

US Autopsy Technician Reveals Bizarre Ways Patients Have Died, Shares 6 Things To Avoid

An autopsy technician in the US has warned elderly people to avoid eating steak due to the choking hazard it poses. According to her experience at a Colorado morgue, she has seen multiple cases where individuals have died from choking on meat. The technician attributes this to the difficulty older adults may have in chewing and swallowing properly, which can lead to fatal consequences.

"You can't chew anymore. You're going to choke and die, and then you end up in the morgue. And I have to retrieve it from your oesophagus. It is disgusting," Dolly told Newsweek.

The autopsy technician also advised people to avoid getting into physical altercations, citing her experience with numerous cases where individuals have ended up dead after violent confrontations. She specifically warned against taunting others with phrases like "What are you gonna do? Stab me?" or "What are you gonna do? Shoot me?", as she has seen cases where those exact words became a grim reality, resulting in fatal consequences.

Dolly further shared that her patients have died in a wide range of unusual and tragic circumstances. Her experience includes performing autopsies on victims of steamrolling accidents, skydiving incidents, plane crashes, mining disasters, and even decapitations, showcasing the diverse and often unexpected nature of her work.

Her list highlights everyday behaviours that can have fatal consequences, serving as a warning to be more aware and cautious in daily life.

- Avoid Provocative Phrases
- Skip Steak in Old Age
- Don't Lean Into Washing Machines
- Never Trust Cheap Car Jaks
- Avoid Loose Clothing Near Machinery
- Wear Proper Gear on Motorcycles
- Her work spans both private autopsies and complex homicide cases. She now travels frequently, assisting with various cases, including forensic, hospital, and coronial matters.
- "I've basically seen it all, but then something new pops up and surprises me. It's so fragile but so resilient... It's honestly mind-blowing," she said.
- Dolly shares her experiences on social media to issue warnings and help normalise discussions around death, which she believes Western culture has stigmatised. By talking openly about death, she aims to make it less overwhelming for those who experience loss.

'Bigg Boss' Fame Abdu Rozik Arrested At Dubai

Airport On Theft Allegations

Tajikistani singer and social media influencer Abdu Rozik was arrested at Dubai International Airport on Saturday, the company managing Rozik confirmed to Khaleej Times.

Rozik was detained by authorities at around 5 am over the weekend, shortly after arriving in Dubai from Montenegro. However, the specific nature of the complaint has not been disclosed, and authorities have issued no official statement, the report said. "All we can say is that we are aware he has been taken into custody on allegations of theft," a company representative told Khaleej Times, declining to provide further details.

Rozik's popularity rose through his music, viral videos, and reality television appearances, including Bigg Boss 16. Rozik is a popular Tajikistani singer who sang various songs, including Ohi Dili Zor, Chaki Chaki Boron and Modar. In 2022, he was invited to attend the 22nd IIFA Awards ceremony in Abu Dhabi, United Arab Emirates, where he sang the Hindi song "Ek Ladki Ko Dekha Toh Aisa Laga" from the 1994 film 142: A Love Story. In 2024, he was also questioned by India's Enforcement Directorate in a money laundering investigation involving a hospitality firm.

Trump Assassination Attempt The Result Of Secret Service Missteps: Report



The Secret Service "failed to implement security measures" that could have prevented the July 13, 2024, assassination attempt on US President Donald Trump, according to a newly released report by the Government Accountability Office (GAO).

The report, requested by Senate Judiciary Committee Chair Chuck Grassley, outlines a series of critical failures by the agency during Trump's campaign rally in Butler, Pennsylvania. It highlights poor planning, communication breakdowns, insufficient agent training, and a lack of clear operational guidance.

While senior Secret Service officials were reportedly aware of a potential threat to Trump ahead of the event, the report noted that the information

was not specific to the rally or the gunman. Due to the agency's "siloed practice for sharing classified threat information," agents on the ground and local law enforcement were left unaware.

"Making changes to Secret Service policies to require it to proactively share threat information internally could help ensure its agents and partners will have information needed to provide effective protection," the GAO recommended.

In a statement accompanying the report's release, Grassley said the failures were the result of "a series of bad decisions and bureaucratic handicaps."

"The Secret Service's failure on July 13th was the culmination of years of mismanagement and came after

the Biden administration denied requests for enhanced security to protect President Trump," he said. "Americans should be grateful that President Trump survived that day and was ultimately reelected to restore common sense to our country."

The report also noted that several Secret Service officers experienced limited cellphone service during the rally, which may have impacted their ability to communicate effectively in real time.

The attack killed one person, rally attendee Corey Comperatore, and two injuries. Trump was grazed by a bullet. The gunman was killed on site by a Secret Service sniper.

Grassley highlighted a \$1.17 billion allocation to the Secret Service as part of the newly passed One Big Beautiful Bill Act, saying it would be used to address the agency's shortcomings.

"I'm hopeful this significant injection of resources will go a long way in bringing the agency up to speed," Grassley added.

Earlier, six Secret Service agents were suspended for security failures linked to the assassination attempt. The suspensions, ranging from 10 to 42 days, involved personnel from both supervisory and line agent levels, according to Deputy Director Matt Quinn.

Spiked Drinks And Stolen Plans: Chinese Employee Jailed Over Bizarre Truth Serum Plot

A man in China has been sentenced to prison after secretly drugging a colleague with a so-called "truth serum" in an attempt to steal his work-related plans, according to the South China Morning Post. The accused, identified by the surname Li, discovered the sedative during a business trip and was told by the seller that "just a few drops" would make someone reveal the truth. Intrigued by the claim, Li decided to test the substance on his colleague, Wang. He spiked Wang's drink on three different occasions, starting on August 29, 2022, during a dinner in Shanghai's Xuhui District. The "truth serum" was mixed into alcoholic beverages like yellow wine and beer. Subsequent medical tests revealed the presence of central nervous system depressants in Wang's urine and hair. Authorities confirmed that the substances used were powerful sedatives. The court sentenced Li to prison for endangering public safety and violating workplace ethics. According to an SCMP report, Li drugged his colleague Wang three times in 2022 using a so-called "truth serum" mixed with drinks during dinners. Wang suffered dizziness, vomiting, and unconsciousness. After the third incident, he connected the episodes and suspected foul play, realising all symptoms followed meals shared with Li.

Children Fetching Water Among 43 Killed By Israeli Strikes In Gaza Amid Truce Talks Deadlock

JERUSALEM: At least 10 people, including eight children, were killed by an Israeli missile in central Gaza, while they were waiting in a queue at a water distribution point, emergency service officials said. They were among 43 Palestinians killed in Israeli attacks on Sunday, as talks for a ceasefire between Hamas and the Benjamin Netanyahu government stalled.

Delegations from Israel and the Palestinian group have spent days trying to find middle ground on a US proposal for a 60-day ceasefire to halt 21 months of bitter fighting in the Gaza Strip. While US President Donald Trump was hoping for a breakthrough soon, negotiators from both sides accused the other of blocking attempts to secure an agreement at the indirect talks in the Qatari capital, Doha, on Saturday.

Amid apparent deadlock, Israel continued attacking Gaza, where most of the population of more than two million have been displaced at least once during the war.

Locals Narrate Ordeal

Gaza's Civil Defence agency spokesman Mahmud Bassal said at least 43 people were killed in the latest Israeli strikes on Sunday, including 11



when a market in Gaza City was hit. Ten people were also victims of a drone strike at a water point in the Nuseirat refugee camp, in central Gaza.

"We woke up to the sound of two large explosions... Our neighbour and his children were under the rubble," Khaled Rayyan told news agency AFP after a house was flattened also in Nuseirat.

Another resident, Mahmud al-Shami, called on the negotiators to secure an end to the war.

"What happened to us has never happened in the entire history of humanity. Enough," he said.

In southern Gaza, three people were killed when Israeli jets hit a tent sheltering displaced Palestinians in the coastal Al-Mawasi area, the civil defence spokesman said.

On Saturday, medics said 17 people, who were trying to get food aid, were killed when Israeli troops opened fire in a new mass

shooting around a US-backed aid distribution system that the US says has resulted in 800 people killed in six weeks.

Witnesses who spoke to news agency Reuters described people being shot in the head and torso.

Seven UN agencies on Saturday warned that a fuel shortage had reached "critical levels", threatening aid operations, hospital care and already chronic food insecurity.

Israel's Claim

But the Israeli military claimed its troops had only fired warning shots, and that its review of the incident had found no evidence of anyone hurt by its soldiers' fire.

Israeli Military, in a statement on Sunday, said that in the past 24 hours, fighter jets "struck more than 150 terror targets throughout the Gaza Strip". The targets included militants, weapons storage sites, and anti-tank and sniper positions, the military statement said.

Pakistan's Nuclear Backtrack Weeks After "Full Spectrum" Threat To India

Pakistan Prime Minister Shehbaz Sharif has said that the country's nuclear programme is intended strictly for "peaceful purposes and self-defence", drawing a contrast to earlier statements by senior Pakistani officials who had openly threatened nuclear retaliation in the event of conflict with India. Mr Sharif's remarks, delivered on Saturday while addressing a group of Pakistani students, come less than two months after a senior Pakistani diplomat explicitly warned of using "the full spectrum of power, both conventional and nuclear" in the context of rising tensions with New Delhi. The Pakistani Prime Minister's attempt to tone down nuclear escalation marks a shift following heightened tensions due to Operation Sindoor, a military response by India to the April 22 terror attack Jammu and Kashmir's Pahalgal, which killed 26 people.

"Pakistan's nuclear programme is solely for peaceful purposes and national defence, not for aggression," Mr Sharif said.



The prime minister's statement, though made in a civilian context, directly contradicts remarks made in May by Muhammad Khalid Jamali, Pakistan's ambassador to Russia. Speaking to Russian state broadcaster RT, Mr Jamali warned of imminent Indian military strikes and vowed Pakistan would respond with the "full spectrum of power". He alleged that Islamabad had intelligence pointing to India's plans to target specific areas within Pakistan, adding that any such attack or disruption of Pakistan's water supply would invite nuclear retaliation.

"Any attempt to usurp the water of the lower riparian, or to stop it, or to divert it

would be an act of war," Mr Jamali said. "It would be responded to with full force of power, including full spectrum of power."

The remarks were widely interpreted as an official Pakistani signal that nuclear options were being kept on the table in the event of escalation. India, for its part, has stated unequivocally that it will not be deterred by nuclear threats. Operation Sindoor, launched on May 7 and continuing through mid-May, targeted nine terror-related infrastructure points in Pakistan and Pakistan-occupied Kashmir (PoK), in what Indian officials described as "pre-emptive precision strikes."

Indian intelligence agencies attributed the April 22 attack in Pahalgal to Pakistan-based groups, including Jaish-e-Mohammed (JeM), Lashkar-e-Taiba (LeT), and Hizbul Mujahideen. According to Indian security officials, over 100 terrorists were killed during the strikes. "India will not tolerate any nuclear blackmail while acting against terrorism and its sponsor. Our response is calibrated, precise, and resolute," Prime Minister Narendra Modi said on May 13. India's Chief of Defence Staff General Anil Chauhan also weighed in publicly, noting that the era of nuclear deterrence was not an excuse for state-sponsored terrorism. "India has made it clear that it will not be deterred by nuclear blackmail," Mr Chauhan said at an Observer Research Foundation (ORF) event recently. "Operation Sindoor stands as an example of conflict engagement between two nuclear powers where conventional force was utilised decisively."

Woman Working In US For 36 Years Self-Deports To Mexico, Fearing ICE Crackdown

A woman living in the US for 36 years has self-deported to Mexico, having lived in the country since the age of 15, according to a report in People. Regina Higuera decided to return to her home country, fearing for her family members, as she did not have enough money to apply for documentation. The 51-year-old worked as a garment worker in Los Angeles, but her work permit had expired years ago.

Afraid of being interrogated or detained by the Immigration and Customs Enforcement (ICE) officers at the Los Angeles International Airport, Ms Higuera and her family drove down to Tijuana, Mexico, and crossed the border to reach TIJ International Airport. From there, Ms Higuera flew into Mexico City and drove nearly five hours to Guerrero, Mexico.

"We were heartbroken that she felt so scared for her safety that she had to make this decision, but we were ultimately supportive," her daughter, Julie Ear, who has been documenting the ordeal on social media, told the outlet.

Ms Higuera had originally planned to return home once she retired from the job but given the tense political climate, she decided to leave the country on her own terms. Ms Ear said her mother has no criminal record and is a hard-working taxpayer who has worked 12-hour shifts since 15.

Ms Ear and her siblings are planning to visit their mother in August. Their stepfa-



ther is also planning to move to Mexico with Ms Higuera very soon.

"She is trying to lean on family out there so she doesn't feel lonely, but she is having a hard time adjusting to the cultural differences... they do things differently out there," Ms Ear said.

The Donald Trump administration has given orders to ICE to arrest 3,000 immigrants each day. Deporting illegals was one of the biggest planks of Mr Trump's election campaign, but the manner in which ICE has been going about its business has invited criticism.

According to a recent report by The Washington Post, ICE is now planning to deport migrants with as little as six hours of advance notice to countries that are not their own-- even without any guarantees of safety from the receiving nations.

In case of deportation to countries with no "diplomatic assurance", deportees will ideally receive a notice 24 hours in advance. However, in "exigent circumstances," removal can be carried out within only six hours

Michelin-Starred Restaurant In South Korea Serves Dish Topped With Ants, Lands In Legal Trouble

A two-star Michelin restaurant in Seoul's Gangnam district is under investigation for serving dishes topped with ants, violating South Korea's Food Sanitation Act. According to The Korea Times, the restaurant served a sorbet dish topped with ants, a signature offering at the fine dining venue known for its innovative Korean cuisine. The restaurant allegedly imported dried ants from the US and Thailand and used them as a garnish in around 12,000 dishes, generating approximately 120 million won (\$87,400) in revenue from April 2021 to January 2025.

While South Korea permits certain insects like locusts, grasshoppers, and mealworms as food, and silkworm pupae (beondegi) is a common street food, ants are not approved as an edible ingredient.

"To use ants as food, businesses must obtain temporary approval for standards and specifications under food safety regulations. We have shared the results of this investigation with the relevant local government and requested administrative action," a ministry official said.

The South Korean Ministry of Food and Drug Safety launched an investi-

gation into a restaurant after discovering social media and blog posts featuring the dish. The ant-topped dish has gained popularity among customers, with many describing it as an "upgraded experience". The restaurant's owner claims they were unaware that ants are not legally recognised as a food ingredient in South Korea.

The restaurant allegedly imported two types of ants from the US and Thailand via express mail between April 2021 and November 2024.

In various parts of the world, insects are valued as a nutritious and sustainable food source. For example, in Thailand, fried insects like crickets, ant eggs, grasshoppers, and termites are popular street foods. Similarly, in Mexico, chapulines (grasshoppers) and escumoles (ant larvae) are commonly used in tacos and sauces.

South Korea first approved insects as a food source in 2015. By 2021, the country's insect-farming industry had generated an estimated 44.6 billion won (\$32.5 million) in sales. Other countries, including the European Union, Singapore, have also approved certain insect species for consumption.

Iran's President Was Injured In Israel's Nasrallah-Style Assassination Plot: Report



TEHRAN: Iranian President Masoud Pezeshkian was lightly injured in an Israeli airstrike on June 16, Iranian Revolutionary Guard Corps (IRGC)-affiliated Fars News Agency reported on Sunday. Pezeshkian sustained a leg injury when an Israeli missile landed on a building in the western part of Tehran, where a meeting of Iran's Supreme National Security Council was taking place.

Apart from President Pezeshkian, Parliament Speaker Mohammad Bagher Ghalibaf, Judiciary chief Mohseni Ejei, and other senior officials were

also attending the meeting, the report said.

According to the report, the Israeli operation was modelled after the assassination of Hezbollah leader Hassan Nasrallah in Beirut. Six missiles targeted the building's entry and exit points to block escape routes and disrupt airflow.

The Iranian officials were present on the lower levels of the building. After the explosions, power to the floor was cut. However, an emergency hatch was prepared in advance, and the officials managed to escape through it after the attack, the Fars report said.

Along with Pezeshkian,

some other officials also sustained minor injuries while exiting. The Iranian authorities are now reportedly looking into the possibility of an infiltrator, given the accuracy of the information used in the attack.

Iranian President Pezeshkian had earlier accused Israel of trying to assassinate him. "They did try, yes... They acted accordingly, but they failed," he told Tucker Carlson in an interview.

According to an Iran International report, Israel attacked an area near Shahrak-e Gharb in western Tehran on June 16.

Over the course of the 12-day war, Israeli forces killed several top Iranian military leaders and nuclear scientists. Among them were-- IRCG commander Hossein Salami, Iranian Armed Forces Chief Mohammad Bagheri, IRGC air force commander Amir Ali Hajizadeh and other senior IRGC air force officials.

Earlier reports said that Israel planned to assassinate Iran's top leader, Ayatollah Ali Khamenei, during the 12-day war, but the right moment never came.

US Aid Cuts Halt HIV Vaccine Research In South Africa, With Global Impact

JOHANNESBURG: Just a week had remained before scientists in South Africa were to begin clinical trials of an HIV vaccine, and hopes were high for another step toward limiting one of history's deadliest pandemics. Then the email arrived.

Stop all work, it said. The United States under the Trump administration was withdrawing all its funding. The news devastated the researchers, who live and work in a region where more people live with HIV than anywhere else in the world. Their research project, called BRILLIANT, was meant to be the latest to draw on the region's genetic diversity and deep expertise in the hope of benefiting people everywhere. But the \$46 million from the U.S. for the project was disappearing, part of the dismantling of foreign aid by the world's biggest donor earlier this year as President Donald Trump announced a focus on priorities at home.

South Africa hit hard by aid cuts

South Africa has been hit especially hard because of Trump's baseless claims about the targeting of the country's white Afrikaner minority.

The country had been receiving about \$400 million a year via USAID and the HIV-focused PEP-FAR.

Now that's gone.

Glenda Grey, who heads the Brilliant program, said the African continent has been vital to the development of HIV medication, and the U.S. cuts threaten its capability to do such work in the future.

Significant advances have included clinical trials for lenacapavir, the world's only twice-a-year shot to prevent HIV, recently approved for use by the U.S. Food and Drug Administration. One study to show its efficacy involved young South Africans. "We do the trials better, faster and cheaper than anywhere else in the world, and so without South Africa as part of these programs, the world, in my opinion, is much poorer," Gray said.

She noted that during the urgency of the COVID-19 pandemic, South Africa played a crucial role by testing the Johnson & Johnson and Novavax vaccines, and South African scientists' genomic surveillance led to the identification of an important variant.