



**ED SHEERAN TAKING A HIATUS  
FROM MUSIC, SOCIAL MEDIA**  
*Page 08*

**TIME TO ASK THE  
RIGHT QUESTIONS AND  
DEMAND BETTER**

*Page 04*

**FORMER NANNY FILES LAWSUIT  
AGAINST MARIAH CAREY**

*pg 08*



# SummitTIMES

Vol 04 | Issue 341 | Gangtok | Friday | 27 December 2019

ON TOP OF THE NEWS

RNI No. SIKENG/2016/69420

Pages 8 | ₹ 5

## Year-end transfers

**SUMMIT REPORT**

**GANGTOK, 26 DEC:**

Today, the last working day of the year for government offices, saw 16 transfers in mid to senior level officers.

As per an office order issued by the Department of Personnel, Additional CEO, Roshni Rai, has been transferred and posted as Additional Secretary, UD&HD, replacing Benu Gurung who has been posted as Director, IPR Deptt.

Director, IPR Department, Kincho Doma Lepcha, in turn, has been transferred to Ecclesiastical Department as Additional Secretary. Meanwhile Addl Secy, Agriculture, Annapurna Alley, has been given additional charge as Addl Secy, Horticulture.

Joint Secretary, Animal Husbandry Deptt, Ujjwal Rai, moves to Home Department replacing Umesh Sunam who moves to Horticulture as Joint Secy.

There have been similar transfers at the joint and Under Secretary level with Gangtok getting a new Bazar Officer in Yogen Sangden coming in for Atish Rai who has been repatriated as ARCS, Cooperation Department.

## Road Safety cum Enforcement Drive from 06 Jan

**GANGTOK, 26 DEC (IPR):**

The Transport Department in co-ordination with Sikkim Police is conducting three-month long "Road Safety cum Enforcement Drive" from 06 Jan to 31 Mar, 2020. The drive is being conducted to create awareness among the people and road users about the need to maintain proper discipline on the road for safety of oneself and other road users.

During the drive, all vehicles will be checked if the documents required for vehicle and driver are up-to-date, overloading of vehicles, driving under the influence of alcohol or drugs and other fitness related issues of vehicles. The drive will be held simultaneously in all four districts. "Checked" Stickers will be issued to the vehicles which are checked and in proper order and they will not be stopped again. The Department will also issue Stickers for those who visit the RTO Offices and show their up-to-date documents so that they are not stopped on the way. Since it is a 3 (three) months long drive, no vehicle will escape. Government vehicles including that of enforcement authorities will also be checked and in case of vehicles of enforcement authorities if found violating any rule, as per section 210 B of the Motor Vehicles Act they will be fined twice the fine for the corresponding section.

The Transport Department seeks support from all the road users and general public in creating mass awareness about Road Safety and responsibility of citizens to pay taxes and dues in time.

## Aadhaar made mandatory for PMVVY pension scheme

**NEW DELHI, DEC 26 (PTI):** The government has made Aadhaar mandatory for subscribers of the Pradhan Mantri Vaya Vandana Yojana (PMVVY), a pension scheme for senior citizens.

The scheme, which envisages an assured rate of return of 8 per cent annually, is being implemented through Life Insurance Corporation of India (LIC). The scheme was announced in Union Budgets of 2017-18 and 2018-19.

"An individual eligible for receiving the benefit under the scheme shall hereby be required to furnish proof of possession of Aadhaar number (the unique 12-digit biometric identity number) or undergo Aadhaar authentication," according to a finance ministry notification.

The notification, dated December 23, has been issued under the Aadhaar (Targeted Delivery of Financial and Other Subsidies, Benefits and Services) Act, 2016. It further said any individual desirous of availing benefit under the scheme who does not possess the Aadhaar number or has not yet been enrolled for Aadhaar, "shall be required to apply for Aadhaar enrolment before registering for the scheme".

In cases where Aadhaar authentication fails due to poor biometrics, the the ministry's Department of Financial Services through its implementing agency will make provisions to help the beneficiaries get the Aadhaar number.

Further, where biometric or Aadhaar one-time password or time-based OTP authentication is not possible, benefit under the scheme may be given on the basis of physical Aadhaar letter whose authenticity may be verified through the quick response (QR) code printed on the Aadhaar letter, the notification said.

In the Budget 2018-19, the maximum limit under PMVVY was doubled to Rs 15 lakh per senior citizen. The scheme is available for subscription till March 2020.

## Soreong Chakung wins 1st Tyeongsi Sirijunga Inter Constituency Football

**BERMIOK, 26 DEC (IPR):**

The first Tyeongsi Sirijunga Inter Constituency Football Tournament 2019 organised by Martam Sirijunga Sporting Committee concluded today at the football ground of Mahatma Sirijunga Senior Secondary School, Bermiok, West Sikkim.

Deputy Speaker, Sikkim Legislative Assembly, Sangay Lepcha was present on the concluding day of the tournament as the chief guest accompanied by guest of honour, Indra Hang Subba, Member of Parliament, Lok Sabha and Minister cum Area MLA, Lok Nath Sharma.

Deputy Speaker, in his brief address, congratulated the committee for organizing the tournament successfully and floored the various advantages of the sports. He then highlighted the various approaches of CM which would be beneficial steps for taking Sikkim in to new heights, for which he strongly believed that it can only be successful with the collective efforts from all.

He also urged all to take benefit of the initia-



tives of the Government and work in directives laid by the CM and make it a profound reality.

Lastly, the Dy. Speaker (SLA) informed that he shall provide library books to the school when the new session starts.

L. N. Sharma in his address informed about the main motive of the tournament was to encourage and uplift the local aspiring sporting talents and in context to which he urged to the aspiring sportspersons to tighten up their shoe laces for

the present and upcoming sporting opportunities. He informed that CM has already made a move on the various initiatives that shall uplift and motivate the sports culture in the state.

He also expressed his joy and gratitude towards the kind gesture of the CM in regards to the announcement of establishing an Animal Husbandry institute in the proximity where in all types of research works would be carried out and various opportunities for the

young would be created.

He also informed that State Government is working tirelessly in the field of education, employment and other field of public concern with utmost priority.

The HM also stressed on the importance of Education and urged the public present to send their children to schools for proper education.

Later, he informed about various schemes and first time initiatives of the Government that shall bring ample opportunities

to the people of the constituency and state as a whole.

He, then congratulated the committee in regards to successful conduction of the tournament.

At the offset of the tournament, Certificates to the students of the school were handed over by the chief guest to students who were able to secure distinction in their respective academics. Dance and musical performances was also performed by the youths of the area and working demonstration of

the self-made motor cycle by Bishu Hang Subba of Sumbok Village.

In the football match which was played between Sanga Dorjee GPU, Rinchenpong and Soreng-Chakhung Constituency, the latter emerged as the winner with the score of 1-3.

During the program, Bernyak-Berthang GPU donated 250 sq ft of tiles and 2000 litre Syntex water tank to the school and Red Mud Chalet sponsored the 'Man of the Match' for the final.

## Delhi braces for longest cold spell since 1992

**NEW DELHI, DEC 26**

**(PTI):** The national capital witnessed another "severe" cold day on Thursday and is likely to record its longest cold spell in December after 1992 as temperatures are predicted to drop further, the weather department said.

The city recorded a low of 5.8 degrees Celsius and a high of 13.4 degrees Celsius on, seven notches below normal. Humidity levels shot up to 100 per cent.

A severe cold day and a moderate fog is predicted on Friday. A cold wave is likely to grip the national capital on the weekend as the mercury is predicted to drop to 4 degrees Celsius, the MeT department said.

Since December 14, most parts of the city have witnessed 13 consecutive "cold days" or a 13-day "cold spell". The last time such a long cold spell was witnessed was in December 1997.

The national capital recorded the maximum of 17 cold days in December, 1997.

According to Kuldeep Srivastava, head of the India Meteorological Department's regional forecasting centre, a "cold day" is when the maximum temperature is at least 4.5 notches below normal.

A "severe cold day" is when the maximum temperature is at least 6.5 degrees Celsius below normal, he said.

The air quality in the city was recorded in the very poor category (349) at 4 pm.

It is forecast to touch the severe category by Saturday night as "very calm surface winds, low mixing layer, dense fog and high humidity are expected for the next five days starting December 27".

The regional forecasting centre of the IMD maintains data since 1992.

## Kanchanjunga Winter Tourism Festival begins at Pelling

**RUDRA KAUSHIK**

**GYALSHING, 26 DEC:**

The week-long 10th Kanchanjunga Winter Tourism Festival began here at Pelling, West Sikkim, today. The festival is being organized by Pelling Tourism Development Association (PTDA) for propagation and promotion of tourism in West Sikkim, a press release informs.

Transport Minister, Sanjit Kharel, who was present as the chief guest inaugurated the festival today in the presence of area MLA and PHE Minister, Bhim Hang Subba, MLA, Aditya Golay, Chairman of organizing committee, NB Dahal and others.

At the outset, the president of organizing committee, Wangchuk Bhutia informed that objectives behind or-

ganizing tourism festival was to promote and propagate tourism sector through distinct socio-cultural touristic activities in West Sikkim.

Since its establishment in 1992, PTDA has been working for promotion and development of tourism in West Sikkim. Mr Bhutia maintained that tourism sector has been flourishing in West Sikkim and the sector has played a crucial role in improvement of economic conditions of the people and has contributed towards employment generation for the locals.

"Flow of tourist is increasing in West Sikkim with each passing year and homestay tourism has witnessed a notable surge in recent years. West Sikkim has an immense potential to grow as a tourism hub," he said.

However, he added that improvement in terms of basic tourism facilities such as roads, drinking water, sanitation facilities, hotel management and others are issues to be worked on.

Minister, Sanjit Kharel, in his brief address, called for greater participation of the people in the tourism sector of the state. He said that promotion and development of tourism sector could open floodgates of opportunities for the Sikkimese people.

"Sikkim is a serene, peaceful and a beautiful place and through tourism sector we should utilize the distinct and diverse features of our state in a way that would be beneficial for

the people of the state," he said.

He further pressed for collective effort of the state government, tourism stakeholders and individuals for sustainable development of tourism sector.

Bike riding on the theme 'Ride for unity and for sustainable tourism' is also being organized by PTDA all over the state.

Visitors at the festival can relish traditional food items at the stalls set up by the distinct communities of West Sikkim like Gurung, Rai, Limboo, Newar, Tamang, Bhutia, Lepcha, Magar, Chettri and Bahun communities.

Other attractions of the tourism festival are yak riding, paragliding, trekking and cultural activities.

## IAF's MiG-27 to take to skies one last time on Friday

**NEW DELHI, DEC 26**

**(PTI):** The MiG-27, which proved to be an "ace attacker" during the 1999 Kargil War, will roar through the skies for one last time on Friday after serving the IAF for over three decades.

The swing-wing fighter has been the backbone of ground-attack fleet of the Air Force for several decades and the IAF will bid adieu to its squadron of seven aircraft from Jodhpur Air Base, officials said.

"The upgraded variant of this last swing-wing

fleet has been the pride of IAF strike fleet since 2006. All other variants, such as MiG-23 BN and MiG-23 MF and the pure MiG-27 have already retired from IAF," the defence ministry said on Thursday.

"The fleet earned its glory in the historic Kargil conflict when it delivered rockets and bombs with accuracy on enemy positions. The fleet also took active part in Operation Parakram," the ministry said.

The Number 29 Squadron is the only unit in the IAF operating the MiG-27 upgrades, it said

in a statement. The upgraded version, because of its survivability, has participated in numerous national and international exercises. The Squadron was raised on March 10, 1958, at Air Force Station Halwara with Ouragan (Toofani) aircraft. "Over the years, the Squadron has been equipped with numerous types of fighters such as MiG-21 Type 77, MiG-21 Type 96, MiG-27 ML and MiG-27 upgrade," the ministry said.

The Squadron is now slated to be number plated on March 31, 2020,

with December 27 being its last flying day, thereby making the swing-wing fleet a part of IAF's glorious history. Various functions have been planned for the de-induction ceremony at Air Force Station, Jodhpur.

The IAF also tweeted about MiG-27's last sortie on Friday.

"#AdieuMiG27 Indian Air Force bids farewell to the mighty MiG-27 tomorrow. The aircraft will be decommissioned in a grand ceremony to be held at Air Force Station Jodhpur on 27 Dec 19.

**Summit Times  
in Nepali**



<https://www.facebook.com/SummitTimesSikkim/>

**Watch our Nepali broadcast  
every evening on Facebook  
at Summit Times Daily Page.  
Please like, Share, Comment and let us  
know we can improve.**

**Thank You!**





## Annual Function at Posakey Primary School



**SUMMIT REPORT**  
**GANGTOK, 26 DEC:**  
Government Primary School Posakey under Sarva Siksha Abhiyan (SSA) of Regu BAC organized annual day cum felicitation programme in the school premises on 24 Dec, a press release informs.

Chujachen Constituency Area In-charge, **Rhenock School bids farewell to senior teacher** of service at Rhenock SSS, a press release informs. “Her dedicated and sincere service will be remembered and acknowledged by the society. She was a motherly figure in the school and her advice to school staff and students was appreciated and effective,” the

Damber Pradhan was the chief guest of the function.

The School felicitated grandson of school land donor, Deo Raj Pradhan, North East Idol, Pritam Rai and PCS Rural Journalism Awardee, Bhanuraj Thapa Rhenock.

Earlier, School Headmaster, Amrit Thakuri

placed the annual report of the School in his welcome address. Winner of NE idol 2019, Pritam Rai performed solo song and thanked all supporters and well-wishers for voting for him.

Lastly, the programme ended with annual prize distribution and vote of thanks by teacher, NK Pradhan.

**Rhenock School bids farewell to senior teacher**

She donated two big kettles for mid-day meal kitchen and Rs. 20,000 for school fencing in the farewell programme today.

We, the school family extend our sincere thanks and gratitude for her kind gesture, School Principal, Suren Kumar Pradhan, has said.

## Capacity Building on low cost vermi composting



**SUMMIT REPORT**  
**Gangtok, 26 Dec:**

A day-long Capacity Building program was conducted on low cost vermi composting at Namli, Martam Block for farmers from different Self Help Groups. The program was organized by ATMA East, Agriculture Department, a press release informs.

The program was

chaired by HDO, Dikki Lama as special guest, who encouraged farmers to adopt farming at more technical and advanced level for doubling their income.

Resource Person IPL service provider, Tuka Sharma and AI, Meena Sharma provided hands-on training on vermi composting and apprised farmers on

its importance, preparation methods usage.

Attended by different women SHG members, BFAC chairman, farmers' friend, area MLA and other field functionaries. The program was conducted by Block Technology Manager, Chanda Poudyal and Assistant Technology Manager, Tenzing Bhutia.

### ICAR-NOFRI observes National Mushroom Day



**GANGTOK, 26 DEC (PIB):** With the aim to create awareness among the mushroom farmers of Sikkim, National Mushroom Day was organized on the theme Mushrooms as Nutraceuticals at ICAR-NOFRI, Tadong, Gangtok under guidance of Joint Director, Dr RK Avasthe, ICAR-NOFRI on 24 Dec, 2019.

The programme was attended by 54 mushroom farmers from all the four districts of Sikkim.

The programme was inaugurated and chaired by the chief guest, Director, Department of Horticulture, Padam Subba.

Scientist (Plant Pathology), Dr Shweta Singh, ICAR-NOFRI welcomed all the participants and dignitaries and explained the significance of the day and mushroom related ongoing research activities at ICAR-NOFRI.

Dr RK Avasthe called upon the farmers of Sikkim to harness the maximum potential of mushroom.

### West Sikkim observes National Consumer Day

**GYALSHING, 24 DEC (IPR):**

National Consumer Day cum Awareness Programme on Consumer Protection Act was held at Community Hall, Gyalshing, West Sikkim, today.

The program was organised by the Food and Civil Supplies Department, Government of Sikkim, Gyalshing, West District.

The programme was attended by the Civil Judge cum Judicial Magistrate and Secretary District Legal Services Authority, Zamyang Choden Bhutia; Advocate, Pujan Kharka; DCSO, Arjun Rai and Officials from

rooms in improving their livelihood and health especially the women farmers through fresh mushroom cultivation as well as value addition by availing the facilities provided by both ICAR-NOFRI and the State Department.

Deputy Director, Department of Horticulture, Yogesh Sharma, attended the event as the guest of honour where he addressed the farmers about the different kinds of mushrooms being grown in the Integrated Mushroom Unit at Majhitar and asked the growers to utilize the benefits being provided by the Department.

Chief guest, Padam Subba, in his address remarked that mushrooms have remained integral to the hills of the country with different indigenous mushrooms being of common occurrence. He also reiterated the facilities available at the Majhitar unit as well as ICAR-NOFRI and proposed to look into issues

like provision of low cost mushroom huts and low cost sterilization units for the growers.

Mr Subba congratulated Dr RK Avasthe and his team for the commendable work they have been doing in all aspects related to organic farming and taking their research to the farmers of Sikkim. During the programme, farmers were also given hands-on training for organic oyster mushroom cultivation, disease-pest management in organic mushrooms and also value addition of mushrooms.

The programme concluded with vote of thanks by Dr Chandan Kapoor. The function was coordinated by Technical Officer, Sh SM Kandwal, ICAR-NOFRI.

National Mushroom Day was celebrated under the All India Co-ordinated Project on Mushrooms and funded by ICAR-Directorate of Mushroom Research, Solan, Himachal Pradesh.

ing about the modes of Alternative Disputes Resolution. Information was also disseminated about the provisions of Protection of Women from Domestic Violence Act, 2005.

Advocate, Pujan Kharka addressed the gathering on the provisions of the Consumer Protection Act 1986 and Protection of Children from Sexual Offences Act, 2012.

Lastly, the programme was concluded by DCSO, Arjun Rai who sensitized the gathering on the rights of the consumers and the duties of the consumers as well as the shopkeepers/service providers with the help of various examples.

### Annual Day at Mamring School



**SUMMIT REPORT**  
**GANGTOK, 26 DEC:**

Today on the last working day of 2019, Mamring Senior Secondary School, East Sikkim organized Annual Day cum Result distribution day 2019, a press release informs. Chief guest of the program was, ADC DEV Pakyong, Radha Pradhan.

Welcoming the guests, Principal, Prahlad Sharma presented a brief report on the achievements of the school in 2019 in different fields including various awards.

In an initiative of the Principal, supported by the teachers, Panchayat and SMC members, cash scholarship was distributed to 13 students who got admission in Primary section in the year 2019.

This was initiated in 2018 to encourage admissions to increase primary enrolment in Mam-

ring SSS, East Sikkim, the release mentions.

From class LKG to IX (2019) and XI 2018-19, medals and certificates were awarded to students securing first and second positions. Prizes and certificates were awarded to students with 100% attendance.

Best Class Award to the beautiful class, Best House Award to the highest point scoring in total competitions, Tidiest student Award from primary section, Super MoM-the Best Parent award to the mother grooming well to her ward, Student of the year award to best overall performing student and Employee of the year award to the most dedicated and punctual staff were also awarded on the occasion.

Result cards were distributed in the presence of the parents. Various sports activities were also organized.

### SAATHI Offsite Training Camp on Life Skills concludes

**SUMMIT REPORT**  
**GANGTOK, 24 DEC:**

An off-site training of three days was organized at SICUN, for 83 students from different Government schools of Sikkim.

Dikling Sr Sec School, Rumtek Sr Sec School, Sumin Lingzey Sec School, Rhenock Sr Sec School, Mamring Sr Sec School, Tadong Sr Sec School, Bojoghari Sr Sec School, Dikchu Sr Sec School and Ranka Sr Sec School participated in the training. The camp started from 22 to 24 Dec, 2019 at SICUN, Assam Lingzey, East Sikkim.

The objective of this camp was to provide knowledge to students about various life skills which we require on everyday basis. Along

with this, various fun filled activities such as sports and games were conducted.

Sessions covered topics like coping with emotion and stress by Professional Counsellor, Prayan Deep Dewan; Decision Making, Problem Solving & Critical Thinking and Story-telling by Research Scholar & Counseling Psychologist, Roshni Chettri; Interpersonal Relationship and Teamwork by MSc Psychology, Lecturer, Salesian College, Sharmila Chettri; Career Guidance by Radiant Institute, Prathana Subba and Communication Skills & Time Management by APM, SAATHI, Himanjali Pradhan. The camp concluded with feedback, badging and pledging sessions.

## Rhenock School bags 5 awards in Science Model Making challenge



**SUMMIT REPORT**  
**GANGTOK, 26 DEC:**

Twenty students of Sikkim participated in the Regional Science Model Making challenge organised by Agastya International Foundation recently at Shoshit Samadhan Kendra, Patna-Bihar, a press release informs.

Jignyasa, a platform to spark curiosity and innovation, is an annual competition which aims to enhance science at the school level and has been conducted over the last five years.

There were more than 500 students from Sikkim, Meghalaya, West Bengal, Bihar, Orissa, Jharkhand, Uttar Pradesh, Madhya Pradesh, Haryana and

Chhattisgarh participated in this Science Exhibition.

Sikkim team comprised of 14 students from Rhenock Government Senior Secondary School, 02 students from Majhitar Government Secondary School and 04 from Rangpo SSS.

PGT Chemistry, Prakash Chettri escorted the team to Patna from Rhenock School.

This model making competition was categorized into Junior Level, Senior Level and Senior Secondary level.

In Senior Secondary level, first position in Eco friendly Plastic (bio-polythene) model was bagged by Class XI (Science) girl students, Sweta Pradhan

and Swastika Rizal from Rhenock SSS. Students of same school came second in the same category.

Class XII Student of Science, Punam Chettri and Anup Chettri prepared the model of LIFI-Transmission of Energy and Class XII Science students, Atirma Tamang and Pratikcha Adhikari prepared Smarter Dustbin model and came 4th and 5th in the Haryana and West Bengal Science Exhibition. Each participant received cash prize, token and certificate.

Participants of Rhenock SSS returned to School today and School Principal, Suren Kumar Pradhan, welcomed them with certificate and cash awards.

## Annual Day at Wok School

**BIKAS CHETTRI**  
**NAMCHI, 23 DEC:**

Wok NTL senior secondary school celebrated its annual day function today here at school premises. SKM Area In-charge Poklok Kamrang, KB Rai, was the chief guest of the function which was also attended by Zilla Panchayat, Tshering D Bhutia, BDO Sikkim BAC, Trishang Tamang principals and school heads of different surrounding schools.

Headmaster, Roshan Rai presented the Annual Day Report which highlighted the activities of the various departments and societies in school as well the individual achievements of faculty members. He also thanked all the school

management committee, teaching and non teaching staffs of the school for making effort to celebrate this annual day function of the school. Students and teachers performed various cultural programme and it was appreciated by all the audiences present on the occasion. He also thanked Yamsing Family and the Zilla Panchayat Phurmit Lepcha for their valuable contributions towards the school.

The most memorable moments of the function were marked by the words of advice and appreciation by the chief guest, KB Rai during his address to the teachers and parents. He also placed his key note of encouragement to the students and declared that

he will adopt Wok NTL senior secondary school.

On the occasion, the topper of the school was presented with scholarship of Rs. 10,000 from the Yamsing Family in memory of Lt NC Targen and informed that the family has been encouraging students with scholarship award for many years now.

Marking the occasion, Zilla Panchayat, Phurmit Lepcha also contributed Rs 1 lakh for the development of the school.

On the occasion, colourful cultural presentation was given by the students.

CONTACT SUMMIT TIMES  
REPORTERS

**NAMCHI**

9832048410,  
9775736596

**SINGTAM**

7699771651

**MANGAN/ DIKCHU**

9832612485/

9832424750,

9434011213

**GANGTOK**

8016270440,

9832082664,

9832424750,

8768664251

9832470000

### DOCUMENTS LOST:

I, Sumana Lepcha D/o Laku Tsh Lepcha r/o Pabong Namphing , South Sikkim have lost my CBSE Class XII Pass Certificate bearing Roll No. 3639812 while travelling from Singtam to Pabong. My G.D. is 158/B.O.P dt. 17.12.2019 at Bermoik Potpost, PS Temi, South Sikkim. If found contact: 8116649154.

### ~ SummitTIMES ~ CLASSIFIEDS

#### GENERAL LAND FOR SALE

Roadside plots for sale at Adampool, Ranipool-Rumtek highway.

**For details contact: 9083826462**

#### FLAT FOR RENT/LEASE

Fully furnished 3BHK flat available for rent/lease at Church Road near DPH. Roadside and five minutes walking distance from MG Marg.

**For more details: 9083826462 /9832556698**

#### GENERAL LAND FOR SALE

General land 30X40 (3 Plots) available for sale at Tadong 6th Mile next to Harka Maya College.

Flat Land no cutting required. Price 30 Lakhs (negotiable).

**Contact: 9800201335**

#### LAND FOR SALE

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



## Minister celebrates Christmas at Mayalmu Shelter Home

GANGTOK, 26 DEC (IPR):

Agriculture Minister, Lok Nath Sharma celebrated Christmas with the inmates of Mayalmu Shelter Home along with the family members, this morning.

He extended his warm greetings to the family members of Mayalmu Shelter Home and presented warm blankets to each individual member and also handed over fooding items.

In his Christmas message, the Minister talked about the wisdom and teachings of Lord Jesus. The Minister expressed his happiness on cele-



brating Christmas with the inmates of Mayalmu Shelter Home with his family members and wished everyone a Merry Christmas.

He also applauded

the remarkable contributions made by the president, Mayalmu Shelter Home, Dew Bir Gurung along with the committee members including vice president, Nirmal

Mangar, general secretary, Rajesh Rai, treasurer, Chodak Bhutia and all associate members.

Earlier, Mayalmu family took part in the cake cutting ceremony.

## Bedi questions CM's plea to President to recall her

PUDUCHERRY DEC 26

(PTI): Hitting back at Puducherry Chief Minister V Narayanasamy for demanding her recall, Lieutenant Governor Kiran Bedi on Thursday said whether being sensitive and respectful to the social and spiritual fabric of the union territory warranted such a demand.

The Chief Minister had presented a memorandum to the President Ram Nath Kovind during

the latter's visit to the union territory on December 23, highlighting the administrative and fiscal issues the government had been facing because of Bedi's intervention.

Narayanasamy had alleged in the memorandum that she had not done anything for development of Puducherry ever since she assumed office in 2016.

Reacting to the

Chief Minister's demand that she be recalled, the Lieutenant Governor, in a press release, said he should also clarify whether facilitating casinos, roadside breweries and widespread sale of lottery tickets meant development.

She further wanted to know whether it was undemocratic when an administrator (Lt Governor) questions these practices.

Bedi said, "As the peo-

ple of Puducherry also do not want any of these business practices, the Chief Minister needs to explain to this to the people at large about such practices."

She asked whether not concurring with the Chief Minister or referring to the government of India the differences of opinion between her and the territorial government could be termed as irregular, autocratic, illegal or undemocratic.

## Kejriwal flags off 100 standard-floor buses

NEW DELHI, DEC 26

(PTI): Chief Minister Arvind Kejriwal on Thursday flagged off 100 standard-floor buses in Delhi.

Equipped with state-of-the-art features like hydraulic lifts for differently-abled persons, GPS trackers, panic buttons and CCTV cameras, the buses will augment the public transport system in the national capital.

"I have flagged off 100 more buses today. Now, many new buses have

hit Delhi's roads over the past few months. It is my dream to modernise Delhi's public transport infrastructure so that it becomes a comfortable option for every citizen," Kejriwal said.

"Hundreds of new buses will be added within the next five to six months. The shortage of buses since many years is now being addressed with these new additional buses. One thousand

electric buses will also be inducted very soon," he added.

The buses were flagged-off from the Rajghat Depot, at a ceremony attended by the Transport Minister Kailash Gahlot and officers of the transport department, DTC and DIMTS.

While 25 new buses had hit the roads of Delhi in August, 100 were flagged off in October, 200 in November and another 100 were add-

ed earlier this month.

"A total of 525 new buses with ultra modern facilities have hit Delhi roads since August. These are 37 seater buses with hydraulic lifts for the convenience of differently-abled people," Gahlot said.

"Fourteen panic buttons have been installed inside the buses... each side has seven buttons each. At the same time, three CCTV cameras have been installed inside each bus," Gahlot said.

## Journalists slam attacks on media during CAA protests

MUMBAI, DEC 26 (PTI):

Journalists' organisations here on Thursday staged a demonstration against attacks on media persons during the coverage of protests against the Citizenship (Amendment) Act, and the high-handed behaviour of police.

They also slammed the government's tendency to suspend of Internet during such agitations, and the recent advisories to news channels which warned against "anti-national attitudes".

Members of the Mumbai Press Club, Mumbai Marathi Patrakar Sangh, Television Journalists Association, Bombay News Photographers Association, Mantralaya and Vidhimandal Vartahar Sangh and Brihanmumbai Union of Journalists

held a candlelight vigil outside the Press Club.

"The organisations representing journalists in Mumbai are concerned and distressed at the widescale attacks on media persons covering the current protests.... We condemn both law enforcement agencies as well as private players who have been trying to curb the right of media persons and networks to report freely," they said in a statement.

Omar Rashid, a journalist of The Hindu in Lucknow, was detained by the police without any reason and was threatened and subjected to communal slurs, the statement claimed.

Seven journalists in Mangalore in Karnataka were detained for no reason and their

video equipment was snatched away, it said.

Arun Shankar and Vaisakh Jayapalan of the Matrubhumi News were seriously injured when covering the protests near Delhi Gate in the national capital, the journalists said.

Dinesh R and Wasim Sayeed of Asianet News were attacked during the protests by Jamia Millia Islamia students, the statement said. Wasim, who was seriously injured in stone-pelting, had to be admitted to a hospital, it added.

The police and government authorities as well as the protesters must "let media do their duty", the journalists said.

The statement also slammed the Information & Broadcasting Ministry for issuing "adviso-

ries".

"In another dangerous trend, the I&B Ministry, in the guise of clamping down on 'inflammatory' reporting, has issued at least two 'advisories to TV channels threatening action.

"The advisories warn against 'anti-national attitudes' and 'anything affecting the integrity of the nation' catch-all phrases that can be easily used to silence news networks that are inconvenient to the government standpoint," the statement said.

The protesting journalists also said the "trend" of suspending Internet during protests "is a regressive and anti-democratic measure".

"Courts have recognized access to the Internet as a basic right," the statement said.

## Sikkim Kho-Kho team leaves for Senior Nationals

SUMMIT REPORT

GANGTOK, 26 DEC:

Sikkim Kho-Kho Association has sent a contingent to represent Sikkim for the 53rd Senior Nationals which will be held at Raipur, Chhattisgarh from 26 to 30 Dec, 2019. The team comprises of 12 Girls and 12 Boys accompanied by their coach, manager and an official.



## Governor extends Losoong and Namsoong greetings

SUMMIT REPORT

GANGTOK, 26 DEC:

On the occasion of Losoong and Namsoong, Governor of Sikkim, Ganga Prasad has extended warm greetings and good wishes to the people of Sikkim, a Raj Bhavan communiqué informs.

In his message the Governor has said, "The joyous celebration of Losoong and Namsoong marks the end of harvest season and commemorates the New Year. This is cele-

bration of good harvest and exchange of goodwill among communities. It's time for sharing rich feast and to express love and affection among families and communities. These festivals epitomise the values of brotherhood and harmony which are inherent in our wonderful composite Sikkimese culture.

May the festivals of Losoong and Namsoong strengthen our bond of love and brotherhood bringing us good fortune."

## Thousands witness rare spectacle in Kerala, temples shut during eclipse

THIRUVANANTHAPURAM,

DEC 26 (PTI):

The annular solar eclipse was witnessed by thousands of enthusiastic people, including children and the aged, especially in northern districts of Kerala on Thursday, while clouds played dampener in some places.

Annular solar eclipse occurs when the moon is unable to entirely cover the disc of the sun due to factors like its distance from the earth.

During such an eclipse, the outer edge of the sun will still be visible in the form of a ring and that is why it is known as ring of fire or annular solar eclipse, scientists said.

The rare spectacle was first visible at Cheruvathur in Kasaragod, in the state followed by places in Kozhikode and Kannur.

In Wayanad, many people had turned up to watch the event, but had to return disappointed as the eclipse was not fully visible due to cloudy weather conditions.

A young boy in Kalpetta said he was saddened as he could not see the eclipse totally.

"We came here with lot of expectations. But are disappointed," he said.

A man, who had come from a Gulf nation on vacation, said he was very happy to have witnessed the celestial spectacle along with his children at Kozhikode.

Seventy-year-old Annama Thomas from Kuravilangad in Kottayam was elated that she could witness the rare occasion.

Long queues were seen in various places in the state to witness the natural phenomenon.

To dispel superstitious beliefs that food should not be consumed during eclipse, payasams, biscuits, juices and breakfast were distributed to those who had come to watch the celestial event.

Various temples, including the famous Sabarimala Lord Ayyappa Temple, Padmanabha Swamy temple at Thiruvananthapuram and the Lord Krishna temple at Guruvayur were closed during the solar eclipse were opened after purification rites.

In the northern most district of Kasaragod, a private operator totally stopped bus service on a particular route during the eclipse.

In the districts of Kottayam, Thrissur and Thiruvananthapuram, the eclipse was said to be partial.

## Chief Minister's Losoong Namsoong greetings

GANGTOK, 26 DEC (IPR):

On the occasion of Losoong Namsoong, Chief Minister, Prem Singh Tamang extends his warm greetings to the people of the state, especially to the Bhutia and Lepcha communities.

In his message the Chief Minister stated that this festival symbolizes attachment of the people with

Mother Nature and celebrates it as the agricultural New Year where farmers rejoice and glorify their harvest filling the entire state with a festive spirit.

The Chief Minister has wished for happiness, good health and joy to the people of Sikkim and hope that they will follow the legacy of goodwill, harmony and peace.

## Muslim women join anti-CAA stir in Karnataka

BENGALURU, DEC 26

(PTI):

Anti-CAA protests refused to die down in Karnataka with hundreds of Muslim women taking the centre-stage on Thursday holding protests here and at Shivamogaa and Kalaburagi.

The women staged a protest at Eidgah Grounds in Shivamogga holding the national flag, banners and placards declaring their opposition to CAA (Citizenship Amendment Act) and NRC (National Register of Citizens). A similar protest was held in front of the Bengaluru's town hall that was attended by large number of Muslim women.

At Kalaburagi, protesters, mostly women, staged a demonstration from Jagat Circle to Deputy Commissioner's (DC) office shouting slogans against the CAA.

Anti-CAA protests and demonstrations have also been held in Mysuru, Bagalkote and Dharwad, among other places.

Hundreds of protesters had taken part at an agitation in Dharwad, organised by "progressive organisations", which was attended by senior Congress leader and former MP V S Ugrappa.

Police had made

elaborate security arrangements so that no untoward incidents take place.

At Mysuru's Town Hall grounds too, thousands of people staged a protest called by several Muslim organisations, amid tight security.

Holding national flags, the protesters demanded the withdrawal of CAA as they said it was anti-democratic.

At Bagalkote, hundreds of protesters staged a march till DC office. The protest was called by 'Bagalkote Muslim Unity' and other "progressive organisations".

Anti-CAA protests had reached its peak in the state last week, with it turning violent in Mangaluru, resulting in the death of two in police-firing.

The CAA says members of Hindu, Sikh, Buddhist, Jain, Parsi and Christian communities, who have come from Pakistan, Bangladesh and Afghanistan till December 31, 2014, and facing religious persecution there, would not be treated as illegal immigrants but given Indian citizenship.

The Act says refugees of the six communities would be given Indian citizenship after residing in India for five years, instead of 11 earlier.

## Jay Roach on woke culture killing comedy: There's no serious limitation on being funny

JUSTIN RAO

MUMBAI, DEC 26 (PTI):

"Bombshell" director Jay Roach does not believe that woke culture has come in the way of making successful comedies.

Earlier this year, "Joker" director Todd Phillips, known for blockbuster comedies including "The Hangover" series, said he quit the genre as "woke culture" had made it impossible to make comedy films.

In an interview with PTI, Roach, who has helmed global comedy hits including the "Austin Powers" films and "Meet the Parents", said good humour always finds an audience.

"I don't agree that it's somehow making come-

dies impossible because of the new questions in our culture," Roach said.

"There are so many great examples, especially on TV lately, starting from 'Bridesmaids' to incredible shows like 'Veep' and one of my new favourites, 'Fleabag'. We evolve and the things that need to be talked about or made fun of (also) evolve," he added. The director, whose latest film "Bombshell" is based on the accounts of several women at Fox News who set out to expose CEO Roger Ailes for sexual harassment, believes one has to find new topics for comedy.

"I don't see that there's any serious limitation on being funny. I just think you have to evolve with the time

and figure out what the issues are."

Roach said top rated comedy shows of current times are a testimony that the genre continues to reinvent itself.

"Maybe women are at the forefront in the comedies I listed because some of what needs to be made fun of are male-centric cultural status quo, even in comedy. 'Fleabag' is so incredibly good, it's so funny. These shows prove that comedy isn't dead."

The director said he would like to figure out a way to make comedies a "must see in theatre events."

"To somehow make going back to the theatre and laughing your head

off with strangers in a big giant room... To make a spectacle, a cinematic kind of comedy, with big comic set pieces, whatever it takes so that you're not just comfortable at home and watching."


Giving an example of "Borat", which he produced with Sacha Baron Cohen, Roach said he is yet to experience the kind of theatrical experience he had with film, about a fictional Kazakh journalist travelling through the United States.

"I've been lucky with 'Austin Powers', 'Meet the Parents' and 'Borat', during which people were not only laughing and rocking in their chairs but slapping each other,

pulling their shirts over their heads. In one of the screenings, two guys ran towards the screen and came back high-flying the audience!" he said.

The director said Hollywood star Charlize Theron, who plays the role of news anchor Megyn Kelly on "Bombshell", recently shared with him that she laughed so hard during "Borat", she slipped a disc in her neck. "She had to go to a doctor because she was laughing so hard! To do that in a giant room with a bunch of other people that you're now suddenly connecting with over this shared hysteria, that's something I want to find a way to do again.

visit us at: [www.summittimes.com](http://www.summittimes.com)



HEALTH CARE, HUMAN SERVICES AND FAMILY WELFARE DEPARTMENT  
GOVERNMENT OF SIKKIM, TASHILING SECRETARIAT  
GANGTOK, SIKKIM – 737103.

***Inviting Expression of Interest (EoI) For Health Insurance Policy Policy under proposed Su-Swastha Yojna for Government employees, Pensioners and their dependents.***

Health and Family Welfare Department, Government of Sikkim, invites expression of interest (EoI) from registered private or public owned insurance companies incorporated under the Companies Act, in India and registered with the Insurance Regulatory Development Authority of India (IRDAI), for providing health insurance to Government employees, Pensioners and their dependents.

Interested companies may submit their EoI and the supporting documents in English, to the Principal Director I, Health and Family Welfare Department, Government of Sikkim, on or before 16/01/2020 (3:00 pm).

Purpose of the EoI is to solicit the views of insurance companies on the feasible coverage and package of services which could be provided. Based on the inputs received in the process. Request for Tender (RFT) will be issued inviting technical and financial bids for the scheme from EOI received companies. The scheme is proposed to be implemented from 1st April 2020.

Details of the scheme may be referred to in the website : [sikkim.gov.in/tender](http://sikkim.gov.in/tender).

Sd/-  
Principal Secretary  
Health and Family Welfare Department.

**R.O. No. 312/IPR/Pub/Classi./19-20 dt. 26.12.2019**



## Quotaed into Lethargy

*Time to ask the right questions and demand better*

Reservation, quotas, local protection... These remain strong political constituencies to this day in the country, 72 years and counting since the day India became Free and its people equal! The exclamation mark because the stop-gap arrangement of quotas, put in place while long-term policies were kick-started to make equal opportunity and equal access realities for communities that had remained underprivileged, subjugated and sidelined for centuries, appears to have mutated into a permanent fixture. This reality perhaps deserves a double exclamation mark because the nation continues to discover more communities which require a reserved slot and special treatment to come at par with the mainstream. Yes, this is an inexplicable situation teetering at risk of short-term gains becoming long-term liabilities.

Fact remains that reservations have made people lazy and segregation can never deliver either unity or equality, but this is not a statement supporting the end of quotas and reservations, in fact, it is an attempt to get those in the reserved lot to ask the more important questions and reach beyond the chips hammered into their shoulders. What has arguably flawed the reservation regime is its institutionalization, which requires its reinforcement at every level through overt displays – from the makeup of bureaucracy to the Cabinet. Merit, as a result, gets not only sidelined, but even compromised at times because harmonised composition becomes the desired trait. One cannot blame the first leaders of Independent India for this measure, they did after all, plan to have a more concrete solution in place before the idea outlived its utility. Later leaders did not allow that to happen and preferred to secure captive vote-banks instead. And only they (such leaders) appear to have gained. Look around, there are many examples of individual members from the reserved categories having benefited from the policy, but has reservation delivered what it promises to the community as a whole? At least in the same scale as it has fed political careers which require people to remain underprivileged and denied at some levels to remain relevant. Such ideologies have problems with real reform and actual progress and examples of such self-centered profiteering from the miseries of others abound.

The limitations of a reservations-only approach to lift communities up started manifesting with the second generation itself and the benefits have not spread as uniformly, and only very rarely to the grassroots level. Make no mistake, we are still a country of such massive inequalities and astounding privilege that quotas and reservations are still required, unfortunately not because the model is perfect, but because this has remained the only route opened. The carrot of quotas makes people lazy and soon people enjoying this benefit [at least on paper] forget that this was to undo the damage of centuries of discrimination and subject themselves to more humiliation by themselves believing that they are feeding on a sop, when they are actually being compensated for historical wrongs. This makes them refrain from asking the right questions.

Quotas are fine, but they are limited. What should be given is access to the best grooming, an education that prepares them to compete with the best... aspire for the “open” category, not snuggle into the slivers offered as quota. Reserved quotas are add-ons, the plan-B’s, and not the constricting pigeonholes they have now become to stifle ambition. Things can improve only when the educational infrastructure in villages and “backward” areas is strengthened, made at par with “city” institutes; when the best teachers take classes in basti schools and a generation of eager competitors replaces those who set their ambitions with one eye on their surnames and what it accrues them.

### WRITE US:

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

Mail us at: [news@summittimes.com](mailto:news@summittimes.com)

# What do kids really think about Santa?

JONATHAN LANE  
[theconversation.com](http://theconversation.com)

Children’s belief in Santa may be taken as evidence that they’re gullible or unable to distinguish fantasy from reality. But, consider your reaction to the following scenario:

The past few nights, the local news has been filled with reports of an unidentified person who has broken into homes, stolen car keys and driven away with vehicles. The culprit hasn’t left much evidence behind, aside from muddy boot prints.

You wake one morning to find a trail of mud on your floor, notice your car keys are missing and run to the window – your car is gone. You immediately think that this must be the work of the person from the news. Minutes later you get a call from your messy – and inconsiderate – roommate. He apologetically explains that he tried to walk to work as usual, but it was raining heavily, so he went back into your apartment with soiled shoes and borrowed your car for the day.

In the U.S., adults, peers and TV commercials give children the constant narrative that Santa exists. Children visit shopping centers where they meet a person elaborately dressed as Santa, sit on his lap and divulge their desired gifts. Parents then plant evidence – the cookies and milk on Christmas Eve, the half-eaten cookies, the half-empty milk glass and – most important – presents under the tree on Christmas morning.

Believing that Santa exists is no more evidence that children are gullible than is your initial deduction that a wanted criminal broke into the apartment. To the contrary, children are at times more skeptical than adults about a variety of people’s claims and assertions.

The topic of children’s beliefs about Santa is particularly intriguing to me, as a scholar who examines

children’s beliefs in what they’re told, their concepts of people and minds, and their understandings of the extraordinary. Research on children’s cognitive development supports an intriguing and nuanced story about children’s belief in St. Nick.

WHAT EXACTLY DO CHILDREN BELIEVE?

To believe that Santa exists is one thing. But do children believe that Santa can do all of the extraordinary things that parents and other adults purport? Do they believe that Santa can fly around the Earth in one night, on a sled pulled by reindeer, and deliver gifts to every child’s house; or that Santa really knows if they’ve been naughty or nice?

This is where the developmental story becomes more interesting and nuanced. These beliefs depend on children’s concepts of the world, and these concepts undergo dramatic development across childhood.

For example, there are substantial individual differences and developmental changes in how children conceptualize the Earth and in how they conceptualize time and speed.

If a young child believes that the Earth is rather small or that there aren’t many people in the world, then believing in Santa’s 24-hour mass gift distribution isn’t so far-fetched. There are also substantial differences in children’s concept of minds. Young children, in particular, find it difficult to conceptualize someone who is all-knowing or who knows about their every thought and move. Preschoolers likely believe that Santa has a special mind, that he may know some things that most other adults don’t know but not everything.

So, young children typically believe that Santa exists, but in a more mundane form than adults let on.

WHEN THE BELIEVING STOPS

Yet, even within cultures where messages about Santa and physical



evidence of Santa’s existence pervade, most children eventually come to realize that Santa doesn’t exist.

Messages from friends may slowly erode children’s belief, or children may catch parents in the act of feasting on Santa’s cookies or placing presents under the tree.

Also, as children increasingly understand the magnitude of Santa’s purported powers – for example, when they realize the distance Santa would need to travel and how many houses Santa would need to visit on a single night – this may raise doubts about Santa’s purported qualities and eventually inspire doubt in Santa’s existence altogether.

By the age of about eight, most children don’t actually believe in Santa anymore.

THE PRETENSE CONTINUES

So why do they continue to participate in the annual ritual? Why do they act as if Santa really exists and actually delivers presents to them – of course, only if they’ve been nice?

The simple answer is because it’s fun. This is similar to their having imaginary friends. Children with imaginary friends realize that those friends aren’t real people, but they pretend to play with them and tell people about them because

that fantasy is enjoyable and rewarding. Playing with the idea that Santa is real has the added benefit of receiving toys every year! When older children indulge in the mythology of Santa, they are playing the game with adults, who themselves enjoy the fantasy.

Are there consequences to deceiving children about Santa? Do children lose trust in their parents when they realize that it was all an elaborate ruse?

There’s not much research that directly answers these questions. One of the few studies that asked children about their reactions found that children experienced more positive emotions than negative emotions when they learned about the myth, whether they discovered the ruse themselves or parents told them.

Considering that children may understand that it’s a game before their parents realize that they do – and children continue playing along – and considering that the whole fantasy plays out in the context of fun and togetherness, there’s probably more to gain by playing along than there is to lose.

*[the writer is Assistant Professor of Psychology and Human Development, Vanderbilt University]*

# Hangovers happen as your body tries to protect itself from alcohol’s toxic effects

DARYL DAVIES, JOSHUA SILVA & TERRY DAVID CHURCH

[theconversation.com](http://theconversation.com)

Debaucherous evening last night? You’re probably dealing with veisalgia right now. More commonly known as a hangover, this unpleasant phenomenon has been dogging humanity since our ancestors first happened upon fermentation.

Those nasty vertigo-inducing, cold sweat-promoting and vomit-producing sensations after a raucous night out are all part of your body’s attempt to protect itself from injury after you overindulge in alcoholic beverages. Your liver is working to break down the alcohol you consumed so your kidneys can clear it out ASAP. But in the process, your body’s inflammatory and metabolic reactions are going to lay you low with a hangover.

As long as people have suffered from hangovers, they’ve searched in vain for a cure. Revelers have access to a variety of compounds, products and devices that purport to ease the pain. But there’s a lot of purporting and not a lot of proof. Most have not been backed up well by science in terms of usefulness for hangover treatment, and often their effects don’t seem like they’d match up with what scientists know about the biology of the hangover.

WORKING OVERTIME TO CLEAR OUT THE BOOZE

Hangovers are virtually guaranteed when you drink too much. That amount varies from person to person based on genetic factors as well as whether there are other compounds that formed along with ethanol in the fermentation process.

Over the course of a night of heavy drinking, your blood alcohol level continues to rise. Your body labors to break down the alcohol – consumed as ethanol in beer, wine or spirits – forming damaging oxygen free radicals and acetaldehyde, itself a harmful compound. The longer ethanol and acetaldehyde stick around, the more damage they can do to your cellular membranes, proteins and DNA, so your body’s enzymes work quickly to metabolize acetaldehyde to a less toxic compound, acetate.

Over time, your ethanol levels drop through this natural metabolic process. Depending on how much you consumed, you’re likely to experience a hangover as the level of ethanol in your blood slowly returns to zero. Your body is withdrawing from high levels of circulating alcohol, while at the same time trying to protect itself from the effects of alcohol.

Scientists have limited knowledge of the leading causes of the hangover. But they do know that the body’s responses include chang-

es in hormone levels to reduce dehydration and cellular stress. Alcohol consumption also affects a variety of neurotransmitter systems in the brain, including glutamate, dopamine and serotonin. Inflammation increases in the body’s tissues, and the healthy gut bacteria in your digestive system take a hit too, promoting leaky gut.

Altogether, the combination of all these reactions and protective mechanisms activated by your system gives rise to the experience of a hangover, which can last up to 48 hours.

YOUR MISERY LIKELY HAS COMPANY

Drinking and socializing are cultural acts, and most hangovers do not happen in isolation. Human beings are social creatures, and there’s a high likelihood that at least one other individual feels the same as you the morning after the night before.

Each society has different rules regarding alcohol use, which can affect how people view alcohol consumption within those cultures. Drinking is often valued for its relaxing effect and for promoting sociability. So it’s common to see alcohol provided at celebratory events, social gatherings and holiday parties.

In the United States, drinking alcohol is largely embraced by mainstream culture, which may even promote behaviors involving excessive drinking. It should be no surprise that overindulgence goes hand in hand with these celebratory social events – and leads to hangover regrets a few hours later.

Your body’s reactions to high alcohol intake and the sobering-up period can influence mood, too. The combination of fatigue that you experience from sleep deprivation and hormonal stress reactions, in turn, affect your neurobiological responses and behavior. As your body is attempting to repair itself, you’re more likely to be easily irritated, exhausted and want nothing more than to be left alone. Of course, your work productivity takes a dramatic hit the day after an evening of heavy drinking.

When all is said and done, you’re the cause of your own hangover pain, and you’re the one who must pay for all the fun of the night before. But in short order, you’ll forget how excruciating your last hangover was. And you may very soon talk yourself into doing the things you swore you’d never do again.

SPEEDING UP RECOVERY

While pharmacologists like us understand a bit about how hangovers work, we still lack a true remedy.

Countless articles describe a variety of foods, caffeine, ion replenishment, energy drinks, herbal supplements including thyme and ginger, vitamins and the “hair of the dog” as ways to prevent and treat hangovers. But the evidence isn’t

really there that any of these work effectively. They’re just not scientifically validated or well reproduced.

For example, Kudzu root (*Pueraria lobata*), a popular choice for hangover remedies, has primarily been investigated for its effects in reducing alcohol-mediated stress and hangover. But at the same time, Kudzu root appears to inhibit the enzymes that break down acetaldehyde – not good news since you want to clear that acetaldehyde from your system quickly.

To fill this knowledge gap, our lab is working with colleagues to see if we can find scientific evidence for or against potential hangover remedies. We’ve focused on the benefits of dihydromyricetin, a Chinese herbal medicine that is currently available and formulated as a dietary supplement for hangover reduction or prevention.

Dihydromyricetin appears to work its magic by enhancing alcohol metabolism and reducing its toxic byproduct, acetaldehyde. From our findings in mice models, we are collecting data that support the usefulness of dihydromyricetin in increasing the expression and activity of enzymes responsible for ethanol and acetaldehyde metabolism in the liver, where ethanol is primarily broken down. These findings explain one of the several ways dihydromyricetin protects the body against alcohol stress and hangover symptoms.

We are also studying how this enhancement of alcohol metabolism results in changes in alcohol drinking behaviors. Previously, dihydromyricetin was found to counteract the relaxation affect of drinking alcohol by interfering with particular neuroreceptors in the brain; rodents didn’t become as intoxicated and consequently reduced their ethanol intake. Through this combination of mechanisms, we hope to illustrate how DHM might reduce the downsides of excessive drinking beyond the temporary hangover, and potentially reduce drinking behavior and damage associated with heavy alcohol consumption.

Of course, limiting alcohol intake and substituting water for many of those drinks during an evening out is probably the best method to avoid a painful hangover. However, for those times when one alcoholic beverage leads to more than a few more, be sure to stay hydrated and catch up on rest. Your best bet for a smoother recovery is probably some combination of nonsteroidal anti-inflammatory drug like ibuprofen, Netflex and a little downtime.

*[Daryl Davies is Professor of Clinical Pharmacy, University of Southern California; Joshua Silva, Ph.D. Candidate in Clinical and Experimental Therapeutics, University of Southern California; Terry David Church, Assistant Professor of Regulatory and Quality Sciences, University of Southern California]*



## Akhil Gogoi remanded to judicial custody for 10 days

**GUWAHATI, DEC 26 (PTI):** A special NIA court here Thursday remanded peasant leader Akhil Gogoi, who had been arrested by the agency, to judicial custody for 14 days.

The special court also turned down NIA's plea to extend his custody for 10 days.

He was arrested by the National Investigation Agency (NIA) from Jorhat on December 12 when large scale protests against the Citizenship Amendment Act was rocking Assam under the stringent Unlawful(Activities) Prevention Act.

## NIA searches Akhil Gogoi's house, seizes documents

**GUWAHATI, DEC 26 (PTI):** The NIA on Thursday searched the residence of arrested RTI activist Akhil Gogoi here, and seized several documents and a laptop computer, officials said.

The activist, who advises various farmer organisations, was arrested when Assam was witnessing widespread protests against the Citizenship (Amendment) Act.

Officials of the anti-terror force searched Gogoi's residence in Nizarapara area of Guwahati and also seized copies of his PAN card, an SBI debit card, an Electoral Photo Identity Card (EPIC) and a bank passbook.

After the three-hour search that began at 7 am had concluded, Gogoi's wife Gitashree Tamuly showed a list of the seized items to reporters.

A certificate of registration by the Registrar of Cooperative Societies, a letter from Superintendent Archaeologist of ASI Milan Kumar Chauley, files marked "Credit-Deposit ratio KMSS File Misc", "Jail 2015", "Jail Diary 2014" and "NHPC LSHEP 2015" featured in the list.

"They (NIA) wanted to see the files in our house and selectively took some of them. I asked them to give me copies of the seized files

vention Act.

Earlier in the day the NIA searched the residence of Gogoi, who is also an RTI activist, at Nizarapara area here and seized several documents and a laptop computer, officials said.

The Krishak Mukti Sangram Samiti (KMSS) leader, whose NIA custody was to end on Friday, was brought from New Delhi and produced before the court here.

Gogoi was instrumental in mobilising protests across several districts in upper Assam against the contentious Citizenship (Amendment) Act.

but they declined. I was also asked if Akhil had met militants when he was jailed earlier," Tamuly said.

The NIA team also asked for the documents relating to the KMSS orchid environment park in Kaziranga but she told them she had no information about them, Tamuly said.

The KMSS office in Gandhibasti area of the city was also raided and nine books, including one on the life of China's revolutionary leader Mao Zedong, Marxism, and KMSS leaflets were seized, KMSS president Raju Bora said.

The Krishak Mukti Sangram Samiti (KMSS) leader, whose NIA custody was to end on Friday, was brought from New Delhi and will be produced before a court here.

While being taken to the NIA court, Gogoi only inquired about the well being of the waiting journalists.

The NIA has accused Gogoi of being involved in "terror activities" and using the passage of the Citizenship (Amendment) Bill to promote enmity among different groups that was against national integration.

He has also been accused of having links with the banned ultra-Left outfit CPI(Maoist).

## Peaceful protests to continue till CAA is revoked: Mamata

**KOLKATA, DEC 26 (PTI):** Asserting that peaceful protests will continue as long as the new citizenship law is not withdrawn, West Bengal Chief Minister Mamata Banerjee on Thursday warned the BJP against "playing with fire".

Speaking at a protest rally in the city, the Trinamool Congress supremo accused the BJP of not keeping its promises, and referred to Karnataka Chief Minister B S Yediyurappa's remark about putting on hold compensation to families of two people killed in police firing on anti-CAA protesters in Mangaluru.

The government would not give a single rupee to their families if the investigation proved the involvement of two persons in the violence during the December 19 protests against the Citizenship (Amendment) Act, the Karnataka CM had told reporters on Wednesday.

The West Bengal



chief minister asked students to carry on with their protests. She also told them that she will always be by their side. "Do not fear anybody. I warn the BJP not to play with fire," Banerjee said.

The Trinamool Congress chief, who is leading a protest march from Rajabazar to Mullick Bazar in central Kolkata, alleged students speaking against the CAA are being threatened by the BJP.

"We express our solidarity with the students of Jamia Millia, IIT Kanpur and other universities who are protesting against the CAA and the NRC," she said.

# JU students "rusticate" chancellor Jagdeep Dhankhar, call him "spineless" "spineless"

**KOLKATA, DEC 26 (PTI):** On the warpath with West Bengal Governor Jagdeep Dhankhar, students of Jadavpur University on Thursday "rusticated" him as the chancellor over his stand on a host of issues, including the contentious Citizenship Act.

In an "open letter" that addressed Dhankhar as 'Ex- Chancellor', two students' bodies--Arts Faculty Students Union (AFSU) and Faculty of Engineering and Technology Students Union (FETSU)-- said he was being "rusticated" from his position of the chancellor.

The letter alleged that the governor was present on university premises in the evening of September 19 "along with miscreants who hurled bombs, sexually assaulted women and vandalised sections of the university".

It claimed Dhankhar arrived uninvited to JU on December 22.

"We have investigated your behaviour and motives and come to the conclusion that they are shameless attempts to seek attention from stu-



dents, thereby wasting our valuable time," the letter said.

The letter said as part of the ongoing "evaluation" of university officials by students, the governor was asked a number of questions about the NRC, National Population Register, CAA and the violence targeting students, including Muslims, and his response was found "unsatisfactory".

"Keeping the above in mind, you are being informed of your rustication from the position of Chancellor of JU. The students' body of Jadavpur University has also decided to disown you from the position of

the Hon'ble Governor of West Bengal," the letter, made available to media, said.

A report card that was attached to the letter, described Dhankhar's general knowledge as "less than satisfactory" and said his sense of history was "nil", and overall character "spineless".

"This is our rustication of Mr Dhankhar in a symbolic manner as chancellor of a premier institution like JU which has always encouraged liberal space and inclusiveness", Ashushi Paul, head of the SFI's Jadavpur University unit, said. SFI is the students front of

the CPI-M.

It also accused Dhankhar of "stirring up violence" against students at the university which followed the "party line of Bhartiya Janata Party".

JU Vice Chancellor Suranjan Das did not take phone calls when PTI tried to reach him for a response.

The governor, who has had frequent run-ins with the Mamata Banerjee government and JU students, was shown black flags on Monday when he had gone to the campus to attend a meeting of the University Court, the university's highest decision making body.

His entry was blocked the next day as he made a failed attempt to attend the convocation, an incident that prompted a livid Dhankhar to allege a "total collapse of rule of law".

The university authorities, however, went ahead with the convocation at a function chaired by the vice chancellor.

One of the recipients tore a copy of the controversial citizenship law on stage while receiving her degree.

Expressing dismay again over the turn of events in Jadavpur University, Dhankhar tweeted on Thursday, "Protest invaluable gift of democracy. It gets tainted the moment it graduates to intolerance and ceases to be peaceful.

"In the 150th birth anniversary of Gandhiji I urge all who obstructed my lawful entry to Jadavpur University for two days in a row to engage in soul searching," the governor wrote on his twitter handle.

Alleging there was silence and inaction of the majority "when a few hold system to

ransom", Dhankhar said, "Chancellor not allowed to discharge obligations and State Actors in passive mode is unwholesome spectacle. Urge Silent majority to speak out lest it is silenced."

The West Bengal government had recently trimmed the governor's power as the chancellor of universities, notifying a set of new rules governing his interaction with vice chancellors.

Under the new rules, the chancellor cannot intervene in the day-to-day affairs of universities, nor can he advise university officials directly. All communication between the chancellor and senior university officials will also have to be routed through the state's higher education department.

Dhankhar's visit to Jadavpur University in September to "rescue" Union Minister Babul Supriyo from a clutch of frenzied students had set off a verbal duel between the state government and Raj Bhavan, with discriminatory tweets being exchanged between the two almost on a daily basis.

# Anti-CAA protests continue unabated in Assam

**GUWAHATI, DEC 26 (PTI):** Protests against the contentious Citizenship (Amendment) Act, 2019 continued unabated across Assam on Thursday, primarily under the aegis of student bodies AASU and AJYCP, with agitators vowing not to relent till the law is scrapped.

Opposition Congress, which has kickstarted an 800-km 'padayatra' from Sadiya in eastern Assam to Dhubri in the western end of the state, reached Demow in Sivasagar district with thousands of participants.

The largest anti-CAA gathering took place at Tanga in Udaiguri district under the banner of the All Assam Students' Union (AASU).

"Narendra Modi, Amit Shah and their puppets Sarbananda (Sonowal) and Himanta (Biswa Sarma) are planning to snatch our food, but we

will not tolerate that.

"Assam has to be for Assamese always. A conspiracy is being hatched to finish the identity, language and culture of the Assamese people," AASU general secretary Lurinjyoti Gogoi said while addressing the huge crowd.

Popular singers Zubeen Garg and Manas Robin and theatre artiste Pabitra Rabha also participated in the protest.

"If we stay united,

those opposing us will be defeated. There may be issues in some places but still, we are together. The government is in its last breath which is why it is trying to lure agitators to end the movement," Rabha said.

After singing a protest song that he has penned, Rabha said, "The BJP government had promised to give two lakh jobs a year and seal the border with Bangladesh. Both did not mate-



rialise. Today, we are on the streets because we do not accept CAA as it will destroy us."

AASU president Dipanka Kumar Nath said the agitation against the Act will continue in the court and on the streets.

"The government is trying to derail the agitation by luring youths with job offers. They promised to give lakhs of jobs but are offering only 55,000. We will ac-

cept them and continue to agitate," he said.

The Asom Jatiyatabadi Yuva Chhatra Parishad (AJYCP) organised a mammoth rally at Chaliha Nagar playground in Tinsukia, where thousands of protesters vowed to continue the agitation till the Act is repealed.

"People coming out

in such huge numbers show that we are not scared. We are firm in our resolve to fight against the CAA. Despite suppression by the government through various means, the crowd is swelling on every passing day," AJYCP general secretary Palash Changmai said.

Protests were also

held in Golaghat, Lakhimpur, Morigaon and Sivasagar.

Agitators also demanded the release of peasant leader Akhil Gogoi, who was arrested during the stir.

The state had witnessed violent agitations after the Citizenship (Amendment) Bill was passed in both Houses of the Parliament.

Five persons were killed and several public properties gutted during the stir.

Curfew was imposed in several cities and towns of the state including Guwahati, Dibrugarh, Tezpur and Dhekiajuli.

Night curfew was also imposed in Jorhat, Golaghat, Tinsukia and Charaideo districts.

However, the curfew was lifted after normalcy returned to these places.

## Tsunami victims remembered on 15th anniversary in TN

**CHENNAI, DEC 26 (PTI):** The victims of the deadly 2004 Tsunami that struck the Tamil Nadu coast were remembered on Thursday, with a slew of memorial events marking the 15th anniversary of the natural disaster.

On December 26, 2004, a massive tsunami triggered by an undersea earthquake in Indonesia struck the south Indian coast on a Sunday morning.

Giant waves swallowed many, with Cuddalore and Nagapattinam districts bearing the brunt, even as nearly 7,000 people were killed in Tamil Nadu.

On Thursday, people of over 64 fishing hamlets in Nagapattinam and Karaikal districts observed

the anniversary by taking out candle processions and paying floral tributes at memorials.

Nagapattinam Collector Praveen Nayar and district police chief Selvanagarethinam led the special events.

When the clock struck 9:17 am, people observed a minute's silence to pay homage to the 6,065 people who lost their lives in the tsunami.

In an event organised at Nagapattinam Collectorate complex, floral tributes were paid at the tsunami memorial park.

At Nagore, tributes were paid to those who were buried in the land owned by the Dargah.

The graveyard of the dargah of over 500 yer-old Saint

Hazrath Syed Shahul Hameed Quadir Wali witnessed mass burials 15 years ago.

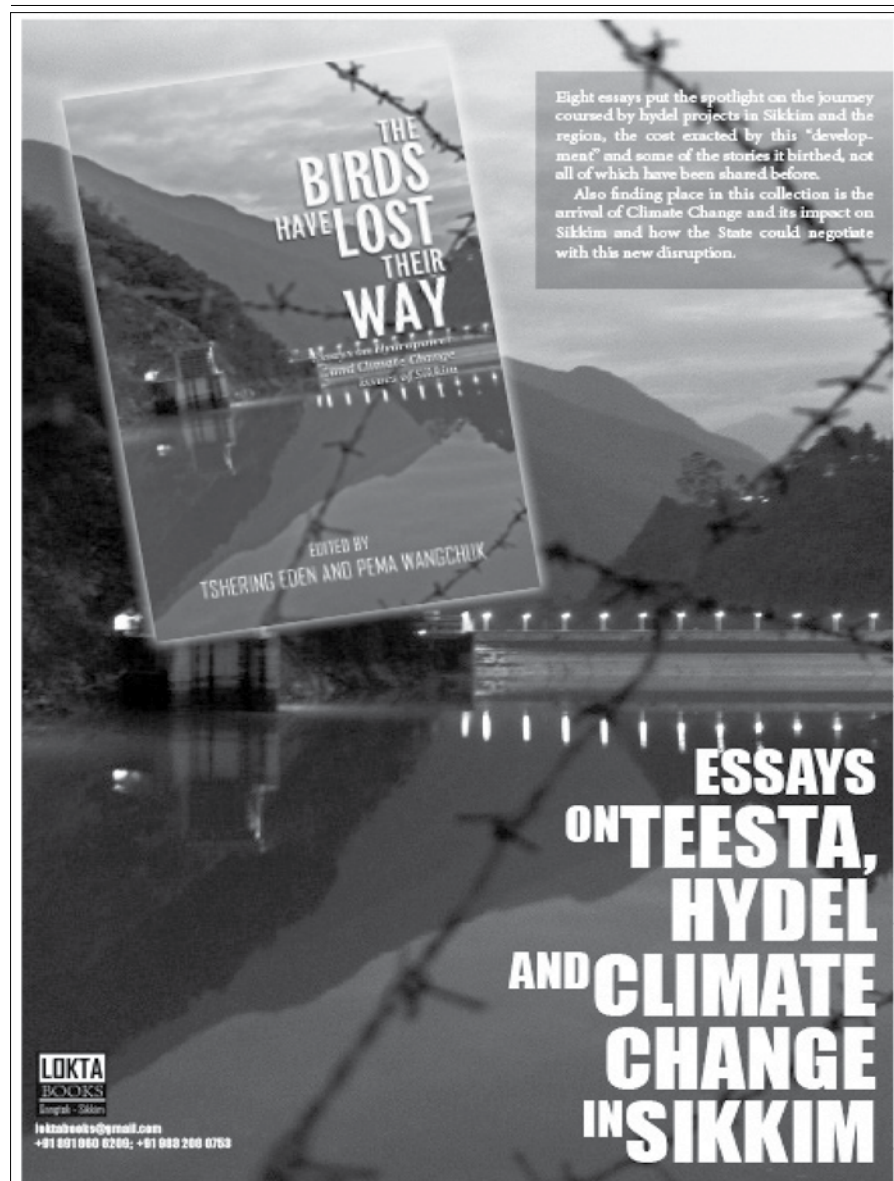
Of the over 300 bodies buried then, nearly 150 were that of Muslims while the rest were Hindus and Christians.

At Tarangambadi, a multi-faith prayer was held.

In different places, as part of the memorials, flowers were strewn on the sea while milk was poured, even as people were seen getting emotional remembering the deceased ones.

Candles were also lit to mark the day while banners and hoardings containing the photos of the victims had been erected at many places.

Fishermen stayed off the sea in many places.





## Real Kashmir down Chennai City at home

**SRINAGAR, DEC 26 (PTI):** Taking advantage of the home conditions, Real Kashmir on Thursday scored their first victory of the ongoing I League season with a shock 2-1 defeat of defending champions Chennai City 2-1 as sporting action returned to the valley after four months.

Danish Farooq (22nd minute) and Ivory's Bazie Armand (27th) struck for the winners while Syed Suhail Pasha was the lone scorer for the visitors in the 48th minute.

Real Kashmir had drawn their away matches against Kolkata giants East Bengal and Tiddim Road Athletic Union (TRAU) of Imphal before taking on the holders in front of a packed TRC Ground.

The match was the first sports event in the valley after the centre withdrew special status of Jammu and Kashmir and bifurcated it into two union territories.

Farooq Khan, advisor to Lt Governor G C Murmu, attended the match.

"The love of Kashmiris for football was seen at its peak as the entire stadium was packed," he said as close to 6,000 fans turned to their team in action.

Back in front of their home fans, the Snow Leopards kicked off the proceedings, staying firmly in the driving seat. Their quick and fluidic, yet disciplined passing and movement was almost too much for Chennai to handle in the early stages.

The first glaring opening of the match arrived in the seventh minute, when a beautiful cross from Kallum Higginbotham found Mason Robertson, who tried an audacious chip over Nauzet Garcia Santana, but the Chennai custodian exhibited quick reflexes to deny him.

Real Kashmir kept the pressure on, not allowing the Southerners a moment's respite.

In the 13th minute, some smart footwork by Farooq, followed by an exquisite rabona flick with his weaker foot put Higginbotham through down the right.

The Englishman bulldozed his way into the six-yard box and passed it across goal for Mason Robertson to tap it into an open net, but the ever-so-reliable Scot made a total hash of it, flicking it over instead which again fell to a lurking Bazie Armand and to everyone's surprise, he missed the target too. The deadlock was finally broken in the 22nd minute, when an exquisite set-piece delivery from Higginbotham found Farooq in the box, who waved off his marker and made just the right contact with his head, putting Real Kashmir ahead. The hosts doubled their lead in the 27th minute. Yet again, it was Higginbotham who was involved in the mix.

He cut inside on the left, which created some space for him to deliver another immaculate delivery into the box and Bazie Armand was at the right place. He soared high and headed it into the top corner.

# Kerr v Miedema is coming to WSL and could have shades of Messi v Ronaldo

**ENI ALUKO**  
**THEGUARDIAN**

Friday is the day that Sam Kerr officially joins Chelsea as the mid-season transfer window opens, the arrival of the player I consider the best No 9 in the world ending an amazing year for women's football.

It has been a year of massive forward strides. The World Cup obviously was huge, and Megan Rapinoe brought positive attention to the women's game by being brave and speaking about important issues while also doing her talking on the pitch, and there have been big signings, and groundbreaking sponsorship and broadcasting deals. Meanwhile clubs playing in men's stadiums has become normalised and crowds of 30,000-plus have turned up for league games – there has been one incredible moment after another. After the World Cup the only worry was whether that momentum could be carried forward, and I think that has been achieved.

It will be harder to maintain that growth in 2020, without a showpiece event for the women's game. There will be the Olympics, but because it is not solely about football and it is

being played in Tokyo, a long way away with an inconvenient time difference – the women's final kicks off at 3am BST – it will very easily get lost. The 2012 Games were a real game-changer for women's football but this time excitement might not build unless Team GB look likely to win a medal.

There is so much to look forward to before then, including a potential WSL title decider just a few weeks into the new year when Chelsea travel to Arsenal for what might end up being Kerr's debut. Obviously she is likely to need an adaptation period. She is good enough to hit the ground running immediately but this is a player who has never played in Europe, and who has been playing in America where there is more of a transitional game, with a greater reliance on athleticism and less of a tactical approach.

But Chelsea can't really afford to sit around waiting for her to hit her stride. After beating Manchester City at the start of December they could manage only a draw at struggling Liverpool in their last game before the winter break, and now the pressure is really on them. They are



third in the league, four points behind Arsenal, and even with a game in hand their margin for error is slender. Defeat next month against an Arsenal team that have lost once all season will significantly dent their title chances.

But even if Kerr's arrival doesn't immediately turn Chelsea into champions, it is a massive moment for the women's game in this country. She has become a symbol of the Women's Super League's progression and potential, and like when David Beckham moved in the other direction and massively increased the amount of global attention MLS enjoyed, Kerr's arrival means that people around the world will be interested in what is happening here.

Chelsea and the WSL in general will enjoy new commercial opportunities, and though the league was already moving in the right direction suddenly that momentum can accelerate. It will be interesting to see how much thought has gone into marketing her arrival: will Chelsea try to tap into the big Australian community in west London? Will Nike, which sponsors Kerr and Chelsea, put its might behind the move, like Adidas did when Paul Pogba rejoined Manchester United?

Also interesting will be the impact of her arrival on Vivianne Miedema, who has been a phenomenon at Arsenal for the last couple of years but now finds

her position as the league's marquee player under threat. Miedema is a European champion and World Cup finalist, and her goalscoring record has been immense, but if I were forced to choose between the two players I would say Kerr edges it, because of her pace, dynamic movement and her ability to frighten defenders. Miedema is supreme in the penalty area, but Kerr's movement around it is a constant threat.

Neither player was in the Ballon d'Or top three, but they will have been rightly disappointed not to have been in that conversation and in 2020 we will have two players in England whose ambition will be to prove

themselves the world's best forward. Though I wouldn't compare them as players to the men, it could be something like the Messi v Ronaldo battle while they were at Barcelona and Real Madrid: two outstanding players at rival clubs, pushing each other to ever greater levels of performance and achievement.

For those who have not seen much of Kerr, I would compare her to Jamie Vardy. She is especially brilliant on transitions: when a midfielder gets the ball and has the ability to pass between or over defenders, that's when she comes alive. When there's room for her to run in behind a defence, she is the best in the world by far. Her movement is very good, she is always active across the line of defence, and when she gets in behind she is deadly. She can finish with either foot, and is great in the air for someone who at a shade under 5ft 6in is not exactly tall.

She is a bit like her compatriot Tim Cahill, in that her ability to score with her head is constantly surprising. Watching Chelsea's game against Manchester City this month it was striking how many counter-

attacking moments they had, without finding the right pass in transition. Kerr's arrival will make them so much more dangerous at these moments – so long as her teammates find the right pass. In the World Cup you also saw a player who was capable of bearing the responsibility of leading – and in many ways carrying – a team: scoring the goals, taking penalties.

It will be interesting to see whether any of the other WSL teams feel pressured into making moves during a transfer window that tends to be very quiet in the women's game. Kerr's arrival shows not only that some of our teams can pay big money for the right players, but that in comparison with Spain – where there are some good teams but the league as a whole is struggling – or Italy – where clubs would have been unable to afford her – or France – where Lyon win every year by a mile and there's no real challenge – or Germany – which is seen as a very demanding league that can be difficult for foreign players to acclimatise to – England now has a genuine case for being considered the ideal destination for the best players in the world.

## Championship at halfway: West Brom soaring with Leeds in close company

**BEN FISHER**  
**THECONVERSATION.COM**  
**PACESETTERS**

Threatening to runaway with things are West Brom and Leeds. This time last season nine points separated the top six but Slaven Bilic's free-scoring Albion – only Manchester City have more league goals across England's top five tiers – have established considerably more breathing space at the summit. Bilic has made his first taste of managing in the so-called madhouse look easy, so much so that his side have soared to the 50-point mark without appearing to work up too much of a sweat, and the sense is there is plenty of oomph to come.

West Brom are eight points better off than they were last campaign while Leeds are only a point worse off. Not that they should be worried, with Ben White's form in the division's best defence and the stealth of Kalvin Phillips major boons. Leeds could be forgiven for not getting too giddy – they imploded towards the end of last

season and this month had to settle for a point after leading a 10-man Cardiff by three goals at Elland Road. Whether Marcelo Bielsa's stubbornness over Eddie Nketiah comes back to bite remains to be seen; the Arsenal striker is yet to start a league match since joining on loan in August.

**PLAY-OFF CHASERS**  
Beneath the top two things are splendidly congested between a flurry of teams with clear imperfections, with seven points separating third-placed Sheffield Wednesday and Queens Park Rangers in 14th. For Wednesday, who have made impressive strides since Garry Monk took charge in September, the elephant in the room is the EFL misconduct charge over the sale of Hillsborough, with their fate in the hands of an independent disciplinary commission. Fulham, propelled by the division's 17-goal leading scorer, Aleksandar Mitrovic, are fourth, level on points with a vibrant Preston, while a slick Brentford are primed for



a tilt at the play-offs after tightening up at the back. Not so long ago Tony Mowbray was feeling the heat at Blackburn but they are one of the form teams and unbeaten in seven games.

A youthful Swansea have blown hot and cold under Steve Cooper but remain in the mix, largely thanks to André Ayew. The Ghanaian is the club's highest earner, taking home around £80,000 a week but the striker has proved a priceless commodity, hitting double figures in goals to keep them in the hunt. Across the Severn Bridge, Bristol City have

wobbled in recent weeks and crave to add that kind of firepower in January. Sabri Lamouchi seemed to have sussed out how to return Nottingham Forest to the big time but a so-far dreadful December – played four, won none – has caused panic and they need to ease the goalscoring burden on Lewis Grabban. If Hull can repel interest and cling on to Jarrod Bowen – 51 goals in 118 league games, including 15 in 23 this season, is an extraordinary return for a right-winger – then they will fancy their chances, while Cardiff have been

steady if unspectacular since Neil Harris took the reins, losing only once. Meanwhile 13th-placed Millwall, for whom Jed Wallace is enjoying a fine season, have benefited from an upturn in results since Gary Rowett replaced Harris; they have lost two of Rowett's 10 matches.

### STRUGGLERS

It is increasingly hard to believe but the bottom club Stoke City have the most expensively assembled squad in the division, weighing in at more than £140m, and another £50m-worth of talent out on loan. Back-to-back wins in

Michael O'Neill's first games in charge perhaps sugar-coated the size of the task, with Stoke taking a measly four points from the past available 18. Luton must shore up the leakiest defence in the division while Middlesbrough have been unconvincing at best under Jonathan Woodgate. Danny Cowley and his brother Nicky were managing Braintree Town three years ago and have injected belief into Huddersfield after they became the first of the six second-tier clubs to change managers this season. The one constant throughout has been the outstanding Karlan Grant, who has scored 16 goals in 36 appearances since joining from Charlton in January.

No team has been cut adrift and three consecutive draws have halted that sinking feeling at Wigan, who are a point from safety despite not winning since October. After a promising start Charlton have hit a brick wall but Lee Bowyer's injury-hit side are six points above the drop zone. Barnsley may be a

point below the dotted line but there are green shoots under Gerhard Struber. The 22-year-old former Portsmouth striker Conor Chaplin has been central to their mini-revival, having scored seven goals since the Austrian's arrival in mid-November.

Derby's run of two wins from their past 10 matches is deeply worrying and Philip Cocu's side appear light on quality, having failed to replace last season's loanees Fikayo Tomori, Mason Mount and Harry Wilson, all of whom are excelling in the top flight. Derby have not won away and are among the league's lowest scorers. Enter player-coach Wayne Rooney: the 34-year-old is expected to make his Derby debut on 2 January against Barnsley. Reading have been Jekyll and Hyde since their sporting director, Mark Bowen, was appointed manager in October but should have sufficient quality to stay out of trouble, while Birmingham are above the drop but going nowhere fast after losing three in a row.

## Playing aerial shots is not crime: Rohit

**MUMBAI, DEC 26 (PTI):** Playing flamboyant shots is not a "crime" if they translate into results, reckons batting maestro Rohit Sharma, who says youngsters should have the freedom to express themselves.

Rohit started his international career as a middle-order before becoming one of the best openers in the limited overs game.

The 32-year-old had a memorable 2019 when he scored 10 hundreds across for-

mats, including five in the World Cup.

Rohit shared his experiences of his early days as a cricketer during an interaction with the young trainees at his own cricket academy, here on Thursday.

"There is nothing harm in playing big shots, trying to play a flamboyant cover drive. When we were growing up and used to play shots in the air, we were taken out of the nets, which was

not right because eventually you want the results," said Rohit.

"If the guy is giving you results by playing the big shots, there is nothing wrong in that. As a young kid, growing in this generation, you want to play shots. You want to look good (while batting) but again it is very important what they think of their game and what understanding they have about the game," he added.

"What we need to

be careful of is, if the player is doing mistakes again and again, then he needs to be told how he should go about it next time. I mean playing shots is not a crime."

Rohit emphasised that backing the young players is important to make them confident about their game.

"I would encourage that to play shots if they want to but at the same time they need to understand that they need to produce re-

sults, that's the game. You score 100 off 50 balls or 200 balls, it doesn't matter, it still is a hundred.

"I mean if the guy is confident in his skills, I would back that skill. There should not be any restriction on how these young players want to bat. They should be allowed to bat freely, that's how they will produce results."

The India opener also wished the defending champions and In-

dia U-19 team the best for the upcoming World Cup in South Africa.

"Our team looks very strong as always. We won the last time. I wouldn't say that we will win this year as well. I am sure about one thing -- they are going to play really hard. They have got great coaching staff. Of course, it's a big platform and in big platforms, India team generally tends to do well. I hope they bring the Cup back home," he added.

to book  
advertise-  
ments in  
SummitTimes  
call  
03592-  
208698  
9734152541  
9647102692  
advertise@  
summittimes.  
com



## Indonesia mourns 15 years after Boxing Day tsunami

Thousands of mourners flocked to mass graves Thursday in Indonesia's Aceh province to commemorate the 15th anniversary of the 2004 Boxing Day tsunami, one of the worst natural disasters in history.

On a grassy field in Aceh Besar district where at least 47,000 victims were laid to rest, family members and relatives prayed, scattered flower petals and comforted each other.

Among them was Nurhayati who lost her youngest daughter in the disaster.

"I came here every year because I miss her so much, she was only 17, just started college," the 65-year-old told AFP, sobbing.

"It's been 15 years but even until now every time I see an ocean, even on TV, I shudder and feel like a big wave would be coming soon," she said.

Almost 170,000 were killed in Aceh province alone when a 9.1 magnitude under-sea quake struck the predominantly Muslim province on December 26, 2004, triggering massive tsunami waves that also killed another 50,000 people in countries around the Indian Ocean, even as far as Somalia.

Some half a million people were left homeless by the catastrophe that destroyed much of the province.

## Third day of Christmas clashes in Hong Kong

Hong Kong endured a third straight day of political unrest over the Christmas period Thursday as police and pro-democracy protesters clashed inside shopping malls.

Protesters spent the afternoon on Thursday marching through multiple malls chanting anti-government and anti-police slogans.

Riot police swooped on dozens of black-clad protesters in one mall in Tai Po district using pepper spray as well as blue dye to mark suspects, said an AFP reporter on the scene.

Police made multiple arrests.

Hong Kong has been battered by more than six months of protests that has upended the financial hub's reputation for stability and helped tip the city into recession.

The city's many malls have become regular protest venues as demonstrators try to cause economic disruption and pressure the city's pro-Beijing leadership.

The last month had seen a relative drop-off in violence and protests after pro-democracy candidates won a landslide at local elections.

But with Beijing and city leaders refusing further concessions, rallies and clashes have reignited over the Christmas period.

Muhammad Ikramullah was only 13 when the tsunami hit, killing his parents and younger sibling. He spent years moving around, living with relatives and his parents' friends until he was able to provide for himself.

"I am still traumatised, I don't think I will ever forget what happened," the 28-year-old said.

The remains of his family have never been found, but like most people who visit the mass grave every year, Ikramullah only wanted to pray for his loved ones even though their bodies might not be buried there. Years after the disaster, bodies are still being discovered. In 2018, the remains of dozens of people were found in a newly built housing complex.

Some have never found where their family members were buried.

"I don't know where my mother was buried," Jony China told AFP.

"But I keep coming here because I have a feeling she was close," he said.

Indonesia experiences frequent seismic and volcanic activity due to its position on the Pacific "Ring of Fire" where tectonic plates collide.

Last year a tsunami triggered by a volcanic earthquake killed nearly 500 people in Banten province.

- Protesters 'ruined' Christmas -

Christmas Eve saw some of the worst violence in weeks as protesters and police fought running battles for hours in a busy shopping district.

Sporadic and less severe clashes broke out again inside malls on Christmas Day.

On Wednesday, Hong Kong's pro-Beijing leader Carrie Lam said violent protesters had "ruined" Christmas.

Protest groups counter that they have been left with little choice but to return to the streets because Beijing and Lam continue to dig their heels in.

Swathes of the population are seething against Beijing's rule and the semi-autonomous city's administration as they push for greater democratic freedoms and police accountability.

The protests were initially sparked by a now-abandoned attempt to allow extraditions to the authoritarian mainland.

They have since morphed into a popular revolt against Beijing's rule, with spiralling fears that the city is losing some of its unique liberties.

Among the demands being made by protesters are an inquiry into the police, amnesty for the more than 6,000 people arrested, and the right to elect Hong Kong's leader.

# Israel's indicted Netanyahu faces party leadership challenge



Israel's embattled premier Benjamin Netanyahu faced off against longtime rival Gideon Saar for the Likud party leadership Thursday, in a contest that could threaten his grip on power.

A defeat for Netanyahu, 70, would be a shock, but even a relatively close result could weaken his influence over the conservative party he has dominated for 20 years.

In power as premier for a decade, Netanyahu early next year faces a third general election within 12 months and has been indicted in a multi-pronged corruption probe.

But to lead Likud into the next national poll, he must overcome the internal party challenge.

Polls in that party race opened across the country at 09:00am (0700 GMT), with Likud's roughly 116,000 eligible voters having until 11:00pm to choose between Netanyahu and Saar. Results are expected early Friday morning.

At a polling station in the Kiryat Moshe neigh-

bourhood of Jerusalem, Rami David said he voted for Saar because "he would give Likud a new image."

Saar, 53, has been a senior figure in the Likud for a decade and held multiple ministries.

He is seen as slightly to the right of Netanyahu and has called for an even more hawkish policy towards the Palestinians.

Nathan Moati, 26, backed Netanyahu and didn't think supporters were concerned by the indictment.

"The most important thing is to vote overwhelmingly -- we need to have 80/20 (for Netanyahu)."

Saar and Netanyahu have spent recent days criss-crossing the country, with Saar seeking to portray himself as a more electable leader.

The campaign's most dramatic moment came Wednesday evening when Netanyahu was rushed off stage while campaigning in Ashkelon in southern Israel near Gaza, after what the army called a "projectile" was fired from the Palestinian enclave.

- Corruption, election -

Stephan Miller, a pollster who has worked on multiple Israeli campaigns, said whatever the result "Netanyahu can only lose."

No matter how much support Saar receives, "it will be the first time in 10 years that a group of voters on the right explicitly express their desire to get rid of Netanyahu," he said.

"If that is more than a third of the party, Netanyahu will be significantly damaged."

The winner of Thursday's vote will lead Likud into Israel's third national poll within 12 months.

The general elections in April and September saw Netanyahu deadlocked with centrist challenger Benny Gantz, neither of them able to command a majority in Israel's proportional parliament.

# The year the world woke up to the climate emergency

Schoolchildren skipping class to strike, protests bringing city centres to a standstill: armed with dire warnings from scientists, people around the world dragged the climate emergency into the mainstream in 2019.

Spurred on by Swedish wunderkind Greta Thunberg -- virtually unknown outside of her homeland a year ago but now a global star nominated for a Nobel prize -- millions of young people took part in weekly demonstrations demanding climate action.

And, like harbingers of the apocalypse, the Extinction Rebellion movement embarked on a campaign of peaceful civil disobedience that spread worldwide, armed with little more than superglue and the nihilistic motto: "When hope dies, action begins."

Although scientists have warned for decades about the risk to humanity and Earth posed by unfettered burning of fossil fuels, in 2019 -- set to be the second hottest year in history -- their message seems to have

finally hit home.

The 2015 Paris agreement saw nations commit to limiting global warming to two degrees Celsius (2.7 Fahrenheit) above pre-industrial levels as a way of curbing the worst impacts of global warming.

A safer cap of 1.5C was included as a goal for nations to work towards. With Earth having already warmed by 1C, the United Nations Intergovernmental Panel on Climate Change (IPCC) dropped a bombshell late last year.

Its landmark report in October 2018 laid the groundwork for the string of climate shockwaves that rumbled throughout 2019: The world is way off course for 1.5C, and the difference between 1.5C and 2C could be catastrophic.

"The message from scientists was that each half-degree counts," said Amy Dahan, a science historian specialising in climate at France's National Centre for Scientific Research.

It was a message heard around the world.

For Corinne Le Quere,

president of France's High Commission for Climate Change and member of Britain's Committee on Climate Change, 2019 was "something new".

"I've worked on climate change for 30 years and for 29 of those, as scientists, we've worked unnoticed," she told AFP.

The IPCC report concluded that global CO2 emissions must drop 45 percent by 2030 -- and reach "net zero" by 2050 -- to cap temperature rise at 1.5C.

"It's given us a clear timeline: we have 12 years to act," said Caroline Merner, 24, a Canadian member of the Youth4Climate movement.

The UN last month said carbon emissions must decline 7.6 percent annually by 2030 to stand any chance of hitting 1.5C.

Scientists meanwhile said emissions this year will instead rise 0.6 percent.

Despite growing mobilisation and awareness, COP25 -- the climate summit in Madrid this month -- barely squeezed

out compromises from countries over a global warming battle plan that fell well short of what science says is needed to tackle the climate crisis.

- Annus horribilis -

But while society and particularly younger generations appear to have woken up to the threat of climate catastrophe, industry shows little signs of sharing their urgency.

Greenhouse gas emissions are once again set to rise in 2019 after hitting a record in 2018, as extreme weather events -- made more likely as the planet warms -- struck seemingly everywhere this year.

Cyclone Idai in Mozambique, typhoon Hagibis in Japan, a deadly, record-breaking heatwave across much of Europe, wildfires in California and eastern Australia, floods in Venice... the list goes on. The threat posed by climate change became so stark in 2019 that Indonesia, one of the fastest-growing economies on Earth, decided to move its capital to

somewhere that wasn't sinking.

"We're seeing climate change with our own eyes," Le Quere said. "Reality is forcing us to act."

The science came thick and fast this year, with the IPCC releasing two additional special reports on land use and oceans, and another UN body, IPBES, issuing a stunning warning of the threats posed by human activity to the natural world.

Faced with an unbreachable body of evidence and mounting pressure from the streets, governments in 2019 started, slowly, to mobilise.

A total of 66 nations now have plans to be carbon-neutral by 2050. The cities of London and Paris declared official ecological and climate emergencies.

Yet there are fears meagre progress could be undermined as developing economies appear no closer to ditching fossil fuels and the United States -- the largest

by the police, the legal establishment and the media.

Other party figures seen as potential future leadership candidates -- including parliamentary speaker Yuli Edelstein -- have so far chosen not to support either candidate, despite pressure.

Ofer Zalberg, an Israeli political analyst at the International Crisis Group think tank, said it would have been unthinkable a few years ago for senior party officials not to back Netanyahu publicly.

Major Likud players "already sense there is a changing of the guard. They are hoping that the contest between Saar and Netanyahu will create the conditions for a third party to take home the spoils," he said.

Netanyahu's downfall has been predicted multiple times since he became premier for a second time in 2009, but he has defied expectations and appears determined to fight on.

Under Israeli law, a prime minister is only forced to step down once convicted with all appeals exhausted.

historic emitter -- looks poised to complete its Paris pullout.

- 'Climate makes us equal' -

Environmental activism, of course, is nothing new.

As Alfredo Jornet, professor at the University of Oslo, pointed out, indigenous peoples "have been very active for a long time" in protesting against climate change and deforestation, often to little fanfare.

"It's easy to be worried about the climate when you have money and privilege," said Melina Sakiyama, 34, a Brazilian activist.

With the deadline for countries' Paris commitments looming, as well as a series of high-profile environment summits in 2020, this year is unlikely to be a one-off in terms of climate action.

"The question is how to mobilise this unrest in a way that can lead us to better, more peaceful, democratic and sustainable societies," said Jornet.

**VIDEO NEWS SECTION**

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

**To book ad-space, contact SummitTIMES at**

**GANGTOK:**  
For circulation details Contact: +91-9749897695, +91-9647026492  
6 For Advertisement booking at +91-9934271903 or at office no 03092  
250498 Mailusatadvertising@summittimes.com

**SILIGURI:**  
Mr. Mani Rai, M/n. Space Ads, B.R. Ambekar Building, Room No.7, Tel. 98390997, E-mail: contact.synapse@gmail.com/rishad\_jali723@gmail.com

**KOLKATA OFFICE:**  
Inland Ad/Interview, Synapse, 6, Madan Street, Merute - 2, 2nd floor Kolkata - 700072. Ph. 033-22124348/ fax 033-22124337/ mob. +91-9830547774/+91-9832080753

**Phone**  
03592-208498  
+91-9832556698  
+91-9832080753

**www.summittimes.com**  
news@summittimes.com  
summittimes@gmail.com  
advertising@summittimes.com

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



# Ed Sheeran taking a hiatus from music, social media

**LONDON, DEC 26 (PTI):** British singer Ed Sheeran has announced that he is taking a break from music and social media.

The "Perfect" singer released a statement on Instagram on Tuesday, saying that the hiatus will enable him to "go out and see some more of the world".

"Hello all. Gonna go on another break again. The Divide era and tour changed my life in so many ways, but now it's all over it's time to go out and see some more of the world.

"I've been a bit non stop since 2017 so I'm just gonna take a breather to travel, write and read. (I'll) be off all social media until it's time to come back," Sheeran wrote.

2019 turned out to be quite successful for Sheeran after he registered his third No. 1 album on the Billboard 200 with his LP 'No. 6 Collaborations Project'. He also wrapped up his globetrotting Divide tour that started in 2017.

The 28-year-old singer also addressed his loved ones and fans for "always being amazing".

"To my family and friends, see you when I see you and to my fans, thank you for always being amazing, I promise to be back with some new music when the time is right and I've



lived a little more to actually have something to write about. Lots of love x," Sheeran concluded his statement.

The singer's social media-specific hiatus comes almost four years after he took his first social media break in 2015.

At the time, Sheeran had said he had a great time sharing his life online for the previous five years but lamented that he found himself "seeing the world through a screen and not my eyes".

## Former nanny files lawsuit against Mariah Carey

**LOS ANGELES, DEC 26 (PTI):** Pop star Mariah Carey has been sued by a former nanny of her children over unpaid wages. According to Variety, in a lawsuit in Los Angeles Superior Court, Maria Burgues said she worked for Carey from late 2017 to early 2018 and has claimed that she was fired by the singer in April 2018.

Burgues said that Carey did not properly account for the hours she worked as the caretaker of her children, eight-year-old twins Moroccan and Monroe.

She claimed that Carey owed her unspecified wages on the USD 25-an-hour salary that she was earning.

Burgues further claimed the 49-year-old singer had a bodyguard who mistreated her on multiple occasions. She said the man, Marcio Moto, almost crashed their car as he was busy with his phone.

She recounted one incident that happened at a dance studio when one of Carey's children walked out of the class unnoticed.

The suit alleged that Moto was again distracted by his phone, but blamed Burgues for the incident, yelling at her in front of the children, parents, dance instructors and other nannies. After that, she was fired from her job.

Burgues is seeking compensation for severe emotional distress. She also claimed that she was not given



proper wage statements and was not given her total wages due when she was fired.

In her response to the suit, Carey's representative said, "This is a legally and factually baseless claim that will be defended with vigour".

## Martin Scorsese's daughter pulls a Marvel-themed Christmas prank on him

**LOS ANGELES, DEC 26 (PTI):** Martin Scorsese may have been critical about superhero movies but that didn't deter his daughter Francesca Scorsese from pulling a little Marvel-themed prank on him.

Francesca, 19, playfully trolled her father as she shared a photo of the Avengers-themed wrapping paper she is using for her Scorsese's gifts.

"Look what I'm wrapping my dad's XMas gifts in," she captioned the photo posted on her Instagram story.

The veteran filmmaker had recently started a debate around Marvel movies after he branded them as "theme park experience" and "not cinema."

"I don't see them. I tried, you know? But that's not cinema. Honestly, the closest I can think of them, as well made as they are, with actors doing the best they can under the circumstances, is theme parks," the filmmaker told Empire.

He later elaborated on his comment in a New York Times op-ed, saying he was not questioning the talent of the people behind superhero films but the absence of "revelation, mystery or genuine emotional danger" in the movies.



**Merry In Malibu! The actress, Brooke Burke shares her Christmas cheer in red bikini and Santa hat while enjoying the bright sunshine.**

## Fear of speaking out, irrelevance: Anurag, Zoya, Dibakar list what scares artistes



**JUSTIN RAO**

**MUMBAI, DEC 26 (PTI):** From never being able to find one's true potential to putting loved ones at risk by speaking out are some of the fears that "Ghost Stories" directors Anurag Kashyap, Dibakar Banerjee and Zoya Akhtar battle in their lives.

Kashyap, who has supported the nationwide protests against the Citizenship Amendment Act (CAA), says speaking out against the establishment means putting people close to him and his work at risk.

"I don't want anyone else to be at risk because of what I do, especially the people I love. When I go on Twitter and talk, I'm putting people who are close to me at risk. I'm also putting myself at risk because of which they're anxious all the time. My fears are only fears of people who matter to me," Kashyap told PTI.

When asked if he feels scared in speaking out, Kashyap said, "Of course, I fear speaking out. I'm not Superman. But not because of me. If it had been just me, I wouldn't have feared. It does put people at risk, it puts my work at risk, my investors at risk. People who have bigger stakes, stay silent. My stakes are probably not as big but they are still big to me."

The fear of losing relevance and being reduced to mediocrity is something that "Gully Boy" helmer Zoya worries a lot about.

"Irrelevance, eventually as an artiste, and mediocrity are the two big fears. At the end of your career, you should've been a relevant artiste, you shouldn't have gone up being mediocre. Now, we all are work in progress, but at the end of my career, these are the two things I should keep in mind."

Dibakar says he has two fears being irrelevant with his work.

"My fundamental fear is that, which I now realise, is the fundamental human fear: of irrelevance. It means that you don't matter, because you're of a certain gender, age. Maybe there are too few of you, you won't matter, because the ones who are too many, they know what will you be able to do?"

"That fear of living with it on a daily basis, fear of not mattering because of your gender or age. That is something that eats the inside of you. That's a relevant fear today. Earlier our fears were, of being dead, being hurt or killed. But we are now updating our fear menu," the director added.

"Ghost Stories" will stream on Netflix from January 1.

**Aries:**

You haven't always been comfortable with communication, but you're now realising the importance of letting your true self be seen in all kinds of relationships. This chapter of your life requires you to embrace the virtue of honesty. Speak up, Aries, as you hold space for the other to do just the same. It is not about giving labels, just a mutual understanding of where you stand together.

**Taurus:**

Are you in love or lust, Taurus? The thrill of the chase is great, but it isn't going to last forever. You want to be with someone who is going to stand by you in sickness and in health, for better or for worse. Just the kind of love the Universe wants for you as well. Word for the wise: look past the illusions and make a choice. Keep the faith knowing everything will work out just fine.

**Gemini:**

Don't you love it when fate intervenes and sets things right on your behalf? The solar eclipse today promises to reset you on a deep-

er level, changing the way you approach love and relationships. Know your worth. Act accordingly, Gemini. Remember, breakdowns often lead to breakthroughs. If you've been unhappy with a certain relationship, you will finally find the courage you need to let things go.

**Cancer:**

Forgive and forget is not a mantra you swear by. How's holding onto the resentment working out for you, Cancer? Today, you're being asked to work on your trust issues as you address the demons sitting inside your head. The past will not repeat itself if you are willing to start afresh. The Universe is blessing you with a new beginning

**Leo:**

Be aware of the way in which you are communicating with yourself. Is your tone harsh? Are your words laden with guilt, shame and regret? Two words, Leo: be gentle. Remember, there is nothing you can do to change the past. Everything happens for a reason. Every person we meet, interaction we have, is meant to teach us something important. Once

you acknowledge the learning, you will find the strength and courage required to let go of that which has served its purpose.

**Virgo:**

There's no doubt you have experienced lack and disappointment, but it is all in the past. If you continue to let these feelings invade your present, you will never be able to make space for love, abundance and joy. You will never be able to make space for the blessings the Universe has to offer. Let the solar eclipse help you reset on an internal level, and transform the manner in which you approach love and relationships

**Libra:**

People leave, Libra, once they have fulfilled their purpose in your life. Accept the transient nature of everything. This will help you realise what you are experiencing isn't a loss to begin with. Replace your 'scarce thinking' with an abundant mentality. Give thanks for all that you have and all that is yet to come.

**Scorpio:**

Like Adonis, the god of beauty and desire, the suitor at hand not only has onlookers swoon-

ing at the sight of him, but also possesses the ability to win the battle of wits. Intelligence is the superpower of superpowers, is it not? No wonder you are unable to resist their charm, Scorpio. The only catch: they may not be adept at the art of expressing love like you are. But that doesn't mean you're going home alone.

**Sagittarius:**

When two people feel seen, heard and valued by each other, the connection begins to blossom. This energy is further strengthened when both individuals give and receive without judgment, and derive sustenance from their relationship. It's a fine line, Sagittarius, and you're being asked to find this balance. If the two of you haven't been communicating for some reason, keep your ego aside and reach out to them.

**Capricorn:**

You've been doing your bit to shine your light on the world, but you're depleting your reserves in the bargain. Take time to refuel, Capricorn. Take time to go within and find your inner balance. Remember, there's only

so much you can pour from an empty cup. Today also brings with itself the reminder that it is important to ground yourself in a spiritual practice you resonate with.

**Aquarius:**

If you find yourself walking away from a relationship at the slightest sign of trouble, are you really in it? This is the conversation you need to have with yourself, Aquarius, especially if you have been playing the on-again-off-again game. Understand how your actions are affecting the mental health of both you and your partner, and choose to act in a conscious manner.

**Pisces:**

It is time to be with la familia, Pisces. I know what you're thinking. How are you going to be your most 'authentic self' with all of your relatives playing Judge Judy. Take everything they say with a pinch of salt. All that inner work you have been doing will be put to test. For coupled Pisceans, this is a time to mingle with their beloved's tribe. Keep your biases aside. What you will discover in the process: they are just as kooky as you.