



**METALLICA CANCEL TOUR
AS JAMES HETFIELD
RETURNS TO REHAB**

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**TRAITORS, BETRAYAL, SURRENDER:
BRITISH POLITICS NOW DRIPPING
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RELEASE SOUNDTRACK ALBUM
TO 'WESTERN STARS' FILM**

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SummitTIMES

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ON TOP OF THE NEWS

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CPFI launches Cycle Polo League

NEW DELHI, SEP 28 (PTI): The Cycle Polo Federation of India (CPFI) on Saturday launched the Cycle Polo League scheduled to be held at the Rajasthan Polo Club in Jaipur from November 25 to 29. The inaugural League, aimed to bring the game of Cycle Polo to the forefront and make it a mass sport, will see five teams battle it out to be crowned champions.

It will feature of total of 40 Indian players chosen after a rigorous selection process on the basis of their performance at the National and Federation Cup Championships.

Ten foreign players will also be a part of the league from countries like France, England, Malaysia and Ireland. Each team in the league will comprise of six Indians and two foreign players.

The Indian Air Force (IAF) will lead in assisting the League along with CPFI's member state associations. India has been a gold medallist in the five Cycle Polo World Championships that they have participated in and a bronze medallist on the two other occasions.

Amongst the Indian players, there will be a plethora of India internationals which includes the likes of Assarudeen Sha, Sagar Deshmukh and Vishnu S from the Indian Air Force; Anshad A, Shanoj AR, Anfar J and Harshal Bagde from the Territorial Army and Pi-yansh Sinha and Santosh Rao from the Army. In the league, there will be a total of 13 games, which will be played in the same format as all national and international competitions.

The winners of the league can take home a prize money of Rs 2,00,000 and runner's up will be awarded a prize money of Rs 1,00,000.

Similarly Top Player of the League, Golden Mallet and Golden Cycle of the League, will get an award of Rs 25,000.

It's SDF vrs SKM-BJP combine for by-elections

**SUMMIT REPORT
GANGTOK, 28 SEPT:**

Sikkim Democratic Front has emerged as the only party in the State willing to take on the BJP in an election. The much-awaited by-elections will now be a contest between SDF and the SKM-BJP combine with the Sikkim Krantikari Morcha today stepping away from two of the three constituencies going for by-elections and announcing that it will be backing the saffron party there.

What is more, SKM has also released a candidate to the BJP camp in Sonam Venchungpa who had unsuccessfully contested the 2019 assembly elections on an SKM ticket.

Neither an alliance for by-elections, nor giving BJP a candidate is new for the SKM which had done the same in the by-polls for Yangyang-Rangang in the last term when it not only backed BJP but also "loaned" it a candidate in



Bikash Basnet, the current confidential secretary to Chief Minister PS Tamang [Golay].

With this, all speculations about the nature of the contest have been

laid to rest. What remains to be seen is how keenly the by-election is contested and what level of support BJP receives from SKM on the campaign trail.

There is, however, a new speculation in air this one regarding what convinced SKM to step down from two constituencies – both in which SKM is strong, having

won one and narrowly lost the other - in favour of BJP. The constituency SKM has retained in this alliance is Poklok-Kamrang, the one seat in Sikkim where SDF can

still be considered the strongest given that it is the SDF president's traditional constituency.

The official explanations notwithstanding, Monday, the last day to

file nomination papers will present answers to this mystery as well.

Given that Mr Venchungpa officially joined BJP today, it is clear that he will receive the ticket for Martam-Rumtek, and while there has been some chatter about the BJP candidate for Gangtok, this will be officially announced only later.

As for SKM, it has not yet announced its candidate for Poklok-Kamrang and all eyes are on this constituency and whether any surprises come there.

SDF announced all its candidates today and will be fielding former MLA and Minister in previous SDF governments, Rinzing Ongmu, from Gangtok, Nuk Tshering Bhutia, popularly known as Melli Sonam, from Martam-Rumtek and Moses Rai from Poklok Kamrang.

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Governor's Medal awarded to 32 NCC cadets

Governor announces Rs 1 lakh for NCC cadet joining Armed Forces

**SUMMIT REPORT
GANGTOK, 28 SEPT:**

Governor, Ganga Prasad conferred Governor's Medal to 32 outstanding NCC cadets representing the State in various National and State level events in a special function held at Ashirvad Bhavan today, a Raj Bhavan release informs.

The cadets had performed exceptionally well in various training activities like shooting competition, trekking, sailing, Republic Day Parade and other national level camps over the last one year, the release states.

It was the third edition of Governor's Medal Ceremony being held in the State, the first being in 2017. Earlier the Cadets were awarded the



medal by Governor of West Bengal.

A total of twenty gold, six silver and six bronze medals were conferred to the cadets today by Hon'ble Governor.

Minister for Education, Kunga Nima Lepcha, in his brief address to the cadets shared his experience on his association with National Cadet Corps during his school days and credited his success to the organization. He also encouraged more students from Sikkim to join NCC to excel

in their chosen field in the life ahead.

The Governor during his address underlined the significance of NCC, now the world's largest uniformed youth organization, in preparing the students and youth for future challenges and responsibilities that they have to shoulder.

He stated that NCC provides the platform for youth to hone their leadership skills, prepare them mentally and physically to join armed forces and inculcate the ideals

of patriotism and nation first, turning them better and responsible citizen of the country.

As a special gesture towards encouraging the students to join NCC and subsequently into Armed Forces, the Governor declared that any NCC cadet from Sikkim getting commissioned as officer into Armed Forces henceforth, will receive special felicitation from Raj Bhavan and a cash award of Rs 1 lakh.

The Governor also

turn to pg02

At Link tables sumptuous feast for Gangtokians

**SAGAR CHHETRI
GANGTOK, 28 SEPT:**

Mount Himalayan & Spa has laid out a sumptuous spread in "Dawat-e-Sikkim," a three-day food festival which got underway today organized in association with Mitho and Kingfisher here at the Link Restro & Bar at MP Golai, Tadong.

The feast has tabled specialties like Awadhi Murgh Dum Pulao, Nawa-bi Shahi Paneer, Lasooni Murgh Kebab and Bhatti Ki Murgh along with a variety of other Indian and Nepali cuisine.

The festival also in-



cludes a live acoustic musical session by Sharad from Siliguri on Friday and Ayan Das on Saturday evening.

Speaking to media

persons this evening, Mount Himalayan & Spa CEO, Sachin Agarwal, shared that the festival has received a very

turn to pg02

PAN-Aadhaar linking date extended to Dec 31

NEW DELHI, SEP 28 (PTI): The deadline to link permanent account number (PAN) with Aadhaar has been extended till December 31, a CBDT order said Saturday.

Earlier, the deadline was September 30.

This is the seventh time that the government has extended the deadline for individuals to link their PAN with Aadhaar.

The Central Board of Direct Taxes (CBDT) has extended the date for linking PAN and Aadhaar from September 30 to December 31 and a notification has been issued on Friday in this connection,



the policy-making body for the Income-Tax Department said. It is now

mandatory to link the two unique IDs for income tax purposes. The Supreme

Court, in September last year, had declared the Centre's flagship Aadhaar

scheme as constitutionally valid and held that the biometric ID would remain mandatory for the filing of I-T returns and allotment of PAN.

Section 139 AA (2) of the Income Tax Act says that every person having PAN as on July 1, 2017, and eligible to obtain Aadhaar, must intimate his Aadhaar number to tax authorities.

Aadhaar is issued by the Unique Identification Authority of India (UIDAI) to a resident of India and PAN is a 10-digit alphanumeric number allotted by the IT Department to a person, firm or entity.

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Control Room set up in Namchi for by-poll

NAMCHI, 28 SEPT (IPR): South district Returning Officer, Ragul K informed that a Control Room has been set up at DAC, Namchi for the upcoming by-elections, 2019 for Poklok Kamrang Assembly Constituency. The following landline numbers are set up in the Control Room Land line No: i) 03595-263734, ii) 03595-263808 and Fax No: i) 03595-26473.

West administration holds coordination meeting

GYALSHING, 28 SEPT (IPR): A meeting with all ADC/Dev, SDMs, BDOs, MEO and DFO Wildlife/Territorial regarding the Implementation of Solid Waste Management, upcoming Swachhta Abhiyan programme on 02 Oct, Modalities of One Family One Job and Electors Verification Programme was held at the Conference Hall of District administrative Centre, Rabdentse.

The programme was commenced under the chairmanship of Justice A. P. Subba, Chairman for State level Environmental Monitoring Committee and District Collector, Karma R. Bonpo accompanied by Karma L. Lepcha, ADC/W and Tushar G. Nikhare, SDM/HQ.

Addressing the house, the DC explained in details about the solid waste management rule, 2016. He emphasized on sensitization and awareness of Gram Panchayats and public at large regarding proper management and segregation of waste right from sources till the Resource Recovery Centres (RRCs).

He suggested the BDOs and present officials to start the segregation process from their office itself. He directed all BDOs to frame the Bye laws holding the special gram sabha and submit the action plan to DC office shortly. He also directed that all the GPKs should establish Common Service Centres (CSC).

Informing about the 02 Oct programme he said that the Swachhta Abhiyaan will be held across the district at all prominent tourist places.

Mr Nikhare, SDM/HQ gave the demonstration on Elector Verification Programme (EVP) and hands on session on ERO NET to all the concern BDOs present.

Training programme on Climate Change Risk Mitigation concludes

SUMMIT REPORT

GANGTOK, 28 SEPT:

Three-day CCS NIAM (Jaipur) sponsored training programme on Climate Change Risk Mitigation for Marginal Farmers of Himalayan Region in Sikkim organized at College of Agricultural Engineering and Post Harvest Technology, Central Agricultural University, Ranipool, Sikkim concluded today.

The training organized by Deepak Jhajharia (Professor, Dept. of SWCE & PI of AICRP-PET) as course director, and Prof. Mahendra S. Seveda, Professor & Head, REE, CAEPHT, Gangtok and Dr. G. T. Patle, Assistant Professor, CAEPHT, Gangtok as course coordinators, a press release informs.

The training was inaugurated by Dr. P. Senthil Kumar, IFS, Commissioner, Rural Development Department, in the presence of Prof. P. P. Dabral, Dean, CAEPHT, Ranipool, Gangtok, Sikkim as Chairman of the inaugural programme on 26 Sept.

The first day had lec-



tures on renewable energy technologies, solar drying, biogas, biomass, etc., and on low-cost micro-irrigation technologies for saving precious irrigation water.

Dr. Kh. Lily Devi (JRS, AICRP-PET) narrated a success story of a small farmer from Soureni, Assam Lingzey, who has made significant progress by use of plasticulture engineering technologies. On the second day, lectures were given

on spring rejuvenation, trout fish and intensive farming, poultry farming and animal shelter design along field visits in afternoon in farmers field to inspect different greenhouses, poly-tunnels, solar dryer, etc. constructed by using the funds from the AICRP-PET (CAEPHT) Centre.

On the last day, lectures on scope of plasticulture engineering technologies to enhance

the farmers' income in NEH region, water harvesting, agri-business, dairy farming and animal health management under climate change scenario were covered.

About 44 farmers from Upper Bhasmey, Darjeeling, Padamchey, East Pendam, Pakyong, Ahoo, Soureni and Assam Lingzey attended the three-day training program.

A training manual was also released by the

dignitaries during the valedictory function. Certificates to all the participants, resource persons, and course organizers were distributed.

At the end of the program, the participants visited various greenhouses and poly-tunnels constructed and maintained by the AICRP-PET centre vegetable saplings were distributed to all the interested farmers to support them in organic farming.

Poshan Maah open marathon held in Namchi



NAMCHI, 28 SEPT (IPR): District Collector (South), Ragul K flagged off an open marathon as part of Poshan Maah at Central Park today. The theme of the event was 'Sahi Poshan Desh Roshan Marathon'.

Organised by Social Justice and Welfare Department in collaboration with Sports and Youth Affairs Department, South had the presence of Deputy Director Sports and Youth Affairs, Tshering Ongmu, District Programme Officer for Poshan Abhiyan, Jyotshna Khatiwara, CDPO Namchi, Laxman Tamang and Assistant Director Sports, Basant Pradhan, alongside officials and staff of concerned departments, local gentry and participants.

The marathon commenced from Central Park covering View Point, Bhanjyang and culminated at Central Park. It was held in three categories namely; men's half marathon, women 10km and veteran's

10km (men and women 45 years and above).

In the men's half marathon category, Prashant Bishwakarma, Rohit Chettri and Manjil Rai stood first, second and third position while Anjana Gurung, Sushma Tamang and Ranjita Rai secured first, second and third position respectively in the women's category.

Likewise, in the men's veteran category, BS Gurung stood first, Deepak Mainali second and MP Gurung took the third place.

Similarly, in the women's veteran category, Reepa Lepcha secured first position, Pemkit Lepcha stood second and Chhyasang Lama took the third position.

The winners were awarded with prize money along with medals and certificates during the programme. The contestants who had secured from fourth to tenth positions were also presented with consolations prize along with certificates.

Child Friendly GPU launched at Dentam

GYALSHING, 28 SEPT (IPR): Child Friendly Gram Panchayat Unit was introduced in Sangkhu Radhu Khandu GPU, Dentam by SDM Dentam, Bimal Rai in coordination with the District Child Protection Unit, ICPS SJ&WD.

The chief guest for the program was Riki Lhamu Lepcha, Retired JD health. She was accompanied by ADC Dev. Milan K. Subba; SDM Dentam Bimal Rai; Deputy Director (HRDD) J. P. Chettri; Panchayat President and team from Maniram Phalidara South Sikkim; Panchayat members of Dentam GP; Protection Officer South-&West, Bhawana Subba and the staffs of District Child Protection Unit



West Sikkim.

As informed by the Protection Officer this was an initiative to combat alarming issues of child abuse and other offenses against children and to empower the child in the Gram Panchayats.

The program was conducted to sensitize public in the grass root level about child rights and their protection and

for the active participation of the children in communities programme and also to involve themselves to address their own issues actively.

During the programme members (children) of the District Child Parliament of Child Friendly G.P.U Maniram Phalidara South Sikkim also demonstrated the children parliament.

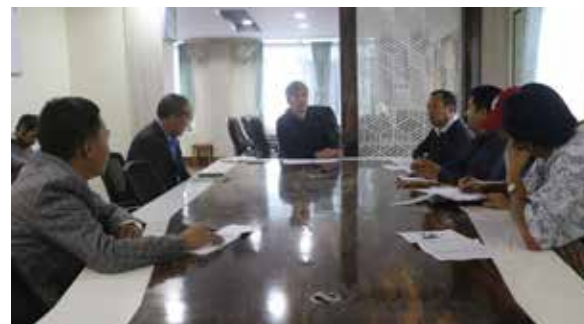
Meeting reviews Swachhata Hi Sewa campaign in North

MANGAN, 28 SEPT (IPR): A review meeting on "Swachhata Hi Sewa Hai" campaign was conducted by District Collector, North, Tenzing T Kaleon at his chamber today.

The meeting was attended amongst other by the Additional District Magistrate, North, Surat Gurung, Additional District Collector, Development, North, Somnath Adhikari, District Forest Officer, Territorial North, Pempa D Lachungpa, Mangan Nagar Panchayat, Under Secretary, Tempo Bhutia and Mangan Nagar Panchayat, Councillor, Ugen P Kazi.

During the meeting, DC/N, Mr Kaleon took the stock of ongoing work under "Swachhata Hi Sewa Hai" campaign in the District. He gave brief information about the cleanliness drive initiated by Prime Minister, Narendra Modi. He mentioned the importance of cleanliness and insisted that we must have a sustainable approach to continue this cleanliness drive.

He also emphasized on general aware-



ness and behavioural change of the public of the District towards plastic waste.

This year's "Swachhata Hi Sewa Hai" campaign is Plastic Waste Management. At the meeting it was mentioned that plastic waste consists of two types, they are recyclable and non-recyclable plastic waste. The segregation of recyclable and non-recyclable plastic waste would emphasized during this campaign.

Mr Kaleon asked ADC, (Dev) to furnish a report regarding the collection of both recyclable and non-recyclable plastic in the rural places of the District with necessary photographs and also to observe the amount of plastic waste collected and how the non-recyclable plastics waste is be-

ing disposed at all GPUs. He has asked to submit the report in his office on 23 October.

He also instructed the ADC/N, MNP Official and DFO to find a sustainable solution to manage non-recyclable plastic waste.

During the meeting, US/MNP informed to the house that the Mangan Nagar Panchayat has undertaken the said campaign positively. Further, he informed that MNP has initiated to put complete ban on use of single use plastic in the district.

In order to avoid use of plastic bags, MNP will launch jute carry bags on 02 October. "Incinerator has also been installed in MNP toilets in order to dispose the sanitary napkins", he added.

It's SDF...

SDF's parliamentary board zeroed in on these candidates at a meeting on 26 September and the same was endorsed by the party president.

Meanwhile, addressing a joint press conference here today, SKM and BJP leaders announced the alliance and their 2:1 in favour of BJP seat-sharing arrangement.

SKM Working President, Mohan Prasad Subba who is also SKM party Parliamentary Board member told media-persons that the two parties have agreed on a 5-point agenda for the alliance - early seat reservation for Limboos and Tamangs, Scheduled Tribe status for the 11 left-out Sikkimese Nepali communities, tax exemption for old settlers and permission for the 17th Karmapa Ogyen Trinley Dorje to visit Rumtek Monastery.

BJP's Sikkim in-charge, Nitin Nabin, in turn assured that the Central Government will not dilute the special Constitutional provisions for Sikkim as enshrined under Article 371F at any cost.

He added that BJP will go to the by-polls under the leadership of the SKM president, Chief Minister PS Tamang [Golay], and that he will remain the Chief Minister.

Although this is only a poll alliance for now, he hinted that the BJP could also join the Government if SKM wants it to be part of the government.

SKM spokesperson, the CM's political secretary, Jacob Kaling, insisted that the alliance was not a compromise forced by political exigencies but one taken keeping in mind the long-pending demands of the State and in Sikkim's interest.

Governor's Medal...

extended good wishes to all awardees for their bright and successful future ahead.

Addl Chief Secretary Education Department, GP Upadhyaya, Addl Chief Secretary to Governor, Dr K Jayakumar, Dy GOC Black Cat, Brig Harshvardhan, Group Officer Commanding NCC Darjeeling District, Col PB Acharya, Commanding Officers of all three NCC Battalions in Sikkim, officials of Education Department, Principals, teachers, NCC Cadets were present on the occasion.

At Link...

encouraging response from the people and the weekend crowd is expected to be even stronger.

"We are organising this food festival for the first time and our primary aim is to provide the best Indian and tandoori cuisine to our patrons. This is also to introduce our new restaurant - Link Restro & Bar which offers authentic Nepali, continental, Chinese and Indian cuisines," he said.

He added that with an impeccable dining ambience offering spectacular views, The Link complements all of these with exceptional service.

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KUTSE SHEGU

The kutse Shogu of our beloved mother late Karma Doma Bhutia who left for heavenly abode on 12th August falls on 29th September, 2019.

All relatives, friends and well wishers are requested to join us for offering prayers to the departed soul at our residence Penlong Bazaar, East Sikkim.

We take this opportunity to express our sincere gratitude towards those who extended their support during our time of bereavement..



Khittu Tshering Bhutia (son) 9434127474
Tenzing Bhutia (son)
Sonam Nedup Bhutia (son)
Tshering Dorji Bhutia (son)
Lazey Bhutia (daughter in law)
Layzey Bhutia (DAUGHTER)
Chunki Bhutia (daughter)

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Sikkim Newar Guthi gears up for grand silver jubilee celebration

**SUMMIT REPORT
GANGTOK, 27 SEPT:**

Sikkim Newar Guthi [SNG] is completing 25 years of its formation this year and to commemorate the occasion it is organizing a series of events for more than a month throughout the State, a press release informs.

SNG is a non-profit organization, registered vide No. 689/LR/94, formed for the overall development of Newars of Sikkim. The main aim and objective of Sikkim Newar Guthi is to conserve and preserve traditions and culture of the Newar community in the State.

To celebrate its silver jubilee, various competitions such as Ethno Newar Aachar (pickle) making competition, Newar Folk Dance, Newar Musical Instrument Competition, Essay and Poem Competitions, etc. are being organized.

The State has number of hidden talents and thus to provide platform and opportunity to these young talents, Seasons



(II) Open Talent Hunt Competition is being organized. The auditions for the Talent Hunt are being organized at various places in Sikkim namely at Rongli (East), Soreng (West), Singtam (East and South) and Gangtok (East) on 29

Sept, 05, 19 and 20 Oct, 2019 respectively. The finals of all the competitions will be held at a gala event at Manan Bhawan on 09 Nov, 2019.

Youth Awareness Programme and Legal Awareness Programmes at district level are

also being organized. To commemorate the 150th birth Anniversary of Mahatma Gandhi, awareness cum cleanliness drive at all Sakhas (branch) will be held on 02 Oct, 2019.

To motivate youths and to make them aware

of the traditional dresses, ornaments, traditions and culture of the community, an event Bhaju Sikkim and Maiju Sikkim (Newar Mr & Ms Sikkim) based on number of likes on Facebook is being organized. This year the upgraded version would have ramp walks, questionnaires, talent show round, etc. will be included.

Grand Cultural Programme with events like Awards and Felicitations, Launch of Silver Jubilee Edition Souvenir magazine "Smarika" and Quarterly Magazine "PAU", launch of Sikkim Newar Guthi website and other musical and cultural programme would be held on 10 Nov, 2019.

The celebrations will end with a Grand Musical Evening being organized at Manan Bhawan on 10 Nov with artists performing from within and outside the State. All the events will be held in an eco-friendly manner without the use of plastics and other non-biodegradable substances.

Certificate program launched on World Tourism Day

**SUMMIT REPORT
GANGTOK, 28 SEPT:**

World Tourism Day 2019 was organized on the theme "Tourism & Jobs-a better future for all" by Tourism and Civil Aviation Department at Chintan Bhawan on 27 Sept, 2019. Chief Secretary, AK Shrivastava attended the occasion with other dignitaries along

with the Vice Chancellor of ICAFI University Sikkim, Dr Jagannath Patnaik.

A certificate programme on Hospitality and Tourism and Diploma program in Culinary Arts of ICAFI University was launched in the presence of Mr Shrivastava and other officials during the event.

The certificate programme is introduced

under the initiative of Skill Development Centre of ICAFI University, Sikkim. This programme was launched for the creation of employment generation of local youths of Sikkim who either have the privilege to continue their education and also for those who could not complete their mainstream education.

Scientists warn of dwindling catch of sharks

KOCHI, SEP 28 (PTI): Indian marine fisheries scientists on Saturday warned of a dwindling catch of sharks compared to previous years and suggested that self-imposed measures are required to conserve this threatened fish group.

Catch data of the last 20 years has shown a sharp fall in the production of 'elasmobranchs' (sharks and rays), scientists of the Central Marine Fisheries Research Institute said.

They were speaking at a stakeholder workshop here on conservation and trade of sharks held by CMFRI.

Dr PU Zacharia, Head of the Demersal Fisher-

ies Division of the CMFRI, said lack of regulatory measures and overfishing may even lead to the extinction of some shark stocks. Hence, it was high time that the stakeholders gave a thrust to conserving these species, he said.

He said the CMFRI has submitted a 'National Plan of Action on Sharks' to the Centre on its management.

Fishermen and those involved in the shark trade attended the workshop.

Representatives of the shark traders sought lifting of the ban on exporting shark fins, flagging the concern that the fishermen community

and traders were suffering a huge financial loss by abandoning the fins due to the ban.

They said the fin has a huge demand in overseas markets, and neighbouring countries, including Sri Lanka, exports it and that India loses a good amount of foreign currency in this regard.

Moreover, due to dwindling returns from fishing activities, fishermen are moving away from the occupation and the younger generation are no longer fascinated in taking up the profession, they added.

The workshop was part of a collaborative research project of the CMFRI and the FAO of the UN.

CM and Ministers to give one month salary for landslide victims

GANGTOK, 28 SEPT (IPR): The Chief Minister and his Cabinet colleagues have decided to contribute their one month salary to the Chief Minister's Relief Fund for the landslide victims of Tsong Village of Yaksom, West Sikkim.

It may be recalled that the Governor, Ganga Prasad contributed Rs. 2 lakh along with relief materials for the landslide affected people of Tsong Village. Similarly, MP Lok Sabha, Indra Hang Subba also contributed his one month salary, Sikkim State Co-operative Sup-

ply and Marketing Federation Limited (SIMFED) contributed Rs. 10 lakh and State Bank of Sikkim has also contributed Rs. 5 lakh for the affected people of Tsong Village.

Chief Minister's Office, Tourism, Roads & Bridges along with many other departments have also decided to contribute one day salary to Chief Minister's Relief Fund.

The fund received from various sources will be utilised for the construction of houses for the affected people of Tsong Village.

HAVE A STORY TO SHARE?

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Hee Karate Academy prepared to defend State C'ship title



**SUMMIT REPORT
GANGTOK, 28 SEPT:**

The 17th State Karate Championship, 2019 is going to be held at the Indoor Hall, Paljor Stadium, Gangtok from 01-02 Oct, 2019. The championship is going to be organized by Sikkim State Karate-Do Association, a press release informs.

Twenty karatekas

from Hee Karate Academy will be taking part in the said championship.

The participants are Sheelu Pradhan, Ananya Subba, Meeke Hangma Subba, Mingso Hang Subba, Omker Gurung, Rohit Poudyal, Srijana Subba, Anjali Subba, Sandipa Limboo, Suyem Limboo, Bishal Limboo, Muxsam Limboo, Thungwamuk-

ma Limboo, Anurag Limboo, Pema Gyalpo Bhutia, Dawki Lepcha, Mukkum Hang Limboo, Arbindra Deep Limboo, Amingshang Hang Limboo and Aradhya Limboo.

The Hee Karate Academy team had won the championship last year and hopes to repeat its performance this year, the release adds.

SJA conducts workshops on successful police investigation

**SUMMIT REPORT
GANGTOK, 28 SEPT:**

Sikkim Judicial Academy organized two workshops on 23 and 24 Sept, 2019. The workshop on 23 Sept was on "Tools and Techniques to conduct a Successful Investigation and submission of Chargesheet in criminal cases", a press release informs.

The Resource Person was Superintendent of Police, Tenzing Loden Lepcha, West Sikkim and the participants were police officers from all the districts of Sikkim. The Resource Person went through all the important provisions of the Code of Criminal Procedure and the steps taken to ensure a successful investigation. He also discussed the importance of a Chargesheet.

The workshop on 24 Sept was on "Medico Legal Jurisprudence". The participants on day 2 were Public Prosecutors, Advocates, Doctors and Police Officers from all the districts of Sikkim.

There were two sessions on the second day with the first session on "Medico-Legal opinion in cases of rape, murder, death by poisoning, cases under Section 307, Indian Penal Code, appreciation of evidence on post mortem, ante mortem and post mortem injuries, etc."



The Resource Person for the first session was Professor, Dr Anil Aggarwal, Maulana Azad Medical College, Delhi. In this session the Resource Person discussed all the topics with cases he had handled in his 45 years of practice as a medical practitioner.

He also informed the participants of Kits provided by the Government of India for collection of evidence of survivors of Sexual Assault as well as of the

accused person. He shared videos to demonstrate how the kit was to be used while collecting the evidence.

It was mentioned that the Kit was launched in 2008 and the distribution of the Kit gained greater momentum after the Nirbhaya case of 2012. The second session was on "Preservation of viscera, Forensic evidence, collection of DNA sample/sampling, scientific tools to investigation of cases and collec-

tion of sample in NDPS Cases.

The Resource Person for the second session was Forensic Scientist, Dr Jitesh Bhatia, Assistant Director (Scientific Aids), North Eastern Police Academy, Shillong, Meghalaya. The Resource Person shared the latest methods practised in the country for collection of NDPS Samples. He also discussed in detail the importance of DNA sample collection and the method of collecting the same.

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EDUCATION DEPARTMENT GOVT. OS SIKKIM PUBLIC ADVISORY

In addition to the Public Advisory published in the local newspaper, vide R.O. No. 570/IPR/PUB/CLASSI./18-19 dated 03.01.2019, it is reiterated and brought to the notice of all concerned that a B.Ed Degree course is conducted only through Regular Classes as per NCTE norms. A regular B.Ed candidate has to pursue the course by attending the classes for two years as a regular student in an NCTE approved Institution under a UGC recognized University.

Correspondence/ Distance B.Ed course is allowed only through IGNOU on a pan India basis.

Any other mode of obtaining B.Ed Degree other than the process mentioned above shall be treated as non-admissible. Any institution running unauthorized study centres for imparting B.Ed course shall be liable for action as per norms.

Director
Exams, Scholarship & Text Book Section
Date: 19/09/2019

R.N.No. 201/IPR/Pub/Classi./19-20 Date: 20.9.2019

No Excuses

A privileged few are foisting insularity in the name of nationalism

The nation needs to accept that what is being passed off as a majoritarian right-wing government is actually a minority, regressively upper caste insularity disguised in shallow nationalism. Evidence of this sliver-sized representation unloading its offensive version of what defines India is manifesting in the spite with which a state was divvied into two union territories and its special status stripped, in how gau-rakshak lynch mobs still terrorise, the normalization of misogyny and spite through state-endorsed fictions and organized deployment of social media networks to make killers out of ordinary people and the easy mindlessness with which lives can be snuffed because long-demolished (at least officially) caste barriers are being erected again. And now, perhaps because the rabid intolerance could not be explained to mass sentiment, experiments are being tried out to excite what are clearly hate crimes as ill-informed attacks – people from minority groups being lynched on suspicions of being child lifters or thieves. The results remain the same. At times, trouble is instigated and then victimization is claimed.

Thanks to a mass media which has capitulated on its responsibility to inform and explain, being liberal and rational is now being painted as a character flaw and sycophancy and iconoclasm being sold as nationalism. India, however, is more enduring than the acting chops or decibel range of those who want to scream and hate the country into the dark ages when everything was worked around the petty sensitivities of a privileged few. And while the idea that India will reclaim its tolerance is reassuring, it should not be taken as a cue to remain uninvolved. The citizens need to stay engaged, inform themselves better and consciously tune out the propaganda so that they can hear the concerns of the real India. And places on the margins, places like Sikkim also have a role to play, if not for anything else, then to hold on to its sanity and not get caught in the vortex that is sucking too many institutions and places and mindsets to their nadir.

One of the horrors revisiting the country at present is the violent enforcement of the caste structures. Sikkim, which appears to be sipping the kool-aid of saffron chauvinism with abandon, needs to be especially wary of this since it has still not completely erased this scar from its society. That the caste system exists comes as no surprise, but the fact that it continues to be enforced should have everyone hanging their heads in collective shame. The caste system, and let us have no one claiming in Sikkim that it is a solely Hindu construct because it's observance has infiltrated every other community, is one battle that the nation has lost; not for want of laws or quotas, but because the mindsets continue to remain insular. Here, the caste system is not observed as strictly in the towns because it is a practical impossibility in the cheek-by-jowl existence in such places, but in the rural belts, where human interaction and social exchanges underline survival itself, the system still holds out. The system remains rooted because of the pseudo posturing and ill-informed intellects directing efforts at social reforms from the comfort of city sitting rooms. Reality checks were not taken as often and tokenism continued to stand in for grassroots initiatives. What failed in Sikkim, failed the country as well.

The only agencies engaged in reform appear to be the courts and sometime the cops. The rest of Sikkim watches from the sidelines. What is also disturbing is that victims shy away from making a forceful enough protest and appear to have learned to live with it. It would, however, be wrong to believe that they suffer the insults willingly. They are forced to; not because the caste system is enforced, but because they are unsure of the support mechanism that can help them take on this system. They know of the laws, but what they also know is that they will have to battle these forces on their own. They have not seen enough commitment, either in their leaders or associations or in the society at large, to add a battle for self-respect to their daily grind for survival. It takes more than laws to demolish centuries-old practices, and as we are now learning as a nation, it only takes a few regressive minds to wrest some control for these demons to climb back into our lives.

Gone are the times when one could excuse those who enforce the caste system as not being necessarily evil or villainous, but just generations groomed on a different set of sensibilities. They need to be called out for their refusal to change because in our inability to do so, we are freeing the hands of fascist agencies to unleash a violence which also leaves blood on our hands. It is not okay to kow-tow to Delhi with Sawachhta Abhiyans in the name of the Mahatma if his more important message of tolerance and amity are ignored or his position against untouchability ignored.

Traitors, betrayal, surrender: British politics now dripping with terms that fuel division

VERONIKA KOLLER
theconversation.com

Recent scenes in the UK House of Commons, showcasing language that has been criticised as inflammatory and divisive, have caused deep concern. In particular, many people have objected to Boris Johnson, the prime minister, dismissing as “humbug” the suggestion that his use of certain words was echoed in death threats to female Remain MPs. The fear being that using words such as “surrender”, “betrayal” and “traitors” in parliament, legitimises their wider use in the Brexit debate.

It is indeed true that these words have been used more often than usual in parliament of late. Use of the word “traitors”, for example, increased sharply in the first half of 2018 and then again since the beginning of 2019. It is closely associated with debates about Brexit, as we’ve come to see.

The word “betrayal” was used frequently in late 2018 and all through to the earlier part of this year, during which time MPs were debating Theresa May’s Brexit deal and, ultimately, voting against it three times. This word is at the centre of arguments about what the British people actually want when it comes to Brexit.

The word “surrender” was used quite frequently in March and April 2019 – as the original Brexit deadline came and went – and shows a large spike in September, as the new prime minister dialled up talk of leaving the EU without a deal and MPs resisted. It is a word mostly used to talk about extensions to the Brexit date: Theresa May’s request to the EU in March was referred to as such, while more recently, members of the government including the PM have called the Benn Bill, which is meant

to prevent a no-deal Brexit, a “surrender bill”.

Johnson insists that the term “surrender bill” is accurate because the Benn bill would make it harder for him to secure a deal from the European Union by taking the threat of a no-deal exit off the table. But the question is not whether it is accurate or not, so much as what it implies. Terms such as “surrender”, “betrayal” and “traitors” evoke a scenario in which the UK is at war with the EU. Anyone who doesn’t support the government is therefore hindering the metaphorical war effort and should be punished. Framing high-stakes negotiations as a military confrontation is unlikely to lead to success and may damage the relationship between the negotiating partners after Brexit too. It would be better to understand and talk about the negotiations as a joint endeavour, such as a project, or as a journey taken together until each party goes their own way.

At the same time, however, calling or comparing Johnson and his government to a “dictatorship” and accusing them of staging a “coup” with the prerogation also triggers emotions of anger and fear by suggesting that democracy itself is at stake. In fact, both sides of the debate see democracy as being threatened by the other. Leave supporters see direct democracy as being undermined while Brexit is delayed and Remainers are concerned about representative democracy being threatened when the government ignores the concerns of MPs.

FEEDBACK LOOP

Of course this polarised framing does not stop at the doors of the Palace of Westminster. Indeed, the area around parliament has for many months been occupied by vocal protesters for or against Brexit, whose placards also feature words like “betrayal” and “coup”. Insults such as “traitor” and “disgrace”

are not only shouted in the House of Commons but also on the street, and used on social media and in emails to politicians. Crucially, they also feature on the front pages and websites of some newspapers. So perhaps rather than talking about parliamentary language having an impact on how the public talks about Brexit, it would be more accurate to say that politicians, the public and the press are caught in a three-way feedback loop, each reinforcing the other. The debate is becoming ever more agitated, uncivil and irrational as a result.

Establishing a direct causal link between language use and physical violence is difficult. We know that hate crime in the UK has risen since the referendum, but incidents such as the physical threat to Labour MP Jess Phillips outside her office the day after the emotionally charged Commons debate are thankfully rare. There is no doubt, though, that language use, especially when widely publicised, influences people’s understanding of an issue.

Johnson dismissed the suggestion that the kind of language he and his allies have been using about Brexit is linked to violent threats made against members of parliament. It’s not a coincidence that he used the word “humbug” to express his disbelief: Johnson specialises in old-fashioned insults that are all the more memorable for being archaic. But it is strange to see someone who uses language so strategically deny that language has an effect. It is not unlike claiming, in front of TV cameras, that there is no press in the room or saying that suspending parliament has nothing to do with the Brexit process. In other words, it is part of Johnson’s post-truth universe.

[the writer is Reader in Discourse Studies, Lancaster University]



Arrests of 6-year-olds shows the perils of putting police in primary schools

F. CHRIS CURRAN
theconversation.com

When states like Florida pass laws to put more police officers in schools, the idea is to keep kids safe.

But as the arrest of two six-year-olds in a Florida school in October has shown, sometimes one threat to the students is the officers themselves.

Instead of being protected, these very young students were placed in handcuffs and arrested. Each one faced misdemeanor battery charges as a result of behavioral outbursts at school, including one instance in which one of the children kicked a school staffer.

While the arrests of the two elementary students in Orlando are not everyday occurrences, they do reflect a body of research that suggests cops in schools – they are formally known as school resource officers, or SROs – can take what would otherwise be a routine school disciplinary situation and escalate it to a whole different level.

I base that assertion on my work as a researcher who has studied school discipline, school safety and the role of school resource officers in elementary schools.

My work sheds light on the potential unintended consequences of school resource officers – as well as ways that school leaders can prevent situations like the arrests that unfolded in Orlando.

A growing presence School resource officers, who are sworn officers with full arrest powers, are increasingly common in primary schools. Between 2005 and 2015, the percentage of primary schools with school resource officers increased 64%. Now, nearly one in three elementary schools has one of these officers at least part-time.

This trend is set to continue as states like Florida and Maryland passed legislation in 2018 to increase

the presence of police to all schools.

Response to student behavior Certainly, elementary schools must occasionally deal with violent behavior. In fact, my colleagues and I have found that as many as 12% of teachers experience threats of or actual physical attacks from students each year. Indeed, in the case in Orlando, one of the six-year-olds was arrested in part for kicking a staff member during an outburst.

What’s increasingly changing, however, is how schools respond to these violent incidents. The presence of police in schools has been shown to increase the likelihood that students are arrested for school misconduct. For example, prior research has found that police agencies that get funding for school police increase arrests of youth under age 15 by as much as 21%. This may be because the presence of police can shift the mindset of schools to one that is more about punishment than it is about teaching students why their behavior is wrong and what they can do to make amends.

In our work, we have found that even when school district policy specifies that school resource officers should not be involved in discipline, many of the officers interpret this policy differently. For example, school resource officers may use their proximity to deter misbehavior, may pull misbehaving students aside to talk or may be present while school personnel interrogate or search students.

School officials have a lower standard to justify a search than law enforcement. Similarly, school officials can interrogate students without providing a Miranda warning – the legally required notice of the right to remain silent or have legal counsel that police must give when they have someone in custody. So, if officers are present during interrogations or searches in schools, it could enable

them to bypass legal protections that exist outside of schools.

School resource officers are trained primarily as law enforcement agents. It should, therefore, be little surprise that they sometimes default to responses like arrest.

Keeping school police in check Florida State Attorney Aramis Ayala declined to prosecute the students arrested in Orlando. She said she refuses to “knowingly play any role in the school-to-prison pipeline.”

The local police agency has fired the officer involved, citing violation of their policy requiring supervisor approval of arrests of children below 12 years of age.

While these actions demonstrate a commitment by state and local leaders to avoid repeats of this incident, there are other ways that schools can prevent student misconduct from ever reaching the point of an arrest.

Our work suggests that schools and law enforcement agencies should have clear, mutually agreed upon guidelines for when school resource officers become involved in student misbehavior.

In interviews with school resource officers, we find that many are responsive to district policy that prohibits involvement in discipline. Yet, nationally, around half of schools with school resource officers do not include language around school discipline or arrests in formal agreements with law enforcement. Based on our research, we conclude that school resource officers should only get involved in cases of very serious legal violations such as a weapon or acts or threats of violence and should take into consideration the age of students involved and circumstances of the situation.

Educators need training

We have found that many times, a school resource officer’s involvement in student discipline comes as

a result of pressure from teachers and administrators to be involved. For example, in our ongoing interviews with school resource officers and school personnel, we encounter a number of principals and teachers who specifically ask the school resource officer to lecture students on misconduct, be present for disciplinary hearings, and, in some cases, go to a classroom to handle a defiant student instead of leaving that work to the principal.

Instead of asking school resource officers to help out with matters of discipline, in my view, teachers and school administrators should be given training and resources that equip them to respond to student misconduct without relying on school police. In a recent national report, almost 50% of teachers reported having to put up with misbehavior due to a lack of administrative support. Only 6% of teachers thought schools should hire additional police to help with student behavior. Instead, they preferred that resources be put to additional mental health professionals, teaching assistants and social workers.

Similarly, school resource officers should be given training that emphasizes the developmental stages of students and how to respond to student misconduct. As others have noted, training for school resource officers is often limited and varies in length and quality across districts. Nationally, 93% of school resource officers report training for active shooters. However, only about one third report training in child trauma or the teenage brain.

It is critical to keep students safe in school. That said, districts should carefully consider whether police should be in schools and, if present, what role they should play in student misconduct.

[the writer is Associate Professor of Educational Leadership and Policy, University of Florida]

I should be reinstated with due honour: Kafeel Khan

NEW DELHI, SEP 28 (PTI): Suspended paediatrician Kafeel Khan, who has been absolved of charges of medical negligence and corruption in connection with the Gorakhpur's BRD hospital tragedy, on Saturday demanded he be reinstated with due honour.

Addressing media-persons at the Press Club of India here, he reiterated the Uttar Pradesh government should apologise to the families of the children who died and provide compensation to the kin.

"The departmental inquiry has shown that I did not do any medical negligence or indulge in any corruption... That tag of 'murderer Kafeel' and infamous doctor Kafeel is off my head now," he said.

"I demand that I should be reinstated in my job with due honour and a CBI inquiry should be conducted into the case," he said.

About 30 children died during the night

of August 10, 2017 and 34 more over the next few days, officials had said then.

Many of the infants died allegedly because of disruption in oxygen supply on the night of August 10 due to pending payments to the supplier, a charge refuted by the state government.

Khan was accused of negligence and corruption and was suspended and subsequently arrested following the outrage over the deaths at the Baba Raghav Das Medical College. His suspension is yet to be revoked.

An advisor to Chief Minister Yogi Adityanath, however, said on Friday that the inquiry has not disproved the charge that the doctor also ran a private practice.

"It is not right to say that Dr Kafeel has got a clean chit in the departmental inquiry. He has made a wrongful conclusion of the report," Mritunjay Kumar had said in a statement.

Trump told Russian officials he wasn't concerned by interference: report



WASHINGTON, SEP 28 (AFP): US President Donald Trump told Russia's foreign minister and ambassador that he was unconcerned about their country's interference in the 2016 elections, The Washington Post reported Friday.

Trump made the previously unreported comments during the same May 2017 Oval Office meeting in which he famously revealed highly classified information on the Islamic State group.

During the conversation he reportedly told Russian Foreign Minister Sergei Lavrov and Russian Ambassador Sergey Kislyak that he was not bothered by their country's meddling because the United States did the same in other countries, according to three former officials who requested anonymity.

The meeting was held just one day after Trump fired his FBI director James Comey, and Trump told the two senior Russian officials that the

sacking had relieved him of "great pressure." The comments alarmed White House officials who subsequently restricted access to a memorandum describing the meeting to those with only the highest security access. The revelation comes the same week a whistleblower report concerning a phone call between Trump and his Ukrainian counterpart Volodymyr Zelensky rocked Washington.

The whistleblower has said a transcript of the phone call was placed into an ultra-secure system for highly classified information.

The transcript was of a conversation in which Trump urged Zelensky to investigate the son of Joe Biden, the US president's main Democratic rival.

It was unclear if documentation of Trump's meeting with the two Russian officials was put into the same system, according to the Post.

However, the New York Times reported late

Friday that the White House separately put transcripts of Trump calls containing sensitive conversations with both his Russian counterpart Vladimir Putin and the Saudi Royal family in the same ultra-secure system. The practice was put in place following leaks, such as that of Trump's Oval Office conversation with Lavrov and Kislyak.

Trump's relationship with Russia has come under intense scrutiny during his tenure in office.

The US leader has praised President Vladimir Putin and has appeared to accept his denials of US intelligence's finding that Russia meddled in the 2016 election to benefit Trump.

US intelligence and an investigation led by former FBI chief Robert Mueller has documented a broad effort by Russia to help Trump and damage Democratic candidate Hillary Clinton in the 2016 presidential election.

Novel talks of crime, corruption and power struggle

NEW DELHI, SEP 28 (PTI): Damyanti Biswas focuses on crime against women and uses a framework of a crime thriller in her new book which portrays poverty, misogyny, and political corruption.

You Beneath Your Skin came about following Biswas' experiences at NGOs Project WHY and Stop Acid Attacks.

Discussions with acid attack survivors also shaped a large part of the narrative, she says.

The book is about psychiatrist Anjali Morgan, an Indian Ameri-

can single mother, who juggles her job as a psychiatrist with caring for her autistic teenage son. She is in a long-standing affair with ambitious police commissioner Jatin Bhatt - an irresistible attraction that could destroy both their lives. Jatin's home life is falling apart: his handsome and charming son is not all he appears to be, and his wife has too much on her plate to pay attention to either husband or son.

But Jatin refuses to listen to anyone, not even the sister to whom

he is deeply attached. Across the city there is a crime spree: slum women found stuffed in trash bags, faces and bodies disfigured by acid. And as events spiral out of control Anjali is horrifyingly at the centre of it all.

In this sordid world, Jatin must make some hard choices. But what he unearths is only the tip of the iceberg. Together with Anjali he must confront old wounds and uncover long-held secrets before it is too late.

The book is published by Simon & Schuster.

India's Rs 88 L cr debt burden worrisome: Cong



NEW DELHI, SEP 28 (PTI): India had a "worrisome" debt burden of over Rs 88 lakh crore at the first financial quarter of 2019 with the government apparently having no inkling to deal with the country's economic slowdown, the Congress said on Saturday.

Addressing a press conference, Congress spokesperson Supriya Shrinate also said the debt has risen by 4 per cent compared to the last quarter.

India's debt stands

at Rs 88.18 lakh crore at the end of June 2019, according to the latest data on public debt. This is a four per cent jump from the previous quarter i.e. a rise in debt by Rs 3.5-4 lakh crore. It is worrisome, Shrinate said at the party office here.

There seems to be no plan with the government to deal with the economic slowdown, she said, adding there was no proper communication between the government and the country's central bank- Reserve Bank of

India.

The government may have reduced corporate taxes but that does not encourage corporates to invest more as there is no money in the market.

India has a debt of Rs 88 lakh crore.

This government is bewildered. Finance Minister says one thing, RBI says something else. There seems to be no proper communication between them. The debt figure shows the fiscal discipline is not being adhered to, she said.

New crop of health cafes making eating out healthier

MANIK GUPTA

NEW DELHI, SEP 28 (PTI): Indians may have a soft corner for 'maa ke haath ka khana', but the urge to gorge on that street side pav bhaji topped with a dollop of butter or check out that new restaurant serving greasy Chinese food has almost been irresistible. But it is changing, albeit slowly and for just a section of upper crust urbanites who can afford it, with the increasing number of healthy restaurants and cafes telling us that eating out no longer means eating unhealthy.

They have on offer menus that are a perfect combination of health and taste. They will serve you a fresh, crunchy and fulfilling salad instead of the butter chicken, and also replace your sugary glass of coke with a lip-smacking smoothie.

Fabcafe by Fabindia, for instance, has a wide range of vegetarian and non-vegetarian salads, but if you are in a mood to indulge, it will not disappoint with its delectable yet healthy momos, chaats, samosas and biryanis too. Ingredients are the key, said Rebekah Blank, brand head of the cafe.

"We are very intentional and careful about the ingredients that we use and the recipes that we put on the menu. "Here, people can go out and enjoy a scrumptious meal and also feel that they haven't overindulged or done something that is bad for their health," she said.

Their super healthy gluten-free roti was made using "quinoa atta or jackfruit flour" and cakes were made of "palm jaggery or coconut sugar" instead of the traditional refined sugar or flour. With Indian diners eating out around seven times a month



(National Restaurant Association of India 2019 survey) Anil Saxena, a doctor at the Fortis Escorts Heart Institute, said health cafes were a welcome change. Poor food habits have made Indians more prone to heart diseases, he said, ahead of World Heart Day on Sunday.

A 2018 study by medical journal 'The Lancet' revealed that the prevalence of heart disease and stroke has increased by over 50 per cent from 1990 to 2016 in India. "Change in lifestyle habits, bad diet, outside food and the concept of partying harder has changed the natural history of coronary artery blockages. Kids are requiring intervention for heart disease a decade earlier as compared to their parents," said Saxena.

Mumbai-based nutritionist and lifestyle educator Karishma Chawla agreed saying this trend had become the need of the hour for "human and environmental preservation". "The normal high glycemic foods which lead to inflammation in the body -- the root cause of many diseases -- are being replaced with better

quality carbohydrates which work against inflammation. "The main difference here is the ingredients being used, and to an extent organic produce being introduced in the menus," she said. KODE in Mumbai, is another kid on the healthy block.

It has on offer a menu that is low on calories, and high on nutrition and taste.

Their "non-fried" Vietnamese spring roll, along with "gluten-free cheese cake, ragi crumb and Avocado on toast" are a hot favourite. "We do get a number of requests for dishes which constitute ingredients like whole wheat pasta or dishes which are gluten free and also Keto friendly. This has pushed us to experiment more and curate dishes which are healthy," said Momin Faqi, executive chef, KODE. The trend is also making its presence felt in the online food delivery sector.

A quick search on food apps like Zomato and Swiggy with 'health' as a key word will throw up plenty of choices like Transform Nutrition, Dietlicious, Healthy Cravings, Cafe Healthili-

cious and many many more.

According to Zomato, since August last year, the app witnessed a whopping "118 per cent" growth in "healthy" restaurants. Orders for salads have "tripled in the past one year", said Zomato.

"I am very cautious of what I am eating when I am eating outside food. The fear of heart diseases, among other diseases of course, is always there on my mind. Good thing is that now you have options that go way and beyond the regular Subway.

"It is expensive, but I guess if more and more people opt for healthy food, that is something that can be taken care of," said Tamanna Sourabh Gupta, a home maker in her 30s.

Five-stars too are catching up with the trend. Alongside their existing menus, they are now also curating health menus and fitness programmes.

For example, The Westin in Gurgaon, has a special segment of "Eat Well" options on their menus. Their specially crafted menu, featuring items like "Tofu with multi-grain toast", "Haldi latte" and "Parfait with berries", gives guests the freedom to choose "portion size, nutritional balance and quality of ingredients".

"There is no issue with eating out as long as you make healthy choices. You can make healthier choices by asking for minor tweaks. For instance, if an item is fried, ask for it grilled. If it comes with French fries, ask for a side of vegetables instead," said chef Anurudh Khanna, multi property executive chef, The Westin.

We, Indians may never have needed a reason to eat out, but looks like now we have enough reasons to eat healthy.

Narada case: BJP leader Mukul Roy appears before CBI

KOLKATA, SEP 28 (PTI): BJP leader Mukul Roy on Saturday appeared before the CBI probe team to face questioning in connection with Narada tapes scandal, agency sources said.

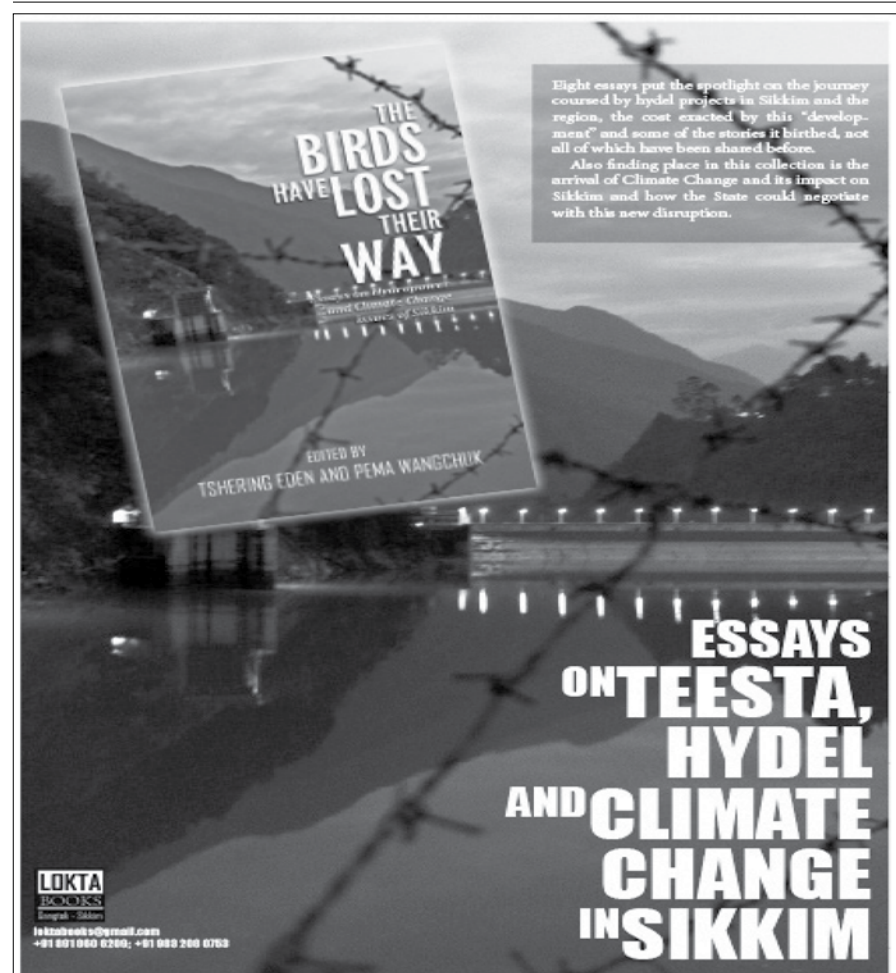
Roy had been asked to appear in the probe agency's office on Friday. But he did not go there citing "preoccupations" and

sought more time. The former railway minister was then asked to come on Saturday. "Roy reached the CBI office at around 2.15 pm," the sources said.

The CBI on Thursday arrested IPS officer SMH Mirza in the scandal, the first apprehension in the case since the tapes surfaced in 2016. In the footages, persons resem-

bling senior Trinamool Congress leaders are seen accepting money from the representatives of a fictitious company in return for favours.

Roy, who was then a Trinamool Congress MP, was purportedly shown conversing with Mathew Samuels who claimed to have conducted the sting operation in 2014.



Lampard surprised Leeds won FIFA's Fair Play award

LONDON, SEP 28 (AFP): Frank Lampard admitted he was stunned to see Marcelo Bielsa and Leeds win the FIFA Fair Play Award despite the 'Spygate' scandal that rocked the Championship club.

Leeds boss Bielsa and his club were recognised at the world governing body's annual award ceremony in Milan for allowing Aston Villa to score an uncontested goal during a second tier match last season.

However, Leeds were also fined GBP 200,000 and given a severe reprimand by the English Football League last term after Bielsa sent a member of his staff to spy on a Derby training session.

Chelsea boss Lampard, who was Derby manager at the time of Leeds' undercover operation in January, branded the Fair Play decision "strange".

Asked on Friday if he choked on his breakfast cereal when he heard the news, Lampard replied: "I did smile. Do we know who votes for these things? "What happened with Spygate was very well-documented, and then they got fined, the rules changed slightly because of it. I felt it was improper.

"To get a fair play award off the back of that is. I thought it was irony at first.

"It was a strange decision for them to win that. I think everyone had the same reaction (to the fair play award), to be fair, because a lot of news was put to Spygate.

"And I think quite rightly so and it got dealt with in the right way, so when you go and give an award for fair play in the same year then I don't think it's right."

In April, Leeds allowed Villa to walk the ball into their net at Elland Road. Angry scenes had broken out minutes earlier after Leeds looked set to stop play because of an injury to Jonathan Kodjia before playing on and scoring through Mateusz Klich.

But Lampard didn't think that was enough to justify the FIFA prize.

"It was quite right that they give Villa the opportunity to score, quite right to level out the balance of what had happened," he added.

Chepngetich tames marathon heat as World Championships under way

DOHA, SEP 28 (AFP): Kenya's Ruth Chepngetich powered through brutal heat and humidity to win gold in the women's marathon on Saturday, bringing the curtain down on a dramatic opening day at the World Athletics Championships in Doha.

With around two dozen runners in the 68-strong marathon field falling by the wayside as the sweltering conditions took their toll, Chepngetich dug deep to win the first gold medal of the championships in a time of 2 hours 32 minutes and 43 seconds.

The marathon, held on a floodlit course alongside Doha's waterfront Corniche, had started at 11.59 pm local time on Friday, in a scheduling move designed to protect athletes from the furnace-like daytime heat.

But even allowing for the near-midnight start, temperatures of around 32 degrees Celsius (90 degrees Fahrenheit) and humidity approaching 80 percent proved too much for several exhausted competitors who were seen being stretchered away or escorted from the course in wheelchairs.

Race organisers had staffed the course with extra medical personnel and an increased number of watering stations to help athletes stay hydrated.

Chepngetich, 25, took the tape shortly after 2.30 am local time, pulling clear after kicking for home on the final lap, crossing the finish line over a minute clear of her nearest rival, defending champion Rose Chelimo of Bahrain. Namibia's Commonwealth Games champion Helalia Johannes claimed bronze. - **"TOO HOT"** -

"It was too hot," said a weary Chelimo, who said seeing so many competitors wilt had "strengthened my resolve."

The high number of dropouts however is likely to renew debate about safety for marathon runners and endurance athletes competing in Doha.

France's world champion race walker Yohann Diniz earlier Friday lashed out at the decision to make runners and walkers compete in the heat rather than the



climate-controlled Khalifa Stadium, where the bulk of events are taking place.

"I am disgusted by the conditions," the 41-year-old world record holder said. "They take us for idiots. If we were in the stadium we would have normal conditions, between 24-25 degrees, but outside they have placed us in a furnace, which is just not possible." In the

opening track events on Friday, the biggest roar of the night was reserved for two unheralded long distance runners Braima Suncar Dabo of Guinea-Bissau and Jonathan Busby of Aruba.

Dabo and Busby had already been lapped and were the only men left on the track at the end of their 5,000m heat, with the rest of the field hav-

ing finished several minutes earlier.

- **HELPING HAND** -

Busby, 33, had slowed to almost a crawl down the back straight on the last lap, lurching forward uncertainly and appearing close to collapse.

It was then that Guinea-Bissau's Dabo came to the rescue, stopping to prop up his fellow racer and leading him around

the final 200 metres to the finish line.

It was a scene that was reminiscent of Derek Redmond's famous hobbling finish at the 1992 Olympics, when the British 400m runner was helped over the line by his father after breaking down. With the crowd roaring them over the line, Busby collapsed and was eventually led away

in a wheelchair. "I just wanted to help the guy finish the race," Dabo, 26, said afterwards through a translator. "I wanted to help him cross the line. I think anyone in that situation would have done the same thing," added Dabo, a student based in Portugal.

In the 100m, meanwhile, US sprinter Christian Coleman laid down an emphatic marker with an easy win in his opening heat. Coleman, the favourite for gold in Saturday's final, shrugged off a drugs controversy to clock 9.98sec.

The 23-year-old American was the only man to duck under 10 seconds, and looked to have plenty left in the tank as he crossed the line.

Coleman was only cleared to compete in Doha earlier this month after an anti-doping case against him which could have led to a long ban was withdrawn on a technicality.

A tight-lipped Coleman later brushed past journalists following his heat, refusing to take questions and muttering only a cursory "Felt great.

Aguero and Di Maria out of Argentina squad for friendlies



BUENOS AIRES, SEP 28 (AP): Forwards Sergio Aguero and Angel Di Maria were left out of Argentina's squad announced Friday for friendlies against Germany and Ecuador in October.

Neither the Manchester City striker nor the Paris Saint-Germain winger have played for Argentina since the latest Copa America in Brazil.

Argentina also will be without players from Boca Juniors and River Plate for its friendlies on October 9 against the Germans in Dortmund and four days later against Ecuador in Elche, Spain.

Boca and River will face each other in the semifinals of the Copa Libertadores next month. The list announced by coach Lionel Scaloni also includes Arsenal goalkeeper Emiliano Martinez for the first time.

Captain Lionel Messi was not called up because of his three-month suspension from internationals due to comments against South American soccer body Conmebol

during the Copa America.

SQUAD:

Goalkeepers: Agust n Marches n (Porto), Juan Musso (Udinese), Emiliano Mart nez (Arsenal).

Defenders: Juan Foyth (Tottenham), Renzo Saravia (Porto), Nicol s Otamendi (Manchester City), Germ n Pezzella (Fiorentina), Marcos Rojo (Manchester United), Walter Kannemann (Gr mio), Nicol s Tagliafico (Ajax), Leonardo Balerdi (Borussia Dortmund);

Midfielders: Guido Rodriguez (Am rica de M xico), Mat as Zaracho (Racing), Leonardo Paredes (Paris Saint-Germain), Nicol s Dom nguez (V lez Sarsfield), Rodrigo De Paul (Udinese), Marcos Acu a (Sporting Lisbon), Roberto Pereyra (Watford), ngel Correa (Atletico Madrid), Lucas Ocampos (Sevilla), Erik Lamela (Tottenham).

Strikers: Mat as Vargas (Espanyol), Nicol s Gonzalez (Stuttgart), Lucas Alario (Bayer Leverkusen), Lautaro Mart nez (Inter Milan) and Paulo Dybala (Juventus).

Dhoni has made many important decisions, let call on retirement rest with him: Dhawan

NEW DELHI, SEP 28 (PTI): The decision to call time on his illustrious international career is Mahendra Singh Dhoni's sole prerogative as he knows a thing or two about taking important decisions, feels senior opener Shikhar Dhawan.

The 33-year-old made his international debut under Dhoni's captaincy and swears by the former India skipper's penchant for understanding each and every player's strength.

"Dhoni has been playing for so long, I feel he

understands when he should retire. This should be his decision. He has taken very important decisions so far for India in his career and I'm sure he will make the call when the time comes," Dhawan said on India TV's show 'Aap Ki Adalat' hosted by Rajat Sharma.

There was no one better than Dhoni when it came to optimising each and every player's potential.

"That's the quality of a big leader. He knows the potential of every player, and knows

to what extent a player should be backed. He knows how to make a champion out of a player. India's success during his captaincy justifies this. His (Dhoni's) control is his biggest quality," Dhawan said.

The members of the current team, including skipper Virat Kohli, has immense reverence for the Jharkhand dasher, said Dhawan.

"Dhoni bhai has been quite successful as the captain of the side. We are all very grateful to him and we respect him

a lot, and the same goes for Virat," he said.

Dhawan also spoke about the strong bond that Kohli and Dhoni share.

"When Virat was young, he guided him immensely. Even when he became the captain, Dhoni bhai was always there to help him. This is the quality of a leader. It's good to see that Virat is showing his gratitude to him now," he said.

The southpaw also backed under-fire Delhi teammate Rishabh Pant, whose perfor-

mance has come under the scanner lately.

"Rishabh is very talented and I am sure he will have a long career for India. He is trying hard. There are situations when you don't score, but then you learn from them. It happens with everyone and I'm sure he will learn from it.

"He (Pant) is a good player and we need to back good players. Even I went through rough patches in my life, and I still do. It is part and parcel of this game," Dhawan said in an assuring tone.

Rohit shouldn't make mistakes that I made when promoted to open innings: VVS Laxman

NEW DELHI, SEP 28 (PTI): A change in technique after being asked to open had a negative impact on his performance during his playing days and no wonder VVS Laxman wants Rohit Sharma to stick to his natural game in his new role during the South Africa Test series.

Laxman was one of the earlier examples in Indian cricket, who was forced to open the innings between 1996-98 despite being a specialist middle-order batsman, a role he never felt comfortable with.

"The biggest advantage that Rohit has is his experience, which I didn't have. I opened in Test cricket only after playing four Test matches. Rohit has played 12 years of international cricket. So he has the maturity and the experience and he is also in good form," Laxman told former India cricketer Deep Dasgupta, during an interview on latter's YouTube channel "Deep Point".

Laxman, who also was a touch player like the wristy Mumbaikar, could relate with Rohit's situation and spoke about how a tweak in technique messed his rhythm.

"I believe the mistake that I made while opening the innings was to change my mindset, which got me a lot of suc-

cess as a middle-order batsman, whether it's batting No 3 or No 4," said the 44-year-old, who scored 8781 runs in 134 Tests.

"I also tried to change my technique. As a middle-order batsman, I was always having a front press (front-foot trigger) and then go towards the ball, whereas talking to seniors and coaches, I went to back and across as I had to face Curtly Ambrose (97-away series), who would generate steep bounce from length. This huge change in approach affected my batting and I hope Rohit shouldn't do it," Laxman told the former India stumper.

"If you tweak your natural game too much, then you will not get the results as your mind gets cluttered and you tend to lose your rhythm. I can admit that my flow was affected when I opened. Rohit is a rhythm-based player and if his touch gets affected, then it will be difficult," the Hyderabadist stylist was candid in his confession.

However Laxman didn't discount that there is a basic discipline, more so in mindset that an opener must have and he is confident that a player of Rohit's calibre can imbibe that after so many years of interna-

tional experience.

"There is a slight change in mindset but technique should remain the same. Yes, there are certain basics like initially, you shouldn't be fishing for balls outside the off-stump, not play too much away from the body, leave the bouncers. That mental discipline, which is very important. That discipline is also required is ODI also when white kookaburra swings," reminded Laxman.

For Laxman, opening the batting has its own advantages and primary being sub-continent pitches changing character drastically as the match progresses.

"Another thing that would work in his favour is opening for the first time in Indian conditions. So it is a good thing to open, when the wicket is fresh and evenly-paced and playing well. With passage of time, batting can become difficult on uneven, abrasive surfaces. It could become difficult to play reverse swing, or when the ball is spinning," he observed.

Laxman is happy that selection committee has made it clear that Rohit will open in all three Test matches.

"He will get three Tests and it's not often that a selection committee shows so

much faith in a player and guarantee that he will open in three games."

The Proteas attack save Kagiso Rabada doesn't have a lot of quality and penetration in their attack and batting upfront will give him time to play big knocks, Laxman said.

In the last six or seven Test matches, he has been averaging 50, but he probably didn't get rhythm because of a start-stop career. But good he will now get three Test matches.

"The SA attack is thin on experience on these tracks and for me, only Rabada is a wicket-taking option. The bowling lacks penetration and if he can get set, he can score a double hundred also. He will have more chance of big scores than batting No 6."

For India's white-ball vice-captain, being an opener is far better than warming the bench, the batting great feels.

"Rohit wants to play Test cricket and with Ajinkya (Rahane) and (Hanuma) Vihari at No's five and six Rohit knows that his chance to do well is as an opener. He should take this positively. He has nothing to lose. For a class player like him, it is better than sitting in the bench. He has to be in that playing XI," he concluded.

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Afghan voters head to polls amid deadly violence

Afghans voted in presidential elections amid tight security Saturday, even as insurgents attacked polling centres in a series of blasts across the country that left at least one person dead. The first-round vote marks the culmination of a bloody election campaign that is seen as a close race between President Ashraf Ghani and his bitter rival Abdullah Abdullah, the country's chief executive.

Wary authorities placed an uneasy Kabul under partial lockdown, flooding streets with troops and banning trucks from entering the city in an effort to stop would-be suicide bombers targeting residents as they cast their votes.

By midday, the toll appeared relatively light compared to previous elections, though Afghan national authorities provided little, if any, information about reported blasts.

One person was killed and two others wounded in an explosion near a polling centre in Jalalabad in the eastern province of Nangarhar, provincial governor's spokesman Attaullah Khogyani said.

And at least 16 people were wounded in the southern city of Kandahar when a bomb went off at a polling station, a hospital director told AFP, while officials across the country reported several small explosions at other election sites.

The Taliban, who unleashed a string of bombings during the two-month election campaign, claimed to have hit several polling stations.



Having voted at a high school near the presidential palace in Kabul, Ghani said the most important issue was finding a leader who could bring peace to the war-torn nation.

"Our roadmap (for peace) is ready, I want the people to give us permission and legitimacy so that we pursue peace," Ghani said.

Some 9.6 million Afghans are registered to vote, but many have little faith that after 18 years of war any leader can unify the fractious country and improve basic living conditions, boost the stagnating economy or bolster security.

Still, voters braved insurgent attacks and long queues to cast a ballot.

"I know there are security threats but bombs and attacks have become part of our everyday lives," 55-year-old Mohiuddin, who only gave one name, told AFP.

"I am not afraid, we have to vote if we want to bring changes."

Abdullah and Ghani both claimed victory in the 2014 election -- a vote so tainted by fraud and violence that it led to a constitutional crisis and forced then-US president Barack Obama to push for a compromise that saw Abdullah awarded the subordinate role. "The only request I have from the election commission is that they ensure the transparency of the election because lots of people have lost their trust," Afghan voter Sunawbar Mirzae, 23, said.

- Problems voting -

Voting in Afghanistan's fourth presidential election was supposed to take place at some 5,000 polling centres across the country but hundreds have been closed to the abysmal security situation.

Many Afghans said voting had gone smoothly, triumphantly holding up fingers stained in indelible ink to show they had cast a ballot, but several said they had experi-

enced problems. "I came this early morning to cast my ballot. Unfortunately my name was not on the list," said Ziyarat Khan, a farmer in Nangarhar. "The whole process is messy like the last time."

Campaigning was hampered by violence from the first day, when Ghani's running mate was targeted in a bomb-and-gun attack that left at least 20 dead.

Bloody attacks have continued to rock Afghanistan, including a Taliban bombing at a Ghani rally last week that killed at least 26 people in the central province of Parwan near Kabul.

The interior ministry says 72,000 forces will help to secure polling stations. Election officials say this will be the cleanest election yet, with equipment such as biometric fingerprint readers and better training for poll workers to ensure the vote is fair.

Still, the US embassy in Kabul has said it is "disturbed by so many

complaints about security, lack of an equal playing field and fraud" and many Afghans say they have no intention of voting, citing fraud and security fears.

Saturday's poll was initially slated to take place in April, but was twice delayed because election workers were ill-prepared, and the US was leading a push to forge a withdrawal agreement with the Taliban.

That deal has been scuppered for now after US President Donald Trump pulled out and Afghanistan's next president will likely face the daunting task of trying to strike a bargain with the Taliban.

Results are not expected until October 19. Candidates need more than 50 percent of the vote to be declared the outright winner, or else the top two will head for a second round in November.

Polls close at 3:00 pm (1030 GMT).

Pak opens major border crossings for Afghans to take part in polls

BY SAJJAD HUSSAIN ISLAMABAD, SEP 28 (PTI): Pakistan opened all major border crossing terminals on Saturday for the Afghan citizens to allow them to cast their vote in the key presidential election. Voting is under way in Afghanistan's presidential election, amid heavy security and threats from insurgents.

About 9.6 million Afghans are registered to vote in key presidential poll which marks the culmination of a bloody election campaign.

Pakistan Foreign Office (FO) said in a statement that the country received a request from the Afghan Ministry of Defence on very short notice for border facilitation and opening of border crossings. "Therefore, it has been decided to open major border terminals to facilitate movement of Afghan citizen across Pakistan Afghanistan border, so that they are able to exercise their right to vote during presidential election in Afghanistan," the FO said.

It also said that in spite of security issues along the border, Pakistan would continue to support the Afghans. In view of the Afghan election and in support of

domestic transition in Afghanistan, Pakistan has decided to enhance security along the Pakistan-Afghanistan border.

Earlier two days ago, Pakistan had said it will close "all passage ways / Cargo terminals (except for emergency patients) on 27-28 September."

Pakistan had also decided to implement "strict security check of all pedestrians and trading vehicles from 26-29 September." The steps were taken to stop any miscreants moving across the border to disrupt the process of elections, the FO said.

Security has been tightened across Afghanistan, with tens of thousands of troops and police deployed to guard polling stations and prevent attacks. Early on Saturday, an explosion occurred near a polling station in the southern city of Kandahar, wounding at least 15 people.

The twice-delayed vote is taking place after Taliban-US peace talks collapsed earlier this month. The two main candidates are the incumbent President Ashraf Ghani and chief executive, Abdullah Abdullah. They have shared power since 2014 in a unity government.

Blasts as insurgents try to disrupt Afghan presidential election

KABUL, SEP 28 (AFP): Insurgents worked to disrupt Afghanistan's presidential election Saturday, with a series of blasts reported across the country as voters headed to the polls and troops flooded the streets of the capital. The vote marks the culmination of a bloody election campaign that is seen as a two-horse race between President Ashraf Ghani and his bitter rival Abdullah Abdullah, the country's chief executive.

The Taliban, who unleashed a string of bombings during the two-month campaign, in recent days issued repeated warnings they intend to attack polling centres. At least 15 people were wounded in the southern city of Kandahar when a bomb went off at a polling station about two hours after voting began, a hospital director told AFP, and officials across the country reported several small explosions at other election sites.

"Peace is the first desire of our people," Ghani said after casting his vote at a high school in Kabul. "Our roadmap (for peace) is ready, I want the people to give us permission and legitimacy so that we pursue peace." Wary authorities placed an uneasy Kabul under partial lockdown, flooding streets with troops and banning trucks from entering the city in an effort to stop would-be suicide bombers attacking the electoral process.

One voter at a polling station in a Kabul high school said it was important to cast a ballot. "I know there are security threats but bombs and attacks have become part of our everyday lives," 55-year-old Mohiuddin, who only gave one name, told AFP.

"I am not afraid, we have to vote if we want to bring changes to our lives." The capital's traffic, often gridlocked, dropped to a trickle as schools and offices closed for the day and as many people chose to stay off the roads. Some 9.6 million Afghans are registered to vote,

but many have lost any hope that after 18 years of war any leader can unify the fractious country and improve basic living conditions, boost the stagnating economy or bolster security.

Abdullah and Ghani both claimed victory in the 2014 election -- a vote so tainted by fraud and violence that it led to a constitutional crisis and forced then-US president Barack Obama to push for a compromise that saw Abdullah awarded the subordinate role.

Sunawbar Mirzae, 23, said she chose to brave the polls because she valued her right to vote. "The only request I have from the election commission is that they ensure the transparency of the election because lots of people have lost their trust," she told AFP.

Voting in Afghanistan's fourth presidential election began at 7:00 am (0230 GMT) at some 5,000 polling centres across the country. Authorities had initially planned to open hundreds more but were unable to owing to the abysmal security situation.

Campaigning was hampered by violence from the first day, when Ghani's running mate was targeted in a bomb-and-gun attack that left at least 20 dead.

Bloody attacks have continued to rock Afghanistan, including a Taliban bombing at a Ghani rally last week that killed at least 26 people in the central province of Parwan near Kabul. The interior ministry says 72,000 forces will help to secure polling stations.

Stephane Dujarric, spokesman for UN Secretary-General Antonio Guterres, said: "Any acts of violence against the electoral process, including attacks directed at polling centres, polling staff and voters, are unacceptable." Election officials say this will be the cleanest election yet, with equipment such as biometric fingerprint readers and better training for poll workers to ensure the vote is fair.

Giant telescope project in Hawaii delayed by protests

Anger is brewing on the Big Island of Hawaii over plans to build a giant telescope on a dormant volcano that is highly sacred to the region's native population. For months, hundreds of protesters have delayed the start of construction on Mauna Kea volcano of the so-called Thirty Meter Telescope, or TMT, which astronomers say will have a dozen times the resolution of the Hubble Space Telescope.

The demonstrators, who have converged on the site peacefully, argue that the \$1.4 billion project would sit on a volcano that is sacred to Native Hawaiians and would harm the environment. Celebrities like Dwayne Johnson, Jason Momoa and Bruno Mars have lent their support to the protesters.

"What I realized today, and obviously I've been following this for years now, is that it's bigger than a telescope," Johnson, who lived in Hawaii as a child, reportedly said when he visited the site earlier this summer.

"It's humanity. It's culture," he said.

Work on the project -- set to be completed by 2027 -- was supposed to start in 2015 but has

been hampered by repeated protests.

"Construction has been delayed for years because of this situation," Christophe Dumas, a French astronomer and head of operations at TMT, told AFP. "The cost has also risen significantly... and the process to obtain a construction permit lasted 10 years."

Protest leaders say the consortium of scientists behind the project can build their scope on a less controversial site, including on a mountain in Spain's Canary Islands, where they say it would be a win-win situation for everyone.

Dumas argues, however, that Mauna Kea "remains the ideal site" in the Northern Hemisphere because of its altitude -- 13,796 feet (4,205 meters) above sea level -- as well as its remoteness and clear skies which make it one of the best places on the planet for astronomical observatories. The new telescope, according to scientists, would enable astronomers to see "forming galaxies at the very edge of the observable universe, near the beginning of time."

Already, Mauna Kea, which means White

Mountain, is home to 13 telescopes housed in 12 facilities at or around the summit, which have been the source of a host of new discoveries and scientific studies.

Some question whether one more telescope -- albeit a giant one -- would make such a big difference.

The answer is a resounding "yes" from opponents.

- 'Enough is enough' - "I talked to the leaders of the opposition and they made it real clear that not only is it too big, but it's just one too many," said Greg Chun, executive director of Mauna Kea Stewardship at the University of Hawaii. "They tell me we have shared this mountain long enough. Enough is enough."

He said Native Hawaiians have repeatedly expressed concerns about the development of the mountain but their complaints have, for the most part, fallen on deaf ears.

Scientists began flocking to Mauna Kea after a tsunami in 1960 devastated communities along the base of the volcano and local authorities, in a bid to revive the economy, began a drive to attract astronomers.

Mugabe's body moved to rural home ahead of weekend burial

HARARE, SEP 27 (AFP): The remains of Zimbabwe's ex-president Robert Mugabe who died early this month, have been moved from his Harare house to his rural village ahead of burial expected this weekend, his family said Friday.

After weeks of wrangling between government and his family over the final resting place for the country's founding leader, the Mugabes have opted to entomb him at his birth place and rural home, about 90 kilometres (55 miles) west of the capital Harare.

The body was moved by road on Thursday evening under police and military vehicles escort, according to a video clip shared on Twitter.

It was the second time it made its way back to Kutama village in Zvimba district where Mugabe was born 95 years ago.

When the body was first taken home last

week for the public to pay their last respects, it was airlifted by a military helicopter.

"The body arrived (at the village) around 1900 hours, yesterday," family spokesman and Mugabe's nephew Leo Mugabe told AFP on Friday.

Justice Minister Ziyambi Ziyambi, told the state-owned The Herald daily on Thursday that "the body of the late Mugabe left Harare for Zvimba, awaiting burial set for Saturday".

The decision to bury Mugabe in the village is seen as an apparent snub of the government offer to bury him at what was to be a specially-built mausoleum at a national heroes shrine in Harare where dozens of other prominent independence war veterans are interred.

The family had previously agreed to have his body entombed at the shrine where preparations for a special mausoleum were already in

progress. Minister Ziyambi said the family had earlier consented that they were "happy with burial at Heroes Acre", but suddenly on Thursday "they indicated that they want to go to Zvimba and (the) government agreed". The family gave no reason for the change of plans.

The former guerilla leader, who came to power at the end of white minority rule in 1980 and ruled Zimbabwe uninterrupted for 37 years and seven months, died of prostate cancer, according to his successor Emmerson Mnangagwa.

He was toppled on November 2017 in a military-backed coup, ending an increasingly iron-fisted rule marked by political oppression and economic ruin.

Mugabe's health deteriorated rapidly after the ousting and he made regular medical trips to Singapore, where he died on September 6.

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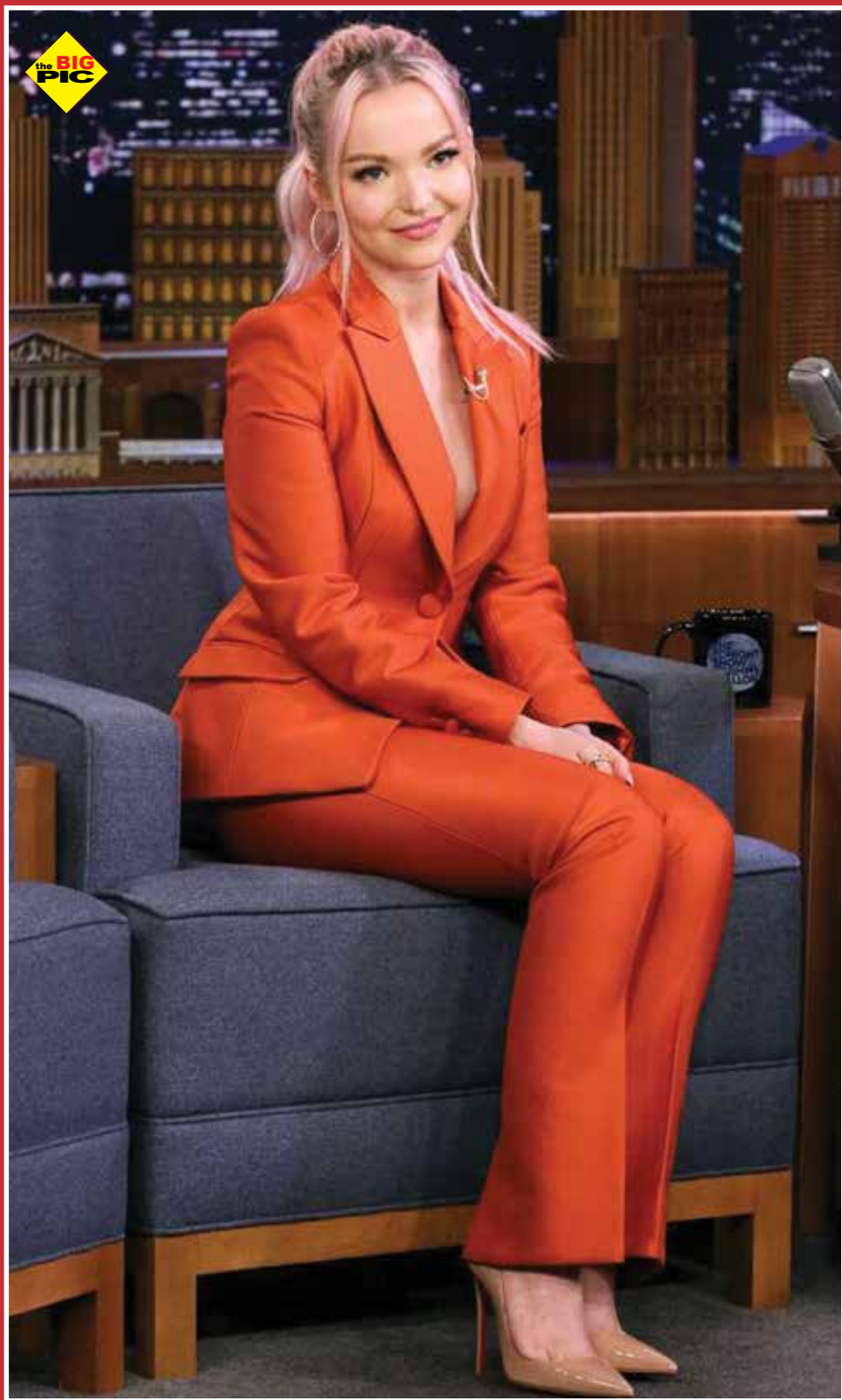
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PRETTY SEÑORITA! Singer-songwriter, Camila Cabello wore a white cutout catsuit and lace up stilettos while performing at Jackie Gleason Theater at The Fillmore Miami Beach.

Ali Fazal begins prep for 'Death on The Nile'

MUMBAI, SEP 28 (PTI): Ali Fazal has started preparing for his next Hollywood project, the big screen adaptation of Agatha Christie's "Death on the Nile", in which he stars along with Gal Gadot.

The film is a follow-up to 20th Century Fox's 2017 blockbuster "Murder on the Orient Express", also an adaptation of Christie's novel of the same name.

Kenneth Branagh, who helmed the first part, will return to the director's chair and reprise his role of Belgian detective Hercule Poirot.

The actor, who is currently in London ahead of the film's shoot commencement, said he has been reading the novel and also watched the earlier movie adaptation of the book. The 1978 movie starred Peter Ustinov as Poirot along with Bette Davis, Mia Farrow and Maggie Smith.

"I feel blessed because it's (the film) in Sir Kenneth Brannagh's hands. For me, the most essential prep is to get to know my costumes and my look for the film. Once that part is sorted, rest follows. So I've been focusing

solely on that for the past one week since I landed here," Ali said in a statement.

The actor, who has starred in Hollywood films such as "Furious 7" and "Victoria & Abdul", said there is a dialect coach on the sets to get the accents right.

"We have a dialect teacher on set for a bunch of us so we are being trained for the



accents. I cannot reveal just yet what kind of accents only because I want that to be a surprise," he added.

"Death on the Nile" will chronicle Poirot's vacation in Egypt where he discovers a murder on the banks of river Nile as a love triangle goes awry.

Armie Hammer and Letitia Wright are a part of the cast.

Metallica Cancel Tour as James Hetfield Returns to Rehab

"James has been struggling with addiction on and off for many years. He has now, unfortunately, had to re-enter a treatment program to work on his recovery again"

Metallica have postponed their upcoming tour of Australia and New Zealand so James Hetfield could return to rehab, the heavy metal legends announced Friday.

"As most of you probably know, our brother James has been struggling with addiction on and off for many years. He has now, unfortunately, had to re-enter a treatment program to work on his recovery again," Lars Ulrich, Kirk Hammett and Robert Trujillo said in a statement on the Metallica site.

"We fully intend to make our way to your part of the world as soon as health and schedule permit. We'll let you know as soon as we can. Once again, we are devastated that we have inconvenienced so many of you, especially our most loyal fans who often travel great distances to experience our shows. We appreciate your understanding and support for James and, as always, thank you for being a part of our Metallica family."

Although the tour was postponed, Metallica pledged to refund all tickets purchased for the WorldWired

leg, which was scheduled to begin October 17th in Perth, Australia and conclude November 2nd in Auckland, New Zealand.

At press time, Metallica's March 28th benefit show in San Francisco is still scheduled to occur on that date, as is a South American tour for April 2020.

Hetfield's issues with addiction and



alcoholism were detailed in the 2004 documentary Some Kind of Monster; following that film's release, the singer entered a rehab facility and, as of 2017, he told the Joe Rogan Experience that he had remained sober for 15 years (via Loudwire).

"Fear was a big motivator in that

for me," Hetfield said at the time of his recovery. "Losing my family, that was the thing that scared me so much, that was the bottom I hit, that my family is going to go away because of my behaviors that I brought home from the road. I got kicked out of my house by my wife, I was living on my own somewhere, I did not want that. Maybe as part of my up-

bringing, my family kind of disintegrated when I was a kid. Father left, mother passed away, had to live with my brother, and then kind of just, where did my stuff go? It just kind of floated away, and I do not want that happening. No matter what's going on, we're going to talk this stuff out, and make it work."

Bruce Springsteen to release soundtrack album to 'Western Stars' film



LOS ANGELES, SEP 27 (PTI): Veteran singer Bruce Springsteen is set to release the "Western Stars" soundtrack album on October 25.

Titled, "Western Stars Songs From The Film" is a compilation of all of the live performances in the film, which centres on Springsteen performing his chart-topping "Western Stars" album at an intimate show in a historic barn in Stone Hill Farm in Colts Neck, New Jersey.

According to Variety, the soundtrack also includes a cover of Glen Campbell's classic "Rhinestone Cowboy". "Westren Stars" movie, which is a "cinematic retelling" of Springsteen's first studio album in five years, premiered at the 2019 Toronto International Film Festival.

The film is written and performed by Springsteen.

Columbia Records will be releasing the soundtrack album.

Jim Parsons to star in Ryan Murphy's 'Hollywood'

LOS ANGELES, SEP 28 (PTI): Jim Parsons is heading to Ryan Murphy's "Hollywood".

The Netflix series will see "The Big Bang Theory" star play the role of a talent agent named Henry Willson, reported TV Line.

Also joining the cast as series regulars are Dylan McDermott, Joe Mantello, Holland Taylor, Samara Weaving, Maude Apatow, Jake Pickling and Laura Harrier.

Previously announced cast includes Patti LuPone,

Darren Criss, David Corenswet and Jeremy Pope. Murphy, who had announced the project in February this year, has described the series as "a love letter to the Golden Age of Tinseltown".

He has co-created the show with frequent collaborator Ian Brennan.

"Hollywood" started production earlier this year.

It is the third project Murphy has created for Netflix following "The Politician" and "Ratched".

Julianne Nicholson, Jean Smart join 'Mare of Easttown'

LOS ANGELES, SEP 28 (PTI): HBO is adding the cast to Kate Winslet's "Mare of Easttown". According to The Hollywood Reporter, Julianne Nicholson, Jean Smart, Angourie Rice, Evan Peters, Cailee Spaeny and David Denman have joined the limited series.

Winslet, who is also attached as executive producer, will portray Mare Sheehan, a small-town Pennsylvania detective whose life crumbles around her as she investigates a local murder.

Nicholson will play Lori Ross, Mare's childhood best friend, whereas Smart stars in the role of Mare's mother.

Rice is set to portray play

Siobhan, the daughter of Mare and Frank, to be played by Denman.

Peters will feature as Colin Zabel, a county detective called in to help with the investigation, much to Mare's dislike.

Spaeny will play Erin McMenamin, a lonely teen who lives with her volatile father.

"Mare of Easttown" has been created by Brad Ingelsby and he will also serve as the showrunner.

Gavin O'Connor will direct all episodes of the series.

Ingelsby, O'Connor, Gordon Gray, Paul Lee and Mark Roybal will also executive produce the project.

I hope Trump gets impeached: Robert De Niro

NEW YORK, SEP 28 (PTI): Hollywood veteran Robert De Niro says he hopes the impeachment probe on Donald Trump is followed through and the US President is shown the door.

The 76-year-old actor, who is a vocal Trump critic, called the POTUS a person with "no ethics and morals".

"I hope he gets impeached, it has to be followed through. He's such a low life...

He taints everybody around him. There's a very few that have escaped it. I'm amazed that so many people have not stood up to him. Some have

quit. "It's disgraceful with this guy. He has no centre, no ethics, no morals. He's amoral, immoral. And the people around him... not good," De Niro told Variety.

He was speaking at the New York premiere for the Netflix film "The Irishman" in the wake of the Democrats launching an official impeachment inquiry on Trump.

In April, De Niro took a jibe at Trump and called him a "wannabe gangster in the White House", adding that even gangsters had morals and ethics.

fear of being abandoned or rejected by the one you love.

Tip: Break out of the self-sabotaging patterns.

VIRGO: The fog has officially cleared. You now know where you stand as far as your relationships are concerned, and who you want to invest in as you move forward from here. Bask in that feeling of knowing that you have a close-knit circle which brings you joy and takes pride in watching you grow. Coupled Virgos thinking about bringing their own into the world, now is the perfect time to get started. Those who are blessed with children of their own, spend time with them today.

Tip: You are blessed with joy and clarity.

LIBRA: "Where is everybody going to and what's the rush anyway?," you wonder as you sip on your second cup of hibiscus tea. Your revelations this Saturday afternoon: taking long naps with your beloved is the equivalent of bliss. The thing about slowing down is that it also stimulates the right side of the brain. Traverse to the creative realms, Libra. You'll find that both poetry and prose flow easily today.

Tip: Get your Zen on!

SCORPIO: So far, you've won 100 per cent of your battles by being fierce. Now it's time to change the strategy a little. Not everything requires brute force, Scorpio. Sometimes, strength lies in the subtlety. Stand up for what you believe, and gently so. Plant seeds of the changes you want to implement in the minds of others without going to war. You will find that you're able to manifest what you desire while maintaining your relationships.

Tip: Tug the strings gently in the direction you want them to go.

SAGITTARIUS: The energy surrounding you is that of new beginnings. If you and your partner feel inspired to deepen your commitment or move to the next level, now is the time to do it. Discuss practical details too, like who does the laundry and how do you divine the bills. This will bring about a greater degree of synergy between the two of you.

Tip: Communicating will help you find a way to deal with the differences.

CAPRICORN: In an attempt to play the role of the perfect employee, perfect parent, perfect friend, and perfect partner, we often forget the

most important person in our life. Today brings with itself the reminder that it all starts with you. Remember, self-care isn't all aromatherapy and bubble baths. It's about understanding and honouring your own energy levels, and nurturing yourself on a mind, body and soul level.

Tip: Honour your own needs.

AQUARIUS: As somebody whose inherent need is to give, you're being asked to honour your own energy levels. Turn inwards, wild one. Take time to nurture your temple. You may be at a point where an important decision needs to be taken. Remember, only you know the best way forward. Turn down the noise outside to find the answers.

Tip: Spend some time in solitude.

PISCES: Beware of your codependent patterns. If you're expecting more from others than you're willing to give, you are likely to be disappointed. See how and where you need to rely on yourself more. Finances, or the lack thereof, could be a cause of friction for some. Have you gone overboard with your expenditure?

Tip: Self-reliance is key.