



THE US FIJI TIMES

World's Largest Fiji Newspaper Out Of Republic of Fiji

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Island Boys Scoops the Maiden Girit Soccer Tourney of The Bay Area



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Fundraiser for Dialysis project in Fiji



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Naveen Kumar 3 decades in the Sangam Tournaments



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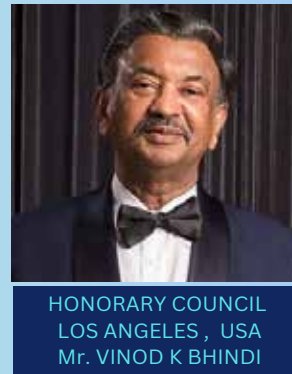
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THE US FIJI TIMES PROUD OF ITS SERVICE

The US Fiji Times is ranked as the top newspaper being published outside of Fiji for the Fiji American community and all over the world. The paper's popularity has grown immensely in recent years due to its critical approach in impressing the need for charitable organizations to rise up in all occasions to help Fiji and the people back home. Visitors from around the world have commended the paper on its stand to serve the community. The US Fiji Times understands that like in any other field, there is competition and competing with "The largest newspaper out of Fiji" has been a difficult task for newer publications. This is not because of its magnitude and coverage, but because of its stability and growth capabilities. The writers of the paper comprise some of Fiji's best. Even though they are not too visible in social functions, they are taking up their challenges very effectively. The marketing strategy handles by our CEO/Publisher Mr. Rocky Ali is the hallmark of the papers current strength. Despite lacking the front line journalist experience, he makes up for the deficiency with the sheer ability to jeep the media wagon rolling. His insatiable love to be involved with the community to cherish in this very noble cause is worthy of higher recommendation. We have a very vibrant community, so despite the paper being issued free, the expectation of the community is very high. The coverage of all the major events is a mist for the paper and we feel very proud to be associated with major organizations to see that their events are properly covered with pictures, stories and awareness via our social media platforms. The paper is being also sent to countries like Fiji, NZ, Australia, Canada, England and Sweden for Fijians abroad to also get the feel of the luxuries of USA. The feedback has been overwhelming in this regard and it has become a trend for many organizations to rely on US Fiji Times in reaching the desired success with adequate coverage. The paper will strive to serve the community with the best of its ability and assures the community that there will be quality reporting at all times.

Vinaka – Rocky Buksh



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

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



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News

Radrodro: Teachers Deserve Pay Raise



Minister for Education, Aseri Radrodro, has reassured teachers that their plea for a salary increase will be prioritised.

Mr Radrodro says he will ensure that the teachers get what they deserve.

He is currently in talks with the ministries responsible to ensure that this is considered in the upcoming national budget.

“The ministry is already in consultation with the Ministry of Civil Service and the Ministry of Finance to accommodate the teachers’ salary review to ensure proper, fair, and justified salary adjustments for teachers,” Mr Radrodro said.

The National Budget announcement is eagerly awaited by the ministry.

The minister announced that the ministry paid out \$1.06 million in February to the con-

firmed teachers in their positions.

“In the meantime, the Education permanent secretary has briefed me that in the recent month of February 2024, during the ministry regularisation exercise, a total of 1420 staff were confirmed in their positions with a total payout of \$1.06 million.”

“Salary step-up adjustments consisting of 739 early childhood education teachers, 3993 primary and secondary assistant teachers, and 152 non-teaching teachers were also given out with a total allocation of \$3 million.”

Mr Radrodro said he had started talks with the teacher unions last year, acknowledging the importance of investing in teachers.

“This is to provide them with salaries that recognise the im-

portant role they play in educating our children and providing Fiji with a workforce for our future. The ministry has also noted the high level of resignations by teachers as they pursue a career outside of Fiji,” he said.

“We believe these issues must and can be resolved, and we will continue to advocate for all teachers so they get their owed salary and all accompanied allowances they are entitled to.”

Teachers had their last pay increment during the civil service reform with the Job Evaluation in 2017.

“It was during this reform that the teachers’ pay was reclassified from the ED grade to Bands, which is currently in force. This was done across the civil service, where positions were evaluated,” Mr Radrodro said.

“The salary band introduced replaced the ED position in the ministry. The 2017 salary band did not take into consideration the roll of the school as a determinant of the level of the school, which in turn had a bearing on the salary of the postholders in the school.

“For instance, the salary of a vice principal in a small school with 100 students is the same as that of a vice principal in a large school with 1000 students. The assistant principal positions are classified in the same salary band as the Head of Departments in secondary schools, despite having different job descriptions.”

Moreover, the 2017 job evaluation process overlooked crucial aspects of the teachers’ additional responsibilities for the

additional payable allowance.

(i) locality of the schools: urban, rural, very remote, and maritime island schools;

(ii) the mode of the school: rural board, rural day scholar, urban day scholar, or urban board;

(iii) years of experience along with the qualifications for administration positions in the schools; and

(iv) years of leadership experience

Currently, secondary graduates in secondary schools are on Band F.

Secondary graduates in primary are in Band E.

All primary graduates are on Band E.



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News

Neelam Supermarket, Saudagar Supermarket & Fiji Sweets Supports South Pacific Relief to raise funds to Purchase Dialysis Machines for Fiji.



News

Fundraiser For Dialysis Project In Fiji

I'd like to express my genuine appreciation for everyone who took their time to attend our May 25th event supporting our community and opening of our first free dialysis center in Fiji. Your attendance at the event was much appreciated and contributed to its success. I hope you all had as much fun at our Harjeet Mehndi live in concert as we did planning the event. We would like to express our gratitude to all our major sponsors, donors and friends and families for their contributions. Special thanks to our Media Partners, US Fiji Times, Sitaree TV and Joshi Kumar production team. As we reflect on the remarkable success of opening the first free dialysis facility in Nadi to provide 120 treatments per month at zero cost to the unprivileged Fijians. With your continued support we can take on more patients and provide the care at zero cost in coming months. Stay tuned for more updates as we embark on opening our second phase of the project building a better future to support our underprivileged Fiji. Your sincerely Daven Kumar CEO SPRF INC.



News



Fiji News

PM RABUKA MEETS WITH THE SPEAKER OF THE HOUSE OF COMMONS

Prime Minister Hon. Sitiveni Rabuka met with the Speaker of the House of Commons, Sir Lindsey Hoyle at the Speaker's Chambers at Porticullis House within the Palace of Westminster on Tuesday 7th, 2024. The meeting was an opportunity to discuss parliamentary cooperation. During the meeting, PM Rabuka informed the Speaker that the People's Coalition Government is committed to strengthening the independence of Parliament, ensuring it carries out its function to hold the other two arms of Government, the Executive and Judiciary accountable. He further stated that cooperation between the Commonwealth Parliamentary Association (CPA) and Government of Fiji, through Parliament

offers great potential and opportunities for deeper collaboration. The Parliament of Fiji has also established its Commonwealth Women Parliamentarians (CWP) group which has been of great utility for our Women MPs. PM Rabuka reiterated that upholding the principles of Good Governance is pivotal in our current journey to continue to improve our democracy and strengthen our institutions. From the Government perspective, PM Rabuka acknowledged the British Government's continued support towards the Fiji Parliament. The Hon. PM has also extended an invitation for the Speaker Lord Hoyle to visit Fiji sometime soon, perhaps on the margins of CHOGM24 later this year.



BILATERAL TALKS FOCUS ON CLIMATE ACTION AND COLLABORATION

Fiji, as a proud member of the Commonwealth, plays an active role in advancing the Sustainable Development Agenda, climate adaptation and enhancing resilience initiatives. This was revealed by the Prime Minister Hon. Sitiveni Rabuka at a bilateral meeting with the United Kingdom's Minister of State for Environment, Climate Change and Energy, Lord Richard Benyon. The bilateral meeting, convened at the Foreign & Commonwealth Development Office in London, was an opportunity for Prime Minister Rabuka to share Fiji's climate action and environment sustainability plans, among other important aspects. PM Rabuka expressed the Coalition Government's appreciation to the UK Government for its invaluable assistance towards our Climate Change Office, including ongoing technical assistance, as well as its support for Fiji's sovereign green and blue bonds. PM Rabuka highlighted that Fiji will continue advocacy on critical issues such as access to climate finance. Fiji's environmental conservation commitment was also discussed during the meeting. The Prime Minister



reiterated Fiji's support for the UK's initiative to promote peace through advocacy of the Zone of Peace concept, as well as its ongoing commitment to the Commonwealth's enduring values. It was highlighted during the meeting that the UK is

committed to the priorities and areas of interests for Small Island Developing States, in the upcoming forums including SIDS4, CHGM, Ocean Conference and the upcoming Climate Week. The UK is now focused on the reform of the World Bank

and other financial institutions, to enable better flow of funds, especially to small island states. The revamped Blue Planet Fund by the UK at a value of £500m, is envisaged to support Fiji's climate efforts, especially in the areas of Adaptation and Mitiga-

tion. PM Rabuka, in his concluding remarks, informed Lord Benyon of collective efforts of Pacific Leaders to build unity and mobilise action to protect our collective future for a Blue Pacific.

Fiji News

PM RABUKA MEETS WITH HIS MAJESTY KING CHARLES III: REAFFIRMS FIJI-UK RELATIONS

Prime Minister Hon. Sitiveni Rabuka met with His Majesty King Charles III at Buckingham Palace in London on 7th May 2024. The historic meeting reaffirmed the strong and enduring relationship between Fiji and the United Kingdom (UK). In his royal audience with His Majesty King Charles III, Prime Minister Rabuka conveyed the People's Coalition Government and the people of Fiji's gratitude for the opportunity to meet with the King, acknowledging the historical links between Fiji and the UK. PM Rabuka also took the opportunity to formally apologise to King Charles III for his actions and the events of 1987, reaffirming Fiji's commitment to strengthening our bilateral ties. PM Rabuka also reflected on his visit to Buckingham Palace in 1998 when he

presented his traditional apology or Matanigasau to her late Majesty, Queen Elizabeth the Second for the events of 1987 and in declaring Fiji a Republic. Fiji has a deep and longstanding connection to the British Crown which is demonstrated through a record of military service where generations of Fijians have served and fought alongside the British, particularly in the Second World War, and later in Malaya, Borneo, Oman, Iraq and Afghanistan. For this, Prime Minister Rabuka expressed the deep regard and fondness of the people of Fiji for the Crown and the Royal Family, adding that more than 20,000 of our people call Britain home since the recruitment of Commonwealth citizens to the British Army in the 1960s and since 1997.



As a proud Commonwealth member, Fiji actively contributes to the advancement of the Sustainable Development Agenda. With the Commonwealth's 75th anniversary ap-

proaching, PM Rabuka said that he looks forward to welcoming Commonwealth leaders to the region for the Commonwealth Heads of Government Meeting (CHOGM) in Samoa. In

his concluding remarks, Prime Minister Rabuka conveyed the best wishes, love and prayers of the people of Fiji for His Majesty, King Charles III's recovery to full health and vitality.

RISING TIDES: THE UNJUST BURDEN ON TOGORU

Pacific countries have contributed the least to the climate crisis and are now suffering the most. This is how Germany's Federal Foreign Minister Ms Annalena Baerbock described her visit to Togoru Settlement in Navua where she witnessed the devastating effects of climate change on its shorelines. The Minister who was on her way to Nadi, made a stopover at Togoru and was met by Ms Lavenia McGoan, a long time resident who related their story to her. "Over the years our small community of Togoru has explored ways or means to try and control the loss of our shoreline," said Ms. McGoan. "Mangroves were planted, and a seawall made of coral was erected along our beachfront, but all did not work. The sea itself made short work of our seawall." "A major contributing factor was the strong tidal waves coming in from the east and through the Togoru passage off Beqa island," adds Ms. McGoan. The Federal Minister was taken to the site of the eroded tombs, which now stand as memorials in the sea. There, she was given a brief rundown on the challenges the Togoru settlement has faced over the years. "This is a blatant injustice that we can no longer change ret-

roactively," said the Minister. "We must take all necessary steps to ensure that no more villages are submerged in the sea and work towards achieving the well-known 1.5-degree path. This will prevent Pacific island states from disappearing into the sea in the future." Minister Baerbock expressed her admiration for the resilience and determination of the residents of Togoru, despite the challenges they face. She acknowledged the difficulties of families who have lost loved ones in the cemetery that was flooded by the sea, washing away not just the graveyards but also the remains of their loved ones. "It is truly a heartbreaking situation for the families who have to face such losses and hard to imagine what this means for families who have buried their loved ones in a cemetery that has found itself in the sea at some point in the last few years," said Minister Baerbock. "But we can do everything we can to ensure that no more villages or settlement sink into the sea and that we finally get on the well-known 1.5-degree path, which will at least prevent all Pacific island states from disappearing into the sea at some point." "This is the responsibility of industrialised countries, particularly, the major

economies of our time and it is a blatant injustice that we can no longer change retroactively because the G20 countries, the strongest economies of our time, are responsible for 80 per cent of global emissions." The Federal Minister further stated that she will work towards addressing the climate crisis collab-

oratively and looks forward to joining hands with small island developing states to provide maximum support to the most vulnerable countries, especially those in the Indo-Pacific region, in the future. "It is a process in which we cannot remain silent." It is noteworthy that a displacement of 200 meters in a horizon-

tal direction is quite significant. However, Togoru is located in the floodplain of the Navua River, which is an area that is characterised by low-lying flat terrain and an extensive mudflat that lies offshore. As a result, even a minor change in sea level can cause a considerable change on its shoreline.



Health News

How Actor Gina Torres Helped Her Parents Manage High Cholesterol

Actor Gina Torres learned how to be a health advocate at a young age. Both her parents were diagnosed with high LDL cholesterol, the “bad” cholesterol that increases the risk for coronary artery disease. “It was...years of good Cuban food taking its toll, as well as maybe not being the best advocates for themselves medically,” Torres told Healthline. Because her parents spoke Spanish and were not fluent in English, she acted as their translator during doctor visits. “That was a time when there weren’t that many things available like medicine to manage LDL, but more than anything, it was [helping my parents] change their lifestyle,” said Torres. Heart health is a concern for Hispanic Americans. Studies show Trusted Source that Hispanic adults are more likely to experience major risk factors for cardiovascular disease than non-Hispanic white adults, such as obesity, hypertension, diabetes, hyperlipidemia, and emerging cardiovascular disease risk factors like hypertensive disorders of pregnancy, psychological stress, and occupational exposures.

According to the American Heart Association Trusted Source (AHA), the optimal total cholesterol level is about 150 mg/dL, while optimal LDL cholesterol is at or below 100 mg/dL. People who maintain this level have lower rates of heart disease and stroke. However, the AHA reports that almost 50% of Mexican men and women older than 20 years have a total cholesterol level greater than 200 mg/dL, and almost 40% have a “bad” LDL cholesterol level greater than 130 mg/dL, putting them at an increased risk of developing heart disease. “What’s tricky about ‘bad’ cholesterol is that, unlike a cold or fever, there aren’t any obvious symptoms of high LDL cholesterol. Someone could have high cholesterol and not know it,” Dr. Tochi Iroku-Malize, Board Chair of the American Academy of Family Physicians, told Healthline. High LDL can increase plaque buildup in the arteries. When there is too much plaque, it can narrow or completely block an artery, which blocks the supply



of blood to parts of the heart and potentially causes a heart attack. Similarly, a blocked artery leading to the brain can cause a stroke, she explained. “Unfortunately, many people don’t find out they have high cholesterol until they’ve already had a heart attack or stroke,” said Iroku-Malize. “That’s why it’s crucial to have cholesterol levels checked by your family physician, who can help you improve your cholesterol levels to avert these life-threatening events.” Spreading heart health awareness for Hispanic Americans In addition to witnessing her parents navigate their heart health, Torres also lost family members to heart attacks. “Also knowing that the Hispanic community [has] heart issues as a complication of high cholesterol...[made] me aware of what the complications of an elevated LDL-C number could mean,” she said. These factors inspired her to prioritize her own health by consistently exercising and eating well. “One might say that culturally, our diet is challenging at best,” said Torres. “It’s made with a lot of

meat, oils, fat, salt — all the things that make life worth living. However, years and years and years of that, if there is no balance, can lead to potentially fatal high levels of LDL-C.” She notes that even with proper diet and exercise, some people are predisposed to high cholesterol. “So, for that it’s important to go to your doctor, get checked, know your levels so that you can get in the middle of it and take preventive measures,” she said. To spread this message, Torres teamed up with the American Academy of Family Physicians and Amgen to launch a Public Service Announcement (PSA). The PSA calls on Hispanic men and women to know their “bad” cholesterol levels so they can take more control of their health. The PSA offers people a free kit to test their LDL levels at home. “I have always said, and I stand by, wanting to use my platform to help my community, to help not only bring them forth from a creative standpoint but also in all ways...and help shed a light and educate in ways and themes that they may not have access to,” she said. “This PSA

was the perfect way to do that because knowledge is power, and the more you know, the better you are capable of being your best advocate.” Ways to treat high cholesterol Seeing a doctor to help evaluate your cholesterol levels is the best place to start. “After checking levels with a simple blood test, we can talk patients through next steps, such as how often they should get levels checked and what the numbers mean,” said Iroku-Malize. Your doctor can help determine if high LDL cholesterol runs in your family. “Some forms of very high cholesterol run in families, so if one individual has high cholesterol, it may be beneficial to have his or her family members screened as well,” Dr. Wesley Milks, a cardiologist at The Ohio State University Wexner Medical Center, told Healthline. While statin medications are the most widely used and effective medications to treat high cholesterol, he said non-statin medications, such as ezetimibe, bempedoic acid, and PCSK9 inhibitors, including evolocumab, alirocumab, and inclisiran, may

also be effective in select situations. “The decision whether to treat with medications should be made with respect not only to the level of cholesterol elevation but also with regard to an individual’s risk of heart disease, as well as personal priorities and preferences,” Milks said. Aside from medication, there are several ways people can improve bad cholesterol levels, such as quitting smoking and aiming for 30 minutes of physical activity five to six times a week. “Studies have shown that the benefits occur even if the physical activity is broken up into 10 minutes at a time at different parts of a day or all 150 minutes on a weekend,” Iroku-Malize said. A healthy diet full of fruits, vegetables, lean proteins, and fiber, as well as minimizing saturated and trans fats while focusing on unsaturated fats found in fish, vegetables, grains, and tree nuts, can also help. “Of course, we take into consideration the cultural diet of our patients to make sure it is something that can be incorporated into their lifestyle and maintained long term,” said Iroku-Malize.

Health News

Can Ultra-Processed Foods Increase Mortality Risk? What We Know

Consumption of ultra-processed foods like ready-to-eat meat, poultry, and seafood products, sugary drinks like sodas, dairy-based desserts, and processed breakfast cereals or other foods, may be linked to a slightly higher risk of early death, a new study found. The study, published in The BMJ Trusted Source on May 8, examined data from two surveys that both spanned more than 30 years: 74,563 female registered nurses from 11 states in the U.S. who participated in the Nurses' Health Study from 1984 to 2018, and 39,501 male health professionals from every state who participated in the Health Professionals Follow-up Study from 1986 to 2018. The participants had no history of cancer, cardiovascular diseases, or diabetes when the studies started, and they submitted information about lifestyles and health every two years and diet information every four years. Overall dietary quality was assessed using the Alternative Healthy Eating Index-2010 (AHEI) score. Over the period of consistent follow-ups, researchers identified 48,193 deaths: 13,557 due to cancer 11,416 due to cardiovascular diseases, 3,926 due to respiratory diseases 6,343 due to neurodegenerative diseases. Participants' consumption of ultra-processed food was divided into quarters. Compared to those in the lowest quarter, those in the highest quarter, with a median intake of about 7 daily servings, had a 4% higher risk of death from any cause. They also had a 9% higher risk of death from causes other than cardiovascular disease or cancer, including an 8% higher risk of death related to neurodegenerative diseases. Ultra-processed foods also include instant noodles, ready-made meals, and other packaged snacks like chips or cookies have been processed industrially, with added flavors and colors, and have high amounts of salt, fat, and sugar and low amounts of vitamins and fiber that are essential to a healthy diet. Researchers did not indicate causality, only association, and they do not recommend an absolute elimination of such foods from anyone's diet. But

"the findings provide support for limiting consumption of certain types of ultra-processed food for long term health," they write. "Future studies are warranted to improve the classification of ultra-processed foods and confirm our findings in other populations." As noted in a study published in February- Trusted Source of this year, the consumption of ultra-processed foods accounts for up to 58% of daily calorie intake in high-income countries like the United States. Middle- and low-income countries have also notably increased their consumption of them in recent years. The people who ate more of these foods were at increased risk for depression, type 2 diabetes, and death related to heart disease. How are ultra-processed foods linked to cancer? Mingyang Song, MD, an associate professor of clinical epidemiology and nutrition at the Harvard T.H. Chan School of Public Health and one of the study authors, told Healthline that the direct association with ultra-processed foods and cancer is hard to pin down. He pointed to a study from last year Trusted Source that examines the connection. "UPF[ultra-processed food] is just one component of the overall diet, which has not yet been strongly associated with many cancers due, possibly, to a combination of methodological and biological issues. Methodologically, diet (esp. UPF) is difficult to assess, especially when it comes to cancer for which long-

term exposure is likely to be critical and can be more difficult to measure with high accuracy," Song said. "Also, diet is intricately related to other lifestyle factors, making it difficult to identify the independent causal effect of diet. Biologically, we may not yet capture the critical time window during diet [that] can be particularly important for cancer, again because it takes years or even decades for cancer to develop." David Cutler, MD, board certified family medicine physician at Providence Saint John's Health Center in Santa Monica, CA, told Healthline that there are a number of factors in the consumption of ultra-processed foods that can create conflicting results in studies about cancer. "One possible explanation is that some ultra-processed foods might actually offer protection against cancer and cardiovascular disease. A common candidate for this assumption is dark chocolate which has high calories, low nutritious value but an association with lower cardiovascular mortality. So, while most ultra-processed foods might lead to higher mortality, some may lead to lower mortality, confounding the study results," Cutler said. "Another explanation lies in the association between consumption of ultra-processed foods and neurodegenerative diseases like multiple sclerosis and Parkinson's disease. Respiratory diseases also seem to be increased in those with diets high in ultra-processed

foods. So, these other causes of death may be more marked than the more common cancer and cardiovascular deaths." When the researchers considered the overall quality of participants' diets, the link between eating more ultra-processed foods and an increased risk of death became weaker, highlighting the importance of considering the nutritional quality of foods, not only their level of processing. Additionally, the researchers found that certain subtypes of ultra-processed foods had the strongest associations with increased mortality risk. These foods included meat, poultry, and seafood-based ready-to-eat products. How much consumption of ultra-processed foods is healthy? The study authors didn't recommend a full exclusion of ultra-processed foods from any diet, saying that a balanced diet was the optimal one for overall health and wellness. Cutler said that one of the greatest risks for bowel cancer is processed meats, but also suggested that it's generally not recommended to consume a lot of anything that's been heavily processed. "While there seems to be a strong association between bowel cancer and processed meats, no other close association between specific causes of cancer and specific diets have been identified. This makes it challenging to conclude that any specific diet holds a marked advantage over another. The emphasis should be on adhering to a diet that prevents

obesity (fewer calories), heart disease (by lowering cholesterol and blood pressure), diabetes (less sugar), and bowel cancer (avoid processed meats)," Cutler said. "Even though the mortality effect of a diet high in ultra-processed foods is modest, the importance of avoiding sugary and poorly nutritious foods, especially in children, needs to be emphasized. There are many adverse health outcomes in addition to death which can [be] avoided by following a prudent diet which is low, but not necessarily totally avoiding ultra-processed foods." Takeaway A new study that examined data from two different surveys that spanned more than 30 years found that consumption of ultra-processed foods was associated with a slightly higher risk of death. Consumption of ultra-processed food was divided into quarters; the highest quarter, which was designated as those with a median intake of 7 daily servings, had a 4% higher risk of total deaths and a 9% higher risk of deaths from causes other than cancer or cardiovascular disease, including an 8% higher risk of neurodegenerative deaths. While the study authors did not recommend a full exclusion of ultra-processed foods, experts say it's generally not advisable to consume a lot, with processed meats contributing to bowel cancer and many sugary drinks and snacks contributing to diabetes.



Health News

Mediterranean Diet: Nutrients in These Foods May Help Slow Brain Aging

A new study has found that specific nutrients similar to those found in the Mediterranean diet may play a crucial role in slowing down brain aging. Using blood biomarker analysis, brain imaging, and cognitive assessments, the study Trusted Source published in Nature Publishing Group Aging concluded that a diet rich in fatty acids, antioxidants, carotenoids, vitamin E, and choline could promote healthy brain aging and cognitive function. Participants with slower brain aging had a distinct nutrient profile — a combination of fatty acids (vaccenic, gondoic, alpha linolenic, eicosapentaenoic, eicosadienoic, and lignoceric acids); antioxidants and carotenoids including cis-lutein, trans-lutein, and zeaxanthin; two forms of vitamin E and choline. The findings suggest that a Mediterranean diet may help slow cognitive decline. Mediterranean diet and brain aging: What's the link? Nichola Ludlam-Raine, dietitian and author of *How Not to Eat Ultra-Processed*, who was not involved in the study, says the findings of this study are much what she'd expect. "The positive effect the Mediterranean diet has

on brain health is increasingly recognized," she explains. "It's supported by a growing body of evidence linking its nutrient profile to cognitive function and neuro-protection." Amy Reichelt, nutritional neuroscientist and chief innovation officer at PurMinds NeuroPharma, who was not involved in the study, agrees. "The fatty acids identified are all naturally occurring fatty acids that are found in plants, dairy, and oily fish. These fatty acids are essential for the maintenance of neurons, also known as brain cells," she explains. Meanwhile, Reichelt says antioxidants, including carotenoids, are important for neutralizing free radicals. They protect the brain from oxidative stress, which can damage brain cells and accelerate aging. "Preventing oxidative stressor build-ups can maintain neuron function," Reichelt explains. Then there's vitamin E and choline. "Vitamin E is another important antioxidant that helps to protect cellular functions and has been linked to being protective against dementias such as Alzheimer's disease," says Reichelt. As for choline (found in foods like egg yolks),

Reichelt says it's the building block for the neurotransmitter acetylcholine, which is important for sustained attention and memory. Summarizing how this nutrient profile slows brain aging, Ludlam-Raine explains, "These nutrients collectively contribute to reducing oxidative stress and inflammation, two major factors in brain aging. They support cell membrane integrity, improve blood flow to the brain, and enhance neuroplasticity, all of which are crucial for maintaining cognitive function as we age." Additional health benefits associated with the Mediterranean diet Beyond brain health, Ludlam-Raine says the Mediterranean diet is beneficial to our health in several ways. "It enhances cardiovascular health as omega-3 fatty acids reduce the risk of heart disease. It supports the immune function thanks to antioxidants like vitamins C and E," she says. "And it also reduces inflammation, which is beneficial for managing conditions like arthritis and metabolic syndrome." What are the best foods that contain nutrients to boost brain health? Ludlam-Raine says fatty fish are a good item to add to your shopping

basket. "Fatty fish, like salmon, mackerel, sardines, and trout, are rich in omega-3 fatty acids, and we should aim to have at least one portion of oily fish a week," she says. Leafy greens like spinach, kale, and broccoli are also great selections. They provide carotenoids like lutein and zeaxanthin. Nuts and seeds are another item to stock up on. Ludlam-Raine says almonds, sunflower seeds, and flaxseeds offer vitamin E and ALA (alpha-linolenic acid). To get more choline in your diet, try including eggs and liver. Filling your plate with colorful vegetables and fruits is also a good idea. Ludlam-Raine recommends peppers, tomatoes, and oranges, which are high in antioxidants and vitamin C as well. How to incorporate more brain-health foods into your diet You don't have to completely overhaul your diet to prioritize your brain health. You can start by taking small steps in the right direction. Ludlam-Raine suggests picking one or two days a week to include salmon, sardines, or mackerel in your meals. You can also increase your intake of leafy greens by adding spinach or kale to smoothies,

salads, and side dishes. When snacking, Ludlam-Raine recommends keeping almonds, sunflower seeds, and flaxseeds handy. You can eat them alone or add them to yogurt, cereal, or porridge for a more substantial meal. Breakfast is a great time to increase your choline intake. You can do so by having eggs. Finally, Ludlam-Raine advises adding plenty of color to your plate with an array of fresh fruits and vegetables. "Aim for a variety of colorful produce to ensure a good mix of antioxidants and carotenoids," she suggests. Eating whole, minimally processed foods as much as possible is key. "Try to eat at least five portions of fruits and vegetables a day and 30 different plant-based foods a week. Eat the rainbow to obtain all the nutrients you need," Ludlam-Raine advises. Takeaway Foods associated with the Mediterranean diet appear to have a positive effect on brain health. Research suggests the diet's nutrient profile of fatty acids and antioxidants can slow cognitive decline. Brain-healthy foods to incorporate into your diet include fatty fish, nuts, seeds, and leafy greens.



Health News

Low Testosterone in Men Linked with Higher Risk of Death



While the sex hormone testosterone tends to be most associated in people's minds with the development of male characteristics and a healthy desire for sex in both men and women, it plays other roles related to muscle size and bone strength. It is also thought to play a part in mood and might be involved in ovarian function in women. Scientists believe this important chemical messenger probably also has other functions that are yet to be discovered. In fact, a new systematic review and meta-analysis published online on May 13, 2024, in *Annals of Internal Medicine* reports that having low levels of testosterone might affect men's risk for cardiovascular disease (CVD) as well as their risk for death. Specifically, those with low baseline serum testosterone had an increased risk of dying from any cause. Those with very low baseline levels additionally had an increased risk of dying from CVD. Examining testosterone's influence on death risk Prior to the study, there had been controversy surrounding the question of whether using testosterone therapy to return low testosterone to normal levels could increase CVD and all-cause death risk in men. The study authors

wanted to learn if low testosterone itself was putting men at risk for these health outcomes. The University of Western Australia researchers, along with other Australian researchers as well as researchers from Europe and North America, gathered 11 studies, including 24,000 people, to see how testosterone might influence the risk of death in older men. The men from the selected studies had previously had their total testosterone measured using mass spectrometry. They also had been followed for a minimum of five years. The researchers were able to gather data about baseline levels of various hormones, including total testosterone, sex hormone-binding globulin, luteinizing hormone, dihydrotestosterone, and estradiol. They then looked for any relationships between these levels and people's relative risk for cardiovascular events, cardiovascular deaths, or deaths from any cause. After their analysis, they determined that men with low total testosterone (below 7.4 nmol/L [213 ng/dL]) had a greater risk of dying from any cause. Further, those with very low levels of testosterone (below 5.3 nmol/L [153 ng/dL]) had a higher risk of dying from cardiovascular

disease. Why low testosterone might increase the risk of death Karen Eilber, MD, a urologist and co-author of "A Woman's Guide to Her Pelvic Floor: What the F*#@# is Going On Down There," who was not involved in the study, confirmed the association that was found between testosterone and death risk. "What isn't clear," she added, "is whether testosterone levels directly contribute to death from these causes or low testosterone is just a sign of overall poor health." The study authors suggest that one reason low testosterone might be associated with worse health is the fact that lower testosterone leads to people having less muscle mass and greater fat accumulation, which are both risk factors for cardiovascular disease. Low testosterone might also be associated with other accompanying health problems, leading to a greater risk of dying. Health risks associated with low testosterone S. Adam Ramin, MD, a board certified urologist, urologic oncologist, and medical director of Urology Cancer Specialists in Los Angeles, California, who was also not a part of the study, noted several possible health issues that could be associated with low testoster-

one. "It is true that low testosterone will lead to lower sexual desire and possibly difficulty with erections," he said. "However, low testosterone is also associated with many systemic medical problems." According to Ramin, these include loss of bone density, loss of muscle mass, weight gain, moodiness, fatigue, and depression. "Furthermore, low testosterone may lead to heart attacks, strokes, and death," he said. How to find out if you have low testosterone Eilber explained that learning whether you have low testosterone requires only a simple blood test. However, she noted that if you have a low total testosterone, the test might not be as accurate. "The testosterone level should be drawn mid-morning," advised Eilber. This is when testosterone is at its peak for the day. It's also important to recognize that there are two types of testosterone numbers that will be on your report: total and free. "[F]ree" testosterone is the form that is bio-available," Eilber explained. Being bio-available means that it can be easily put to use in your body. Total testosterone measures both free testosterone and that which is bound to certain proteins in your blood and not immediately

available for use. Your doctor can help you with interpreting whether your lab test results are too low. What you can do about low testosterone If you have low testosterone, Ramin said there are several things you can do to increase it, including: Losing weight Getting good sleep Avoiding processed foods Not smoking pot, which can increase female hormone levels Doing cardiovascular exercise for 30-45 minutes at least three times a week Avoiding alcohol Drinking at least 2 liters of water per day Eating 2-4 eggs with the yolk per week Avoiding soy products Ramin added that certain supplements might be able to boost your levels as well, such as DHEA, vitamin D3, Tribulus, and maca. However, you should not take DHEA without your doctor's supervision since there could be some safety concerns if you have prostate cancer. You should avoid supplements with estrogenic compounds like bioflavonoids as well. If natural measures don't help, your doctor can provide you with a prescription for testosterone therapy. This can be administered orally, by injection, or through creams, gels, or patches applied to your skin.

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Bollywood News

Karan Johar announces Dhadak 2 starring Siddhant Chaturvedi, Triptii Dimri

Karan Johar took to his Instagram profile and announced a new film that his home production Dharma Movies will be producing. Titled as Dhadak 2, the newly announced film will feature Siddhant Chaturvedi and Triptii Dimri in lead roles. This film will be directed by Shazia Iqbal. Moreover, Karan also shared a video along with the announcement that perhaps gives a hint about the theme of this film. Karan shared an announcement video on Instagram. "This story is a little different because there was a king, there was a queen - the caste was different...end story," read the caption. Dhadak 2 will be released in cinemas on November 22, 2024. This film is being jointly produced by Zee Studios, Dharma Productions and Cloud 9 Pictures.

Watching the teaser video, it seems that this is a love story film which challenges social conventions. The reality of a society divided into castes and classes has been presented in the film. Looking at the teaser of the film, it seems that it will be based on a sad story. In the beginning, it is written in blood, 'There was one king, one was queen, the caste was differ-



ent'. A voice comes from the background, 'Vidhi, there is no place for me in the dream you are seeing.'

The answer is, 'Then you tell me, Nilesh, what should I do

with these feelings?' The song goes, 'Duniya alag hai meri, kaise milenge aag aur paani'. Dhadak was released in 2016 for the unversed, Dhadak featuring Janhvi Kapoor and Ishan Khat-

tar, was released in 2016. It was the Hindi remake of Marathi film Sairat.

This film also marked the Bollywood debut of Janhvi Kapoor and emerged as a commercial

success, grossing over ₹110.11 crore worldwide. Dhadak was directed by Humpty Sharma Ki Dhulhaniya famed filmmaker Shashank Khaitaan.

After Rajkummar Rao's Srikanth, Saif Ali Khan to play visually challenged person's role in Priyadarshan's next

Saif Ali Khan's film career has seen a lot of ups and downs. His last release Adipurush, out in 2023 with a budget of Rs 600 crore, also flopped. Despite playing powerful roles in films, Saif continues to face disappointment in many of his films. But now it seems that director Priyadarshan's upcoming film may prove to be a boon for Saif Ali Khan. In this film, Saif will play a character that he has never played to date. How will Saif's role be? Rajkummar Rao played the role of visually impaired industrialist Srikanth Bolla. Now Saif Ali Khan has adopted the path of Srikanth and will be seen in the role of a blind man in director Priyadarshan's film. The shooting of

this film will start in July and August. According to media reports, Priyadarshan will finish the shooting of this film in just 40 days. Priyadarshan's upcoming movies Priyadarshan, who has directed films like 'Hera Pheri', 'Garam Masala', 'Bhagam Bhag', 'Chup Chup Ke' and 'Bhool Bhulaiyaa', is coming with two of his films this year. The first is a Malayalam film, which he is making with Akshay Kumar. It has been decided to make the second film with Saif Ali Khan. Along with Saif, his fans also have high expectations from this film. The release date of Saif's film has not been officially announced yet. Fans are eagerly waiting for this film of Saif. Work Front On the work

front, Saif will next be seen in Devara: Part 1, also starring Jr NTR in an important role. The film will also mark his debut in the Telugu film industry. Devara

will also star Janhvi Kapoor and Prakash Raj in key roles. It is slated to hit the big screens on October 10, 2024. Apart from this, he also has several other

big projects in the pipeline including Shootout at Byculla, Goa Gone 2, Jewel Thief, and Click Shankar.



Bollywood News

'They are from National School of Drama', Anupam Kher reacts to Ratna Pathak Shah's statement on acting school

Anupam Kher, Ratna Pathak Shah, and Naseeruddin Shah are the best actors in Hindi cinema. All three are veteran actors but there is a lot of difference in their political ideologies. Recently, Ratna had given a statement, in which she had described the acting school as a shop. Now Anupam Kher has reacted to his statement. It is noteworthy that Anupam also has his own acting school. 'Will she also call NSD a shop?', says Anupam. During an interview, Anupam was asked to react to Ratna Pathak's statement. Responding to this, he expressed his disagreement with Ratna. 'This is his own point of view. I was also watching Naseer Ji's interview, he was also saying something similar. Both of them themselves have studied at the National School of Drama, will they also call NSD a shop? Sometimes a person says something like this out of bitterness. It's not my job to justify what they think. If he thinks it is a shop then I have no problem with that,' said Kher. They should think again on this, says Anupam. Anupam Kher himself runs an acting school.



He was inspired by this after seeing an actor, who was quite comfortable, but was nervous as soon as he came in front of the camera. After this, he laid the foundation of an acting school to bring spontaneity to new actors. Adding further on the matter, Anupam Kher said,

"I thought that I should open an acting school, where I can teach acting to people. People say that this is a shop, but I think they should think again on this topic. Acting schools are preparing future artists. We have journalism schools and schools for the education of dentists.

Does Ratna go to dentists who never went to school?" When Anupam was asked whether there was any bitterness in their relationship due to differences in their ideologies. On this, the veteran actor said that he sees the goodness in people. Narrating an incident, Anupam said,

"I remember when I bought my first car, I took it to Mehboob Studio. Naseer was present there in his car. I can never forget the warmth with which he spoke to me. 'Wow Anupam!' Hence I don't care what he (Naseeruddin) says about me, I will always remember his warm feelings."

Anil Kapoor to star in Ajay Devgn's De De Pyaar De 2? Here's what we know so far

Ajay Devgn's performance in his recently released film Maidaan is being highly appreciated. Ajay is seen in the role of a football coach S.A. Rahim in this film. Meanwhile, big news is coming regarding his upcoming film 'De De Pyaar De 2'. Ajay along with Rakulpreet Singh and Tabu featured in 2019's romance-comedy De De Pyaar De. The film was directed by Pyaar Ka Punchnama famed filmmaker Luv Ranjan. Now rumours have started regarding the next part of this film. According to media reports, another big actor has been approached for the second part of this film. According to media reports, evergreen actor Anil Kapoor has been approached for this film. It is being said that Anil liked the story and has responded positively to this. It is being told that this time the audience is going to have double the fun in the film.

The conflict between Ajay and Anil's characters in the film will make people laugh. Moreover, a close source revealed that both the actors are also excited to play these characters. On the work front Talking about the work front of both the actors, Anil Kapoor was recently seen in Animal and Fighter. He was seen in the role of Ranbir Kapoor's father in Animal, directed by Sandeep Vanga Reddy, while in Fighter, he played the role of an Air Force officer and Hrithik Roshan's senior. On the other hand, Ajay has played the role of a football coach in the recently released film Maidaan. His acting in this has also been praised a lot. Apart from this, Ajay will be seen in Singham Again opposite Kareena Kapoor, Deepika Padukone, Ranveer Singh, Tiger Shroff, and Arjun Kapoor. He also has Auro Mein Kahan Dum Tha with Jimmy Shergill and



Tabu and the Hindu remake of the South film Naandhi in the

pipeline. Apart from these, Ajay will also feature in Raid 2 op-

posite Vani Kapoor and Golmaal 5 with the gang.



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World News

Israel seeks 'governing alternative' to Hamas in Gaza

Defence Minister Yoav Gallant's comments came at a time of new uncertainty in the eight-month war. Israel is looking into an alternative local governing body for Gaza, the defence minister said on Sunday, proposing a future beyond Hamas but giving no idea who those challengers might be. Defence Minister Yoav Gallant's comments came at a time of new uncertainty in the eight-month war. Israeli Prime Minister Benjamin Netanyahu is under growing pressure from many Israelis to accept a new ceasefire deal proposed by US President Joe Biden while far-right allies threaten to collapse his government if he does. Gallant, part of Israel's three-member War Cabinet who recently urged the government to have a detailed postwar plan for Gaza, said in a briefing that "we seek a governing alternative to Hamas. The framework for this includes isolating areas, removing Hamas operatives in these areas and bringing in other forces that will enable the formation of a governing alternative". That will achieve Israel's goals of removing Hamas' military and governing authority in Gaza and returning home the remaining hostages taken in the October 7 Hamas attack that sparked the war, Gallant said. He stressed that "we will not accept the rule of Hamas at any stage in any

process aimed at ending the war". An Israeli defence official told AP that Gallant hopes to enable isolated, Hamas-free areas in Gaza to become "hubs of local government" and identify forces that can enable a longer-term formation of a government. Israel is looking for "local non-hostile actors", the official said, adding that Gallant believes that "Palestinians should be governing Palestinians". Israel would facilitate surges of aid to the areas, and the local forces would be responsible for distributing it to strengthen their authority. But that approach is challenging and has failed before, one expert said. "I haven't heard of any local players that are brave enough to present themselves as an alternative to Hamas," said Michael Milshtein, an Israeli analyst of Palestinian affairs at Tel Aviv University and a former military intelligence officer. Milshtein said Gallant's "wishful thinking" would amount to a suicidal mission for any local leader. Hamas has threatened anyone cooperating with Israel's government. "Although Hamas suffered severe damage over the past eight months, their impact on the public is still very strong," he said. Milshtein noted that Israel has tried this approach in the past. In the 1970s and '80s, Israel tried to establish "village leagues", empowering local Palestinian leaders. "They



were considered in the eyes of Palestinians as collaborators, and it ended in a very tragic manner," he said. Unless Israel maintains a constant presence in Gaza, any "alternative forces" they try to install will be too fragile, he added.

Netanyahu has said Israel will maintain security control over Gaza but delegate civilian administration to local Palestinians unaffiliated with Hamas or the Western-backed Palestinian Authority. He has ruled out a path to Palestinian statehood. Top ally the US has proposed that a reformed Palestinian Authority would govern Gaza with the assistance of Arab and Muslim nations. The Hamas attack in southern Israel killed around 1,200 people -- mostly

civilians -- and abducted about 250. About 100 hostages remain in Gaza, along with the bodies of around 30 more. Over 36,430 Palestinians have been killed in Gaza by Israel's offensive, according to Gaza's Health Ministry. Israel blames Hamas for civilian deaths. At least five people including a young girl were killed on Sunday in a strike on a street in Zawayda, central Gaza, according to Palestinian health officials and AP journalists at al-Aqsa Martyrs hospital who counted the bodies. The US continued to press Israel on the ceasefire proposal outlined by Biden, who said on Friday it's time for the war to end. Many of Gaza's 2.3 million people have been displaced and shelter with few supplies, large parts of the

territory have been destroyed and the United Nations has warned of "full-blown" famine. The deal's first phase would last six weeks and include a "full and complete ceasefire", a withdrawal of Israeli forces from all densely populated areas of Gaza and the release of a number of hostages, including women, older people and the wounded, in exchange for the release of hundreds of Palestinian prisoners. Biden acknowledged that moving into the next phase of the deal would require more negotiations. "This was an Israeli proposal. We have every expectation that if Hamas agrees to the proposal -- as was transmitted to them, an Israeli proposal -- then Israel would say yes," White House National Security Communications Advisor John Kirby told ABC. Also Sunday, officials from Egypt, Israel and the US ended a meeting in Cairo without any apparent agreement to reopen the crucial Rafah crossing into Gaza, which has been closed since Israel took over the Palestinian side of it in early May, Egypt's state-run television channel Al-Qahera News reported. Israel's military continues to press into Rafah, Gaza's southernmost city, in search of what's been described as Hamas' last stronghold even as the militants regroup elsewhere in the territory. Citing an unnamed official, Al-Qahera News said Egypt affirmed that Israel must withdraw its forces from the Palestinian side of the crossing before it can reopen. The report said Egypt accused Israel of blocking the delivery of badly needed humanitarian aid to Gaza, which Israel denies.



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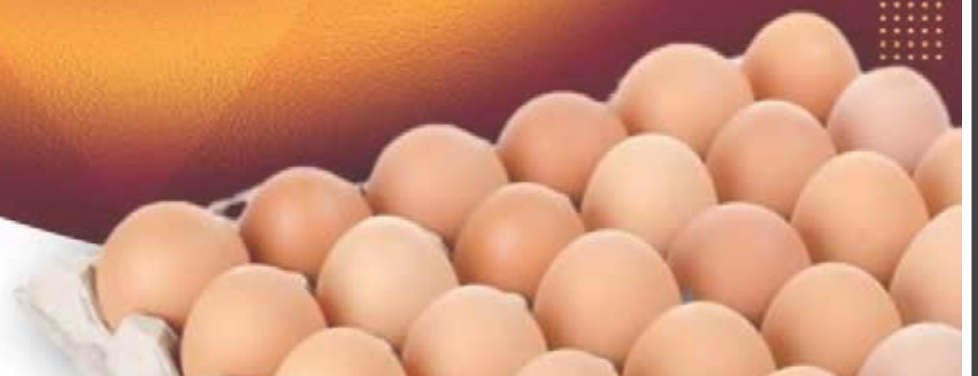
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World News

Trump breaks silence on hush money trial guilty verdict, says he's 'okay' with jail time, house arrest

"I don't think the public would stand it. I'm not sure the public would stand for it," Trump said. Donald Trump was found guilty of all 34 felony counts of falsifying business records before a Manhattan jury Thursday. Days after the historic verdict, the former US president opened up on potential jail time or house arrest. "I'm okay with it," Trump said during an interview with Fox News that aired Sunday. He further claimed that his sentencing would be a "breaking point" for the public. Trump breaks silence on his historic conviction in hush money trial. The jury reached the verdict in the hush money trial after nearly nine and half hours of deliberations, which began Wednesday. Following the verdict, Trump fumed to reporters, "This was a disgrace. This was a rigged trial by a conflicted judge who was corrupt." However, the presumptive GOP nominee appeared calmer during his Sunday interview. When asked about his potential punishments, Trump said, "I saw one of my lawyers the other day on televi-



sion saying, 'Oh no, you don't want to do that to the president.' I said: You don't beg for anything." However, he claimed that his sentencing may be hard on the public. "I don't think the public would stand it. I'm not sure the public would stand

for it," Trump said, adding, "I think it would be tough for the public to take, you know, at a certain point, there's a breaking point." Following the verdict last week, Judge Juan Merchan set Trump's sentencing for 10 a.m. ET on July 11, just four

days before the Republican National Convention. The GOP frontrunner could be sentenced to probation or up to 4 years in state prison on each count, with a maximum of 20 years. Trump went on to say, "I'm fighting for the Constitution." However,

he revealed that the verdict had been "tougher" on his family, especially his wife, Melania. "She's fine, but I think it's very hard for her. I mean, she's fine. But it's ... you know, she has to read all this crap," he said.

Operation Bluestar anniversary: SFJ calls for 'lockdown' of India's Canadian missions

As the 40th anniversary of Operation Bluestar arrived, the secessionist group Sikhs for Justice or SFJ has called for a "lockdown" of India's missions in Canada while the New Democratic Party or NDP has announced it will seek official recognition of the so-called Sikh "genocide" in November this year. SFJ's general counsel Gurpatwant Pannun has called for the "lockdown" of India's High Commission in Ottawa and its Consulates in Vancouver and Toronto on June 6, the date on which in 1984, the Indian forces stormed the Golden Temple complex in Amritsar to flush out Khalistani extremists. The planned protests come at a time when pro-Khalistan elements in Canada are already energised after Canadian prime Minister Justin Trudeau stated there were "credible allegations" of a potential link between Indian agents and the killing of SFJ's principal organiser in the prov-

ince of British Columbia Hardeep Singh Nijjar on June 18 last year in the town of Surrey. Four persons, all Indian nationals, have been arrested in recent weeks in connection with the murder, though Canadian law enforcement has yet to substantiate the link to the Indian government, though investigators have said that angle is currently being developed. Nijjar was considered a terrorist in India but the charges against him were never tested in a Canadian court. SFJ has also issued a "notice" to the missions warning them of the "picketing" on June 6. Meanwhile, the NDP has announced that it will seek official recognition of the "Sikh genocide" in November this year, marking the 40th anniversary of the anti-Sikh riots in Delhi and other parts of India in the aftermath of the assassination of then Prime Minister Indira Gandhi. In a statement on Saturday, the NDP said they "must seek

answers, accountability, and justice," which is why they "will be seeking official recognition of the 1984 Sikh Genocide in

Parliament." The NDP currently has a formal understanding with Trudeau's ruling Liberal Party Government and has helped it

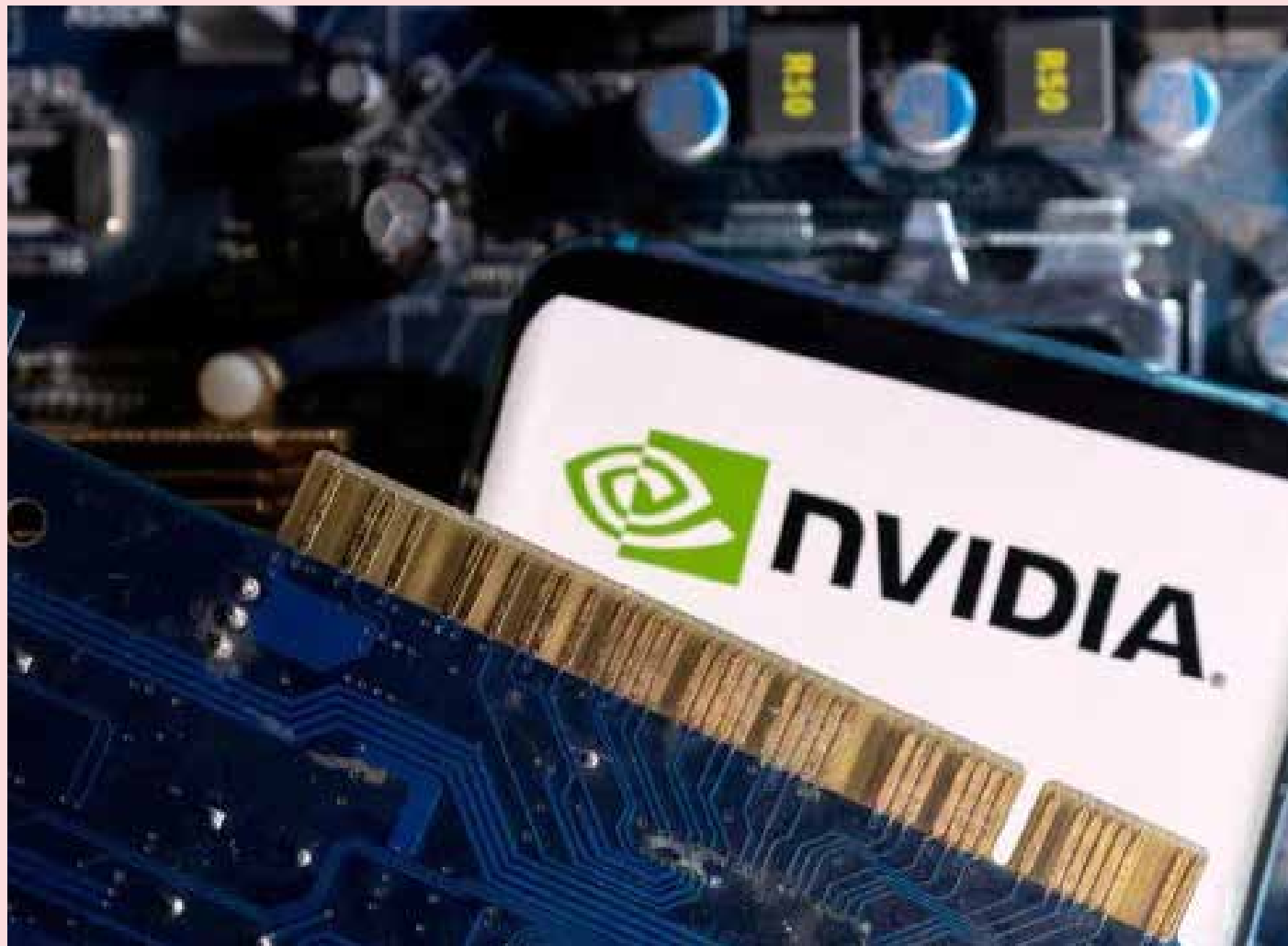
remain in power despite being in a minority situation since the September 2021 Federal elections.



Tech News

Next-generation AI chip platform to be rolled out in 2026: Nvidia

Nvidia Chief Executive Jensen Huang said on Sunday that the company's next-generation artificial intelligence (AI) chip platform was called Rubin and would be rolled out in 2026. The Rubin family of chips will include new graphics (GPU) and central processors (CPU) as well as networking chips, Huang said at National Taiwan University in Taipei as part of the Computex trade show. However, Huang offered few details. The new CPU will be called Versa and the new graphics chips that are used to power AI applications will bundle next generation high-bandwidth memory that is made by the likes of SK Hynix, Micron and Samsung. Huang said the company now plans to release a new family of AI chips every year, accelerating its prior release schedule of roughly every two years. Dominating roughly 80% of the market for AI chips, Nvidia stands in a unique position as both the largest enabler as well as beneficiary of surging AI development.



Spain's data watchdog blocks two EU election tools from Meta's Instagram, Facebook

Spain's data protection watchdog AEPD has ordered the provisional suspension of two planned Meta products set to be deployed in the upcoming European election on its social media platforms Instagram and Facebook, it said on Friday. The tools, named "Election Day Information" (EDI) and "Voter Information Unit" (VIU), would potentially violate the Spanish data protection regulation (GDPR), AEPD said. "Our election tools have been expressly designed to respect users' privacy and comply with the GDPR. While we disagree with the AEPD's assessment in this case, we have cooperated with their request," a Meta spokesperson told. According to the agency, Meta has said it intends that all eligible Instagram and Facebook users in the European Union will receive notifications from VIU and EDI reminding them to vote.

"The data processing envisaged by Meta would be contrary to Spanish data protection regulation and would, at the very least, breach the data protection principles of lawfulness, data

minimisation and limitation of the retention period," the AEPD said in a statement. It added that Meta was selecting eligible voters based on the data contained in users' profiles about their city

of residence, as well as their IP addresses. But the only condition to be allowed to vote in the European election is being an adult national of any of the EU's member states. The AEPD

said this data treatment was "unnecessary, disproportionate and excessive" because it left out EU citizens living abroad and targeted citizens of non-EU countries who are in Europe.



Fiji News

Rabuka apologises | Prime Minister acknowledges shortcomings

It could have been handled better. That's the word from Prime Minister Sitiveni Rabuka as he admitted and apologised that the Coalition Government "fell short" in handling the determination of Parliamentary Emoluments on May 24.

He said Government will work at addressing concerns raised by the public regarding the increase in emoluments for parliamentarians, some Cabinet ministers, the Speaker and Pres-

ident. This was the assurance from Prime Minister Sitiveni Rabuka yesterday as he apologised for the Coalition Government's handling of the issue. He said he would be addressing the nation soon on the best way forward in addressing issues He said the past week had been a test of their collective resolve as a Coalition. "I acknowledge that the past week has been a test of our collective resolve as a Coalition, stemming from the

determination of Parliamentary Emoluments on May 24, 2024," Mr Rabuka said. "I humbly admit that this matter could have been better handled, with more wisdom as is expected of elected representatives.

"On behalf of the Coalition Government, I apologise deeply to the people of Fiji, that we fell short here." NHe assured the nation that they will work together to address the concerns raised by the people.

"We would like to assure the nation that we are listening to you and working together to address concerns raised. N"I will be addressing the nation some time in the near future on the best way forward in addressing issues raised. "After having a discussion this morning (yesterday) with our Coalition partner leaders, we agree that we take full responsibility and reinforce our pledge to upholding the Coalition Agreement of

December 2022. "As a grandfather and father, I know that in every family, misunderstandings and differences of opinion can arise, but at the end of the day, family remains family.

"The Coalition Government is no different, and all we need to do better is to find and make time to have better dialogue and the space for understanding and compromises."The people of Fiji expect no less."

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Food

Chana Palak Rice Recipe

Chana Palak Rice Recipe

Total Time: 30 min

Prep Time : 05 min

Cook Time : 25 min

Serves: 2 Servings

Ingredients

1. 1 Cup Chickpea (boiled)
2. 1 cup palak puree
3. 1 cup Rice, soaked
4. 2 Green Chillies
5. 1 Onion, sliced
6. 2 tbsp Oil
7. 1/2 tsp Garam Masala
8. 1 Bay Leaf
9. 2 Green Cardamom
10. 2 Clove
11. 1 tsp Coriander Powder
12. to taste Salt
13. 1 tsp Ginger garlic paste
14. 1 tbsp Lemon Juice

How to

1. First of all boil the chickpeas. On the other hand, blanch the spinach and make its puree.
2. Now add oil in a deep pan, add cumin, cloves, cardamom and bay leaves. After this add onion and fry till it



turns translucent.

3. Add ginger garlic paste and fry for a few seconds, now add spinach puree and fry for some time. After this

mix boiled chickpeas.

4. Now add salt, coriander powder and garam masala and fry everything. Add soaked rice and mix with

everything.

5. Add 3 cups of water to rice and add lemon juice to it and mix. Now cover the pan with lid and let it

cook for 15 to 20 minutes.

6. If you want, you can cook it in a pressure cooker till two whistles. Pair the hot pulao with chutney and raita.

Udupi Style-Vegetable Pulao Recipe

Udupi Style-Vegetable Pulao Recipe

Total Time: 20 min

Prep Time : 05 min

Cook Time : 15 min

Serves: 2 Servings

Ingredients

For Paste:

1. 1 cup freshly grated coconut
2. 3-4 garlic pods
3. 1 tbsp ginger
4. 2 green chilies
5. 2 tbsp coriander seeds
6. 2-3 red dried chilies
7. 1 cinnamon stick
8. 2-3 cardamom pods
9. 2 cloves

Pulao Ingredients:

10. 1 cup basmati rice
11. 1/2 cup cashews
12. 1 sliced onion
13. 1 tomato
14. 1 potato
15. 1 carrot
16. 1 cinnamon stick
17. 1 Bay Leaf
18. 1 cardamom
19. 1/2 cup peas
20. 1/2 cup cauliflower , chopped



21. 1 tbsp oil

22. 1 tbsp ghee

23. 1/2 cup coconut mill

24. Salt as per taste

25. coriander

How to

1. Soak the rice in water for

20 minutes.

2. Next in a hot pressure cooked add ghee. Add bay leaf, cinnamon stick, cardamom, clove, and cinnamon. Sauté the dry spices.

3. Add cashews and roast

them in ghee.

4. Next add onion, tomato, and 1 tbsp spice paste. Mix it well.

5. Next add the chopped vegetables, coconut milk, chopped herbs, salt, and

rice. Mix it nicely.

6. Cook it under pressure for 15 minutes until you get 3-4 whistles.

7. Once cooked, garnish it with fresh coriander leaves and serve hot.

Food

Prawn Saganaki Recipe

Prawn Saganaki Recipe

Total Time: 25 min

Prep Time : 05 min

Cook Time : 20 min

Serves: 2 Servings

Ingredients

1. 20 gms Butter
2. 10 gram Olive oil
3. 15 gram Onion , chopped
4. 10 gram Garlic , chopped
5. 2 gram Chilli flakes
6. 1 gram Salt
7. 1 gram Crush black pepper
8. 50 gram Tomato , chopped
9. 50 gram Sun dried tomato
10. 5 gram Green olive
11. 5 gram Black olive
12. 5 nos Prawns medium
13. 10 gram Feta Cheese
14. 2 nos Khamir bread

How to

1. Heat the olive oil and butter in a medium pan
2. Add chopped onion and sauté for 5 minutes, until softened but not brown.
3. Add garlic, chilli flakes,



black olive, green olive and sundried tomato. cook stirring for 1 minute.

4. Add chopped tomato & bring to a gentle simmer

until the sauce has reduce by about half or thick. Season to taste with salt and black pepper.

5. Add clean raw prawns until

fully cooked through. Adjust seasoning as required.

6. Take the prawns sagnaki dish off of the heat and crumble the feta cheese

8. Serve with khamir bread.

7. Garnish the dish with parsley chopped, black & green olive.

8. Serve with khamir bread.

Prawn Koliwada Recipe

Prawn Koliwada Recipe

Total Time: 30 min

Prep Time : 20 min

Cook Time : 10 min

Serves: 3 Servings

Ingredients

1. 300 gm Prawns
2. 1 tbsp Ginger-garlic paste
3. 1 tsp Red chilli powder
4. 3 tsp Besan
5. 2 tsp Maida
6. 4 tsp Yogurt
7. 1 tsp Oil
8. 2 tsp Lemon juice
9. 2 tsp Coriander powder
10. Salt, to taste
11. Oil, for deep-frying
12. Chaat masala, as required

How to

13. To make this dish, first we need to wash and devein the prawns. Pat them dry and then marinate with ginger-garlic paste, 1/2 tsp red chilli powder, coriander powder, 1 tsp lemon juice, and salt. Set it aside for 20–25 minutes.

14. Now, squeeze out all the excess moisture from the prawns and add maida, besan, yoghurt, oil, and the



remaining lemon juice and red chilli powder.

15. Mix well and coat the prawns nicely with all the masalas.

16. Heat oil in a kadhai set on a low-medium flame and start adding the marinated prawns to it in batches. Deep-fry them until they

turn golden brown in colour.

17. Once done, transfer to a plate lined with tissue paper to remove excess oil.

Sprinkle some chaat masala on top and enjoy! Maharashtra prawn koliwada is ready!



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BOLLYWOOD

Arjun Kapoor REVEALS what kind of equation he shared with Janhvi Kapoor before and after Sridevi's death

Arjun Kapoor has been pretty vocal about his personal life. Be it his strained relation with his father Boney Kapoor or his romantic relationship with Malaika Arora, Arjun has always put up a brave front. He has evolved with time that has changed him as a person only for good. After Sridevi's death on February 24, 2018, Arjun became the pillar of strength to his father and half-sisters Janhvi Kapoor and Khushi Kapoor. With time, he has managed to fix his strained relationships. So when Arjun was recently asked about how his equation has changed with Janhvi, he said earlier there was no fruitful communication between them. "There were silences. We would meet, but there was no communication worth quantifying," Arjun told Bazaar magazine. To which, Janhvi further added, "I have learnt so much from my

family. We have the same father, we have the same blood." Her answer was followed by Arjun teasing her saying, "Glad you caught onto that". Janhvi further said that she felt instant security with Arjun and sister Anshula Kapoor even though they don't visit each other's home or know every details about their daily lives. "I wake up every day knowing that they always have my back, no matter what. And I can say this with more conviction about them than anyone else in my life," Arjun and Anshula are Boney's children from his first wife Mona Shourie while Janhvi and Khushi are Boney's children from his second wife Sridevi. Speaking about his work, Arjun is currently busy shooting for Ek Villain 2 and will also be seen in Bhoot Police. Meanwhile, Janhvi is gearing up for the release of her film Dostana 2 that made head-



lines as the production banner Dharma Productions announced actor Kartik Aaryan's exit from the film. She also finished the shoot for her film Good Luck Jerry earlier this year.



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Sports

Rugby: Dupont guides France to Sevens glory

High expectations on the France rugby sevens side for its Paris home Olympics were elevated after it won its first world series title in Madrid on Sunday. The French team outmuscled Argentina in the final 19-5. World Series



French rugby star Antoine Dupont, one of the home pin-ups for the Paris Olympics, helped France to a 19-5 victory over Argentina in the grand final of the Rugby Sevens Series in Madrid on Sunday, June 2.

Dupont, who captains the France 15-a-side team and starred as his club Toulouse won last week's Champions Cup, played the second-half of the final and was instrumental as the French won their first ever Series. "It's a good group, a good team. I'm very proud of them," said France skipper Paulin Riva. "We have a good, big defense. Antoine is the best player in the world, we think! When he's on the pitch we have a lot of confidence."

France coach Jerome Daret

said the result was "very important for us before the Olympics". "The next tournament in Paris will be another story! Our aim for Paris is to make a lot of things on the pitch... and give pleasure to the fans." Daret added: "It's not finished, we have a big target. We know in Paris it's a home advantage to be in front of our fans and families." France, who lost 26-12 to top-ranked Los Pumas in pool play, looked like the better composed team throughout the 20-minute final at Atletico Madrid's Civitas Metropolitano Stadium. The French, ranked fifth, thought they'd opened the scoring through Jean-Pascal Barraque, but his knee was grazed the touchline just before he crossed the tryline. Instead

it was Argentina's Luciano Gonzalez who was first on the scoresheet, the forward producing two powerful hand-offs on Stephen Perez-Edo-Martin and Jefferson-Lee Joseph for a fine individual try.

But France roared back in collective style from a full 100 meterfirst-eversecond halves, Joseph linking well to gift Perez-Edo-Martin, who first played rugby as a student at the French lycee in Madrid, a straight run-in to the line.

A Riva conversion handed France a 7-5 half-time lead over Los Pumas, who beat defending two-time Olympic champions Fiji in the semi-final, leaving the South Sea Islanders now 22 Sevens tournaments without a win.

Dupont came on for the second period and made an immediate effect, Rodrigo Isgro yellow carded for a deliberate knock-on of the France scrum-half's midfield pass. You can share an article by clicking on the share icons at the top right of it. The total or partial reproduction of an article, without the prior written authorization of Le Monde, is strictly forbidden. For more information, see our Terms and Conditions. Tomas Elizalde was on hand to cut down Joseph with a brilliant tackle. But in a game of strong defenses, Argentina struggled to clear their lines and Gonzalez was dragged into touch by Rayan Rabbadj and Riva. From the resulting attacking line-out, for which Dupont acted as hooker,

the ball was worked wide and Joseph crossed for France's second try, converted by Barraque. Dupont crowned men's Rookie of the Year Dupont then won a turnover penalty. The ball went wide, was recycled and who other than Dupont was on hand to draw Elizalde and Isgro and produce a perfectly-timed one-handed pass back inside to Riva, who touched down to make it 19-5. Isgro received a late red card for an illegal tackle and Riva booted the ball high into the stands as Les Bleus celebrated the victory in what is a perfect tonic going into the Paris Olympics, with the men's competition starting on July 24.



Sports

France and Australia Crowned HSBC SVNS 2024 Champions

In a thrilling conclusion to the most dramatic and high-stakes rugby sevens event ever, France's men and Australia's women emerged as the champions of the HSBC SVNS 2024 at the inaugural Grand Final in Madrid.

France's Men Triumph

The French men's team delivered an outstanding performance throughout the tournament, showcasing their skill, speed, and strategic prowess. Their journey to the title was marked by intense matches and narrow victories, culminating in

a nail-biting final against a formidable opponent. The team's resilience and determination were evident as they fought hard to secure the championship, marking a historic moment for French rugby sevens.

Australia's Women Dominate
Australia's women's team demonstrated exceptional dominance and teamwork, proving themselves as the best in the world. Their path to the Grand Final was characterized by decisive wins and impressive displays of athleticism and strategy. In the final match, they faced a strong competitor

but managed to maintain their composure and execute their game plan flawlessly. The victory solidified Australia's status as a powerhouse in women's rugby sevens.

A Grand Finale in Madrid
Madrid provided the perfect backdrop for the climax of the HSBC SVNS 2024. The city's vibrant atmosphere and enthusiastic fans added to the excitement of the event. The Grand Final was not only a showcase of top-tier rugby talent but also a celebration of the sport's global appeal and the community it fosters.

The tournament's innovative format and high stakes brought out the best in all participating teams, creating unforgettable moments and setting a new standard for future rugby sevens events. The intense competition and dramatic twists kept fans on the edge of their seats, making this inaugural Grand Final one for the history books.

Looking Ahead

With the conclusion of the HSBC SVNS 2024, both France and Australia will be looking to build on their success in future competitions. Their victories

serve as an inspiration to aspiring rugby players and fans around the world, highlighting the dedication, teamwork, and excellence required to reach the pinnacle of the sport.

As the rugby sevens community reflects on this groundbreaking event, the triumphs of France and Australia will undoubtedly be remembered as defining moments in the history of the sport. The HSBC SVNS 2024 has set a new benchmark, and anticipation is already building for what the next season will bring.





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Sports

Tania breaks 1,500m PR in Fiji

It seems as though Tania Tan gets faster after each run on the track. After she broke a couple of national NMI records last April, she came close yet again to breaking another record in the 2024 Oceania Athletics Championships in Suva, Fiji. But at 5:04.28 in the senior women's 1,500m finals last Tuesday, she instead reset her personal best of 5:07.30, and came even closer to the NMI record time of 5:01.54 set by Noriko Jim in the 2006 Micronesian Games.

Tan finished in the middle of the pack of 10 runners from New Zealand, Papua New Guinea, Fiji, and Guam. New Zealand swept the Top 3 with first place Laura Nagel at 4:22.10, followed by Rebekah Greene at 4:24.40, and Boh Ritchie at 4:25.69. The 23-year-old also competed in the senior women 5,000m finals yesterday and finished sixth with a time of 18:39.79. This time, Australia swept the competition as Jenny Blundell took home first place with a time of 15:26.29. Second was Holly Campbell at 15:31.88, and third went to Maudie Skyring at 15:49.39. With Tan in Fiji are NMI's track stars Zarinae Sapong, Casey Cruz, and Theodore Rodgers.

All four had their time on the track last Tuesday, with Sapong clocking in at 13.09 seconds in the women's 100m sprint senior prelims—seconds shy of her PB at 12.98 seconds. She just missed the mark to advance to the semis by one ranking after she finished at 17th place overall.

Cruz, for her part, clocked in at 13.42 seconds in the women's 100m sprint senior prelims. She

came short of breaking her PR of 13.07 seconds that she set in the 2023 Pacific Games. For Rodgers, he finished with a time of 11.80 seconds in the men's 100m sprint senior prelims. He came short of his PR of 11.52 seconds.

NMI athletics team official Edward Dela Cruz Jr. said of Tan setting a new PB, "It's amazing [that] she [broke] PR in the 1,500m and it was her first time competing for the event at the Oceania Championship stage. NMA is very pleased with all our athletes here and their performances."

He said of the team's performance so far as a whole, "They are doing well in their events—coming out healthy and still ready for Micro Games. Cannot be more proud and happy for them to be competing here at the OAC. We're very thankful there is a physical therapist readily available for them to be healed up after training and events." Today, team captain/coach Sapong, and Rodgers and Cruz will have a go at the 200m senior prelims.



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Sports

USA Sangam convention

The vibrancy of the event is already felt as team begin to outshine each other in this 2-day event. Adding to this very colorful enactment we ae witnessing the pride on one's attire as beautifully dressed ladies don the field to give the event the essence of great festivity being unfolding in style.

There are teams from Riverside, South California, Seattle, Sacramento and the locals adding to the broad scope of participation that will play out as a very competitive event. Sports event include soccer, volleyball and netball with the kids being also roped making it a total family carnival. With the cultural nite and presentation coming up later, the stage is set for a very entertaining climax for everyone attending this truly well-planned cultural convention.



Sports



Sports News

Naveen Kumar 3 decades in the Sangam Tournaments



It is with great pleasure for me to share some great information about a player who played for more than 3 decades (34) in the Sangam Tournaments.

Naveen Kumar, hails from Lautoka, Fiji Islands. Moved to New Zealand to play soccer at a greater level and later in 2018, migrated to California, USA.

While playing for Club DHL (1988, 89) he was selected to represent Fiji U17 by Late coach Farouk Janeman.

He was a regular player as a Youth and later joined Premier Team Lautoka in the 1990s.

His mastery of soccer skills, earned him a spot for U20,U23 and later was selected in Fiji National Team.(1992)

Moreover, he signed a 5 year contract to play for Papatoetoe FC in Auckland, New Zealand. While playing in NZ, he also traveled back and forth to play for Lautoka District during Fiji Fact, BOG and IDC.

Naveen was the youngest player to join Lautoka Sangam and is still an active member and has won many titles for his district.

To add, being a successful soccer player, he earned a prestigious role as a Captain for Fiji Sangam Team to represent Sangam World Cup in Vancouver, Canada and also in Auckland, New Zealand.

While living in NZ, he also played for two Sangam teams named, Middlemore and Papatoetoe.

In 2014, Naveen coached Lautoka Sangam and won the tournament.

As a player, a coach and overall a great individual, I have much respect for this most humbled, a utmost talented player who showed a abundance of soccer skills last weekend during Sangam Tournament in Fremont, Ca.



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Sports - Soccer News

NASINU FC QUALIFIES FOR FIJI FACT

Nasinu football side has secured their spot in the Digicel Fiji FACT 2024 after two consecutive wins in the Digicel Fiji Premier League. Their latest victory came from behind as they beat Sugar Taxis/Pacifika Rentals/Nadroga Auto Marine Upholstery Works Nadroga FC 2-1 at Lawaqa Park in Sigatoka on Sunday. This win was crucial for Nasinu FC, as it allowed them to climb to the eighth position on the points table ladder with nine points. Unfortunately, Flick Suva FC, despite their 2-1 victory over Nadi FC, will miss out on the Fiji FACT for the first time in the tournament's history. They move up to ninth place with eight points. Tailevu Naitasiri FC needed a win against Lautoka, but they lost 2-1, slipping down to the bottom of the table with seven points. In other matches, Extra Supermarket Rewa FC defeated Rooster Chicken Ba FC to maintain their lead, while Extra Supermarket Labasa FC remains in the second spot with a 3-2 win over Koromakawa/River Tubing Fiji Navua supported by Blue Gas Navua FC. With Nasinu FC's



qualification, the eight teams are now confirmed. The pool draws for the tournament will be held tomorrow at the Digicel Complex in Suva at 2:30 pm. Digicel Fiji outlet in Damodar City

Digicel Fiji U-15 Girls' Excited For The Tournament Opener

The Digicel Fiji U15 Girls' Youth Development team is gearing up for the OFC U15 Girls' Youth Development Tournament, and coach Louisa Simmons is pleased with the team's preparation. The final 16 players have been training in Suva for the past three weeks, and now they've shifted their camp to Ba for final preparations before the tournament kicks off at Churchill Park in Lautoka and Fiji FA Academy Ba. Simmons expressed her satisfaction with the team's morale, noting that the girls are filled with positive energy and excitement for the upcoming tournament. "For many of them, it's their first time in a national camp setting, and they're eager to represent Fiji on the field," said Simmons. With the tournament drawing closer, the former Labasa and national team midfielder mentioned that there are no major injury concerns among the players, which is a positive sign for



the team. "They are all ready and injury-free, primed to give their best performance. The first match against Samoa on Monday, May 6, holds significant importance for the team. The Fiji FA Women's Development Officer added the importance of starting the tournament on the right foot, acknowledging that the first game is always highly anticipated and could bring pre-game nerves and pressure. "I am confident in the team's abilities and the positive atmosphere created by the coaching staff. "Our goal is not only to participate but also to perform well and achieve positive results that will set a benchmark for the future. "The team is determined to make Fiji proud and showcase their talent on the international stage," concluded Simmons.

Sports - Soccer News

Drug test for all players at the Digicel Fiji FACT

The Fiji Football Association is taking a hard stand on drug, tests for all the players at this year's Digicel Fiji FA Cup Tournament (Fiji FACT) at Subrail Park in Labasa. Fiji FA Chief Executive Officer Mohammed Yusuf said they had invested more than six thousand dollars to do the test to ensure we have a clean tournament. "We want clean, fair, and good sportsmanship to prevail at the tournament. And if you have any form of drugs in your system, I suggest you do yourself a favor and avoid putting the institution in an embarrassing situation, and step aside. "Take off your jersey and allow someone more deserving to represent your side. "Let's do things right, and it begins with being honest with ourselves." "We are aware

some districts have been doing their own tests and dropping players who are found positive," said Yusuf Yusuf outlined strict protocols for players regarding mandatory drug testing. Upon receiving lab results, a positive test will trigger a check against their database to ascertain if the player is a first-time offender. Initial offenses will result in suspension and a fine of \$500 for both the player and the association. Additionally, the player must appear before the disciplinary committee to confirm the suspension. Yusuf emphasizes that second or third-time offenses would incur more severe penalties. Players or associations refusing testing will be deemed positive, thereby facing stringent punishments.



Back-to-Back Digicel Women's Inter District Championships wins for Ba Women's FC

In a thrilling finale at the Fiji Football Academy Grounds in Vatuwaqa, Ba Women's Football Team clinched their second consecutive Digicel Women's Inter District Championship title. The delayed 2023 tournament concluded this afternoon with Ba defeating Labasa Women's FC 4-1 in a high-energy match. Labasa initially took the lead in the second half when Narieta Leba successfully converted a penalty, breaking the deadlock and putting her team ahead. However, Ba's resilience and skill quickly turned the game around. The tournament's best player, Cema Nasau, responded decisively with two goals in rapid succession. Her first goal, a powerful shot just outside the 18-yard line, equalized the score. Moments later, Nasau showcased her exceptional talent with an acrobatic bicycle kick, propelling Ba into the lead. The young and promising talent of 15-year-old Elesi Tabunase further extended Ba's advantage with a well-executed goal. The victory was sealed by Captain and national women's rep Luisa Tamanitoakula, who delivered a powerful shot, marking Ba's fourth goal of the match. Despite the loss, Labasa's captain Sofi Diyalowai earned the golden boot award for her impres-

sive tally of 10 goals throughout the tournament. Mereseini Waqali was recognized with the golden glove award for her

outstanding goalkeeping. The golden ball award for the tournament's best player went to Cema Nasau, whose remarkable

performance was instrumental in Ba's triumph. Ba's exemplary sportsmanship was also acknowledged, as the team won

the fair play award for avoiding any cards during the tournament – a testament to their disciplined and respectful play.



Sports - Soccer News

FIFA Football for Schools launch in Taveuni

The curriculum was officially launched today at three schools in Taveuni. The initiative, aimed at integrating football with education, was introduced by Fiji FA Technical Director, Timo Jankowski.

The launch took place at Taveuni Central Primary, Holy Cross Primary, and Somosomo District School. The FIFA Football for Schools program seeks to make football more accessible to children around the world by incorporating it into the school curriculum, promoting physical education, and fostering essential life skills through the sport.

Timo Jankowski expressed his enthusiasm for the program, emphasizing the positive impact it will have on young students by encouraging their physical and mental development through football.

The initiative is expected to benefit numerous children, pro-

viding them with the opportunity to engage in regular physical activity and learn valuable

lessons that extend beyond the football field. The introduction of the curriculum in Taveuni

marks a significant step forward in Fiji FA's efforts to promote football and education simul-

taneously, ensuring a holistic development approach for its youth.



Exciting battle looms on final day of Digicel Fiji FACT

It will be an exciting day as the final round of group matches of the Digicel Fiji FACT 2024 will today be played at Subrail Park in Labasa. Football fans are eagerly anticipating the decisive matches that will determine which teams will advance to the knockout stages. The atmosphere is expected to be electric, with supporters cheering on their favorite teams in a series of thrilling encounters. Oceania Fiberglass Navua FC is the only team that has confirmed a spot in the semi-finals with six points from Group A. In the opening match of the day at 10 am, Flick Hygiene Lautoka FC will play Calgary Nadi FC. The Jetsetters are out of contention but will play for pride, while a result will put the Blues into the knockout stages from Group B. The second match will be a thriller between 4R Electric Ba FC and Nadroga Marine Upholstery Nadroga FC, which kicks off at noon. Nadroga needs to win the match, while Ba needs just a draw to qualify for the semis. At 2 pm, Extra Supermarket Rewa FC will battle Nasinu FC, who are already out of the tournament. If Rewa beats Nasinu by



more than three goals and Navua beats Labasa, then the Delta Tigers will make it to the semis

next weekend. The final match will be an exciting one as Extra Supermarket Labasa FC will be

out to break Navua's unbeaten run to top the pool knowing a defeat will make them pack and

go from the tournament. The match kicks off at 4pm.

Sports - Drua News

Smith, Daugunu and Nabolakasi named in Rebels squad to face Drua

Three players with links to Fiji have been named in the Melbourne Rebels match day 23 squad to take on the Swire Shipping Fijian Drua in the last round of the Shop N Save Super Rugby Pacific competition in Lautoka this weekend. Former Marist Brothers High School utility forward Angelo Smith will start at lock, former Wallabies winger Filipo Daugunu will start at outside centre with Maciu Nabolakasi starting off the bench.

Coach Kevin Foote has named a very strong squad as they look to end the Drua's winning streak at Churchill Park in Lautoka this season. Isaac Kailea, Jordan Ueese and Taniela Tupou will start in the front row, Smith will partner up with Josh Canham at locks, Josh Kemeny and Brad Wilkin will be on the flanks while captain Rob Leota will be at number 8. Ryan Louwrens will start at halfback, Carter Gordon will be at flyhalf with David Feli-



uai and Daugunu forming the centres pair.

Darby Lancaster and Andrew Kellaway will be on the wings and Mason Gordon will be at fullback.

The impacts include Ethan Dobbins, Matt Gibbon, Sam Talakai, Tuaina Taii Tualima, Nabolakasi, James Tuttle, David Vaihu and Jake Strachan. The Rebels will be hosted by

the Drua at 2.05pm this Saturday. In other matches this week, the Crusaders will play Moana Pasifika at 7.05pm tomorrow, the Waratahs host the Reds at 9.35pm tomorrow, the Hurri-

cans will take on the Highlanders at 4.35pm Saturday, the Blues will play the Chiefs at 7.05pm Saturday and the Force will host the Brumbies at 9.35pm Saturday.

Drua focuses on decreasing error rate for crunch match

As the Swire Shipping Fijian Drua gear up for their must-win match against the Rebels this weekend, they are focused on decreasing their error rate that proved too costly for them against the Highlanders in Dunedin last week. Coach Mick Byrne says it was frustrating as they had a lot of possession but they ended up losing it through turnovers. Byrne adds they also had some loose carries, missed high balls and casualness around the back of the breakdowns and kicking the ball away which the Highlanders capitalised on. The Drua have a lot to play for this weekend as they are not only fighting to keep their spot in the top 8 and qualify for the play-offs, but they will also want to keep their winning streak at Churchill Park in Lautoka going. Meanwhile, the Blues, Hurricanes, Brumbies, Chiefs, Reds, Highlanders and Rebels have all booked their spot in the playoffs while the race for the 8th position is still open for the Drua, Force and the defending champion Crusaders. The Drua



will just need a win to maintain their spot in the top 8 while the Force will need a win and hope that the Drua loses to the Rebels. The Crusaders on the other hand will need a bonus point win over Moana Pasifika and hope that

both the Drua and the Force lose so that they can make it into the top 8. A win for the Drua this weekend will see them taking on either the Blues or the Hurricanes in the quarterfinals. The Drua will take on the Rebels at

2.05pm this Saturday in the last round of the 2024 Shop N Save Super Rugby Pacific competition. In other matches this week, the Crusaders will play Moana Pasifika at 7.05pm Friday, the Waratahs host the Reds at

9.35pm Friday, the Hurricanes will take on the Highlanders at 4.35pm Saturday, the Blues will play the Chiefs at 7.05pm Saturday and the Force will host the Brumbies at 9.35pm Saturday.

Sports - Drua News

Lomani returns from suspension for the Drua against the Rebels

Swire Shipping Fijian Drua halfback Frank Lomani will make his return from his 6-weeks suspension after he was named to start at halfback in the Drua's do-or-die clash against the Melbourne Rebels in the last round this weekend. Lomani was suspended for 6 weeks after he elbowed Rebels' lock Josh Canham in round 7 of this year's Shop N Save Super Rugby Pacific Competition. Also making his return to the starting lineup is captain Ratu Meli Derenalagi who will start at number 8 this weekend. In the front row, Haereiti Hetet will pair up with Mesake Doge at prop and Tevita Ikanivere retains his spot at hooker. Mesake Vocevoce and Ratu Leone Rotuisolia will be at locks while Etonia Waqa will partner up again with Kitone Salawa on the flanks. Lomani will form the halves combination with Isaiah Armstrong-Ravula who will start at flyhalf, young Waqa Nalaga gets his second start of the season, this time on the wing

and will pair up with Selestino Ravutaumada who will start on the right wing. Kemueli Valetini will start at inside centre again this week and Iosefo Masi will be at outside centre with Ilaisa Droasese retaining his spot at

fullback. Coach Mick Byrne has opted for a 6 forwards and 2 backs reserve formation with the likes of Zuriel Togatama, Livai Natave, Samuela Tawake, Isoa Nasilasila Elia Canakaivata, Simione Kuruvoli and Caleb

Muntz. The Drua will take on the Rebels at 2.05pm this Saturday at Churchill Park in Lautoka in the last round of the competition. In other matches this week, the Crusaders will play Moana Pasifika at 7.05pm Friday,

the Waratahs host the Reds at 9.35pm Friday, the Hurricanes will take on the Highlanders at 4.35pm Saturday, the Blues will play the Chiefs at 7.05pm Saturday and the Force will host the Brumbies at 9.35pm Saturday.



Players not giving their 100 percent when carrying into contact - Byrne

Swire Shipping Fijian Drua coach Mick Byrne says the players are not giving their 100 percent when carrying the ball into contact. This is after fijiivilage News asked him how the team is addressing the issue of the lack of support play by the players that has been evident in the last few games this season. On numerous occasions, it has been seen that there is no follow up support for players that break the defence, and eventually the player gets isolated and loses the ball. Byrne says the big one for them now is to be physical at the clashes that they know are coming. Byrne further says they will also need to improve their physicality around their breakdown area and if they can get that back to where it was, they will be in good shape. He says they have addressed this issue with the players and they have all agreed that they will need to improve on this area. Byrne has also reassured the



fans that those mistakes will not be happening again this weekend. The Drua will take on the Rebels at 2.05pm Saturday at

Churchill Park in Lautoka. In other matches this week, the Crusaders will play Moana Pasifika at 7.05pm Friday,

the Waratahs host the Reds at 9.35pm Friday, the Hurricanes will take on the Highlanders at 4.35pm Saturday, the Blues will

play the Chiefs at 7.05pm Saturday and the Force will host the Brumbies at 9.35pm Saturday.

Sports - Drua News

Ravutaumada and Waqa voted as fijivillage Drua Fan Player of the Match against the Highlanders



Swire Shipping Fijian Drua winger Selestino Ravutaumada and flanker Etonia Waqa were voted as the fijivillage Drua Fan Player of the Match in their Shop N Save Super Rugby Pacific round 14 clash against the Highlanders last weekend. Ravutaumada and Waqa both re-

ceived 34.4 percent of the votes. Ravutaumada ran a total of 62 metres in 13 carries, beating 6 defenders and making 1 clean line break. In defence, Ravutaumada made a total of 7 tackles, completing 6 of them and missing only 1 tackle. Waqa on the other hand, won 1 turnover,

made 10 tackles, completing 7 of them and missing 3 tackles. The 24-year-old also made 2 dominant tackles and won 2 line-out throws. Flanker Kitione Salawa was the third nominee and received 31.1 percent of the votes. Meanwhile, the Drua have now turned their focus to

their crucial match this weekend against the Rebels where they will need to secure a win to help them get through to the playoffs. The Drua will take on the Rebels at 2.05pm Saturday at Churchill Park in Lautoka. In other matches this week, the Crusaders will play Moa-

na Pasifika at 7.05pm Friday, the Waratahs host the Reds at 9.35pm Friday, the Hurricanes will take on the Highlanders at 4.35pm Saturday, the Blues will play the Chiefs at 7.05pm Saturday and the Force will host the Brumbies at 9.35pm Saturday.



Fijian Drua vs Rebels result: Fijian Drua beat Melbourne Rebels; Crusaders eliminated

The Crusaders will not feature in the Super Rugby Pacific playoffs after the Fijian Drua beat the Melbourne Rebels 40-19 in Lautoka. The Crusaders needed the Rebels to beat the Drua, then have the Brumbies beat the Western Force later in the day to secure a finals berth. The Drua, however, earned themselves a spot in the finals with a strong win at home. The Rebels fought well in the first half, with the sides level at 19 at the break. However, the Drua ran away with things in the second half, holding the Rebels scoreless after play resumed. The Melbourne Rebels have been dumped from Super

Rugby due to financial difficulties just as they've reached their first playoffs in their 14 seasons. Meanwhile, the Crusaders need the Rebels to defeat the Drua in Fiji to sneak into the quarters after they dispatched Moana Pasifika 43-10 on Friday night in Christchurch. Should the Rebels beat the Drua, the Crusaders would then need the Brumbies to beat the Western Force. The Rebels have been in voluntary administration since January with debts owed to creditors exceeding 23 million Australian dollars (\$15.2 million), half of that amount owed to the Australian Taxation Office.



Sports - Drua News

Digicel Young Kulas Gear Up for World Cup with U.S. Friendly Matches



The Digicel Fiji U20 Young Kulas are gearing up for a pivotal stage in their journey to the FIFA U20 Women's World Cup in Colombia. As part of their preparations, they will compete in a series of friendly matches in the United States this August.

These strategic matches will help the Young Kulas hone their skills and gain valuable experience ahead of the international competition. Facing a variety of opponents will provide essential practice and allow them to test their strategies.

During their U.S. tour, the Young Kulas will play against local college teams, fostering teamwork and challenging their abilities. A highlight of the trip includes a match against a combined Fijian-US team, adding another exciting dimension to their pre-World Cup preparations.

Coach Angeline Chua underscores the importance of these friendlies. "These U.S. matches

are crucial for us to refine skills and gel as a unit," says Chua. "We're excited to face diverse opponents and test our strategies on the international stage." Additionally, the Fijian Kulas are planning a practice match in Sacramento, California.

The team's preparation is supported by the Fiji Football Liaison Executive, Mr. Naren Narayan, the American Fiji Sports Commission, The USA Fiji Times, the Fijian community, and sponsors Digicel Fiji. Each match and training session is a step towards their ultimate goal—making a mark on the global stage and showcasing the best of Fijian women's football.

The anticipation is high among players, coaches, and fans as the Young Kulas embark on this final leg before the World Cup. They are ready to seize the moment and leave no stone unturned in their quest for success.

Preeya Singh: A Rising Star

UC Merced standout Preeya Singh has taken her soccer journey to international levels. Balancing academic semesters and collegiate soccer seasons, Singh is representing Fiji on the world stage.

Over the past eight months, Singh has played in multiple World Cup and Olympic qualifying games, in addition to NAIA National Championship matches. She has scored goals, won trophies, and anchored shutouts. A biological sciences major with a 3.78 GPA, Singh has also earned three academic accolades.

In 2023, Singh started all 19 games for UC Merced, logging a team-high 1,598 minutes as a sophomore center back. Her presence on the backline contributed to UC Merced's program-record 14 shutouts. Born in Modesto and raised in Manteca, Singh's family is of Fijian-Indian descent. Before high school, she visited Fiji

multiple times, but it was the summer before starting at Merced that her dream of playing for Fiji's national team came true.

After a successful practice with the national team, Singh was invited to join. "I was going to take my chance because representing my country is very important to me," Singh said. The summer after her freshman year at UC Merced, she completed the citizenship process and joined Fiji's Under-19 women's national team.

Singh scored her first international goal against Samoa and was named Fiji's player of the match against New Caledonia. "This team does not only represent my country, but it is also full of amazing young women who I am grateful to call my sisters," Singh said.

Singh's experience in Fiji was transformative. "You see little girls who look like you, and you see how they look at you and what they say, and you are just

like, wow," Singh shared. Her impact on young Fijian girls, particularly those not traditionally involved in sports, is profound.

Fiji finished second to New Zealand in the OFC U-19 Women's Championship, earning a spot in the FIFA U-20 Women's World Cup 2024. The Young Kulas will come to the United States for a series of friendly matches this summer to prepare.

Between playing with the Young Kulas and after her sophomore season at UC Merced, Singh competed with the Fiji national team in the 2024 Summer Olympic Women's Football Tournament, reaching the group stage before falling to New Zealand. "We played with our heart, and I was just super proud of everyone for giving it their all until the last minute," Singh said.

Singh continues to inspire and represent Fiji with pride, both on and off the field.

Sports - Drua News

Drua to take on Blues in Super Rugby Pacific quarter final on Saturday

There will be a new Shop N Save Super Rugby Pacific champion this year after the Crusaders did not qualify for the quarter finals. Excitement is building up as the Swire Shipping Fijian Drua will take on the Blues in Auckland at 7.05pm in the third quarter final on Saturday. In the other quarter finals, the Chiefs will take on the Reds in Hamilton at 7.05pm Friday, the Hurricanes will play the Rebels in Wellington at 4.35pm Saturday and the Brumbies will host the Highlanders in Canberra at 9.35pm Saturday.



Rebels looking to capitalise on every opportunity against the Drua



The Melbourne Rebels will be looking to capitalise on every opportunity that they get when they take on the Swire Shipping Fijian Drua in the last round of the Shop N Save Super Rugby Pacific competition this weekend. Rebels coach Kevin Foote says one thing that

teams who are coming to play in Fiji have to understand is that there will be opportunities available, but they got to take it and make use of it as every point is important. Foote says this was a major downfall for the Reds when they came to play in Fiji two weeks ago, as they

did not take advantage of the opportunities when they were in the Drua's 22-metre line. Foote adds the Drua will be full of emotions and his players know that the Drua are a good team when they play on their home ground. He says the home side will rely on their home crowd

as well to back them up. He further says for his players, it is a matter of understanding their own game and how they control their emotions. The Rebels will take on the Drua at 2.05pm tomorrow at Churchill Park in Lautoka. In other matches this week, the Crusaders will play

Moana Pasifika at 7.05 tonight, the Waratahs host the Reds at 9.35 tonight, the Hurricanes will take on the Highlanders at 4.35pm tomorrow, the Blues will play the Chiefs at 7.05pm tomorrow, and the Force will host the Brumbies at 9.35pm tomorrow.

BAY FC 2024 SCHEDULE









HOME

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|---|---|--|
|  MAR 30 SAT / 7 PM ★ |  MAY 17 FRI / 7:30 PM +♦ |  JULY 6 SAT / 7 PM +♦ |
|  APR 14 SUN / 5 PM +♦ |  MAY 24 FRI / 7 PM ▲ |  SEPT 7 SAT / 7 PM ★ |
|  MAY 1 WED / 7 PM ○♦ |  JUNE 16 SUN / 7 PM ○♦ |  SEPT 20 FRI / 7:30 PM +♦ |
|  MAY 5 SUN / 5 PM +♦ |  JUNE 22 SAT / 7 PM ★ |  OCT 12 SAT / 7 PM ★ |
| | |  OCT 19 SAT / 7 PM ★ |

AWAY

| | | |
|--|---|---|
|  MAR 16 SAT / 7 PM ★ |  MAY 11 SAT / 4:30 PM ★ |  AUG 30 FRI / 7 PM ▲ |
|  MAR 23 SAT / 4:30 PM ★ |  JUNE 9 SUN / 1 PM +♦ |  SEPT 13 FRI / 5 PM ▲ |
|  APR 20 SAT / 4:30 PM ★ |  JUNE 29 SAT / 1 PM ■ |  SEPT 29 SUN / 3 PM +♦ |
|  APR 27 SAT / 7 PM ★ |  AUG 23 FRI / 6:30 PM +♦ |  OCT 5 SAT / 4:30 PM ★ |
| | |  NOV 2 SAT / 6:30 PM ★ |

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CHAMPIONS

Hayward Muslim F.C



Manager, President, Coach and Team Director of HMFC

The defending champions, Hayward Muslim, successfully defended their title for the third time in a row, achieving a three-peat! Hayward Muslim defeated the Sacramento Stars by two goals in the finals.



Sports



Sports

Island Boys Scoops the Maiden Girit Soccer Tournery of The Bay Area



The first ever Girit Masters Soccer Tournament was held in Dublin California on May 11 2024. The event climaxed with a sensational battle between two high performing teams; the might BA and Island Boys. As expected, the game was physical and had all the class of the great battle between two

giants. The final result saw Island Boys take out the victory thru the dreaded penalty kicks that saw the winners edging on 2-1 margin. The victorious Island Boys team was formed by veterans Viren Singh and Rup Prasad and Moon Maharaj about a year and half ago. Prasad Electric

and California Electric Group sponsored the teams. The prevailing team would like to give credit to coach Gurjit Singh; the internationally recognized coach from Fiji. Gurjeet has coached many teams including Nadi, Suva and Rewa and has many victories in his great coaching career.

The victorious players for Island Boys were Players names. Avinesh Niketra, Trishan Ram, Navneel Jaiswal, Jotinesh ram, Virend Singh, Romil Sharma, Kavin Dip, Abdul Riazul Hakim, RUP Edward Arvind Prasad, Ravneet Naicker, Mohammed Arif, Lawrence Dutt, Sachin Prasad, Jatindar Dhesi,

Dharmendra Prasad, Moon Maharaj, The organizer wishes to thank all the participating teams, their management and coached for a very successful tournament.



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