

Since 1920s the Oldest Daily...

Daily Telegrams

...the Largest Circulating Daily of the Islands

Weather

Dry weather likely over Port Blair
Partly cloudy sky. Maximum and Minimum temperature will be around 33°C and 24°C respectively on Tuesday 05/05/2020.

Maximum Temperature (°C) of Date: 33.2
Minimum Temperature (°C) of Date: 28.3
Relative Humidity(%) at 0830 IST: 069
Relative Humidity(%) at 1730 IST: 077
Sunrise Time for tomorrow (in IST): 0458
Sunset Time for tomorrow (in IST): 1734
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 18.6 upto 0830 hrs (of date) in mm

Regn. No. 34190/75

No. 115

Port Blair, Tuesday May 05, 2020

Web: dt.andaman.gov.in

Rs. 3.00

Pages 4

Govt. to facilitate return of Indian Nationals stranded abroad

Process to begin from May 7

PIB

New Delhi, May 4

Government of India will be facilitating the return of Indian nationals stranded abroad on compelling grounds in a phased manner. The travel would be arranged by aircraft and naval ships. The Standard Operating Protocol (SOP) has been prepared in this regard.

Indian Embassies and High Commissions are preparing a list of distressed Indian citizens. This facility would be made available on payment-basis. Non-scheduled commercial flights would be arranged for air travel. The travel would begin in a phased manner from May 7.

Medical screening of passengers would be done before taking the flight. Only asymptomatic passengers would be

(Contd. on last page)

Last date of nominations for Sardar Patel National Unity Award extended till June 30

PIB

New Delhi, May 4

Government of India has instituted Sardar Patel National Unity Award as the highest civilian award in the name of Sardar Vallabhbhai Patel, for contribution in promoting unity and integrity of India. The award seeks to recognize the notable and inspiring contribution made by individuals or institutions or organizations in this field and reinforces the value of strong and united India.

A notification in this regard was issued on 20th September, 2019 calling in for nominations/recommendations for the Award. The detail in respect of award is available at www.nationalunityawards.mha.gov.in. It has been decided to extend the invitation of nominations online through the above mentioned portal till 30th June, 2020.

Civil Services (Prelims) Exam-2020 scheduled on 31st May deferred

PIB

New Delhi, May 4

The Union Public Service Commission held a special meeting today to review the situation after the second phase of the nation-wide lockdown due to COVID-19. Taking notice of the extension of restrictions, the Commission decided that it will not be possible to resume examinations and interviews at the present.

The Civil Services (Preliminary) Examination, 2020, scheduled to be held on May 31, 2020 therefore stands deferred. Since this examination also serves as the screening test for the Indian Forest Service Examination, the schedule for the Indian Forest Service Examination has also been deferred. The situation will be reviewed again on May 20, 2020 and fresh dates for these examinations shall be notified on the UPSC website in due course.

The Commission has already deferred the personality test for remaining candidates for the Civil Services Examination, 2019, notification for the Indian Economic Service/Indian Statistical Service Examination, 2020, notification for the Combined Medical Services Examination, 2020, notification for the Central Armed Police Forces Examination, 2020 and the NDA & Naval Academy Examination, 2020.

As and when dates are decided for the deferred tests/examinations, it will be ensured that candidates are given a notice of at least 30 days.

संदेश

प्यारे द्वीपवासियों,

COVID-19 Lockdown को दो सप्ताह और बढ़ते हुये इसका तीसरा Phase आज से शुरू हो रहा है। इसके तहत 'दो गज दूरी' का पालन करते हुए विशेषतः Green Zones में कई आर्थिक व अन्य सम्बन्धित गतिविधियाँ शुरू हो रही हैं व Red Zones (Containment zones को छोड़कर), एवं Orange Zones में भी कुछ सुविधायें दी जा रही हैं।

Positive cases के कम होते यह समय हमारे लिये आश्वस्त हो जाने का बिल्कुल भी नहीं है क्योंकि इन

गतिविधियों से लोगों का कुछ हद तक Movement व आपसी सम्पर्क बढ़ेगा। साथ ही कल गृह मंत्रालय द्वारा जारी दिशा - निर्देशानुसार eligibility Criteria fulfil करने वाले द्वीपवासी भी बाहर से वापस लौटेंगे, जिनमें से कई ऐसे राज्यों से आ रहे हैं जहाँ COVID संक्रमण चिन्ता का विषय है। अब तक का अनुभव दर्शाता है कि दोनों बार संक्रमण बाहर से लौटे द्वीपवासियों से फैला व Zero से 11 व फिर Zero से 22 cases होने में कोई ज्यादा समय नहीं लगा। इसलिये आने वाले सभी लोगों की समुचित जाँच व बहुत प्रभावी Quarantine जरूरी होगी ताकि सुनिश्चित किया जा सके कि यदि कोई COVID Carrier आ भी जाये तो संक्रमण आगे न फैले। हमें आगे और भी अधिक सचेत व जागरूक रहना पड़ेगा व स्वयं अपने और प्रियजनों की सुरक्षा सुनिश्चित करते हुए प्रशासन का भरपूर सहयोग व Lockdown एवं '2 गज दूरी' सम्बन्धित सभी दिशा - निर्देशों का पूरी गम्भीरता से पालन करना होगा। साथ ही हमें Health care professional/ frontline कर्मियों व अन्य Corona Warriors आदि, जो स्वयं व अपने परिवार की चिन्ता किये बिना दिन रात हम सभी की सेवा एवं सुरक्षा में निरन्तर तत्परता से जुटे हुए हैं, उन सभी का आभार व्यक्त करते हुए उनका पूर्ण सहयोग जारी रखना होगा।

हमारे पास LPG, खाद्यान्न व अन्य आवश्यक सामग्रियों के पर्याप्त भण्डार उपलब्ध हैं व इन्हें आप तक पहुँचाने के लिये वितरण प्रणाली भी सुदृढ़ है। इसके चलते निकट भविष्य में आपको किसी प्रकार की परेशानी नहीं होगी। प्रशासन माननीय सांसद व विभिन्न दलों के निर्वाचित प्रतिनिधियों से हर स्तर पर सम्पर्क बनाये है व PBMC तथा PRIs का पूरा सहयोग हमें इस आपदा को झेलने में मिल रहा है। ACCI, NGOs व अन्य संस्थायें भी इस विषय में अपना महत्वपूर्ण योगदान दे रही हैं।

Lockdown के चलते अर्थव्यवस्था व हमारे जीवन के कई पहलू प्रभावित हुए हैं। विभिन्न क्षेत्रों में अब तक के प्रभावों की समीक्षा के आधार पर केन्द्र सरकार विभिन्न सहायता योजनायें बना रही है, जिनका लाभ प्रशासन सभी द्वीपवासियों को पहुँचाता रहेगा।

मैं पुनः सभी द्वीपवासियों से आग्रह करना चाहूँगा कि अपना आत्मबल ऊँचा रखते हुए धैर्य बनाये रखें। यह ध्यान में रखें कि यह संघर्ष अभी बहुत समय के लिये भी चल सकता है। सभी Social Transactions में "02 गज की दूरी" व व्यक्तिगत hygiene सुनिश्चित करते हुए प्रशासन का पूर्ण सहयोग करें। मुझे पूर्ण विश्वास है कि आप सबके सहयोग के चलते हम इस विश्व व्यापी संकट पर विजय प्राप्त करने में अवश्य सफल होंगे।

जय हिन्द!

(एडमिरल दे. कृ. जोशी)

पीवीएसएम, एवीएसएम, वाईएसएम, एनएम, वीएसएम (अ.प्रा.)

उप राज्यपाल

अंडमान तथा निकोबार द्वीपसमूह

एवं उपाध्यक्ष, द्वीप विकास एजेंसी

Inter-Island transportation of stranded passengers begin

Port Blair, May 4

The Directorate of Shipping Services has started Inter Island transportation of stranded passengers with effect from 4th May, 2020. On day one, the DSS ships have transported a total of 220 stranded personnel including patients, students etc. between various Islands of South as well as North & Middle Andamans. In addition to the above, the ships of DSS also carried essential supplies between Islands to maintain the supply chain. The transportation of stranded personnel between Islands will be continued based on the requests being received from the three District Administrations from time to time.

The ships of the DSS are

continuously being deployed for maintenance of essential supplies between Islands including Nicobar group. Additionally, ships and barges both from DSS and PMB are also fetching water from various sources at other Islands to mitigate the acute shortage of water at Port Blair.

Meanwhile, the transportation of stranded personnel between Chennai and Port Blair is planned for 06.05.2020 from either side, subject to the weather condition. Only stranded students, patients and people in distress as stipulated by MHA/GOI guidelines and qualifying the criteria therein, will be considered for transportation, a press release from Secretary (Shipping) said here today.



Admiral D K Joshi, PVSM, AVSM, YSM, NM, VSM (Retd.), Hon'ble Lt Governor, A&N Islands and Vice-Chairman, Islands Development Agency met Shri Kuldeep Rai Sharma, Hon'ble Member of Parliament, A&N Islands, Shri Subir Chander, Adhyaksh Zilla Parishad(SA) and Shri N K Udhaya Kumar, Chairperson, PBMC today at Raj Niwas. Discussed way ahead during Phase-III of Lockdown, including the need to enforce strict quarantine for returning Islanders, so as to contain any further spread of COVID-19.

ANC salutes Corona Warriors

Port Blair, May 4

Andaman & Nicobar Command expressed gratitude to India's Corona Warriors, namely the medical fraternity, security personnel and sanitation workers, on May 3 through various activities across Andaman & Nicobar Islands, which included fly past by aircraft of the Indian Navy, Air Force and



Illumination of runway at Port Blair

Coast Guard, illumination of ships of the Indian Navy and Coast Guard and playing of melodies by the Indian Army & Navy bands.

The activities were viewed by the populace of the Islands and will be telecast on Doordarshan on subsequent

(Contd. on last page)

New specified Health Warning on tobacco products packs

New Delhi, May 4 (PIB)

The Ministry of Health and Family Welfare, Government of India has notified new sets of specified Health Warnings for all tobacco product packs by making an amendment in the Cigarettes and other Tobacco Products (Packaging and Labelling) Rules, 2008 vide GSR 248(E) dated 13th April 2020 "The Cigarettes and other Tobacco Products (Packaging and Labelling) Amendment Rules, 2020". The amended Rules will be applicable w.e.f. 1st September, 2020.

(Contd. on last page)

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

CMYK

अंडमान तथा निकोबार प्रशासन
ANDAMAN & NICOBAR ADMINISTRATION
सचिवालय/SECRETARIAT

Health Bulletin For Containment Of

नोवल कोरोना वायरस रोग (COVID-19)
(No. 35/ 04th May 2020)
COVID-19 STATUS AS ON 04.05.2020

> Andaman & Nicobar Islands:

Total Confirmed cases	33
Cured/Discharged from Hospital	32
Death	00
Admitted at Hospital	01
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	01	01

* 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	4126
Total Reports received till date	4024
Total Pending Reports	102

> 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. 176934 population surveyed daily in these Zones.

> 01 (One) Active case 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 - 376 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.

> 32 (Thirty Two) COVID-19 patient cured and now under observation.

> 1215 persons put under Institutional Quarantine as on today which includes passengers as well as contacts.

SURVEILLANCE DATA

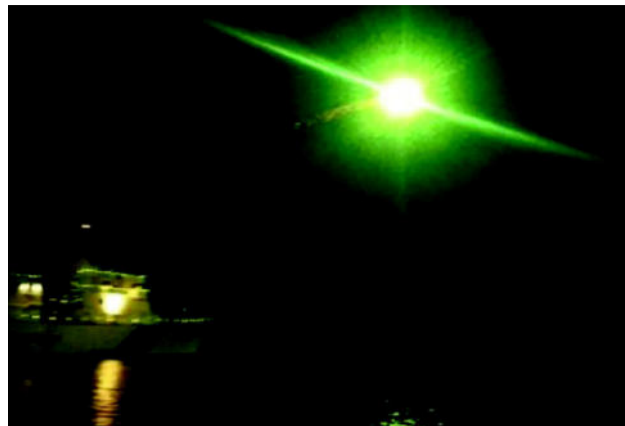
Contacts put under Home Quarantine till date	1042
Contacts under Home Quarantine as on today	818
Contacts completed 14 days period of Home Quarantine	224
Persons under Institutional Quarantine as on today	432**
Persons completed 14 days period of Institutional Quarantine	783
Passengers completed 14 days period of Quarantine	1812

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

WEAR A MASK
when you are out in
Public Places, Public Transport
even if you are not sick to protect yourself and others

24x7 CONTROL ROOM NUMBERS: 240126/232102/1077/1070
(Source: Principal Secretary (Health), A&N Administration)

ANC salutes Corona Warriors.... (Contd. from page 1)



Firing of varey flares by ships at anchorage



Illumination of ships at anchorage

days for those who could not view the activities live. The melodies played by the bands will also be broadcast by All India Radio. In addition, all four services, namely the Indian Army, Navy, Air Force and Coast Guard, distributed masks to the Corona Warriors, a press release from ANC said here today.

New specified Health Warning on tobacco products.... (Contd. from page 1)

The new set of specified health warnings shall be-

a. **Image-1**, shall be valid for a period of twelve months following its commencement from 1st September, 2020.

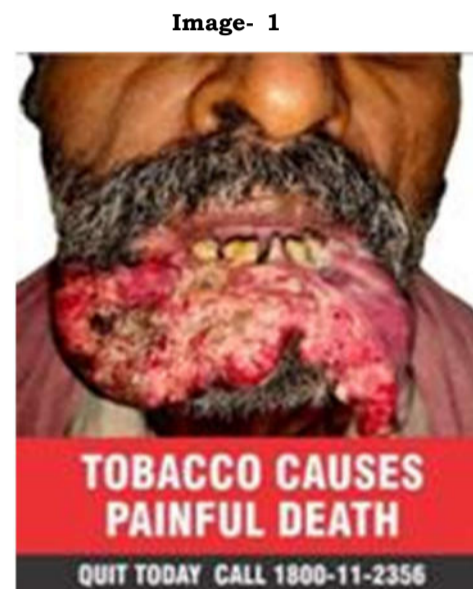


Image- 1

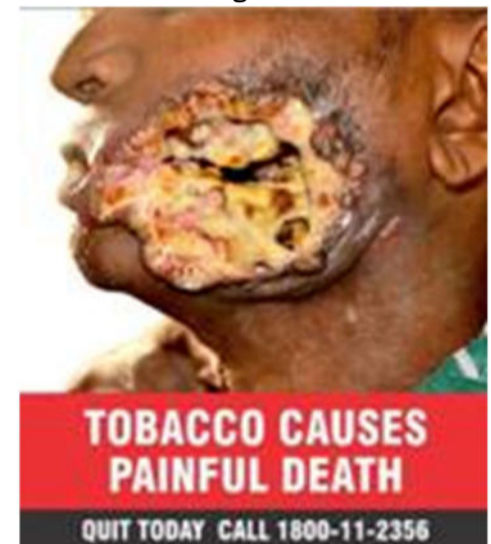


Image- 2

The said notification alongwith the soft or printable version of the specified health warnings in 19 languages are available on the websites www.mohfw.gov.in and www.ntcp.nhp.gov.in

In view of the above, it is informed that;

★ All tobacco products manufactured or imported or packaged on or after 1st September, 2020 shall display **Image -1** and those manufactured or imported or packaged on or after 1st September, 2021 shall display **Image-2**

★ Any person engaged directly or indirectly in the manufacture, production, supply, import or distribution of cigarettes or any tobacco products shall ensure that all tobacco product packages shall have the specified health warnings exactly as prescribed.

★ Violation of the above mentioned provision is a punishable offence with imprisonment or fine as prescribed in Section 20 of the Cigarettes and Other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) Act, 2003.

★ The definition of "package" has been amended to be in conformity with the Act and the Rules made thereunder.

Govt. to facilitate return of Indian

(Contd. from page 1)

allowed to travel. During the journey, all these passengers would have to follow the protocols, such as the Health Protocols, issued by the Ministry of Health and the Ministry of Civil Aviation.

On reaching the destination, everyone would have to register on the Aarogya Setu App. Everyone would be medically screened. After scrutiny, they would be quarantined for 14 days, either in a hospital or in an institutional quarantine on payment-basis, by the concerned State Government. COVID test would be done after 14 days and further action would be taken according to health protocols.

The Ministries of External Affairs and Civil Aviation would soon share detailed information about it through their websites.

State Governments are being advised to make arrangements, including for testing, quarantine and onward movement of the returning Indians in their respective States.



Ministry of Health & Family Welfare
Government of India

Help us to help you

NOVEL CORONAVIRUS (COVID-19)

Protective measures against Coronavirus

A distance of at least 1 meter is necessary to ensure safety for all

Wash your hands with soap and water regularly

If soap and water is not available, use hand sanitizer with at least 60% alcohol

Wash hands before touching eyes, nose and mouth

Throw used tissues into closed bins immediately after use

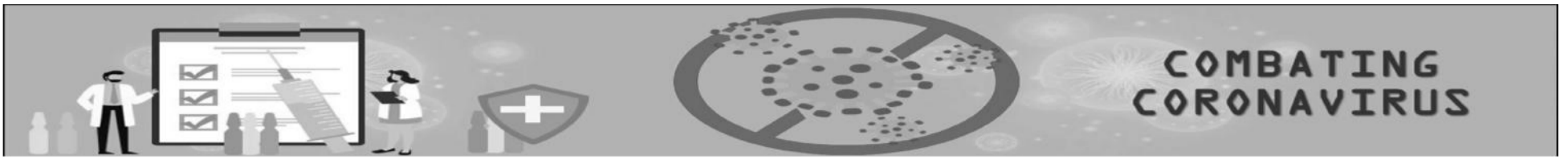
Cover your nose and mouth with handkerchief/tissue while sneezing and coughing

Avoid mass gathering and crowded places

If you are experiencing symptoms like fever, cough or difficulty in breathing, please call the state helpline number

Dial State Helpline No. 03192-232102

mohfw.gov.in | [@MoHFWIndia](https://www.facebook.com/MoHFWIndia) | [@MoHFW_INDIA](https://twitter.com/MoHFW_INDIA) | [mohfwindia](https://www.youtube.com/channel/UCmohfwindia)



M — A — S — K

Mera Apka Suraksha Kawach
Always wear Mask

SYMPTOMS

DRY COUGH

HIGH FEVER

SORE THROAT

DIFFICULTY IN BREATHING

HOW IT SPREADS

AIR BY COUGH OR SNEEZE

PERSONAL CONTACT

CONTAMINATED OBJECTS

MASS GATHERING

PREVENTION

WASH YOUR HANDS OFTEN

WEAR A FACE MASK

AVOID CONTACT WITH SICK PEOPLE

ALWAYS COVER YOUR COUGH OR SNEEZE

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

Ministry of Health and Family Welfare
Government of India

NOVEL CORONAVIRUS (COVID-19)

Help us to help you

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 State Helpline number.

STATE HELPLINE NO: 03192-232102

Together we will fight COVID-19

TENDER NOTICE FOR HIRING OF VEHICLE FOR COLLECTION OF MILK

The Andaman Nicobar Islands Integrated Development Corporation Ltd. (ANIIDCO Ltd.), Port Blair invites sealed tenders for hiring of vehicle for collection of milk from villages in Diglipur area. The tender document containing terms and conditions can be downloaded from website <https://andaman.nic.in> or obtained from Sr. Manager (MP) ANIIDCO Ltd., Vikas Bhawan, Port Blair on any working day upto 25/05/2020. The last date of submission of tender is upto 3.00 pm on 26/05/2020 which will be opened on the same day at 3.30 pm in presence of the tenderers or their authorized representatives if any.

The Managing Director, ANIIDCO reserves the right to accept or reject any or all tender without assigning any reason thereof.

Sd/-
Executive Director (MP)
ANIIDCO Ltd.,

Unique No.: 56615
F.No. 1-1145/ANIIDCO/2014-2015/Vol-II

OBITUARY

Late DILIP KUMAR
(J.E., CCS&Div-III)
PBMC, A&N Islands
H/o Anupama Biswas
D.O.B: 10/10/1987 - D.O.D: 27/03/2020
Address: C-178, Bharat Nagar Near Aruna Giri Store,
Garacharma, S/Andaman, P/Blair, A&N Island-744105
Inserted by: Anupama Biswas(wife)

2nd Death Anniversary

On 5th May 2020
In loving memory of our mother

Late K. MANI
R/o Naya Road, near MSS Water Supply, Port Blair
Inserted by: Manoj, Manu, Mahesh, Suma, Anila, Padma, Grand Sons & Grand Daughter, Prabhakaran, Prasanna & Family.

Remembrance

1st Death Anniversary
On 05th May 2020

Late RAM LALL
R/o South Point
"Your guiding hand on our shoulder will remain with us forever"
Inserted by: D/o Rup Rekha Balan & All family members, R/o Chakkargaon.

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 hat



Materials needed
Paper, tape, markers.

Method

- ♣ To make this super-hip hat, you only need one thing: A large piece of paper! For an adult sized hat, cut a piece of packing paper down to a 18" x 24" sheet. For a kid-sized hat, make the paper 15 x 20".
- ♣ If you do not have packing paper, you can use wrapping paper or newspaper, but beware that the ink from the newsprint will get on your hands! Another option is to open up a paper shopping bag and use that.
- ♣ Fold the Paper: Fold it in half, horizontally, like in the pictures above, making sure that all the edges line up with each other.
- ♣ Folding the Corners: To form the peak of the hat, first you'll need to find the center of the folded sheet so you know where to fold the corners. To do this, fold the paper in half and make a crease half way down from the folded top, pressing gently. Then fold the 2 corners to the center, so that the two flaps line up in the middle. Press the folded edges down.
- ♣ Making the 'Brim': Carefully fold the two "flaps" at the bottom up. This forms the brim and helps the hat keep its shape once opened.
- ♣ Trick it Out: Add some cool designs to jazz up your new hat. You can use paint, markers, and stamps.
- ♣ Wear it and enjoy the cap you created. ❖

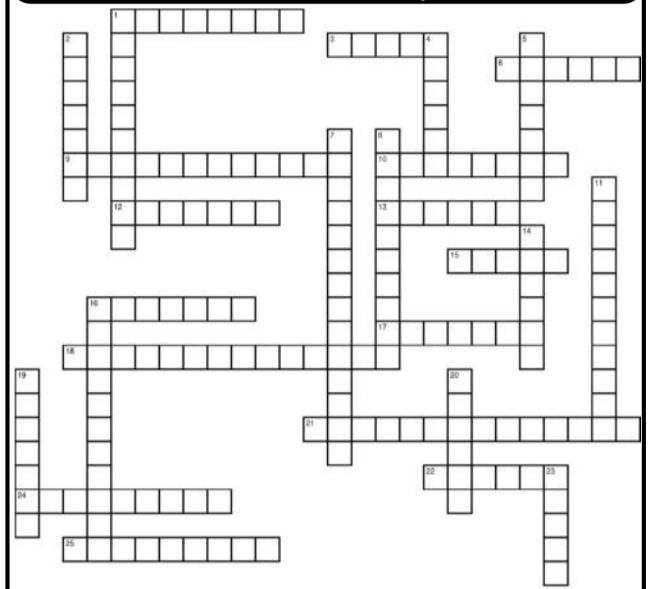
Silly riddles

- Q. Why was 6 afraid of 7?
A. Because 7 8 9!
- Q. Where do cows stay when they go on vacation?
A. MOO-tels!
- Q. What do you get when you cross a snowman with a vampire?
A. Frostbite.
- Q. Why did the skeleton go to the barbecue?
A. To get a spare rib .
- Q. What is a volcano?
A. A mountain with heartburn!
- Q. What do you call a train full of toffee?
A. A chew-chew train!
- Q. Where do trees store their valuables?
A. In their trunk! ❖

Learn Some Idioms & its usage

- Off one's rocker
Meaning: Crazy, demented, out of one's mind, in a confused or befuddled state of mind, senile.
- On the ball
Meaning: When someone understands the situation well.
- Not playing with a full deck
Meaning: Someone who lacks intelligence.
- 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: Creativity & Art Words



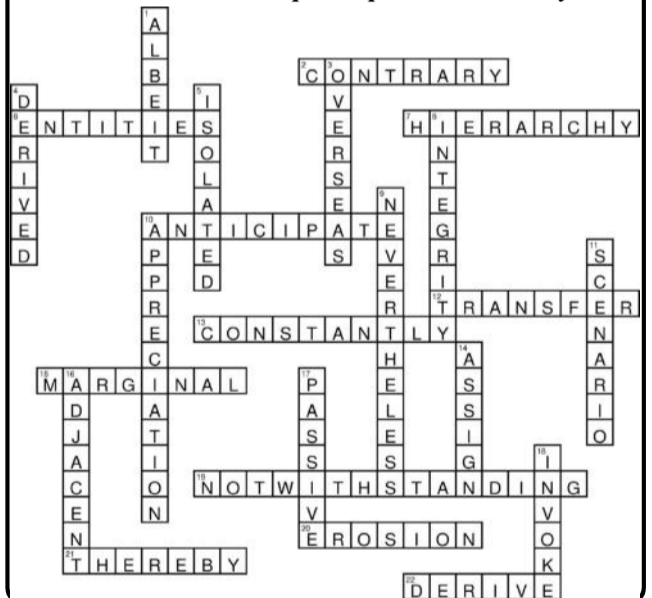
Across

- 1. to recognize with one of the senses (see, hear, etc.)
- 3. the planned direction of travel
- 6. related to the sense of sight
- 9. a picture or example
- 10. not required
- 12. given (by someone with authority)
- 13. a measurement of the amount of space something takes
- 15. to follow a line
- 16. a fraction expressed as a certain part of 100
- 17. choices
- 18. a complete change of form
- 21. assume, expect
- 22. in the middle (middle size, etc.)
- 24. the tools and supplies needed for a job or sport
- 25. related to machinery or how things work

Down

- 1. the study of the mind
- 2. a display of related things
- 4. to send products out of the country
- 5. show
- 7. different than the normal, usual way
- 8. a large gathering for a particular reason
- 11. related to value rather than size or amount
- 14. ability to reach or enter
- 16. point of view
- 19. the opposite of simple
- 20. an overview, or to find out by asking many people their opinions
- 23. types of materials, forms of expression or sources of news

Answers to crossword puzzle published on May 03



Health Benefits of Apple

- * **Apples might help stave off Alzheimer's disease:** The health benefits of apples include the potential to ward off Alzheimer's disease. Apples contain quercetin, a powerful antioxidant that protects brain cells from degeneration in rats and might do the same in humans.
- * **Apples can help prevent high blood pressure:** There is overwhelming evidence that one-third of all cancer cases and half the incidences of cardiovascular disease and hypertension can be attributed to diet. Because apples are high in potassium, a mineral that helps control blood pressure, they can help reduce the risk of stroke.
- * **Apples can protect your heart:** University of California-Davis researchers found that apples and apple juice may help slow the oxidation process that is involved in the build up of plaque that leads to heart disease.
- * **Apples can help reduce cholesterol:** A medium apple provides five grams of fibre-more than most cereals. They're also packed with pectin, a soluble fibre that reduces cholesterol. Pectin prevents cholesterol from building up in the lining of blood vessel walls, thus reducing the risk of atherosclerosis and heart disease.
- * **Apples offer protection against colon cancer:** When the natural fibre in apples ferments in the colon, it produces chemicals that help fight the formation of cancer cells, according to new research from Germany.
- * **Apples can help asthma sufferers:** A study completed at Aberdeen University found there is strong evidence that a healthy diet rich in anti-oxidants and vitamins is good for asthma. Researchers found that when children sipped on apple juice their symptoms were relieved.
- * **Apples provide bone protection:** Researchers believe that a flavonoid called phloridzin-found only in apples-may protect post-menopausal women from osteoporosis and may also increase bone density. Boron, another ingredient in apples, also strengthens bones. ❖



Amazing Facts about Grasshoppers

- ✓ **Grasshoppers Do Actually Fly:** Many people are under the false impression that grasshoppers tend to jump, and not fly. Although grasshoppers have powerful legs that enable them to jump very well, they jump primarily to give them a lift into the air. Grasshoppers do in fact have wings and are actually very strong fliers. The ability to fly is particularly useful when they are trying to escape predators. So a flying grasshopper is a very real thing!
- ✓ **Grasshoppers Jump the Equivalent Length of a Football Field:** Grasshopper facts reveal that they are able to jump this far because they have powerful six-jointed legs that use a catapult design. In order to jump, a grasshopper will bend its hind legs at the knee, thereby slowly contracting its big flexor muscles. This potential energy is stored in a piece of cuticle in the knee, just like a spring. In order to jump, the grasshopper then relaxes its muscles, which causes the cuticle to release the stored energy (again, just like a spring).
- ✓ **Grasshoppers Are Diurnal Animals:** Grasshoppers are diurnal, which means they rest at night and are active during the day. This is largely because grasshoppers need to absorb sunlight in order to raise their body temperature so that they have their required energy. This then enables them to be active during the day.
- ✓ **Grasshoppers Crepitate or Stridulate to Produce Music:** Most of us are probably familiar with the sound of grasshoppers in the garden. However, one of the most surprising grasshopper facts involves the way in which these insects create these songs. Most male grasshoppers stridulate in order to produce music. This means they rub their hind leg against their forewing. ❖

Recipe for Upma



- Ingredients:**
1/4 cup cooking oil, 2 dried red chilly peppers, broken into pieces, 2 tablespoons cashews, 1 tablespoon skinned split black lentils (urad dal) 1 teaspoon split Bengal gram (chana dal), 1 teaspoon mustard seed, 1 pinch asafoetida powder, 1 cup chopped onion, 3 green chilly peppers, sliced into thin rings, 1 sprig fresh curry leaves, 4 cups water, 1 tomato, finely chopped, 1 tablespoon minced fresh ginger root, salt to taste, 2 cups semolina (sooji rava), 3 tablespoons fresh lime juice or to taste 2 tablespoons ghee (clarified butter).
- Method:**
- ✓ Heat the oil in a large skillet over medium heat. Fry the dried red chilly peppers, cashews, urad dal, chana dal, and mustard seed in the hot oil until the cashews are golden brown, about 5 minutes.
 - ✓ Sprinkle the asafoetida powder into the skillet. Add the onion, green chilly peppers, and curry leaves to the mixture; cook and stir until the onions are softened, about 5 minutes.
 - ✓ Pour the water into the skillet along with the tomato, ginger, and salt; bring to a boil.
 - ✓ Gradually pour the semolina into the mixture in a thin stream, stirring continually. This is very important.
 - ✓ If you add the semolina too quickly, or do not stir quickly enough, you will get lumps.
 - ✓ Cook and stir until the mixture begins bubbling; reduce heat to low, cover, and allow to cook 10 to 15 minutes.
 - ✓ Stir the lime juice and ghee into the mixture. Remove from heat and allow to rest 10 minutes before serving. ❖

Enrich your vocabulary

- ✓ **Egregious-** conspicuously and outrageously bad or reprehensible
- ✓ **Elegy-** a mournful poem; a lament for the dead.
- ✓ **Elicit-** call forth, as an emotion, feeling, or response.
- ✓ **Embezzlement-** the fraudulent appropriation of funds or property.
- ✓ **Emend-** make corrections too.
- ✓ **Emollient-** a substance with a soothing effect when applied to the skin
- ✓ **Empirical-** derived from experiment and observation rather than theory.
- ✓ **Emulate-** strive to equal or match, especially by imitating.
- ✓ **Enervate-** weaken mentally or morally.
- ✓ **Enfranchise-** grant freedom to, as from slavery or servitude
- ✓ **Engender-** call forth. ❖

Quotable quotes

- * "Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend. Non-being is the greatest joy."
Lao Tzu
- * "We know what we are, but know not what we may be."
William Shakespeare
- * "Believe you can and you're halfway there."
Theodore Roosevelt
- * "The measure of who we are is what we do with what we have."
Vince Lombardi
- * "Give light, and the darkness will disappear of itself."
Desiderius Erasmus
- * "It is during our darkest moments that we must focus to see the light."
Aristotle
- * "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."
John F. Kennedy
- * "The power of imagination makes us infinite."
John Muir
- * "Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."
Francis of Assisi