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Daily Telegrams

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Weather

Light to moderate rain with thunderstorm likely. Maximum and Minimum temperature will be around 33°C and 26°C respectively on Monday 11/05/2020.

Maximum Temperature (°C) of Date: 33.8
 Minimum Temperature (°C) of Date: 26.9
 Relative Humidity(%) at 0830 IST 071
 Relative Humidity(%) at 1730 IST 095
 Sunrise Time for tomorrow (in IST): 0457
 Sunset Time for tomorrow (in IST): 1735
 Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 048.9
 Rainfall upto 1730 hrs of date in mm: 031.3
 Rainfall (Progressive total from 1st January 84.1 upto 0830 hrs. of date) in mm.

Regn. No. 34190/75

No. 121

Port Blair, Monday May 11, 2020

Web: dt.andaman.gov.in

Rs. 3.00

Pages 4

PM to hold meeting with State Chief Ministers today

New Delhi, May 10 (PIB)

Prime Minister, Shri Narendra Modi will be holding the 5th meeting with State Chief Ministers via video-conference, tomorrow (11th May) at 3 PM.

In a tweet, the Prime Minister's Office said, "PM @narendramodi to hold the 5th meeting via video-conference with state Chief Ministers tomorrow afternoon at 3 PM".



Law Minister holds review meeting with Attorney General, Solicitor General & Law Officers of Gol

Let's take lockdown as an opportunity to make digital systems in justice delivery more robust

New Delhi, May 10 (PIB)

Union Minister for Law and Justice, Shri Ravi Shankar Prasad today held an interaction with the team of law Officers headed by the Attorney General of India through video conferencing. The Attorney General of India, Shri K. K. Venugopal, Solicitor General Shri Tushar Mehta, all the Additional Solicitors General and Assistant Solicitors General,

Secretary of Department of Legal Affairs and Secretary of Department of Justice attended this meeting. This is first of its kind of virtual meeting organized during the lockdown through video conferencing. The Law Minister, in his opening remarks, said that we are living in challenging times and the Prime Minister, Shri Narendra Modi is leading the country

as Team India and the Health Secretary are interacting with state governments various Secretaries and Health Secretaries. Based upon the feedback, the Ministry, the Prime Minister and other Ministries issue guidelines under the Disaster Management Act. The Minister emphasized that addressing such a pandemic lockdown and challenges arising therefrom. The Cabinet Secretary

(Contd. on last page)

Cabinet Secretary chairs meeting with Chief Secretaries & Health Secretaries of all States & UTs

Reviews status of COVID-19 Management

New Delhi, May 10 (PIB)

Cabinet Secretary, Shri Rajiv Gauba, chaired a meeting with Chief Secretaries and Health Secretaries of all States and Union Territories to review their status of COVID-19 Management through video conference, today.

At the outset, Cabinet Secretary noted that more than 350 Shramik special trains have been run by railways carrying 3.5 lakh migrant workers. He requested State Governments to cooperate with railways in running of more Shramik special trains. He

also noted the cooperation of States on return of Indians from abroad under Vande Bharat Mission.

Cabinet Secretary emphasised that movements of doctors, nurses and paramedics should be totally unhindered and all steps be taken to facilitate and protect Corona Warriors.

The State Chief Secretaries informed about the situation in their States and also said that while protection is required from COVID, the economic activities also need to be stepped up in a calibrated manner.

Guidelines for restarting manufacturing industries after lockdown issued

Consider first week as trial or test run period; ensure all safety protocols & not try to achieve high production targets

Port Blair, May 10

In early response to COVID-19, nationwide lockdown was ordered with effect from 25th March. As the lockdown is being gradually released in some zones, certain economic activities are being permitted as per NDMA & MHA orders dated 1st May, 2020. Due to several weeks of lockdown and the closure of industrial units during the lockdown period, it is possible that some of the operators might not have followed the established SOP. As a result, some of the manufacturing facilities, pipelines, valves, etc. may have residual chemicals, which may pose risk. The same is true for the storage facilities with hazardous chemicals and flammable materials.

National Disaster Management Authority has issued (1) Guidelines on Chemical Disasters, 2007 (2) Guidelines on Management of Chemical (Terrorism) Disasters, 2009 and (3) Strengthening of Safety and Security For Transportation of POL Tankers, 2010, which are relevant for chemical industries. The Manufacture, Storage and Import of Hazardous Chemical Rules, 1989 under Environment Protection Act, 1086 provide the statutory requirements for these industries.

When Lockout/Tagout procedures are not in place, many energy sources can prove to be hazardous to operators/supervisors who are servicing or maintaining electrical, mechanical or chemical equipment. When heavy machinery and equipment are not maintained periodically, they can become dangerous for the operators/engineers.

Combustible liquids, contained gaseous substances, open wires, conveyor belts and automated vehicles make manufacturing facilities a high-risk environment. Improper enforcement of safety codes and improperly labelled chemicals can further pose serious health hazards.

When an unexpected event occurs, managing rapid response becomes



challenging. In order to minimise the risk and to encourage a successful restart of the industrial units, the following guidelines are being issued. State Governments shall also ensure that the off-site disaster management plan of the respective Major Accidental Hazard (MAH) units are up to date and preparedness to implement them is high. It is also advised that all the responsible officers of the district shall ensure the Industrial On-Site Disaster Management Plans are also in place and

(Contd. on page 2)

Home Ministry grants permission for opening of 3000 CBSE affiliated schools as Assessment Centres

New Delhi, May 10 (PIB)

Home Ministry today granted permission for opening of 3000 CBSE affiliated schools as assessment centres across India to facilitate evaluation of answer sheets of CBSE Board exams. Union Minister for HRD, Shri Ramesh Pokhriyal 'Nishank' expressed his gratitude towards the Ministry of Home Affairs for giving the permission. He said that 3000 CBSE

affiliated schools have been identified as Assessment Centers across India and special permission will be granted to these schools for the limited purpose of evaluation. Shri Nishank hoped that this will help us to quickly evaluate the 1.5 crore answer sheets. The results will be declared after the remaining board examinations have been conducted (scheduled between July 1 and 15, 2020).

National Technology Day to be celebrated today focusing on rebooting economy through S&T

New Delhi, May 10 (PIB)

A high-level digital conference on 'Rebooting the Economy through Science, Technology and Research Translations titled RESTART' will be organised by Technology Development Board (TDB), a statutory body of the Department of Science & Technology (DST) and Confederation of Indian Industry (CII) tomorrow (May 11) to celebrate the National Technology Day.

Union Minister for Science & Technology, Health and Family Welfare and Earth Sciences, Dr. Harsh Vardhan would be the Chief Guest for the occasion and will deliver the National Technology Day address.

In the COVID 19 crisis, technology has been at the forefront of the battle against the pandemic. As the world adjusts to its new normal, business leaders world over are rethinking and devising new strategies to harness technologies that would help drive resilience and make them emerge

from the crisis stronger.

Keeping in mind the need of the hour to formulate a comprehensive action plan to reboot the economy, TDB is celebrating National Technology Day, focusing on technological solutions towards that end. These technologies would include, medical technologies, advanced technologies and manufacturing that would prepare India for the post COVID-19 time.

The conference will bring together Scientists, Technocrats, Government officials, Diplomats, WHO officials and dignitaries from national and international Industry, Research Institutions and Academic Institutions on a single platform to share their insights on the role played by S & T in the global healthcare crisis and find solutions that not only address the current pandemic but will also help us in facing the challenges ahead.

The conference will have technical sessions on 'Medicines & Medical

(Contd. on last page)

#AndamanFightsCOVID19 Do not pay heed to rumours: Dial State Helpline No. 03192-232102

अंडमान तथा निकोबार प्रशासन
ANDAMAN & NICOBAR ADMINISTRATION
सचिवालय/SECRETARIAT

Health Bulletin For Containment Of

नोवल कोरोना वायरस रोग (COVID-19)

(No. 41/ 10th May 2020)

COVID-19 STATUS AS ON 10.05.2020

Andaman & Nicobar Islands:			
Total Confirmed cases			33
Cured/Discharged from Hospital			33
Death			00
Admitted at Hospital			00
Migrated out of Country			00
Outside Resident			00
Status of Hospitals:			
Name of Hospital	Isolation Beds Available	Occupied	Positive Cases Admitted
G B Pant Hospital, Port Blair	50	00	00
* No cases are admitted at Private Hospital.			
Status of Sample Testing:			
Total Samples sent till date			5436
Total Reports received till date			5170
Total Pending Reports			266
> House to House surveillance throughout South Andaman District including all Containment Zones are being conducted by District Administration with the help of Health Workers. 187874 population surveyed daily in these Zones. > All COVID-19 patient cured and now under observation. Recovery Rate 100% > Intensive awareness is continued through print and electronic media. > 2020 passengers screened at VSI Airport till 24.03.2020 by medical teams. > Calls received at 102 - 429 calls. > 15 lines are activated in State Head Quarter Control Room and District Headquarter Control Room also set up at North & Middle Andaman District and Nicobar District. > 1215 persons put under Institutional Quarantine as on today which includes passengers as well as contacts.			
SURVEILLANCE DATA			
Contacts put under Home Quarantine till date			1054
Contacts under Home Quarantine as on today			730
Contacts completed 14 days period of Home Quarantine			324
Persons under Institutional Quarantine as on today			47**
Persons completed 14 days period of Institutional Quarantine			1168
Passengers completed 14 days period of Quarantine			1812
** The figure contains institutional Quarantine persons from passengers as well as contacts both.			

Let's take lockdown as an opportunity to make digital systems....

(Contd. from page 1)

throws up complicated and sensitive nature of challenges, which the governance system has responded and it will be appropriate that this decision-making process of the Government of India and the state governments needs to be trusted. The Attorney General also supported this view and particularly highlighted that courts need to appreciate this. The Solicitor General, Shri Tushar Mehta explained the nature of cases being filed and the orders being passed by the Supreme Court from time to time which have upheld the guidelines issued by the Government and the action taken.

The Law Minister in particular highlighted that during these challenging times overzealous PILs needs to be avoided. Though one cannot stop anyone from filing cases but there must be an effective response to these types of interventions. This was appreciated by the Attorney General and all other Law Officers. Secretary, Department of Justice highlighted the issues about e-Courts and other developments which are being pursued to make it more effective. He shared that during the lockdown there is a significant growth in number of Advocates who have registered for e-filing of cases. The Attorney General and many other Law Officers emphasized that there is a need to strengthen the e-Courts system by addressing the connectivity issues and by training of lawyers in e-Courts management.

The Law Minister directed the Secretary Justice who is also a member of the e-Court Committee of the Supreme Court to coordinate to bring these challenges before the Committee and in coordination with NIC and other agencies and improve the system. It was felt that in view of the seriousness of the pandemic Court proceedings through video conferencing may remain a norm for some time to come. The Law Minister in particular emphasized to take this challenge as an opportunity to make digital systems in justice delivery more robust.

National Technology Day to be celebrated focusing on....

(Contd. from page 1)

Technologies'; 'Advanced Materials - New Technology Horizons'; 'Advanced Manufacturing Technologies for Sustainable Future and Global Innovation' & Technology Alliance for Global Economic Leadership.

TDB, on behalf of the Ministry of Science & Technology, celebrates May 11 every year as National Technology Day to commemorate achievements of innovations and technological excellence in the country. The day has a historical perspective as it was on May 11, 1998, that India achieved a major technological breakthrough by successfully carrying out nuclear tests at Pokhran. Further, the first indigenous aircraft "Hansa-3" was test flown at Bangalore on this day; and India also performed successful test firing of the Trishul missile on the same day. Since 1999, the day is being celebrated as National Technology Day.

The celebration of Technology Day symbolizes India's quest for scientific inquiry, technological creativity & innovations, and the integration of these developments into national socio-economic benefits and global presence.

Apart from the digital conference, a virtual exposition has been planned along with companies whose technologies have been supported by TDB. Various organizations and companies will be showcasing their products in the exposition through a digital B2B lounge. People from across the world can visit the stalls at the conference.

Humble Appeal to Citizens



Social distancing norms & lockdown measures is the most potent social vaccine

24x7 CONTROL ROOM NUMBERS: 240126/232102/1077/1070

(Source: Principal Secretary (Health), A&N Administration)

Ministry of Health & Family Welfare
Government of India

Help us to help you

NOVEL CORONAVIRUS DISEASE (COVID-19)

Your safety is in your hands

Home Quarantine is essential to protect yourself from COVID-19

Do your bit to help prevent the spread of COVID-19

Support the patients who have recovered
Don't stigmatize them

Stay healthy, stay safe

Together we will fight COVID-19

Dial State Helpline No. 03192- 232102



my
GOV
मेरी सरकार



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Help you

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अपने हाथ बार-बार धोएं | एल्कोहल आधारित सेनिटाइजर का प्रयोग करें | सोशल डिस्टेंसिंग अपनाएं | घर पर रहें, जीवन बचाएं | घबराहट में खरीददारी न करें

24x7 CONTROL ROOM NUMBERS: 240126/ 232102 / 1077 / 1070

Guidelines for restarting manufacturing industries (Contd. from page 1)

cover Standard Operating Procedures for safe re-starting of the industries during & after COVID 19 lock down.

Generic guidelines:

- ▶ While restarting the unit, consider the first week as the trial or test run period; ensure all safety protocols; and not try to achieve high production targets.
- ▶ To minimize the risk it is important that employees who work on specific equipment are sensitized and made aware of the need to identify abnormalities like strange sounds or smell, exposed wires, vibrations, leaks, smoke, abnormal wobbling, irregular grinding or other potentially hazardous signs which indicate the need for an immediate maintenance or if required shutdown.
- ▶ Especially during the Covid-19 times, ensure all lockout and tagout procedures are in place on a daily basis (not applicable for units running 24hrs).
- ▶ Inspection of all equipment as per the safety protocols during the restart phase.
- ▶ In case the industry has any difficulty in managing crucial backward linkages that may be critical for their safe functioning, they should approach the local district administration for specific assistance. District Magistrates may be instructed to ensure that in such instances, the industrial unit may be facilitated to run their end to end operations, in the overall interests of industrial security. For specific industrial processes:

Storage of raw material.

- ▶ Inspect the storage facilities for any signs of spills, wear and tear during the lockdown.
- ▶ Check for already opened storage vessels/containers/bags/silos for possible oxidation/chemical reaction/rusting/ rotting etc.
- ▶ HAZMAT Chemicals in the storage need to be checked for chemical stability before using for any processes.
- ▶ Ensure ventilation and proper lighting before entering the storage areas.
- ▶ Sense for abnormalities like strange sounds or smell, exposed wires, leaks and smoke.
- ▶ Check supply pipelines/valves/conveyor belts for any signs of damage/wear & tear.
- ▶ Check the storage building for any signs of distress and damage to the roof.

Manufacturing Processes

- ▶ Carry out a complete Safety Audit of the entire unit before taking up starting activities.
- ▶ Cleaning of pipelines, equipment and discharge lines: Mechanical cleaning followed by air /water flushing and chemical cleaning based on the type of the process equipment.
- ▶ Run-in of rotatory equipment under supervision.
- ▶ Boilers/ furnaces/ heat exchangers to be checked for lining and signs of wear and tear.
- ▶ Check supply pipelines/valves/conveyor belts for any residual material and wear and tear. Also check all the pipelines / valves for obstructions/ pressure levels.
- ▶ Ensure all pressure, temperature gauges are functional.
- ▶ Tightness test: Many process units handle combustibles

or toxic substances (or both), the leakage of which could result in disaster, damage, or economic loss. To prevent the occurrence of such incidents, it is necessary to confirm that the plant complies with the required tightness before start-up.

- ▶ Service test need to be performed for all water, compressed air, and steam piping and equipment with normal operating fluids. The system is first pressurized with operating fluids and then checked for leakage. For air lines, leaks can be found using soap solution. For water and condensate lines, the leakage can be observed visually. Leakage points found during the test are retightened. The test is deemed successful if no foam is observed from soap solution, or if no water or condensate is observed visually.
- ▶ Vacuum hold test: All vacuum systems must be leak tested. Air inside the system is first evacuated to attain the required vacuum. The best way is to start at one end of the section and work through to the other end, checking flanges, valves, fittings, instruments, and other equipment. Each leak is tagged, making it easy for the maintenance team and personnel of the next shift to continue with the work.
- ▶ Trial testing be carried out before the full-fledged production is initiated with full human resources.
- ▶ Ensure the arrangement for round-the-clock emergency crews/ professional technical teams provided with MAH and cluster of MAH should have an extended coverage of 200 km to reach transport accident spots for help.

Storage of products

- ▶ Check the storage facilities / silos for any damage or wear and tear.

Guidelines for the workers

1. Ensure 24 -hour sanitisation of the factory premises.
 - a. Factories need to maintain a sanitisation routine every two-three hours especially in the common areas that include lunch rooms and common tables which will have to be wiped clean with disinfectants after every single use.
 - b. For accommodation, sanitisation needs to be performed regularly to ensure worker safety and reduce spread of contamination.
2. Entrance health checks
 - a. Temperature checks of all employees to be done twice a day.
 - b. Workers showing symptoms should not report to work.
3. Provisions of hand sanitisers and mask to all employers.
 - a. Providing gloves, masks and hand sanitisers to be done at all factories and manufacturing units.
4. COVID 19 health and prevention staff education
 - a. Education on safety steps to take from entry to exit in the factory.
 - b. Measures to take precautions at personal level.
5. Quarantine measures for supply and storage of

goods

- a. Sterilise boxes and wrapping brought into factory premises.
- b. Isolate and sanitise finished goods as appropriate.
- c. Delivery of goods in shifts.

6. Physical distancing measures.
 - a. Create physical barriers to ensure the physical distance within the work floor and dining facilities.
 - b. Provide face protection shields along with masks and PPEs.
7. Working in shifts
 - a. Factories that work 24 hours at full production capacity should consider one hour gap between shifts, except factories/plants requiring continuous operations.
 - b. Managerial and administrative staff should work one shift at 33 per cent capacity as per MHA guidelines; but while deciding which particular person to be included in 33% at any given point of time, overriding priority should be given to personnel dealing with safety.
 - c. Ensure no sharing of tools or workstations to the extent possible. Provide additional sets of tools if needed.
8. Scenario plan on discovering a positive case
 - a. Factories have to prepare accommodation to isolate workers, if needed.
 - b. HR has to help manage the whole process for individual, all travelling employees also to undergo a mandatory 14-day quarantine
9. Presence of skilled workers

Workers involved in dealing with hazardous material must be skilled and experienced in the field. No compromise on deployment of such workers should be permitted when an industrial unit is opened up, a press release from Directorate of Industries said here today.

Happy 50th wedding anniversary on May 11



Shri V. Philip & Smt. Mariamma Philip

"Today as both of you look back with happiness and pride upon the fifty cherished years that you've spent side by side, may every memory that you share of dreams You've seen come true, help make this special Golden Day a happy one for you!

Best wishes from all family members.

SOME HELPLINE NUMBERS

Police Control room : 100
Fire Service : 101
Coastal Security : 1093
PBMC Control Room : 245798
State control Room : 1077/234287
Extn : 328 / 231179

Magazine

Stop Global Warming
Protect future generations from the harmful effects of global warming by reducing emissions from power plants, cars, factories and other sources
You too can help!!



KIDS' CORNER

Creative DIY (Do It Yourself) Crafts for kids Easy DIY Stamps



♣ These DIY stamps are fast, simple, and perfect for adding a little personalized touch to homemade gift wrap.

Material needed:
Craft foam, a ballpoint pen, and something to serve as your handle

Method:
♣ First, draw your image on to the craft foam and then trace over it a few times with the ballpoint pen, making sure to push down hard enough to permanently indent the foam.
Remember that the image will be reversed when you stamp it - especially important if you want to include wording on your stamps.
Trim your foam, glue it on to your handle, and stamp away! ❖

Silly Riddles

- Q. Which is heavier: a ton of bricks or a ton of feathers?
A: Neither, they both weigh the same.
- Q. Tom's father has three sons: Jim, John, and what's the third one's name?
A: Tom
- Q. What can you catch, but not throw?
A: A cold
- Q. I am always in front of you and never behind you. What am I?
A: Your future
- Q. What kind of band never plays music?
A: A rubber band ❖

Learn Some Idioms & its usage

- Cross that bridge when you come to it
Meaning: Deal with a problem if and when it becomes necessary, not before.
- Cry over spilt milk
Meaning: When you complain about a loss from the past.
- Curiosity killed the cat
Meaning: Being Inquisitive can lead you into an unpleasant situation.
- Cut corners
Meaning: When something is done badly to save money. ❖

Health benefits of Mangoes



***High in Antioxidants:** Mango is packed with polyphenols - plant compounds that function as antioxidants. It has over a dozen different types, including mangiferin, catechins, anthocyanins, quercetin, kaempferol, rhamnetin, benzoic acid and many others.

***May Boost Immunity :** Mango is a good source of immune-boosting nutrients. One cup (165 grams) of mango provides 10% of your daily vitamin A needs. Vitamin A is essential for a healthy immune system, as it helps fight infections. Meanwhile, not getting enough vitamin A is linked to a greater infection risk.

***May Support Heart Health:** Mango contains nutrients that support a healthy heart. For instance, it offers magnesium and potassium, which help maintain a healthy pulse and your blood vessels relax, promoting lower blood pressure levels.

***May Improve Digestive Health:** Mango has several qualities that make it excellent for digestive health. For one, it contains a group of digestive enzymes called amylases. Digestive enzymes break down large food molecules so that they can be easily absorbed.

***May Support Eye Health:** Mango is full of nutrients that help support healthy eyes. Two key nutrients are the antioxidants lutein and zeaxanthin. These accumulate in the retina of the eye - the part that converts light into brain signals so your brain can interpret what you're seeing - especially at its core, the macula.

***May Improve Hair and Skin Health:** Mango is high in vitamin C, which promotes healthy hair and skin. This vitamin is essential for making collagen - a protein that gives structure to your skin and hair. Collagen gives your skin its bounce and combats sagging and wrinkles.

***May Help Lower Your Risk of Certain Cancers:** Mango is high in polyphenols, which may have anticancer properties. Polyphenols can help protect against oxidative stress, which is linked to many types of cancer. ❖

Amazing Facts about Elephant

- ✓ The African elephant is not just the largest living land animal but it has an enormous brain size to match. Their brains can weigh up to a whopping 5.4kg and are, without doubt, the largest brain of all animals living on land.
- ✓ Need help remembering which is an African elephant and which is an Asian elephant? Check out their ears! African elephant ears are, rather helpfully, the shape of Africa.
- ✓ Have you ever seen an elephant swim? It's pretty special! But not only can they swim, did you know they've also been spotted using their trunks as a snorkel when crossing rivers?! Now that's handy...
- ✓ Elephant family groups are very close. While they can't exactly hug each other, elephants do wrap their trunks around younger relatives to reassure them and to greet each other they twine their trunks together.
- ✓ Elephants are super smart! They can both learn and feel emotions. If a member of their family group is injured, the rest of the group may come and help it. They also know when a family member is no longer in the herd and it's a truly heart-breaking sight to see an elephant grieve over the bones of lost family and friends.
- ✓ Female elephants have the longest pregnancy of any mammal. It's a lengthy 22 months before baby elephants are ready to be born!
- ✓ Baby elephants stay with mum for up to 10 years. They even learn to eat by putting their trunks inside their mothers' mouths to take food.
- ✓ Did you know elephants can get sunburned? Ouch! These giants bathe in mud to help protect their skin from the sun.
- ✓ You definitely don't want to get in the way of a charging elephant. It's said they can reach speeds of 40km/h!
- ✓ Elephants make sounds that we can't even hear. Some of their calls are so low, they are below the range of human hearing. And these amazing animals can recognize over 100 different friends from their calls alone. ❖

Recipe for Soya Kebabs



Ingredients: 2 cups soya granules, water to soak soya granules for 1/2 hr at least, then wash and drain, 2 Tbsp vinegar, 4 bread slices, crumbled fine, 1 Tbsp salt or to taste, 2 tsp garlic paste, 1/2 tsp powdered black pepper (pissi kali mirch), 1/4 cup onions, chopped, 2 tsp hari mirch chopped fine or to taste, 1 tsp chilli powder or to taste, Oil for pan-frying, Onion rings and lemon wedges for garnish

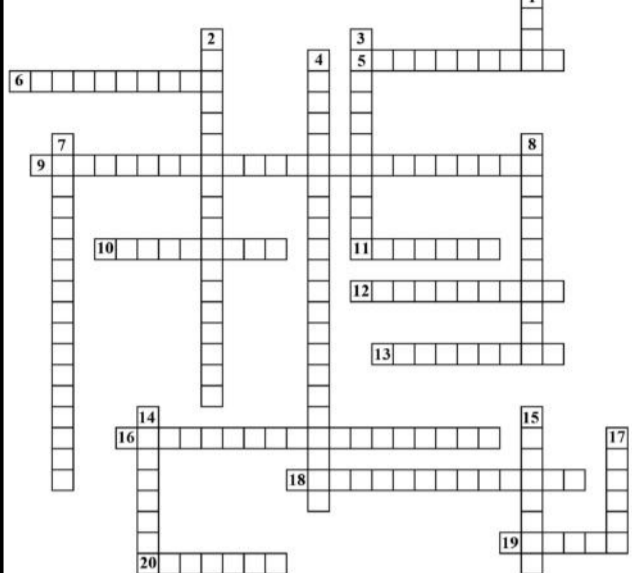
Method

- ✓ Mix all the ingredients except the oil and the garnish ingredients.
- ✓ Shape the mixture into flat rounds and refrigerate for an hour or so.
- ✓ Heat oil in a frying pan in a thin layer. Add the shaped rounds and brown over medium heat, first on one side then the other.
- ✓ Serve garnished with onion rings and lemon wedges, accompanied with a green chutney. ❖

Enrich your vocabulary

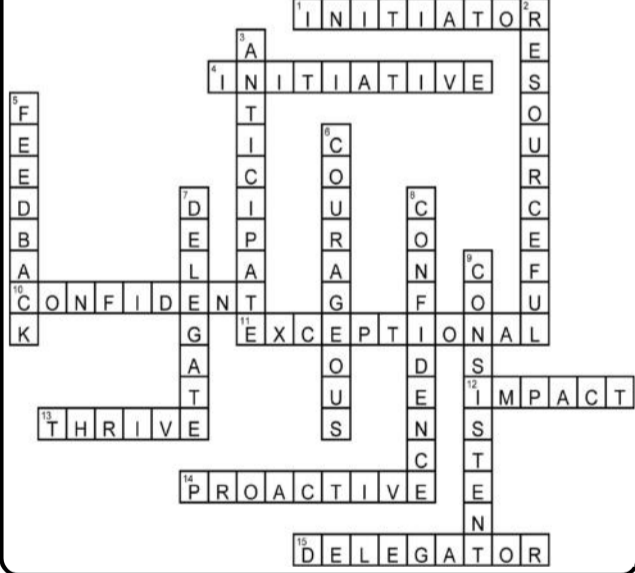
- ✓ **Knell**- the sound of a bell rung slowly to announce a death
- ✓ **Laconic**-brief and to the point
- ✓ **Largesse**- liberality in bestowing gifts
- ✓ **Legerdemain**- an illusory feat
- ✓ **Libertarian**- an advocate of freedom of thought and speech
- ✓ **Licentious**- lacking moral discipline
- ✓ **Linchpin**- a central cohesive source of support and stability
- ✓ **Litigant**- a party to a lawsuit ❖

Crossword Puzzle: Nervous System



- Across**
- a progressive disorder causing tremors, weakness, and other motor disturbances
 - a progressive dementia caused by brain changes
 - a sudden hemorrhage or blockage that decreases blood supply to an area of the brain (also called a CVA or stroke)
 - loss of voluntary movement
 - lack of something that should be present
 - grow back after an injury
 - jerky fast contractions of muscles in an area like a hand or part of the face
 - a CNS disorder in which nerves are demyelinated
 - a neuromuscular disorder of children that causes various motor dysfunctions
 - nerve cell
 - sudden convulsion caused by abnormal electrical activity in the brain
- Down**
- the long extension of a neuron beyond its nucleus
 - hereditary degenerative muscle disease
 - the part of the central nervous system that connects the brain and the peripheral nerves
 - The brain & spinal cord, also called the CNS
 - chemicals in the brain (like serotonin and dopamine) that transmit signals across the nerve synapses
 - something that causes increased activity
 - lack of feeling in an area
 - involuntary muscle movements caused by nerve impulses
 - fatty protective covering of neurons

Answers to Crossword Puzzle published on May 10



Quotable quotes

- * "What we think, or what we know, or what we believe is, in the end, of little consequence. The only consequence is what we do."
John Ruskin
- * "The real voyage of discovery consists not in seeking new lands but seeing with new eyes."
Marcel Proust
- * "Try a thing you haven't done three times. Once, to get over the fear of doing it. Twice, to learn how to do it. And a third time, to figure out whether you like it or not."
Virgil Garnett Thomson
- * "Even if you're on the right track, you'll get run over if you just sit there."
Will Rogers
- * "People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily."
Zig Ziglar
- * "The person who reads too much and uses his brain too little will fall into lazy habits of thinking."
Albert Einstein