



THE US FIJI TIMES

World's Largest Fiji Newspaper Out Of Republic of Fiji

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Island Cup 2023

The Two of the prestigious Fiji Golf Clubs; America Fiji Golf Club(AFGC) of Northern California established in 2002 and Viti Golf club (VGC) of Southern California established in 2006 meet up for the Match Play show down in Ventura Ca.

Island Cup 2023 was held on April 28 and 29th at Olivas Links Golf Course in Ventura California.

The two of the Prestigious Fiji Golf Clubs; America Fiji Golf Club(AFGC) of Northern California established in 2002

led by President Narendra Narayan and Viti Golf Club(VGC) of Southern California established in 2006 led by Pramesh Sharma competed in a two day event. The tournament was played in two formats. Four Ball and Singles Match Play. At the end

of the first round the competition was very tight with AFGC group leading by 3 points.

On the second day AFGC players continued to build on their lead from Saturday and ultimately winning the Island Cup (38 -49) and retaining the

Trophy. The next Island Cup will be hosted by AFGC and will be held in the Bay Area in 2025.

Members of America Fiji Golf Club wish to thank Mr. Pramesh Sharma and the members of Viti Golf Club for be-

ing a great host and for their hospitality.

Special thanks to USFT for providing the coverage of the Island Cup.



Left : Pramesh P Sharma
President Viti Golf Club
& Narendra Narayan
President
America Fiji Golf Club



Team Northern California, Island Cup 2023 Winners



**DENTAL OFFICE
OF DR. VISHNU
SHANKAR**

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Fijian Government



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MANOA KAMIKAMICA



DEPUTY PRIME MINISTER
VILIAME GAVOKA

THE US FIJI TIMES PROUD OF ITS SERVICE

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

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

capabilities.

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

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

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

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

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

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Fiji News

Fiji's Geopolitical Tilt

The diplomatic spat surrounding China's Vice Minister of Foreign Affairs Ma Zhaoxu's visit to Suva in April 2023 captured shifting geostrategic developments in Fiji. Ma's meeting with Fijian Prime Minister Sitiveni Rabuka was cancelled due to a bereavement in Rabuka's family. Deputy Prime Minister Manoa Kamikamica was instead put forward to meet with Ma. Chinese officials initially rejected the proposition, insisting that Ma would only meet with the Fijian Prime Minister. Ma's visit was ostensibly to deliver a message directly to Rabuka about the importance of 'treading carefully on Taiwan' and respecting Beijing's 'red line'. The episode reflected growing tensions between China and Fiji. Under its new coalition government, Fiji is showing signs of greater alignment on security matters with its traditional partners — Australia, New Zealand and the United States. Rabuka is appearing to tilt Fiji away from his predecessor's approach of 'friends to all, enemies to none'. Rabuka even went as far as to suggest that this approach, taken by some Pacific nations, should be reconsidered. Fiji's friends are watching closely. Early signs of Fiji's dismantling of its security relationship with China began under former prime minister Josaia Voreqe Bainimarama. Bainimarama was concerned about the regional implications of last

year's Solomon Islands–China Framework Agreement on Security Cooperation and Beijing's proposed — and rejected — multilateral security and trade pact. But in previous years, security cooperation between Fiji and China had been deepening significantly. In 2011, Fiji's Ministry of Defence, National Security and Immigration and China's Ministry of Public Security signed the now obsolete policing cooperation memorandum of understanding (MOU). This was thrown out by Rabuka earlier in 2023. The MOU is worth considering for what it reveals about security cooperation and strategic autonomy in the Pacific. The MOU focussed on bilateral cooperation to address transnational crime, intelligence exchanges, police capacity-building and technology and equipment exchanges. Numerous security cooperation activities fell under the MOU's remit. These included China's secondment of four officers to Fiji and two Fijian officers were attached to the Guangzhou Bureau for Public Security in 2014. Fijian police attended courses in China that year. China donated roughly AU\$654,000 worth of vehicles, communication, surveillance and anti-riot equipment to support Fiji's 2014 elections. The 2011 MOU provided the bilateral framework for enhanced operational capabilities and cooperation including, in 2016, efforts to acquire Chinese



drones. In 2017, this culminated in a joint operation between Fiji and China, which saw several hundred Chinese police arrive in Fiji to arrest and deport 77 Chinese nationals. In 2021, a Chinese Police Liaison officer was based in Fiji — signalling China's shift towards a more networked approach to security in the region. Fast forward to Fiji's election in December 2022. Sandra Tarte argues Rabuka already signalled his discomfort with China's involvement in Fiji's affairs. Rabuka's coalition member, the National Federation Party, made an oblique reference to reducing dependence on China in 2018. The then leader of another coalition member, the Social Democratic

Liberal Party, Viliame Gavoka, stated he wanted Fiji's foreign relations to be closely aligned with Australia and New Zealand. Members of Fiji's new government were quick to signal Fiji's geopolitical shift. Deputy Prime Minister Viliame Gavoka and Minister for Home Affairs Pio Tikoduadua tweeted their respective meetings with Taiwan's representative in Fiji. In March 2023, Fiji reinstated the Taiwanese mission's name to Trade Mission of the Republic of China (Taiwan) to Fiji, after it was downgraded in 2018 to Taipei Trade Office. In January 2023, Rabuka terminated Fiji's policing MOU with China. He stated there was no need for Chinese state security personnel to continue working in the Fiji Police Force. This, coupled with Rabuka's public support for AUKUS — a surprising move given strong regional criticism of the arrangement — signals a shift towards overt strategic alignment with Australia and the United States. It is less clear how Fiji will reconcile this shift with its foreign policy stance of 'friends to all, enemies to none' and its membership of the Non-Aligned Movement. A key question is whether Fiji's strategy of balancing its security and economic priorities can withstand both coalition politics and regional calls to take a firm line against the militarisation of the Pacific. This is notable considering concerns that AUKUS goes against the Pacific's principal nuclear non-proliferation

agreement, the 1985 Treaty of Rarotonga. As a member of the sub-regional bloc, the Melanesian Spearhead Group (MSG), questions surround how Fiji will reconcile its stance on China with potential Chinese security assistance negotiated under the MSG Regional Security Strategy. The coalition government's rejection of China as a security partner disrupts China's growing role as a security stakeholder in the Pacific. It also challenges China's approach to security assistance, including raising questions about China's credibility as a security partner and presenting an obstacle to China's pursuit of a multilateral security pact. In the case of Fiji, China was focused on enforcing Chinese law against its diaspora with little demonstrated interest in assisting regional efforts to combat transnational crime. This leads to critical areas becoming siloed and lacking oversight and coordination. While the coalition government supports a shift in security policy, it would be a mistake to assume this extends to undermining Fiji's broader bilateral relationship with China. Rabuka has reaffirmed Fiji's One China policy and called for China to play the role of 'development partner'. Fiji's new geopolitical tilt is a testament to the ways in which Pacific states — who are increasingly concerned that the pursuit of national interest and strategic choice is under threat — seek to balance against strategic competition.



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Fiji News

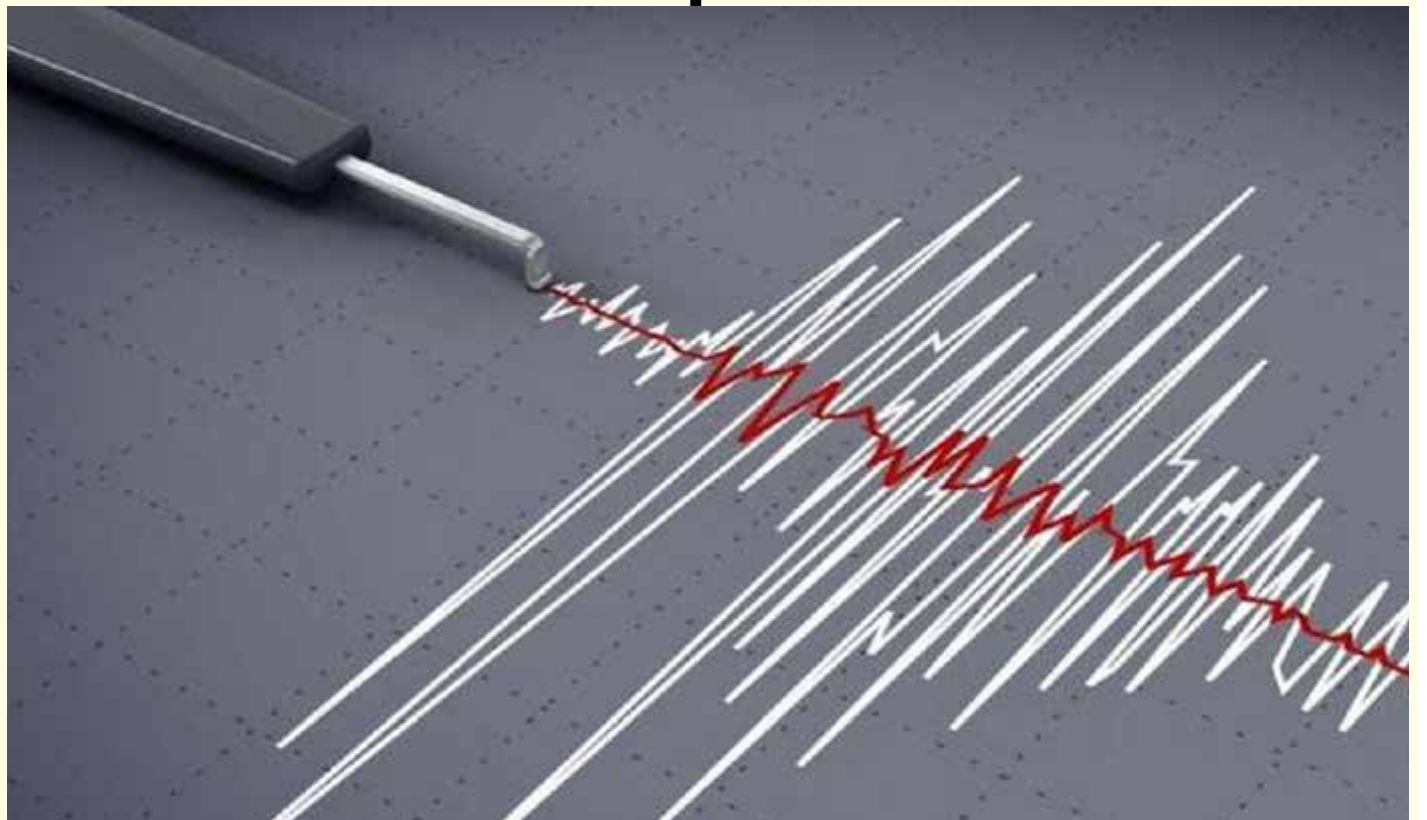
Fiji gov't working with telcos to roll out 5G soon



Fiji's government has actively started working with the island's mobile operators to kick off the development of 5G services. At present there is no live 5G network in the country. Local publication The Fiji Times has reported that the country's Deputy Prime Minister Manoa Kamikamica has promised that 5G services will be coming soon. "I would like to advise that 5G is on its way to Fiji," he said. "Right now, we are issuing licenses to the two players for the testing, there are some regulations we need to step through and once that's done we will be rolling out the 5G network." No exact timeframe was given by the deputy PM, who made the comments during a breakfast with ministers on Wednesday (April 26). According to the report, Kamikamica is confident that Fiji can become the technological hub for the region. 95 percent of Fijians currently have access to 3G and 4G networks, with the other five percent unconnected, though Kamikamica said the government is planning to connect the rest of Fiji's population to the Internet in the next four years. The two main mobile providers in Fiji are Vodafone and Digicel.

Earthquake of magnitude 6.3 jolts Fiji, no casualties reported

The National Center for Seismology (NCS) on Tuesday (April 18) informed that an earthquake of magnitude 6.3 on the Richter scale struck Fiji, a country in the South Pacific. Fiji is an archipelago of more than 300 islands. The NCS informed that the earthquake occurred at 10:01:43 (UTC+05:30) and hit Fiji on Tuesday at a depth of 569 Km. In a tweet, the NCS said, "Earthquake of Magnitude: 6.3, Occurred on 18-04-2023, 10:01:43 IST, Lat: -22.42 & Long: 179.26, Depth: 569 Km, Location: 485km S of Suva, Fiji." No casualties have yet been reported. This is the second quake within a week. Meanwhile, the United States Geological Survey (USGS) informed that an earthquake of magnitude 4.3 on the Richter scale struck Fiji on Thursday.



Fiji News

Consolidation a cornerstone of fiscal strategy

A new report highlights that economic activity and growth prospects in the country will largely depend on how the government decides to act on the fiscal deficit in the next National Budget. Released yesterday, the Westpac Wave – Fiji Quarterly Economic Update April 2023 – says fiscal consolidation will have to be the cornerstone of fiscal strategy moving forward. The report titled “Tourism and Investments led growth in 2023” however, cautions that the speed and timing of consolidation must be carefully managed with a delicate balance between ensuring fiscal sustainability and supporting economic recovery to avoid any disruptions to economic recovery. According to the report author, Westpac Fiji’s senior economist Krishal Prasad, preliminary data for the first quarter of 2023 show the economy is on track for another year of growth. He said while there had been some moderation as the strong recovery from the pandemic had mostly run its course, household spending had been resilient, and businesses’ perceptions of economic conditions had improved. “As such, we have maintained



our real GDP forecast for the Fijian economy at 7.2 per cent for 2023 and a further 5.0 per cent for 2024.” According to Mr Prasad the level of government debt was safe with the debt trajectory projected to improve in line with fiscal consolidation plans however it was derailed by the onset

of COVID-19 pandemic. The government debt to GDP ratio increased from 48.8 per cent pre-pandemic (FY2018-2019) to 91.1 per cent (\$9.1 billion) by the end of FY2021-2022 and is expected to increase further to around \$10.0b (84.6 per cent of GDP) by the end of July 2023. Mr Prasad said now that

we had adapted to COVID-19 and the economy had bounced back strongly, the Government needed to consolidate its fiscal position to rebuild fiscal buffers. Meanwhile according to the recently released Medium Term Fiscal Framework (MTFF) 2024-2026 the net deficit as a percentage of GDP is expected

to be 7.4 per cent for the 2022-2023 financial year. Mr Prasad said recent data showed this was on track to be achieved, and with some re-organisation of expenditures and strengthening of tax revenue streams, the Government can sustainably reduce net deficits in the medium term.

200 children born in Fiji each year with congenital heart disease – Dr Krupali Tappoo

In Fiji about 200 children are born each year with congenital heart disease. Director of Sri Sathya Sai Sanjeevani Fiji, Dr Krupali Tappoo stated this at the Global Pediatric Cardiac Conference in Suva. She also says their Sri Sathya Sai Sanjeevani Children’s Heart Hospital opened last April and they will be celebrating their first Anniversary tomorrow. The Director further says now is a wonderful time to create even more awareness as they provide free surgeries for children with congenital heart disease not only in Fiji but the Pacific as well. She adds from the 17th of April to the 24th they had surgeries which were conducted by a team of specialists from the USA, Australia, New Zealand, Oman, who performed 25 lifesaving surgeries. Surgeries were conducted on children

from Kiribati and the Solomon Islands, so they have reached beyond Fiji’s borders.



Fiji News

4 new members appointed to the FSC Board

Four new members have been appointed to the Fiji Sugar Corporation board of Directors by the Ministry of Sugar Industry. The Ministry says four new members include Paras Ram Reddy, Nitya Reddy, Kaison Chang and Maciusela Naqesa Lumelume. They reappointed Athil Narayan for another term, an existing member of the board. The Sugar Industry appreciated the two outgoing board members, deputy chairman Savendra Dayal and Arvid Singh for their commitment and hard work for the FSC board, which play a significant role in driving the corporation towards progress and success. Meanwhile, Minister for Multi-Ethnic Affairs

and Sugar Industry, Charan Jeath Singh says he was happy to welcome those highly experienced and talented individuals to the Board of Directors for FSC. Singh says their deep expertise, diverse perspectives and guidance will be instrumental for the FSC to devise a strategy to revive the sugar industry and take the company to greater heights. Singh has also thanked the outgoing board members for their hard work and dedication to the FSC board. He adds the Ministry looks forward to working with the new board members to revive and re-shape the sugar industry to a sustainable and profitable model.



Crown Princess Mary Of Denmark To Visit Fiji

Her Royal Highness Crown Princess Mary of Denmark will visit Fiji over a span of three days from April 25-27. This was confirmed in a statement released by the Danish royal family last Friday. During her visit, accompanied by the Danish Minister for Development Cooperation and Global Climate Policy Dan Jørgensen, the Crown Princess will visit Vanuatu, Fiji and Australia. The trip will be from April 23-28. "With the trip, the Crown Princess and the minister will focus attention on the consequences of climate change in the Pacific Ocean region," the statement said. "The visit to Fiji on April 25-27 will be partly carried out together with UNFPA (United Nations Population Fund) executive director Natalie Kanem.



Steven Andrews to cycle from Nadi to Suva to support his nephew's treatment

General Manager for Castaway Fiji, Steven Andrews has committed to cycle over 200 kilometers from Nadi to Suva to create awareness on cancer and also raise funds to support the medical treatment of his nephew. Andrews says he is currently undergoing treatment at St Luke's Hospital, Manila, Philippines. He says that cancer is one of the main concerning non-communicable diseases around the world and the number of new cases is drastically increasing in Fiji as a result cancer is the third

most common cause of death in Fiji. Andrews says through this cycling event, the Fiji Cancer Society will be involved in creating cancer awareness sessions at 3 stop off points and will be highlighting on some of the preventable cancers, its signs and symptoms. He requests if all sponsorship support and donations could be sent to BSP account number 84489060 under the account name Nadi We. Part of the funds collected will also be donated to the Fiji Cancer Society.



Fiji News

Capital Insurance announces \$5000 sponsorship for music awards

Capital Insurance has today announced a \$5,000 sponsorship to Fiji Performing Rights Association for its 10th Anniversary Music Awards that will be held on the 13th of May at the Grand Pacific Hotel. Capital Insurance CEO Paula Ralulu says they are happy to associate the company with FIPRA to support local musicians. FIPRA Director Saimone Vuatalevu thanked Capital Insurance for their support in the past years and their continued support towards the 10 year anniversary for young musicians. Tickets for the awards are \$200 at the FIPRA Office.



Fiji Airways to start flying to Canberra from July and two new A350s are coming

Fiji Airways has today announced it will start flying to Australia's Capital, Canberra from July this year, get two new A350s later this year and also sponsor the Brumbies for the Super Rugby Pacific. The National Airline this morning flew a promotional flight into Canberra Airport to announce the new service. Fiji Airways Chief Executive and Managing Director, Andre Viljoen says the airline conducted extensive market research before

deciding on this new service. Viljoen says as Fiji's National Airline, they are proud to be flying to the Capital of Australia. He says this is a living testament to the strong relations that the two countries have always enjoyed, and demonstrates the importance of Australia as our leading tourism market. Viljoen says they are pleased to be able to provide the people of Canberra the only direct flights to Nadi, facilitating a seamless holiday experience which begins the



moment they step onboard. He says they also anticipate that many Fiji citizens will also take advantage of this route to visit Canberra. Viljoen adds that their services between Nadi and Canberra will also establish a convenient onward connection to North America, other South Pacific destinations and the rest of the world. He says the new service has been made possible with the forthcoming inclusion of two new Airbus A350s into the Fiji Airways fleet. They will receive the first of the two new A350s in July, resulting in an immediate increase in capacity across the network. This means they will be able to dedicate more seats to the Australian

market, specifically Canberra. The announcement was celebrated with a promotional flight this morning, carrying Deputy Prime Minister and Minister for Tourism, Viliame Gavoka, the Fijian Drua, and local fans to watch tonight's match against the Brumbies at GIO Stadium in Canberra. Fiji Airways will provide services between Nadi and Canberra twice weekly on Tuesdays and Fridays from July to the end of September, and three times a week from October onwards. We have sent questions to Fiji Airways regarding the two new A350s, the possibility of more jobs and the sponsorship deal with the Brumbies.

Girmit History: Looking back at what our Forefathers had sacrificed for us as an Indentured generation in 1879

“Pain from the wounds of Girmit resided in the hearts and minds of its victims and their families, but it failed to find expression publicly or in history books”.

Indo-Fijians, were a significant part of Fiji and had made an enormous contribution towards its economic, social, cultural and political development in the 1800’s during the British Colonial era.

Captain James Cook, Captain William Bligh, Vasco da Gama, who ventured out to seek new lands, the history of British royal family, contributions of British in developing the earth, the vir-

tues of Commonwealth, the penal history of Australia, and so on about the glory of white men’s contributions in carving out the destiny of the world.

However, as far as Fiji’s development history is concerned, apart from a few sentences about indentured labourers from India brought to work on cane farms, there is no account of what went on in the whipping, punching, kicking, suiciding and raping in the cane fields of early Fiji.

They were completely missed from the radar of Fiji’s history books, written by the British and the Europeans.

“History is almost always written by victors and conquerors and gives their viewpoint; or, at any rate, the victor’s version is given prominence and holds the field.”

Therefore, in case of Indo-Fijians, history was deliberately concealed to cover up the crimes of British and the Australian Colonial Sugar Refining Company (CSR).

Since the British were the colonial rulers of Fiji for around a century, they had a distinct advantage in manipulating history.

That is why, as already stated, all we learned in history lessons in schools was

about British or indigenous Fijian history.

The little history of India that we learned in schools covered the perspective from the British side, missing out the real treachery of the coloniser, in India and Fiji.

In some opinions, writers have likened indenture or Girmit to slavery. In fact, some have dubbed slavery as being better, because, at least in slavery, people got better food and shelter.

On 15 May (some claim it to be 14th), 1879 the first batch of 497 Girmitiyas (indentured labourers) were brought to Fiji by the British

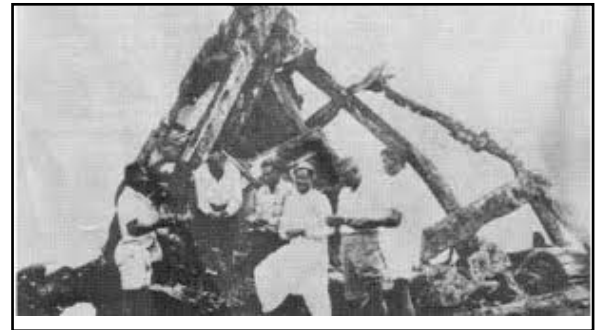
on board the vessel Leonidas. This trend continued till 1920 by when some 60,357 Girmitiyas were brought to Fiji.

2021 marks the 142 years of the first arrival of Indians.

We just hope that the next generation will somehow learn about the sacrifices of the Girmit era and pay homage to those who delivered us to the comforts of USA, Canada, Australia, New Zealand and other developed nations.

May the soul of our departed Girmitiyas, our forbears, rest in peace!

Excerpts from Thakur Ranjit Singh- Auckland, NZ





WEBINAR

Indian Emigration Passes to Fiji 1879-1916

The National Library of Australia acknowledges Australia's First Nations Peoples – the First Australians – as the Traditional Owners and Custodians of this land and gives respect to the Elders – past and present – and through them to all Australian Aboriginal and Torres Strait Islander people.

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Fiji News

RB Patel Group Limited hands \$6,000 to Leadership Fiji

RB Patel Group Limited has handed over a cheque of \$6,000 for 3 years to Leadership Fiji. While speaking at the event, RB Patel Group Limited Chief Operating Officer Deepak Rathod says Fiji needs the youth of today to prepare for the many leadership roles that the country needs to move forward. He says the work that Leadership Fiji does is relevant to Fiji. Meanwhile, Leadership Fiji Chief Executive Officer Sharyne Fong says they welcome the partnership by RB Patel Group Limited as it highlights their commitment to the development of leaders for the country. She says Leadership Fiji's strategic vision is to establish a leadership academy for Fiji and the Pacific and to expand its offering of leadership programs across all levels of society.



Pine Group workers receive pay increment backdated to January 2023



Good news for the staff of Fiji Pine Limited, Tropik Wood Industries Limited and Tropik Wood Products Limited who are hourly paid employees as they received a 5% wage increment back dated to 1st January 2023. It applies to staff who have more

than one year of work service within the Pine Group as at 7th April 2023. Pine Group Chief Executive Officer, Vimlesh Kumar says the announcement was made following approval from their Board and says this is to recognize the hard work of

all their hourly paid employees over the past one year and in recognition of the rising cost of living. He also says the Company values its relationship with the Union and engaged with them in reaching this outcome. Kumar adds those employees

whose service is less than one year will get their increment effective from 7th April 2023. He says in addition to this across the board wage review for hourly paid workers, their other employees, including weekly wage employees, have received incre-

ment and promotion in accordance to their Performance Management Framework System. The CEO says the recognition is purely based on merit and work deliveries for the year 2022.

Health News

From Keto to Vegetarian, Here's How Experts Rate 10 Popular Diets for Heart Health

When it comes to eating well, there's a lot of conflicting information out there. Knowing what foods to eat for improved overall health can sometimes feel unclear or confusing. Cutting through some of the noise, new research from the American Heart Association (AHA) has rated 10 popular diets and offered rankings on how well they adhere to heart-healthy living. The researchers categorized the diets into four tiers, with tier 1 achieving the highest heart-healthy scores, and tier 4 achieving the lowest. Perhaps unsurprisingly, the Mediterranean diet – an eating pattern often recommended by experts – was ranked tier 1 for heart health, alongside pescatarian and vegetarian eating patterns. These diets achieved heart health scores of 85 and above. Popular diets like paleolithic and very low-carb/Keto eating styles, however, didn't fare so well. They were placed in tier 4 and were awarded scores of less than 55. To categorize each diet, the research team rated how well popular dietary patterns align with the American Heart Association's Dietary Guidance-Trusted Source. Each diet was measured against 9 out of 10 of the key features listed in the guidance, including how well they limit unhealthy fats and excess consumption of carbohydrates. Here's how 10 of the most popular diets today stack up. Tier 1: Highest-rated eating plans for heart health (scores higher than 85) Mediterranean-style diet Pescatarian Vegetarian "It's hard to argue with the healthfulness of each of these diets and their reflected high scores. These diets are promoting a wide range of nutrients that focus on protein, healthy fats, whole grains (fiber), fruits, and vegetables, which are the building blocks for all healthy lifestyles," says Bari Stricoff, a registered dietitian for WellEasy. The diets in tier 1 all provide adequate amounts of fiber, which Stricoff says is essential for heart health for several reasons. "Fiber plays an important role in lowering cholesterol levels, maintaining a healthy weight, and managing blood

sugar," she explains. The latter in particular may be especially important for heart health as managing your blood sugar levels can lower your risk of developing type 2 diabetes, another risk factor for heart disease. As for the Mediterranean diet, Stricoff notes rich foods that are great for your heart include: olive oil nuts seeds fatty fish "These foods are great sources of unsaturated fatty acids. Monounsaturated and polyunsaturated fats, specifically, have been shown to increase HDL cholesterol," she explains. "That's good news for your heart health because more favorable ratios of LDL to HDL cholesterol have been shown to be protective against cardiovascular disease," Stricoff says. Tier 2: Vegan and low-fat diets (scores 75-85) On paper, vegan and low-fat diets don't appear to have very much in common. One involves eliminating all animal-derived products, while the other is about lowering your consumption of fat. However, both involve eating plenty of fruits, veggies, nuts, and whole grains and are linked with a reduced risk of heart disease, which may explain why they've been grouped together. "The vegan diet's high ranking is due to its focus on whole, nutritious plant-based foods which are good for the heart," explains Ro Huntriss, a leading dietitian and founder of Dietitian Ro. "However, without appropriate supplementation, the vegan diet can lack essential nutrients, like long-chain omega-3 fatty acids which reduce inflammation, reduce triglyceride levels, and increase HDL or 'good' cholesterol levels," she explains. The researchers also note that vegan diets carry an increased risk of Vitamin B12 deficiency. "Vitamin B12 deficiency can have negative implications on heart health which may explain its lower ranking," says Huntriss. As for low-fat diets, Huntriss believes they have achieved tier 2 status as they are low in saturated and trans fats, both of which are fats associated with an increased risk of heart disease and higher cholesterol levels. However, just as low-fat diets



reduce less-healthy fats, they also reduce the intake of healthy fats which can be protective of heart health. "This may explain the low-fat diet's slightly lower ranking," Huntriss explains. Tier 3: Very low-fat and low-carb diets (scores 55-74) Though very low-fat and low-carb diets are popular weight loss tools, the American Heart Association describes them as having "low to moderate alignment" with their heart-healthy guidance. "Very low-fat diets have been linked to weight loss, improved blood sugar control, and reduced risk of heart disease, however, they typically eliminate a lot of healthy fats and tend to be higher in carbohydrate and protein sources," says Huntriss. Similarly, Stricoff points out that to make up for the removal of fat, many food companies add sugars and sweeteners to enhance flavor. "Consumption of these highly processed low-fat products is often worse for heart health," she explains. Why might low-carb diets have achieved tier 3 status? "Low carb diets can be low in fiber which supports healthy cholesterol levels, and often they are high in saturated fat," says Huntriss. Stricoff believes low-carb diets have achieved this ranking based on the assumption that you will increase your fat intake and lower your consumption of fiber. However, she notes that the relationship between low-carb diets and heart health is

complex. "Some studies suggest that a low-carb diet may have beneficial effects on heart health, while others argue that it may have negative consequences," she says. Tier 4: Paleolithic and very low-carb/Ketogenic diets (scores less than 55) Out of all 10 diets, paleo and keto-style diets achieved the lowest ranking. "In regards to the very low-carb diet and ketogenic approach, it's likely that individuals will not consume their recommended amount of fruits, vegetables, whole grains, and fiber, which may have an adverse impact on heart health," says Stricoff. "While there is one argument that ketones can produce the same short chain fatty acids in the gut, the diversity of your gut microbiome will be negatively impacted." Huntriss adds that while keto may lead to rapid weight loss and improved blood sugar control in the short term, it could increase cholesterol levels and the risk of heart disease in the long term, as a limit on saturated fat is not often advised. As for paleo – an eating style that emphasizes lean protein sources, fruits, vegetables, nuts, and seeds while eliminating dairy, grains, legumes, and processed foods – Huntriss says it can be high in saturated fat due to its promotion of animal products and foods such as coconut oil. "These foods can raise cholesterol levels so it is therefore seen as offering an in-

creased risk for heart disease. At the same time, legumes and whole grains, which are supportive of heart health, are not allowed on the diet," she explains. Eating a heart-healthy diet If you want to improve the heart healthfulness of your diet, what can you do? Huntriss says increasing your fruit and vegetable intake is an important first step. They're packed with fiber and antioxidants but importantly, potassium which can help to lower blood pressure, a big risk factor for heart disease," she explains. You can also choose whole grains rather than refined grains. "Try to include whole-grain bread, pasta, and cereal in your diet over refined versions," Huntriss advises. "Whole grains are not only rich in antioxidants but also rich in fiber, which can help lower cholesterol levels and reduce the risk of heart disease." Next, aim to include healthy fats (found in nuts, seeds, and olive oil) and reduce your consumption of trans and saturated fats. To do this, Huntriss says to choose lean proteins, such as chicken and fish, and limit red meat and high-fat dairy products. Be wary of margarines, cakes, biscuits, and fried foods, too. By making these small changes and being mindful of the American Heart Association's rankings, Huntriss says you can not only reduce your risk of heart disease but improve your overall health as well.

Health News

Biomarkers confirm link between Mediterranean diet and lower risk of type 2 diabetes

Researchers found that using the biomarker score identified a stronger link between the Mediterranean diet and reduced risk of type 2 diabetes than self-reporting. This may suggest previous self-report-based studies may have underestimated the association between following a Mediterranean diet and type 2 diabetes risk. The study ultimately examined the biomarker scores of 340,234 people living in eight European countries. The study authors also note that more research is needed to confirm the new findings since it is currently unknown to what extent the biomarker score is specific to the Mediterranean diet. Nutrition experts agree that the Mediterranean diet is one of the healthiest. There are many reasons the Mediterranean diet keeps taking the top spot in the U.S. News and World Report annual ranking of best diets year after year. Experts clearly agree it is one of the most sustainable eating patterns with significant health benefits, including helping to reduce the risk of type 2 diabetes and heart disease. Kristin Kirkpatrick, MS, RDN, a nutritionist and the author of "Skinny Liver," who was not involved in the study, says she's not surprised to see this study yield similar results that other studies on the Mediterranean have previously concluded, but what is interesting here is the addition of the link between measured adherence to the diet and health benefit. Rahaf Al Bochi, RDN, LD Spokesperson for the Academy of Nutrition and Dietetics and owner of Olive Tree Nutrition LLC was also not involved in the study. She



says this new research provides a promising association between adhering to a Mediterranean diet and reducing the risk for type 2 diabetes. Al Bochi also echoes the researchers in saying that more research is required, especially since the sample size is based on only participants living in European countries. What makes the Mediterranean diet "healthy?" The American Heart Association has included the Mediterranean-style diet in their most recent update of an American Heart Association tool Trusted Source for evaluating heart health — and for good reason. "The Mediterranean diet emphasizes plenty of vegetables, fruits, whole grains, nuts, seeds, legumes, fish, herbs, and olive oil, with some meat, poultry, and dairy incorporated," says Al Bochi. "This means it is

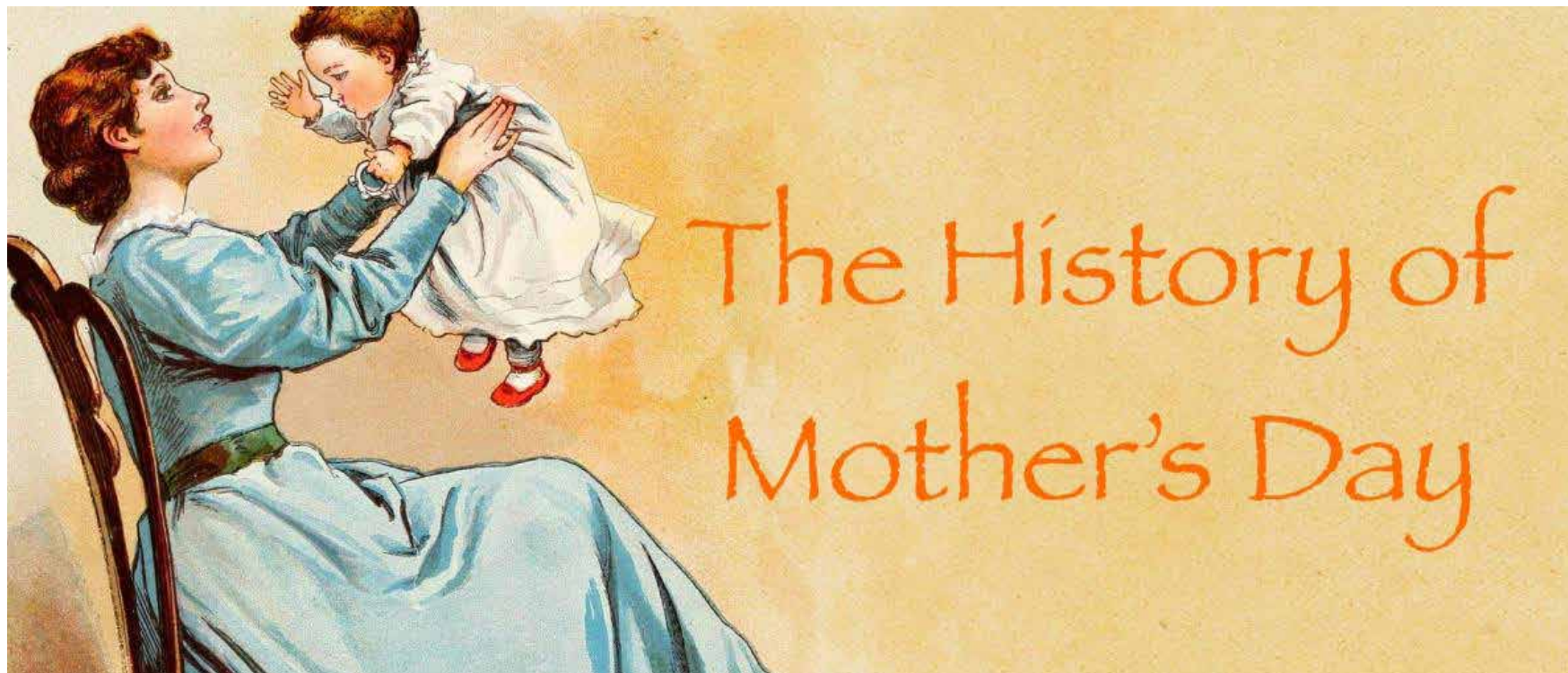
rich in vitamins, minerals, antioxidants, and unsaturated fats that have been associated with health benefits," she explains. Kirkpatrick agrees saying the diet is very high in nutrient density and contains many foods that, on their own, have been found to decrease mortality and reduce the risk of several chronic conditions. The diet also is limited in added sugars, refined grains, and saturated fats, explains Kirkpatrick. The American Heart Association explains Trusted Source this Mediterranean-style of eating can help you achieve a healthy eating pattern which plays a big role in preventing heart disease and stroke and reducing risk factors such as obesity, diabetes, high cholesterol, and high blood pressure. How to successfully switch to a Mediterranean diet Whether you're considering

switching to a Mediterranean diet or you simply want to incorporate more foods in this category, health experts say there are a few simple tips to keep in mind that can help you make sustainable changes. Start slowly to begin "Take a baby steps approach," says Kirkpatrick. To do this, she suggests people may want to start with a particular area of their existing or current diet or eating habits. "For example, if you are used to utilizing high amounts of saturated fats, then limiting those and adding in more unsaturated fats like monounsaturated and polyunsaturated fats might help," she says. "This looks like having nuts and seeds as snacks or utilizing more extra virgin olive oil in cooking," Kirkpatrick adds. Al Bochi suggests shifting toward a more Mediterranean-style diet by adding an extra serving of vegetables and fruits to your current meals. Prioritize your primary protein Kirkpatrick says you can also assess your primary protein sources and add some Mediterranean factors here, focusing more on beans, legumes, and fatty fish. Al Bochi agrees, suggesting adding more plant-based proteins like beans, lentils, nuts and seeds to the menu. The American Heart Association offers the following serving size tips Trusted Source

for people who prefer eating meat: a piece of meat about the size of a deck of cards one small chicken drumstick or thigh 3/4 cup of fish, flaked 2 thin slices of lean roast beef (sliced 3" x 3" x 1/4") Focus on what to add rather than subtract "Focus on what you can add to your diet, instead of limit," says Al Bochi. Kirkpatrick says you can't go wrong with simply adding more fruits and vegetables into your existing diet. She says this will be a step towards a more Mediterranean approach that can be maintained over time. Al Bochi also suggests adding more Mediterranean foods to the diet by using olive oil as your main fat. It's a lifestyle, not a diet While following a Mediterranean eating plan is about what you do and do not consume, Al Bochi says it's important to keep in mind that it is more a lifestyle than a diet. "The Mediterranean diet is a lifestyle that encourages mindful eating, socializing over food, and adding daily movement," she says. The American Heart Association echoes this by saying diet isn't the only part of Mediterranean living that's important for heart health." According to the AHATrusted Source, it's an eating pattern that is historically associated with lifestyles that include exercise and social activity.



The Forgotten History of Mother's Day



How Mother's Day Became a Holiday

Mother's Day actually began as a women's movement to better the lives of Americans. Its forgotten origins spring from two lifelong activists who championed efforts toward better health, welfare, and peace. Know your Mother's Day history—and get inspired.

Who Invented Mother's Day?

Ann Reeves Jarvis

Known as "Mother Jarvis," Ann Reeves Jarvis was a young Appalachian homemaker who taught Sunday school lessons. She also was a lifelong activist who, in the mid-1800s, had organized "Mothers' Day Work Clubs" in West Virginia to combat unsanitary living conditions. Reeves Jarvis was concerned about the high infant mortality rate, especially pervasive in Appalachia, and wanted to educate and help mothers who needed it the most.

During the Civil War, Mother Jarvis had also organized women's brigades, encouraging women to help without regard for which side their men had chosen. After the war, she proposed a Mothers' Friendship Day to promote peace between former Union and Confederate families.

Julia Ward Howe

Julia Ward Howe was a famous poet and reformer. During the Civil War, she volunteered for the U.S. Sanitary Commission, helping them to provide hygienic environments for hospitals and to ensure sanitary conditions during the care of sick and wounded soldiers. In 1861, she authored the famous

Civil War anthem, "The Battle Hymn of the Republic," which was first published in February 1862.

Around 1870, Julia Ward Howe called for a "Mother's Day for Peace" dedicated to the celebration of peace and the eradication of war. As expressed in what is called her "Mother's Day Proclamation" from 1870, Howe felt that mothers should gather to prevent the cruelty of war and the waste of life since mothers of mankind alone bear and know the cost.

Howe's version of Mother's Day was held in Boston and other locations for about 30 years, but died a quick death in the years preceding World War I.

Nothing new happened in this department until 1907, when Miss Anna M. Jarvis, of Philadelphia, took up the banner.

Anna M. Jarvis

After her mother, Ann Reeves Jarvis, died in 1905, Miss Anna Jarvis from Philadelphia wished to memorialize her mother's life and started campaigning for a national day to honor all mothers. "I hope and pray that someone, sometime, will found a memorial mother's

day commemorating her for the matchless service she renders to humanity in every field of life," Ann Jarvis once said. "She is entitled to it." Anna's ideas were less about public service and more about simply honoring the role of motherhood and the sacrifices made in the home. She bombarded public figures and various civic organizations with telegrams, letters, and in-person discussions. She addressed groups large and small. At her own expense, she wrote, printed, and distributed booklets extolling her idea.

Why Mother's Day in the U.S. is in May

In May of 1907, Anna memorialized her mother's lifelong activism with a memorial service held at the Methodist Church in Grafton, West Virginia, where Anna's mother had taught. The following year, on May 10, a Mother's Day service was held at that same church to acknowledge all mothers. Thus was born the idea that the second Sunday in May, be set aside to honor every mother, whether living or deceased.

Her efforts came to the attention of the mayor of Philadelphia, who proclaimed a local Mother's Day. From the local



Ann Maria Reeves Jarvis



Anna Jarvis

level, she went on to Washington, D.C. The politicians there knew a good thing when they saw it and were quick to lend verbal support.

While West Virginia was the first state to officially adopt the holiday, others followed suit. Proclamation of the day by the various states led Representative J. Thomas Heflin of Alabama and Senator Morris Sheppard of Texas to present a joint resolution to Congress that Mother's Day be observed nationwide. The resolution was passed by both houses.

In 1914, President Woodrow Wilson signed a bill designating the second Sunday in May as a legal holiday to be called "Mother's Day"—dedicated "to

the best mother in the world, your mother." For the first few years, the day was observed as a legal holiday, but in absolute simplicity and reverence—church services were held in honor of all mothers, living and dead.

Mother's Day Today

Mother's Day endures and evolves. Just as Mother's Day was the creation of multiple women, the modern Mother's Day celebrates the varied roles of mothers today. We commemorate the many ways mothers have fought to better the lives of their children, from social welfare to non-violence. We also honor the way mothers have raised and nurtured their children with love and courage.

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Tech News

WhatsApp Rolls Out Privacy Features, Bottom Navigation Bar With New UI, and Other Updates: Details

WhatsApp is reportedly planning to add several new features with new Android updates. These features include the ability to silence unknown callers, a new UI with a bottom navigation bar, creating single-vote polls, and more. While some of these features have only rolled out in the beta update for select beta testers, others updates have already been started rolling out globally. The instant messaging platform is testing a WhatsApp for iOS-like feature for Android apps, by placing the icons in a bottom navigation bar. It was reported in March this year that WhatsApp was seen working on a feature to prevent unknown callers by silencing their calls. Now, it seems that the company has progressed a bit with the feature. According to a WABetaInfo report, the app has introduced this feature with the WhatsApp beta for Android 2.23.10.7 update. This allows beta testers to silence unknown

calls on the app. The toggle to put unknown callers on silent mode is available right within Settings > Privacy. Users can enable this toggle and mute calls from potentially spam phone numbers. However, these calls will still be visible in the Calls log and in the notification tab. To access the feature, users can install the latest version of WhatsApp beta for Android 2.23.10.7 update from the Google Play Store. Meanwhile, the WhatsApp beta for Android 2.23.10.6 update comes with a new user interface that provides Android users with an iPhone-like bottom navigation bar. The Meta-owned messaging service is reported testing a new interface for the app which will have a bottom navigation bar, similar to WhatsApp for iOS, enabling users to easily switch between different tabs. It is currently available to select beta testers only and will be gradually available to more users. What-



sApp also announced a couple of more features like creating single-vote polls, searching for polls in chats using filters, and getting notifications when people vote on polls. Meta in its blog post said that the new updates for polls will help users gather data and make decisions conveniently. With single-vote polls, users will not be able

to change their answers after deciding their vote on a poll once. Meanwhile, it will be easy to look for specific polls, just like images and videos, by searching for them using a filter. Moreover, a user can also get notifications whenever someone votes in the poll for keeping an easy tab on the results. Furthermore, WhatsApp users will

also be able to forward media with already-available captions or add captions to documents when sharing. Users can also add a caption to documents like a newspaper article or a working document before sharing. The features are rolling out globally and will be available to everyone in the coming weeks.

Hackers target years-old surveillance camera security flaw

A half-a-decade old vulnerability in certain digital video recording (DVR) devices has suddenly become interesting for threat actors to exploit again after the number of observed attacks surges, researchers have warned. Cybersecurity researchers from Fortinet's FortiGuard Labs have spotted an uptick in attacks targeting TBK DVRs using a publicly available proof-of-concept to exploit a vulnerability tracked as CVE-2018-9995. This is a vulnerability first discovered back in 2018, which allows remote attackers to bypass authentication and thus gain access to the target network. To take advantage of the flaw, threat actors would craft a malicious HTTP cookie, forcing the endpoint to respond with JSON data carrying admin credentials. Multiple affected devices "A remote attacker may be able to exploit this flaw to bypass authentication and obtain administrative privileges, eventually leading access to camera video feeds," Fortinet says. A number of devices are



vulnerable to this flaw, it was said, including TBK DVR4104 and TBK DVR4216 and re-branded models dubbed Novo, CeNova, QSee, Pulnix, XVR 5 in 1, Securus, Night OWL, DVR Login, HVR Login, and MDVR. The researchers said

that by April 2023, hackers tried to break into vulnerable devices more than 50,000 times. "With tens of thousands of TBK DVRs available under different brands, publicly-available PoC code, and an easy-to-exploit makes this vulnerability an

easy target for attackers," the researchers said. "The recent spike in IPS detections shows that network camera devices remain a popular target for attackers." The worst part is that there's no patch to address the issue. The only way to stay safe

is to replace the system with a newer, actively supported device. These types of DVRs are often used by banks, public sector organizations, and similar businesses, as part of their security surveillance (opens in new tab) solution.

Tech News

Phishing attacks are targeting your business more than ever, so watch out



The first few months of 2023 saw 40% more phishing and smishing attacks compared to the same period last year, new research has claimed. The Avast Q1 2023 Threat Report

notes that attacks where threat actors impersonate big brands and claim the victim is due a refund have become the most popular. This type of phishing was up 26% in the UK

compared to Q4 2022, with one particular scam that used emails claiming victims can get a refund for a parcel that was never delivered seeing a major rise. Phishing threat The emails

would also contain attachments which, if downloaded and run, would trigger the download of an infostealer, such as RedLine. To deliver the infostealer, the attackers would distribute a

Microsoft OneNote file, or Adobe Acrobat Sign file. With the former, the file would hold an add-on that could trigger the download of the malware (opens in new tab). With the latter, the legitimate service gets abused to deliver a link hosting the malicious program, for the victims to download. In any case, the researchers found, the goal is to steal as much personally identifiable information as possible, as this data can later be used for identity theft. "If you think your data has no value then why would scammers spend so much time trying to steal your data if it's worthless? The truth is that anyone can be affected and it is important to stay vigilant and use proper protection," said Jakub Kroustek, Avast Malware Research Director. "Unfortunately, scammers have made it nearly impossible to take any message as face value – all communications, whether seemingly from a friend, boss, or household brand, have potential to be fraudulent."

Hollywood Studios Claims They Offered Writers a \$97 Million Wage Increase

The Alliance of Motion Picture & Television Producers, which represents Hollywood studios in contract talks with striking writers, said it offered wage increases of close to \$97 million (about Rs. 792 crore). That's more than double the \$41 million (about Rs. 335 crore) the writers claim they are being offered, the studios said in a statement Thursday. The Writers Guild of America, which represents some 11,500 screenwriters nationally, went on strike Tuesday, knocking late-night talk shows off the air and threatening the production of hundreds of TV programs and films, including ones for the upcoming fall season. Their talks broke down on Monday after six weeks of negotiations. The writers said earlier this week that they're seeking minimum staffing levels and employment terms on TV series. The union wants at least six writers on an episodic TV show and commitments for 13 weeks of work on



programs made for streaming. The studios said Thursday they couldn't support those requests. "If writing needs to be done, writers are hired, but these proposals require the employ-

ment of writers whether they're needed for the creative process or not," their statement said. Another flash point is the use of artificial intelligence in screenwriting. The guild is asking the

studios to not use the technology. The studios said the issue raises "hard, important creative and legal questions." Writers want to use artificial intelligence software in their work, but AI

material can't be copyrighted, the studios said. Only writers will be paid for scripts and AI-generated material would not receive writing credit, according to the studios.

Sports News

Saina Nehwal to skip Asian Games trials due to fitness issues

Two-time Commonwealth Games champion Saina Nehwal will not be participating at the national badminton selections trials for the upcoming Asian Games due to fitness issues. The Badminton Association of India (BAI) will be conducting the trial from May 4 to 7 at Jwala Gutta Academy of Excellence in Telangana to pick the team for the prestigious tournament, which be held in Hangzhou, China from September 23 to October 8. "Saina Nehwal will not be participating as she has some fitness issues. Also the men's pair of Kushal Raj and Prakash Raj has also withdrawn from the trials," BAI secretary Sanjay Mishra told PTI. "However, rest of the players who were invited for the trials will be competing this week for the spots." Saina last played at the Orleans Masters. Battling injuries for quite some time, the former world number one had skipped the trials for Badminton Asia Mixed Team Championships in January. She had also missed the trials for the Commonwealth Games last year. BAI had directly selected double Olympic medallist PV Sindhu (World No. 11), HS Prannoy (world no. 9), men's pairing of Chirag Shetty and Satwiksairaj Rankireddy (World No. 6) and women's



combination of Treesa Jolly and Gayatri Gopichand (world no. 19) for the Asian Games "based on their placing in the BWF Top 20 ranking list as on April 18". The national federation had come out with a list of players for the Asian Games selection trials on April 22, setting April 28 as the deadline for confirmation. World championships silver and bronze medallists Kidambi Srikanth (World No. 23) and Commonwealth Games champion Lakshya Sen (World

No. 24), Orleans Masters Super 300 winner Priyanshu Rajawat, national champion Mithun Manjunath and Tokyo Olympian B Sai Praneeth are among the nine men's singles players, who will have to fight it out in the trials. In women's singles, Aakarshi Kashyap, Malvika Bansod, Ashmita Chaliha, Unnati Hooda will be among the women's singles shuttlers present in the trials. As many as three players will be selected for men's singles and women's singles,

while two mixed doubles pair and one men's doubles and one women's doubles pair will be picked from the trials. List of Players for Asian Games 2023 selection trials: Men's Singles: Lakshya Sen, Kidambi Srikanth, Priyanshu Rajawat, Mithun Manjunath, Sai Praneeth, Maisnam Meiraba, Bharat Raghav, Ansal Yadav, Siddhant Gupta Women's Singles: Aakarshi Kashyap, Malvika Bansod, Ashmita Chaliha, Aditi Bhat, Unnati Hooda, Alisha Naik, Shriyanshi

Valishetty, Anupama Upadhyay Men's Doubles: MR Arjun/Dhruv Kapila, Krishna Prasad/Vishuvaradhan, Suraj Goala/Pruthvi Roy, Nithin HV/Sai Pratheek. Women's Doubles: Ashwini Bhat/Shikha Gautham, Tanisha Crasto/Ashwini Ponnappa, Radhika Sharma/Tanvi Sharma Mixed Doubles: Rohan Kapoor/Sikki Reddy, Sai Pratheek/Tanisha Crasto, Hariharan/Varshini, Hemagendra Babu/Kanika Kanwal.

Pujara to 'share dressing room' with Steve Smith ahead of WTC final

Cheteshwar Pujara will get a chance to sneak peek into Steve Smith's preparations ahead of the high profile World Test Championship final starting June 7 as the former Australian skipper gears up to play three English county games for Sussex this month. The WTC final between India and Australia will be held at the Oval from June 7-11. For the record, Pujara is leading Sussex in the red ball tournament and the skipper at No. 3 followed by Smith at No. 4 could be one of the most high profile combination in Division two of English County Championship. The three matches that Smith is expected to play for Sussex will be away games against Worcestershire (May 4-7), Leicestershire (May 11-

14) and a home against Glamorgan (May 18-122) as a part of his preparation for the WTC final and the marquee Ashes battle against England, starting June 16. "We have spoken, but most of the time we have played against each other. It is never for the same team, so it will be exciting to have him in the same side," Pujara told Sussex Cricket after the recent game against Gloucestershire. "I will try and get his thoughts, try and know him a little better." Pujara admitted that it will be mixed feelings, playing alongside Smith with whom he would be locked in a tough fight within three weeks of sharing the dressing room. "We will be playing the WTC final, so it will be mixed feelings. On

the field we always have good battles, but off the field we are good friends." Pujara, who is currently leading the second division batting charts with 332 runs from five innings with two centuries this season, termed

Smith as a "great influence to have in the team." "Will be looking forward to having him in the dressing room and trying to have a chat with him, learn from him, see how he prepares because he has a lot of experi-

ence (and) the amount of runs he has scored in Test cricket. "All of us are looking forward to having him here and sharing his experience. He has a lot of knowledge about the game so it will be nice to have his inputs."





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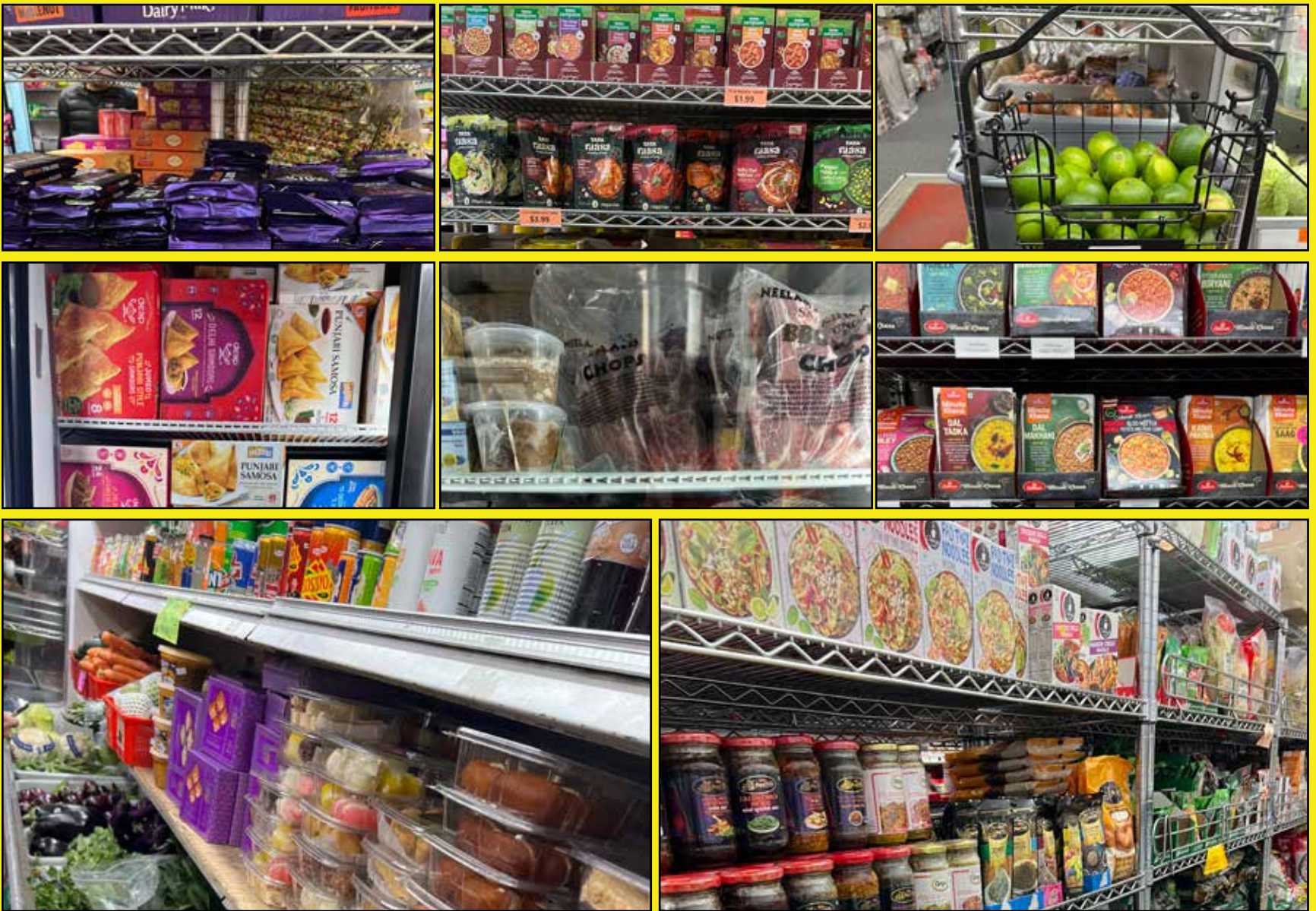
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Health

Using Cannabis During Pregnancy May Increase Risk of High Blood Sugar in Children

Children who were exposed to cannabis in utero may be at risk for obesity and high blood sugar later in life, according to new research.

The study, which was published Thursday in the *Journal of Clinical Endocrinology & Metabolism*, measured cannabis levels in over 100 pregnant women and evaluated the health of their children around five years of age. Of the children involved in the study, those who had been exposed to cannabis in the womb had a 2.6 percent greater fat mass and higher fasting glucose levels compared to those who weren't exposed to cannabis in the womb. The study adds to the growing evidence suggesting cannabis use in pregnancy may affect a baby's health and interfere with their development. "I am not surprised that prenatal exposure to cannabis has [an] impact on the offspring. In principle, any significant pharmacological intervention (and cannabis is surely one) may impact the newborn either directly (by affecting the fetus) or indirectly (by affecting first the mother and then the fetus)," Dr. Daniele Piomelli, the director of the University of California Irvine Center for the Study of Cannabis, told Healthline. Fetal cannabis exposure is linked to low birth weight and obesity in

childhood. The study looked at 103 mother-child pairs living in Colorado. The researchers collected urine samples from the pregnant women and found that 15 percent had detectable levels of cannabinoids, including THC and CBD, in their bodies, which suggests the fetuses had been exposed to the cannabinoids. A follow-up visit was scheduled when the children were nearly five years old, at which point the children underwent blood draws after an overnight fast. The children's fat mass was also measured. The kids who had been exposed to cannabis in the womb were more likely to be at risk for obesity and high blood sugar. It's unclear why fetal exposure to cannabis could have had this effect. Piomelli says cannabis could interfere with the fetus's endogenous cannabinoid system or cannabis may impact the mother's behavior and physiology, altering the baby's development. What we know about cannabis use in pregnancy Cannabis use among pregnant women Trusted Source has been increasing in the United States as more states have legalized the recreational use of cannabis, although overall rates remain very low. From 2002 to 2017, self-reported use Trusted Source of cannabis during pregnancy jumped from 3.4 percent of pregnant women to 7



percent. Previous research has linked maternal cannabis use to negative health outcomes in the baby.

Fetuses exposed to cannabis are more likely to develop Type 2 diabetes, obesity, and metabolic syndrome later in life. Development and behavioral issues — including visual problem-solving challenges and decreased attention span — have been recorded in kids exposed to cannabis in utero as well. Babies of active cannabis users are more likely to have intrauterine growth problems and low birth weight. "If cannabis is smoked frequently, this may cause lower oxygen levels in the bloodstream which in turn might perturb growth," Piomelli said, adding that we

do not know if this applies to other forms of cannabis use like vaping or edibles. According to Dr. S. Monty Gosh, an assistant professor and doctor of internal medicine, disaster medicine, and addiction medicine at the University of Alberta, these findings mirror the impact of cigarette smoking Trusted Source during pregnancy. "It would be interesting [to] explore if this was related to smoking cannabis or ingested cannabis," Gosh said. Avoiding cannabis while pregnant is the safest option Gosh says the chemicals from cannabis may be able to cross the placenta and reach the fetus.

The American College of Obstetricians and Gynecologists (ACOG), the American Academy of Pediatrics (AAP),

and the Academy of Breastfeeding Medicine (ABM) all advise against using cannabis products during pregnancy and lactation. "It is best and safest to resume smoking marijuana post lactation due to our limited understanding of the effects of cannabis on the child. Limiting secondhand exposure from cannabis smoke should be a priority," says Gosh. The bottom line

A new study has found that children who were exposed to cannabis, including CBD or THC, in utero may be at risk for obesity and high blood sugar later in life. The research adds to the growing evidence that cannabis use during pregnancy may be harmful to the baby's health and interfere with their development.

Matching drugs to DNA is 'new era of medicine'

We have the technology to start a new era in medicine by precisely matching drugs to people's genetic code, a major report says. Some drugs are completely ineffective or become deadly because of subtle differences in how our bodies function. The British Pharmacological Society and the Royal College of Physicians say a genetic test can predict how well drugs work in your body. The tests could be available on the NHS next year. Your genetic code or DNA is an instruction manual for how your body operates. The field of matching drugs to your DNA is known as pharmacogenomics. It would have helped Jane Burns, from Liverpool, who lost two-thirds of her skin when she reacted badly to a new epilepsy drug. She was put on to carbam-

azepine when she was 19. Two weeks later, she developed a rash and her parents took her to A&E when she had a raging fever and began hallucinating. The skin damage started the next morning. Jane told the BBC: "I remember waking up and I was just covered in blisters, it was like something out of a horror film, it was like I'd been on fire." Her epilepsy medicine caused Stevens-Johnson syndrome, which affects the skin and is far more likely to happen in people who are born with specific mutations in their genetic code. Mrs Burns says she was "extremely, extremely lucky" and said she supports pharmacogenomic tests. "If it saves your life, then it's a fantastic thing." Nearly everyone is affected Jane's experience may sound

rare, but Prof Mark Caulfield, the president-elect of the British Pharmacological Society, said "99.5% of us have at least one change in our genome that, if we come across the wrong medicine, it will either not work or it will actually cause harm." More than five million people in the UK get no pain relief from codeine. Their genetic code does not contain the instructions for making the enzyme that breaks codeine down into morphine and without it, the drug's a dud. The genetic code of one in 500 people puts them at higher risk of losing their hearing if they take antibiotic gentamicin. Pharmacogenomics is already used for some medicines. In the past, 5-7% of people would have a bad reaction to the HIV drug abacavir and some died. Testing

people's DNA before prescribing the drug means the risk is now zero. Scientists have looked at the 100 most prescribed drugs in the UK. Their report says we already have the technology to roll out genetic testing to guide the use of 40 of them. The genetic analysis would cost about £100 and could be done using either a sample of blood or saliva. Initially, the vision is to perform the test when one of the 40 drugs is prescribed. In the long term, the ambition is to test well ahead of time - possibly at birth if genetic testing of newborns goes ahead, or as part of a routine check-up in your 50s. Precision "We need to move away from 'one drug and one dose fits all' to a more personalised approach, where patients are given the right drug

at the right dose to improve the effectiveness and safety of medicines," said Prof Sir Munir Pirmohamed, from the University of Liverpool. "What we're doing is really going to a new era of medicine, because we're all individuals and we all vary in the way we respond to drugs." He said that as we age and are prescribed more and more drugs, there's a 70% chance that by the age of 70 you will be on at least one drug that is influenced by your genetic make-up. Lord David Prior, the chairman of NHS England, said: "This will revolutionise medicine." He said pharmacogenomics "is the future" and "it can now help us to deliver a new, modern personalised healthcare system fit for 2022".

Health

Sleeping with even a little bit of light isn't good for your health, study shows

Turning off the lights and closing the curtains isn't exactly a catchy, new sleep hygiene hack, but this common sense advice is gaining even more scientific credibility. Many Americans sleep in a room that's punctuated with some form of artificial light — whether it's coming from a TV, a jumble of electronics or an intrusive streetlight. New research suggests that one night of sleep with just a moderate amount of light may have adverse effects on cardiovascular and metabolic health. "I was surprised that even this fairly, I would say, small amount of light just getting through the eyes to the brain still had such notable effect," says Dr. Phyllis Zee, senior author of the new study and director of the Center for Circadian and Sleep Medicine at Northwestern University. The findings tie into a broader body of evidence that indicates being exposed to light at night may be harmful in a variety of ways and could predispose people to chronic diseases. Physiological effects of light



The small, 20-person study conducted by Zee and her team at Northwestern was designed to measure the physiological effects of 100 lux of artificial light on healthy adults while they were sleeping. "This is about enough light that you could maybe see your way around, but it's not enough light to really read comfortably," says Zee. For the study, all the participants spent their first night sleeping in a mostly dark room. The next night, half of them slept in a more illuminated room (the light was placed overhead). Meanwhile, the researchers ran tests on the sleepers: they recorded their brainwaves, measured their heart rates and drew their blood every few hours, among other things. In the morning, they'd give both groups a big dose of sugar to see how well their systems responded to the spike. The results, published in the Proceedings of the National Academy of Sciences this month, show several clear differences between the two groups. Unlike those who spent both nights in the dark, the group exposed to the light had elevated heart rates

throughout the night. They also had increased insulin resistance in the morning, meaning they had more trouble getting their blood sugar into a normal range. Light can disrupt metabolism Zee says there are multiple potential ways that being exposed to light at night could disturb our metabolism. One possibility — supported by research — is that having the light on disrupts the quality of sleep, but surprisingly this study did not find that result while monitoring the people in the lighted room. In fact, the participants generally reported that they thought they slept fine.

The researchers also measured levels of melatonin, a hormone that helps with the timing of circadian rhythms and promotes sleep. Melatonin is typically suppressed during the day and rises at night. Studies show artificial light at night can suppress melatonin levels, and scientists have found a link between the disruption of melatonin and several diseases, including cancer and diabetes. Though here, too, the study did not find evidence that melatonin levels were lower among the people sleeping with the light on. "That probably means that the light level that was getting through the eyes was not really bright enough to suppress melatonin," says Zee. However,

Zee and her team believe that this small amount of light was enough to activate the sympathetic arm of the autonomic nervous system — what's responsible for the body's fight or flight response. This is supposed to cool down during sleep as the body moves into a parasympathetic state, when the body's heart rate and respiration decrease. The changes in cardiovascular function suggest the small amount of light was enough to shift the nervous system to a more activated and alert state. "It's almost like the brain and the heart knew that the lights were on, although the individual was sleeping," says Zee. The study is an important example of how even relatively dim light exposure can be disruptive to our sleep-wake cycle, says Dr. Chris Colwell, whose lab at UCLA studies the mechanisms underlying circadian rhythms. He says the findings makes sense because the autonomic nervous system has a robust daily rhythm. "There's a lot of coordinated actions that have to occur in order for us to get a good night's sleep and the autonomic nervous system balance regulates that," says Colwell. This effect on the nervous system wasn't "dramatic" — not as if the people were awake — but Colwell says it's still concerning: "You don't want that

going on when you're trying to get a good night's sleep." Increased risk of chronic illness The study's findings that metabolic health suffered aren't entirely surprising.

Colwell notes there's already a solid pool of research, as well as large population studies, showing that disrupting circadian rhythms makes it harder to regulate blood glucose levels. Some of these human studies have used a much brighter intensity of light — and not while people were actually sleeping. And while the findings of this study alone can't predict what would happen in the long term, Colwell suspects the harmful effects would be cumulative: "This was only one night, so imagine if you're living that way constantly?" The body's "master clock," called the suprachiasmatic nucleus, is found in the brain, but organs and tissues throughout the body have their own cellular timekeeping devices. Cells in the pancreas that secrete insulin are one example. Disrupting the sleep-wake cycle can affect their ability to appropriately secrete insulin, which in turn controls blood sugar. "That's going to increase the risk of chronic diseases like insulin resistance, diabetes and other cardiometabolic problems," says Dr. Charles Czeisler, chief of the Division of Sleep and Cir-

cadian Disorders at the Brigham and Women's Hospital in Boston and a professor at Harvard Medical School. For example, a large observational study of more than 40,000 women found that sleeping with a TV or light on was associated with a 17% increased risk of gaining 11 lbs over the course of five years. Czeisler's own research has looked at the metabolic consequences of disruptions in circadian rhythms for longer than just one night. In a recently published study, he and his colleagues conclude that the negative effects on metabolism observed in their study participants over the course of three weeks were primarily because of disruptions to circadian rhythms — not necessarily because of sleep deficiency. "When we did not increase their exposure to artificial light at night, we did not see adverse effects of chronic sleep deficiency on glucose metabolism," he says. This is not to say that sleep deficiency doesn't also have major adverse effects on health — it does — but he says it simply underscores the far-reaching consequences of being exposed to light at nighttime. "People think that as long as they fall asleep and are unconscious, it's not having physiological effects, but that's simply not true," Czeisler says.

Health

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long term, the ambition is to test well ahead of time - possibly at birth if genetic testing of newborns goes ahead, or as part of a routine check-up in your 50s. Precision "We need to move away from 'one drug and one dose fits all' to a more personalised approach, where patients are given the right drug at the right dose to improve the effectiveness and safety of medicines," said Prof Sir Munir Pirmohamed, from the University of Liverpool. "What we're doing is really going to a new era of medicine, because we're all

individuals and we all vary in the way we respond to drugs." He said that as we age and are prescribed more and more drugs, there's a 70% chance that by the age of 70 you will be on at least one drug that is influenced by your genetic make-up. Lord David Prior, the chairman of NHS England, said: "This will revolutionise medicine." He said pharmacogenomics "is the future" and "it can now help us to deliver a new, modern personalised healthcare system fit for 2022".

Could microplastics in human blood pose a health risk?

Plastics are everywhere. Although, in theory, much of it can be recycled, a lot of it ends up in landfills, or worse, in watercourses and marine ecosystems. Many people are too familiar with distressing images of turtles and dolphins trapped in plastic bags or fishing nets. But there is a less visible effect — microplastics, tiny plastic particles formed when plastics break down and during commercial product manufacturing. Several studies have found evidence of plastics in the human body. One revelation came after scientists detected plastic additives such as bisphenol A (BPA) and phthalates Trusted Source in human urine. Researchers have also found microplastics in human feces Trusted Source. However, until now, no published study has directly examined Trusted Source the effect of these tiny plastic specks on human health. In a new study published in the journal *Environment International*, researchers in the Netherlands developed

a method of analyzing human blood to detect microplastics. They then used this method to analyze blood from 22 healthy volunteers. Tiny plastic particles Microplastics are specks of plastic. By definition, they are less than 5mm in any dimension, but many are invisible to the naked eye. There are two types of microplastics: primary microplastics and secondary microplastics. The former are the particles used in some cosmetics, and the latter comes from the breakdown products of larger plastic items. Much concern about microplastics has previously focused on their effect on the marine environment, as they are found in oceans worldwide. Many marine organisms, such as fish and shellfish, have been found to contain microplastics Trusted Source. An innovative detection method For this study, the researchers looked for particles that could be absorbed across membranes in the human body. They filtered the blood to collect any plastic particles be-

tween 700 nanometers (nm) and 500,000nm. To avoid any plastic contamination, the researchers used glass fiber filters. The researchers looked for five common plastics: poly(methyl methacrylate) (PMMA), used in dentistry and other medical applications polypropylene (PP), commonly used for packaging and textiles polymerized styrene (PS), used for lightweight packaging polyethylene (PE), the most widely used plastic, used for carrier bags, among many other things polyethylene terephthalate (PET), widely used in textiles and food and drink containers The samples from the filters were processed by double-shot pyrolysis to produce chromatograms from which scientists could identify the contents. "Human biomonitoring methods for measuring plastics additives have been available for several years [...] But measuring microplastics, especially at the small size that would likely circulate in blood vessels (<7 microns), is very

hard," Prof. Galloway told *Medical News Today*. "This paper is good news because it describes a method that is sensitive enough to do this in blood samples and combines size fractionation and mass measurements," she added. Plastic in most blood More than three-quarters of the blood samples contained a quantifiable mass of plastic particles. The researchers found PET — which most drinks bottles are made from — in the blood of more than half of those tested. They did not detect PP in any of the samples. Researchers found at least 3 different types of plastic in some blood samples. Prof. Galloway was unsurprised by the findings: "The fact that just about everyone has microplastic in their blood isn't so surprising when you consider that just about everyone has plastics additives in their bodies." Possible health effects The researchers suggest several ways the plastics may have entered the bloodstream — via air, food, water, personal

care products such as toothpaste and lip gloss, dental polymers, and tattoo ink residues. What happens to the microplastics once they enter the bloodstream is unclear. In vitro studies have shown the effects of microplastics on cells. A recent study in Germany found that microplastic particles can destabilize lipid membranes — the barriers that surround all cells — which may affect their functioning. Another study found that microplastics had many effects on cells, including cell death. The current study was based on a sample size of only 22 people, so the authors stress the need for further research: "It remains to be determined whether plastic particles are present in the plasma or are carried by specific cell types." However, they believe that "[i]t is scientifically plausible that plastic particles may be transported to organs via the bloodstream." What effect they might have on organs is, as yet, unknown.



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World News

Boss of Mexico's migration authority charged over deadly fire

The head of Mexico's migration authority, Francisco Garduño, has been charged in connection with a deadly fire at a migrant centre in Ciudad Juárez on 27 March. Forty migrants from Central and South America died behind bars when smoke filled a cell they were being held in. CCTV footage appeared to show the guards walking away as the fire spread without opening the locked cell door. Mr Garduño is the most senior official to be charged over the fire. The deadly blaze caused outrage and raised questions about the handling of the treatment of migrants by the Mexican authorities. A court in Ciudad Juárez ruled on Sunday that there was sufficient evidence to charge Mr Garduño

with "unlawful exercise of public office". The 74-year-old has not been arrested but has been ordered to regularly report to the authorities. Prosecutors argue that his failure to act led to the death of the migrants who were being held at the centre run by the National Institute of Migration (INM) just south of the US-Mexico border. The prosecution has been given four months to build its case against Mr Garduño before the trial starts. Mr Garduño said he could not comment on the ongoing case. Last week, more footage of the minutes leading up to the fire were shared by local newspaper El Diario de Juárez. In it, guards appear to walk away from the room which is quickly filling with smoke without seeming



to take any action to free the migrants who were locked in the cell where the fire started. Mexican officials say a migrant

caused the fire by setting a mattress alight in protest at the poor conditions they were being held in. The migrant suspected of

starting the fire and as well as four guards have been arrested and are being investigated for possible homicide.

Egypt frees Al Jazeera journalist Hisham Abdel Aziz after four years

A journalist from the Al Jazeera network has been freed in Egypt, four years after he was arrested, the Qatari media organisation says. Hisham Abdel Aziz was detained in 2019, reportedly on suspicion of belonging to a terrorist group. He was subsequently freed then rearrested. The broadcaster quoted Mr Aziz's family as saying he was back at home in Cairo. He is one of several Al Jazeera staff arrested in Egypt since the current leadership came to power in 2013. In July of that year, the then-Islamist president, Mohammed Morsi, was overthrown by the military following mass protests. Rights groups say that

since then tens of thousands of people have been arrested in a crackdown on dissent. Many have been accused of links to the banned Islamist Muslim Brotherhood movement, which Egypt has accused Al Jazeera of supporting. According to Al Jazeera, Mr Abdel Aziz was arrested at Cairo airport on his arrival from Qatar, where he was based. He was on his way to see his family, it said. A relative told the US-based Committee to Protect Journalists (CPJ) that Mr Abdel Aziz had been charged with membership of a terrorist group. Al Jazeera said his detention had been repeatedly extended on "baseless allega-



tions" and that his health had suffered. It said two more of its

journalists, Bahaa Eldin Ibrahim and Rabie el-Sheikh, arrested in

2020 and 2021 respectively, are still being held in Egypt.

Ludhiana gas: Toxic leak kills 11 in Indian city



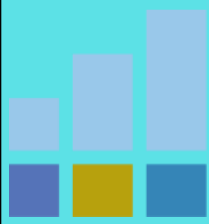
At least 11 people have died following a gas leak in northern India. Women and children are

among those who died in the port city of Ludhiana in Punjab state. Several people were found

unconscious in their homes. The area was sealed off and residents were evacuated after many reported breathing difficulties. Four are being treated in hospital. The source of the leak has not been officially confirmed so far. An official statement from the district administration said that high levels of hydrogen sulphide gas were detected in the area, The Tribune newspaper reported. Earlier, an official had suggested that gas may have spread from manholes. PTI

news agency quoted Ludhiana Deputy Commissioner Surabhi Malik as saying: "We are going to collect samples from manholes. It is quite likely that some chemical reacted with methane in manholes." Rajinder Pal Kaur Chhina, a local legislator, told Reuters news agency that the incident had happened near a milk shop. "People who came to buy milk in the morning, fell unconscious outside," she said. A team from the National Disaster Response Force has been sent

to the site, in the Giaspura area of Ludhiana. There are factories nearby. Industrial gas leaks are not rare in India. Three years ago a gas leak at a chemical plant killed least 12 people in the city of Visakhapatnam, in the state of Andhra Pradesh. In 1984 a chemical leak in a pesticide plant at the central city of Bhopal killed thousands of people, in what is acknowledged to be the world's worst industrial disaster.



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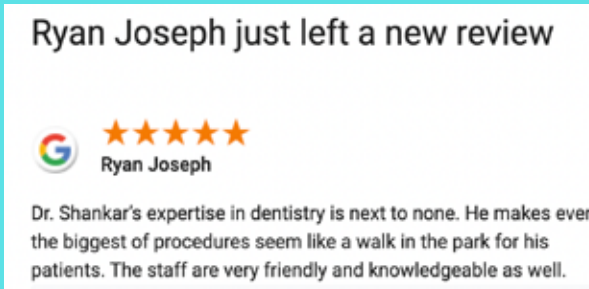
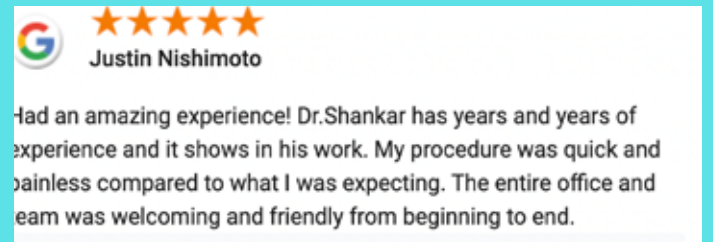
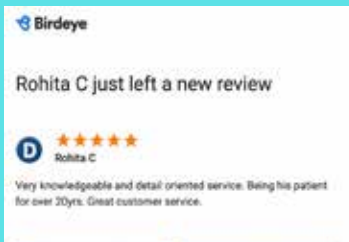
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World News

Jock Zonfrillo: MasterChef Australia host dies suddenly, aged 46

Award-winning chef and MasterChef Australia host Jock Zonfrillo has died suddenly, aged 46. The Scotsman worked in renowned restaurants around the world before opening his own in Australia. His death was confirmed by broadcaster Network 10 on the day the 2023 season premiere of MasterChef was set to air. Zonfrillo is survived by his wife Lauren Fried and four children, who said in a statement their hearts were "shattered". "For those who crossed his path, became his mate, or were lucky enough to be his family, keep this proud Scot in your hearts when you have your next whisky," the family said. Zonfrillo was found dead at a house in Melbourne when police conducted a welfare check in the early hours of Monday morning. Victoria Police said the death is not being treated as suspicious. His death has sparked an outpouring of grief from figures in the culinary and entertainment world. Celebrity chefs Jamie Oliver and Gordon Ramsay, as well as a host of former Masterchef contestants led the tributes. Oliver, who had been due to appear in the season opener posted a picture to Instagram of him with Zonfrillo and the two



other judges, Melissa Leong and Andy Allen, on set. "I'm in total shock to wake up to the sudden death of [Jock].. we had the best time working together for this year's MasterChef," he wrote. Ramsay wrote on Twitter: "Sadened by the devastating news... I truly enjoyed the time we spent together on MasterChef in Australia". Network 10 also paid tribute to the star, saying Zonfrillo's charisma, passion

and wicked sense of humour had inspired a nation of home cooks. MasterChef - which is pre-recorded - will not air this week as planned, it said. Born in Glasgow in 1976, Zonfrillo began working in kitchens at 12. At 15, he became one of the youngest-ever apprentices to work at luxury Scottish resort, The Turnberry Hotel. Two years later he started working for Michelin-starred British

chef Marco Pierre White at his famous Hyde Park Hotel. But despite his burgeoning career, Zonfrillo said he became broke, homeless and addicted to heroin in his teenage years. He wrote at length about his struggles with drug addiction in his 2021 memoir, Last Shot. He said he turned a new leaf with a move to Australia in 2000, and went on to open several restaurants. His most successful was Ad-

elaide's award-winning Restaurant Orana, which opened in 2013. In 2019, the presenter was announced as part of an all new host line-up for MasterChef Australia. But Zonfrillo's career was not without controversy. Orana closed in 2020 with debts of millions of dollars, and Last Shot was criticised as inaccurate by former colleagues, including Marco Pierre White.

Maurizio Cattelan: Banana artwork eaten by Seoul museum visitor

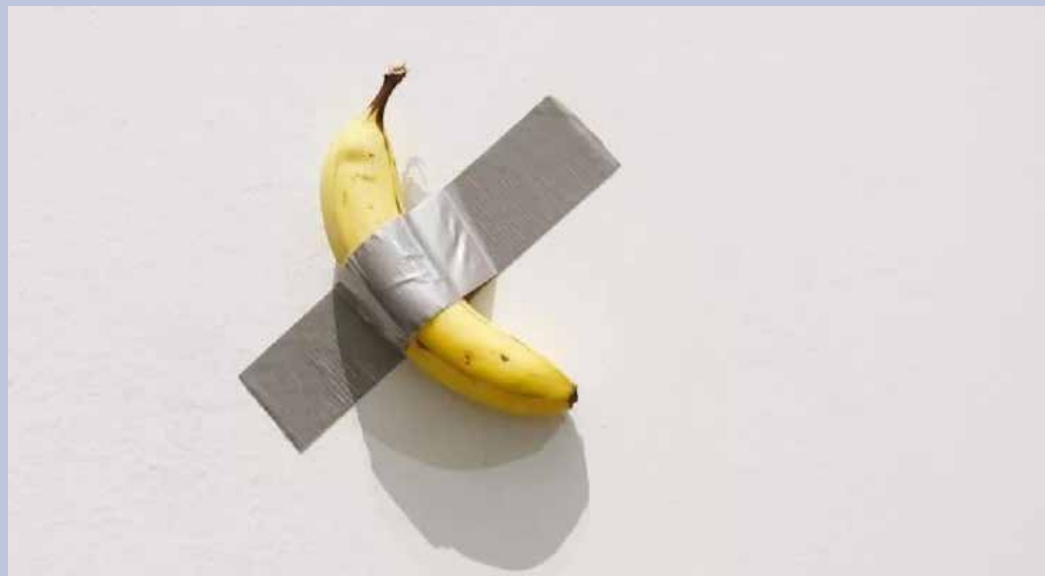
A South Korean art student ate a banana that was part of an installation by artist Maurizio Cattelan, saying he was "hungry" after skipping breakfast. The artwork called "Comedian", part of Cattelan's exhibition "WE", consisted of a ripe banana duct-taped to a wall at Seoul's Leeum Museum of Art. After eating the banana, the student, Noh Huyn-soo, taped the peel to the wall. The museum later placed a new banana at the same spot, reported local media. The incident, which lasted more than a minute, was recorded by Mr Noh's friend. The Leeum Museum of Art did not respond to an email inquiry by the BBC. However, it told media that it will not claim damages against

the student. The banana on display is reportedly replaced every two or three days. In videos posted online, shouts of "excuse me" can be heard as Mr Noh takes the banana off the wall. He does not respond and starts eating as the room goes quiet. He then tapes the peel to the wall and poses for a moment before walking off. Mr Noh later told local media that he saw Cattelan's work as a rebellion against a certain authority. "There could be another rebellion against the rebellion," the Seoul National University student told KBS. "Damaging an artwork could also be seen as an artwork, I thought that would be interesting... Isn't it taped there to be eaten?" When told about

the incident, Mr Cattelan said, "No problem at all". This is not the first time bananas used for Mr Cattelan's work have been

eaten by a visitor. In 2019, performance artist David Datuna pulled the banana from the wall after the artwork was sold for

\$120,000 (£91,000) at Art Basel in Miami. The banana was swiftly replaced and no further action was taken.



World News

Suspected Islamic State chief Qurayshi killed in Syria, Turkey says

Abu Hussein al-Qurayshi is said to have taken over the group after his predecessor was killed last autumn. Mr Erdogan told broadcaster TRT Turk the IS leader was "neutralised" in a Turkish MIT intelligence agency operation on Saturday. IS has so far made no comment on the reported operation. The BBC has been unable to independently verify President Erdogan's claim. The MIT intelligence agency had been following Qurayshi for a "long time", Mr Erdogan said. "We will continue our struggle with terrorist organisations without any discrimination," he added, providing no further details. Syrian sources quoted by Reuters news agency said the operation took place in the northern town of Jandaris, close to the Turkish border. Last November, the jihadist group announced the death of its leader, Abu al-Hassan al-Hashemi al-Qurayshi. The US said he was killed in an operation by the rebel Free Syrian Army in south-west Syria in mid-October 2022. He took over the group after



previous leader Abu Ibrahim al-Hashimi al-Qurayshi set off a blast killing himself and his family as US special forces rounded on his hideout after a gunfight in February 2022. That operation "removed a major terrorist threat to the world", US

President Joe Biden said at the time. IS once held 88,000sq km (34,000sq miles) of territory stretching from north-eastern Syria across northern Iraq and imposed its brutal rule on almost eight million people. The group was driven from its last

piece of territory in 2019, but the UN warned in July that it remained a persistent threat. It is estimated to have between 6,000 and 10,000 fighters in Syria and Iraq, who are based mostly in rural areas and continue to carry out hit-and-run

attacks, ambushes and roadside bombings. IS regional affiliates also pose threats in other conflict zones across the world. The UN said the most vigorous and well-established networks were based in Afghanistan, Somalia and the Lake Chad basin.

Explosion in Russian border region derails freight train - governor

An explosion in the Russian border region of Bryansk derailed a freight train on Monday, authorities said. Local governor Alexander Bogomaz said an explosive device went off along the Bryansk-Unecha line, 60km from Ukraine. The incident, which occurred at 10:17 Moscow time (07:17 GMT), saw the locomotive catch fire and seven freight wagons derailed, Russian Railways said. The region - which borders Ukraine and Belarus - has seen acts of sabotage since Russia invaded Ukraine. The train was reportedly carrying oil products and timber. No injuries were reported. "An unidentified explosive device went off at the 136-kilometre mark on the Bryansk-Unecha railway line, derailing a freight train," Mr Bogomaz said in a post on Telegram. Images on social media showed tank carriages turned on their side with plumes of grey smoke billowing into the air. On Saturday,



Mr Bogomaz said four people died after Ukraine shelled the village of Suzemka, around seven miles (12km) north of Russia's border with Ukraine. Meanwhile, power lines were destroyed early on Monday by a suspected explosive de-

vice in Leningrad Region, in north-west Russia, according to local governor Alexander Drozdenko. The incident took place near the village of Susanino, some 60km (37 miles) south of St Petersburg, he wrote on Telegram, adding that the

power supply to nearby settlements were not interrupted. A second suspected device was defused, Mr Drozdenko said. The sabotage occurred as Russia fired missiles across Ukraine in its second pre-dawn strike in three days. The attacks caused

widespread damage at a logistics hub in Pavlohrad, near the central city of Dnipro. Dozen of houses were destroyed and 34 people were wounded. Overall, the Ukrainian military said it shot down 15 of the 18 cruise missiles that had been fired.

Food

Paneer Paratha Recipe

Paneer Paratha Recipe

Total Time: 20 min

Prep Time : 5 min

Cook Time : 15 min

Serves: 2 Servings

Ingredients

1. For dough:
2. 2 cups
3. Whole Wheat flour (atta)
4. 2/3 cups Water
5. 1 tsp Ghee
6. For stuffing:
7. 200 gram Paneer
8. 2 tbsp Onion, finely chopped
9. 2 tbsp Coriander, finely chopped
10. 1 Green Chillies, finely chopped
11. 1 tsp Red Chilli Powder
12. 1/2 tsp Salt
13. Ghee or oil for roasting

How to

1. Take whole wheat flour or atta in a bowl. Pour a small quantity of water and knead. Keep adding water as desired and knead smooth, soft dough. Let it rest for 20 minutes.
2. Prepare the stuffing by grating paneer into small particles. Add finely chopped

green chillies, coriander, onion, and spices. Mix everything well and keep aside.

3. Take a small portion of the dough and roll it out roughly. Place a spoonful of the paneer filling in the centre and seal it from all sides. Flatten and roll out again. Use dry flour as required during the process. Make as many parathas as you need with this process.
4. Once you get a half-inch thick paratha, heat the tawa. Transfer the paratha onto the tawa and let it cook on one side. Meanwhile, apply ghee or oil on the other side.
5. Flip it and cook on the other side. Press gently with a spatula so that it roasts properly. Apply some more ghee on the top side before flipping again.
6. Once the paratha is cooked properly on both sides and turns brown, take it off the flame. Serve with dahi, chutney or pickle of choice!



Makhana Dry Fruit Namkeen Recipe

Makhana Dry Fruit Namkeen Recipe

Total Time: 25 min

Prep Time : 10 min

Cook Time : 15 min

Serves: 4 Servings

Ingredients

1. 100 gm Makhana
2. 1 cup Peanuts
3. 1 cup Almonds
4. 1 cup Cashew nuts
5. 1/2 cup Watermelon seeds
6. 1 cup Raisins
7. 1 cup Coconut pieces (thin and cut lengthwise)
8. 7-8 Curry leaves
9. 3 Green chillies
10. 1 tsp Black pepper
11. to taste Rock salt
12. 2 tbsp Powdered sugar
13. 1/2 tsp Red chilli 1 tsp Roasted jeera
14. 3 tbsp Desi ghee

How to

1. First, put a tablespoon of desi ghee in a pan. Roast the peanuts on low flame till they become crispy and take them out in a bowl.

2. In the same pan, roast the almonds, then take out the seeds of cashews and melon seeds after roasting them one by one.
3. After this roast the raisins for few seconds.
4. Roast the coconut pieces and take them out in a bowl.
5. Put some more ghee in the pan, add green chillies, curry leaves and fry for a few seconds and after some
6. If needed, add one more spoon of ghee. After the Makhana is roasted, add all the dry fruits to it.
7. Now add red chili, rock salt, black pepper and roasted cumin and mix all the things in it. Switch off the flame and enjoy the namkeen after it cools down.



Food

No Bake Apple Pie Recipe

No Bake Apple Pie

Total Time: 50 min

Prep Time : 15 min

Cook Time : 35 min

Serves: 2 Servings

Ingredients

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

How to

1. Combine coconut oil and graham crackers with some water in a blender and blend until the mixture is lumpy

and sticking together. Lay in a cake tin and allow to sit in the fridge.

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



Jackfruit And Spinach Sambar Recipe

Filled Cucumber Cases

Total Time: 40 min

Prep Time : 20 min

Cook Time : 20 min

Serves: 2 Servings

Ingredients

1. 1/2 Toor Dal
2. 1 cup Spinach Stalk
3. 1 cup Jackfruit Seed
4. 1 cup Drumstick
5. 1/2 cup Shallots
6. 1/4 cup Grated Coconut
7. 2 and a half tbsp Sambar Powder
8. 1 tsp Mustard
9. 1 tsp Fenugreek
10. 2 nos Red Chilli
11. Curry Leaves – as required
12. 1 tbsp Coconut Oil
13. 2 tsp Tamarind Water
14. 1 cup Tomato

15. 1 cup Lady's finger

16. Water – as required

17. Salt – to taste

How to

1. In a pressure cooker, add toor dal, jackfruit seeds and water. Pressure cook for 2 whistles.
2. Meanwhile, in a pan roast Grated Coconut with sambar powder. Grind this mix using little water to form a paste.
3. Sauté Lady's finger and Tomato in another pan and keep aside.
4. Into the cooker add in drumstick, spinach stalks & Shallots and cook on medium flame.
5. Once it starts boiling, add



the coconut paste and cook till the raw profile disappears.

6. Now add in sautéed Lady's Finger and Tomato. Cook for few minutes.

7. Then add tamarind water and bring the sambar to boil.

8. Meanwhile, in another pan temper mustard seeds, curry leaf and shallots in

coconut oil.

9. Pour the tempering over the sambar and remove it from flame. Nutritious Jackfruit Seed and Spinach sambar is ready.

Gajar Matar Khichdi Recipe



Gajar Matar Khichdi

Total Time: 30 min

Prep Time : 10 min

Cook Time : 20 min

Serves: 2 Servings

Ingredients

1. 1 Cup Rice
2. 1/2 cup Moong Dal
3. 2 Carrots (grated)
4. 1/2 cup Peas
5. A pinch of hing
6. Salt to taste
7. 1-2 Green Chillies
8. 1/2 tsp Turmeric
9. 1 tsp Cumin Seeds
10. 1 tbsp Garam Masala
11. Ghee for cooking

How to

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

Health News

Is the COVID-19 Vaccine Linked to Tinnitus? What We Know

Anecdotal reports are surfacing that some people are developing tinnitus days after receiving one of the COVID-19 vaccines. The riskTrusted Source of developing tinnitus — a ringing in one or both ears — after COVID-19 vaccination appears to be low, and while some studies have identified a link between the two, more data is needed to determine if tinnitus is a possible side effect of the vaccine. The Centers for Disease Control and Prevention (CDC), which is currently looking into reports of vaccine-associated tinnitus, told USA Today that there currently doesn't appear to be a link between tinnitus and COVID vaccination. Other shotsTrusted Source, like the flu shot, are thought to trigger tinnitus, potentially due to the inflammatory response invoked by vaccinations, but it's too soon to say if the COVID-19 shots can, too. "It's unclear whether it's the vaccine itself, which can cause an inflammatory reaction in the body, or if it just happens because a lot of people get vaccines and tinnitus and you're bound to have people who overlap," says Dr. Hamid R. Djalilian, the director of otology, neurotology, and skull base surgery at University of California, Irvine. It's unclear if tinnitus is caused by the vaccine or something else Research exploring the link between tinnitus and the COVID-19 vaccines is limited, but a handful of reports have found that a small percentage of people who get vaccinated develop tinnitus soon after getting vaccinated against COVID. A reportTrusted



Source published in March of 2022, for example, identified 12,247 reported cases of tinnitus after COVID-19 vaccination up through September 2021. Another 2022 study ranked tinnitus as one of the top otolaryngology side effects reported after COVID vaccination. A more recent studyTrusted Source, published in March of 2023, found vaccine-related cases of tinnitus to be rare, but in certain cases, severe. Finally, a report from April 2023 found that 14.5% of participants had some type of otologic symptoms within four weeks of being vaccinated, with tinnitus being the second most commonly-reported otologic symptom. According to Djalilian, about 10 to 15% of the population has tinnitus and estimates suggest 1% of the population can temporarily develop tinnitus in any given

year. If you vaccinate a large percentage of the population, as we have for COVID, some of those people will develop tinnitus — for example, if you vaccinate 70% of the population, 7% will have tinnitus and 0.7% will get tinnitus that year, says Djalilian. "This could be because they were going to get tinnitus anyways and not necessarily from the vaccine," Djalilian said. Why might the shots trigger tinnitus? Though it's unclear if tinnitus may be a vaccine side effect, it's not out of the question. Other shots, like the flu vaccineTrusted Source, have a known side effect of tinnitus, says Djalilian. "If the timing works, meaning tinnitus occurs very shortly after being vaccinated among other factors, anything that creates a significant inflammatory reaction in the body can make the brain

more sensitive and causes the brain to pay more attention to the ringing sound," Djalilian says. The ringing sensation is caused by the loss of cells in the inner ear, and the condition can become exacerbated in people with migraine. "Migraine can make the brain more sensitive (called central sensitivity disorder), which makes the tinnitus more prominent and louder for the patient," says Djalilian. That said, it's unclear if there's a causal relationship between the COVID vaccines and tinnitus. The CDC is currently looking into reports of vaccine-associated tinnitus, says Dr. Scott Roberts, a Yale Medicine infectious diseases specialist. "They have not reported any association, although they maintain a robust database so if there is a signal we should know about it soon," Roberts said. Tinnitus and COVID are linked, too Tinnitus and hearing loss can be an associated symptomTrusted Source of COVIDTrusted Source, too. "While they are much less common than the loss of smell or taste, studies have shown that hearing abnormalities and tinnitus impact people much more substantially than the loss of smell or taste," Dr. Konstantina Stankovic, a board-certified, fellowship-trained otolaryngologist-head and neck surgeon with a Stanford Health Care, says. During viral infections, the body produces a massive inflammatory response to fight the

pathogen, and that inflammation can reach the lining behind the ear drum, according to Djalilian. "If you have a cold and you have inflammation in the lining behind the ear drums or have fluid, which reduces your ability to hear temporarily, the ear drum will not vibrate as well and thus will cause tinnitus," Djalilian says. Ruth Reisman, AuD, a certified audiologist based in New York, suspects that the pathophysiology may be similar with the vaccines. In addition, just as some people developed fatigue or aches after being vaccinated, others may develop tinnitus, Reisman believes. "Everyone's systemic function and immunity is different resulting in different sequelae including a risk for tinnitus and hearing loss," she said. More research is needed to understand if and how COVID — and the vaccines used to prevent the infection — cause tinnitus before a causal relationship can be determined. "Before concluding any correlation between the two, we need research that has been peer-reviewed and conducted correctly," Djalilian says. The bottom line: Anecdotal reports are surfacing that some people are developing tinnitus days after receiving one of the COVID vaccines. More research is needed to understand if and how COVID — and the vaccines used to prevent the infection — cause tinnitus before a causal relationship can be determined.



Food

Roast Turkey with Cranberry Sauce Recipe

Roast Turkey with Cranberry Sauce

Total Time: 2hr 45mins

Serves: 2 Servings

Ingredients

1. 1 whole turkey
2. 100 gms butter
3. 100 gms onion, chopped
4. 100 gms celery, chopped
5. 10 gms crumbled sage and thyme
6. to taste salt and pepper
7. 10 gms garlic minced
8. balsamic vinegar
9. 20 gms sugar
10. 150 gms cranberry

How to-

1. In skillet, melt butter over medium heat. Stir in onions, celery, sage, thyme and pepper; cook, stirring occasionally, for 10 minutes or until browned.
2. Remove giblets and neck from the turkey cavity, keep for gravy. Rinse tur-

key inside and out with running water.

3. Stir together butter, sage, salt and pepper; rub over turkey, inside and out. Loosely pack stuffing into neck and body cavities, fold over and skewer neck flap closed over stuffing. Tie legs together.
4. Place turkey, breast side up on rack in roasting pan.
5. Cover with foil and roast in 325 F oven for about 1.5 hours, basting with pan juices every 30 minutes.
6. Remove foil and continue to roast or 1 3/4 hours, basting every half hour, or until instant-meat thermometer inserted into thickest part of thigh reads 185°F. Keep it under lamp for carving.
7. Meanwhile, in saucepan, bring chicken stock turkey neck, giblets, onion and



8. bay leaf to boil, reduce heat and simmer.
9. Gradually whisk in reserved giblet stock; Bring to boil and cook, Season to taste with salt and pepper.
10. For cranberry sauce in small saucepan, heat oil over medium heat; stir in onion and garlic and cook, stirring occasionally, for 5 minutes or until softened
11. Put balsamic vinegar; boil for 5 minutes or until reduced now mix together cranberries, sugar, salt and pepper.

Escabeche Recipe



Escabeche Recipe
Total Time : 35 mins
Prep Time : 10 mins
Cook Time : 25 mins
Serves: 2 Servings

Ingredients

1. 30 gms babycorn
2. 30 gms carrot
3. 20 gms water chestnuts
4. 15 ml coconut milk
5. 20 gms pineapple
6. 0.5 gms negi (welsh onion)
7. 0.5 gms red quinoa
8. 2 gms himalayan salt
9. 0.5 gms black pepper
10. 20 gms sweet corn
11. 30 coriander green
12. 40 gms lemon
13. 0.5 gms micro green

How to-

1. Wash and cut baby corn, carrot, water chestnut and pineapple in cubes.
2. Cut Negi (green onion) in small rings.
3. Toast red quinoa with salt to get the the puff quinoa.
4. Blend coconut milk, green coriander stem, lemon juice and salt.
5. Toss baby corn, carrot, water chestnut, pineapple in blended coconut milk dressing
6. Put the mixture of vegetable in a chilled plate and then garnish it with Negi and micro greens.

Strawberry Quinoa Pancakes Recipe

Total Time : 50 mins

Prep Time : 10 mins

Cook Time : 40 mins

Serves: 2 Servings

Ingredients

1. 1 Cup Quinoa
2. 1/2 Cup Milk
3. 1 tsp Olive oil
4. 1 Egg (slightly beaten)
5. 1/2 tsp Baking powder
6. 1/2 tsp Orange essence
7. 2 Tbsp Castor sugar
8. 2 Tbsp Maple syrup
9. 7-8 Strawberries (to gar-

nish)

How to-

1. Dry roast the Quinoa and let it cool. Rinse it in water thoroughly to take out the soapiness of the grain.
2. Blitz the washed quinoa with the milk and 1 1/2 tablespoon sugar to a smooth batter consistency.
3. Add the orange essence and the baking powder. Let it rest for 5 minutes.
4. Add the lightly beaten egg

to this mixture.

5. Heat a non-stick fry pan with some olive oil and pour the mixture. Flip it once it turns slightly brown at the bottom.
6. Make 3 to 4 pancakes and keep aside. Arrange layers of pancakes with cut strawberries in between to form a layered cake.
7. Drizzle maple syrup on top and enjoy your valentines!





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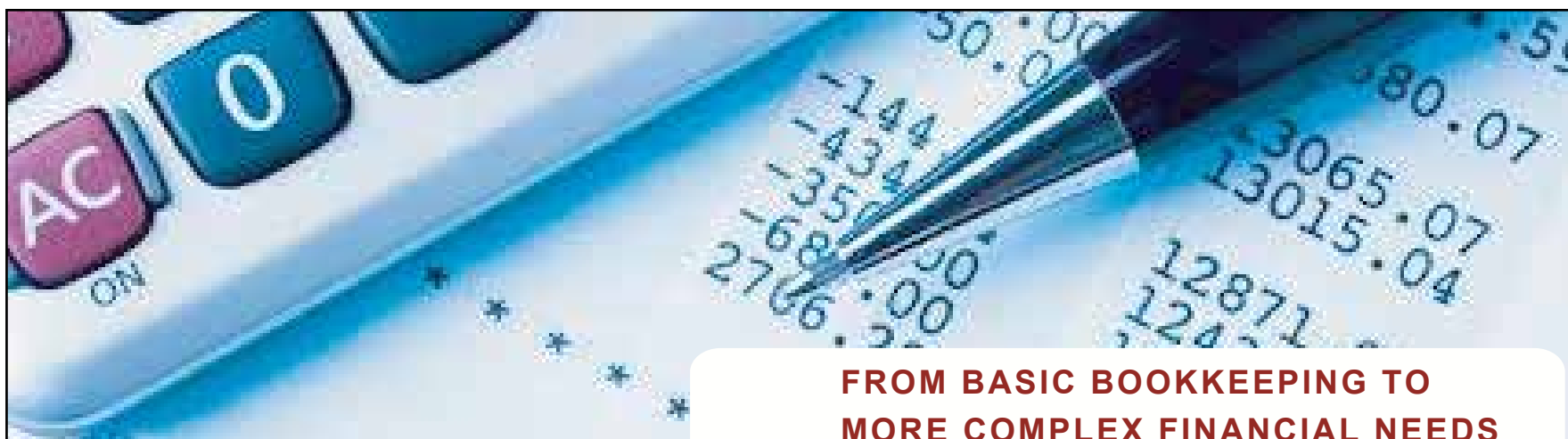
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Health News

Why Eating Fried Foods May Increase Your Risk of Depression and Anxiety

You've likely heard the phrase "You are what you eat." And perhaps, as the phrase suggests, you've noticed that you feel bloated, sluggish, and fatigued when you aren't eating well. New research suggests that what we eat may not only affect us physically but mentally too. More specifically, a new study conducted at the St. Louis School of Medicine at Washington University has linked a diet high in the consumption of fried foods – especially fried potatoes – with increased instances of anxiety and depression. The connection between fried foods and mental health The study involved 140,728 people and revealed that regular consumption of fried foods carries a 12% and 7% higher risk of anxiety and depression, respectively. The researchers conclude that frequent fried food consumption is "strongly associated" with a higher risk of anxiety and depression due to a contaminant in fried foods known as acrylamide. Trusted Source. This contaminant was shown to trigger neuroinflammation and lipid metabolism disturbance, which can affect mental health.

While these findings may be disappointing to lovers of fried foods, they also offer a silver lining. By paying closer attention to what we eat, we may be able to help reduce our risk of some mood disorders. The link between food and mood "The connection between food and mood is far more complex than is sometimes reported. However, there are certainly dietary patterns that appear to be protective," says Rohini Bajekal, a nutritionist and a board-certified lifestyle medicine professional at Plant Based Health Professionals. "The results of this study are in line with what we would expect to see and are further confirmation of decades of research showing that fried and unhealthy foods in the standard Western diet increase the risk of common chronic diseases and mental health conditions," Rohini explains. One of the reasons that fried foods are associated with higher instances of anxiety and depression is that they cause inflammation in the body which



is correlated with anxious and depressive symptoms. Megan Hilbert, a registered dietitian at Top Nutrition Coaching, cites a 2017 study Trusted Source called the SMILES Trial that notes that mental health outcomes were greatly improved when a control group followed a diet high in anti-inflammatory foods for 12 weeks. Inflammation can wreak havoc on the body and disrupt the brain "A diet high in fried foods contributes to neuroinflammation, or inflammation in the brain, since fried foods produce compounds known as advanced glycation end productions which adhere to tissue, damage them, and cause inflammation," Hilbert says. Hilbert notes that research is still being done on this topic, but, she says, it's hypothesized that inflammation may decrease the release of dopamine and also blunt the areas of the brain that are associated with reward. In addition, fried foods are typically lacking in fiber, phytonutrients, and healthy fats which are shown to positively impact brain health. In turn, this can have an impact on your gut. "A lack of these compounds can cause a breakdown in how the gut and the brain communicate with each other," Hilbert says. "Upwards of 90 to 95% of our serotonin is made in the gut,

and so it's hypothesized that imbalances in our gut microbiota influence the production of these neurotransmitters, which in turn, impacts our mood negatively." According to the study authors, acrylamide may be the main chemical that is doing the damage when it comes to mental health. "Acrylamide is a chemical that can naturally form in certain starchy foods when roasted, fried, or baked at high temperatures," Hilbert explains. "Studies have shown that acrylamide is carcinogenic in animals and may be carcinogenic to humans." However, Hilbert says it's important to note that in animal studies, concentrations of acrylamide used were at very high doses. "We currently don't have solid evidence that acrylamide poses this same threat to humans even after 20 years of research into the topic," she says. Then there's lipid metabolism, the process by which fats are broken down and stored as energy. The authors of the study say high consumption of fried foods disrupts this process. "The lipid composition in the brain has been recognized as something that plays a role in neuron function, and these neurons play an important role in how the brain communicates," Hilbert explains. "When this communication is disturbed we can see

functional behavior adaptations like anxiety and/or depression." Making small healthy swaps can make a big difference. The relationship between frequent fried food consumption and mental health is certainly complicated and complex. But one thing is clear: Reducing your intake of fried foods is a wise and healthy choice. So what healthy swaps should you be making? The first approach you should try is changing your method of cooking. "Choose cooking methods like poaching, stewing, steaming, and boiling rather than dry, high-temperature cooking," Bajekal suggests. "Oven-frying or air-frying can be great options as well because you use far less oil." Another tip is to be wary of using certain cooking oils. "Tropical oils (such as coconut oil and palm oil) are high in saturated fats and it's better to replace these with extra-virgin olive oil, avocado oil, or rapeseed oil," says Bajekal. As for what to eat, Hilbert recommends swapping fried items with baked or grilled products (like baked potatoes and grilled chicken) and adding in more whole foods like nuts, seeds, fruits, vegetables, and whole grains. "Even spices can positively impact the gut microbiota, reduce inflammation, and improve mitochondrial function,"

she notes. If in doubt, Bajekal says to use the six pillars of a healthy lifestyle as a rule of thumb: Eating a variety of whole plant foods with plenty of fruit, vegetables, whole grains, beans, nuts, and seeds. Engaging in regular movement. Managing stress. Getting restful, quality sleep. Avoiding risky substances such as tobacco and alcohol. Prioritizing relationships. However you decide to reduce your consumption of fried foods, both experts agree that a slow, steady, and sustainable approach is best. "If you regularly consume fried food, keep it simple and find one goal you can tackle first. Maybe that's swapping out fries when you go out to eat for another side you enjoy, or switching from a fried chicken sandwich to a grilled one," says Hilbert. "It's also really important to create an environment where you're not as tempted to eat fried foods," she adds. "Willpower is a muscle that can only go so far, so decreasing how often you eat out and surrounding yourself with other people who are also looking to change their habits is an important step to lasting change." Fried foods are tasty, comforting, and likely to provide a few moments of pleasure. However, if you consume them too frequently, you might find your good mood is short-lived.

Horoscope

Horoscopes for The Month Of May

Aries Information

- March 21- April 20
Travel will be on your mind, but you should be sure that you've got all your work up-to-date. Opportunities to get together with people in powerful positions could help you get ahead. Go over their important documents and take the time to suggest alternatives. Get out and enjoy some entertainment.

Your luckiest events this month will occur on a Saturday.

Taurus Information

- April 21- May 20
There are ways of making extra cash if you put your mind to it. Do what's best for the people you love most. In return, the satisfaction you get is enough for you. If you try to manipulate emotional situations you will find yourself alienated.

Your luckiest events this month will occur on a Tuesday.

Gemini Information

- May 21- June 21
Physical limitations are possible if you aren't careful. Try

to be considerate in your personal obligations. Don't make promises you can't keep. Do not overspend on entertainment.

Your luckiest events this month will occur on a Monday.

Leo Information

- July 23-August 22
Make residential changes that will lift your spirits. You may want to make changes in your home environment. Try not to get upset or angry without having all the facts. Opposition is present and you should be prepared to counteract it as best you can.

Your luckiest events this month will occur on a Thursday.

Virgo Information

- August 23- September 22
Take a long look at your present direction and consider your professional options. Do not reveal personal information to those you feel may be untrustworthy. Put your energy into self-improvement programs that promise to make you into a better you. You may meet that special person if you attend

fundraising functions.

Your luckiest events this month will occur on a Saturday.

Libra Information

- September 23- October 22

You may find that depression is causing you to feel lonely and insecure. Don't gossip. Difficulties with your mate may lead to estrangement. Your lack of attention may have been a factor.

Your luckiest events this month will occur on a Saturday.

scorpio Information

- October 23- November 21

You can make financial deals, but it may be best if you're not using your own cash. Opportunities to meet new lovers will come through pleasure trips or social events. You can bet that someone in a higher position is watching to see how busy you are. You are best to work at home if you can.

Your luckiest events this month will occur on a Sunday.

Sagittarius Information

- November 22- De-

ember 20

Take time to make physical improvements that will enhance your appearance. Your boss may not be in the best of moods this month. You are best not to say too much to colleagues. Older family members may take advantage of you by making you feel guilty.

Your luckiest events this month will occur on a Monday.

Capricorn Information

- December 21- January 19

Older relatives may be a burden. Don't let your health suffer because of worry. Talk to someone you trust. Your greatest gains will come through your creative ideas. Pleasure trips will turn out to be better than anticipated.

Your luckiest events this month will occur on a Wednesday.

Aquarius Information

- January 20- February 18

Romantic encounters will be full of excitement. Look into ways that you can make extra cash. You can

beautify your surroundings by renovating or redecorating. Your emotional partner may make you angry this month.

Your luckiest events this month will occur on a Sunday.

Pisces Information

- February 19- March 20

You need an outlet that will help take your mind off any troubles at work. You might find it difficult to control your emotions. Romance will unfold through business trips. You may find that someone you live with may be irritable; you're best to leave them alone.

Your luckiest events this month will occur on a Friday.



Sports News

England fast bowler Katherine Sciver-Brunt retires from international cricket

England right-arm seamer Katherine Sciver-Brunt announced her retirement from international cricket on Friday, bringing the curtain down on her 19-year career during which she took 335 wickets across all formats. Sciver-Brunt, who retired from test cricket last year, was part of England's triumphant 2009 World Cup team, winning the player of the match in the final against New Zealand, while she also won the tournament a second time in 2017 on home soil. "Well here I am, 19 years later, at the end of my international journey. I thought I'd never be able to reach this decision but I have and it's been the hardest one of my life," Sciver-Brunt said. "I never had any dreams or aspirations to do what I've done, I only ever wished to make my family proud of me. And what I've achieved has gone way beyond that. "I have so much to be thankful for, cricket has given



me a purpose, a sense of belonging, security, many golden memories and best friends that

will last a lifetime." Sciver-Brunt is the sixth-highest wicket-taker in women's Twenty20 cricket,

with 114 wickets across 112 matches. She is also the fifth-highest wicket-taker in one day

internationals, with 170 wickets. She will continue to play in The Hundred for Trent Rockets.

Mirabai Chanu ends sixth at Asian Championships with total lift of 194kg

Mirabai Chanu ended sixth in the women's 49kg category at the Asian Weightlifting Championships with a total of 194kg (85kg in snatch and 109kg in clean and jerk). The two Chinese lifters — Jiang Huihua (207kg) and Hou Zhihui (204kg) — took the top two spots in the ranks, followed by the Thailand pair of Khambao Surodchana (200kg) and Sukcharoen Thanyathon (200kg). The Japanese lifter Suzuki Rira, who was competing in Group B, was fifth (194kg). Mira has constantly totalled over 200kg in the 49kg weight class since April 2021. She did total 194kg at the Singapore Weightlifting International in February last year, but that was in the 55kg category. At South Korea's Jinju, Mira easily lifted her first snatch attempt of 85kg, but fumbled her next two attempts of 88kg, which is her personal best in the discipline. At the World Championships in Bogota late last year, Mira had lifted 87kg in snatch to claim silver. In clean and jerk, she nailed her first attempt of 109kg and

chose to forfeit the remaining two attempts. The lift was far from her personal best in C&J of 119kg, which is also the world record in the weight class. With Mira fading out of the competition after the first clean and jerk lift, China's Huihua made an attempt to overhaul Mira's 119kg world record by lifting 120kg, but faltered. Thai return tricky While Mira has had to constantly battle against the Chinese lifters — finishing second behind Zhihui at Tokyo 2020 and taking silver behind Huihua at the Bogota World Championships in 2022 — the return of Thai weightlifters in the fray after their doping ban at Tokyo 2020 will make things trickier for the Indian in the lead-up to the Paris Olympics next year. Besides that, the Asian Championships were not the top priority for Mira this season. "The Asian Games are the most important event for me this year, because I have never medalled at the Asiad. So my focus this year is on Asian Games," Mira had told The Indian Express last



month. Mira competed at the 2014 Asian Games in Incheon, where she finished ninth in the 48kg event. She had pulled out of the 2018 Asiad in Jakarta due to an injury. Mira's coach, Vijay Sharma, had told Express in a conversation earlier this year about what Mira's challenges are now that she's 28 years old. "There's a level in sport. When an athlete reaches that level, just staying there is difficult in

itself. We have to take that call when she will peak this year. We are trying for her to peak at the Asian Games," national weightlifting coach Vijay Sharma had told Express ahead of the Asian event. "There are a lot of issues with players which we have to keep in mind. Mira's training age (the number of years she has been training as a weightlifter) is very high. So even in training we need to measure everything

minutely. The goal will be to improve her personal best total (at the Asian Games)," he had added. With the Thai duo of Surodchana and Thanyathon throwing down the gauntlet by touching 200kg at Jinju on Friday at the Asian Championships, and the possibility of North Korea sending lifters to compete at the Asian Games, the 28-year-old Mira will have her task cut out in Hangzhou.



CEO: SHEIKH ALI

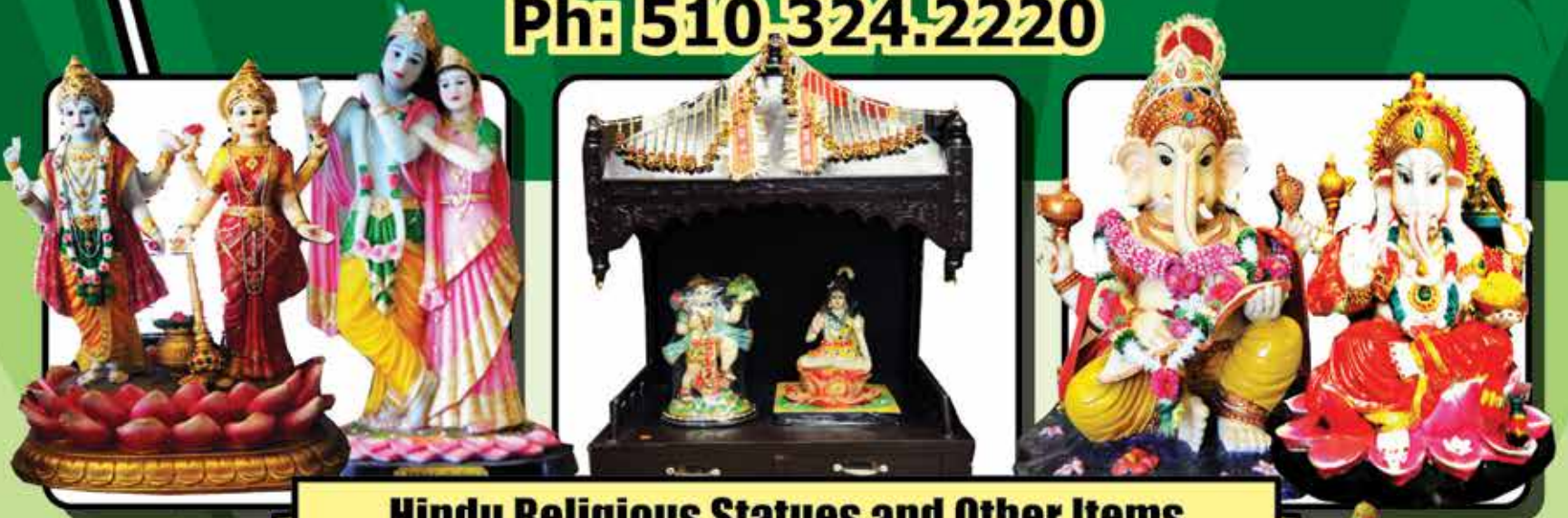
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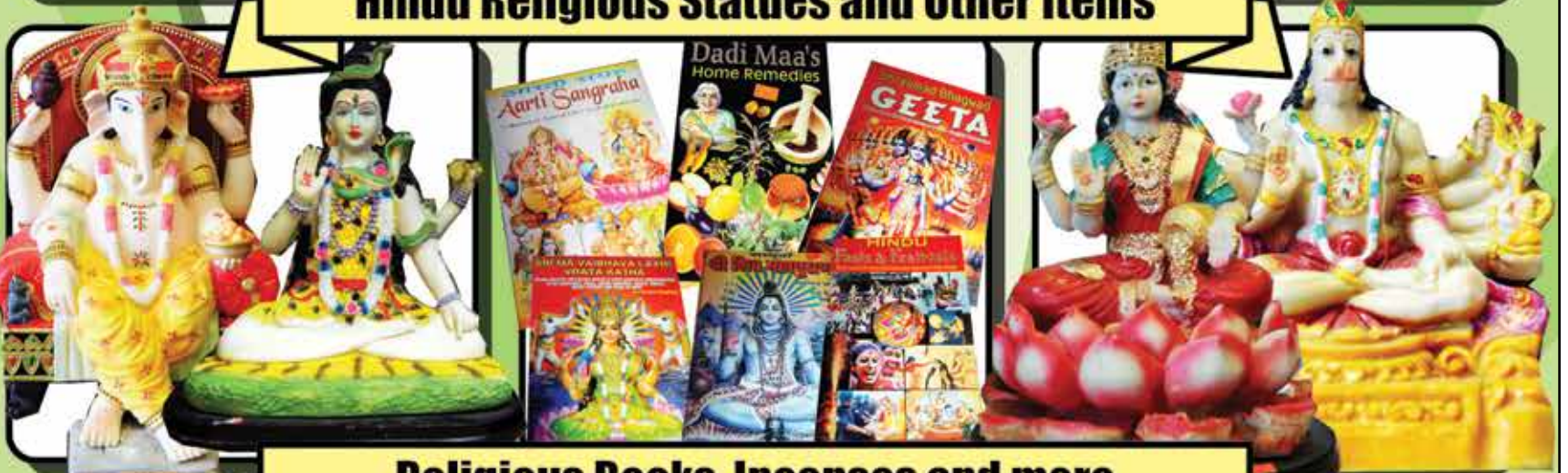
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Sports News

IPL 2023: We are ready for any conditions, says Ishan Kishan

Chennai: For over a decade, the battle between Chennai Super Kings and Mumbai Indians has been the marquee clash of the Indian Premier League, and Saturday's game promises to be another action-packed one, with MI opener Ishan Kishan hinting his team will look to play an aggressive brand of cricket. "If the ball is there to be hit, we will go for it because, in T20 cricket, you just need one or two good overs. We know they (CSK) have got plenty of spinners. We have played so many years of IPL, so we know how the wicket will play in Chennai, so we are ready for any conditions," said Kishan on Friday. With its middle-order hitting form just at the right moment coming towards the end of the league stage, the

five-time champion has been able to chase big totals in its last two matches. However, the wicketkeeper batter also spoke about how crucial it will be for the top-order to play long innings and not leave it to the middle and lower-order. "You have to take your chances when you are batting. We know how well Tim (David), Tilak (Varma) and Surya bhai (Suryakumar Yadav) are batting right now, but still, when you are in the middle as the set batter, you always want to finish the game. You don't want to leave it on the new batters," said Kishan, whose quick 75 helped his side beat Punjab Kings in the previous match. "Especially considering the conditions we will get here in Chennai on Saturday,

it will be difficult for them to come in immediately and start scoring runs. We have played matches on good wickets for batting, but here I don't know how the wicket will play. If it turns, it's important for the top-order batters to spend time in the middle so that we don't put pressure on those who will bat at number 4, 5, 6," added the 24-year-old. Meanwhile, CSK's bowling consultant Eric Simons said there is no panic in the team dressing room even as the team has lost two of its last three matches. From being within striking distance of making the playoffs after five wins from the first seven games, the team has managed only one point since then, courtesy of the washed-out match against Lucknow Super



Giants. However, Simons saw the bright side in the blip, saying, "It is not often the team that races away and qualifies, which goes on to win it. Often it is the team that is battle-hardened by the time you get there. So maybe it is not bad for us to come through a situation where

we have to now get into tough matches." "We need to fight for each other and learn how to battle through that. It's not a bad thing in the IPL in my experience because you arrive as a battle-hardened team, and that's probably the best thing to be," the South African added.



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