

Since 1920s the Oldest Daily...

Daily Telegrams

...the Largest Circulating Daily of the Islands

Weather

Lightrain with thunderstorm. Maximum and Minimum temperature will be around 33°C and 26°C respectively on Saturday 09/05/2020.

Maximum Temperature (°C) of Date: 33.1
 Minimum Temperature (°C) of Date: 26.0
 Relative Humidity(%) at 0830 IST 073
 Relative Humidity(%) at 1730 IST 089
 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: 012.2
 Rainfall upto 1730 hrs of date in mm: 004.4
 Rainfall (Progressive total from 1st January 30.8 upto 0830 hrs (of date) in mm

Prime Minister pays tribute to Gurudev Rabindranath Tagore

New Delhi, May 8
 The Prime Minister, Shri Narendra Modi paid tributes to Gurudev Rabindranath Tagore on his Jayanti. In a tweet, Prime Minister said, "Tributes to Gurudev Tagore on his Jayanti. Gifted in several fields, he made a strong contribution towards India's freedom movement. His clarity of thought and expression were always outstanding".



(Photo/Twitter/@narendramodi)

PM expresses grief over loss of lives in Aurangabad rail accident

New Delhi, May 8
 The Prime Minister, Shri Narendra Modi has expressed grief over loss of lives in a rail accident in Aurangabad, Maharashtra. In a tweet, the Prime Minister said, "Extremely anguished by the loss of lives

due to the rail accident in Aurangabad, Maharashtra. Have spoken to Railway Minister, Shri Piyush Goyal and he is closely monitoring the situation. All possible assistance required is being provided".

Defence Minister approves proposal for modernization of infrastructure for airfields of Air Force, Navy, Coast Guard & other services

New Delhi, May 8
 Ministry of Defence signed contract for Modernisation of Air Field Infrastructure (MAFI) of 37 airfields for Indian Air Force (IAF), Indian Navy (IN) and Indian Coast Guard (ICG) with M/s Tata Power SED (TPSED) at a cost of nearly Rs 1,200 crore here today. The proposal has been duly approved by Defence

Minister, Shri Rajnath Singh. The MAFI Phase-II is a follow-on programme based on MAFI Phase-I that included upgradation of 30 airfields of IAF. The airfields modernised under MAFI Phase-I have been of immense benefit to both military and civil users. The project is a turnkey project that

(Contd. on last page)

No shortage of food grains; procurement also on track: Minister



New Delhi, May 8
 The Government is making efforts to ensure that foodgrains are readily available for distribution in all the States for meeting their requirements under the "Pradhan Mantri Garib Kalyan Anna Yojana (PM-GKAY)". The Union Minister for

Consumer Affairs, Food and Public Distribution, Shri Ram Vilas Paswan said here today that PM-GKAY is aimed at ameliorating the hardships faced by the poor due to various economic disruptions caused by the COVID-19 pandemic. Under the package, the Government aims to ensure no poor vulnerable family/person suffers on account of non-availability of foodgrains due to disruptions in the next three months. Accordingly, the Department of Food & Public Distribution has also announced the policy decision taken in this regard to distribute

(Contd. on last page)

Restriction on days for normal operation of permitted activities except Containment Zone modified Permitted activities allowed for 6 days a week i.e. from Monday to Saturday Medical screening of staff should be done within 7 days

Port Blair, May 8

In partial modification of Order No. 477 dtd. 3rd May, 2020, the Deputy Commissioner South Andaman District has ordered that the restriction on the days for normal operation of all permitted activities except containment zone has been modified and allowed for 6 days in a week i.e. from Monday to Saturday. This will come into immediate effect. Similarly, the timings for all permitted operations/activities shall be from 7 am to 7 pm. (except liquor shops). The movement of trucks carrying perishable goods shall be continued to be permitted on all days, as earlier.

In addition to the liquor vends already allowed, the liquor vend at Delanipur is also allowed to function. The timings for operation of all permitted liquor vends shall be 10 am to 5 pm.

Meanwhile, the Deputy Commissioner, South Andaman District has also amended Point No. 4 of Order No. 476 dtd. 3rd May, 2020 regarding the SOPs for permitted activities.

As per the amendment, the medical screening of all staff deployed at the time of recommencement of work should be done within 7 days from the date of commencement of work. The same can be done at the work site by a Medical Officer/Doctor/Nurse (including Private Medical Practitioners).

Further, a new guideline No. 21 has been added which states that it shall be the duty of all agencies/employers that no person is engaged for work if he/she is under home quarantine or any of his/her family members is under home quarantine and residing in the same premises.

(Contd. on last page)

Transportation of Stranded Personnel: A&N Administration in touch with Nodal Officers of other States

Port Blair, May 8

The Directorate of Shipping Services had recommenced the registration of stranded personnel w.e.f 7th May, 2020, which has been completed on 8th May 2020 and acknowledgments have been sent to the individuals, who have registered for transportation to and from A&N Islands. Further, the details of transportation (Mode/dates) will be

intimated to all as and when finalised. Meanwhile, the Government of Tamil Nadu has informed that due to resurgence of COVID-19 cases in their State and the resources being stretched, they are still in the process of putting in place the additional quarantine facilities required for passengers arriving from outside. The travel to Chennai

from Port Blair therefore shall only be planned after obtaining the consent /readiness of Tamil Nadu Govt.

As and when clarifications are

available on the the other States to facilitate further registered personnel inter state movements, a press release from the A&N Administration Directorate of Shipping Services is also in touch with the Nodal Officers of said here today.

CBSE to conduct pending Class 10th & 12th board exams from July 1 to 15: HRD Minister

New Delhi, May 8
 Human Resources Development Minister, Dr Ramesh Pokhriyal Nishank today announced that Central Board of Secondary Education, CBSE will conduct pending Class 10th and 12th board examinations from 1st to 15th of July which were postponed due to the COVID-19 induced lockdown. Dr. Nishank informed



about it in a video message this evening. For Class 10, exams for students of North East

Delhi will also be held. The detailed schedule would be released by the CBSE soon. (Source: india.gov.in)

Schedule for tele-classes for upcoming week announced

Port Blair, May 8

The schedule for the broadcast of tele-classes for the upcoming week (from 11.05.2020 onwards) for the students of Class II to VII through the All India Radio, Port Blair and Class

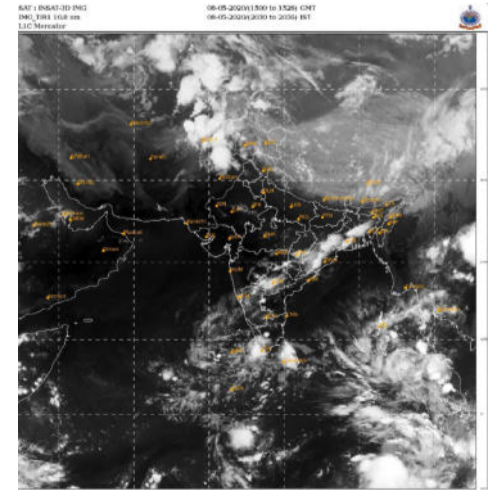
(Contd. on last page)

Heavy rain with thunder squall likely to occur in Isles

Port Blair, May 8

Thunder squall (50-60) kmph, lightning and heavy rain (7-11) cm is likely to occur at one or two places over Andaman & Nicobar Islands on May 9.

Fisherman Warning: Due to squally wind speed exceeding 45 kmph, fishermen have been advised not to venture into the sea over South Andaman sea on 9th May, 2020. For



further enquiries / information contact

(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. 39/ 08th May 2020)
COVID-19 STATUS AS ON 08.05.2020

> 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	4778
Total Reports received till date	4667
Total Pending Reports	111

> House to House surveillance throughout South Andaman District including all Containment Zones are being conducted by District Administration with the help of Health Workers. 185214 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 - 402 calls.

> 15 lines are activated in State Head Quarter Control Room and District Headquarter Control Room also set up at North & Middle Andaman District and Nicobar District.

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

SURVEILLANCE DATA

Contacts put under Home Quarantine till date	1079
Contacts under Home Quarantine as on today	811
Contacts completed 14 days period of Home Quarantine	268
Persons under Institutional Quarantine as on today	167**
Persons completed 14 days period of Institutional Quarantine	1048
Passengers completed 14 days period of Quarantine	1812

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

FACE COVER IS A PROTECTIVE GEAR TO SAVE YOU FROM CORONAVIRUS

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

Defence Minister approves proposal for modernization....
(Contd. from page 1)

includes installation and commissioning of modern airfield equipment like Cat-II Instrument Landing System (ILS) and Cat II Air Field Lightning System (AFLS), etc. The modern equipment around the airfield will also be directly connected to Air Traffic Control (ATC), thereby providing excellent control of the airfield systems to the air traffic controllers. The upgradation of navigational aids and infrastructure under this project would enhance the operational capability by facilitating air operations of military and civil aircrafts even in poor visibility and adverse weather condition while enhancing aerospace safety.

The contract will provide impetus to the domestic industry in the prevailing situation. The project will give a boost to over 250 Micro, Small and Medium Enterprises which will be directly benefited from being involved in execution of various activities of this project. This contract would aid in infusing the much needed capital in the market and boost employment generation in such fields as communications, avionics, information technology, apart from civil and electrical equipment and construction.

No shortage of food grains; procurement also on track....
(Contd. from page 1)

additional foodgrains to about 80 Crore NFSA beneficiaries under the PM-GKAY in all States/UTs for a period of three months April to June 2020, including the UTs which are on DBT Cash Transfer mode.

Besides the food grains, Shri Paswan said the Government is also distributing free pulses to about 19.50 crore households for three months in the country. He said, this is the first time that the Department of Consumer Affairs is carrying such a massive operation of pulses.

The Minister said, as on date, about 51,105 LMT of pluses have been distributed across 21 States and 5 UTs.

my GOV मेरी सरकार

Help us to Help you

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Download Now

Google play App Store

Schedule for tele-classes for upcoming week....

(Contd. from page 1)

VIII to XII through Local Cable TV Network is as mentioned below.

Schedule for Cable TV Telecast (w.e.f. 11-05-2020)

DATE/TIME	10.00 AM - 10.30 AM	10.30 AM - 11.00 AM	11.00 AM - 11.30 AM	11.30 AM - 12.00 Noon	12.00 Noon - 12.30 P.M	12.30 P.M. - 01.00 P.M.
REPEAT TELECAST	06.00 PM - 06.30 PM	06.30 PM - 07.00 PM	07.00 PM - 07.30 PM	07.30 PM - 08.00 PM	08.00 PM - 08.30 PM	08.30 PM - 09.00 PM
CLASS	VIII	IX	X	XII	XII	XII
11-05-2020	MATHS	ENGLISH	SCIENCE	PHYSICS	ECONOMICS	MATHS
12-05-2020	SCIENCE	MATHS	S/ SCIENCE	CHEMISTRY	ACCOUNTANCY	BIOLOGY
13-05-2020	S/ SCIENCE	SCIENCE	ENGLISH	MATHS	POL. SCIENCE	PHYSICS
14-05-2020	ENGLISH	MATHS	MATHS	BIOLOGY	COMP.SCIENCE	CHEMISTRY
15-05-2020	SCIENCE	SCIENCE	ENGLISH	PHYSICS	B/ STUDIES	MATHS
16-05-2020	MATHS	S/SCIENCE	MATHS	CHEMISTRY	ACCOUNTANCY	BIOLOGY

Students and parents have been urged to post their questions/queries/doubts related to their subjects in the following format - (1) Name of the student (2) Address (3) Class (4) Subject (5) Questions/Query/Doubts, through the mode of SMS or WhatsApp on the following mobile numbers - 9933227676, 9474210059, 9474210823 or on Email-id - itmiscell.edn@and.nic.in . Questions/ Query / Doubts received through SMS or Whatsapp shall be clarified by the subject teachers on every Saturday from 9.00 am to 10.00 am through All India Radio.

Broadcast through All India Radio, Port Blair Centre in entire Andaman & Nicobar Islands (Timings: 09.00 AM to 10.00 AM)

Days					
11.05.2020	V - English	VII - Hindi	III - English	II - English	VI - Social
12.05.2020	VI - Science	III - Hindi	VII - English	V - EVS	IV - EVS
13.05.2020	VII - English	VI - Science	II - English	II - Hindi	V - EVS
14.05.2020	VII - Hindi	V - English	VII - Science	IV - Hindi	III - EVS
15.05.2020	VII - Science	II - Hindi	V - EVS	IV - Hindi	III - English
16.05.2020	Doubts clearing session on the queries raised by the students through Phone, SMS, WhatsApp or Email				

The students, parents and all stakeholders have been appealed to make use of this facility to the maximum extent for the benefit of enhancing teaching-learning activity during this lockdown period. Parents have also been requested to engage their wards to compulsorily attend the virtual classes as per the schedule and feel free to contact their teachers for any clarification of the content, a press release from Directorate of Education said.

Permitted activities allowed for 6 days a week...

(Contd. from page 1)

The modified proforma to be submitted by the agencies/employers is (as mentioned below), the orders to this effect issued by Deputy Commissioner/ District Magistrate, South Andaman District said.

DETAIL INFORMATION OF THE PERMITTED ACTIVITY TO BE PERFORMED

Tehsil:..... Date:.....

- Department/Agency.....
- Name of the Work.....
- Scheduled Date of Commencement..... Scheduled Date of Completion.....
- Location Details.....
- Name of the On Site In-charge..... Mob. No.....
- Number of workers to be engaged.....
- Expected date of Re-Commencement of the work.....
- Expected date of Completion/Days of Continuation of work.....
- Movement of labour involved? YES (Ex-Situ) NO (In-Situ)
- If Yes (Ex-Situ), the area from which labour shall be transported.....

UNDERTAKING

I,..... Designation..... Mob.No..... hereby undertake to ensure the following at the work-site: -

- Availability of face-cover for all the staff before re-commencement of the work.
- Completion of medical screening of all the staff deployed, at the time of re-commencement of the work.
- Strict enforcement of social distancing norms, respiratory etiquettes, and other personal hygiene protocols among the staff at all times.
- Sanitization of all the vehicles, equipments and machineries deployed using Hypochlorite solution or other approved sanitizing agents everyday before the commencement of the permitted work.
- Sanitization/hand wash of all personnel working under the establishment shall be ensured at the site/office by the establishment.

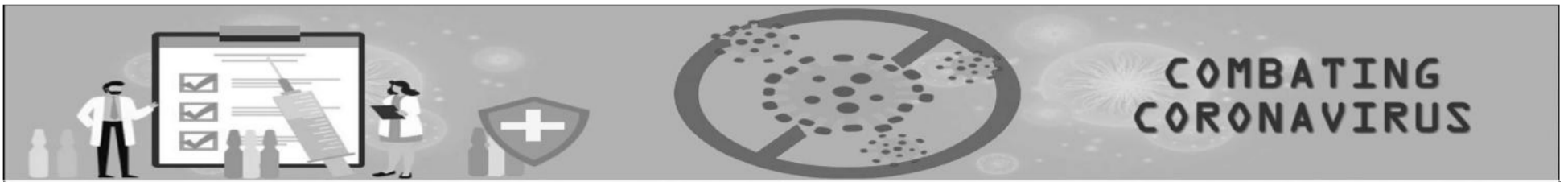
Signature and Seal Engineer/Site In-charge

To
The Incident Commander
Andaman & Nicobar Administration
Note:-Any violation of conditions as stipulated above shall invite legal action as per the law against the organization/persons concerned.

Heavy rain with thunder squall

(Contd. from page 1)

helpline of State Emergency Operation Centre at Helpline No. 1077 & District Emergency Operation Centre at Helpline No. 1070 and 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.



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

M — **A** — **S** — **K**

Mera Apka Suraksha Kawach

Always wear Mask

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

Stay home, stay safe

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**

COVID-19 को बढ़ने से रोकने के लिए दूसरों से उचित दूरी बनाये रखना ज़रूरी है

एक-दुसरे से कम-से-कम 1 मीटर की दूरी रखें

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

Happy 1st Marriage Anniversary on 09-05-2020

VIVEK & JYOTI

With Best Wishes from: Pappa, Mammy, Basant, Navin, Niraj family & friends.

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 a 3-D paper raindrop garland

Material required:

paper, scissor, pencil, ruler, needle & thread

Make this multidimensional craft to get you thinking outside of the box.

♣ Begin by printing out a template (one for each raindrop in the garland).

♣ Stack five sheets of blue card stock and cut out the template using scissors. Tip: Stack subtly different shades of blue to add dimensionality to each raindrop. Secure raindrop cut-outs with paper clips.

♣ Using a pencil and ruler, draw a straight line down the center of stacked raindrop cut-outs (this will guide your stitch).

♣ Line up a single raindrop bottom-end first under the needle and stitch along the drawn line, continuing to sew for spacing between raindrops; repeat this step until you have a complete garland of raindrops.

♣ Once you have reached desired length, snip with scissors and knot the end.

♣ Petal out the drop facets before hanging. ❖



Silly riddles

Q. I add lots of flavor and have many layers, but if you get to close I'll make you cry. What am I?

A: An onion

Q. What has legs, but doesn't walk?

A: A table

Q. You see me once in June, twice in November, but not at all in May. What am I?

A: The letter "e"

Q. I run along your property and all around the backyard, yet I never move. What am I?

A: A fence

Q. I have to be opened, but I don't have a lid or a key to get in. What am I?

A: An egg ❖

Learn Some Idioms & its usage

- Hang on by fingernails

Meaning - Continuing to do something in a very difficult situation.

- Pull out all the stops

Meaning - Doing everything you can to make something successful.

- Buckle down

Meaning - Doing some hard work with determination and full attention.

- First out of the gate

Meaning - Being the first one to make a start at something. ❖

Health benefits of Chili

***Fight Inflammation:** Chili peppers contain a substance called capsaicin, which gives peppers their characteristic pungence, producing mild to intense spice when eaten.



Capsaicin is a potent inhibitor of substance P, a neuropeptide associated with inflammatory processes. The hotter the chili pepper, the more capsaicin it contains. The hottest varieties include habanero and Scotch bonnet peppers. Jalapenos are next in their heat and capsaicin content, followed by the milder varieties, including Spanish pimientos, and Anaheim and Hungarian cherry peppers.

***Natural Pain Relief:** Topical capsaicin is now a recognized treatment option for osteoarthritis pain. Several review studies of pain management for diabetic neuropathy have listed the benefits of topical capsaicin to alleviate disabling pain associated with this condition.

***Cardiovascular Benefits:** Red chili peppers, such as cayenne, have been shown to reduce blood cholesterol, triglyceride levels, and platelet aggregation, while increasing the body's ability to dissolve fibrin, a substance integral to the formation of blood clots. Cultures where hot pepper is used liberally have a much lower rate of heart attack, stroke and pulmonary embolism.

***Clear Congestion:** Capsaicin not only reduces pain, but its peppery heat also stimulates secretions that help clear mucus from your stuffed up nose or congested lungs.

***Boost Immunity:** The bright color of red chili peppers signals its high content of beta-carotene or pro-vitamin A. Just two teaspoons of red chili peppers provide about 6% of the daily value for vitamin C coupled with more than 10% of the daily value for vitamin A. Often called the anti-infection vitamin, vitamin A is essential for healthy mucous membranes, which line the nasal passages, lungs, intestinal tract and urinary tract and serve as the body's first line of defense against invading pathogens. ❖

Little-Known Facts about Bald Eagles

✓ **Young bald eagles aren't bald:** So obviously adult bald eagles aren't really bald, either-their heads have bright white plumage that contrasts with their dark body feathers, giving them a "bald" look. But young bald eagles have mostly brown heads. In fact, for the first four or five years of their lives, they move through a complicated series of different plumage patterns; in their second year, for instance, they have white bellies.

✓ **They hold the record for the largest bird's nest:** Bald eagles build enormous nests high in the treetops. Their cozy nurseries consist of a framework of sticks lined with softer stuff such as grass and feathers. On average, bald eagle nests are 2-4 feet deep and 4-5 feet wide. But one pair of eagles near St. Petersburg, Florida, earned the Guinness World Record for largest bird's nest: 20 feet deep and 9.5 feet wide. The nest weighed over two tons.

✓ **Females are larger than males:** Male bald eagles weigh about 25 percent less than females. Scientists aren't sure why there's such a size difference. One reason might be the way they divide up their nesting duties. Females take the lead in arranging the nesting material, so being bigger might help them take charge. Also, they spend longer incubating the eggs than males, so their size could intimidate would-be egg thieves.

✓ **Bald eagles sound so silly:** Instead, they emit a sort of high-pitched giggle or a weak scream.

✓ **They're aerial daredevils: It seems too weird to be true:** While flying, bald eagles sometimes grab each other's feet and spin while plummeting to the earth. Scientists aren't sure why they do this-perhaps it's a courtship ritual or a territorial battle. Usually, the pair will separate before hitting the ground.

✓ **They eat trash and stolen food:** Bald eagles will also snack on gulls, ducks, rabbits, crabs, amphibians, and more. They'll scavenge in dumpsters, feed on waste from fish processing plants, and even gorge on carrion (dead, decaying animals). ❖

Recipe for Aloo Paratha

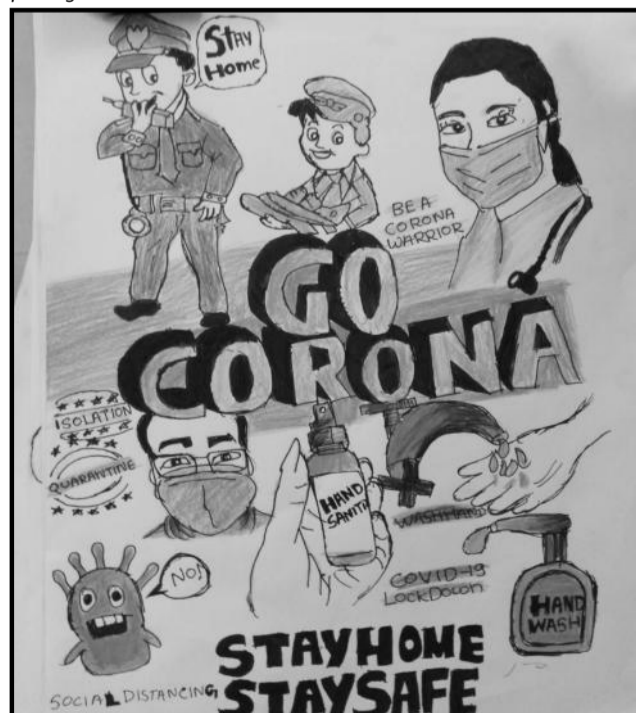


Ingredients: 250 gm whole wheat flour, pinch of salt, 1 cup water, 50 ml oil

For the filling: 500 gm potatoes, 20 gm coriander leaves, 20 gm ginger garlic paste, 75 gm onions, 5 gm green chillies, 5 gm turmeric, 5 gm chilli powder, 10 ml lime juice, oil for frying

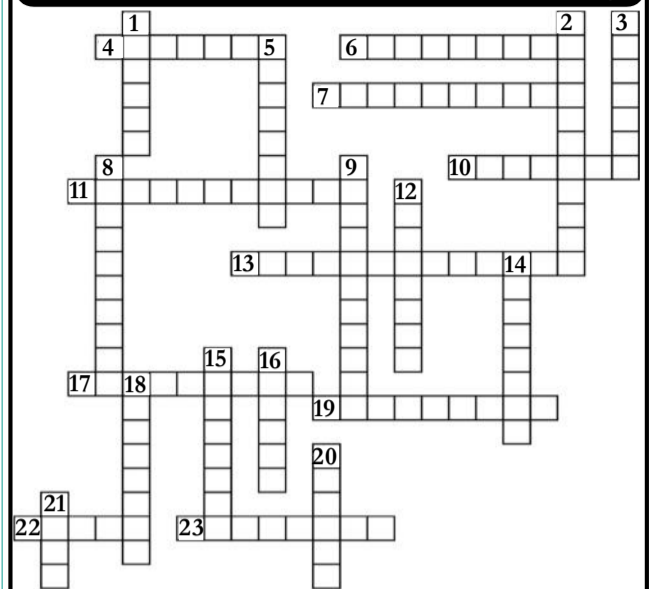
How to make Aloo Paratha:

- ✓ Make a soft dough with the specified ingredients.
- ✓ Divide the dough into balls, as per the required size.
- ✓ Chop the onions, green chillies and the coriander leaves. Then boil the potatoes; remove the skin and mash.
- ✓ Add the rest of the ingredients and mix well. Take each portion of the dough, flatten it on palm.
- ✓ Stuff the filling in the dough and roll into balls. With a rolling pin, flatten the balls into 1/2" thick round parathas.
- ✓ Grease a pan with a little oil and heat on a medium flame.
- ✓ Cook the parathas until both sides are golden and cooked through.
- ✓ Serve hot with a dallop of butter.



Contributed by: Priyanshu Adhikary, Class: VI
Sagritara Eng. Medium School

Crossword Puzzle: Justice & Court Vocabulary



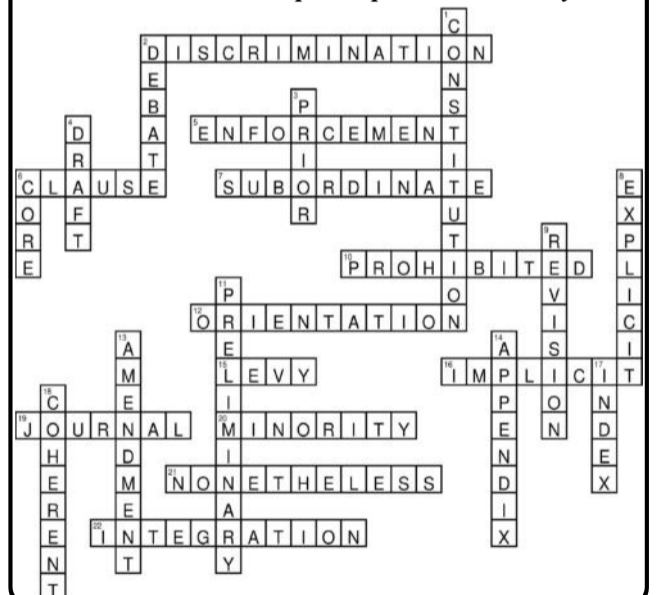
Across

4. someone who gives testimony about what they saw or heard
6. something unfair
7. a penalty for breaking rules or the law
10. to set someone free
11. the way things have been done for a long time
13. the act of sending someone to prison (imprisonment)
17. to change something completely
19. person accused of a crime
22. the official who makes the final decisions in a court
23. someone who has broken the law (as an adjective: related to crime)

Down

1. a person who has been harmed by someone else
2. returning something that is damaged to its earlier condition; making something right again
3. fairness; a legal system to ensure fair treatment
5. person who lives through a bad experience
8. the lawyer trying to prove that a defendant is guilty
9. another possibility or way to deal with a problem
12. feel the effects of; involved
14. something that happens
15. someone guilty of breaking a law
16. a place where people are kept as punishment for a crime
18. lawyer
20. actions to correct a wrong or compensate a victim
21. the 12 citizens who listen to court cases and decide who is right or if a defendant is guilty or innocent

Answers to crossword puzzle published on May 08



Quotable quotes

- * "He that falls in love with himself will have no rivals."
Benjamin Franklin
- ** "It is hard to fail, but it is worse never to have tried to succeed."
Theodore Roosevelt
- ** "I'm a success today because I had a friend who believed in me and I didn't have the heart to let him down."
Abraham Lincoln
- ** "Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."
Lucille Ball
- ** "Let us always meet each other with smile, for the smile is the beginning of love."
Mother Theresa
- ** "Challenges are what make life interesting and overcoming them is what makes life meaningful."
Joshua J. Marine