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about the kiss on the lips that's overshadowed their women's world cup win. Also in this podcast, a standoff for Filipino fishermen in the South China Sea. We might not return to the shoal man, we're now scared. We're scared of China. And Pope Francis is set to become the first pontiff to visit Mongolia. The South African president, Sura Ramaphosa, has described a deadly fire that killed 74 people, including 12 children, as a great tragedy. He said he hoped an investigation into the fire at a derelict five-story building would prevent a repeat of the incident. Mr. Ramaphosa was initially going to give a national address on TV, but cancelled that in order to visit the site. We've got to go to the bottom of what caused this fire. That a building like this, which I'm told used to be a home for abused women and children. Once the lease had expired, it was then hijacked. And we need to find effective ways of dealing with problems of accommodation, of housing and services in the inner city. A government minister told the BBC that attempts to evict the squatters had been blocked by the courts. Our correspondent, Pumsafalani reports from Johannesburg. As the fire took hold of the five-story building in the centre of Johannesburg, screams shattered the quiet of the night. It was home to hundreds of people who had to scramble through the darkness to reach safety. The bodies of some of those who didn't make it were found piled on top of each other beside a locked security gate. As day broke, those who escaped watched as bodies were pulled out of the gutted building onto the street. Everyone who got out had their own story of backling their way through the flames, including this man. When we wake up, the whole building, it was fired. Me, I jump out of the wind. My wife throw me away. He The building had been declared unsafe, but still became home to hundreds of migrants from neighbouring countries, as well as South Africans from poorer provinces who were drawn to the city by the hope of a better life. Officials have described it as a hijacked structure, a term used for derelict buildings illegally taken over by property gangs who rent out each room individually, often to dozens of people. Conditions in the building were squalid and crowded, with around 80 shack-like partitions haphazardly crammed into the block. Le Bochang

Maile, who is from the provincial housing department, said those responsible for the tragedy would be brought to justice. If there's an official of the city who would be found to have contravened or to have neglected their responsibilities, heads will definitely roll. Survivors face days of uncertainty, having been left without a home or any belongings, and the hope of finding anyone alive in the rubble is waning, as the investigation into what caused the fire begins. Pomsafalani reporting. The African Union has announced it's suspending Gabon following Wednesday's coup. The military rulers, who ousted President Ali Bongo moments after he was declared

the winner of a disputed presidential election, say they'll phase in what they call transitional institutions. So what more do we know of their plans? I've been talking to our Africa regional editor, Richard Hamilton. They didn't give any details, but we presume they mean a sort of transitional government, maybe even the judiciary, but they of course haven't given a timescale for this. They also said that the new coup leader, General Nguema, would be sworn in as transitional president on Monday, and they also try to reassure donors and development partners that there'd be no

defaulting on debts. So they're trying to give the impression of sort of business as usual. This time yesterday we were starting to get international reaction from different organizations from different countries, one by one condemning what had happened. Despite these images on the streets of the capital of people celebrating. Yeah, it's a very sort of paradoxical situation, because the African Union, as we've been hearing, has condemned it and suspended Gabon. But there's

been a more nuanced response, for example, from the EU's foreign policy chief, Joseph Burrell, who said that the situation is calm and there was no urgency about evacuating foreign nationals. In Gabon, there are no evacuation plans for the moment. The situation is calm. We do not see any risk of violence, of a situation which could cause danger. There are about 10,000 European citizens in Gabon, but no country has expressed any concern. And earlier, Joseph Burrell said that naturally military coups are not the solution, but he said we must not forget that in Gabon, there had been elections which were full of what he said irregularities. And he said you could argue that a rigged vote could amount to an institutional coup. He's not approving of the coup, but at the same time he's saying there won't be much tears shed for the departure of Alibongo and his family that have basically ruled Gabon for nearly six decades. Richard Hamilton reporting, a third of Gabon's population lives below the poverty line, despite it being so rich in natural resources. So how big a part did economic grievances play in this coup? Vivienne Nunes has been talking to Alican Satchu, an independent geoeconomic analyst based in Nairobi. Gabon, firstly, is a small country. If you're about 2.4, 2.5 million produces about 250,000 barrels of crude oil per day. But because the population is so small, it puts per capita income close to US\$15,000 per person. But it's a very unfair and uneven society, 31% of the youth are unemployed and the money has not spread. And I think that's one of the drivers of what's happened here. But more interestingly, it produces 20% of global manganese. There's a bigger story on the manganese front because it's such a big supplier. With respect to the Bongo family's wealth, they've been in power for more than 50 years. Publicized estimates are about a billion dollars. I think that is way under, or I suspect we're talking closer to five to 10 billion US dollars. It's been treated as a fiefdom of the Bongo family for half a century. And really, it's been one of the core components

of the France-Afrique constellation of countries who gained their independence from France, but never actually managed to gain real sovereignty. So French companies are dominant. The economic strangled hold that has been exercised by France is I think one of the key catalysts from eight coups that we've seen in French Africa since 2020.

I guess a lot of the Gabonese citizenry would like to see a restructuring of the country's economy. So that more of that wealth does trickle down and it's a more fair system. How can that be achieved? It's not rocket science. You're not painting on an enormous population canvas.

The government has not been interested. It's just incredible. You could have built hospitals, roads, you could have put in an education system and none of this was done. It was nicknamed the Kuwait of Africa. At least they could have done something along those lines. None of this has happened. And that's why we reach this tipping point moment. But I think overall, what we're seeing is you cannot now be egregiously greedy. You've got to have a better deal for the average African citizen, particularly in these resource-rich countries. And I think unless we see significant change, this domino effect has got further to go and further countries are going to find themselves in the same situation. Alicante Sachi with Vivienne Nunes. Two leaders of the proud boys have been handed some of the longest sentences in connection with the 6th of January 2021 attack on

the US Capitol. Joseph Biggs was given 17 years. Zachary Reale got 15. Mr. Biggs, an army veteran, had claimed he was inside the building to use the toilet. But the judge ruled he was among the first wave of attackers and also an organiser. Sami Salisqandar got more about all of this from our North America correspondent, Anthony Zirka. As you mentioned, these are two of the longest sentences in a January 6 related conviction. Although it is interesting to note that in both cases, the judge departed downward from not only the sentencing guidelines, but what the prosecutors were asking for as far as sentencing goes. The judge was more lenient towards these two men than I think was expected. Part of that was while the judge said that there was a terrorism enhancement that should add time to the sentences, he seemed a little bit skeptical about whether that enhancement really should apply to these cases because it wasn't clearly an act of terrorism like blowing up a building. In one case, it was pulling down a fence to let people get into the Capitol. And in the other case with Zach Reale, it was spraying a police officer with some sort of a chemical spray and then also lying on the stand. But in both cases, the enhancements weren't enough

to push this up to 30 years or even more, which would have been within the guidelines. Yeah. What do we know about what role they played in the attack?

Well, Joe Biggs, the prosecution said he was at the forefront of the mob. He was egging them on. He spoke to someone at some point and then that person then went up and attacked a police officer. He went into the Capitol instrumental in the prosecution's view in leading this assault on the Capitol. And then Zach Reale was also at the forefront of this mob, also leading the charge in. So in both cases, one of the reasons why these sentences still were so high and that they were convicted, the prosecution successfully proved that these two individuals were leaders that helped provoke the attack on the Capitol, not just being swept up in the mob, which is what their defense attorneys had asserted. Our North America correspondent, Anthony Zercher. The U.S. President Joe Biden has said he'll visit Florida on Saturday to view the extensive damage from Hurricane Idalia after the storm pounded the state with high winds and flooding on Wednesday.

Emergency workers have been drafted in to help and efforts are being made to restore power for hundreds of thousands of people. One person has been confirmed dead in Georgia. This resident in western Florida had to evacuate. We're not allowed to go back to our house until the sheriff makes an announcement. They said it'd be a day or two. But in the meantime, our house is sitting up under three, four foot of water. Somebody did a drone in our neighborhood and you can see my neighbor's car is completely under water. So therefore, I know I have at least four feet. I'm still a little bit in shock. The boys don't understand why they can't go home. There's also been concern about the impact on the region's wildlife. Victoria O'Honda spoke to Dr. Tracy Fanara, who's an environmental engineer and marine expert in Tampa. I got in the car and I drove right before the peak of the surge and it was nuts. Water was coming up almost all the way to the door of the house, which that has never happened. Down in St. Pete, my sister's neighborhood is completely shut down. You can't get in or out. Every single house has two inches to five feet of water. One of the most affected areas was thought to be the Big Bend and it's one of those last natural places in the state of Florida. I'm just wondering what kind of effect this may have had on the wildlife there. It's such a special place over there in Cedar Key and there is so much natural wildlife there. With sharks in whales, they know to go offshore. They can sense a hurricane coming, most species at least. When it comes to alligators, they know to seek shelter, but when it comes to birds and trees and other organisms that take shelter in trees and vegetation, their homes can be completely destroyed. On top of that, with all of the rainfall runoff coming into the coastal waters, that changes their ecosystem. There's a lot of aftermath that comes with a storm event. This is a state that is known to have alligators and crocodiles. And I want you to just mention that they will seek shelter. And I'm thinking people are evacuating and you've got these huge animals out and about. How do you prevent them from getting in contact with humans? That's a really, really good question. And it's especially difficult when there's new development because that was their home. But in general, alligators stay in swamp lands. They stay in areas that normally humans aren't. I mean, they can end up in a pool in a residential area that does happen sometimes. But in general, they're in the canalways, the swamps. So as far as the alligators go and crossing paths during evacuations, I haven't noticed it to be an increase in interactions.

I'm just wondering, how do you recover? How do you rebuild the ecosystem going forward? There are so many ways living seawalls, making sure that we are not over developing because we weaken the roots of trees that may be depending on each other. And so those trees are more likely to fall. Stop using so much carbon dioxide so that the next El Nino isn't worse than this one. And so that intensity doesn't keep on accelerating to a point where we've never seen it before. Officials in the Philippines have told the BBC they won't be daunted by Beijing in a territorial standoff in the South China Sea. Earlier this month, a Chinese vessel used water cannon to deter the Filipino coast guard from getting near a contested reef which had been awarded to Manila in an international tribunal. In a show of solidarity, the US has held joint drills in the region with Japan and Australia and denounced China's behaviour as aggressive. From the island of Palawan, here's our Asia-Pacific correspondent Laura Bicca. School has been cancelled in Palawan as wind and rain lash the island, the children celebrate by playing basketball. So one day will you fish in these boats? Yes. The houses are made of corrugated iron, very little protection against rain or wind, but this is how they've lived for generations. The people of this island are used to battling

the weather, but now they're countries in a standoff with Beijing over who owns which, valuable fishing ground and reef in the South China Sea.

We might not return to the shoal, ma'am. We're scared of China. We were harassed and they even asked us to leave. Benjo Atai started fishing in the contested waters around Aayungan Shoal at the age of 14. Now in his 30s, he believes Beijing's fishing fleets are becoming more aggressive. It's getting harder each year and we are only allowed on a limited number of islands due to others being occupied by different countries. The fishermen have been asked to join a militia to help defend Filipino territory, but life is already forged in salt water and sweat, while steering boats made of simple bamboo. They have no wish to take on a global superpower. If we stand guard, how can we feed our families? What we need is to fish. That's our goal, out in the sea. The Chinese fired their water cannons at the Filipino Coast Guard earlier this month. Beijing argue it's protecting its sovereignty, its claims in the South China Sea and will continue to do so. Really, it is a David versus Goliath issue. Jonathan Malaya is Assistant Director General of the Filipino National Security Council. But just like David, we will continue to pound and double down on the need to protect the resources which are important for the future of the Philippines. Resolved to keep hold of its reefs, the Philippines deliberately ran a ground, a rusting World War II ship on what is known as Ayungan Shoal in 1999. It is their territory under UN law. But resupplying troops on board with fresh water and food has become increasingly

as they're often blocked by the Chinese Coast Guard. In a show of solidarity and strength, the Japanese, the Australians and the US have all sent warships to the region.

We were given a tour of the GS Izumo and told very little about joint drills and operations. But the message from all four nations is they stand together, which has given Manila a certain confidence. We do not have the resources of China. While international law is on our side, we need the support of other countries. Allied help comes with the risk of escalating this dispute. Nowhere else in the world do these nations come so close to one another, which also raises the fear of a miscalculation at sea. Back on Palawan, the children's future was once determined by the island's tides. Now it may depend on a test of will and the resolve of their parents and leaders, a struggle that could shape the future of the South China Sea, and to some extent, the rest of the world. It shows a man taking his bull for a ride.

They were coming from Neely, Nebraska and heading to Norfolk, Nebraska. He was just taking him for

a ride. That's right, the cow that likes being taken for a drive coming up. Just before we move on, I wanted to mention the happy part, our weekly roundup of the most uplifting and positive news stories in the world. You'll find it in this feed every Saturday. I'm hosting it for the next couple of weeks and I wanted to ask for your help with it. What we really want to hear about are your little wins. The thing that's happened in your life or where you live that's made your week. Now, matter how small it was, drop us an email globalpodcastatbbc.co.uk, globalpodcastatbbc.co.uk, or on X, we are at Global News Pod. Let me know about your little wins and we'll include some of them in the happy pod next week. Africa is facing a debt crisis as bad as anything seen before. Caused by rising global interest rates, inflation, and a lack of finance from lenders like the World Bank. That's the warning in a major new report by the One campaign. Its chief executive is Gail Smith. We are facing a debt crisis that is likely to be bigger than the one we saw some 20 years ago when there was a huge initiative by the international community to deal with what was then

a major debt crisis for Port Country. They'd urged to borrow billions and literally couldn't pay it back and start to develop their economies at the same time. This is more countries simultaneously heading into crisis and the huge lost opportunities that we're going to see if this isn't forestall. There are potential solutions. The question is, are the world's wealthier countries going to seize the opportunity to put those solutions into effect? More on this from Joe Inwood. Nigeria now spends more than twice as much on debt repayments as it does on healthcare and education combined.

That is just one example of the stark reality facing Africa according to this report. The One campaign, a group involving the former U.S. Treasury Secretary Larry Summers, the former Metaboss Cheryl Sandberg, and the former UK Prime Minister David Cameron, claims countries on the continent are paying 500% more for loans than they need to, with a cost over the next few years of \$56 billion. It says the consequences will be felt outside Africa with increased mass migration, less action on climate change, and a fragmenting of the global economy. The report calls for a massive expansion of loans from lenders like the IMF and World Bank

and says that the problem can be solved, but action needs to be taken urgently. The Spanish football boss Luis Rubiales is hanging on to his job despite mounting calls for him to resign. He's accused of kissing the player Jenny Amoso without her consent at the Women's World Cup

final, which has led to debates about sexism and the abuse of power in Spain. For the players, it feels a bit like their moment of glory is all but forgotten. Here's Spain's world cup winning goalkeeper Catalina Col.

I feel sorry that the 23 footballers aren't the protagonists. What I'm disappointed about is that now everyone who stops you on the street talks to you about the scandal and doesn't say congratulations on the World Cup. Or they say congratulations, but then focus on that. I think we are sad about all this, but hey, I believe and trust that everything is going to be fixed and that everything will work out. Catalina Col was speaking to Jose Carlos Cueto from BBC Mundo, who's been telling me more about their conversation. I have to highlight how proud they are and how happy they are that people are congratulating

the main street that didn't used to happen in the past. But it's true also that she sounded sad when she had to mention how disappointed she and the rest of the team are with all these controversies that is overshadowing their achievements. But she also said that they feel strong and at the same time they are feeling confident that this whole situation is going to end up well for them in this case. Pressure continues to mount day after day on Luis Rubiales. These things usually end with the person leaving their role in some way shape or form. Do you think that's going to happen in the end here? Given all the pressure that is on him, a lot of people were thinking that he was going to be out already, but he's still resisting even though his mother was admitted to hospital. She was released today after declaring herself on hunger strike as a way of defending Luis Rubiales. He is suspended by FIFA, investigated by Spanish prosecutors, waiting for a resolution from the Spanish sports tribunal to also decide whether they open investigations or not. But yeah, it's the big question if he finally will reside and when will this happen? Jo's the honest question of BBC Mundo. Many people with COVID-19 get better in a few days or weeks, but for a significant minority, the symptoms can carry on for months or longer. It's called long COVID. Until now,

it's not been clear what causes it. Scientists here in Britain have identified one of its physical manifestations, brain fog. The teams from the universities of Oxford and Leicester say this is the first step to treating the condition or even preventing it. This from our health correspondent, Catherine Burns. It's three years since Dr Simon Retford got coronavirus. He says long COVID means he's still only back to about 60 or 70% of his old abilities, both physically and mentally. I now realise that the cognitive side of things the impairment are have been more serious than the physical side. The so-called brain fog, the short-term memory loss, the loss of vocabulary, particularly concentration. That said, tragically, a lot of people are no longer here. I have certainly taken a glass half full attitude to life as I know it. For him, this study is about tackling the unknown question. Why do some people get long COVID? Researchers think they might have some answers. They studied 1800 people who'd been in hospital with COVID and found evidence of two proteins linked to blood clots. The theory is that the clots happen in the acute stage of the infection, then go away, but the damage they cause doesn't and leads to long COVID problems such as brain fog and extreme fatigue. Dr Max Take is the study's author. It's a first step in a jigsaw, but it's an important step. This is really exciting. It's also exciting in the sense that this is something that we know how to treat potentially, and therefore this might well be a very important step in the jigsaw or brain fog. There's more work to be done here, but he hopes for a treatment for people who already have long COVID, possibly the type of intensive brain rehabilitation given to stroke patients, and looking further ahead, a treatment to stop COVID patients developing this problem at all. Next to a tiny community with a huge global figure about to visit. Pope Francis will be the first pontiff to go to Mongolia. The country is strategically placed, bordering Russia and China, so what's Pope Francis trying to achieve? Elise Ann Allen is a correspondent for the Catholic online newspaper Crux, and she's been talking to Nula McGovern. There are always going to be some sort of geopolitical reasons behind the visit, but there are also going to be personal reasons, but he's also ahead of state, and the Vatican is a sovereign diplomatic entity, so it has those relations that it maintains, and there's going to be an element of politics along the way. This trip, as you mentioned, is historic. This is the very first trip a pope will ever take to Mongolia. No pope has ever been to China or to Russia, which are Mongolia's biggest neighbors. Pope Francis himself has made great efforts to reach out to both of these countries, and he signed an agreement on the appointment of bishops with China in 2018, and recently proposed the establishment of a permanent liaison office in Beijing, and of course, Pope Francis has been very interested in trying to engage Russia over the current war in Ukraine. He wants to be able to help negotiate some sort of peace agreement, and he's trying to talk with everybody involved on that. I don't think he's going to address either of these countries directly while he's there, but I'm sure there are going to be some subtleties in what he says that are going to be relevant. But on the pastoral side, this is the first trip of a pope to Mongolia. The Catholic Church there is extremely small. I mean, I was struck by that. 1500 people are really who he's going to see. Exactly. It is one of the Catholic Church's smallest flocks, but Pope Francis has always been a lover of what he calls the global peripheral, societal peripheries, ecclesial peripheries, but it's also sort of a new church that's starting to really establish itself again after communism. In the papers today, there's a lot of discussion about him addressing Russian

youth via video and some pushback really from Ukraine about telling them to remember their heritage. Are you able to address topics like that with the pope?

Yes, and I would expect that to come up. Pope Francis is somebody that has tried to walk a very careful line on the Ukraine war so far. The Vatican has always tried to maintain neutrality. It doesn't like to appear to take one side or the other, and Francis has tried to do that. And I think sometimes he just put in his mouth sometimes. I don't think Pope Francis minds the blowback. I think he knows what his intentions are.

How would you describe him? I mean, you've had much more interaction with Pope Francis than many of us will ever have. That's true. I would describe Pope Francis as somebody who is still very much at heart a parish priest, somebody who never wanted to leave the slums of Buenos Aires. He could name all his parishioners. That's the same type of approach he really likes to have as pope. And he's trying to apply that at a more universal level, encouraging pastors, as he often does, to be closer to their people. But he's very savvy. He has a great mind. He's extremely intelligent. He speaks very simply, but he's very strategic. And he's just gifted in being able to explain some of the church's teachings or what he wants from the church. He's very simple language. It's very accessible to people. And I think that's part of what the appeal that's made him so popular over the last decade.

Elise Ann Allen from the Catholic news site Crocs. Now, here's something you don't see every day. Police in Norfolk, Nebraska pulled over a man driving on a motorway with a huge Watoosie ball strapped into the passenger seat. The ball is named Howdy Doody and was seen standing

with most of its body outside this modified white vehicle. The car had half of its roof cut off to fit the animal in and the trip was cut short after police took a call from a startled onlooker. Captain Chad Ryman is from Norfolk Police. The officers received a call, reference a car driving into town that had a cow in it. They thought that it was going to be a calf, something small. There were some sightable issues. The officer chose to write him a warning and ask him to take the animal back home. So just to be clear, the owner wasn't taking Howdy Doody to the vet or anything like that. This is one of the most viewed videos at bbc.com slash news. It came from News Channel, Nebraska. And I've been talking to the assistant director there, Cajunovac. It shows a man taking his bull for a ride down the highway. They were coming from Neely, Nebraska and heading to Norfolk, Nebraska for an evening stroll because it was in the morning. He was just taking him for a ride. Why? He does this often for parades. There was no parade in town this time though. So it was just a random Wednesday drive, I guess. And when the bull is almost bigger than the car, how is the bull attached to the car? How is he secured there? So the man driving, he has kind of done a makeshift with an old police vehicle where he took out the passenger door and added a little bit to it as well as a gate to hold the bull in. Bulls are not known for being compliant creatures. I mean, guite the opposite. So he must have been enjoying it because otherwise he presumably would have had something to say about it. I'm sure the years of being in parades has gotten him used to it and the man himself has said that him and the bull are best of friends. And what sort of reaction was this getting on the streets of Norfolk, Nebraska? Were people just going, oh, it's that guy again, the guy we've seen before in the parades or were people shocked or what? There were some people who were shocked, yes. And then there were some people who were like, oh, he does this all the time. Just leave him be. He's having a good time. Several who were also like, oh, I've seen him in parades before. So he's pretty well known in

this area, but there were still some people who were like, what is going on right now? And I understand that the wife of the bull owner called your radio station earlier. What did she say? She just said that it was them going out for a ride and he'll go out in the pasture and stuff with his bull and just kind of hang out. I think she finds it kind of funny that we took a story and ran with it on this. Katerinovac and the remarkable story of Howdy Doody, the bull who went for a drive with his owner. And that's all from us for now. There will be a new edition of Global News to download later. If you'd like to comment on this podcast, the email address is Global Podcast at bbc.co.uk on ex formerly known as Twitter. We are at Global News Pod. This edition was mixed by Chesley Forks Porter. The producer was Emma Joseph. The editor is Karen Martin. I'm Andrew Peach. Thanks for listening. And until next time, goodbye. Really? Yes. Oh my god, I'm so happy for him. Thank you so much. That's the sound of Daniella getting a random act of helpfulness. We just told her the helpful SoCal Honda dealers will be giving her best friend a new gaming PC. And we paid her for sharing that story on the radio. And we can help you too with a great deal on a reliable award-winning Honda, like the 2023 Accord. To find the helpful SoCal Honda dealer near you, and to submit a random act of helpfulness for someone you know, visit SoCalHondaDealers.com. Whether you're driving to work, biking to a friend's place, or on the way to your next vacation, Amazon Music has your news fix covered. As an Amazon Prime member, you have access to ad-free top podcasts. To start listening, download the Amazon Music app, or visit amazon.com slash news on the go. That's amazon.com slash news on the go. And listen to your favorite podcasts on the go.