Kiev "helpless" to restore order in east

Ukraine's acting President Olexandr Turchynov has admitted that his forces are "helpless" to quell unrest in two eastern regions, and in some cases are cooperating with pro-Russian gunmen who have seized scores of government buildings and taken people hostage

 Pro-Russian forces in control of city or official buildings

Source: Wire agencies

Russian military buildup identified by NATO. Strength: 40,000 troops

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