

Since 1920s the Oldest Daily...

# Daily Telegrams

...the Largest Circulating Daily of the Islands

Partly cloudy sky, thundershower likely over port Blair. Maximum and Minimum temperature will be around 33°C and 27°C respectively on Tuesday 21/04/2020.

Maximum Temperature (°C) of Date: 33.2  
 Minimum Temperature (°C) of Date: 28.1  
 Relative Humidity(%) at 0830 IST: 065  
 Relative Humidity(%) at 1730 IST: 073  
 Sunrise Time for tomorrow (in IST): 0504  
 Sunset Time for tomorrow (in IST): 1732  
 Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 000.0  
 Rainfall upto 1730 hrs of date in mm: 000.0  
 Rainfall (Progressive total from 1st January 3.6 upto 0830 hrs. of date) in mm

Regn. No. 34190/75 No. 101 Port Blair, Tuesday April 21, 2020 Web: dt.andaman.gov.in Rs. 3.00 Pages 4

## PM Modi to share his thoughts in 'Mann Ki Baat' programme on April 26

### Share your ideas and suggestions

New Delhi, Apr 20 Prime Minister, Shri Narendra Modi will share his thoughts with the people of the country and abroad in his 'Mann Ki Baat' programme on All India Radio on 26th of this month. It will be the 64th episode of the monthly radio programme. Shri Modi has invited people to share their ideas on topics he should address in the 64th Episode of 'Mann Ki Baat'. People can dial 1800-11-7800 to record their message and can write on the NaMo App Open Forum or on MyGov. People can also give a missed call on 1922 and follow the link received in SMS to directly give their suggestions. People can share their ideas on topics till 25th April.



## COVID-19: Social Welfare reaches out to vulnerable section of society

### Old Age Pension & Disability Allowance disbursed at the doorstep of beneficiaries

Port Blair, Apr 20 In view of the pandemic situation arising due to COVID-19 and to alleviate the distress caused to vulnerable sections of society, the Department of Social Welfare was directed by Andaman & Nicobar Administration to undertake doorstep distribution of two months' Old age Pension and Disability Allowance, including one month's advance to the entitled beneficiaries. In pursuance of this direction, the Department is distributing pensions to beneficiaries having accounts in banks other than Andaman and Nicobar State Cooperative Bank, which is distributing pension to beneficiaries having accounts with it. This work began from 6th April, 2020 involving ICDS field functionaries like CDPOs, Lady Supervisors and Anganwadi Workers/



Doorstep distribution of pension at Namunagar in the presence of Pradhan & Ward Member, Namunagar

Anganwadi Helpers with the active cooperation of banks such as SBI, Syndicate bank etc. In this endeavour, the public representatives are also being involved. The Pradhans of Calicut, Beodnabad, Dasrathpur, Shivapuram, Swadesh Nagar, Urmilapur, Sabri, Long Island, Namunagar, Humfrygunj and ward members of Wandoor and Namunagar have been actively engaged in the doorstep delivery of social security pensions. To ensure seamless disbursement of social security pensions, the Department is following a standard operating procedure, as per which, the representative of the Department, first collects withdrawal slips and authorization forms from the

concerned banks. Then, the duly signed authorization forms and withdrawal slips are collected from the homes of beneficiaries along with their original passbooks and are submitted to respective banks for cash withdrawal. Thereafter while observing due diligence and social distancing norms, cash is disbursed to beneficiaries at their doorstep. The Social Welfare Department provides Old Age Pension, Widow Pension, Disability allowance and Destitute allowance to 27680 beneficiaries on monthly basis. This figure includes 19519 beneficiaries of Old Age Pension and Disability Allowance. Out of these, 11674 beneficiaries have accounts in Andaman State Cooperative Bank while the other beneficiaries have accounts in other banks such as SBI, Syndicate Bank etc.

In a press release dated 06.04.2020 issued by the

(Contd. on last page)

## COVID-19: Crisis turns into opportunity

### Efforts on by PBMC to mitigate water scarcity in city

Port Blair, Apr 20 In order to prevent the outbreak of COVID-19 in Port Blair City and to reach out to the general public during this crisis period, PBMC has taken up various initiatives with the active participation of Elected Representatives.

**\* Water crisis :-**  
 ❖ The existing borewells situated at Kamraj Nagar got defunct 9 years ago. To meet the increasing demand, PBMC has taken up the rectification work on emergency basis. The water fetched from the borewells will be supplied through water



tankers in extended wards.  
 ❖ Another 300 tonnes of water has been transported from Hutbay by M.V. Campbell Bay vessel today and PBMC tankers would carry to various places for distribution.

**\* Cleaning of wells :-**

❖ PBMC has already started cleaning of all wells in a phased manner across 24 wards. As a part of this initiative, wells existing at Ward No. 2 have been cleaned. Nearly 500 families of the nearby locality have been benefitted from this initiative. As on date, a total of 267 nos of wells have been cleaned in a phased manner. ❖ It is worth mentioning that 4 wells were restored / rejuvenated by the community people wherein

(Contd. on last page)

## People from all walks of life donating to Lt. Governor's Relief Fund to help fight against COVID-19

Port Blair, Apr 20 People from all walks of life are generously donating to Lt. Governor's Relief Fund to help A&N Islands fight against COVID-19. The list of persons who have contributed to Lt. Governor's Relief Fund on April 20, 2020 are as follows:

- \* Krishna Youth Club, Shadipur represented by Shri Sundar Rao (President) contributed a sum of Rupees Twenty Five Thousand.
- \* Shri R.S. Yadav, S/o Late Kishen Lall, R/o Buniyadabad contributed a sum of Rupees Twenty Five Thousand.
- \* Smti. Rani Singh & Maheshwar Singh, R/o Haddo contributed Rupees Ten Thousand.

Contributions towards LG's Relief Fund were also received on April 17:

- \* Shri K.C.S. Pillai, R/o Panipath Road, Haddo contributed a sum of Rupees Fifteen Thousand.
- \* Shri Rajesh Arora (Secretary-Smti. Vishan Devi Arora Public Charitable Trust, Port Blair) contributed a sum of Rupees Eleven Thousand.
- \* Shri K. Sathaiya, R/o Perka Village, Car Nicobar contributed a sum of Rupees Ten Thousand.



## Helpline number setup by Circuit Bench of Calcutta High Court

Port Blair, Apr 20 The Registrar of Circuit Bench of Calcutta High Court at Port Blair has set up one Helpline number-14608 for use of the same by the concerned lawyers, litigant public during the COVID-19 lockdown period on all working hours on weekdays except holidays, a communication from the Office of the Registrar said.

## Clarification on the News Item published in 'Andaman Chronicle-The Daily Dairy of the Islands' on 20.04.2020

Port Blair, Apr 20 This has reference to the Article Published in "Andaman Chronicle The Daily Dairy of the Islands" regarding suspicion to spreading virus to the North & Middle Andaman District by allowing movement of police forces to the district. The article further said that samples of all the 3 (Three) quarantined people are being tested at RMRC-

ICMR, Dollygunj, and Port Blair. It is also mentioned that 33 persons have been put in quarantine inside the vehicle ferry at Middle Strait and one of the relatives of the confirmed case has been put on Institutional quarantine at Baratang. Moreover, the article also quotes the WhatsApp post of CMO Rangat expressing concern on the decision of the Administration. In this regard, I would like to clarify that considering no case in North & Middle Andaman and Nicobar District the Administration decided to not allow any movement from South Andaman District to these two Districts except maintaining supplies of essential commodities and emergency services

(Contd. on last page)

## Central Crime Station hits hard on lockdown violators

### Bar sealed & huge quantity of IMFL seized

Port Blair, Apr 20 Central Crime Station in its commitment towards zero tolerance against illegal activities and acting on a specific information regarding illegal sale of IMFL from

Bars at exorbitant rate in the ongoing Lockdown period, a trap was laid in the wee hours near APT Bar, Shadipur. Three persons viz. T.Paneer Selvam, S/o Shri Thothan (49 yrs), owner of APT Bar & Restaurant, R/o Shadipur, Selva Raj, (39 yrs), and M.Mani, S/o Shri Maria Raj, (30 yrs), R/o Shadipur, both staff of APT Bar & Restaurant, were found engaged in

(Contd. on last page)

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

**Health Bulletin For Containment Of  
Novel Coronavirus Disease (COVID-19)**

(No. 21/ 20<sup>th</sup> April 2020)

**COVID-19 STATUS AS ON 20.04.2020**

**Andaman & Nicobar Islands:**

Total Confirmed cases	16
Cured/Discharged from Hospital	11
Death	00
Admitted at Hospital	05
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	05	05

\* No cases are admitted at Private Hospital.

\* The Health Condition of all +Ve cases are Normal and Stable.

**Status of Sample Testing:**

Total Samples sent till date	2020
Total Reports received till date	1823
Total Pending Reports	197

- > House to House surveillance in Containment Zone i.e. Atlanta Point, Round Basti, Sisti Nagar, Mohanpura, Dignabad, Biggiline and Bambooflat and Teylerabad area are conducted by District Administration with the help of Health Workers.
- > 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 - 235 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.
- > 11 COVID-19 patient cured and now under observation.
- > 832 persons put under Institutional Quarantine as on today which includes passengers as well as contacts.

**SURVEILLANCE DATA**

Contacts put under Home Quarantine till date	520
Contacts under Home Quarantine as on today	409
Contacts completed 14 days period of Home Quarantine	111
Persons under Institutional Quarantine as on today	567 **
Persons completed 14 days period of Institutional Quarantine	265
Passengers completed 14 days period of Quarantine	1812

\*\* The figure contains institutional Quarantine persons from passengers as well as contacts both.

**आवश्यक सेवाएं प्रदान करने वाले और उनके परिवार को निश्चिन्ता बनाकर उनके साथ दुर्व्यवहार न करें**  
यह समय है संकल्प लेने का  
**सौहार्द, विश्वास, सम्मान और प्रोत्साहन की भावना के साथ**  
हमें मिलकर COVID-19 से लड़ना है  
**24x7 CONTROL ROOM NUMBERS: 240126/232102/1077/1070**  
(Source: Principal Secretary (Health), A&N Administration)

**Clarification on the News Item published... (Contd. from page 1)**

including Law and Order. As per directions issued by Deputy Commissioner South Andaman, persons having Negative (-Ve) tested report of COVID-19 will only be allowed to these districts in emergencies. In compliance with these guidelines, the Administration on 17.04.2020 has allowed movement of 46 Police personnel at 9.30 am to 04 Look Out Posts (LOP) i.e. East Island, Barman Nallah, Luis-In-Lep-Bay and Interview Island pertaining to North & Middle Andaman District after having their report tested as negative (-Ve) on 16.04.2020. During their journey to these destinations 2 (Two) persons of this contingent were retained in Rangat who were figured in the contact list of a confirmed case reported by Lab on 17th April 2020 evening. One person was also retained at Diglipur who has developed symptoms of Cold. However all these 03 persons including remaining 43 tested negative to COVID-19 before allowing their movement from South Andaman to the out posts of North & Middle Andaman. They have been quarantined at Rangat and Diglipur as a precautionary measure. Some people including a Daily, terms the decision as an unexpected blunder which is very unfortunate and created an atmosphere of panic and mistrust among the people which is not warranted in this time of emergency. The decision of Administration was well conceived and based on the prudent laid down policy which took all precautions to prevent infection of virus including maintenance of law and order in larger interest of public. The Administration has observed all the precautions while moving forces from Port Blair to North and Middle Andaman District including social distancing and respiratory etiquettes and moved after having their Negative report for COVID-19 on 16.04.2020. Therefore, it is our request to all the print and electronic media to confirm such contents/or take opinion of the Department of Health before publishing such news to avoid misinformation and panic among the public. Media is vital shareholder in our fight against COVID-19 and should contribute constructively to prevent spread of infection effectively. The Administration has already initiated action against the officer who without confirming facts from the Department made such unwanted comments, an official release said here today.

**Efforts on by PBMC... (Contd. from page 1)**

they have introduced Token System to bring social order for water withdrawal. It is a testimony for effective community participation and thereby reinforcing grassroot democracy.

**Disinfection at Wards :-**

❖PBMC is instrumental in sanitizing all wards. As a part of it, the Delanipur Safai Karamchari Colony, Meat and Vegetable Market at Delanipur were sanitized. The Chairperson, Secretary, various Sub Committee Chairpersons and Ward Councillors were present, a press release from PBMC said here today.

**Protect yourself and others!**

**Follow these Do's and Don'ts**

**Do's**

- Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean
- Cover your nose and mouth with handkerchief/tissue while sneezing and coughing
- Throw used tissues into closed bins immediately after use
- See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose
- If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare's 24X7 helpline at 011-23978046
- Avoid participating in large gatherings

**Don'ts**

- Have a close contact with anyone, if you're experiencing cough and fever
- Touch your eyes, nose and mouth
- Spit in public

**Together we can fight Coronavirus**

**Bar sealed & huge .... (Contd. from page 1)**

illegal pilferage of IMFL stored in the Bar. They were concealing it in gunny bags for re-sale in the locality. A team headed by Insp. D. Jagdishwar Rao, SHO PS CCS intercepted them and arrested all the three persons and seized 700 Nos 750 ml, 720 Nos 375 ml, 3776 Nos 180 ml of IMFL whisky bottles and 635 Nos 650 ml Beer, 44 Nos 325 ml Beer cans. A total of 5875 bottles of IMFL liquor were seized. A case under Excise Regulation, IPC and Disaster Management Act, 2005 have been registered at PS CCS and investigation is under progress

The Central Crime Station of CID Unit, Andaman & Nicobar Police is taking all possible steps in making these Islands free from anti-social activities and ensuring strict compliance of all the lockdown directives in these Islands. General Public have been requested to pass on credible information regarding sale of narcotics substance, liquor, gambling or any illegal activity on the telephone numbers: 233307, 232586, 100, &9474290250. The informer will be suitably rewarded and his/her identity will be kept secret, a press release from SP (CID) received here said.

**Old Age Pension... (Contd. from page 1)**

Department, senior citizens and divyangjans registered with the Department were informed that if they are in immediate requirement of financial assistance, they can contact over number 9474279625 (for Senior Citizens) and 9434264646 (for Divyangjan). It was also conveyed that those senior citizens and Divyangjan who call on the above numbers would be provided financial assistance on priority basis. Upto 20th April, 2020, a total of 6580 beneficiaries have been contacted by the departmental staff. Out of these, social security pensions have been disbursed to 2339 beneficiaries including the beneficiaries of Widow Pension and Destitute Allowance, who requested doorstep delivery.

The Project wise detail of pension disbursement by Department of Social Welfare is as follows:-

Sl.No	Project Name	Total No. of Beneficiaries contacted	Number of beneficiaries who refused doorstep delivery / out of station	Number of beneficiaries to whom pension delivered upto 20 <sup>th</sup> April
1.	Diglipur	817	411	406
2.	Urban	3114	2843	271
3.	Ferrargunj	1598	717	881
4.	Nicobar	673	134	539
5.	Rangat	378	136	242
<b>Total</b>		<b>6580</b>	<b>4241</b>	<b>2339</b>

In addition to this, in the relief camp for migrant workers set up by South Andaman District Administration at Bathu Basti School, sanitary napkins were provided to 2 women. They were also given counselling services by the Counsellor of One Stop Centre, Port Blair. Similar facilities are being provided to female migrant workers in the Nicobar District. There are no female migrant workers in North & Middle Andaman District, a press release from Directorate of Social Welfare said here today.

**There is enough of everything, everyday for everyone**  
**Don't Panic | Don't Rush | Don't Overstock**

- Maintain at least 1 metre distance in market places, medical stores, hospitals, etc.
- Have patience and keep calm while shopping for essential goods/medical supplies
- Avoid frequent trips to the market to buy groceries/medical supplies
- Avoid shaking hands and hugging as a matter of greeting
- Avoid non-essential social gatherings at home
- Don't allow visitors at home or visit someone else's home

**Observe social distancing at all times**  
If you have symptoms like cough, fever or difficulty in breathing, avoid any kind of exposure and immediately call the helpline numbers

For information related to COVID-19  
**Dial State Helpline No. 03192-232102**

Together we will fight COVID-19



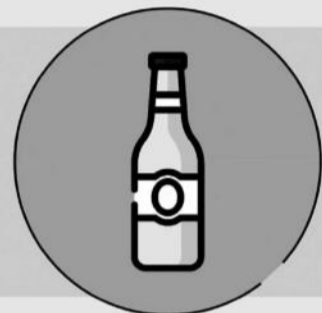
## Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family through Social Media.

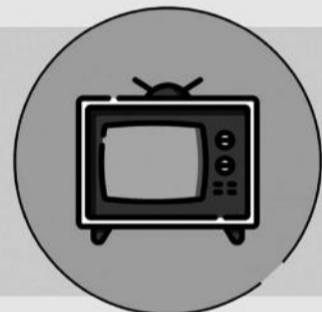
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.

How should I greet another person to avoid catching the new coronavirus?



World Health Organization #Coronavirus #COVID19

Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth. Greet people with a wave, a nod or a bow instead.

Should I avoid shaking hands because of the new coronavirus?



World Health Organization #Coronavirus #COVID19

### Protect others from getting sick

When coughing and sneezing cover mouth and nose with flexed elbow or tissue



Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



World Health Organization

### Protect yourself and others from getting sick

#### Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



World Health Organization



Ministry of Health & Family Welfare  
Government of India



## NOVEL CORONAVIRUS (COVID-19)

### Pradhan Mantri Garib Kalyan Package: Insurance Scheme for Health Workers Fighting COVID-19



#### The Scheme at a Glance

##### Q1 What does this Scheme cover?

- This accident insurance scheme covers:
- Loss of life due to COVID-19, and
  - Accidental death on account of COVID-19 related duty.

##### Q2 Who all are covered under the scheme?

- Public healthcare providers including community health workers, who may have to be in direct contact and care of COVID-19 case and who may be at risk of being impacted by this.
- Private hospital staff and retired /volunteer /local urban bodies/ contracted /daily wage /ad-hoc/outsourced staff requisitioned by States/ Central hospitals/ autonomous hospitals of Central/ States/UTs, AIIMS and INIs/ hospital of Central Ministries can also be drafted for COVID 19 related responsibilities.

##### Q3 When does insurance coverage policy begins and ends?

- The duration of the policy is for a period of 90 days, starting from March 30, 2020.

##### Q4 Is there any age-limit for health workers under this scheme?

- There is no age limit for this scheme.

##### Q5 Is individual enrolment required?

- Individual enrolment is not required.

##### Q6 Whether an individual is required to pay any premium to be eligible under the scheme?

- The entire amount of premium for this scheme is being borne by the Ministry of Health and Family Welfare, Government of India.

##### Q7 What is the benefit available to the insured persons?

- INR 50 LAKHS will be paid to the claimant of the insured person.

##### Q8 If a person is having another Personal accident policy or life insurance policy, what is the effect of the same on claim under this policy?

- The benefit/claim under this policy is in addition to the amount payable under any other policies.

#### Availing Claims

##### Whom to contact in case of any claim?

- The institution/department the insured person was working for has to be informed.
- Insurance company must be intimated via email id nia.312000@newindia.co.in

##### Process of claim submission

- The claimant needs to fill up the claim form along with necessary documents as prescribed and submit the same to Healthcare Institution/ organization/ office where the deceased was an employee of /engaged by the institution.
- The respective institution will give the necessary certification and forward it to competent authority.
- Competent authority for State/UT is Director General Health Services /Director Health Services/ Director Medical Education or any other Official specifically authorised by the State/UT Government for this purpose.
- Competent authority for Central Government, Central Autonomous / PSU Hospitals, AIIMS, INIs and Hospitals of other Central Ministries is Director or Medical Superintendent or Head of the concerned institution.
- Competent authority will forward and submit claim to the insurance company for approval.

##### Whom to contact from insurance company?

Contact the following officials regarding any claim related queries:

**Mrs. Sarika Arora**  
Divisional Manager  
Email: sarika.arora@newindia.co.in  
or nia.312000@newindia.co.in  
Mob: 9811632409

**Mr. N. Ravi Rao**  
Deputy Manager  
Email: ravi.n.rao@newindia.co.in  
or niadelbroker20@gmail.com  
Mob: 9312409914

**Mr. Yogendra Singh Tanwar**  
Administrative Officer  
Email: yogendra.tanwar@newindia.co.in  
Mob: 9899974549

**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

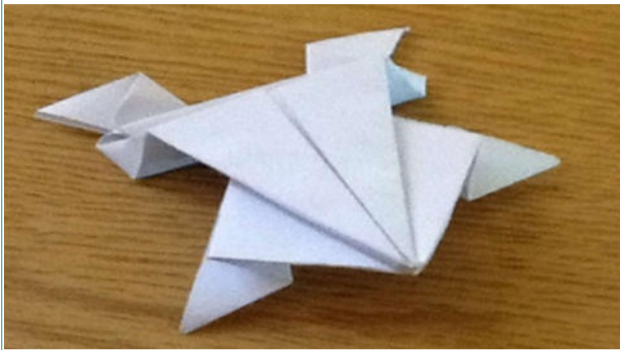
# Magazine

**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 Crafts for kids How to make paper frog



**Materials Required:**

- Paper, scissor & ruler

**What You Do:**

- ✦ Fold the piece of paper into halves along its longest axis.
- ✦ Unfold it. Grab one corner and make a triangle making sure it's edge is on the line of fold you just made in step 1.
- ✦ Do the same to the other corner.
- ✦ Now fold the big triangle along its base.
- ✦ Cut the paper following the fold you just made along its base. Using a ruler can be handy.
- ✦ Now, you have a big triangle. Unfold it and make a triangle with its base opposite to the previous one.
- ✦ Grab the corner and fold it.
- ✦ Grab the other corner and fold it. And this is the 2nd triangle.
- ✦ When unfolded you should have a piece of paper shaped like a big rectangle divided into two equal squares. Each square is divided into 4 triangles.
- ✦ Now a tricky part. Grab the middle of the base of two opposing triangle on the side of one square.
- ✦ You get your paper frog. ❖

### Silly riddles

- Q: What has a face and two hands but no arms or legs?  
A: A clock
- Q: What five-letter word becomes shorter when you add two letters to it?  
A: Short
- Q: What word begins and ends with an E but only has one letter?  
A: Envelope
- Q: What type of cheese is made backwards?  
A: Edam
- Q: What gets wetter as it dries?  
A: A towel ❖

### Learn Some Idioms & its usage

- A hot potato  
Meaning: Speak of an issue (mostly current) which many people are talking about.
- A penny for your thoughts  
Meaning: A way of asking what someone is thinking.
- Actions speak louder than words  
Meaning: People's intentions can be judged better by what they do than what they say.
- Add insult to injury  
Meaning: To further a loss with mockery or indignity; to worsen an unfavorable situation.
- At the drop of a hat  
Meaning: without any hesitation; instantly. ❖

### Quotable quotes

- \* "Respect for ourselves guides our morals, respect for others guides our manners."  
*Laurence Sterne*
- \* "I'm convinced that about half of what separates the successful entrepreneurs from the non-successful ones is pure perseverance."  
*Steve Jobs*
- \* "Without an open-minded mind, you can never be a great success."  
*Martha Stewart*
- \* "We don't need to share the same opinions as others, but we need to be respectful."  
*Taylor Swift*
- \* "If you're changing the world, you're working on important things. You're excited to get up in the morning."  
*Larry Page*
- \* "If you do things well, do them better. Be daring, be first, be different, be just."  
*Anita Roddick*
- \* "The best ideas come as jokes. Make your thinking as funny as possible."  
*David Ogilvy*
- \* "Knowledge will give you power, but character respect."  
*Bruce Lee*
- \* "One of the most sincere forms of respect is actually listening to what another has to say."  
*Bryant H. McGill*

### Amazing Facts about Earth

- ✓ The planet Earth weighs approximately 5,974,000,000,000,000,000,000 kilograms (nearly 6 septillion kg), that's roughly the same amount of weight as 54,807,339,449,541,284,403 (approx 55 quintillion) Blue Whales - the heaviest creature on the Earth itself!
- ✓ Contrary to popular belief it does not take the Earth 24 hours to complete a single rotation, it actually takes 23 hours, 56 minutes and 4 seconds to complete a rotation and astronomers call this a sidereal day.
- ✓ A year on Earth is not 365 days as widely thought, but rather 365.2564 days. The extra 0.2564 days is where the extra day that is added onto February every leap year, or every four years, comes from.
- ✓ Ever wondered why people call the Earth the Blue Planet? That's because 70% of the Earth's surface is covered with water!
- ✓ Of the 70% of water covering the Earth only 3% of it is fresh, the other 97% of it is salted.
- ✓ Of this 3% more than 2% resides in ice sheets and glaciers, meaning less than 1% is in lakes and rivers.
- ✓ Due to the amount of water covering the Earth, it would be one of the brightest planets to look upon from a distance due to the way in which the water would reflect the Sun's rays.
- ✓ The Earth consists of 3 different layers: the Crust, the Mantle and the Core. And each of these three different layers is made up of different elements. ❖

### Health Benefit of Lime



**\* Boost your immunity**

Just one lime contains 19.5 milligrams of vitamin C, which is 20-25% of your recommended daily value. It's also packed with an abundance of calcium, magnesium, phosphorus and potassium and vitamins A, E and K, all of which are necessary for good health.

**\* Reduce wrinkles**

Vitamin C does more than fight the common cold. It also assists with the production of collagen, a protein that keeps your skin, hair and nails strong. You need collagen to boost your skin's elasticity and smooth out wrinkles.

**\* Improve heart health**

In addition to blasting away wrinkles, vitamin C helps protect against coronary heart disease by reducing free radicals' ability to damage cell walls.

**\* Clear skin**

The next time you wake up with an unexpected pimple, turn to limes for help. The juice contains citric acid, which is used in skin care products to initiate skin peeling and re-growth. After washing your face with a mild cleanser, dab a bit of lime juice on the pimple.

**\* Reduce inflammation**

The citric acid in limes can help those suffering from arthritis. Some types of arthritis are caused by a build-up of uric acid. This build-up, which is usually flushed out by the kidneys, causes painful swelling and inflammation in joints. But citric acid is able to dissolve uric acid, thus reducing joint swelling.

**\* Keep anemia at bay**

Plagued by fatigue and lightheadedness? You might have anemia to blame. One type of anemia is caused by an iron deficiency that reduces the amount of hemoglobin in red blood cells, the substance that allows the cells to carry oxygen around the body. But a lime's vitamin C boosts the body's ability to absorb iron, increasing hemoglobin and alleviating the symptoms of anemia.

**\* Help regulate blood sugar**

Limes contain the soluble fiber pectin, which slows digestion. By slowing down digestion, the body is able to take its time absorbing carbohydrates, preventing blood sugar from spiking. ❖

### Recipe of Chana Masala

Chana masala, the wildly popular dish from the Indian subcontinent made of chickpeas (chana) simmered in a feisty, spice-forward tomato sauce. It's one of those gateway preparations that introduce people to the food of India.



**Ingredients needed:**

- \* 1 tablespoon olive or sunflower oil
- \* 2 medium onions, finely diced
- \* inch piece of ginger, peeled and minced
- \* 4 cloves garlic, minced
- \* 1 small chilly, stemmed, seeded, minced
- \* 1 teaspoon ground coriander
- \* 2 teaspoons ground cumin
- \* 3/4 teaspoon fine grain salt, plus more to taste
- \* 2 medium tomatoes, diced
- \* 1 1/2 cups water
- \* 2 14-ounce chickpeas
- \* 1 generous tablespoon chana masala powder
- \* lemon or lime

**Method:**

- ✓ Make the Simmer Sauce
- ✓ Heat the oil in a medium saucepan over medium heat. Stir in the onion, and saute for 5 minutes or so. Stir in the ginger, garlic, chilly, and allow to cook for another minute or two, or until fragrant. Add the garam masala, turmeric powder, coriander, cumin, and salt. Stir well, and then add the tomatoes and water. Simmer for 2-3 minutes or until thick. Remove the sauce from heat, and reserve half for later use.
- ✓ Add the Chickpeas and Serve
- ✓ Mash about half of the chickpeas with a big fork or potato masher. This is the magic trick. Combine the whole and smashed chickpeas with 1 cup of the simmer sauce, and the chana masala powder in a medium saucepan over medium heat. Stir well, and add a generous splash of water to thin the chana masala out, to loosen it up a bit, until it is a porridge consistency. This is usually in the range of 1 - 1 1/4 cups. Stir in a generous squeeze of lemon or lime juice, and serve showered generously with lots of chopped onions and coriander. Enjoy! ❖

### Enrich your vocabulary

- ✓ Abject - of the most contemptible kind.
- ✓ Aberration - a state or condition markedly different from the norm.
- ✓ Abjure - formally reject or disavow a formerly held belief.
- ✓ Abnegation - the denial and rejection of a doctrine or belief.
- ✓ Abrogate - revoke formally.
- ✓ Abscond - run away, often taking something or somebody along.
- ✓ Abstruse - difficult to understand.
- ✓ Accede - yield to another's wish or opinion.
- ✓ Accost - approach and speak to someone aggressively or insistently.
- ✓ Accretion - an increase by natural growth or addition. ❖

### Animal Riddles

- Q: What happens to a frog's car when it breaks down?  
A: It gets toad away.
- Q: What did the duck say when he bought lipstick?  
A: "Put it on my bill."
- Q: Can a kangaroo jump higher than the Empire State Building?  
A: Of course. The Empire State Building can't jump.
- Q: How do you count cows?  
A: With a cowculator.
- Q: Why did the witches' team lose the baseball game?  
A: Their bats flew away. ❖

### Tongue Twister

- ☞ Eleven benevolent elephants.
- ☞ She sees cheese.
- ☞ Six sticky skeletons.
- ☞ Truly rural.
- ☞ Pad kid poured curd pulled cod.
- ☞ Which witch is which?
- ☞ Willy's real rear wheel.
- ☞ Six sleek swans swam swiftly southwards.
- ☞ Scissors sizzle, thistles sizzle.
- ☞ A happy hippo hopped and hiccupped.
- ☞ Cooks cook cupcakes quickly.
- ☞ Really leery, rarely Larry.
- ☞ Twelve twins twirled twelve twigs.
- ☞ A snake sneaks to seek a snack.
- ☞ Six Czech cricket critics.
- ☞ Blue bluebird.
- ☞ Red lorry, yellow lorry.
- ☞ Daddy draws doors.
- ☞ Three free throws.
- ☞ The big bug bit the little beetle.
- ☞ Friendly fleas and fireflies.
- ☞ Fresh fried fish.
- ☞ Specific Pacific.
- ☞ Fred fed Ted bread and Ted fed Fred bread.
- ☞ Betty's big bunny bobbed by the blueberry bush.
- ☞ Six sticky skeletons.
- ☞ Green glass globes glow greenly.
- ☞ Fuzzy Wuzzy was a bear. Fuzzy Wuzzy had no hair. Fuzzy Wuzzy wasn't very fuzzy, was he?
- ☞ If a dog chews shoes, whose shoes does he choose? ❖