

Since 1920s the Oldest Daily...

# Daily Telegrams

...the Largest Circulating Daily of the Islands

Lightly rain likely over Port Blair. Maximum and Minimum temperature will be around 32°C and 27°C respectively on Wednesday 29/04/2020.

Maximum Temperature (°C) of Date: 32.9  
 Minimum Temperature (°C) of Date: 27.3  
 Relative Humidity(%) at 0830 IST 072  
 Relative Humidity(%) at 1730 IST 073  
 Sunrise Time for tomorrow (in IST): 0501  
 Sunset Time for tomorrow (in IST): 1733  
 Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 000.0  
 Rainfall upto 1730 hrs of date in mm: 000.8  
 Rainfall (Progressive total from 1st January 6.7 upto 0830 hrs (of date) in mm

Regn. No. 34190/75

No. 109

Port Blair, Wednesday April 29, 2020

Web: dt.andaman.gov.in

Rs. 3.00

Pages 4



The Video Conference by Shri Ravi Shankar Prasad, Hon'ble Union Minister of Law and Justice, Electronics and Information Technology and Communications with the Chief Ministers/IT Ministers of all States/UTs, was attended by Admiral D K Joshi, PVSM, AVSM, YSM, NM, VSM (Retd.), Hon'ble Lt Governor, A&N Islands and Vice-Chairman, Islands Development Agency alongwith Shri Chetan B. Sanghi, Chief Secretary, Dr. V Candavelou, Commissioner (IT), Dr. Pooja Joshi, Secretary (IT) and Dr. Utpal Sharma, Special Secretary (IT). The digital connectivity and IT initiatives for fighting COVID-19, Aarogya Setu App & Bharat Net project, etc. were discussed.



## CBSE to conduct remaining class 10<sup>th</sup>, 12<sup>th</sup> exams after Lockdown

New Delhi, Apr 28  
 The CBSE will conduct the remaining Class 10th and 12th exams after the lockdown. This was disclosed by the Union Human Resource Development Minister, Shri Ramesh Pokhriyal Nishank yesterday. He said as soon as the national lockdown is lifted after the situation returns to normal, the Government will announce the schedule for holding the CBSE examinations in the country. The Minister was replying to a question while interacting with parents from across the country online. The HRD Minister advised parents

(Contd. on last page)

## Safeguarding interest of consumers Administration fixes upper limit of prices of essential goods

Consumers can voice their concern via SMS

Port Blair, Apr 28  
 In pursuance of the directions issued by the Govt. of India and under the provisions of the Essential Commodities Act, 1955, the Directorate of Civil Supplies and Consumer Affairs has decided to fix the upper limit of prices of essential goods with a view to safeguard the interest of the consumers.

(Contd. on last page)

## SOPs for undertaking permitted activities in Little Andaman, Rutland, Shaheed Dweep & Swaraj Dweep issued

Port Blair, Apr 28  
 In order to mitigate the hardship of the Public, the Chief Secretary, A&N Islands vide Orders dated 27th April, 2020 has directed that the consolidated revised guidelines of the Ministry of Home Affairs, Govt. of India dated 15th April, 2020 incorporating SOPs for social distancing at offices, work places, establishments and other sectoral requirements, shall be applicable to the Islands of Rutland, Swaraj Dweep, Shaheed Dweep and Little Andaman of South Andaman District, as no positive case of COVID-19 has been reported till date from these Islands.

Accordingly, the District Administration South Andaman has allowed the following activities by issuing an order detailing the Standard Operating Procedures (SOPs) to be followed by various departments/agencies for undertaking these permitted activities in the Islands of Little Andaman, Rutland, Shaheed Dweep & Swaraj Dweep.

- ★ Mines & mineral production, their transportation, supply of explosives and activities in incidental to mining operations.
- ★ Construction of roads, irrigation projects, buildings and all kinds of industrial projects.

- ★ Operation of Micro Small and Medium Enterprises (MSMEs).
- ★ MGNREGA works with priority given irrigation and water conservation projects.
- ★ Hollow block industries, and
- ★ Any other activities that may fall in the scheme of permitted activities and approved by the District Administration, South Andaman.

All the departments/agencies have been directed to strictly implement the National Directives for COVID-19 Management and the Standard Operating Procedures for Social distancing for Offices, Workplace, Factories and Establishments, as prescribed by the MHA, in the above stated orders. They have been directed to ensure:

- ★ Respiratory hygiene at the worksite / manufacturing unit.
- ★ All the staff should be medically screened within seven days from the scheduled recommencement of the work and to arrange for their periodic medical examination.
- ★ Obtain requisite movement/vehicle permits.
- ★ To refrain from employing staff who are more than 65 years of age/ suffering from major ailment and who may be susceptible

(Contd. on last page)

## A&N Police steps up vigil over online posts People advised to refrain from posting or forwarding any mischievous message

Verify authenticity of news by calling Cyber Cell

Port Blair, Apr 28  
 In its continued vigilance against mischievous/malicious online posts inciting communal feelings, dissuading COVID-19 suspects in revealing information, spreading message which may instigate mass protest/gatherings, spreading fake news etc, the Andaman & Nicobar Police has stepped up its online vigil. In the last few days, 5 cases against such violators have been registered under various Sections of IPC and DM Act, who sought to endanger the continuing efforts against COVID-19 by way of such posts.

The Andaman & Nicobar Police is following a zero tolerance policy in the matter and a close vigil/scrutiny is being maintained on any such violation. No one is being spared. The action taken so far includes against Government Servants, their relatives etc as well, signifying the clear determined approach of the Administration and Police in the matter.

These actions were taken after such tweets/messages were noticed on social media despite earlier awareness/ press



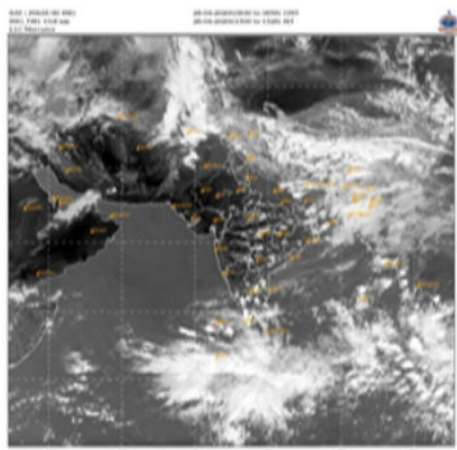
releases/ social media posts in this regard. Such posts were found to spread mistrust about the protocols being followed by the Administration and thereby pursuing people not to cooperate in the screening process or give false statements, defeating the efforts of contact tracing, endangering the COVID-19 containment process and thereby the very life of citizens at large.

It is also apprehended that lack of legal action would've led to members of the public panicking and not cooperating with the authorities, thereby frustrating the efforts of the massive anti-COVID

(Contd. on last page)

## Low pressure area over South Andaman sea & adjoining Southeast Bay of Bengal Fishermen advised to return to coast

Port Blair, Apr 28  
 In anticipation of likely formation of a low pressure area over South Andaman sea and adjoining Southeast Bay of Bengal around 30th April, fishermen are advised not to venture into the Andaman sea and adjoining Southeast and East central Bay of Bengal from 30th April till farther notice. Those who are at deep sea of said area have been advised to return to the coast by 29th April 2020. Thunderstorm, lighting, gusty wind (30-40) kmph is likely to occur at one or two places over Andaman & Nicobar Islands on Wednesday. Thunderstorm, lighting, gusty wind (35-45) kmph is also likely to occur at one or two places on



(Contd. on last page)

Port Blair, Apr 28  
 The Joint Electricity Regulatory Commission (for the State of Goa and Union Territories) has acknowledged the gravity and unprecedented nature of the situation prevailing in the country which has affected the ability of the Electricity Department in maintaining its infrastructure and serve bills to the consumers and on the other hand, the ability of the consumers to pay the bills. Besides, the industrial and commercial consumers are staring at a situation of low production/demand on services.

In order to mitigate the hardship of

Electricity Consumers and Electricity Department in view of nationwide lockdown due to COVID-19, the Hon'ble Commission has taken the following decisions:

- ❖ The Electricity Department shall try to raise bills to their consumers in the following manner:
- ❖ By direct meter reading wherever possible.
- ❖ By provisional billing.
- ❖ The Electricity Department shall extend the due date for payment of electricity bills (including those already raised) where the

(Contd. on last page)

अंडमान तथा निकोबार प्रशासन  
ANDAMAN & NICOBAR ADMINISTRATION  
सचिवालय/SECRETARIAT

Health Bulletin For Containment Of

नोवल कोरोना वायरस रोग (COVID-19)

(No. 29/28<sup>th</sup> April 2020)

COVID-19 STATUS AS ON 28.04.2020

<b>Andaman &amp; Nicobar Islands:</b>	
Total Confirmed cases	33
Cured/Discharged from Hospital	15
Death	00
Admitted at Hospital	18
Migrated out of Country	00
Outside Resident	00

<b>Status of Hospitals:</b>			
Name of Hospital	Isolation Beds Available	Occupied	Positive Cases Admitted
G B Pant Hospital, Port Blair	50	18	18

\* No cases are admitted at Private Hospital.  
\* The Health Condition of all +Ve cases are Normal and Stable.

<b>Status of Sample Testing:</b>	
Total Samples sent till date	3246
Total Reports received till date	3077
Total Pending Reports	169

> House to House surveillance in Containment Zone i.e. Atlanta Point, Dignabad, Round Basti, Sisti Nagar, Mohanpura, Biggiline, Bambooflat, Shorepoint, Hopetown, Stewartgunj, Wimberlygunj, Kanyapuram, Nayapuram, Mannarghat, Calicut and Teylerabad area are being conducted by District Administration with the help of Health Workers. 139370 population surveyed in these Zones.

- > 18 (Eighteen) Active cases in the Islands.
- > 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 - 312 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.
- > 1173 persons put under Institutional Quarantine as on today which includes passengers as well as contacts.

SURVEILLANCE DATA

Contacts put under Home Quarantine till date	930
Contacts under Home Quarantine as on today	729
Contacts completed 14 days period of Home Quarantine	201
Persons under Institutional Quarantine as on today	743**
Persons completed 14 days period of Institutional Quarantine	430
Passengers completed 14 days period of Quarantine	1812

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



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

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

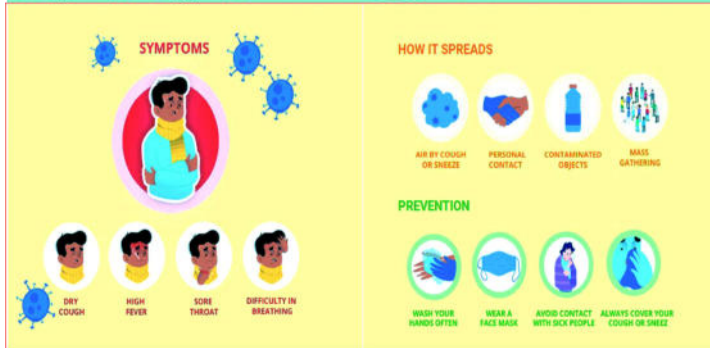
Low pressure area over South Andaman sea....

(Contd. from page 1)

Thursday with heavy rain forecast (7-20 cm).

Thunder squall (45-55) kmph with lighting is likely to occur at one or two places over A&N Islands on Friday with heavy to very heavy rain (7-20 cm) likely to occur at one or two places over A&N Islands. Thunder squall (45-55) kmph with lighting is likely to occur at one or two places over A & N Islands on Saturday. Heavy to very heavy rain (7-20) cm at a few places with extremely heavy rain > 20 cm is likely to occur at one or two places over A&N Islands on Saturday.

The general public is advised to take precautionary measures and in case of any emergency contact in the following phone numbers of State Control Room, District Control Room and Emergency Operation Centres viz. State Control Room: 03192- 238880 (Tele-Fax), 1077(Helpline), District Control Room: 03192-238881, 1070(Helpline), EOC (Campbell Bay): 03193-264020, EOC (Kamorta): 03193-263222, EOC (N&M): 03192-262960, EOC (Hut Bay): 03192-284014, EOC (Car Nicobar): 03193-265241, EOC (Swaraj Dweep): 03192-282030 and EOC (Ferrargunj): 03192-266527, a press release from Directorate of Disaster Management said.



SOPs for undertaking permitted activities ....

(Contd. from page 1)

to infections.

★ Sanitize all the vehicles, machinery and equipment at the worksite everyday.

Further, SOPs have been issued by the District Administration for the day to day operation and maintenance of STS buses in the Islands of Swaraj Dweep, Shaheed Dweep and Little Andaman. As per the SOP, buses of the State Transport Service (STS) shall be operated within the Islands on permitted routes only with not more than 40% of the registered seating capacity and regular sanitization of buses shall be ensured after each trip. Further, all crew members and commuters shall compulsorily wear mask/face cover.

Sl. No.	Competent authority to issue movement/ vehicle permit In the Islands covered by these orders	Area	Control room phone numbers
1.	SDM(SA)	Rut Land	238881
2.	Incident Commander/ Revenue Inspector	Swaraj Dweep	282030/282040
3.	Incident Commander/ Revenue Inspector	Shaheed Dweep	284544/254511
4.	BDO/Tehsildar/ Incident Commander	Little Andaman	284014/284015

An official release from Deputy Commissioner (SA) said here today.

Electricity Department to raise bills....

(Contd. from page 1)

due dates fall between 24th March, 2020 and June 30, 2020 by further two weeks without Late Payment Sur Charge (LPSC). Provided, further that, if such extended due date falls beyond 30th June, 2020, it will not be extended beyond 30th June, 2020.

❖ The Commission has powers to modify its tariff orders under Section 62 of Electricity Act 2003. In exercise of this power, the Commission has reduced LPSC @ 1% p.m. instead of 2% p.m. as provided in its tariff orders dated 20th May, 2019. This relaxation is purely of temporary nature for the period starting from 24th March, 2020 to 30th June, 2020.

❖ A moratorium on payment of Fixed Charges is provided to all industrial and commercial consumers for the bills raised during the period from 24/3/2020 to 30/6/2020, which they can avail if they so desire. These deferred charges shall be recovered in an equated manner over the next three bills to be raised after 30th June, 2020.

For any further enquiry, consumers may contact the respective site office telephonically, a press release from Superintending Engineer (Electricity) said here today.

Administration fixes upper limit of prices ....

(Contd. from page 1)

Accordingly, the maximum wholesale/retail rates fixed are as under:

PORT BLAIR AND ADJOINING AREAS		
Sl.No	Vegetable	Retail Rate per KG
1	Onion	40
2	Potato	40
3	Tomato	50
4	Tomato (Local)	40
5	Cabbage	70
6	Green Chilly	160
7	Pumpkin	55
8	Beet root	75
9	Carrot	100
10	Bottle gourd	60
11	Brinjal	75
12	Ladies Finger	80
13	Cauliflower	120
14	Beans	140
15	Cucumber	55
16	Ginger	250
17	Garlic	250
18	Lobiya	80
19	Kundru	80
20	Drumstick	90
21	Turai	80
22	Pottal	80
23	Karela	100
24	Chichinda	70
25	Leafy Vegetable	40

RANGAT		
Sl.No	Vegetable	Retail Rate per KG
1	Onion	40
2	Potato	40
3	Tomato	50
4	Cabbage	70
5	Green Chilly	200
6	Pumpkin	50
7	Bottle gourd	40
8	Brinjal	50
9	Ladies Finger	80
10	Cauliflower	75
11	Lobiya	50
12	Kundru	100
13	Pottal	100
14	Karela	100
15	Chichinda	80
16	Leafy Vegetable	30
17	Cucumber	60
18	Ginger	250
19	Drumstick	200
20	Turai	80
21	Carrot	100
22	Beetroot	80

PREVAILING MARKET RATE OF ESSENTIAL COMMODITIES (All Regions)				
Sl.No	Item	Brand & variety	Retail Price (In Rs.)	Wholesale Price (in Rs)
1	Rice	Andhra Ponni	41	37
		Ponni Raw	66	60
		Ponni Boiled	57	52
		Raw Rice	40	36
2	Wheat	1 Kg	35	30
		Ashirwad	57	52
3	Atta	Local	45	40
		Chennai	79	72
5	Tur Dhal	Special Quality	110	100
		Quality 1	121	110
6	Moong Dhal	Quality 1	155	141
		Quality 2	122	115
7	Urad Dhal	Quality 1	138	128
		Quality 2	130	120
8	Masur Dhal	Quality 1	91	83
		1Kg	52	47
9	Sugar	1Kg	80	73
		Gur/Jaggery	80	73
10	White Muttar	1Kg	78	73

MARKET RATE OF FISH (fixed by Fisheries Department)		
Sl.No	Item	Rate
1	Mrigal, Khusal, Bedki, Dandoos, Small Persa	Rs. 200/Kg
2	Persa (Big Size), Chanda Kukari	Rs. 250/Kg
3	Maya	Rs. 120/Kg
4	Tarni, Topi, Bangdri	Rs. 100/Kg
5	Tuna	Rs. 160/Kg
6	Surmai	Rs. 400 - 500 per Kg

All the wholesalers, retailers & fish vendors have been directed to display the rates of Essential Commodities in their shops/premises in a conspicuous manner for the information of the general public and shall not sell any of the Essential Commodities beyond the rates fixed by the Administration. The rates of any agro-horticulture products and Essential Commodities in any area not mentioned here shall be as per the rates prevailing in that area before lockdown.

If any wholesaler/retailer/vendor is found indulging in any kind of malpractice, then stringent legal action without any excuse shall be initiated against them as per the various provisions under the Essential Commodities Act, 1955 as well as the Legal Metrology Act, 2009; which shall result in imprisonment of upto 7 years or fine or both. Offenders shall also be detained under the Prevention of Black Marketing and Maintenance of Supplies of Essential Commodities Act, 1980.

All the consumers have been advised to inform any malpractice by any person/shop/

People advised to refrain from posting....

(Contd. from page 1)

machinery on the ground and endangering the lives of fellow citizens.

The public have been once again advised to refrain from posting or forwarding any mischievous message that contains malicious, communal or fake news. Any such activity will call for strict legal action being taken against the perpetrator. A single false information or instigating message can ruin, damage, frustrate and nullify the entire effort put in so far to contain and prevent the spread of the Corona Virus.

For verification of any News, one can reach out to Cyber Cell on 03192-230668. One can also call 100/112 to provide information on any such perpetrator, a press release from A&N Police said.

Validity of fishing license extended upto June 30

Port Blair, Apr 28 Administration.

In continuation of the Advisory dated 25th March, 2020 fishing activities shall remain temporarily suspended except in Swaraj Dweep, Shaheed Dweep and Little Andaman until further orders.

In addition, fishers have been advised to strictly comply with the social distancing, hygiene and sanitization guidelines issued by the Department of Fisheries while conducting fishing activity, a press release from the Administration as Directorate of well as District Fisheries said.

Fishing activities in the respective Districts shall be permitted strictly in accordance with the guidelines issued by the Department of Fisheries while conducting fishing activity, a press release from the Administration as Directorate of well as District Fisheries said.

DIGLIPUR		
Sl.No	Vegetable	Retail Rate per KG
1	Onion	40
2	Potato	40
3	Tomato	50
4	Tomato (Local)	40
5	Cabbage	50
6	Green Chilly	100
7	Pumpkin	40
8	Bottle gourd	20
9	Brinjal	40
10	Ladies Finger	40
11	Cauliflower	80
12	Lobiya	50
13	Kundru	80
14	Pottal	100
15	Karela	80
16	Chichinda	50
17	Leafy Vegetable	40

MAYABUNDER		
Sl.No	Vegetable	Retail Rate per KG
1	Onion	40
2	Potato	40
3	Tomato	50
4	Tomato (Local)	40
5	Pumpkin	60
6	Bottle gourd	30
7	Brinjal	50
8	Ladies Finger	60
9	Drumstick	150
10	Lobiya	120
11	Cucumber	60
12	Karela	80
13	Leafy Vegetable	60

establishment directly to the Director (CS&CA) via text message only on mobile number 9434266828. The same can also be brought to the notice of the Department in writing or over Toll Free No. 18003453197 or Telephone No. 03192-234062, a press release from the Directorate of CS&CA said.

CBSE to conduct remaining ...

(Contd. from page 1)

not to force children to study entire day and let them study with a free mind. He said, the CBSE will soon begin evaluation of papers which have already been conducted.

**Share facts**



**Not fear**



**We all are together in this fight  
against COVID-19**

**Together we will fight COVID-19**



Nationwide lockdown is necessary to  
break the chain of COVID-19 infections

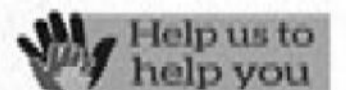
**Stay home, stay safe**

**DON'T  
SPIT!**

It can increase the spread of COVID-19

**Protect yourself and others**

Together we will fight COVID-19



NOVEL CORONAVIRUS DISEASE (COVID-19)

**Telephonic Survey on COVID-19**

Citizens will get calls on their  
mobile phones by NIC by the  
number **1921**

Participate in good measure to enable  
proper feedback of the prevalence and  
distribution of COVID-19 symptoms

Together we will fight COVID-19



**Zero tolerance to any form of violence against healthcare  
service personnel and/or damage to property**

**under the Epidemic Diseases (Amendment) Ordinance, 2020**

**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 bead necklace**



**Materials required:**  
 Thread, newspaper, glue

- Method :**
- \* Tear out a colorful page of a Magazine
  - \* Cut out a long triangle
  - \* Flip the triangle over
  - \* Put glue on about an inch of the smaller end
  - \* Roll the triangle up
  - \* Repeat step two through five over and over
  - \* Cut your string
  - \* Knot a clasp to the string
  - \* Thread beads
  - \* Clasp together ❖

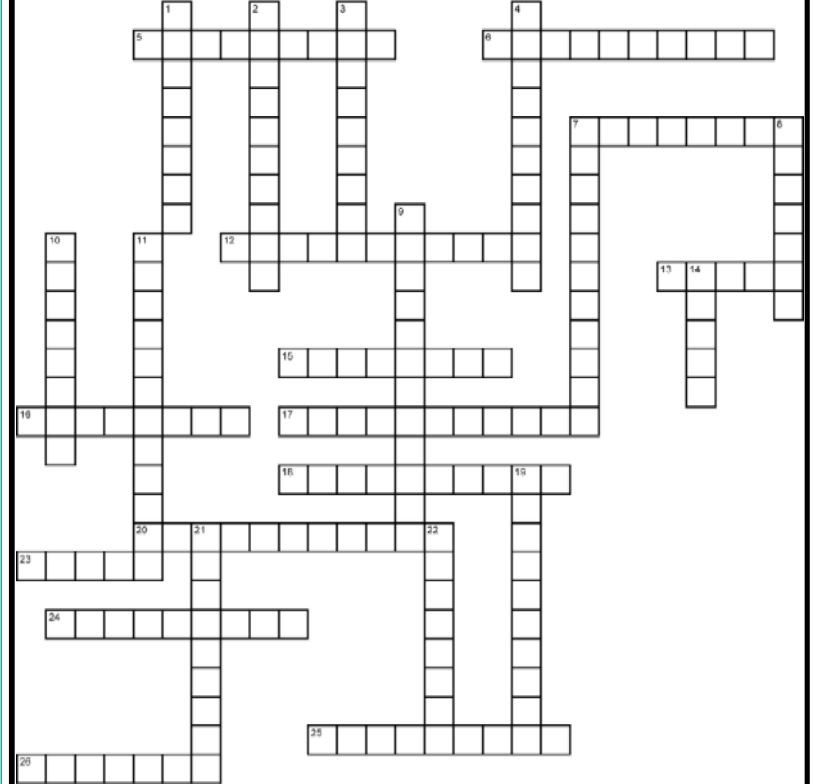
**Silly riddles**

- Q: It flies around all day but never goes anywhere?  
 What is it?  
 A: A flag
- Q: This goes up and down, but never moves? What is it?  
 A: A flight of stairs
- Q: It wears a jacket, but no pants. What is it?  
 A: A book
- Q: This can clap without any hands. What is it?  
 A: Thunder
- Q: It has a bark, but no bite. What is it?  
 A: A tree
- Q: It has a neck but no head, and wears a cap? What is it?  
 A: A bottle
- Q: It is easy to get into, but hard to get out of? What is it?  
 A: Trouble ❖

**Learn Some Idioms & its usage**

- **Picture paints a thousand words**  
 Meaning: A visual presentation is far more descriptive than words.
- **Piece of cake**  
 Meaning: A job, task or other activity that is easy or simple.
- **Put wool over other people's eyes**  
 Meaning: This means to deceive someone into thinking well of them.
- **See eye to eye**  
 Meaning: This idiom is used to say that two (or more people) agree on something.
- **Sit on the fence**  
 Meaning: This is used when someone does not want to choose or make a decision. ❖

**Crossword Puzzle: City planning adjectives**



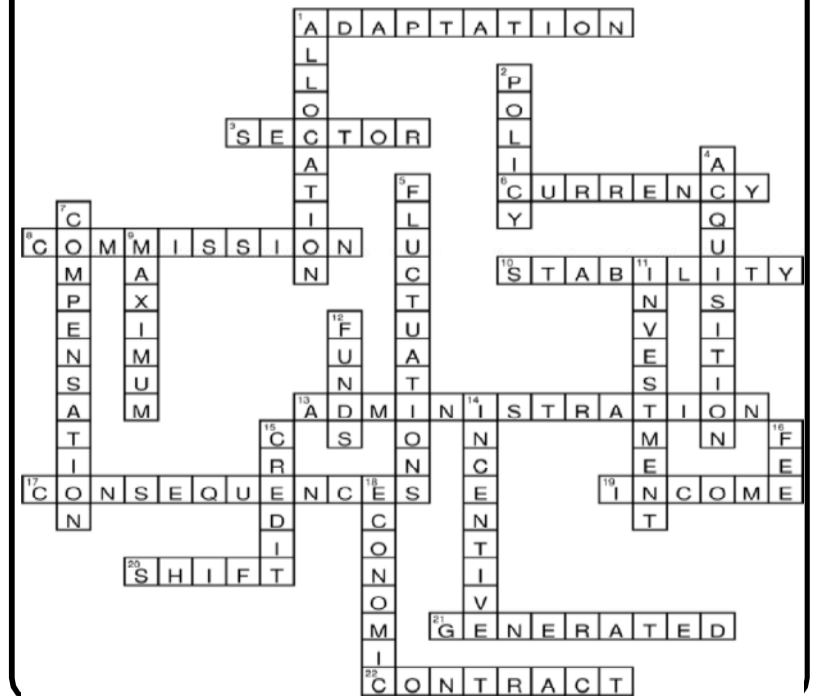
**Across**

- produced or made
- related to factories and production
- given acknowledgement or credit for something
- areas where people live
- poor, crowded areas usually lacking city services
- changed
- returned to an earlier, better condition
- too many people too close together
- areas for (or related to) business and stores
- suitable or fit for its purpose
- related to cities
- related to banking and money exchange
- planned to be done at a certain time
- continuing

**Down**

- turned around
- forbidden
- controlled or guided by rules
- unavoidable
- designed to work together
- varied, with lots of different types of people or things
- not enough
- encouraged or pushed forward
- related to a major or dominant city
- in the area, nearby
- not too expensive to do-- it can be paid for
- before, or what happened before
- made better

**Answers to crossword puzzle published on April 28<sup>th</sup>**



**Health Benefits of tender coconut water**

Coconuts grow on large palm trees known scientifically as *Cocos nucifera*. Despite the name, the coconut is botanically considered a fruit rather than a nut. Coconut water is the juice found in the center of a young, green coconut. It helps nourish the fruit. Some of the health benefits of coconut water are as mentioned below:



- \* **May Have Antioxidant Properties:** Free radicals are unstable molecules produced in your cells during metabolism. Their production increases in response to stress or injury.
- \* **May Help Prevent Kidney Stones:** Drinking enough fluids is important for kidney stone prevention. Although plain water is a great choice, one study suggests that coconut water may be even better.
- \* **May Support Heart Health:** Drinking coconut water may be helpful to reduce heart disease risk. In one study, rats that consumed coconut water had reductions in blood cholesterol and triglycerides. They also experienced significant decreases in liver fat
- \* **May Reduce Blood Pressure:** Coconut water may be great for controlling blood pressure. In one small study in people with high blood pressure, coconut water improved systolic blood pressure (the higher number of a blood pressure reading) in 71% of participants.
- \* **Beneficial after Prolonged Exercise:** Coconut water may be the perfect beverage for restoring hydration and replenishing electrolytes lost during exercise. Electrolytes are minerals that play several important roles in your body, including maintaining proper fluid balance. ❖

**Amazing Facts about Humming birds**

- ✓ Hummingbirds are one of the smallest kinds of bird in the world. With most species 7.5 - 13 cm (3 - 5 in) in length. The Bee hummingbird is the smallest at just 5 cm (2 in). The largest is the Giant Hummingbird reaching over 20 cm (8 in).
- ✓ They are called hummingbirds due to the sound created by their rapidly beating wings.
- ✓ Depending on the species a hummingbird's wings can flap on average around 50 times per second, and can reach as high as 200 times per second. This allows them to fly faster than 15 m/s (54 km/h or 34 mph).
- ✓ The hummingbird can hover, fly forwards, backwards and even upside down.
- ✓ Hummingbirds drink the nectar of flowers which gives them a good source of glucose energy, they will catch insects every now and again for a protein boost.
- ✓ A hummingbird's bill varies dramatically depending on the species. Most have a fairly long, thin bill that allows them to reach down to the nectar of a flower. With the bill slightly open they use their tongue to quickly lap up the nectar inside. ❖

**Kitchen Tips**

- ✓ Do you have hard stains on your glass top cook stove? Pour some fabric softener onto your cooktop. Don't dilute it or anything, just pour it right on there and let it sit for as long as possible, at least an hour or two. It should work to loosen up the burnt-on food. This also works for any cookware, baking sheets, etc.
- ✓ Coffee grounds are magic. They are an excellent fertilizer and a systemic pesticide that is non-toxic to humans and pets. Let them cool and sprinkle around your plants and windows.
- ✓ Keep a small Tupperware container filled with your interior paint color. That way when you need to do periodic touch-ups, you can just pull it out, stir with a brush, and fix them.
- ✓ White vinegar is an excellent substitute for many household cleaners. Buy a cheap spray bottle and fill it with vinegar undiluted. It is perfect for quick clean-ups around the kitchen and bathroom as it is both a disinfectant and completely volatile (it will smell for a while but evaporate to leave no residues). ❖

**Enrich your vocabulary**

- ✓ **Concomitant** - following or accompanying as a consequence.
- ✓ **Conduit** - a passage through which water or electric wires can pass.
- ✓ **Conflagration** - a very intense and uncontrolled fire.
- ✓ **Congruity** - the quality of agreeing; being suitable and appropriate.
- ✓ **Connive** - form intrigues (for) in an underhand manner.
- ✓ **Consign** - give over to another for care or safekeeping.
- ✓ **Constituent** - one of the individual parts making up a composite entity.
- ✓ **Construe** - make sense of; assign a meaning to.
- ✓ **Contusion** - an injury in which the skin is not broken.
- ✓ **Contrite** - feeling or expressing pain or sorrow for sins or offenses.
- ✓ **Contentious** - showing an inclination to disagree.
- ✓ **Contravene** - go against, as of rules and laws.
- ✓ **Convivial** - occupied with or fond of the pleasures of good company.
- ✓ **Corpulence** - the property of excessive fatness. ❖

**Quotable quotes**

- \* "Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently."  
 Maya Angelou
- \* "Unless you try to do something beyond what you have already mastered, you will never grow."  
 Ralph Waldo Emerson
- \* "When you fail you learn from the mistakes you made and it motivates you to work even harder."  
 Natalie Gulbis
- \* "There was never a night or a problem that could defeat sunrise or hope."  
 Bernard Williams
- \* "Let your hopes, not your hurts, shape your future."  
 Robert H. Schuller
- \* "A leader is a dealer in hope."  
 Napoleon Bonaparte
- \* "Stay positive and happy. Work hard and don't give up hope. Be open to criticism and keep learning. Surround yourself with happy, warm and genuine people."  
 Tena Desae

**Animal Riddles**

- Q. What do fish eat for lunch?  
 A. SANDwiches!
- Q. What did the spider do when he went on his computer?  
 A. He went on his web site!
- Q. There are 20 birds in a tree. A man comes and shoots one of the birds. How many birds are left?  
 A. None, because all the birds flew away after hearing the gun shot.
- Q. How do rabbits travel?  
 A. By hare planes!
- Q. What animal is good with tools?  
 A. Hammer-head shark!
- Q. Why didn't the dinosaur cross the road?  
 A. Because roads weren't invented yet!
- Q. What kind of explosions do dinosaurs like?  
 A. DINOMite! ❖