



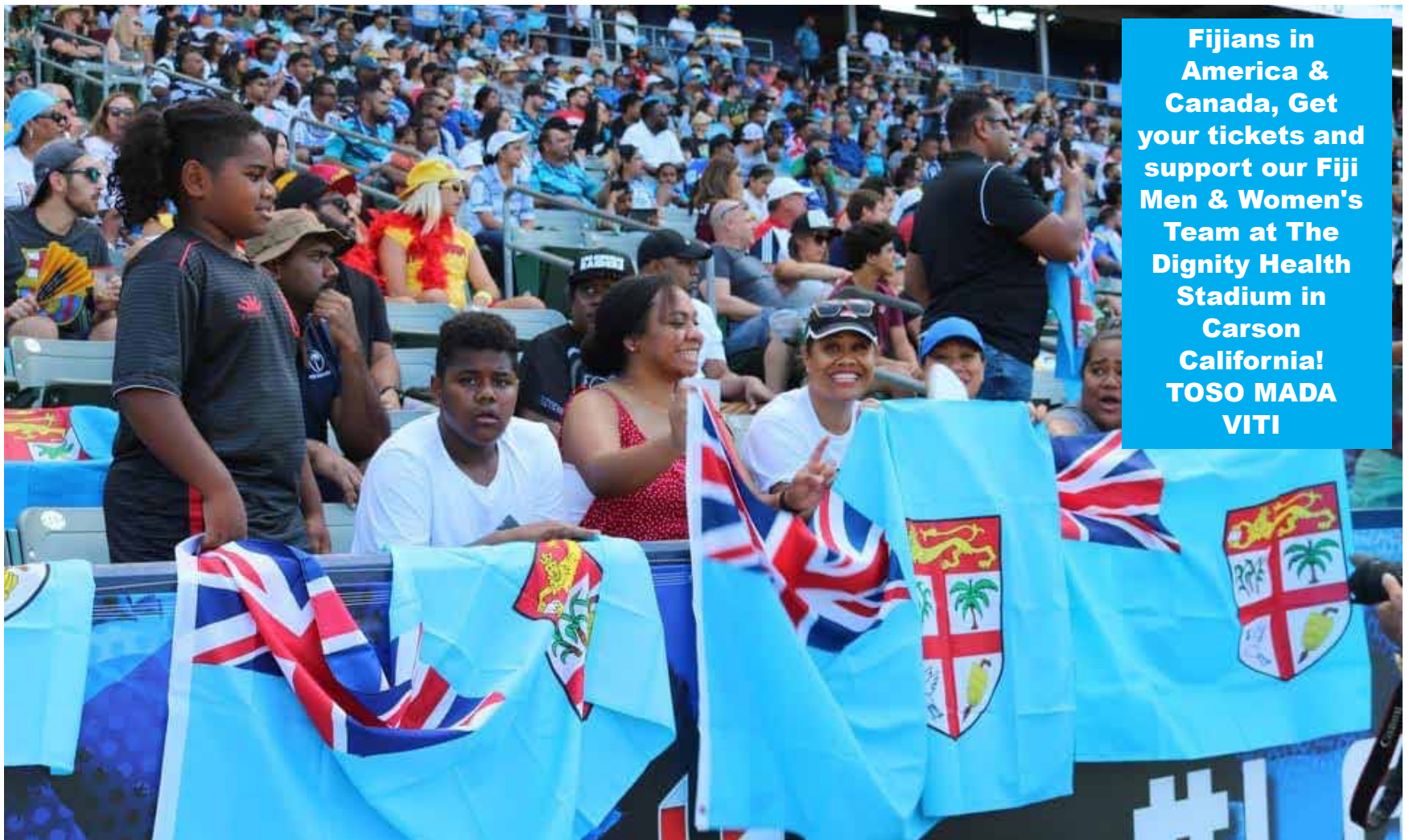
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*Professor Roy Krishna, Ph.D. FCP
Biography*

Originally from Suva, Dr. Krishna completed his high school education at All Saints Secondary School in Labasa. He then left for Hobart Tasmania where he completed his HSC and moved to Monash University & Monash Medical Center Melbourne where he completed his Ph.D in Medicine (Pharmacology/Ob/Gyn).

Thereafter he pursued a postdoctoral fellowship at New York University (NYU) Medical Center-Tisch and Bellevue hospitals in New York City and then joined the faculty. He was later conferred a Fellowship of the American College of Clinical Pharmacology.

He then returned to Fiji to be part of the team involved in the restructuring of Fiji School of Medicine as they became an autonomous institution. He took up the role of Associate Professor-Pharmacology and was later appointed the Head of School of Health Sciences.

See Page 4




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Fijian Government



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SITIVENI RABUKA



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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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Accomplished, Dr. Krishna and his world medical contributions

Continued from Page 1



Professor Roy Krishna, Ph.D. FCP
Biography

During his tenure in Fiji Dr. Krishna was involved in various charitable and other organizations namely serving a President of the SPCA and two terms as President of Fiji Club. He was also the Chair of the Fiji Human Rights Group.

Since his return to the USA, Dr. Krishna has held the position of Professor & Director of Pharmacology and Chair-SPC at the College of Osteopathic Medicine in Las Vegas Nevada. He is also Adjunct Professor of Pharmacology for Kaplan Medical where he is actively involved in Step1 USMLE and COMLEX reviews throughout the USA and in Mexico, Caribbean, Poland, India, UAE, South America and Saudi Ara-

bia. In addition he is an Adjunct and Visiting Professor at various other institutions.

He has been deeply committed to medical education, research and development both nationally and globally and has given several keynote presentations at international conferences.

In 2020 was appointed as a Consultant and Adjunct Professor to the University of Fiji, Umanand Prasad School of Medicine (UPSM) and developed the Medical Health Sciences Program which was launched later that year. He is currently the Chair of the UPSM review committee.

In November 2020 he was awarded Fiji's 50th Independence Medal

for his contributions to the development of medical education and research in Fiji.

Both his parents were prominent school Principals in Fiji, eventually retiring from their respective positions in Labasa. His father, Mr. Ankim Krishna was actively involved in community activities and charitable organizations. He was Secretary of the Fiji Scouts Association and Director of Fiji Society of the Blind. In 1989 he was awarded the Medal of Order of Fiji for his contributions to the country.

Dr. Krishna is married to Nileseni Gopal and has a daughter Myra Krishna.

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Editorial

Fiji Celebrates New Year as New Government Takes Control

By Jayant Singh,

After months of speculation and a closed-circuit campaign, Fiji has elected a new collation government comprising for People Alliance Party (PAP), National Federation Party (NFP), and Social Democratic Liberal Party (SODELPA). The new Prime Minister Sitiveni Rabuka with the thinnest of margin through the collation is moving forward with his promised manifesto that will

shape the country's future for the next 4 years. The collation has agreed to kingmaker, SO-DELPA's number of conditions which include the reenactment of the Great Council of Chiefs and the establishment of the Fiji Embassy in Jerusalem.

The 16-year rule of former Prime Minister Vorege Bainimarama with his Fiji First Party (FFP) will now be in opposition and will have its fingers crossed

for any division in the 3-way coalition that could trigger his return to power under a minority government. Bainimarama pulled the highest number of votes and his party FFP also raked in the majority seats for an individual party. The country now awaits the deliverance of promises by the coalition and many are optimistic about a bright future but others are still wary of the possibility of turbu-

lences that can happen with a single seat holding the balance of power. The coalition won 28 and FFP won 27 seats.

Nevertheless, the country is ready to move ahead and many leaders in the region are sending congratulatory messages to the new PM who has promised peace and progress through the new coalition. Prime Minister Sitiveni Rabuka also has declared two more public holi-

days for the year 2023 with one being Girit Day and the second one being Ratu Sukuna Day. The Prime Minister also mentioned that this is a People's Government. From the Team here at The US Fiji Times, we wish the new Government all the very best. Let our Beautiful Fiji Shine. God Bless Fiji!

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Fiji News

FCEF EXECUTIVE COMMITTEE MEET WITH MINISTER SINGH

The Minister for Employment, Productivity and Industrial Relations Honourable Agni Deo Singh paid a courtesy call on the Executive Committee of the Fiji Commerce and Employers Federation (FCEF) today. The courtesy visit was an opportunity for the bipartite partners to deliberate on policy issues pertaining to employment, productivity and industrial relations. Minister Singh thanked the FCEF Executive Committee members for making time to meet with the Ministry delegation and highlighted that he is looking forward to working closely with the social partners in ensuring a balance on how we look after the employers and the workers of this country which will create employment

and economic stability. Minister Singh added that the people of Fiji now have a government that is ready to listen, work together with the stakeholders and in achieving the objectives that the new government has set for its people. He also emphasised the importance of tripartism where dialogue in good faith is vital for consensus building and that there will be no stumbling blocks to stop the tripartite consultative machinery from convening and following the due processes required. Discussions focused on the commencement of the Employment Relations Advisory Board meeting in February, enhancement of the labour mobility scheme, employment skills gap and skills migration; revitalisation of



Wages Councils; national productivity, and training levy and grants. The FCEF Board President Mr Vinay Narsey extended

the Federation's appreciation to the Honourable Minister for taking time to meet with the executive committee and congratulat-

ing Minister Singh on his new ministerial appointment as the Employment Minister. The sentiments of the FCEF executive committee were that social dialogue and more collaboration at bipartite and tripartite levels are critical, which is the foundation for moving the nation forward. The FCEF executive committee assured the Honourable Minister and his senior management team their 100 per cent support as both stakeholders take on the same mindset using the tripartite machinery to move the agendas of common interest for both employers and workers as well as sharing insights on the way forward in improving Fiji's labour market.



48 YEARS OF DIPLOMATIC RELATIONS WITH CHINA

In welcoming the new Ministerial appointments, the Deputy Prime Minister and Minister for Tourism and Civil Aviation, Hon. Viliame Gavoka and the Assistant Minister for Tourism and Civil Aviation, Hon. Alitia Bainivalu, yesterday received a courtesy call from the People's Republic of China's chargé d'affaires and Political Counselor, H.E. Wang Xuguang. This year will mark the 48th year of diplomatic relations between Fiji and the People's Republic of China – built on the premise of mutual respect for sovereignty and cooperation. In congratulating the Ministers, H.E. Xuguang said that China, as a long standing bilateral partner of Fiji, wishes to continue contributing to the Fiji economy and that the

Chinese community in Fiji have today become an important part of the Fiji society. H.E. Xuguang added with the easing of restrictions in mainland China, Fiji can expect a rebound in Chinese tourists. "Pre-COVID, China's outbound market was near 150 million. With easing of our border restrictions, we can expect a rebound of Chinese tourists. The Embassy is ready to support this and the recovery of the Fiji economy. We hope Fiji will also provide facilitation for Chinese tourists," said H.E. Xuguang. In 2004, Fiji became an overseas destination for Chinese tourists. And by 2015, with the signing of the Agreement on Mutual Visa Exemption, visitor arrivals to Fiji grew by an estimated 40 percent. In acknowledging the

People's Republic of China's support over the years and the resumption of travel, the Minister for Tourism and Civil Aviation welcomed the People's Republic of China's announcement on its re-opening on January 8. "We recognise the value of Chinese travellers as a growing global outbound market. Fiji received approx. 46,000 tourists per year pre-COVID and you've been one of our top 5 source markets. We want to grow this market further and stand ready to support marketing efforts through Tourism Fiji and Fiji Airways," said Minister Gavoka. The Minister for Tourism and Civil Aviation further expressed the Ministry's intention to pursue further areas of mutual cooperation, including capacity building and training.



Fiji News

PM BRIEFED BY THE NDMO AND FIJI METEOROLOGICAL SERVICES

The Honorable Prime Minister Sitiveni Rabuka was briefed yesterday by the National Disaster Management Office (NDMO) and the Fiji Meteorological Services (FMS) on the current weather situation and Government's response to the recent flash flooding in flood prone and low-lying areas of Ba. The briefing was also attended by the Minister for Rural and Maritime Development and Disaster Management Hon. Sakiasi Ditoka, Assistant Minister Hon. Jovesa Vocea, Minister for Public Works, Transport and Meteorological Services Hon. Ro Filipe Tuisawau, Permanent Secretary for Rural and Maritime Development and Disaster Management Mrs. Salaseini Daunabuna, the Divisional Commissioners, and representatives from the relevant agencies of Government. During the briefing, Acting Director Meteorological Services Mr. Terry Atalifo provided an overview of the weather forecast for the Fiji Group and assured the Hon. Prime Minister that there was "nothing significant" or "severe" forecasted for Fiji.

Mr Atalifo also clarified that recent flash flooding incidents in the Western Division were a result of poor drainage and the affected areas had been identified as "flood prone" communities. The NDMO Director Ms. Vasiti Soko confirmed that while minimal damage was recorded in the aftermath of the floods in the West, there was only one recorded casualty associated with the heavy rain forecasted for the Fiji Group last week. Ms Soko also informed the Hon. PM that divisional teams were already on standby for worse case scenarios and prepositioning of Non-Food Items (NFIs) and key strategic assets have also been completed. She also highlighted to the forum that with heavy rain recorded in the last couple of days, the NDMO and teams from the relevant agencies are closely monitoring the possible risks of landslides occurring. With the Western Division affected the most by the recent adverse weather, Commissioner Western Division Mr. Apolosi Lewaqai assured the forum that Government teams were on standby and Heads of

Departments (HODs) of various Government agencies have been frequently meeting to discuss how best they can work together to assist affected communities within the division. In terms of road infrastructure, Fiji Roads Authority (FRA) chief executive officer Mr. Kamal Prasad confirmed that while minimal damage was recorded in the Western Division, their main concern was unsealed roads, especially with most already heavily saturated as a result of heavy rain in

the past few days. Mr Prasad also assured the forum that FRA would work towards ensuring that all maintenance of damaged roads would be completed before the start of the new school year. Chief Medical Advisor Dr. Jemesa Tudravu also provided an update on the Health Ministry's response and plans for the current cyclone season. He highlighted that the Ministry has prepositioned adequate medical stock for this cyclone season and is also focusing on increas-

ing awareness of Leptospirosis, Typhoid, Diarrhoea, and Dengue (LTDD). Dr Tudravu also highlighted that the general public should be reminded that we were in the flu season and people must take the necessary precautionary measures. The different arms of government, particularly in the West have been actively involved in the response to the flooding and will continue to monitor the weather situation and provide assistance where necessary.



KOREAN AMBASSADOR PAYS COURTESY CALL TO DPM GAVOKA

The Deputy Prime Minister, Minister for Tourism and Civil Aviation, Honourable Viliame Rogoibulu Gavoka receives courtesy call from ROK Ambassador The Republic of Korea's Ambassador Extraordinary and Plenipotentiary to the Republic of Fiji, H.E.

Park Young-kyu today paid a courtesy visit to the Deputy Prime Minister and Minister for Tourism and Civil Aviation, Honourable Viliame Gavoka and the Assistant Minister for Tourism and Civil Aviation, Honourable Alitia Bainivalu. Honourable Gavoka shared the Government of Fiji's commitment to growing the over 50-year friendship and cooperation Fiji shares with Korea. H.E. Park congratulated the Minister and Assistant Minister for Tourism and Civil Aviation on their

appointments. "On behalf of my Government and people, congratulations on assuming such an important role with Tourism and Civil Aviation.

We also want to congratulate you on the peaceful, democratic transition of Government, which is something to be proud of," said H.E. Park. H.E. Park added that Korea remains committed to increasing relations and cooperation with the Pacific – including Fiji through our partnership of the Republic of Korea-Pacific Island Forum Cooperation. He further shared Korea's plans to host the first Korea-Pacific Islands Summit in 2023. During the first half of year, Korea also intends to have a private sector business delegation to Fiji to promote not only Government-to-Government but Business-to-Business

relations. The Minister and Ambassador further discussed the possibility of resuming direct flights between Fiji and Korea – given the changing Korean market demographics who seek unique destinations that serve the family and honeymoon market. "The Northern Pacific – including Korea – is an important partner of Fiji.

And our long-term objective is to diversify markets and look at more destinations in addition to traditional ones. This is a beginning for us — but we are long-time friends with lots of opportunities to look forward to," added Honourable Gavoka. The Korean Embassy also took the opportunity to brief the Honourable Ministers and Permanent Secretary for Tourism on Korea's bid to host World Expo 2030 in Busan.





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Fiji News

VILLAGERS URGED TO BUILD RESILIENCE

The Assistant Minister in the Office of the Prime Minister Honourable Sakiusa Tubuna yesterday urged the villagers of Nabuniikadamu in Wainunu, Bua and Naviavia in Wailevu West, Cakaudrove to be resilient in the face of economic and climate shocks. While visiting the villagers, Honourable Tubuna stressed the importance of ensuring sustainability through resilient tools such as developing community plans for projects that can generate extra income to improve their livelihoods. Speaking in the itaukei language, he told the villagers to include priority areas in their plans so that they can attract donor agencies and government for funding assistances. The plans, he added, should be specified and well-detailed in order to be considered for funding. This, he said is another way of helping the ordinary people

of Fiji to raise their standards of living. Honourable Tubuna also reminded the villagers to always take the "first step" in providing for their individual families instead of relying on the government for assistance all the time. The Assistant Minister also took the opportunity to acknowledge the support of the vanua and the villagers towards the people's coalition government and assured them that they will work with and for the people of Fiji. The present government, he further highlighted, is here to help everyone in Fiji but it also needs the support of the people in order to create a safer, secure, and prosperous nation. Nabuniikadamu and Naviavia are two of the places in Fiji that are predominantly occupied by Fijians of Solomon descent. Honourable Tubuna told the villagers that the government will ensure to look into the interests of these



minority groups who have now called Fiji "home". He said with the introduction of the Ministry of Multi-Ethnic Affairs, the vil-

lagers can access this ministry for assistance. Meanwhile, a talanoa session was held after the ceremony of welcome where

the Assistant Minister had the opportunity to brief the villagers about the government's mandates.

DPM PRASAD RECEIVES CONGRATULATORY VISIT

The Deputy Prime Minister and Minister for Finance, Prof Biman Prasad received a congratulatory visit by the Chargé d'affaires ad interim of the Embassy of The People's Republic of China, Mr Wang Xuguang. Mr Xuguang highlighted that since the arrival of the Chinese community in Fiji, around 165 years ago, the two countries have a good bilateral relationship and the partnership will continue to a higher level. Prof Prasad thanked the Government of China for its partnership over the years and assured his support to working together in areas of mutual interest.



MINISTRY OF EDUCATION OFFICIALLY WELCOMES ITS MINISTERS

The new Minister for Education, Honourable Aseri Radrodoro and Assistant Minister for Education, Honourable Iliesa Vanawalu were traditionally welcomed by the Ministry of Education staff, Permanent Secretary and members of its Statutory Bodies yesterday. In his keynote address, Hon. Radrodoro emphasized on the importance of working together in mutual respect and harmony. "I would like to assure you all that we are a Team. A solid Team. We will work together in mutual respect and harmony and we will not be fearful of conducting our

respective roles to the highest standard expected of us at all times", stated the Honourable Minister. Hon. Radrodoro reiterated that he does not expect anyone to be uncomfortable with the changes being brought in by the Coalition Government. He urged everyone that as a team, the entire Ministry will work together with a renewed spirit of dedication, ensuring that while there is celebration for good change, kindness towards others should always be maintained. "There will be a review of the programmes of learning to ensure that they suit

the demands of the fast evolving world we must now prepare for", said the Honourable Minister. The Minister affirms that a submission to have a National Education Summit will be made to Cabinet to allow partners and stakeholders of the education sector in Fiji to address matters pertaining to the sector collectively. Honourable Vanawalu echoed the words of the Honourable Minister and assured that a holistic approach will be taken to implement changes. The Permanent Secretary, Dr Jokhan warmly welcomed the Honourable Ministers and stated

that Team Education is ready to work and support the two Ministers in their vision for the Ministry. The Honourable Minister and

Honourable Assistant Minister will be travelling around the country to visit schools in the next few weeks.





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Fiji News

PM OPENS NEW NAYARABALE CROSSING

A \$2.27-million-dollar bridge was commissioned by Prime Minister Sitiveni Rabuka at Nayarabale in Cakaudrove yesterday. PM Rabuka said that he is grateful to the previous Government and planners for the vision they had to build a bridge to alleviate the problems faced by villagers. “We are told that the cost of that bridge was 2.27 million dollars and we must acknowledge the work of previous leaders and governments.” “We congratulate them and the contractor who built this bridge for work well done and well completed and I assure you there will be more of these opening of bridges and roads.” “We also thank our financiers who have made developments such as this possible, the World Bank, Asian Development Bank, and many more but more importantly the

taxpayers of this country such as all of you sitting here today,” said the Prime Minister. “We thank the United Nations for its vision and the various goals that they have put upon the member nations, member countries, for each to strive for in this millennium. One of them is accessibility to markets for producers and rural producers and the other better roads and a communication system.” “From the various accounts given during the presentation, there have been a few lives lost by those that had tried to cross the bridge and cross the stream at the height of floods,” said the Prime Minister. Prime Minister Rabuka further said that many Governments will come and carry out development programs and it is the duty of the succeeding Governments to continue development works



for the betterment of the people. “We are now in government because you believe that we would complete these things and a lot of it will come from money you pay as taxes.” “So, we thank all

those that have participated in the formulation of the plan, in the actual building of the road and the bridge that has brought us to, this very memorable day that we are celebrating today.”

The Prime Minister also commended the Commissioner Northern Division and civil servants who have worked tirelessly to see development works in the North carried out.

THANK YOU: PM TELLS YAROI VILLAGERS.

It was a joyous occasion for Yaroi Villagers yesterday (04/01/23) when Prime Minister, Honourable Sitiveni Ligamamada Rabuka, accepted their invitation to meet with them. The Prime Minister made time to be at Yaroi village after opening the new bridge at Nayarabale village and thanked the village for their tremendous support which has enabled him and his fellow candidates from Cakaudrove to be in Government. “We came here today to thank you,” said the Prime Minister. “Your five candidates from Cakaudrove are now in parliament and as you know the Tui Cakau is now the Speaker of the House.” “We are in Government now

with two other parties and this is only possible through our mutual understanding and our faith in each other that we can work together.” “I believe that we have garnered a strong support base shared between the coalition Government.” “We have been getting congratulatory messages from leaders of countries around the world and assurances have been made of their support towards my leadership.” The Prime Minister made special mention of his phone conversation with his Australian counterpart Mr Anthony Albanese who looks forward to Fiji’s leadership and the wind of change that comes with it, especially for our Pacific Is-



land community. “I look forward to serving the people of this country and restoring the relationships with our Pacific neighbors.” “Nonetheless,” the Prime Minister adds, “one of the issues affecting our development is lack of communication between the people and Government and we must work on improving the linkage from village meeting to Tikina thence to the provincial meetings where they are discussed with Government representatives.” “I urge you all to take these meetings seriously as they are the doorway to development in our communities and villages.” “When the development pathway is well understood by the people, things

will be easier and our development can be carried out with efficiency all across the country.” Prime Minister Rabuka assured villagers that Government will listen and everyone should be involved as we are in a democracy and are encouraged

to speak freely on issues they want to be addressed. The Prime Minister however requested that respect is accorded to everyone. “Respect each other and never speak ill of anyone. You never know, that person could become your boss in the future.”



Fiji News

GOVERNMENT HAS BEEN CLOSELY MONITORING WEATHER SITUATION: MINISTER DITOKA

The Government through the Ministry of Rural and Maritime Development and Disaster Management is closely working with the Fiji Meteorological Services (FMS) as we continue to monitor the adverse weather affecting parts of the Western Division. Minister for Disaster Management, Honourable Sakiasi Ditoka, confirms that he has been fully briefed by the NDMO team and teams on the ground are continuously providing updates to the senior management about the situation in the West. He is on a tour of Vanua Levu at present, visiting victims of TC Yasa and Ana at Nabavatu who are still dwelling in a tent village for almost two years now as well as other areas of concern for the Ministry. "Our Western team is ably led by the Commissioner Western Division

Mr Apolosi Lewaqai and he and his team had been closely monitoring the situation in the past couple of days. I have complete trust in the officials of my ministry and I intend to let them do what they are entrusted to do. They had conducted visitations to some of our flood prone communities in the West and I am relieved to confirm that there has only been reports of minimal damage. Our team has also been in constant discussion with Director Meteorological Services and his team with regards to the possible impacts as we continue to prepare for worst case scenarios accordingly, and on our return from Vanua Levu tomorrow, I intend to make a visit to our Western Division for an on-site brief by the Commissioner Western Division and his team as soon as I return from



Vanua Levu," Honourable Ditoka said. In the Western Division, there have been reports of flash flooding in the past few days. Director NDMO Ms Vasiti Soko says these affected com-

munities were identified as "low lying" and "prone" to flooding in any event of heavy rainfall in the past. "In light of the adverse weather currently affecting parts of the West, as usual practice, the NDMO alongside the Divisional Commissioners are monitoring the situation and will scale up our efforts should the need arise. So far the only report of damage we have received is the Nalotawa Road in Ba which is in danger of slipping. As confirmed by the Fiji Roads Authority (FRA) chief executive officer (CEO) - the road is still open with single lane traffic. Caution signs have also been installed to warn commuters. FRA will be verifying the cause of slip once the weather clears, and also carry out remedial measures," Ms Soko said.

Based on reports from Commissioner Western and his team on the ground, the NDMO has confirmed that no evacuation centre (EC) had been activated since reports of flash flooding in the West were received. However, the NDMO continues to work with the Ministry of Education to have school buildings ready should the need to activate any EC arises. Ms Soko added that, "The NDMO has also been receiving community reports from the Fiji Council of Social Services (FCOSS) and is pleased to confirm that they have reported the same - no major damages on the ground." The NDMO will continue to advise members of the public on actions to take to avoid loss of lives in future disasters.



EDUCATION MINISTER RECEIVES COURTESY VISIT FROM THE HIGH COMMISSIONER OF INDIA

The Minister for Education, Honourable Aseri Radrodro, met with His Excellency P.S. Karthigeyan, India's High Commissioner to Fiji, yesterday. It was an opportunity for both leaders to discuss ways to strengthen the long-standing relationship between the two nations in terms of education such as the provision of scholarships for Fijian students to pursue further studies in the best Universities in India. His Excellency enlightened the Honourable Minister about a partnership fund that caters for the Parametric Insurance Project that was launched in August 2021. "There are plans in

place to scale up this insurance project to cater for 5000 households who fall under vulnerable categories such as farmers and social welfare recipients," His Excellency stated.

Students in Fiji have had access to 25 scholarships over the years to pursue any programme of their choice at prestigious universities in India. In the previous year, this was reduced to 20 due to the unfavorable utilisation rate.

His Excellency also assured the Minister that his office will go by the priority areas identified by the Ministry and they will be more than happy to assist in any way possible. The

renowned adage, "The destiny of a nation is determined in the four walls of a classroom," was also reiterated by him, and this alone illustrates the importance of education. The Honourable Minister acknowledged His Excellency P.S. Karthigeyan's visit and assured him that the Ministry will continue to work with his team to help the education sector's growth and, most importantly, to uphold Fiji's long-standing relationship with India. The courtesy visit was also attended by the Assistant Minister for Education, Honourable Iliesa Vanawalu and the Head of National Education Service Delivery, Mr Timoci Bure.



Food

Zucchini Boat Recipe

Zucchini Boat Recipe
Total Time: 55 min
Prep Time : 15 min
Cook Time : 40 min
Serves: 2 Servings
Ingredients

1. For the bechamel sauce:
2. 20 g Butter
3. 20 g All purpose flour
4. 200 ml Milk
5. 2 g Fresh oregano
6. 2 g Fresh basil
7. For the tomato sauce:
8. 10 ml Olive oil
9. 100 g Tomato puree
10. 2 g Garlic
11. 10 g Onion
12. 2 g Fresh oregano
13. 2 g Fresh basil
14. For the filling:
15. 20 g Butter
16. 20 g Babycorn
17. 45 g Bellpepper
18. 20 g Carrot
19. 10 g Sweet corn
20. 40 g Zucchini

21. Others:

22. 1 piece Zucchini

23. 40 g Cheese

How to

For the bechamel sauce:

24. In a saucepan, melt the butter and whisk in flour till smooth. Cook the mixture until it achieves a light golden colour.
25. Increase the heat, slowly whisking in the milk to ensure no lumps are formed. Bring bechamel to a simmer for 10 minutes, add salt, pepper and fresh herbs.

For the filling:

26. Finley chop all the vegetables into small cubes. In a saucepan, put butter and saute all the chopped vegetables to form a brunoise.
27. In another saucepan, add oil with garlic and onion, cook till translucent. Add the tomato puree to this,

season with salt, pepper and fresh herbs. To this now add the brunoise, and cook till vegetables are softened.

For assembling:

28. Cut the zucchini into half from the middle (lengthwise) to get two long halves. Hollow it by removing the marrow (white part) keeping a body of roughly uniform thickness all around (this will become our boat.)
29. Layer the inside of hollowed zucchini with a thin sheet of bechamel sauce. Fill the inside of the hollowed zucchini with vegetables filling prepared in tomato sauce.
30. Top it cheese and cherry tomatoes, and bake it in oven at 180 degree C for 6-8 mins. Serve it hot!



Banarasi Red Chilli Pickle Recipe

Banarasi Red Chilli Pickle
Total Time: 40 min
Prep Time : 10 min
Cook Time : 30 min
Serves: 4 Servings
Ingredients

1. 15 Large red chillies
2. 2 tbsp Mustard seeds
3. 3 tbsp Fennel seeds
4. 2 tbsp Fenugreek seeds
5. 2 tbsp Cumin seeds
6. 7-8 Black peppercorns
7. 1/4 tsp Asafetida
8. 1/2 tsp Turmeric powder
9. 3 tbsp Mango powder
10. to taste Salt
11. 1 cup Mustard oil
12. Juice of 2 lemons

How to

1. Wash the red chillies, let them dry, remove their stems and deseed them.
2. Make slits in the middle of the chillies with a knife.
3. Dry roast all the whole spices and let them cool down. Grind into a coarse powder.
4. Add salt, spice powders, lemon juice and around 4 tbsp of heated and cooled mustard oil. Mix well.
5. Stuff the masala powder in the chillies and store in a glass jar. Pour rest of the mustard oil.
6. Keep in sunlight for 5-6 days to mature.



Aloo Poha Paratha Recipe

Aloo Poha Paratha Recipe
Total Time: 20 min
Prep Time : 10 min
Cook Time : 10 min
Serves: 2 Servings
Ingredients

1. 1 1/2 cup Poha
2. 3 Medium potatoes, raw
3. to taste Salt
4. to taste Red chilli
5. A pinch of Hing
6. 1/2 tsp Turmeric powder
7. 1 tsp Carom seeds
8. 1 tsp Cumin seeds

9. 1 Green chilli, chopped

10. 1 inch Ginger

11. Chopped coriander leaves

How to

1. To begin with, sieve 1 and a half cups of poha, pat dry it and grind until coarse powder. Once done, keep aside.
2. Now, peel 3 medium-sized potatoes and cut them into small pieces. Then put chopped potatoes, green chilli, and ginger (1 inch) in the mixer jar.

3. Grind them together. Once done, take it out in a bowl. In the same mixture, add red chilli powder, salt to taste, turmeric powder, carom seeds, cumin seeds, a pinch of hing, and finely chopped coriander leaves.
4. Add water in portions and knead the dough. Take a small portion out of it. Roll it to a paratha and cook on tawa. Your parathas are ready.



Fiji News

PRIME MINISTER CONTINUES TO RECEIVE CONGRATULATORY MESSAGES FROM PACIFIC LEADERS

Congratulatory messages from both the global and regional countries continues to be conveyed to our Prime Minister and the Minister for Foreign Affairs, Honourable Sitiveni Rabuka. President of the Republic of the Marshall Islands, His Excellency David Kabua in a congratulatory letter, extended sincere congratulations and his best wishes to Prime Minister Rabuka. He said Fiji's recent elections reflects the confidence that the people of Fiji has in the strong leadership of Prime Minister Rabuka. "I look forward to working closely with you to advance our bilateral and multilateral affairs, within the framework of the Pacific Islands Forum, the United Nations and other regional and international institutions, as well to strengthen the bonds of friendship and kinship among the people and countries of the Blue Pacific region." President David Kabua commended Prime Minister Rabuka for his commitment and prompt actions to resolve the Fiji-USP disagreement. He said, "Your timely action on the USP matter augurs well for Fiji and the Blue Pacific region as a whole." Te Beretitenti of the Republic of Kiribati, His Excellency Taneti Maamau conveyed his warmest congratulations and best wishes to Prime Minister

Rabuka. He said the vision that Prime Minister Rabuka carried during the election campaign resonated strongly with the people of Fiji and remained the enduring pillar that bestowed the Fiji Government's coalition with overwhelming support. "Your election as Prime Minister also resounded strongly across our Blue Pacific Continent, including Kiribati, and signals a new era of enduring partnership, cooperation, and friendship of our Pacific family. "I am confident that under your leadership, our rich Pacific tradition of friendly relations and mutually beneficial cooperation between our two Governments and nations, will continue to strengthen and expand in the years to come." His Excellency Taneti Maamau looks forward to working closely with Prime Minister Rabuka to further enrich the long-standing bilateral relations and the strategic partnership of both the nations in multilateral forums, including desired goals under the United Nations 2030 Agenda for Sustainable Development and the 2050 Blue Pacific Strategy, among other regional and international commitment. President of the Republic of Palau, Honourable Surangel Whipps Jr. while congratulating Prime Minister Rabuka, reaffirmed

Palau's commitment to the Pacific family in addressing common challenges-mainly climate change and oceans issues. "And our pursuit of finding solutions to address the climate crisis is more than just a desire but a commitment to our people that we will find the means necessary to save our homes. As Small Island Developing States (SIDS), we are the most vulnerable but often overlooked, so we must be united in our pursuit. "Mr. Prime Minister, to succeed in our pursuit, we must work together collectively. And I look forward to working with you and together with our other colleagues in the region to bring solutions and sustainable

development to our people to create a future our children deserve," President of Palau said. Expressing similar sentiments, Prime Minister of the Republic of Vanuatu Honourable Alatoi Ishmael Kalsakau conveyed his heartfelt congratulations to Prime Minister Rabuka and he looks forward to working closely with Fiji's new Prime Minister and the Fiji Government on issues of common interest. Vanuatu Prime Minister said as instrumental co-chairs of the Subcommittee on, "The 2050 Strategy for the Blue Pacific Continent, endorsed by the Forum Leaders in Suva last year, Vanuatu looks forward to Fiji's strong leadership to har-

ness development partners' cooperation and input in the Strategy's implementation and also Fiji's strong regional and global leadership on issues of common interest such as climate change, natural disasters and environment protection and harnessing people-centred development. "And, as Chair of the MSG, I look forward to Fiji's support in reinvigorating our subregional grouping, in ensuring that the Pacific region remains a region, "of peace, harmony, security, social inclusion and prosperity, that ensures all Pacific peoples can lead free, healthy and productive lives", to borrow from the Leaders' vision for 2050," Prime Minister Kalsakau said.



THE PEOPLE'S REPUBLIC OF CHINA CONGRATULATES FIJI PRIME MINISTER



Premier of the State Council of the People's Republic of China, His Excellency Li Keqiang has congratulated our Prime Minister and the Minister for Foreign Affairs, Honourable Sitiveni Rabuka. In a congratulatory letter, Premier Li Keqiang on behalf of the Chinese government congratulated and conveyed best wishes to Prime Minister Rabuka. He said Fiji Government and people of Fiji will make new achievements in national development, through the leadership of Prime Minister Rabuka. He mentioned that China and Fiji are good friends, partners and brothers featuring mutual respect and common de-

velopment. "Since the establishment of diplomatic relations 47 years ago, China-Fiji relations have yielded fruitful results, delivering tangible benefits to our two peoples. The Chinese government attaches great importance to the development of our bilateral relations. "China stands ready to work with the Fijian side to continuously expand friendly exchanges and mutually beneficial cooperation in various fields, promote China-Fiji comprehensive strategic partnership to a new level, so as to bring more benefits to the two countries and two peoples," Premier Li Keqiang said.

World News

Mike Pompeo says Xi Jinping 'most unpleasant' leader he met as US Secretary

Former US Secretary of State Mike Pompeo said that among the dozens of world leaders he met when he was in the position he found Chinese President Xi Jinping the "most unpleasant". In his book titled 'Never Give an Inch: Fighting for the America I Love,' Mike Pompeo writes that he held multiple interactions with Xi Jinping and found him "dour" and a "quintessential Communist apparatchik". During the interactions Xi Jinping told stories about Chinese victimhood and talked about his "demands to avenge grievances from long before any of us were born", Mike Pompeo noted. "Personally, I thought Xi was dour. While Putin can be

funny and mirthful, even while being evil, Xi was not so serious as dead-eyed. I never once saw an unforced smile," Mike Pompeo writes in the book.

"I also found Xi a quintessential Communist apparatchik: heavy in the abstract, light on the issues under discussion, and always eager to impose his views, even while he pretends to be listening to you. He fit the psychological profile of an East German or Soviet Communist I came to study during my Army days," he added.

"My China policy advisor at the State Department, Miles Yu, later told me that CCP leaders in general, and General Secretary Xi in particular, deploy



overwrought erudition to play gullible American leaders," he further said, adding, "Of the dozens of world leaders I

met, he was among the most unpleasant.

How's that for telling the hard truth? Having now seen the re-

game personified at the highest level, I was gripped by just how different its leaders were from the Chinese people."

Nearly 1.5 lakh employees in tech lost jobs this year, more layoffs coming in 2023

The year 2022 has been a difficult one for the techies out there. And that's primarily due to the economic conditions that led to layoffs in the tech industry. Most top tech companies, including Twitter, Meta, Apple, among many others have laid off hundreds and thousands of employees in the last year. New reports reveal that over 900 tech companies together have fired 150,000 employees globally this year. According to data from global outplacement and career transitioning firm Challenger, Gray & Christmas, in 2022, nearly 965 tech companies laid off more

than 150,000 employees globally, surpassing the Great Recession levels of 2008 – 2009. Past reports from research firms showed tech companies laid off around 65,000 employees in 2018 and a similar number of techies lost jobs in the following year, 2009, as well. According to data from layoffs.fyi, a crowdsourced database of tech layoffs, around 1,400 tech companies have sacked over 2 lakh employees since the onset of COVID-19. The data also showed 2022 to be the worst year for the tech sector and revealed that early 2023 could be worse for the people of the tech industry. It is also revealed



that as of mid-November, more than 73,000 workers in the US tech sector have been laid off by tech companies such as Meta, Twitter, Salesforce, Netflix, and others. Meanwhile, over 17,000 people in tech have been fired in India. Layoffs in tech started around the first half of the year and continue all through the year. Reports suggest that

tech layoffs are set to worsen in the first half of 2023. Several big tech companies, including Meta, Amazon, Twitter, Netflix, among many others have already laid off hundreds and thousands of employees all through 2022. While Twitter, Meta, Amazon, and many other tech companies have already made layoffs, companies like

Google are said to fire nearly thousands of employees in the coming months. The tech giant is currently evaluating its employee's performance and merging teams in order to avoid unwanted layoffs. Companies like Twitter, Meta, and Amazon together have laid off nearly 15,000 employees globally.

Food

Shakarkandi Ke Kebab Recipe

Shakarkandi Ke Kebab

Total Time: 30 min

Prep Time : 15 min

Cook Time : 15 min

Serves: 4 Servings

Ingredients

1. 500 gms Sweet potato, boiled
2. 1 tsp Roasted cumin seeds, crushed
3. 3-4 Cashew nuts, chopped
4. 1 Green chilli
5. 1 Large tomato
6. 2 tbsp Spring onion greens
7. 1 tsp Amchur powder (dried mango powder)
8. 1 tsp Garam masala
9. 2 tbsp Coriander leaves, chopped
10. 3 tbsp Roasted chana flour
11. to taste Salt
12. Oil, for frying

13. 1 tsp Chaat masala (optional)

How to

1. Mash the boiled sweet potato until smooth. Lightly crush the cumin seeds and add to the sweet potato.
2. Add in finely chopped green chilli, chopped cashew nut, chopped green onions, amchur powder, garam masala powder, chopped coriander leaves, roasted chana flour and salt to taste.
3. Mix well until combined and shape into kebabs. Heat oil in a pan and fry the kebabs until browned evenly on all sides.
4. Sprinkle with chat masala before serving (optional).



Rose Cardamom Cake Recipe

Rose Cardamom Cake

Total Time: 55 min

Prep Time : 15 min

Cook Time : 40 min

Serves: 4 Servings

Ingredients

1. 225 gm Salted butter
2. 225 gm Castor sugar
3. 4 Large eggs
4. 225 ml Yogurt
5. 350 gm All-purpose flour
6. 50 gm Pistachios, chopped
7. 1 tsp Baking powder
8. 1/2 tsp Bicarbonate of soda
9. 2 tsp Cardamom powder
10. 2 tsp Rose water
11. A pinch of saffron
12. For the glaze (optional)
13. 100 gm White chocolate
14. 2 tbsp Milk

How to

1. Preheat the oven to 180 degrees Celsius. Grease a 23-cm round cake tin with

high sides, and line it with baking parchment.

2. Add the saffron and rose water to the yogurt and set aside.
3. In a separate bowl, add the butter and sugar, and using a handheld or an electric whisk, whisk till they become smooth. Whisk in the eggs one by one.
4. As soon as the eggs are incorporated, whisk in the rose water, yogurt and saffron mixture. Whisk till everything is smooth. Sift in the flour, bicarbonate of soda and baking powder.
5. Add the cardamom powder and pistachios and gently fold everything in. Tip the batter into the baking tin and bake to 180 degrees Celsius for 35-40 minutes,

or until a skewer inserted into the centre comes out clean.

6. Allow the cake to cool in the tin for 10 minutes and then transfer to a cooling rack. Let it cool for 15 more minutes, then peel off the baking parchment. Place it on a chopping board, a serving plate or a cake stand.
7. To make the glaze, place the white chocolate in a saucepan along with the milk. Simmer gently on low heat till the chocolate is melted. Cool for 5-6 minutes and then drizzle on top of the cake. Ensure the cake is completely cooled before you drizzle the glaze.



Broccoli, Mint And Pea Soup Recipe



Broccoli, Mint And Pea Soup Recipe

Total Time: 35 min

Prep Time : 10 min

Cook Time : 25 min

Serves: 2 Servings

Ingredients

1. 40 g Butter
2. 10 g Garlic
3. 30 g Onion
4. 140 g Broccoli (about 1/2 of a decent sized one)
5. 80 g Fresh peas
6. 6 g Mint (about 2 sprigs)
7. 200 ml Vegetable stock

How to

1. Heat the butter in a sauce-

pan and add finely chopped garlic, cook till brown.

2. Add sliced onion to it, cook till they get translucent.
3. Add blanched florets of broccoli and peas along with the vegetable stock to it and simmer till till the broccoli starts softening.
4. Cool it, and then blend it in a blender with mint leaves.
5. Strain the mixture, add salt and pepper to taste, re-heat for 2-3 minutes.
6. Garnish with a fire roasted floret of broccoli or sprig of mint and serve piping hot!

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Bollywood

Ananya Panday: I think I am going too slow

It's been over four years that Ananya Panday has been working in showbiz. Ever since she arrived, she has been a part of films of varied genres. From making a debut with a typical Bollywood entertainer like Student of the Year 2, to doing a romantic drama Gehraiyaan and a bilingual sports action film Liger, the actress got to explore various genres ever since she began. Ask her how she feels that she got to do so much in such a short span of time and she shares, "In fact, on the contrary, I feel I am going too slow." The actress feels that the pandemic ate up her initial years where she could grow as an actor. She elaborates saying, "During COVID we all lost two

years. We couldn't work. Maybe if those two years of COVID won't be there then there would have been more work for some of us." She concludes saying, "Maybe it is the right pace and I can go even faster than this." This year, Ananya will be joined by her childhood friends Suhana Khan and Shanaya Kapoor who are making a debut in Bollywood. Sharing her excitement, Ananya had told BT, "They are working with rock solid people who are there to guide them and give them that advice on how to go forward. Shanaya is working with Karan Johar and Suhana is working with Zoya Akhtar so it's just so exciting I am really looking forward to their debuts!"



Varun Dhawan and Alia Bhatt come together for an award show announcement, talk about baby planning

Varun Dhawan and Alia Bhatt made their movie debut together and is one of the most popular on-screen pairs. The duo were spotted together at an award show announcement in the city and both of them looked quite stylish. Varun and Alia fans were quite happy seeing them together after so long. Alia was seen in a blue printed short dress while Varun was spotted in a brown jacket. They were seen engaging in a conversation. But their fun banter along with the media was also hard to miss. When asked about baby planning, Alia laughed and looked at Varun. Varun said, "Main apni

beewi se baat karta hoon." This on-screen pair was last seen together in 'Badrinath Ki Dulhania'. On 'Koffee With Karan 7', when Alia was asked to choose who she looks good on-screen with, the actress took Varun's name and Ranveer Singh who appeared with her on the show was quite upset with that answer. But Alia confessed that there are many Alia fan clubs and people love to see them together after four films together. Varun was last seen in 'Bhediya' along with Kriti Sanon. Meanwhile, Alia will be seen next in 'Rocky Aur Rani Ki Prem Kahani'.



Shah Rukh Khan croons 'Aankhon Mein Teri' for 'Pathaan' co-star Deepika Padukone

Bollywood superstar Shah Rukh Khan, who is currently basking in the phenomenal success of his latest release 'Pathaan', recently sang a song for Deepika Padukone, the female lead in the superhit movie. At a media event, Shah Rukh crooned the track 'Aankhon Mein Teri' from the film 'Om Shanti Om', which marked the debut of Deepika along side Shah Rukh, almost 15 years back. Considering Deepika started her career opposite Shah Rukh, the super-

star felt it fitting to dedicate the song to her and bring back the treasured memories. The two have become a successful on-screen pair given the reception of their films like 'Chennai Express', 'Happy New Year' and now with 'Pathaan' registering impressive numbers. 'Pathaan', which marked the return of Shah Rukh on the silver screen after four years, has been pulling in crowds since the day of its release with theatres running to packed houses.



Sports News

Four players apply for release to join Ba

Four players have applied for their transfers to Ba football ahead of the start of the Digicel Premier League season. Out of the four, three are members of the Digicel Junior Bula Boys including Seaqaqa player Mohammed Raheem, Lautoka's Gulam Rasool and Samuela Navoce of Suva. The fourth player applying for transfer to Ba is Labasa striker and policeman Ratu Anare. Other transfers see national team midfielder Ilisoni Logavou applying for his release from Rewa to Nasinu and Navua goalkeeper Senirusi Bokini has applied his transfer to re-join Lautoka.



Hughes returns to the Whites



Rewa's Bruce Hughes has reportedly joined with Suva Football Association for the 2023 season. Hughes returns to the Whites as confirmed by the Association. Suva FC officially welcomed Hughes into the side and confirms that he will be running out with the team in this weekend's Pillay Garments Champion versus Champion. The CVC kicks off on Sunday with round one at Ratu Cakobau Park in Nausori at 3pm. The second round will be held on February 12th together with the women's CVC match at the HFC Bank Stadium. The winner for the men's CVC wins \$5000 while the runner-up walks away with \$2500.

Djokovic back at number one

Novak Djokovic's Australian Open championship returned him to the number one spot this morning in the ATP rankings. His four-place rise from number five to replace Carlos Alcaraz at number one is the largest jump to the top spot in the 50-year history of the computerized rankings for men's tennis. The 35-year-old says he nurtures and celebrates moments like returning to number one because one never knows when his time at the top will end. Aryna Sabalenka who won the women's division moves her up from number five to a career-best-equaling number two in the WTA rankings.



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World News

"Strongly Condemn Attack": India Condolences Deaths In Pakistan Mosque Blast

India extended condolences to the families of the victims of the deadly terror attack that shook Peshawar in Pakistan yesterday. So far, the toll of the dead stands at 90 with over 100 people injured, Geo News reported citing Radio Pakistan. Taking to Twitter, MEA Spokesperson Arindam Bagchi wrote, "India extends its deep condolences to the families of the victims of the terror attack in Peshawar yesterday. We strongly condemn this attack, which has taken the lives of so many people." The explosion took place in the central hall of the mosque on Monday at around 1 pm after a suicide bomber blew himself up. A rescue operation is being carried out to pull out bodies from the debris of the mosque, Geo News reported citing an official. Ac-

cording to security officials, the suicide attacker was present in the front row during the prayers when he blew himself up. The outlawed Tehreek-e-Taliban Pakistan (TTP) has claimed responsibility for the attack. Speaking to Geo News, Capital City Police Officer (CCPO) Peshawar Mohammad Aijaz Khan said that the explosion appears to be a suicide attack and the head of the suspected bomber has also been found at the site. "It is possible that the attacker was already present in the Police Lines before the blast and that he may have used an official vehicle [to enter]," Geo News quoted Mohammad Aijaz Khan as saying. "About 1,500 to 2,000 police officers visit the Police Lines daily," he added. Earlier, an eyewitness said there



were at least 120 people at the mosque when the explosion took place. He said that the injured mostly included police person-

nel. Khyber Pakhtunkhwa Caretaker Chief Minister Muhammad Azam Khan announced a day of mourning in the province

on Tuesday after the attack, according to a Geo News report. He said that the national flag will be at half-mast in the province.

7 US Cops Suspended, 3 Firefighters Fired Over Fatal Beating Of Black Man

Memphis police said Monday a seventh officer has been suspended over the fatal beating of Tyre Nichols, a young Black man whose death shocked the United States and has seen five officers fired and charged with murder. The city's fire department also said it had terminated three firefighters who arrived at the scene but failed to provide adequate medical assistance to Nichols. "The Memphis Police Department began administrative investigations on officers involved in the death of Tyre Nichols on January 7, 2023. On January 8, seven officers including Officer Preston Hemphill were relieved of duty," the Memphis Police Department said in a statement. Hemphill, who joined the force in 2018 and who is white, is suspended "pending the outcome of the ongoing investigation," police spokeswoman Kim Elder said in a separate statement. The Memphis Fire Department issued a statement that three of its firefighters who had responded to the police call had also been dismissed after they "failed to conduct an adequate patient assessment" of Nichols at the scene of the assault. Memphis continues to



probe the death of the 29-year-old Nichols, following a traffic stop near his home on January 7. Graphic video footage from the incident shows the five officers, who are all Black, repeatedly kicking and punching Nichols as he moans and calls out for his mother. Nichols died three days later in hospital. He is to be laid to rest on Wednesday in Memphis. Last week the five now

former officers were charged with second-degree murder over the beating. According to a statement by Ben Crump and Antonio Romanucci, attorneys for Nichols' family, Hemphill used a Taser against Nichols at the beginning of the confrontation. But Hemphill's attorney told The Washington Post that he did not join the others at the scene of the beating. A statement

from Nichols' family said it was "extremely disappointing" that Hemphill has not been fired and charged in the case. "It certainly begs the question why the white officer involved in this brutal attack was shielded and protected from the public eye, and to date, from sufficient discipline and accountability," they said. "The Memphis Police Department owes us all answers." On

Saturday the Memphis police disbanded the special unit, called the Scorpions, which the officers belonged to. The Scorpions were established in 2021 as a strike team to focus on high-crime areas of the southern city. The Memphis Police Department said in a statement it was "in the best interest of all to permanently deactivate the SCORPION Unit."

World News

Three Injured In Knife Attack Near EU Brussels Headquarters

Three people were injured, one seriously, in a knife attack Monday in a metro station near the European Union headquarters in Brussels, officials said, adding that the attacker had been arrested. Brussels Mayor Philippe Close said the man was speedily detained due to coordinated police action at the Schuman metro station. Police said one of the injured was in "critical condition". The suspected attacker was known to police for "psychiatric prob-

lems", a source close to the investigation said. The attack took place at rush hour around 6:00 pm. European Union chief Charles Michel, a former Belgian prime minister, thanked the police in a tweet and said his thoughts were with the victims. An AFP journalist at the site said a woman told people not to enter the station, saying there was a man inside armed with a knife as police rushed in. Traffic was interrupted on the line.



"Integrity Important To Me": UK PM Sunak After Dismissing Minister



British Prime Minister Rishi Sunak on Monday defended his actions over the sacking of a Cabinet minister after he was found in breach of the ministerial code over his tax affairs, pledging to restore integrity

into politics. The British Indian leader has faced Opposition criticism over not taking the action to sack Conservative Party chairman Nadhim Zahawi, a minister without portfolio in his Cabinet, sooner after it

emerged he had paid a penalty to the country's tax department. During the launch of his government's new emergency care plan for the National Health Service (NHS), Sunak insisted he had acted decisively by asking the

independent ethics adviser to investigate the issue. "What I have done is follow a process, which is the right process," he said during a tour of County Durham in north east England. "Integrity is really important to me - all of you guys want to see that government is run properly, that it is run with integrity and there's accountability when people don't behave in the way that they should or if something doesn't go right, and that's what we've done," he said. He also pledged to "take whatever steps are necessary to restore the integrity back into politics". "The things that happened before I was prime minister, I can't do anything about. What I think you can hold me to account for is how I deal with the things that arise on my watch," he added. It came as the UK government published a new Urgent and Emergency Care Plan as part one of Sunak's stated priori-

ties to reform the way the NHS provides services to adapt to changing needs, including by expanding care outside of hospitals. "The NHS has faced unprecedented pressure this winter - with the 'twindemic' of flu and COVID becoming a reality, alongside surging demand for all services, from GP appointments to A&E [accident & emergency] attendances and ambulance call outs," said NHS Chief Executive Amanda Pritchard. "Boosting care in the community and treating more people at home is key to recovery - it is better for patients and their families, as well as easing pressure on NHS services," she said. As part of the new plan, urgent community response teams will be scaled up to increase the number of referrals and patients seen by a range of health and social care professionals within two hours, with services running 12 hours a day.

Covid Still An International Emergency, Says WHO

Three years to the day after the World Health Organization sounded the highest level of global alert over Covid-19, it said Monday the pandemic remains an international emergency. The UN health agency's emergency committee on Covid-19 met last Friday for a 14th time since the start of the crisis. Following that meeting, WHO chief Tedros Adhanom Ghebreyesus "concur with the advice offered by the committee regarding the ongoing Covid-19 pandemic and determines that

the event continues to constitute a public health emergency of international concern (PHEIC)," the organisation said in a statement.

Mr Tedros, it said, "acknowledges the committee's views that the Covid-19 pandemic is probably at a transition point and appreciates the advice of the committee to navigate this transition carefully and mitigate the potential negative consequences." Even prior to the meeting, the WHO chief had suggested the emergency phase

of the pandemic is not over, pointing to surging numbers of deaths and warning that the global response to the crisis "remains hobbled". "As we enter the fourth year of the pandemic, we are certainly in a much better position now than we were a year ago, when the Omicron wave was at its peak, and more than 70,000 deaths were being reported to WHO each week," he told the committee at the start of Friday's meeting. Mr Tedros said the weekly death rate had dropped below 10,000

in October but had been rising again since the start of December, while the lifting of Covid restrictions in China had led to a spike in deaths. In mid-January, almost 40,000 Covid weekly deaths were reported -- more than half of them in China -- while the true toll "is certainly much higher", he said. The WHO first declared a so-called PHEIC as what was then called the novel coronavirus began to spread outside China on January 30, 2020. Though declaring a PHEIC is the internationally

agreed mechanism for triggering a global response to such outbreaks, it was only after Mr Tedros described the worsening Covid situation as a pandemic on March 11, 2020, that many countries realised the danger. Globally, more than 752 million confirmed cases of Covid-19 have been reported to the WHO, including more than 6.8 million deaths, though the United Nations' health agency always stresses that the true numbers are likely much higher.

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Bollywood

Saif Ali Khan's son Ibrahim Ali Khan to start shooting for his Bollywood debut with Karan Johar's next: Report

There have been several reports about Ibrahim Ali Khan, son of Saif Ali Khan and Amrita Singh, getting all ready to make his Bollywood debut with Karan Johar's upcoming production venture. If the latest buzz is to be believed, the 21-year-old is going to start shooting for his debut film from February this year. According to the reports, Ibrahim has already started preparing for his debut role and he has been working diligently on his physique to look authentic for his part. He has also reportedly been going for readings and workshops. The reports have suggested that the untitled film will be an emotional thriller. Kajol will be seen playing a pivotal role opposite Prithviraj Sukumaran. The story is reportedly set against the backdrop of terrorism in Kashmir. It has also been said that the film will be directed by Kayoze Irani who has

helmed the short called Ankahi from Ajeeb Daastaans. However, an official confirmation is awaited. Earlier, it was reported that Ibrahim had been assisting Karan Johar for Rocky Aur Rani Ki Prem Kahani, starring Ranveer Singh and Alia Bhatt in the lead. A few days ago, Ibrahim was spotted outside his gym. The young lad was looking visibly ripped than before. It made it evident that Ibrahim had been working hard on his physique. Interestingly, Ibrahim's sister Sara Ali Khan also made her debut with Simmba, which was backed by Dharma Productions. She will soon be seen playing a freedom fighter in her upcoming streaming film Ae Watan Mere Watan, which is also produced by Karan Johar. It will be Sara's third streaming film after the 2020 release of Coolie No. 1 and the 2021 runaway hit Atrangi Re.



Actress Monica Chaudhary had to lose 20 kilos for her debut film 'Tu Jhooti Main Makkaar' that she gained for Salt City

Having previously featured in shows like 'Salt City', 'Apharan' and 'Dark 7 White', actress Monica Chaudhary is set to make her Bollywood debut with Luv Ranjan's 'Tu Jhooti Main Makkaar' starring alongside Ranbir Kapoor, Shraddha Kapoor, Anubhav Singh Bassi and Dimple Kapadia which is set to release on 8th March 2023. The actress had to lose 20 Kilos for this film which she had previously gained for a character in her last show 'Salt City'. Talking about the challenge of losing weight for getting into the role she says, "It's a very interesting part and everyone will love her. I had to lose all that weight I gained for my role in Salt City. As for my last show, I had gained 20 kilos for the character and by the time I got this role it was a tough challenge to lose all those weight." She continues, "Infact, even they told me as well that they short-listed me because I'm a good actor but to fit into the role I have to lose weight. I took it as a challenge and told them that if you trust me enough, I



won't let you down! Finally, I lost 20 Kilos in 3 to 6 months. We shot the whole film during a lockdown and it was a crazy ride shooting in Delhi, Spain and Mauritius. Honestly, for me more than preparation or losing weight, just being with this team for such a long time was a learning experience." Speaking about how she got roped in this film she says, "I met casting

director Vicky Sidana back in 2019 and he praised my work in Apharan. Later on, I kept auditioning for him and other people. Then in the lockdown he asked me for self test and after multiple rounds of testing, he called me to come and meet someone. I went for the meeting in the most casual clothes I've ever worn and met Luv Ranjan sir there. Vicky was

actually looking at me with so much disappointment that have I really come for a film meeting or what (laughs). But then, Luv sir was very sweet and we spoke about an hour on many things. After which we did a last screened test and I was finally locked." Monica feels elated about making her big Bollywood debut. She states, "I only feel gratitude and feel there's a

long way to go. I'm shooting for my next and things have already started showing the results of all my efforts. Good things are coming my way and I'm letting it sink in. I feel grateful and thankful every day. I feel there's so much more to learn. This film is my Bollywood debut but is such a huge thing for me. It will always be special as it is my first film," signs off.



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Health News

Having 3 Concussions Linked to Declining Brain Function Later in Life

A study published today reports that people who experience three concussions – or just one moderate-to-severe concussion – have a higher risk of declining brain function, including memory loss, later in life. Researchers from the University of Oxford and the University of Exeter used data from more than 15,000 participants of the online PROTECT study, which consists of people in the United Kingdom between 50 and 90 years of age. Subjects detailed lifestyle information and underwent cognitive tests every year for up to 25 years. Among other things, they reported the severity and frequency of concussions they experienced throughout their lives and underwent annual, computerized tests for brain function. The researchers said people reporting three or more concussions had significantly worse cognitive function, which worsened with each subsequent concussion. Attention span and the ability to complete tasks were particularly affected.

The importance of the concussion study Researchers said in a statement that people who had concussions should be aware of the increased dangers of continuing high-risk sports or work. “We know that head injuries are a major risk factor for dementia and this large-scale study gives the greatest detail to date on a stark finding – the more times you injure your brain in life, the worse your brain function could be as you age,” said Vanessa Raymont, MSc, lead investigator and a senior clinical researcher at Oxford Neuroscience. “Our research indicates that people who have experienced three or more even mild episodes of concussion should be counseled on whether to continue high-risk activities,” she added. “We should also encourage organizations operating in areas where head impact is more likely to consider how they can protect their athletes or employees.” Participants reporting three episodes of even mild concussion had significantly worse attention and ability to complete complex tasks. Those reporting



four or more mild concussion episodes also showed worsened processing speed and memory. Researchers linked each additional reported concussion to progressively worse cognitive function.

Even one moderate-to-severe concussion was associated with worsened attention, completion of complex tasks, and processing speed capacity. What to do about concussions Experts told Healthline we still don't know everything we need to know when it comes to concussions. Time and staying away from activity that caused the brain injury may be the best healers. “There is a correlation between healing between concussions and the severity of the injury and timing of recovery,” Dr. Kate Labiner, a pediatric neurologist at Pediatrix Child Neurology Consultants of Austin, Texas, told Healthline. “The second hit theory is based on the idea where a second head injury is sustained before the prior injury has healed,” Labiner said. “An athlete is injured in a game and continues to play then sustains another hit. This has been shown to prolong recovery,” Labiner said that’s why it’s important to pull athletes from a game, for example, as soon as there’s any type of head injury, and immediately put them through a protocol to assess the possibility of concus-

sion. “The most important factor in concussion management is recognizing the injury and completing healing prior to returning to activity,” Labiner said. “The return to play protocol is a step-wise increase in activity with the need to be symptom-free — no headaches, dizziness, light sensitivity, etc. — prior to going to the next step.” Head trauma is different in different people Another factor is everyone doesn't respond the same to head trauma. In addition, symptoms can also be caused by other factors such as people without head trauma who have migraine headaches. “A lot of information is still needed on the long-term effects of completely healed concussions versus post-concussive syndrome,” Labiner said. “We do not know

the effect of healed concussion long-term, although we do know there is potential for residual effects, typically cognitive, even in healed concussions. The main importance is healing after the injury before putting oneself at risk for another injury.” Dr. Huma Sheikh, a neurologist and chief executive officer of NY Neurology Medicine in New York City, told Healthline that a person’s ability to heal from concussions varies. Much of it also depends on the severity of the impact, which can be difficult to gauge. “The type of injury and severity of the concussion also play a factor in how much of a lasting impact it will have,” Sheikh said. “There is some evidence that neurons involved in the concussion can try to heal themselves, but

this is quite variable.” Sheikh told Healthline how long damage lingers can come down to that person’s ability to heal. “Some people who have a genetic predisposition to migraine may have worsening of their migraine attacks after a concussion,” Sheikh said.

“This could be possible due to a concussion in the past that may not have had prominent symptoms at the time that they occurred.” Sheikh said there’s still a lot to sort out, especially when it comes to treatment. “We used to ask patients to take some time off of work to give the brain some rest after a concussion, but this is not so clear now,” she said. “We do not have any real medications to help a brain recover from a concussion top prevent ongoing damage.”



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Health News

Here's Why Coffee With Milk May Help Fight Inflammation

Polyphenols are compounds that are found in plant-based foods. Filled with antioxidants, polyphenols can help lower oxidative stress which results in inflammation. Additionally, they can improve gut health and reduce the risk of chronic diseases such as heart disease and some cancers. However, research on polyphenols is limited, but a new study is helping researchers understand the impact these substances have on inflammation. And surprisingly they find simply adding milk to your coffee may help you combat inflammation. Benefits of combining polyphenols and amino acids

Researchers from the Department of Food Science at the University of Copenhagen in Denmark wanted to explore what happens when polyphenols are paired with proteins found in foods. They tested whether the molecules could bind to each other in a coffee drink with milk. Coffee beans are packed with polyphenols and milk contains protein. The findings were promising and the molecules did bind together. The study, published in the *Journal of Agricultural and Food Chemistry*, looked at how immune cells responded when they were exposed to a combination of polyphenols and amino acids. They found



those cells exposed to both of those substances were twice as effective at fighting inflammation compared to polyphenols alone. Researchers speculate this reaction could occur when other foods containing proteins and fruits or vegetables are combined. Further studies will need to be conducted. "When polyphenols are combined with amino acids, it is natural to believe that their properties change," Marianne Nissen Lund, MSc from the Department of Food

Science at the University of Copenhagen and the lead author of the study, told Healthline. "In foods, it can be both positive and negative, as it depends on the type and concentration of the polyphenol, and in which type of food the reaction occurs." For example, in meat products some polyphenols can improve functional properties, such as gelation, but only if they are dosed correctly. Some polyphenols may lead to discoloration, and in some cases haze formation

such as in beer, Nissen Lund added. "When polyphenols are combined with amino acids, they can enhance the bioavailability of the polyphenols and lead to an increased release of anti-inflammatory compounds, which in turn can result in improved health outcomes," Dr. Adil Maqbool, an expert in nutritional and metabolic diseases at Allama Iqbal Medical College in Pakistan. Anti-inflammatory effects

In this study, the researchers honed in on the potential anti-inflammatory effects of polyphenols. "Polyphenols react readily with proteins in foods, and the effects on food quality have been studied to some extent, but the consequence on the anti-inflammatory effects of polyphenols is unknown, which is relevant in relation to human health," said Nissen Lund. "This is the first time, to the best of my knowledge, that polyphenols reacted with amino acids have been examined in immune cells. The next step is to investigate the effects in animals." Given the numerous health benefits of polyphenols, the food industry and researchers are working on adding the right amount of polyphenols for optimal quality. "Since humans do not absorb that much polyphenol, scientists are trying to figure out how to combine polyphenols with proteins to boost their absorption

in the body. This method has the added benefit of improving the anti-inflammatory effects of polyphenols," Nissen Lund explained. Other sources of polyphenols include berries (such as strawberries, blueberries, and raspberries), green tea, red wine, pomegranate, apples, nuts (such as almonds, walnuts), and extra-virgin olive oil. It is important to note that the amount and type of polyphenols in food can vary widely based on growing conditions, processing, and storage, so consuming a variety of these foods can help ensure a balanced intake of polyphenols, Maqbool explained. Takeaway

Polyphenols are compounds that are found in plant-based foods. Filled with antioxidants, polyphenols can help lower oxidative stress which results in inflammation. When polyphenols are paired with amino acids, it can boost the anti-inflammatory properties of the polyphenols. In a new study, researchers examined the effects of coffee with milk and the results were promising. Eating a diet rich in polyphenols is beneficial for your overall health. Sources of polyphenols include berries such as strawberries, blueberries, raspberries, green tea, red wine, pomegranate, apples, nuts (such as almonds, walnuts), and extra-virgin olive oil.



Health News

Sleep Disorders: How Parental Stress Can Rise With Family Sleeping Difficulties

If you or a child in your household has a sleep disorder, chances are you're all experiencing elevated stress and sleeping difficulties. A new study Trusted Source published in the journal PLOS ONE reports that the rate of parental stress is significantly greater among parents who have sleep disorders themselves or have children with sleep disorders. Sleep disorders examined in the study include: Insomnia (ie., sleeping deficiency) Hypersomnia (ie., excessive sleeping) Sleep apnea (ie., breathing pauses during sleep time) Sleep disorders and stress are known to have a two-way relationship whereby experiencing excessive stress has a negative impact on overall sleep health and poor sleep health has a negative impact on stress levels and the ability to cope.

The researchers examined how this relationship differs among parents, specifically. Details on parental sleep, stress study The study included data from more than 14,000 employees insured by Deseret Mutual Benefit Administrator (DMBA) in 2020. All participants had dependent children living in the household. Within the year, slightly more than 2% of employees filed medical claims for treating stress and 12% filed claims for treating a sleep disorder. During the same time span, medical claims for a sleep disorder were made for 2% of dependent children. After adjusting for age, biological sex, and marital status, researchers reported that the rates of stress were significantly greater in employees with a sleep disorder.

Specifically, rates of stress were found to be: 3 times greater for those with insomnia 1.88 times greater for those with sleep apnea 1.9 times greater if their child has any sleep disorder 2.89 times greater if their child has insomnia Researchers also reported that if a child has a sleep disorder, the rate of parental insomnia and sleep apnea are both nearly double. From this, the researchers suggested that a better understanding of the connections between parent and child sleep quality and parent stress may help improve treat-



ment and lower the risk of these disorders. What experts have to say Shelby Harris, PsyD, CBSM, is a licensed clinical psychologist, a clinical associate professor of neurology and psychiatry at Albert Einstein College of Medicine in New York, and the director of Sleep Health at Sleepopolis. "Sleep is the foundation with which our emotion processing and mood is built," she told Healthline. "Without proper sleep, we are at higher levels of stress."

"The study offers further understanding on why it's critical to work on good sleep for the entire family, parents, and children alike," she added. Harris also noted that the study highlighted the interconnection between sleep, stress, and family health even further. Dr. Shalini Paruthi, a member of the American Academy of Sleep Medicine (AASM) and is board certified in sleep medicine and internal medicine, explained that beyond mood, poor sleep quality will also affect daytime alertness and attention to detail. "When we get good quality sleep and sufficient sleep, our brains are better able to interpret and cope with the frequent stressors we face each day," she told Healthline. Sleep tips for the whole family While there are several things you and your family members can do to improve the sleep health of the whole family, Harris highlights

that the secret to better sleep comes down to consistency. This means it's more beneficial to do some of the following tips all the time than to do all the recommendations some of the time. Keep a consistent bed and waketime "Keeping a consistent bed and wake time can help improve sleep for both parents and their children," said Harris. "Children sticking to a set bedtime can also give the parents time to build their own nighttime routines around their usual bedtime." The Centers for Disease Control and Prevention (CDC) suggests Trusted Source maintaining this consistency 7 days a week, including any non-working days or weekends. The AASM notes this consistency in bed and waketime should also include any vacation time. In considering a suitable bedtime, the AASM says to plan enough time to get at least 7 to 8 hours of sleep per night. Maintain a consistent routine before bedtime "Everyone should have a bedtime routine, from age 1 day old to 100-plus years old," says Paruthi. She explains that bedtime routines help our brains better transition from being fully alert to drifting off to sleep. She suggests aiming for a bedtime routine that is 10 to 30 minutes long. "Having a consistent nighttime routine can help the brain and body associate those activities or steps with sleep,"

said Harris. "This can help parents and children to fall asleep faster and stay asleep longer." According to Paruthi, a child's bedtime routine may include any or all of the following: bedtime snack shower/bath brush teeth reading/singing snuggles/hugs/kisses lights out Moreover, Paruthi says that whatever you do, it's important to do the same activities in the same order every single night, even when getting home late from evening activities like sports practices or games (just try to do the routine a little quicker). Why morning light is important Your sleep routine really does include the morning hours, too.

Sleep experts say it's important to make sure to get bright light in the morning. "Light in the morning can help parents and children feel more awake during the morning/afternoon, and help them get better quality sleep in the evening," Harris explained. You can get more morning light with these tips from Harris: Open up the shades, curtains, or blinds upon waking

Go on a walk in the morning hours if possible (even a short work will help) Use a sunrise alarm clock if it's still dark out when you and your family are waking up Again, she says, consistency is key here. Still having trouble sleeping? Approximately 70 million people in the

United States have at least one sleep disorder, but experts also estimate that up to 80% of sleep disorders may go undetected or undiagnosed, according to an article Trusted Source published in journal Pharmacy and Therapeutics. The article author suggests sleep disorders, pain disorders, and mental health conditions may overlap and further complicate diagnosis and treatment. This means if you have sleeping difficulties, you're not alone. So what can you do?

According to the AASM, if you can't fall asleep after 20 minutes of being in bed, you should stop trying. They suggest getting out of bed and doing a quiet activity without a lot of light exposure. "It is especially important to not get on electronics," they note. The CDC adds Trusted Source that if you're having trouble sleeping, or if someone in the household is, try keeping a sleeping diary for 10 days before seeing your healthcare provider to discuss. Your sleep diary should include when you: Go to bed Go to sleep Wake up Get out of bed Take naps Exercise Drink alcohol Drink caffeinated beverages "Also remember to mention if you are taking any medications (over-the-counter or prescription) or supplements because they may make it harder for you to sleep," according to the CDC.

World News

New Zealand's biggest city braces for more heavy rains after deadly floods

New Zealand authorities warned Monday that the situation in flood-hit Auckland was likely to worsen after “unprecedented” rainfall brought devastating floods that have killed at least four people and forced hundreds to evacuate in the country’s largest city. On Monday, New Zealand’s weather authority issued a red heavy rain warning – the highest level reserved for extreme weather events – for Auckland and the nearby Northland region for the coming days. “Tuesday is the day we are most concerned about,” the MetService told CNN. “We are really concerned for the areas north of Auckland. They seem to bear the brunt of the next heavy rainfall event.”



Flooding blocks roads in Auckland's Kaipara Flats community

Luis Fernandes, a meteorologist at the MetService, said the heavy rainfall would also put Auckland at risk of land slips, which are similar to landslides.

“When you have a significant rainfall event like this, rivers can rise quickly, and roads can literally fall away or become covered and can cut off communities,” he said.

An estimated 240 millimeters of rainfall (9.8 inches) – equal to an entire summer’s worth of rain – fell on Auckland Friday, making it the city’s wettest day on record. Scientists have

been warning for years that the climate crisis would amplify extreme weather, making it deadlier and more frequent.

On Sunday night, New Zealand Climate Change Minister James Shaw underscored the link, tweeting “This is climate change” in a post thanking those assisting with flood relief efforts.

The north of New Zealand’s North Island is also receiving more rain than normal due to the La Niña climate pattern cycles in the Pacific Ocean that affect weather worldwide. And the

MetService said another 80 to 120 mm of rainfall was expected over the next few days. Auckland’s deputy mayor Desley Simpson told CNN Sunday this amount of rain is “pretty unprecedented for Auckland.”

“We have had more rain in four hours than we have had ever in the history of Auckland since we have started measuring rainfall,” she said.

Meanwhile, New Zealand police said Sunday that the body of a man declared missing after being swept away by floodwaters Friday is believed to have

been found.

A drone operator located the body in the Onewhero area, south of Auckland, about 1 kilometer (0.6 miles) downstream from where he went missing, police said.

On Monday, New Zealand Prime Minister Chris Hipkins said there had been “very significant damage across Auckland.”

“Obviously there were a number of homes damaged by flooding but also extensive earth movements,” he told public broadcaster TVNZ. Some 350 people needed emergency ac-

commodation, he added.

The rain also caused widespread travel disruption over the weekend.

More than 2,000 people stayed overnight Friday in the airport’s terminals due to the flooding, the airport said. Domestic flights resumed Saturday but the international terminal was not operational until Sunday.

All classes in Auckland have been canceled until February 7, Auckland MP Chlöe Swarbrick said Monday.



World News



World News

Tyre Nichols: five Memphis ex-police officers charged with murder over motorist's death

Nichols, 29, died three days after a traffic stop turned into a fatal physical attack on 7 January

Five former Memphis police officers were charged on Thursday with murder and other crimes in the killing of Tyre Nichols, a Black motorist in Memphis, Tennessee, who died three days after a 7 January traffic stop spiraled into a fatal physical attack, local jail records indicated. Shelby county sheriff's office online records showed that Tadarrius Bean, Demetrius Haley, Desmond Mills Jr, Emmitt Martin III and Justin Smith were in custody. All five were charged with second-degree murder, aggravated assault, aggravated kidnapping, official misconduct and official oppression. "While each of the five individuals played a different role in the incident in question, the actions of all of them resulted in the death of Tyre Nichols and they are all responsible," Steve Mulroy, the Shelby county district attorney, said during a press conference on Thursday.

David Rausch, director of the Tennessee bureau of investigation, said: "Let me be clear: What happened here does not, at all, reflect proper policing.

"This was wrong," Rausch said. "This was a crime." Nichols's stepfather, Rodney Wells, told the Associated Press by phone that he and his wife, RowVaughn Wells, who is Nichols's mother, discussed the second-degree murder charges and are "fine with it". They had sought first-degree murder charges. "There's other charges, so I'm all right with that," he said. Nichols, 29, endured a three-minute attack, Mulroy said. An attorney representing his family reportedly said an independent autopsy indicated that he "suffered extensive bleeding caused by a severe beating".

"He was a human piñata for those police officers," the family attorney, Antonio Romanucci, told reporters. "Not only was it violent, it was savage." Police officials initially said there was a "confrontation" when officers came toward Nichols's vehicle and then another "confrontation" after they arrested him. The five former officers accused of involvement in the deadly

encounter, who are all Black, were fired last week. Memphis police officials said the officers flouted "multiple department policies, including excessive use of force, duty to intervene, and duty to render aid".

Other officers are being investigated for possible policy violations. Two Memphis fire department members who worked on Nichols's initial care have been "relieved of duty" pending an internal investigation, officials said. State and federal officials are investigating the fatal encounter. Memphis authorities said they would release video of the incident. The public has not yet seen the footage, but family members and their attorneys have. During the press conference on Thursday afternoon, officials indicated that the footage would be released after 6pm local time on Friday.

The chilling recording showed that Nichols "called repeatedly for his mother", his family's legal team said, throughout the beating, which took place some 100 yards from his mother's home, family representatives told reporters.

Speaking to reporters after viewing the video, Romanucci said officers pepper-sprayed Nichols, used a stun-gun and restrained him. Family representatives said Nichols said he wanted just to return home.

"Tyre was brutalized by Memphis police, much like how Rodney King was beaten more than 30 years ago – but unlike Rodney, Tyre lost his life from this violent attack," the civil rights attorney Ben Crump, who is on the family legal team, said after seeing the video. "How are we here again so many years later? These former officers must face the consequences of taking this young man's life and robbing his family of their loved one – justice is the only path forward."

A day before charges were announced, the city's police chief, CJ Davis, denounced the fatal encounter as "heinous, reckless and inhumane".

"Aside from being your chief of police, I am a citizen of this community we share," Davis

said in a video published on YouTube. "I am a mother, I am a caring human being who wants the best for all of us. "This is not just a professional failing. This is a failing of basic humanity toward another individual ... and in the vein of transparency when the video is released in the coming days, you will see this for yourselves."

A description of Nichols's health provided by his family suggested a dramatic disparity between his physical strength and that of the arresting officers. Nichols had Crohn's disease and had trouble maintaining his body weight, the Washington Post reported.

Nichols's weight was about 145lb. All the officers allegedly involved in his death exceeded 200lb. Two of the officers were on college football teams, the Post noted.

RowVaughn told the Post her son was a "gentle soul". Nichols, who had a four-year-old son, worked for the shipping giant FedEx. Every night, during his evening meal break, he would return to his mother's home. His hobbies included taking photos of sunsets and skateboarding, the New York Times reported. He had a tattoo of his mother's name on his arm.

"That made me proud," RowVaughn told the New York Times. "Most kids don't put their mom's name. My son was a beautiful soul." Rodney, Nichols's stepfather, said: "He was a great, great kid, he didn't deserve what he got, now what he deserves is justice."

Memphis remains on edge as residents await the video release. The Democratic congressman Steve Cohen, who represents the city, said the killing was "awful" while urging calm, the Times said. While people might "want to exercise their first amendment rights to protest actions of the police department", Cohen said, "and people should, they should be peaceful and calm".

The year is 2033. Elon Musk is no longer one of the richest people in the world, having haemorrhaged away his fortune trying to make Twitter

profitable. Which, alas, hasn't who hold power to account, the



worked out too well: only 420 people are left on the platform. Everyone else was banned for not laughing at Musk's increasingly desperate jokes.

In other news, Pete Davidson is now dating Martha Stewart. Donald Trump is still threaten-

future will be entirely shaped by the whims and wants of the 1%.

A lot of the 1% are not big fans of the Guardian, by the way. Donald Trump once praised a Montana congressman who body-slammed a Guardian reporter. Musk, meanwhile, has



ing to run for president. And British tabloids are still churning out 100 articles a day about whether Meghan Markle eating lunch is an outrageous snub to

described the Guardian, as "the most insufferable newspaper on planet Earth." I'm not sure there is any greater compliment.

I am proud to write for the



the royal family.

Obviously I have no idea what the world is going to look like in a decade. But here's one prediction I feel very confident making: without a free and fearless press the future will be bleak. Without independent journalism, democracy is doomed. Without journalists

Guardian. But ethics can be expensive. Not having a paywall means that the Guardian has to regularly ask our readers to chip in. If you are able, please do consider supporting us. Only with your help can we continue to get on Elon Musk's nerves.

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Health News

4 Nutrition and Weight Loss Myths Debunked for a Healthier 2023

If you find yourself scrolling through social media for ways to kickstart new health routines, you're not alone. According to data from the online patient community PatientsLikeMe, 11% of Americans surveyed said they refer to social media for health information. However, while some advice you come across online may seem helpful and trustworthy – and some might even come from doctors, registered dietitians, or other qualified people – often, this isn't the case. “[A] lot of times what we see is somebody who did their own weight loss plan or gut cleanse, or cured their own whatever it is, and they try to apply that to everyone... Just because it worked for them doesn't mean it'll work for everybody and that's where it can get really dangerous,” Jen Scheinman, RDN, nutrition affairs manager at Timeline Nutrition, told Healthline. “[They] find intriguing quick fixes that people want to believe, but they aren't backed by science and can be damaging.” Diets are often sensationalized on social media to excite people, added Dr. Rekha B. Kumar, associate professor of medicine at Cornell and Chief Medical Officer at Found. “If it were all unbiased and balanced facts, it would be in a scientific journal and not on social media,” Kumar told Healthline. While social media can be used as a tool to educate and disseminate information, she added that content “in regards to diets and nutrition might be posted by influencers who don't always have all the facts, but likely do have some facts.” Scheinman agreed. She said a lot of diet myths start with a nugget of truth to make them compelling to try. “That nugget of truth can be exaggerated or misconstrued to then be wise for the population,” she said. Deciphering between what is factual or not can be difficult. To help ease confusion, we asked health experts to debunk some of the most common nutrition myths being shared on social media. Myth: Everyone should follow keto or low carb eating While keto and low carb eating can induce weight loss, Kumar noted that these eating patterns are



not suited for everyone “either because of medical conditions like diabetes that might make severe carbohydrate reduction dangerous or [because] these plans don't match the biology of an individual (i.e. a different diet would be more efficacious).” The types of foods that are followed on these diets – particularly the keto diet, which focuses on fat – also causes concern, said Scheinman. “[What] I start to see people doing is eating lots of cheese and butter and tons of steak or bacon or lunch meats that are highly processed and limiting vegetables and whole grains and other important nutrients, so they get an imbalance in their diet,” she said. Studies that look at people who live the healthiest and longest lives have found that their diets are sustained on whole grains, beans, and legumes, she noted. “Specifically beans and legumes are correlated with people living longer, so when you cut these foods out [you have to wonder] what is happening in terms of health,” said Scheinman. Additionally, sticking to a keto or low carb diet long-term is difficult, and when people start including carbohydrates back into their diet, Scheinman said they don't do so in a healthy way. “[They're] not focusing on the whole grains, the fruits, and starchy vegetables. They're starting to go back to those simple carbohydrates like white bread and sugar and white pasta, and they put all the weight back on and then some,

so it becomes this cyclical yo-yo type of experience,” she said. Myth: You need caffeine for energy Caffeine is a stimulant that makes the brain feel more alert but does not technically provide the body with nourishment or energy, said Kumar. This is because caffeine doesn't lead to cellular production of ATP (adenosine triphosphate), which is the organic compound that provides energy to the body. “We have these areas of the brain that make us sleepy and caffeine helps to quiet those neuropathways down. It's really masking our low-energy crisis by putting a band-aid on the solution,” explained Scheinman. Consuming caffeine can also lead to dependence, she said. For instance, you might rely on it in the morning and eventually later in the day. However, when you drink caffeine later in the day, it can affect your sleep, and when you don't sleep well, you wake up turning to caffeine yet again. From there, the cycle continues. The solution for upping energy is already in the body, Scheinman noted. “We have these energy-producing organelles inside every cell called mitochondria, and when we nourish them and take care of them [with] healthy lifestyle behaviors — like healthy diet, good sleep, stress management — our bodies produce energy that we need,” she said. Myth: Prescription weight loss shots are risk-free While some celebrities have been vocal about the weight loss they achieved

with prescription anti-obesity medications, Kumar said these injectables were only studied in patients with obesity or diabetes. “There are known adverse effects, mostly gastrointestinal side effects, but we really don't know the long-term effects of recreational use to just lose a few pounds in the absence of metabolic disease,” she said. Also, as soon as the shots are stopped, Scheinman said weight gain can occur if eating and lifestyle habits haven't changed. “There are medications that can be used for weight loss and so [these injections] could be an indication that comes out in the future, but right now it's only for obesity and for those with diabetes,” she said. Myth: You should try cleanses and detox diets Almost none of the cleanses or detox diets today are proven to be effective on short or long-term metabolic health or cardiovascular risk, said Kumar. “A detox might make some feel less bloated in the short term, but these results don't last and might even lead to rebound water retention or constipation,” she said. While there is some truth to the notion that there are more toxins in the world and that people breathe in more pollution, eat more sugar and junk food, and therefore need to rid these from the body, Scheinman said the body already naturally eliminates toxic substances. “[The] truth is that our body has a very complex process that is detoxifying us every day — in our liver, kidneys, digestive

system, and colon — all of this is how our body gets rid of toxins,” she said. To aid the body in these processes, Scheinman said people can focus on healthy nutrition, quality sleep, and limiting exposure to environmental toxins when possible. In terms of risks associated with cleanses and detoxes, she noted that food-based detox programs that suggest things like consuming fruit and vegetable smoothies or a vegan diet for a limited time are most likely harmless. However, if supplements are included in these programs, they could be dangerous because the supplements “may or may not be regulated and we're not clear what's in them.” Psychological harm is another concern, according to Scheinman. The push for cleanses and to detox often comes after the holidays and with the notion that you can eat what you want until January 1 and then detox. “[This] promotes an unhealthy relationship with food and that you need to clean your body or punish your body for what you did to it on an enjoyable eating spree,” she said. The bottom line While trends related to diets, nutrition, and cleansing the body can lead to weight loss or feeling better short-term, Kumar said they are difficult to adhere to long term. “Moderation and consistency are better long-term strategies. If someone does choose to embark on a trend or fad diet, there should be a plan to transition to some more moderate approach after,” she said.

Sports News

Ravai joins Reds

Flying Fijians forward Peni Ravai has signed with the Queensland Reds for the 2023 Super Rugby Pacific season. The club has confirmed that the Tailevu native has penned a one-year deal. The club states Ravai has 36-matches of Test Rugby experience to Ballymore, with his ability to play both sides of the scrum boosting Queensland's front row depth after long-term injuries to Harry Hoopert and Taniela Tupou. Ravai debuted for Fiji in 2013 and has been playing his trade for Clermont in the French Top 14 before making the move to Queensland. He says he is excited to have signed with the Reds as it is a great squad at the club and there's plenty of competition for spots in the front row. Reds General Manager Professional Rugby Sam Cordingley says Peni brings international experience and versatility which is a great combination given we've had two season-ending injuries to our front row during



the international season. Born in Fiji, Ravai debuted for the Fijian Sevens team in 2013, before making his international debut in the XV-man game the same year against Romania. Ravai

played in the National Rugby Championship for the Greater Sydney Rams in 2014, before moving to Southland to play in New Zealand's National Provincial Championship in 2016.

The front rower then took his talents to France, playing for Division Two side Aurillac before making the jump to the Top 14 with Bordeaux and Clermont between 2017 and 2021. Ravai

represented Fiji in the 2015 and 2019 Rugby World Cups, and is the first Fijian international prop to also represent the country in Sevens.

Lessons learnt for Drua



The Shop N Save Super Rugby Pacific pre-season trial match over the weekend has taught some valuable lessons for the Swire Shipping Fijian Drua. Head Coach Mick Byrne says there are some loose ends they'll need to tighten up in the coming weeks. Byrne says as they prepare for their kick-off against Moana Pasifika in the Super Rugby Pacific season, the trial match over the weekend was a timely one. He says their defense still needs a little work amongst many others that Moana Pasifika might see as a weakness. "I thought we are a little bit loose around some of our ball carries especially early on into contact but that's normal so that'll be something we need to focus on we know they'll come at us really hard and it should be a great atmosphere at Mt Smart." The Swire Shipping Fijian Drua kick off their Super Rugby Pacific season against Moana Pasifika on the 25th of February. Meanwhile, tickets are on sale for its first home match against the Crusaders in Lautoka in March. Tickets can be bought from their website or any Jacks of Fiji outlets on Friday.

Sports News

Recovery focus for Fiji 7s

The Fiji Airways men's and Fijiana 7s teams are back home after the Sydney 7s tournament. Fiji 7s bagged a bronze while Fijiana finished in sixth place. Speaking after their bronze medal win, Fiji 7s coach Ben Gollings says it will be a quick turnaround period for the team before they fly out again for Los Angeles. He says apart from injury assessment they will also be looking at some new players. "Focus on recovery and getting these guys that are injured back fit. We will take a squad to the Nawaka 7s and look at putting more depths in the squad and looking at new players." Gollings says they have two big weeks ahead and they will build on the positives to be ready for LA. The LA 7s is scheduled for February 25th.



Baleitamavua hopes to get overseas contract

Kaiviti Silktails player Rusiate Baleitamavua hopes 2023 will be his breakthrough season. The former Marist Brothers High School student turns 22 this year and with the Silktails turning to be an Under-23 side, this is likely to be his last season with the club. Baleitamavua aims to impress in the Ron Massey Cup, enough to earn him a contract with an overseas club. "As the club is going into a U23 age group right now, I have another year to try to build myself to be a better player and a good leader." Baleitamavua is one of the players that will be going into their second contract-

ed season this year. He joined the Silktails last year while battling a knee injury just after overcoming an ACL injury. Apart from his experience with the Silktails, the former Eastern Saints player spent time with the Cronulla Sharks U21 Jersey Flegg side through a training trial. He says being part of the Fijian franchise, has exposed him to a professional training environment and he has learnt to adapt to more structured play compared to the free-flowing playing style known to Fijians. Baleitamavua and the Silktails will have their trial matches scheduled for next month.



Weather affects Ba's preparation for futsal IDC



Preparations for the Extra Supermarket Futsal IDC has been a challenge for the Ba team. The adverse weather condition in the western division affected the team's training schedule and they had to cease training due to flooding earlier this month. Coach Deepesh Pawan says the team has been training at the old concrete Ba futsal court for at least three days a week and turnout has not been promising. He adds they had to stop training for a while as some players were falling sick. But despite this, Pawan says his players

are determined to perform at the IDC and they have the support of Rooster Chicken which is sponsoring the team for the tournament. Pawan adds they have some exciting new faces and they will be put to the test in the IDC which starts on Thursday. Rooster Chicken Ba will face Nasinu in its first pool match on Friday at 4pm at the Vodafone Arena in Suva. Local fans can watch the action live and exclusive on FBC Sports HD Channel and FBC Pop for overseas viewers for \$15USD.

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DAY 1 OF 2 - LOS ANGELES, SATURDAY, 25 FEBRUARY 2023

#	MATCH	TEAM 1	SCORE	TEAM 2	KO
Men 1	Pool D	Great Britain	-	Argentina	09:15
Men 2	Pool D	France	-	Spain	09:37
Men 3	Pool A	Samoa	-	USA	09:59
Men 4	Pool A	New Zealand	-	Chile	10:21
Men 5	Pool C	Australia	-	Kenya	10:43
Men 6	Pool C	Fiji	-	Japan	11:05
Men 7	Pool B	Ireland	-	Uruguay	11:27
Men 8	Pool B	South Africa	-	Canada	11:49
Men 9	Pool D	Great Britain	-	Spain	12:11
Men 10	Pool D	France	-	Argentina	12:33
Men 11	Pool A	Samoa	-	Chile	13:12
Men 12	Pool A	New Zealand	-	USA	13:34
Men 13	Pool C	Australia	-	Japan	13:56
Men 14	Pool C	Fiji	-	Kenya	14:18
Men 15	Pool B	Ireland	-	Canada	14:40
Men 16	Pool B	South Africa	-	Uruguay	15:02
Men 17	Pool D	Argentina	-	Spain	15:24
Men 18	Pool D	France	-	Great Britain	15:46
Men 19	Pool A	USA	-	Chile	16:08
Men 20	Pool A	New Zealand	-	Samoa	16:30
Men 21	Pool C	Kenya	-	Japan	17:37
Men 22	Pool C	Fiji	-	Australia	18:05
Men 23	Pool B	Uruguay	-	Canada	18:35
Men 24	Pool B	South Africa	-	Ireland	19:03

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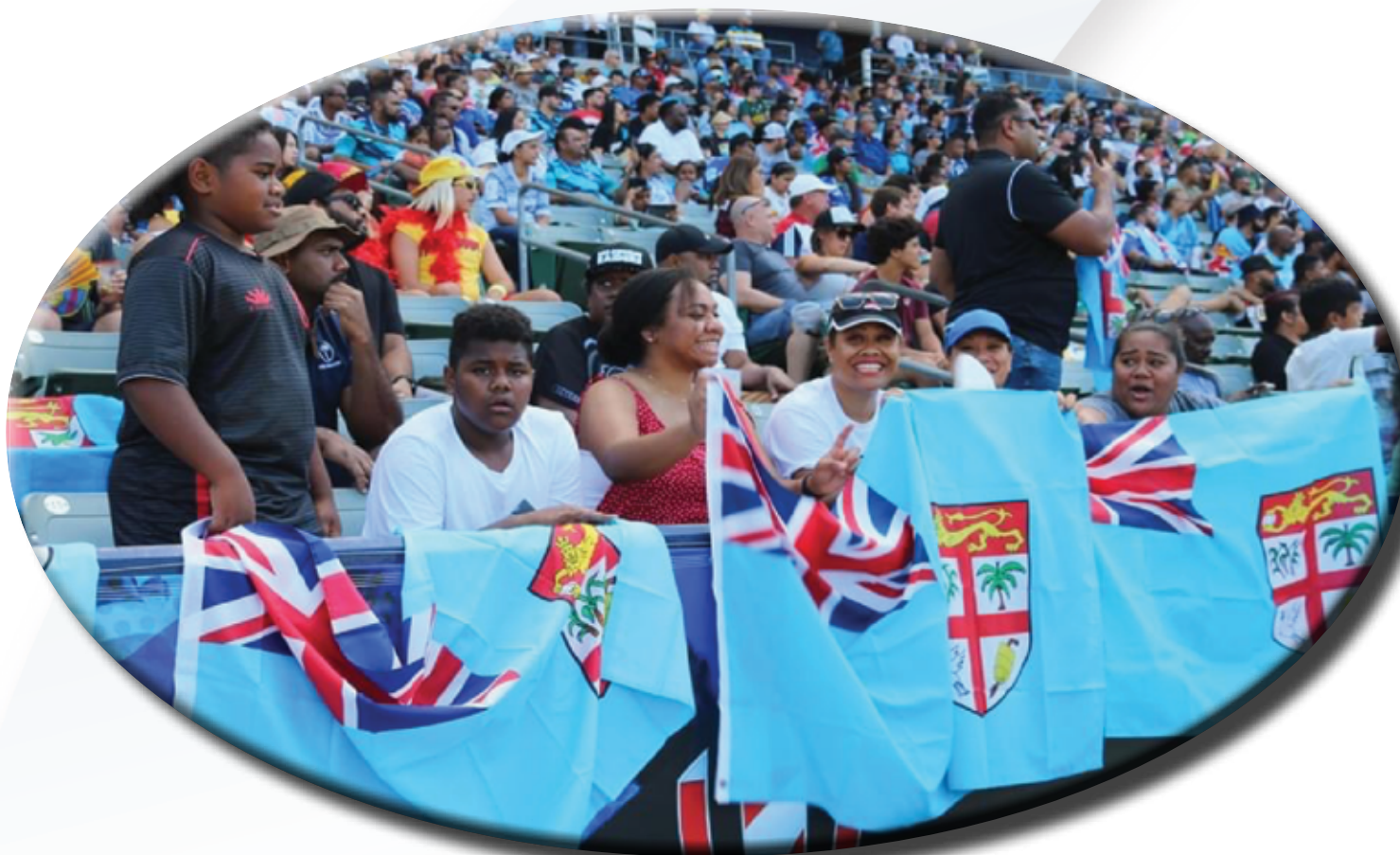
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HSBC WORLD RUGBY SEVENS SERIES 2023 - LOS ANGELES

DAY 2 OF 2 - LOS ANGELES, SUNDAY, 26 FEBRUARY 2023

#	MATCH	TEAM 1	SCORE	TEAM 2	KO
Men 25	9th Place QF 1	3rd Pool D	-	4th Pool A	08:55
Men 26	9th Place QF 2	3rd Pool A	-	4th Pool D	09:17
Men 27	9th Place QF 3	3rd Pool C	-	4th Pool B	09:39
Men 28	9th Place QF 4	3rd Pool B	-	4th Pool C	10:01
Men 29	Cup QF 1	1st Pool D	-	2nd Pool A	10:23
Men 30	Cup QF 2	1st Pool A	-	2nd Pool D	10:45
Men 31	Cup QF 3	1st Pool C	-	2nd Pool B	11:07
Men 32	Cup QF 4	1st Pool B	-	2nd Pool C	11:29
Men 33	13th Place SF 1	Loser Match 26	-	Loser Match 27	12:02
Men 34	13th Place SF 2	Loser Match 25	-	Loser Match 28	12:24
Men 35	9th Place SF 1	Winner Match 26	-	Winner Match 27	12:46
Men 36	9th Place SF 2	Winner Match 25	-	Winner Match 28	13:08
Men 37	5th Place SF 1	Loser Match 30	-	Loser Match 31	13:30
Men 38	5th Place SF 2	Loser Match 29	-	Loser Match 32	13:52
Men 39	Cup SF 1	Winner Match 30	-	Winner Match 31	14:14
Men 40	Cup SF 2	Winner Match 29	-	Winner Match 32	14:36
Men 41	13th Place Play-Off	Winner Match 33	-	Winner Match 34	14:58
Men 42	9th Place Play-Off	Winner Match 35	-	Winner Match 36	16:07
Men 43	5th Place Play-Off	Winner Match 36	-	Winner Match 37	16:31
Men 44	Bronze Final	Loser Match 39	-	Loser Match 40	16:58
Men 45	Cup Final	Winner Match 39	-	Winner Match 40	17:28



Sports

New Zealand romped to victory in both the women's and men's finals of the HSBC

Sydney Sevens to increase their leads at the top of the HSBC World Rugby Seven Series 2023 standings.



It is the first time the teams in black have achieved such a tournament double since Hamilton in 2020. The Black Ferns Sevens beat France 35-0 while the men improved on that slightly with a 38-0 victory against South Africa for their first Cup title of the 2023 Series.

It was the All Black Sevens' fourth-biggest Cup final win and helped to make this year's tournament the highest try-scoring event in Sydney with an incredible 459 tries scored across the weekend. With three tournaments remaining, the Black Ferns Sevens are 12 points ahead of their nearest rivals Australia, who failed to make the last four on home turf, while New Zealand's men are now nine points clear of the Blitzboks after five rounds of action.

Despite being well beaten in the showpiece match, France's women will take plenty of positives from Sydney having reached their first Cup final in almost five years.

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