



**HUGH JACKMAN IN TALKS TO
HEADLINE RACING DRAMA 'FERRARI'**
pg 08

**A FIELD GUIDE TO TRUMP'S
DANGEROUS RHETORIC**

04

**SYLVESTER STALLONE PAID TRIBUTE
TO HIS CELEBRITY FRIENDS IN
THE BEST POSSIBLE WAY**

pg 08



Summit ON TOP OF THE NEWS TIMES

Vol 05 | Issue 162 | Gangtok | Monday | 22 June 2020

RNI No. SIKENG/2016/69420

Pages 8 | 5

Sikkim Police reinforces border detail

SUMMIT REPORT

GANGTOK, 21 JUNE:

With the escalation of tension on the India-China border in Ladakh, and in light of the one incident reported last month at Naku La, Sikkim Police has upgraded its deployment at forward border check-posts.

A senior Sikkim Police official confirmed today that an additional platoon of armed police has been deployed to forward check-posts at Sherathang near Nathula and at Thangu in North Sikkim in coordination with the army.

Personnel have been carefully picked and have been deployed with proper provisions and arsenal, it is informed.

"No person with a medical condition is included in the deployment and the force will carry sufficient ration to last a month," a source quoting an internal memo informed, adding that all personnel will carry arms and ammunition, bedding and sufficient warm clothing.

Reports of Chinese intrusion along Sikkim's borders is nothing new. There was a standoff with blows exchanged at the Naku La pass in North Sikkim when a patrol party of the People's Liberation Army was reportedly stopped by Indian soldiers on 09 May, 2020.

The issue was later resolved at the local level.

India's CO-VID-19 tally crosses 4 lakh with highest single-day spike of 15,413 cases

NEW DELHI, JUN 21 (PTI): A record single-day spike of 15,413 new CO-VID-19 cases took India's infection tally past the 4 lakh-mark on Sunday, while the death toll rose to 13,254 with 306 new fatalities, according to Union Health Ministry data

India has been registering record single-day spike for the past four days

The jump of 15,413 cases took India's case load to 4,10,461

The number of recoveries also continued to surge with 2,27,755 patients cured so far, while there were 1,69,451 active cases, according to the updated official figures at 8 am. One patient has migrated

"Thus, around 55.48 per cent of the patients have recovered so far," an official said. The total number of confirmed cases includes foreigners

India registered over 10,000 cases for the tenth day in a row The country has witnessed a surge of 2,19,926 infections from June 1 till 21 with Maharashtra.

8 new COVID cases detected, active count rises to 53

"2-YEAR-OLD PATIENT KEEPING WELL DESPITE HEAVY VIRAL LOAD"

SUMMIT REPORT

GANGTOK, 21 JUN:

After three calm days of no new detections, COVID-19 returned to Sikkim with eight new cases on Sunday.

Health Secretary, Dr PT Bhutia, informs that among the eight are 4 secondary contacts of a patient who had tested positive earlier and was undergoing treatment.

While three are family members of the COVID-19 patient, including her 5 year old son, one person [a 30 year old woman] had probably come into contact with her in the quarantine facility. They had all returned to Sikkim on 03 June and were still under quarantine, the centre having been declared a containment

zone when the first positive cases were detected there.

The remaining four new patients are from South Sikkim. Three of them had returned from Bihar on 13 June while one person had returned from Siliguri on the 12th.

Dr Bhutia details that a 26-year-old returnee from Champasari, Siliguri, who reached Sikkim

on 12 June, has positive. He added that three returnees, aged 15, 35 and 36, who had returned from Kishanganj, Bihar have also tested positive. They had reached Sikkim on 13 June and were in the facility quarantine at Chemchey, South Sikkim. He informed that all four positive patients have been shifted to Isolation Ward set-up at Samdup-

tse, Namchi.

With this, the total number of active cases in Sikkim at the moment is 53, said Dr Bhutia.

The number of active cases had fallen to 49 on Saturday, but since then four patients had recovered and have been discharged. Sikkim has had a total of 78 COVID cases of whom 25 have recovered thus far.

Dr Bhutia also provided an update on the two-year-old child who had tested positive for COVID-19 earlier and is admitted at the STNM Hospital isolation ward. He mentioned that the child was comfortable at present and that a team of doctors were taking care of the child. Although the child is still asymptomatic, the

viral load was strong and thus is expected to remain in hospital for some more time. He added that the woman patient who was taking care of this child was also discharged yesterday and that another lady patient was now taking care of the child. The child's mother, it may be recalled, had tested negative.

Diesel price hits record high after rates hiked for 15th day in a row



NEW DELHI, JUN 21 (PTI): Diesel price on Sunday hit a fresh record high after rates were hiked by 60 paise per litre while petrol price was up 35 paise, taking the cumulative increase in rates in 15 days to Rs 8.88 a litre and Rs 7.97 respectively.

Petrol price in Delhi was hiked to Rs 79.23 per litre from Rs 78.88, while diesel rates were increased to Rs 78.27 a litre from Rs 77.67, according to a price notification of state oil marketing companies.

Rates have been increased across the country and vary from state to state depending on the incidence of local sales tax or VAT.

Taxes make up for nearly two-thirds of the retail selling price. As much as Rs 50.69 per litre, or 64 per cent, in petrol price is due to taxes -- Rs 32.98 is the central excise duty and Rs 17.71 is local sales tax or VAT.

Over 63 per cent of the retail selling price of diesel is taxes. Out of the total tax incidence of Rs 49.43 per litre, Rs 31.83 is by way of central excise and Rs 17.60 is VAT.

Petrol in Mumbai costs Rs 86.04 per litre and diesel is priced at Rs 76.69.

The 15th daily increase in rates since oil companies on June 7 restarted revising prices in line with costs after ending an 82-day hiatus in rate revision, has taken diesel prices to fresh highs. Petrol price too is at a two-year high.

Prior to the current rally, the peak diesel rates had touched was on October 16, 2018 when prices had climbed to Rs

75.69 per litre in Delhi. The highest-ever petrol price was on October 4, 2018 when rates soared to Rs 84 a litre in Delhi.

When rates had peaked in October 2018, the government had cut excise duty on petrol and diesel by Rs 1.50 per litre each. State-owned oil companies were asked to absorb another Re 1 a litre to help cut retail rates by Rs 2.50 a litre.

Oil companies had quickly recouped the Re 1 and the government in July 2019 raised excise duty by Rs 2 a litre.

The 82-day freeze in rates this year was imposed in mid-March soon after the government hiked excise duty on petrol and diesel to shore up additional finances.

The government on March 14 hiked excise duty on petrol and diesel by Rs 3 per litre each and then again on May 5 by a record Rs 10 per litre in case of petrol and Rs 13 on diesel. The two hikes gave the government Rs 2 lakh crore in additional tax revenues.

Oil PSUs Indian Oil Corp (IOC), Bharat Petroleum Corp Ltd (BPCL) and Hindustan Petroleum Corp Ltd (HPCL), instead of passing on the excise duty hikes to customers, adjusted them against the fall in the retail rates that was warranted because of a decline in international oil prices to two-decade lows.

International oil prices have since rebounded and oil firms are now adjusting retail rates in line with them.

In 15 hikes, petrol price has gone up by Rs 7.97 per litre and diesel by Rs 8.88 a litre.

Sikkim marks International Day of Yoga with online session

SUMMIT REPORT

GANGTOK, 21 JUN:

On the occasion of the 6th International Day of Yoga, the NSS Cell of the Department of Sports and Youth Affairs organised an online Yoga session on the theme "Yoga at home, Yoga with family" today.

The session was chaired by Minister Sports and Youth Affairs, KN Lepcha and attended by Secretary, Sports and Youth Affairs Department, Kuber Bhandari, officials of the Sports Department, programme coordinators, programme officers and NSS volunteers.

In his short address, the Minister urged the NSS volunteers and other participants to make yoga a daily habit during this pandemic to stay strong and fit.

Secretary Sports, Kuber Bhandari also highlighted the importance of yoga and its benefits in



day today life.

Altogether 150 participants joined the session and performed yoga asanas demonstrated by

the day's resource person, Assistant Professor, Manorath Dahal, SCERT.

The session was summed up with a vote

of thanks by the State Nodal Officer, NSS, Suchitra Rasaily. The entire programme was conducted through webinar.

PIB organizes webinar on 'Yoga in Times of Coronavirus'

GUWAHATI, 21 JUN [PIB]: Marking the celebration of 6th International Yoga day and recognizing importance of Yoga in helping people deal with increased stress due to the spread of COVID-19 pandemic, Press Information Bureau, Guwahati today organized a Webinar on 'Yoga in Times of Coronavirus' at the office of Directorate General, Ministry of Information and Broadcasting, North East Zone.

The Webinar brought together all the offices of Directorate General, Ministry of Information and Broadcasting of North, East, South, West, North east Zone, Yoga experts from prominent Yoga organisations and journalists across the country.

"Yoga is the gift of India to the humanity", said LR Viswanath, Head of North East Zone, Ministry of Information & Broadcasting while giving his welcome note in the Webinar today.

Speaking about the purpose of Yoga, he said that negative thoughts can be arrested if one does yoga regularly. He also said that in this COVID time there is lot of monotony,



depression, negativity and anxieties and there is no better solution than practicing yoga.

Gracing the webinar as a yoga Expert from North East, Subhashish Kar, Yoga expert, Board of Sports, Assam, said in his inaugural speech that Yoga can develop human being at physical, mental and social level. "Corona is bringing stress and strain and Yoga is the only system that can help reduce it." He appreciated Press Information Bureau for conducting this webinar on Yoga to reach people in far places during this time of pandemic.

Today's Webinar had participation of Zonal heads of East, West, North and South Zones apart from that of North East Zone under the Ministry of I&B.

The officials from each zone spoke about the contribution of their respective zones in promoting Yoga and they also highlighted the scenario of Yoga in the states under each zone. Manish Desai, Director General, West Zone; RN Mishra, Director General, East Zone; S. Venkateswar, Director General, South Zone; Mrs. Devpreet Singh, Additional Director General (Incharge), North Zone and S.N. Pradhan, Additional Director General, Imphal, Ministry of Information and Broadcasting were the officials that attended the Webinar.

The technical sessions of the Webinar was attended by Yoga experts from various reputed Yoga organisations of the country. They enlightened

the participants about the benefits of yoga in individual's life especially at this time of COVID-19 pandemic. They also gave an in depth knowledge on self enlightenment through Yoga.

The Webinar was summed up by Keerti Tiwari, Joint Director, Press Information Bureau, Guwahati. She expressed her gratitude to everyone who participated in the Webinar and made it successful.

Earlier in the day, a Yoga session was also held in the premises of the office of the Directorate General, Ministry of Information & Broadcasting, Guwahati. The Yoga session was inaugurated by Dr. Kamala Kanta Kalita, Chairman, Assam Khadi and Village Industries Board. Officials and staff of Press Information Bureau and Regional Outreach Bureau participated in the session maintainingg social distancing and other norms. The Yoga postures were demonstrated by Pranab Kumar Nath, Yoga expert and also an official of Regional Outreach Bureau. The Yoga session had participation of all the other media units of North East zone through live streaming.

Online orchid competition to create awareness

SILAPATHAR (ASSAM), JUN 21 (PTI):

At a time when the country is fighting the COVID-19 pandemic, the Orchid Society of Assam (OSA) is geared up for a different battle -- to create awareness and stop illegal trading of the exotic plants through a national level online competition.

All one has to do is to click a selfie with their orchids and upload it on the official Facebook page, Orchidophiles, with address details and stand a chance to win Rs 10,000, Rs 7,000 and Rs 5,000 as top three prizes.

The idea occurred to the OSA after their bid to organise the state's first ever orchid festival during Bihu in April had to be cancelled because of the COVID-19 pandemic.

Boasting the second-highest number of orchid species in India behind Arunachal Pradesh, Assam

turn to pg 02

UK police: Park stabbing that killed 3 was a terror attack

ENGLAND (AP): A stabbing rampage in Britain that killed three people as they sat in a park on a summer evening is being considered a terrorist attack, British police said Sunday as a 25-year-old believed to be the lone attacker was in custody.

Authorities said they were not looking for any other suspects, and they did not raise Britain's official terrorism threat level from "substantial."

"Motivation for this horrific act is far from certain," said Neil Basu, Britain's top counterterrorism police officer, as police combed the park where the carnage unfolded in Reading, a large commuter town west of London.

Three people were killed and three others seriously wounded in the stabbing attack that came out of the blue in Reading's Forbury Gardens park on Saturday evening.

Basu said "incredibly brave" unarmed officers from the Thames Valley Police force arrested a 25-year-old local man at the scene. The Thames Valley force later said counterterrorism detectives were taking over the investigation.

"There is no intelligence to suggest that there is any further danger to the public," said Detective Chief Superintendent Ian Hunter.

The Press Association news agency reported the suspect was an asylum-seeker from Libya who was living in Reading. Police have not identified him.

Prime Minister Boris Johnson was being briefed on developments. His office said Johnson had met security officials, police and senior ministers on Sunday for an update on the investigation. Police officers patrolled cordons on the roads leading to the park on Sunday, and blue-and-white tents were erected near the site of the attack. Overnight, heavily armed officers entered an apartment about a mile away, and a loud bang was heard.

The attack came a sunny summer evening in Reading, a town of 200,000 residents 40 miles (64 kilometers) west of London, as eased coronavirus lockdown restrictions allowed more people to socialize.

Personal trainer Lawrence Wort said the park was full of groups sitting on the grass when "one lone person walked through, suddenly shouted some unintelligible words and went around a large group of around 10, trying to stab them." "He stabbed three of them severely in the neck and under the arms, and then turned and started running towards me, and we turned and started running," Wort said.

Chennai comes to a standstill on first 'Sunday shutdown'

CHENNAI, JUN 21 (PTI): The first "Sunday shutdown" with exception only for hospitals and allied health services brought Chennai and suburbs to a standstill while the city's civic body said its fever camps to help detect coronavirus cases have evoked tremendous response from the people.

It was a virtual curfew with deserted roads, bridges and intersections fully blocked by police using barricades and with the exception of police, sanitary workers and health personnel of the Greater Chennai Corporation (GCC) most of others stayed indoors.

City police said as many as 4,799 cases have been filed for violation of curbs and 7,907 vehicles (7,395 two-wheelers, 168 autorickshaws, 344 light motor vehicles)

have been seized. While vegetable shops, groceries and petrol pumps have been allowed to function from 6 am till 2 pm during the 12-day lockdown period that began on June 19, such outlets too are closed today.

The government had already announced that on two Sundays (June 21 and 28) barring milk supply, pharmacies, hospitals and ambulance services, no other services or shops will be permitted to function.

The present spell of lockdown was implemented in view of continuing surge in coronavirus cases and before that most services and businesses were allowed to function.

On Saturday, of the 2,396 fresh virus cases in Tamil Nadu, Chennai accounted for 1,254 and the state capital's

tally stood at 39,641. GCC Commissioner K Prakash said as many as 533 medical camps were conducted on a single day on Saturday in which 36,671 people took part and over 1,198 Influenza Like Illness cases were detected and swab samples were taken from 1,029 people.

"The fever clinics run by the Corporation have evoked tremendous response from the people. The services came in handy for people for many ailments (apart from helping detection of coronavirus symptoms) especially when many clinics and dispensaries in private sector remain unopened," he said.

According to the civic body, the fever camps, which were 100 plus during the end of May steadily increased and crossed the 500-mark on

June 18 and touched 533 on Saturday.

Fever camps were held by GCC on Sunday as well in several locations here and people were given immunity boosting herbal drink "Kabasurakudineer," which means a concoction to beat cold and fever.

Chennai Police Commissioner A K Viswanathan said senior police officers were leading patrols in the city.

Following inputs that the public had ventured out of their homes in some interior areas, an appeal was made to them using public address systems to stay indoors and the response was good, he told reporters.

"People should continue to do it (cooperate)," he said adding though there may be some difficulties in view of the curbs to fight CO-

VID-19, endurance shall stand people in good stead. Police is a friend of the people. Even if the restrictions are tough in some areas, people should kindly bear it as the present curbs are intended to facilitate return of normalcy," he said and appealed again to people to cooperate.

Asked on some people in quarantine going outside their place of stay flouting norms, he said such people were being monitored.

"We advise them, warn them and cases have also been filed," he said adding violations were being monitored and cases registered against violators.

The curbs are applicable only to Chennai and parts of nearby Chengalpattu, Tiruvalur and Kancheepuram districts.

15 quit SDF to join SKM



SUMMIT REPORT

GANGTOK, 21 JUN:

15 individuals quit opposition parties and joined SKM at a meeting held at Pathing, Rangang Yangang constituency today.

The joining includes

prominent members including youth, women and active workers of SDF from Rangang the constituency.

Upon joining SKM, they are reported to have expressed desire to work for the wellbeing of Sikkim and the SKM party.

The meeting was conducted in the presence of area in-charge, Rangang Yangang, RK Basnet, Confidential Secretary to the CM, Bikash Basnet and other senior party members.

Relief handed over to Singtam fire victims



SUMMIT REPORT

SINGTAM, 21 JUN:

Area MLA, Khamdong Singtam, Minister Dr MK Sharma visited fire-affected site of Lall Bazaar, Singtam and handed over cheques of Rs 2 lakh each to the tenants and shopkeeper affected by the fire today.

The announcement made by Chief Minister, PS Tamang [Golay], to provide financial support to the four affected shop-

keepers from Chief Minister's Relief Fund was followed up today.

Minister Sharma also assured the vegetable vendors and hawkers of Lall bazaar, Singtam that their problems will be settled in the days to come. On behalf of the people of Lall Bazar, Sunder Rai expressed thanks to the Chief Minister and Minister for their prompt response.

Businessmen Uma

Shankar Soni, Uttam Ghatani, Baliram Sharma and Uttam Roy who received relief thanked the State Government for the support.

Meanwhile, one way route was started from Lal Bazaar Shopping Complex, Singtam to Indreni Bridge to keep the way clear for emergency vehicles. At the time of the fire, fire tenders had difficulty accessing the site due to congestion on the road.

22 complete facility quarantine at IHCAE

NAMCHI, 21 JUN [IPR]:

The second last batch consisting of 22 people from South Sikkim, who had undergone facility quarantine at IHCAE, Chemchey, were discharged today after completing their mandatory institutional quarantine period of 14 days.

The entire discharge process was overseen by the Incharge cum Chief Administrator, IHCAE Chemchey Col, DN Bhutia, Dr Chewang Palmo Chingapa alongside the

medical team and support staff of IHCAE. During the discharge the returnees were properly checked by the medical team posted there and advised them to maintain strict home quarantine protocol for another 14 days in order to complete 28 days quarantine period.

It may be mentioned here that the last batch of returnees who are undergoing their facility quarantine at IHCAE, Chemchey will be released on 23rd, June.

'Global Epidemic: Tension Management' international webinar by AKGDC Prayagraj



SUMMIT REPORT

GANGTOK, 21 JUN:

An international webinar on the theme of Indian music in 'Global Epidemic: Tension Management' was conducted by the music department of Arya Kanya Girls Degree College (AKGDC) Prayagraj today. The main speaker was Bhajan Samrat Anup Jalota, in this webinar, there was also a special appearance of Professor of the music department of Sikkim University, Surendra Kumar. Bhajan Samrat, Anup Jalota said in his address that Indian music leads man from contemplation to contemplation. Former Vice Chancellor of Raja Mansingh Tomar Music University, Prof Swatantra Sharma described music as a means of relieving mental

stress. He also performed a song and bhajan based on Corona. The President of the music department of EVIV Prof Prem Kumar Malik termed music as a powerful tool for relieving the mental stress caused by COVID-19. Dr Joita Mandal discussed the challenge of music in COVID-19. Dr Ramshankar gave Coronkal a golden age for music. Dr Surendra Kumar, Dr Seeta Thapa, Dr Ila Malviya of Arya Kanya also shared their views. Chairman of the Governing Body Pankaj Jaiswal welcomed the guests. The vote of thanks was given by Principal, Dr Rama Singh and Dr Ibha Sirothia, Conjunctions. During this time Dr Ranjana Tripathi, Dr Chitra Chaurasia, Shikha Jaiswal etc. were present.

Online orchid...

accounts for about 400 species and most of them are classified as wild and endangered.

"There is a lot of illegal trade going on and unless there's a concrete effort, we will lose all our species slowly. It's difficult to stop the menace directly so we want to create awareness and save our state's orchids," secretary of OSA Mithu Gogoi told PTI.

"Northeast accounts for more than 70 per cent species in India. It's a property of the Northeast and Arunachal Pradesh alone has 580 species approximately. I'm sure this will raise awareness among the orchid lovers of the country and discourage illegal trading which has been on the rise," he added.

The last date to upload the entries is June 30, while a five-member jury will announce the top three winners on July 5.

Orchid Society of Assam was formed in December 2018 at the Silapathar Science College in a small town in the Dhemaji district in upper Assam, just six kilometres off Arunachal Pradesh to conserve the state flower 'kopou phool' (Rhynchostylis Retusa or the foxtail orchid).

**to book
advertisements in Sum-
mitTimes, call
03592-208698
9734152541**

Antyeshti Kriya



The Antyeshti Kriya or Funeral Rites of Late Neetu Devi who passed away on 04 Jun, 2020 will be held on 22 Jun, 2020 at her residence in Tadong (near Science block of SRM University). All friends, well-wishers, cousins are requested to attend the same.

**Sunil Prasad (Husband)
Chandan**

Prasad - Brother in Law

Kanchan Prasad - Brother in Law

Amit Prasad - Brother in Law

Rupa Prasad - Sister in Law

Nisu Prasad, Payal - Daughter

Tushar Prasad - Son

Ph: 7076928231/9434861810

**~ SummitTIMES ~
CLASSIFIEDS**

FLAT FOR SALE

4BHK flat, total area 2376 sq ft
Ninety Bazaar, Near Paljor Stadium, Gangtok
Contact: 9563083895

LAND FOR SALE

Two plots available – 30X40 sq ft and 50X30 sq ft
Junkerri Dara, Samlik Marchak
Price negotiable
Contact : 6296366498,
9641878315, 9593262407

GENERAL LAND FOR SALE

General land 30X40 (3 Plots) available for sale
at Tadong 6th Mile next to Harka Maya College.
Flat Land no cutting required. Price 27 Lakhs
(negotiable).
Contact: 9800201335

LAND FOR SALE

A land measuring an area for 50x32 1/2 at Road-side just below housing colony is for sale. It is just a one minute walking distance from Namchi bazaar taxi stand. Interested party may contact 9593373387 and 9434406761

LAND FOR SALE

An area measuring 1 acre at Sadam South Sikkim near Loretto Convent School at Gupti road. Price negotiable any one interested can contact:
78640-04501, 62970-03235, 98320-48410

DEAR READERS,

IF YOU ARE HAVING TROUBLE GETTING YOUR COPY OF THE SUMMIT TIMES IN YOUR NEIGHBOURHOOD, PLEASE MESSAGE OR WHATSAPP US YOUR NAME AND ADDRESS AT 9832556698 AND WE WILL ENSURE THAT THE NEWSPAPER REACHES YOU.

Delhi govt issues revised order on home isolation

NEW DELHI, JUN 21 (PTI): The Delhi government has issued a revised order stating that the novel coronavirus patients who do not have comorbidities or require hospitalisation could opt for home isolation following withdrawal of the decision on five-day mandatory institutional quarantine.

"All individuals who are positive will be referred to the COVID care centres for assessment of clinical condi-

tions, severity of illness and presence of co-morbidities," it said in an order on Saturday. An assessment will also be done to check whether adequate facilities like minimum two rooms and a separate toilet exist so that the family members and neighbours are protected and a cluster of cases does not develop in that locality, according to the order.

"If adequate facility for home isolation exists, and the person on clinical

assessment is found to have no comorbidities and does not require hospitalisation, he would be offered to either continue to stay in COVID centre/paid isolation facility (hotels etc), or can opt for home isolation," the order said.

The order said the patients in home isolation should follow home isolation guidelines laid down by the Health Ministry and should stay in touch with healthcare providers so that if their

condition deteriorates, they can be moved to the COVID hospitals.

Lieutenant Governor Anil Bajjal had directed on Friday five-day mandatory institutional quarantine for every coronavirus patient, but the decision was revoked on Saturday following stiff opposition from the AAP government.

The development came after two meetings between the Delhi government and the Bajjal.



Yoga at Raj Bhawan

SUMMIT REPORT

GANGTOK, 21 JUN:

Governor Ganga Prasad today led the celebration of International Day of Yoga at Raj Bhawan.

Additional Chief Secretary to Governor, SD Negi, officers and staff, ITBP Jawans posted at Raj Bhawan joined the Yoga demonstration in a sombre observance.

The celebration was in the spirit of 'Yoga at Home, Yoga with Family', the theme of this year's celebration.

The common yoga protocol was performed in supervision of Dr Vinudha from Ayush Division under Health and Family Welfare Department.

Governor, on the occasion underlined the need to incorporate yoga in

our daily routine and stressed on the Asanas which are useful in boosting our immune system. Mentioning that Yoga, if followed and incorporated in right orientation, can effectively help us to fight the current COVID-19 pandemic at the individual level, Governor further urged everyone to make best use of therapeutic value of Yoga.

Yoga at Pema's Gym



GANGTOK, 21 JUN: Members of Pema's Gym & Health Club, Martam in East Sikkim, participated in a yoga session on the occasion of International Day of Yoga on Sunday.

The yoga session was held under the guidance of Jigme Youngda Bhutia who has a diploma in yoga. He is the son of international athlete, Pema Dorjee Bhutia.

Very sure of playing IPL if T20 World Cup is postponed: Warner

NEW DELHI, JUN 21 (PTI): Opener David Warner is "very sure and positive" that he and other Australian players will be able to play the IPL if the T20 World Cup is postponed in the wake of COVID-19 pandemic.

Though Cricket Australia chairman Earl Eddings has said that it is a bit "unrealistic" to host the 16-team tournament in October-November, the ICC is yet to decide the fate of the event and is expected to do so next month.

"...and if it is unlikely if the World Cup can't go ahead, then I am very sure and positive that we will be able to come and play in the IPL if that replaces the World Cup schedule," Warner was quoted as saying by 'India Today'.

"If that permits us from Cricket Australia giving the go-ahead to go over there, I am sure we will put our hands up and come and play cricket which at the end of the day is what we love."

The southpaw himself had said earlier that hosting the T20 World Cup would be a tough ask considering the number of teams involved.

He said everybody is waiting for ICC's decision on the matter.

"Look, there has been a lot of talk about the T20 World Cup being postponed, the challenges around getting every single nation that participates in the World Cup into Australia, given

the fact that we have the quarantine for 14 days.

"Nevertheless, making sure we are restricting the chances of a Covid-19 outbreak back into Australia. Those restrictions are in place with the Australian government at the moment. We have to obviously abide by those rules and obviously we await the decision from the ICC," said Warner.

He said most Australian players would want to play the IPL, which can be held in September-October if T20 World Cup and Asia Cup are postponed. "Look, most definitely all the players who have been selected and picked in the auction will put their hand up if we are permitted. One we have to get government clearance as well to travel.

"If Cricket Australia allows us to go over there and participate, I am sure the guys will definitely be on board with that to be back up and running and playing cricket again," said Warner.

Having missed the previous home series against India in 2018-2019 due the ball-tampering ban, Warner is looking forward to the next one in Australia this summer when two teams play four Tests. However, he would not want to provoke India captain Virat Kohli during the high-profile series.

"Virat Kohli is not a person to be poked and no point poking the bear," he said.

'It created an image': how Brian Stein's England call-up boosted anti-apartheid struggle

ED AARONS

LONDON, 21 JUN [THEGUARDIAN]: On 7 February 1968, a former boxer – known as 'Boston Tababy' in his fighting days – and his family arrived at Cape Town's docks to board the ship that would take them to their new lives. Isaiah Stein had been hounded by the police for his political activities with the fledgling ANC movement in his homeland and finally decided it was time to get out.

"We were all very excited," recalls Edwin Stein, the eldest of three brothers born in South Africa who would go on to play professional football in England. "There were some other families that we knew who were going to Canada and others who were coming with us to the UK. It was all very organised because they knew we needed to get out of the country to try and create some pressure through the international community."

In London, Isaiah soon became involved in the sporting boycott campaigns of the late 1960s and early 70s, becoming a key member of the South African Non-Racial Olympic Committee (SANROC), which was based in London. They ensured South Africa was removed from the Olympic movement in 1970 and Stein would later represent SANROC at meetings with the United Nations' Special Committee Against Apartheid, the Supreme Council for Sport in Africa and International Sports Federations, also attending the 1976 Olympic Games in Montreal.

"Isaiah was much more astute politically than the others, who were mainly sports exiles," says Sam Ramsamy, who went on to become chairman of SAN-

ROC and met Stein in 1972. "He was very good to me and we became very good friends."

Leading figures in the boycott movement like Ramsamy were regular visitors to the family home as Edwin, Brian and Mark grew up. Dennis Brutus, who had met Ramsamy in a chance encounter on a ship sailing from Madeira to London, was the driving force in establishing SANROC as a powerful organisation that eventually ensured South Africa's almost complete sporting isolation. It was the work of activists like Stein, whom Edwin later remembered would attempt to disrupt rugby matches using any means possible.

"My dad used to take us to Twickenham. Moles," he says with a smirk. "He slung the moles over the wall and went in there. If you put moles anywhere there is grass, then they dig. It was to show us all what he did and the reason why all this was happening. It was simple but so effective. I found out recently that my dad had organised terrorist cells. No one knew who was in the group because it was all so secretive. His main aim was to disrupt the sporting landscape as much as he could."

Almost 26 years to the day since they had left Cape Town, Brian Stein made history by becoming the first black African-born player to represent England's senior side in a friendly against Michel Platini's France. It capped a remarkable rise from non-league football to the international stage in just over six years. Having started out at local club Edgware Town, Edwin – a speedy right-winger – and Brian both joined Luton in November 1977.

Yoga Day at Teesta-V Power Station

SUMMIT REPORT

Gangtok, 21 Jun:

NHPC, Teesta-V Power Station, observed International Yoga Day at Balutar, East Sikkim on 21 June to raise awareness about the benefits of Yoga in daily life.

In keeping with COVID-19 restrictions on mass gatherings and movement, International Yoga Day was observed in a non-congregative manner.

Employees and their families performed yogasanas at their respective homes using digital resources available, a press release informs.

In his message, General Manager (i/c), Sahadev Khatua, Teesta-V Power Station, Teesta-IV Project & CEO of Teesta-VI HE Project said that prac-



ting Yoga not only makes the body fit, but also builds immunity which is of paramount significance in the prevailing CO-

VID-19 pandemic. He also said that "Yoga" is the best tool for the betterment of health & wellbeing of the community.

Joy v danger: Italian fans divided as football returns to Bergamo

ANGELA GIUFFRIDA

ROME, 21 JUN [THEGUARDIAN]: Mauro Ausilio was among 40,000 Atalanta fans, most of whom had travelled 30 miles from the team's home city of Bergamo to Milan's San Siro stadium, for a Champions League clash against Valencia on 19 February. "It was the first time in history that the club qualified for the Champions League and I didn't want to miss out," Ausilio said.

But unbeknown to them at the time, coronavirus had been circulating in Italy for weeks and the first local infection was confirmed in Codogno, south of Milan, two days later. Atalanta won the game, but the fixture is now remembered as a detonator for a virus that would go on to kill an estimated 6,000 people across Bergamo, putting the province at the centre of Italy's pandemic.

Ausilio said he will not be watching on TV when Atalanta's season resumes on Sunday evening in a Serie A match

against Sassuolo behind closed doors. The return of football is causing friction between those who see it as a step towards normality after months of suffering, and others who believe it is too soon.

"The last few months have affected all of us psychologically," said Ausilio. "I know people who died. So even though it is always a big pleasure to watch Atalanta, some of the sparkle is missing."

Ausilio's close friend, Diego Federici, lost his parents to Covid-19 within days of each other. "I understand the need to get things going economically, but for those of us who have suffered a great loss, I don't think now is the right time to resume football," Federici said.


Giorgio Gori, the mayor of Bergamo city, also attended the San Siro match with his son. After steering the city through the tragedy, Gori must now mitigate the economic consequences.

There has always been a strong connection

between Atalanta and Bergamo's citizens, so much so that every newborn child in the province is given a mini replica club kit. "While it's clear that the resumption of football comes with peculiar conditions – behind closed doors and with no fans – it is a positive thing," Gori said. "There is a desire to return to 'normal', even if that is difficult as the virus is still there. Football could also help restore some joy after months of terrible darkness."

The game comes as Bergamo prosecutors probe authorities as part of an investigation driven by relatives of coronavirus victims into alleged errors made at the beginning of the pandemic.

Stefano Fusco, who lost his grandfather and is the founder of NOI Denunceremo (we will denounce), the relatives' group which launched the legal action, said: "I was hoping that the football game wouldn't take place. Because in Italy football isn't a sport but a drug."



STATE TRADING CORPORATION OF SIKKIM

(A Govt. of Sikkim Undertaking)

Deorali, Gangtok, Sikkim

AUCTION NOTICE


With the approval of the Board of Directors, the STCS hereby invites sealed quotations from the interested parties for auction of the following official vehicles which are in running conditions and are parked in the STCS Office complex at Deorali. The same can be inspected during office hours with the permission of the Manager (Adm), STCS.

Sl.No.	Descriptions	Model	Depreciated Book Value
1)	Bolero SLX (SK-01G-1771)	2011	Rs. 1,57,745/=
2)	Tata Safari Strom (SK-01GA-0050)	2014	Rs. 4,83,270/=
3)	Scorpio S10 BS-IV (SK-01G-3204)	2015	Rs. 5,57,738/=

The tender form can be had from the Cashier, STCS, Deorali on payment of Rs.1,000/= (Non-refundable) on any working days. The sealed tender should reach the office of the undersigned on or before 29th June 2020 before 12 noon and the tender will be opened at 1 pm on the same day in the presence of the bidders. Among the bidders, the highest rate quoted bidder shall be selected, who is required to deposit the full amount with the Cashier, STCS on or before 7 (seven) days from the date of allotment. However, the vehicle must be lifted from the office complex within ten days of the allotment order. Pl. note that the rates quoted in the quotation should not be below the depreciated book value indicated above prescribed by the competitive authorities of the government.

STCS reserves the right to accept or reject any or all quotations without assigning any reason thereof.

(Menla Ethenpa)
MANAGING DIRECTOR



What is Novel Coronavirus - nCoV?

The Novel Coronavirus (nCoV) is new strain of Coronavirus that originated in Wuhan, China. Notorious for mutating quickly and acquiring new qualities, it is a rising epidemic that was previously not identified in humans.

Symptoms of nCoV

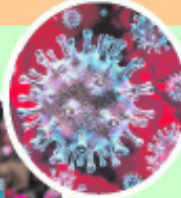
- Fever
- Difficulty in breathing
- Dry Cough
- Severe acute respiratory syndrome
- Pneumonia - like symptoms

Precautions to Prevent nCoV

- Wash your hands often with soap.
- Use an alcohol based hand sanitizer
- Observe good personal hygiene.
- Avoid touching your face with unwashed hands.
- Avoid contact with people with possible symptoms.
- Avoid contact with animals and consumption of undercooked meats.
- Avoid travel to nCoV affected places.
- Wear a mask if you have respiratory syndrome and cover your mouth while coughing or sneezing.

Treatment

- Treatment is symptomatic and supportive, based on the patient's clinical condition
- No vaccinations available as of now
- Visit Doctor in case symptoms detected



If you seek help, you may call :

-Toll free no. 104

District surveillance Officer

EAST : 7028372100

WEST : 9593297809

NORTH : 9641957468

SOUTH : 7407691463

New STNM

AMS : 9434711402

DEPARTMENT OF HEALTH & FAMILY WELFARE
GOVERNMENT OF SIKKIM

Government by Discussion

Side-step consultations, and there will only be disinterest, diktats and protests

“Democracy is not just about ballots and votes, but also about public deliberation and reasoning, what - to use an old phrase - is often called ‘government by discussion,’” writes Amartya Sen in “Identity and Violence: The Illusion of Destiny”.

The book is now nearly a decade and a half old, but even when it came out, this was not really a paradigm-shifting revelation, but with the act of stating the obvious, the Nobel laureate made a strong statement. By devoting an entire chapter to fleshing out this point, he holds up the mirror to the country forcing us to admit that the world’s largest democracy appears to have forgotten what democracy is all about. Democracy has meant politics in India for far too long, leading to the aberration of politicians and political commentators wearing their ignorance on their sleeves, and without the slightest hint of embarrassment, holding forth on important issues and claiming to speak for the people of the country without having made any genuine attempt at consultations. The effortlessness with which false narratives are foisted and incomplete information circulated to influence public opinion is worrying. Also worrying is when important decisions are taken without the counsel of experts or consultations with interested and affected parties. These should have been standard practices, but have become abandoned courtesies which have reduced democracy to elections. It should hence not surprise that politics itself has been reduced to the segregated equation of those in power and those in the Opposition.

And when politics becomes only about being in office or waiting in the wings, debates stop being about ideology and get established by positions. Those in office do what suits their interests and the Opposition protests everything. With vote-banks already identified and appropriated, the focus is only on keeping these secure. A sorry state of affairs... When a writer who also presented a case for the ‘Argumentative Indian’ reminds the same Indians of the need for public deliberations and reasoning, the message should become clear – the nation needs to relearn many things. Amartya Sen’s “The Argumentative Indian” was the highest selling book in India in 2005-06. His next, quoted above, should also have been read more widely, and then, maybe, the nation would have invested in some introspection and that might have saved us from the chagrin of watching the political rhetoric of people’s representatives mouthing empty platitudes on issues which concern the entire nation and its future. Instead of genuine concern, one is being subjected to pompous self-righteousness and embarrassing self-praise.

Let’s reflect on Sikkim. Has anyone heard of public deliberations here? No, claims, denials and rejections do not constitute public deliberation since they are dictated by political positions, not built on informed opinion. And that is why in Sikkim there is rarely consensus, only diktats and protests. It is unfortunate that a people who at one time were so enamoured by the idea of democracy that they took on a 300 year old monarchy and even gave up their individuality as a nation state just so that they could have democracy, have, since then, pulled away from public participation in the public domain. Public deliberation does not mean that the people start debating at formal seminars; it is enough for them to become more involved in the process of democracy and its implementation. With their involvement, they will secure accountability – first at the local body level and from there upwards and across to the executive. Their involvement will force the elected representatives to make the right noises at the right places and times and motivate them to get more involved in the decision-making process themselves.

WRITE US:

Readers are invited to comment on, criticise, run down, even appreciate if they like something in this paper. Letters carrying abusive/ indecorous language and personal attacks, except when against people responsible in this newspaper (who are fair game), will have to be ignored. Letters which carry forward a conversation or initiate a dialogue will command immediate attention and receive prominence. Mail us at: news@summittimes.com

A field guide to Trump’s dangerous rhetoric

JENNIFER MERCIECA
theconversation.com

All leaders are demagogues. You may not realize this, because we’ve come to associate the word “demagogue” with only dangerous populist leaders. But in Greek, the word just means “leader of the people” (dēmos “the people” + agōgos “leading”).

Some demagogues are good, and some are dangerous. The fundamental difference between leaders who are good demagogues and leaders who are dangerous demagogues is found in the answer to this simple question: Are they accountable for their words and actions?

Obviously, an unaccountable leader is dangerous in any political community.

Donald Trump is a demagogue – he’s a heroic demagogue to his followers, and he’s a dangerous demagogue to everyone else.

I’ve been analyzing Trump’s rhetoric since 2015 and, despite how it may appear to some critics, Trump is a rhetorical genius. I describe why in my new book, “Demagogue For President: The Rhetorical Genius of Donald Trump.”

He’s a genius at using rhetoric like a dangerous demagogue does, to prevent the country from holding him accountable.

Trump campaigned as an unaccountable leader. He promised that he would fight for his followers and wouldn’t be accountable to established leaders in his party, the media, fact-checkers, political correctness or common standards of decency.

Trump has used six rhetorical strategies repeatedly since 2015. Three ingratiate Trump with his followers, and three alienate Trump and his followers from everyone else. The effect is to unify his followers against everyone else and to make Trump the fulcrum for all political discussion and debate.

All of the strategies are used to set the nation’s agenda, distract the nation’s attention and frame how we understand reality.

TRUMP’S INGRATIATING STRATEGIES

Ad populum: appealing to the wisdom of the crowd, using popularity as the measure of value.

Dangerous demagogues have no power if they have no followers, so they use ad populum to solidify their base and wield their supporters as a cudgel against opponents.

Trump routinely praises his people as the smartest, best, most patriotic, hardest-working Americans. They are great and good, and everyone else is not. For example, when he claimed that he could “stand in the middle of Fifth Avenue and shoot somebody and I wouldn’t lose any voters,” that was an ad populum appeal about the loyalty of Trump’s base.

Trump’s ad populum appeal was designed to silence his Never Trump critics while distracting attention away from their central criticism of him: that he was a populist, not a real conservative.

Popularity (crowds, opinion polls, ratings, votes) is the only sign of value to Trump. Conservatism itself has no value unless it is popular.

Paralipsis: I’m not saying; I’m just saying.

Dangerous demagogues use paralipsis because it gives them plausible deniability to assert that they didn’t actually say some controversial thing or that they were merely joking or being sarcastic.

Trump uses this strategy to spread rumor and innuendo and to give a “backstage” or “real” view of what he supposedly really thinks. It is rewarding for Trump because it allows him to say two things at once, without being held accountable.

For example, Trump repeatedly amplified racist

white nationalist content on his Twitter feed while denying that he agreed with them.

“I don’t know about retweeting,” Trump told Jake Tapper. “You retweet somebody and they turn out to be white supremacists. I know nothing about these groups that are supporting me.”

He also claimed that there was a difference between tweeting something and retweeting something, refusing to take responsibility for his retweets. His retweets functioned as a paralipsis: It allowed him to sav and not sav and provided him



with the out of plausible deniability.

American exceptionalism: This refers to America’s unique role in the world, simplified by Trump as “America winning.”

Dangerous demagogues use American exceptionalism to take advantage of their followers’ patriotism and feelings of national pride for the demagogue’s gain.

Trump presents himself as the apotheosis of American exceptionalism and claims that he is the heroic figure who can make America great again by defeating corruption and conspiracy. Trump will win for Trump’s people – he’s their hero.

For example, Trump claimed that he was uniquely qualified to “drain the swamp” of corruption. His campaign presented a hero narrative of sacrifice and struggle. He had been “the ultimate insider,” he claimed, but once he decided to run for president and make America great again, he had been purified. As “the ultimate outsider” Trump would “drain the swamp” and end corruption. He said that it would be easy for him to do.

TRUMP’S ALIENATING STRATEGIES

Ad hominem: attacking the person instead of their argument.

Dangerous demagogues use ad hominem appeals to mock and delegitimize legitimate opposition.

Trump routinely attacks people with name-calling, appeals to hypocrisy and insults to distract the nation away from criticisms made about him. He uses these strategies to avoid accountability by undermining the legitimacy of his opposition.

For example, he mocked a reporter with a physical disability. Trump did this to distract attention from his misrepresentation of events on 9/11 by arguing that the reporter’s memory was as impaired as his body. This allowed Trump to claim that his version of history was the only truth, without actually proving that his version of history was accurate.

Ad baculum: threats of force or intimidation.

Dangerous demagogues use ad baculum to change the subject of debate and use force to si-

lence legitimate opposition.

Trump silences his opposition by threatening them with mean tweets, violent mobs and condoning, or refusing to condemn, violence conducted in his name.

For example, he used threats and appeals to fear when he repeatedly told his supporters that Hillary Clinton was determined to take away their guns, leaving them defenseless against rapists and murders. When he accepted the National Rifle Association’s endorsement, he threatened, “If she gets to appoint her judges she will, as part of it,

abolish the Second Amendment.” If that happened, Trump threatened, then gun owners would lose “any chance they have of survival.”

Reification: treating people as objects.

Dangerous demagogues use reification to position opposition as less than human, thereby denying their standing to criticize or object. Reification is traditionally a part of war rhetoric or genocide.

Trump undermines his opposition by treating them as objects – things, animals – rather than as people. Objects shouldn’t have the same rights as people, so it makes Trump’s enemies easy to dismiss and attack.

For example, he treated Muslim refugees as dangerous enemy objects masquerading as people – as a “Trojan horse” that would unleash “a 200,000-man army, maybe. Or 50,000 or 80,000 or 100,000.” The refugees weren’t people in need of help; they were an army pretending to be people, dangerous because they were determined to attack America.

Denying the humanity of the refugees made it easier to deny them refuge, which is precisely what Trump proposed doing with his Muslim ban.

WORDS AS WEAPONS

Did Trump “have the best words,” as he once claimed?

Hardly. His words are weapons, well calculated to attack our public sphere by increasing distrust, polarization and frustration – making it more difficult to solve political problems.

Trump was so successful in using dangerous demagogic rhetoric that no one could hold him accountable for his words and actions during the 2016 campaign or since. He uses rhetoric to gain compliance rather than for persuasion – he deploys language as force, or as a “counterpunch,” as he likes to explain.

Trump’s rhetorical strategies correspond to how authoritarians have historically eroded democracy, which is why his rhetoric is so dangerous.

[the writer is Associate Professor of Communication, Texas A&M University]

The right way to breathe during the coronavirus pandemic

LOUIS J. IGNARRO
theconversation.com

Inhale through your nose and exhale through your mouth. It’s not just something you do in yoga class – breathing this way actually provides a powerful medical benefit that can help the body fight viral infections.

The reason is that your nasal cavities produce the molecule nitric oxide, which chemists abbreviate NO, that increases blood flow through the lungs and boosts oxygen levels in the blood. Breathing in through the nose delivers NO directly into the lungs, where it helps fight coronavirus infection by blocking the replication of the coronavirus in the lungs. But many people who exercise or engage in yoga also receive the benefits of inhaling through the nose instead of the mouth. The higher oxygen saturation of the blood can make one feel more refreshed and provides greater endurance.

I am one of three pharmacologists who won the Nobel Prize in 1998 for discovering how nitric oxide is produced in the body and how it works.

THE ROLE OF NITRIC OXIDE IN THE BODY

Nitric oxide is a widespread signaling molecule that triggers many different physiological effects. It is also used clinically as a gas to selectively dilate the pulmonary arteries in newborns with pulmonary hypertension. Unlike most signaling molecules, NO is a gas in its natural state.

NO is produced continuously by the 1 trillion cells that form the in-

ner lining, or endothelium, of the 100,000 miles of arteries and veins in our bodies, especially the lungs. Endothelium-derived NO acts to relax the smooth muscle of the arteries to prevent high blood pressure and to promote blood flow to all organs. Another vital role of NO is to prevent blood clots in normal arteries.

In addition to relaxing vascular smooth muscle, NO also relaxes smooth muscle in the airways – trachea and bronchioles – making it easier to breathe. Another type of NO-mediated smooth muscle relaxation occurs in the erectile tissue (corpus cavernosum), which results in penile erection. In fact, NO is the principal mediator of penile erection and sexual arousal. This discovery led to the development and marketing of sildenafil, trade name Viagra, which works by enhancing the action of NO.

Other types of cells in the body, including circulating white blood cells and tissue macrophages, produce nitric oxide for antimicrobial purposes. The NO in these cells reacts with other molecules, also produced by the same cells, to form antimicrobial agents to destroy invading microorganisms including bacteria, parasites and viruses. As you can see, NO is quite an amazing molecule.

NITRIC OXIDE GAS AS AN INHALED THERAPY

Since NO is a gas, it can be administered with the aid of specialized devices as a therapy to patients by inhalation. Inhaled NO is used to treat infants born with persistent pulmonary hy-

pertension, a condition in which constricted pulmonary arteries limit blood flow and oxygen harvesting.

Inhaled NO dilates the constricted pulmonary arteries and increases blood flow in the lungs. As a result, the red blood cell hemoglobin can extract more lifesaving oxygen and move it into the general circulation. Inhaled NO has literally turned blue babies pink and allowed them to be cured and to go home with mom and dad. Before the advent of inhaled NO, most of these babies died.

Inhaled NO is currently in clinical trials for the treatment of patients with COVID-19. Researchers are hoping that three principal actions of NO may help fight covid: dilating the pulmonary arteries and increasing blood flow through the lungs, dilating the airways and increasing oxygen delivery to the lungs and blood, and directly killing and inhibiting the growth and spread of the coronavirus in the lungs.

HOW NITRIC OXIDE KILLS VIRUSES

In an in vitro study done in 2004 during the last SARS outbreak, experimental compounds that release NO increased the survival rate of nucleus-containing mammalian cells infected with SARS-CoV. This suggested that NO had a direct antiviral effect. In this study, NO significantly inhibited the replication cycle of SARS-CoV by blocking production of viral proteins and its genetic material, RNA.

In a small clinical study in 2004, inhaled NO was effective against

SARS-CoV in severely ill patients with pneumonia.

The SARS CoV, which caused the 2003/2004 outbreak, shares most of its genome with SARS CoV-2, the virus responsible for COVID-19. This suggests that inhaled NO therapy may be effective for treating patients with COVID-19. Indeed, several clinical trials of inhaled NO in patients with moderate to severe COVID-19, who require ventilators, are currently ongoing in several institutions. The hope is that inhaled NO will prove to be an effective therapy and lessen the need for ventilators and beds in the ICU.

The sinuses in the nasal cavity, but not the mouth, continuously produce NO. The NO produced in the nasal cavity is chemically identical to the NO that is used clinically by inhalation. So by inhaling through the nose, you are delivering NO directly into your lungs, where it increases both airflow and blood flow and keeps microorganisms and virus particles in check.

While anxiously awaiting the results of the clinical trials with inhaled NO, and the development of an effective vaccine against COVID-19, we should be on guard and practice breathing properly to maximize the inhalation of nitric oxide into our lungs. Remember to inhale through your nose; exhale through your mouth.

[the writer is Distinguished Professor Emeritus of Molecular & Medical Pharmacology, School of Medicine, University of California, Los Angeles]

133 more test positive for COVID-19 in Assam, total 5,388



GUWAHATI, JUN 21 (PTI): A total of 133 more people tested positive for COVID-19 on Sunday, taking the tally in the state to 5,388, Health minister Himanta Biswa Sarma said.

Of the 133 fresh cases, 73 are from Kamrup (Metro), 31 from Nagaon, 18 from Jorhat, five from Udalguri, two each from Golaghat and Majuli and one each from Dhemaji and Tinsukia, the minis-

ter said.

Assam currently has 2,174 active cases. Nine people have died due to the disease so far, and three have migrated out of the state.

The recovery rate improved to nearly 60 per cent, with 136 more patients discharged on Saturday from various civil, district and model hospitals.

Altogether 3,202 people have recovered so far.

The total number of coronavirus tests conducted in the 12 laboratories of Assam has climbed to 2,73,047.

A total of 35,611 people have been placed under institutional quarantine, and 88,904 under home quarantine.

Meanwhile, the Assam Targeted Surveillance Program (ATSP), which aims to conduct more than 50,000 random tests in a week,

continued for the fifth day on Sunday.

"We aim to conduct more than 50,000 random tests in a weeks time, targeting vulnerable areas," the minister said.

Under the programme, samples of people working in locations such as parking lots for trucks, loading and unloading centres, godowns, weigh bridges, roadside eateries will be

collected and sent for examination.

Employees in hotels, which are currently being used as institutional quarantine centres, will also be tested under ATSP, along with front-line workers.

The programme will also cover the family members and co-residents at homes of people who have been released from the institutional quarantine, he said, adding that the future course of action for containment of the pandemic shall be based on these test results.

The entire exercise is expected to be over by June 27 and shall involve deputy commissioners of each district who will ensure the availability of adequate facilities for the initiative, Sarma said.

As part of the efforts to facilitate sample examination without having to visit hospitals, some facilities have been identified by the health department, where swab collection will be carried out for free, he added.

Chariot artisans shed tears after Puri Rath Yatra stayed



PURI, JUN 21 (PTI): The news that the Lord Jagannath's Rath Yatra here will not be held this year in view of the COVID-19 pandemic has left multitude of artisans connected to the construction of the grand chariots for the world famous festivals of Hindus in tears.

The makers of the gigantic chariots, which are pulled by lakhs of devotees, include a number of biswakarmas (carpenters), blacksmiths, roopakaras (painters), darzis (tailors) and 'Bhoi' servitors who supply logs to the carpenters.

A Supreme Court bench headed by Chief Justice of India SA Bobde on June 18 said that in the interest of public health and safety of citizens, this year's Rath Yatra in the Odisha pilgrim town cannot be allowed.

The nine-day Rath Yatra festival in this seaside pilgrim town will begin on June 23 and the Shree Jagannath Temple Managing Committee and the servitors of the 12th-century shrine have urged the Odisha government to file a fresh application in the Supreme Court, seeking modification of its order.

The Rath Yatra has continued uninterrupted since 1736.

It could not take place 32 times between 1558 and 1735 due to Mughal invasions, said Bhaskar Mishra, a researcher in the Jagannath Culture.

"I was shocked to hear the news about the Supreme Court's order. I came to know it when giving final touches to the chariot," said Bijay Kumar Mahapatra, the chief carpenter of 'Nandighosh', Lord Jagannath's chariot.

"Never before I have seen such a situation when chariots will not be used even after be-

ing completed. I have been engaged in chariot making since childhood. My father and grandfather also made chariots for the deities," said 65-year-old Narasingha Mahapatra, the chief carpenter of Lord Balabhadra's chariot 'Taladh-waja'.

With tears rolling down his cheeks, Narasingha Mahapatra asked, "What was the point in putting us through corona tests and keeping us in isolation if the chariots will not roll out on Bada Danda (Grand Road in front of the shrine)? I cannot tolerate such a situation."

Most of those who were engaged in the construction of the chariots of the deity and his two siblings said that they work not for money, but out of love, affection and above all respect for Lord Jagannath.

"Nobody, including us, can construct such beautiful chariots anywhere other than at the Ratha Khala (temple workshop). It is all the Lord's wishes for which the attractive chariots can be built by the people who have no institutional education," he said.

The carpenters said that the technique of chariot making was passed on by generations and not through any formal education. Every year the three chariots are made of wood brought from Daspalla forest in Nayagarh district.

The government has also exclusive 'Jagannath Bana Prakalpa', a massive plantation project, which provides logs for the purpose.

'Nandighosh', the chariot of Lord Jagannath, is the tallest at 45-feet with 16 wheels, while Lord Balabhadra's 'Taladh-waja' is 44-feet

high with 14 wheels. Their sister Devi Subhadra's chariot 'Darpadalana' is 43-feet high and has two wheels.

About 45 days are required for the construction of the chariots starting from Akshaya Tritiya. "This year, we were allowed to work from May 8 instead of April 26, the date of Akshaya Tritiya, due to the lockdown.

The state government opened up the Ratha Khala after getting permission from the Ministry of Home Affairs. We worked very hard and completed the construction of the Rathas before time," said Bijay Kumar Mahapatra.

The chariots are decorated with flowers, birds, arches, idols and horses - all made of wood. The carpenters were busy giving their final touches on Saturday even after knowing the apex court's order.

"We are hopeful that the court will change its decision," he said.

The chariots are as a practice dismantled after the festival and the wood is used in the temple kitchen.

"We will not allow it this year. The chariots should be allowed to stand as they are for the devotees to pay their respect," said Rabi Maharana, a young carpenter.

He cursed his fate for spending 40 days in isolation without going home adhering to the government guidelines so that he could build the chariots.

Maharana was among the more than 150 carpenters who were lodged at Jatri Niwas here for constructing the chariots in the temple workshop. A plea was filed in the Supreme Court on Friday, seeking recall of its order on the Puri Rath Yatra.

Kanwar yatra suspended in view of COVID-19

LUCKNOW, JUN 20 (PTI): Kanwar yatra during the auspicious month of 'Shravan' will remain suspended this year in view of the coronavirus pandemic, according to an official release issued on Saturday.

Uttar Pradesh Chief Minister Yogi Adityanath held a video conference with his counterparts of Haryana and Uttarakhand, M L Khattar and Trivendra Singh Rawat, respectively, and discussed the issue of annual Kanwar yatra in Shravan, an official release issued here said.

The chief ministers said religious gurus and kanwar sanghs in their respective states have proposed suspending the yatra in view of COVID-19 and after deliberating over it they took the decision in the public interest, the release said.

Adityanath also held video conferencing with all police IGs and commissioners and asked

them to hold a dialogue with religious leaders, kanwar sanghs, peace committees in this regard and publicize their appeals among the people.

He also directed them to ensure compliance of COVID-19 protocol and ensure that not more than 5 people go for 'jalabhishek' at the local temples and make all arrangements for the safety and security of the devotees, the release said.

The chief minister has also directed the officials to ensure there is no crowding on the occasion of Bakrid.

He has directed them to contact religious leaders in all the districts to ensure that not more than 5 people gather at any religious place on Bakrid, the release said, adding people of all communities should be made aware of the precautions that need to be taken during the festivals amid the pandemic.

Serial killer convicted in 20th murder case



MANGALURU, JUN 21 (PTI): A local court has convicted serial killer 'Cyanide' Mohan, holding him guilty in the rape and murder of a young woman from Kasaragod in Kerala turday.

This is the 20th and last of the murder cases registered against the criminal, who has killed several women using cyanide after befriending and raping them.

The quantum of punishment is expected to be pronounced on June 24.

The prosecution case was that the 25-year-old victim, who was working as a cook in a ladies hostel in Kasaragod, got acquainted with Mohan in 2009.

He visited her house thrice and promised to

marry her.

On July 8, 2009, the woman had left her house, saying she was going to a temple at Sullia.

Mohan took her to Bengaluru and when the family members called him about her, informed them that they had got married and would return home soon.

He had taken the woman to a lodge near the bus stand.

She had a physical relationship with him and before leaving the next day, was asked to leave her jewellery in the room.

They went to the bus stand where he gave her a cyanide laced tablet, making her believe that it is a contraceptive pill and left the place, the

prosecution said.

The woman consumed the tablet and collapsed near the toilet of the bus stand.

She was rushed to a hospital by a constable, but was declared dead on arrival.

A case of unnatural death was then registered.

After Mohan was arrested in October 2009, the victim's sister, seeing his pictures, identified him and filed a complaint, following which the criminal investigation department took up the probe.

Public prosecutor Judith OM Crasta had argued the case earlier, which was taken over later by Jayaram Shetty.

Tea exports dip by 5.6 per cent in last fiscal

KOLKATA, JUNE 21 (PTI): Tea exports have dipped marginally in the last fiscal to 240 million kg from 254.50 million kg the year before -- a fall of 5.6 per cent -- according to data.

Exports to CIS countries -- the biggest importer of India tea -- also declined marginally to 59.40m kg in the last fiscal from 60.72 mkg in 2018-19, the Tea Board data said. Sources in the

Tea Board attributed the dip to economic slowdown across the globe.

Iran continued to be second largest importer with the country buying 46.47 mkg in 2019-20 -- up from 41.02 mkg in the previous fiscal.

Offtake by China also increased to 12.71 mkg from 10.58 mkg.

Exports to neighbouring Pakistan, however, saw a significant drop - from 14.6 mkg in

2018-19 to 3.3 mkg the previous fiscal.

Apart from that, the US, the UK and the UAE are the other three destinations where the exports had touched double digits in 2019-20, the data said.

Meanwhile, production of tea in March, the last month of fiscal 2019-20, witnessed a steep fall to 43.45 mkg from 74.59 mkg in the corresponding period of 2018-19.

Manipur reports 96 new COVID-19 cases, total at 777

Imphal, Jun 20 (PTI): Manipur on Saturday reported 96 new cases of COVID-19, raising the number of total cases in the state to 777, officials said.

Of 96 new patients, 64 are men and 32 women, they said.

There 545 active cases in the state at present, with 232 of the total cases having been recovered from the disease and discharged, they added.

Most of the new cases of infection were reported from Tamenglong district where 31 persons tested positive, followed by Kangpokpi (22), Bishnupur (13), Senapati (12), Kamjong (six) and Kakching (five).

Four new cases were detected in Ukhru, two in Imphal East and one in Tengnoupal district, an official of the COVID-19 Common Control Room said.

Moderate intensity earthquake hits Manipur

Imphal, Jun 21 (PTI): An earthquake of moderate intensity hit Manipur on Sunday, according to the Earth Science Department of Manipur University.

The earthquake of 5.1 magnitude hit Manipur at 4.16 pm, it said, add-

ing that the epicentre of the quake is located 9 km from Ngopa area of neighbouring state of Mizoram.

There is no report of any casualty or damage of property in Manipur so far, the DGP Control Room said.

SummitTIMES

ON TOP OF THE NEWS

SIRIM SCAN | CapitalTIMES | Neighbourhood WATCH | Sports & Specials | ElseWhere | EICETERA

It's easy to relax... When you can trust the News.

To book ad-space, contact SummitTIMES at

GANGTOK:
For circulation details Contact: +91-9749897695, +91-9647026492
& for Advertisement booking at +91-9933427905 or at office no 03092
20B/6R, Mall road advertise@summittimes.com

SILIGURI:
Mr. Nani Rai, M/s. Space Ads, B.R. Ambedkar Building, Room No.7, 1st floor, Opp. Banga Hotel, Hill Cart Road, Siliguri - 735002, Ph. 033-22124348/ fax 033-22124337/ mob. +91-9830547774/ +91-9832080753

KOLKATA OFFICE:
Inshad Ali/Intreyas, Synapse, 6, Madan Street, Marine - 2, 2nd floor, Kolkata - 700072, Ph. 033-22124348/ fax 033-22124337/ mob. +91-9830547774/ +91-9832080753

Address:
SummitTIMES@gmail.com
advertise@summittimes.com

Address:
Santa Bhawan Complex, Church Road
Near Diesel Power House (DPH)
Gangtok, East Sikkim, 737101

Curtis Blaydes stifles Volkov in UFC heavy-weight bout

LAS VEGAS, JUN 21 (AP): UFC heavyweight contender Curtis Blaydes dominated Alexander Volkov with wrestling Saturday night, earning his fourth consecutive victory in a suffocating unanimous decision.

Featherweight Josh Emmett won a unanimous decision over Shane Burgos in a thrilling joint performance during the penultimate bout of the latest show from the fan-free UFC Apex gym in the mixed martial arts promotion's hometown.

Blaydes (14-2) showcased his superior wrestling skills from the start against Volkov, taking down the towering Russian within the first 10 seconds and then dominating the first 3 1/2 rounds. Volkov (31-8) landed his own take-down late in the fourth and nailed Blaydes with a few strikes early in the fifth, but Blaydes pushed through and won by bending the fight to his clear strengths on the ground. It's always a good experience to know you can go 25 minutes, and there's things you need to work on, but you learn them in a win, Blaydes said.

I need to work on my conditioning after the third round, but I'm happy with the win. Volkov is legit, and I'm one step closer to a title shot.

The 6-foot-7 Volkov flew to the U.S. with no clear idea how he will get home to Russia due to travel restrictions amid the coronavirus pandemic. He had won seven of his last eight fights, but hadn't competed since his one-sided victory over Greg Hardy in Moscow last year. Blaydes won on the judges' scorecards 49-46, 48-47 and 48-46.

Blaydes and Francis Ngannou are the most likely contenders to get the next shot at the UFC heavyweight title after champion Stipe Miocic completes his trilogy with former two-belt champ Daniel Cormier at UFC 252 on Aug. 15. Ngannou is responsible for the only two losses of Blaydes' career, winning their bouts in 2016 and 2018.

Emmett and Burgos put on the performance of the night with a fascinating slugfest, with Emmett winning 29-28, 29-28 and 29-27. The 35-year-old Emmett (16-2) persevered through a knee injury in the first round to land two knock-downs and a dominant third round, but Burgos absorbed tremendous punishment and thought he had earned a decision.

Dana, I told you, get that checkbook ready! Emmett shouted immediately after the fight in the direction of UFC President Dana White, who hands out the promotion's bonuses for outstanding performances.

The event was the fourth of five consecutive UFC shows held over five weekends with no fans on its corporate campus. After next week's show headlined by Dustin Poirier's meeting with Dan Hooker, the UFC will move to Yas Island in Abu Dhabi for four shows in 14 days, beginning with UFC 251 on July 12.

Liverpool will deserve full measure of praise despite the empty stands

JONATHAN WILSON

LONDON, 21 JUN [THEGUARDIAN]: So, where were we? Ah, that's right. An all-conquering Liverpool were just about to wrap up the Premier League title, with every chance of exceeding 100 points and so setting a record.

The memories flood back. The commanding figure of Virgil van Dijk at the back. The focused energy in midfield. The full-backs tearing up the wings at every opportunity. That lightning fast and deadly front three, so artfully put together with the pace and threat coming from wide as Roberto Firmino drops off to create space. Remorseless winners who ... lost four of their last six games (including three in cups) before the shutdown.

One of the odder aspects of the 100-day break was feeling context slipping away. All those shifts of momentum, the tiny details you sense when you are immersed in football and on which, for better or worse, we place great store, seem – even within the parameters of a game whose essential lack of importance has been emphatically underlined in the past three months – oddly trivial. Shutdown has acted as a great reset button. The vast majority of injuries have cleared up. Everybody is fresh, if not match-fit.

In a sense there are no excuses any more. There is a weird purity to the next month and a half of football, as though it's being played in lab conditions. This is football's Dogme 95 moment, a return amid the oddity to a focus on the game itself, stripped of external factors and distractions. Perhaps that will benefit what Jamie Carragher calls the Monday-to-Friday players, those whose brilliance is obvious in training but who struggle to per-



form to that level in front of a live audience.

Yet there is an oddity here, a paradox similar to that exposed by the Danish film directors Lars von Trier's and Thomas Vinterberg's "Vows of Chastity". That, for all their concern about the excessive use of special effects and the way audiences were emotionally led by background music, their hyper-naturalism was itself jarring. So jarring, in fact, that Von Trier himself ended up using background music in his first Dogme film, *Idioterne* (The Idiots).

The oft-expressed idea that "football without fans is nothing" is a self-serving cliché; football predated fans and went on without fans on a regular basis in parks and schoolyards across the country. But football without fans is odd, and it can have

taken only a few minutes of watching Borussia Dortmund against Schalke on that first afternoon of the Bundesliga's resumption to realise that, however intriguing the noise of ball on boot was, however pleasing the rattle of the net support was when a goal was scored, this was not a return to some prelapsarian idyll.

Fans can bring pressure, and they also bring support. What has become clear during Jürgen Klopp's four and a half years at Liverpool is how significant the ability to energise a fanbase can still be. It is easy to assume that in the days of all-seat stadiums, corporatisation and mass football tourism that the crowd has become more passive, that it does not play the role it did in, say, Bill Shankly's time. But the 4-0 victory over Barcelona last season gives the

lie to that. Fans may have become customers, rough edges face-painted to an ad-man's dream, but they are not mere spectators, not yet.

Liverpool have not lost a home league game since Crystal Palace beat them in April 2017. The extent to which the Anfield crowd has sustained them through that remarkable three-year run may become apparent over the next six weeks. For Liverpool, this compressed belated run-in is stranger than for most.

Even the most pessimistic of Liverpool fans, even the most determined not to tempt fate, must have let themselves imagine in the early weeks of this year how their 30-year title drought would come to an end. Whether they envisaged a symbolically satisfying success at the Etihad, or a rapturous night at Anfield,

they will not have dreamed of empty stands, Jordan Henderson leading the squad in applauding a space where the fans should have been. And that, inevitably, will feel anticlimactic.

But the weird finale should not be allowed to diminish their achievement. This may not be the procession it seemed the final quarter of the season would be for Liverpool, but it is no less a triumph for that. Their football this season has been astonishing, their relentlessness extraordinary, particularly given City's excellence in the previous two campaigns.

Whether they go on to break the record of 100 points set by Manchester City in 2017-18 is almost incidental. Their superiority this season has been clear – and

they should set a record for the earliest title win by games remaining (while simultaneously being the latest title winners by date); the record stands at five: Manchester United in 2000-01 and City in that 2017-18 campaign.

All that remains, then, is to go on accumulating points. Liverpool could conceivably rack up 109, but quite how motivated they are by a number, particularly with no fans to create a euphoric mood, is impossible to say. Perhaps the shutdown will help them in that regard. It may be that the little wobble, the four defeats in six across all competitions, at the end of February and the beginning of March, was the result of fatigue and that Liverpool will return refreshed.

But then there is also a theory that Liverpool are a better side when in rhythm. Their first-team squad had a 14-day break between a 4-0 win over Southampton and the scratchy 1-0 win at Norwich that immediately preceded that run of six games. Liverpool arguably haven't been at their absolute best, in fact, since demolishing Leicester 4-0 on Boxing Day, even if they did win 10 and draw one of their following 11 games.

All of which is really to say that we have no idea how Liverpool, or anybody, will respond to the 100-day lay-off. But the circumstances of the break and the empty stands certainly don't invalidate whatever achievements they end up with this season; arguably they have made things harder.

Winning titles is about overcoming whatever challenges occur. Liverpool almost had the league wrapped up overcoming the usual hurdles; a series of far more unusual ones remains.

Another loss, another injury: Arsenal struggles on PL return

LONDON, JUN 21 (AP): Another loss. Another big injury. Things are going from bad to worse for Arsenal in the early days of the Premier League's resumption.

A 2-1 defeat at Brighton on Saturday came only three days after a 3-0 beating by Manchester City, with the demoralizing results robbing Arsenal of the momentum it had before the suspension of the league three months ago because of the coronavirus outbreak.

Qualification for the Champions League looks a long shot now Arsenal is in 10th place, six points off Manchester United in fifth and manager Mikel Arteta also has a growing injury list to deal with in this congested period of matches.

Bernd Leno, one of Arsenal's best players this season, joined that list after landing awkwardly on his right knee after being given a nudge by Brighton striker Neal Maupay in an aerial challenge.

Leno's howls of pain were audible in the empty Amex Stadium and the goalkeeper remonstrated angrily with Maupay while being carried off on a stretcher.

Sure enough, it was the French striker who scored the winning goal in the fifth minute of stoppage time.

Arsenal's players took out their frustrations on Maupay as he celebrated a huge win for Brighton after the final whistle, with fellow Frenchman Matteo Guendouzi grabbing him by the throat in an action that sent Maupay to the ground.

Some of their players need



to learn what is humility, especially one of them, Maupay said, without mentioning Guendouzi by name. He was talking all game, he was saying bad things.

I don't want to say because I could be in trouble. I just said that this is what happens when you talk too much on the pitch. Maupay said, though, he had apologized to Leno and Arteta.

Arsenal's most likely route into European competition next season might now be through winning the FA Cup, which resumes at the quarter-final stage next weekend.

Yet Arteta is thinking much longer term after inheriting in December a team that has lost its place among English soccer's elite in recent years.

This is the challenge we all have at the football club, to rebuild to something that is worth the club we are representing, Arteta said.

Leno has a suspected twisted knee, potentially ruling him

out of the rest of this pandemic-extended campaign. Arteta lost midfielder Granit Xhaka and defender Pablo Mari to injury against City, with Mari unlikely to return before next season.

Three injuries, two losses, one goal and no points.

KEEP YOUR DISTANCE

It was the third day of games in Project Restart, and it seems the league's players have already forgotten some of the guidelines put in place to allow soccer to return in England, one of the hardest-hit countries in the outbreak and still a nation reporting dozens if not hundreds of deaths per day.

It must be hard to stick to the advised socially distanced celebrations when your team has scored an important late goal. Brighton's players swarmed over Maupay after his winner, and the same happened with Watford and Leicester players after their

goals in a 1-1 draw at Vicarage Road.

Ben Chilwell was mobbed by his Leicester teammates after smashing home a rising, angled shot off the inside of the post in the 90th minute for what looked like the winning goal.

However, there was more late drama as Watford center back Craig Dawson executed a bicycle kick for a brilliant equalizer in the third minute of stoppage time for his relegation-threatened team. Dawson was also hugged by teammates after a goal that moved Watford a point above the relegation zone.

Leicester restored its eight-point advantage over Manchester United, which is occupying fifth place potentially the last Champions League qualification spot this season because of second-place Manchester City's two-year European ban that is currently under appeal.

BACK OF THE NET-O

Wolverhampton's goals in a 2-0 win at West Ham weren't quite so late, but did come in the second half.

After Raul Jimenez headed home the opening goal in the 73rd for his 14th league goal of the season a record for Wolves in a single top-flight season substitute Pedro Neto met a deep cross with a thunderous volley high into the net in the 84th.

Wolves moved tied for points with Manchester United, with both just two behind fourth-place Chelsea.

West Ham is only out of the relegation zone on goal difference ahead of third-to-last Bournemouth, which lost 2-0 to Crystal Palace after goals by Luka Milivojevic and Jordan Ayew.

BREWSTER BACKS BLM

Support for the Black Lives Matter movement continued Saturday, with all players from the Premier League teams in action taking a knee after the first whistle of the match. All player names on the back of shirts were again replaced by Black Lives Matter.

In the second-tier Championship, which was playing its first games since the restart, Swansea striker Rhian Brewster celebrated the first of his goals in a 3-0 win at Middlesbrough by holding up a shirt with the words Our Colour Is Not A Crime written on it.

The shirt was handed to Brewster, a Black striker on loan from Liverpool, by a member of Swansea's backroom staff after he ran to the dug-out.

Bournemouth loses 2-0 to Palace, still in PL relegation zone

BOURNEMOUTH, JUN 21 (AP): Bournemouth remained stuck in the Premier League's relegation zone after losing 2-0 to Crystal Palace in the teams' first game back after soccer's three-month shutdown.

Luka Milivojevic curled a free kick over the wall and into the top corner from 25 yards (meters) in the 12th minute, before Jordan Ayew finished off a flowing move involving Wilfried Zaha and Patrick van Aanholt in the 23rd on Saturday.

Palace has now gone a club record of four Premier League games without conceding a goal.

While Palace moved up to ninth place, and just four points off fifth-place Manchester United in what is currently the final Champions League qualification spot, Bournemouth is in a relegation fight as it looks to secure top-flight soccer for a sixth season.

Bournemouth is third from last on 27 points, behind West Ham on goal difference.

HAVE A STORY TO SHARE?
email us: news@summittimes.com

Biden is helpless puppet' of radical left, says Trump

WASHINGTON, JUN 21 (PTI): US President Donald Trump has kicked off his re-election campaign with a rally in Oklahoma where he launched a frontal attack on his Democratic opponent Joe Biden, describing him as a helpless puppet of the radical left.

Trump, 74, is pitted against former vice president and Democratic Party's presidential nominee Biden, 77, in the November 3 presidential election.

As per the latest opinion polls, he is trailing behind Biden on an average by eight percentage points.

Trump, in his address to the thousands of his supporters at an indoor stadium in Oklahoma's Tulsa city on Saturday, said: Biden is a helpless puppet of the radical left. And he's not radical left. I don't think he knows what he is any more. But he's controlled by the radical left.

Addressing his first election rally after the coronavirus pandemic hit the country early this year, killing more than 119,000 Americans in a matter of few months and bringing the economy to a standstill, Trump alleged that the Biden campaign staff even donated a lot of money to



bail out rioters, looters and arsonists who ravaged Minneapolis.

Minneapolis erupted into violence following the brutal custodial death of African-American George Floyd on May 25. The protests spread nationwide and turned violent in many places including Washington DC, New York, Chicago and Los Angeles. The president has accused radical left for the violence.

The left is trying to do everything they can to stop us every hour of every day including violence, mayhem, look what happened tonight. But we will never submit to their threats and we will never let them de-

stroy our nation," Trump said. In his speech that lasted for more than 100 minutes, Trump talked a lot on his favorite themes: fake news, energy dominance, appointing judges, supporting police and condemning protesters.

"The unhinged left-wing mob is trying to vandalise our history, desecrating beautiful monuments, tear down our statues and punish, cancel and persecute anyone who does not conform to their demands for absolute and total control, we're not conforming.

"That's why we're here actually. This cruel campaign of censorship

and exclusion violates everything we hold dear as Americans. They want to demolish our heritage so that they can impose their new oppressive regime in its place. They want to defund and dissolve our police departments. Think of that," said the president.

Addressing the rally comprising thousands of his supporters, a majority of whom did not wear face masks or maintain social distancing, Trump called for a legislation that would punish burning American flags with one-year imprisonment.

We ought to do it. We talk about freedom of speech but that's desecration, he said. His po-

litical opponents accused him of risking people's health by holding such a big rally. Many said that parts of the arena were empty. As a precautionary measure, local police officials and campaign staff measured the temperature of everyone entering the arena. Six members of the campaign staff tested positive with COVID-19 before the rally.

There was brief interruption during his speech when he paused and called for doctors, as security guards went to the aid of a young man who appeared to have fainted. He was helped out by a security guard on either side.

"Thank you. These people, I mean some of the people are waiting for five days, especially at this location, right? You take your time," Trump said. Around 15 per cent of the city's 400,000 residents are black, according to the US media report.

Outside the arena, a 62-year-old peaceful protester was arrested and dragged by security personnel while wearing a shirt that read I can't breathe.

Tulsa Police Department said that the protestor was removed at the request of the Trump campaign staff.

Releasing Rana on bail will strain ties with India: US attorney

WASHINGTON, JUN 21 (PTI): Describing 26/11 convict Tahawwur Rana, a Pakistani-origin Canadian businessman as a flight risk, the US has opposed his release on bail, arguing that if he were to flee to Canada, he may escape the possibility of a death sentence in India.

Given the stakes, allowance of bail in any amount would not guarantee Rana's presence in court. Granting bail would invite the possibility of embarrassing the United States in the conduct of its foreign affairs, straining its relationship with India, Assistant US Attorney John J Lulejian told a federal court in Los Angeles last week.

Rana, 59, who was released from jail on compassionate ground after testing positive for the COVID-19, was rearrested in Los Angeles on June 10 following an extradition request by India, where he is a declared fugitive.

On Friday, US District Judge Jacqueline Chooljian of the Central District of California scheduled his bond hearing for June 30. His attorney has been asked to submit his plea by June 22 and the federal government's response is due by June 26.

In his submission on behalf of the US government, Lulejian urged the Los Angeles court that Rana be not released pending resolution of the extradition proceeding against him to India.

Moreover, to protect the US ability to meet its treaty obligations to India, the US attorney also requested the court to notify the parties within a reasonable time in advance of any contemplated release order.

Asserting that Rana is a flight risk, and arguing that his escape to Canada would jeopardize his extradition to India, the US attorney said the court should detain him without bond.

India seeks his arrest on a number of offences, including the conspiracy to commit murder, conspiracy to commit forgery for the purpose of cheating, and murder

under relevant sections of the Indian Penal Code (IPC).

Rana, the US attorney said, is sought for his role in 2008 terrorist attacks in Mumbai.

The complaint details how Rana and his co-conspirator, David Headley, conspired with Lashkar-e-Taiba, which carried out the attacks that killed 166 people and injured hundreds more.

Lulejian argued that if Rana is extradited to India and the Indian courts convict him of the charges of conspiracy to commit murder and/or murder, he faces the possibility of the death penalty or life imprisonment.

In light of these serious penalties, Rana has every incentive to flee the US to a country that does not have an extradition treaty with India or a country that may not extradite him without assurances from India that it will not seek the death penalty, he told the court.

According to the extradition treaty between Canada and India, extradition may be refused when the offence for which extradition is requested is punishable with death under the laws of the requesting state and the laws of the requested state do not provide such punishment for the conduct constituting the offence, unless India assures Canada that the death penalty shall not be executed, if imposed.

Thus, if Rana were to flee to Canada, he may escape the possibility of being sentenced to death for his alleged role in facilitating the murder of 166 men, women and children. Rana should not be given the opportunity to potentially create such a result, which would be an affront to the victims and their families, as well as the Indian legal system, said the US attorney.

In addition to being a flight risk, Rana, a convicted terrorist, poses a danger to the community, the US attorney said.

As detailed above, a federal jury convicted him of conspiracy to provide material support to

terrorism in Denmark and to Lashkar-e-Taiba.

The fact that Rana conspired with Headley and members of a terrorist organization, knowing what would happen, demonstrates his lack of respect for human life, Lulejian argued.

At Rana's trial in Chicago, the US presented evidence that but for the intervention of law enforcement agencies, attackers were planning to storm the Jyllands Posten facility in Copenhagen, take hostages, behead innocent employees of the newspaper, throw their heads to the street below, and set up a stronghold fight to the death with Danish forces.

Further, Headley testified at trial that after Rana, who provided him the cover to conduct surveillance of Mumbai, learned that Lashkar-e-Taiba mercilessly slaughtered approximately 166 men, women and children in that city, he praised the attacks, stating that the victims deserved it, he informed the Los Angeles court.

If India convicts Rana of the charges of conspiracy to commit murder and/or murder, he does not face a sentence of years, but instead a potential life sentence or the death penalty. Thus, the justification used for shortening Rana's sentence is not applicable in the instant case where the penalties are more significant, the attorney said.

Asserting that Rana poses threat to the community if released on bail, the US attorney said in the years since the attacks in Mumbai and the plans to attack the Danish newspaper, he has never publicly expressed remorse for his conduct, disavowed his actions, or his association with Lashkar-e-Taiba, which remains an active terrorist organization.

Rana's lack of empathy and his callous and wanton disregard for human life demonstrates that he continues to pose a danger to the community today as he did 11 years ago, said the US attorney.

Retired pope visits old haunts, parents' grave in Germany

REGENSBURG (GERMANY), JUN 21 (AP) Emeritus Pope Benedict XVI visited his former home near Regensburg, Germany, on Saturday, greeted old neighbors and prayed at his parents' grave as part of a trip to his former haunts to be with his seriously ill 96-year-old brother, the Rev. Georg Ratzinger.

Bavarian public television showed the retired pope, who is 93, arriving at a house in a wheelchair-equipped van behind a protective line of police. Benedict smiled and greeted a small group of well-wishers, spoke briefly with former neighbors and went to pray at the graves of his mother, father and sister, the dpa news agency said. As Joseph Ratzinger the former pope taught at the University of Regensburg in 1969-77 before he was named archbishop of Munich.

The house in Pentling near Regensburg, which Benedict had built in 1969, is now a meeting and documentation center for the Pope Benedict XVI Institute, whose mission is to hold and make available his extensive writings. The institute said on its web page that the pope last visited his old home in 2006. Benedict also visited his brother, a longtime choirmaster in Regensburg, at his apartment. The two were ordained priests on the same day in 1951. The diocese of Regensburg said Benedict, who arrived Thursday, would stay at least through Monday.

U.N. nuclear body slams Iran as Europeans try to strike balance with U.S.

VIENNA: In the first such rebuke for eight years, the governing body of the U.N. nuclear agency criticized Iran on Friday for denying international inspectors access to two alleged sites of past nuclear activity.

The resolution, put forward by France, Germany and Britain, was part of an attempt by European powers to strike a balance between working with the U.S. to preserve the credibility of the international safeguards regime and finding a way to preserve the Iran nuclear deal.

Negotiations were going down to the wire at International Atomic Energy Agency (IAEA) headquarters in Vienna and forced diplomats to move from a virtual session to a physical meeting on Friday morning in order to vote on the resolution. The 35-member Board of Governors of the IAEA called on Iran to "fully cooperate with the Agency and satisfy the Agency's requests without any further delay." The first resolution of this type against Iran since 2012, it was supported by 25 countries, while seven abstained, and Russia and China opposed.

The United States supported the resolution and called it a "balanced and fair reaction to Iran's alarming actions."

Strictly speaking, the two sites are not part of Iran's obligations under the 2015 nuclear deal, the Joint Comprehensive Plan of Action (JCPOA), which the Trump administration withdrew from in 2018. Rather, they are related to the Nuclear Non-Proliferation Treaty, including its Safeguards Agreement and Additional Protocol. These legally binding accords require Teheran to provide answers on its nuclear activities and to provide unrestricted access to inspectors. However, Washington sees Iran's actions as part of a broader pattern of behavior that strengthens the case for so-called snapback sanctions — reimposing punitive measures that were lifted as part of the JCPOA.

The major powers who remain

in the nuclear deal argue that the U.S. cannot push for sanctions under an agreement they are no longer part of. And the wording of Friday's resolution stops short of referring the matter immediately to the U.N. Security Council (UNSC).

"The Europeans have been caught between a rock and a hard place," said Mark Hibbs, a scholar at the Carnegie Endowment for International Peace. "They want to preserve the JCPOA together with Russia and China who are also still part of the deal. But at the same time, they want to work with the U.S. to preserve the credibility of the international safeguards regime. The result is a mildly-worded resolution."

In a joint statement later in the day, the foreign ministers of the three European powers — known as the E3 — made clear they would oppose a U.S. effort to reimpose sanctions in the UNSC.

"We firmly believe that any unilateral attempt to trigger UN sanctions snapback would have serious adverse consequences in the UNSC. We would not support such a decision which would be incompatible with our current efforts to preserve the JCPOA," they said.

However, the ministers also criticized Iran on multiple points, and said the planned lifting of a U.N. conventional arms embargo on Iran next October would have "major implications for regional security and stability."

"We wish to address the issue in close coordination with Russia and China as remaining participants to the JCPOA, as well as with all other Security Council Members, as well as other key stakeholders," the ministers said.

U.S. Secretary of State Mike Pompeo said the resolution showed Iran's actions were unacceptable. "Iran's denial of access to IAEA inspectors and refusal to cooperate with the IAEA's investigation is deeply troubling and raises serious questions about what Iran is trying to hide," he said in a statement.

"As the IAEA Board made clear today, Iran must immediately

comply with its IAEA safeguards obligations and provide the IAEA nothing short of full cooperation. If Iran fails to cooperate, the international community must be prepared to take further action," Pompeo said.

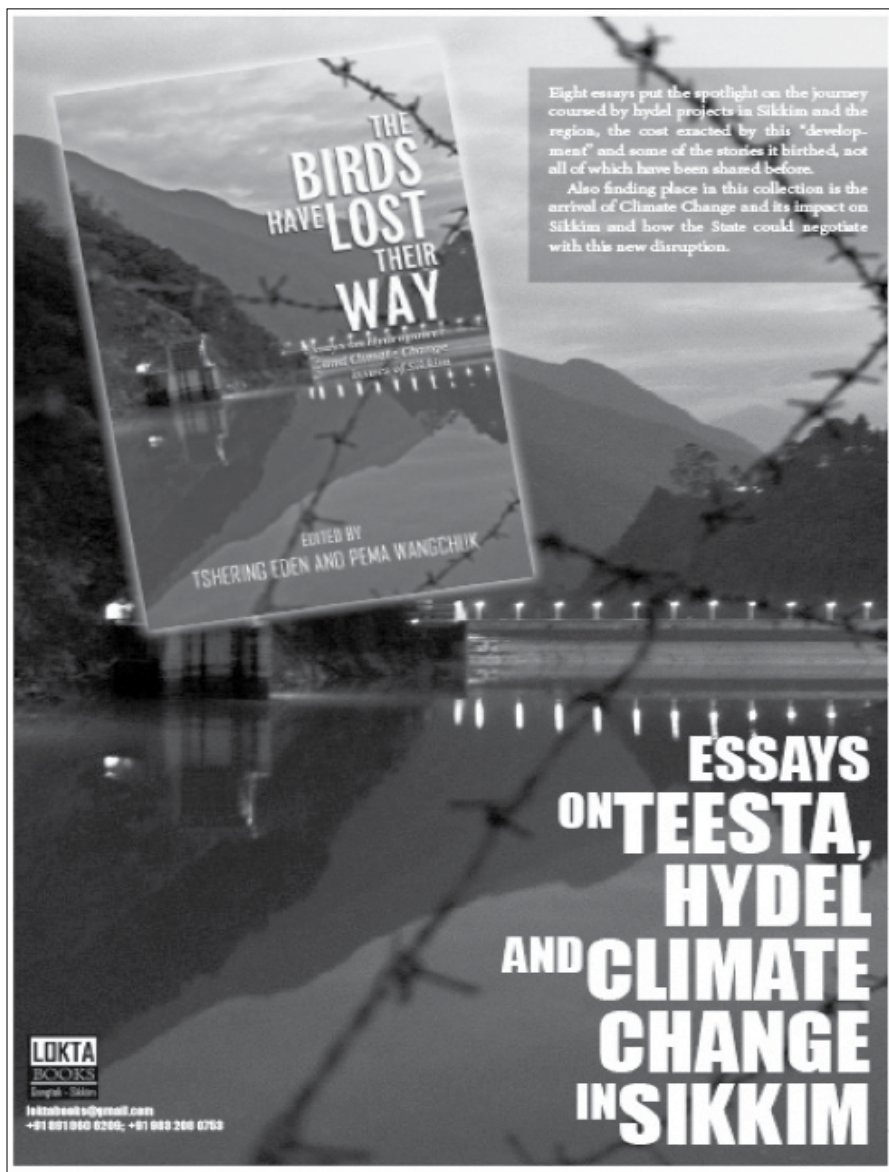
The IAEA has issued two reports this year alone admonishing Iran for failing to answer questions about nuclear activities two decades ago and for denying access to inspectors at two specific sites where such activity is suspected of having taken place in the early 2000s.

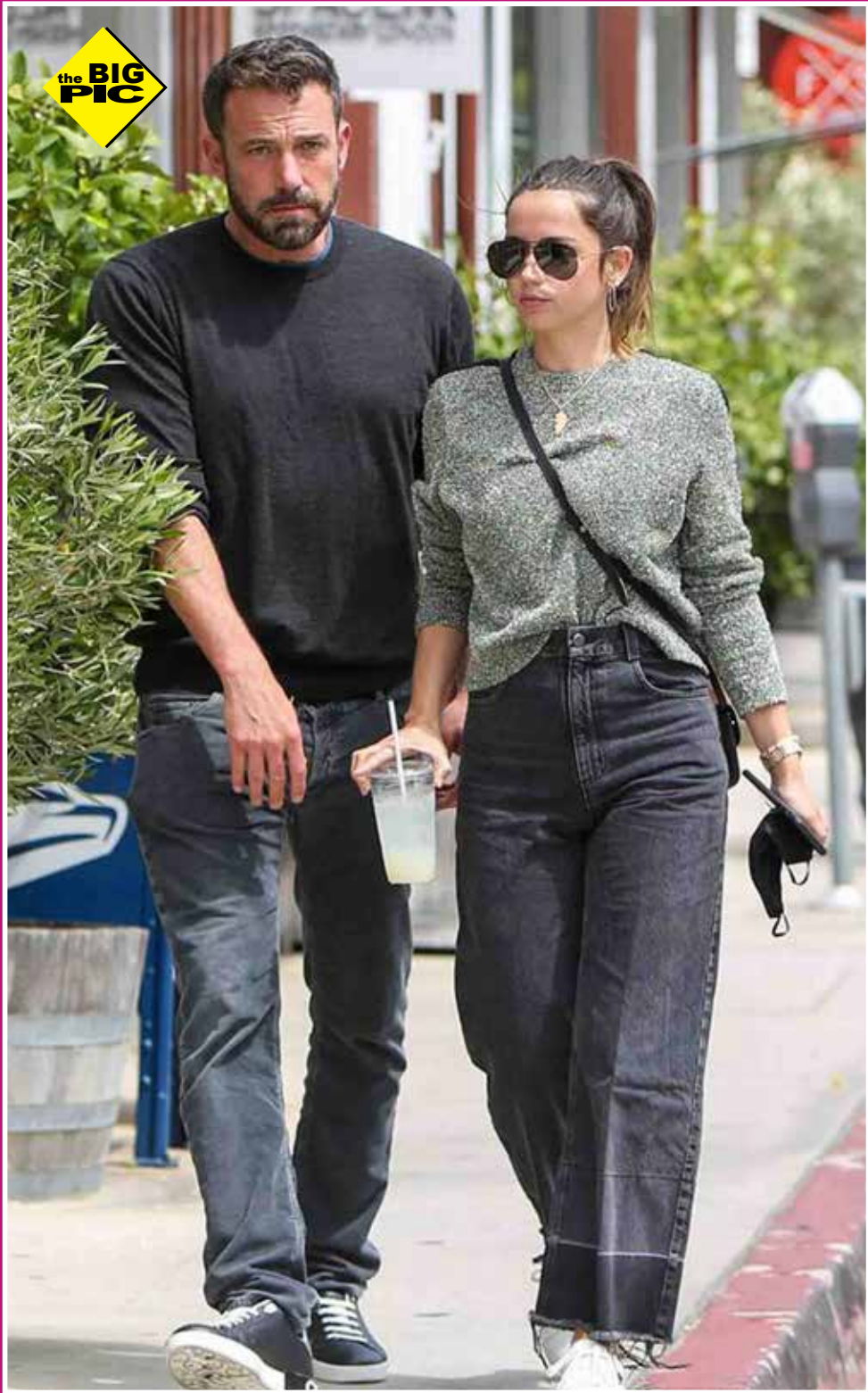
Even though there is no proof that nuclear activity is taking place at those locations at the moment, the agency says they still matter as they could have been part of a nuclear weapons program in the past that Iran failed to declare.

Speaking to reporters after the resolution was passed on Friday, IAEA Director General Rafael Grossi said it would be "absolutely unacceptable" if an example were to be set that allows countries to be selective in their implementation of agreements with the IAEA. "There are no exceptions. There is no Additional Protocol à la carte," he said. Kazem Gharib Abadi, Iran's ambassador to the IAEA, argued in a statement sent to the agency last week that the agency's requests for access were based on "Intelligence Services' fabricated information" which in Iran's view were not consistent with the agency's statute.

Israel has suspected a secret nuclear program by Iran's regime in the past and provided the IAEA with new information on the subject, including what it called an "archive" of past nuclear activities, thanks to a secret raid it conducted in 2018 on a warehouse outside Teheran.

However, Russia's ambassador to the IAEA, Mikhail Ulyanov, said Friday's resolution would not help resolve the standoff. "While stressing the need for Tehran and IAEA to settle this problem without delay, we believe that the resolution can be counterproductive," he tweeted.





BENANA! The hot new couple Ben Affleck & Ana de Armas are spotted out for lunch in Brentwood, Calif.

Hugh Jackman in talks to headline racing drama 'Ferrari'

Los Angeles, Jun 21 (PTI): Hollywood star Hugh Jackman is in negotiations to play Ferrari founder Enzo Ferrari in Michael Mann's upcoming racing drama.

Titled "Ferrari", the film is based on Brock Yates' book "Enzo Ferrari The Man and the Machine", reported Variety.

The script is originally written by the late Troy Kennedy Martin of "The Italian Job" fame and has been re-worked by Mann.

The film is set in 1957 when Ferrari's life both on the track and at home started to fall apart. The company he and his wife Laura had built was struggling and his stormy marriage had been rocked by the death of their son, Dino, and his affair with Lina Lardi, with whom he had a second son, Piero.

Meanwhile, Ferrari was preparing for a gruelling and dangerous race across Italy, the Mille Miglia.

STX will distribute the film in the UK and Ireland, with Amazon eyeing certain international rights. Principal photography is expected to begin in the spring of 2021.

"Ferrari" is the story of one summer in 1957 when all the dynamic forces in Enzo Ferrari's life as combustible and volatile as the race cars he builds collide.

"Mann will bring his passion for the extraordinarily vivid characters and the dangerous world of motor racing in the 1950s to create an epic, cinematic experience," STX said in a statement.

Mann will produce through his production company Forward Pass, along with "Birdman" producer John Leshner, Lars Sylvest, Thorsten Schumacher, Gareth West and Niels Juul.

Interestingly, James Mangold, who directed Jackman's final outing as the X-Men mutant Wolverine in "Logan", helmed the 2019 racing drama "Ford v Ferrari". Italian actor Remo Girone played Ferrari in the movie.

The film centred around the feud between Henry Ford II and Enzo Ferrari as they both competed to win Le Mans World Championship in France in 1966.

"Ford v Ferrari", starring Christian Bale and Matt Damon, won the Oscars in best film editing and sound editing categories.



Sylvester Stallone Paid Tribute To His Celebrity Friends In The Best Possible Way

When you've been in Hollywood as long as Sylvester Stallone has, it's only natural that you'll pick up a few famous acquaintances. However, from the looks of a collection of photos he recently shared to pay tribute to his celebrity friends, Sly has managed to accumulate one of the most impressive social networks of all time. Sylvester Stallone recently uploaded a slideshow of images to his official Instagram account. The caption was short and sweet - "GREAT FRIENDS!!!!" What really made the post so special was the incredibly diverse list of people that he was giving that distinction. The accompanying set of pictures showed the actor rubbing elbows with a variety of stars over the course of the last few decades, and they show a fun and sometimes sweet array of moments that were clearly special to the actor. Check out the amazing slideshow here:

The first photo shows him with country music icon (and his Rhinestone co-star) Dolly Parton, hamming it up with pipes in their mouths. The next shows him goofing around with his Expendables co-star Mel Gibson. After that, he treated fans to photos of himself with Michael Douglas and even Michael Caine. There's even a candid photo of him having a conversation with a (pre-Expendables) Antonio Banderas and Melanie Griffith.

One of the things that's really inter-

esting about the photos Sylvester Stallone shared is that very few of them feature actors he's starred with in films. He shared an image of him and Goldie Hawn, as well as one with Mark Wahlberg and James Caan. There's an especially sweet candid photo of Elizabeth Taylor fixing Sylvester Stallone's boutonniere at the Cannes Film Festival. But he also showed that his circle of friends

the photos of those who've since passed on, like Muhammad Ali and Elizabeth Taylor. Without saying it in exact words, he seems to be saying that great friendships never truly end.

What's even more amazing is that this is just a handful of the friendships that Sylvester Stallone has formed over the years. Numerous fans in the comments to the post asked him where Ar-



extends past his fellow Hollywood heavyweights.

There's a photo of the actor grinning alongside The Beatles' icon Paul McCartney. In another picture, the Rocky star is jokingly squaring off with Muhammad Ali. While many of the people in Sylvester Stallone's photos are still alive and well today, it's especially poignant to see

nold (Schwarzenegger, of course) was, for example. Maybe that just means he'll have to post a second round of memories with another group of famous friends. Even if he doesn't, it was kind of him to pay tribute to his friends in the way he did -- and give fans a glimpse into the wild ride he's enjoyed throughout his career thus far.

Salman requests fans to stand with Sushant's family: Loss of loved one extremely painful

MUMBAI, JUN 21 (PTI): Bollywood superstar Salman Khan has appealed to his fans to extend support to Sushant Singh Rajput's family and admirers after a criminal complaint was filed against him for abetting the suicide of the late actor.

Rajput, 34, was found dead at his Mumbai residence on June 14. Earlier this week, a Muzaffarpur-based advocate Sudhir Kumar Ojha filed a petition naming Bollywood bigwigs like Khan, producers Aditya Chopra, Karan Johar, Ekta Kapoor and director Sanjay Leela Bhansali as accused.

Taking to Twitter on Saturday, Khan asked his fans to understand the emotions Sushant's admirers were going through after his demise.

"A request to all my fans to stand with Sushant's fans and not to go by the language and the curses used but to go with the emotion behind it. Please support and stand by his family and fans as the loss of a loved one is extremely painful," he wrote. Ojha had alleged that the heavyweights had tried to stall the career of the upcoming star. The Patna-born actor was known for films including "Kai Po Che!", "MS Dhoni: The Untold Story", "Chhichhore".

A couple of other filmmakers have also been named as co-accused in the case.

A complaint was also filed before a court in Bihar on Saturday accusing actor Rhea Chakraborty of having abetted Rajput's suicide. Rajput's death has reignited discussions around the struggle of survival in Bollywood, navigating cliques, particularly for outsiders.

DL Hughley tests positive for COVID-19

LOS ANGELES, JUN 21 (PTI): Actor-comedian DL Hughley has revealed that he has tested positive for novel coronavirus. The comic and activist, who was admitted to a Nashville hospital on Friday night after he passed out during a stand-up set, said he was asymptomatic. They ran a battery of tests, and I also tested positive for COVID-19, which blew me away Apparently I just lost consciousness. So, in addition to all the other stuff you have to look out for, if you're a** pass out in the middle of a show, onstage, you probably need to get tested, Hughley said in a video posted on Twitter.

The 57-year-old stand-up artiste collapsed in the middle of his set at Zanies Comedy Club in Nashville on Friday night.

Hughley said the doctors at the hospital were initially treating him for severe exhaustion and dehydration, but now when he has tested positive for COVID-19 he is going to quarantine in his hotel room for 14 days.

K-Pop Fans Sabotaged Trump's Under-Attended Tulsa Rally

They launched a secret campaign to register hundreds of thousands of fake tickets

Coming into Saturday's campaign rally in Tulsa, Oklahoma, Donald Trump proudly boasted that over one million people had signed up for tickets. But when the day actually came, there were plenty of empty seats to be found inside the arena, and literally not one person showed up for the outdoor events. Trump's campaign blamed the low attendance on protestors who blocked the entrance to the arena. However, as the New York Times reports, the inflated ticket requests may have been the direct result of a prank carried out by K-pop fans.

K-pop fans, along with their allies on TikTok, worked together to register potentially hundreds of thousands of fake ticket requests as a prank. One of the organizers behind the prank, a YouTube host named Elijah Daniel, told the Times that "It spread mostly through Alt TikTok — we kept it on the quiet side where people do pranks and a lot of activism. K-pop Twitter and Alt TikTok have a good alliance where they spread information amongst each other very quickly. They all know the algorithms and how they can boost videos to get where they want."

Several young activists created video encouraging

other K-pop fans and TikTok users to request tickets using fake names and phone numbers, and even offered instructions on how to generate phone numbers using Google Voice and other internet-connected phone services.

"We all know the Trump campaign feeds on data, they are constantly mining these rallies for data," Mary Jo Laupp, a former employee of Pete Buttigieg's campaign for president, told the Times. "Feeding them false data was a bonus. The data they think they have, the data they are collecting from this rally, isn't accurate."

Congresswoman Alexandria Ocasio-Cortez lauded the K-pop fans on Twitter. In a tweet aimed at Trump's campaign manager, AOC wrote, "You just got ROCKED by teens on TikTok who flooded the Trump campaign w/ fake ticket reservations & tricked you into believing a million people wanted your white supremacist open mic enough to pack an arena during COVID."

When not helping to propel BTS and other k-pop groups to the top of music charts, the fanbase has become increasingly involved in social activism. Last month, fans banded together to crash an app used by the Dallas Police Department and reclaimed racist hashtags like #WhiteLivesMatter.

ARIES:

Aren't you tired of taking everything so seriously and carrying the weight of the world on your shoulders? The cards are urging you to change the approach a little, to think of the world as if it were a playground. You're here to have fun, make mistakes, and learn a few lessons along the way. So, don't get too attached to the outcome of what you are creating. As for the things you are struggling with, know that you will find creative solutions once you let go of your false sense of control.

Tip: Think of the world as your playground.

TAURUS:

There are times in our lives when we try every trick in the book to no avail. The doors that are locked refuse to open and the people who are meant to assist us in the journey get caught up in their own trials and tribulations. And then there are times when pathways magically clear themselves, our desires manifest with minimal efforts and people we know little about become a catalyst for this positive shift. The Universe is playing for your team, baby! Tip: Spirit is about to manifest major miracles on your behalf!

GEMINI:

You somehow manage to pick up your phone every time it is 11:11am/pm, your pizza delivery bill reads 'Rs 555' and you could swear the raven by your window this morning was here to deliver a message from the higher realms. No, you're not going crazy, Gemini. You're just upgrading to a whole new frequency. Welcome to the new normal! The things about signs and symbols is that they're entirely personal. You could turn to Google to make sense of what's you're coming through. But isn't it so much more powerful to listen to your intuition?

Tip: Trust the messages that are coming through from the higher realms. They are affirming your path.

CANCER:

Your current circumstances bring John Rohn's famous quote to mind: "If you don't like where you are, move. You are not a tree." It's true that certain things are beyond your control, but how you respond to the given challenges is entirely up to you. Tap into the power of free will, Cancer.

Tip: You have the power to bring about change.

LEO:

Anybody can be an influencer, Leo. There's nothing you cannot buy on the internet these days! But few people have what it takes to be the voice of their generation. Do you aspire to join the league of greatness? The secret to getting ahead in the game is staying true to your message rather than succumbing to the numbers game. You owe it to yourself, beautiful. Remember, most revolutionaries were misunderstood in their times. So, don't worry too much about what other people are saying or not saying about your progress! Tip: Wield your power for the greatest good.

VIRGO:

There are times when everything works out effortlessly and then there are times when you push and push with no avail. The Universe is showing you duality at its best. Get ready to witness both ends of the spectrum today. What you need to keep in mind when things aren't working out though is that, at any point of time, your victories outweigh your failures. So be gentle with yourself, Virgo. Learn from your mistakes without giving yourself too much grief for them as you applaud your ability to show up, every single day,

despite life's many storms.

Tip: You're witnessing duality at its best.

LIBRA:

Look at you transforming your negative beliefs about love and allowing yourself to receive what you have been giving so freely to others! This is a magical time in the Libra HQ, one that speaks of bliss, harmony, and togetherness. Say 'I do' if you haven't already, or exchange virtual promise rings. You don't have to look outside for a sign, wild one.

Tip: Let the rhythm of your heart guide you.

SCORPIO:

Scorpio, you are experiencing deep, inner alchemy right now, one that is taking your self-love game to a whole new level. It's true that you've made plenty of mistakes. But then again, who hasn't? Bringing forth the gift of forgiveness is an integral part of this transformation process. Light the torch of awareness in the so-called dark places. Remember, we are not here to be perfect. We're here to be whole and integrated.

Tip: Be gentle with yourself.

SAGITTARIUS:

A Jordan Belfort quote you want to remember now and forever: "If it doesn't bring you income, inspiration or orgasms, it doesn't belong in your life." Sagittarius, you're fully aware of the things that are beginning to smell stale around here. It's time for you to channel your inner dark goddess and cut the cords that are no longer serving you. If you're dealing with a toxic relationship at the moment, find the courage within you to break the cycle. The Universe knows you deserve better. The real question is: Do "you" believe that for yourself?

Tip: It's time to let go of all that is stale around you.

CAPRICORN:

You are stepping into an important phase of your career, one that requires you to be consistent in your efforts. But the hustle is something you have never been afraid of. What you could potentially struggle with is the noise and distraction of the outside world. Word for the wise: establish boundaries at home and put your phone on flight mode. Going on a social media detox is a good way to stay distraction-free.

Tip: The project at hand needs your undivided attention.

AQUARIUS:

Maybe you're not tired because you're doing too much. Maybe you're tired because you are doing so little of what sets your heart on fire. It's never too late to live a life that's purposeful; to find a middle ground between your passion and your profession. Take a moment to make a list of all the things you enjoyed when you were little. If money wasn't a concern, would you consider doing these things for the rest of your life?

Tip: What's the one thing you would do for the rest of your life if money was not a cause of concern?

PISCES:

It's a 'make art, not war' kind of day in the Pisces HQ. You're in the mood to channel your emotions onto the canvas—anger, sadness, joy, ecstasy, and melancholy. For you, art is not just a medium of expression. It's a form of catharsis. A way of emotional release. Remember, you're not here to be perfect. You're here to be you. Stay true to your message and know that those who are meant to connect with it will find a way to align their path with yours.

Tip: Stay true to your message.