



SHONA SCULPTURE

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INNOVATIVE ZIMBABWE

By Abigirl Phiri

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KENYA TODAY

By Charles Kabiriri

Page 03

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e-paper

May 4th 2024 Issue 240

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SHE TYPICALLY ADMINISTERED THE INSULIN DURING OVERNIGHT SHIFTS, WHEN STAFFING WAS LOW AND THE EMERGENCIES WOULDN'T PROMPT IMMEDIATE HOSPITALIZATION. MOST OF THE PATIENTS DIED SOON AFTER RECEIVING THE INSULIN DOSE, OR SOME TIME LATER.

Nurse sentenced to life in prison after admitting she intentionally gave patients excessive insulin doses



A Pennsylvania nurse who administered lethal or potentially lethal doses of insulin to numerous patients pleaded guilty to three counts of murder and other charges Thursday and was sentenced to life in prison. Heather Pressdee, 41, was given three consecutive life sentences and another consecutive term of 380-760 years behind bars during a hearing in Butler, about 30 miles (48 kilometers) north of Pittsburgh. She played a role in the deaths of at least 17 patients who lived in five health facilities in four counties between 2020 and 2023, prosecutors said.

Her nursing license was suspended early last year, not long after the initial charges were filed.

Prosecutors alleged that Pressdee, of Harrison, gave excessive amounts of insulin to 22 patients, including some who weren't diabetic.

A Pennsylvania nurse who administered lethal or potentially lethal doses of insulin to numerous patients pleaded guilty to three counts of murder and other charges Thursday and was sentenced to life in prison. Heather Pressdee, 41, was given three consecutive life sentences and another consecutive term of 380-760 years behind bars during a hearing in Butler, about 30

miles (48 kilometers) north of Pittsburgh. She played a role in the deaths of at least 17 patients who lived in five health facilities in four counties between 2020 and 2023, prosecutors said. "We need all national emergency services mobilized to save lives." The 22 overall victims ranged in age from 43 to 104. ABC & CNN combined awareness share.



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NEW KENYA MOVEMENT
We have a problem as a country, and this needs to be addressed early enough for adjustments where necessary as this m [Page 03](#)

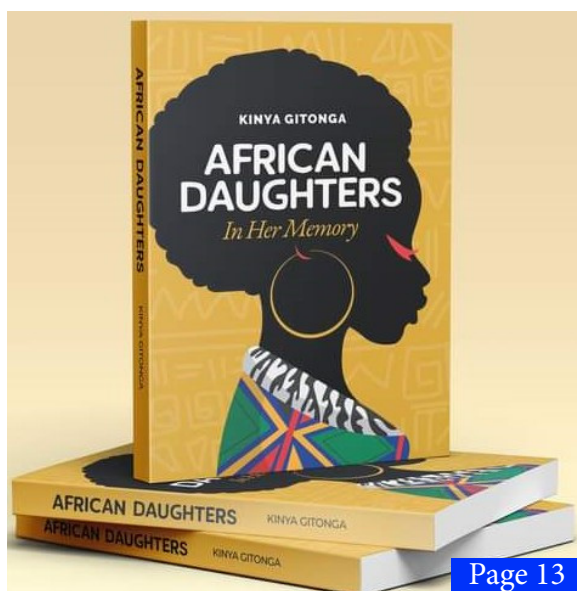
Laughter is medicine



FALLEN HEROES



James Charles Nakhwan-ga Osogo was born on 10 October 1932, in Bukani Village of Bunyala subcounty, Budalangi Constituency in Kenya [Page 06](#)



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Awareness of ignorance is the beginning of wisdom to those seeking knowledge. Socrates

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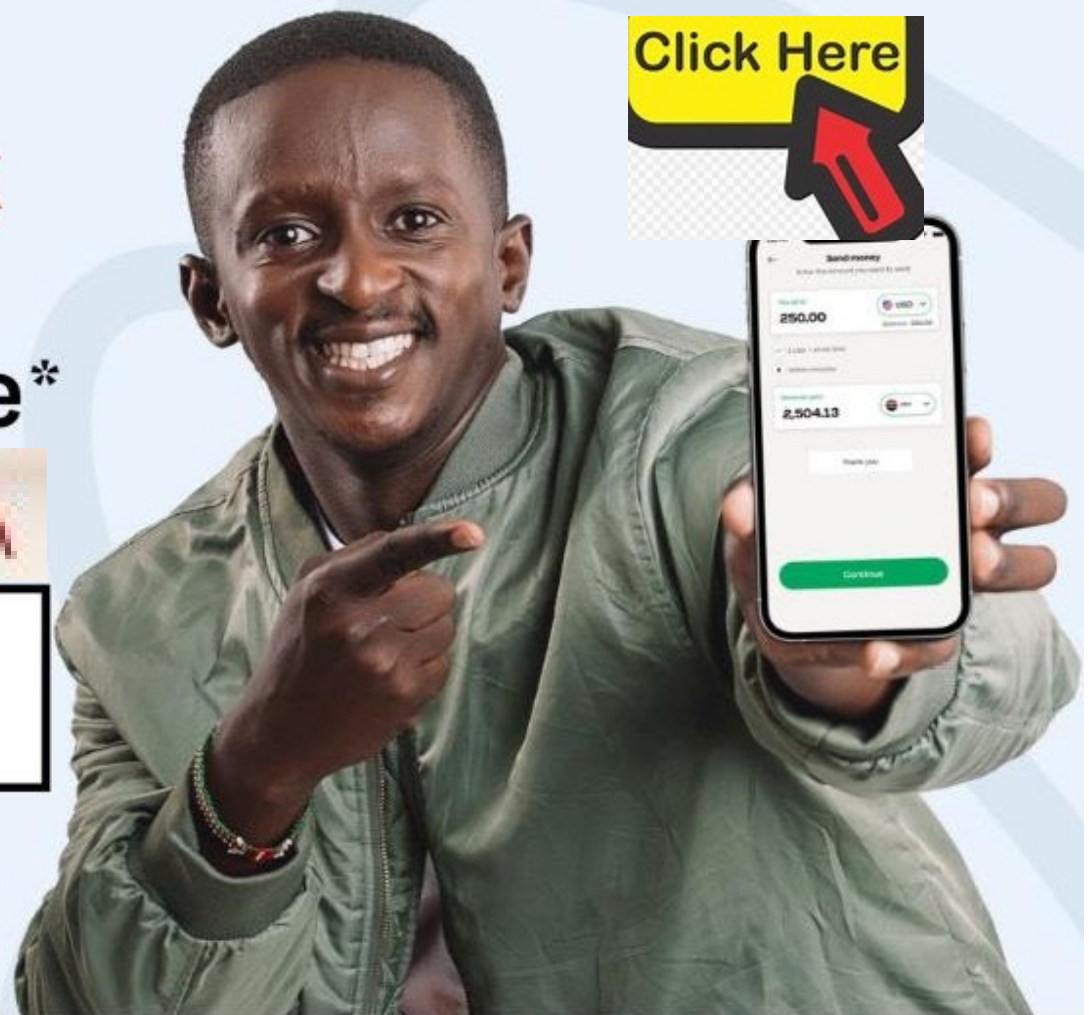
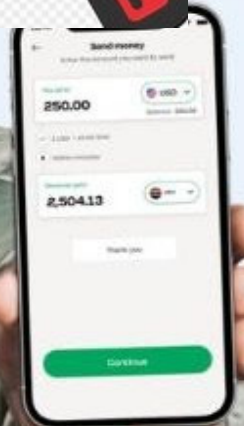
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KENYA NEWS



Charles Kabiriri
Political Activist
New Kenya Movement
For Change

Kenya is losing its best ones on road and air carnage

CORRUPTION LEADS TO AVOIDABLE DISASTERS

We have a problem as a country, and this needs to be addressed early enough for adjustments where necessary as this menace has centralised deep in our system.

We are a nation that is ignorant of red alerts! Many of the calamities that we find ourselves in today, have resulted from the ignorance extended where certain red alerts have been brought forward, detailed for prompt reaction, yet we fail to undertake measures on time as may be required of us!

A good example is the scuffle that was reportedly between the Kenya police and the Kenya Defence Forces (KDF) a fortnight ago in Lodwar, where four KDF personnel were handcuffed and frog marched to Lodwar police station. For those who understand how forces work, this exhibited a lack of understanding from the Police on the manner to wage a response in case of a reported mishandling of a police on duty by a uniformed KDF personnel.

The decision to place the four KDF in police custody in Lodwar may have angered the military going by the developments that followed up the incident in Lodwar. Kenya Defence Forces have reportedly been waging physical fights against the Kenya Police. The police role is essentially implementation of law and order by the civilians.

Where a member of the defence forces misbehave while in uniform or thought to have acted indecently or with ignorance to his oath of duty, the matter is handled swiftly within disciplined forces code of



rules and regulations subject to their way of implementation.

It therefore means that the Officer Commanding Station (OCS) Lodwar, who the matter was brought to his attention, shouldn't have ganged up the soldiers with his policemen to have them handcuffed as they did, instead he should have reported to their respective barracks of the unfolding events and this is procedurally how this kind of scuffle where the soldiers are said to have disarmed the police manning a roadblock and asked the policemen to get back their arms from the barrack, should have been handled!

This incident from Lodwar was to serve as a red alert to the Defence headquarters but it was never taken as one which was wrong because such an issue can boil down to skirmishes that can bring a nation to military rule citing lack of leadership from their command, thus taking a political side.

These altercations extended to Kilifi County eleven days after the Lodwar scuffle and a day after Kilifi County scuffle, while a major one occurred on a full glare of camera at Likoni Ferry crossing which attracted the public from the fact that, though it was physical both sides had firearms.

A day after the Likoni Fer-

ry scuffle, another altercation between the police and the KDF was reportedly to have taken place in Kakamega. Unnecessary tension between the two arms can put the country at risk. So, the very first episode should have been addressed with the strictness that it deserved!

The flooding that has reportedly hit the country has put our nation into both disarray and national shame.

When leakages were reported at the departure and arrival terminals at the Jomo Kenyatta International Airport (JKIA), it was repeatedly blamed on the previous administration.

This was, however, in their sixteenth month of Kenya Kwanza administration, so the blame literally didn't make sense! CS Transport Mr Murkomen who has been on the limelight for all bad things, addressed the nation that he had placed a committee to handle the JKIA roof repairing where even power blackouts were never backed up with an automatic power generator leaving the airport in total darkness risking the lives of both domestic and international users of the facility.

The recent heavy downpour did not only expose the national shame by the presence of the same leakages and other than that, the question JKIA capac-

ity with its drainage system after flights were redirected to Mombasa for landing after waterlogged everywhere in JKIA subjecting everything to a mess from runways, parking to the cold rooms where perishable parcels were seen floating on water!

This country has been placed under a rogue regime by the August 9th 2022 vote that catapulted the Kenya Kwanza to the helm and should equally be voted out come 2027 general elections! The administration ignored the word that came from the local farmers that the fertilisers bought on subsidised basis from government godown across the potential farming regions was fake.

The Head of the Civil Service Felix Koskey, the man seated at the center of the deep state and whose proposal the President had through the Majority Whip Kimani Ichungwa place a bill in Parliament proposing to have the Court of Arms, which constitutionally it is the Attorney General who is the mandated custodian, be transferred to be under the custody of Felix Koskey, the man who has been implicated in this fake fertiliser scandle.

Is this not laughable!! This leadership is a gangster

regime where even President William Ruto can not shed his hands off the fertiliser scandle. This must be taken to consideration by the people of Kenya that this leadership is kind of a red alert too since contrary to everyone's belief when people voted for this leadership, its becoming clear with every other day that, we will never see value for our hard earned money under this leadership.

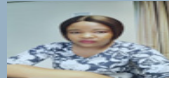
In this country politicians have subdued the technicians. Where a technician is supposed to bring forward the technicalities behind an issue, a politician is the one giving the incentives!

A case in question is at the advent of fake fertiliser. CS Linturi tried to convince Kenyans how the fertiliser was not fake. Not lost on our minds is a case where the Kenya Meteorological Department gave prompt alerts on Tsunami several months ago, advising those on the lower region to move to safety as part of preparation only for the President to mislead the nation stating contrary to the Meteorological Dept position.

The aftermath that followed was quite devastating. People lost household goods as well as lives in the tsunami. The government should have been held responsible for misleading the nation and made to compensate the victims fully. There should exist distinctive difference between politics and management when handling technical matters in the country!

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

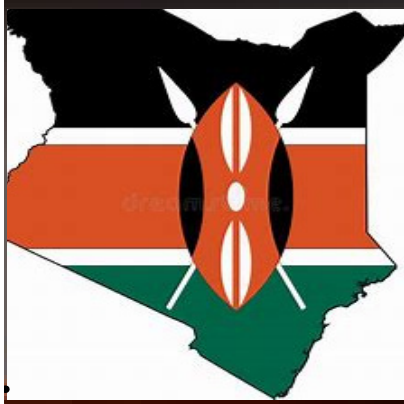


It has been realized that indigenous communities thrive in the gradual adoption of innovations and the context in which such innovations are accepted strongly depends on a number of the social system variables. However, most of innovations that get adopted in indigenous communities are based on trial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





James Osogo

FALLEN HERO

James Osogo

Kenya
FALLEN HERO

Rest In Peace

JAMES OSOGO

Nakhwanga Osogo was awarded the Elder, Order of the Golden Heart (Kenya), the Grand Cordon of the Star of Ethiopia, the Order of the Star of Africa (Liberia), and the Grand Cross of the Star Yugoslav Flag (1st Class).

Hames Charles Nakhwanga Osogo was born on 10 October 1932, in Bukani Village of Bunyala subcounty, Budalangi Constituency in Kenya. He attended Port Victoria Primary from 1941 to 1943 before proceeding to St. Mary's Secondary School, Yala from 1944 to 1949. He later attended Railways Training School, Nairobi from 1950 to 1951.

Career

Nakhwanga Osogo qualified as assistant station master; 1951–1953 assistant station master Kenya and Uganda; 1953–1954 Kagumo Teacher's Training College P2 certificate; 1955–1959 teacher at various schools in Kenya; 1960 headmaster Kibasanga School; 1961 headmaster Nangina School; 1963 elected Member House of

Osogo served in the Cabinet for a period spanning 16 years between 1964 and 1980 where he served in various ministries in the Kenyatta and Moi governments. He was first appointed Assistant Minister for Agriculture in 1964 to 1966.

Osogo served in the Cabinet for a period spanning 16 years between 1964 to 1980 where he served in various ministries in the Jomo Kenyatta and Daniel Moi governments.

Osogo died at the age of 91 years.



Sunrise 1932, Sunset- 2023

Representatives for Ruwambwa; 1964–1966 Assistant Minister for Agriculture; 1966–1969 Minister for Information and Broadcasting; 1969–1973 Minister for Commerce and Industry; May 1970 concurrently Minister for Agriculture, 1973–1974 Minister for Local Government; 1974 Minister for Health; concurrently minister for Foreign Affairs; 1978 deputy leader of Government Business; 1979 Minister for Agriculture; 1980 Minister for Livestock. He was first appointed Assistant Minister for Agriculture in 1964 to 1966, Minister for Information and Broadcasting (1966-1969), Minister for Commerce and Industry (1969-1973) within which time he also served concurrently as Minister for Agriculture from May 1970.

He was also Minister for Local Government between 1973 to 1974, Minister for Health in 1974 and concurrently headed the Foreign Affairs docket.

Osogo was also the deputy leader of Government Business in 1978, Minister for Agriculture in 1979 and Minister for Livestock in 1980.

Musaliain his condolences then said Kenya lost a humble icon whose news about his passing he had received with utmost sorrow.

"I have lost a real friend. Kenya has lost a citizen with a rich history. I have known Mzee Osogo not just as an illustrious politician but as a father figure. Our families have always been close," he said.

He revealed that Osogo's children were his schoolmates, while one of them, Steve, was his classmate at Nairobi Primary School.

"In my political career, I have had the opportunity to consult with the late Mzee Osogo both at his rural Busia and Nairobi homes. My heartfelt condolences go to the late Mzee Osogo's family, relatives, friends, the Luhya Community, and the rest of Kenyans. We have lost a humble icon," he said.

"In 2020, the late Mzee Osogo gifted me with his autobiography 'Honorary Deeds' that firmly describes who he really was as a human being - a journey-man of admirable deeds," the Prime CS said.

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

summary



RIP

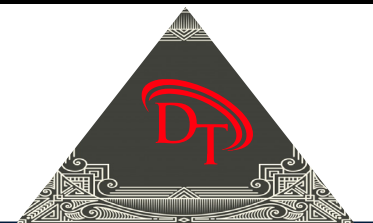
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JAMES OSOGO





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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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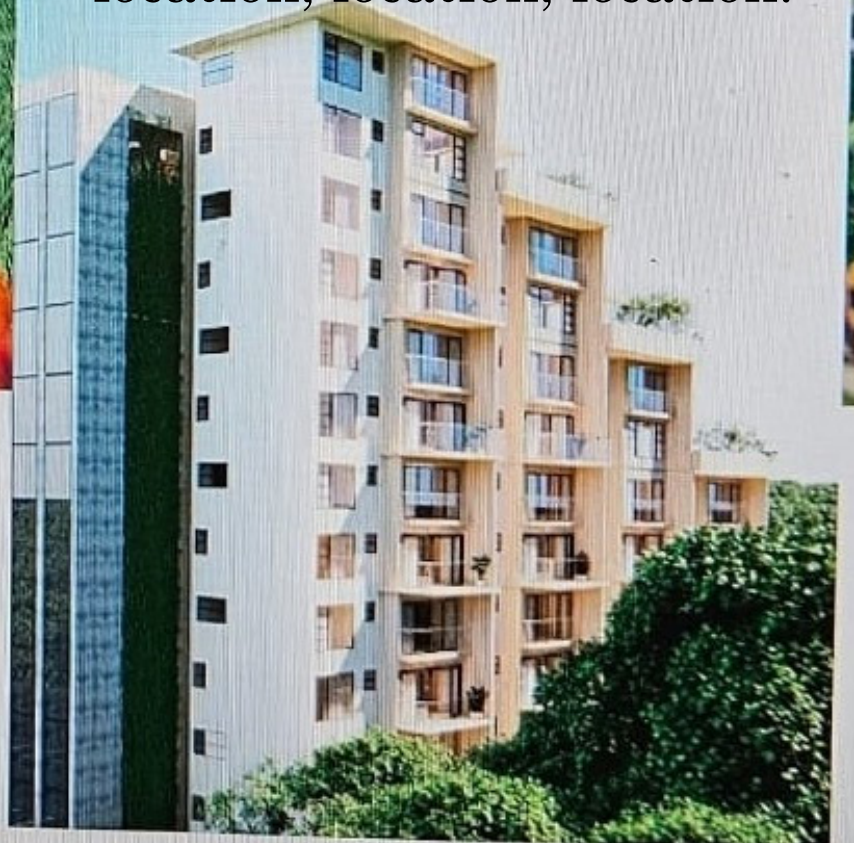
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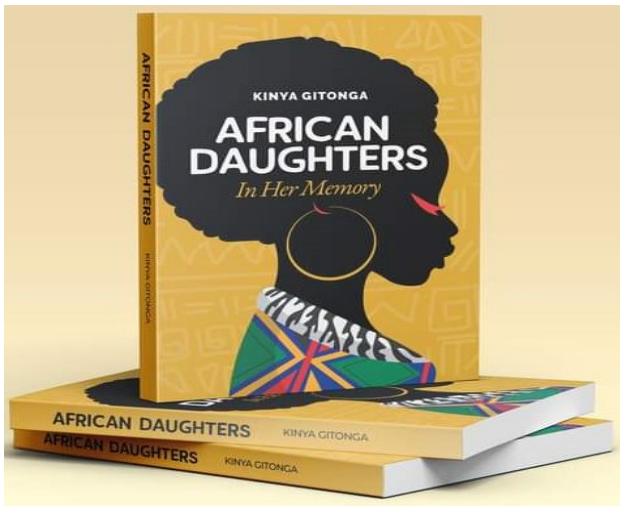
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African Daughters: Honoring Women's Influence in Society



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 on Thursday spoke from the White House on college protests happening across the nation in connection with the Israel-Hamas war.

“We’ve all seen images, and they put to the test two fundamental American principles,” Biden said from the Roosevelt Room. “The first is the right to free speech and for people to peacefully assemble and make their voices heard. The second is the rule of law. Both must be upheld. It marked the first time Biden directly addressed the issue since his brief comments to reporters on April 22, before the escalation of suspensions and arrests at several campuses. At the time, he said he condemned both antisemitic actions and those who didn’t understand the plight of Palestinians in Gaza.”

Police clear pro-Palestinian protesters from Columbia University’s Hamilton Hall.

The protesters had seized the administration building building, known as Hamilton Hall

PNEW YORK (AP) — Police officers carrying zip ties and riot shields stormed a Columbia University building being occupied by pro-Palestinian protesters, streaming in through a window late Tuesday and arresting dozens of people.

The protesters had seized the administration building, known as Hamilton Hall, more than 20 hours earlier in a major escalation as demonstrations against the Israel-Hamas war spread on college campuses nationwide.

A statement released by a Columbia spokesperson said officers entered the campus after

Police have swept through other campuses across the U.S. over the last two weeks, leading to confrontations and more than 1,000 arrests nationwide. In rarer instances, university officials and protest leaders struck agreements to restrict the disruption to campus life and upcoming commencement ceremonies.



Demonstrations at Universities intensify countrywide

the university requested help. A tent encampment on the school’s grounds began nearly two weeks ago to protest the Israel-Hamas war.

“After the University learned overnight that Hamilton Hall had been occupied, vandalized, and blockaded, we were left with no choice,” the school said. “The decision to reach out to the NYPD was in response to the actions of the protesters, not the cause they are championing. We have made it clear that the life of campus cannot be endlessly in-

terrupted by protesters who violate the rules and the law.”

NYPD spokesman Carlos Nieves said he had no immediate reports of any injuries following the melee. The arrests — where protesters had shrugged off an earlier ultimatum to abandon the encampment Monday or be suspended — unfolded as other universities stepped up efforts to end the protests. Just blocks away at The City College of New York, demonstrators were in a standoff with police outside the

public college’s main gate. Video posted on social media by news reporters on the scene late Tuesday showed officers hauling some people to the ground and shoving others as they cleared people from the street and sidewalks. An encampment at the public college, part of the City University of New York



NYPD officials made similar claims about “outside agitators” during the huge, grassroots demonstrations against racial injustice that erupted across the city after the death of George Floyd in 2020. In some instances, top police officials falsely labeled peaceful marches organized by well-known neighborhood activists as the work of violent extremists.

Before officers arrived at Columbia, the White House condemned the standoffs there and at California State Polytechnic University, Humboldt, where protesters had occupied two buildings until officers with batons intervened overnight and arrested 25 people. Officials estimated the northern California campus’ total damage to be upwards of \$1 million.



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THE FUTURE

“Its all about dreams. Dreams cost nothing, they are free”
-Sylvester Stallone



Charles Kabiriri
Activist, Kenya

Our dedicated contributors to different topics make the newspaper to continue informing the Diaspora the current affairs of where they live and back home



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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.



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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



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.

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.

Prayer for Prosperity of Health

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 bring health to my whole body. 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.

Revelation 20:4

"Then I saw thrones, and seated on them were those to whom the authority to judge was committed. Also, I saw the souls of those who had been beheaded for the testimony of Jesus and for the word of God, and those who had not worshiped the beast or its image and had not received its mark on their foreheads or their hands. They came to life and reigned with Christ for a thousand years.

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 you or forsake you."

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



Pastor Mukuria

Morning Affirmation Proverbs 14:12

There is a way that appears to be right, but in the end it leadeth to death.



Brother Kigume

There is a whole difference between interest and commitment. When you are interested in something, you do it only when it is convenient. When you are committed to something, you accept no excuses, only results.



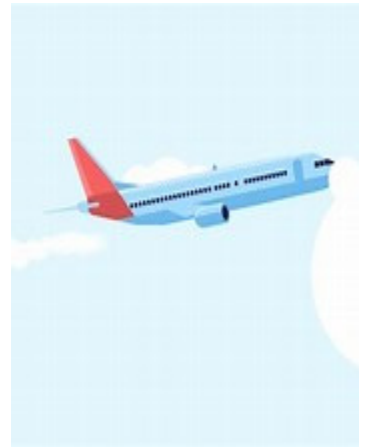
The world and its desires pass away, but whoever does the will of God lives FOREVER

1 John 2:17

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

Airlines required to refund passengers for canceled, delayed flights.



A Good news for airline travelers: the Department of Transportation on Wednesday announced it is rolling out new rules that will require airlines to automatically give cash refunds to passengers for canceled and significantly delayed flights. "This is a big day for America's flying public," said Transportation Secretary Pete Buttigieg at a Wednesday morning news conference. Buttigieg said the new rules -- which require prompt refunds -- are the biggest expansion of passenger rights in the department's history.



Airlines can no longer decide how long a delay must be be-

Airlines for America, the trade association for the country's leading passenger and cargo airlines, told ABC News in a statement that its members "offer a range of options -- including fully refundable fares." Is said consumers are "given the choice of refundable ticket options with terms and conditions that best fit their needs at first search results."

fore a refund is issued. Under the new DOT rules, the delays covered would be more than three hours for domestic flights and more than six hours for international flights, the agency said. This includes tickets purchased directly from airlines, travel agents and third-party sites such as Expedia and Travelocity. The DOT rules lay out that passengers will be "entitled to a refund if their flight is canceled or significantly changed, and they do not accept alternative transportation or travel credits offered." DOT will also require airlines to give cash refunds if your bags are lost and not delivered within 12 hours.

The refunds must be issued within seven days, according to the new DOT rules, and must be in cash unless the passenger chooses another form of compensation. Airlines can no longer issue refunds in forms of vouchers or credits when consumers are entitled to receive cash. Airlines will have six months to comply with the new rules. "Passengers deserve to get their money back when an airline owes them -- without headaches or haggling," Buttigieg said in a statement. The DOT said it is also working on rules related to family seating fees, enhancing rights for wheelchair-traveling passengers for safe and dignified travel and mandat-

ing compensation and amenities if flights are delayed or canceled by airlines. Buttigieg said the DOT is also protecting airline passengers from being surprised by hidden fees -- a move he estimates will have Americans billions of dollars every year. The DOT rules include that passengers will receive refunds for extra services paid for and not provided, such as Wi-Fi, seat selection or in-flight entertainment. Buttigieg said Southwest's fine sets a "new standard" for airlines and passenger rights. "To be clear, we want the airline sector to thrive. It is why we put so much into helping

them survive the pandemic and honestly it's why we're being so rigorous on passenger protection," he said.

Buttigieg reiterated that refund requirements are already the standard for airlines, but the new DOT rules hold the airlines to account and makes sure passengers get the "refunds that are owed to them."

17

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

Americans 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.

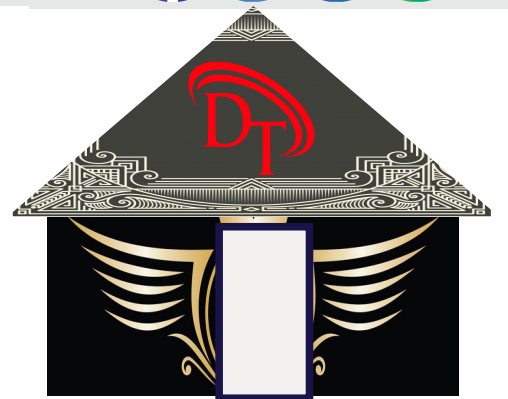


Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that. -Martin Luther King Jr.

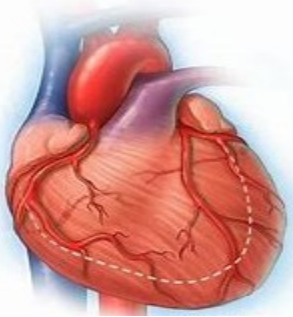
Spread love everywhere you go. Let no one ever come to you without leaving happier. -Mother Teresa



Health Tit Bits



HEALTH ATTACK



High blood pressure. Also called hypertension, this condition forces the heart to work harder than it should to pump blood through the body. Over time, the extra work can make the heart muscle too stiff or too weak to properly pump blood.

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



summary



Hear failure occurs when the heart muscle doesn't pump blood as well as it should. When this happens, blood often backs up and fluid can build up in the lungs, causing shortness of breath.

Certain heart conditions gradually leave the heart too weak or stiff to fill and pump blood properly. These conditions include narrowed arteries in the heart and high blood pressure.

Proper treatment may improve the symptoms of heart failure and may help some people live longer. Lifestyle changes can improve quality of life. Try to lose weight, exercise, use less salt and manage stress.

But heart failure can be life-threatening. People with heart failure may have severe symptoms. Some may need a



Heart attack is a silent killer

heart transplant or a device to help the heart pump blood. Heart failure is sometimes called congestive heart failure. If you have heart failure, your heart can't supply enough blood to meet your body's needs.

Symptoms may develop slowly. Sometimes, heart failure symptoms start suddenly. Heart failure symptoms may include:

- Shortness of breath with activity or when lying down.
- Fatigue and weakness.
- Swelling in the legs, ankles and feet.
- Rapid or irregular heartbeat.
- Reduced ability to exercise.
- Wheezing.

A cough that doesn't go away or a cough that brings up white or pink mucus with spots of blood.

Swelling of the belly area. Very rapid weight gain from fluid buildup.

Nausea and lack of appetite. Difficulty concentrating or decreased alertness.

Chest pain if heart failure is caused by a heart attack.

See your health care provider if you think you might have symptoms of heart failure. Call 911 or emergency medical help if you have any of the following:

- Chest pain.
- Fainting or severe weakness.
- Rapid or irregular heartbeat with shortness of breath, chest pain or fainting.

Sudden, severe shortness of breath and coughing up white or pink, foamy mucus. These symptoms may be due to heart failure. But there are many other possible causes.

Don't try to diagnose yourself.

At the emergency room, health care providers do tests to learn if your symptoms are due to heart failure or something else.

Call your health care provider right away if you have heart failure and:

Your symptoms suddenly become worse.

You develop a new symptom.

You gain 5 pounds (2.3 kilograms) or more within a few days.



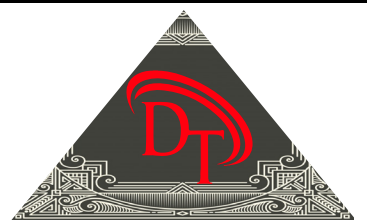
Heart failure can be caused by a weakened, damaged or stiff heart.

If the heart is damaged or weakened, the heart chambers may stretch and get bigger. The heart can't pump out the needed amount of blood.

If the main pumping chambers of the heart, called the ventricles, are stiff, they can't fill with enough blood between beats.

The heart muscle can be damaged by certain infections, heavy alcohol use, illegal drug use and some chemotherapy medicines. Your genes also can play a role.

Heart Failure

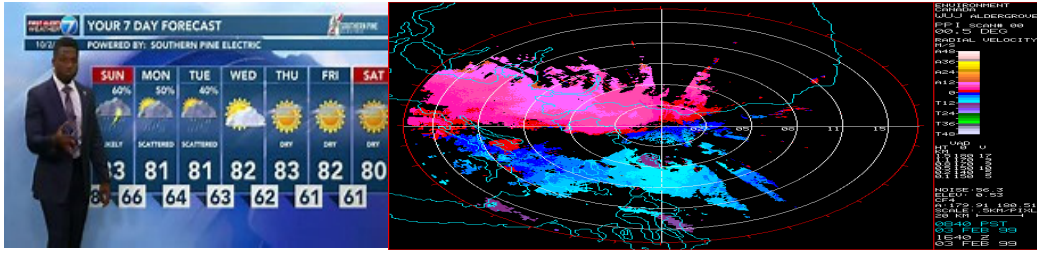


Prostate Coronary artery disease and heart attack. Coronary artery disease is the most common cause of heart failure. The disease results from the buildup of fatty deposits in the arteries. The deposits narrow the arteries. This reduces blood flow and can lead to heart attack. completely blocked. Damage to the heart

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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



Over 180 Dead As Floods Wreak Havoc Across Kenya.

Days of torrential rain have triggered widespread flooding across parts of Kenya, turning roads into raging rivers and claiming dozens of lives.



Half of Kenya's 47 counties have been affected by the flooding, which has killed at least 180 people and displaced more than 100,000 others from their homes, according to the United Nations Office for the Coordination of Humanitarian Affairs (OCHA), which cited the Kenya Red Cross Society. The ongoing El Nino, a warming of the equatorial Pacific Ocean that increases wind shear over the Atlantic Ocean and the Caribbean Sea, has brought higher-than-average seasonal rainfall to East Africa. The heavy rain began in Kenya in March during the start of the country's so-called

long rains season and worsened over the past week, according to the Kenya Meteorological Department. The Kenya Red Cross said its staff have rescued at least 288 people since the onset of the long rains, which typically last from March through May. Nearly 10,000 acres of land remain submerged and almost 8,000 livestock deaths have been reported. The Kenyan capital of Nairobi has been particularly hard hit, with over 31,000 people displaced from their homes, mostly informal settlements that have poor and blocked drainage systems, according to OCHA. Nairobi County's

senator, Edwin Sifuna, posted a video on social media showing flooded homes with people stranded on the rooftops. "The situation in Nairobi has escalated to extreme levels," Sifuna wrote in the post on Wednesday. "The County Government for all its efforts is clearly overwhelmed. We need all national emergency services mobilized to save lives." The cabinet secretary for the Kenyan Ministry of Interior, Kithure Kindiki, said in a statement on Thursday that the federal government has "stepped up" its "multi-agency response" by coordinating search and rescue operations, ensuring the evacuation of those at risk and mobilizing support for the displaced.

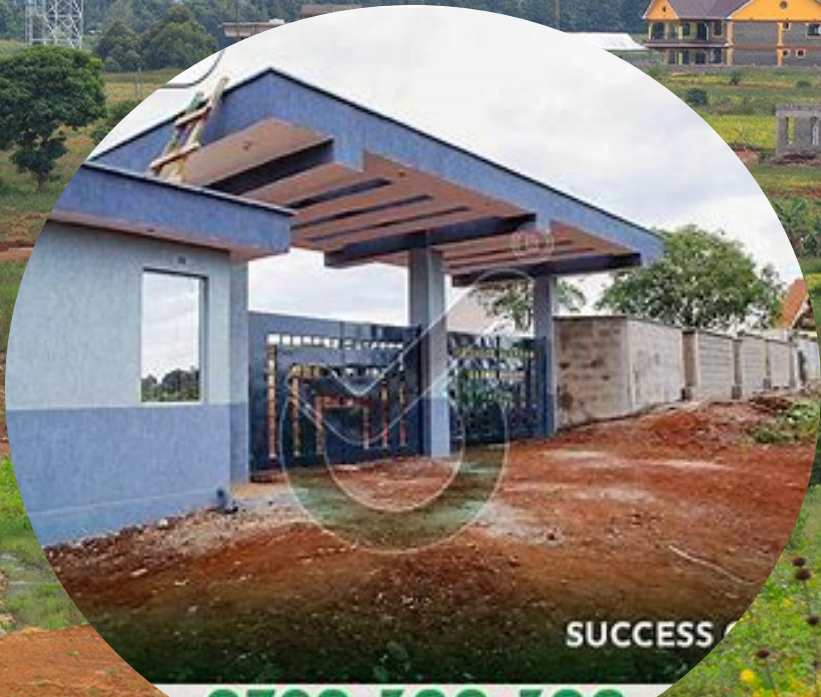
"The public is urged to cooperate with safety, health, risk, emergency, and communication teams dispatched to monitor, report, and oversee help to those who may be in distress," Kindiki added. Earlier this week, the Kenya Red Cross said it deployed drones that spotted a child who was alone and trapped by floodwaters in Machakos County. The organization alerted Kenya's National Police Service, whose officers rescued the young boy via helicopter and then reunited him with this family. Share from ABC





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BACKPAGE

WORLD OF SPORTS

Eagles Have A Real Interest In Signing Giants .



Shared by:
By Tafara
Makusha

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

The 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 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



SPORTS WORLD

