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LEADERSHIP

By Abigirl Phiri

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NO CHANGE IN KENYA

By Charles Kabiriri

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The Diaspora Times



e-paper

May 25th, 2024 Issue 245

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

MUST AFRICANS BEG THE WEST WHILE POSSESSING ALL THE RESOURCES? BETRAYING FELLOW AFRICANS AFTER GETTING A FEW DOLLARS LINKED WITH CONDITIONS IS SOMETHING THAT CAN MAKE SAMORA TO ROLL OVER IN HIS GRAVE

EDITORIAL
left blank

“If one day you hear the Europeans praise me, know that I have betrayed you”

Samora Machel, former president of Mozambique.



President Ruto should know that in a capitalist world, there is no such thing as free donations.

What do the Kenyans living thousands of miles away have to lose by seeking the truth?

When Kenya under President Kibaki and later President Uhuru, leaned much to the East to seek partnership, alot was achieved.

It was the time we saw many kilometers of roads built, and Kenya was on a trajectory path of reviving the economy through the four pillars agenda.

Kenya got a modern SGR and despite its high costs, many now enjoy traveling at ease to Mombasa within hours, a

journey that used to take a whole night. It was the time we saw the construction of dams, improvement in health, and the last mile electricity connectivity that helped many.

When President Ruto took over, he started focusing on the west and the recent invitation to the white house, is a begining of a working relationship that will make the East not to continue with the projects that Uhuru had started

Continued on Page 3



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NEW KENYA MOVEMENT

You wake up in the morning, and the pain could be caused by natural disasters or through the g

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Titus Adungosi died in 1988 as a result of torture. He was the first SONU student.....

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It is not from your own goods that you give the beggar; it is a portion of his own that you are restoring to him. Antonin

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HIGHLIGHTS

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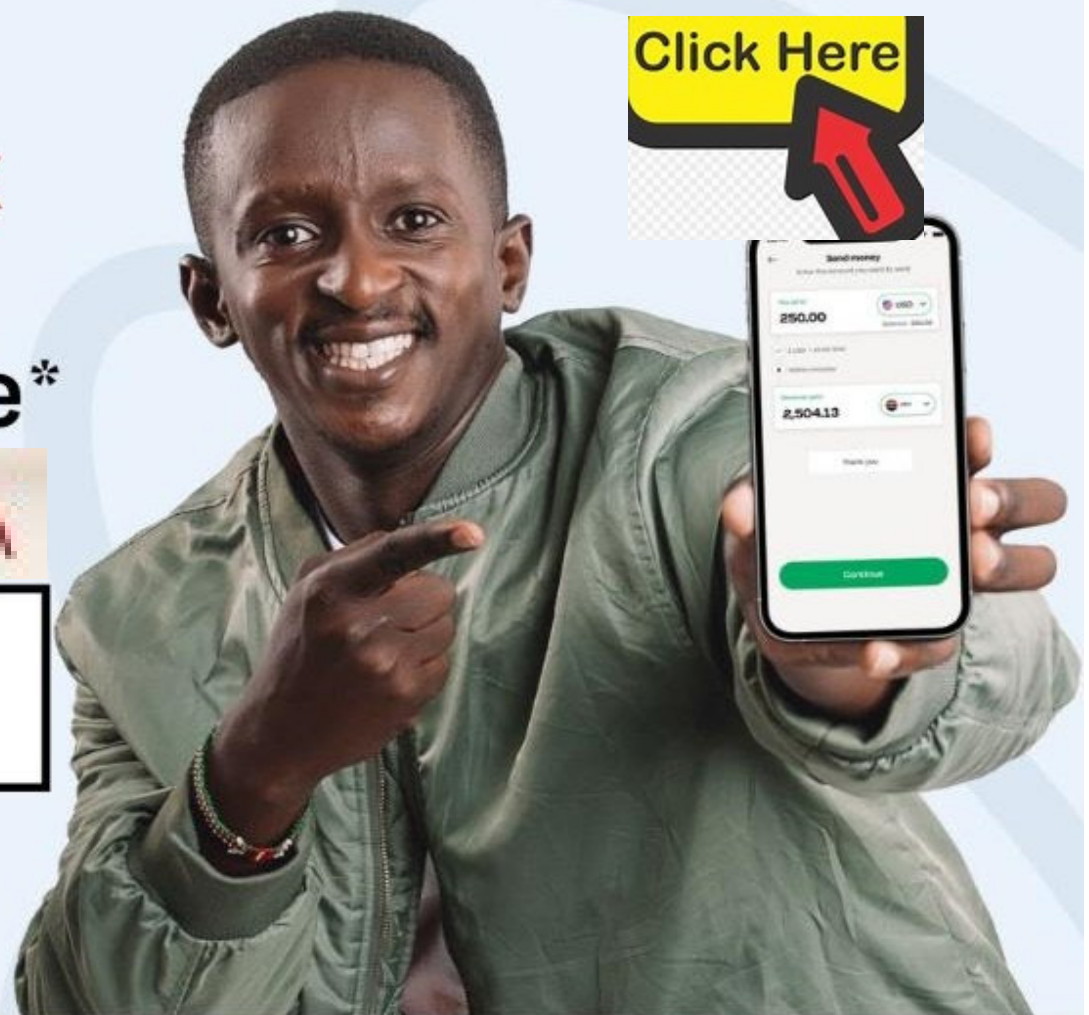
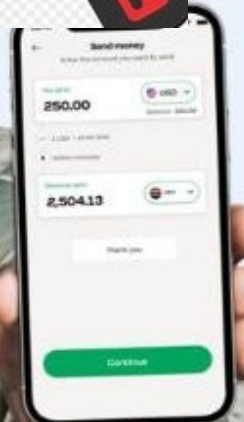
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KENYA NEWS



Charles Kabiriri
Political Activist
New Kenya Movement
For Change

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RIGHTS



The lack of political goodwill by the political class and the advancement of tribalistic networks in the country is what is eroding democracy in Kenya

Nothing Significant Has Changed Since Adopting Pluralism In Kenya.

The political pluralism that the country adopted three decades ago has not transformed the country much as envisioned due to lack of political goodwill by the political class and the advancement of tribalistic networks in the country.

Having 80% of the country's population comprising of disadvantaged Kenyans, the exit of our colonial masters in the leadership space in this country in favour of the government of the people by the people for the people as indicated by the Mau Mau struggle, only helped to address the interest of a few Kenyans advancing the politically and economically leaving behind the majority of Kenyans in perennial hardships the consequence of which have been an economic model that doesn't work for the people, a country soaring with debts from rent seeking and runaway corruption that has eaten up the fabric of this nation to such detrimental levels as counterfeits making to the door of most households as in pharmaceutical products sold across the counters, poisoned sugar making way to the shelves of supermarkets, imports

It was shocking to hear the president promising how Kenya will no longer import grains in the coming years yet sits a cabinet secretary in his government in charge of agriculture and the brain behind the fake fertilisers. How would such promises work? is that not his usual pure lies?



such as the edible oil that was not fit for consumption a position that was later changed and the most recent one being the fake fertilisers where to date about eight thousand farmers have been booked for refund yet the crook Cabinet Secretary is still seated at his comfort in the ministry after being let off the hook by his sympathisers who comprised an ad hoc select Committee in Parliament that disassociated the CS Agriculture with any wrong doing thus advancing the philosophy of the ruling coalition of stealing from Kenyans in broad daylight.

This is the level of deterioration that Kenya has achieved as of today with its leadership.

When a Kenyan diaspora from New York wanted to hear from the president, during the Atlanta meet the people ordeal, in the recent presidential State visit to the USA, the man who claimed to be a wheat farmer in Narok County talked of a loss amounting to two hundred and fifty thousand in fake fertiliser. The president, in his response, assured him of his refund through replacement of the fertilisers with a proper one. The question that comes to mind is, is the president keen enough to understand that these farmers went about losing a whole season that his sentiments as the president should go beyond mere replacement?

This is a government that does not care about its reputation, let alone being graceful for the massive losses that the country has been forced to go by.

It was shocking to hear the president promising how Kenya will no longer import grains in the coming years yet sits a cabinet secretary in his government in charge of agriculture and the brain behind the fake fertilisers. How would such promises work? Is that not his usual pure lies?

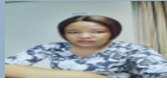
Kenyans must be ready to disassociate themselves in the future with leadership that have integrity issues. While the independence Charter of 1963 envisioned a New Kenya, the education system and healthcare are completely broken down, and poverty levels are soaring.

Kenyans should brace not only for economic hardships promised by the Ruto regime in Nairobi but also embrace the approach of a New Kenya modelled from the angle of a new political party established under the principles of 47 counties plus one, the diaspora to push the Ruto regime to the peripheral with a fresh crop of leadership.

Diaspora Times is open to views and opinions and all are welcome to send to our email diasporatimeskenya@gmail.com
Disclaimer- Pictures used as appearing in the internet.

When a Kenyan diaspora from New York wanted to hear from the president, during the Atlanta meet the people ordeal, in the recent presidential State visit to the USA, the man who claimed to be a wheat farmer in Narok County talked of a loss amounting to two hundred and fifty thousand in fake fertiliser. The president, in his response, assured him of his refund through replacement of the fertilisers with a proper one.

Article By Abigirl Phiri- Zimbabwe



Leadership at a young age

Great leaders, of all ages, show strength and humility, demonstrate a willingness to learn and also an ability to make decisions. Nothing about your age is a pre-determinant of your success as a leader.

Leadership comes about with a lot of responsibilities. When people entrust you with a leadership role that means they would have seen something.

Also they have faith in you. As a result you need to do good by such people so that they don't regret their decision in the long run. At school the roles of prefects and the head girls or boys is one such a good example.

Myself being a former Head Girl at high school I know the drill. A lot depends on being exemplary to the rest of the school. Stepping any one wrong foot can cause trouble for you. This is because all eyes will be on your every move. It can even be a little bit overwhelming and intimidating but it is what it is. Embrace such responsibilities like this because

Great leaders, of all ages, show strength and humility, demonstrate a willingness to learn and also an ability to make decisions. Nothing about your age is a pre-determinant of your success as a leader. Rely on your transferable skills, build a solid team, and remember to set stereotypes aside as you venture into your new role as a leader.



they save to mold you to become a better individual even later in life.

During my time I was always on my toes ensuring I give the position my best. Juggling studies and leadership roles is not a walk in the park for you need to strike a balance so that you don't fall short on either department. Needless to mention the major goal of going to school is to study. Thus you need to ensure in that area all is right above anything else.

Representing the school heritage meant so much to me. I did everything up to par wholeheartedly because I was committed to excellence. Although the role had its ups and downs mostly it taught me to be a responsible person up to my adulthood. Naysayers might end up calling one Miss goody two shoes but these remarks do not count if you know what you must do to execute the job. Not everyone will like you when

you have a high post. The major group of the people will be your haters. However even in such a toxic environment you have to prove yourself and worth that the leadership title befits you perfectly.

In my time when my prefects didn't act on something I would personally do it myself. Sometimes in life you have to be proactive to have the ball running. Failure to do so will land you in hot soup. To that effect I exhort all young children going to school to always be and do the best of their ability so that they get selected to represent the school in different capacities.

There is so much honor in heading a school or your fellow peers. It gives one a sense of purpose and belonging in life that maybe you are destined for something great because many are called but a few are chosen. The truth of the matter is that the chosen ones have a wow factor that

separates them from the rest of the people. Let's normalize teaching our kids to strive to work to get such positions at school. This will make the whole experience memorable because one would never forget this indelible past.

History is always made when you do something wondrous in your life.

For me being a headgirl was the major highlight that up to now I reminisce over thinking what would I have done differently.

The answer to that is nothing because I did right by my title and made proud all the teachers by excelling academically. Proving leadership roles teach you a lot in how one can improve their personal life and their appearance as well. At the end of the day some are born great, some achieve greatness and some have greatness thrust upon them. Consequently it's a matter of deciding which is which for yourself.

Article by Abigirl Phiri, Zimbabwe

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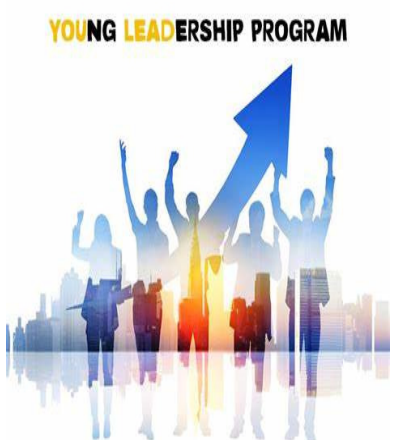
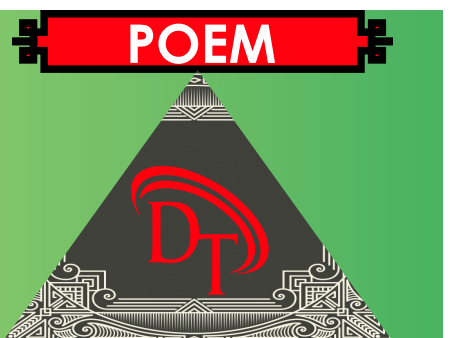
By Abigirl Phiri-Zimbabwe

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



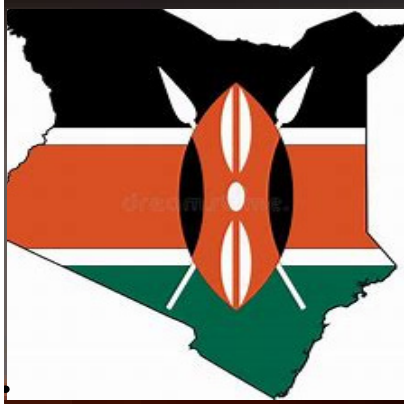
If you are feeling unsure or insecure while leading, your team will be able to read that energy and may become unsure of your leadership too. That's why it's important to practice confidence when speaking to them: Make eye contact, use gestures to accentuate your point, stand up straight, and maintain strong body language. Practicing your delivery method will help you speak with conviction,

be clear about your intentions, and show up as the leader you aspire to be.

At the same time, don't be afraid to be vulnerable and relate to your team during challenge projects or conversations. You're not expected to walk in day one and be an expert. You are, however, expected to be 100% honest — about the challenges your team is facing, the strategies you are contempla-

ting, and your willingness to listen and learn from those around you.

When you share your ideas, leave room for your team to (honestly) reflect on them. Let them know that you value their opinions and experiences. Share from Harvard Business forumn



Titus Adugosi

FALLEN HERO

Titus Adugosi

Kenya
FALLEN HERO

Rest In Peace

TITUS ADUGOSI

There are other students who died in prison due to unbearable conditions and torture, others committed suicide and others were assassinated in unclear circumstances.

Titus Adugosi died in 1988 as a result of torture. He was the first SONU student.

Titus Adugosi was born in 1956 and was the fifth born in their family.

It is believed that he was consumed by the tumultuous 1982 coup and the KANU-MOI purge of coup sympathizers in its aftermath.

Family members say the family led a good life owing to the fact that their head was good at farming and therefore was able to provide for his family.

After the attempted coup, the government of KANU went round brutally plucking campus students from their classes and hostels and dumping them in Kamiti.

Back to the late Adugosi, he started his primary education in 1965 at Chakol Boys Primary and later joined Butula Boys for his O level education before joining Agoro Sare High School in Oyugis for his A level education.

Student leader Titus Adugosi, popularly known as Tito, has been described by many as a calm, ambitious



and Christian student.

Adugosi, whom some have described as Kenya's Steve Biko, was accused of leading students to demonstrations in support of the rebels.

As a result, he was handed a 10-year jail term on September 24, 1982. But just two months before his release, in December 1988, Adugosi died in mysterious circumstances.

Among this was a unique figure, David Thumbi, a UON first year medical student who out of confusion and shock of the new campus life hanged himself to death as soon as president Moi spared him and other

innocent campus minds.

Adugosi was a third-year student of architecture at the University of Nairobi and Sonu chairman in 1982 when rebels of the Kenya Air Force launched a failed coup to topple the Moi regime.

He was the first SONU chair. Adugosi's father the late Mzee Longinus Adugosi had three wives with a total of twenty children.

Titus's death in prison still remains a mystery but we as campus students remember him, the first year medical student who hanged himself to death after being released from prison and others who died a needless death in prison. The death of these students reminds us that the oppressor will never be declared patriotic by subjecting democratic people to torture.

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

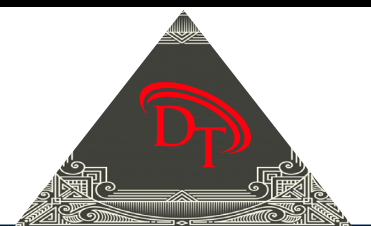
summary



RIP

It was in 1982 after the attempted coup when the government of KANU went round brutally plucking campus students from their classes and hostels and dumping them in Kamiti. Kamiti maximum prison cell block D turned to be a revolutionary campus. Sixty university students (Mwakdua wa Mwachofi, Ken Sagala, Evans Vitisia, dongo Ogonny, Onyango CA, Jeff Mwangi Kwirikia, David Murathe, Cira Wabere, Kirimaina, Ongelle Opala, Richard Momoima Onyonka, Philip Murgor, Wahinya Boore, Thomas Mutus, JJ Ouma, Kibisu Kabatesi, Njuguna Mutonya, Francis Kinyua, Omondi Oludhe among many others) were in the Kamiti prison Block D which gained the name a "revolutionary campus".

GERISHON KIRIMA



Gender Based Violence

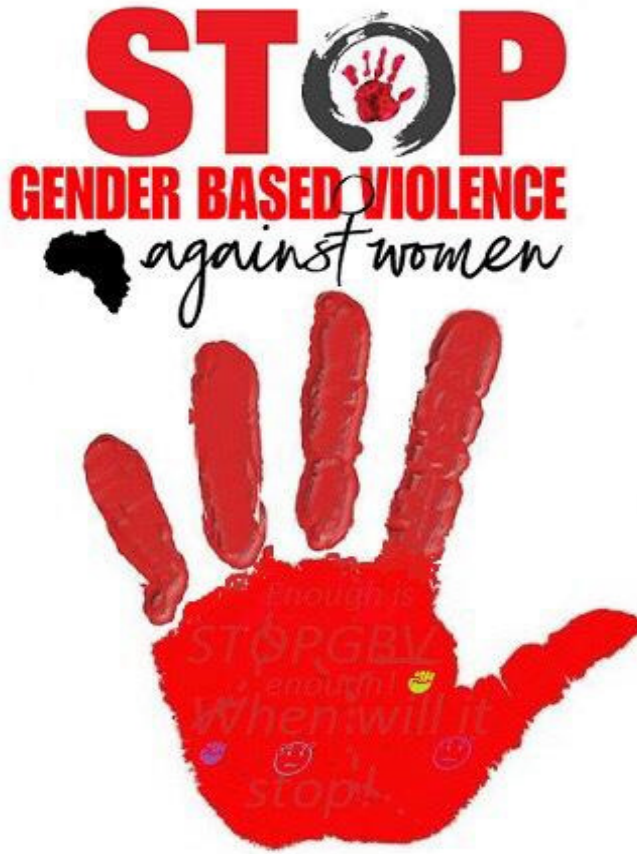
Domestic abuse is a gendered crime.

Gender Based Violence is backward and barbaric.

Every case of domestic abuse should be taken seriously and each individual given access to the support they need.

All victims should be able to access appropriate support. Whilst both men and women may experience incidents of inter-personal violence and abuse, women are considerably more likely to experience repeated and severe forms of abuse, including sexual violence.

They are also more likely to have experienced sustained physical, psychological or emotional abuse, or violence which results in injury or death. There are important differences between male violence against women and female violence against men, namely the amount, severity and impact. Women experience higher rates of repeated victimisation and are much more likely to be seriously hurt (Walby & Towers, 2017; Walby & Allen, 2004) or killed than male victims of domestic abuse



(ONS, 2020A; ONS, 2020B). Further to that, women are more likely to experience higher levels of fear and are more likely to be subjected to coercive and controlling behaviours (Dobash & Dobash, 2004; Hester, 2013; Myhill, 2015; Myhill, 2017).

Domestic abuse perpetrated by men against women is rooted in women's unequal status in society and is part of the wider social problem of male violence against women and girls. We found in our research with the University of Bristol that sexism and misogyny set the scene for male abusive partners' coercive and controlling behaviours. Sexism and misogyny serve to excuse abusive behaviour by men in intimate relationships with women and put up barriers to female survivors being believed and supported to leave abusive men (Women's Aid et al, 2021)

Shared by Stephene Kinuthi-(Wamother)



IRS Crackdown On What Appears To Be Extensive fraud.

The IRS crackdown on what appears to be extensive fraud involving key but obscure tax credits remains ongoing. And taxpayers who receive notices that they need to verify their identity must pay attention to the paperwork they receive and get their IDs verified, if they're hoping to get any tax refund cash.

On Wednesday, the Internal Revenue Service updated an initial May 14 release to indicate that "taxpayers who improperly claimed these credits still need to authenticate their identity. Once the taxpayer's identity has been verified, they may need to amend their tax return to remove the improperly claimed credit."

The amended return, the IRS stressed, won't go through in these cases until after the taxpayer authenticates their identity.

The IRS consumer alert states that a series of tax scams and inaccurate social media advice drove "thousands of taxpayers to file inflated refund claims during the past tax season."

These scams, the IRS said, centered on the Fuel Tax Credit, the Sick and Family Leave Credit and household employment taxes.

The IRS warned taxpayers not to fall for these scams.



In the past week, the IRS has changed its statement on what needs to be verified. A week ago, the IRS said in its statement that taxpayers who wrongly claimed key credits, including a fuel-related credit, do not need to visit a Taxpayer Assistance Center to verify their identity. This advice was given days before the IRS was offering no-appointment needed Saturday hours on May 18 in several cities, including Detroit.

Perhaps, I'd suggest, the IRS was attempting with its earlier release to discourage an onslaught of tax filers at the May 18 events. But a huge crowd — estimated to be less than 1,000 people — lined up for hours along Michigan Avenue to get in-person help at the IRS office in downtown Detroit anyway.

Now, no more walk-in hours are scheduled for Saturdays. And the IRS said it's necessary to verify your ID before you amend any return in cases with improperly claimed credits.

Typically, IRS taxpayer assistance centers are open from 8:30 a.m. to 4:30 p.m. Monday through Friday and will work with taxpayers by appointment only. To make an appointment, call 844-545-5640.

Taxpayers in this situation may have received letters from the IRS — called IRS Notice 3176c — that apply to potentially frivolous tax returns, which include incorrect claims for fuel and sick and family leave credits, and household employment taxes.

To avoid penalties and potential follow-up action by the IRS, the IRS said, "taxpayers who incorrectly filed for these claims need to promptly submit an accurate tax return without the claims."

Taxpayers can visit the IRS.gov tool — Should I file an amended return? — to determine whether they need to amend their return. They still must verify before amending. Taxpayers in this situation can visit a trusted tax professional for advice. Share from NBC

Calif. Man Opens Package in Mail and Finds Live Rattlesnake — And His Family in Fla. Got Similar Parcel.

Southern California truck driver received an unexpected package with a live rattlesnake inside, leading him to believe it was attempted murder.

The man called 911 after he picked up a package at the Twentynine Palms post office and made the discovery last week, the San Bernardino County Sheriff's Office Department told USA TODAY on Wednesday.

Officers responded and forwarded the report to the U.S. Postal Inspection Service, which is conducting an investigation, sheriff's office spokesperson Mara Rodriguez said. Animal Control took the snake into custody. The driver, 60-year-old Elijah Bowles, said someone had placed cotton balls inside the box to prevent postal workers from hearing the snake's rattle, according to the Los Angeles Times. He estimated the snake was about 2 feet long, the LA Times reported. "That's attempted murder, if you ask me," Bowles told the newspaper.

Bowles' friend opened the package in a car as they drove



away from the post office, the LA Times reported.

"When she opened the box, she threw it at me almost," Bowles said. "And she says, 'There's a snake in there.'"

Bowles quickly pulled over and set the box outside by the curb, using a stick to open it. He soon called 911 and Animal Control.

A postal inspector said the package was marked "fragile" in black marker and listed a return address to a home in Palm Coast, Florida, the LA Times reported. The package was mailed in Hayward, California, on May 3.

Rick Boyd, the Animal Control supervisor for Twen-

tynine Palms, said the reptile was a Western rattlesnake, also known as the Northern Pacific rattlesnake, which is usually found in Northern California instead of Southern California.

Anyone who is bitten by a rattlesnake should seek medical treatment within half an hour as a bite can be fatal if left untreated, according to Healthline. If untreated, a rattlesnake bite can cause organ failure and death in two to three days.

Bowles told the Times that he worried the snake was intentionally sent to harm him — especially after he learned on Monday, May 20, that another

virtually identical package had been sent to his house in Florida. He told his family members to take it to the police station rather than open it, he said.

"That's attempted murder, if you ask me," Bowles told the outlet.

"I'm trying to figure out, do I have any enemies?" he added. "I'm not a gangster. I'm a truck driver."

The U.S. Postal Inspector did not immediately respond to PEOPLE's request for comment.

Rick Boyd, the Twentynine Palms Animal Control supervisor, told the Times that the snake was a Western rat-

tlesnake, also known as the Northern Pacific rattlesnake. These snakes are usually found in Northern California, rather than Southern California, where Twentynine Palms is located. Share from NBC

8

The California Department of Fish and Wildlife states that in the event of a snake bite, the victim should remove any items that can constrict swelling, such as watches rings and shoes, and should be taken to the nearest medical facility. The wound should not be packed with ice, and no one should apply a tourniquet. Instead, they should cut the wound with a knife or razor or use someone's mouth to suck out the venom.



08 The secret of happiness, you see, is not found in seeking more, but in developing the capacity to enjoy less.

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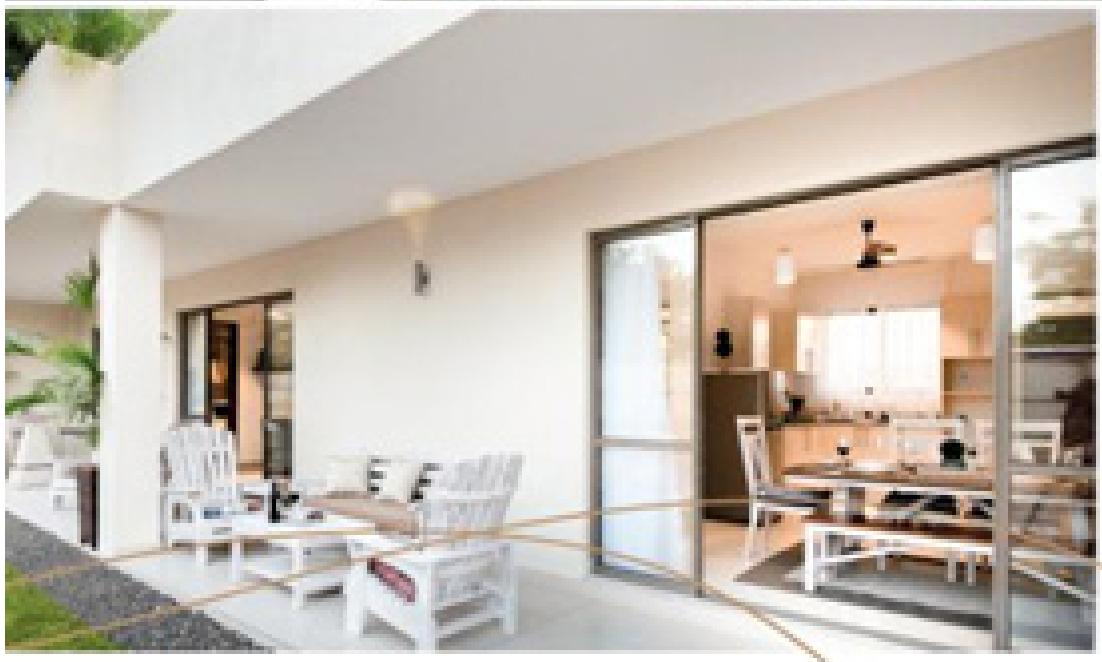
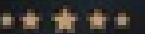
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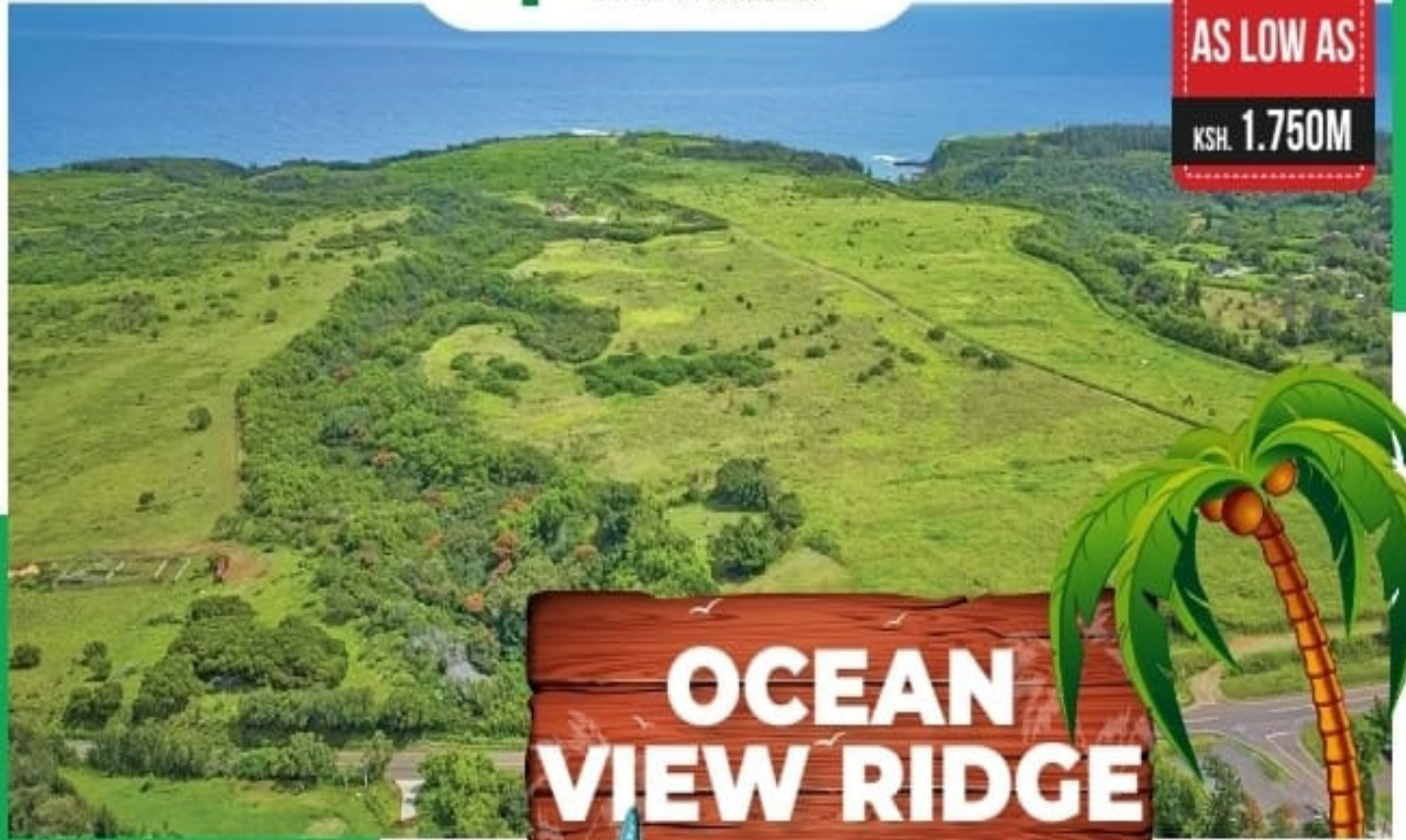
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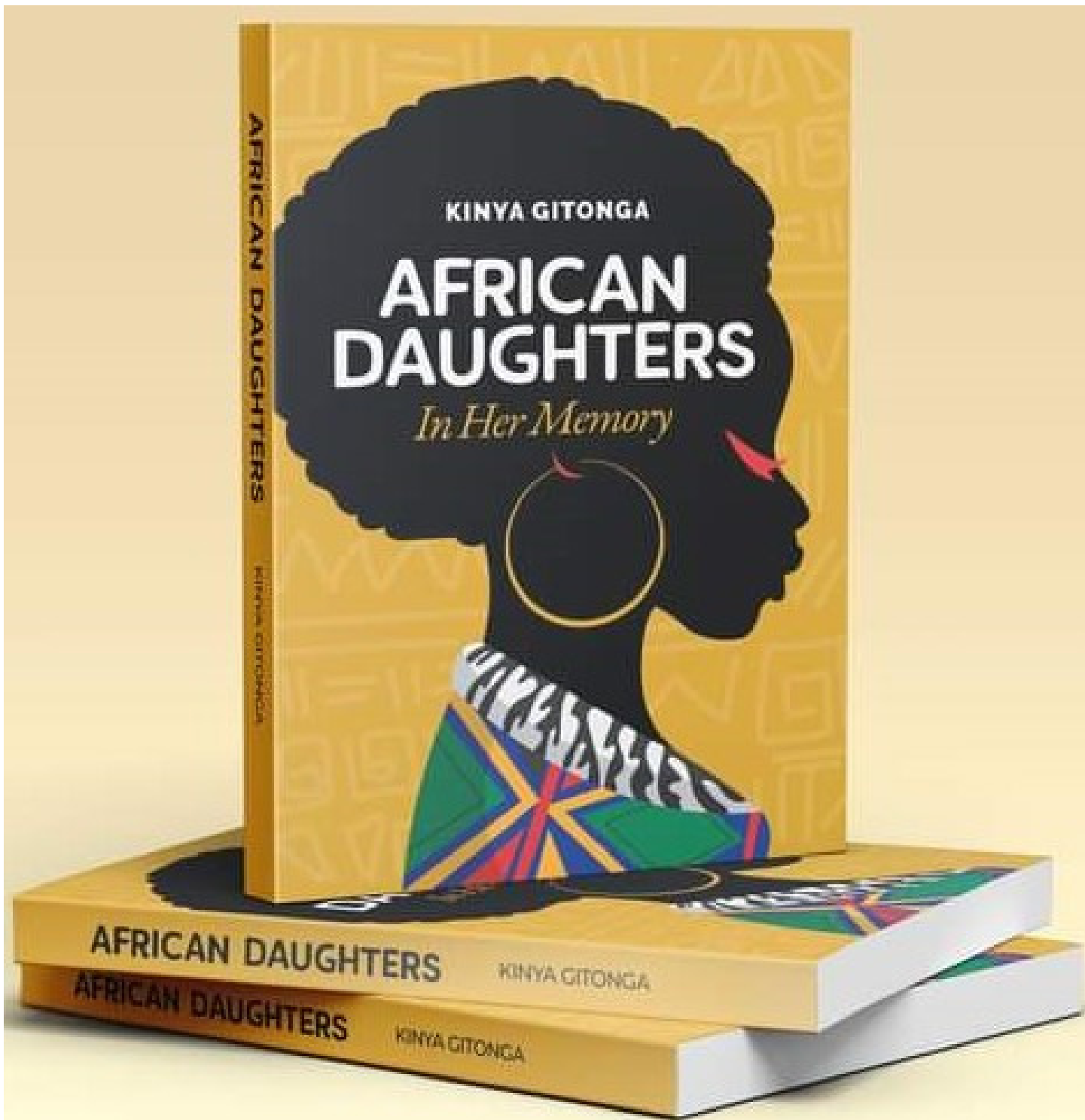


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NEWS Briefs



HIGHLIGHTS

BIDEN HIGHLIGHTS



The split in the Democrats' approach to the war has become stark in recent weeks, leading to tension among liberal lawmakers.

Pro-Israel House Democrats have expressed solidarity with the embattled nation while Biden and progressive lawmakers have shown skepticism, if not outrage, over Prime Minister Benjamin Netanyahu's plans to invade Rafah.

In a rebuke to the White House, House Democrats teamed up with Republicans to pass the bill to force Biden's hand, highlighting the precarious position some left-leaning lawmakers find themselves in over their support for Israel.

Trump trial updates: Defense attempts to undermine Michael Cohen's credibility.

Perhaps one of the biggest moments of the day was when Blanche attempted to sow doubt about Cohen's testimony regarding an October 2016 call Cohen made to Trump's former bodyguard Keith Schiller, to talk to Trump about the hush money payment.

Michael Cohen, Donald Trump's former

lawyer and so-called fixer, was back on the witness stand Thursday for a second day of cross-examination by the defense, which is trying to undermine the credibility of the prosecution's star witness.

Trump attorney Todd Blanche wanted to portray to the jury that Cohen has an axe to grind with Trump and started grilling him about insulting remarks he made about his former boss on

The defense wants to undermine Cohen's credibility as a witness testifying against Trump, and highlighted the many instances of when he lied in years past, even under oath. Trump's attorney focused on Cohen's 2017 House Intelligence Committee testimony when he lied under oath during special counsel Robert Mueller's investigation into Trump's links to Russia.



his podcast and social media accounts, which Cohen confirmed. The defense also tried to show that Cohen can't be trusted. In Blanche's line of questioning, he depicted Cohen as a serial liar, citing instances when he lied under oath, essentially arguing that if Cohen lied then, the jury has no reason to believe his testimony under oath now. Perhaps one of the biggest moments of the day was when Blanche attempted to sow doubt about Cohen's testimony regarding an October

2016 call Cohen made to Trump's former bodyguard Keith Schiller, to talk to Trump about the hush money payment. Message and call logs indicate that the short call was actually Cohen asking Schiller how to deal with a prank caller. Remember: The prosecution has to prove beyond a reasonable doubt that Trump not only knew about the hush money payments made to adult film actress Stormy Daniels, who alleges she had sex with Trump in 2006, but that he also directed them.

Trump is facing 34 felony counts of falsifying business records as part of a larger scheme to disguise the payments to protect his presidential campaign ahead of the election. Trump has pleaded not guilty to the charges and denies having a sexual encounter with Daniels.



Trump's defense attorney referred back to Cohen's testimony on Monday regarding a call he had with Keith Schiller, Trump's then-bodyguard, on Oct. 24, 2016. Cohen previously testified that he called Schiller that evening so he could talk to Trump about moving forward with the Daniels hush money payment.

Blanche said in court that according to text message logs that evening, Cohen actually was contacting Schiller to ask about how he could deal with a 14-year-old prank caller. Schiller then asked to call him. According to the call logs, the conversation lasted less than two minutes.



WE FAIL BECAUSE WE DO NOT TRY

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



Abigirl Phiri



Memory Phiri

Senior Reporters



Arch Dr. I KINUNGI
Behind the vision



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For the love of the gardens

They say the grass is greener on the other side. If you are hungry for a picnic or a tea party that has fresh and clean air as an added advantage, quit stalling and experience this package in the Sunshine City.



Tourism with
Memory Phiri
Zimbabwe.



Tourism compels us to look around and immerse ourselves in the immediate environment. It's an obsession and tourists are always guilty as charged. Narcissus is our partner in crime for he did it but it doesn't mean that we are going to end up drowning like him. Instead, environmental enthusiasts indulge themselves by visiting the Akeelah Gardens.

First and foremost, the effort put into the manicured gardens prove to the masses how passionate tour operators can be about gardening. If memory serves me right, every year a date is set aside to appreciate the idea of the flora and landscaping in summer.

Thus, gardenias have a dresscode that permits us to dig out our summer dresses and straw hats. They call it dressing to the nines with bright colors. Coming back to the matter at hand,

The Garden of Love
BY WILLIAM BLAKE

I went to the Garden of Love,
And saw what I never had seen:
A Chapel was built in the midst,
Where I used to play on the green.

And the gates of this Chapel
were shut,
And 'Thou shalt not' writ over
the door;
So I turn'd to the Garden of Love,
That so many sweet flowers bore.



when we talk about the Akeelah Gardens we can do different parties everyday basking in its kaleidoscopic vicinity.

Moreso, picking a rose here unabashedly and lavender there with the daffodils for our companions. The hidden meaning behind a banquet of flowers is that they symbolize love and affection and its a well known tradition in these vast expanse of a garden.

They say the grass is greener on the other side. If you are hungry for a picnic or a tea party that has fresh and clean air as an added advantage, quit stalling and experience this package in the Sunshine City.

Profoundly, the evergreen is so becoming that tourists can pass their time recreating in the outdoors. Apart from the Botanical gardens which are very popular in Harare, it's a privilege to have the Akeelah which

nature is wonderful

is down for all events. Also, the gardens offer activities such as quadbikes, zipline and virtual reality.

That is how up to date Akeelah Gardens is therefore we expect tourists to try out this galore after seeing an eyeful courtesy of a garden walk. In February, the gardens took Valentine's Day a notch high by an outdoor movie night.

It was so romantic for the atmosphere was ideal and totally divorced from the cinema. To spice it up, a cookout is always on the cards and your kids will never rain on your parade. The gardens are in par with parenting because they have a play centre equipped with jungle gyms for the kids.

For a garden that is open to the public, visitors are at liberty to book a slot for a wedding, engagement and birthday party any-time. Mark my words, Akeelah

Gardens is the place to be and it is a venue and hub for events management.

Favorably, the outdoors are so spacious that they can accommodate a lot of people at the same time. Make a beeline for the Akeelah Gardens and create memorable moments among the bloomers.

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



Pastor Mukuria

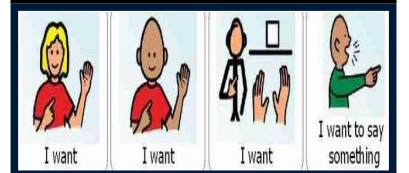


Brother Kigume

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

Good day ☐☐

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.



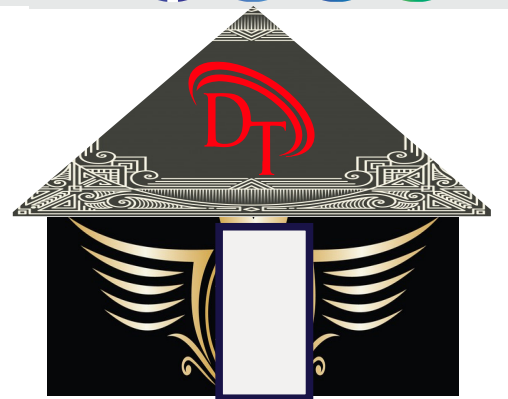
The world and its desires pass away, but whoever does the will of God lives FOREVER. 1 John 2:17

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



Health Tit Bits



LIVER CANCER

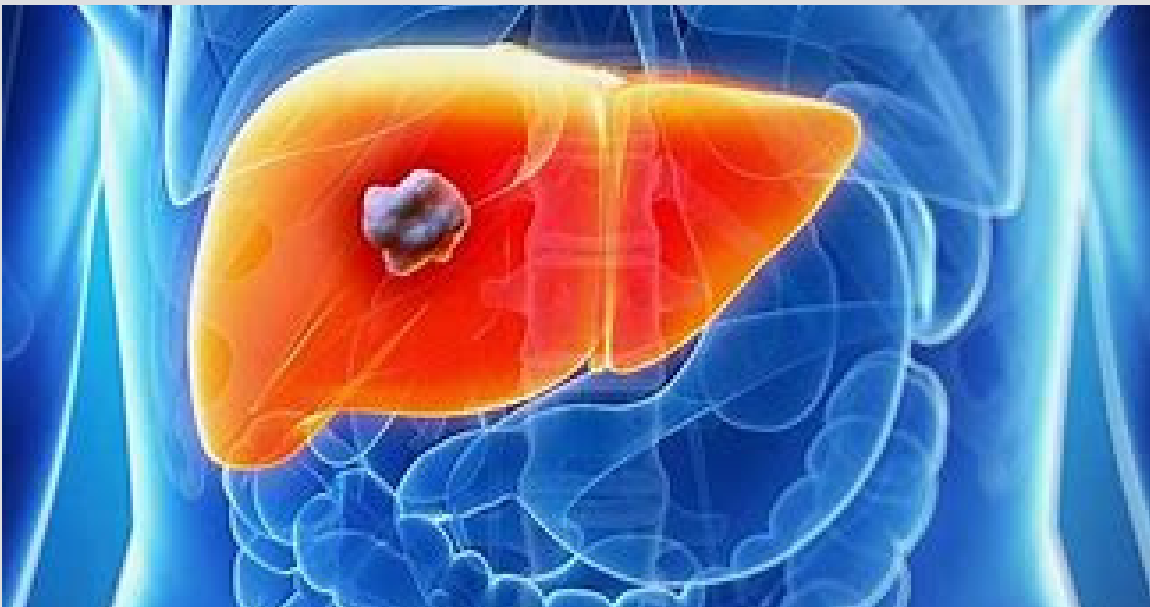


You can reduce your risk of hepatitis B by receiving the hepatitis B vaccine. The vaccine can be given to almost anyone, including infants, older adults and those with compromised immune systems.

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

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.

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:

- Losing weight without trying
- Loss of appetite

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.

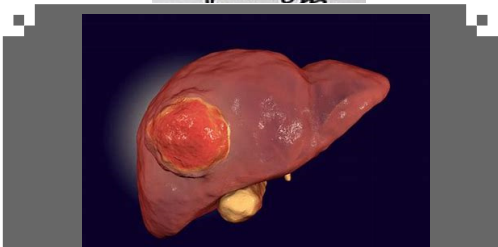
Sometimes the cause of liver cancer is known, such as

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.

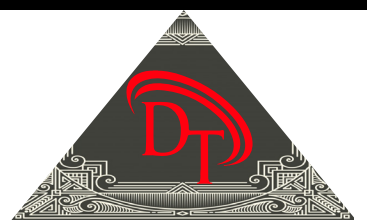
Cirrhosis.



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.

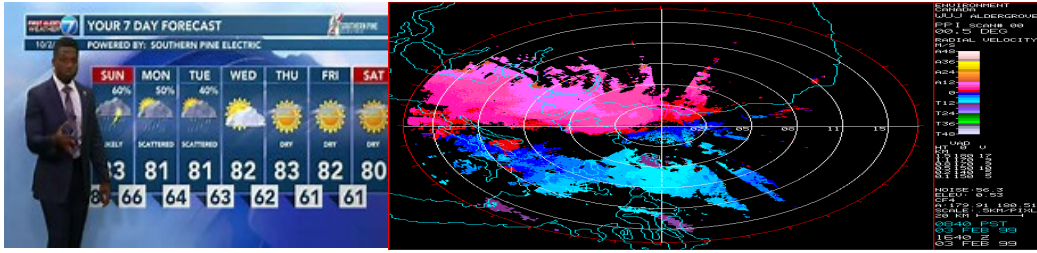
LIVER CANCER



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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



NOAA issues highest-ever early forecast for the coming hurricane season



SIn the highest hurricane season forecast they have ever released in May, National Oceanographic and Atmospheric Administration forecasters said Thursday that the coming months may be exceptionally busy.

In 2020, there were 30 named storms, the most in observed history. Twelve of the storms made landfall in the U.S., and every mile of the mainland Atlantic coast was placed under hurricane warnings or watches at some point during that season, according to Yale Climate Connections.

Last year, 20 named storms formed in the Atlantic, including seven hurricanes.

“The forecast for named storms, hurricanes and major hurricanes is the highest NOAA has ever issued for the May outlook,” Rick Spinrad, the agency’s administrator, said in a news conference. “This season is looking to be an extraordinary one in a number of ways.”

NOAA predicts eight to 13 hurricanes and 17 to 25 named storms. Storms get names when their wind speeds reach 39 mph or higher.

Given the near-record warmth in much of the Atlantic Ocean and a strong chance of La Niña conditions, forecasters said there is an 85% chance of an above-normal season along the Atlantic seaboard.

“All the ingredients are definitely in place to have an active season,” said Ken Graham, the director of the National Weather Service.

Hurricane season begins June 1 and ends Nov. 30. It typically starts to peak in late summer and early fall.

Global warming increases hurricanes’ propensity for damaging effects. A warmer atmosphere makes the storms more likely to rapidly pick up wind speed as they near the shore. And when storms make landfall, climate change is increasing the probability they will stall and drop rain at extreme rates.

NOAA is far from alone in making such a prediction for this hurricane season.

Nearly every public, private and government hurricane forecast service is expecting a high season for hurricanes and named storms, according to a website operated by Colorado State University and the Barcelona Supercomputing Center, which tracks predic-

tions each year. The site has aggregated early hurricane forecasts from 23 centers. The NOAA forecast is in line with the aggregate. On average, the services have predicted 23 named storms, 11 hurricanes and five major hurricanes (the designation given to storms that reach Category 3 or higher, based on their wind speeds).

“When it comes to the number of storms, that would be the third most on record,” said Philip Klotzbach, a meteorologist at Colorado State University who specializes in Atlantic basin seasonal hurricane forecasts.

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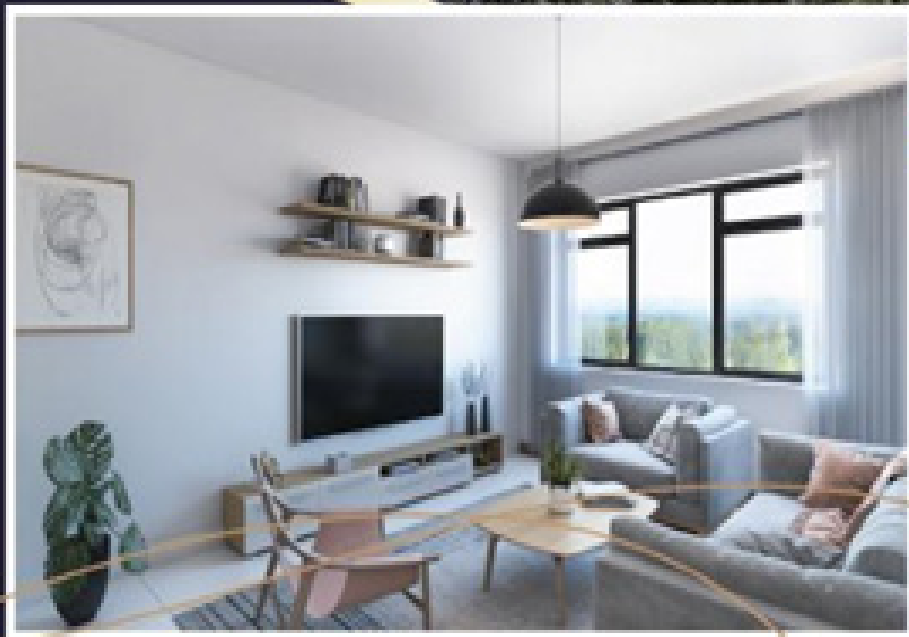
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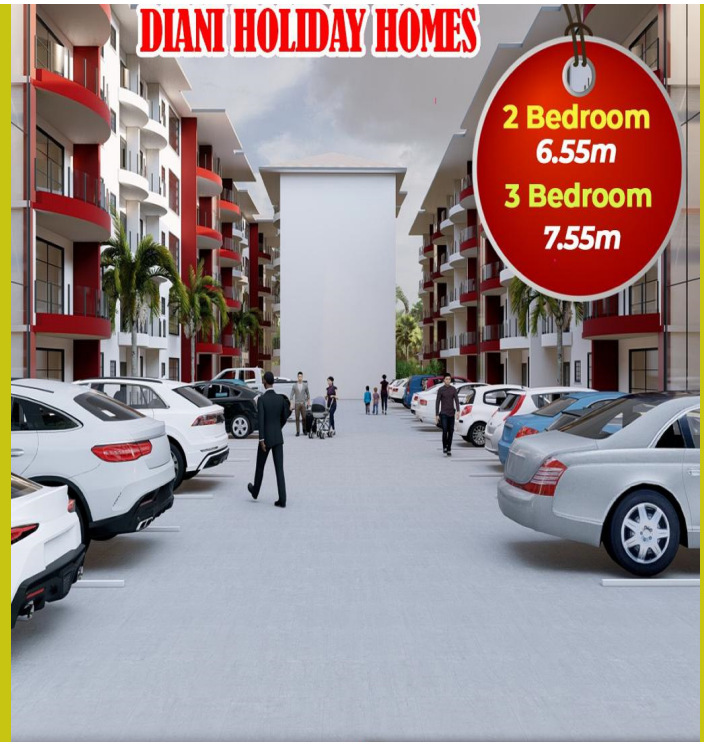
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BACKPAGE

WORLD OF SPORTS

Is Caitlin Clark behind WNBA's new popularity?



Shared by:
By Tafara
Makusha

The one thing that I love that she's bringing to her sport, more people want to watch. More people want to tune in. I saw for the first time that they had a chartered plane, for the first time in their league history they flew private.

J Chicago Sky rookie Angel Reese had a statement game Thursday against the New York Liberty, contributing 13 points and nine rebounds to her team's 90-81 win and going viral during the game for picking the pocket of reigning WNBA MVP Brenna Stewart

After the game, Reese took to X (formerly Twitter) to make a different kind of statement.

"And that's on getting a WIN in a packed [arena] not just cause of one player on our charter flight. #SKY-TOWN," the former Louisiana State star wrote after her team improved to 2-1 while dropping New York to 4-1.



SPORTS WORLD

