



THE US FIJI TIMES

World's Largest Fiji Newspaper Out Of Republic of Fiji

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New Children's Hospital Brings Free Care to Fiji

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The newly built Sri Sathya Sai Sanjeevani children's hospital has been officially opened by Prime Minister Voreqe Bainimarama.



Mr. and Mrs. Narendra Narayan attend the opening of Sathya Sai Sanjeeva Children's Heart Hospital

Seattle Sangam Fiji Festival Champions



Combine Brothers of CA - Open Division Champions



Navua Canada - Masters Division Champions

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Fijian Government



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PRESIDENT



Frank Bainimarama
PRIME MINISTER



Aiyaz Sayed Khaiyum
ATTORNEY-GENERAL



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



Satyendra Prasad
Ambassador | Representa-
tive of Fiji to the U.N

THE US FIJI TIMES PROUD OF ITS SERVICE

The US Fiji Times is ranked as the top news-paper 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 organiza-tions 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 un-derstands 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 Fi-ji's best. Even though they are not too visible in social functions, they are taking up their chal-lenges 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 experi-ence, he makes up for the deficiency with the sheer ability to jeep the media wagon rolling. His insatiable love to be involved with the com-munity 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 com-munity 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 Fi-jians 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 organiza-tions 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 communi-ty that there will be quality reporting at all times. Vinaka – Rocky Buksh

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America Fiji Golf Club Celebrates its 20th Anniversary by Hosting a Memorial and Charity Golf Tournament in the memories of its founding members Issac Kasim, Solomon Taufu and Neville Narayan. Tournament's Chief Guest was Mr. Gaganjeet Singh Bhullar; He is a Professional Golfer who plays in Asian & European Tours and was the 2018 Fiji International Golf Tournament winner.





A huge Thank you to all the participants and
Congratulations to all the winners!

Fiji News

New Children's Hospital Brings Free Care to Fiji

A super-specialty cardiac hospital, destined to save the lives of thousands of children throughout the South Pacific, has opened in Fiji, attracting enthusiastic support from pre-eminent leaders of Fiji and India. The Sri Sathya Sai Sanjeevani Children's Hospital, in the capital city of Suva, is a 54-bed, 21,000 square foot, state-of-the-art facility specializing in pediatric cardiac surgery. It is the first hospital of its kind among South Pacific nations, built to combat the growing problem of congenital heart disease. Hospital administrators promise that all patients, now and forever, will be treated absolutely free-of-charge.

In the first eight days of hospital operation, a multi-national medical team was assembled and carried out 30 complex, life-saving heart surgeries on children ranging in age from seven weeks to 13 years old. Initiated by the Sai Prema Foun-

dation, Fiji, a non-governmental charity founded to serve the underprivileged and needy people of Fiji, the hospital inauguration in April attracted hundreds of well-wishers, including Fiji Prime Minister Voreque Bainimarama and India Prime Minister Narendra Modi. Both leaders expressed glowing support for the FJD \$25 million hospital, the most capital intensive non-governmental project in the nation's history, one that will serve the entire South Pacific region.

Annually, about 200 children in Fiji, and about 2,500 children throughout the South Pacific are born with life-threatening heart defects. Historically, because necessary surgeries are expensive and have required traveling to other countries, most of the afflicted children do not reach adulthood, nearly half not living to see their first birthday. However, those fortunate enough to receive timely treatment, typically end up living normal,

healthy lives.

Sai Prema Foundation Director Sumeet Tappoo, who led the fund-raising and construction of the facility, publicly reiterated that as long as the hospital exists, no patient will ever be charged for care and treatment. The hospital also stands out architecturally. The main entrance is shaded by an enormous, ruby-red, heart-shaped ornament towering above, said to symbolize the hospital's specialty as well as sentiments that inspired its creation and will fuel its future.

Shortly after cutting the ceremonial red ribbon at the hospital entrance, Bainimarama, who survived a heart attack in January, and has 16 grandchildren, stood by his wife Mary, lamenting that congenital heart disease in his country has left behind "grief-stricken parents and communities, the scars of which last a lifetime."

The Fijian leader, who helped

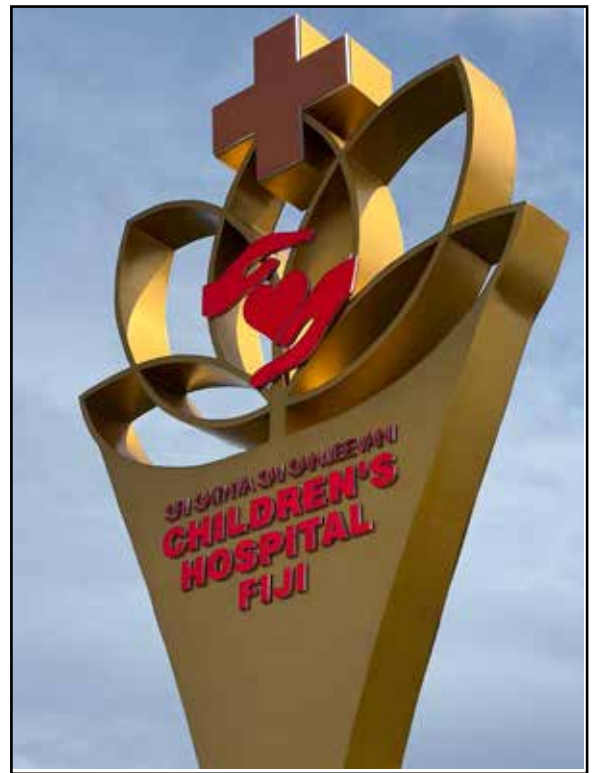
secure government land for the project, and whose 68th birthday coincided with the inauguration, was emphatic about the hospital's importance. "As humans, we are all bound by an inner call to help and ease in some way, the burdens of our fellow brothers and sisters," Bainimarama said. "Today we can see the awe-inspiring result of what becomes possible when we respond to that sacred call."

India Prime Minister Narendra Modi joined the inauguration, live streaming to the those in attendance and those watching around the world. He reminded the audience that the project was rooted in the legacy of the hospital's namesake, India's revered spiritual leader Sri Sathya Sai Baba, renowned for teaching his followers to "love all, serve all," inspiring the creation of numerous free-of-cost hospitals, clinics and schools around the world.

"The only purpose of our life

and all the resources we have at our disposal should be to serve mankind and work for the welfare of all living beings," Modi said. "The true heritage of India and Fiji was built on these values.... This is yet another symbol of our long-standing mutual love."

Indian spiritual leader and Sai Prema Foundation Advisory Board member Sri Madhusudan Sai told the gathering that the hospital will help change the world for the good. "This hospital is going to rewrite the history of medical care, the way it is given and received, by removing commerce from the equation and putting love into the equation," he told the gathering. For more information about the hospital and the Sai Prema Foundation, visit the website at saipremafiji.com



Fiji News



Mr Naren Narayan & Mr Vinay Nair at the opening of the Children's Heart Hospital in Nasese Suva Fiji



Left, Fiji Consul Of Los Angeles Vinod Bhindi, Ambassador Representative of Fiji to the U.N. Satyendra Prasad, Summit Tappoo of Children Hospital in Fiji



Left Mr Naren Narayan with Prime Minister Of Fiji & Summit Tappoo



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News

2022 Fiji Festival Hosted by Seattle TISI Sangam

The Fiji Festival hosted by Seattle Sangam over the Memorial Day weekend was a huge success. The theme for the event was Expanding Horizons where the greater South Pacific Community was involved. We had various teams participate in the open and master's division soccer tournaments. Several teams participated in the volleyball matches and of course there were fun activities planned for adults and kids alike such as tug of war, sack races and others.

Our opening ceremony started with paying our salutations to the founder of Sangam, Sadhu Sevak Ratnam Kuppaswamy and was

graced by our honorable chief guest Ms. Faaluaina Pritchard the Executive Director of Asia Pacific Cultural center. Continuing with the Sangam tradition of inclusiveness, the ceremony was blessed by several interfaith prayers from various religious leaders which was followed by the unveiling of the US, Fiji and Sangam flags.

The cultural night brought together colorful performances bringing back memories of Fiji with performances such as the Fijian meke and the South Indian traditional folk dancing – Terekuttu, among others, such as live devotional songs and instrument playing such as

Harmonium, Dholak, Shenai and Dapla.

The gala presentation night was the wrap up to the fun filled weekend where after two days of extreme sports participation people got a chance to relax, reconnect with families/friends and enjoy the night with great food and dance the night away. There were awards and trophies presented in various categories recognizing young talent in sports, cultural performances, various sporting skills such most valuable player, best goal keeper, and discipline to name a few.

This was Seattle Sangam's humble attempt to get the com-

munity back together after two plus years of covid restrictions which had kept people in their homes. We received feedback that the community appreciated the effort. We were able to get participants extending from California to Canada.

The events success took many hands coming together and it would not have been successful without our partners and sponsors. The City of Renton, King County Parks, King County Sheriff, Renton High School, our Partnering hotels (Sonesta, Best Western, Clarion Inn), the US Fiji Times, our media partner, the various Prize/trophy donors, and Property Pro

Group LLC were some of the many partners.

Seattle Sangam continually strives to deliver on our mission to promote education, culture and sports. This event not only gave as opportunity to do that but a greater moment to provide a platform for the community to come together. We hope the 2022 Sangam Fiji Festival allowed you to have a great time and make great memories.

Seattle TISI Sangam looks forward to hosting many more events such as this one in future.

Best wishes and thanks for the support

Seattle Sangam.



SEATTLE SANGAM FIJI FESTIVAL

Seattle TISI | TIV | TIM Sagam hosted Fiji Festival during the memorial day weekend in Renton Washington which had fijians from USA & CANADA get together to compete in the SANGAM CUP MEGA Tournament. The event had 2 division. Open Division won by Combine Brothers & Masters Divison was won by Navua Masters Vancouver. Winners took home \$2k each plus Mega Cup. The hosts have already committed to SANGAM Fiji Festival for Year 2023 during the same time. www.seattlesangam.com



SEATTLE SANGAM FIJI FESTIVAL



Veteren's Tournament in Memory of Ajeshwar Raj (BABLU)



Raj family would like to thank everyone for coming and being apart of a beautiful legacy for my father Ajeshwar Raj, Bablu for his love for soccer. Thank you to Ravi Jija, Preeti Bhabi, & Avinesh Bhaiya spear heading this beautiful tournament. Thank you to Kashyap Trucking LLC for your full sponsor for this Masters Tournament. Thank you to Sangam for combining and be apart of a tribute to an amazing human being and man, my Papa, Bablu. Huge thank you to Stino Ali for creating the vision for Papas love for soccer. Thank you to Mo Ali & Rocky Ali from US Fiji Times for covering our

event. And of course congratulations to all the winners and participants of this beautiful Memorial Soccer tournament for Bablu.

Papa was the kind of man where he never knew a stranger, the kind of man who opened his heart to everyone, the kind of man who was genuine to the core of his being, and the kind of man who welcomed everyone for who they were. Every part of the field the past two days flooded my mind with all the fun loving beautiful memories with Papa. One thing he would always say, Mumma, his biggest supporter in his passion was one of the reasons he

always continued to live his dream of playing soccer until the end of time. He would have loved every part of this weekend! We are excited to announce that every year during the memorial weekend we will continue the Legacy for My Papa, Bablu a Memorial Soccer Tournament in his name. The Raj Family wishes to invite Masters soccer team back to Seattle during the Memorial Day Weekend in 2023.



Fiji News

EDUCATION MINISTER INDUCTS PREFECTS OF TILAK HIGH SCHOOL

The Minister for Education, Hon. Premila Kumar was at Tilak High School in Lautoka yesterday where she inducted prefects for the year 2022 and also took the opportunity to inspire them with empowering and encouraging words. "I congratulate you as you get inducted today and enter to serve your new job description of being a student leader for this prestigious institution. You will face challenges but you will need to be firm, confident and neutral when carrying out your duties" said Hon. Kumar.

Tilak High School is a renowned school in the western division and is known to produce leaders who are currently serving in different institutions such as the current Head of School of Swami Viveknanda College, Rajesh Krishna and

Digicel Fiji CEO, Farid Mohamed, to name only two. The Minister also took time to address the parents who were present in the function where she appealed to them to allow their children to pursue their dreams even if it is in Technical and Vocational Education (TVET) as TVET graduates end up earning more whilst creating job opportunities for others.

She further highlighted that while there is a need for teachers, doctors, engineers, lawyers and nurses, there is also a need for dancers, make-up artists, carpenters, electricians and so forth.

She also came out strongly on the importance of parental responsibilities and emphasised that this role can never be shifted to schools and teachers. She urged parents to ensure they



carry out their parental roles with more vigilance. Minister Kumar also stressed on the importance of tablets in schools, which can be purchased using Free Education Grant so that usage of ICT in learning and

teaching is not confined to special rooms like computer labs. She said that students are way ahead of the game and if teachers are not able to use ICT in their teaching, learning will not be exciting. She urged teachers

to seriously consider usage of ICT or else their learning and teaching strategies will become obsolete.

The Minister also met teachers to have a special Talanoa session.

CREEK DESILTING WORKS SAFEGUARDS FARMS AND INFRASTRUCTURE

The Ministry of Waterways, in an effort to safeguard farmland, households and infrastructure, carried out de-silting in Naria settlement, Ra that assisted 150 households in the area. The completion of 1400m of creek de-silting works in the settlement by the Ministry of Waterways under the "Drainage and Flood Protection" program is part of its ongoing efforts to provide relief to Fijians living in flood prone areas.

According to the area advisory councillor, Mr Sanjeev Singh, the debris and silt in the creek had been causing dam-

age to the farms, riverbanks, and infrastructures. Mr Singh said the de-silting works have provided relief to the farmers where close to 12 farms and four households were affected by the flood. "The de-silting works needed to be done and we acknowledge the Ministry of Waterways for attending to us on time," he said.

"Before this, the creek was heavily silted and debris in the creek had been causing floods which has led to bank erosion along the creek," he said.

Mr Singh said this has impacted the farming activity in



the settlement as some farms along the river bank have started to erode. "Not only that, but the infrastructure was also at risk. The community bus shelter which is by the creek was also about to be washed away. Our roads will now also be protected," he said. The Minister for Waterways, Environment, and Agriculture Hon.

Dr Mahendra Reddy said this de-silting work is intended to safeguard the Naria Community and protect their households and infrastructures from

the flood. Minister Reddy further added that this would also allow farmers and the communities to have clean and safe access to water for farming purposes either for irrigation or livestock farming.

He said the Ministry will continue to be vigilant in clearing the waterways so that it can discharge water to its full capacity and ensure that the adjacent infrastructure and communities are not affected by flash floods.

Vinod Bhindi Recognized for Outstanding Industry Contributions, Receives Award From President of Fiji

ARTESIA, CA – The Republic of Fiji, at a ceremony held on May 5, at the State House in the capital Suva, recognized Vinod Bhindi for his exceptional contributions.

President Ratu Wiliame Maivalili Katonivere conferred on Bhindi the 50th anniversary of Independence Commemorative Medal which is the nation's recognition of citizens who over several decades have made a difference in their industry.

President Katonivere pointed to Bhindi's remarkable contributions in jewelry, land development and real estate industries.

Fiji American Bhindi, who makes his home now in Southern California, is the owner of the well-known Bhindi Jewelers with their flagship store in Artesia, CA. Other locations include Glendale and San Francisco, CA and Atlanta, GA.

The premier jewelers have dressed Hollywood stars on the red carpet and rate high in the South Asian market, for their designs and reliability.

Bhindi's family was present at the ceremony and witnessed the Fijian President pin the singular honor on him.



**HIS EXCELLENCY
RATU WILIAME MAIVALILI KATONIVERE**

CF, MSD
President of the Republic of Fiji

**ADDRESS AT THE SPECIAL INVESTITURE CEREMONY
FOR
MR. VINOD .K. BHINDI**

State House
SUVA

Tuesday, 10th May, 2022
1530HRS

Mr. Vinod Bhindi and family Miao Sa Bula Re and a very good afternoon to you all! Welcome to the State House!

It gives me great pleasure to confer upon Mr. Vinod Bhindi the 50th Anniversary of Independence Commemorative Medal. This Commemorative Medal was our nation's way of acknowledging, appreciating and paying tribute to her citizens who for over 30 to 50 years contributed exceptionally to their respective industry of contribution. With that said, awarding Mr. Bhindi today with the 50th Anniversary of Independence Commemorative Medal is rather fitting, given Mr. Bhindi's contributions for over 50 years to the jewellery trade, land development and real estate industries in Fiji. Further to these significant contributions, Mr. Bhindi who now resides in the United States, continues to hold Fiji dear to his heart, and has now added Foreign Services, as Fiji's Honorary Consul in Los Angeles to his repertoire, as he continues to work on strengthening the reach of Fiji's businesses in the United States.

Mr. Vinod K. Bhindi, on behalf of all Fijians I wish to convey our *Vinaka vakalevu* to you for your selfless service to Fiji and its economy and its people through your charity work and community service. I also wish to acknowledge your family and their support of your work that has allowed you to accomplish as much as you have. As they say beside every successful man is an equally strong woman, and how fitting that three days after we celebrate Mother's Day we acknowledge the support of Mrs. Sudha Bhindi, and that of your children and grandchildren for keeping you going.

This afternoon's special investiture ceremony is to appreciate that sacrifice and contributions of a great man to Fiji for over 50 years, it is also a tribute to those who have gone before us, particularly Mr. Bhindi's father who instilled the passion and desire to achieve as much from such a young age, and to give back as much as he has to our beloved Fiji.

May the Almighty continue to bless Fiji and each of us. *Vinaka Vakalevu* and Thank you all!



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Fiji News

LET'S ACKNOWLEDGE THE CONTRIBUTION OF GIRMITYAS IN FIJI

"I am glad to say that the descendants of the Girmityas have finally become Fijians and it took 97 years after the last arrival of the Girmityas for the citizens of these islands – no matter what their background – to finally gain a common identity, equal citizenry and a common name. A great nation is neither built in a day, nor is it built easily. It takes a lot – and I am proud to say that our forefathers had a huge part to play in the lot that it took to build our beautiful home Fiji". These were the sentiments shared by the Minister for Women, Children and Poverty Alleviation, Rosy Akbar while officiating at the closing of Telecom Fiji's 143rd Year Girit Carnival which was held in Nausori. Minister Akbar said "Today, the 14th of May is an important date for Fiji, it is about reflecting on history and we celebrate living in a country that was carved through the blood, sweat and tears of those Girmityas. It is with immense appreciation towards the Girit era that we can attribute the early years of our economic progress as a nation, to the great sacrifices made by our indentured laborers. And it is a fact that nothing will ever erase from our history". Minister Akbar stated that one of the main investments of the Girmityas and their descendants

was undoubtedly, education – because they knew soon that just like the conditions of the Girit, anything could change and be taken away from them – everything except their education. They persevered for the establishment of schools for their descendants, and today there are about 180 schools, universities and a nursing institution set up by the girmitya descendants. "As a proud descendant of the Girmityas, I wish to take this time to say to my fellow Fijians that we must always hold the sacrifices, struggles and contributions of our Girmityas close to our hearts. Their blood, sweat and tears; their struggles and sacrifices; their pain and sufferings; and their triumphs and resilience are ingrained in our history and we must honor that always because they were indeed a massive part of building the Fiji we know. I pay my utmost respect to my Girmitya ancestors. "We wouldn't be here if it wasn't for the Girmityas. We all have our individual stories about the Girmitya experience passed down to us over the decades through our own families. For all of us – the direct descendants of the Girmityas – today is a day of solemn reflection. To remember our forefathers." "For me personally it's an emotional moment, especially to recall the struggles of our own families.



The sacrifices and the suffering. But also the good times - of decent, hardworking men and women finally finding their feet in their new land and adjusting to their changed circumstances. It is emotional because I'm also filled with immense gratitude for the life our ancestors left behind for us despite the circumstances being so excruciatingly painful for them. They paved a way for better opportunities, for a better Fiji, and a better home. It may have taken a century but today we have an identity that resonates with the period of our existence in Fiji", she added. "History is important because it can help us understand the present. History can help us get a better grasp of issues we

face now and it can reinforce our appreciation of who we are as a people, and as a nation. As much as we will want to focus on moving forward, we must get our bearings through history and take care never to repeat mistakes committed in the past. And it is this history that must be repeatedly discussed with our younger generation. My hope is that every descendant of the Girmityas feels the same pride and gratitude that I feel whenever the Girit is discussed – or whenever the Girmityas are talked about – whenever their story is told or whenever we see a glimpse of their belongings and images. We owe it to them". Minister Akbar acknowledged all the schools and organisa-

tions that have organised their own events, mufti day, concerts, character parades, literature reviews, cultural events, competitions etc. to commemorate the 143rd year of the arrival of the indentured laborers in Fiji. "Indeed this is one of the best ways to continue telling the stories of our ancestors and ensuring that today's generation and the generations that will follow will continue to learn and understand this massive part of our history". She also acknowledged the Nausori and Nasinu Town Council Executives, Event committee members, Event Sponsors, the people of the Rewa, Tailevu and Naitasiri for supporting the event.

PARTNERSHIP IMPORTANT FOR VOICING ISSUES TO THE GOVERNMENT

Fijian youth from the Public Rentals Board in Lautoka have convened at the week-long Empowerment Training on Law and Order, which is aimed at providing young people with accurate knowledge, skills, and empowering them to become productive, self-reliant, and law-abiding citizens. Minister for Youth and Sports, Parveen Bala, while speaking at the opening of the Empowerments Training held at the Tanoa Waterfront Hotel in Lautoka yesterday, said that the workshop is a way to address the increasing incidents of youth violence. "Fiji's laws provide numerous rights and protection for its citizens," he said. He added that young people are,

however, particularly vulnerable to a range of protection risks and to deviating to the wrong side of the law. Furthermore, the Director of Pacific Centre for Peace Building, Ms Florence Swami, said that the partnership between the Ministry and agencies is important because this is what will amplify youth issues in policy-making spaces. The participants will also undertake training on Sexual Reproductive Health and Rights. The Minister for Youth and Sports acknowledged the United Nations Population Fund, Pacific Centre for Peace Building, Fiji Police Force, and the Public Rental Board for their invaluable assistance and partnership.





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Fiji News

"EVERY CHILD IN FIJI HAS THE RIGHT TO BE PROTECTED: PS POOLE" : PS POOLE

"The 2013 Fijian Constitution guarantees Fijian children the right to be protected from all forms of violence, abuse neglect, and exploitation, under Article 41 (1)(d). Therefore, to be safe and protected is not only a child's human right, but also a Constitutional right that we have the responsibility of upholding". This was highlighted by the Permanent Secretary for Women, Children and Poverty Alleviation, Ms. Jennifer Poole while officiating the National Child Safeguarding Policy Validation Workshop in Suva yesterday. The National Child Safeguarding Policy will be the first of its kind – policy that affirms and strengthens the Fijian Government's commitment to keeping our children safe from all violence, abuse, and exploitation. PS Poole said that through the National Coordinating Committee on Children, the National Child Safeguarding Policy was developed and approved by Cabinet for consultations in 2021. "In February 2022, we held the first consultation for the National Child Safeguarding Policy – which was with Civil Society Organizations and Faith Based Organizations. We have since come a long way – we have had three consultations carried out with Government Ministries and Departments, Civil Society Organizations, Faith Based Or-

ganizations and Private sectors that work closely and provide services to children". "As part of the work plan for the policy, consultations were held to ensure that the policy is inclusive, consistent, and relevant to the safeguarding of children. Consulted agencies have worked collaboratively in collating information for the finalisation of the National Child Safeguarding Policy. And today's validation workshop will pretty much round up the whole consultation process in relation to it", she further said. She stated that Ministries and Government Departments that have an existing Child Safeguarding Policy will need to ensure that their policy is aligned to the standards and requirements established in the National policy.

"We need this tool now and most urgently, and it is our responsibility as organisations working with children, as Government and as the larger family of every Fijian child to ensure that our children are safeguarded against all ills. "In 2021, the Child Welfare Act National Database recorded a total of 1,518 cases. A total of 70% of the cases reported were of child neglect, physical abuse, and sexual abuse. This was a decrease compared to 2020 to which 1,719 cases were reported. The decrease in reporting in 2021 can be due to COVID



19 restrictions as schools were closed, borders were in place, and there were movement restrictions for the safety of the public. But despite that little decrease, these statistics are way too high. Children need to grow up in a caring, loving and protective environment. Abuse or neglect of children has consequences on all aspects of a child's development that have long-lasting consequences into adulthood". PS Poole added that the Fijian Government has cemented its commitment to child protection by not only ratifying the convention on the right of the child, but by also ensuring we have in place the legislative tools to safeguard our children. "To help children access immediate help in situations of

abuse and neglect, the Fijian Government funds the toll free, National Child Helpline 1325, which is staffed by professional counsellors. Administered by Medical Services Pacific, this service was established, not only able to receive reports of child abuse, but to ensure children at risk are able to get to safety, under the national referral system when they need. The Child Helpline allows children and parents to seek counselling or simply talk to a trusted professional about their challenges. Every child deserves a bright future and the Fijian Government and relevant partners are committed to invest in the well-being of all Fijian children". She acknowledged the support by the Save the Children for

this validation workshop and thanked all the Government Ministries and Departments, Civil Society Organisations, Faith Based Organisations, and private stakeholders who have contributed to the formulation, consultation and progress of the Fiji's first National Child Safeguarding Policy. "As we draw to the close of the consultations and progress further in the finalisation of this National Child Safeguarding Policy, I urge each one of us to remain committed to the goal of making the lives of our children violence, abuse and neglect free. I urge us all to keep the momentum going and stay true to our duties as formal agencies and to our society to ensure our children receive the life they deserve".

FAMILY HEAPS PRAISE FOR FIJIAN GOVERNMENT'S EDUCATION ASSISTANCE

Twenty year-old Shalvi Darshana of Wailoaloa in Nadi today conveyed her sincere gratitude to the Fijian Government for assisting her with her higher education studies in the field of medicine. The second-year MBBS student could not contain her excitement when she received confirmation from the Tertiary Scholarship and Loans Services (TSLs) yesterday that she was one of the National Toppers Scholarship recipients. Her father, Mr Dinesh Dutt expressed the family's appreciation to the Prime Minister and the government for the golden opportunity.

"This was only possible un-

der the umbrella of the Fiji First Party with respect to education through TSLs," Mr Dutt said. "As a small business owner with financial difficulties, this assistance has come at the right time as I was struggling to pay for my daughter's tuition fees. Our family's hope has been restored as this education assistance through TSLs has reassured and encouraged my daughter to study hard and be successful in life." "Her mark in Year 13 at Nadi Sangam College is 373 out of 400. When Government reopened the Topper Scholarship for students studying medicine, we were so happy about it. My daughter applied

and yesterday TSLs conveyed the good news via email regarding my daughter's scholarship." Mr Dutt further added that her daughter's education was his family's priority and with the Toppers scholarship, he felt that the burden on his shoulders have been removed. "I have two daughters and I know their future looks bright. Government's investment on education is tremendous and I sincerely thank the Prime Minister for his sound leadership and wise decisions which has paved the way for better and quality education for our children," he said. "Thank you again for your generosity and support."



Fiji News

PRIME MINISTER RECEIVES COURTESY CALL FROM NEW AMBASSADOR OF FINLAND TO FIJI

Prime Minister, Josaia Voreqe Bainimarama this morning received a courtesy call from the new non-resident Ambassador of Finland to Fiji, Her Excellency Satu Mattila-Budich. The Prime Minister congratulated Ambassador Budich on her new diplomatic role, with assurances of the Fijian Government's support for the advancement of ongoing cooperation with Finland and European Union (EU) in areas of climate change, trade, agriculture and sustainable development. He reaffirmed the Fijian Government's commitment to elevate cooperation at the multilateral level and also expand bilateral relations in economic recovery, women empowerment, investment, tourism and trade. The Prime Minister said Fiji is grateful to Finland's for its contribution to the COVAX facility through the EU, which has enabled developing nations like Fiji to access life-saving vaccines and ultimately reopen international borders,

reviving the economic recovery. The two nations have called for more ambitious global actions, especially through the development of innovative and nature based solutions to tackle climate change. The Prime Minister extended the Fijian Government's best wishes to Ambassador Budich, as she assumes her new role, and reaffirmed that through the partnership of Fiji and Finland's Missions in Canberra, relations would be strengthened. In response, Ambassador Budich said, "Finland attaches great importance to its bilateral relations with Fiji, as the hub in the Pacific region. I would like to thank the Fijian Government for its strong leadership and commitment to the region's prosperity. "Finland aspires to enhance relations with Fiji and the region, through the European Union's new strategy for the Pacific, which focus on promoting a resilient, inclusive and sustainable development. Ambassador Budich thanked



Prime Minister Bainimarama for the opportunity to meet in person, and also acknowledged the kind hospitality accorded to her during her first visit to Fiji and commended the Prime Minister for his leadership in climate change. "There have been discussions on the way forward to strengthen cooperation, and apart from climate change

and environment, women and youth empowerment are also possible areas of cooperation. "I would also like to strengthen our partnership in multilateralism, since we are likeminded countries and we continue to work together at the United Nations on global issues of importance." She expressed Finland's appreciation to the Fijian Government

for its cooperation with Finland and other EU countries on the UN resolution on Ukraine. "Our solidarity in this case, speaks to our commitment on defending rules based international order, democracy and rule of law and we very much appreciate the cooperation in this field," Ambassador Budich added.

PRIME MINISTER RECEIVES COURTESY CALL FROM DEPUTY ASSISTANT TO THE PRESIDENT AND UNITED STATES NATIONAL SECURITY COUNCIL INDO-PACIFIC COORDINATOR

Fiji and the United States have pledged commitment to advance collaborations on issues of importance to Fiji and the region, particularly in areas of climate change, defence and security, and economic recovery in the aftermath of the COVID-19 pandemic. This was articulated yesterday during a courtesy call to Prime Minister Voreqe Bainimarama, from the Deputy Assistant to the President of the United States and National Security Council Indo-Pacific Coordinator, Mr Kurt Campbell. Prime Minister Bainimarama formally welcomed Mr Campbell and his delegation for their official visit to Fiji, which speaks to the strong cooperation and friendship between Fiji and the United States. The Prime Minister expressed the Fijian Government's appreciation to the United States for its support to Fiji and the Pacific Vuvale during times of great need, especially in the provision of life-saving vaccines, which contributed to Fiji reopening its international

borders and reviving its tourism industry. Prospective partnerships between the two nations in areas of climate change and oceans, disaster risk management and resilience, humanitarian services, and socioeconomic development were highlighted at the meeting. In his capacity as the Chair of the Pacific Islands Forum (PIF), the Prime Minister acknowledged the United States for its support to the Forum. The Prime Minister conveyed the Forum's profound appreciation to President Biden for addressing the first PIF leaders meeting under Fiji's Chairmanship last year. He said Fiji and the region are inspired by President Biden's exemplary leadership and commitment to climate and ocean action. The Prime Minister said an invitation has been conveyed to President Biden to attend the upcoming Pacific Leaders' meeting. Fiji is grateful to its development partners like the United States for their support as Fiji prepares to host the leaders' meeting. The

Chair of PIF thanked the United States for its solidarity with the Forum, while recognising that there are potential partnerships for realisation of shared goals on regional prosperity and sustainable development. The Prime Minister conveyed the Fijian Government's best wishes to President Biden and the people of United States. In response, Mr Campbell said that he is grateful for the opportunity to meet with Prime Minister Bainimarama

and the discussions they had will pave the way forward to enhance collaboration between the two nations. "I appreciate this opportunity to meet with Prime Minister Bainimarama to reinforce U.S. and Fiji cooperation on pressing global issues like COVID-19 recovery and climate change, and to have a strategic dialogue. "This was also an important opportunity to discuss regional security developments in the region.

"Our cooperation is critical to advance peace, resilience, and prosperity across the region." Following the courtesy call to the Prime Minister, a regional security dialogue took place between the senior officials of the United States and Fiji. The security dialogue looked at areas of cooperation in defence and security, with a focus on platforms to deepen the level of engagement for promoting a peaceful and unified region.



Fiji News

PRIME MINISTER CONVEYS CONGRATULATORY MESSAGE ON THE INAUGURATION OF THE NEW PRESIDENT, REPUBLIC OF KOREA

Prime Minister Josaia Voreqe Bainimarama has conveyed a congratulatory message on the Inauguration of the new President elect of the Republic of Korea (ROK), His Excellency Yoon Suk Yeol. In his message, Prime Minister Bainimarama congratulated His Excellency Yoon for his appointment as President of the Republic of Korea. The Prime Minister expressed confidence that through his leadership, President Yoon will inspire global action for peace, security and effective partnerships to address the challenges faced globally. The Prime Minister said that

President Yoon's appointment represents the confidence and trust of the Korean people in the new President's leadership and vision of their nation. The Head of the Fijian Government said he looks forward to working closely with His Excellency Yoon in strengthening the long-standing relations and cooperation between our two nations. He extended the best wishes of the Fijian Government to the people of the Republic of Korea for the inauguration of President-elect Yoon on May 10th, 2022, in Seoul, Republic of Korea.



HEAD OF STATE HOSTS AUSTRALIAN GOVERNOR-GENERAL



His Excellency, President Ratu Wiliame Maivalili Katonivere, and First Lady, Filomena Katonivere, received Governor-General of Australia, His Excellency General David John Hurley, and Her Excellency, Linda Hurley, at the State House today. Following the courtesy call, President Katonivere hosted a lunch for the delegation. Also joining them were Prime Minister, Voreqe Bainimarama, and Mrs Mary Bainimarama.



TRADITIONAL WELCOME FOR AUST GOVERNOR GENERAL

Governor-General of Australia, His Excellency General David John Hurley, and Her Excellency, Linda Hurley, were traditionally welcomed at the Grand Pacific Hotel this morning. As he thanked all those involved in the traditional welcome ceremony, the Governor-General noted that it was an honour to be in Fiji at a time when Fiji and Australia share strong bilateral ties. Also present at the traditional welcome ceremony were Cabinet Ministers, Members of Parliament, and members of the diplomatic corps. The traditional ceremonies of welcome were performed by the Vanua of Nautauvakarua and Kalokolevu, and the Ministry of iTaukei Affairs.



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World News

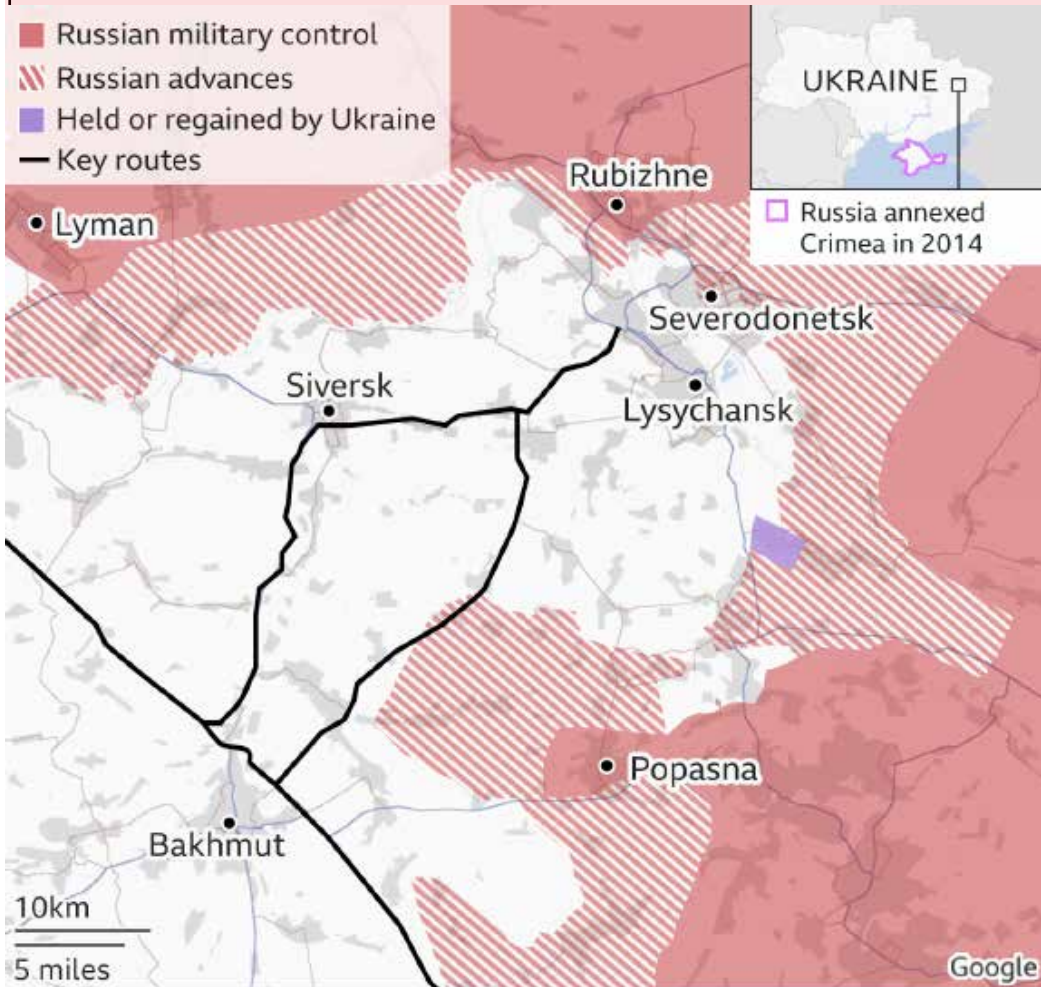
Ukraine war in maps: Tracking the Russian invasion

Russia advancing in the east Russian officials have said their forces are fighting for the "complete liberation" of the Donbas, which broadly refers to Ukraine's eastern regions of Donetsk and Luhansk, where Russian-backed separatists held significant territory before the invasion.

Russia has made slow but significant advances in the east, with the governor of Luhansk

cally sound" as the city's loss was "largely symbolic". Russian troops have moved north from Popasna, with the key supply route from Bakhmut to Lysychansk being bombarded by Russian artillery. Should the route be taken by Russia, Severodonetsk and Lysychansk would be left with one supply road via Siversk. Reports suggest that Lyman is now under

from Kharkiv, though Russian units are continuing to shell some parts of the city, according to the ISW. Ukraine's President Volodymyr Zelensky visited troops in the Kharkiv region last week, his first official trip outside the Kyiv region since the Russian invasion began. In southern Donetsk, Russia is now fully in control of the port city of Mariupol, after a siege lasting



saying last week that Russians forces controlled more than 90% of the region. But a decision by the US to send new longer-range weaponry to Ukraine means it should be easier for the Ukrainians to defend their positions against Russian artillery strikes in the future. President Joe Biden said the rocket systems were intended to strengthen Kyiv's negotiating position and make a diplomatic solution more likely.

Russian forces are reported to be in control of most of Severodonetsk and Ukrainian forces are said to be withdrawing further to the west. Taking the city has been one of Russia's key aims as it would mean they control almost all of the Luhansk region. But the Institute for the Study of War (ISW) said the Ukrainian call to withdraw from Severodonetsk was "strategi-

Russian control, and forces are regrouping to try to take the city of Slovyansk, line Russian forces have seen big losses Russian forces have suffered heavy losses since the invasion began. The UK Ministry of Defence (MoD) says Russia is likely to have suffered devastating losses among its middle and junior ranking officers, because they have been deployed at the front lines of fighting. It says these losses are likely to contribute to a loss of morale and poor discipline among lower ranks. Significant quantities of Russian weaponry have also been destroyed. As a result, Russia has tried to combine some heavily depleted units, forming what some analysts have called 'Frankenstein forces' to fight in the east. Ukraine has successfully pushed Russian forces away

Russia's invasion of the Donbas



more than two months came to an end on 20 May. Analysts say the fall of the city may enable Russian units to join the fight in other areas such as Zaporizhzhia, where the shelling of Ukrainian forces is ongoing. Russia targets full control of south Russian forces initially made rapid gains in the south, with their main objective being the creation of a land corridor between Crimea, which it annexed in 2014, and areas held by Russian-backed separatists in Donetsk and Luhansk. But strong resistance from Ukrainian forces near Mykolaiv in the west and in Mariupol significantly slowed Russian advances. To the west, Russia had aimed to take control of Odesa and cut off Ukraine's access to

the Black Sea, but its forces were blocked by a staunch defence in Mykolaiv and forced back towards Kherson by a Ukrainian counteroffensive in March. The ISW says control of the region around Kherson could be critical to Ukraine's future, if the Ukrainians can regain control of land to the west of the Dnipro river they will be in a stronger position to resist any future Russian invasion. Russia invaded Ukraine on 24 February, but Ukrainian forces retook large areas around Kyiv in early April after Russia abandoned its push towards the capital. Areas in the west of the country, including Lviv, have seen missile attacks but no attempt by Russian forces to take and occupy ground.



TALKING REAL ESTATE



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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, HOMEBUYERS



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- 1. They Know What Buyers Want To See.** - Before you decide which projects and repairs to take on, connect with a real estate professional.
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- 3. They Understand the Fine Print** - Today, more disclosures and regulations are mandatory when selling a house. That means the number of legal documents you'll need to juggle is growing.
- 4. They're Trained Negotiators** - If you sell without a professional, you'll also be solely responsible for all the negotiations.
- 5. They Know How To Set the Right Price for Your House**

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HOME OWNERSHIP



THE MANY BENEFITS OF HOMEOWNERSHIP

The past two years have taught us the true value of homeownership, especially the stability and the feeling of accomplishment it can provide. But homeownership has so much more to offer. Here's a look at a few of the non-financial and financial benefits of owning a home. If you're looking to buy a home today, think about all the ways homeownership can impact your life.

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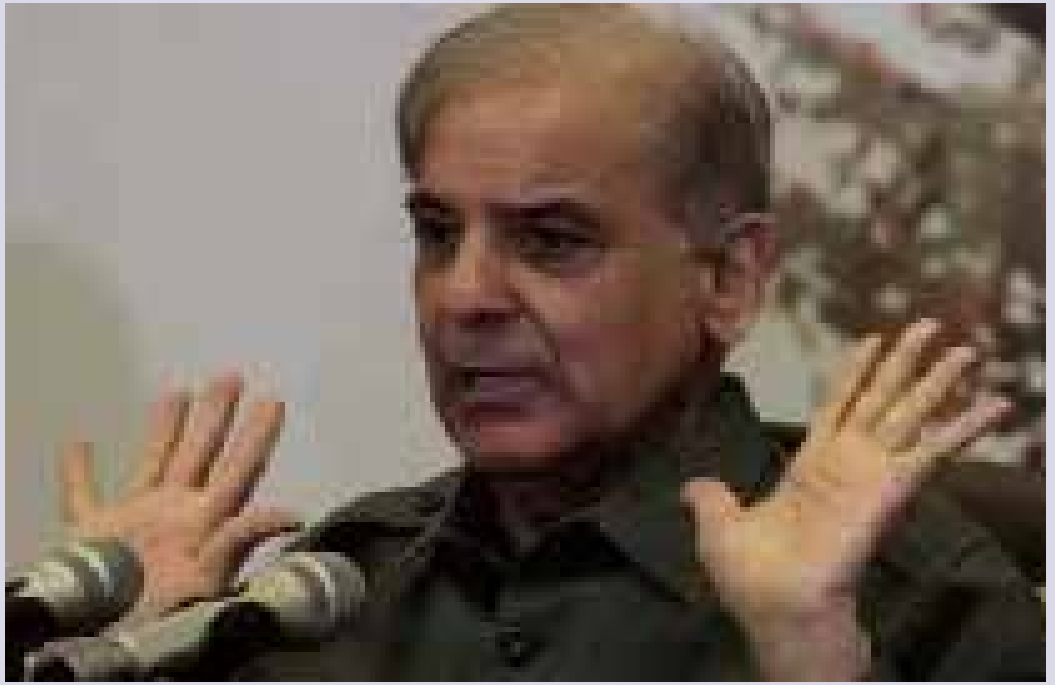
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World News

After Imran Khan's rally 'chaos', Shehbaz Sharif govt bans processions

Following the chaos pertaining to former Pakistan Prime Minister's rally, the federal government of the country alongside the interior ministry agreed on imposing a permanent ban on the entry of rallies and processions in Islamabad, to curb the spread of disorder. In a meeting chaired by Minister accompanied by the interior ministry and police officials, all of them decided that rallies or protests would only be allowed after a written agreement is signed between the Islamabad administration and the organizers, reported The Express Tribune. The participants in the meeting emphasized the need for formulating a strategy in order to prevent violence, disguised in

the form of political protests. In addition, the Islamabad administration was also directed to undertake strict measures with immediate efficacy to put a stop to any future riots. "Violence against police and law-enforcement personnel cannot be allowed," said Interior Minister Rana Sanaullah. "We cannot let miscreants hold the country hostage, therefore, in future, no riotous long march or procession will be allowed to enter Islamabad," he added, as reported by The Express Tribune. Inspector general of police of Islamabad and Punjab, alongside police officers from Rawalpindi, Faisalabad, and Sargodha districts also attended the meeting.



WHO: Covid-19 'getting worse, not better' in North Korea

Ryan said WHO had offered technical assistance and supplies to North Korean officials multiple times, including offering Covid-19 vaccines on at least three separate occasions. A top official at the World Health Organization said the U.N. health agency assumes the coronavirus outbreak in North Korea is "getting worse, not better," despite the secretive country's recent claims that Covid-19 is slowing there. At a press briefing on Wednesday, WHO's emergencies chief Dr. Mike Ryan appealed to North Korean authorities for more information about the Covid-19 outbreak there, saying "we have real issues in getting access to the raw data and to the actual situation on the ground." He said WHO has not received any

privileged information about the epidemic - unlike in typical outbreaks when countries may share more sensitive data with the organization so it can evaluate the public health risks for the global community. "It is very, very difficult to provide a proper analysis to the world when we don't have access to the necessary data," he said. WHO has previously voiced concerns about the impact of Covid-19 in North Korea's population, which is believed to be largely unvaccinated and whose fragile health systems could struggle to deal with a surge of cases prompted by the super-infectious omicron and its subvariants. Ryan said WHO had offered technical assistance and supplies to North Korean officials multiple times, including



offering Covid-19 vaccines on at least three separate occasions. Last week, North Korean leader Kim Jong Un and other top officials discussed revising stringent anti-epidemic restrictions, state media reported, as they maintained a widely disputed claim that the country's first Covid-19 outbreak is slowing. The discussion at the North's Politburo meeting on Sunday suggested it would soon relax a set of draconian curbs imposed after its admission of the omicron outbreak this month out of concern about its food and economic situations. North Korea's claims to have controlled Covid-19 without widespread vaccination, lockdowns or drugs have been met with widespread disbelief, particularly its insis-

tence that only dozens have died among many millions infected - a far lower death rate than seen anywhere else in the world. The North Korean government has said there are about 3.7 million people with fever or suspected Covid-19. But it disclosed few details about the severity of illness or how many people have recovered, frustrating public health experts' attempt to understand the extent of the outbreak. "We really would appeal for a more open approach so we can come to the assistance of the people of (North Korea), because right now we are not in a position to make an adequate risk assessment of the situation on the ground," Ryan said. He said WHO was working with neighboring countries like Chi-

na and South Korea to ascertain more about what might be happening in North Korea, saying that the epidemic there could potentially have global implications. WHO's criticism of North Korea's failure to provide more information about its Covid-19 outbreak stands in contrast to the U.N. health agency's failure to publicly fault China in the early days of the coronavirus pandemic. In early 2020, WHO's chief Tedros Adhanom Ghebreyesus repeatedly praised China publicly for its speedy response to the emergence of the coronavirus, even as WHO scientists privately grumbled about China's delayed information-sharing and stalled sharing the genetic sequence of Covid-19.

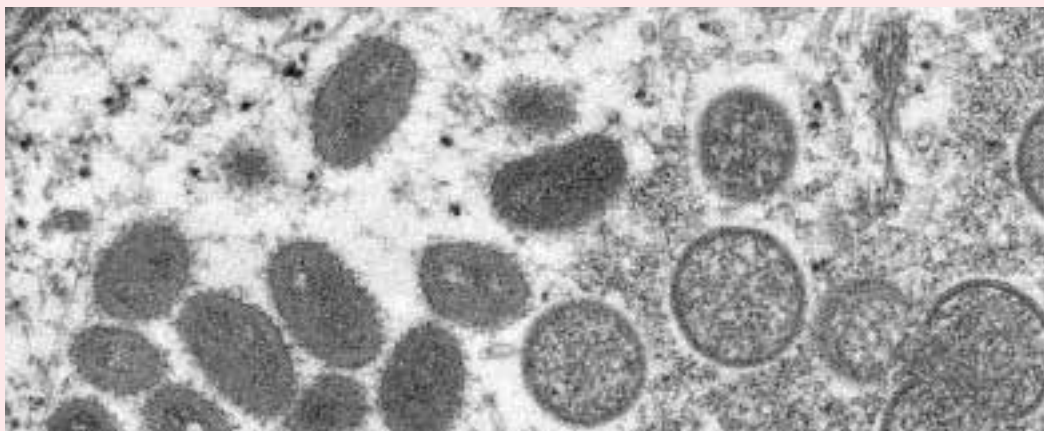


World News

Unlikely Monkeypox Outbreak Will Turn Into A Global Pandemic: WHO

The WHO said Monday it was not concerned for now that the spread of monkeypox beyond the African countries where it is typically found could spark a global pandemic. Since Britain first reported a confirmed monkeypox case on May 7, nearly 400 suspected and confirmed cases have been reported to the World Health Organization in nearly two dozen countries far from the states where the virus is endemic. The UN health agency has voiced concern at this "unusual situation", but reiterated Monday that there was no reason to panic over the virus, which spreads through close contact and usually does

not cause severe disease. Asked during an epidemiological briefing whether the virus, which is endemic in a range of west and central African nations, might provoke another pandemic, WHO's top monkeypox expert Rosamund Lewis acknowledged that "we don't know." But "we don't think so," she said. "At the moment, we are not concerned of a global pandemic." It was important, she said, to take rapid steps to rein in the spread of the virus. "It is still possible to stop this outbreak before it gets larger," she told an online public forum. "I don't think we should be scared collectively." Monkeypox is related to smallpox, which killed millions around the world every year before it



was eradicated in 1980. But monkeypox is much less severe, and most people recover within three to four weeks. The initial symptoms include a high fever, swollen lymph nodes and a blistering chickenpox-like rash. - 'Not a gay disease' - Experts are trying to determine why the virus has suddenly begun spreading in countries where it has never been seen before, and mainly among young men. One theory is that monkeypox is spreading more easily among people under the age of 45, who would not have been vaccinated against smallpox. Vaccines developed for smallpox have also been found to be about 85 percent effective in preventing monkeypox, but they are in short supply. Experts worry monkeypox could take advantage

of the gaps in global immunity to fill the smallpox void. "We are concerned that it will replace smallpox and we really don't want that to happen," said Lewis, who also heads WHO's smallpox secretariat. She stressed the importance of raising awareness among those who might be at risk, detecting cases early, isolating those infected and tracking their contacts. "If we all react quickly, and we all work together, we will be able to stop this ... before it reaches more vulnerable people," she said. So far, many of the cases have been linked to young men who have sex with men. Experts stress there is no evidence that monkeypox is transmitted sexually, but suggest there may

have been several so-called amplifying events where members of the LGBTQ community have been gathered in close proximity. "This is not a gay disease," Andy Seale of WHO's sexually transmitted infections programme told the public forum, stressing that the virus could spread among any group of people in crowded spaces with close skin-to-skin contact. Sylvie Briand, WHO's epidemic and pandemic preparedness and prevention chief, acknowledged that "respiratory transmission" was also happening. But she said it still remained unclear if that transmission was "mostly through droplets or could be airborne."



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ing whether the virus, which is endemic in a range of west and central African nations, might provoke another pandemic, WHO's top monkeypox expert Rosamund Lewis acknowledged that "we don't know." But "we don't think so," she said. "At the moment, we are not concerned of a global pandemic." It was important, she said, to take rapid steps to rein in the spread of the virus. "It is still possible to stop this outbreak before it gets larger," she told an online public forum. "I don't think we should be scared collectively." Monkeypox is related to smallpox, which killed millions around the world every year before it

Amber Heard Set To Appeal Jury's Decision In Defamation Case: Report

Actor Amber Heard is reportedly looking to appeal the decision reached by the jury in her defamation trial against ex-husband Johnny Depp. The jury in Virginia ruled in favour of Depp's claim of defamation and a total amount of 10.35 million dollars is to be paid to the actor.

Amber Heard's spokesperson Alafair Hall told The New York Times that the actor had planned to appeal the decision reached by the jury. Heard was sued by The Pirates of The Caribbean star for an op-ed piece she wrote for the Washington Post, in which she describes the abuse she faced in her life. She did not mention actor Johnny Depp by name in the article. After the verdict was announced Heard said "I'm even more disappointed with what this verdict means for other women. It is a setback. It sets back the idea that

violence against women is to be taken seriously." She went on to say she's "heartbroken" that the evidence she produced was "not enough" to qualify her claims as against Mr Depp's power and influence. Johnny Depp on the other hand has welcomed the verdict saying "the jury gave me my life back". "From the very beginning, the goal of bringing this case was to reveal the truth, regardless of the outcome," he said. "The best is yet to come and a new chapter has finally begun," said the actor. Bitter claims and counterclaims headlined the high-profile trial of the two Hollywood celebrities. The trial was telecasted online for millions of viewers with the internet also constantly weighing in on the proceedings of the court with hashtags, reels and other social media content.



Health

6 Things People Living With Alzheimer's Want You to Know

Rod Stephenson doesn't hesitate to tell you he's living with mild cognitive impairment, an early stage of memory loss. The 75-year-old Georgia man says the symptoms were there before he received an official diagnosis in 2020. Stephenson told Healthline he had noticed gaps in his memory. For example, he couldn't remember a summer vacation with his children and grandchildren. Stephenson was somewhat relieved to finally learn why he had those memory gaps and decided he wasn't going to hide his diagnosis. "Secrecy is the enemy," he said. "Negative things can happen when one is secretive about being diagnosed with Alzheimer's or [mild cognitive impairment,]" he told Healthline. "The first is that it separates you from folks, at least emotionally, and it makes you feel apart and alone. None of which has to be true" he explained. "I'm wearing a T-shirt right now. I'm more than happy for folks to approach me with any questions they might have about how I'm doing, or what Alzheimer's is all about," he added. Living with Alzheimer's June has been designated as Alzheimer's and Brain Awareness Month. The Alzheimer's Association is launching the month by revealing some insights from people living with early-stage dementia. They talk about stigmas, misconceptions, and what they wish others knew about them. Stephenson's points about not keeping things secret fall in line with the association's "Six Things People Living



with Alzheimer's Disease and Other Dementia Want You to Know." Here's a summary: My Alzheimer's diagnosis doesn't define me. If you want to know how I'm doing, just ask me. Yes, younger people can have dementia, too. Please don't debate my diagnosis. Don't tell me I don't look like I have Alzheimer's. Understand that sometimes my words and actions are not me, it's my disease. Remember that an Alzheimer's diagnosis doesn't mean that my life is over. "I think this is a really positive thing. There are millions of people living with Alzheimer's and other types of dementia right now and many millions more are predicted," said Dr. Scott Kaiser, a geriatrician and director of Geriatric Cognitive Health for the Pa-

cific Neuroscience Institute at Providence Saint John's Health Center in Santa Monica, California. "There's a lot of work that needs to be done to raise awareness around Alzheimer's and other types of dementia," he told Healthline. Experts say the number of people in the United States living with Alzheimer's is growing quickly. More than 6 million Americans of all ages have Alzheimer's. By 2050, that number is projected to rise to nearly 13 million. Between 12 and 18 percent of people 60 or older are living with mild cognitive impairment. Kaiser says there is also lots of work to be done to reduce the stigma around dementia. "Some people go to great lengths to hide their diagnosis and not let people know they're living with

Alzheimer's disease," he said. "Keeping it secret adds a lot of pressure that maybe doesn't need to be there." Loneliness and isolation A 2020 National Academies of Sciences-Engineering-Medicine study concluded that approximately a quarter of Americans aged 65 or older who live in communities are socially isolated. They often live alone, have lost family and friends, and may have chronic illnesses and sensory impairment. That loneliness predisposes them to disease. "Loneliness is a major risk factor for developing dementia. People who are chronically lonely are more likely to develop Alzheimer's disease," Kaiser said. "And it turns out that not only is loneliness and social isolation a risk factor for developing dementia, but it appears to be more common among people who have dementia, and caregivers of people who have dementia." Kaiser says it becomes more important for others to learn how to effectively communicate with and engage someone who might be cognitively impaired. That helps to eliminate the stigma and is a more embracing approach. Education and advocacy Stephenson says there's another reason he isn't secretive about his diagnosis. He wants to help educate others who may find themselves or

someone they know with a similar diagnosis. "When you're secretive, it removes you from the pool of folks who could possibly benefit from hearing about new medical developments," he said. The former broadcaster and retired ordained pastor says he's even busier now, working as an advocate and sharing what he's learned along his journey. He says one frustration is losing what he calls his "excellent geographic sense." "If I had been someplace once I could go back there from anywhere without maps or directions because I knew where it was... Now that's going away," he said. "I'm still very comfortable around town and so forth. But if we're going to drive to Augusta or something... GPS is our friend." Stephenson is not sure where this journey will take him. There's no GPS for that. He says his mother had Alzheimer's for the final 20 years of her life. She lived to be 98. But it doesn't mean that will be his path. For now, Stephenson relies heavily on his faith. He and his wife, Deb, prayed that he could be an instrument to share his story with those coming behind him. They say the work is empowering. "It's a wonderful feeling," he explained. "Because of Alzheimer's, I say we have developed a stronger pearl."



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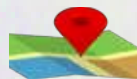







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Health

How Officials Stopped a Monkeypox Outbreak Nearly 20 Years Ago

The recent outbreak of the monkeypox virus has spread to 20 countries, according to the World Health Organization. While the world is still reeling from the ongoing COVID-19 pandemic, there are questions about how worried we should be about this new virus outbreak. Fortunately, the cases of monkeypox around the world appear to be non-life threatening, as well as all containable. The WHO said Trusted Source on Monday that there is a “moderate” risk that monkeypox could spread widely across the globe. In the U.S., officials are working to stop the spread of disease. The country has been through a monkeypox outbreak nearly 20 years ago that was effectively contained. What is monkeypox? Monkeypox is an infection caused by a virus that is in the same family Trusted Source as the smallpox virus. But monkeypox is far less severe than smallpox, though it causes a similar illness that involves flu-like symptoms and a rash accompanied by lesions. Fortunately the mortality rate is low, between 1 to 10 percent, and is particularly low with the current strain that has most recently appeared on the scene. When has the U.S. seen monkeypox before? In 2003 the United States saw 47 confirmed and probable cases Trusted Source of mon-

keypox across six states, according to the Centers for Disease Control and Prevention. (CDC) Those who developed monkeypox contracted it after having contact with prairie dogs that were being sold as pets. The 2003 outbreak in the U.S. was the first time human monkeypox was reported outside of the African continent. There were no deaths and no reported human-to-human transmission. “We think monkeypox lives in small rodents of various kinds. There’s an international trade in exotic pets and some of these small rodents were imported into the U.S., where there are people who sell exotic pets,” said Dr. William Schaffner, professor of preventive medicine in the Department of Health Policy as well as professor of medicine in the Division of Infectious Diseases at the Vanderbilt University School of Medicine. “Rodents from Africa had close contact with prairie dogs, which were also being sold as pets. Those prairie dogs gave it to some people in the U.S.” How was monkeypox contained the last time? There were several factors that contributed to the containment of monkeypox in 2003. The U.S. Department of Agriculture, the U.S. Food and Drug Administration, and the public health departments across the states joined forces



for a response that included lab testing, epidemiological investigation, and a treatment guideline for those with the disease. The efforts also resulted in deployment of smallpox vaccines and treatments, as well as the embargo and banning of importation of certain species of rodents into the United States. How will this current outbreak be contained? Unlike the previous outbreak, which was spread from animal to human, this outbreak is spreading from human to human, which is why it is a little more complicated to contain the spread. Fortunately, monkeypox is often a mild infection in most people, and goes away within a few weeks. That said, monkeypox does respond to certain vaccines, which can

be used to control the outbreaks. Smallpox vaccines have been shown to be effective in preventing monkeypox, as well as treating it if administered very quickly after exposure. Even though the world eradicated smallpox in 1980, many countries do keep stocks of the vaccine in the case of emergencies. The smallpox vaccine can be up to 85 percent effective in stopping monkeypox infection.

“Some of the previous interventions are not relevant, but we will still need a concerted effort on the part of the CDC, local health departments, and healthcare providers in order to recognize any new cases and implement measures for containment of spread,” said Dr. Brandi Manning, an infec-

tious diseases physician at The Ohio State University Wexner Medical Center. Schaffner said to use a vaccine effectively, public health officials could make sure people exposed to monkeypox get access to the vaccine. “I think the average person should be interested in this fascinating story. It shows public health very much at work and reinforces again that we are in a very small world. You can’t put up walls to keep these sorts of viruses out. We need to keep our strength in the public health structure,” Schaffner added. “We thought we were beyond all of these infections, and we are not. We have to build up and maintain our public health structure.”

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Health

Does Your Child Really Need that Antibiotic? What Parents Should Know

Is your child's pediatrician prescribing unnecessary antibiotics and would you know if they did? According to an investigation Trusted Source published in JAMA Network Open, some \$74 million in "inappropriately prescribed" antibiotics were given to children in the United States outside a hospital setting in 2017. Inappropriate prescriptions were defined as those that are non-guideline-recommended. In the investigation, researchers looked at data from 2.8 million children between April 1, 2016, and September 30, 2018. They reported that overall 31 to 36 percent of those children received inappropriate antibiotics for bacterial infections and 4 to 70 percent received them for viral infections. The impact of inappropriate antibiotic use Investigators report that inappropriately giving children antibiotics is not without consequence for the family or the healthcare system. Risks of adverse drug reactions and increased medical costs were both noted. For example, they reported there were higher healthcare costs within the 30 days post-prescription for those who were given antibiotics. The healthcare cost per child, the researchers stated, ranged from \$21 to \$56 for bacterial infections and around \$96 for viral infections. National annual attributable expenditure estimates were highest for chronic middle ear infection (\$25 million),

pharyngitis (\$21 million), and viral upper respiratory infection (\$19 million). "These findings highlight the individual and national-level consequences of inappropriate antibiotic prescribing and further support implementation of outpatient antibiotic stewardship programs," the researchers wrote. What experts have to say Dr. Preeti Jaggi, the director of antimicrobial stewardship at Children's Healthcare of Atlanta and an associate professor of pediatrics at Emory University, said these findings provide another example in a growing body of evidence of the adverse effects of unnecessary prescribing of antibiotics. "We have seen similar studies showing the same type of problems in hospitalized patients and this study focused on those not hospitalized. In addition to the adverse events that kids experienced, there was also a considerable monetary cost," Jaggi told Healthline. Dr. Daniel Ganjian, a pediatrician at Providence Saint John's Health Center in Santa Monica, California, said the findings ultimately support the goal of the American Academy of Pediatrics (AAP) of decreasing inappropriate antibiotic usage. "It is so easy to give antibiotics to a desperate parent who wants her child to feel better, but a good pediatrician will take the time to explain the difference between a viral and bacterial infection, and will try his/her hardest to not



prescribe antibiotics," Ganjian told Healthline. Tips for parents Although the data reviewed was from between 2016 and 2018, experts say the concern for inappropriate use of antibiotics in children is still relevant. Ganjian said parents need to know that pushing their child's doctor to prescribe antibiotics puts a strain on the healthcare system, which is one of the reasons for the rising costs of health insurance. The experts provide the following advice for parents. Avoid asking for antibiotics Do not go into the doctor's office asking for antibiotics. "My advice to parents of non-hospitalized children is to let your clinician make an assessment without any pressure from you about the need for antibiotics," Preeti said. "Clinicians should prescribe antibiotics for a specific clinical

diagnosis that is caused by a bacteria, not 'just in case' when a diagnosis is unclear," she added. Find a pediatrician who follows the guidelines of the AAP, recommended Ganjian. Know when antibiotics are necessary Knowing when antibiotic use in children is appropriate (and when it's not) is also important. "If your child has a cough and runny nose for less than 2 weeks and fever less than 5 days, then your child will most likely not need antibiotics," said Ganjian. "But still have your pediatrician listen to your child's lungs to make sure there is no lung infection or pneumonia," he added. If you have concerns about inappropriate use of antibiotics, Ganjian says the best line to say is, "Doctor, I would rather not use antibiotics, but I would like to know what your opinion is after you have finished examining

my child." Ask questions and stay curious "I think it is always reasonable to ask your clinician about the risks and benefits of receiving antibiotics if they are prescribed," Ganjian said. "If your child's illness has been prolonged, such as a prolonged duration of fever, you should call your clinician back to reassess if the clinical diagnosis has changed." Finally, don't be afraid to get a second opinion if you think your pediatrician is inappropriately prescribing antibiotics, experts say. "If your child gets a prescription of antibiotics whenever he/she is sick, consider getting a second opinion, unless your child has a chronic medical condition or has an immune deficiency [which may change the script for when it's appropriate to use antibiotics]," Ganjian said.

Can COVID-19 Symptoms Come Back After Using Paxlovid?

Some patients who have taken Pfizer Inc.'s oral antiviral Paxlovid are reporting that their COVID-19 symptoms returned after initially improving when they completed treatment. Here's what we know so far about this rebounding of symptoms. How common is the recurrence of COVID-19 symptoms after treatment with Paxlovid? The Centers for Disease Control and Prevention said in a statement on May 24 that some people treated with Paxlovid experience "COVID-19 rebound" between two and 8 days after their initial recovery. These people experience a return of their

symptoms and/or a new positive COVID test after having tested negative. This has occurred in unvaccinated people, as well as those who are vaccinated and boosted. It's not clear how common this is.

So far, only one case has shown up in the medical literature as a pre-print. In this report, the patient's symptoms cleared up and then returned about a week after treatment. This coincided with an increase in the amount of virus in his body or viral load. Other people have posted about their rebounding symptoms on social media or reported them to the Food and Drug Administration. Currently,

this type of rebounding appears to be rare. In Pfizer's clinical trial, 1 to 2 percent of people Trusted Source treated with the antiviral had a positive COVID-19 test — or an increase in the amount of virus detected — after finishing the treatment. However, this type of rebound also occurred in people who received the inactive placebo, so it's not clear if it is related to the drug, said the FDA Trusted Source. In addition, the agency said that people in the trial whose symptoms recurred did not have a higher risk of hospitalization or death. Nor were there signs that the coronavirus had developed

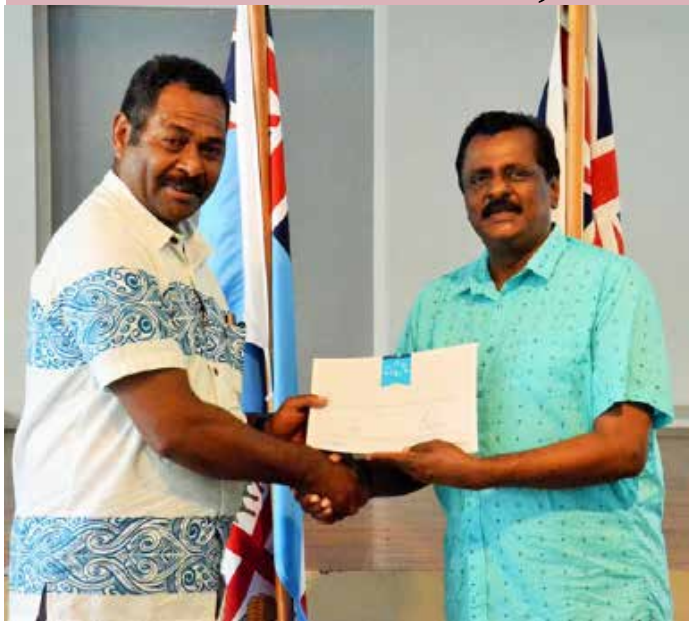
resistance to the drug. It's not clear why some people see a recurrence of their symptoms. It may be "part of the the natural history" of the coronavirus that causes COVID-19, the CDC said, independent of whether someone was treated with Paxlovid or was vaccinated or boosted. U.S. government researchers are already planning studies on this.

Is Paxlovid still working as a COVID-19 treatment? Experts say that while these cases of rebound need to be studied, this should not be seen as a failure of Paxlovid. Case reports suggest that people who have COVID-19 rebound experience

mild illness, with no reports of severe illness, the CDC said. People's symptoms improved in an average of three days without additional treatment. In the Pfizer clinical trial, the antiviral reduced the risk of COVID-19-related hospitalization and death by almost 90 percent among non-hospitalized patients at risk of severe illness. Dr. Jeffrey Klausner, a clinical professor in the Keck School of Medicine of the University of Southern California, said Paxlovid is a "life-saver" — decreasing the amount of virus present in the body, reducing symptoms, and preventing illness from getting worse.

Fiji News

LIFE-TIME OPPORTUNITY NOT TO BE WASTED, BALA REMINDS WORKERS



Fijian Government and Australia has provided the golden opportunity for Fijians to take full advantage of this window of opportunity during these challenging times. "This is a very special moment for everyone because you have been selected for employment opportunities through our "Vuvale Partnership" with Australia." "This opportunity will enable you to provide for your families and meet their needs during these challenging times," Minister Bala said. Some of the selected workers will be engaged in the seasonal work program for up to nine months while the rest of the workers selected under the longer term engagement of four years will be engaged in meat-works and hospitality. Minister Bala also reminded the selected Fijians to work smart, save more and contribute to their families



The 103 Fijian workers leaving for overseas employment were reminded to make the best use of the opportunity given to them and not to let it go to waste. The Minister for Employment, Productivity and

Industrial Relations, Youth and Sports, Hon. Parveen Kumar Bala, stated this during the closing of the four day pre departure briefing (PDB) held last week. Minister Bala explained that the bilateral relations between the

back in Fiji. "Remember what you have been taught in the last four days and apply it. The briefing has taught you how to plan over the last few days here in Fiji and for the rest of your days working while living and working in Australia." "Please do not forget the goals you've set out to achieve when you return home." Minister Bala also reminded the selected Fijian workers not breach the conditions for their work visa

and avoid being swayed by others as this will tarnish Fiji's good reputation. This group of selected workers are expected to leave our shores this week for employment opportunities in Australia. The program has grown over the years and over 5,200 Fijians have participated under the Pacific Australia Labour Mobility (PALM) scheme and Recognised Seasonal Employer (RSE) scheme in New Zealand.

75TH SESSION OF THE WORLD HEALTH ASSEMBLY

Geneva, Switzerland: The 75th Session of the World Health Assembly opened today in Geneva in-person for the first time following the aftermath of the COVID-19 pandemic. Key issues where decisions are expected include strengthening of WHO climate change and pollution response, the stretched and underfunded health system, NCDs, lessons learnt of the deep connection of health system and the environment, frontline workers, primary health care and preventing future pandemics. WHO needs global support,

sustainable funding is a key issue in this year's assembly. The theme this year is 'Health for Peace, Peace for Health'. In opening the Assembly, the UN Secretary General Mr. António Guterres underscored that 'health is hope' and insisted on Member States to invest in this hope. Fiji headed by the Hon. Dr Ifereimi Waqainabete, Minister for Health and Medical Services begun the session in the early morning with the 'Walk the Talk' event which is traditionally an annual run and walk before the opening for-



mality of the Assembly in the meeting rooms. Dr Waqainabete is being supported by Dr Jemesa Tudravu, Chief Medical Advisor and the staff of the Permanent Mission of the Republic of Fiji to the United Nations and Other International Organisations – Geneva. Following the 'walk the talk', Minister Dr Waqainabete spoke at the surgery side event for the America's Region on the theme 'Strengthening Surgical Care' in the America's' coordinated by Ecuador in partnership with the Pan American Health Organisation (PANO), Global Surgery Foundation and

the United Nations Institute for Training and Research (UNITAR). The Minister Dr Waqainabete was invited to share the Pacific's experience including the results of Fiji's National Surgical Obstetric and Anaesthesia Plan (NSOAP) guide which could be replicated in the other countries as in the America's region. Fiji's address is in line with the urgent need to scale up surgical, anaesthesia and obstetrics (SAO) care and its integration into national health system plans in line with the SDG 2030 on Health and WHO's Universal Health Coverage. Further,

Minister Dr Waqainabete had a bilateral meeting with Dr Adriana Blanca, the Head of the Secretariat for the Framework Convention on Tobacco Control (FCTC) to review Fiji's implementation of the FCTC and how the Secretariat could provide further support. This week will be highly intense in Geneva in the global pursuit to reforming the global health architecture to prepare the way ahead in the global health regime where WHO plays a critical role. The Assembly will conclude on Saturday 28th May 2022



Bollywood

Popular Indian Singer KK Passes Away At 53 After Performing Live Concert In Kolkata



Popular Bollywood singer Krishnakumar Kunnath, popularly known as KK, passed

away on Tuesday after a song program at Gurudas College, in Ultodanga district. According

to initial reports, Kunnath was taken to a private hospital in south Kolkata after falling

ill during a live concert. According to sources, the musician was pronounced dead at the hospital. KK was feeling unwell after reaching his hotel, following a performance at a concert in the evening where he sang for almost an hour, officials said. The playback singer felt chest congestion after the concert and was rushed to a private hospital in the city. He was "brought dead" to Kolkata's CMRI Hospital around, hospital authorities told ABP News. He was taken to a private hospital in south Kolkata where doctors declared him brought dead, they said. "It's unfortunate that we could not treat him," a senior official of the hospital told news agency PTI. The versatile singer has recorded songs in several languages including Hindi, Tamil, Telugu, Kannada, Malayalam, Marathi and Ben-

gali, among other. The singer had earlier today posted photos from his concert at Kolkata's Nazrul Mancha. Soon after his demise, Prime Minister Narendra Modi took to Twitter and expressed grief. "Saddened by the untimely demise of noted singer Krishnakumar Kunnath popularly known as KK. His songs reflected a wide range of emotions as struck a chord with people of all age groups. We will always remember him through his songs. Condolences to his family and fans. Om Shanti," PM tweeted. The legendary musical has sung songs such as Dil Ibaadat from Tum Mile, Tu Jo Mile From Salman Khan's Bajrangi Bhaijaan, Abhi Abhi from Jism 2, Tu Hi Meri Shab Hai from Gangster, Ankhon Mein Teri from Om Shanti Om and many more.

Dhaakad is a colossal flop, bringing down Kangana's box-office cred even further

Released in 2,100 screens across the world the film fell woefully short in almost every department of film-making and was yanked off most screens the day after it released That's Kangana Ranaut's bio on Instagram. The glaring grammatical errors and by now expected pomposity aside, the bio is bereft of one important detail: Kangana has just delivered her eighth box-office flop in seven years. Dhaakad, the actor's latest film — a high-octane actioner that references everything from Lara Croft to Red Sparrow and has been shot in India and eastern Europe — is a disaster. A colossal disaster, to be specific. Released in 2,100 screens across the world — no mean feat for a 'female-led film' — Dhaakad, which fell woefully short in almost every department of film-making, was yanked off most screens the day after it released. Reason? Despite Kangana's aggressive promotional drive for the film — including her now familiar click-bait, rabble-rousing statements — Dhaakad earned a dismal Rs 50 lakh on the day of release. Compare that to Bhool Bhulaiyaa 2, that released on the same day, raking

in a whopping Rs 14.11-crore on Day One. On Saturday, most shows of Dhaakad in India, and even overseas, were replaced by that of Bhool Bhulaiyaa 2. While the Kartik Aaryan-Kiara Advani-Tabu starrer is now a Rs 100-crore blockbuster and is still going strong despite new releases, including the big-ticket Tom Cruise outing Top Gun: Maverick, Dhaakad has fallen off the bandwagon in Week Two. On Day 8, the film that is now playing in a few theatres, sold just 20 tickets across the country, earning Rs 4,420. Let that sink in. "Dhaakad is an outright disaster. Bollywood is already reeling under huge losses brought on by the pandemic and propounded by the failure of some recent big-budget films. To have a film perform so badly not only adds to the industry's woes but is a collective embarrassment. Thank God, Bhool Bhulaiyaa 2 saved the day for Bollywood to a great extent. Kangana Ranaut really needs to stop making controversial statements and focus more on pulling viewers to the theatres to watch her films," a trade expert, who wished not to be named, told The Telegraph. On

the ticket booking app Book My Show, Dhaakad appears with the 'no watch' option, which means that the film, in Week Two, is no longer playing anywhere. It has earned approximately Rs 3-crore (and not counting) against an estimated budget of Rs 100-crore. The film's dismally low collections have kept streaming platforms away from acquiring it so far, which has been the final nail in its coffin. Abject failure doesn't even begin to describe it. SERIES OF NO-SHOWS Dhaakad is just the latest in a long list of films starring Kangana — and most of them frontlined by her — that have been a no-show at the box office. Lean patches are a part of every actor's life — Shah Rukh Khan has been having one for a few years now — but it gets amplified in the case of Kangana Ranaut because the actress has consistently referred to herself as "the saviour of Bollywood" (her words, not ours) even as she has ranted against the majority of her colleagues, collectively labelling them as "movie mafia". Before Dhaakad, Kangana's Thalaivii — a multilingual biopic on the life and times of actor-turned-politician J. Jayalalithaa

— earned decent praise for its storytelling and performances, but that didn't translate into box-office gains. Thalaivii was a flop in every language it was released in, bringing in a total of Rs 10-crore on a reported budget of Rs 100-crore. On release day, Thalaivii in Hindi earned a mere Rs 20 lakh, even lower than that of Dhaakad. Panga, in which Kangana played a homemaker and mother who scripts a remarkable comeback to the game of kabaddi, had the actor put in a stellar act (it earned her a National Award, jointly for her other film Manikarnika), but found very few takers in cinemas. Judgementall Hai Kya was a dismal flop, so was Vishal Bhardwaj's Rangoon and, before that, Simran. Katti Batti (that ended her co-star Imran Khan's career), I Love NY, the list goes on. Only Manikarnika: The Queen of Jhansi — in which she played Rani Lakshmi Bai — raked in a decent Rs 90 crore, but, given its budget, that wasn't enough for it to be declared a hit. "Technically speaking, Kangana's last hit was Tanu Weds Manu Returns, that released in 2015. Since then it's been a string of flops and

too many controversies," said an industry insider who had once directed Ranaut in a film. SHOOTING FROM THE LIP Publicity, of any kind, has always been a sureshot way to, in industry parlance, put bums on seats. But that hasn't worked for Kangana so far. Her political affiliation is spelt out clearly, but even those who egg her on when she brings down her seniors and peers, don't seem to be watching her films. In other words, in her case, social media support hasn't translated into theatrical footfalls. Dhaakad's failure has actually been much more than a box-office failure for Kangana. It's sure to have pin-pricked an ego which has prompted her, without any provocation, to go after her colleagues. Just before the release of Gangubai Kathiawadi in February, Kangana had written on Instagram: "This Friday, 200 cr will be burnt to ashes at the box office... For a papa (movie mafia daddy) ki pari (who likes to keep a British passport) because papa wants to prove that romcom bimbo can act... Biggest drawback of the film is wrong casting..."

Bollywood

Sidhu Moose Wala: The murdered Indian rapper who 'made sense of chaos'

This is a line from Indian rapper Sidhu Moose Wala's latest track, *The Last Ride*. The song, which was released in May - and has gathered over 10 million views on YouTube since - features the iconic crime scene where American rapper Tupac was murdered in his BMW in 1996. "Many hated him, and many died wanting him... everything is revealed in the eyes of the young boy," Moose Wala cackles in the music video, which is shot in slick monochrome tones. On Sunday, in an ominous turn of events, Moose Wala met the same fate. The 28-year-old singer was driving near his village in Punjab state on Sunday when he was shot dead by unidentified attackers. Things have moved fast since then. The murder has whipped up a political storm in the state, with opposition leaders criticising the government. The state police claimed that a Canada-based gangster had claimed responsibility for the attack. Moose Wala's family has denied this and criticised the police for not doing its job properly. In the middle of all this, protests erupted in several parts of the state as the singer's fans and supporters took to the streets, prompting the government to appeal for calm. The state's chief minister has now ordered a high court-level investigation into the case. For Moose Wala's millions of fans though, the tragedy is deeply personal. In a career spanning just four years, the 28-year-old rapper had become one of the most ubiquitous faces of Punjab's fertile hip-hop scene. His voice blares from DJ turntables at Delhi's flamboyant parties,



rickety stereos at tea stalls in rural India and - as a colleague from BBC Punjabi told me - every possible radio channel in Punjab. And he made it big in every sense. His songs, which he wrote and composed, racked up more than 5bn views, made it to the Top 5 in the UK charts last year, and he was also featured among the best new artists of 2020 in *The Guardian*. He had millions of fans around the world, especially in Canada and the UK which have a sizeable diaspora population. "He had an aura of edginess around him," says Noor Sethi, 27, an event stylist in Delhi. "He also had a very distinct rapping style that captured the nuances of life in Punjab." Born as Subhdeep Singh Sidhu in Moosa village in Mansa district, the singer studied engineering from Punjab and moved to Canada in 2016. The next year, he released his first track "So High" under the

name Moose Wala - a tribute to his village. Since then, he had released three albums and more than 60 singles - at one time, the legend goes, he was churning out a song a week - and became a household name in Punjab and among Sikhs living abroad. Drawing heavily from the genre of gangster rap, his music was a jumble of gritty opulence - measured in guns and fancy sports cars - as he made sense of life around him. His songs offered unvarnished commentary on the dark underbelly of the rural heartland, where drugs, crime and corruption often make headlines. Rap music is a genre that often has lyrical expressions of revenge. And Moose Wala was no exception to this trend. Jealousy of his rivals was also an overarching theme in his music, which was best captured in the smash hit *Jatt da Mukabla*: "Don't flutter so high, you birds, for if I want, I can buy the sky." But Moose Wala was as controversial as popular. Since news of his death broke on Sunday evening, heaps have been said and written about the singer's legacy. The actor often ran into trouble with the law. In May 2020, he was booked for firing an AK-47 rifle at a shooting range during the Covid lockdown. He also had a police case against him for allegedly promoting violence and gun culture through his song, *Sanju*. And a cursory glance at his Instagram profile would reveal his affinity for the

weapon. The singer was never convicted for any of the alleged crimes, but critics have routinely called him out for normalising violence. Fans say that Moose Wala was merely confronting the dark truths about modern life and holding up a mirror to society. "He was just making sense of the chaos, whether it was corruption, violence or the gun problem in Punjab," one fan said. "And that contribution in itself is valuable." Moose Wala's music has meant different things to different people. Some say they admired him for the "courage and I-don't-care attitude" that was evident in his songs. Others liked the way he added English words to his Punjabi songs, which gave it a contemporary sheen. "His simple and colloquial style of writing made it easy to understand for his audiences. Also, we loved the way he answered his critics through his songs," 27-year-old Niyamat Singh, one of his fans, told BBC Punjabi. Mr Singh is particularly fond of the track 295, in which the singer delivers a strong-worded commentary on the shrinking scope for dissent in the country. The song's title is a reference to Section 295 of the Indian Penal Code which deals with "injuring or defiling place of worship with intent to insult the religion of any class". "Every day there will be controversy with someone or the other. There will be a debate in the name of religions. If you speak the truth, you will get 295 (sec-

tion) And if the son progresses, he will get hate," Moose Wala drawls in the track. Mr Singh told BBC Punjabi that he loves the way the singer "says what it is". Ms Sethi remembers a concert Moose Wala did at an upmarket Delhi hotel a few months ago. "People from every walk of life came to see him perform. The excitement was so high that people were willing to pay extra money just to get a glimpse of him," she says. Fans also credit him for baptising hip-hop - which until recently clung to the fringes of popular culture in South Asia - as a mainstream genre. His songs were hugely popular not just in India but across the subcontinent, and especially among the Punjabi-speaking population in Pakistan. For Moose Wala, though, everything was a deeply personal journey of self-expression. In 2021, he decided to give politics a chance. Although he lost the Punjab assembly election earlier this year, it didn't tarnish his popularity or his reputation as a man of the soil. Moose Wala's killing is yet to be solved. But his death has only burnished the legacy of his music, which described the dark realities of living, surviving and dying in violent neighbourhoods. A fan put it best: "His method was to attack his enemies is through poetry. He knew that the world was against him but he continued to write."



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Bollywood

Vivek Agnihotri threatens to sue Oxford Union for cancelling his event

Filmmaker Vivek Ranjan Agnihotri, who is currently in Europe on a humanity tour, on Tuesday accused the Oxford Union of "Hinduphobia" and threatened to file a lawsuit against them for cancelling his event. In a video message, The Kashmir Files director shared an incident that took place, in which he mentioned that the 'Hindu voice' is being curbed. "Yet another Hindu voice is curbed at HINDUPHOBIC Oxford Union. They have cancelled me. In reality, they cancelled Hindu Genocide and Hindu students who are a minority at Oxford Univ. The president-elect is a Pakistani. Please share and support me in this most difficult fight," The Kashmir Files director tweeted along with the video. The filmmaker said that he visited Cambridge University, where he was informed at the last minute that he will not be allowed to video record the event. He claimed that his 'freedom of expression' was being curbed and stated that this step was taken as a few Pakistani and Kashmiri Muslim students protested. "As you are aware that I am here in Europe on a humanity tour. This tour was decided because lot of prestigious places invited me like Cambridge University,

Oxford University, the British Parliament and a lot of places in Germany and the Netherland. But yesterday, a very strange thing happened. When I reached Cambridge University, at the last minute, I was told that we cannot video record the event. Now, this is a 100 per cent curbing of freedom of expression. This happened because a few Pakistani and Kashmiri Muslim students protested against it. These are genocide denials, they are fascists. This is perhaps because I support a democratically elected Government of India," he said in a video message. He further said that this is the same university where Subhash Chandra Bose studied, but recently on his 150th birth anniversary, the event was also cancelled they said Bose is a fascist. The Filmmaker further claimed that he was meant to head to Oxford University as he was earlier invited by the Oxford Union. However, just before his arrival, he was informed that there had been a double booking, and his event had been postponed to July 1. "Now another strange thing happened. Today I was supposed to speak at Oxford University because Oxford Union invited me a long time ago. It was all confirmed via emails, but just a few hours be-



fore they said, 'Sorry we made a mistake, there was a double-booking and we cannot host you today.' And without even asking me, they changed the date to July 1, when no student would be there, and there is no point in doing an event," he said. He also mentioned that Hindus are a minority group at Oxford University, and termed the incident 'oppression of the minority'. He asked "are they cancelling me" and said "they want to cancel

the democratically elected Government of India."

"They want to label us as fascists and Islamophobic. As if killing thousands of Kashmiri Hindus was not Hinduphobic, but the film on the truth is Islamophobic. They are not cancelling me, they are cancelling the genocide and Hindus. You have to understand, Hindus are a minority in Oxford University, and this is the oppression of the minority," he said. He also

slammed Oxford University for "hosting dictators and fascists including Bhutto's son and many African radical extremists." Agnihotri further sought the support of the people as he is going to file a lawsuit against the Oxford Union. "So please help me in this cause. I am filing a lawsuit against them. I am going to claim all the damages. Please support me and join me," he added.

Aryan Khan: Drug charges dropped against Shah Rukh Khan's son



India's anti-drug agency has dropped charges against Bollywood actor Shah Rukh Khan's son in a drugs case. Aryan

Khan, 24, was arrested in October 2021 for allegedly doing recreational drugs at a party. The Narcotics Control Bureau

(NCB) had charged him under laws "related to possession, consumption and sale of illegal substances." On Friday, the NCB cleared him in the case, saying "no drugs had been found on Aryan Khan". A charge sheet filed in court by the agency on Friday named 14 accused in the case but left out six others, including Aryan Khan, "due to lack of evidence." Officials from NCB had on 2 October 2021 raided a cruise ship, saying they had been tipped off that there were drugs on board. Aryan Khan had been searched and interrogated before he boarded the ship - and eventually taken into custody by the NCB. Khan was one of several people arrested in the case and spent

nearly three weeks in jail. He was later released on bail. The case had dominated headlines and conversation on Indian social media as the NCB claimed Aryan Khan was a habitual drug user and also supplied contraband. The case saw several twists and turns. A key witness alleged that he was "forced" to sign "blank papers" at the NCB's office in connection with the case. Sameer Wankhede, an officer in the charge of investigation, was removed from the case after allegations of blackmail surfaced. On Friday, Khan's lawyer Mukul Rohatgi told media that Shah Rukh Khan was relieved that his son's name had been cleared. "Ultimately, the truth has prevailed," Mr Ro-

hatgi told news channel NDTV. Many Bollywood actors and TV personalities have been under scrutiny since 2020 in what appears to be an investigation into claims of widespread drug use in the Hindi film industry. In 2020, the narcotics agency questioned at least four actresses, including Deepika Padukone, but none have been accused of any wrongdoing. They also arrested actress Rhea Chakraborty in 2020 for allegedly buying drugs for her actor boyfriend, Sushant Singh Rajput. Rajput, 34, was found dead in his flat and police at the time said he had killed himself. Chakraborty, who had denied any wrongdoing, was released from jail a month after her arrest.

Health

8 Easy Ways to Reduce Back-to-Office Stress and Anxiety

While remote work during the pandemic has its own challenges, now that many people are back in the office in some capacity, they are finding it more stressful and anxiety-triggering than they anticipated. According to a study by McKinsey, 1 in 3 employees say that returning to work has had a negative impact on their mental health, making them anxious and depressed. Social anxiety may be a core reason a lot of people are nervous about going back into the office, said Naomi Torres-Mackie, PhD, clinical psychologist at Lenox Hill Hospital and head of research at the Mental Health Coalition. “Connecting over Zoom is very different from connecting in person, and two years into the pandemic, we are all a bit rusty when it comes to our social skills,” she told Healthline. Linger- ing COVID-19 anxiety and fear of getting sick is also partially to blame. “With the guidelines and situation changing daily, it can be difficult to feel secure that the pandemic is stable enough to be safe to return to in-person work,” said Torres-Mackie. Plus, change itself is never easy. For instance, pre-pandemic most people were used to leaving home and going in to their workplace. However, the pandemic forced many workers to adjust to remote work. And now, returning to the office is yet another adjustment. “Even positive adjustments can be difficult. There is psychological comfort in routine, and when a routine becomes upended, it can trigger anxious cognitions, feelings of worry and unease, and low mood,” Torres-Mackie said. Additionally, returning to a negative work environment can trigger stress, said Natasha Bowman, JD, founder of the Bowman Foundation for Workplace Equity and Mental Wellness. “While working from home, many have considered a ‘safe’ place free from office politics, microaggressions, toxic work cultures, and the pressure to conform to ‘corporate culture,’” Bowman told Healthline. If heading back into the office is causing you stress, consider the following tips from health



experts to help ease your return.

Accept your anxiety Because anxiety tends to get worse when you resist it or judge yourself for having it, Torres-Mackie said accepting your feelings can help process them. “If you can accept that you’re having difficult feelings and normalize them for yourself — many people are finding it stressful to go back to the office — then you’ll likely find that the difficult feelings start decreasing in intensity and frequency,” she said. Natalie Christine Dattilo, PhD, clinical health psychologist, agreed. She said it’s best to resist the urge to assume something is wrong with you if you feel anxious, apprehensive, or nervous. When thoughts like, “It shouldn’t be this hard,” “why do others seem to be doing okay?” or “what’s wrong with me?” come to mind, she said practice the following re-statements: I wish this were easier, but for now it’s still a struggle and I’m getting better every day. There’s nothing wrong with me, it’s normal to struggle during these not-normal times. Although it may appear others are doing better than I am, I don’t know that for sure. Honestly, everyone is just doing the best they can, including me. Gradually expose yourself to in-office work If you’re given a choice as to how much

you work in the office, consider starting with a few days a week and add on more days as you adjust. “Fear is best extinguished with slow, small steps towards doing the thing that most scares you. You might do this by going in just for a few hours a day for a while or by doing a test run on a non-workday of going to the office,” said Torres-Mackie. Establish a routine While you ease back into onsite work, try to be consistent. For instance, Bowman said decide what days and times you’ll be in the office, and plan your work around that. “Having a set routine can help reduce stress and make the transition back to the office easier,” she said. Explore new calming exercises with Calm Manage your anxiety with the award-winning Calm app. Try a guided meditation, a sleep story, or stretches designed by experts to help you focus and relax. Start your free trial today. Create a task list Take some time when you wake up in the morning or before you go to bed to make a to-do list of tasks and deadlines. “Staying organized and on top of things will help mitigate feelings of stress and overwhelm during this adjustment period. This will also help you prioritize your time and effort as you recalibrate,” said Dattilo. Give yourself time

to readjust Getting comfortable with things you haven’t done in a while like dealing with a long commute, traffic, in-office distractions, a chatty coworker, or being in close proximity to others may take time, said Dattilo. “It makes sense that a part of us will feel hesitant to do the things we’ve been told for over two years are ‘unsafe.’ You may have to repeatedly reassure your brain’s threat detection system that it’s ‘safe and ok’ as it learns to respond to a new set of circumstances,” she said. Practice stress-relieving activities As you adjust to being back, Torres-Mackie suggested scheduling activities that you enjoy and bring you stress-relief at the beginning and end of your workdays. “This means you will have an opportunity to receive anticipatory stress in the morning before work and residual stress that you bring home with you after work,” she said. And take breaks throughout the day, too, added Bowman. “[Both] to give your mind a rest and to get up and move around. Taking a few minutes can help reduce stress and improve your focus,” she said. Set boundaries If returning to work is stressful due to unacceptable conduct by coworkers or your employer, Bowman said inform the person crossing the boundaries that

their behavior is unacceptable. “If that person is your manager, then report them to HR. Have a zero-tolerance for workplace misconduct from anyone,” she said. Seek professional help If you find yourself feeling agitated, impatient, or panicky around your coworkers, Dattilo said the feeling will likely go away over time. Talking to a friend or family member may help. “[But] if your anxiety persists or worsens, please don’t hesitate to seek support or speak with your doctor,” she said. “Other scientifically-supported self-care practices to help mitigate the effects of anxiety include regular effortful exercise, natural sleep, social connection, gratitude practice, laughter or play, and meditation for relaxation or focus.” The bottom line While returning to onsite work may stir up feelings of stress and anxiety, having coping strategies in place can help ease the transition. “As things heat up with the next COVID variant, the stress of returning to the office is only going to intensify. Start thinking of ways to cope with your anxiety about it as early as possible. If you can get ahead of the feelings, you will be better able to manage them when you’re actually in the anxiety-provoking situation,” said Torres-Mackie.

Food

Kolambi Bhaat Recipe

Kolambi Bhaat Recipe To-
tal Time: 45 mins

Serves: 2 Servings

Ingredients

1. 250 gms Prawns
2. 1/2 tsp Turmeric powder
3. 250 gram Basmati Rice-Water
4. 3 tbsp Vegetable Oil
5. 3-4 Green Cardamom
6. 4-5 Cloves
7. 2 Bay leaves
8. 1 large Chopped Tomato
9. 1 and a half Chopped Onion
10. 1/2 cup Tomato Puree
11. 1 and a half tsp Maharashtrian goda masala powder
12. 1 Cinnamon stick 1 tsp Cumin Seeds
13. 1 tsp Kashmiri chilli powder
14. 1 tsp Coriander Powder
15. Salt to taste
16. Grated coconut for garnish

17. Chopped fresh coriander

18. 6-7 Curry Leaves

19. 1 tbsp Lemon Juice

How to-

1. To start with the recipe, take a bowl, add the prawns along with the turmeric powder and pinch of salt. Set aside or 10-15 mins.
2. Now in a pan, boil water and add rice. Keep boiling the rice until the water dried up.
3. Blend ginger and garlic until a thick paste. Then, heat oil in a large pan, add spices like cinnamon, green cardamom pods, cloves, bay and cumin seeds.
4. Let them splutter for a couple of mins. Now add the onions and fry for 5-7 minutes on low-medium heat.
5. Once the onion turns the

colour, add in the garlic and ginger paste.

6. Now, add tomato and stir for 4-5 minutes. Keep stirring well making sure it doesn't stick to the bottom and mash slightly with the back of the spoon.
7. Add the tomato puree along with the powdered spices. Stir well and cook the spices for 3-4 minutes.
8. Add the prawns and mix them properly with the masala. Let them cook for 3-4 minutes or until they turn pink. Adjust the seasonings according to the taste. Add pinch of sugar, curry leaves and lemon juice.
9. Using a fork lightly fluff the rice and stir gently into the prawns mix making sure it's warm through. Turn the heat off and cover to rest



for a few minutes.
10. Serve hot garnished with green chillies, roughly

chopped coriander and grated coconut.

Kesar Pista Phirni Recipe

Kesar Pista Phirni Recipe

Total Time: 2hr45mins

Serves: 4 Servings

Ingredients

1. A few saffron threads
2. 10-12 pistachios (peeled and sliced), blanched
3. 1 litre skimmed milk
4. 3 tbsp coarsely ground rice
5. 3/4 tbsp green cardamom powder
6. 3 tbsp low-calorie sweetener

How to-

1. Bring the milk to a boil in a deep non-stick pan. Lower the heat and simmer, stirring continuously, till it reduces by half.
2. Add the ground rice, mixed with a little water, and stir

well to prevent lumps from forming. Bring the mixture to a boil.

3. When it starts to thicken, lower the heat and simmer for a couple of minutes, stirring continuously. Add the cardamom powder and saffron, and mix well.
4. When the mixture attains a thick custard-like consistency, remove from heat and stir in the low-calorie sweetener.
5. Pour the mixture into 4 individual earthenware bowls while still warm. Sprinkle sliced pistachios and refrigerate for at least 2 hours.
6. Serve chilled.



Ghavan Recipe

Ghavan Recipe

Total Time: 30 mins

Serves: 10 Servings

Ingredients

1. 330 gms raw rice
2. 160 gms salt
3. Oil (as needed)

How to-

1. Soak rice in water for 5 hours.
2. Grind the rice to a paste, add salt and water to make a slightly watery batter.
3. Heat a non-stick tawa and add the batter from the edge of the tawa and slowly move to the centre.



4. Spread evenly and reduce the heat.
5. Remove from pan once cooked and serve with a choice of curry.



Food

No Bake Apple Pie Recipe

No Bake Apple Pie Recipe

Total Time: 50 min

Prep Time : 15 min

Cook Time : 35 min

Serves: 2 Servings

Ingredients

1. 250 gms Digestive/ Whole Wheat Crackers/Low carb Cheese crackers
2. 1/2 cup Coconut oil
3. 200 gram Apple, sliced
4. 1 Inch Cinnamon stick
5. 1/2 tsp Stevia
6. 1 Lemon
7. 1 Star anise

How to-

How to Make Sweet Potato Pie

1. Combine coconut oil and graham crackers with some water in a blender and blend

- until the mixture is lumpy and sticking together. Lay in a cake tin and allow to sit in the fridge.
2. Heat a non-stick pan and grease with a bit of coconut oil/ vegetable oil.
3. Peel and slice the apple and put it into a thick bottom pan with water stevia, star anise, lemon juice and cinnamon.
4. Cook them until the apples are not completely soft.
5. Lay over the set digestive crust and put it into the fridge for an hour to set.
6. Place the cooked apples over it and garnish with your favourite nuts.



Instant Mango Pickle Recipe

Instant Mango Pickle

Total Time: 20 min

Prep Time : 10 min

Cook Time : 10 min

Serves: 2 Servings

Ingredients

1. 2-3 Medium Raw Mangoes
2. 2 tsp Kashmiri Mirch Powder
3. 1 tsp Turmeric Powder
4. 1 tsp Salt
5. 1/4 tsp Roasted Fenugreek Powder To Temper:
6. 3 tbsp Gingelly Oil 1 tsp Mustard Seeds
7. 1/4 tsp Hing

How to-

How to Make Sweet Potato Pie

1. First of all, wash the raw mangoes properly. Then chop them into bite sized pieces.
2. Add salt, mix well and keep

- it aside.
3. In a pan, dry roast fenugreek seeds and grind into a coarse powder.
4. Heat gingelly oil in a kadhai. Add mustard seeds, let it splutter slowly.
5. Ps: The heat should not be too high, it should be low to medium so that mustard seeds can splutter slowly.
6. Now, add hing, fenugreek seeds powder, Kashmiri chilli powder, turmeric powder and switch off the gas.
7. Mix it well.
8. Add the spices mix to the mango
9. Mix it well. Instant mango pickle ready! Serve it with paratha, rice or anything of your choice!



Mango Suji Cake Recipe



Mango Suji Cake

Total Time: 30 min

Prep Time : 15 min

Cook Time : 15 min

Serves: 2 Servings

Ingredients

1. 1 Cup Semolina
2. 1 cup Mango Pulp
3. 1/4 cup Oil
4. 3/4 cup Sugar
5. 1 tsp Baking Powder
6. A pinch of Salt
7. To Garnish Pistachio (Chopped)
8. How to-

How to Make Sweet Potato Pie

1. First of all, pre heat the

- oven at 170 degree C.
2. Now mix sugar, salt and baking powder with suji (semolina).
3. Add oil in the mixture and mix well. Add the mango pulp and mix again.
4. Set it aside for 10-15 minutes. Semolina will soak all the flavours of mango till then.
5. Place the mixture into the greased baking tray.
6. Bake for 30-35 minutes.
7. Allow the cake to cool down. Serve and enjoy!

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Sports News

India win first-ever Thomas Cup crown, hammer 14-time champions 3-0 in final in historic feat

It's as big as it can get for Indian badminton as the men's team won their first-ever Thomas Cup title, beating 14-time champions Indonesia 3-0 in a heroic effort in the final of the prestigious team championship in Bangkok, Thailand on Sunday, May 15. India had never reached the final of the Thomas and Uber Cup in the tournament's 73-year-long history, but the Indian men not only broke the drought but went a step ahead and became only the 6th nation after China, Indonesia, Japan, Denmark, and Malaysia to win the Thomas Cup title. Chants of "Bharat Mata Ki Jai" and the sound of Dhol were reverberating at the Impact Arena as the young Indian shuttlers came out all guns firing on the big day. The celebrations after the historic victory told how much it meant to the Indian badminton contingent as they flaunted the enviable team spirit that has been dominating headlines this week. India did not need the second doubles match and the third singles match as Lakshya Sen, Satwiksairaj Rankireddy/Chirag Shetty and Kidambi Srikanth made it 3-0 for the historic victory. India were not the overwhelming favourites at the start of the team tournament but the young

shuttlers from India had the firepower in them to take out the giants and they did exactly that over the last 7 days in Bangkok even as the women crashed out in the quarter-finals of the Uber Cup. India won the gold medal while Indonesia finished with the silver. Denmark and Japan finished with the bronze at the prestigious team championship. It all began when Lakshya Sen showcased why he is one of the highly-rated young shuttlers in the world. The 20-year-old, ranked No. 9, had headed into the final on the back of defeats to Viktor Axelsen and Lee Zii Jia in the semi-final and quarter-final, respectively. It did not start well for Lakshya, the winner of the World Championships bronze medal, as he was blown away 8-21 in the opening game by Olympic bronze medalist Anthony Ginting. Lakshya looked unsettled as he was hitting with the drift after Ginting won the toss and chose sides. However, Lakshya, just 20, retained his calm and composure, helped by his coaches from the sidelines. The young Indian shuttler, who reached the All England final, upped his game and became more proactive, forcing errors from Ginting. The first match was played a break-neck speed



as Ginting, known as one of the fastest players on the tour, was undone by Lakshya's stunning defence. Lakshya bounced back to win the opening match and give India a 1-0 lead. It was an incredible turn around as the young shuttler kept his calm, frustrating Ginting who loves to finish off rallies quickly. Lakshya's incredible defence was on display as he completed the comeback 8-21, 21-17, 21-16 in an hour and 5 minutes. Gillian Clarke, the popular commentator, best described Lakshya's efforts in the decider, saying the shutter played "like a man possessed". SATWIK-CHIRAG SAVE 4

MATCH POINTS Satwiksairaj Rankireddy and Chirag Shetty, who agonisingly missed out on reaching the knockout stages at the Tokyo Olympics, made up for it by being the pillars of the Indian team throughout the competition. Facing World No. 1 and World No. 2 doubles stars Kevin Sanjaya and Mohammad Ahsan, the young Indian pair did not wilt under pressure but thrived. After losing the opening game 18-21, Satwik and Chirag saved 4 match points to force a decider. The confidence of Lakshya's win was evident as Satwik and Chirag stunned Sanjaya and Ahsan to give India 2-0 lead. CALM SRIKANTH

DELIVERS Kidambi Srikanth ended Thomas Cup 2022 with a perfect 6-0 record. The former World No. 1 has tasted world-level success for the 2nd time this year after having won the silver at the world championships earlier in 2022. Srikanth brought all his experience as he remained calm under pressure to outclass Joanthan Christie 21-15, 23-21 in the second singles match which proved to be the final one of the tie. Srikanth was toying with Christie, against whom he had lost twice earlier this year. But the former World No. 1 cut out the outside noise to put one past Christie.

Five South African sides to play in European competition next season

Five South African club sides will play in European competition next season, organisers have announced. The Stormers, Bulls and Sharks, who qualified second, fourth and fifth from the United Rugby Championship (URC), will play in the Champions Cup. The Lions, who finished 12th, will play in the Challenge Cup, while the Cheetahs, who have not played in the URC, have been invited into the event. Organisers say their inclusion will bring "a new level of elite rugby". "This is a crucial step forward in bringing to life our vision of growing the game and our own tournaments, continuing to deliver strong returns for our leagues and creating an

ever-higher standard of mouth-watering matches for our fans," said European Professional Club Rugby (EPCR) chairman Dominic McKay. The EPCR says the arrangement will cover next season "and beyond".

The Sharks, Stormers, Bulls and Lions' eligibility for European competition was confirmed when they took places alongside Irish, Welsh, Scottish and Italian teams in the rebranded URC last year. The quartet replaced the Kings and Cheetahs, who had been the South African participants in the Pro14 - the tournament's previous incarnation. The South African Rugby Union (SARU) is attempting to align more closely with Europe, with



which the country shares a time zone, rather than the southern-hemisphere powerbase of New Zealand, Australia and Argentina. South Africa's club sides moved away from playing in Super Rugby against teams from New Zealand, Australia

and the Pacific Islands in 2020. At international level, the Springboks have committed to the Rugby Championship, but are reported to be exploring the possibility of joining the Six Nations.

"We now have an opportunity

to also start rubbing shoulders with the top clubs from England and France in two other competitions that have caught the imagination of rugby supporters around the globe for more than two decades," said SARU chief Jurie Roux.

Sports News

Formula One driver Sergio Pérez to stay at Red Bull until 2024 after signing contract extension

Formula One driver Sergio Pérez has signed a two-year contract extension to keep him at Red Bull Racing until 2024, the team announced on Tuesday. The Mexican driver joined Red Bull at the end of 2020 and went on to enjoy his most successful F1 season, finishing fourth in the overall 2021 driver's championship. The announcement comes just days after Pérez, affectionately known as "Checo," won the Monaco Grand Prix on Sunday ahead of Carlos Sainz and teammate Max Verstappen, who finished third. Commenting on the contract extension, team principal

and CEO Christian Horner said: "Since joining Oracle Red Bull Racing, Checo has done a fantastic job. "Time and again he has proved himself to not only be a magnificent team player but as his level of comfort has grown he has become a real force to be reckoned with at the sharp end of the grid." The 32-year-old currently sits third in the driver's championship having amassed 110 points and four podium finishes just seven races into the season. Ahead of him are Verstappen and Ferrari driver Charles Leclerc. The F1 season resumes with the Azerbaijan Grand Prix on June 12.



Ukraine stuns Scotland in World Cup qualifier to give war-torn country a morale boost

Despite a preparation like no other for an international football fixture, Ukraine produced a momentous performance to beat Scotland 3-1 in its World Cup playoff semifinal at Hampden Park in Glasgow Wednesday. The emotional victory, that brought many watching Ukrainian fans -- sporting yellow and blue colors -- to tears, puts Ukraine just one win away from qualifying for the Qatar World Cup later this year. Wednesday's playoff had originally been scheduled to take place in March, but Russia's invasion of Ukraine forced the match's postponement. Ukraine now needs to beat Wales in Cardiff on Sunday in its playoff final to reach the World Cup. Before the game, the visitors had spoken about giving those back in their homeland a morale boost during the war and they did just that courtesy of goals from Andriy Yarmolenko and Roman Yaremchuk. Ukraine was made to suffer more in the second half after Callum McGregor scored with just 10 minutes to play but the visitors added a third goal in stoppage time when Artem Dovbyk ran clear to secure a magical victory. Given that staying in Ukraine had been too dangerous, the squad have been based at a training camp in Slovenia since May 1 preparing for Wednesday's game. Prior to playing Scotland, Ukraine's last competitive game had been

in November. "I have no emotions. All my emotions are left on the football pitch. This victory was not for me, not for the players, it was for our country," Ukraine's exhausted head coach Oleksandr Petrakov told reporters after the game. "We played for those who fight in trenches, those who fight for their last drop of blood. Yes, we took a baby step towards our great aim. We still have the Wales game in front of us and we'll do everything. We are extremely proud Ukrainians." Special backdrop The stirring sound of bagpipes had echoed through the streets of Glasgow hours before kick-off, a familiar sign of support for the Scotland national team. Historically, the instrument is one of war but the country has also adopted it as a symbol of defiance and those rousing skirls took on a new meaning Wednesday -- seemingly playing as much for Ukraine as they were for Scotland. Many of those fans dressed head-to-toe in Scottish attire -- tartan kilt and feather in hat -- had made sure to show sartorial support for the opposition, be it wearing a ribbon in Ukrainian colors or blue and yellow socks. As hundreds of Ukrainian fans picked up their tickets from outside the stadium, supporters shared cultures, taking turns to sing songs and play music from their country. Normally an item of disdain for

many football fans, half-and-half scarves were worn proudly and the away team was clapped out by both sets of supporters as it emerged for the warmup. Fan groups also worked closely with both football associations in handing out leaflets with the words for the Ukraine national anthem -- encouraging Scottish supporters to sing along. And, although far from perfect, the sound of both national anthems brought the atmosphere inside a sunny Hampden Park to a spine-tingling crescendo. Ukraine's team had lined up for the anthems with their country's flag wrapped around each of the players' shoulders. A game like no other In the build-up to the match, those inside the Scotland camp had nothing but supportive words for Ukraine but had also promised to forget the wider context when stepping onto the pitch. And when the football started, they stayed true to their word. Hampden Park was as ferocious as people have come to expect with the crowd booing, somewhat tongue in cheek, when Ukraine kept possession in the early stages. It was the visitors who got the first chance, goalkeeper Craig Gordon doing well to get his fingertips to Viktor Tsygankov's fierce shot. The visitors continued to waste more chances as the away crowd inside Hampden made plenty of noise, realizing their team had a genuine chance of

winning. And then, just after the half-hour mark, they erupted as captain Yarmolenko sprung the offside trap and dinked the ball over the keeper into the back of the net with a deft finish. It was a goal that was no doubt celebrated by many a neutral. "Practically everyone on the planet doesn't want us [Scotland] to win," said former Scotland player Ally McCoist during BT Sport's commentary on the game. Disbelief There was a genuine sense of disbelief inside the stadium after Ukraine took the lead. The instructions from Ukraine's bench were clear; stay calm. In truth, there was simply no stopping this Ukraine side, perhaps unsurprising given the depth of emotion motivating them. No sooner had the second half started, Ukraine doubled its lead with Yaremchuk heading in at the back post. Almost the entire Ukrainian team hurdled the advertising board and celebrated in front of its fans who were quite simply in dreamland. As the game wore on and the magnitude of what they were

about to do started to sink in, Ukraine started showing some nerves. Scotland, buoyed by the home support, started creating chances and were infuriated after not taking advantage after large spells of possession. With time ticking on, McGregor finally capitalized on a mistake from the shaky Heorhiy Bushchan in goal and momentum swung Scotland's way. This Ukraine team had something more than football to fight for, though, and dug in until the end -- eventually extending its lead with the last kick of the game through Dovbyk. Ukraine's players were too tired to celebrate though as many fell to the ground, exhausted both mentally and physically at full-time. Now just one win away from playing in Qatar, there is a real chance Ukraine will be there -- something even more significant given Russia are banned from competing. As the last remaining light began to fade away on a special night in Glasgow, all that was left was the Ukrainian fans singing, crying and dancing in the stands.



Sports

Fiji Soccer League Of California Champions, Oakland F.C



Captain Arunesh Naidu of OFC receiving the winning Cup from Aten Singh in Open Division.



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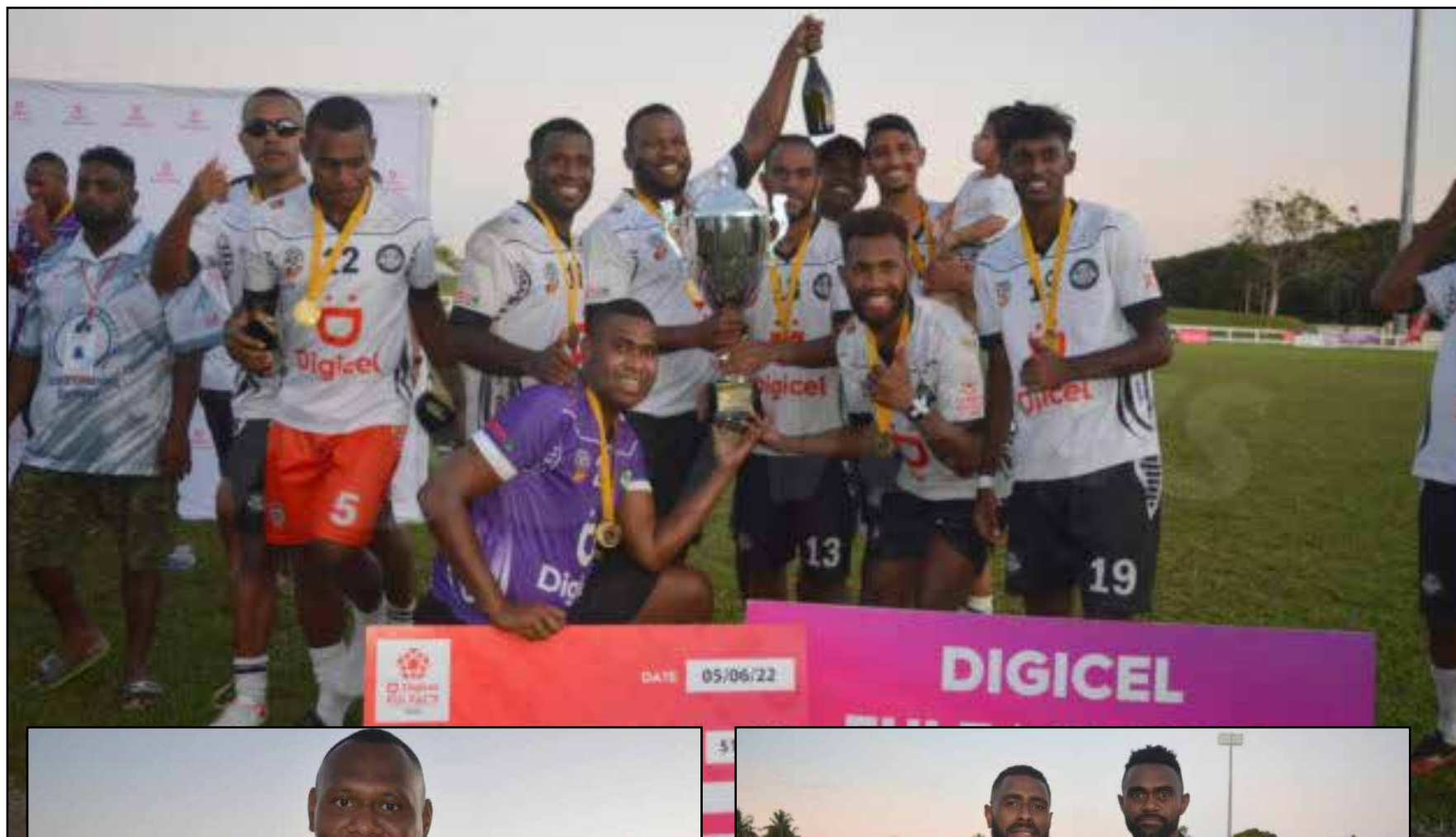


Sports

Suva retains Fiji FACT title

Defending Digicel Fiji Fact champions Rams Cleaning Services / All Freight Logistics Suva has retained its title after beating 4R Electrical Labasa 2-0 in the final at Lawaqa Park in Sigatoka. It's Suva's fourth Fiji FACT win in tournament history. The win also means the capital city side remains unbeaten this season. The northerners were full-on attack in the opening 10 minutes and had Suva under pressure at times with a few attempts at goal but the experience of goalkeeper Akuila Mateisuva saved the Whites. Suva's defence was tested in the first 30 minutes with Ashneel Raju, Christopher Wasasala, Taniela Waqa finding their way through a few times.

While goalkeeper Mateisuva was busy, his counterpart Atunaisa Naucukidi was rarely tested on the opposite end of the field until the 35th minute when Malakai Rakula fired a remarkable direct freekick ten yards outside the Labasa box.



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21-22 JAN 2023:
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