



# THE US FIJI TIMES

World's Largest Fiji Newspaper Out Of Republic of Fiji

July 2022 Monthly Publication - Subscription Available Pages 56 Volume: 215

## TRIBUTE TO THE LATE SEAN SHARMA CEO OF AMERICAN HEALTH SERVICES

The untimely passing away of Seanjay Ramanand Sharma on Wednesday 15th July 2022, after his Porsche GT was involved in a fatal crash in the area of Willow Springs Road and Backus Road, in Tehachapi, has somewhat created a vacuum amongst many relatives and close friends of the Sharma family in Los Angeles.

I, Rocky Ali Buksh, CEO/Publisher of US Fiji Times and my media, convey our Deep Condolences to the Sharma family of Los Angeles on the untimely passing away of Seanjay Ramanand Sharma CEO of the AHS Group of Companies on Wednesday 15th June 2022, after his Porsche GTs was involved in a fatal crash in the area of Willow Springs Road

and Backus Road, in Tehachapi California. He leaves behind his 17-month-old son Oliver Ram Sharma and fiancé Devon Oliver.

Sean, as he was commonly known to many, was a true gentleman and someone who would always care for those in need and was always patriotic about his beloved Fiji. As we continue to join the Sharma family in remembering the life of a Dear Brother, Husband and Father, I also want to take this time to pay tribute to Dr Stan Sharma (1945-2016), who regarded himself as a proud Fijian, was a highly respected academic, a published scientist, and a man of insatiable curiosity.

*Continued P04*



## Dedicated Fijian to be next Post Master of San francisco



FMSA Tournament  
MVP Rizwan Janif




**Friday 26th August**  
**More information Page**



**AUG 27 & 28 2022**  
DIGNITY HEALTH SPORTS PARK  
TICKETS ON SALE NOW!

ARGENTINA AUSTRALIA CANADA ENGLAND  
FIJI FRANCE IRELAND JAPAN KENYA NEW ZEALAND  
CANADA SOUTH AFRICA SOUTH AFRICA





**THE US FIJI TIMES**  
 PHONE: 650-762-6683  
 DIRECT: 510-931-9107  
 EMAIL: [INFO@USFIJITIMES.ORG](mailto:INFO@USFIJITIMES.ORG)  
 WEB: [WWW.USFIJITIMES.ORG](http://WWW.USFIJITIMES.ORG)  
 FACEBOOK: [USAFIJITIMESONLINE](https://www.facebook.com/USAFIJITIMESONLINE)



## Fijian Government



**William Katonivere-**  
**PRESIDENT**



**Frank Bainimarama**  
**PRIME MINISTER**



**Aiyaz Sayed Khayum**  
**ATTORNEY-GENERAL**



**Satyendra Prasad**  
**Ambassador | Representative**  
**of Fiji to the U.N**



**Luke Daunivalu**  
**Permanent Representative**  
**of the Republic of Fiji to the**  
**United Nations**



**Mr. Alika Cooper**  
**Fiji Trade Commissioner**  
**North America**



**Mr. Jay Singh**  
**Honorary Consul**  
**San Francisco U.S.A**



**Mr. Vinod K Bhindi**  
**Honorary Consul**  
**Los Angeles U.S.A**



**Mr. Bobby Naicker**  
**Honorary Consul**  
**Vancouver CANADA**

## 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 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

[www.usfijitimes.org](http://www.usfijitimes.org)

We have noticed that some pictures that appear in the US Fiji Times have been reproduced in some other newspapers, magazines and web sites. Please note that all contents of the US Fiji Times are copyrighted and cannot be reproduced in any form without the permission of the US Fiji Times by contacting them at [info@usfijitimes.org](mailto:info@usfijitimes.org)





**BHINDI®**

Los Angeles  
18508 Pioneer Blvd., Artesia, CA 90701  
562-402-8755

San Francisco  
5944 Newpark Mall Rd. Newark, CA 94560  
510-797-8755

Glendale Galleria  
2213 Galleria Way Glendale, CA 91210  
818-243-8755

Atlanta  
1070 Oak Tree Rd. Decatur, GA 30033  
404-325-8755

Shop online at [www.BHINDI.com](http://www.BHINDI.com)



## News

# TRIBUTE TO THE LATE SEAN SHARMA CEO OF AMERICAN HEALTH SERVICES, INC

*Continued from P1*

Dr. Stan Sharma drew people together and was known for his irreverent sense of humor and wit, he was also extremely gentle and gave unconditional love to all. It was such human qualities that many of us have also witnessed in the life of his Son, the late Seanjay Ramanand Sharma.

Dr. Stan Sharma Ph.D., J.D., immigrated with his family to the United States in 1964. He pursued his doctorate and be-

came an Associate Professor at UCLA. The Founder and CEO of American Health Services he made significant contributions to the revolution of health care delivery. His medical and research facilities provide affordable and widely available services to communities in need, particularly in his home state of California.

The Sharma family will forever remain on record as pioneers of US Fiji Times since

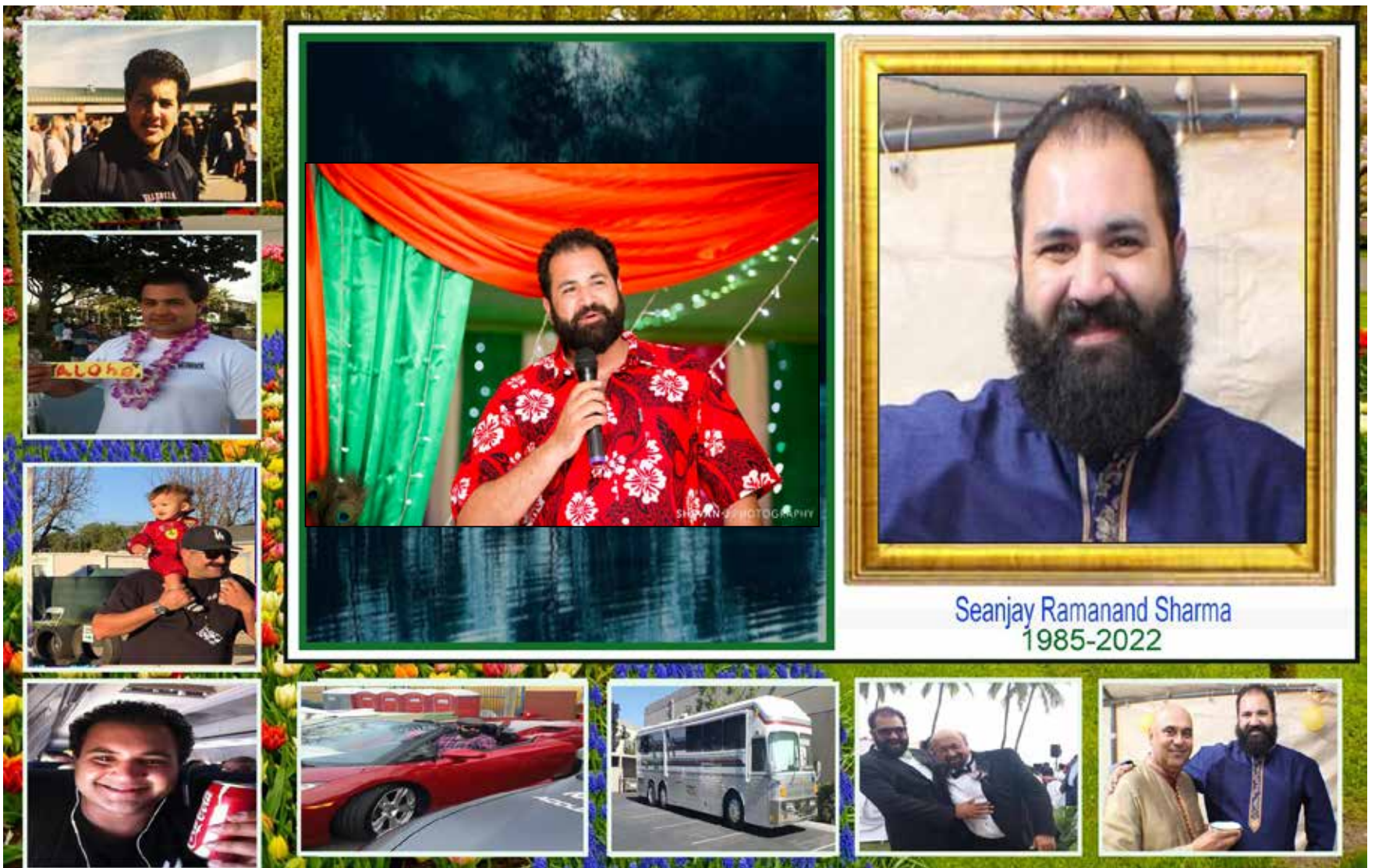
its inception more than a decade ago. Seanjay, like his late Father had lived a fulfilling life that was centered around caring for those around them and that his cousin and Los Angeles based Fijian golfer and organizer Pramesh P Sharma says that "The passing away of Seanjay has without doubt left a huge vacuum in the lives of each and every one that he had impacted". Sean enjoyed the outdoors and he like his fa-

ther loved vintage cars which he has a big collection of. He liked travel with his tour bus around the country.

From his childhood, Sean had regularly attended the Martin Luther King Jr Parade in Los Angeles using some of his vintage cars in the parade. He loved travelling to Fiji and stopping and buying local fruits and Pickles, giving the seller along Queens Road double the price and would always say; "These

are hard working families, and I will pay USA prices". He was a supporter of the Temples in Los Angeles including the Los Angeles Temple where his grandfather was the First President.

At the time of his passing, Sean was C E O of American Health Services based at the Los Angeles serving patient in California with 19 SUD Treatment Clinic's.



YOUR ONE STOP INDIAN GROCER IN SAN BRUNO

# NEELAM PACIFIC MARKET





**ELDORADO**  
COMMUNITY SERVICE CENTERS

**YOUR NEIGHBORHOOD MEDICAL AND MENTAL HEALTH CENTER**

Primary Care • Family practice • Gynecology • HIV/AIDS & STD testing  
Gastroenterology • Pain management • Therapy • Psychiatry

**SERVING**

**Bay Area | Los Angeles | Kern County | San Diego**

**SEE WHAT YOUR NEW HEALTHCARE TEAM CAN DO FOR YOU!**

**I-877-557-7826**

**[WWW.AMERICANHEALTHSERVICES.ORG](http://WWW.AMERICANHEALTHSERVICES.ORG)**



# MOST POWERFUL & SUCCESSFUL PANDITH JI

Specialized in:  
**BRINGING LOVED  
ONES BACK**



**EXPERT IN READING  
HOROSCOPE, PSYCHIC,  
PALM READING**

**BLACK  
MAGIC REMOVAL**



**I AM THE KEY TO YOUR SUCCESS**

**WORRYING IS WASTING ENERGY ON  
THE THINGS YOU CAN'T CONTROL  
LEAVE EVERYTHING IN MY HAND**

**ALL RELIGIONS ARE WELCOME**

**YOU ARE NOT ALONE!**

**Stop Worrying All Work is Guaranteed No More Sorrow & Tears**



**SPIRITUAL HEALER**



**GET LOVE BACK**



**BLACK MAGIC**



**HEALTH ISSUES**



**LOVE SPELLS**



**PRIVATE & CONFIDENTIAL**

**QUICK RESULTS**

**HELPS ON ALL MATTERS OF LIFE  
ARE YOU FACING DIFFICULT PROBLEMS?**

Need help with (Love) (Black Magic) (Marriage)  
(Husband) (Wife) (Divorce) (Relationships) (Family)  
(Friends) (Health) (Business) (Job) (Money)? etc.,



**Astrologer  
Raghav**

**714 936 2111**  
www.astrologerusa.com  
**Los angeles, CA 92647**



**POOJA FOR  
KALA SARPA DOSH  
MANGLIK DOSH  
PITRA DOSH**



## News

# Dedicated Fijian to be next Post Master of San Francisco

Originally from Lautoka, Avinesh completed his high school education at Tilak High School. He migrated to USA in June of 1993. In Dec of 1993 he joined the US Navy after serving 4 years in the Navy as support equipment technician. After that he worked for United Airlines and then he made a life

changing decision to apply for the U.S postal service in 2004 as a city carrier at the Fremont Post Office. He entered the postal management ranks in 2014 and effectively changed the culture and environment in the office that he managed by engaging all employees as he addressed safety, attendance, and perfor-

mance concerns. His accomplishments, energy and passion to make a difference did not go unnoticed as he excelled in his assignments no matter how big or small, he always succeeded at everyone off them. While earning his Lean Six Sigma Green Belt certification he successfully graduated from the management

leadership program and the advance leadership program.

He has enthusiasms and a desire to work hard and treat everyone as you would like to be treated. Avinesh gets his inspirations from his daughter and his family,

As the 32nd Postmaster of San Francisco, Avinesh heads

one of the largest city and retail operations in the United States with more than 1300 employees, 12 delivery units, 32 retail stations, serving approx 1 million customers in San Francisco.





## Fiji News

# PRIME MINISTER BAINIMARAMA MEETS WITH HIS PORTUGUESE COUNTERPART

Fiji has reiterated its desire to further strengthen bilateral relations in addition to the already strong relations we currently enjoy with the European Union (EU). Prime Minister Josaia Voreqe Bainimarama, in a bilateral meeting with his Portuguese counterpart Honourable Antonio Costa, said the two countries have more opportunities for possible cooperation in sectors such as tourism, sports and education. The two leaders met along the margins of the second United Nations Ocean Conference in Lisbon, Portugal. Prime Minister Bainimarama said Fiji has much to offer as a premier outsourcing services (OS) destination, and we are looking to grow into a hub for outsourcing services. Fiji and Portugal's recent cooperation through the EU, to the COVAX

facility has enabled many Fijians to have access to the COVID-19 vaccines. Commenting on the important agenda of the Ocean Conference, Prime Minister Bainimarama revealed that Fiji is seeking meaningful outcomes in five priority areas which include addressing the role of the ocean in climate mitigation and adaptation, promoting the transition to sustainable shipping and combating illegal, unreported and unregulated fishing and ending harmful subsidies, creating synergies and partnerships on national, regional and cross-sectoral levels, including with the private sector and promoting innovative financing opportunities to reinforce actions for a sustainable development of the ocean. He added that Fiji looks forward for Portugal's



support for international efforts in relation to concluding work on the High Seas Treaty negotiations at the UN and the work on eliminating harmful fisheries

subsidies as recently agreed by the World Trade Organization, among other important initiatives. In his response, Prime Minister Costa thanked Prime

Minister Bainimarama for the opportunity to meet with him to discuss more areas of opportunities particularly, on climate change and ocean conservation.

## WORLD OCEANS DAY 2022

The ocean produces 50% of the planet's oxygen and is home to most of earth's biodiversity. It presents a great diversity in wealth and supports an assemblage of marine and ocean resources including beaches, mangroves, sea grass, kelp forests, coral reefs and seamounts. Minister for Agriculture, Waterways and Environment, Dr. Mahendra Reddy highlighted this while speaking at the commemoration of the World Oceans Day 2022 at Wailoaloa Beach in Nadi. The theme for this year's World Oceans Day 2022 is "Revitalization: Collective Action for the Ocean". The World Oceans Day is marked each year on June 8 as a platform to celebrate our connection

to the sea and to raise awareness on the vital importance of our ocean supporting humanity's existence and sustenance. "This year, we are commemorating World Oceans Day with one such tangible action of protecting the ocean and marine species through the Ocean Beach Clean Up here at Wailoaloa Beach. This action dwells on the knowledge that any amount of discarded wastes that we collect in Wailoaloa Beach today will make a difference in protecting our ocean and safeguarding marine life from land based pollution." "The Ministry of Environment has also declared the Great Sea Reef locally known as Cakaulevu or Qoliqoli Cokovata, Macuata as a RAMSAR



site of significant international importance. It is the third largest reef system in the southern Hemisphere and has rich marine biodiversity. In addition to declaring the RAMSAR site, the Ministry in its efforts to protect coral reef ecosystems in Fiji has put in place a Coral Reef Policy that was launched in May 2020 to help guide the Ministry in strategic priorities and interventions at global and national levels. Fiji's coral reef system comprises five reef types distributed over 10,020 square kilometres of marine inshore area of which Fijians rely upon for their livelihood, food source and cultural

value." "With the Environment Impact Assessment (EIA) as a tool, the Ministry regulates and applies good planning for long-term, sustainable development that ensures Fiji's terrestrial and ocean spaces are protected," Minister Reddy said. Stakeholders involved in the Wailoaloa Beach clean-up included the Fiji Military Forces, Fiji Police Force, Pacific Flying School, Nadi Town Council, Biosecurity Authority of Fiji and staff from the Department of Environment. To mark the World Oceans Day, the Ministry awarded cheques to twelve Jobs for Nature Rehabilitation (J-NR) Recipients

from the Tuva Catchments who were selected to receive the J-NR Awards based on the criteria in line with the J-NR Policy. "The J-NR programme adopts the concept of genuine partnerships and collaboration with local communities to support initiatives that promote the conservation and protection of Fiji's environment. It encourages environmental stewardship and protection amongst Fiji's citizens to actively engage in the protection, restoration and rehabilitation of their natural environment while they earn some allowance from it that supports their livelihood."







QUARANTINE  
FREE

# FIJI, OH SO EASY!



FULLY  
VACCINATED



TRAVEL  
INSURANCE



PRE-DEPARTURE  
RAPID TEST




PRE-BOOKED  
RAPID TEST

BOOK NOW AT [FIJIAIRWAYS.COM](https://www.fiji-airways.com)



**FIJI**  
AIRWAYS



 Tourism Fiji



## News

# Mr. Haji Hafizud Dean Khan, a True Leader and loved by all People



The late Mr Haji Hafiz Khan



The National President of Fiji Muslim League Haji Hafizud Dean Khan received commemorative medal for Fiji's 50th



The late Mr Haji Hafiz Khan

US Fiji Times CEO/Publisher Rocky Ali Buksh says that the passing away of the former President of the Fiji Muslim League, the late Haji Hafizud Dean Khan, will be felt greatly throughout the Muslim Community in Fiji.

As a former politician and businessman, Mr. Khan was also a former Senator and he served as the Vice-President of the Senate of Fiji.

Mr. Khan was appointed to the Senate of Fiji on 13 July 2005 to fill a vacancy caused by the death of Dr Ahmed Ali. Khan became one of the 9 out of 32 Senators nominated by the Prime Minister. Khan was formally sworn in on 22 August 2005. In June 2006, he became vice-president of the Senate of Fiji and served in this capacity until the Senate was forcibly dissolved one day after the military coup of 5 December 2006. On 14 October, 2005, Khan launched a national appeal for funds to assist with relief efforts in the wake of the devastating

earthquake that struck Kashmir, on the Pakistan border on 8 October, 2005.

He was awarded "Lifetime Achievement Award" for service to Tourism Industry in 2011 at the AON Fiji Tourism Excellence Awards. He is a Life Member of Fiji Hotel and Tourism Association and is the Trustee of Fiji Commerce and Employers Federation. In 1907 He was awarded the "officier De L' Ordre National Du Merite" by the President of the Republic of France, for his services to the Private Sector in the Region. In 2017, he was presented with "Officer of the Order of Fiji" medal by His Excellency, The President of Fiji.

As a leader who was passionate in assisting in the further growth and development of Fiji, Mr Khan worked for 12 and half years as commercial and corporate Banker, locally and internationally with Citibank NA and Bank of British Columbia. Returned to Fiji in 1982 and set up own business, as Financial

and Business Consultant. Diversified as a developer from late 1983 as Hexagon Group of Companies. He remains the Chairman of the Group. Over the years the Group has developed a number of residential, multi-unit accommodation complexes, Motels and Hotels. The Group was the original developer of Tokatoka Resort, and co-developer of Trendwest, which later became Worldmark by Wyndham. The Hexagon Group has previously owned /operated Melanesian Hotel, Seashell at Momi and Grand Eastern Hotel in Labasa.

The Hexagon Group owns / operates Suva Motor Inn, Hexagon International Hotel Villas and Spa and, Grand Wests' Villas in Nadi. It has recently completed the 1st Stage of a multi-million dollar integrated Tourism Property "Yadua Bay Resort and Villas" on the Coral Coast. This new central Resort (with a 4.5-star hotel and ancillary facilities and individual villas) has been in operation

from June 2019. Once fully developed, Yadua Bay Resort and Villas will boast villas/townhouses on 89 individually owned lots, with varied mix of accommodation choices, having the flexibility to accommodate more than 250 units.

Mr. Khan had also served as Director and adviser to various Private companies and Government/Statutory Bodies. He served as Chief Administrator for Nausori Town Council, Board member of Fiji Development Bank, has served as Board member and Deputy Chairman of Fiji Electricity Authority. He has served as a Board Member, Vice Chairman and Chairman of Fiji Sugar Corporation. He has also served, for several years, as President of Fiji Hotel Association and President of Fiji Employers' Federation. He has been on various committee, Councils and Advisory Boards, at National level.

He was one of the founding members of PIPSO (Pacific Islands Private Sector Organisa-

tion) and served as the Chairman for 3 1/2 years.

He has served in various capacities with Fiji Muslim League, since 1985. He was speaker of FML for 8 years and has been its National President since 2001. In 2014 he was appointed External Member of General Committee of Islamic Development Bank in Jeddah, Saudi Arabia. He is currently one of the three Vice Presidents of RISEAP (Regional Islamic Dawah Council of Asia and Pacific).

US Fiji Times CEO/Publisher Mr Rocky Ali Buksh says that the Fiji Muslim Community has lost a strong leader and a gentleman who was always trying to bring Fiji's Multi-Ethnic races together. "The late Mr. Haji Hafizud Dean Khan will be greatly missed and May Allah grant him Jannatul Firdaush".







# SOUTH PACIFIC RELIEF FUND INC

## THE DIALYSIS PROJECT FOR FIJI

**ID# 86 -146778**



**Presents on Saturday August 20th, 2022 at 6:00pm**

## MAHA BHAJAN COMPETITION



Roneel Narayan of Fiji Islands

VS

Ronal Ritesh of Sacramento, CA

**Venue - KING CENTER HALL,**

725 Monte Diablo Ave, San Mateo, CA 94401



**100% OF THE PROCEEDS RAISED WILL BE GOING TOWARDS THE DIALYSIS PROJECT FOR FIJI.**

*15 Great Prizes For Raffle Tickets Will Be On Sale  
To Win Great Round Trip Air Fares From USA-NZ-AUST.*

For Booth and Sponsorship contact: Daven Kumar @ 650-333-8455

For Tickets call : Hari Sharma @ 925-354-9455 • Ben Mahabir @ 650-520-4402

F. Khan 650-201-7860 • Harish Kumar @ 650-291-0415

### BOOTH FOR RENT

LIMITED SPACE AVAILABLE  
CONTACT: DAVEN  
650-333-8455 / ASAP

### KAVA ON SALE

Wine, Beer & Cocktails  
Bar open at 6:00pm.  
Chaser on Sale.



Printing Partner: Gokul Printing  
Sacramento, CA /916-308-1607

### SPONSORS FOR RAFFLE TICKET

1st Grand Prize: Round Trip Air Ticket for One to Fiji/Aust/NZ  
From San Francisco International Airport-

Ticket courtesy of : Zero Waste Solutions INC (Sanjay Sharma)

2nd Prize: Round Trip Air Ticket for 1 to Hawaii from SFO -

Donated by: Dr. Vishnu Shankar - San Bruno Dental

3rd Prize: Round trip air ticket to Las Vegas : Mr. Ben Mahabir

4th Prize: Romantic Napa Wine Tours for 2 -

Donated by: SF Black Car LLC - \$650.00 Value

5th Prize: 52 inch 4K Smart TV -

Donated by: Mr & Mrs Vikash Sen in Memory of dad Mr. Bhim Sen

6th Prize: \$300.00 Gift Voucher -

Donated by: Punj Enterprise (Liquor Galore)

7th Prize: \$300.00 Gift Voucher for limo/entertainment Service:

Donated by: RK Tours & Entertainment, INC

8th Prize: \$250.00 Gift Voucher from Fiji Market -

Donated by: Fiji Market

9th Prize: \$200.00 Gift Voucher from Mazra Restaurant.

Rated #2 Restaurant in the US Mazra Restaurant

10th Prize: \$200.00 Gift Voucher From Teen Pari - Donated by :Teen Pari Boutique

11th Prize: \$150.00 Gift Voucher - Donated by : Nisha's Saree of W. Sacramento

12th Prize (\$150.00 Value) Family Night out at Any

Noori or Atlas Restaurant Donated by: Atlas Lounge

13th Prize: One of its kind sports memorabilia package-

Donated by Sharma's Associates (\$150.00 Value)

14th Prize \$101.00 Macys gift card

Donated by: Mr. Brij Prasad of Hayward

15th Prize: 2 SF Giants Tickets

Donated by : Alexy Gonzales



**\$35.00**

Includes Snacks  
and Dinner

☎ 1888-505-5114

🌐 southpacificrelieffundinc.org

✉ sthpacificrelief@gmail.com

**Your Support and Contribution Will  
Be HIGHLY APPRECIATED !!!**



SERVING : SFO - OAK - SJC  
• LOCAL PICK UP & DELIVERY • HOT SHOTS  
• WAREHOUSING • WHITE GLOVE DELIVERIES • CROSS DOCKING  
1-877-RUSHWAY  
Email: Rushwaydelivery@gmail.com  
WWW.RUSHWAYDELIVERY.COM

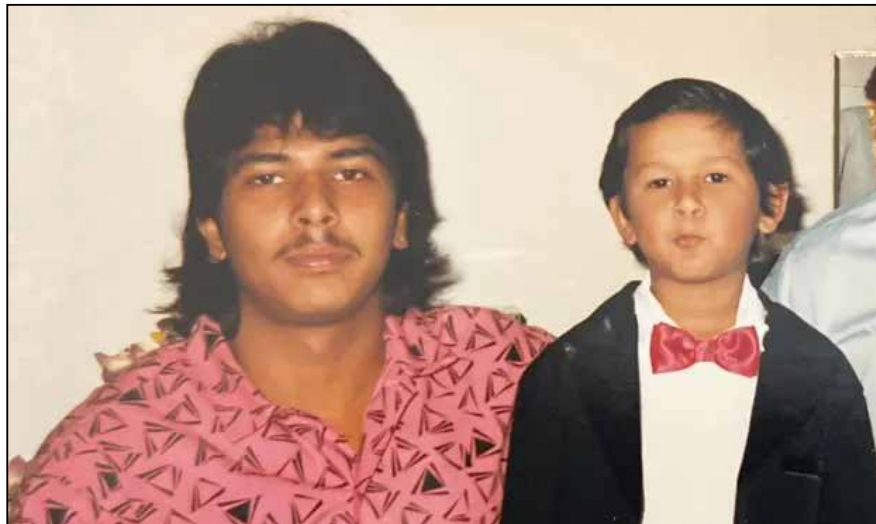


**Zero Waste**  
Solutions

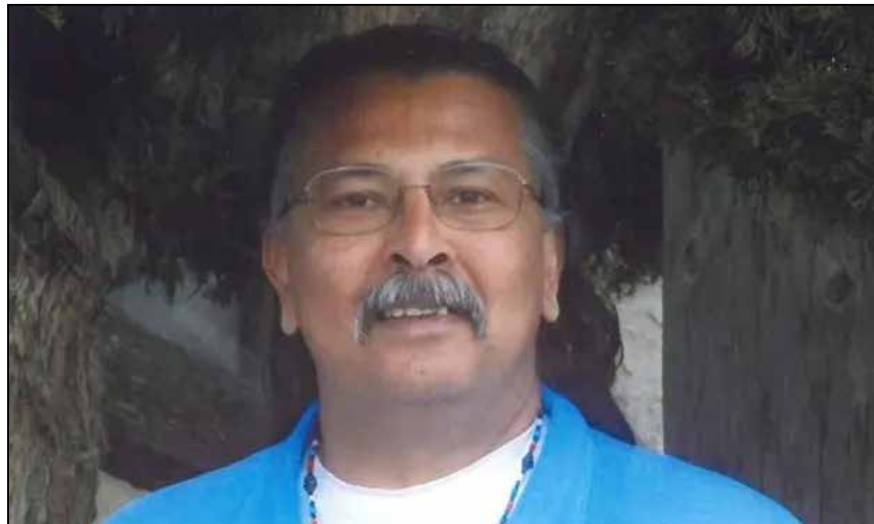


## News

# "Salesh 'Sal' Prasad" I won't survive': queer California man facing deportation after 44 years in US



Salesh 'Sal' Prasad with his nephew, Amitesh, who said Salesh has been like a father to him. Photograph: Courtesy Amitesh Diyal



Prasad came to the US in 1978 as a lawful permanent resident and grew up in Modesto, California. Photograph: Courtesy of Sal Prasad

A 50-year-old California man who was born in Fiji but has lived in the US since he was six years old is facing deportation to a country where he has no family and is at risk of violence and abuse as a queer person. Salesh "Sal" Prasad was detained by federal authorities after he was granted parole from state prison, where he had been incarcerated for years. His case has sparked outrage among human rights activists and local lawmakers who

say it highlights the cruelty and expansive reach of Immigration and Customs Enforcement (ICE) under a Democratic president who has promised a more humane approach and in a state that claims to be a sanctuary for immigrants. "I'm very afraid": same-sex couples on their fears in a post-Roe landscape

"If I'm deported, I won't survive. I won't make it in Fiji. There's no protection there for me. There's no support," he

said during a recent call from ICE's Golden State annex in California's Central Valley. "I'd be forced to be somebody I'm not. I don't want to hide again. I should be able to love who I want to love." Prasad came to the US in 1978 as a lawful permanent resident and grew up in Modesto, 90 miles east of San Francisco. He suffered severe physical and sexual abuse as a young child, including a beating that led to hearing

loss, according to court records. He struggled with drug use as a teenager and post-traumatic stress disorder and ended up getting involved with gangs for protection, his lawyer wrote. At 22, he took someone's life during an altercation and was convicted of second-degree murder, handed a life sentence with the possibility of parole after 20 years.

Last year, after 27 years behind bars, authorities granted

Prasad parole, recognizing his rehabilitative work, which included leading support groups, and determining he was not a public safety risk. "I had worked so hard, and I was so proud to tell my mom that I was finally coming home," he recalled. But on 19 August 2021, the day of his release, California prison guards handed him over to immigration officers, who shackled him and took him away. Although he came to the US



Protesters supporting Salesh 'Sal' Prasad outside the detention facility.

as a child and his family is in California, under the Biden administration's guidelines, ICE has argued he is a priority for deportation due to the decades-old criminal conviction. California law enforcement officials facilitated his detention. On the drive to the ICE facility, he passed by the exit where his mother lives and started weeping. "She is maybe 100 yards away. That's how close I was to her. I just wanted to see my

mom and hold her."

Prasad's requests to fight his case outside of detention were denied and he has been held in the custody of ICE since. In September, his mother contracted Covid-19 and died; ICE declined to temporarily release him to say his goodbyes in her final days and refused to let him go to the funeral. "She was my life, and it was the most heartbreaking thing I've ever had to live through," Prasad said. Prasad's

lawyer has argued he should not be detained because state authorities deemed him safe for release, but ICE has argued his conviction makes him removable. "For people like Sal, the Biden priorities are not resulting in more compassionate policies," said Maddie Boyd, Prasad's attorney. "ICE is holding people as public safety risks even after they have been determined not to be public safety risks."

His attorneys also argued he should be shielded from removal under the Convention Against Torture, citing evidence of police violence and attacks on LGBTQ+ people in Fiji; Prasad recently learned that a distant relative in Fiji kicked his son out of the home for being gay.

Prasad faces further risks due to his gang tattoos from his youth, which could make him a target of police, his lawyer says, and because he is Indo-

Fijian, an ethnic minority that has historically faced discrimination. US government lawyers have rejected those pleas, which means he has few recourses beyond continued appeals. The case could drag on for years, leaving him stuck in an ICE jail where he said he has faced inadequate care and recently developed injuries to his wrist from overly tight handcuffs while he was being transferred to a doctor. "The system is designed to



## News

push people to give up on their immigration case and instead be deported and permanently separated from their family,” said Angela Chan, chief of policy at the San Francisco public defender’s office. Prasad’s best shot at release is a pardon from the California governor, Gavin Newsom, which would make him ineligible for deportation, and his lawyer is preparing a clemency application. “Give me a fighting chance,” Prasad said. “The parole board said, ‘We believe in the changed person that you are,’ and that I’m not a threat. So why am I still in detention?”

“I may never see my family again,” he added. Newsom has issued a handful of individual

pardons to prevent deportation in recent years, but has repeatedly ignored calls to stop the state prison system from transferring people to Ice at the end of their sentences, a form of “double punishment” that advocates say violates the spirit of the state’s sanctuary laws. From 2020 through November 2021, an estimated 2,600 people were transferred from California prisons to Ice, according to the Asian Law Caucus.

An Ice spokesperson declined to comment. A spokesperson for the governor declined to comment on Prasad’s case, but said, “The governor regards clemency as an important part of the criminal justice system and all applications receive a thorough

and careful review.”

A spokesperson for Geo Group, the corporation that runs the Ice jail, declined to comment on Prasad, but said the facility “provides around-the-clock access to medical care”.

“He has paid his dues. When is it enough?” said Amitesh Dyal, Prasad’s nephew, who said Prasad had acted like a father to him and a grandfather to his young children, even from behind bars. “I just want my uncle to be able to spend time with my kids.” If released, Prasad said he hopes to mentor youth in California who have endured similar traumas as him and continue his visual art practice he developed behind bars. He also dreams of opening a food truck that sells

grilled cheese and tostadas. For now, he said, “I feel like I’m in purgatory here. I can’t go back. I can’t go forward. I’m just stuck.” ... we have a small favour to ask. Tens of millions have placed their trust in the Guardian’s fearless journalism since we started publishing 200 years ago, turning to us in moments of crisis, uncertainty, solidarity and hope. More than 1.5 million supporters, from 180 countries, now power us financially – keeping us open to all, and fiercely independent. Unlike many others, the Guardian has no shareholders and no billionaire owner. Just the determination and passion to deliver high-impact global reporting, always free from commercial

or political influence. Reporting like this is vital for democracy, for fairness and to demand better from the powerful.

And we provide all this for free, for everyone to read. We do this because we believe in information equality. Greater numbers of people can keep track of the events shaping our world, understand their impact on people and communities, and become inspired to take meaningful action. Millions can benefit from open access to quality, truthful news, regardless of their ability to pay for it. Every contribution, however big or small, powers our journalism and sustains our future.

**MAHARAJ TRAVEL TOURS**

MAHARAJ TRAVEL TOURS  
TRAVEL EXPERIENCE 2019  
TEL: 2149117-40

From **Vancouver** to **Nadi**, **Australia** and **New Zealand**

Begins **\$599** for the first 599 passengers

**Mondays & Fridays**

**Travel from:** 25 Nov 2022 - 12 Dec 2022,  
18 Jan 2023 - 31 Mar 2023

**TELL: 650-232-1090 and 916-558-5232**

**EXPLORE FIJI**



## NEWS

# Free Children's Book Series Download to Help Children of Fijian Diaspora

Fijian Author Paulini Turagabeci is launching her first Children's Book Series which will be available for free download from 12:00 am June 17th - 12:00 am June 18th Pacific Time ( 7:00 pm Fiji Time) on Amazon's KDP. The Living in Fiji Children's Book Series gives readers a glimpse of life in Fiji through the eyes of a child. "The central characters of the books are the children of Fiji. The books are written in first-person point of view from the child to the reader. The goal is to create a reading experience where a child in Fiji is talking to another child about what

it's like living in Fiji," says the Author. The idea for the book series came about four years ago when Paulini was taking a bus ride into one of the towns in Fiji called Labasa. She watched as men sat down to tea in cane fields as

they took a break from cutting cane under the hot sun. On another occasion, as she rode the bus into the city, she saw a kindergartner in uniform board the bus with his mother. Then at the Suva bus stand, she observed as if with new eyes, the bara boys who raced their wheelbarrows towards buses that were coming into the bus

depot. They would smile and offer their services to passengers who were disembarking from long journeys across the country. "I fell in love with my homeland again when I saw the beauty in the daily routines, the celebrations, and the traditions of my people. I knew there was a growing number of children in the Fijian diaspora who wouldn't grow up like locals but who'd like to know what life's like in their place of origin." The Living in Fiji Book Series will also be translated into conversational I-taukei language, making it easy to understand and read. "I'm confident that it

will help beginner Fijian language learners, whether adult or child," says

Paulini. The Author says that Fijian parents raising their children abroad often look for ways to connect their children to Fiji and its culture. While there is a growing popularity and appreciation for this connection to be made through Fijian music, talk-shows, and travel shows, Fijian children's literature is still far and in between.

"Books are things you can easily revisit often. If you need to jog your memory about life in Fiji or spruce up your Fijian language skills, pick up a liv-

ing in Fiji Book." Plans are in the pipeline to translate the books into Fiji Hindi and perhaps other vernacular languages spoken in Fiji like Rotuman and Gilbertese. The e-book version of the first six titles are available for download on the Kindle App, while paperbacks will be available at a later date.

For more information, contact the Author on her social media handle @AuthorPaulini





## Health

# Why COVID-19 Boosters are Being Reformulated This Fall to Target Omicron

After one-and-a-half years and many coronavirus variants, the COVID-19 vaccines are finally getting an update, the FDA announced on June 30. This change is to provide broader immunity against fast-spreading Omicron subvariants while still ensuring the same “base of protection” against severe illness and death offered by the original vaccines. To support these goals, the Food and Drug Administration (FDA) said it has advised Trusted Source vaccine makers to update their COVID-19 vaccines to include a component that targets the spike proteins of the Omicron BA.4 and BA.5 subvariants. As of June 25, these two subvariants account for over half of coronavirus cases in the United States, according to the Centers for Disease Control and Prevention (CDC). Dr. William Moss, executive director of the International Vaccine Access Center at the Johns Hopkins Bloomberg School of Public Health, said the FDA’s decision is a good one. “We have seen over time the phenomenon of both waning immunity and immune escape from a new variant,” he said. “So I certainly think that it is time for an updated vaccine.”

He cautioned that there is no guarantee that BA.4/5 will still be circulating by the time the reformulated boosters are rolled out. However, “I think it’s a reasonable bet that the dominant variant in circulation is going to be some version of Omicron,” he said. FDA recommends a two-component booster. The FDA’s decision comes two days after the agency’s independent vaccine advisory committee overwhelmingly voted to recommend that booster vaccines include an Omicron component. The current COVID-19 vaccines continue to offer strong protection against severe illness and death, especially among people who have received all boosters they are eligible for. But the Omicron variants have shown the ability to overcome some of the immune protection offered by both vaccination and prior infection. In addition, the protection for many people will be waning by



the time a possible fall or winter surge arrives due to the time that has passed since their last dose. And there’s a risk that a new, more transmissible variant could emerge by then. “As we move into the fall and winter, it is critical that we have safe and effective vaccine boosters that can provide protection against circulating and emerging variants,” Dr. Peter Marks Trusted Source, director of the FDA’s Center for Biologics Evaluation and Research, said in a statement. Vaccine makers will add the Omicron component to the current vaccine composition, making this a bivalent booster vaccine. Marks also said that the agency has not asked vaccine manufacturers to change the composition of the vaccine used for the primary series — for most people, this is the first two doses of an mRNA vaccine. The current makeup of the vaccines “provides a base of protection against serious outcomes of COVID-19,” said Marks. The reformulated vaccines could be available by early October, say vaccine makers. Who will be eligible for the new booster? Before the new two-component boosters can be rolled out in the

fall, they will need to undergo clinical testing to see how much of an immune response they generate against the currently circulating variants. These kinds of clinical trials have already been done by Pfizer-BioNTech and Moderna with vaccines that target another Omicron subvariant, BA.1 — both as a one-component and two-component booster — with some positive results. The FDA will review data from the BA.4/5 booster studies when available. After that, the CDC’s vaccine advisory committee will meet to make a recommendation about which Americans should receive the new booster. The CDC could recommend the boosters only be offered to people most at risk from COVID-19, such as older adults and those with certain underlying medical conditions Trusted Source, as some experts have recommended. Or the agency could decide that everyone vaccinated so far could benefit from a booster that also targets Omicron. Or somewhere in between. As for who will receive which version of the vaccine, based on what the FDA has said so far, people who have already been vacci-

nated, including those who are boosted, would receive the new two-component vaccine. Unvaccinated people would start with the current vaccine for their primary series. However, this could change by the fall if data shows that the two-component vaccines also work well for a person’s first two doses. Demand for boosters has waned. These decisions may also be impacted by how many doses of the two-component vaccine are available. The federal government announced that it will buy 105 million doses of Pfizer’s reformulated vaccine, with options to purchase up to 300 million doses. Pfizer said at the June FDA vaccine advisory committee meeting that these doses could be available for delivery in early October, while Moderna estimated its reformulated doses could be ready in late October or early November. Another lingering question is how many Americans will roll up their sleeves to get vaccinated again, with booster fatigue having set in at this point in the pandemic. “There’s a lot of handwringing around what the composition of the booster should be,” said

Moss. “But the real determining factor will be how many people will actually get that additional booster dose.” Of Americans eligible Trusted Source for a first booster, only 47.8 percent have received one, reports the CDC. This climbs to 70.2 percent for people 65 years or older. However, fewer people eligible for a second booster have received one — 27 percent of those 50 years or older and 33.7 percent of those 65 years or older. And then there are the almost 22 percent of Americans who haven’t received their first dose. To improve on the roll-out of the reformulated boosters, some experts think we should move away from using the term “booster,” which many people associate with the middle of the pandemic. Instead, they suggest referring to the fall COVID-19 vaccine top-ups as “another annual shot.” People are already used to hearing about and receiving an annual flu shot in the fall or winter. This vaccine is reformulated each year Trusted Source to target the influenza virus strains that are expected to be in circulation.



# SAUDAGAR CASH AND CARRY

28700 Mission Blvd, Hayward CA - 510-885-0430



# PHONE: 510-885-0430



# SAUDAGAR CASH AND CARRY

28700 Mission Blvd, Hayward CA - 510-885-0430



**PHONE: 510-885-0430**



# SilkGlow Beauty & Skin Care Ruchi Dixit Threading



\* Facial \* Waxing \* Henna \* Eyelashes Extensions.

669 San Mateo Ave San Bruno, Ca 94066

Ph/ 415-850-3707



**IMPORTED MIDDLE EASTERN & EUROPEAN GROCERIES**

**ملحمة و بقالة بيسان**

**Besan's International Market**

Retailers of Fresh Quality Halal Meats, Groceries & International Spices. Besan International has a Butcher which serves fresh meats everyday for your convenience. Come visit us today.

**480 SAN MATEO AVE, SAN BRUNO CA 94066**

**PHONE: 650-872-7741**

**OPEN 7 DAYS**





## BAYSTAR SECURITY PATROL

**UNINFORMED GUARDS - PATROL - ALARMS  
INVESTIGATION  
LICENSED - BONDED - INSURED**

423 Broadway #402, Millbrae, CA 94030  
PH: 650-259-7661 Fax: 650-259-9228  
eMail: info@baystarpatrol.com



**Raj K Singh, Broker, CRS, GRI**  
RESIDENTIAL AND COMMERCIAL  
Real Estate  
24301 Southland Drive Suite 217A  
Hayward CA 94545  
(510)690-1700 office/ Cell (510)  
755-0980  
www.eliterealestatebayarea.com  
DRE lic # 02068779

## NOW HIRING LICENSED REAL ESTATE AGENTS

If you have been thinking of a career in real estate, we are offering full training and online courses to pass your real estate exam!

Come join ELITE Real Estate Services Bay Area, with excellent commissions and benefits!

Real estate is a fulfilling career! Don't wait and think! Pick up the phone now and call me for a Free 1 hour consultation that will change your life forever!

Call me direct at 510 755 0980

Raj Singh, BROKER since 2004. With 15 years of experience, I can help you increase your business! Come Join my team and let me share with you my success!



**ELITE**  
REAL ESTATE



## Health

# The 988 Suicide Hotline Number Is Ready to Launch, but Are Call Centers Prepared?

Suicide and suicidal ideation are major public health crises that can affect anyone — particularly young people. According to the National Institute of Mental Health Trusted Source, suicide is the 12th leading cause of death in the United States and the second leading cause of death among younger individuals ages 10 to 34. The U.S. Surgeon General and the American Academy of Pediatrics have acknowledged the growing youth mental health crisis that's been exacerbated by the COVID-19 pandemic and disproportionately affected Youth of Color and LGBTQIA+ youth. When former president Trump signed the National Suicide Hotline Designation Act of 2020 into law, plans were set in motion for a mental health emergency hotline. On July 16, the National Suicide Prevention Lifeline becomes "988," replacing the previous 1-800-273-8255 (TALK) number. However, the original 11-digit number will still work. President Biden has since awarded \$105 million to states and territories across the U.S. to strengthen crisis call center services to prepare for the transition to 988 as part of the administration's mental health strategy. Shortening the National Suicide Prevention Lifeline number to 988 could make getting help in a crisis more accessible, but experts have expressed concern that not all call centers are prepared. Youth in crisis An April 2022 report Trusted Source from the Centers for Disease Control and Prevention (CDC) — the Adolescent Behaviors and Experiences Survey — shows that 44% of teens in the United States feel persistently sad and hopeless, an increase from 37% in 2019. In addition, research from 2022 Trusted Source shows that the overall teen suicide rate had increased during the pandemic within the 14 states that were studied, although in certain states, it did decrease. Another CDC report Trusted Source shows that while the overall suicide rate in the U.S. decreased in 2020 for the second consecutive year, the decline was not universal.

Suicide rates increased

among youth and young adults, Black and Hispanic males, and multi-racial females during the pandemic. And data from the Trevor Project, a suicide prevention organization for LGBTQ youth, suggests that suicidal ideation among LGBTQ youth has trended upward over the past 3 years. The impact on LGBTQIA+ youth The Trevor Project's 2022 National Survey on LGBTQ Mental Health shows that nearly half of all LGBTQ youth seriously considered suicide in the past year. Transgender and nonbinary youth and LGBTQ Youth of Color were more likely to attempt suicide than their LGBTQ cisgender or white peers. The survey indicates that LGBTQ youth who experienced anti-LGBTQ victimization — being physically threatened or harmed, discriminated against, or subjected to conversion therapy — were twice as likely to attempt suicide in the past year compared to those who did not have these experiences. And prior research from the Trevor Project shows that LGBTQ youth are more than 4 times as likely to attempt suicide compared to their peers. Preston Mitchum, director of Advocacy and Government Affairs at the Trevor Project, told Healthline that LGBTQ young people are not inherently prone to suicide risk but are placed at higher risk because of how they're mistreated and stigmatized in society. "Bullying, discrimination, family rejection, lack of social support, and conversion 'therapy' attempts — these are all common risk factors that are unique to LGBTQ youth and can contribute to negative mental health outcomes," Mitchum said. Are 988 call centers ready to meet demand? There is growing concern that the National Suicide Prevention Lifeline, which is already inundated with calls, will be overwhelmed once it transitions to 988. January 2022, research from the National Academy for State Health Policy (NASHP) assessed state-by-state readiness for the rollout of 988 and found that only 22 states had enacted legislation to implement and provide funding for the new hotline. Jodi



Manz, project director with the Behavioral Health, Aging, and Disability team at NASHP, told Healthline that as states have been working to enhance their crisis systems and call center capacity, some still have legislation or budgeting items in process. "Because there are federal dollars to support initial investments and planning in states, some other states may not have seen this shift as an immediate funding need in their state budgets this year," Manz said. According to Manz, enhancing mental health crisis services for readiness — including call centers — is not new for states and has been a major priority for state behavioral health systems in recent months. "Some states have developed sophisticated call center capacity over the last several years and have invested early in enhancing those in preparation for the shift to 988," she said. "For states that are in process of developing that capacity, increases in call volume will likely be a challenge, though no matter what state a person is calling from, the back end of the system can route calls to the National Suicide Hotline when someone dials 988." According to Manz, states could enhance call center preparedness by: recruiting and retaining qualified personnel to provide crisis services ensuring sustainable funding for call centers In a statement provided to Healthline, Kimberly Williams, president and CEO of Vibrant Emotional Health, the nonprofit administrator of the National Suicide Prevention Lifeline, said that funding has increased

in recent months to support the capacity growth and expansion of the Lifeline system as the transition to 988 approaches. "These funds will be used to fund nationalized services in the Lifeline network, which includes the national backup network, chat and text network and Spanish subnetwork, as well as to continue developing the infrastructure and services needed to support the 988 network," Williams said. "Lifeline backup and nationalized services are an important and proven component of ensuring a mental health safety net, particularly when there are demand surges." Still, NASHP data show that several states have passed legislation that charge telecom fees, which could pose a barrier to some callers. Robert Gebbia, chief executive officer of the American Foundation for Suicide Prevention (AFSP), told Healthline there might be an adjustment phase before the 988 network is sufficiently equipped to handle the expected surge in demand. "We hope the recent infusion of federal funds will accelerate the process to be ready for call increases and work toward other critical components key to reimagining an optimal crisis mental health response system," Gebbia said. Will the 988 number save more lives? Similar to 911, dialing 988 could make it easier in a moment of crisis to access help and support. According to Williams, the switch to a 3-digit number will strengthen and expand the existing Lifeline network of over 200 crisis centers across the country. "It creates

an easy access point to reach a trained crisis counselor for anyone in emotional distress," Williams said. Of course, with improved accessibility comes a surge in demand. Funding call centers can help ensure that more trained personnel are available to answer calls and ultimately save lives. "The success of the hotline and the value it brings to callers largely depends on whether or not the local call centers can absorb the spike in calls," Gebbia said. According to Gebbia, Lifeline's call volume has increased 14% annually since its 2005 launch. But experts say this number is expected to increase as pandemic-related emotional stressors continue to affect the nation's mental health. If effective, 988 will help more people experiencing suicidal ideation access the support and care they need. "In moments of crisis, every second counts," Mitchum said. "However, we must keep working to ensure that 988 is also accessible and equitable for the most marginalized communities — this includes transgender and nonbinary youth and Youth of Color, who often face greater discrimination, stigma, and mistreatment in health care settings." How does it work? When a person calls 988, Gebbia explained they'll be met with an automated greeting with options for Spanish speakers and veterans. Next, their call is routed to the closest crisis center based on their area code and is connected to a trained counselor.



## Health

# 6 Plant-Based Meat Alternatives for Your Next Summer BBQ

Summer brings many opportunities to light a grill and cook up a bounty of juicy meats, corn on the cob, and potatoes for a backyard barbecue. But as more Americans are embracing a plant-based way of eating, traditional BBQ foods are shifting. In fact, a survey from Nielsen found that more than one-third — 39 percent — of Americans say they are actively trying to eat more plant-based foods. “We know that eating more plant-based [food] is good for us and also the environment,” says Vanessa Rissetto, MS, RD, CDN, a registered dietitian in the New York City area. “Tofu, lentils, Impossible Burgers are all great alternatives to meat that are tasty and not just brown rice and steamed vegetables. Also, more plants means more fiber, which is good for your gut health and helps with feeling full.” So, if you’re one of those people who are trying to increase the amount of plant-based foods in your diet — or you’re cooking for someone who is — let this list of plant-based foods inspire your next summer BBQ menu. You don’t have to fuss with making your own meat-free burger mixture. Many brands have mastered the best texture and flavor for spectacular sandwiches, and you can buy them frozen or fresh right at your grocery store. “With burgers, there are amazing options, from those that mimic a clas-

sic beef patty, such as Beyond Meat’s widely available Beyond Burger, to legume-based burgers such as the classic — and crowd-pleasing — Spicy Black Bean burger from Morningstar Farms,” says Ann Taylor Pittman, recipe developer and author of *Everyday Whole Grains: 175 New Recipes from Amaranth to Wild Rice*. Just be aware that some of these burgers have more sodium than traditional beef patties. With fixings like cheese and condiments, you could really whip up a salt storm. Cut back on high-sodium toppings, and opt for a low-sodium side like slaw or corn salad instead of fries. In addition to plant-based fake meat options, roasted carrots look a great deal like hot dogs, and if they’re cooked right, they can taste and feel like one, too. “A roasted carrot spiced with cumin is excellent in a whole-wheat hot dog bun topped with well-seasoned cabbage,” says Maya Feller, MS, RD, CDN, a registered dietitian and founder of Maya Feller Nutrition. Low and slow is the key to the carrot-turned-hot dog. This temperature setting for roasting allows the veggie to become tender and toothsome, and it infuses the vegetable with any spices or rubs you’ve applied. Carrots are low-calorie, so you might feel a bit is lacking from your meal if you only eat one. You can help your satiety by eating a



spoonful of a hearty grain salad in place of potato chips. With proper handling, tofu tastes and cooks a lot like chicken or pork. “Extra-firm tofu grills really well,” Feller says. “I like to marinate it in ginger, garlic, and coconut aminos with a dash of red pepper flakes.” If presenting tofu steaks in place of regular ones won’t fly, get a bit more creative. “You can go a little unexpected by grilling slabs of extra-firm tofu and building your menu around tofu banh mi, with a build-your-own sandwich bar with all the fixings — pickled carrots and radishes, sliced jalapeños, cilantro, hoisin sauce, mayo,” Pittman says. You may think of potato fritters as winter fare, when they’re often topped with sour cream or apple sauce and eaten as part of a holiday celebration. But really the small,

round veggie pancakes are great as a year-round alternative to meat and fish patties. Feller likes potato and broccoli fritters. Pan-fried in a bit of oil, fritters can seem rich, so balance them with a topping of fresh tomato salsa. Or dress them up with a no-cook sauce like chimichurri or pesto. Jackfruit has made a name for itself in vegan and vegetarian circles as a dense and chewy meat alternative that’s so good it frequently convinces carnivores they are eating the real thing. “You can make a wonderfully messy pulled jackfruit sandwich instead of the usual pulled pork. Upton’s Naturals makes a tasty, not-too-sweet version that’s great on a soft bun with a scoop of coleslaw,” Pittman says. The fleshy interior of the Southeast Asian fruit handles a bit like meat. Marinate it with

barbecue sauce and sauté it on a skillet on the grill for a fast meat-free option. Like some other plant alternatives, jackfruit can have a great deal of sodium. Cut back with low- and no-sodium sauces to keep the numbers manageable. Of course, you don’t have to try to hide the fact you’re eating veggies in place of meat. You can own it and really put on a show-stopping presentation. “Flip the script by doing something a little unexpected: a grilled veggie and hummus platter as the centerpiece of your barbecue. Grill bell pepper strips, zucchini and yellow squash slices, asparagus spears, blanched Brussels sprouts, baby artichokes, broccoli spears, blanched carrots, fennel wedges, or any other veggies that would go well with hummus,” Pittman says. Plus, the presentation is destined to be so beautiful that everyone will be proud to show off their non-traditional BBQ spread on social media. If these options don’t sound like they may be for everyone and you’re hosting a backyard barbecue that will include a mix of guests — those who eat meat and those who prefer plant-based alternatives — don’t feel the need to have an entire menu for both. Remember, all you need is a few options that you can pull together with your traditional menu in order to make sure everyone at the get-together is well-fed. “Don’t make a big deal out of it; just have meatless burgers and dogs alongside the traditional versions,” Pittman says. “There might be meat-eaters who are excited to try some of the plant-based options, too.”





## Health

# Just 1 in 5 Americans Have Optimal Heart Health: Here's Why

New research from the American Heart Association (AHA), finds only 20% of Americans have 'optimal' heart health. "I think what's interesting and important about this study is it gives us a much more granular look at the components of cardiovascular health in the U.S. population, and how those differ by demographic groups across age, between men and women, across race/ethnic groups," study leader and AHA president, Donald M. Lloyd-Jones told Healthline. Study participants ranged from 2 to 79 years old. For this study, researchers analyzed data from the National Health and Nutrition Examination Surveys (NHANES) from 2013 to 2018. They included non-pregnant, non-institutionalized individuals from 2 to 79 years old who had no cardiovascular disease. All participants had an overall cardiovascular health (CVH) score calculated for them ranging from 0 to 100, and a score for diet, physical activity, nicotine exposure, sleep duration, body mass index (BMI), blood lipids, blood glucose, and blood pressure, using AHA definitions. According to updated metrics, among over 23,400 American adults and children without cardiovascular disease (CVD), the overall cardiovascular health of the U.S. population is not ideal. The research showed roughly 80% of people scored at a low or moderate level.

New evidence used to create a broader spectrum of heart health. According to the AHA, they relied on "substantial new evidence" gathered over the last 12 years, to add new definitions and metrics for quantifying cardiovascular health (CVH). They also expanded the spectrum of CVH to begin from age two and address social determinants of health (SDOH), psychological health, and well-being as crucial factors to improve health. AHA's metric for considering CVH is now called Life's Essential 8. They include: diet, physical activity, nicotine exposure, sleep, health body weight, blood lipids, blood glucose, blood pressure. Sleep is the newest addition. "So we actually considered including sleep back in 2010," said Lloyd-Jones. "We also considered things about stress that might be included, but at the time, neither of those was really measured very well, especially in population studies." Lloyd-Jones pointed out that sleep is related to total mortality, and there is independent information that sleep gives us "above and beyond" the original seven metrics. Life's Essential 8 is patient friendly. Mitchell Weinberg, MD, chair of cardiology at Staten Island University Hospital, part of Northwell Health in New York said this tool is both valuable and patient friendly for determining CVH. "Possessing one number that crystallizes a person's current



health status enables that individual to comprehend the need for change and target a single numeric goal," he said. Weinberg said that Life's Essential 8 provides motivation for an individual patient to improve and maintain their cardiovascular health. Weinberg also believes this tool is very useful for those focusing their efforts on a "grander scale." "Cardiovascular health in the U.S. clearly requires drastic improvement and we need to think beyond the individual patient if we are to make adequate change," he said. "Health systems, governments, payers, and policymakers can utilize such a validated tool to identify populations in need and track the effects of public health interventions," he continued. An opportunity to understand your current level of health Lloyd-Jones believes

that Life's Essential 8 will continue to provide an opportunity for people to understand their current health, and know what they can work on to maintain or improve it. "Across those eight metrics there's going to be something in the yellow or red zone rather than in the green zone," he said. "The good news is it doesn't matter which one you pick, if you work on one of those eight things and try to improve it, it will improve your health." Lloyd-Jones emphasized that this will reduce your risk of bad health outcomes, including CVD, cancer, and dementia. "Hopefully, it's a very empowering message," he said. "Let's improve our health and by picking those things that you're motivated to change, you can make a real impact on your long-term health outcomes." Maintaining opti-

mal heart health To obtain and maintain optimal heart health, Weinberg's recommendations include: Not smoking or vaping. Maintaining a healthy diet. Getting sufficient sleep. Keeping blood pressure in a healthy range (below 120/80mmHg). "Perform moderate exercise greater than 150 minutes per week or vigorous exercise for 75 minutes per week," he added, mentioning that children have even higher exercise targets. The bottom line A new study from the American Heart Association (AHA) finds only 20% of Americans have optimal heart health. Experts say the AHA's Life's Essential 8 is a helpful tool to find out what aspect of health you most need to work on. They also say that this could reduce your risk of bad health outcomes that include heart disease, cancer, and dementia.

## Undiagnosed High Cholesterol Found in 60 Percent of Stroke Patients

Stroke is called a "silent killer" and researchers in a new study conclude that ignorance isn't bliss when it comes to stroke patients. Most people who've had acute ischemic strokes without prior symptoms had undetected health conditions that put them at risk of stroke, the researchers from Switzerland reported at the European Academy of Neurology Congress 2022. Their findings haven't been peer-reviewed or published yet. In their study, the researchers looked at the health records of 4,354 stroke patients who had no previously

diagnosed risk factors. They found that 67 percent of them had at least one previously undiagnosed major risk factor (UMRF) for stroke. The most common vascular UMRF was an imbalance of blood fats such as high cholesterol or raised levels of triglycerides (61 percent of patients), followed by high blood pressure (23 percent). One in 10 patients (10 percent) had atrial fibrillation, a condition that causes a fast and often irregular heartbeat. About 5 percent had diabetes. Dr. André Régo, the lead study

author and a researcher at Centre Vaudois, Lausanne, in Switzerland, said that clinical information has been "scarce" about the frequency, patient profile, and stroke mechanisms among stroke patients with previously undiagnosed major vascular risk factors. "Our findings underline the importance of testing and treating blood fat imbalances such as high cholesterol and triglyceride levels, as well as blood pressure and identifying and treating those with atrial fibrillation and type 2 diabetes", Régo said in a press release.





# PROPERTY EXPERTS

## Celebrating 20 years of Success In Fijian Real Estate



**Sunny Bay, Vuda Lautoka**  
**Waterfront Lots from \$175,000 USD**

**We Specialise In Residential/ Commercial/ Industrial/ Farms/ Resorts/ Holiday Homes In Fiji**



# propertyexperts.fiji

For Super Property Deals In Fiji Check  
[www.propertyexperts.com.fj](http://www.propertyexperts.com.fj)

## Land as Low as \$35,000 USD

## Talk To Us Today !!!

**Contact one of our Sales Reps for Free Consultation**

Johnny Singh + (679) 9993943  
Tazim Ali + (679) 9993948  
Nikhil Reddy + (679) 8980005  
Rajesh Charan + (679) 9336366  
Sikeli Baleituba + (679) 9993944  
Gulsher Ali + (679) 8980001  
Rajinesh Prasad + (679) 8980003  
Elvin Prasad + (679) 8980004  
Shivneel Prasad + (679) 8980002  
Prem Singh + (679) 9250001

E: Johnnysingh@propertyexperts.com.fj  
E: tazim@propertyexperts.com.fj  
E: nikhil@propertyexperts.com.fj  
E: rajesh@propertyexperts.com.fj  
E: sikeli@propertyexperts.com.fj  
E: gulsher@propertyexperts.com.fj  
E: rajinesh@propertyexperts.com.fj  
E: elvin@propertyexperts.com.fj  
E: shivneel@propertyexperts.com.fj  
E: propertyexperts@connect.com.fj

**Our Sales Rep Can Also Be Contacted Through:**



L i c e n s e d   A g e n t   0 0 1 5



# SEANJAY R SHARMA'S EULOGY

It was impossible to miss Seanjay Ramanand Sharma when he entered the room. His large frame couldn't be denied but his relaxed movements made his presence comforting rather than imposing. His eyes were welcoming. He was genuinely glad to see the other people in the room. He was a people person, for sure. An intent listener, he would gesture and nod and offer genuine support to others who were speaking. When he spoke, his voice was strong and pure and commanding, but the delivery was smooth and sweet, even mesmerizing. It soothed the soul, it calmed the room. It made people happy.

He also possessed one of the most developed assortments of laughs on the planet. Practice makes perfect and his laugh was never far away. Every type of laugh, at least those types that calm the beast in us all. His uplifting laughter weaved effortlessly throughout his soothing conversation, like dolphins frolicking in the breaking waves on a perfect day, which suited his underlying island vibe very well. His presence brought blissful warmth and a refreshing breeze to every room he entered. The afterglow of time spent with him lasted for days or even weeks after. It would be almost impossible for a stranger in the room not to notice or wonder who this special and unique man was.

Sean was born on February 8th, 1985. He is the son of two exceptional and dedicated parents. His father, Stan Sharma, was a brilliant scholar, successful businessman, and respected medical provider throughout California and other states. His mother, Cindy Blanks, was and remains an extremely strong woman, a lifelong educator, and a saint by the standards of all who know her. Both parents worked in the extreme to give Sean all that anyone would ever need to succeed and to get the most out of life. He was a world traveler many, many times over? He was offered every experience and adventure and introduction to history and humanity and culture that any individual could receive. He had already lived ten lifetimes in his short time on the planet.

Sean was and will always remain loved by so many. He loved them back in at least as many ways. He worked hard to be supportive, attending as many life events as possible with countless family and friends throughout the world, no matter how grueling or difficult the travel or the time constraints might be. He was a great giver of gifts. Thoughtful gifts. Fun gifts. Needed gifts. He was always there to help friends or family or strangers in need. But his positive attitude, positive words of encouragement, and positive spirit were his best gifts by far. His life was blessed with many toys that might make some forget who they are but one of Sean's greatest pleasures was to share his earthly possessions as widely and freely as possible for the benefit and joy of others. A gentle and kind man with a huge heart.

When his father died unexpectedly, Sean was suddenly thrust into an extremely difficult situation that would have buckled lesser men. Sean stepped up to the plate and assumed his father's role as well as his own. He was proficient and well informed in all areas. He acted as a strong voice for quality care at his facilities, mutual respect and consideration for his staff and his patients, demand for high ethical standards, and otherwise worked hard to ensure his father's legacy. He regularly spoke for his business and his industry to legislators, county officials, and government regulators at every level, often moving the needle with his passion and knowledge.

Even though Sean had become a strong ambassador of peace and good will and caring through his personal and business interests with practically unlimited potential in his life, he recognized that something far more profound was still missing. We all knew that something was different when he reconnected with Devon after dating her earlier in his youth. Devon brought grounding and purpose and goodness to his life. Devon might be the only person on the planet who has never had a bad word uttered about her by even one in-law. Everyone was grateful for her presence in Sean's life. That gratitude turned to exhilaration when Oliver was born. It obviously didn't hurt that looking at Oliver was like looking at Sean in a mirror. Such a beautiful little boy, also with so much potential awaiting him. It's hard to understand the big

picture in times like these. Just as Sean and Devon's transition to family life was just beginning, and Oliver was moving out of the baby stage where a mother's early nurturing begins to shift toward a lifetime of father and son playing, suddenly the rug has been pulled out from under the fairy tale. We understand that everything is an unearned gift, but this is all so confounding. So frustrating. So, angering. On one hand, we can be grateful for our blessings on so many fronts. Small blessings such as Sean's final moments when he was excitedly anticipating being just hours from his road trip with Devon and Olivier.

Bigger blessings such as Sean's time on this earth and our time spent with him. Sean's legacy honored through Oliver and so many offering support to lift Devon and Oliver and Cindy and other family members and friends who are badly hurting in this moment. For everything else, we must lean on faith. How could goodness and righteousness and purpose have no real meaning? How could it not prevail in a just universe? A world without sense, by definition, makes no sense. We understand the universal concept of religion to help comprehend the big picture, no matter how it manifests or is practiced. Others might instead picture a matrix layer unfolding where Sean might at this moment be standing on the podium with the bells and whistles blasting as his earthly score is announced (obviously with a big smile on his face) knowing that for the rest of us the temporal pain will be replaced with understanding soon enough in the blink of an eye. Others might perceive that all of our moments with Sean, by definition, hold a particular place in space and time and that those moments remain more colorful and eternally alive than we, as imperfect observers, had the capacity to fully absorb as we passed through those moments.

In the meantime, just as the afterglow lasted for days or weeks after spending time with Sean, the afterglow of Sean's presence will easily be felt strongly for the rest of our lives in countless ways. We love you, Seanjay. May God's warm embrace hold you and keep you until we meet again.





## Food

# Avocado Mash On Toast Recipe

## Avocado Mash On Toast

**Total Time: 10 mins**

**Serves: 2 Servings**

### Ingredients

1. 2 Avocado
2. 4 Slices of bread (preferably sour dough)
3. 2 Spring onions, chopped
4. 1 Lime juice
5. 1 tbsp Coriander, chopped
6. 1 tsp Green chilli, chopped
7. Optional: 2 tsp Olive oil
8. to taste Black salt

### How to-

1. Lightly toast the slices of bread and keep aside to cool down.
2. Peel the avocado and scoop out the flesh in a bowl.
3. Add spring onions, lime juice, coriander, green chilli, olive oil and black salt. Mix well.
4. Spread it evenly on the toasted bread and enjoy.



# French Omelette Recipe

## French Omelette Recipe

**Total Time: 15 mins**

**Serves: 2 Servings**

### Ingredients

1. 2 Large Eggs
2. 2 tbsp Milk
3. Pinch kosher salt and freshly ground black pepper
4. 1 tbsp Unsalted butter

### How to-

1. Combine the eggs, milk, salt, and pepper in a medium bowl and mix very well with a fork or a whisk. Set a plate by the stove. Heat a small (about 6 inches) seasoned omelette pan or non-stick skillet over medium-high heat.
2. When the pan is warm, add the butter (it should sizzle

- gently). Swirl the pan to distribute the butter as it melts. When the butter stops sizzling and the foam subsides add the eggs.
3. Pause to let the eggs heat slightly and then stir vigorously, with a heatproof spatula, making sure you include the sides of the egg mixture occasionally so the omelette cooks evenly.
4. Once the eggs are just set, bang the pan gently on the burner to release the omelet from the pan.
5. Check to see that it is not sticking to the sides or bottom of the pan, if so release the omelet with a heat proof spatula. Hold the

pan at a 45-degree angle to the stove and carefully fold the omelette like a business letter.

6. Cook just until the desired degree of doneness lifting the pan or reducing the heat to prevent browning.

(A classic omelet doesn't have any browning on it.) Transfer to a warm plate and serve.



# Gajar Matar Khichdi Recipe



## Gajar Matar Khichdi

**Total Time: 30 mins**

**Serves: 2 Servings**

### Ingredients

- 1 Cup Rice
- 1/2 cup Moong Dal
- 2 Carrots (grated)
- 1/2 cup Peas
- A pinch of hing
- Salt to taste
- 1-2 Green Chillies
- 1/2 tsp Turmeric
- 1 tsp Cumin Seeds
- 1 tbsp Garam Masala
- Ghee for cooking

### How to-

1. Soak dal and water together for about one hour.
2. In a pressure cooker, saute hing and cumin seeds in ghee. Once they crackle, add green chillies.
3. Add grated carrots and peas, salt, garam masala and turmeric powder. Saute for 2-3 minutes.
4. Add rice and dal, add water as per required consistency.
5. Cook and serve hot with a dollop of ghee and dahi or achaar.



## Food

# Sticky Date Pudding Recipe

**Sticky Date Pudding Recipe**
**Total Time: 40 min**
**Prep Time : 20 min**
**Cook Time : 20 min**
**Serves: 1 Servings**
**Ingredients**

1 3/4 Cups All-purpose flour, sifted  
 1 tsp Bicarbonate of soda (Baking soda)  
 1 1/2 cups Boiling water  
 125 gram Butter, softened  
 1 cup Brown Sugar  
 1 tsp Vanilla extract  
 2 Eggs  
 250 gram Medjou  
 1 dates, pitted and chopped  
**For Caramel Sauce**  
 1 cup Brown Sugar  
 300 ml Thickened cream  
 1/2 tsp Vanilla extract  
 60 gram Butter

**How to**

1. Preheat the oven to 180°C. Grease and line the base of a 7 cm deep, 22 cm (base) cake pan.
2. Place dates and baking soda into a bowl. Pour over boiling water. Allow to stand for 20 minutes.
3. Using an electric mixer, beat butter, sugar, and vanilla until pale and creamy. Add eggs, 1 at a time, beating well after each addition. Using a large metal spoon, fold through date mixture and flour until well combined.
4. Spoon mixture into prepared cake pan. Bake for 35-40 minutes or until a skewer inserted into the



centre comes out clean. Turn onto a plate.

5. Make sauce. Combine all ingredients in a saucepan over medium heat. Cook, stirring often, until sauce

comes to the boil. Reduce heat to medium-low. Simmer for 2 minutes.

6. Pierce pudding all over with a skewer. Pour 1/2 cup of warm sauce over

warm pudding. Stand for 10 minutes. Cut into wedges. Serve with remaining sauce.

# Corn Poha Recipe

**Corn Poha Recipe**
**Total Time: 25 min**
**Prep Time : 15 min**
**Cook Time : 10 min**
**Serves: 2 Servings**
**Ingredients**

1. 1 Cup Corns
2. 2 cups Onions (sliced)
3. 2 small Tomatoes (chopped)
4. 8-10 nos Curry Leaves
5. 1 tsp Mustard Seeds
6. 1 Green Chilli
7. Salt to taste
8. Red chilli powder to taste
9. 1/2 tsp Turmeric Powder- Coriander leaves for garnishing

**How to**

1. Boil the corns and keep aside.
2. Wash poha and drain the water.
3. Heat oil in pan, add mustard seeds. When they start to splutter, add curry leaves. Saute for a minute.
4. Saute onions, green chilli and ginger-garlic paste.
5. Add tomatoes, salt, red chilli powder and turmeric powder. Saute till cooked.
6. Add boiled corns and mix well. Add poha, drizzle some water. Mix well and serve with the garnishing of coriander leaves.



# Whole Wheat Bread Spinach Sandwich Recipe


**Whole Wheat Bread Spinach Sandwich**
**Total Time: 25 min**
**Prep Time : 10 min**
**Cook Time : 15 min**
**Serves: 2 Servings**
**Ingredients**

1. 1 Pack Baby Spinach
2. 2 tsp Dill, Fresh
3. 1 Clove Garlic
4. 2 tsp Parsley Fresh
5. 1/4 Onion
6. 1/4 tsp Pepper ground
7. 2 tsp Extra Virgin Olive Oil
8. 2 tbsp Butter, unsalted
9. 6 tbsp Feta
10. 4 Slices Cheddar Cheese
11. 1/2 cup Ricotta
12. 4 Slices Wholewheat bread

**How to**

1. Heat the extra virgin olive

oil in a pan and add the diced onions, sauteing till golden brown.

2. Add baby spinach and cook till it wilts.
3. Add the fresh dill, parsley, garlic and pepper and combine.
4. Empty into a bowl and add the ricotta, feta and combine into a mixture. Add cheddar slices to Wholewheat. Bread and top with spinach and cheese mixture.
5. In a pan, add extra virgin olive oil and unsalted butter and toast the sandwiches till the cheese melts. Serve hot.



## TALKING REAL ESTATE



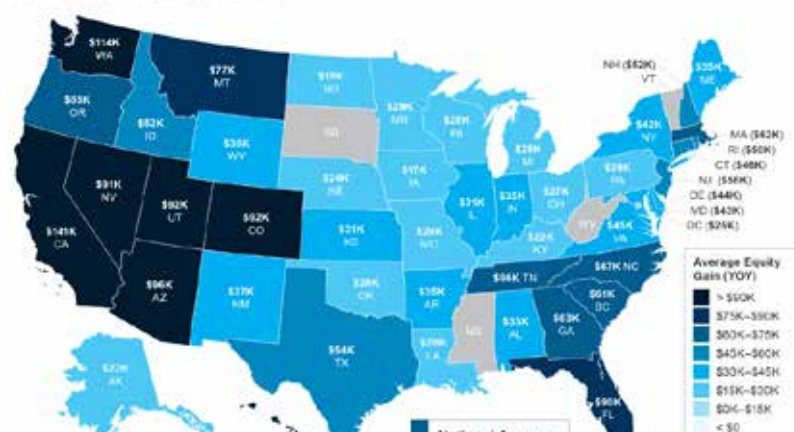
**BERKSHIRE  
HATHAWAY**  
HomeServices  
Elite Real Estate

JULY 2022

Whether you own a home or looking to buy or sell one, here are the latest Good To Know articles for when you're ready to take the next step in finding your Forever Home.

## HOMEOWNERS

Year-Over-Year, Q1 2022



## THE AVERAGE HOMEOWNER GAINED \$64K IN EQUITY OVER THE PAST YEAR

If you own a home, your net worth likely just got a big boost thanks to rising home equity. **Equity is the current value of your home minus what you owe on the loan.** And today, based on recent home price appreciation, you're building that equity far faster than you may expect – here's how it works.

Because there's an ongoing imbalance between the number of homes available for sale and the number of buyers looking to make a purchase, home prices are on the rise. That means your home is worth more in today's market because it's in high demand.

In addition to building your overall net worth, equity can also help you achieve other goals like buying your next home. When you sell your current house, the equity you built up comes back to you in the sale. In a market where homeowners are gaining so much equity, it may be just what you need to cover a large portion – if not all – of the down payment on your next home.

### Bottom Line

If you're planning to make a move, the equity you've gained can make a big impact. To find out just how much equity you have in your current home and how you can use it to fuel your next purchase, let's connect so you can get a professional equity assessment report on your house.



Berkshire Hathaway HomeServices Elite Real Estate  
**Pravin Lal - Broker Associate**  
Certified Residential Specialist DRE# # 01415495  
Direct: 916.213.0653  
Email: [info@pravinal.com](mailto:info@pravinal.com)  
View all listings @ [www.pravinal.com](http://www.pravinal.com)

## HOMEOWNERS, HOMEBUYERS, HOME SELLERS



## IS THE HOUSING MARKET CORRECTING OR CRASHING?

If you're following the news, all of the headlines about conditions in the current housing market may leave you with more questions than answers. *Is the boom over? Is the market crashing or correcting?* Here's what you need to know.

The housing market is moderating compared to the last two years, but what everyone needs to remember is that the past two years were record-breaking in nearly every way. Record-low mortgage rates and millennials reaching peak homebuying years led to an influx of buyer demand. At the same time, there weren't enough homes available to purchase thanks to many years of underbuilding and sellers who held off on listing their homes due to the health crisis.

This combination led to record-high demand and record-low supply, and that wasn't going to be sustainable for the long term. The latest data shows early signs of a shift back to the market pace seen in the years leading up to the pandemic – **not a crash nor a correction.**

### Bottom Line

If recent headlines are generating any concerns, look at a more typical year for perspective. The current market is not a crash or correction. It's just a turning point toward more typical, pre-pandemic levels. Let's connect if you have any questions about our local market and what it means for you when you buy or sell this year.

7412 Elsie Ave. Sacramento, CA 95828

©2022 BHH Affiliates, LLC. Real Estate Brokerage Services are offered through the network member franchisees of BHH Affiliates, LLC. Most franchisees are independently owned and operated. Berkshire Hathaway HomeServices and the Berkshire Hathaway HomeServices symbol are registered service marks of Columbia Insurance Company, a Berkshire Hathaway affiliate. Information not verified or guaranteed. If your property is currently listed with a Broker, this is not intended as a solicitation. Equal Housing Opportunity. DRE#: 01415495





# NEE

## Pacific Market &

492 - 494 San Mateo Avenue, San B

### GENERAL GROCERY OUT



Fresh Vegetables



### Frozen Food, Fresh Produce, Kava, Fij



# NEELAM

## Fashion San Bruno

San Bruno, CA 94066 PH. (650) 583-5024

### LET Indian, Pakistan, Fijian, Tongan Groceries



**ONLY NATURAL INGREDIENTS**

Fiji's Nobel Premium Savusavu Kava

**AVAILABLE AT:**  
**NEELAM PACIFIC MARKET**  
**492 SAN MATEO AVE**  
**SAN BRUNO CA 94066**  
**1 (650) 583 - 5024**

Ingredients:  
☐ Lawena  
☐ Waka

Net Weight:  
☐ 1/2 Pound  
☐ 1 Pound

*A1fijikava.com*

**i Ghee, All Pooja Items & many more.....**



# NATIONAL MARKETING

**LARGEST RETAIL & WHOLESALE STORE**

**BUY  
NOW  
AND  
SAVE**

DISTRIBUTOR OF SOUTH PACIFIC FOODS FROM  
AUSTRALIA, FIJI AND NEW ZEALAND

## GROCERY SPECIAL

**Always Fresh!! We Accept Food Stamps EBT**



**Fresh Daruka  
Arrives from Fiji**

**Bushells  
Tea**



**Curry  
Powder**



**Fiji  
Masala**



**Punjas  
Premium Quality New Zealand**

**GHEE**



**fmf  
WHITE  
WHEAT**



**ZEBRA  
Brand  
BASMATI  
RICE**



**INSTANT  
RED COW  
Milk Powder  
FULL CREAM**



**Shan  
Products**



**EID MUBARAK TO ALL CUSTOMERS & FRIENDS**  
**2931 Whipple Rd Union City, CA 94587 PH: 510-324-2220**

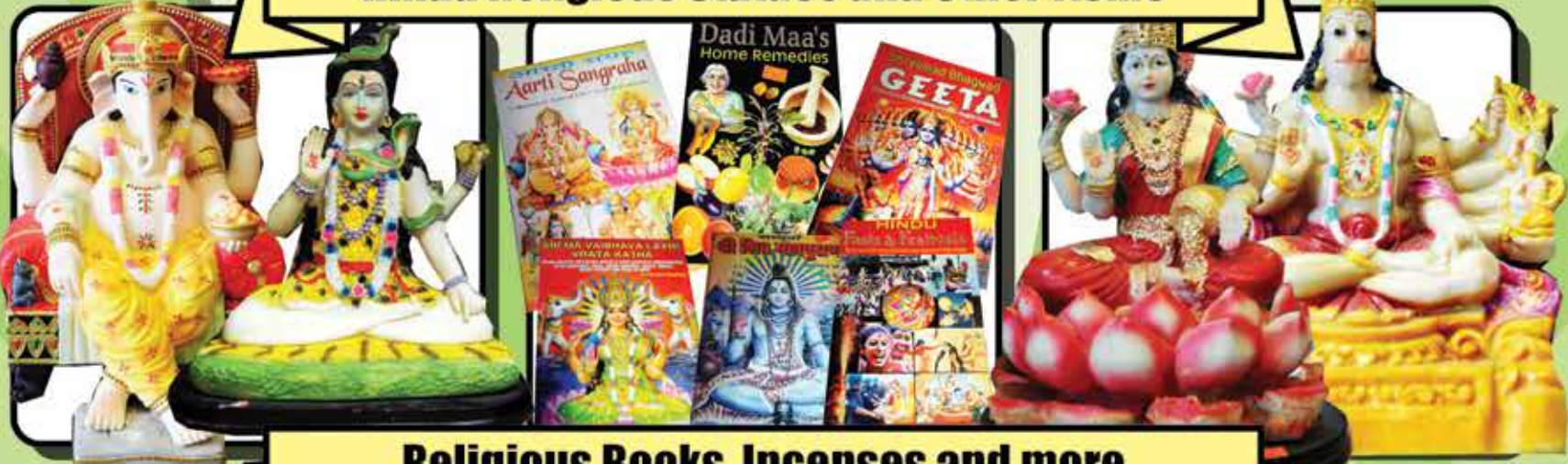


# National Marketing

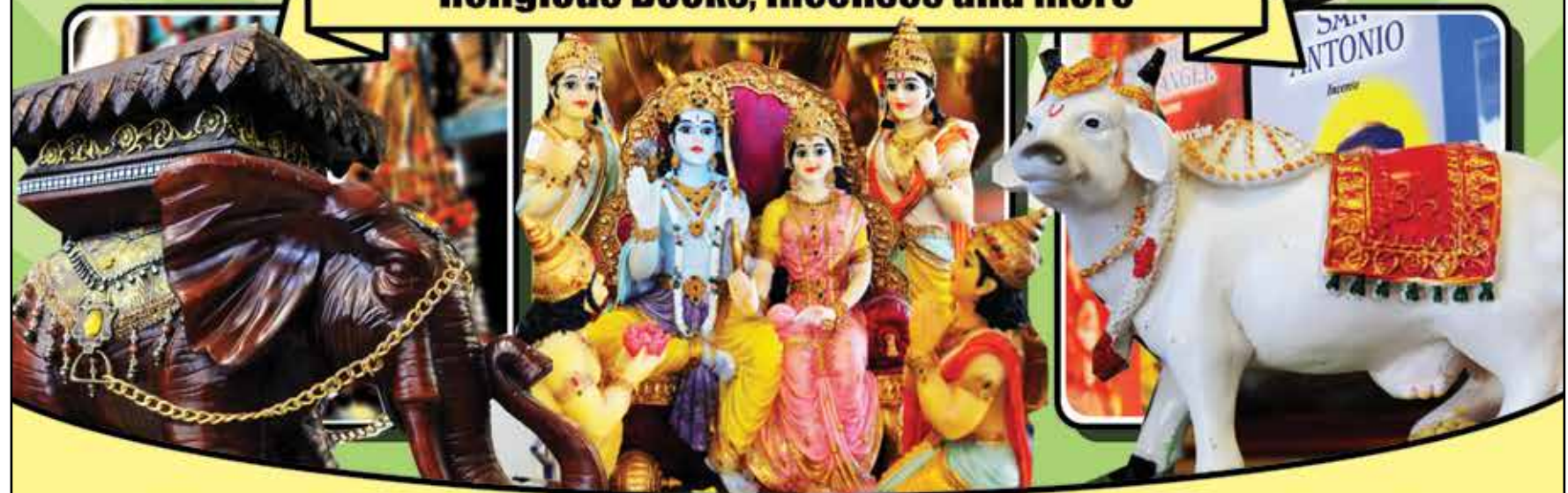
**2931 Whipple Rd, Union City, CA 94587**  
**Ph: 510-324-2220**



**Hindu Religious Statues and Other Items**



**Religious Books, Incenses and more**



**Your One-Stop Supermarket in EastBay!**



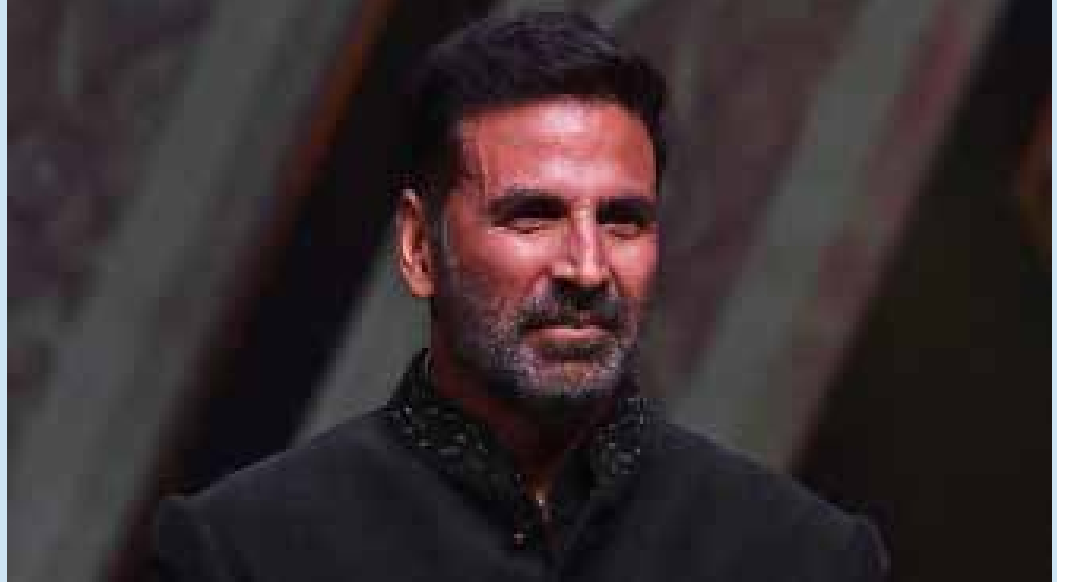
## Bollywood

# Akshay Kumar responds to question about joining politics. Here's what he said



Actor Akshay Kumar has responded to a question about joining politics. The actor was speaking at the book launch of Hinduja and Bollywood, held at the Institute of Directors at London's Pall Mall. When asked the question, the actor ruled out joining politics, saying he was "very happy" doing films. Akshay began his career in 1991 with Saugandh but his

first commercial success came with the action thriller Khiladi (1992), leading to the Khiladi film series. He has featured in nearly 100 films in his over-three decades-long career. He has also won several awards, including a National Film Award. He was last seen in the historical drama Samrat Prithviraj, which released theatrically on June 3. Directed by Chandraprakash



Dwivedi, the film also features Manushi Chhillar, Sanjay Dutt, Sonu Sood, Manav Vij, Ashutosh Rana, and Sakshi Tanwar. As per news agency PTI, when asked about joining politics at the event, Akshay said he tries to do his bit through cinema. "I am very happy making films... As an actor, I do whatever possible to take up social issues. I have produced 150 films, the one nearest to my heart is Raksha Bandhan. I produce commercial films,

sometimes with social issues. I produce three-four films a year," Akshay who was the chief guest at the event, said. As per the report, Aanand L Rai's directorial Raksha Bandhan is his latest effort. This is not the first time that Akshay has responded to a question on joining politics. Speaking on the sidelines of an event in Delhi in 2019, Akshay had replied, "Never, I want to be happy. I love films and I contribute to my country through my films. This is

my job." Akshay has several films in the pipeline including Raksha Bandhan, which is all set to release in theatres on August 11. The film also features Bhumi Pednekar, Sadia Khateeb, Sahejmeen Kaur, Deepika Khanna and Smriti Sikanth. He also has Raj Mehta's Selfiee with Nushratt Bharuccha and Diana Penty in the pipeline. Akshay will also be seen in Abhishek Sharma's Ram Setu with Jacqueline Fernandez and Nushratt.

## Deepika Padukone says 'I'm a married woman now' after fan shouts 'love you'

Actor Deepika Padukone left fans in splits with her cheeky response at the Konkani Sammelan (conference) in San Jose. She is holidaying with her husband Ranveer Singh and attended the event as a chief guest. In a new video that has surfaced on the internet, she reacted to a fan who shouted, 'we love you' at her. Responding to the fan, Deepika simply replied, "I'm

video, she wore a pink salwar suit at the event. Sharing a close glimpse of her traditional look, she wrote in her latest post, "A people without the knowledge of their past history, origin and culture is like a tree without roots. Thank you #KAOCA and to the people of my community for your love, warmth and blessings...I couldn't be more proud..." During their time in



Shankar Mahadevan. They were also accompanied by Deepika's parents Prakash Padukone and Ujjala Padukone and sister Anisha Padukone. Several pictures and videos of the family have now surfaced from the event in San Jose, California. In some of them, they also posed with

Shankar and his wife Sangeeta Mahadevan. Deepika was last seen in director Kabir Khan's film 83, alongside Ranveer Singh as Kapil Dev. She will be next collaborating with Hrithik Roshan for the first time in their upcoming action film Fighter. Apart from this, she has Project

K with Prabhas in the pipeline. She will also be reuniting with Shah Rukh Khan in his upcoming film Pathaan. The film also stars John Abraham and is scheduled to release on January 25, 2023. Salman Khan will also have a cameo appearance as R&AW agent Tiger.



a married woman now," and left everyone laughing. In the

the US, Deepika and Ranveer Singh also attended a concert by



# BULA FESTIVAL IN ALDERSHOT, ENGLAND U.K - AUG 05,06 2022



INVITING MUSIC LOVERS TO  
THE BULA FESTIVAL AUG 5th &  
6th 2022.

ALDERSHOT, ENGLAND  
COME SUPPORT OUR FIJIAN  
MUSICIANS & LOCAL TALENTS.  
ENJOY A WEEKEND OF ISLAND  
MUSIC & FOOD.  
FOR MORE INFO:

THE US FIJI TIMES

WWW.USFIJITIMES.ORG



SEAHAWK  
ISLANDERS

**Taki Bar**  
if you dont know ... i tell you.

WAINIMALA BABARS & SEAHAWK ISLANDERS  
PRESENTS

WAINIMALA  
BABARS

SEAHAWK  
ISLANDERS

THE ONE AND ONLY GEORGINA LEDUA, KUKI, TAGICA COVER BAND AND GABBY REMIX

**NUDE Night**


**6TH AUGUST £20**

EMPIRE, HIGH STREET, ALDERSHOT, GU11 1DJ


9PM - 3AM | DRESSCODE; SMART CASUALS / BULA  
FOR MORE INFORMATION CALL US - 07429470425





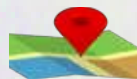







**29605 MISSION BLVD,  
HAYWARD, CA 94544**

**PHONE: 510-200-9535**



**6741 STOCKTON BLVD #5,  
SACRAMENTO CA 95823**

**PHONE: 916-400-4573**

# MOON INDIAN CUISINE



*Most Affordable rates and prompt service:*







Address : 600 West Harder Road Hayward, CA 94544  
 Open Daliy from 11AM - 10PM PH: (510) 780 - 9233  
[www.moonindiancuisine.net](http://www.moonindiancuisine.net)



**CHEF PAUL**

*Over 30 Years of Experience in Resturant & catering Business.*



## Fiji News

## MINISTER FOR EDUCATION, HERITAGE & ARTS PARTICIPATES IN THE 2ND ASIA - PACIFIC REGIONAL EDUCATION MINISTERS' CONFERENCE (APREMC-II)

The Minister for Education, Heritage & Arts, Premila Kumar attended the 2nd Asia - Pacific Regional Education Minister's Conference (APREMC-II) in Bangkok, Thailand from 5-7 June. She also took part at the high level opening ceremony which was officiated by Her Royal Highness Princess Maha Chakri Sirindhorn of Thailand. "It was an opportune time for me to meet my counterparts from Asia-Pacific Region as the two day conference is expected to allow Ministers to discuss on learning recovery and transforming education and its systems to ensure that the Asia Pacific Regional achieves its SDG4 targets", said the Minister for Education. She also participated and spoke at the Ministerial

Roundtable discussion where she stressed that Education Transformation should not just allow students to attain degrees but to also provide opportunities for students to venture into other areas. Minister Kumar stressed the need for the ICT in learning and teaching especially after the recent pandemic. Minister Kumar emphasised the importance of return on investment in education, something to ponder upon in particular in Fiji's case where free education grant is provided to schools. All in all, transformation in education should also provide what learners want and require and not just what we want. Minister Akbar concluded during the Ministerial roundtable discussion that Fiji is not only committed to education



through financing in the form of free education grant, but it has also implemented stringent measures to monitor finance utilisation for optimum results and

will continue to strengthen to ensure the best results. She also emphasised on the importance of quality of education. The conference continued for two days

where she is made more interventions and had side meetings with relevant stakeholders on issues pertaining to education.

## WE WILL BE PROMOTING GENDER EQUALITY AND INCLUSION FOR THE BLUE PACIFIC CONTINENT AT THE 2022 PACIFIC LEADERS MEETING: MINISTER AKBAR

The Chair of the Pacific Islands Forum Women Leaders Meeting, Minister for Women, Children and Poverty Alleviation, Rosy Akbar welcomed all Pacific Women Leaders during the Virtual Meeting that was held at the Pacific Islands Forum Secretariat Office in Suva. Minister Akbar highlighted that this inaugural meeting is important as it sets the foundation for all future meetings, establishing the

PIF Women Leaders Meeting as the high-level regional accountability mechanism for gender equality and inclusion for the Blue Pacific continent. Minister Akbar said that the Pacific Women Leaders will discuss and act on challenges facing Pacific women and girls to continue advancing gender equality. She said "I ask you to also reflect on the many gains we have made in the region. I commend

the efforts by our governments in adopting gender-responsive policies, laws, and practices to address gender inequalities. For example, most of our countries have legislation addressing the pressing social issue of domestic violence. Women are also making progress in other sectors." She added "This is evident in the private sector's progress on women in business leadership. The Asian Development Bank's Pacific Private Sector Development Initiative report found that the region exceeds the global average for women's representation in business leadership. Pacific women hold 31% of CEO positions compared to the global average of 4.4%. However, much remains to be done in the areas of access to finance for trade, including using online platforms to market and promote their businesses and products." Minister Akbar added that there needs to be greater recognition and support for women and girls, in all their diversity, and this meeting will provide a platform for



strengthened political voice and collective action on women and girls' issues in the region. "While the region has made significant progress, the Pacific still has the lowest percentage of women's political participation globally and violence against women and girls in the region is among the highest in the world. These challenges are further exacerbated by climate change and COVID-19 – with women often on the frontlines and most im-

pacted by crises." She concluded by saying that it's an honour to Chair the first annual standing meeting that recognises the importance of an enduring focus on achieving gender equality in the Pacific and that we must draw on our collective strength to ensure improved gender equality makes a significant contribution to creating a prosperous, stable, safe, and secure Blue Pacific Continent for current and future generations.



Drug testing is an effective tool to protect your work place from the negative effects of drug and alcohol abuse.

#### Services Include:

- Substance Abuse and Drug Testing Policy
- Supervisory Training
- Employee Education and Awareness Program
- Employee Assistance Program
- Drug Treatment Therapy
- Drug Testing
- Background Checks

#### Types of Testing:

Include, but not limited to:

- Pre-Employment
- Random
- Post-Accident
- Probable Cause
- Return to Work

Drug Free Work  
Environments Promote

»SAFETY«  
»PRODUCTIVITY«  
»ACCOUNTABILITY«

#### Convenient Locations

- **Azusa**  
472 S Citrus Ave. Azusa, CA 91702
- **Bakersfield**  
1010½ S Union Ave. Bakersfield, CA 93305
- **Hawaiian Gardens**  
21617 Norwalk Blvd. Hawaiian Gardens, CA 90716
- **Hollywood**  
5015 W. Pico Blvd. Los Angeles, CA 90019
- **Inglewood**  
4450 W. Century Blvd. Inglewood, CA 90304
- **Lawndale**  
4023 Marine Ave. Lawndale CA, 90260  
14611 Hawthorne Blvd. Lawndale, CA 90260
- **Long Beach**  
2272 Pacific Ave. Ste A Long Beach, CA 90806  
100 E. Market St. Long Beach, CA 90805
- **Palmdale**  
2720 E. Palmdale Blvd. #128-9 Palmdale, CA 93550
- **Pico Rivera**  
5200 San Gabriel Pl. Ste C Pico Rivera, CA 90660  
8207 Whittier Blvd. Pico Rivera, CA 90660
- **Santa Clarita**  
24625 Arch St. Newhall, CA 91321
- **Van Nuys**  
6265 Sepulveda Blvd. #9&10 Van Nuys, CA 91411
- **Venice**  
717 Lincoln Blvd. Venice, CA 90291



For More Information  
**877-557-7826**  
[www.drugtestingclinic.org](http://www.drugtestingclinic.org)

Discounted pricing available



Because addiction is not a life sentence



Addiction to heroin, painkillers, and other opioids is a medically treatable condition.

**OVER 23 CLINICS SERVING**  
**Bay Area | Los Angeles | Kern County | San Diego**

**SEE WHAT OUR ADDICTION SPECIALISTS CAN DO FOR YOU!**

**I-877-557-7826**

**WWW.AMERICANHEALTHSERVICES.ORG**

*Take control<sup>®</sup>*

*Suboxone & Methadone Treatments can help you get back on track.*





# San Mateo Services

Your Neighborhood Auto Shop

501 S. Norfolk Street  
San Mateo, CA 94401  
(650) 344-7811 / (650) 219-7995

## We Specialize In:

- » Smog Check
- » Oli Change
- » Frame Staightening
- » Fiber Glass Work
- » Perfect Color Matching
- » Foreign & Domestic
- » Engine & Transmission
- » Brakes & Tune - Ups
- » Custom Bodywork



# Shoreview Service Station

335 South Norfolk Street  
**650-281-8582**

By : Atendra Singh and  
Vince Singh

**All major credit  
cards accepted**



## Fiji News

## MINISTER SERUIRATU MEETS WITH LOMAIVITI DISTRICT REPS TO DISCUSS DEVELOPMENT ISSUES

Minister for Rural and Maritime Development and Disaster Management, Inia Seruiratu met with district representatives from the province of Lomaiviti this week to listen to development issues they have and discuss how best they could work with Government to address these issues. The meeting which was facilitated by the Commissioner Eastern Division, Mr. Vitale Varo, was conducted in preparation for the Lomaiviti Provincial Council meeting. "This was an opportunity for us to discuss development issues within the Lomaiviti province. We looked at projects which are currently being undertaken, identify some of the problems

and discuss ways in which these could be addressed," Minister Seruiratu said. A number of issues relating to accessibility, communications and economic opportunities available to Fijians within the province were discussed at the meeting. "Key issues raised included accessibility – sea transport access and road access, but we are thankful that road developments are being undertaken now in Koro, Gau and Ovalau. In terms of sea transport access, we talked about how the franchise service affects them and how this could be addressed. Communication network for the maritime islands is also an issue, we will try and discuss that in detail with the



service providers. Majority of the islands are covered, but there are only a few that do not have accessibility for mobile and data which are very critical for us now," Minister Seruiratu said. "Economic empowerment was also part of the discussions. They have an abundance of marine resources and the bigger islands are also prominent in livestock and crop production and of course forestry, with the pine schemes and a few other initiatives being undertaken here." Minister Seruiratu said he was pleased with some of the feedback received from the

district representatives on the need for more solar energy. "This is very good especially in our effort to reduce carbon emissions," he added. During the meeting, Minister Seruiratu also commended the district representatives for their assistance towards the work undertaken by Government in rural and maritime communities. Minister Seruiratu said district representatives were important rural development stakeholders, especially in supporting Government's commitment of "leaving no one behind" in its development aspirations.

## NEW EMPLOYER IN FIJI TO RECRUIT FIJIAN WORKERS

The Permanent Secretary for Employment, Productivity and Industrial Relations, Osea Cawaru met with a new employer from Australia, Agri Labour Australia Pacific Labour Manager Mr John Strain yesterday 9 June 2022, to discuss employment opportunities for Fijian workers in the meat works industry. Agri Labour Australia provides specialist recruitment and workforce optimisation solutions exclusively for the agriculture industry around Australia with its founders from Goondiwindi in Country Queensland. "The general good reputation of Fijian workers working for meat works industry in Australia and along with Agri Labour Workers Ambassador Mr Lote Tuqiri's engagement with the Australian community has made us look up Fiji," said Mr Strain.

Mr Strain, confirmed that this is the first time Agri Labour, is here in Fiji to conduct interviews and recruit Fijians. "We are here in Fiji to recruit 100 Fijian workers to work for Agri Labour for the meat processing plant that will be based in Grantham, Brisbane. Thank you to the Fijian Government for allowing us to come and recruit from Fiji," said Mr Strain. Mr Strain also said that he wants to recruit in 3 phases. The first phase was done this week with the remaining phases in the near future. "We offer trainings for our workers on financial literacy, awareness on financial scams that come through SMS, nutrition training on how to cook, and we also encourage workers to take up other training opportunities," said Mr Strain. Employment Ministry Permanent Secretary Mr Cawaru



has shown his utmost appreciation towards the employer for choosing Fiji to recruit its workers. "On behalf of the Fijian Government, we would like to extend our sincere gratitude to

Agri Labour Australia for choosing Fiji and we look forward to your many visits in future," said Mr Cawaru. Mr Cawaru also extended the Fijian Government's appreciation to the Australian

Government and Agri Labour Australia for believing in the people of Fiji to work under the Pacific Australia Labour Mobility (PALM) scheme through the Vuvala Partnership Agreement.



## Fiji News

# PRIME MINISTER OPENS FACILITIES AT NADRAU PRIMARY SCHOOL

Students of Nadrau Primary School were all smiles after Prime Minister Voreqe Bainimarama officially opened their newly built and renovated school facilities yesterday (10/06/22). The school which was destroyed by TC Winston is now built to be resilient against category five cyclones and will benefit 91 students in four villages in the Tikina of Nadrau. Prime Minister Bainimarama stated that the rehabilitation cost the Fijian Government \$4,362,488.38. "I want every child here to know that I believe your futures are worth every

dollar of that investment. And for that same reason, we pay for free textbooks and subsidise transportation to school for those who need it." Prime Minister Bainimarama told the students that they are our future. He said "We believe you deserve every measure of support we can afford to give." Meanwhile the newly built facilities include the school dormitories, school hall, triplex quarters, lavatory block, footpath and driveway while renovations were made on the classroom block, teachers quarters and the kindergarten.



## CYBER FOOD MOBILE APP LAUNCHED

The Attorney-General Aiyaz Sayed-Khaiyum attended the launch of the Cyber Food Mobile Application at the Grand Pacific Hotel in Suva on Friday (10-06-22). The A-G commended the Cyber Food team for their persistence in creating an effective digital tool that allows customers to order food from the comfort of their homes. The A-G stated that there has been an exponential growth in the digital space, particularly during the height of the pandemic, and a huge shift in the way business is done, including the types of services that are needed. In addition, the A-G highlighted that 95 percent of Fiji's population has access to mobile connectivity and many have benefited from Government incentives such as

the \$360 unemployment assistance, as well as the \$90 and \$50 cash assistance rollout in 2021, as these were all provided through digital platforms. The A-G explained that through the use of digital platforms, people do not have to queue up to apply for funds or to receive them, because they receive them directly on their phones. Through the cyber food mobile application, customers can order food and have it delivered easily, but most importantly, they can engage micro, small and medium-sized food-based businesses to bring their services to a broader market range. The mobile app was co-funded by the Australian government and UNCDF Pacific Economy Programme (PDEP).



## FIJI WELCOMED AT PARIS BY IPEF MEMBERS

Fiji was welcomed by the Indo-Pacific Economic Framework (IPEF) members at the informal dialogue hosted by the United States Trade Representative, Ambassador Katherine Tai, in Paris on 11 June 2022. This was the first engagement of Fiji under IPEF since Prime Minister Bainimarama accepted the United States President's invitation to join the IPEF. Fijian Permanent Secretary for Commerce, Trade, Tourism and Transport, Shaheen Ali, recognised IPEF's potential of becoming "a trailblazing agreement" that could be the answer to "present day chal-

lenges, including those faced by Small Island Developing States (SIDS)". Mr Ali acknowledged that this is the first time a large negotiating bloc has taken a decisive step to include a small nation like Fiji, an "actual" Pacific nation. During the briefing, Permanent Secretary Ali delivered a statement on behalf of Fiji, informing IPEF members of the challenges faced by SIDS, such as access to global markets and integration to international trade. He also emphasised the inherent challenges faced by Fiji and the ever present threat climate change poses to sustainable development. "The United

States and the founding parties of IPEF must be commended for connecting countries, of diverse economic characteristics, dispersed across a vast geography, in order to galvanise regional cooperation in vital areas of trade, digitalisation, decarbonisation, and fostering resilience in supply chains and sustainable inclusivity," said Permanent Secretary Ali. Mr Ali stated that Fiji looked forward to discussing how these hurdles could be overcome through innovative solutions. "After all, other Pacific Island Nations and SIDS of the Indo-Pacific Region would be closely watch-



ing Fiji in these negotiations", said Permanent Secretary Ali. Permanent Secretary Ali concluded by stating that "As the first Pacific Island joining the IPEF, Fiji looks forward to contributing, with the key focus on climate-conscious engagements

in the four negotiating pillars of the Framework". The informal IPEF briefing was attended by Fiji, Australia, Brunei, India, Indonesia, Japan, Korea, Malaysia, New Zealand, Philippines, Singapore, Thailand and Vietnam.



## SHUTTLE SERVICES TO PROMOTE USE OF PUBLIC TRANSPORT

Attorney-General and Minister for Economy, Aiyaz Sayed-Khaiyum and members of the Ministry of Economy and Land Transport Authority met with bus operators to discuss the Valelevu shuttle bus pilot program that will serve the Greater Nasinu area, the most densely populated area of the country, including Davuilevu and Nakasi. The shuttle services is intended to promote the use of public

transport over private vehicles by making it more convenient, flexible and reliable. In terms of promoting electric buses in the country, the A-G stated that a station with electric charging stations will be built to coincide with the construction of a suburban bus transit line at Valelevu. The A-G added that the Land Transport Authority will issue an expression of interest after finalising the routes. He urged



those operating in the Valelevu area to submit their bids, which would be considered if they met all the requirements. This initiative will provide proof of concept in operating electric shuttle buses in Fiji's local context, before large scale roll-out of electric vehicles. It will

provide an opportunity to obtain new technical skills in EVs to meet future demand, reduce reliance on high-cost fuel imports, decrease greenhouse gas emissions, and demonstrate Fiji's Climate leadership on the global stage. The project will assist in meeting Fiji's climate targets

which is to reduce emissions 30% by 2030, achieve 100% renewables by 2036 and Net-zero by 2050. With construction of the Valelevu Terminal beginning at the end of this month, shuttle buses of 21-25 seats and 7-meters will be used for the operations.



## FIJI LOOKS FORWARD TO STRENGTHEN BILATERAL RELATIONS WITH AUSTRIA AND THE EU

Fiji looks forward to further strengthen bilateral relations at all levels, especially with Austria and the European Union and to advance the priorities of Small Islands States in relevant multilateral fora. This was conveyed by the Fijian Prime Minister Josaia Voreqe Bainimarama during a bilateral meeting with the Federal Minister for European and International Affairs of the Republic of Austria, His Excellency Mr. Alexander Schallenberg, along the margins of the High Level Segment of the Treaty on the Prohibition of Nuclear Weapons (TPNW) First State Parties Meeting in Vienna today, 21st June, 2022. At the meeting, the Prime Minister remarked that even though Fiji's diplomatic relations with Austria is young, he is confident of our shared commitment to building and enhancing our relations going forward. This, he added will be realised through our cooperation in strategic areas such as climate change, peace and security, human rights, and multilateral cooperation. Fiji fully appreciates all the support that

Austria and the European Union (EU) provide to the country in a number of areas, including climate change and oceans, direct budget support, trade and agriculture. While delving into the importance of the Treaty on the Prohibition of Nuclear Weapons (TPNW) First State Parties Meeting, the Prime Minister said Fiji attests great importance to the Treaty in our pursuit of peace and the recognition of the importance of preserving our environment for future generations. He informed H.E Schallenberg that the devastation caused by nuclear weapons in the recent past to our people and our pristine ocean environment is beyond measure as the Pacific was the testing ground for nuclear weapons and our forefathers unfortunately, without their will and knowledge, participated in the tests at Malden and Kiritimati Islands in 1952. For this, the Prime Minister said that the States Parties Meeting is timely in view of the current geo-political environment and that we must work together to pursue peace and one of which is to promote universalisation.

The Prime Minister also took the opportunity to convey our appreciation for Austria's leadership at the multilateral fora as our countries have worked together in New York and Geneva, as members of the Human Rights Council in 2020 and in 2021 when Fiji became President of the Council. Prime Minister Bainimarama also shared Fiji's economic recovery plans post COVID-19, adding that Fiji is building back better through investing in climate-resilient and sustainable infrastructure and disaster readiness, with a renewed focus on environmentally-sustainable development and conservation. On the issue of climate change, the Head of Government highlighted that this is a global phenomenon that needs collective global action and we must continue to play our part in advocating for more ambitious global actions. He also commended the Austrian Government's climate adaptation efforts in alignment with the EU's overall climate plans and policies. As countries including Fiji, continue to grapple with the impacts of COVID-19, the



Russia-Ukraine conflict and the climate crisis, the Prime Minister concluded that it has reaffirmed our dependency on each other and the need for multilateralism to be able to meet the challenges of the 21st century. In response, His Excellency Schallenberg welcomed the Prime Minister to Austria and thanked him for accepting his invitation to attend the Treaty on the Prohibition of Nuclear Weapons (TPNW) First State Parties Meeting. He said Austria also encountered its fair share of challenges brought forth by

the COVID-19 and the Russia-Ukraine war. The Federal Minister also echoed similar sentiments, saying that the TPNW First States Parties Meeting is an important one which renews the call for peace and universalisation. He also commended Fiji for its steadfast support towards peacekeeping operations, our climate action campaigns and our efforts towards the advancement of sustainable development, including cooperation in the areas of climate change and oceans.



## Fiji News

### MINISTER REDDY CONGRATULATES KAVANAGASAU FARMER

Kavanagasau farmer, Sanjay Kumar has received praise for treating his farming as a business after fully funding the construction of a borehole at his farm. While commissioning the borehole on Thursday last week at Yalasa, Kavanagasau in Sigatoka, Minister for Agriculture, Waterways and Environment, Dr Mahendra Reddy commended Mr Kumar for his efforts in investing in his own farm, an act which has been strongly advocated by Minister Reddy throughout these past three years. "I want to thank Sanjay for taking the lead and investing in his own farm by doing the works on his borehole for his farm. Sanjay's

borehole is an investment in his farm and he is treating his farm as a business. "And that is what we want for farmers in Fiji, to treat their farms as a business which means farmers will do their particular activity for the market to create surplus and that surplus will have three components," he said. "The first part of the surplus will go towards his house expenses and the second component of the surplus will be saved while the third component of his surplus will be reinvested back into his farm," said Minister Reddy.

Meanwhile, Minister Reddy expressed appreciation to farmers of Kavanagasau for their gradual shift to non-sugar



agriculture, which has resulted in a rise in this sector's export earnings. The Ministry of Ag-

riculture assisted Mr Kumar to construct his borehole by providing technical advice and as-

signing equipment to help him locate and build the borehole.

### UN RECOGNITION FOR FIJI

The Minister for Women, Children And Poverty Alleviation, Rosy Akbar delivered her Statement at the launching of the upcoming report on 'Government's Responses To Covid-19 - Lessons On Gender Equality For A World In Turmoil'. This virtual report launch was organised by the United Nations Entity for Gender Equality and the Empowerment of Women (UN Women) and the United Nations Development Programme (UNDP) in New York. Minister Akbar said the Fijian Government is very proud of the recognition that Fiji has received through the report for being successful in integrating gender based violence measures across COVID-19 pandemic responses and plans. "The Fijian Government would like to congratulate the UN Women and UNDP on the release of the global report on 'TRACKING GENDER EQUALITY IN GOVERN-

MENT RESPONSES TO COVID-19' and we acknowledge UN Women and UNDP for their continued efforts in moving towards the goal of gender equality and empowerment of all women and girls". While speaking at the launching of the report, Minister Akbar said that the Fijian Government formed a COVID-19 Response Gender Working Group. "The Working Group was led by the Ministry of Women, Children and Poverty Alleviation and included representatives of civil society and women's rights organizations as well as UN Women. The Working Group developed a Gender and COVID-19 Guidance Note in early May 2021 and this was noted by Cabinet. It highlighted the gendered impacts of COVID-19 in Fiji on selected sectors and important issues such as violence against women and girls (VAWG) with brief analysis and recommendations". Minister



Akbar stated that the Gender-Based Violence (GBV) Working Group has been formed under the Fiji Safety and Protection Cluster to rapidly advance prevention and response to violence against women and girls during emergencies in partnership with frontline service providers. "The GBV Working Group rapidly developed information, education, and communication materials such as resource kits and virtual trainings for frontline health care workers, community workers and helpline, social welfare and other frontline GBV responders during COVID-19 and Tropical Cyclone emergency response periods. We also developed a national Gender Based Violence prevention communication campaign developed, starting with text messages sent to all mobile phone users across Fiji; and Prevention and GBV services messages from

national and community leaders to be shared through radio, television and online during the 16 days campaign in November; as well as posters, stickers and other materials". Minister Akbar explained that Fiji is implementing the National Service Delivery Protocol and is well positioned to provide coordinated responses to ensure the provision of appropriate, timely and quality services for victims and survivors of gender based violence. "The Protocol guides the work of the Gender Based Violence service providers, ensuring a standard of care that promotes safety, confidentiality, non-discrimination, respect, strong accountability and zero tolerance for violence". Minister Akbar acknowledged that Fiji was addressed the high rates of violence against women. "The Ministry of Women, Children and Poverty Alleviation (MWCPA) continues

its efforts to lead the consultation and development of a five-year (2022-2027) whole of government National Action Plan to Prevent Violence against Women and Girls, making it the first Pacific Island Country and one of the only two countries globally, to have a whole of government, inclusive, evidence-based approach to prevent violence against all women and girls. The consultations for the National Action Plan moved forward in 2021 virtually during the pandemic, continuing engagement and awareness across multiple sectors and settings", she added. "I thank the UN WOMEN AND UNDP for recognising the Fijian Government's efforts to prevent gender based violence and its commitment in working closely with Fijian women, men, boys and girls as well as many experts and individuals and organisations, to tackle this blight in Fiji".





# Roop Kala Jewelers

Specialists in 22ct Gold Jewelry  
Once a Customer, Always a Friend

Now Available Imitation Jewelry

Fashion & Silver Jewelry  
Watch Battery Change  
Watch Repair

San Bruno, CA 94066  
PH:(650) 871-5611  
Roop Kala Jewelers  
631 San Mateo Ave



*Specialists in 22ct Gold Jewelry*

Roop Kala Jewelers, 631 San Mateo Ave and San Bruno,  
CA 94066

**PH:(650) 871-5611**

Watch Battery Change Watch Repair

Watch Department- Call Direct 650-808-0859





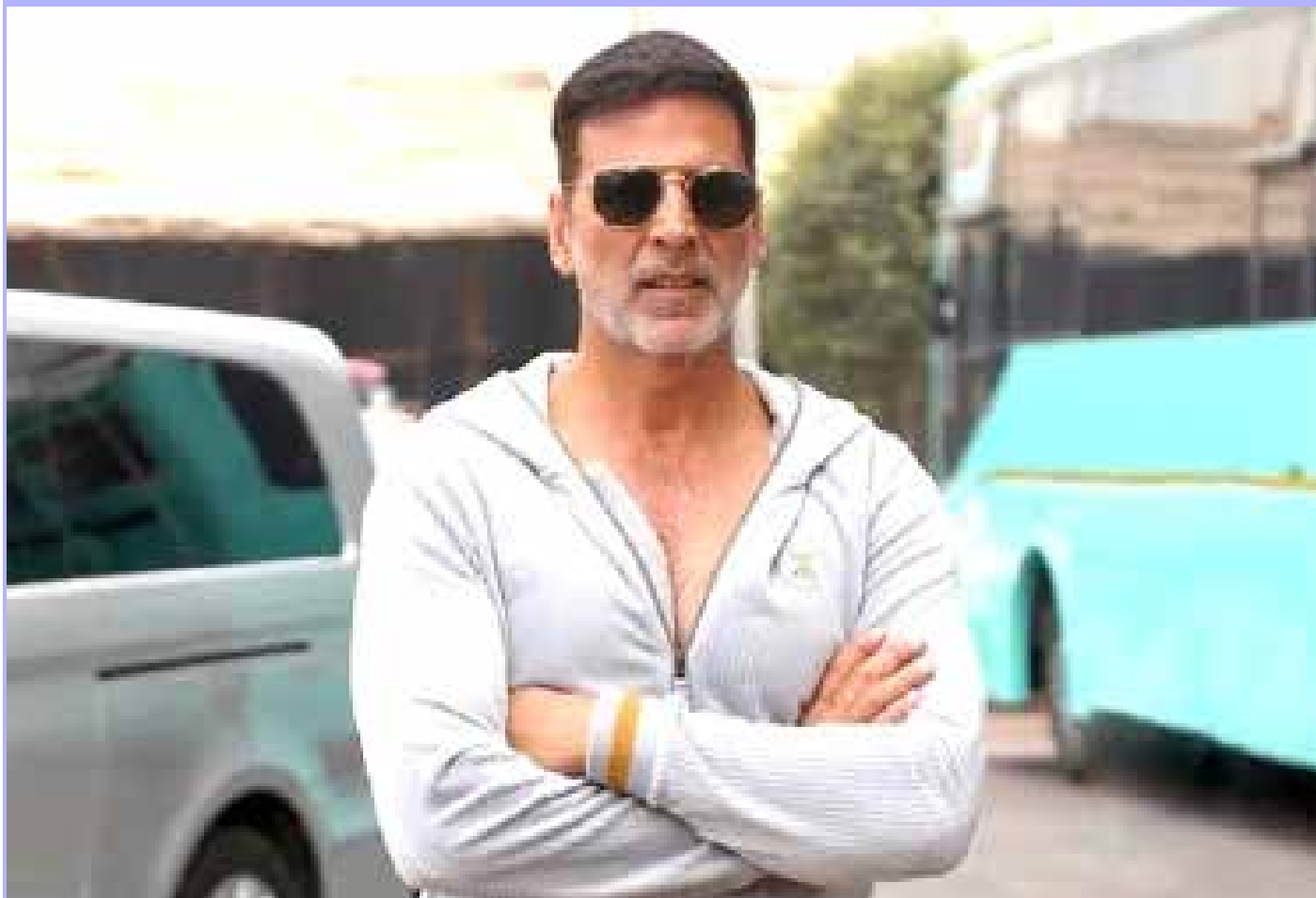
## Bollywood

# Kartik Aaryan takes his team for one-week Europe vacation after Bhool Bhulaiyaa 2 success

Kartik Aaryan is currently riding high on the super success of his latest film, Bhool Bhulaiyaa 2. Post the film's success, the actor has planned a quick getaway with his entire team to Europe. As a treat for all their hard work and efforts, Kartik is taking his team on a one-week-long vacation. The team includes the managers, stylists, his spot boy, and security who have all been with him for years now. He made this gesture because he appreciates the work done by each one of them and the constant support. Meanwhile, the actor continues leading the box office game after delivering the biggest opening weekend of the year in Bollywood. With over an Rs. 230 crore collection worldwide at the box office alone, Kartik's film has also been trending at number 1 on Netflix. On the work front, Kartik Aaryan also has films like Shehzada, Captain India, Freddy, and Sajid Nadiadwala's untitled next in his lineup ahead.



## Akshay Kumar speaks about joining politics: 'I'm very happy making films'



Akshay Kumar has no plans on joining politics but will continue to do whatever is possible in his capacity to take up social issues. The actor recently was the chief guest at the book launch of Hindujas and Bollywood which was held at the Institute of Directors at London's Pall Mall. When asked about his political career, he said he was happy making films. "I am very happy making films. As an actor, I do whatever possible to take up social issues. I have produced 150 films, the one nearest to my heart is Raksha Bandhan. I produce commercial films, sometimes with social issues. I produce three-four films a year," Akshay said, via PTI. Meanwhile, Akshay Kumar had two releases this year - Bachchan Paandey and Samrat Prithviraj - both of which failed their run at the box office. He will next star in Raksha Bandhan. Besides Raksha Bandhan, Akshay Kumar has several movies in the pipeline including Selfiee, Ram Setu, and Gorkha.



## Bollywood

# Ranveer Singh is not replacing Karan Johar as a host of Bigg Boss OTT

It has been widely rumoured that superstar Ranveer Singh is going to host the second season of Bigg Boss OTT. It is now been confirmed that this news is entirely untrue as Reliance sources close in the know denied this information vehemently. A trade source says, "This is absolutely untrue. It's not fact-checked and nothing is brewing in this regard. Ranveer is currently too busy with his film commitments and he is set to start working on exciting tentpole films that will be announced in due course of time." Meanwhile, Ranveer Singh is gearing up for his upcoming variety show Ranveer Vs Wild with Bear Grylls arriving on Netflix soon. He has several projects in the pipeline including Cirkus, Rocky Aur Rani Ki Prem Kahani, and Anniyan remake.



## Khuda Haafiz 2 team including Vidyut Jammwal apologizes to Shia community; changes 'offensive' words in a song



Vidyut Jammwal and team have been extensively promoting their forthcoming film Khuda Haafiz Chapter 2 Agni Pariksha before its release. However, one of the songs used in the action drama has now come under the axe after it is accused of hurting the sentiments of the Shia community. The team of the Faruk Kabir

directorial have taken to social media to pen a heartfelt apology, addressing the Shia community. In their note, they wrote, "We the makers of Khuda Haafiz Chapter 2 Agni Pariksha take cognizance of the concerns expressed by the Shia Sect of the (Muslim) community and sincerely apologize for the fact that elements of the song 'Haq Hussain' have unintentionally hurt their sentiments. Objections were raised by people of the community for the word 'Hussain' and the use of the matam zanjeer." The makers went on to speak about their decision, "We have unilaterally decided to make changes to the song. In consultation with the CBFC Censor Board, we have removed

zanjeer blades from the song and we've changed the lyrics of the song 'Haq Hussain' to 'Junoon Hai'. Please know that no Shia community member has been captured in the wrong light in the film nor does the film show any person of the Shia community attacking anyone. The song was created with the utmost pious intent to celebrate the glory of Imam Hussain in

his battle against the oppressors. The intention was never to hurt religious sentiments." "Keeping in mind the sentiments of the Shia community we have made the aforementioned changes in the film," concluded the note. It was shared by the team of the film including leading man Vidyut Jammwal who posted it as a part of his Instagram story.

We the makers of Khuda Haafiz Chapter 2 Agni Pariksha take cognizance of the concerns expressed by the Shia Sect of the (Muslim) community and sincerely apologize for the fact that elements of the song 'Haq Hussain' have unintentionally hurt their sentiments. Objections were raised by people of the community for the word 'Hussain' and the use of the matam zanjeer.

We have unilaterally decided to make changes to the song. In consultation with the CBFC Censor Board, we have removed zanjeer blades from the song and we've changed the lyrics of the song 'Haq Hussain' to 'Junoon Hai'.

Please know that no Shia community member has been captured in the wrong light in the film nor does the film show any person of the Shia community attacking anyone. The song was created with the most pious intent to celebrate the glory of Imam Hussain in his battle against oppressors. The intention was never to hurt religious sentiments.

Keeping in mind the sentiments of the Shia community we have made the aforementioned changes in the film.



## World News

## China's life expectancy now stands at 77.93 years, health indicators doing well

The life expectancy of Chinese citizens now stands at 77.93 years and is within the category of upper-middle-income countries, the national health commission (NHC), said on Tuesday. "At present, China's per capita life expectancy has increased to 77.93 years, with the main health indicators ranking among the top of middle and high-income countries," Mao Qunan, director of NHC's planning department said on Tuesday. The life expectancy of Chinese citizens had risen to 77.3 years in 2019, compared with 35 years in 1949, the beginning of the Communist Party of China's (CPC) rule, according to a white paper released last year. Since 2013, Hong Kong, a special administrative region (SAR) of China, has maintained the world's highest life expectancy at birth, which, according to the medical journal, Lancet, is a key indicator of population health. The average life expectancy is more than 85 years average for

both sexes in Hong Kong. Japan and Macau, also China's SAR, are next on the list of the top life expectancies in the world. According to World Bank data, India's life expectancy stood at 70 in 2020. According to NHC's Ma, the level of health literacy of the Chinese citizens - the ability to obtain, process and follow health-related information - has risen to 25.4%, and the proportion of people who regularly participate in physical exercise reached 37.2%. The official added that China has also strengthened its defences against major diseases, and premature mortality for "major chronic diseases is lower than the global average". In May, China had unveiled its first five-year blueprint to improve the health of its residents through 2025, and according to state-run China Daily had pledged "...to lift the average life expectancy by another year and make the public health network better able to respond to major out-



breaks and other public health emergencies". "The plan is to lift average life expectancy by another year to 78.93 in 2025, and to lower the mortality rate for infants and pregnant women. The plan also set the goal of increasing average life expectancy to 80 by 2035," the newspaper said. The blueprint focusses on the popularisation of health-

related knowledge, reasonable diet, national fitness, tobacco control and alcohol restriction, mental health, and promotion of a healthy environment. The medical journal Lancet published a research paper on Hong Kong's high life expectancy in 2021. "Hong Kong's leading longevity is the result of fewer diseases of poverty while suppressing the

diseases of affluence. A unique combination of economic prosperity and low levels of smoking with development contributed to this achievement. As such, it offers a framework that could be replicated through deliberate policies in developing and developed populations globally," the Lancet paper said.

## Kaali poster row: India urges Canada to withdraw provocative material

Hindu groups in Canada have complained to the country's Prime Minister Justin Trudeau and are also exploring legal options over the poster of a film screened in Toronto on Sunday that they deem offensive. The film, Kaali, made by Leena Manimekalai, was shown at the Aga Khan Museum in Toronto as part of a multimedia storytelling project, Under the Tent. The community was upset over the poster depicting Goddess Kali smoking a cigarette. INDIA UNHAPPY The Indian government has also reacted with displeasure over the portrayal. In a statement issued on Monday, India's High Commission in Ottawa stated, "We urge the Canadian authorities and the event organisers to withdraw all such provocative material." It said it received complaints over the "disrespectful depiction" and India's consulate in Toronto had "conveyed these concerns to the organisers of the event". A senior Indian official said they expected an apology

from the Aga Khan Museum for offering a platform for the short film. In a letter to Trudeau, the group, Canadian Hindu Volunteers, said the film "deliberately shows (the) Hindu Goddess in a derogatory manner". It called upon the Canadian government to take "concrete actions to prevent" such "motivated activities" in the future. The intent, group members said, was not just to counter the film but also to raise "awareness" on the issue of what they described as Hinduphobia. In another letter, the Alberta-based International Hindu Foundation said, "We want The Department of Canadian Heritage to withdraw funding and support to this project, which is eroding its mandate of promoting Canadian multiculturalism." Legal recourse is being explored. The group, Dwarpalakas Canada, has raised the matter with Toronto Police and is exploring options including filing a formal complaint, its director Gopala Krishna said. Community organisations are



also seeking meeting with federal and provincial ministers to appraise them of their concerns as funds from government agencies like Canadian Heritage backed the screening. Meanwhile, the filmmaker has contradicted criticism that the depiction was derogatory. In an interview with the BBC's Tamil network, she said, "As far as I

am concerned, Kali represents a talented, primordial woman who tramples on boundless 'asura'-ness, beheads evil and lets their bad blood flow. My film shows what might happen if such a woman manifested within me one evening and roamed Toronto's streets." She said if those making a ruckus over the poster actually watched the

film, they "could change their minds". She said the project came about after she was given a grant for a Master's degree by York University in Toronto as a global filmmaker and was later selected for a camp by Toronto Metropolitan University to work on a film showcasing cultural diversity, the genesis of the film.



## World News

# China scrambles to contain fresh Covid outbreak

A county in China's eastern Anhui province is carrying out daily nucleic acid tests on 763,000 locked down residents while mass tests have been ordered for other areas, as authorities scramble to contain a fresh surge in Covid-19 cases in the country. The new outbreak, with cases reported from at least nine provinces as of Monday, comes weeks after the government brought Shanghai's crippling early summer epidemic under control and as China eases restrictions on movement to boost domestic travel during summer holidays. For China, it will have to be a pragmatic balance between its avowed zero-Covid strategy - marked by lockdowns, large-scale testing campaigns and strict isolation

protocols - and allowing normal economic activity. Anhui reported 270 cases, the majority of the 380 domestic cases, including 41 symptomatic ones, reported by the Chinese mainland on Monday.

"A total of 339 local asymptomatic carriers were newly identified on Sunday in nine provincial-level regions, including 258 in Anhui and 52 in Jiangsu," the Xinhua news agency, reported on Monday. Cases have also been reported from the provinces of Liaoning, Fujian and Shandong among others. Authorities in Sixian county in Anhui announced mandatory nucleic acid tests for its residents for three consecutive days, beginning on Monday. "From June



26 to July 3, a total of 134 confirmed Covid-19 cases and 724 asymptomatic carriers had been logged in Anhui, of which 132 confirmed cases were in

Sixian county, Suzhou City," Xinhua reported. In the county, which has been under "closed-off management since June 26", more than 22,600 people had

been placed under quarantine and 22,320 isolation rooms had been put into operation in Sixian as of Sunday.

## Hacker offers to sell stolen records of 1bn China's citizens

A hacker has claimed to have procured a trove of personal information from the Shanghai police on one billion Chinese citizens, which tech experts say, if true, would be one of the biggest data breaches in history. The anonymous internet user, identified as "ChinaDan", posted on hacker forum Breach Forums last week offering to sell the more than 23 terabytes (TB) of data for 10 bitcoin, equivalent to about \$200,000. "In 2022, the Shanghai National Police (SHGA) database was leaked. This database contains many TB of data and informa-

tion on Billions of Chinese citizen," the post said. "Databases contain information on 1 Billion Chinese national residents and several billion case records, including: name, address, birthplace, national ID number, mobile number, all crime/case details." Reuters was unable to verify the authenticity of the post. The Shanghai government and police department did not respond to requests for comment on Monday. Reuters was also unable to reach the self-proclaimed hacker, ChinaDan, but the post was widely discussed on China's Weibo and



WeChat social media platforms over the weekend with many users worried it could be real. The hashtag "data leak" was blocked on Weibo by Sunday afternoon. Kendra Schaefer, head of tech policy research at Beijing-based consultancy Trivium China, said in a post on Twitter it was "hard to parse truth from rumour mill". If the material the hacker claimed to have come from the Ministry of Public Security, it would be bad for "a number of reasons", Schaefer said. "Most obviously it would be among biggest and worst breaches in history," she said. Zhao Changpeng, CEO of Binance, said on Monday the cryptocurrency exchange had stepped up user verification processes after the exchange's threat intelligence detected the

sale of records belonging to 1 billion residents of an Asian country on the dark web. He said on Twitter that a leak could have happened due to "a bug in an Elastic Search deployment by a (government) agency", without saying if he was referring to the Shanghai police case. He did not immediately respond to a request for further comment. The claim of a hack comes as China has vowed to improve protection of online user data privacy, instructing its tech giants to ensure safer storage after public complaints about mismanagement and misuse. Last year, China passed new laws governing how personal information and data generated within its borders should be handled.



## World News

## Imran Khan's party apologised to US over foreign conspiracy claim: Pak minister

Former Pakistan prime minister Imran Khan's allegations of a foreign conspiracy to overthrow his government is not new. The cricketer-turned-politician had even named a US diplomat named Donald Lu for being allegedly involved in a conspiracy to remove him from the post of prime minister. Now, a senior minister in the incumbent Shehbaz Sharif government has claimed that Khan's party Pakistan Tehreek-e-Insaf has apologised to the said American diplomat. He even claimed that Imran Khan sent a message to Washington DC that he wanted to 'fix things and relationship with the superpower'. In an interview to Geo News, Pakistan defence minister Khwaja Asif claimed the PTI had apologised to Lu, the US assistant secretary for south and central Asian affairs over the party chief's al-

legations against him. The minister claimed that the Sharif regime had obtained all records regarding Imran Khan-led party's apology to the diplomat. The minister claimed that the PTI leaders held a meeting with the US government officials where they apologised. "The American conspiracy was drowned out in the audio of Shorbegam Sahib. The fact is that now America's prayers have started regularly. The prayer is going on. The formula is the same with institutions inside and outside the country," Asif later tweeted. During a meeting in Islamabad before he was ousted from office, Imran Khan had alleged that Lu was involved in the foreign conspiracy to topple his government. The PTI chief had even claimed about Lu warning the Pakistan's ambassador to US Asad Majeed of implications if



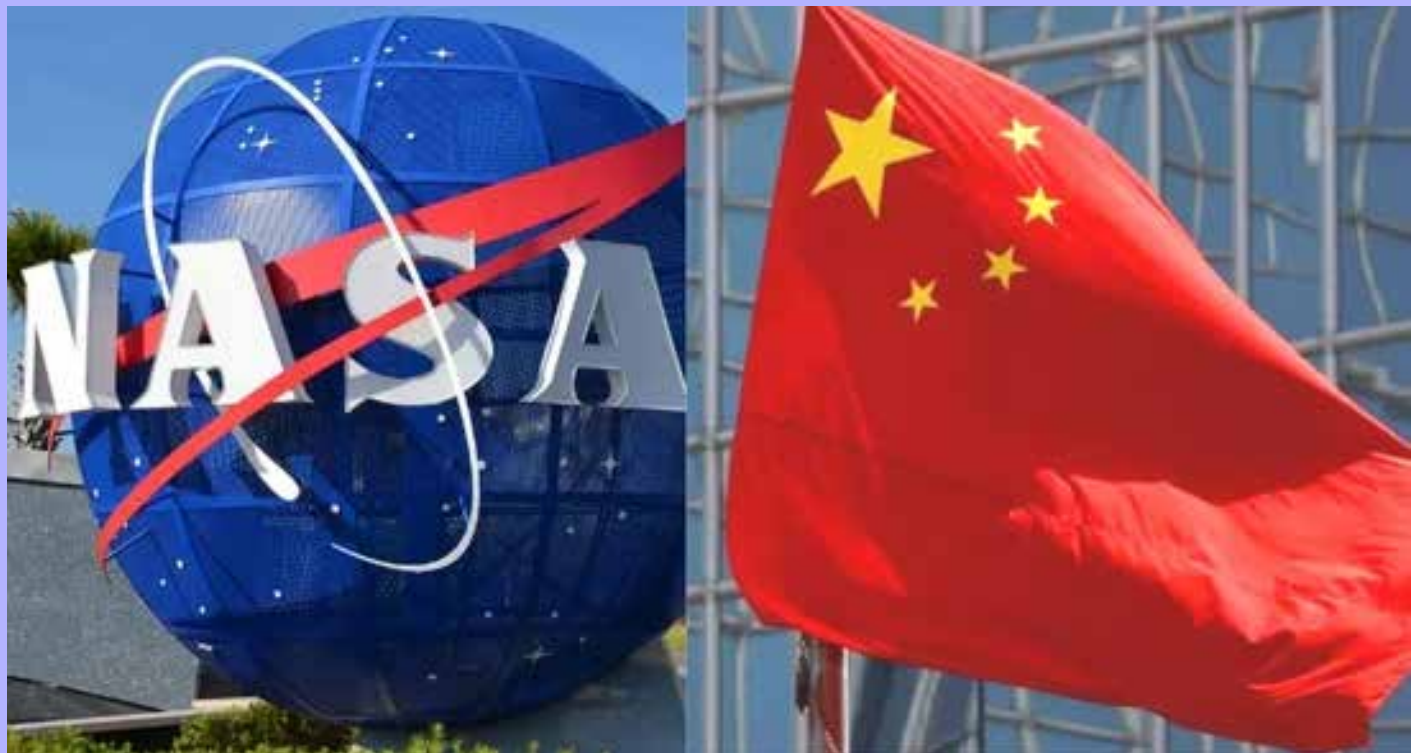
the then prime minister survived the no-confidence motion. After Asif's claims of an apology to US by Team Imran exploded, PTI vice president and former minister Fawad Chaudhry hit out at the Pakistan defence min-

ister. Chaudhry asked whether the defence minister had gone deaf when Imran gave his policy statement in front of thousands of people at the Parade Ground in Islamabad last Saturday, Dawn reported. "Did you have

cotton in your ears that you could not understand what Imran was saying?" Chaudhry said, adding that his party wanted good relations with countries but won't allow any nation to decide who would rule Pakistan.

## China accuses NASA chief of 'lying through his teeth' as race to Moon get heated

The competition between the US and China to explore outer space turned prickly after Chinese diplomats blasted the head of NASA and encouraged neighboring countries to support Beijing's plan for exploring the moon. China's Ministry of Foreign Affairs spokesman Zhao Lijian on Monday accused NASA Administrator Bill Nelson of lying "through his teeth" in response to reported comments in a German tabloid about the space competition between the two countries. Bild cited Nelson as saying the world should be concerned that China might lay claim to the moon and stop other countries from exploring it. In the interview, he also accused China of stealing technology from other nations and said Beijing was learning how to destroy satellites launched by other countries. "This is not the first time for the chief of NASA to lie through his teeth and smear China," Zhao said at the Foreign Ministry's daily press conference. "In recent years the US openly defined space as a war-fighting domain." NASA didn't respond to a request for comment. During a meeting on Monday with officials from



Cambodia, Laos, Myanmar, Thailand and Vietnam, Chinese Foreign Minister Wang Yi called on Southeast Asian nations to join the International Lunar Research Station, a proposed project on or near the moon backed by China and Russia. Beijing has promoted the ILRS as an alternative to the Artemis Accords, a Washington-backed effort launched in 2020

aimed at supporting NASA's efforts to return astronauts to the moon this decade. While Beijing and Moscow haven't gotten other governments to commit to their project, the US is having more success convincing countries to sign the Artemis Accords, principles designed to govern activity on the moon, Mars and beyond. Signatories include NATO allies such as

Canada, Italy and the UK, as well as Brazil, Mexico and Ukraine. Last month, France became the 20th country to sign on to the Artemis club, joining other recent signatories such as Singapore and Colombia. China has criticized the accords as a US effort to create a NATO in outer space, most recently in a July 3 opinion piece published in the Communist Party-backed

Global Times newspaper. "In contrast with the US lunar exploration project known as the 'Artemis Accords,' which experts believe reveals its 'exclusive nature for mimicking a space-based NATO,' China and Russia's partnership stresses bringing advancement for all, with the vision of building a community with a shared future for mankind," the article said.



**SUNTECH**  
INTEGRATED SOLUTIONS, INC



Set up a powerful WISP Network  
**Customize your IT operations**  
Building-to-Building Bridge XG



**Mike Muktar Buksh**  
CEO / Founder  
**SUNTECH**

 [www.suntechis.com](http://www.suntechis.com)



## Sports News

## New Zealand men and women cricketers to receive equal pay in ground-breaking agreement

New Zealand Cricket (NZC) on Tuesday announced a ground-breaking agreement, which will see men and women players paid the same match fees. NZC and the players' association signed a five-year deal and the agreement will see women's players at both international and domestic level receive the same match fees as men across all formats and competitions. The agreement will start on August 1, and will also see professional women's players receive equity in matters such as travel, accommodation, and the wider playing and training environment. "This is the most important agreement in our sport, as it binds NZC, the major associations, and our players at the hip, and sets the foundation to fund, grow and develop cricket," said NZC Chief Executive David White. "It's been a collaborative yet very robust negotiation. Importantly, it represents a significant

step forward as we continue to grow our investment in women's cricket." Under the agreement, the number of women's domestic contracts will increase to 72 from 54 while the men will earn higher retainers due to the greater number of matches played, formats contested and time spent training and playing. "It's great for the international and domestic women players to be recognised in the same agreement, alongside the men," said White Ferns captain Sophie Devine. "It's a massive step forward and will be a huge drawcard for young women and girls." New Zealand's men's players, whose match fees at T20I, ODI, Ford Trophy, and Dream11 Super Smash level will be the same as the women, will earn higher retainers, based on the increased number of matches played, formats contested, and time spent training and playing. They will retain their ability to



play in overseas leagues, including the IPL. Blackcaps skipper Kane Williamson said it was an exciting time for the sport. "It's really important for the current players to build on the legacy of those who have gone before us, and to support tomorrow's players, both men and women, at all levels. "This agreement

goes a long way towards achieving that." Contract match fees breakdown: Tests: \$10,250, ODIs: \$4,000, T20Is: \$2,500, Plunket Shield: \$1,750, Ford Trophy/Hallyburton Johnstone Shield: \$800, Super Smash: \$575 Meanwhile, in India the wage gap between men and women cricketers are massive.

A male cricketer with a Category A+ contract earns Rs 7 crore, while the women get only Rs 50 lakh. Central contracts for the Indian women's cricket team for 2021-22 Women's Contracts 2021/22: Category A (Rs 50 lakh), Category B (Rs 30 lakh) and Category C (Rs 10 lakh).

## Chess: Ian Nepomniachtchi wins 2022 Candidates without a single loss

The final and the 14th round of the 2022 Candidates was played on Monday night and Ian Nepomniachtchi win the tournament without a single loss. All four games were calm, the positions even and it seemed as if we were heading for a day of draws. Instead, there was just one draw. According to a FIDE release, "In terms of results, today's round did not matter for Ian Nepomniachtchi, who secured victory in the event following a draw in round 13. However, this game was psychologically important for him: Nepomniachtchi didn't

want a repeat of the previous Candidates, which he also won with a round to spare but then lost the final game which gave a bitter aftertaste to his great success." Playing the Petrov, Nepomniachtchi was under pressure from Jan-Krzysztof Duda who seemed much more relaxed and comfortable in his bearing compared to how he had played in the rest of the tournament. All the time the game was even. Duda was looking for chances but Nepomniachtchi always responded adequately and confidently, bringing the game to a draw without much drama.



Finishing the Candidates in the first place and without a single defeat is a strong statement for Nepomniachtchi who is vying for the title of world champion. Nepomniachtchi will take on champion Magnus Carlsen for the world title in 2023 now. The 31-year-old needed half a point to confirm his place as Carlsen's challenger and achieved it by drawing with Hungarian Richard Rapport on Sunday to seal his second straight Candidates title. Nepomniachtchi competed under a neutral flag in Madrid after sanctions were imposed

on Russian players for their country's invasion of Ukraine, which Moscow calls a 'special operation'. His meeting with Carlsen, who has lifted the last five world titles, is far from a done deal as the Norwegian said in December that he was unsure if he would defend his championship, citing a lack of motivation. In such a scenario, Nepomniachtchi would take on the player who finishes runner-up at the Candidates, a position held by American Hikaru Nakamura heading into the final round.



## Sports News

## How a ball change changed the whole complexion of England's run chase

The Indians were on their knees, pleading with the umpires to change the ball that had bled 106 runs in little over 20 overs. They had tried at least 4-5 times but every time the umpires put it through the ring, the ball would slip through. Until then, England openers Alex Lees and Zak Crawley were charging along like a runaway express, slamming the bowlers on the up and driving them to distraction. "Indians are looking rattled," Nasser Hussain would say on air at one point. Until then, even Jasprit Bumrah and Mohammed Shami couldn't coax any movement from the ball. Finally, the ball failed the ring test after the fifth ball of the 20th over and things began to miraculously change. Three quick wickets fell to bring India back into the contest. Not that it was all India's way from then on as Joe Root and Jonny Bairstow soaked up the pressure with high-quality batting to get England ahead in the contest again. But if not for the ball change, India wouldn't even have plausibly got into that position. Such was the dominance of the bat. An over after the ball change, Bumrah brought himself back on and landed one a foot outside off stump on a



length. Until then, such deliveries would just shoot on almost straight. And so Crawley, who had judiciously left most of the outside-off balls from Bumrah and Shami, shouldered arms to this one as well. Mistake. It changed path, jagged in to gate-crash Crawley's party. Bumrah stood there, with a smile, his eyes following Crawley. "The magician has done it," Sanjay

Manjrekar would scream on air and it certainly was a magic delivery – but with a little bit of help from the replacement Dukes. The fact that nothing was happening before exaggerated the movement of this replacement ball and everyone was as stunned as Crawley. The tea break intervened soon and upon resumption, Bumrah carried on from where he

had left off. This time, off the first ball of the last session, a crafty straightener sucked Ollie Pope into a fatal edge. Under pressure, England batsmen's brains began to scramble. Joe Root called Lees for a risky run, and the opener, whose daring batting had much to do with England's position of strength, was run out. A replacement ball with a bit of devil in it, and the wizardry of Bumrah and Shami had transformed the run chase. Bairstow was dropped on 14 by Hanuma Vihari in the slips when Mohammed Siraj had the ball to straighten outside off, and England got back into the chase. The Dukes ball has been of concern this English season with county teams, England and New Zealand complaining about it at various stages. Dilip Jajodia, the owner of the company that manufactures the Dukes ball, had told ahead of the Test that though they haven't identified the definite cause for the balls losing shape as yet, he suspected it is due to problems in the tanning process. "My guess is, there's some technical problem in the process of tanning which goes back months. We actually still haven't identified what the problem is. Because the process of tanning and colouration is very important and something goes wrong, if somebody adds a certain percentage of chemicals that's not quite right, the dye,"

Jajodia had told this newspaper. Just ahead of the Test series against New Zealand, Stuart Broad was openly critical of the ball in his column. "They have not swung and because they are going soft very quickly, neither is there any bounce," Broad wrote in his Mail on Sunday column. "Things have been so bad that we have had to change the ball two or three times every innings. It has felt like bowling with a rolled-up piece of plasticine and the balls are that soft you feel like you can squeeze them even before you have bowled a ball with them." The original ball that Indians had must have felt like a rolled-up plasticine; the replacement certainly didn't. It took some high-skilled batting from Root and Bairstow to ensure England weren't blown away at that stage, and they slowly shifted the pressure back on the Indians. With the ball reversing, the Indians attacked Bairstow with in-dippers – the weakness that they exposed last year – but he managed to hang on. Root was more composed, dealing with whatever Indians came up with. Shardul Thakur and Siraj had proved ineffective with the original ball, and there was no spin for Ravindra Jadeja. England were taking complete control, until the ball change put the game back on an even keel, making it a contest between bat





# Big Sales

**FROM: Vancouver  
to Nadi, Australia  
and New Zealand**

Travel date:

25 Nov 2022 - 12 Dec 2022

16 Jan 2023 - 31 Mar 2023

Begins

# \$599

for the first 599 Passengers

CST: 2149117-40

**MAHARAJ TRAVEL TOURS**  
**CALL : 650 -232-1090 OR 916-558-5232**



September 3rd & 4th

# CALIFORNIA CUP 2022



Hosted By Fiji Soccer Association of California.

## BIGGEST SOCCER TOURNAMENT OF THE YEAR

OPEN & MASTER'S (OVER 38)



Venue : Stockton Sports Complex  
10055 W 99 Frontage Rd, Stockton, CA 95212, United States

For More Information

SiRsa Singh	916-410-1806
Davinder Bhella	510-552-1572
Aneel Singh	650-621-0366

### Master's Division:

Jr.	209-204-9260
Nilesh	916-968-8937

Media Partner  
**US Fiji Times**

**Print  
house**



Deadline to Register Team August 1st



# HSBC WORLD RUGBY SEVENS SERIES 2023



4-6 NOV 2022:  
CATHAY PACIFIC/HSBC HONG KONG SEVENS  
(MEN)

2-3 DEC 2022:  
EMIRATES DUBAI 7S  
(MEN & WOMEN)

9-11 DEC 2022:  
HSBC CAPE TOWN SEVENS  
(MEN & WOMEN)

21-22 JAN 2023:  
HSBC NEW ZEALAND SEVENS  
(MEN & WOMEN)

27-29 JAN 2023:  
HSBC SYDNEY SEVENS  
(MEN & WOMEN)

25-26 FEB 2023:  
HSBC LOS ANGELES SEVENS  
(MEN)

3-5 MAR 2023:  
HSBC CANADA SEVENS  
(MEN & WOMEN)

31 MAR-2 APR 2023:  
CATHAY PACIFIC/HSBC HONG KONG SEVENS  
(MEN & WOMEN)

8-9 APR 2023:  
HSBC SINGAPORE RUGBY SEVENS  
(MEN)

12-14 MAY 2023:  
HSBC FRANCE SEVENS  
(MEN & WOMEN)

20-21 MAY 2023:  
HSBC LONDON SEVENS  
(MEN)

PRINCIPAL PARTNER



GLOBAL PARTNER



GLOBAL PARTNER





## Sports

# Congratulations to USFIJITIMES Hayward Muslim Sports FC in claiming the FMSA BOG Cup which was in Memory of Hazrat Talalh Ellias of Sacramento CA.

Hayward won the finals which outclassed ELK Grove Muslim side to a 4-2 victory. FMSA of USA President Mr. Shameer Buksh with his Board members would like to sincerely thank all Teams & Families for their support in yet another successful tournament. And also thanking US Fiji Times for the Media Partnership.







WORLD RUGBY™  
HSBC  
SEVENS SERIES

LA  
SEVENS

# END YOUR SUMMER AT THE LA SEVENS

AUGUST 27 & 28 | DIGNITY HEALTH SPORTS PARK

TICKETS AT [LASEVENS.COM](https://lasevens.com) OR CALL 1-888-9AXS-TIX