely strolling around the evergreen and refreshing gardens enables tourists to come across one too many high quality artworks. As a matter of fact, visitors can burn the candle on both sides by enjoying the gallery and the works by the creme de la creme of Zimbabwean sculptors.

Emphatically these include the charging elephants, the various crane birds, a supermodel standing akimbo. It is wise to say that, nothing will cramp the style of this our gallery. Some of the sculptures have gone on to win awards for they symbolize women empowerment and wildlife conservation.

Moreover, the online gallery is at large because it keeps the exhibitors in par with the digital

world. Painting the art world red. Thus, this move enables tourists to search and purchase the artworks through the internet.

The message behind this article is that every gallery target tourists so as to propel tourism development. Retrospectively, the Shona Sculpture Gallery is the result of the many years of dedication and it is the brainchild of expert collectors, dealers and promoters. Indeed, this is what we call history in the making.

To keep abreast with art lovers, we are urging the masses to visit this gallery because it's all about our roots or heritage. Named after our shona dialect in Zimbabwe we are at liberty to shout to the world that once you go black you never go back.

Come in your numbers and promote such a venerable diamond in the ruff which gives our contemporary artists the green light

to showcase the shona culture. Legacy wise this tradition will live forever. The moment a tourist buys our artwork they will be spreading our nets further afield.

Inarguably creating a nexus between a gallery and the tourism industry at large. It's never too late to visit a noteworthy collection of art.

By Memory Phiri

15

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

15

The future belongs to those who believe in the beauty of their dreams.
-Eleanor Roosevelt

Diaspora Sunday

Lamentations 3:22-23 ~ The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.

PRAYERS

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.

Proverbs 3:5-6 ~ Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isaiah 40:31

These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Deuteronomy 6:6-7

16

HEAL ME, O LORD, AND I SHALL BE HEALED; SAVE ME, AND I SHALL BE SAVED: FOR THOU ART MY PRAISE.
Jeremiah 17:14

ALL Things WORK TOGETHER for Good for those who Love GOD



The world and its desires pass away, but whoever does the will of God lives FOREVER
1 John 2:17



Pastor Mukuria

Morning Affirmation
Hebrews 10:23 NIV
Let us hold unwaveringly to the hope we profess, for He who promised is faithful

Good day ☐☐



Brother Kigume

Being dependable means that we do what we have said we would do, when we said we would do it and in the best way we can.

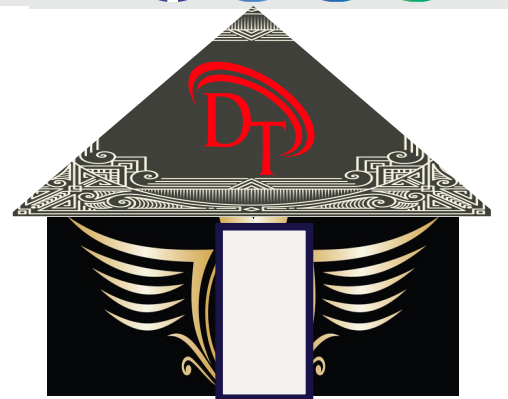


You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one. -John Lennon

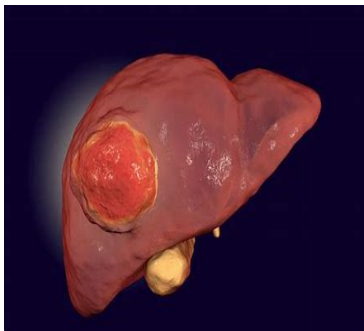
If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success. -James Cameron



Health Tit Bits



LIVER CANCER

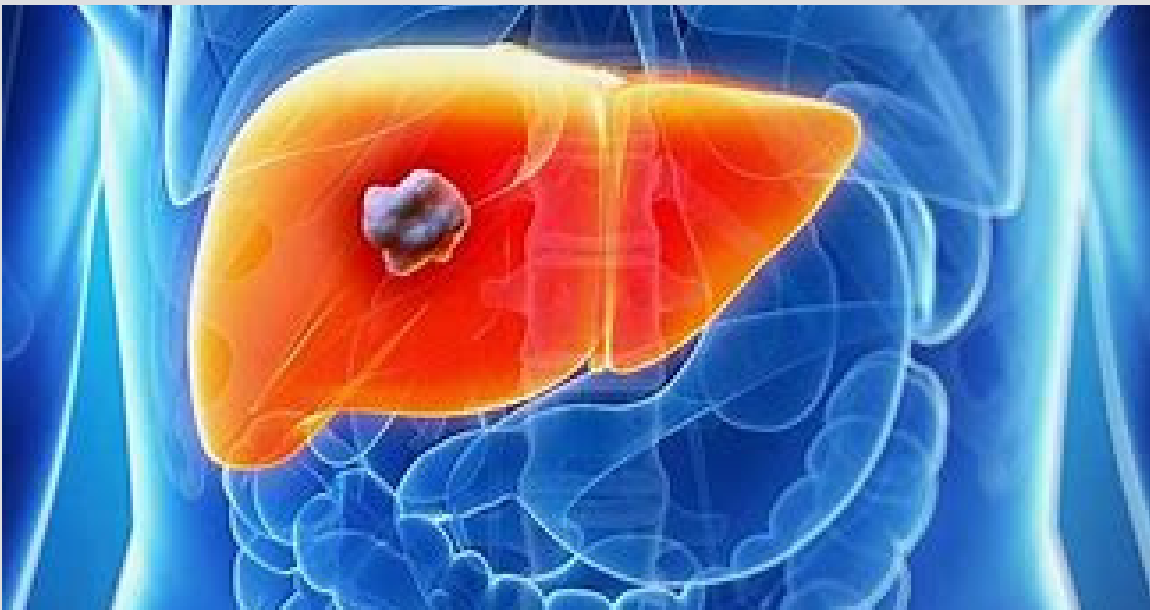


You can reduce your risk of hepatitis B by receiving the hepatitis B vaccine. The vaccine can be given to almost anyone, including infants, older adults and those with compromised immune systems.

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

summary

Liver cancer is cancer that begins in the cells of your liver. Your liver is a football-sized organ that sits in the upper right portion of your abdomen, beneath your diaphragm and above your stomach.



Cancer of the Liver can attack at any age

Several types of cancer can form in the liver. The most common type of liver cancer is hepatocellular carcinoma, which begins in the main type of liver cell (hepatocyte). Other types of liver cancer, such as intrahepatic cholangiocarcinoma and hepatoblastoma, are much less common.

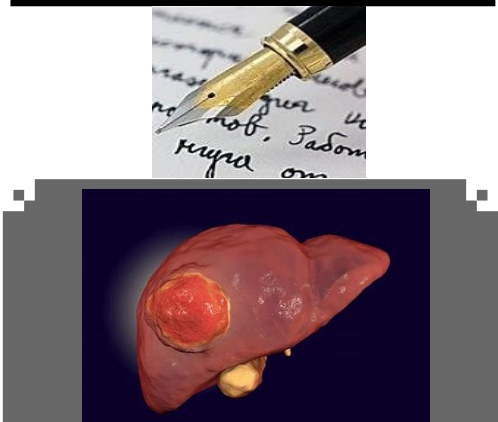
Cancer that spreads to the liver is more common than cancer that begins in the liver cells. Cancer that begins in another area of the body — such as the colon, lung or breast — and then spreads to the liver is called metastatic cancer rather than liver cancer. This type of cancer is named after the organ in which it began — such as metastatic colon cancer to describe cancer that begins in the colon and spreads to the liver. Most people don't have signs and symptoms in the early stages of primary liver cancer. When signs and symptoms do appear, they may include:

Upper abdominal pain
Nausea and vomiting
General weakness and fatigue
Abdominal swelling
Yellow discoloration of your skin and the whites of your eyes (jaundice)
White, chalky stools
Liver cancer happens when liver cells develop changes (mutations) in their DNA. A cell's DNA is the material that provides instructions for every chemical process in your body. DNA mutations cause changes in these instructions. One result is that cells may begin to grow out of control and eventually form a tumor — a mass of cancerous cells.

Sometimes the cause of liver cancer is known, such as with chronic hepatitis infections. But sometimes liver cancer happens in people with no underlying diseases and it's not clear what causes it. Factors that increase the risk of primary liver cancer include:
Chronic infection with HBV or HCV. Chronic infection with the hepatitis B virus (HBV) or hepatitis C virus (HCV) increases your risk of liver cancer.
Cirrhosis.

Certain inherited liver diseases. Liver diseases that can increase the risk of liver cancer include hemochromatosis and Wilson's disease. Diabetes. People with this blood sugar disorder have a greater risk of liver cancer than those who don't have diabetes. Nonalcoholic fatty liver disease.

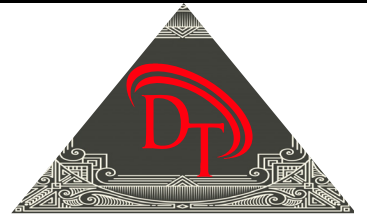
Losing weight without trying
Loss of appetite



Cirrhosis is scarring of the liver, and it increases the risk of liver cancer. You can reduce your risk of cirrhosis if you:

Drink alcohol in moderation, if at all. If you choose to drink alcohol, limit the amount you drink. For women, this means no more than one drink a day. For men, this means no more than two drinks a day. Maintain a healthy weight. If your current weight is healthy, work to maintain it by choosing a healthy diet and exercising most days of the week.

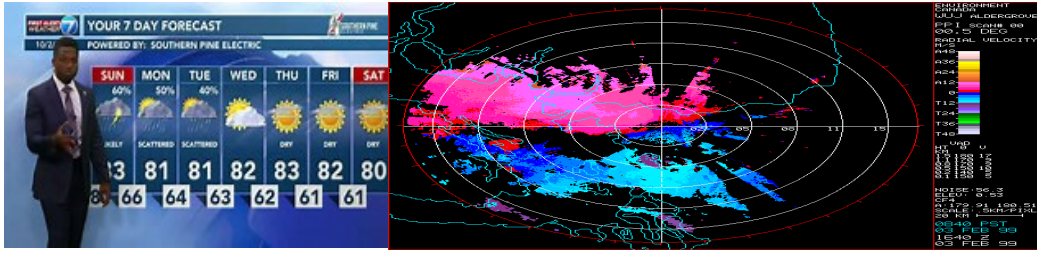
LIVER CANCER



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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

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



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



Storm, tornado threat moves out of metro Atlanta.

Today's storms are part of a deadly system that has brought torrential rain and tornadoes across the country this week, from the Plains to the Midwest and now the southeastern U.S., the Associated Press reported. At least four people have died in storms since Monday.



A third line of strong storms rolled through metro Atlanta late Thursday morning, bringing more widespread rain and prompting a tornado watch and ground stop at Hartsfield-Jackson International Airport.

The tornado watch was in effect until 1 p.m. and initially included all of North Georgia and the metro area. By late morning, the affected area shifted to the south of the city. A watch remains in effect for areas south of Macon, however, and two tornado warnings have been issued there, according to the National Weather Service. At the

airport, the ground stop was lifted at 12:45 p.m., according to the Federal Aviation Administration. A ground delay remains in effect until 6 p.m., as flights into Atlanta are running on a one-hour delay. At least two dozen flights have been canceled, according to FlightAware.

In southwest Atlanta, three trees were toppled or snapped in half along Cherokee Avenue near Grant Park, bringing a couple of power poles down with it, Channel 2 Action News reported.

John McVeigh, who lives in the area, was walking his dogs at the same time the trees fell. The wind

picked up for probably five or 10 minutes," he told Channel 2. "Kinda crazy, these guys — these dogs — were terrified and hid inside, and next thing I know, the trees were down."

No one was hurt, and the trees didn't hit any homes or vehicles.

The inclement weather pummeled counties north of the city overnight. The first band of storms brought large amounts of rain to the North Georgia mountains and prompted tornado watches and warnings in some counties north of the metro area. The second wave arrived in the city shortly before 8:30 a.m., and the

latest reached the area at about 11 a.m. Rain will linger into the afternoon.

The intensifying storms were a result of temperatures rising as the morning wore on. "We didn't have any storms, really, last night in and around the city, and that's important because the air stayed very warm and humid, so there's gonna be a lot of storm energy as this line moves in," Monahan said. "This is not going to be falling apart as it moves into metro Atlanta, I'm afraid." ABC



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

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

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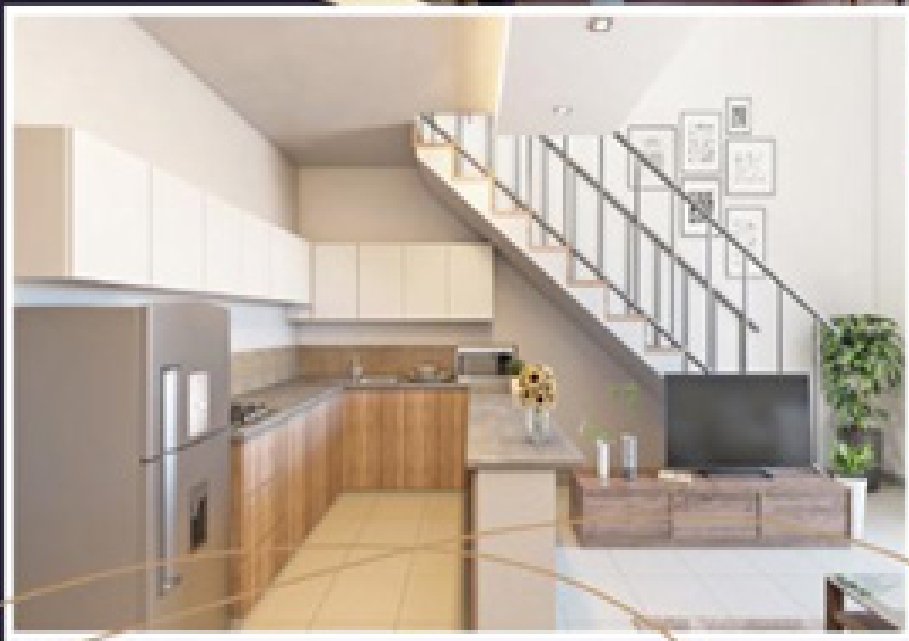
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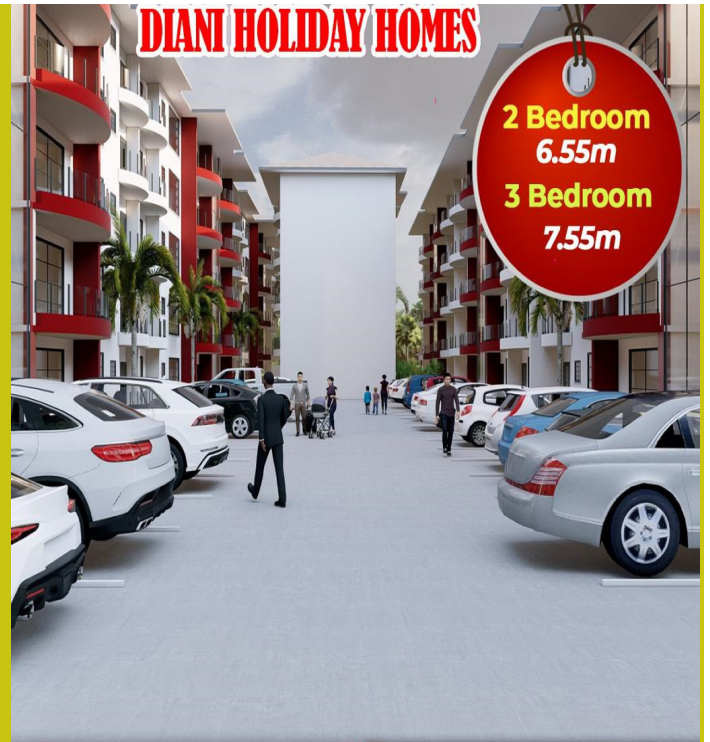
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BACKPAGE

WORLD OF SPORTS

Streaming Giants Are Betting Big on Live Sports



Shared by: By Tafara Makusha

Amazon is reportedly on the verge of spending billions to start broadcasting NBA games, as it also heads into its third season broadcasting the NFL's "Thursday Night

In recent weeks, the NBA has been reported to be in negotiations or have framework deals with Amazon (AMZN) to start streaming games on Prime Video, NBCUniversal to broadcast games on NBC for the first time since 2002 and stream them on Peacock, as well as potentially continue its current arrangements with Disney's (DIS) ESPN and ABC, and Warner Bros. Discovery's (WBD) TNT.

The NBA negotiations represent the latest bet on sports as a potential source of revenue growth for streaming companies, a growing trend over the past several years. An explosive playmaker in Kellen Moore's offense.



SPORTS WORLD

