

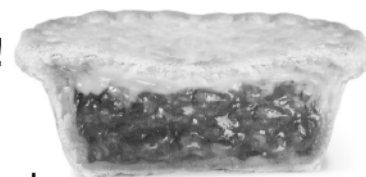
The COFFEE NOOK

Best Coffee - Best toasted sandwiches with:
Australian Ham, Salami and Mortadella.

Central Hotel. Avenida Presidente Nicolau Lobato. City.
Near Bravo and Diak Photo. Look for Megatours at front. **141**



This month featuring:
Australian Meat Pies!
Plain Beef or
Chilli Beef and Cheese.
And Aussie *Rosella* Tomato Sauce !



SPORTS

Cheick Tiote 'had most beautiful smile in football' – McClaren Former



Newcastle United midfielder Cheick Tiote has been described by Steve McClaren as the "toughest player" he has ever seen - but also a man with "the most beautiful smile in football". Ex-Magpies boss McClaren paid tribute after the Ivorian, 30, collapsed and died after training on Monday Tiote joined Chinese second-tier side Beijing Enterprises from Newcastle in February. He died in hospital after collapsing at the club's training ground. In his seven years at Newcastle the Ivory Coast international made over 150 appearances, including three last season. McClaren, who was his manager at both Dutch side FC Twente and Newcastle, added: "I knew him first as a young player at Twente. He was the toughest player I've ever seen. "On the field and in training he was such a competitor. He wanted to win every game, kick every player and win every tackle. "He was a winner. I just can't believe it. "Some days we would have to pull him out of training because he was such a ferocious competitor, such a winner. He was a warrior and could play too. "It was his dream to play in China and I was so delighted for him when it happened. He earned money to look after his family. "He loved playing football to look after his family. All the relatives, uncles, aunts, grandparents, they all relied on him to look after them." **'Everything you wanted in a player'** Another former Newcastle manager, Alan Pardew, said he was "devastated" by the news of his friend's death. "Cheick was a wonderful presence around the dressing room and his performances on the field often defied belief," he said. "None of us will ever forget that incredible day when our Newcastle team came from 4-0 down to draw an unbelievable Premier League game against Arsenal, with Cheick's incredible goal in the final moments of that game [see top of story] one of the iconic moments in Premier League history. "I loved him. He was everything that you wanted in a Newcastle player. "Life is not fair sometimes and I will remember Cheick Tiote as a giant of a midfielder who I loved to manage. Rest in peace my friend." Tiote was part of the Ivory Coast squad that won the 2015 Africa Cup of Nations. He began his professional career in Belgium with Anderlecht in 2005 before moving to FC Twente, where he made 86 appearances and won the Eredivisie league title in the 2009-10 season under manager McClaren. Tiote, a defensive midfielder, then signed for Newcastle in 2010 for £3.5m. He joined Beijing Enterprises Group FC for an undisclosed fee in February 2017. **'A true professional and above all a great man'** Newcastle manager Rafa Benitez said: "It is with great sadness that I have this afternoon learned of Cheick's death. "In all the time that I have known him, he was a true professional, dedicated and above all, a great man. Our hearts go out to his family and friends at such a sad time." Newcastle's current captain Jamaal Lascelles said the news of Tiote's death had devastated the team. "There are not words to express how saddened I am to hear the news that Cheick has died," he said. "I have spoken to the team and none of us can believe it, my thoughts are with his family at this time." *BBC*

Mo Farah wins Diamond League 5,000m in Eugene, Oregon Four

time Olympic gold medallist Mo Farah ran the fastest time of the year to win the 5,000m in the Diamond League meeting in Eugene, Oregon. The 34-year-old Briton led at the bell and kicked clear to win in 13 minutes 00.70 seconds. Ethiopian teenager Yomif Kejelcha was second in 13:01.21, with Kenyan Geoffrey Kamworor third in 13:01.35. Olympic silver medallist Paul Chelimo was seventh in 13:10.11, with GB's Andrew Butchart eighth in 13:11.45. It was an accomplished final track performance in the US from Farah, who plans to retire from track racing after the World Championships in London this summer. Having completed a 'double-double' of 5,000m and 10,000m gold at last year's Olympics in Rio, Farah is targeting a fourth successive 5,000m world gold in August. It was his second competition of the outdoor season following a second-place finish behind American Matthew Centrowitz over 1500m in Los Angeles earlier this month. Kejelcha, 19, was on the shoulder of Farah coming round the final bend but the Briton pulled away masterfully to secure a comfortable win. **'I've got a target on my back'** Farah was delighted to make an impressive statement to his rivals before the World Championships at Stratford's Olympic Stadium. "For me it wasn't about time. It was just a matter of telling the boys 'Look, I'm ready', he said after his victory in Eugene. "A lot of the boys talk a lot. A lot of guys saying 'I'm going to do this or that.' But I don't like to do that. I just want my running to do the talking and get on with it. "I've got a target on my back, I've been on the top of my game for the last five years and everyone wants to beat me. "It's hard trying to maintain it year after year. But I know what I have to do - eat, sleep and train properly. But that's what it takes if you want to win medals." Farah said he plans to race in Usain Bolt's farewell meeting in Kingston next month before heading to Europe to run in Ostrava. **Second for O'Hare** Also in Eugene on Saturday, Britain's Chris O'Hare was second in the invitational mile. The 26-year-old Scot clocked 3:53.34, behind Brazil's Thiago Andre (3:51.99), while 16-year-old Jakob Ingebrigtsen of Norway became the youngest sub-four minute miler when he finished 11th in 3:58.07. In the 100m the top six all ran under 10 seconds but a wind speed of 2.4m/s meant the times were not classed as legal. American Ronnie Baker won in 9.86, with Britain's Adam Gemili seventh in 10.03. Andrew Pozzi stumbled at the 10th hurdle and was fifth in the 110m hurdles, Olympic champion Omar McLeod leading a Jamaican one-two, while Matt Hudson-Smith finished seventh in the 400m in 46.08 seconds. Lynsey Sharp's first 800m of the year brought an eighth-place finish in 2:01.23, South African Caster Semenya winning in 1:57.78. Laura Muir ran 4:00.47 and was third in the 1500m, which was won by Kenyan Faith Kipyegon in 3:59.67 and Charlie Grice was 10th in the Bowerman Mile in a time of 3:53.62. *BBC*



THE CLASSIC PREFONTAINE CLAS

FEATURE STORIES

Cocaine suitcase: 'Drug mule' arrested in Shanghai Customs officials

in Shanghai have arrested a woman attempting to smuggle two suitcases into China that were almost entirely made of cocaine. Airport authorities X-rayed the luggage of a woman flying from an unnamed South American country. The scan showed her luggage was darker in colour than normal, and also that it was unusually heavy even when it was empty. Testing revealed the luggage was made of more than 10kg (22lb) of cocaine. The incident took place in February but has only now been reported by the police. Drug traffickers have long been dreaming up ways to transport cocaine - making an entire leg cast out of the drug, or dissolving it into wine, as one Chinese couple was caught doing just last month. **Hiding in plain sight** The usual ways would be to somehow hide the drugs within the luggage or on your body. But constructing suitcases out of hardened cocaine and parading it in plain sight in front of security stands out as a first. When the woman was asked to empty her luggage, there was nothing suspicious at first glance - merely an empty suitcase. **Compress and extract** There have been similar cases in Europe where smugglers used glue and moulds to compress cocaine into a hard substance. Cocaine is a relatively rare drug in China, and the woman is expected to pay a heavy price for her attempt to bring it into the country. Chinese law dictates that anyone convicted of trafficking more than 50g of cocaine will be executed. It's the first time that this particular method of drug smuggling has been uncovered - yet it's unclear how many such suitcases might have passed under the eyes of unsuspecting airport security in the past. *BBC*



Cape Town storm: Eight killed as drought ends Eight people have been killed when a storm lashed the South African city of Cape Town following months of drought. Among the dead is a family of four killed in a fire started by lightning, officials say. Thousands of people have been left homeless. The storm comes two weeks after the region declared a drought disaster. The BBC's Mo Allie in Cape Town reports that before the storm, there had been several interfaith meetings to pray for rain. Our correspondent adds that the storm was anticipated and warnings have been made by the local authorities for the last week. It is the worst winter storm for 30 years, according to the South African Weather Service, while local media have dubbed it "the mother of all storms". **'Worst yet to come'** Schools and universities have shut, roofs were blown off and shelters have been opened for those left destitute. Many people have been injured by flying debris. Residents of the city's many shanty towns have been worst hit as their fragile homes have been unable to resist the strong winds and heavy rain. Onele Ndesi from Western Cape Disaster Management predicts that "the worst is yet to come". President Jacob Zuma has cancelled a trip to Cape Town to open the World News Media Congress because it is not possible to fly there. BBC weather forecaster Philip Avery warns that Wednesday could bring in excess of 50mm of rain to some western areas of South Africa, accompanied by winds of 60-90km/h. Coastal areas face the additional hazard of high tides, reinforced by storm waves, some of which may reach 10m. Thursday should see conditions easing but a passing cold front will introduce much cooler weather in all areas. He also warns that the strong winds could lead to wildfires because the countryside is so dry. In May, the Western Cape province declared a drought disaster after two reservoirs had completely dried up. It was said to have been the region's worst drought in more than a century. Several other southern African nations were also affected by the two-year drought, which was caused by the El Nino climate phenomenon. However, many parts of the region are now experiencing bumper maize harvests. *BBC*



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London attack: Australia confirms deaths of two citizens Two

Australians were killed in the London Bridge terror attack, the nation's government has said. South Australian nurse Kirsty Boden, 28, died while running towards danger to help victims on the bridge, her family said. The other victim has not been named. On Tuesday, relatives of a 21-year-old Queensland woman, Sara Zelenak, said she had not been seen since the attack and they were "bracing for the worst". Foreign Minister Julie Bishop said she was "deeply saddened" to confirm that two Australians had been killed. "The Australian government has remained in close contact with the families who have requested privacy," she said on Wednesday. Ms Boden was from a town called Loxton, about 250km (155 miles) from Adelaide, and had been working in the UK as a senior staff nurse in Theatres Recovery. 'Heroic' actions Her family said she was adored by her family, friends and boyfriend. "She was the most outgoing, kind and generous person who loved to help people," their statement said. "We are so proud of Kirsty's brave actions which demonstrate how selfless, caring and heroic she was, not only on that night, but throughout all of her life. Kirsty - we love you and we will miss you dearly." South Australian Premier Jay Weatherill said Ms Boden's death was heartbreaking. "We all know someone who could have been innocently wandering through London last weekend," he said. "It is the random nature of this heinous crime which makes it so hard to fathom." Fears for missing woman Relatives of Ms Zelenak, who has been working as an au pair in London, said they were concerned for her safety. Her aunt told reporters: "The family is trying to keep it together but bracing for the worst, obviously." Prime Minister Malcolm Turnbull said he had spoken to Ms Zelenak's family. "Sara Zelenak is a young Australian 21-year-old who was working in London, an au pair, whose circumstances have been the subject of very grave concern," he told local radio station 3AW on Wednesday. *BBC*



From the "TRIVIA BOOK"

The biggest bell is the 'Tsar Kolokol' cast in the Kremlin in 1733. It weighs 216 tons, but alas, is cracked and has never been rung. The bell was being stored in a Moscow shed which caught fire. To save it, caretakers decided to throw water on the bell. This did not succeed, as the water hit the superheated metal and a giant immediately cracked off, destroying the bell forever.