

MAURITIUS TIMES

• "Either you break the law, or the law breaks you." -- Ljupka Cvetanova, The New Land

Interview : Me Antoine Domingue

“ ‘Même le roi est ‘sub Deo et lege’ : “under God and the law”.

Il y certains à Maurice qui pensent qu'ils sont au-dessus des lois”

* Voir Pages 7-8-9



Corruption: Of Money, Price, and Value

Footing the Covid-19 bill: economic case for tax hike on wealthy



It is entirely up to the person whether he wants to be an object of possession, to have a price-tag. The choice is his to be a slave to money or to pursue a higher ideal in life

We find low taxes on the rich bring economies little benefit. This suggests there is a strong economic case for raising taxes on the rich to help repair public finances following the pandemic

By Dr R Neerunjun Gopee * See Page 3

By David Hope & Julian Limberg + See Page 2

Disturbing Questions

The issue of the independence of public institutions is always one of grave concern to all citizens who want their country to be reckoned in the higher leagues on the global stage. We are no exception, and looking back we have not done too badly – until some while ago. That is, ever since disturbing questions have been raised about the mis-governance of the country, marked by a series of scandals involving members of the government and their protégés. Whether it was about the “emergency procurement” of medical supplies and equipment to the St Louis Gate affair which led to the revocation of the former Deputy Prime minister, they all added up to convey the message that our public institutions are failing the country.

The latest event that has come to cast doubt on the independence of our institutions relates to the Safe City surveillance system in the wake of the alleged absence of records, which appears quite suspect when the indications are that the cameras have been functional. They are of crucial interest in assisting the judicial inquiry into the death of an MSM activist in mysterious circumstances.

These incidents recall to us that Mauritius has depended on two key factors to break new ground: a solid public institutional set-up and a committed political establishment. While the persons in charge of the political establishment have changed from time to time, public institutions have ensured continuity, no matter which political parties came to power.

When things do not work out as expected at the level of public institutions, fingers are pointed to political interferences which would have distorted the proper working of the institutions. It is equally true that public institutions are as good -- and will be seen to be so -- as the individuals who head them. But a country determined to forge ahead will not allow a perception to be created that its public institutions can be “kidnapped” by politicians when and as it suits their convenience.

Undue political inroads made into the proper working of public institutions have weakened the perception of political neutrality numerous institutions were originally vested with. Some assume that one just has to stand on the correct side of politics to get away with inappropriate behaviour or, alternatively, to be taken in into a web of complications for not being on the right side of politics. Responsible citizens have kept asking that interferences of this sort should cease. It goes without saying that this situation

would impact negatively on the country’s international image as a rule-of-law jurisdiction as well.

What about the public institutions themselves? If they are headed by persons abiding by strong principles of good governance, they would not allow themselves to be devalued the way they sometimes are. If those who have been appointed to lead them bend backward to accommodate unjustified political demands upon them – for reasons best known to themselves -- they end up eroding the public trust in the institutions they’ve been put in charge of. In that case, they don’t pay attention enough to the institutions’ good standing in public after they are gone. Yet, those who pioneered the institutions in the first place were disciplined, rigorous and allowed no external interference in their operations.

As the cases of a few public institutions are showing, it is not only the public trust that is eroded in their ability to make a fair delivery on their missions. They also end up with significant financial deficits but most importantly a trust deficit in terms of their credibility. It may be noted that unwarranted intrusions, once made, have gone on amplifying from one government to the other, much to the detriment of the good working of concerned public institutions.

The tendency for politics to undermine the efficient and objective working of public institutions does the country no good. It has never done. It is when politicians objectively stayed away from the working of public institutions that the country gained the trust of investors and the international community. There were politicians who were capable of identifying the limits they should not cross and acted instead to keep up the good standing of public institutions in their portfolio. The element of trust in public institutions cannot be bought and sold at will.

For this reason, there is a duty on civil society, the media and dedicated organisations to arrest any tendency for politics to sap the confidence that should always hold for our public institutions. The heads of these institutions should be asked to abide by the rules whenever they are seen to be embarking on the path of accommodating political tendencies incompatible with the country’s framework of good governance. This is important. One can realize the importance of this factor by recalling the number of other countries which have travelled down the hill afresh once they’ve gone down the slopes.

The Conversation

Footing the Covid-19 bill: economic case for tax hike on wealthy

We find low taxes on the rich bring economies little benefit. This suggests there is a strong economic case for raising taxes on the rich to help repair public finances following the pandemic

Governments shouldn’t be worried that raising taxes on the rich will harm their economies when deciding on how to pay for Covid-19. Our new research on 18 advanced economies shows that major tax cuts for the rich over the past 50 years have pushed up inequality but have had no significant effects on economic growth or unemployment.

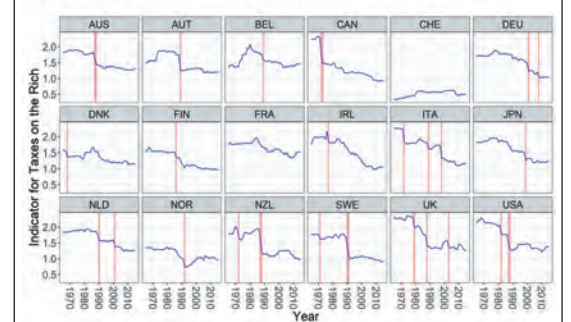
These findings shed new light on a debate that has long divided policymakers, with one side claiming higher taxes on the rich could raise revenue and reduce inequality, and the other arguing that low taxes on the rich are the best route to wider economic prosperity.

The data suggests that low taxes on the rich bring economies little benefit, and this suggests there is a strong economic case for raising taxes on the rich to help repair public finances following the pandemic.

As the Covid-19 pandemic is putting government finances under pressure worldwide, higher taxes on the rich are back on the political agenda. In the US, the president-elect, Joe Biden, has promised to raise taxes on top income earners and corporations. Voices demanding a wealth tax have also become louder in the UK and Germany. Given the damage the pandemic has done to economies, the notion of getting the most affluent to help foot the bill is one that has many supporters. But once again this is being countered by those who insist that low taxes are crucial for stimulating the economy.

the most important taxes on the rich including taxes on top incomes, capital and inheritances. Since the 1980s, many countries have legislated major tax cuts for the rich. For instance, the two Reagan tax cuts in the US reduced top rate taxes substantially in 1982 and 1987. In the UK, taxes on the rich dropped significantly under the Thatcher administration, with major tax cuts in 1979 and 1988.

Figure 1. The evolution of taxes on the rich over the past five decades



Note: Vertical red lines show years with major tax cuts for the rich. Author provided

Falling taxes on the rich have coincided with a period of rising inequality, especially at the top of the income distribution as the graph below shows. This trend has been most severe in the Anglo-Saxon countries. The US really stands out, with over one-fifth of pre-tax national income now going to the richest 1% of individuals.

Figure 2. Rising top 1% income shares since the 1980s



World Inequality Database, wid.world (data accessed 10 July 2020)

Such arguments about the efficiency advantages of low taxes on the rich have been powerful drivers of previous tax cuts. The graph below shows a new comprehensive indicator that measures taxes on the rich across countries and over time by combining

David Hope & Julian Limberg,
King’s College London

* Cont. on page 12

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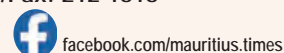
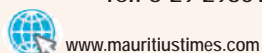
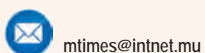
Editor-in-chief: M. Ramlallah / Senior Editor: Dr RN Gopee

This epaper has been produced with the assistance of

Doojesh Ramlallah, Sultana Kurmally and Kersley Ramsamy

Pearl House 4th Floor Room 406 - Sir Virgil Naz Street, Port Louis

Tel: 5-29 29301 Tel/Fax: 212 1313





Dr R Neerunjun Gopee

Corruption: Of Money, Price, and Value

It is entirely up to the person whether he wants to be an object of possession, to have a price-tag. The choice is his to be a slave to money or to pursue a higher ideal in life



Photo - transparency.org

Over the past couple of decades, there is practically no country across the five continents of the world where some corruption scandal or scam has not been exposed or unearthed. The advent of the internet and the digital world, made possible by the stupendous advances that have taken place in computing and electronic technology, has been a boon for hackers who are well versed in these domains. They have targeted banks and other repositories of coveted currencies.

The basic underlying motive in all other corruption scandals is money – or rather, the greed for it overwhelmingly in excess of the needs of the corrupt. The common man who is pursuing an honest-to-goodness means of living to feed himself and of his dependents, give them a decent roof and some security for the future is simply flabbergasted at the numbers that are bandied about in corruption scandals, amounts of money which, to use a common expression, he can never even imagine in his wildest dream.

« The basic underlying motive in all other corruption scandals is money – or rather, the greed for it overwhelmingly in excess of the needs of the corrupt. The common man who is pursuing an honest-to-goodness means of living to feed himself and of his dependents, give them a decent roof and some security for the future is simply flabbergasted at the numbers that are bandied about in corruption scandals, amounts of money which, to use a common expression, he can never even imagine in his wildest dream... »

And yet there are people who are dealing with or juggling with such colossal amounts regularly. And we have seen also in what pitiable state several of the corrupt eventually end up – charged and convicted, stripped of assets, their honour and status gone to the dogs as they languish in jail. There are many too who probably get away, but that does not alter a fundamental truism that a lot of recent research is confirming what has been known to our rishis (sages) for a long time: that levels of wealth do not correlate with happiness, which those chasing lucre by means fair or foul think that their dirty money can buy.

There is confusion about the triad of money, price and value: people run after money thinking that it will give them value. But a little reflection in simple terms, helped by real life examples, will correct some flawed notions we may have about this triad.

The year was 1965. Sydney Moutia was doing his PhD at the Gauhati University in Assam. He used to come to Calcutta (now Kolkata) every so often. He would visit us at the International Students' House, where we usually met in late Hossenjee Edo's room, along with the two or three other Mauritian residents there.

On one such visit he told us about an incident that had taken place a few days before he came down. He met his supervisor, a highly-regarded academic, in the morning when he went to the University. The Professor had a worried look on his face and Sydney enquired. Prof replied that there had been allegations that he was taking money to pass students and that was why he was so disturbed. Sydney, of course, was a mature student, whose relationship with Prof was at a matching level. And this is what he told the latter: 'Well, the only question that you have to answer is: are you bribable? If you are not, then there is no need for you to worry. If you are, then you are in trouble.'

In another instance, many years ago a doctor at Mahebourg hospital was similarly finger-pointed. One day he was doing his morning consultation when he heard shouting outside, causing a commotion among the patients waiting. It was a woman who was yelling, 'Let me go in, I have given money to the doctor at his home so that I do not have to queue up...' The doctor could take no more of this. He came out and confronted her. 'What are you saying, you gave me money? Stay here, I am going to call the police.' At this, the woman started to run away, shouting, 'Ayo... no, I am not speaking about you, don't call the police...'

We can divide the world into objects and people. Objects can have both a value and a price. People have an intrinsic value – for simply being who they are -- and normally do not have a price unless they decide to set one themselves: one that can buy them or their allegiance, or

get them to take a course of action they would not normally take in the due exercise of their duties. From a materialistic viewpoint, the worth of an object or a person is estimated in terms of money. Unfortunately, we tend to make money the measure of both price and value.

As a general rule, there is no direct correlation between price and value. For no amount of money, for example, can one buy an object of sentimental value, for example a precious letter or an old photograph: it has no price. Similarly, you cannot put a price on a person of value. That is why we say of such a person or of an object that he/it is priceless or invaluable. With some notable exceptions (benefactors of mankind, philanthropists), the more highly a person is priced the less value he has. Putting a price on oneself according to the amount of money one has, whether through hard work

or though unfair means such as bribes, is tantamount to diminishing one's value.

Because we value people, we tend to look down on those who seem to have ill-gotten gains, i.e. not obtained by the sweat of one's brow. And that is why society also condemns them so strongly. Yet so many people continue to live more by what price they believe they command than what value they may represent to themselves, to their family and to society at large. They are therefore prey to temptations of easy money, blind to the harm that is done and the doings of the vicious circle in which they are drawn.

The relationship between money and value is illustrated by Juan Mascaro, who was a Sanskrit scholar at Cambridge, England, in the introduction to his book *The Upanishads*. He wrote: 'All things on earth, from a flower to a human being, can be an object of love or contemplation, an object of intellectual interest, an object of possession.' He gave the example of the flower as possession: 'A flower can be an object of trade: something to buy and to sell for money. *This is its lowest value.*' (italics added).

It is entirely up to the person whether he wants to be an object of possession, to have a price-tag. The choice is his to be a slave to money or to live within his means and his capacity, pursuing a higher ideal in life. If he is ambitious – which is not a bad trait – he can achieve his goal by such means as not to diminish his value. It is a hard choice no doubt, but the only one compatible with peace of mind.

There is a joke that exemplifies this point that I heard in... Ireland! It is about the Irishman who, on being told that the streets of England are paved with gold, lands in Liverpool on a Saturday afternoon. The next day his friend Paddy takes him on a tour of the city. At one spot there's a 5-pound Sterling note lying on the pavement and they pass it by. Puzzled, he asks Paddy why they have not picked up the note. Paddy's reply is: 'We are not supposed to work on the Lord's Day of rest!'

We need not be as basic or as reductionist as Paddy, but at least we can retain the moral from his story!

The Paris Agreement at 5: Time's running out. How to get the world back on track to meet its climate goals

Decarbonizing the economy will take leadership and imagination



Margot Hurlbert
University of Regina

Covid-19 has dramatically changed how we live our lives, reducing air travel and automobile use. But even these significant socio-economic changes are not the long-term changes needed to address climate change. We are still set to overshoot Paris Agreement target to keep the global temperature rise this century to below 2C and to pursue a limit of 1.5C.

Bigger lifestyle, technology and land-use changes must be adopted if we are to meet the target. And while the technology exists, the imagination necessary to achieve success may be lacking.

Five years ago, the Paris Agreement united countries around the world, each making individual pledges, called Nationally Determined Contributions, to lower carbon emissions. But these pledges haven't been enough.

As a researcher studying climate change, energy and sustainability policy, solving the complex problem of climate change and greenhouse gas emissions keeps me up at night.

Addressing climate change is urgent

"The window of opportunity, the period when significant change can be made, for limiting climate change within tolerable boundaries is rapidly narrowing," the authors of the IPCC Special Report on Climate Change and Land wrote in 2019.

The world's remaining carbon budget - the amount of greenhouse gas emissions that can be released and keep the world below its 2C threshold - could be depleted by 2028 unless thoughtful decarbonization of the economy occurs with post-COVID-19 recovery.

At this point, if the world does not begin to reduce the amount of carbon being released into our atmosphere, we will likely be unable to meet our Paris Agreement commitments. This means in five years we must be close to achieving net-zero carbon emissions.

It is clear urgent action is required - a



combination of new technology (clean and renewable), energy efficiency and societal change. Stated policies only get us part way there, and more measures are required, including valuing nature's contribution to people, rainwater harvesting, ensuring conservation easements, afforestation and reforestation, and protecting soils and wetlands.

The majority of climate change scenarios consistent with the Paris Agreement rely on technologies that remove carbon dioxide from the atmosphere or prevent it from being emitted.

Planting trees, using biochar (a charcoal-like substance) to store carbon in agricultural soils, capturing carbon directly from the atmosphere, burning organic materials such as switchgrass or loblolly pine to produce energy and capturing the carbon emissions, and other negative emission technologies can help keep the carbon budget in check. Carbon dioxide removal also occurs with agricultural best management practices that increase soil organic carbon content, reduce soil erosion, salinization and compaction.

All hands-on deck - policy mixes are important

There is no one single policy solution to climate change. Instead we need a system or suite of policy portfolios. Economists prefer a carbon tax for its economic efficiency and because it is technology neutral and allows producers and consumers to make choices.

But markets are not always efficient and oftentimes new technology and innovation requires a different impetus. Carbon dioxide pipelines, infrastructure for electric or hydrogen vehicles and geothermal heating require government leadership.

Green financing, targeted tax credits (such as 45Q, a U.S. tax credit that

encourages carbon dioxide capture), greater efficiencies in infrastructure, buildings and homes, and nature-based solutions, such as constructed wetlands, rainwater harvesting and protecting grass and grazing lands are all important measures to be advanced through incentives or regulation.

A key remaining question is how governments can make the best climate decisions in the face of increasingly legally binding commitments. Rigid provincial, territorial and sectoral targets give rise to burden-sharing decisions as certain sectors are exempted from regulating carbon emissions or businesses move to less rigid jurisdictions resulting in carbon "leaking" from one jurisdiction to another.

Climate accountability frameworks, such as those legislated in Manitoba, British Columbia, New Zealand and the U.K., break long-term targets into interim milestones and hold governments to account. President-elect Joe Biden's planned changes to U.S. climate policy, including re-joining the Paris Agreement, will address some of these issues and bodes well for Canada's advancing climate policy.

Change is happening

The World Economic Forum has created an Energy Transition Index to help policy-makers and businesses plot a course for a successful energy transition. Several countries such as Sweden, the U.K. and France have done well at reducing energy subsidies, achieving gains in energy intensity of GDP, and increasing the level of political commitment to pursuing aggressive energy transition and climate change targets. But Canada's score has worsened between 2015 to 2020.

Governments are increasingly recognizing the need to embrace laws and poli-

cies with targets of net zero emissions by 2030 or 2050. Many countries, including Sweden, the U.K. and Hungary, have declared ambitious net-zero emissions goals - Suriname and Bhutan have already achieved these goals. Others are considering them. In all, 77 countries, 10 regions and more than 100 cities announced their commitment to net-zero carbon emissions by 2050 and the momentum continues to build.

Business is changing. Planning for the financial quarter or year end has become obsolete. As airlines realized during COVID-19, governments and funders are reticent to bail out an industry whose massive profits over the years have been paid to shareholders and used to buy back stocks, thereby making the companies less resilient. Business is now considering the long term.

A large number of global organizations have also declared carbon neutral targets, especially those with end-consumer-facing business models (including Amazon, Google, Apple, Cenovus Energy, TELUS and Maple Leaf Foods). Our youth recognize the intergenerational injustice of worsening future climate change impacts include storms, fires, droughts and floods. Seventy per cent of young people consider the speed of energy transition to be either stagnant or too slow, and they are willing to pay for it and accept the lifestyle changes required.

The Paris Agreement unified the world in setting a target of limiting global warming. The door is closing on achieving this target. The next five years are the years for ensuring through meaningful policy and action that this target is achieved!

India's proposal key to vaccinating billions in poorer countries

Covid-19 vaccines look set to protect millions of citizens of the world's richest countries in the coming months. But inoculating the rest of the planet's population may mean finding a way around an impasse over intellectual property.

Representatives from all 164 member states of the World Trade Organization met last week in Geneva to discuss a proposal from India and South Africa to waive broad sections of the WTO's intellectual property rules and to try to forge an agreement on how patents developed in the race against Covid-19 should be recognized.

The meeting ended without consensus, leaving poorer countries who sponsored the proposal frustrated and legal protections for vaccines intact. That may be a victory for patent protection advocates, but pressure for change will only grow if billions of people in poorer countries go unvaccinated while the rich world starts getting a steady flow of doses from Pfizer Inc. and BioNTech SE, Moderna Inc. and AstraZeneca Plc.

A patent gives a drugmaker exclusive rights to manufac-



9 out of 10 people in poor countries will miss out on a vaccine in 2021, Oxfam said. Photo - images.wsj.net

ture a vaccine it developed, also providing it the power to charge a price that covers the costs of research and development. Their profit margin per dose, however, depends on the urgency of the situation, and amid a pandemic, charging

anything more than development costs is bound to be controversial. India's proposal would require that the waiver remain in place until there's been widespread vaccination and the majority of the world's population has developed immunity.

Whether it's possible to reconcile will only be clear as the pandemic plays out. The European Union and US, home to leading drugmakers, are vehemently opposed to the proposition, though pricing may offer some room for negotiation.

Pfizer and its partner BioNTech have said their vaccine will cost \$19.50 a dose in the U.S. That's likely to be too much for many poorer countries, even if discounted, especially given the cost of the vaccine's deep-freeze storage requirements. But AstraZeneca's vaccine costs \$4 to \$5 a dose and is the big hope for the developing world right now.

The Covax alliance, an effort backed by more than 90 rich countries that seeks to boost access to vaccines in about 90 poor ones, has struck a deal with AstraZeneca to buy and distribute vaccines.

Last month, Covax said it had raised \$2 billion but that may not be enough as it needs another \$5 billion next year to procure 2 billion doses. On Tuesday, the EU and European Investment Bank announced 500 million euros (\$608 million) in financing to help vaccinate 1 billion people as part of that effort.

While the first vaccines have been distributed in recent days in the UK, nine out of 10 people in poor countries will miss out on a vaccine in 2021, according to Oxfam.

Boris Johnson has urged Britons to have a merry but "little" Christmas...

... after a UK-wide consensus on plans to ease strict coronavirus rules over the festive period shattered. Both Scotland and Wales announced different advice just hours after it emerged that the relaxation of restrictions for five days over Christmas would go ahead despite fears over rising numbers of cases, reports The Independent.

Wales slashed the number of households who can form a "Christmas bubble", from three to two, while Scots were urged to meet for just one day and to avoid overnight stays. In England, the Prime Minister urged the public to show "extreme caution" over the festive season. At a press conference in Downing Street, he warned: "Have yourself a merry little Christmas, and I'm afraid this year I do mean little."

Further, Mr Johnson is ready to recall parliament from its festive break if a Brexit trade deal is agreed with the EU, Downing Street has said. Contrary to expectations in Westminster, the Prime Minister decided to send MPs home on Thursday, with the warning that they could be called back at any time in the next two weeks to rush through ratifying legislation.

A No 10 source said talks were



Boris Johnson: "Have yourself a merry little Christmas, and I'm afraid this year I do mean little". Photo - Daily Mail, UK

expected to continue in Brussels "over the coming days" and the recall could be "as early as next week". Signals from Europe suggested that the two sides are inching towards agreement, with little more than a fortnight to go before the 31 December deadline to avoid a no-deal Brexit.

Air pollution has been listed as a cause of death

Dangerous levels of air pollution "made a material contribution" to the death of

nine-year-old Ella Kissi-Debrah in London in 2013, a coroner has ruled following a second inquest into the child's death.

The landmark result, following a two-week inquest at Southwark Coroner's Court means air pollution has been listed as a cause of death for the first time in the UK. In a detailed conclusion lasting almost an hour, assistant coroner Philip Barlow said: "I will conclude that Ella died of asthma, contributed to by exposure to excessive air pollution."

He said he intended to record the cause of death as acute respiratory failure, severe asthma and air pollution exposure.

* * *

Redundancies in the UK have meanwhile surged to a record high of 370,000 in the third quarter of the year with young people hit hardest, official figures show.

The number of UK workers on payrolls dropped slightly last month and has fallen by 819,000 between February and November due to the impact of the coronavirus pandemic, the Office for National Statistics said.

The unemployment rate edged up from to 4.9 per cent in the August to October quarter from 4.8 per cent in the previous three-month period.

MacKenzie Scott gives away \$4.2bn in four months

Mackenzie Scott, the ex-wife of Amazon founder Jeff Bezos, has donated more than \$4bn (£3bn) to food banks and emergency relief funds in four months. In a blog post, Ms Scott said she wanted to help Americans who were struggling because of the pandemic.

Ms Scott is the world's 18th-richest person, having seen her wealth climb \$23.6bn this year to \$60.7bn. Much of her fortune comes from her divorce from Mr Bezos who is the world's richest man. "This pandemic has been a wrecking ball in the lives of Americans already struggling," she wrote in a blog post on Tuesday, adding that she had picked more than 380 charities to donate to having considered almost 6,500 organisations.

"Economic losses and health outcomes alike have been worse for women, for people of colour and for people living in poverty. Meanwhile, it has substantially increased the wealth of billionaires." Ms Scott donated \$1.7bn to 116 charities in July saying she wanted to call attention to "organisations and leaders driving change." This takes her total donations for the year to almost \$6bn.

Donations were focused on those "operating in communities facing high projected food insecurity



Mackenzie Scott pictured with her ex-husband Jeff Bezos in 2017. Photo - bbc.com

ty, high measures of racial inequity, high local poverty rates, and low access to philanthropic capital."

Last year she signed the Giving Pledge, promising to give away the majority of her fortune. The Giving Pledge is a commitment by the world's wealthiest individuals and families to dedicate the majority of their wealth to giving back. "I have a disproportionate amount of money to share," she wrote in her pledge.

Charity experts have applauded the amount she has given away and how she has done it. Ms Scott has worked with a team of advisers to research thousands of organisations.

This year Mr Bezos, who is the boss of Amazon, has also been active with philanthropy, committing \$10bn to issues related to climate change.

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Detergent turns former teacher into one of China's richest women



Bottles of Blue Moon laundry detergent line the shelves at a supermarket in the Chinese city of Yichang. Photo - Getty Images

Pan Dong used to be a teacher at a university in Guangzhou, China. Fast forward two decades, she's now one of the nation's richest women.

The 55-year-old is Blue Moon Group Holdings Ltd.'s chairman and wife of its founder, Luo Qiuping. The soap maker, which in recent years has raced past foreign brands including Unilever Plc and Procter & Gamble Co. to become China's top liquid-laundry detergent provider, raised \$1.3 billion in Hong Kong's biggest consumer initial public offering of the year. It priced at the top end of its marketed range last week, reports Bloomberg.

With its shares opening up 16% on their Wednesday debut, Pan's 77% stake in Blue Moon is now worth \$8.8 billion, according to the Bloomberg Billionaires Index.

A phone call jumpstarted the brand's expansion and led to Pan's riches.

When Pan and her husband rang Zhang Lei of Hillhouse Capital Management Ltd. about a decade ago to tell him they had developed one of China's first liquid detergents, the company was a stable cash cow, but it was small. Zhang encouraged them to develop that market, according to a 2015 interview with the New York Times, and Hillhouse became their first outside investor.

After initially incurring losses due to higher product-development costs in an increasingly competitive space, the bet paid off. The soap maker became profitable again, and in 2020 it got another boost as the coronavirus pandemic pushed people to buy cleaning and disinfecting products.

"Blue Moon is a classic example of how a local brand beats multinationals in emerging markets," Hillhouse's Zhang said in his book "The Value," referring to the company's push into liquid detergents.

His hedge fund's bet has proved lucrative, too. Hillhouse invested a total of \$46 million in the detergent maker's two funding rounds and its stake was worth \$988 million at Blue Moon's opening price, a 21-fold return, as per Bloomberg calculations. Entities linked to the firm will subscribe to at least 34.5 million shares in the IPO to avoid diluting the stake, the prospectus indicated.

Pan, a Canadian and Hong Kong citizen, graduated from Wuhan University with a master's degree in organic chemistry in 1987 and worked as a teacher at another Chinese college for the following decade. She joined Blue Moon in 1994, two years after the launch of its first branded cleaning product, and later acquired stakes from Luo and his father to "better deploy" her management and technological knowledge and help the company capture tax benefits for mainland enterprises with foreign investment, according to the prospectus.

White House condemns desecration of Mahatma Gandhi's statue in Washington

A violent group of Khalistani separatists on Saturday desecrated Mahatma Gandhi's statue outside the Indian embassy in Washington during a demonstration by Sikh-American youths in support of farmers protesting against the recently enacted agriculture laws in India, reports PTI.

Responding to a question about the incident during a press conference, White House Press Secretary Kayleigh McEnany said, "It's terrible. No statue or memorial should be desecrated and certainly not one like that of Gandhi who really fought for the values that America represents of peace, justice, and freedom."

"It is appalling that it has happened more than once and we believe the reputation of Mahatma Gandhi should be respected, especially here in America's capital," she said.

A State Department spokesperson said on Tuesday that they were aware of recent protests in front of the Indian Embassy in Washington DC.

"We take our responsibility to provide for the safety and security of foreign missions in the US very seriously and are discussing the recent incident with the Indian Embassy," the spokesperson said.

Hundreds of Sikhs from in and around Greater Washington DC area, Maryland and Virginia, along with many from other states like New York, New Jersey, Pennsylvania, Indiana, Ohio and North Carolina, on Saturday undertook a car rally to the Indian embassy in downtown Washington DC, where they gathered to express solidarity with the protesting Indian farmers.

Peaceful protest hijacked?

However, the peaceful protest was soon hijacked by the separatist Sikhs who were carrying Khalistani flags with anti-India posters and banners.

During the protest, many of the pro-Khalistan Sikh youths flashing kirpans jumped on the statue of Mahatma Gandhi and pasted a poster over it. The group raised anti-India and pro-Khalistan slogans.

The Indian embassy condemned the "mischievous act" by hooligans masquerading as protesters.

The Embassy said it has lodged a strong protest with the US law enforcement agencies and also taken up



This is for the second time that Gandhi's statue has been desecrated by miscreants this year.

Photo - loximages.chicago2.vip.townnews.com

the matter with the Department of State for an early investigation and action against the culprits under the applicable law.

The statue of Mahatma Gandhi was unveiled by then prime minister Atal Bihari Vajpayee in the presence of then US president Bill Clinton on September 16, 2000, after the US Congress passed a law in 1998.

This is for the second time that Gandhi's statue has been desecrated by miscreants this year.

Compiled by Doojesh Ramlallah



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Me Antoine Domingue

“Même le roi est ‘sub Deo et lege’ : «under God and the law».

Il y certains à Maurice qui pensent qu'ils sont au-dessus des lois»

Le 1er mai 1993, l'homme politique et ancien Premier ministre français, champion de la lutte contre la corruption, Pierre Berezgoy, est retrouvé mort à Nevers. L'enquête de la police avance qu'il y a eu suicide. Plus de vingt-cinq plus tard, la majorité de la population doute encore de la thèse du suicide. Aujourd'hui, chez nous, c'est un agent du MSM qui est retrouvé mort et la cause avancée est le suicide. Pourtant, les citoyens sont dubitatifs. Pour nous éclairer sur les ramifications de cette affaire, nous avons sollicité Me Domingue SC.

Mauritius Times : On ne sait pas à ce stade ce que l'enquête judiciaire dans la mort suspecte de l'activiste MSM Soopramanien Kistnen va éventuellement confirmer quant aux causes du décès, mais elle nous aura déjà dévoilé des pratiques jugées inacceptables par les avocats de la famille Kistnen concernant la sauvegarde des données des caméras de Safe City ou des enquêtes jugées hâtives dans cette affaire. Le citoyen se pose donc des questions quant à sa sécurité dans le pays. Que répondriez-vous à cela ?

Me Antoine Domingue : Il faut d'abord souligner que l'enquête judiciaire a été établie uniquement pour déterminer s'il y a eu 'foul play' ou non dans la mort de M. Kistnen.

Quant aux interrogations des Mauriciens, ces derniers se posent des questions d'intérêt national par rapport à la sécurité de tout un chacun. Le projet Safe City a coûté Rs 19 milliards, et il faut que cela serve à quelque chose. Le contribuable est en droit de poser des questions, et il faut qu'il y ait beaucoup plus de transparence qu'il n'y en a eu jusqu'à maintenant.

Je suis consterné de noter que la question qui est posée maintenant, c'est de savoir si les données ont été effacées. Ce serait le comble si c'est effectivement le cas. Déjà ce serait grave si les caméras ne fonctionnaient pas, mais ce serait pire au cas où il y aurait eu manipulation des données.

On apprend maintenant que la police bénéficierait d'un certificat d'exemption par rapport à la 'Data Protection Act'. La section 44 de cette loi permet au Premier ministre d'exempter une autre entité, pour des raisons de sécurité nationale, de respecter la loi concernant la protection des données personnelles. Si tel est effectivement le cas, c'est grave. C'est une question d'intérêt national, et il



faudrait que cette exemption soit enlevée immédiatement vu l'insécurité ambiante dans le pays.

Faisons une hypothèse. Dans les circonstances normales, c'est-à-dire avec le Safe City sans le bénéfice d'une l'exemption, il serait du ressort du 'Data Protection Office' de mener une enquête si une plainte lui est

« Je n'irais pas jusqu'à dire qu'il s'agit de « terrorisme d'Etat », mais plutôt de l'œuvre de la mafia, c'est-à-dire la manifestation du crime organisé. La piste devrait conduire la MCIT tout droit au sommet de la 'supply chain' de l'État... tout particulièrement pendant la période de confinement... »

« Rama Valayden est en train de s'interroger, tout comme tout le monde, y compris vous et moi ; il se pose des questions que nous nous posons tous. C'est une interrogation que même le Commissaire de Police et le DPP ou même le chef de la NIU devraient se poser ! Je ne vois rien d'anormal de poser cette question au regard du 'pattern' qui se dessine devant nous ... »

« Même le roi est 'sub Deo et lege' : « under God and the law ». Il y certains à Maurice qui pensent qu'ils sont au-dessus des lois. Certains peuvent jouir d'une immunité, comme le Président de la République. Dans le cas du Commissaire de Police, il n'y a pas d'immunité. Même ceux qui bénéficient d'une immunité ne bénéficient pas de l'impunité... »

adressée par rapport à la manipulation ou la disparition des données, et le cas pourrait être référé à la police pour enquête. Faut-il pour cela une enquête indépendante et fiable faite avec l'assistance ou la supervision de la 'Data Protection Commissioner', Mme Madhub.

Il faut bien comprendre qu'on ne peut pas jouer avec la 'Data Protection Act', car elle constitue l'un des fondements, sinon l'un des piliers de notre démocratie. La sauvegarde des données personnelles des 'Data Subjects' doit faire partie intégrante de notre droit. A ce sujet, on consultera avec profit la décision du Conseil privé dans l'affaire Mahadeo v State of Mauritius 2016 UKPC 30.

'Rama Valayden se pose des questions que nous nous posons tous.

C'est une interrogation que même le Commissaire de Police et le DPP ou même le chef de la NIU devraient se poser!

☞ Suite de la page 7

*** Rama Valayden a déclaré, jeudi dernier, détenir des renseignements sur un corps découvert à Caudan, qui aurait un lien avec le décès de Soopramanien Kistnen. Il a aussi évoqué d'autres morts suspectes et il se demande s'il n'y a pas « un escadron connu du pouvoir qui serait à l'œuvre à Maurice ». Est-il allé trop loin, selon vous?**

Rama Valayden est en train de s'interroger, tout comme tout le monde, y compris vous et moi ; il se pose des questions que nous nous posons tous. C'est une interrogation que même le Commissaire de Police et le DPP ou même le chef de la NIU devraient se poser! Je ne vois rien d'anormal de poser cette question au regard du 'pattern' qui se dessine devant nous.

Dans le passé, on s'est posé la même question lorsqu'il y a eu plusieurs cas de braquages et d'agressions dans plusieurs régions du pays jusqu'à ce qu'on soit arrivé à mettre la main sur tous les membres de l'ancien "Escadron de la Mort" dont la plupart ont préféré se suicider au poison à Albion plutôt que de se rendre à la police, dont un autre est un fugitif via Madagascar et deux autres ont fait de la prison, et l'un d'eux étant mêlé à l'affaire Gorah Issac se trouve maintenant à l'étranger.

« Le DPP est obligé de faire rapidement ce genre d'enquête judiciaire parce qu'il y a des raisons de s'interroger sur le bien-fondé de la conclusion hâtive du CID de Moka qu'il s'agissait d'un suicide et pour que toute la lumière soit faite de façon transparente. La magistrate sera donc appelée à conclure entre la thèse du suicide adoptée par le District CID ou celle du 'foul play' qui est celle de la veuve du défunt... »

Donc, c'est tout à fait normal de se poser ces questions, d'autant plus qu'on a retrouvé un autre cadavre sur la plage de Gris Gris, lui aussi, mêlé à la 'supply chain' de l'Etat... ! On ne sait pas s'il existe un lien entre ces décès, mais il est tout à fait légitime de se poser ces questions d'autant plus quand il y a eu mort d'homme. Les enquêteurs de la police, en particulier cette division spécialisée qu'est la MCIT, devraient donc aussi se poser cette question et non pas laisser ce soin à leurs collègues, bien moins expérimentés du CID de Moka!

*** Vous venez d'évoquer l'existence d'un 'pattern' dans ces différents cas de décès...**

Bien sûr qu'il y a un 'pattern'. Il s'agit maintenant de savoir si c'est un 'pattern' accidentel, mais tout cela serait une 'very strange coincidence' du fait que ces morts suspectes ont tous formé partie de la 'supply chain' de l'Etat. Il est clair qu'il ne peut pas y avoir de 'strange coincidence'.

Certains ont évoqué, à tort, l'existence d'un «terrorisme d'Etat». Je ne dirais pas qu'on est revenu à l'affaire

faire Sheik Hossen/Bedos des années 80 où on avait faussement accusé le 'State Security Service' (SSS) d'avoir planifié mort d'homme et l'incendie des locaux du journal *Le Mauricien* afin de faire taire la nouvelle presse 'offset' qui allait soi-disant transformer le paysage médiatique en faveur du MMM. Pour avoir travaillé aux côtés de Sir Gaëtan Duval QC dans l'enquête judiciaire, du début jusqu'à la fin, je sais à quoi m'en tenir.

L'enquête judiciaire dans cette affaire, confiée au magistrat enquêteur Namdarkhan, allait démolir toutes les affabulations grotesques de Sheik Hossen et de Bedos, contrairement à ce qui avait alors été prétendu au Parlement à l'époque par Paul Bérenger. Il faut tout de même rendre hommage à Bérenger qui a, par la suite, concédé qu'il s'était trompé lourdement en prêtant foi aux affabulations de Sheik Hossen.

Donc, je n'irais pas jusqu'à dire qu'il s'agit de «terrorisme d'Etat», mais plutôt de l'œuvre de la mafia, c'est-à-dire la manifestation du crime organisé. La piste devrait conduire la MCIT tout droit au sommet de la 'supply chain' de l'Etat... tout particulièrement pendant la période de confinement.

*** Ce serait dangereux si les citoyens devaient peu à peu perdre confiance dans les institutions du pays, en particulier la police et le judiciaire, non?**

On peut certes et on doit faire confiance jusqu'à un certain point... C'est comme en toute chose. Mais les institutions devraient être au-dessus de tout soupçon. Toutefois, c'est rare qu'elles le soient. Moi, je n'irai pas jusqu'à leur accorder une confiance aveugle, mais on est bien obligé de donner le bénéfice du doute, du moins jusqu'à ce que le contraire ne soit établi.

Tout le monde sait qu'il y a dans tous les corps de métier quelques brebis galeuses. Mais il ne faut pas jeter la boue sur tous les policiers du pays si quelques avocats se sont fait lyncher à Rose-Belle, par exemple. Mais c'est à celui qui est à la tête de la police, qui est censé être une force disciplinée tombant sous la responsabilité directe du Commissaire de Police et de la 'Disciplined Forces Service Commission', d'agir. S'il s'avère que les deux sont incapables de maintenir la discipline au sein de la police, ce serait un comble!

Quid de la 'Independent Police Complaints Commission' sous la présidence de l'ancienne juge de la Cour suprême, Mme Beesoondoyal ?

*** Selon la presse, le nouveau Commissaire de Police aurait dit son désir de voir la force policière se ressaisir. Cette déclaration sous-entend qu'il n'est pas tout à fait satisfait de l'état actuel des choses. Pensez-vous que la protection constitutionnelle conférée au Commissaire de Police devrait lui permettre de prendre toute décision qui s'impose de son point de vue et en toute indépendance ?**

Il vient d'assumer le poste de Commissaire de Police, et on ne peut pas trop lui tenir rigueur. Mais je m'attends à ce qu'il déclenche les procédures dans, pour ne citer qu'un exemple, le lynchage des avocats de la défense à Rose-Belle et qu'il prenne des sanctions disciplinaires contre les lyncheurs. C'est la moindre des choses qu'on



« Si le Premier ministre a prétendument mené une enquête parallèle, comme il le prétend, pourquoi ne va-t-il pas déposer en cour comme enquêteur patenté? Qui sont les personnes qu'il a interrogées? Quels sont les résultats de son enquête parallèle? A-t-il conclu au suicide et, si oui, sur quelle base? Qu'il aille déposer devant la magistrate chargée de l'enquête judiciaire dans la mort de M. Kistnen! »

devrait pouvoir attendre d'un Commissaire de Police!

En ce qui concerne la protection constitutionnelle dont il jouit, cela devrait lui permettre de prendre les décisions qui s'imposent, afin que la loi et l'ordre soit rétablies au sein de la force policière elle-même...!

On n'a qu'à se référer à la manière dont l'ancien Commissaire de Police Bhardwaz Juggernaut dirigait la force policière en son temps. «*He was leading from the front, not from the rear!*». Et il avait un sens aigu de la discipline. Et, alors que la force policière disposait de beaucoup moins d'effectifs, il n'hésitait pas à suspendre une bonne douzaine de policiers chaque mois dans un souci de maintenir l'ordre et la discipline dans un corps de l'Etat censé être une force « disciplinée ».

Si j'étais à la place du Commissaire de Police et qu'on se retrouve dans une situation où les données personnelles provenant des caméras de Safe City ont disparu «*I would have got to the bottom of it fairly quickly and I would have taken immediate action...* »

*** Le Premier ministre a sans doute voulu démentir tout ce qui se dit actuellement sur l'affaire Kistnen, le jeudi 10 décembre, que le ministre Yogida Sawmynaden est «victime d'une cabale». Pravind Jugnauth devait aussi ajouter qu'il est arrivé à cette conclusion grâce à une enquête parallèle qu'il a menée. Le Premier ministre dispose-t-il des pouvoirs et des moyens pour mener une enquête parallèle dans une affaire criminelle?**

La réponse est clairement NON...

☞ Suite en page 9

'Tout le monde sait qu'il y a dans tous les corps de métier quelques brebis galeuses.

Mais il ne faut pas jeter la boue sur tous les policiers du pays'

☞ Suite de la page 8

C'est aux institutions de jouer leur rôle ; lui, il n'a aucun pouvoir d'enquête ; il dispose uniquement des pouvoirs que la Constitution lui octroie ; entre autres choses, c'est lui qui préside le Conseil des ministres chaque vendredi. Point à la ligne.

Voyez-vous le Premier ministre avec des pouvoirs d'investigation sous la 'Police Act'? Selon la Constitution, tous les pouvoirs en ce qui concerne les enquêtes sont entre les mains du Commissaire de Police, et il appartient au Premier ministre de formuler les 'policy decisions' et les dotations budgétaires; il n'a rien à voir avec le commandement de la force policière qui réside entièrement entre les mains du Commissaire de Police (voir la «s71(2) de la Constitution»).

D'ailleurs, si vous voulez vous lancer comme détective privé, comme «Private Eye», il vous faut impérativement détenir un permis délivré par le Commissaire de Police. Autant que je sache, le Premier ministre ne détient pas un tel permis qui lui permette de jouer à Sherlock Holmes.

Ses propos sont absurdes... Personne ne peut faire une enquête ou se déclarer enquêteur sans un permis de détective privé octroyé par le Commissaire de Police. Lire la «s20(3) de la 'Police Act'» : «Where the Commissioner is satisfied that the applicant can properly conduct the business of private investigations, he may, with the approval of the Minister and subject to such conditions as he thinks fit to impose, issue a licence to the applicant».

Quelle est donc cette enquête parallèle dont le Premier ministre est en train de parler? Cela n'existe pas, excepté dans son imagination!

*** Avez-vous des craintes que cette déclaration du Premier ministre puisse avoir une influence sur l'enquête judiciaire toujours en cours ou toute autre nouvelle enquête policière qui pourrait être ouverte dans cette affaire ?**

Cela ne peut avoir aucune influence ; il n'y a aucun risque que cela ait le moindre effet sur quiconque. Si le Premier ministre a prétendument mené une enquête parallèle, comme il le prétend, pourquoi ne va-t-il pas déposer en cour comme enquêteur patenté? Qui sont les personnes qu'il a interrogées? Quels sont les résultats de son enquête parallèle? A-t-il conclu au suicide et, si oui, sur quelle base? Qu'il aille déposer devant la magistrate chargée de l'enquête judiciaire dans la mort de M. Kistnen!

J'ai déjà eu l'occasion de dire à Pravind Jugnauth, sans mâcher mes mots, quand j'étais encore son avocat dans l'affaire ICAC vs PK Jugnauth : «Vous êtes un avocat, vous êtes le leader d'un parti et vous voulez devenir Premier ministre... c'est une ambition légitime, mais vous êtes dans l'obligation de faire respecter la loi... »

Je lui avais dit cela après son retour de l'Angleterre pour retenir les services de Mlle Claire Montgomery QC, et ce, peu de temps après la tentative d'abduction du DPP par la police, un incident qui «by a very strange coincidence indeed» avait été perpétré le matin même du jour où il était condamné à un an d'emprisonnement. Il avait retenu mes services pour le représenter en Cour intermédiaire afin de préparer et soumettre à la Cour ses raisons d'appels afin qu'il soit libéré sous caution après la sentence d'emprisonnement.



« Tout le monde sait qu'il y a dans tous les corps de métier quelques brebis galeuses. Mais il ne faut pas jeter la boue sur tous les policiers du pays si quelques avocats se sont fait lyncher à Rose-Belle, par exemple. Mais c'est à celui qui est à la tête de la police, qui est censé être une force disciplinée tombant sous la responsabilité directe du Commissaire de Police et de la 'Disciplined Forces Service Commission', d'agir... »

Au moment où il écopait d'une peine d'emprisonnement d'un an, la police a tenté de procéder tout à fait illégalement à la capture du DPP chez lui à l'arrière de l'Angus Road, une escouade du CCID étant - pour cela - munie d'un mandat d'arrêt illégalement émis par un magistrat qui était en congé... Ne voyez-vous donc pas qu'à partir de ce moment-là, nous avons tous basculé dans un Etat de non-droit ?

Personnellement, je ne vois rien qui puisse m'étonner davantage... si on a même tenté d'arrêter le DPP muni d'un 'warrant to apprehend' illégalement émis par un magistrat en congé qui a été obligé de démissionner suite à une enquête qui a été faite par le Cour suprême... Je dois vous dire que j'avais alors immédiatement exigé, en ma capacité de Président du Bar Council, qu'une enquête soit diligentée par le Master de la Cour suprême.

La Cour avait obtempéré immédiatement, et les résultats de l'enquête avaient été accablants pour ce magistrat, aujourd'hui nommé à un poste important par le pouvoir en place. Voyez dans quel genre de pays nos concitoyens sont obligés de vivre !

*** Si le DPP a jugé nécessaire d'instituer une enquête judiciaire pour faire la lumière sur la mort de Soopramanien Kistnen, c'est probablement en raison des zones d'ombre entourant cette affaire comme souligné dans la presse. C'est ça ?**

Le DPP est obligé de faire rapidement ce genre d'enquête judiciaire parce qu'il y a des raisons de s'interroger sur le bien-fondé de la conclusion hâtive du CID de Moka qu'il s'agissait d'un suicide et pour que toute la lumière soit faite de façon transparente.

La magistrate sera donc appelée à conclure entre la

thèse du suicide adoptée par le District CID ou celle du 'foul play' (d'un acte criminel) qui est celle de la veuve du défunt. Que l'on retienne soit la thèse de 'foul play' ou celle du suicide, il faut connaître les raisons qui ont motivé cette conclusion.

Si la thèse du 'foul play' est retenue par la Cour, la MCIT devra identifier tous ceux ou toutes celles qui en sont responsables et les traduire en justice.

Avec les caméras de Safe City au coût de Rs19 milliards, nous aurions dû avoir été bien mieux informés sur ce qui s'est vraiment passé. Or, au lieu d'être dans une 'Safe Island' avec les caméras de Safe City à chaque coin de rue, nous sommes tous en danger de mort, malgré l'injection massive d'environ Rs19 milliards, aux frais des contribuables mauriciens.

*** Partagez-vous l'opinion qu'il y a quelque chose de fondamentalement faussé dans le pays lorsque des allégations sont lancées contre un ministre du Gouvernement dans une affaire criminelle et qu'un ancien Commissaire de police soit ordonné par la Cour suprême de se présenter au Central CID pour donner des explications probablement «under warning» dans une enquête concernant l'octroi d'un passeport à un trafiquant de drogue ?**

C'est plus grave que cela. C'est un trafiquant de drogue dure qui avait soi-disant égaré son passeport et qui avait demandé à la police un nouveau passeport en remplacement de l'ancien. Je ne vois pas pourquoi le Commissaire de police devait se mêler de cela personnellement. Il n'avait qu'à laisser ses officiers du 'Passport Immigration Office' (PIO) compléter leurs investigations sur les antécédents de cet individu.

Que fait la 'Disciplined Forces Service Commission'? N'était-elle pas habilitée à exercer ses pouvoirs de discipline sur le Commissaire de Police? Si le Commissaire lui-même doit être discipliné, alors ne faut-il pas que quelqu'un prenne la décision de le faire?

Souvenez-vous du cas de Raj Dayal, qui fut démis de ses fonctions de Commissaire de Police par un 'Constitutional Tribunal' présidé par feu l'ancien Chef Juge Rajsoomer Lallah, le futur Chef Juge Matadeen et le futur Acting Chief Justice Lam Shang Leen.

*** 'Nobody is above the law...'**

Même le roi est 'sub Deo et lege' : «under God and the law».

Il y a certains à Maurice qui pensent qu'ils sont au-dessus des lois. Certains peuvent jouir d'une immunité, comme le Président de la République. Dans le cas du Commissaire de Police, il n'y a pas d'immunité. Même ceux qui bénéficient d'une immunité ne bénéficient pas de l'impunité.

La Cour suprême a déjà eu l'occasion de rappeler ce principe - 'sub Deo et lege' - lorsque l'ancien Président de la République, Cassam Uteem, avait été «taken to task» pour avoir fait des commentaires inappropriés dans la presse concernant une affaire qui était devant la Cour suprême.

Il avait encouru la censure de la Cour suprême qui avait décrété, avec raison, que «although he was immune from legal process, he was not immune from legitimate criticism».

Diet resolutions: 6 things to know about eating less meat and more plant-based foods

Plant-based diets can be healthy but ingredients matter. Heavily processed meat substitutes can be high in saturated fats and sodium



Mariana Lamas
Northern Alberta Institute of
Technology



Many people are making changes to their diets to eat healthier or in a more environmentally friendly manner. They might choose to eat less meat, less sugar or even adopt an entirely vegan diet. A growing number, however, are choosing a plant-based diet that focuses on foods that come from plants, but may still include animal products, such as meat or cheese.

American biochemist Thomas Colin Campbell coined the term "plant-based" in the 1980s to better explain his research on diet and nutrition. The term surged in popularity in 2016 when Campbell's book *The China Study* was reprinted and alternative meat products such as Beyond Burger and Impossible Burger were launched.

Since then, plant-based foods have taken the world by storm. They are everywhere: fast-food chains, restaurant menus, grocery stores, social media, food blogs and on your plate. The global plant-based food market is predicted to reach a market valuation of US\$38.4 billion by 2025. In the United States alone, the number of plant-based products available increased 29 per cent between 2017 and 2019.

As a research assistant at the Centre for Culinary Innovation, I work with industry to develop new food products. Although the work of the centre is not limited to

plant-based foods, our team focuses on researching, understanding, experimenting and creating new ones.

The rapid growth of plant-based food is due to several factors. The most common reasons people in Europe, the U.S. and Canada give for eating plant-based food are the health benefits, curiosity to try new food, environmental concerns and animal welfare.

If you are thinking about switching to a plant-based diet, here are six things you should know about plant-based food.

1. Understand what plant-based means

According to the Plant Based Foods Association, a plant-based product consists of ingredients derived from plants, including vegetables, fruits, whole grains, nuts, seeds or legumes.

The final product directly replaces an animal product. By this definition, a cheese made from plant sources can be called plant-based, but flour or bread cannot. If the final product only partially replaces an animal product, then it should be labelled as a blend.

2. A plant-based diet may not be vegan or vegetarian

The terms vegan and plant-based have

long been used interchangeably. But following a plant-based diet does not necessarily mean that you are vegan or vegetarian. It means that you are consciously choosing to eat more from plants, but you may still be eating meat, fish, eggs or other animal products.

In fact, plant-based food manufacturers are not targeting vegans and vegetarians since they are only a small percentage of the population. Their main targets are meat eaters and flexitarians - people who eat mostly plant-based diets, but still eat meat.

3. Plant-based food is not a synonym for healthy

Usually, a diet containing a higher proportion of plant-based food is automatically associated with being healthy. However, it might not always be the case.

A plant-based diet is healthy when it is mainly composed of whole foods such as vegetables, fruits, legumes and nuts. In fact, such a diet has been shown to decrease the risk of chronic diseases like heart disease, diabetes and cancer.

Nutritionists remain concerned about heavily processed meat substitutes that contain high levels of saturated fats and sodium. These ingredients - preservatives, flavouring and fillers - enhance the taste, shelf life and texture.

Although they are considered natural, they are not necessary for a healthy diet. They may be environmentally friendly, but they may not be healthy, especially in large amounts.

4. Plant-based food is changing the way we eat

Plant-based food is not going away anytime soon. In fact, what we are seeing now is a global increase of plant-based products.

What started with soy milk in the 1990s, and continued with almond milk in

the 2000s and burgers in 2010s, has expanded to different types of plant-based products: pork, chicken, yogurt, ice cream, seafood, fish, eggs, cheese, sausage, jerky and more.

While Gen X and baby boomers may be more resistant to change their diets, millennials and Gen Z - who are more likely to consider the food source, animal welfare issues and environmental impacts when making their purchasing decisions - are embracing plant-based food and will continue to do so.

Millennials did not invent this type of eating, but they are re-inventing it and spurring a broader change in attitudes and consumption of plant-based food. Gen Z is growing up with plant-based eating as a norm.

5. Plant-based food is as 'good' as its ingredients

What goes unnoticed by many consumers is how these products are made. Replacing animal food products is not an easy task, quite the opposite, it is a very complex one.

It takes years to research and develop plant-based food products. And it has only been possible because of the ingredients available, such as plant proteins, oils, flavourings and binders. The better they are, the better the final product will be. Not only in the sense of texture, appearance, flavour and mouthfeel, but also health.

The next wave of plant-based products will likely be healthier as better ingredients and processes (like 3D printing) will be available. If we look at Beyond Burger, for example, the new formulation is healthier than the previous one.

6. Plant-based is good for the planet, but be careful

One of the main reasons consumers switch to a plant-based diet is because of sustainability and environmental concerns. Indeed, eating plant-based reduces the impacts of climate change, saves water and minimizes agricultural land use.

But be aware that many plant-based brands are a part of a larger operation. A specific brand may be sustainable and environment friendly, but the company that owns it may not be.

It is important that food companies be transparent. Consumers have the right to know where the products they buy come from and how they are made so they can make informed decisions and hold companies and brands accountable.



Food for Thought

A collection of superb, hard hitting, humorous comments, which are relevant even today...

In my many years I have come to a conclusion... that one useless man is a shame, two [useless men] is a law firm and three or more [useless men] is a government.

-- John Adams

If you don't read the newspaper you are uninformed, if you do read the newspaper, you are misinformed.

-- Mark Twain

I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle.

-- Winston Churchill

A government which robs Peter to pay Paul can always depend on the support of Paul.

-- George Bernard Shaw

Foreign aid might be defined as a transfer of money from poor people in rich countries to rich people in poor countries.

-- Douglas Casey, Classmate of Bill Clinton at Georgetown University

Giving money and power to government is like giving whiskey and car keys to teenage boys.

-- P.J. O'Rourke, Civil Libertarian

Just because you do not take an interest in politics doesn't mean politics won't take an interest in you!

-- Pericles (430 B.C.)

No man's life, liberty, or property is safe while the legislature is in session.

-- Mark Twain (1866)

The government is like a baby's alimentary canal, with a happy appetite at one end and no responsibility at the other.

-- Ronald Reagan

The only difference between a tax man and a taxidermist is that the taxidermist leaves the skin.

-- Mark Twain

What this country needs are more unemployed politicians.

-- Edward Langley, Artist (1928-1995)

A government big enough to give you everything you want, is strong enough to take everything you have.

-- Thomas Jefferson

We hang the petty thieves and appoint the great ones to public office.

-- Aesop

If you think health care is expensive now, wait until you see what it costs when it's free!

-- P.J. O'Rourke

Laughter is the Best Medicine

Q: What did the green peas say?
A: Nothing. They just 'mutter'ed.

Q: What did the potato say when it answered the phone?
A: 'Aaloo?'

Q: Where do cauliflowers hang out?
A: In the Gobi desert.

Q: What did the flower say to its girl-friend?
A: Why do 'phools' fall in love?

Q: What did the confused egg say?
A: I don't 'unda'-stand.

Q: What do shrimps sing on Christmas?
A: 'Jhinga' Bells.

Q: What did the half eaten naan say?
A: I wish I was 'puri'.

Q: What did the lonely potato sing?
A: 'Aaloo lonesome tonight?'

Q: What language do carrots speak?
A: Gajar-ati.

Q: What did the first pizza slice say to the other pizza slice so it would move?
A: Pizza - 'HUT'

Programme des Courses

1 1400 m Valeur [0-15] Time - 12h50

1	CAPTAIN FALCON	G	7-7-5-6-8	61	D.Bheekary	6	820
2	CAPTAIN MOSS	P	7-3-8-4-5	60.5	R.Joorawon	5	620
3	MISTY ROLLER	CD	7-2-2-3-2	60.5(-4)	A.Sonaram	8	260
4	GIMME A SWINGER	PM	4-6-5-6-10	59.5	R.K.Chumun	3	1000
5	SLIGHTLY SCOTTISH	AS	10-6-8-9-8	59(-4)	B.Deenath	4	3000
6	HEAD OF THE PACK	SPN	4-6-7-9-9	58.5	K.Kalychurun	9	2500
7	SIERRA REDWOOD	JMH	8/10-7-4-2	58.5	J.Allyhosain	7	350
8	BLUE JEANS	CR	4/7-8-10-10	57.5	B.Sooful	1	1000
9	SPUN OUT	SH	9-6-3-7-6	55	S.Rama	2	450

2 1450 m Valeur [0-20] Time - 13h25

1	MINALOUSHE VENTURE	AS	7-R-5-4-4	62(-4)	B.Deenath	2	750
2	ROCHESTER	JMH	7-6-6-7-6	61	J.Allyhosain	9	700
3	TANJIRO	CD	6-6-3-6-10	61	I.Chisty	7	1400
4	YANKEE FORCE	RG	7-4-5-6-5	61	D.Bheekary	5	550
5	MARK TAPLEY	VA	8/10-8-8-9	60.5	B.Fayd'herbe	1	1200
6	THE RIDDLER	SH	6-4-6-10-7	60.5	G.D.Aucharuz	3	570
7	XANTHUS	PM	3-4-4-6-2	60.5	C.Segeon	4	350
8	DOUBLE GRATITUDE	RM	6-7-9-7-4	60	P.C.Orffer	6	350
9	NEW GOLDEN AGE	P	2-R-5-3-9	57.5	S.Bussunt	8	1000

3 1450 m Valeur Benchmark 31 Time - 14h00

1	RUBY SPIRIT	AS	5-7-5-6-5	60	M.Martinez	7	620
2	ARCTIC FLYER	SPN	9-7-6-5-5	59	K.Kalychurun	3	1400
3	DUKE OF YORK	RM	0-A-3-7-4	59	P.C.Orffer	8	500
4	GORDONSTOUN	SN	R-3-2-4-3	58.5	G.D.Aucharuz	2	400
5	INTERNET KID	VA	6-7-9-6-3	58.5	B.Fayd'herbe	5	550
6	AMANDLA	JMH	4-3-6-9-2	58	J.Allyhosain	4	350
7	DUNZIE	CD	6-4-8-2-2	58(-4)	A.Sonaram	6	370
8	WHAT A KID	RG	5-6-7-N-5	58	S.Bussunt	1	1400

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4 1500 m Valeur Benchmark 36 Time -- 14h35

1	BLOW IN THE BOX	PM	4-3-5-9-6	60	C.Segeon	3	1600
2	DECLARATOR	RG	2-3-6-R-2	59.5	J.Allyhosain	2	400
3	OLMECA BLACK	GR	0-5-4-5-8	59.5	N.Juglall	9	1400
4	STOCKBRIDGE	SPN	3-8-6-7-3	59.5	K.Kalychurun	5	550
5	SUPREME ORATOR	CR	4-5-4-8-9	59.5	R.Joorawon	8	1400
6	TILL DAWN	AS	3-2-7-3-2	59.5	M.Martinez	6	290
7	SAND PATH	CD	8-7-6-3-6	59	I.Chisty	4	330
8	ZENZERO	SH	5-5-3-2-2	59	G.D.Aucharuz	7	750
9	EUROKLIDON	SN	2/11-5-9-10	58.5	D.Bheekary	1	3000

5 1650 m Valeur [0-25] Time -- 17h00

BORYA	G	4/10-6-4-7	61	D.Bheekary	8	800
POTAWATOMI	AS	8-3-5-2-6	60.5	M.Martinez	4	650
MR HARDY	CR	10/5-2-8-3	60	R.Joorawon	3	500
SUBTROPICAL	CD	7-6-8-4-6	59.5	I.Chisty	7	1600
WORDBUSTER	VA	2-R-6-2-8	59.5	B.Fayd'herbe	6	700
IRON WOLF	GR	7-7-2-R-5	59	N.Juglall	5	700
NAO FAZ MAL	RG	5/7-6-2-3	59	J.Allyhosain	1	250
THE RIGHT STUFF	CD	3-4-7-3-7	57(-4)	A.Sonaram	9	1400
KU DU TU	VA	8-3-4-4-3	56.5(-3)	A.Roy	2	700

6 1450 m Valeur Benchmark 46 Time - 15h10

1	SENATLA	GR	1/5-7-3-8	61.5	N.Teaha	6	820
2	SUGOI	SH	0-4-4-6-9	60.5	S.Rama	3	650
3	TRIP TO THE SKY	SJ	8-8-3-3-3	59.5	J.Allyhosain	5	200
4	ERNIE	JMH	6-4-5-7-7	59	G.D.Aucharuz	9	1200
5	GUNSTON	SH	5-6-7-7-5	59(-4)	B.Deenath	1	700
6	HARMONICA	CD	6-2-7-3-7	57.5	I.Chisty	7	700
7	BADAWEE	SJ	2-4-5-7-5	56.5	T.Juglall	4	700
8	AFFRANCHI	VA	0-7-6-6-7	55.5(-3)	A.Roy	2	1000
9	WELL CONNECTED	VA	3-2-5-3-10	54.5	B.Sooful	8	1600



7 1600 m Valeur Benchmark 61 Time -- 15h45

1	HAYLOR	SJ	3-2-2-N-5	61.5(-3)	A.Roy	7	330
2	TSITSIKAMMA DANCE	RM	7/6-2-5-5	60	P.C.Orffer	5	600
3	KAZAAR	P	5-4-5-3-5	58	K.Kalychurun	6	1200
4	MAMBO ROCK	GR	4-2-2-2-3	56	R.Joorawon	3	350
5	LICKERIO	AS	4-3-2-6-7	55(-4)	B.Deenath	2	750
6	OVATION AWARD	GR	1/2-5-3-4	55	N.Juglall	4	330
7	ROLL OF DRUMS	CD	0-7-7-7-6	52.5(-4)	A.Sonaram	1	700

8 1365 m Valeur [0-26] Time -- 16h20

1	HIT THE GREEN	RM	4-7-2-3-3	61.5	P.C.Orffer	4	330
2	KINGS EMPIRE	SH	5-4-6-R-3	61(-3)	A.Roy	8	450
3	SARAH'S SECRET	CR	3/10-7-5-9	61	R.Joorawon	6	820
4	GREATFIVEEIGHT	CD	5-7-8-6-7	60(-4)	A.Sonaram	3	820
5	NORTHERN REBEL	JMH	5-8-4-8-6	59.5	T.Juglall	1	700
6	PHILOSOPHER	P	4-11-6-6-4	58	S.Bussunt	7	550
7	SPECIAL FORCE	SPN	8-2-11-10-11	57.5	K.Kalychurun	5	1200
8	KIMBERLEY	SN	6-7-8-5-6	57	G.D.Aucharuz	2	600

9 1650 m Valeur [0-25] Time -- 17h00

1	FLOWERSCAPE	RG	3-2-2-3-4	61	J.Allyhosain	8	330
2	MR MOGAMBO	AS	5-3-3-3-4	60.5	M.Martinez	1	300
3	STOLEN PARADISE	AS	10-4-7-5-5	60(-4)	B.Deenath	7	3000
4	EAGLES VISION	SPN	0-6-5-8-6	59.5	R.Joorawon	5	1200
5	LADY'S KNIGHT	RM	3-2-2-2-3	59	P.C.Orffer	6	300
6	PRIDE ROCK	CD	3-5-5-7-7	59	I.Chisty	9	1700
7	TOP OF THE ROCK	JMH	6-7-2-4-5	57.5	T.Juglall	2	700
8	NAPOLI	SN	2-8-8-8-5	56.5	R.Hoolash	4	1200
9	TIGER'S BOND	P	9-4-10-5-3	56.5	K.Kalychurun	3	800

Footing the Covid-19 bill: economic case for tax hike on wealthy

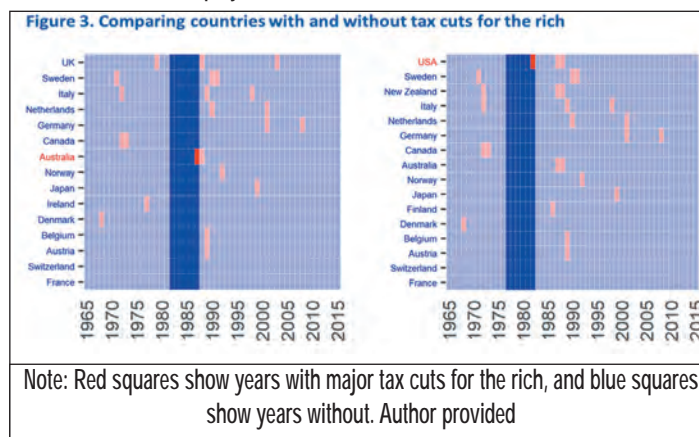
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Our research compared countries that passed laws for major tax cuts in a given year with those that didn't. For example, we looked at economic outcomes in Australia following the 1987 tax reform and the USA following the 1982 tax cuts and compare them to economic outcomes in countries that did not cut taxes on the rich at the same time (the results are in the graph below). We repeated such comparisons for each major tax cut for the rich in 18 Organisation for Economic Co-operation and Development (OECD) member countries from 1965 to 2015.

Our results show that countries that implemented major tax cuts saw the richest 1% increase their income share in the following years. Five years after reform, the effect was a more than 0.8 percentage points increase in the top 1% income share (see the graph below). As a comparison, in the US, the poorest 10% of income earners have a total income share of 1.8%. In contrast, we did not find any significant effect of tax cuts on economic growth and unemployment. Gross domestic product per capita and unemployment rates

are nearly identical after five years in countries that cut taxes on the rich and in those that did not.

The rich could pay the coronavirus bill



Many analysts and policymakers believe that taxes will need to rise in the coming years to ensure the sustainability

of public finances. Higher taxes on the rich could help to fund the substantial and potentially long-lasting expansion of government spending and social protection seen during the pandemic. They could also help address health and economic inequalities, which have only been exacerbated by Covid-19 and its economic fallout.

Such tax rises after crises are not unprecedented. Historically, the main drivers of taxes on the rich were wars and economic catastrophes. The Covid-19 crisis might have a similar effect.

Our recent research shows that the economic case for low taxes on the rich is weak. Major tax cuts for the rich since the 1980s have worsened income inequality without boosting economic performance. This might be welcome news for supporters of higher taxes on the rich in the wake of the pandemic.

David Hope & Julian Limberg, King's College London

Programme Des Courses

1 THE BARBER - SOLIDARITE MARYE PIKE CUP 1365 m Valeur [0-20] Time - 12h15

1 CRUSHING FORCE	P	nouveau	61.5	S.Bussunt	2
2 SEVENTH EXPRESS	G	6-3-8-4-3	61.5	D.Bheekary	4
3 TROJAN WINTER	SPN	7-2-5-6-6	61	G.D.Aucharuz	1
4 VALERIN	CD	2-3-1-3-4	60.5	I.Chisty	8
5 GROBAN	RM	10-9-9-7-7	60	P.C.Orffer	7
6 REAL VISION	JMH	6-5-5-4-4	60	T.Juglall	6
7 SEVENTH SILVER	RG	4-7-8-7-9	59.5(-3)	A.Roy	5
8 MIDNIGHT MESSENGER	SPN	9-1-5-2-5	58	K.Kalychurun	3

2 THE TRAINERS ASSOCIATION CUP 1500 m Valeur [0-25] Time - 12h50

1 SENTIDO	VA	7-5-8-3-2	60	B.Fayd'herbe	1
2 ARTAX	AS	1-5-9-4-9	59.5	M.Martinez	10
3 COME ON SONNY	APN	1-1-3-2-8	59.5	G.D.Aucharuz	5
4 DOUBLE WINNER	CR	0-0-8-7-9	59.5	R.Joorawon	4
5 EPIC SWORD	SN	8/7-5-6-9	59.5	D.Bheekary	6
6 REDWOOD VALLEY	RM	3-5-5-2-1	59	P.C.Orffer	9
7 STREET BYTE	CD	7-1-6-5-3	59(-4)	A.Sonaram	3
8 NEWSMAN	RG	3-2-6-4-4	58	B.Sooful	2
9 SIR CAPERS	P	2-1-4-6-4	58	K.Kalychurun	7
10 KING'S STORY	JMH	10/9-10-7-8	57	T.Juglall	8

3 THE FASHION EDITOR CUP 1365 m Valeur Benchmark 36 Time -- 13h25

1 BONJOUR BABY	CR	1-8-3-1-5/	61	R.Joorawon	8
2 MEMPHIS MAFIA	RM	10-1-1-1-5	61	P.C.Orffer	1
3 DRIVEN FORCE	GR	5-4-4-3-5	60.5	N.Juglall	3
4 ROYAL RESOLUTION	JMH	1-2-7-9/1	60.5	T.Juglall	9
5 BOLLINGER	P	0-0-8-2-1	60	G.D.Aucharuz	7
6 DOUBLE GAMES	VA	1-3-2-1-1	60	B.Fayd'herbe	6
7 LAGACIO	G	2-1-4-4-2	59.5	D.Bheekary	10
8 ROCK MANOR	PM	2-1-5-2-4	59.5	C.Segeon	5
9 OCEAN DRIVE SOUTH	CD	4-2-7-6-5	57	I.Chisty	2
10 MATCHLESS CAPTAIN	RG	0-0-0-0-5	58	-----	4

4 HASSEN TAHER SEAFOODS CHALLENGE TROPHY 1500 m Valeur Benchmark 41 Time -- 13h55

1 SPLIT THE BREEZE	JMH	3-8-4-9/10	61.5	T.Juglall	5
2 BONNIE PRINCE	SH	8/4-1-5-2	61(-3)	A.Roy	2
3 KING OF TARA	VA	1-3-1-4-3	61	B.Fayd'herbe	6
4 CARLAS MAMBO	SJ	6-5-2-1-1	60.5	G.D.Aucharuz	9
5 CANDY APPLE	GR	2-2-2-3-4	60	N.Juglall	3
6 SILVER HERITAGE	RM	3-1-2-2-1	59	P.C.Orffer	1
7 KINGSMAN	P	0-R-R-4-4	57.5	K.Kalychurun	4
8 POWER TOWER	RG	10-5-7-1-2	56.5	D.Bheekary	8
9 VISION OF TRUST	SPN	5-9-10-R-4	55	R.Joorawon	7

5 THE MOOSLIN NAUYECK MEMORIAL SOUVENIR CUP 2050 m Valeur Benchmark 46 Time - 14h30

1 HAKEEM	CR	5-2-5-5-2	61	R.Joorawon	8
2 LEMON DROP SHOT	SH	2-3-7-2-4	61	G.D.Aucharuz	10
3 JOHN HANCOCK	G	3-3-6-9-6	60.5	D.Bheekary	2
4 PROTEA PARADISE	RG	6-6-6-4-5	60	N.Teeha	3
5 INAUGURATION	PM	1-5-9-6-4	59.5	C.Segeon	7
6 THE BYZANTINE	JMH	7-4-5-8-5	59	T.Juglall	4
7 MOSCHINO	VA	1-2-3-1-4	58	B.Fayd'herbe	6
8 EIGHT CITIES	VA	8-5-1-9-9	56.5	B.Sooful	5
9 PADDINGTONS LUCK	GR	R-4-4-2-7	55.5	N.Juglall	1
10 DREAMFOREST	CD	3-6-6-3-5	53	I.Chisty	11
11 WILD HORIZON [EA]	SH	7-6/5-6-8	61.5	-----	9

6 THE TECKNIQORE SOUVENIR CUP 1500 m Valeur Benchmark 41 Time -- 15h05

1 CHILI CON CARNE	RG	9-3/10-6-6	61	N.Teeha	5
2 MONTEGO BAY	GR	0-0-5-8-8	61	N.Juglall	9
3 VARSIDE	SH	1/2-5-4-2	60.5	S.Rama	6
4 YANKEEDOODLEDANDY	G	6-6-4-9-11	60	D.Bheekary	3
5 ITDAWNEDONME	SH	3/7-10-2-8	59.5(-3)	A.Roy	7
6 UNCLE FRANK	SPN	3-1-4-1-3	59.5	B.Bhaugerothee	2
7 DO OR DARE	CD	7-1-2-8-1	58(-4)	A.Sonaram	8
8 BLACK INDY	PM	1-2-5-6-9	57.5	C.Segeon	1
9 ZODIAC JACK	JMH	3/4-N-6-6	55	T.Juglall	4

7 THE SCARFACE SOUVENIR CUP 1600 m Valeur Benchmark 31 Time -- 15h35

1 ALSSAKHRA	G	4-2-5-6-5	61.5	D.Bheekary	4
2 MAN FROM SEATTLE	RG	1-5-6-3-9	61	N.Teeha	1
3 NIMITZ	SJ	0-0-0-0-5	61	R.Joorawon	2
4 ITALIAN WAY	VA	2-1-3-1-1	60.5	B.Fayd'herbe	3
5 PERFECT PURSUIT	AS	9/8-6-1-6	60.5(-4)	B.Deenath	9
6 RON'S JOY	GR	0-0-0-1-5	60.5	N.Juglall	6
7 MR GREEN STREET	RM	6-5-2-2-4	60	P.C.Orffer	7
8 BARAK LAVAN	SN	4-2-6-5-8	59.5	G.D.Aucharuz	5
9 EMAAR	CD	5-1-9-5-6	59.5(-4)	A.Sonaram	10
10 JULLIDAR	P	3-4-5-4-5	58	K.Kalychurun	8
11 DAREDEVIL AVIATOR	JMH	1-4-4-7-9	55	T.Juglall	11

8 THE VYBRASYON COTE D'OR SOUVENIR CUP 1850 m Valeur [50+] Time -- 16h10

1 OPERA ROYAL	SH	3-3-4-5-2	61	G.D.Aucharuz	1
2 THE DAZZLER	AS	0-0-5-2-4	59.5	M.Martinez	6
3 IDITAROD TRAIL	GR	1-2-1-1-2	58.5	N.Juglall	8
4 FOOLS GOLD	RM	6-1-1-3-3	57	P.C.Orffer	7
5 SPRING MAN	RM	7-3-1-7-1	55	T.Juglall	3
6 TOWER OF WISDOM	GR	2-1-3-3-N	55	R.Joorawon	2
7 CONSUL OF WAR	CD	N-1-1-3-3	52(-4)	A.Sonaram	5
8 CHARLESTON HERO	VA	3-1-3-1-1	52	B.Sooful	4

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9 THE HALABALOO CHALLENGE CUP 1400 m Valeur [0-26] Time - 16h40

1 WENDYLLE	AS	5/2-4-4-8	61.5(-4)	B.Deenath	2
2 CAPKUTA	P	0-0-0-0-5	61	R.Joorawon	3
3 MANOLETE	CD	2-4-5-N-1	61	I.Chisty	6
4 RIVER OF JANUARY	CR	4-4-6/5-6	61	G.D.Aucharuz	7
5 ANZA- BORREGO	VA	3-5-6-5-2	60.5	B.Fayd'herbe	5
6 SECRET IDEA	CD	3-0-2-1-5	60.5(-4)	A.Sonaram	4
7 ENGAGE AND BEWARE	SJ	R-8-0-R-8	59.5(-3)	A.Roy	1

10 THE AU REVOIR PLATE 1600 m Valeur Benchmark 31 Time -- 17h15

1 CAMP DAVID	GR	N-4-9-7-8	60	N.Juglall	2
2 CARLTON HEIGHTS	AS	8-8-3-4-1	60	M.Martinez	5
3 IT DOESN'T MATTER	SPN	4-5-1-6-6	60	B.Bhaugerothee	6
4 MIDDLE PATH	RG	3-1-5-3-1	60	N.Teeha	4
5 TYRIAN	PM	5-6-3-1-5	60	C.Segeon	1
6 BURG	SN	5-6-2-2-9	59.5	G.D.Aucharuz	7
7 KALGOORLIE	G	0-4-1-4-3	59.5	D.Bheekary	8
8 ADAMO	SH	0-0-0-6-5/	59	R.Boutanive	9
9 DEALER'S CHARM	VA	3-4-1-1-2	59	B.Fayd'herbe	10
10 SILVER SONG	CD	4-5-2-1-2	58	I.Chisty	3

Selections

- SEVENTH EXPRESS, VALERIN, MIDNIGHT MESSENGER
- REDWOOD VALLEY, COME ON SONNY, STREET BYTE
- DOUBLE GAMES, ROCK MANOR, MEMPHIS MAFIA
- CANDY APPLE, SILVER HERITAGE, CARLAS MAMBO,
- LEMON DROP SHOT, MOSCHINO, HAKEEM
- UNCLE FRANK, VARSIDE, DO OR DARE
- ITALIAN WAY, MR GREEN STREET, JULLIDAR
- IDITAROD TRAIL, CHARLESTON HERO, FOOLS GOLD
- ANZA- BORREGO, SECRET IDEA, ENGAGE AND BEWARE
- MIDDLE PATH, CARLTON HEIGHTS, DEALER'S CHARM

LAUGHTER IS THE BEST MEDICINE



A father is having dinner with his son and says, "Son tell me a lie," and the son says, "Dad."

I just got back from a pleasure trip. I took my mother-in-law to the airport.

Mom said Joe can I have a shower with you tonight? Yes honey but don't look up!

When they got in the shower, Joe looked up and asked "What is that mum?" Mom said it is Tokyo!

The next day the same thing happened but this time he asked his dad when they took a shower; he looked up and asked what is that? "It is a huge dinosaur!"

That night he asked both his parents, "Can I sleep with you tonight?"

Sure, they said, so they all hopped in bed and Joe looked under the covers and said: "Oh, no, the dinosaur is attacking Tokyo!"

My mother-in-law fell down a wishing well, I was amazed. I never knew they worked.

The trouble with being the best man at a wedding is that you never get to prove it.

A man admitted he lied on his income tax return: he listed himself as the head of the household!

I'm tired of my grandma! Whenever someone's wedding comes up, she says, "Next is your turn."

So I've decided when someone dies I'm going to say, "Next is your turn, grandma."

Marriage is the only war in which you sleep with the enemy.

An uneducated father with his educated son went for a camping; they set up a tent and slept. Father gets up after some time and asks his son, "What can you see in the sky?"

Son: "I can see many stars."

Father: "What does it resemble?"

Son: "There are many planets..."

Father beats on his son's head, and says: "Someone



has stolen our tent!"

I went to my sister's house and saw her packing a suitcase.

I asked, "What's going on?"

She said, "I'm feeling homesick."

I suggested, "But you're at your home now."

She replied, "I know. I'm sick of it!"

To lift up the moods and judge the impact of squeezed living during lockdown period on husbands and wives, a TV channel decided to organize a Reality Show titled *Ideal Couple 2020*.

Celebrities from different spheres were invited. Experts on behavioural sciences and lifestyle management were asked to frame quiz sessions demanding prompt responses so that there was no opportunity to coin and give a meditated answer. Questions covered the whole spectrum of husband-wife relations, points of discord, superior/inferior syndrome, impact of a meaning full wink and shedding of heart melting tears.

During the session, a common question was suddenly fired, "Describe your lady love in one line." The answers reflected complimentary professional traits.

Scientists responded: 'My most valuable discovery.'

Poets said: 'My best heart-warming lyric.'

Journalist spoke: 'Expression of my philosophies and beliefs.'

Musician responded: 'My most stirring composition.'

Writer said: 'The spirit of my creative aspirations.'

Businessman bowed: 'Deity of wealth personified.'

Politician replied: 'Consultant and punching bag.'

Sculpture whispered: 'Idol of my inspirations.'

The channel team was aghast. The desired punch and humour was not surfacing. Every participant seemed to be protecting himself from an omnipresent shadow or paying tribute to an influencer of the future. Another more direct question was added: 'Are you henpecked?'

THAT'S LIFE

Henpecked?

The answer universally was: 'We are well adjusted, it is mutual give and take.'

During a break, an old cameraman dared to ask the young CEO of the channel: 'Sir, are you henpecked?'

The CEO said: 'Last evening, after the telecast, my wife emphatically pronounced that all husbands are henpecked but I ignored and remained quiet.'

The old cameraman said, 'Perhaps she is right. By remaining silent, you have substantiated her statement; otherwise, you could have made an angry retort, establishing that you are not run off the mill husband.'

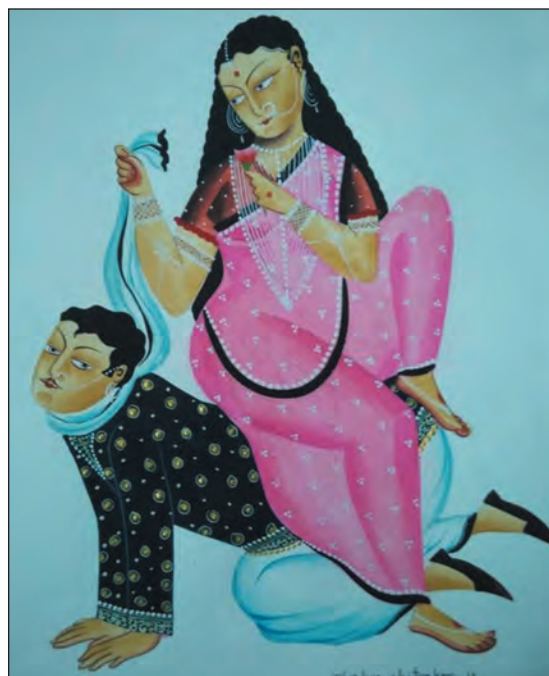
The CEO said, 'That I could not do it, because I have to live with her. Can you shout back on your wife?'

The cameraman said, 'No, I cannot. I accept that I am a henpecked husband, and your wife is right.'

The CEO said, 'I cannot believe that the whole world is more scared of delicate fingers than a whip lash, decorated with the title of *Cocksure All Men Are Henpecked*.'

So, he ordered: 'Requisition a team of surveyors and announce that the channel will offer a black or white Mercedes car to a man who is not henpecked. You can give him the choice to take the car he wants as a present from us.'

The opinion poll miserably failed. The surveyors would go to a man and ask in



the earshot of his wife, 'Are you henpecked?' The men would look at their wives, become pensive for a few moments and say, 'What an irreverent question! Just for a Mercedes I am not going to destroy my god gifted heaven. Take away your cars; I am happy with my two serviceable legs.'

One day a surveyor saw a man sitting in front of his house and two persons massaging his six-pack body. He was a champion wrestler, a very strong man. The surveyor thought, 'This is the man... he can kill anybody without a weapon, just hold on your neck and you are finished!'

The surveyor courteously said, 'Can I ask you a question?'

The wrestler growled, 'Question? What question?'

The surveyor asked hesitating: 'Are you henpecked?'

That wrestler said, 'First, let us greet each other, a handshake, for courage to ask this question?'

The surveyor was suffering excruciating pain; with tears rolling down he said, 'Just leave my hand. It is established that you are not henpecked. I have just come to the right conclusion. But where is your wife?' He said, 'Look, she is there, cooking my breakfast.'

A very small woman was cooking his breakfast. A pint-sized woman with a Samson-like man, the surveyor was assured further, 'Certainly no henpecked, a Gulliver who can kill this Lilliputian with one chop.'

He said, 'No need to go into further investigation. You can choose either of the two Mercedes, black or white, a reward from the Channel for the man who is not henpecked.'

Hearing it, the pint-sized woman said, 'Do not choose the black! Otherwise you know!'

The wrestler said, 'No, no, I will choose the white. You just keep quiet.'

The surveyor signalled the driver and ran for safety shouting, 'You do not get either white or black. It is all finished, you lost the game. You are also the ultimate henpecked husband.'

It is not a question of trivia; it is a question of who has power, who is more dominant, whose voice is listened to. Married love exists even in such circumstances. Surprisingly the English word 'love' comes from its Sanskrit root 'lobh' which means greed. One loves the source that satisfies cravings of either side.

Health & Fitness Tips from Harvard Medical School

5 of the best exercises you can ever do

If you're not an athlete or serious exerciser - and you just want to work out for your health or to fit in your clothes better - the gym scene can be intimidating and overwhelming. What are the best exercises for me? How will I find the time?

Some of the best physical activities for your body don't require the gym or ask you to get fit enough to run a marathon. These "workouts" can do wonders for your health. They'll help keep your weight under control, improve your balance and range of motion, strengthen your bones, protect your joints, prevent bladder control problems, and even ward off memory loss.

No matter your age or fitness level, these activities are some of the best exercises you can do and will help you get in shape and lower your risk for disease:

1. Swimming

You might call swimming the perfect workout. The buoyancy of the water supports your body and takes the strain off painful joints so you can move them more fluidly. "Swimming is good for individuals with arthritis because it's less weight-bearing," explains Dr I-Min Lee, professor of medicine at Harvard Medical School.

Research has found that swimming can also improve your mental state and put you in a better mood. Water aerobics is another option. These classes help you burn calories and tone up.

2. Tai chi

This Chinese martial art that combines movement and relaxation is good for both body and mind. In fact, it's been called "meditation in motion." Tai chi is made up of a series of graceful movements, one transitioning smoothly into the next. Because the classes are offered at various



levels, tai chi is accessible - and valuable - for people of all ages and fitness levels. "It's particularly good for older people because balance is an important component of fitness, and balance is something we lose as we get older," Dr Lee says.

Take a class to help you get started and learn the proper form.

3. Strength training

If you believe that strength training is a macho, brawny activity, think again. Lifting light weights won't bulk up your muscles, but it will keep them strong. "If you don't use muscles, they will lose their strength over time," Dr Lee says.

Muscle also helps burn calories. "The more muscle you have, the more calories you burn, so it's easier to maintain your weight," says Dr Lee. Similar to other exercise, strength training may also help preserve brain function in later years.

Before starting a weight training program, be sure to learn the proper form. Start light, with just one or two pounds. You should be able to lift the weights 10 times

with ease. After a couple of weeks, increase that by a pound or two. If you can easily lift the weights through the entire range of motion more than 12 times, move up to slightly heavier weight.

4. Walking

Walking is simple, yet powerful. It can help you stay trim, improve cholesterol levels, strengthen bones, keep blood pressure in check, lift your mood, and lower your risk for a number of diseases (diabetes and heart disease, for example). A number of studies have shown that walking and other physical activities can even improve memory and resist age-related memory loss.

All you need is a well-fitting and supportive pair of shoes. Start with walking for about 10 to 15 minutes at a time. Over time, you can start to walk farther and faster, until you're walking for 30 to 60 minutes on most days of the week.

5. Kegel exercises

These exercises won't help you look better, but they do something just as

important - strengthen the pelvic floor muscles that support the bladder. Strong pelvic floor muscles can go a long way toward preventing incontinence. While many women are familiar with Kegels, these exercises can benefit men too.

To do a Kegel exercise correctly, squeeze the muscles you would use to prevent yourself from passing urine or gas. Hold the contraction for two or three seconds, then release. Make sure to completely relax your pelvic floor muscles after the contraction. Repeat 10 times. Try to do four to five sets a day.

Many of the things we do for fun (and work) count as exercise. Raking the yard counts as physical activity. So does ballroom dancing and playing with your kids or grandkids. As long as you're doing some form of aerobic exercise for at least 30 minutes a day, and you include two days of strength training a week, you can consider yourself an "active" person.

Harvard Medical School

Food for Thought

Humility and Humbleness

Cricketer Rahul Dravid was awarded with a doctorate degree by the University of Bangalore, which he gracefully returned. Not only did he give back the degree, but he also gave a wonderful speech, he said "My wife is a doctor; she has spent countless sleepless nights and days to get this degree."

"My mother is a professor of arts; she has waited a long fifty years for her degree with perseverance. I worked hard to play cricket, but I didn't study that much, so how come I accept this degree?"

Einstein was offered the prime ministership by the Israeli government in 1952.

Einstein politely said, "I am an inexperienced student of physics. What do I understand about the governance and administration of a state!"

Grigori Perelman, the world-renowned mathematician, returned the Field Medals in 2006 and a large sum of money, regarded as the equivalent of Nobel Prize in the field of Mathematics. He said "We had a poverty driven childhood in our family. We had to manage in a very calculative manner to save mother's earnings. May be, that's the reason why I was able to devel-

op a little skill in mathematics since childhood. Since that phase of poverty is not there anymore in my life, what do I do with so much of money?"

Seeing the humility of these people, one has to bow down one's head in respect and shame as well. When we look at ourselves and introspect, we see in ourselves the image of how disobedient, arrogant, absurd person we have been compared to the philosophy of these guys. These humble and down to earth people remind us over and over again that

being humble does not mean one gets less dignified in the eyes of society; rather it portrays in them a much larger than life image.

Because we only become mean by our unruly arrogance, while we grow up real big by our repeated efforts in trying to become humble and true to ourselves.

The strongest truth in the world is that one has to be humble and simple to achieve greatness but there is no need for any efforts at all to become selfish and self centred. As there is a saying 'The sky is the limit for humbleness while there is no limit at all to stoop down to any level.'

'Television doesn't take away anything from you. It only gives you': Shraddha Arya

She has acted in films such as 'Paathshaala' and 'Nishabd' as well, but doesn't distinguish between working for television, films and web series.

'Kundali Bhagya' actress Shraddha Arya says it's her choice to be a part of the television industry, and that she doesn't see anything negative about it.

It's been over a decade since she joined the industry and she has no complaints.

"I don't see a bad side. It's my choice to be in this industry. I like it that's why I am here. Television doesn't take away anything from you. It only gives you - financially and emotionally... (you get the) love of people. Everything is great," Shraddha told IANS.

She has acted in films such as 'Paathshaala' and 'Nishabd' as well, but doesn't distinguish between working for television, films and web series.

"At the end of the day, you are an actor. You are facing the camera. You are portraying a character. It doesn't make a difference," she said.

Most TV shows lately either fold up soon or replace actors. Doesn't she fear that she could face such as situation someday? "No. It is what the industry is made of. You never know where you are or what you are doing... whether you are doing the show or doing something else. But the show must go on -- one show or the other. As actors, it's our job to find one job after the other. It never scares me. It's alright. If this thing starts scaring me then I don't think I can survive in the industry or any actor can (survive)," said Shraddha.

Shraddha cites her family as the key to her survival. "My family is my biggest support. Whether I have a beautiful day or a bad one, I hug my mother and everything (becomes alright)," she said.

'Kundali Bhagya' is one of the most

popular fiction shows on Indian television right now. She has also successfully managed to slip into the zone of non-fiction reality TV with 'Nach Baliye'.

Her ambition as an actor is to reach a level where people relate to the characters she plays on the screen.

"(My ambition is) to do the roles you want to do and do them with conviction. If you do it with conviction, people believe in you and relate to you. That's what I strive to achieve. Sometimes I don't achieve it. Sometimes I feel I could have done better. It happens every day, in some scene or the other. It is a constant struggle an actor goes through - to be her or his best before the camera," she winds up.



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YOUR STARS

Sagittarius: Nov 22 - Dec 21

Your moods are going to be fluctuant because of your difficulties in your professional situation. But the support of your family will be of great help. In spite of your terrible desires of spending, still think about saving up.

Lucky Numbers: 6, 7, 15, 24, 29, 32

Capricorn: Dec 22 - Jan 19

A very satisfactory week for mental activities as well as meetings of all kinds. You'll be able to carry out some of your dearest ambitions. Love won't be totally at rest: it will be necessary to foresee some hard ordeals for sincere lovers.

Lucky Numbers: 8, 9, 15, 22, 23, 31

Aquarius: Jan 20 - Feb 18

Clear tendency to take your desires for realities, especially in the sentimental domain. You'll succeed in reaching some of your objectives thanks to your motivation and your patience. Get a cholesterol level

test: it's possible that it's too high.

Lucky Numbers: 9, 14, 16, 18, 30, 31

Pisces: Feb 19 - Mar 20

A week rich in sudden, unexpected, and tiring trips. You must be prepared for a rapid evolution of current situations. Your contacts with your close relations will be disturbed because of your nervousness. Try to stay away from meanness and pointless jealousies.

Lucky Numbers: 4, 11, 16, 17, 18, 30

Aries: Mar 21 - Apr 19

New love affairs will present themselves to you, but they'll only be short-lived. Caution concerning your finances; don't spend your money too easily, otherwise it won't be long before problems will assail you!

Lucky Numbers: 11, 19, 22, 25, 31, 36

Taurus: Apr 20 - May 20

Business rivalries are certainly going to trouble your professional life; don't react in an inopportune way, keep calm. You'll be tempted to have extra-marital affairs. Be careful. Think of protecting your arteries by

cutting down on fats.

Lucky Numbers: 25, 26, 30, 34, 38, 40

Gemini: May 21 - June 20

Traps will be numerous in your professional life; be on your guard. On the financial front, don't indulge in speculative operations: the results would be catastrophic. Some weaknesses on the physical plane; you'll especially be vulnerable to nervousness.

Lucky Numbers: 20, 24, 29, 30, 31, 37

Cancer: June 21 - July 22

Unforeseen and crushing difficulties in your work; but show patience, the situation will soon improve. You'll be able to spoil some very elaborated intrigues thanks to your capacity of seeing things beyond their appearances.

Lucky Numbers: 5, 11, 12, 14, 18, 20

Leo: July 23 - Aug 22

You'll need support from your close relations to bring peace back into your household. But don't let anyone interfere unduly with your personal life or to dictate your attitude. On the financial front, avoid excessive risks, and beware of too alluring

proposals.

Lucky Numbers: 3, 12, 18, 20, 27, 30

Virgo: Aug 23 - Sept 22

Workwise, you'll take up impressive challenges. Be wary of your spending inclination: by continuing to live from day to day, you're likely to find yourself in a dead end; perhaps you'll have to take drastic measures to do some savings.

Lucky Numbers: 1, 7, 14, 15, 19, 20

Libra: Sept 23 - Oct 22

On the sentimental plane, you'll have to beware of your tendency to take your desires for realities. Beware of stock exchange or real estate operations during this week, because luck won't be on your side.

Lucky Numbers: 2, 4, 7, 9, 17, 30

Scorpion: 23 Oct - 21 Nov

Accept the precious advice from your family's circle instead of being obstinate. It'll be the moment to go discovering, to widen your horizons; you must follow up your new friendly relationships, which are going to enrich you intellectually.

Lucky Numbers: 15, 17, 22, 33, 36, 38

5 forgotten actors who deserve to be seen in more Bollywood movies



While there's no dearth of talent in Bollywood, some actors get overlooked and remain out of the limelight despite their skills. Sreeparna Mazumder of iDIVA.com takes a look at some of those names who deserve more recognition and work.

1. Prachi Desai

Desai became a household name when she starred in the superhit television series *Kasam Se*. She made her Bollywood debut opposite Farhan Akhtar in *Rock On!!*. After that she went on to do a few other films like *Bol Bachchan*, *Ek Villain*, and *Rock On 2*. However, she's been missing from the entertainment scene for a while now and it'd be great to watch her in movies and shows.

2. Nimrat Kaur

Anyone who has watched Kaur in

The Lunchbox would know that she's a great actor who gets into the skin of the character. There's a reason she's been cast in *Homeland*, a popular American political thriller. However, she seems to be missing on the home turf. We can only hope that if not Bollywood, at least OTT platforms give her the chance to demonstrate her acting chops.

3. Rahul Bose

When Bose started out, he did get a fair of roles but they were mostly in niche movies like *Mr and Mrs Iyer*, *Chameli*, among others. In 2015, he had a small yet impactful role in Zoya Akhtar's *Dil Dhadakne Do*. Recently, he was seen in *Bulbul* but for someone as talented as Bose, he should be seen on screen more often.

4. Akshay Khanna

To be fair, after a short hiatus, Khanna has been getting a few Bollywood projects but they mostly have him playing a cop or a lawyer. When Khanna started out, he was cast as the lead in several big-budget Bollywood films like *Border*, *Dil Chahta Hai*, and *Humraaz*. While we are glad that he's back in the industry, we'd love for him to be cast as the lead in more projects.

5. Bhoomika Chawla

When Chawla made her Bollywood debut opposite Salman Khan in *Tere Naam*, she became an overnight sensation. The audience especially loved her calm and composed demeanour. However, it's been a while since she's been seen in mainstream Bollywood movies even though she continues to be a regular fixture in Tamil and Telugu film industries.

TV SERIAL



Kahan Hum Kahan Tum

Friday 18 Dec: Rohit vents his frustration on Sonakshi while a furious Veena slaps Pari. During the party at the Sippys', Suman discloses a scandalous truth.

Monday 21 Dec: A heartbroken Veena falls unconscious upon learning about Naren's affair. While Suman refuses to let Sonakshi enter the house, Rohit slaps Veena!

Tuesday 22 Dec: Sonakshi takes the blame on herself to protect Ajit. While Rohit vents his anger out on Sonakshi for deceiving him, Nishi vows to destroy her.

Wednesday 23 Dec: Tanya gets Pari arrested. While Naren makes a surprising announcement, Rohan's decision to divorce Tanya stuns the Sippys.

Thursday 24 Dec: While Sonakshi requests Naren to reconsider his decision, Tanya threatens Rohan. Later, Nishi attempts to kill Naren to acquire his property.

'Queen of crime' Agatha Christie goes to Bollywood

A murder takes place in a misty Himalayan hill resort. As the whodunit unfolds, a couple almost unwittingly begin sleuthing to get to the bottom of the crime. And the story is based on a novel by the world's most celebrated crime writer.

That's all Indian filmmaker Vishal Bhardwaj is willing to reveal now about his upcoming film, based on a novel by "queen of crime" Agatha Christie.

It is also the first time that Agatha Christie Limited, which looks after the author's estate, has franchised her stories to an Indian filmmaker. "We have done many adaptations across the world and every country brings its own flavour to the piece. I have no doubt that this will be the same," James Prichard, Christie's great grandson and the CEO of the estate, told BBC's India correspondent Soutik Biswas.

Bhardwaj, 55, is one of India's most exciting filmmakers. Over the past two decades, he's directed and produced 15 films, including three modern-day adaptations of Shakespeare's plays - *Maqbool* based on *Macbeth*, *Omkara* on *Othello*, and *Haider* on *Hamlet* - which have a cult following among fans.

After *Omkara*'s release, Peter Bradshaw, film critic of the *Guardian*, wrote that transferring *Othello* to a modern-day feudal Indian village appeared to be "appropriate,

because Bollywood, with its liking for ingenious fantasy and romance, has often seemed to me to resemble in style nothing so much as a late Shakespeare play".

Equally at ease with tales set in feudal badlands and bleak ganglands, Bhardwaj combines gritty story telling with rootsy popular music - he began his career as a music composer. His films have often turned Bollywood cliches - lost and estranged brothers, exaggerated villains, cloying love interests, the retribution and redemption - on their head.

Bhardwaj has been ensconced in his house in the hill station of Mussoorie since mid-June after escaping a grinding pandemic lockdown in Mumbai, where he mostly lives and works. He is now working on the Christie script which he hopes to finish in two months, and begin filming



early next year. Most of the film will be shot in frosty Himalayan towns - Bhardwaj says he loves the "biting mountain winters".

Bhardwaj, who grew up in the northern Indian town of Meerut, says he has always been "a crime fiction junkie".

He devoured Christie novels when in high school and counts *The ABC Murders*, a thriller about a serial killer working his way through the alphabet in 1930s Britain, and *Murder On The Orient Express*, an edge-of-the-seat murder mystery set in a luxury train stuck in a snow bank, as his favourites.

Agatha Christie

- * Over six decades, she wrote 66 crime novels, six non-crime novels and more than 150 short stories.
- * She created Hercule Poirot and Miss Marple, two of the most famous fictional detectives of all time.
- * With over one billion books sold in English and another billion in over 100 languages, she is the best-selling novelist in history.
- * An estimated 45 films based on her novels have been made worldwide, with 48 million people having watched the 2017 blockbuster *Murder on the Orient Express* in cinemas.

Agatha Christie died in 1976, aged 86.



Samedi 18 Dec - 21.15

Dead Men

Avec: Arnold Schwarzenegger, F. Murray Abraham, Art Carney



Samedi 19 Dec - 21.15

The Jurassic Games

Starring: Ryan Merriman, Perrey Reeves, Adam Hampton



Dimanche 20 Dec - 21.20



	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
vendredi 18 decembre	07.05 D. Anime: Teenie Weenies 10.00 Serial: Heidi, Bienvenida... 11.10 Tele: Au Nom De L'amour 12.00 Le Journal 12.25 Tele: Le Prix Du Désir 13.05 Doc: 360 GEO 14.00 Mag: Word On The Street 14.30 D.Anime: Twirlywoos 14.41 D.Anime: Robot Trains 15.08 D.Anime: The Hive 15.23 D.Anime: Sissi, Jeune... 16.07 Film: Alpha & Omega 16.52 D.Anime: Dragons 17.45 Doc: Foodland 18.00 Live: Samachar 18.30 Serial: Siya Ke Ram 19.30 Journal & La Meteo 20.15 Magazine MBC Prod 21.10 Serial: When Calls The Heart 23.20 Le Journal 23.35 Mag: Eye On SADC	10.00 Serial: Ki Jaana Mein Kanu 11.04 Serial: Zun Mureed 12.00 Film: Hakk - Marathi Film 13.46 DDI Magazine 15.00 Mag: Comedy Classes 15.21 Serial: Honaar Soon Mee 15.43 Serial: Mooga Manasulu 16.07 Serial: Apoorva Raagangal 16.28 Serial: Tu Ishq Hai 16.49 Serial: Achra Ke Moti 17.11 Kullfi Kumarr Bajewala 17.35 Serial: Chhanchhan 18.00 Serial: Bloody Romance 18.30 DDI Magazine 19.00 Live: Zournal Kreol 19.30 DDI Magazine 20.00 Serial: Tawaan 20.44 Local: Anjuman 21.11 Local: Noor-E-Iman 22.06 DDI Live	06.00 Mag: Eco India 06.52 Mag: Border Crossing 07.18 Mag: Urban Gardens 07.27 Mag: Tomorrow Today 07.53 Doc: Fresh Fruit Fakers 08.44 Doc: 360 GEO 09.39 Mag: Strictly Street 11.33 Mag: Eco India 12.51 Mag: Urban Gardens 13.01 Mag: Tomorrow Today 13.27 Doc: Fresh Fruit Fakers 15.13 Mag: Strickly Street 15.39 Doc: Stolen soul 16.21 Doc: Displaced 17.04 Mag: Eco India 18.44 Mag: Student Support... 19.36 Doc: Foodland 21.00 Local: News (English) 22.01 Doc: Beethoven's Ninth 22.43 Doc: Never Enough	01.32 Film: Kill Kane 02.46 Serial: Chicago Med 03.26 Film: Signed, Sealed, Deliv... 05.17 Tolement Diva 06.09 Serial: Beauty And The... 06.46 Film: A Midsummer's Hawaiian Dream 09.00 Serial: Mission: Impossible 09.48 Tele: Soleil Levant 10.35 Tele: Tanto Amor 11.00 Serial: Counterpart 12.00 Film: Signed, Sealed... 13.30 Tele: Tolement Diva 14.46 Film: A Midsummer's... 16.38 Serial: Mission: Impossible 17.25 Serial: Beauty And The... 18.05 Tele: Soleil Levant 19.00 Tele: Tanto Amor 20.05 Tele: Le Prix Du Désir 20.30 Serial: The Night Shift 21.15 Film: Last Action Hero	08.00 Film: Sunday 12.05/20.05 Kahan Hum Kahan Tum 12.30/ 20.11 - Kullfi Kumarr Bajewala 12.47 / 20.32 Radha Krishna 13.36 / 21.24 - Zindagi Ki Mehek 13.53 / 21.46 - Bade Acche Lagte Hai 14.17 / 21.59 - Jai Kanhaiya Lal Ki 14.37 / 22.25 - Ikyawann 15.20 Film: Fukrey Returns Starring: Pulkit Samrat, Manjot Singh, Ali Fazal 18.00 Live: Samachar 18.30 Kundali Bhagya 18.51 Ek Rishta Saajhedari Ka 19.14 Mere Angne Mein
samedi 19 decembre	06.00 D.Anime: Sindbad And The 7 06.23 D.Anime: Boule Et Bill 07.55 D.Anime: The Minimighty Kid 09.30 Serial: Lucas Etc 09.45 Serial: Magic Mania 12.00 Le Journal 12.25 Local: People - No97 13.00 Local: Glwar Dantan 14.25 D. Anime: Twirlywoos 14.50 D.Anime: The Garfield Show 15.10 D.Anime: Les Triples 15.17 D.Anime: Sissi, Jeune... 16.00 Film: Avengers Confidential 17.15 Serial: Oh Yuck! 18.00 Live: Samachar 18.30 Entertain: Nach Baliye 19.30 Journal & La Meteo 20.15 Prod: Lottotech 20.20 Local: Sing For Christmas... 21.15 Film: Drôle De Père Avec: Isabelle Barth, Thomas Blanchard, Judith Chemla	07.00 Film: Guddi Starring: Dharmendra, Jaya Bhaduri, Utpal Dutt, Samit Bhanja 09.17 DDI Magazine 10.00 Bade Acchelagte Hai 12.00 Serial: Nanda Saukhya Bhare 12.35 Serial: Mooga Manasulu 12.51 Serial: High School 13.16 Annakodiyum Ainthus Pengalum 13.34 Serial: Anu Pallavi 15.20 Film: Golmaal Again 17.50 Mag: DDI Magazine 19.00 Journal Kreol 20.05 Serial: Bitti Business Wali 21.00 Film: Grand Masti Starring - Vivek Oberoi/afab Shivdasani And Riteish Deshmukh 23.07 DDI Live	06.00 Mag: Global 3000 06.39 Doc: High-Speed Internet... 07.21 Mag: Arts And Culture 08.09 Sos Animaux En Danger 09.01 Doc: My Life With A Robo 09.53 Doc: Beethoven's Ninth 10.38 Doc: Never Enough 11.21 Mag: Global 3000 12.42 Mag: Arts And Culture 13.26 Sos Animaux En Danger 15.10 Doc: Beethoven's Ninth 15.55 Doc: Never Enough 16.41 Student Support Prog... 19.14 Mag: Check In 19.40 Doc: Foodland 21.00 Local: News (English) 21.10 Doc: Destination 22.15 Doc: Atatiirk 22.57 Have Fun In Pyongyang 23.39 Doc: Amazing Gardens 00.06 Doc: Ville En Fête 00.30 Mag: Vue D'En Haut	01.07 Film: Last Action Hero 03.15 Serial: Brooklyn Nine Nine 04.03 Film: Blood Circus 05.26 Tele: Esmeraldas 06.04 Serial: The Night Shift 06.45 Film: Avenging The Throne 08.30 Serial: The Quest 09.14 Serial: Shades Of Blue 09.56 Serial: Unforgotten 10.45 Film: Last Action Hero 12.56 Serial: Brooklyn Nine Nine 13.37 Tele: Amanda 14.21 Tele: Premiere Dame 15.05 Serial: Chicago Med 16.31 Mag: Hollywood On Set 17.00 Serial: The Night Shift 17.45 Film: Annabelle Hooper... 19.35 Mag: Hollywood On Set 20.05 Tele: Le Prix Du Désir 20.30 Serial: The Night Shift 21.15 Film: The Jurassic Games	04.05 Kahan Hum Kahan Tum 04.26 Kullfi Kumarr Bajewala 04.48 Radha Krishna 05.09 Zindagi Ki Mehek 05.31 Bade Acche Lagte Hai 06.15 Ikyawann 06.38 Kundali Bhagya 06.59 Ek Rishta Saajhed Ka 07.22 Mere Angne Mein 08.00 Zindagi Ki Mehek 10.12 Yeh Pyaar Nahi Toh Kya... 12.00 Yeh Hai Mohabbatein 14.00 Sanjivani 16.00 Pavitra Rishta 18.30 Film: Samachar Starring: Vir Das, Boman Irani, Neha Dhupia 20.17 Serial: Siya Ke Ram 21.00 Serial: Naagin 21.44 Serial: Zindagi Ki Mehek 23.30 Serial: Mere Angne Mein
dimanche 20 decembre	06.00 D.Anime: Sindbad And The 7 06.35 D.Anime: Boule Et Bill 07.56 D.Anime: The Minimighty Kid 08.02 D.Anime: The Garfield Show 09.30 Serial: Lucas Etc. 09.45 Serial: Magic Mania 10.00 Local: Zanan Nou Zil 11.00 Local: Nu Rasinn 12.00 Le Journal 12.30 MBC Production 13.00 Local: Elle - No 125 14.30 D.Anime: Twirlywoos 15.17 D.Anime: Les Triples 17.20 Serial: Oh Yuck! 18.00 Live: Samachar 18.30 Local: Yeh Shaam Mastani 19.30 Le Journal 20.15 Local: Info 7 Sur 7 21.20 Film: Marrying Mr. Darcy Stars: Cindy Busby, Ryan Paevey, Frances Fisher	07.00 Film: Paheli Starring: Satyajeet, Nameeta Chandra, Durga Khote 10.00 Local Production 11.00 Serial: Oru Kai Osai 11.23 Serial: Santoshi Maa 12.28 Film: Beta Starring - Anil Kapoor, Madhuri Dixit, Aruna Irani 15.00 Mag: Comedy Classes 15.21 Serial: Mooga Manasulu 15.44 Eka Lagnachi Teesri Gosht 16.06 Serial: Apoorva Raagangal 17.00 Serial: Mahakali 17.48 Serial: Kisna 18.30 Local: Tipa Tipa Nu Avance 19.00 Zournal Kreol 19.30 DDI Magazine 20.05 Serial: Maharakhshak: Devi 20.50 Serial: Naagin 21.34 Serial: CID	06.00 Doc: Amazing Gardens 07.04 Mag: Vue D'en Haut 07.29 Mag: Check In 07.58 Doc: Taste Hunters 08.50 Doc: Destination 09.03 Doc: Black Is The Colour 09.58 Doc: Atatiirk 11.23 Doc: Amazing Gardens 12.55 Mag: Check In 14.16 Doc: Destination 14.28 Doc: Black Is The Colour 15.21 Doc: Atatiirk 16.04 Doc: Have Fun In Pyongyang 17.16 Doc: Ville En Fête 19.36 Doc: Foodland 21.00 Local: News (English) 21.10 Doc: Destination 22.15 Doc: Oil Promises 22.57 Doc: Waterworld 23.39 Doc: Olivia's Garden 00.04 Doc: Builders Of The Future	01.08 Mag: Close Up 01.34 Film: The Jurassic Games 02.58 Film: Death Fighter 04.51 Serial: Hawaii Five-0 05.32 Tele: Esmeraldas 06.11 Serial: The Night Shift 06.57 Film: Dominion 08.30 Serial: The Quest 09.18 Film: Drôle De Père 10.47 Film: Annabelle Hooper 12.18 Serial: Hawaii-0 13.09 Tele: Amanda 13.45 Tele: Premiere Dame 15.05 Serial: Chicago Med 17.18 Serial: The Night Shift 18.00 Serial: Hawaii Five-0 18.26 Serial: Macgyver 20.05 Tele: Le Prix Du Désir 20.30 Serial: The Good Doctor 21.15 Film: Crypto 23.00 Tele: Dulce Amor	00.35 Yeh Hai Mohabbatein 02.16 Sanjivani 04.03 Pavitra Rishta 06.00 Film: Santa Banta PVT Ltd Starring: Vir Das, Boman Irani, Neha Dhupia 08.00 Serial: Motu Patlu 08.11 Jai Kanhaiya Lal Ki 09.52 Jaana Na Dil Se Door 11.36 Piya Albela 13.23 Kahan Hum Kahan Tum 15.09 Kullfi Kumarr Bajewala 17.00 Punar Vivaah 18.00 Samachar 18.30 Film: Patel Ki Punjabi Shaadi Starring: Rishi Kapoor, Paresh Rawal, Vir Das 20.40 Nach Baliye 21.17 Bade Acche Lagte Hai 23.07 Piya Albela

MBC 2

Samedi 20 Dec - 21.00

Stars: Vivek Oberoi/afab, Shivdasani And Riteish Deshmukh



Dimanche 20 Dec - 18.30

Stars: Rishi Kapoor, Paresh Rawal, Vir Das



In the midst of deep grief, a scholar writes how Hindu rituals taught her to let go

Hindu philosophy believes the soul to be immortal. Death is considered to be the end of only physical incarnation, as the soul continues its journey of multiple births until its final liberation



Ketika Garg

Ph.D. Student of Cognitive Science,
University of California, Merced



Cultures have built elaborate rituals to help humans process the grief of losing someone.

Rituals can hold the core beliefs of a culture and provide a sense of control in an otherwise helpless situation. I came to understand this when I lost my mother last year and participated in the primary Hindu rituals of death and grief.

The cultural practices and experiences helped me find meaning in my loss.

Body and soul

Many Eastern religions do not bury their dead; instead, they cremate them. Most Hindus consider this to be the final sacrifice of a person.

The Sanskrit word for death, "dehanta," means "the end of body" but not the end of life. One of the central tenets of Hindu philosophy is the distinction between a body and a soul. Hindus believe that the body is a temporary vessel for an immortal soul in the mortal realm. When we die, our physical body perishes but our soul lives on.

The soul continues its journey of birth, death and rebirth, in perpetuity until a final liberation. This is at the heart of the philosophy of detachment and learning to let go of desires.

Scholars of Indian philosophy have argued about the importance of cultivating detachment in the Hindu way of life. An ultimate test of detachment is the acceptance of death.

Hindus believe that the soul of the deceased stays attached to its body even

after its demise, and by cremating the body, it can be set free. As a final act, a close family member forcefully strikes the burning corpse's skull with a stick as if to crack it open and release the soul.

To fully liberate the soul of its mortal attachments, the ashes and remaining bone fragments of the deceased are then dispersed in a river or ocean, usually at a historically holy place, like the banks of the River Ganges.

Knowledge within rituals

Someone from a different tradition might wonder why a ritual should ask mourners to destroy the body of their loved ones and dispose of their remains when one should be caring for all that remains of the dead?

As shocking as it was, it forced me to understand that the burning corpse is only a body, not my mother, and I have no connection left to the body. My Ph.D. studies in cognitive sciences, a field that seeks to understand how our behaviour and thinking are influenced by interactions between brain, body, environment and culture, made me look beyond the rituals. It made me understand their deeper relevance and question my experiences.

Rituals can help us understand concepts that are otherwise elusive to grasp. For example, scholar Nicole Boivin describes the importance of physical doorways in rituals of social transformation, like marriage, in some cultures. The experience of moving through doorways evokes transition and creates an understanding of change.

Through the rituals, ideas that were

abstract until then, such as detachment, became accessible to me.

The concept of detachment to the physical body is embodied in the Hindu death rituals. Cremation creates an experience that represents the end of the deceased's physical body. Further, immersing ashes in a river symbolizes the final detachment with the physical body as flowing water takes the remains away from the mortal world.

Dealing with the death of a loved one can be incredibly painful, and it also confronts one with the specter of mortality. The ritual of liberating the soul of the dead from its attachments is also a reminder to those left behind to let go of the attachment to the dead.

For it is the living who must learn to let go of the attachment to the dead, not the long-gone soul. Cultural rituals can widen one's views when it is difficult to see past the grief.

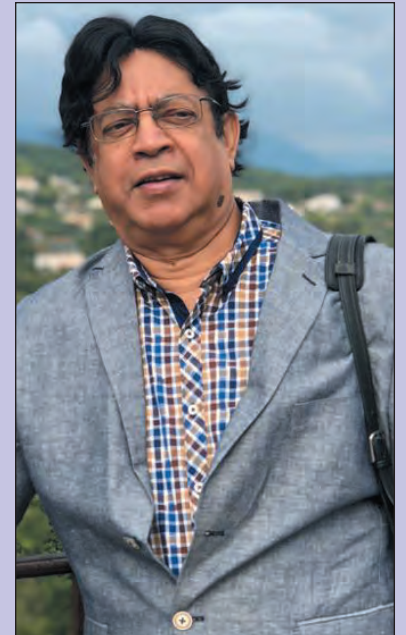
Standing at a place where millions before me had come and gone, where my ancestors performed their rites, I let go of my mother's final remains in the holy waters of the river Ganges.

Watching them float away with the waves of the ancient river helped me recognize that this was not the end but a small fragment in the bigger circle of life.

As the Hindu text, the "Bhagavad Gita" - The Song of God - says of the soul,

*It is not born, it does not die;
Having been, it will never not be.
Unborn, eternal, constant and primordial;
It is not killed, when the body is killed.*

Obituary: Dr Santosh Soowamber



Dr Jawaharlal (Santosh) Soowamber, son of the late Mr Laichand Soowamber, ex-Postmaster General and Mrs Jayuntee Seeburun, passed away suddenly on December 13th.

His demise was a shock to all of us as he would show his presence through videocalls regularly.

After high school at Royal College Port Louis, Santosh got a BSc. Degree in biochemistry from McGill University in Montreal. He would go on to study medicine at Marseille in France and specialize in psychiatry.

With all his degrees and achievements, he considered humility as the end point of education. He was kind, loving and generous. He spread love and people would gather around him to listen to his never-ending stories. However, he never hesitated to put himself in hot water to protect someone who is right.

Even on holidays, his patients would call him on his cellphone and he would respond with a smile. His love of life and family had no boundaries. He will never bid us farewell as he will continue to live in our hearts.

A cremation ceremony will be held in Marseille on December 21st.

Life ends but love does not.

With lots of love from his wife Sheela, his daughters Karishma and Raveena and the entire family.