

Since 1920s the Oldest Daily...

Daily Telegrams

...the Largest Circulating Daily of the Islands

Weather

Thunderstorm with light rain. Maximum and Minimum temperature will be around 34°C and 27°C respectively on Friday 08/05/2020.

Maximum Temperature (°C) of Date: 35.1
 Minimum Temperature (°C) of Date: 27.0
 Relative Humidity(%) at 0830 IST 065
 Relative Humidity(%) at 1730 IST 073
 Sunrise Time for tomorrow (in IST): 0457
 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. 118

Port Blair, Friday May 08, 2020

Web: dt.andaman.gov.in

Rs. 3.00

Pages 4

PM addresses virtual 'Vesak Global Celebrations' on Buddha Purnima

Highlights need for coordinated efforts to tackle Corona Virus challenge

New Delhi, May 7

Prime Minister, Shri Narendra Modi highlighted the need for coordinated efforts to tackle the coronavirus challenge. He was speaking at the Vesak Global Buddha Purnima celebrations today via video link. Ministry of Culture in collaboration with the International Buddhist Confederation (IBC), a global Buddhist umbrella organization had organised a Virtual Prayer Event with the participation of all the supreme heads of the Buddhist Sanghas from around the world.

The Prime Minister appreciated the



compassionate gesture of dedicating the celebrations to the efforts of COVID-19 warriors and called for a coordinated effort to tackle the virus outbreak. He also remembered Lord Buddha's teachings and emphasized their universal nature. The Prime Minister also highlighted India's commitment to universal service of humanity.

Prime Minister said that India would reach out to every nation with a sense of service. The Prime Minister ended his message with an appeal to the people to stay safe and work for the service of others wherever they might be.

Administration maintains strict vigil in containment of Corona Virus in Isles: CS

- Lauds role of **Elected Representatives** in fight against COVID-19
- Undersea OFC Project to be completed by June/July
- Steps taken to transport stranded passengers
- Battle is long and we have **"Miles to Go"**

Port Blair, May 7

The Chief Secretary, A&N Administration, Shri Chetan B. Sanghi said that despite achieving some milestone in the fight against COVID-19 in A&N Islands, we have **"Miles to Go"** as the battle is long and the Administration is putting in its best to contain the spread of this virus. The priority of the Administration is the safety and protection of the Islanders and called upon the people to be patient. The Chief Secretary said this during an interview with All India Radio (News), Port Blair yesterday.

The Chief Secretary cautioned the general public not to be complacent in observing social distancing and practicing the specified etiquettes. He said, the Andaman & Nicobar Islands cannot be considered as 'Corona Free' as yet, as the peculiarity of this disease is such that, it has the tendency to recur and we need to be vigilant.

The Chief Secretary acknowledged the support received from the Elected Representatives viz. the Member of Parliament, Shri Kuldeep Rai Sharma, Chairperson, PBMC, Adhyaksh of Zilla Parishads for their valuable suggestions and support given by them to mitigate the problem arising due to COVID-19. Being elected representative, they are in direct touch with the people and are aware of their problems. They in turn help the Administration in better handling of the situation as they bring to notice of the Administration, the difficulties being faced by the people.

Lauding the services rendered by people from various fronts, the Chief Secretary said, in this fight against COVID-19, two important things come to the fore i.e. the selfless service of thousands of people who are working

hard to combat the disease which includes the Police, Medical & Health workers, PBMC workers, Sanitary workers, Revenue Staff, Govt. staff, Social Welfare, NGOs and the general public at large while the other being the support received from the Elected Representatives.

Disclosing that we were the first in the country to conduct pool testing of the samples that were collected with more than 10000 people tested for Corona disease, he mentioned that this milestone was possible with the help of all stakeholders. He said, the milestone achievement, success, efforts, challenges should not make us complacent as we have to be prepared for a long duration battle. The A&N Administration is aware of the difficulties being faced by the

people of the Islands and it is also working hard to mitigate the challenges.

Speaking about the game changing project viz. the undersea OFC Project, the Chief Secretary stated that "we have been putting our best effort to complete this project within 18 months' time, but the emergence of the current health crisis posed a great challenge for the completion of the project. The Japanese Engineers who were involved in the project had to move back as their Visa have been cancelled in view of COVID-19, and this led to halt in construction work at many places", he said. "I can understand the apprehensions and expectations of the people for the launch of the project; however, there are certain hamstrung which involves, contractual issue and construction related work, as

Engineers are not able to undertake any work during this current crisis. At one point of time, the Administration has even thought of launching one or two portion of the project, but due to the pandemic, the work has to be stopped. However, efforts are on by the Administration and BSNL to ensure the continuity of the project and its completion as per the schedule i.e. June/July, 2020". , the Chief Secretary remarked.

The Chief Secretary further stated that in the last one and half to two years, the Satellite Bandwidth has been increased to three fold. Had it not been the collective efforts of the Administration, BSNL and the DoT, the project would not have reached this stage and it's a matter of just one or two months

(Contd. on last page)

A&N Islands achieves 100% recovery of COVID-19 cases

Becomes 4th State/UT to achieve this landmark

Hardwork of doctors & frontline health workers yield results

Port Blair, May 7

The Andaman and Nicobar Island have achieved again the 100% recovery of all 33 active cases. Earlier, the UT has achieved this success on 7th April when all 11 cases were recovered. With the surge of cases in mid-April 2020, the A&N Islands again saw a dramatic increase in the epidemiology, which raised its COVID-19 confirmed cases to 33 by end of April 2020. Now, it has again achieved zero positive case with the last

positive case turns negative today. With this, Andaman and Nicobar Islands has become the 4th State/UT which has achieved this landmark success.

However, the success of Andaman is more significant considering its higher number of cases. The other three States that achieve this landmark achievement have negligent number of cases i.e. Arunachal Pradesh has 1 case, Manipur 2 case and Goa only 7 cases whereas Andaman and Nicobar had 33 cases.

There is no factor but the hard work of our Doctors and front line health workers primarily yielded this success. Moreover, the meticulous planning, arrangement of best facilities for quarantine, effective containment measures and massive contact tracing by the District Administration contributed immensely to achieve zero positive case status. This has also been made possible by vigorous testing of samples with the help of the

(Contd. on last page)

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

अंडमान तथा निकोबार प्रशासन
ANDAMAN & NICOBAR ADMINISTRATION
सचिवालय/SECRETARIAT

Health Bulletin For Containment Of

नोवल कोरोना वायरस रोग (COVID-19)

(No. 38/ 07th May 2020)
COVID-19 STATUS AS ON 07.05.2020

> **Andaman & Nicobar Islands:**

Total Confirmed cases	33
Cured/Discharged from Hospital	33
Death	00
Admitted at Hospital	00
Migrated out of Country	00
Outside Resident	00

> **Status of Hospitals:**

Name of Hospital	Isolation Beds Available	Occupied	Positive Cases Admitted
G B Pant Hospital, Port Blair	50	00	00

* No cases are admitted at Private Hospital.

> **Status of Sample Testing:**

Total Samples sent till date	4666
Total Reports received till date	4531
Total Pending Reports	135

> 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. 184761 population surveyed daily in these Zones.

> All COVID-19 patient cured and now under observation. Recovery Rate 100%

> Intensive awareness is continued through print and electronic media.

> 2020 passengers screened at VSI Airport till 24.03.2020 by medical teams.

> Calls received at 102 - 399 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.

> 1216 persons put under Institutional Quarantine as on today which includes passengers as well as contacts.

SURVEILLANCE DATA

Contacts put under Home Quarantine till date	1075
Contacts under Home Quarantine as on today	819
Contacts completed 14 days period of Home Quarantine	256
Persons under Institutional Quarantine as on today	260**
Persons completed 14 days period of Institutional Quarantine	956
Passengers completed 14 days period of Quarantine	1812

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

धन्यवाद
हमारे सभी COVID कार्यकर्ताओं को
हमें मिलकर COVID-19 से लड़ना है

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

Rain brings cheers for residents braving scorching heat



Staff Reporter
Port Blair, May 7
It finally rained over Port Blair city. The light thundershower came as blessings for the Islanders, who have been waiting for the arrival of monsoon, after a hiatus of over four-five months. The sudden thundershower and the petrichor, which permeates the air, brought happiness to the people. Some were seen collecting rainwater. The evening brought solace among people residing in different parts of the Islands. It may be recalled that the Met Office in its recent weather forecast indicated low-pressure area persisting over southern parts of Andaman Sea and a joining Southeast Bay of Bengal. It has been a perfect start to the season's first downpour, as Islanders have been braving the scorching summer heat since the last two months. The sudden rain has brought in some respite from the summer heat, which was welcomed by all.

Handwashing is critical in our fight against COVID-19

#IndiaFightsCorona

Administration maintains strict vigil in containment of Corona Virus....

(Contd. from page 1)
and assured the people that this dream project will be completed as per the schedule.
Dwelling upon the arrangements being made by the Administration to bring back stranded persons from mainland to the Islands and vice versa, the Chief Secretary said, transportation of the stranded people from the Islands and also back to the Islands has to be done with utmost care and by strictly adhering to the protocol. After bringing them back, they have to be tested and quarantined to ensure their safety as well as Islanders.
The Chief Secretary said that the Administration planned to bring the stranded islanders from mainland in view of the lockdown that was scheduled to be lifted on May 3 but considering the surge in the disease the lockdown had to be further extended for another two weeks and we now have to plan whether to bring back the stranded islanders during the period of lockdown or after that. We have collected the data of the stranded islanders which shows more than 1000 people which includes recovered medical cases, students. The Chief Secretary also assured the Islanders that the Administration is constantly monitoring the situation and committed to bring back the Islanders and urged them to be patient. "What we can assure is that there will be no lacuna in our efforts and we will deliver our best", he said. The Chief Secretary also praised the law abiding citizens of the Islands for their unflinching support and sought their continuous support in dealing with the pandemic.

Further, for the transportation of stranded passengers of Inter-Islands, regular sailing of the vessels have started for movement of people from one Green Zone to another Green Zone, he said adding that the movement of people from Red Zone to Green Zone is not permissible, considering the threat it involves. "The people/Govt. Servants who are stranded in Green Zones may contact the Deputy Commissioner/ Assistant Commissioner/ Tehsildar/ Revenue Staff for their movement to respective places/postings", he said. As far as movement of people which includes Govt. Servants/ Health Workers from Red Zone to Green Zone is concerned, a protocol has to be followed, the Chief Secretary added. The Administration is cautiously transporting stranded people from one Island to another as it cannot afford to risk the life of other Islanders.

Post lockdown, the Chief Secretary said, a mechanism has to be devised to revive tourism besides the livelihoods of the people have to be brought back to normalcy.

Speaking about the difficulties arising out of the current situation, the Chief Secretary said, considering the spread of the diseases in mainland, particularly Chennai being the main Port of Entry and few other places like Delhi and Mumbai, in which more cases are being detected, the situation is likely to remain a long term challenge.

While excerpts of this interview is being published, the Chief Secretary also tweeted today about the last positive case turning negative. Thus, there are no positive cases in the Islands. He also appreciated the dedicated efforts of the healthcare workers and #COVIDwarriors and the citizens for their wholehearted cooperation in achieving the 100% recovery rate.

DC N&M Andaman issues Order to install standalone foot-operated hand washing facilities in respective jurisdictions

Port Blair, May 7
In order to contain the spread of COVID-19, which has been declared as Global Public Health Emergency by World Health Organisation (WHO), and to inculcate a culture of frequent handwashing and thus promoting high standards of hygiene practices among the individuals, the District Administration, North and Middle Andaman has directed all the heads of offices of various departments and the PRI members to install standalone foot-operated hand washing facilities in respective jurisdictions viz. offices, panchayats and all prominent public places in the district.

In view of the above, all Non-Government Organisations (NGOs), Civil Society Organisations (CSOs), trader's/merchants' associations, auto/taxi unions, government/registered contractors and other willing individuals are hereby requested to come forward in this endeavour and strive to set up and maintain the standalone foot-operated hand washing facilities in the prominent public places in their jurisdiction. The willing agencies/individuals may contact respective Executive Engineers, APWD for any technical assistance or may act independently to install a low cost, low maintenance model with following specifications:

- > A suitable space of area 01 sqm at convenient locations in prominent public places which are easily accessible to Divyangjans, as decided by the District Administration, N&MA in respective jurisdiction.
- > A firm base and a platform/stand of adequate height for supporting storage tanks, washbasin, soap storage box, and other related gears.
- > A water storage tank of the volume 200 litres or more, preferably.
- > Adequate sized storage box for storing liquid soap/hand wash of capacity 2-3 litres, preferably.
- > Foot operated water-tap connected to the water storage tank for hands-free operation.
- > A wash basin connected with facility for proper drainage of the used water.
- > An arrangement to be made for keeping the area clean and dry.

The financing of the project, its maintenance and its day-to-day expenditure shall be incurred by the adopting agency out of their own funds. Alternatively, the agencies may finance the installation of the facility and hand it over to the willing department/agency/PRI/NGOs/CSOs/individuals for its day-to-day running and maintenance.

Moreover, in order to reduce the day-to-day running cost of the facility so installed, the Self-Help Groups (SHGs) of North and Middle Andaman district, who are trained and involved in the production of soaps and handwash and willing may register themselves with the District Administration, so that low-cost, good quality handwash can be produced locally and supplied to all the standalone foot-operated facilities in the district. This will also help generate employment and boost the income of SHGs.

The general public have been requested to use this facility (as and when installed) as much as possible, and encourage others to follow suit, and thus play a role of a responsible citizen in preventing the spread of COVID-19, an appeal issued by the District Magistrate, North and Middle Andaman District said.

A&N Islands achieves 100% recovery

(Contd. from page 1)
RMRC-ICMR Port Blair, which led to 11000 tests per million population that is highest in the country.

Though, the success is always a matter of joy but by considering the nature of virus, we need to take this success with caution. Still we are having more than 260 highly suspected contacts under institutional quarantine and they are still to be tested. So the Administration has not scaled down its alert level and moving very carefully with all necessary precautions which is required to keep the virus away by observing meticulously lockdown conditions, social distancing and respiratory etiquettes. The Administration is also expecting a third surge when the stranded Islanders will come to the Islands from mainland because the areas from where they will come are falling in Red Zones. Therefore, we are still in half way to achieve the complete success. But, we will definitely achieve the complete success as we are having a dedicated and motivated team of Doctors and health care workers, dedicated team of District Administration, well equipped COVID-19 facilities/ quarantine facilities and adequate stocks of essential medicines and equipments.

To achieve complete success and to keep virus away from Islanders, we need constant help and support from people of the Islands, who are the major stakeholders in our fight against COVID-19. The Principal Secretary (Health) has also appealed to all the citizens to obey meticulously all the restrictions imposed by the Government, a press release from Principal Secretary (Health) said here today.

MASK
पहना
PLEASE



my
GOV
मेरी सरकार



Help us to
Help you

Aarogya Setu
एअरोग्या सेतु

Stay Alert & Stay
Safe with Aarogya
Setu App!

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अपने हाथ
बार-बार धोएं

एल्कोहल
आधारित
सेनिटाइजर का
प्रयोग करें

सोशल
डिस्टेंसिंग
अपनाएं

घर पर रहें,
जीवन बचाएं

घबराहट में
खरीददारी न
करें

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

SPITTING RELEASES SALIVA IN THE AIR AND ON THE GROUND
Increasing the risk of spread of **COVID-19**

DO NOT SPIT IN PUBLIC

Be a responsible citizen
Together we will fight **COVID-19**

OFFICE OF THE TEHSILDAR/INCIDENT COMMANDER
PORT BLAIR

Dated : 06.05.2020

**CANCELLATION OF VEHICLE
MOVEMENT PERMIT**

Whereas, Engineer Officer to Chief Engineer, APWD, A & N Administration applied for movement pass for two officers namely Shri K. Murthy, Executive Engineer, SAD and Shri Akash Kishen, Assistant Engineer, SAD for urgent nature of works regarding clearance of drainage prior onset of Moonsoon to prevent Runway Flooding at INS UTKROSH and they are residing at Biggiline and Round Basti respectively;

And Whereas, Biggi Line was constituted as Containment Area in order to prevent the spread of COVID-19, the said area is under Aberdeen village but the containment operation only scaled down;

This office has erroneously issued movement permit in favour of the above said persons and the said movement permit is hereby cancelled with immediate effect and the parties may advice to approach the competent authority (i.e. Deputy Commissioner, SA) for issuance of movement permit;

Tehsildar/Incident Commander
Port Blair

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

In Memoriam
4th Death Anniversary
On 08-05-2020



K. VASANTHA KUMARI

When someone you love dies
You never quite get over it...
You just learn to slowly go on
without them...

But they are tucked safely in heart
Fondly Remembered by: Gopala Binnu
Kumar, G. Birju Anand, G. Beena Devi,
all family members, relatives and friends.

In Loving Memory on
3rd Death Anniversary
Of Late Inder Nath
On 08/05/2020



*Remembering you is easy, which we
do it every day without fail
But missing you is real heartache
that never goes away*

Fondly remembered by: Smti. Vidya
Devi-Wife & Ms Reeta Devi-Daughter,
R/o RGT Road & all family members.

SOME HELPLINE NUMBERS

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

Magazine

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



KIDS' CORNER

Creative DIY Crafts for kids
How to Fold a DIY Corner Bookmark

Materials required:
Origami papers, scissors and decorations and glue to make the monster or any other creature your heart desires.

Method :

- Start by folding the paper in half .
- Fold the left and right corner to the centre point. Cut off the excess part and cut through the middle so that you get two triangles.
- Unfold them - you've gotten yourself two squares that will soon turn into two monster bookmarks!
- Fold the square in half - you'll get a rectangle - fold in half again and you'll get a smaller square. Unfold it.
- As you've unfolded the small square you'll see 4 small squares inside the unfolded square - cut one out as shown on the picture.
- Now cut the adjacent two squares from the one you've cut out (diagonally through the square).
- Fold the little triangles inward - apply some glue to the inner one and you're done!
- Well all that's left to do is to cut some eyes, tongues, teeth, tentacles, horns... And glue them onto your monster!



Silly riddles

Q. How do you make cool music?
A. Put your CD's in the fridge.

Q. Why was the coach mad?
A. Because he wanted his quarterback.

Q. What's the best place to grow flowers in school?
A. In kindergarden.

Q. What did the firefly say to the other firefly?
A. "You glow, girl!"

Q. What did the policeman say to his belly?
A. You are under a vest!

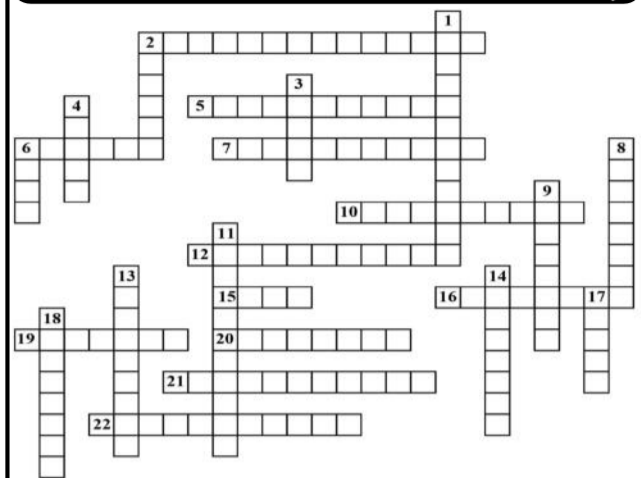
Q. What kind of explosions do dinosaurs like?
A. DINomite!

Q. What is a flower between your nose and your chin?
A. Two lips. (Tulips)✿

Learn Some Idioms & its usage

- Have on the brain**
Meaning - Thinking or talking about it all day long.
- Fling yourself into**
Meaning - Doing something with a lot of energy and enthusiasm.
- Raring to go**
Meaning - Being very eager and enthusiastic about the idea of doing something.
- Xerox subsidy**
Meaning - Using the office photocopier for personal use.
- Get a grip on yourself**
Meaning - Controlling your feelings to deal with a situation.✿

Crossword Puzzle: Government Vocabulary



Across

- recognition of differences; most often refers to treating people differently based on their race, religion, or sex
- way of ensuring that laws or rules are obeyed
- grammar term for part of a sentence that includes a subject and a verb
- a person under someone else's direction
- forbidden
- a person or group's general outlook or preferences
- to charge and collect taxes or a fine (or to raise an army)
- implied or suggested but not stated directly
- a magazine for academic research
- a smaller group, less than half
- in spite of that (whatever was just said)
- bringing together into a coherent whole

Down

- the fundamental law or rules of a nation or organization
- an organized event in which opposing sides present their positions
- before
- an unpublished version of an essay or book
- center, essential part
- clearly stated
- review and correction
- before the main part of something
- a correction to a document
- supplementary information at the end of a book
- a book's alphabetical list of words and the pages they are on
- clear and clearly connected, intelligible

Recipe for Bread Roll

Ingredients:
1½ cups potatoes cubed or 3 medium potatoes, ½ cup carrots and peas (optional), ½ to ¾ tsp red chili powder or green chili chopped, ½ tsp garam masala (adjust as needed), 1/8 tsp turmeric or haldi, ¼ tsp amchur (or 1 tbsp lemon juice), 2 tbsp coriander leaves chopped, Salt to taste (about ½ tsp)

For bread roll: 10 slices bread (any). Oil as needed (if frying) or butter for brushing

For binding the bread rolls: ½ cup milk or water, 2 tbsp flour mixed with half cup water

Preparation for bread roll:

- Wash and peel the potatoes. Cut them to 2 and add to a pressure cooker or pot. Pour water just enough to cover the potatoes partially.
- Pressure cook for 1 to 2 whistles on a medium flame. Potatoes must be just cooked and not mushy. If using carrots and peas, you can just cook them in the same pot after removing potatoes.
- You can also steam the potatoes in a rice cooker until they are cooked al dente. Move the potatoes to a side, add carrots and peas to the steamer. Steam until the carrots are tender.

Prepare stuffing:

- Mash potatoes or crumble them. Add carrots and peas, slightly mash them.
- Add chili powder, garam masala, turmeric, salt, coriander leaves and amchur or lemon juice. Mix everything well and check the salt.
- Divide the mixture to 10 equal balls and make an oblong or oval shaped balls. Set these aside.

Making bread roll:

- Trim the edges of the bread. Begin to roll them with a rolling stick to flatten them like puri. Flatten to a thin sheet. This prevents the bread from absorbing oil.
- Stir 2 tbs flour with half cup water. Set this aside. Smear the milk or water all over the bread slices with your fingers or brush so that it turns moist and wet. But not with excess dripping water.
- Smear the flour mix on the edges. Place one ball towards one end and begin to roll.
- Stick the edges together and seal the inner filling. If needed apply more flour mixture on the edges.
- Transfer them to a plate and keep them covered to prevent drying. If the rolls dry up then the edges will open up.

Baking them in oven:

- For baking - preheat the oven to 200 C. Brush the rolls with some melted butter. Bake for 10 to 12 mins or until golden on both the sides.

For pan frying or tawa frying:

- Pan frying - Brush the bread rolls with a generous amount of melted butter, ghee or oil. Heat the pan until hot and toast these until golden. These rolls do not get even golden color but will turn crisp.

Frying bread rolls:

- Heat only a few tbsp oil, just enough to partially cover the rolls while frying.
- When the oil turns hot, drop a small piece of bread. It must rise without browning quickly.
- Make sure the oil is hot enough. Then drop 2 to 4 rolls at one time depending on the size of the pan used.
- Fry until golden. Flip and fry evenly. Remove the bread rolls to kitchen tissues.
- Serve bread roll with sauce or green chutney.✿



Little-Known Facts about Hermit Crabs

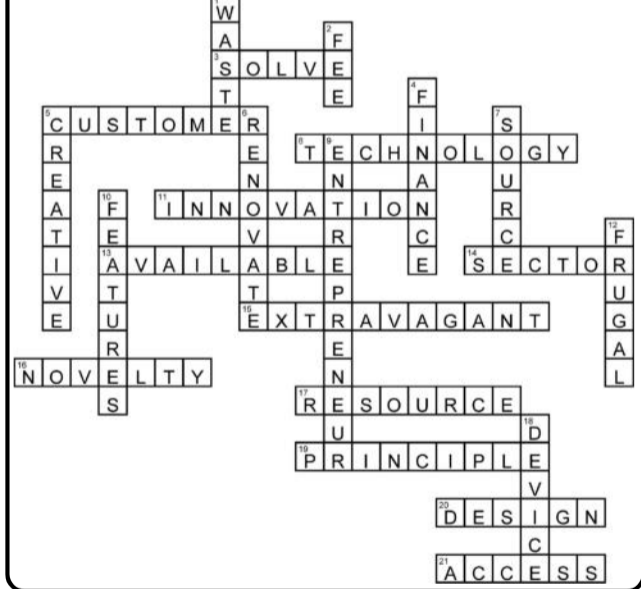
- House bound:** These soft-bodied crustaceans are so dependent on their shells for protection that they will only venture out to copulate or to upgrade to better accommodation.
- Paddling pools:** Only smaller specimens, inhabiting periwinkle shells, tend to occur in rockpools. Larger ones, which can reach 8cm in length and require more spacious accommodation such a whelk shells, usually live below the low-tide mark.
- Identity crisis:** Hermit crabs are not true crabs, from which they split about 200 million years ago, but are more closely related to squat lobsters, which are not themselves true lobsters.
- Multipurpose mouthparts:** These opportunistic omnivores will scavenge, kill, browse and graze whatever plant or animal matter is available. They are readily cannibalistic and can filter microscopic food from the water using their bristly mouthparts.
- Multiple occupancy:** Common hermits encourage anemones to attach to their shell, and will even transfer them from shell to shell when they move house. The anemones' stinging tentacles may deter predators.

Health benefits of Cabbage



- Antioxidant-Related Health Benefits of Cabbage:** Cabbage has as an excellent source of vitamin C and a very good source of manganese. But in terms of antioxidants in the newer, phytonutrient category, cabbage is impressive, even among cruciferous vegetables. Polyphenols rank at the top of the list for phytonutrient antioxidants in cabbage. In fact, one group of researchers has described polyphenols as the primary factor in cabbage's overall antioxidant capacity.
- Anti-Inflammatory Benefits of Cabbage:** Without sufficient intake of anti-inflammatory nutrients, regulation of our inflammatory system can become compromised, and we can experience the problem of chronic inflammation. Especially when combined together with oxidative stress, chronic inflammation is a risk factor for development of cancer.
- Digestive Tract Support of Cabbage:** Long-established in health research is the role of cabbage juice in helping heal stomach ulcers (called peptic ulcers), but more recent studies on cabbage have looked at the overall health benefits of this food for the stomach and digestive tract as a whole. Present-day studies make it clear that cabbage contains a variety of nutrients of potential benefit to our stomach and intestinal linings.
- Cardiovascular Support from Cabbage:** Recent studies on cabbage intake-especially studies on intake of red cabbage-have looked carefully at the potential for cardiovascular support from this vegetable. The results have been encouraging. Blood levels of beta-carotene, lutein, and total blood antioxidant capacity have been found to increase along with increasing intake of red cabbage intake. ✿

Answers to cross word puzzle published on May 07



Quotable quotes

- "When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us."
Helen Keller
- "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do."
Mark Twain
- "A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow."
William Shakespeare
- "Great minds discuss ideas; average minds discuss events; small minds discuss people."
Eleanor Roosevelt
- "A successful man is one who can lay a firm foundation with the bricks others have thrown at him."
David Brinkley
- "Those who dare to fail miserably can achieve greatly."
John F. Kennedy
- "You only live once, but if you do it right, once is enough."
Mae West