



THE US FIJI TIMES

World's Largest Fiji Newspaper Out Of Republic of Fiji

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HISTORY HAS BEEN MADE, YOU ALL MAKE US VERY PROUD ISA CANADA BORN FIJIAN SOCCER GIRLS TOUR FIJI FOR THE FIRST TIME.



What a Blessing Day - Visited Tavua Primary , Tavua College , Tavua District and Xavier College match . The players got emotional and couldn't hold their tears as they met the school children. They were overwhelmed with their love and kindness, friendliness. That's Fiji. The players played with the children of both schools. The school provided refreshments. The team also did donations to the school. Former Fiji Suva Legendary striker Jone Ratu was also present and shared words of wisdom.

The Vancouver Fiji FC players were provided lunch organized by Irene Rose , Shivam Naidu , Girish at Tavua Methodist Church. Than drove to Xavier College and played the match against Xavier College winning 3-0. Treated with refreshment and Dinner provided by Naha Dayal (VFFCAF player) grandmother who cooked chicken chopsue for the team .

A memorable day
Source Ronald Chaudhry.

**DENTAL OFFICE
OF DR. VISHNU
SHANKAR**

See Page 35

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Fijian Government



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SITIVENI RABUKA



ATTORNEY GENERAL OF FIJI
SIROMI TURAGA



DEPUTY PRIME MINISTER
Prof BIMAN PRASAD



DEPUTY PRIME MINISTER
MANOA KAMIKAMICA



DEPUTY PRIME MINISTER
VILIAME GAVOKA

THE US FIJI TIMES PROUD OF ITS SERVICE

The US Fiji Times is ranked as the top newspaper being published outside of Fiji for the Fiji American community and to all over the world.

The paper's popularity has grown immensely in recent years due to its critical approach in impressing the need for charitable organizations to rise up in all occasions to help Fiji and the people back home. Visitors from around the world have commended the paper on its stand to serve the community. The US Fiji Times understands that like in any other field, there is competition and competing with "The largest newspaper out of Fiji" has been a difficult task for newer publications. This is not because of its magnitude and coverage, but because of its stability and growth

capabilities.

The writers of the paper comprise some of Fiji's best. Even though they are not too visible in social functions, they are taking up their challenges very effectively. The marketing strategy handles by our CEO/Publisher Mr. Rocky Ali is the hallmark of the papers current strength. Despite lacking the front line journalist experience, he makes up for the deficiency with the sheer ability to jeep the media wagon rolling.

His insatiable love to be involved with the community to cherish in this very noble cause is worthy of higher recommendation. We have a very vibrant community, so despite the paper being issued free, the expectation of the

community is very high. The coverage of all the major events is a mist for the paper and we feel very proud to be associated with major organizations to see that their events are properly covered with pictures, stories and awareness via our social media platforms.

The paper is being also sent to countries like Fiji, NZ, Australia, Canada, England and Sweden for Fijians abroad to also get the feel of the luxuries of USA. The feedback has been overwhelming in this regard and it has become a trend for many organizations to rely on US Fiji Times in reaching the desired success with adequate coverage.

The paper will strive to serve the community with the best of its ability and assures the community that there will be quality reporting at all times. Vinaka – Rocky Buksh

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From Neelam Supermarket of San Bruno California Happy Raksha Bandhan To All.

Raksha Bandhan is an auspicious festival that celebrates the beautiful bond of brothers and sisters. It is a pledge taken by the brothers to protect and safeguard their sisters in all stages of life. Their precious relationship of love, care, affection, admiration, and adoration is symbolized by a decorative thread called 'rakhi'. A rakhi is tied by the sisters on her brother's wrist to ask for his lifelong love and support which he happily accepts and shower his sister with amazing Rakhi gifts.

As this occasion is such a blissful and a happier one, below are affectionate hearttouching messages, wishes and quotes which you can send to your brother with Rakhi online on Raksha Bandhan 2023.



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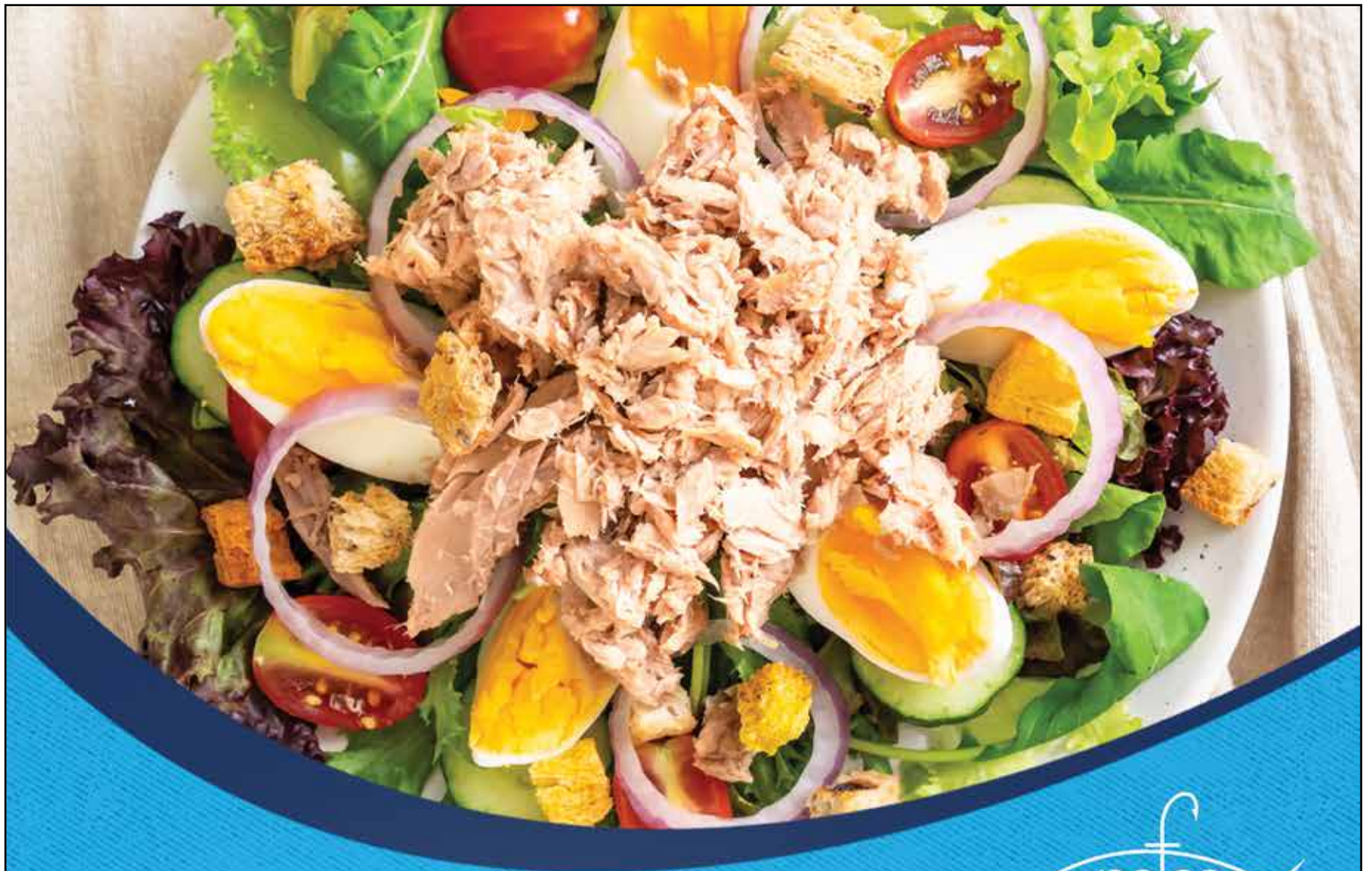
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Fiji News

FIJI AND NZ SOLIDIFY TIES

The Government of Fiji warmly welcomes today's signing of a Memorandum of Cooperation (MoC) by New Zealand's Minister for Emergency Management, Hon. Kieran McAnulty and his counterpart, Fiji's Minister for Rural and Maritime Development and Disaster Management Hon. Sakiasi Ditoka. The visit also marked a Coin Presentation ceremony in commendation of the efforts and contribution made by a 34-member team deployed by the Government of Fiji to provide surge support to the NZ Government in the aftermath of Tropical Cyclone Gabrielle in February this year. The team, which comprised five (5) officials from the National Disaster Management Office (NDMO), 26 from the Republic of Fiji Military Forces

(RFMF), and three (3) from the National Fire Authority (NFA), was presented with a coin each at a solemn occasion in Suva today. The group was deployed to support the New Zealand National Emergency Management Agency (NEMA) in Wellington, the NZ Defence Force (NZDF) and Fire and Emergency New Zealand with response and recovery works in the Hawke's Bay region. In welcoming the announcement, Minister Ditoka acknowledged the New Zealand Government for their unwavering support and assistance extended to Fiji over the years. "In these times of global crises, it is paramount for disaster managers within our region to share lessons learned and cultivate relationships to strengthen our collective regional capabilities in disaster response," Minister



Ditoka said. "The helping hand you extended to Fiji during the COVID-19 pandemic, TC Harold, TC Yasa, and many others, is deeply appreciated and exemplifies the true spirit of friendship and solidarity between our nations. Today, we commemorate this occasion with a coin ceremony celebration. Such actions reinforce the bonds of

our Duavata Partnership and signify our shared commitment to extensive and enhanced collaboration." "Let this meeting mark the beginning of a new chapter in our partnership—a chapter defined by shared visions, mutual support, and collective action for a resilient and climate-resilient Pacific. Let us leave no one behind and emerge stronger and more resilient." "As Minister for Rural, Maritime Development, and Disaster Management of Fiji, I reaffirm our commitment to deepen and broaden our collaboration with New Zealand in the areas of humanitarian response and risk management. Our bilateral efforts will not only benefit our nations but will also set an example for others to follow. We stand ready to explore new avenues for cooperation and to forge stronger ties that will lead

us toward a more secure and resilient future," added Minister Ditoka. Hon. McAnulty said, "both our countries have had each other's backs during emergency weather situations. Fiji has shared their knowledge and skilled team members with New Zealand through some of our toughest times and we are extremely grateful for their friendship." Hon. McAnulty also announced that New Zealand would contribute FJ\$3.45million to Fiji's NDMO to support emergency management initiatives in Fiji. The funding will be instrumental in the establishment of a new disaster warehouse in the Northern Division and fostering peer-to-peer support between New Zealand's NEMA and Fiji's NDMO. Hon. McAnulty is presently on his first official visit to Fiji from August 1-3.



DPM PRASAD LAUNCHES CITIZENS' GUIDE TO THE NATIONAL BUDGET

The Coalition Government has taken another step towards transparency by launching the Citizens' Guide to the National Budget. The booklet was launched by the Deputy Prime Minister and Minister for Finance, Hon. Biman Prasad at the Civic Centre in Suva today (2/8/23). Speaking on the initiative, DPM Prasad highlighted that the guideline booklet is an attempt to break down the barriers that have long separated the budgetary process from people and its effects on them. "It is the duty of the Government to be open, transparent and accountable to its citizens," DPM Prasad said. "We must work together to raise awareness, educate our citizens,



encourage their active participation, we must build mechanisms for feedback, dialogue and engagement - cultivating a sense of ownership and shared responsibility for our nation's financial future."

Fiji News

NEW UNDERGROUND WATER SOURCE FOR DAWANA ESTATE, CAKAUDROVE COMMISSIONED

Water woes for more than 30 people at Dawana Estate and neighbouring communities in Cakaudrove will now be a thing of the past, upon the commissioning of their new underground water source today (01.08.23). Resident Ambika Nand said for decades they had been relying on a spring as their main water source and over the years it could not accommodate for everyone especially for the livestock that they keep. "We then started utilising rain water as a substitute water source, but

it is not reliable, and today we are fortunate to have received assistance from Government through this borehole project," Mr Nand said. The Assistant Minister for Agriculture and Waterways Hon. Tomasi Tunabuna applauded the farmers for their contribution towards the economy through their yield and ensured Government's support towards their ventures. Assistant Minister Tunabuna will be visiting Taveuni Island tomorrow as a part of his Northern Tour.



MINISTER TUISAWAU COMMISSIONS NEW NABOUWALU POWER HOUSE

Minister for Public Works, Meteorological Services and Transport, Honourable Ro Filipe Tuisawau yesterday commissioned the new Nabouwalu Power House. The new Power House replaces the previous one that caught fire last year burning out a generator set and electrical cables. In his official address, Minister Tuisawau said the opening of the new Power House demonstrates Government's commitment in the provision of reliable power supply to our people. "The new double story building houses the generators at the bottom with the office space in the upper level. "To ensure that the fire incident

is not repeated, the new building has an office space and a kitchen for officers to be there full time. "This will allow officers to monitor the generators and attend to breakdown as and when it happens. Minister Tuisawau added that Nabouwalu is growing in terms of business and there are plans to expand the operations of the Power Station. "Government recognizes the need to expand the power supply network in Nabouwalu and there are plans in place to ensure that this happens. Meanwhile, Minister Tuisawau will be touring key infrastructure projects in the North in his 3 day tour.



Youngest Graduate Tells

The youngest graduate of the 2023 Vuli ni Sausavou graduation ceremony for the Province of Naitasiri is eager to share what he has learned. Ratu Waisake Tuisese, 21, completed a three-month programme on the roles and responsibilities of iTaukei leaders from the Ministry of iTaukei Affairs on Friday along with 24 others. He was thankful for the opportunity to represent his province and learn about his cultural identity. "I am grateful to the Ministry of iTaukei Affairs for coming up with something like this. It is an eye opener especially for someone as young as me who has a lot to learn," Ratu Waisake said.



Fiji News

MINISTRY OFFICIALS UNDERGO RID REFRESHER TRAINING

SUVA - More than 70 officials of the Ministry of Rural and Maritime Development and Disaster Management and representatives of key agencies of Government are currently attending a two-day workshop, organised in partnership with the United Nations Development Programme (UNDP) to strengthen the Ministry's risk-informed development practices, and reflect on lessons learnt from the past two years since the inception of the approach. The workshop also aims to enhance the knowledge and understanding of project implementers of the Ministry, and our key stakeholders about the intended outcomes of risk-informed development, and also strengthen Government systems and processes of institutionalising and operationalizing the RID approach. The workshop brings together the Ministry's staff from the four divisions in Fiji, who work across areas of policy and research, monitoring evaluation, disaster risk reduction, and project implementation. During these two days, participants will exchange knowledge and

experiences of integrating climate change, disaster risks, and gender and social inclusion into the implementation of development projects in communities across the country. Following the signing of a Letter of Agreement (LOA) in August 2020, the Ministry has been working in close partnership with the UNDP Gov4Res Project, to reinforce our commitment to using the RID approach for the benefit of rural communities in Fiji. In opening the workshop yesterday, Assistant Minister for Rural and Maritime Development and Disaster Management Hon. Jovesa Vocea reminded the participants that the two-day workshop would help them better their service delivery, particularly in ensuring optimal results were achieved in capital project implementation and ultimately raising the standards of rural people. "The Ministry through its legislative role under the National Disaster Management Act and its mandatory role in the coordination and facilitation of rural development will play a key role as a coordination of partners and stakeholders across a range of planning



and decision-making processes. The Ministry's role as a Knowledge Broker is to ensure evidence-based and risk-informed decision-making as a source of crucial hazard and vulnerability data for our stakeholders. Given the demonstration of the impact of Risk informed development approaches at this early stage of intervention, we are strongly encouraging all development stakeholders to adopt this RID

approach, and lessons learned to be well documented for continuous improvement," Hon. Vocea said. "I thank you for agreeing to be the agents of change in mainstreaming Risk Informed Development in your various Ministry and also to share the needed data and information required to facilitate this new programme. It is important that we must have the consensus to work together in collaboration

with an integrated approach and to drive the establishment of partnerships, coordination and financing mechanisms required to sustain these approaches. Working in integration amongst Government Agencies and Development Partners is critical in order to optimise our limited capacity and resources by combining our efforts to reduce vulnerability, exposure hence reducing risks."

Heavy rain alert for whole of Fiji

A heavy rain alert remains in force for the whole of Fiji and this is expected to completely clear by next week. The Nadi Weather Office says a trough of low pressure with associated cloud and rain affects the Fiji group and is expected to gradually drift southeast. A strong wind warning remains in force for the land areas of Yasawa and Mamanuca, Lau and Lomaiviti Groups, Kadavu, Vatulele and nearby smaller islands, coastal areas of Southern and Eastern Viti Levu which includes Nadroga, Navua, Nasinu, Korovou, Rakiraki and Cakaudrove, Southern Bua and Eastern Macuata, Taveuni and nearby smaller islands. A coastal inundation alert also remains in force for coastal areas of Southwestern Viti Levu including Momi to Natadola to coral coast, Yasawa and Mamanuca Groups, Southern coastal areas of Vatulele, Kadavu and



nearby smaller islands, Lau and Lomaiviti Groups. Expect sea flooding of coastal areas es-

pecially during high tides over Southwestern viti Levu including Momi to Natadola and Coral

Coast, Yasawa and Mamanuca Groups, Southern coastal areas of Vatulele, Kadavu and nearby

smaller islands, Lau and Lomaiviti group.

Fiji News

Almost 75 percent of persons with mental illness experience stigma – Health Ministry

Almost 75 percent of persons with mental illness report that they experience stigma. This has been highlighted by the Health Ministry who says they are focusing on prevention, early detection and treatment of mental health conditions, ensuring that individuals have access to appropriate care and support. The Ministry says they are working towards reducing stigma and discrimination associated with mental illness through awareness campaigns and educational programs. The Health Ministry adds they collaborate with other stakeholders, including NGOs and international partners, to strengthen the mental health system and improve outcomes for individuals with mental health issues in Fiji. Meanwhile, Empower Pacific, Team Leader Sisilia Siga says they are dedicated to supporting individuals who are suffering from mental illness by providing accessible mental health services. Siga says Empower



Pacific conducts community outreach programs and awareness campaigns to reduce stigma surrounding mental illness and promote mental well-being.

She says through their team of trained professionals, including psychologists, counselors, and social workers, they offer counseling, therapy sessions,

and psychiatric assessments to diagnose and address mental health concerns. Siga also says they collaborate with other organisations and healthcare pro-

viders to ensure holistic care and support for individuals in need. If you need help and need to talk to someone you can call Empower Pacific on 7780015.

USP Pacific TAFE offers high-quality skills-based qualification

USP Pacific TAFE offers high-quality skills-based qualifications that cater to the needs of the industry. This is according to the Head of the College of Continuing Vocational Education and Training Nilesh Kumar who says the certificates and diplomas that they offer are recognised locally, regionally, and internationally and being a regional university, they cater to the needs of the Pacific as well. Kumar says they also provide competency-based training which prepares work-ready graduates for the labour market. He says before developing a program, they undertake comprehensive industry consultations and continuously upgrade it to ensure the training is relevant and current. He adds at the same time, they ensure these are internationally benchmarked and the students are recognised internationally as well. Kumar says Pacific TAFE qualifications are offered in five (5) key discipline areas. He says the first key

area is Tourism and Hospitality includes Cookery, Patisserie and Hospitality programs ranging from Certificate III to Diploma they have two training facilities for these qualifications, in Suva and Namaka, Nadi. Kumar says the second one is Business and Enterprise which includes HRM, Entrepreneurship, Business administration, Business Management, Procurement & Supply, Digital Marketing and Project Management. Kumar says the third key area is Education and Training which includes Early Childhood Care and Education (Certificate III, IV and Diploma), Library Information Studies, and Training & Assessment. The fourth key area according to Kumar is Sciences, Technology and Environment and that includes Information Technology, Cybersecurity and their highly specialized qualifications in Resilience, Disaster Risk Management, Fisheries and Pacific Ocean Finance. He says the fifth area is Health and

Care which includes Certificate IV and Diploma of Counselling and our newly developed Certificate III in Individual Support programme. Kumar says Pacific TAFE also has a provision for Recognition of Prior Learning (RPL) and which involves giving credit to skills and knowledge that students have acquired from work experience or previous studies or training. He says instead of coming and doing the entire qualification, students can

get some units credited through the RPL process and only need to do the remaining units to complete their program. Kumar adds USP provide short training and micro-qualifications through their Workforce Development Training Unit (WDTU) to cater to the immediate needs of the industry. The Head of the College says Pacific TAFE provides partial Scholarships for those students who are facing financial difficulty. He says this

is an in-house scholarship and is one of the ways they are trying to assist students during these difficult times. Kumar urges all those that are still waiting or still deciding, to approach them and they are happy to assist. He says it is never late to invest in yourself. Kumar says getting a TVET qualification can be the best decision of your life and urges students to Enroll at USP Pacific TAFE, be qualified faster, and be employed faster.



Fiji News

Drug peddlers are targeting children – Volatabu

Drug-Free World Fiji Founder Kalesi Volatabu says drug peddlers are targeting children in Fiji and what is worse is that parents are allowing that to happen. While speaking during fjiivillage Straight Talk with Vijay Narayan, Volatabu says when they started in 2019, their target were the youth but it has shifted to the primary school students where they need to have frank conversations with them because they are being targeted. She says while speaking to a 6 or 7-year-old girl in the Western Division, she found out that her father would get her to take it from home from him and in her school bag, into the school and somebody would purchase it from her. She says Tonga charges the parents if their children are found with drugs and when questioned if this is the direction Fiji should go into, Volatabu says definitely as our children are the most



vulnerable. Volatabu says the Education Ministry and other stakeholders do not have any

strategies in place to deal with the issue. She says everyone knows we have a problem in

the country but nobody is doing anything about it. Volatabu asks instead of talking about it,

can we look at some action and start implementing strategies in school.

We don't have an alcohol and drug rehabilitation centre in Fiji - Volatabu

We do not have an alcohol and drug rehabilitation centre in Fiji and the Saint Giles Hospital does not have a programme for drug addicts. This has been highlighted by Drug-Free World Fiji Founder Kalesi Volatabu while speaking on fjiivillage Straight Talk with Vijay Narayan. Volatabu says they needed to reach out to the Saint Giles Hospital in 2019 because of the data they received and the increasing number of what was happening on the street. She says they touched base with Saint Giles Hospital because it was perceived to be the mental institution and at the same time they were trying to see if there is any help they can offer. She says they started workshop sessions with 5 patients and they came to a stage they were sitting with about 35 people, both male and female. Volatabu says drugs is complex on its own because everybody either do not want to talk about it because there are too many taboo subjects and there is a shame factor attached to it. She says if there is stigma attached to it then people will not come out and reach for help. She says when they got into Saint Giles, they did not care

what drugs they were on and where they came from; it was a talanoa with a family mem-

ber. The founder says they were seeing the increasing number of young people coming through

and having conversations with them. Volatabu adds they have a close relationship with the Police

in terms of giving out booklets but they are not a law enforcement agency.



STATEMENT ON RECENT INCREASE IN CHICKEN PRICES

Government is extremely concerned with the exorbitant increase in chicken prices charged by a few unscrupulous traders in the last few days. It is clear that some of these traders have tried to take unfair advantage of vulnerable consumers and to some extent sensationalise the VAT increase for reasons better known to them. Government had formed a price surveillance taskforce comprising of FCCC, FRCS and the Ministry of Finance to monitor prices after the budget announcement, and we have clearly noted a disproportionately large increase of over 30 percent in chicken prices in the last 2 days charged by few unscrupulous traders. While chicken prices should have only increased by 6 percent given the increase in VAT from 9 to 15 percent, these businesses in their own commercial interest went ahead to increase prices by over 30 percent. This is unacceptable and we thank those industry stakeholders that have come out quickly to clarify this issue. We expect that the market will immediately rectify



this anomaly. I have also been advised by FCCC and have also got assurance from some of the industry players that chicken prices will be brought down immediately. However, I wish to remind businesses that this kind of unscrupulous behaviour seen

in the last 2 days is highly unacceptable. We wish to remind the industry stakeholders that the poultry industry is highly protected by Government with a 32 percent fiscal duty and a 10 percent import excise duty. This is a total tariff protection of 42

percent and we are only doing this to ensure that our citizens get affordable and high quality chicken products from the domestic market. Similarly, the chicken wholesale and retail market is unregulated as we believe that there is sufficient

competition in the market to avoid carteling and price fixing. However, we are closely monitoring this situation and if need be, Government is prepared to take tough measures on those trying to distort the market.

FIJI TO HOST 2026 MELANESIAN ARTS AND CULTURE FESTIVAL

Port Vila, VANUATU -- During the closing ceremony of the Melanesian Arts & Culture Festival 2023 (7MACFEST) held in Port Vila on Sunday, July 30th, Director for Heritage, Collin Sowani Yabaki, speaking on behalf of the Minister for iTaukei Affairs, Culture and Heritage Hon. Ifereimi Vasu and the Fiji Contingent, expressed his excitement about Fiji being chosen as the host country for the 2026 Melanesian Arts and Culture Festival. He stated that Fiji is honored to be selected as the host of this significant event for the Melanesian community in 2026 and emphasised that Fiji intends to highlight its abundant cultural diversity and history, following the example set by Vanuatu this year. Director Yabaki stressed the importance of regionalism and cooperation in Melanesia, as showcased by this year's theme

of "Rebuilding My Melanesian for Common Identity." "The importance of regionalism and cooperation within Melanesia cannot be overstated. It is crucial for economic development, security, cultural preservation, and social integration," the Director said. "Indeed, passing on customs and traditional culture to the younger generation is of paramount importance. Culture serves as the foundation of a society's identity, shaping its values, beliefs, and practices," said the Director. "Nonetheless, the 2026 MACFEST will include various events such as the Melanesian Arts and Festival Symposium, Melanesian Music Festival, and the Melanesian Pageant," he added. Director Yabaki expressed confidence in Fiji's ability to match and sustain the high standards set by Vanuatu. "We are grateful to the people of Vanuatu for their



hospitality, love, and generosity during this year's festival," adds Director Yabaki. He concluded by saying that Fiji looks forward to welcoming the Melanesian family to Fiji in 2026 and creat-

ing unforgettable memories together. The Melanesian Arts and Cultural Festival (MACFEST) is a series of events held in various Melanesian countries to celebrate and promote the rich

cultural heritage of the region. The festival has a unique theme for each edition, which mirrors the Melanesian people's values, dreams, and challenges.

Health News

Vape Tongue: E-Cigs Lead to People Losing Sense of Taste

Electronic cigarette users are losing their sense of taste, a condition known as “vape tongue” or “vaper’s tongue” — medical professionals are sounding the alarm. A New Side Effect Of Vaping? Although the condition is temporary and appears to dissipate when users either stop using or cut down on e-cigarette use, it is evidence of just one more negative side effect of using electronic cigarettes. While there isn’t much published scientific information about the condition, there appears to be plenty of anecdotal evidence supporting it, as dentists and other healthcare practitioners have taken to social media to warn about it. They are urging e-cigarette users to stop or drastically cut down their usage if they have experienced this side effect. Dr. Bonnie Halpern-Felsher, Professor of Pediatrics at Stanford Medicine, Founder and Executive Director of the university’s Vaping Information, Solutions, and Interventions Toolkit, told Healthline that she was only familiar with the condition through social media, but that she wasn’t aware of any scientific literature on the condition. Her position is similarly shared by Benjamin Chaffee, DDS, a Professor at the University of California San Francisco School of Dentistry. Dr. Chaffee told Healthline,

“There’s not currently reliable evidence to indicate how common the condition is or the mechanisms causing it. This is another example of the many things we do not know about how vaping affects the body. It’s a reason for more research and a reason to approach these products with caution.” What is “Vape Tongue”? The primary symptom of “vape tongue” is a diminished sense of taste. When all sense of taste is lost, it is referred to medically as ageusia. Those experiencing loss of taste are generally unable to detect a full range of flavors; while flavors that are experienced can be bland or muted. The severity of loss of taste associated with e-cigarette use can vary in severity depending on the user and the frequency of usage. The exact cause of “vape tongue” isn’t entirely understood. Theories include xerostomia (dry mouth) and dehydration attributed to ingredients in e-cigarette liquid (“vape juice”). Whatever the cause, it is likely chemical in nature. Like traditional cigarettes, E-cigarettes contain nicotine, but they also contain a whole range of other chemical and flavorant additives. Chemicals like propylene glycol, benzoic acid, and vegetable glycerin are common in e-cigarette liquid. Flavorants can include things like cinnamaldehyde,



the chemical that gives cinnamon its unique flavor, and diacetyl, which is commonly used in microwave popcorn and is essential for giving certain foods their “buttery” flavor. As a novel form of nicotine consumption, chemicals used by e-cigarette companies can vary, especially as they offer new and different flavors of vapes. “One can imagine that the chemicals in e-cigarettes and especially the flavorants and others, can cause issues with oral health but nothing that we know for sure,” Dr. Halpern-Felsher told Healthline. Chemicals In E-Cigarette Liquid May Not

Be Safe Chemical and flavorant additives in e-cigarette liquid are “Generally Recognized As Safe” (GRAS) by the Food and Drug Administration. However, specifically with e-cigarettes, that designation comes with a huge asterisk: ingredients like propylene glycol, vegetable glycerin that are considered GRAS, are considered safe for ingestion, that is, eating. During the process of vaping, the liquid that contains nicotine and other chemical additives is heated to create an aerosol and inhaled. Although advertised as “vaping,” a person using e-cigarettes/vapes is inhaling an aerosol, not a harmless water “vapor,” which is misleading. Heating, vaping, or burning an ingredient, even one deemed safe by the FDA for ingestion, can lead to chemical changes that result in unknown chemical changes that haven’t been evaluated. In addition to “vape tongue,” e-cigarette use is associated with numerous other side effects, including coughing, trouble breathing, nausea, and fatigue. More serious effects include lung damage and “popcorn lung” a form of lung damage associated with the chemical flavorant diacetyl. “Oral health is also a serious risk for e-cigarette users. Studies have variously found e-cigarette use to be associated

with excess oral bacteria, dry mouth, inflammation, and overall irritation. A 2020 study found that e-cigarettes dramatically altered the oral microbiome; the authors indicate that two chemicals found in e-cigarette liquid, propylene glycol and glycerol, may be the drivers of these changes in mouth bacteria. More than 2.5 million youths reported using e-cigarettes in the United States in 2022, according to a study by the Centers for Disease Control and Prevention. Since 2014, e-cigarettes have been the most used tobacco product among kids and teens. Often touted as a means of helping traditional cigarette smokers to quit, evidence has been limited. The American Lung Association maintains a “quit don’t switch” recommendation and states: “E-cigarettes are not safe and can cause irreversible lung damage and lung disease. No one should use e-cigarettes or any other tobacco product.” The Bottom Line “Vape tongue” or “vaper’s tongue” is a condition associated with e-cigarette use that causes individuals to lose their sense of taste. The condition is temporary, but users should stop or decrease e-cigarette use to regain taste function. E-cigarettes are known to cause a variety of other deleterious health effects including lung damage.



Health News

These 8 Habits Could Help You Live Decades Longer

According to a new study to be presented at NUTRITION 2023, which is being held between July 22 and 25 in Boston, there are eight healthy lifestyle habits that may help lengthen your life by decades. These habits include: never smoking being physically active refraining from binge drinking practicing good sleep hygiene eating a healthy diet keeping stress low engaging in positive social relationships avoiding addiction to opioids People who take up these habits by middle age may live significantly longer than those who don't, the authors say. Men who follow all eight lifestyle factors by age 40 could live up to 24 years longer than those who do not adopt any of these healthy habits Women, on the other hand, could see an increase of 22.6 years. They state that each of the factors taken independently can help reduce the risk of premature death. However, when taken together, the effects on longevity are multiplied. 8 lifestyle habits linked to greater longevity To study how lifestyle choices are related to lifespan, Xuan-Mai T. Nguyen and co-author Yanping Li gathered data from medical records and questionnaires from over 719,147 United States military veterans who took part in the Veterans Affairs Million Veteran Program between 2011 and 2019. Adults aged 40 to 99 were included in the study. There were 33,375 deaths recorded during follow-up. When they analyzed the data, the duo of researchers found that not be-



ing active, using opioids, and smoking had the largest effect, with these factors being linked with a 30% to 45% greater risk for death during the course of the study. Poor sleep hygiene, unhealthy diet, binge drinking, and stress each created about a 20% increase in risk. A lack of positive social relationships was associated with a 5% increase in risk. However, as each protective habit was added to people's lifestyle, the researchers saw a decline in the mortality rate per 1,000 person-years, with those who adopted all eight seeing a 13% reduction in all-cause mortality. This effect did become smaller as they grew older but was still statistically significant. The researchers stated in a press

release that these findings show how various lifestyle factors can contribute to diseases that lead to early death and disability. They additionally indicate how making better choices can extend a person's healthy years of life. "It is never too late to adopt a healthy lifestyle," Nguyen said. He did note that this type of study cannot prove that adopting these habits can increase lifespan. However, they are consistent with other similar studies, he added. Why these changes may help increase longevity Tariq Hafiz, M.D., FACC, ABIM, Medical Director, Cardiologist & Educator at Pritikin Longevity Center, said, "As a clinical and preventive cardiologist, I strongly believe

that adopting these comprehensive lifestyle factors is the foundation of both the primary and secondary prevention of many chronic diseases i.e., cardiovascular disease, cancer, diabetes, dementia, etc." He further noted that the benefits are probably achieved by preventing oxidative stress and inflammation from occurring. Hafiz explained that cardiovascular disease and cancer are the leading causes of death, with the modifiable risk factors for heart disease being well known. Namely, these risk factors are high blood pressure, high cholesterol, diabetes, tobacco use, mental stress, visceral obesity, unhealthy diet, and a sedentary lifestyle, he said. He also said that tobacco use is a major risk factor shared by several categories of chronic diseases, such as cardiovascular disease; stroke; lung, bladder, and esophageal cancers; chronic lung disease; and diabetes. "Chronic diseases are associated with most morbidity and mortality and hence responsible for much of the health care cost and financial burden," concluded Hafiz. Tips for adopting the 8 habits for longevity Tally's Health's VP of Biology and Head of R&D, Trinna Cuellar, Ph.D., MBA, said that in order to make sustainable changes, you need to adopt habits that suit your

lifestyle. As an example of how you can make your approach personal to your own needs, she pointed to a new mother, who might temporarily not be able to reduce her stress or improve her sleep, but could still tackle areas like nutrition and social satisfaction. "Consistency is key to influencing longevity, so being realistic and intentional is of consequence," she added. She further stressed the importance of doing testing to obtain feedback about how your lifestyle changes are working. "You can't address what you do not know," she explained. One way to do this could be going through a service like Tally Health, she said, which offers personalized action plans and testing. However, you can also work with your own personal physician. Cuellar added that wearables, phone apps, and community support can also be helpful when it comes to making new habits. For example, you could use fitness trackers, apps that track your drinking habits, or group fitness classes to help you stay on course with your goals. "Often what works best for me is when my coaches and friends hold me accountable when I make a plan to exercise with them," she said. "That makes it much harder for me to cancel my exercise routine when my days are super busy."



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Health News

This Lung Disease Doesn't Have a Name But It Affects Millions of Smokers

Millions of current and former smokers in the United States who don't meet the criteria for chronic obstructive pulmonary disease (COPD) may still have impaired lung function, a multi-center study found. In the study, published August 1 in JAMA Trusted Source, researchers followed people with "tobacco exposure and preserved spirometry" (TEPS) to see how their lung function changed over time. Spirometry is the most common test used to assess pulmonary function, or how well a person's lungs are working in terms of lung volumes, airflow rates, and other parameters. Spirometry measures how much air you can breathe, as well as how easily and fast you can exhale. For people with COPD, spirometry shows an airflow obstruction, indicating a problem with exhaling enough air in the normal amount of time. In contrast, people with TEPS don't have the same difficulty exhaling during spirometry. However, some people with TEPS have respiratory symptoms similar to COPD, such as chronic cough, excess phlegm in the lungs, or difficult or labored breathing. While it's unknown how many Americans have TEPS with respiratory symptoms, in 2020 more than 30 million American adults Trusted Source smoked cigarettes, according to the Centers for Disease Control and Prevention. In addition, more than 15 million Americans Trusted Source report that they have been diagnosed with COPD, the CDC said, with many more unaware that they have the condition. Respiratory symptoms without COPD The new study, which is a follow-up on an earlier one, included 1,397 participants from age 40 to 80 years who had smoked cigarettes for more than 20 pack-years. A pack-year is the equivalent of smoking one pack of cigarettes a day for one year. Of these people, 226 had TEPS with respiratory symptoms, known as symptomatic TEPS. Another 269 had asymptomatic TEPS, or no respiratory symptoms. The study also included control participants, those with no history of cigarette smoking and no airflow obstruction. Re-



searchers found that people with symptomatic TEPS showed a similar decline in lung function during follow-up as people with asymptomatic TEPS. Researchers followed participants for two to 10 years, with an average of 5.8 years. In addition, around one-third of both groups developed COPD during follow-up, as defined by spirometry. These groups were also much more likely to develop spirometry-defined COPD than people in the control group. However, people with symptomatic TEPS were more likely to have worsening respiratory symptoms and more difficulty doing daily activities, compared to those with asymptomatic TEPS. "These findings suggest that a large proportion of tobacco smoke-exposed persons without airflow obstruction have a persistent, symptomatic non-obstructive chronic airway disease that is distinct from COPD," study author Dr. Prescott Woodruff, chief of UC San Francisco's Division of Pulmonary, Critical Care, Allergy and Sleep Medicine, said in a statement. Researchers found that among people with TEPS who completed the final study visit, 48% had "substantial and persistent respiratory symptoms," even with no evidence of COPD on spirometry. "Although tobacco-exposed persons with preserved spirometry are currently categorized as having pre-COPD by the COPD guide-

lines, the data from the current study emphasize that the definition of smoking-related lung disease needs to be broadened so new treatments can be developed," Woodruff added. One clinical trial, published last year in *The New England Journal of Medicine*, found that dual-inhaled bronchodilators did not reduce respiratory symptoms in people with symptomatic TEPS. Smoking causes many health problems. Dr. Fady Youssef, MD, a pulmonologist, internist and critical care specialist at MemorialCare Long Beach Medical Center in Long Beach, Calif., emphasized that although some smokers in the study with respiratory symptoms were not diagnosed with COPD, it doesn't indicate a problem with the test. "Spirometry identifies one function of the lungs, and it identifies it correctly," he told Healthline. "The problem would be if someone hears about this study and thinks that is where the story ends, or that smoking is safe and doesn't cause lung damage," he said. First of all, because of the short follow-up in the study, researchers don't know which patients might eventually develop COPD, he said. In addition, "there are other health effects related to smoking that are outside of COPD — in particular, heart disease and lung cancer," he said. Smoking is the leading cause of preventable death Trusted Source

in the United States, according to the CDC, causing more than 480,000 deaths each year. One thing Youssef thinks the study did do a nice job with is looking at a patient population that is often excluded from clinical trials of smokers, because those trials tend to focus on COPD. "So they provided some additional data on those patients," he said. Disparities in COPD diagnosis The new study had several limitations, including its short follow-up and its reliance on participants reporting their respiratory symptoms. In addition, people with respiratory symptoms may have been more likely to enroll in the initial study, which could lead to bias in the results. Around half of people with asymptomatic or symptomatic TEPS were women, and the average age of participants was over 60. The majority of participants in both groups were white (57% in the symptomatic group; 82% in the asymptomatic group.) However, people with symptomatic TEPS were more likely to be female and Black, compared to those with asymptomatic TEPS. In addition, Black participants with symptomatic or asymptomatic TEPS were more likely to develop spirometry-defined COPD, compared to white participants. A similar racial trend was seen among current smokers versus former smokers. As a result of these disparities, the research-

ers called for "an evaluation of the contribution of occupational and environmental exposures, socioeconomic status, and structural racism to the development of these symptoms." In another recent study, researchers found that how COPD is assessed may lead to additional disparities. That study, published April 18 in the *Journal of General Internal Medicine*, suggests that the use of fixed-ratio spirometry may lead to Black people being under-diagnosed with COPD, even though they have symptoms of this condition. "African American patients' COPD is often missed because they are frequently exposed to various kinds of deprivation that seems to result in smaller lungs with comparatively better airflow," study author Dr. Elizabeth Regan, a physician researcher at National Jewish Health in Colorado, said in a statement. She and her colleagues called for more effective metrics for assessing COPD risk in Black people, which could improve early detection and treatment. "Better diagnostic tools will lead to better care for all of our patients, regardless of background," she said. Takeaway A new study finds that current or former smokers may have signs of impaired lung function even if they don't meet the criteria for known lung diseases like COPD.

Health News

Why you should go to sleep at the same time all week

Small differences in sleeping habits between work and rest days could lead to unhealthy changes to the bacteria in our guts, a study suggests. This may be partly a result of people with "social jetlag" having slightly poorer diets, the UK researchers found. Heavily-disrupted sleep, particularly shift work, is known to have a negative impact on health. Keeping bed times and wake times consistent and eating a balanced diet may help reduce our risk of disease. The study of nearly 1,000 adults by Kings College London scientists found that even a 90-minute difference in the midpoint of your night's sleep over the course of a normal week could influence the types of bacteria found in the human gut. Having a wide range of different species of bacteria in your digestive system is really important. Some are better than others, but getting the right mix is key to preventing a number of diseases. "[Social jetlag] can encourage microbiota species which have unfavourable associations with your health," said Kate Bermingham, study author and senior nutrition scientist at health science company Zoe. Going to sleep and waking up at very different times during the week, compared to the weekend, is known as having social jetlag. It is thought to affect more than 40% of the UK population, the



study says, and is most common in teenagers and young adults, then tapers off as we age. Participants in this study, in the European Journal of Nutrition, had their sleep and blood analysed, stool samples collected and recorded everything they ate in a food questionnaire. Those who had social jetlag (16%) were more likely to eat a diet laden with potatoes, including crisps and chips, plus sugary drinks, and less fruit and nuts. Previous research showed people with social jetlag ate less fibre than

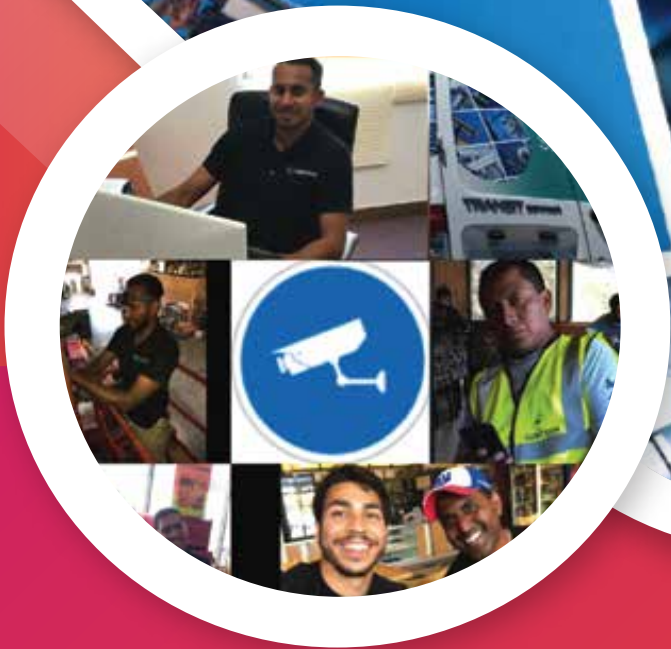
those with more consistent sleeping times. Other studies found social jetlag was linked to weight gain, illness and mental fatigue. "Poor quality sleep impacts choices - and people crave higher carb or sugary foods," says Dr Bermingham. An unhealthy diet can then affect levels of specific bacteria in the gut. The researchers found that three out of the six microbiota species which were more plentiful in the guts of the social jetlag group are linked to poor diet quality, obesity and higher levels of inflammation

and stroke risk. The relationship between sleep, diet and gut bacteria is complicated and there is still a lot more to find out, the research team says. In the meantime, their advice to keep things consistent, if you can, over the course of a week. "Maintaining regular sleep patterns, so when we go to bed and when we wake each day, is an easily adjustable lifestyle behaviour we can all do, that may impact your health via your gut microbiome for the better," says Dr Sarah Berry, from King's College London. What is

a healthy diet? The NHS website recommends you try to: eat at least five portions of a variety of fruit and vegetables every day base meals on higher fibre starchy foods like potatoes, bread, rice or pasta have some dairy or dairy alternatives, and go for lower-fat or lower-sugar where possible eat some beans, pulses, fish, eggs, meat and other protein choose unsaturated oils and spreads, and eat them in small amounts drink plenty of fluids (at least six to eight glasses a day)



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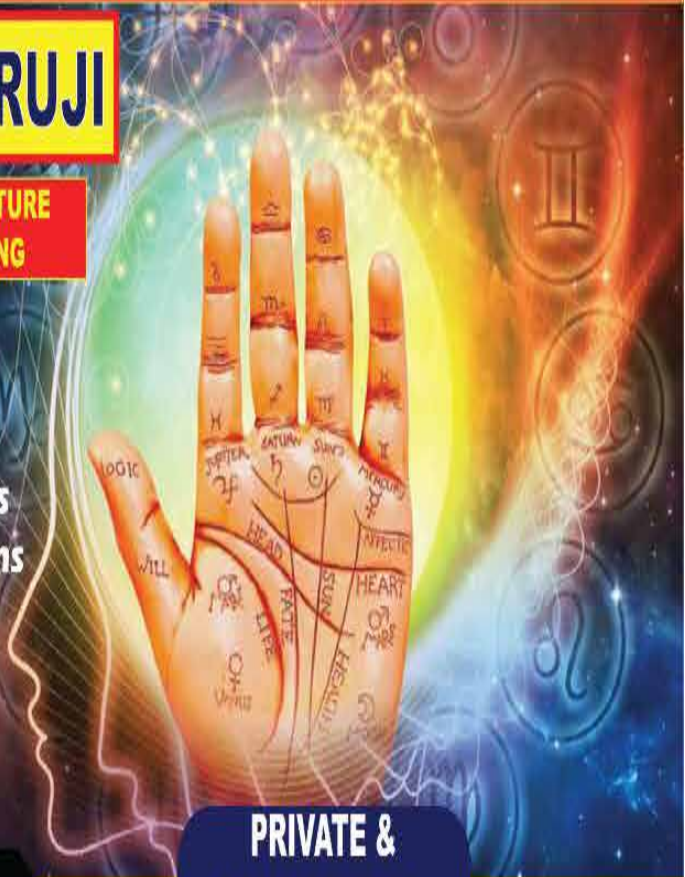
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Bollywood News

Kangana Ranaut looks regal in the first look of Chandramukhi 2, fans call her 'breathtaking'

Actor Kangana Ranaut's first look from Tamil film Chandramukhi 2 has been released. Dressed in royal attire, Kangana looks the part in the first poster for the film. The details of Kangana's role are being kept under wraps, but it is known that she will play a dancer who is known for her enchanting beauty. Chandramukhi 2 is the sequel to Tamil horror comedy film Chandramukhi, which starred Rajinikanth and Jyothika. Kangana's first look was unveiled by the official Twitter account of Lyca Productions. The caption read, "The beauty & the pose that effortlessly steals our attention! Presenting the enviable, commanding & gorgeous 1st look of #KanganaRanaut as Chandramukhi from #Chandramukhi2. The actor's fans couldn't hold back their excitement for the film. One Instagram user wrote, "Queen slaying", another fan wrote, "She looks so amazing as Chandramukhi", and a third user wrote, "She's



looking breathtaking gorgeous." Earlier, actor Raghava Lawrence's look was released by the makers. It showed the actor peeping through a hole in the door. Chandramukhi 2 will be

released in September during the festival of Ganesh Chaturthi. The movie's release will not just be in Tamil, but also Telugu, Hindi, Malayalam and Kannada. Besides Chandramukhi 2, Kan-

gana will also be seen in the film Tejas, in which she plays the role of a fighter pilot, and the movie is expected to release on 20 October. Another big venture for Kangana is going to be her

film Emergency, in which she plays the role of India's former Prime Minister Indira Gandhi. The film also marks her first solo directorial venture.

Vivek Oberoi says it's an 'open secret' why his career took a hit: 'Some people have an arrogance about being nice'

Not many actors in India have received the sort of debut that Vivek Oberoi did in director Ram Gopal Varma's highly acclaimed film Company. He made a remarkable entrance in the film industry, capturing the affection of countless movie enthusiasts. After his impressive performance in the gangster film, he swiftly changed gears and starred in the romantic drama Saathiya, earning himself the label of a heartthrob. Throughout his career, despite making unconventional film choices and effortlessly transitioning between genres, Oberoi never quite achieved true superstardom. Meanwhile, the actor recently spoke out about this matter and emphasised that certain external forces deliberately made sure that he was denied opportunities to prove himself. Recalling how he was sidelined, Oberoi said during a chat with Mashable Middle East: "If something bad, like your film's failure, has happened, that's one

thing. But the feeling of being so helpless when you know it is going to happen again and again, and that you are going to get manoeuvred or manipulated out of work, or crushed and not even get the opportunity to prove yourself, that is very frustrating. I personally think there's nothing worse than feeling completely helpless. You know something's happening, but you can't do anything about it." When the interviewer asked Oberoi if he knew who was behind it, he promptly replied, "Of course I do. It's a small industry, and it's an open secret." "But you have to deal with it. Those things taught me to be a good person and a good human being, to be humble, nice, and helpful. And not to abuse the position of power I am in. Some people have an arrogance about being nice. They develop that also, there's a righteousness around it. It's a disease, you have to stay away," he added. Oberoi also expressed that he is cur-

rently experiencing complete bliss and contentment. When asked about his interest in exploring other facets of cinema and producing a film one day, Oberoi expressed his desire to do so. However, he also shared

an incident where he once made a regrettable choice of investing in a company run by "people lacking integrity". "I once set out to do something like that, banking on some youngsters. But they turned out to be inau-

thentic people with no integrity and basically frauds. I invested in their company to create content and build stuff. However, I later realised that I invested in the wrong people. Then I had to close that chapter," he recalled.



Bollywood News

Dia Mirza's step-daughter hides her face from paparazzi, actor requests photographers to stop clicking pictures

Actor Dia Mirza on Friday stepped out in Mumbai with her step-daughter Samaira Rekhi. As the paparazzi waiting for Dia started clicking pictures, Samaira hid her face. The actor explained to photographers that Samaira does not like getting clicked. In a video, she is seen telling the paparazzi, "Don't scare her. She doesn't like being photographed." Out of respect, the photographers stopped clicking pictures and only resumed after Samaira sat in the car and Dia stood outside posing for them. Samaira Rekhi is Dia Mirza's husband Vaibhav Rekhi's daughter from his previous marriage. Dia and Vaibhav have a son Aavyaan

Azaad Rekhi. Dia Mirza made her acting debut in 2001 with *Rehnaa Hai Tere Dil Mein* and later worked in films such as *Parineeta*, *Dus*, *Shootout At Lokhandwala* amongst others. She said, "When I was about 30-32, I had decided to become a producer. I had done *Love Breakups Zindagi*, which was the hardest thing I've ever done. I subsequently produced *Bobby Jasoos* with Vidya Balan in the lead. At the time, people didn't recognise the idea of a young female artiste turning producer because very few people were doing it at the time. The strange common assumption was that I am not interested in acting anymore. That led to just complete



disappearance of opportunities. It was really hard to break out of that cycle of thought and say 'Hey I am working' and find work and go out and seek opportunities."

Govinda says he has 'suffered enough' professionally, claims his Twitter account was hacked by people with 'agendas'



Actor Govinda is claiming that a recent tweet posted from his account about the ongoing violence in Haryana wasn't his doing. He said that his account was hacked, and suggested that he has been a victim of a conspiracy. He said that he barely even understands Twitter, now known as X, and has no interest in slyly rejoining politics. Govinda served as an MP be-

tween 2004 and 2009, under the Indian National Congress. In an interview with *The Times of India*, the actor said that his account was 'hacked' and that he intends on raising the matter with the 'Cyber Crime Police'. On Wednesday, the actor seemingly reacted to a video of mob violence in Haryana, and wrote, "What have we come down to? Shame on the people who call

themselves Hindus and do such things. Aman aur shanti banaye, hum democracy hai, autocracy nahi!" His account was subsequently deleted, following mass trolling. On Instagram, Govinda offered a clarification. He said in a video message, "Please do not attribute this Haryana tweet to me. I haven't done this. Somebody has hacked my account. I am just doing a

complaint to cyber-crime now. I'll look into the matter." In the *TOI* interview, Govinda said that in the past, people have conspired against him professionally, curtailing the release of his movies in certain territories and making it difficult for him to find work. "Maybe people are jealous of the love I receive," he said, adding that he has 'suffered enough' and

would like for people to keep him out of their 'politics and agendas'. Govinda was arguably the biggest Bollywood star of the 1990s, but his career took a nosedive in the last decade. Many of his contemporaries have publicly spoken about his habitual tardiness, and Govinda has hinted at a Bollywood conspiracy against him.

World News

Chandrayaan-3: Historic India mission enters Moon orbit, aiming for south pole

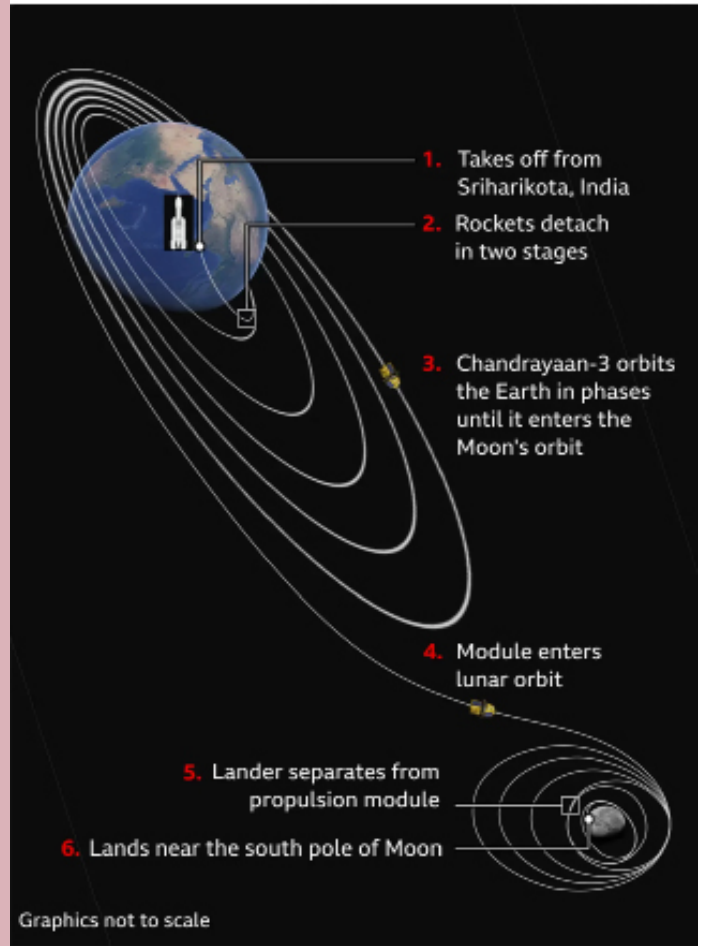


Chandrayaan-3, India's latest Moon mission, has entered the lunar orbit, the country's space agency has said. The spacecraft with an orbiter, lander and a rover lifted off on 14 July. It will try to set the lander and rover on the lunar surface on 23 or 24 August. If successful, India will be the first country to land near the Moon's little-explored

south pole. It will be only the fourth to achieve a soft landing on the Moon, after the US, the former Soviet Union and China. After the spacecraft orbited the Earth for more than a week, it was sent into the translunar orbit on Tuesday through a slingshot manoeuvre. The third in India's programme of lunar exploration, Chandrayaan-3 is expected

to build on the success of its earlier Moon missions. Historic India Moon mission lifts off successfully It comes 13 years after the country's first Moon mission in 2008, which discovered the presence of water molecules on the parched lunar surface and established that the Moon has an atmosphere during daytime. Chandrayaan-2 - which also

How India's Chandrayaan-3 will reach the Moon



Graphics not to scale

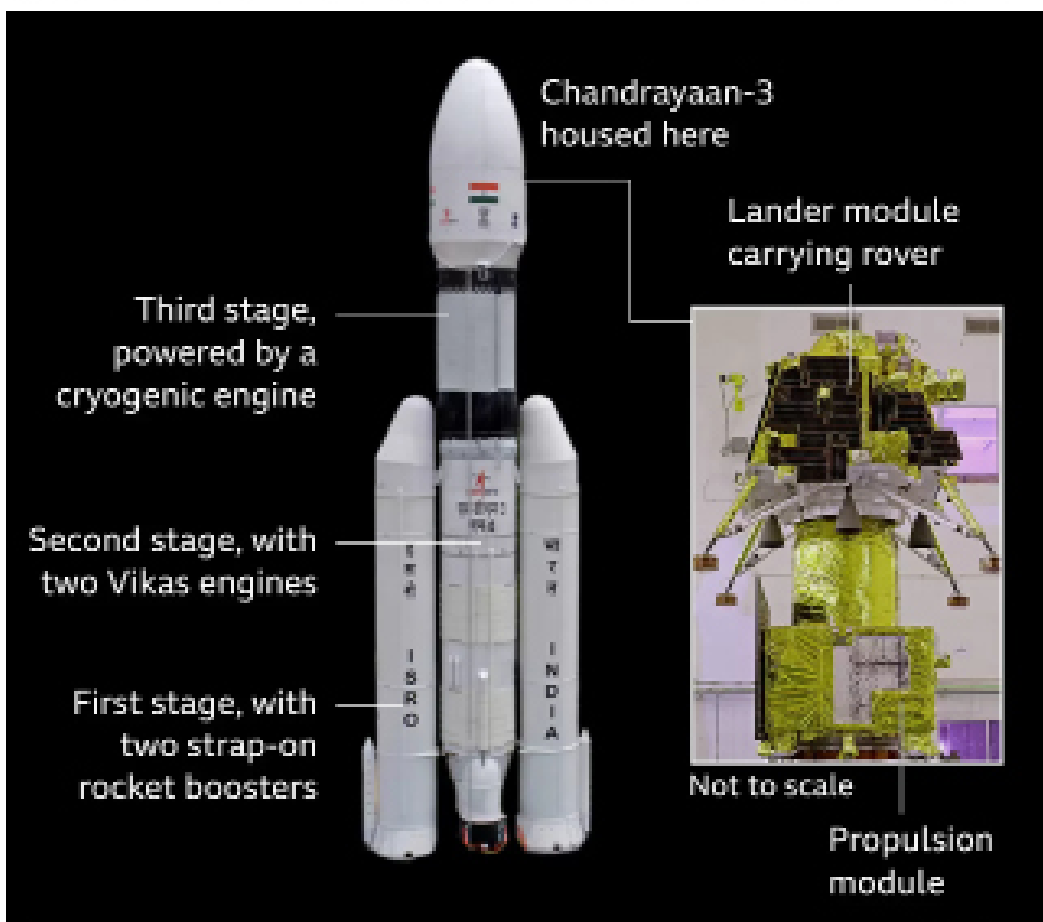
comprised an orbiter, a lander and a rover - was launched in July 2019 but it was only partially successful.

Its orbiter continues to circle and study the Moon even today, but the lander-rover failed to make a soft landing and crashed during touchdown. Indian Space Research Organisation (Isro) chief Sreedhara Panicker Somanath has said they have carefully studied the data from its crash and carried out simulation exercises to fix the glitches in Chandrayaan-3, which weighs 3,900kg and cost 6.1bn rupees (\$75m; £58m). The lander (called Vikram, after the founder of Isro) weighs about 1,500kg and carries within its belly the 26kg rover which is named Pragyaan, the Sanskrit word for wisdom. On Tuesday, Isro tweeted that the spacecraft had completed its orbits around the Earth and was headed towards the Moon. "A successful perigee-firing performed at Isro has injected the spacecraft into the translunar orbit. Next step: the Moon," it said. A perigee is the point in the orbit closest to the Earth. Now that the craft has entered the Moon's orbit,

scientists will begin reducing the rocket's speed gradually to bring it to a point which will allow a soft landing for Vikram. Once it lands, the six-wheeled rover will eject and roam around the rocks and craters on Moon's surface, gathering crucial data and images to be sent back to Earth for analysis.

"The rover is carrying five instruments which will focus on finding out about the physical characteristics of the surface of the Moon, the atmosphere close to the surface and the tectonic activity to study what goes on below the surface. I'm hoping we'll find something new," Mr Somanath has said. The south pole of the Moon is still largely unexplored - the surface area that remains in shadow there is much larger than that of the Moon's north pole, and scientists say it means there is a possibility of water in areas that are permanently shadowed. India is not the only country with an eye on the Moon - there's a growing global interest in it. And scientists say there is still much to understand about the Moon that's often described as a gateway to deep space.

The LVM3 launch rocket and Chandrayaan-3



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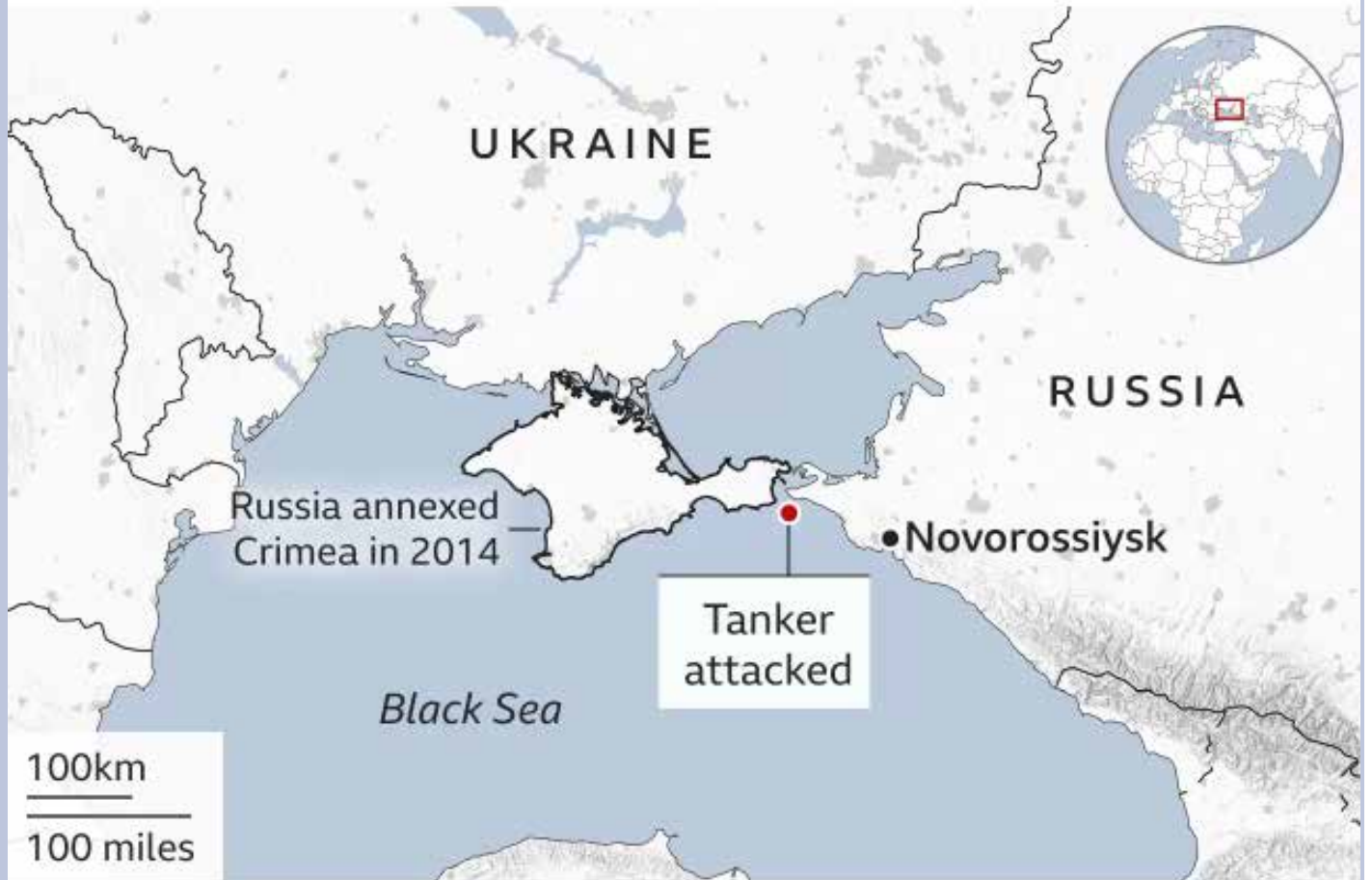
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World News

Russia says tanker hit in Ukrainian attack near Crimea

A Russian tanker with 11 crew members has been hit in a Ukrainian attack in the Black Sea, Russian officials say. They said the vessel's engine room was damaged in the overnight strike in the Kerch Strait. No-one was hurt. Ukraine has not publicly commented. But a Ukrainian security service source told the BBC a sea drone had been used. Saturday's attack is the second in as many days involving such weapons. Russia, however, has not admitted any damage during Friday's attack. Naval drones, or sea drones, are small, unmanned vessels which operate on or below the water's surface. Research by BBC Verify suggests Ukraine has carried out several attacks with sea drones. The Kerch Strait connects the Black Sea and the Sea of Azov, separating Crimea - Ukraine's peninsula annexed by Moscow in 2014 - and Russia's Taman peninsula. The Ukrainian security service source told the BBC Saturday's operation was also conducted jointly with the Ukrainian navy and that 450kg of TNT explosive had been used. The tanker was loaded with fuel, they said so the "fireworks" were visible from afar. Russia's maritime transport agency says the Sig tanker was located 17 miles (27km) south of the Crimean Bridge. Russia's state-run Tass news agency quoted an official from the country's regional Marine Rescue Co-ordination Centre (MRCC) as saying that two tugs had already arrived at the scene of the attack - just to the south of the Kerch Strait. "The engine room was damaged. Not much, but it was damaged," the official said. Russia's maritime transport agency RosMorRechFlot later said the vessel had a hole "in the area of [the] engine room near the waterline from the starboard side, presumably as a result of an attack by a sea drone". "The ship is afloat," it added. Russian state-run media also reported that lights on the Crimean Bridge - further north - were turned off and all traffic halted amid warnings of an imminent attack. On Saturday, Ukraine said it had designated six Russian black sea ports as being in "war risk" areas, indicating that it could be preparing further attacks on Moscow's territory.

Sea drone hits Russian tanker



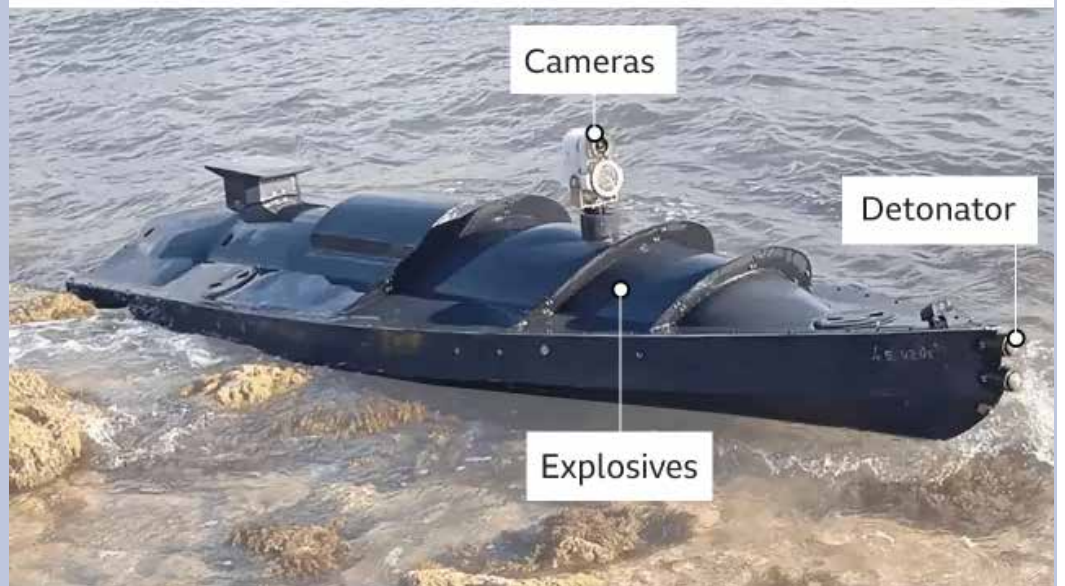
Oleksiy Danilov, the secretary of Ukraine's National Security and Defence Council, warned that Kyiv was preparing to expand the "scale" and "range of combat operations" in Russia. On Friday, a Russian naval ship suffered a serious breach in a Ukrainian naval drone strike near Russia's Black Sea port of Novorossiysk, Ukrainian security sources told the BBC. Footage later emerged purportedly showing the drone hitting the Olenegorsky Gornyyak large landing ship. Another unverified video showed a heavily listing vessel being towed to port. Russia's defence ministry said it had repelled a Ukrainian attack on its naval base in Novorossiysk which involved two sea drones, but did not admit any damage. Novorossiysk, a major hub for Russian exports, lies to the south-east of the Kerch Strait. Clashes in the sea have increased in recent weeks, after Russia abandoned a major UN deal that enabled grain to be safely exported across the Black Sea. Ukrainian ports have been pummelled by Russian drones and missiles, and Kyiv has threatened to retaliate. "It is clear that it is impossible to win the war if you are not ac-

tively attacking," said Ukraine's presidential adviser Mykhailo Podolyak, when asked about Western allies who may be becoming nervous about this war spilling well beyond its borders. He believes the apparent images of damaged Russian vessels will make Moscow "think twice about using the Black Sea for blackmail". While Kyiv denies drone strikes deeper inside Russia, it says it sees threats on occupied territories and surrounding waters as fair game. Russia

enjoys complete control of the Black Sea and Sea of Azov and two reportedly damaged ships are unlikely to change that. But previous Ukrainian counter-offensives have been fuelled by their ability to cut off major Russian supply lines. If it has indeed been able to immobilise a large Russian warship and oil tanker in two days, it will hope more will follow. This war's footprint seems to be getting bigger. In a separate development, talks started in Saudi

Arabia on Saturday on ways to end the war in Ukraine. Invitations have been sent to about 40 countries - but not Russia - to attend the meeting in the Red Sea city of Jeddah. Western leaders have been keen to downplay to potential for any major breakthrough at the conference, but China has agreed to send its special representative for Eurasian affairs, Li Hui. Russian President Vladimir Putin launched his full-scale invasion of Ukraine in February 2022.

Ukraine's drone boats



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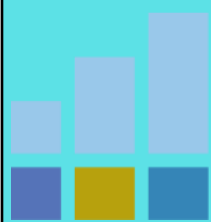
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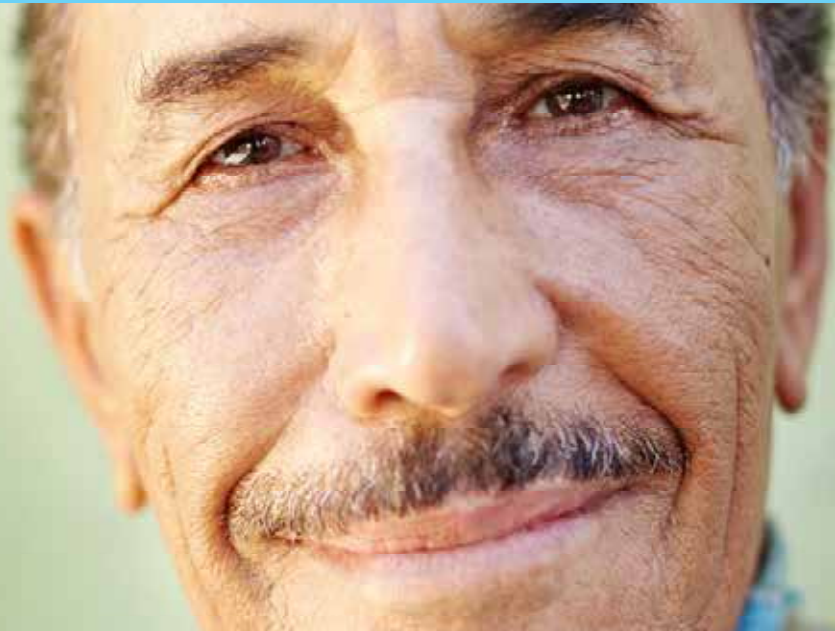
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World News

Imran Khan: Pakistan ex-PM given three-year jail sentence

Ex-Pakistan Prime Minister Imran Khan has called for nationwide protests after he was handed a three-year jail sentence over corruption allegations. Mr Khan was found guilty of not declaring money earned from selling gifts he received in office. He denies the charges and says he will appeal. After the verdict, Mr Khan was taken into custody from his home in Lahore. In a pre-recorded statement posted after the verdict, he urged supporters to fight against the ruling. "I have only one appeal, don't sit at home silently," he said in a video address posted to X, formerly known as Twitter. "I am struggling for you and the country and your children's future," he added. The former cricketer-turned-politician, 70, was elected in 2018, but was ousted in a no-confidence vote last year after falling out with Pakistan's powerful military. Mr Khan is facing more than 100 cases brought against him since his removal - charges he says are politically motivated. However, the government has adamantly denied that there was any political motivation in Mr Khan's arrest or disqualification. Marriyum Aurangzeb, Pakistan's minister of information and broadcasting, told the BBC: "You have to be accountable for your deeds in law. This has nothing to do with politics. A person who has been proven guilty by the court has to be arrested." Saturday's verdict centred on charges that Mr Khan incorrectly declared details of presents from foreign dignitaries and proceeds from their alleged sale. The gifts - reported to be worth more than 140m Pakistani rupees (\$635,000; £500,000) - included Rolex



watches, a ring and a pair of cuff links. "His dishonesty has been established beyond doubt," Judge Humayun Dilawar wrote in his ruling. Outside the courthouse, some pro-government demonstrators chanted "your show is over Khan". Judge Dilawar said police had been instructed to arrest Mr Khan immediately. Within 15 minutes of the verdict, footage began to circulate on social media showing a line of police cars and trucks taking him away. Imran Khan's lawyer, Intazar Hussain Panjutha, told the BBC the trial had been conducted by "a kangaroo-type court" in which "the accused was never given the opportunity to defend himself". "As a consequence of today's conviction, he has been barred to take part in the politics for five years," Mr Panjutha said. "But if the sentence and the conviction is suspended as we are

hoping by the superior courts, he will then be able to come back to politics." Mr Khan has been sent to Attock jail, a small facility in Punjab province with historical ties to the military, about 85km (52 miles) from the capital Islamabad. A number of members of Mr Khan's party have previously been held at the compound, local media reported. For months he had avoided arrest, with his supporters at times fighting pitched battles with police to keep him out of custody. In May, Mr Khan was arrested for not appearing at court as requested. He was then released, with the arrest declared illegal. When he was last arrested on 9 May, there were protests across Pakistan. Thousands of his supporters arrested were alleged to have been involved in the protests. Since then, Mr Khan and his political party have faced a dramatic

crackdown, with many of his senior leadership arrested, before announcing they were leaving the party. Many vocal supporters of Mr Khan - who would previously post regularly about him on social media - now feel nervous to express their opinion or even have quietly deleted their previous comments. Some of those arrested supporting Mr Khan will face trial in military courts, despite an outcry from many in human rights groups. Indeed, several hours after Mr Khan's arrest, there had not been the kind of mass political protests seen in May. In Lahore, the BBC Urdu team saw some supporters who had gathered outside his home chanting and waving flags picked up by police. Around Islamabad, there's no evidence of increased security. When questioned by BBC HARDTalk as to whether he had created an atmosphere of hostility to the military resulting in violence, Mr Khan said he and his party had never advocated the use of violence and had a record of peaceful protest. Mr Khan said the army in Pakistan was "petrified" of elections which his party would win "hands down" and, for that reason, "they're dismantling a democracy". Pakistan's army plays a prominent role in politics, sometimes seizing power in military coups and, on other occasions, pulling levers behind

the scenes. Many analysts believe Mr Khan's election win in 2018 happened with the help of the military. In opposition, he has been one of its most vocal critics, and analysts say the army's popularity has fallen. Since being ousted, Mr Khan has been campaigning for early elections, but Saturday's ruling means he will be disqualified from running in the much anticipated poll. Ms Aurangzeb insisted that there was "no correlation" between Saturday's ruling and he prospect of elections. "Just because there are elections down the road doesn't mean that you can't arrest him," she told the BBC. She accused Mr Khan of sidestepping and evading the law. Pakistan's parliament will be dissolved on August 9, leaving a caretaker government to take over in the run up to the elections. No election date has been announced, although constitutionally they should take place by early November. However, on Saturday the country's law minister said the new elections would have to take place after the results of a new census were implemented. Azam Nazeer Tarar told Geo News TV that it could take about four months to produce new constituency boundaries based from the count, potentially delaying the election by several months.



Food

Chilli Paneer Frankie Recipe

Chilli Paneer Frankie

Total Time: 30 min

Prep Time : 05 min

Cook Time : 25 min

Serves: 2 Servings

Ingredients

For Paratha:

1. 1 cup Maida
2. 1 cup whole wheat Flour
3. 1/2 cup Curd 1 tbsp Oil
4. For Frankie Masala
5. 2 tbsp Red chilli powder
6. 2 tbsp Coriander Powder
7. 1 tbsp Garam masala
8. 1/2 tsp Turmeric
9. 1 tsp Black Salt

For chilli paneer

1. 250 gram Paneer
2. 1/2 cup Capsicum, chopped
3. 1 cup Onion, chopped
4. 1/2 cups Spring Onion
5. 1 tbsp Soy Sauce
6. 1 tbsp Red Chilli Sauce
7. 1/2 tsp Green Chilli Sauce
8. 1 tbsp Garlic, finely chopped
9. 1/2 tsp Ginger, finely chopped
10. 2 tsp Green Chillies, finely chopped
11. 1 cup Onion, finely chopped
12. to taste Salt
13. 1/2 tsp Black pepper
14. As Required Oil for frying
15. 1 cup Cornflour
16. 1/2 cup Maida
17. 1/2 tsp Ginger garlic paste

How to

1. Knead a soft dough with For prepare frankie masala put all the ingredients in a bowl and mix it well.
2. Take a big bowl and put maida, whole wheat flour, salt, curd and oil. Mix well and kneading a dough with the water.
3. The dough should be like chapati dough. Keep it aside for few minutes.
4. Now take a dough and divide into for 6 equal parts. Rolled out these ball like chapati and heat a tawa and make parathas.
5. Now, take a bowl and put cornflour and maida in it. Add ginger garlic paste and salt, add water and make a slurry.
6. Cut the paneer into the cubes and add into the slurry, coated well. Heat the oil and frying them for light brown.
7. Set a kadhai on the gas stove and put some oil in it, When the oil gets hot, put choppes garic, ginger, green chillies and saute for few minutes.
8. Add choppes onion and capsicum, saute them for 2 minutes. Now, add black pepper, red sauce, soy sauce, chilli sauce, vinger and salt to taste.



9. Mix all the Ingredients and again make a slurry with 1 tbsp cornflour and water.
10. After that add fried paneer

cubes in it and mix them. Cook for 2 minutes and switch off the gas.

11. It's the time of assembling. Take one paratha sprinkle some frankie masala and put chilli paneer on it.

Sprinkle raw chopped onion.

12. Take foil papper put paratha on it and from the half and make a roll of paratha. Enjoy your chilli paneer frankie.

Schezwan Roti Noodles Recipe

Schezwan Roti Noodles Recipe

Total Time: 35 min

Prep Time : 20 min

Cook Time : 15 min

Serves: 2 Servings

Ingredients

1. 1 Cabbage (Thinly Sliced)
2. 1 Capsicum 1 Onion 1 Carrot
3. 1 Green Chillies (Chopped)
4. to taste Black Pepper
5. 2 tbsp Oil
6. 5 nos Roti

How to

7. First of all, heat a pan by adding oil, add one chopped onion and two lengthwise chopped green chillies and fry it lightly.
8. Simultaneously, add julienned chopped carrots and

capsicum and saute it. Add finely chopped cabbage and fry it too.

9. Now add a little black pep-

- per and salt to it and mix.
10. Keep the flame low and in the meantime roll the rotis and cut them thinly.

11. Put the chopped rotis in the pan and mix well with the vegetables.

12. Simultaneously, add 2 to 3

tablespoons of Schezwan sauce to it and mix well. Garnish with green coriander and serve hot.



Food

Quick Noodles Recipe

Quick Noodles Recipe

Total Time: 45 min

Prep Time : 15 min

Cook Time : 30 min

Serves: 2 Servings

Ingredients

1. 2 packets noodles
2. 1 tbsp vegetable oil
3. 1 cup onion, sliced
4. 1 cup pepper, sliced
5. 1 cup carrot, julienne
6. 1 cup spring onions, sliced
7. 1 cup mushrooms, sliced
8. 1/2 Iceberg/romaine lettuce
9. 1 tbsp ginger & garlic chilli paste
10. 1 tbsp soy sauce
11. 1 tbsp schezwan sauce
12. 1/2 tsp turmeric powder
13. 1 tsp sugar
14. 1 tbsp coriander, chopped
15. 1 tbsp lemon juice
16. 1 tsp vinegar



- How to**
- | | | | | |
|---|---|---|---|---|
| <ol style="list-style-type: none"> 1. Cook the noodles in boiling water according to the instructions depending upon the kind of noodles | <ol style="list-style-type: none"> 2. Add a few drops of oil to the noodles to prevent them from sticking to each other. | <ol style="list-style-type: none"> 3. In a wok, heat some oil to almost smoking point. 4. Then add the sliced onions, peppers, carrots, spring onions and mushrooms and the ginger garlic chilli paste. | <ol style="list-style-type: none"> 5. Mix the soy, schezwan, turmeric and the sugar in a small bowl and mix well. 6. Add this mix to the vegetables. Then add the noodles and toss well. Season | <ol style="list-style-type: none"> 7. Finish with chopped coriander and toasted crushed peanuts and lemon juice. |
|---|---|---|---|---|

Capsicum Stir Fry Recipe

Capsicum Stir Fry Recipe

Total Time: 40 min

Prep Time : 10 min

Cook Time : 30 min

Serves: 2 Servings

Ingredients

For the capsicum sauce:

1. 250 gm capsicum - de-seeded and finely chopped
2. 4 Tbsp oil
3. 1 tsp chilli garlic sauce
4. 1 Tbsp grated jaggery
5. 4 Tbsp lemon juice

For the veggies:

1. Red, green and yellow capsicum - de-seeded and shredded
2. 50 gm tender green beans
3. 1 tsp chopped garlic
4. 1 Tbsp sunflower oil
5. 2 tsp sesame oil
6. 8 roughly chopped spring onions
7. 25 gm unsalted cashew nuts
8. 1 Tbsp honey
9. 1 tsp soya sauce



- How to**
- | | | | | |
|---|---|---|--|--|
| <ol style="list-style-type: none"> 1. Heat oil for capsicum sauce and saute capsicum and chilli sauce for 15-20 minutes. | <ol style="list-style-type: none"> 2. Add jaggery and lemon juice to pan. 3. Puree sauce and season well. | <p>For the veggies:</p> <ol style="list-style-type: none"> 1. Heat both oils together and add capsicum, beans and garlic. Stir-fry for 1 minute. | <ol style="list-style-type: none"> 2. Continue cooking for a further minute and stir in honey and soya sauce. | <ol style="list-style-type: none"> 3. Place on top of the sauce before serving. |
|---|---|---|--|--|



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Fans react on social media to USA's shocking elimination from Women's World Cup

Disaster has struck for the United States Women's National Team. Despite an incredibly hard-fought battle in the round of 16, arguably the U.S.'s best-played game of this tournament, the Americans fell to Sweden and are out of the 2023 FIFA Women's World Cup.

The loss came in heartbreaking fashion — a 5-4 penalty shootout in which the winning Sweden penalty just barely crossed the line despite goalkeeper Alyssa Naeher's best effort to make one more incredible save.

It is the earliest exit the United States has ever had in the Women's World Cup and ends the team's bid to become the first ever to win the tournament three straight times.



Sports News

Members of America Fiji Golf Club Tour Fiji on a Charity Mission with few rounds golf

Visiting WOWSKIDS Suva Fiji



Visiting Treasure House, Nadi



Visiting Dilkusha Home, Nausori



Sports News

Denarau Golf Course



MATCH SCHEDULE FIFA Women's World Cup Australia & New Zealand 2023™

Group Matches														Round of Sixteen				Quarter Finals		Semi Finals		3 rd Place & Final	
THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
20 July	21 July	22 July	23 July	24 July	25 July	26 July	27 July	28 July	29 July	30 July	31 July	1 August	2 August	3 August	4 August	5 August	6 August	7 August					

Host	Opponent	Time	Host	Opponent	Time	Host	Opponent	Time	Host	Opponent	Time	Host	Opponent	Time	Host	Opponent	Time	Host	Opponent	Time				
NZL	AUCKLAND / TAMAKI MAKAURAU	19:00	NZL v NOR	AUS	19:00	FRA v JAM	NZL	19:00	PHI v SUJ	AUS	19:00	NGA v CAN	NZL	19:00	ESP v CRC	AUS	19:00	DEN v CHN	NZL	19:00	ZAM v JPN			
AUS	SYDNEY / GADIGAL	19:00	FRA v JAM	NZL	19:00	PHI v SUJ	AUS	19:00	NGA v CAN	NZL	19:00	ESP v CRC	AUS	19:00	DEN v CHN	NZL	19:00	ZAM v JPN	AUS	19:00	AUS v IRL	AUS	19:00	AUS v DEN
NZL	DUNEDIN / OTEPOTI	19:00	PHI v SUJ	AUS	19:00	NGA v CAN	NZL	19:00	ESP v CRC	AUS	19:00	DEN v CHN	NZL	19:00	ZAM v JPN	AUS	19:00	AUS v IRL	AUS	19:00	AUS v DEN	AUS	19:00	W54 v W56
AUS	MELBOURNE / NAARM	19:00	NGA v CAN	NZL	19:00	ESP v CRC	AUS	19:00	DEN v CHN	NZL	19:00	ZAM v JPN	AUS	19:00	AUS v IRL	AUS	19:00	AUS v DEN	AUS	19:00	W54 v W56	AUS	19:00	W58 v W60
NZL	WELLINGTON / TE WHANGANUI-A-TARA	19:00	ESP v CRC	AUS	19:00	DEN v CHN	NZL	19:00	ZAM v JPN	AUS	19:00	AUS v IRL	AUS	19:00	AUS v DEN	AUS	19:00	W54 v W56	AUS	19:00	W58 v W60	AUS	19:00	W59 v W61
NZL	HAMILTON / KIRIKIRIROA	19:00	ZAM v JPN	AUS	19:00	AUS v IRL	AUS	19:00	AUS v DEN	AUS	19:00	W54 v W56	AUS	19:00	W58 v W60	AUS	19:00	W59 v W61	AUS	19:00	W53 v W55	AUS	19:00	W57 v W58
AUS	BRISBANE / MEANJIN	19:00	ENG v HAI	NZL	19:00	USA v NED	AUS	19:00	FRA v BRA	NZL	19:00	IRL v NGA	AUS	19:00	KOR v GER	NZL	19:00	HAI v DEN	AUS	19:00	MAR v COL	AUS	19:00	3 rd Place
AUS	PERTH / BOORLOO	19:00	DEN v CHN	NZL	19:00	USA v NED	AUS	19:00	FRA v BRA	NZL	19:00	IRL v NGA	AUS	19:00	KOR v GER	NZL	19:00	HAI v DEN	AUS	19:00	MAR v COL	AUS	19:00	3 rd Place
AUS	ADELAIDE / TARNTANYA	19:00	BRA v PAN	NZL	19:00	USA v NED	AUS	19:00	FRA v BRA	NZL	19:00	IRL v NGA	AUS	19:00	KOR v GER	NZL	19:00	HAI v DEN	AUS	19:00	MAR v COL	AUS	19:00	3 rd Place
AUS	SYDNEY / WANGAL	19:00	AUS v IRL	NZL	19:00	USA v NED	AUS	19:00	FRA v BRA	NZL	19:00	IRL v NGA	AUS	19:00	KOR v GER	NZL	19:00	HAI v DEN	AUS	19:00	MAR v COL	AUS	19:00	3 rd Place

* NOTE: Match 1 is the Opening match including the Opening Ceremony

Subject to Change
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Sports News

No Handshake, No problem As Elina Svitolina Downs Victoria Azarenka

Ukraine's Elina Svitolina grabbed a second straight victory over Victoria Azarenka of Belarus at the WTA Tour DC Open in Washington on Monday, weeks after the duo's Wimbledon clash was marred by a handshake controversy. Azarenka was booed off court at Wimbledon earlier this month after her defeat to Svitolina, with fans apparently perceiving she had snubbed her Ukrainian opponent by not advancing to the net for a handshake. In fact, Svitolina did not offer a handshake -- something she has declined to do with players from Russia and Belarus ever since the invasion of her homeland. Belarus is a key military ally of Moscow. On Monday, tournament organizers in Washington aimed to pre-empt any possible repeat of the controversy by informing fans before the match there would be no handshakes. "At the conclusion of the match

there will be no handshake between the players," a message on an arena screen said beforehand. "We appreciate your respect for both athletes during and following the match, and for your understanding during these difficult circumstances." With that issue settled, it was left to the two rivals to serve up a hard-fought if error-strewn battle that saw no fewer than 17 breaks of serve before Svitolina finally prevailed 7-6 (7/2), 6-4. Svitolina clinched victory by breaking Azarenka's serve in the 10th game of the second set. A wild Azarenka backhand presented Svitolina with a match point which she duly converted on the first attempt after bludgeoning a forehand winner into the corner. Listen to the latest songs, only on JioSaavn.com Azarenka saluted Svitolina's victory with a fleeting thumbs up before heading off the court.



Max Verstappen Makes Light Of Spa Penalty To Secure Eighth Straight Win



Max Verstappen reeled off his eighth successive win of the season at the Belgian Grand Prix on Sunday with his Red Bull teammate Sergio Perez in second. Verstappen also won Saturday's sprint race at Spa-Francorchamps to maintain his relentless charge to a third Formula One world title. "I knew we had a great car, it was just about surviving turn one," said Verstappen, who started in sixth on the grid despite topping qualifying after a penalty for a new gearbox. "It is a new spot P6 (to win from). We made all the right moves," added Verstappen. Perez, who led for much of the early part of the race, said: "It was a good race for the team. We had a great start, to get through Charles (Leclerc), and I was doing my own race -- but Max came through pretty fast on the second stint. There was nothing I could do." Pole-sitter Leclerc took third with Lewis Hamilton in fourth. "It was pretty good for us in terms of pace, but looking at Red Bull we have a lot of work to do"

said Leclerc. Verstappen's latest demonstration of dominance extended Red Bull's record this year to 15 wins from 15 races -- 12 grands prix and the three sprints. He can draw level with Sebastian Vettel's 2013 record of nine straight Formula One wins in front of his home fans at the Dutch Grand Prix at the end of August. In the drivers championship he moved on to 314 points, 125 clear of Perez. Perez had taken the lead at the start from pole-sitter Leclerc with Verstappen soon climbing up to race second. And by lap 17 of 44 the Belgian-born Dutch driver was back in the place he has spent the majority of this season - out in front, sweeping past Perez to his 45th career win. Listen to the latest songs, only on JioSaavn.com Two-time champion Fernando Alonso finished fifth for Aston Martin ahead of George Russell in the second Mercedes, McLaren's Lando Norris, Esteban Ocon of Alpine and Lance Stroll in the second Aston Martin. Yuki Tsunoda was 10th for Alpha Tauri.

Sports News

"Sometimes You Need To...": West Indies Star Kyle Mayers Finally Opens Up On Banter With Virat Kohli During IPL

One of the most talked about incident of the Indian Premier League (IPL) 2023 was the face-off of Royal Challengers Bangalore's Virat Kohli with Lucknow Super Giants members, particularly mentor Gautam Gambhir and pacer Naveen-ul-Haq. Throughout the match, Kohli could be seen being quite animated whenever an LSG batter was getting dismissed during the chase. After the match ended, the Kohli and Gambhir shook hands and things looked perfectly normal. Then, LSG opener Kyle Mayers walked up to Kohli and started saying something to the RCB great. It was at this point, Gambhir came and took Mayers away. A little while after this incident, visuals from the match showed Gambhir being quite animated and saying something to Kohli, who seemed to be the calmer person between the two. Other players, including KL Rahul, and support staff separated the two. Then, Kohli was seen

having a lengthy chat with LSG captain Rahul. Mayers recently opened up on the 'banter' that he had with Kohli during the IPL. "You had a little bit of banter with Virat Kohli in the IPL, what do you think of his aggression in the game?" Kyle Mayers was asked on Fan Code. "It's great, sometimes you need to get at your opposition, to create any chance to get out of the game. Being aggressive is always good, it shows courage and the willingness to get your team over the line," said Mayers in reply. Both Kohli and Gambhir were fined after the incident. In its release, the IPL said: "Lucknow Super Giants' Mentor Gautam Gambhir has been fined 100 per cent of his match fee for breaching the IPL Code of Conduct during the TATA Indian Premier League (IPL) 2023 match against Royal Challengers Bangalore at the Bharat Ratna Shri Atal Bihari Vajpayee Ekana Cricket Stadium, Lucknow. "Gambhir ad-



mitted to the Level 2 offence under Article 2.21 of the IPL Code of Conduct. Royal Challengers Bangalore batter Virat Kohli has been fined 100 per cent of his match fee for breach-

ing the IPL Code of Conduct during the TATA Indian Premier League (IPL) 2023 match against Lucknow Super Giants at the Bharat Ratna Shri Atal Bihari Vajpayee Ekana Cricket

Stadium, Lucknow. Kohli admitted to the Level 2 offence under Article 2.21 of the IPL Code of Conduct," IPL said in a press release.

"Sourav Ganguly Hadn't..." Ex-Selector On Why MS Dhoni Missed 2004 Pakistan Tour

Former BCCI selector Saba Karim revealed that he had pitched MS Dhoni's name for

India's squad which travelled to Pakistan in 2004 but it did not work out as then skipper

Sourav Ganguly had not seen him in action. During a recent interaction, Saba talked about

how he saw Dhoni perform for Bihar and was impressed by the determination shown by the ex-India skipper. Dhoni was not selected for the 2003-04 series against Pakistan but in 2004, he went on to make his ODI debut against Bangladesh. He was also a part of the India squad for the 2005 home series against Pakistan. "The first time I saw MS Dhoni, it was his second year in the Ranji Trophy. He used to play for Bihar. I saw him batting and keeping, and I still remember while he was batting, he had that brilliance which we even saw later, playing big lofted shots to a spinner or a pace bowler. For wicket-keeping, the footwork that one should have was lacking a bit. We worked with him on this at that time, and MS Dhoni's greatness lies in this that he still remembered what he was taught then. When we would chat, he'd speak about it. It was a turning point in MS' career where he actually got going. In one-dayers, we started to let him open because his bat-

ting was so strong and he used to get quick runs," he said on JioCinema. "The second turning point was the tri-series in Kenya between India 'A', Pakistan 'A', and Kenya. MS Dhoni got an opportunity to play because Dinesh Karthik was joining the national team. There, MS kept the wickets well and for batting don't even ask! We played against Pak 'A' twice and he batted so well in the series." Listen to the latest songs, only on JioSaavn.com "From there it was a turning point in his career and after that, his name was in the reckoning. I even remember I was in Calcutta at that time, and Sourav (Ganguly) was the captain. I went to meet him and I told him there is this keeper who should come into the Indian team because he was batting so well and was such a safe keeper. Unfortunately, Sourav hadn't seen MS play just before we toured Pakistan, and he wasn't selected for that tour. But he was after that," he added.



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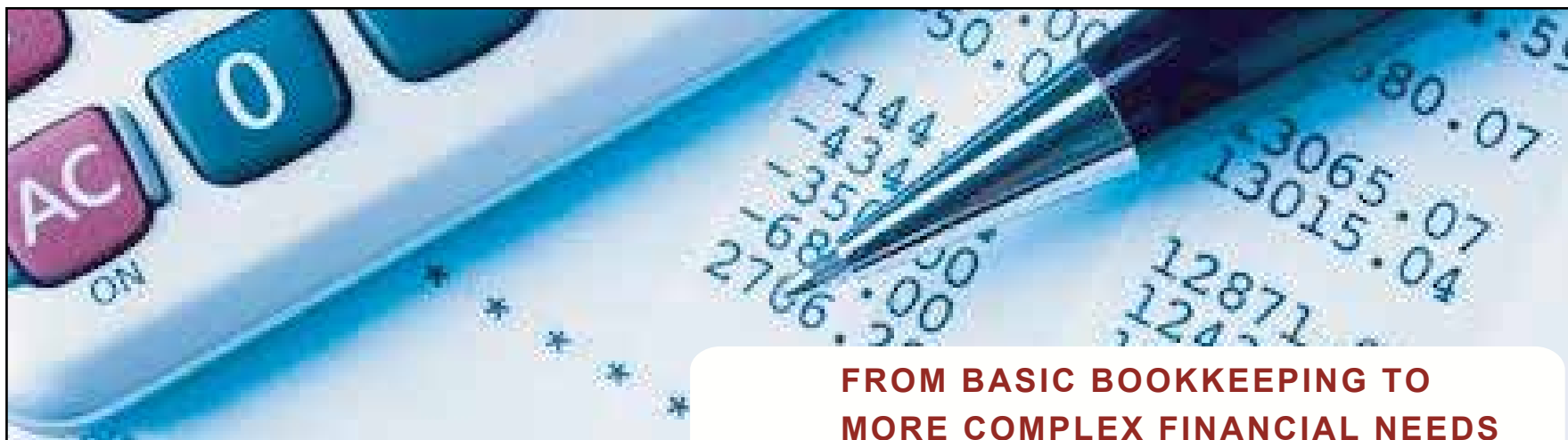
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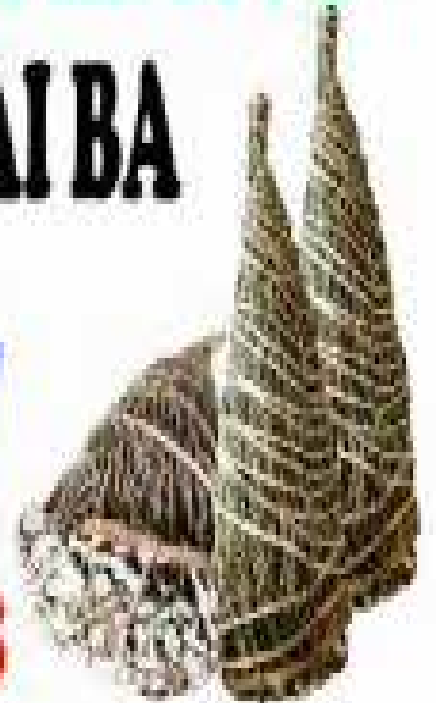
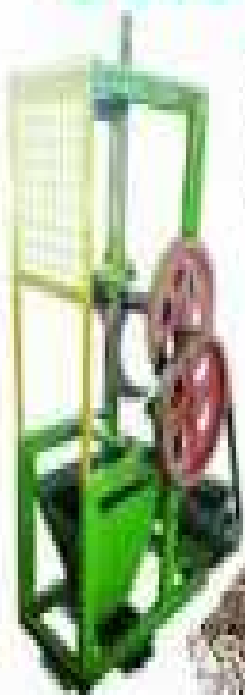
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Horoscope July 2023

Aries

- March 21 - April 20

Talking to those you trust and respect will help you sort out any problems. Problems with skin, bones, or teeth may mess up your schedule. Try to curb overindulgence this month. Your uncanny insight will help you make the right choices.

Your luckiest events this month will occur on a Sunday.

Taurus Information

- April 21 - May 20

Your outgoing nature will surprise others this month. Friendships will be ruined if you let too many people get involved in any disputes. You need an outlet that will not only stimulate you but also challenge your intelligence as well. You must not let others talk you into doing things that will probably limit you financially at a later date.

Your luckiest events this month will occur on a Tuesday.

Gemini Information

- May 21 - June 21

Jealous attitudes may lead you astray. Female colleagues may be able to help you get the job done. Put your efforts into making constructive improvements to your environment and to your state of mind. Socializing will be more than just entertaining.

Your luckiest events this month will occur on a Saturday.

Gemini Information

- May 21 - June 21

You will make new friends through physical activities. If you can include them in your plans, do so. Your home may be in an uproar and you are best to stay out of the line of fire if at all possible. Someone may try to damage your reputation.

Your luckiest events this month will occur on a Monday.

Leo Information

- July 23 - August 22

Your moneymaking opportunities will flourish. Romance will be on your mind, and chances for ideal connections are in the works. Put your time and energy into travel, philosophy, and soul-searching. Direct your energy into physical exertion. Residential moves will be

favorable.

Your luckiest events this month will occur on a Tuesday.

Virgo Information

- August 23 - September 22

Your lover may cost you financially. You can make rewarding connections through the organized groups you associate with. You may have a hard time relating to children this month. Secret affairs will eventually backfire on you.

Your luckiest events this month will occur on a Wednesday.

Libra Information

- September 23 - October 22

You will find that social activities will be enjoyable and will promote new connections. You have to believe in yourself and your talents. You can meet a new romantic partner or secure the love connection you already have by going out and entertaining yourself. It may not be the best time to socialize with clients or colleagues this month.

Your luckiest events this month will occur on a Friday.

scorpio Information

- October 23 - November 21

Try not to make waves. Your talents are likely to be discovered. Someone you least expect could be trying to make you look bad. You can make changes to your living quarters, but not everyone will be pleased with your efforts.

Your luckiest events this month will occur on a Friday.

Sagittarius Information

- November 22 - December 20

Expect to experience a sudden reversal of fortune. You need a break from your daily routine. This is a wonderful day to look into courses or hobbies that interest you. Knowledge can be acquired if you listen.

Your luckiest events this month will occur on a Wednesday.

Capricorn Information

- December 21 - January 19

Voice your opinions and

contribute to the debate. Be prepared to make changes to your personal documents. Your temper may get the better of you if a colleague has tried to ruin your reputation. Changes in your domestic scene are evident.

Your luckiest events this month will occur on a Thursday.

Aquarius Information

- January 20 - February 18

Opportunities for romance will develop through activities with large groups. You will be in a high cycle regarding work. You should be looking into making changes around the house. Advancement can be yours if you are assertive in your approach.

Your luckiest events this month will occur on a Saturday.

Pisces Information

- February 19 - March 20

Be prepared to make changes to your personal documents. You may have major blowups with someone you love if you don't back down. Look into any educational activities involving the whole family. You can pick up wonderful buys if you really look hard this month.

Your luckiest events this month will occur on a Thursday.

ZODIAC SIGN FACTS

Aries :

As the first sign of the Zodiac, Aries generally want to be in charge and in positions of leadership.

Taurus :

Taurus do not want to live scattered lives. They prefer to keep their life and actions in a slow and steady pace.

Gemini :

Gemini are very fond of words and communication. Most people will never be able to outwit a Gemini.

Cancer :

Cancers are sensitive and kind. They are natural caregivers.

Leo :

Leos have a naturally joyous and generous personality. They draw people to them magnetically.

Virgo :

Virgos often prefer to keep their lives on a strict schedule. Disorder and chaos can be very stressful for them.

Libra :

The main focus of a Libras life is often harmony. They want everything and everyone to be fair and balanced.

Scorpio :

More than any other sign, Scorpios want to find the depth in people. They do not enjoy looking at life from a surface level.

Sagittarius :

Sagittarius prefer to keep life fun and lighthearted. They are interested more in spiritual learning than academic.

Capricorn :

Capricorns look at life from an analytical perspective. They are not controlled by their emotions.

Aquarius :

As the Zodiac's eccentric, Aquarius tends to think the weirder something is, the better.

Pisces :

As the last sign of the Zodiac, Pisces carry a little bit of all the other zodiac signs within them; therefore, they can relate and sympathize with almost anyone.

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TOP 10 RULES OF CANCER

1. Give respect / Get respect
2. Be real or leave
3. Actions speak louder than words
4. I suck at apologies
5. You should have listened to me
6. Whatever you do, I'll find out
7. Don't let my honesty offend you
8. Chill and accept the crazy
9. I make my own rules
10. Sarcasm because beating people up is illegal

Healthy Living Guide

A DIGEST ON HEALTHY EATING AND HEALTHY LIVING

From the Department of Nutrition at the Harvard T.H. Chan School of Public Health



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- The science of cravings
- Exploring aquatic foods



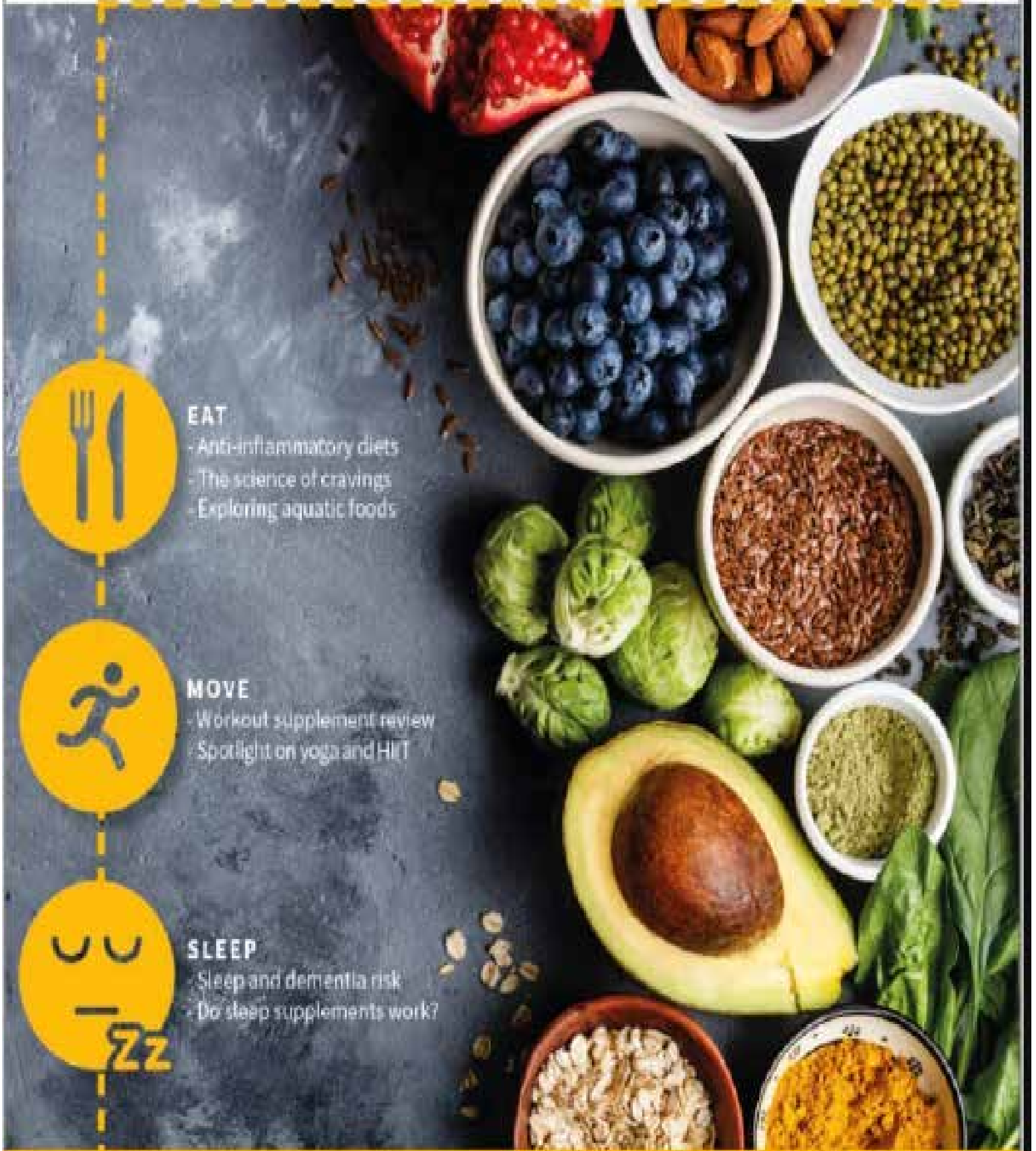
MOVE

- Workout supplement review
- Spotlight on yoga and HIIT



SLEEP

- Sleep and dementia risk
- Do sleep supplements work?



Sports News

Rs 8100 Crore Plus: BCCI Eyes Mega Cash Windfall With Home Media Rights



The Indian cricket board is expecting to breach the USD 1 billion (INR 8200 crore approx) mark in its cumulative earnings from selling the separate TV and digital rights for India's 88 home games during the five-year period till March 2028. The highlight of this new cycle will be 21 home games against Australia (five Tests, 6 ODIs and 10 T20Is) along with 18 games against England (10 Tests, 3 ODIs and 5 T20Is) out of the 25 Tests, 27 ODIs and 36 T20Is. During the last five-

year phase (2018-23), the BCCI had earned USD 944 million (INR 6138 crore approx in 2018 exchange rate) from Star India with a price per international game being Rs 60 crore (digital plus TV). Unlike last time, the BCCI will invite separate bids for TV and digital rights after a whopping INR 48,390 crore earning during the IPL media rights auction where Reliance won the digital bid and Star won the TV rights. The bidding process will once again be conducted through e-auction just

like it happened with the IPL media rights as it is considered the most transparent process for best price discovery. Those who are tracking the developments feel that even digital rights for Indian cricket will skyrocket and the response for TV will be way more tepid in comparison. "It is difficult to put a number right now as the value of dollar to rupee has also changed from the exchange rate of last time. But don't be surprised if digital rights earns way more than TV," a broadcaster involved in

this business said. While there are number of companies who has bought the bid document worth Rs 15 lakh, the three serious bidders for India's (men and women's) home matches are going to be Disney-Star and Reliance-Viacom while Zee could be a big contender if the merger with Sony is completed before the auction scheduled during the first week of September. "It is too early to comment but there will be only three serious bidders if Zee-Sony conglomerate joins the bidding war. There are

many things one needs to factor in. Two entities -- Reliance and Star -- had gone all out for IPL rights. Star also owns the ICC tournament property. So how much each will stretch is a question," a senior executive from one of the broadcasters told PTI on conditions of anonymity. "As far as Amazon is concerned, they didn't even bid for IPL, which is BCCI's biggest property right now." But, considering there is a World Cup happening in three months and in case India doesn't win the championship, the subsequent few months could be bad in terms of advertisement revenue. "There are 25 home Tests in this cycle. But if you check out last cycle, how many Tests practically went into the fifth day? Most Tests in India end inside three days. The broadcaster will factor that in," another broadcaster said. "Obviously a series against Sri Lanka or Afghanistan won't fetch you the amount that England or Australia will get you. The ad rates per second for a T20 match will be more than most Test matches. So when your company puts in a bid, these things are kept into account. Listen to the latest songs, only on JioSaavn.com "Also you need to ensure your current stars play 'x' number of games in that cycle in this day and age of workload. The NDA has a clause," he added.

Italian Football Clubs Lost 3.6 Billion Euros During Covid Pandemic: Report

Italian professional football clubs lost 3.6 billion euros (\$3.97 bn) between 2019 and 2022 due to Covid and pandemic-related restrictions, according to an annual report. According to the 2023 edition of ReportCalcio published by the Italian Football Federation, the top three divisions lost an average of 1.2 billion euros per year during the Covid period, while their cumulative losses were 412 million euros in 2018-19, before the pandemic. Losses for the 2021-22 season alone, the last considered for this report, amounted to 1.4 billion euros, "the worst ever recorded in the fifteen years that this annual report has been published," it said. Italian Football Clubs Lost 3.6 Billion Euros During Covid Pandemic: Report

AFP Italian professional football clubs lost 3.6 billion euros (\$3.97 bn) between 2019 and 2022 due to Covid and pandemic-related restrictions, according to an annual report. According to the 2023 edition of ReportCalcio published by the Italian Football Federation, the

top three divisions lost an average of 1.2 billion euros per year during the Covid period, while their cumulative losses were 412 million euros in 2018-19, before the pandemic. Losses for the 2021-22 season alone, the last considered for this report, amounted to 1.4 billion euros, "the worst ever recorded in the fifteen years that this annual report has been published," it said. Italian Football Clubs Lost 3.6 Billion Euros During Covid Pandemic: Report File photo of Juventus football team.

AFP Italian professional football clubs lost 3.6 billion euros (\$3.97 bn) between 2019 and 2022 due to Covid and pandemic-related restrictions, according to an annual report. According to the 2023 edition of ReportCalcio published by the Italian Football Federation, the



a fleet of notoriously outdated stadiums. Ticketing revenue for all Italian professional football was 254 million euros in 2021-22, compared to 226 million a year earlier, but still far from the 341 million of 2018-19, the

last season before the pandemic. Listen to the latest songs, only on JioSaavn.com By comparison, Manchester United alone generated 126 million euros in ticketing revenue in 2021-22, according to the Deloitte report.

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ISA CANADA BORN FIJIAN SOCCER GIRLS TOUR FIJI FOR THE FIRST TIME.

What a Blessing Day - Visited Tavua Primary , Tavua College , Tavua District and Xavier College match . The players got emotional and couldn't hold their tears as they met the school children. They were overwhelmed with their love and kindness, friendliness. That's Fiji. The players played with the children of both schools. The school provided refreshments. The team also did donations to the school. Former Fiji Suva Legendary striker Jone Ratu was also present and shared words of wisdom.

The Vancouver Fiji FC players were provided lunch organized by Irene Rose , Shivam Naidu , Girish at Tavua Methodist Church.

Then drove to Xavier College and played the match against Xavier College winning 3-0. Treated with refreshment and Dinner provided by Naha Dayal (VFFCAF player) grandmother who cooked chicken chopsuey for the team .

A memorable day
Source Ronald Chaudhry.



News



Lionel Messi scores spectacular free kick thriller; Inter Miami advances to Leagues Cup quarterfinals

The Messi magic continues as the World Cup winner delivered a spectacular free kick late in Inter Miami's Leagues Cup match with FC Dallas, tying the game 4-4. Miami ultimately won on penalty kicks. In the 85th minute of Sunday's game, Lionel Messi — facing a 4-3 deficit — stepped up to take a free kick approximately 20 yards from the goal. Despite a strong attempt from the FC Dallas keeper Maarten Paes, Messi's shot hit the right upper 90 and found the back of the net. Messi scored twice in the contest which saw Miami leading early, falling behind 3-1 then 4-2, but ultimately winning on PKs, 5 to 3.



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