

## #AROUND-D-WORLD

### Eat, Travel, Repeat!

The airports with the top food and drink options around the world



Holidays begin when you reach the airport. So, naturally, once you've arrived, checked in your luggage and struggled through security, the first port of call is finding the best food and drink to kick-start that holiday mood. So it can be incredibly frustrating when, frazzled, harried and hungry, you discover that there is nothing to eat except Polo mints and paprika-flavoured Pringles.

However, some airports seriously deliver when it comes to food. Keep reading to find out the top 10 airports for food worldwide.

#### Singapore Changi Airport, Singapore



Part dream garden, part sculpture park, it comes as no surprise that this airport is one of the best in the world, according to our annual Readers' Choice Award. But the airport is also impressive when it comes to food, with 194 eateries with an average rating of 3.6 out of 5 stars. The average price here, though, is fairly steep at £16.35.

#### O'Hare International Airport, USA

This Chicago airport is well deserving of its place in this list, ranking highly in all categories. It held the position of the world's busiest passenger airport from 1963 to 1998, so it's no surprise that it has needed to provide a decent food service for travellers. There are 130 eateries to choose from.

#### Dallas-Fort Worth International Airport, USA

The second best USA airport for food, Dallas-Fort Worth serves both Texan cities with 125 eateries to choose between - plus, the airport has America's highest average restaurant rating with 3.7 out of 5 stars.

#### Jeju International Airport, South Korea

The second South Korean entry on this list, Jeju airport has a small but mighty food offering, with lots of tasty

#### Narita International Airport, Japan

Despite being significantly smaller than Tokyo's main airport, Narita ranks higher on this list than Haneda. The average rating of eateries is above any other airport in the top 10, and the average dish price is just £6.30.



noodle and rice dishes for hungry travellers.

#### Taiwan Taoyuan International Airport, Taiwan

Taiwan's busiest airport is just outside of the capital city, Taipei. It has the lowest dish price on this list, with an average price of £4.53.

#### Hartsfield-Jackson Atlanta International Airport, USA

As you'd expect, a US airport has the highest number of gluten-free eateries - this Georgia-based airport has 36 options for those who require a gluten-free diet.

#### Incheon International Airport, South Korea

This South Korean hub has a whopping 270 eateries, with a solid rating of 3.2 stars out of 5 and a below-average dish price. It is also known to be one of the world's cleanest airports.

#### Haneda Airport, Japan



Frequently voted one of the world's best airports, and currently in position five on our Readers' Choice Awards, Haneda Airport has the second highest number of eateries on this list and the joint second number of vegan and vegetarian options.

#### Los Angeles International Airport, USA

Not only is it an excellent place for celeb-spotting, LAX has some great food options. It's the fourth-best airport in the US, and is particularly notable for its allergen-friendly restaurant offering, coming seventh in the world for gluten-free food.



"It was a total surprise when on a Sunday in the spring of 1968 I received a call from an 'old friend of school days' who wanted to see me. After some brain scratching and a few clues from him I caught on and invited Aftab to my home. We hugged each other like brothers reunited after long separation. It was a nostalgic meeting but much more than that because of what he told me. I asked him as to how he managed to trace me after so many years and that too in England. He asked me to be patient and listen to his long story."

# Brothers Across the Border



Brig Onkar Singh Goraya (retd)

## #WAR-N-PEACE

I met my elder brother On Parkash Singh in London in November 2019. During the 30 years since our previous meeting he had lost most of his hearing power. He told me he suffered from dementia yet he surprised me by recounting some very old events and anecdotes from our early life with astonishing accuracy. The story that follows was one such revelation. Its origin lies in our native land in West Pakistan before partition of 1947. It is best told in his own words.

"I used to walk to my school in Jamke town in Sialkot Distt, a distance of about seven miles from my village Simbalpur. Almost half way to Jamke there was a village named Bakarpur populated entirely by Muslims who bore the same sub caste (Goraya) as our village. Aftab, my class fellow from this village used to join me on way to school. He was very fair and good looking and lived in a big bungalow type house outside the village constructed by his late father. Like rest of the peasants of the village the father was poor and nominally educated. When he grew up he left the family home and reached Lahore where he got employed by an English couple as a household help. The lady was kind to him, taught him the English language besides manners and many other things. By dint of hard work and inborn intelligence he became not only a proficient cook but also a polished gentleman. The marriage between the English couple was far from happy. The man suspected undue intimacy between the cook and his wife. After some months he divorced her and went back to England. After a year or so

the lady proposed marriage to the cook on the condition that he must build a nice house in his native village. The boy had no assets except a few acres of land back home. The lady advanced him sufficient money with which he built a beautiful house where they started living as a couple. Aftab was their only child.

### A Nostalgic Meeting

"Often on our way back from school Aftab invited me into his house to rest for a while. Like all mothers Aftab's mother was kind and affectionate. She would never let me resume my journey without having a cool drink in summer or something hot in winter. This went on for a few years till 1947 when India was partitioned. West Punjab merged in the newly created nation Pakistan. Sikhs and Hindus living in West Punjab



Capt Goraya with his CO in underground operations room.

migrated to East Punjab which was now part of India. My family settled down near Jalandhar where I started my education. I remembered my friend Aftab occasionally but over the years due to total lack of contact his memory faded away. In due course I graduated and started working for a living. Not satisfied with my life I migrated to United Kingdom in 1965. After a few years of initial struggle I was lucky to secure a government job in the immigration department in London. I got married in 1967 and settled down to raise a family of my own.

"It was a total surprise when on a Sunday in the spring of 1968 I received a call from an 'old friend of school days' who wanted to see me. After some brain scratching and a few clues from him I caught on and invited Aftab to my home. We hugged each other like brothers reunited after long separation. It was a nostalgic meeting but much more than that because of what he told me. I asked him as to how he managed to trace me after so many years and that too in England. He asked me to be patient and listen to his long story."

He began: "You people migrated to India but I continued my studies at Jamke. After a few years I appeared in a competitive examination to join the Pakistan Army. I was selected and in due course commissioned into Punjab

Regiment as an officer. As you know in 1965 our two countries went to war. Indian Army made a serious ingress into our territory South East of Sialkot. From a captured map we learnt their objective was the Marala - Ravi link canal that was constructed during the 19 fifties to drain excess water from Marala Headworks into River Ravi. Had the Indian Army succeeded, a huge area including your village Simbalpur and my village Bakarpur would have fallen under the control of Indian Army. My unit (23rd Punjab) was deployed to defend Chawinda a bigish village which was the next objective of the Indian Army. The Indians attacked on the night of 17/18 September. After a fierce fight the Indian forces were thrown back with serious losses. The two countries agreed to a



Capt Goraya with his Div Comdr and CO in 1965 War.



Major and Mrs Chandrakant introducing Brig Goraya to Sheikh Hasina.

ceasefire which became effective on 23rd September. Though fighting ceased the two armies deployed across the ceasefire line eye-ball to eye-ball.

### The Strange Story

"The interesting part starts now to which you must listen carefully. One night I took out a small patrol with four of my soldiers. The task was to ascertain whether a particular corpse falling in the no man's land was occupied by Indian Army or not. While approaching the corpse we adopted due caution and stealth but were surprised by an Indian party which was already there. They pounced upon us. At that moment being in the lead I was promptly captured while all my men managed to flee. "I was taken to the HQ of the Indian Division where a captain who I presumed was the intelli-

## International Pineapple Day

It's our favourite fruit, a lush, prickly, green leafed ground fruit that is a delicious addition to just about any meal. It's sweet and tangy on its own and is practically the definition of the word 'tropical'. Want to make something tropical? Put a slice of this fruit on it. That's right, we're talking about the apple that isn't an apple, the pine that isn't a pine, the pineapple! Pineapple day is dedicated to this most tantalizing little fruit.



## The Indian Counter Thrust



Maj Chandrakant Singh VrC (Retd) Military Historian

In September 1965 Pakistan and India fought their second war. Ayub Khan the military dictator of Pakistan thinking that the new Indian Prime Minister Lal Bahadur Shastri who was physically a small man with a mild and soft character would not stand up to his aggression. He was mistaken, in his small frame Shastri had the heart of a lion. Ayub called his action Operation Gibraltar.

It started with the Pakistani's sending across the border a large number of guerrilla fighters and regular Pakistani soldiers in civilian clothes into Jammu and Kashmir. India replied with its Operation Grand Slam and crossed the border in Punjab and Rajasthan and in a series of fiercely fought battles destroyed Pakistan's much vaunted armoured forces equipped with the latest US supplied Patton tanks.

The Indian counter thrust into Pakistan was led by I Armoured Division in the Sialkot Sector. The division was under the command of Maj Gen Rajender Singh MVC popularly called Sparrow. He was one of India's most respected senior officers and had had been awarded the MVC for his actions in 1947-8 in J&K when 7 Cavalry under his command had had cleared the enemy from Jhangar Area and recaptured Zozila Pass. The first time tanks were ever used at such altitudes. His own son and my course-mate and friend Lt later Lt Gen TS



India-Pakistan 1965 War.

Shergill was taken prisoner in one of the battles and very badly ill-treated by the Pakistanis when they came to know that he was the son of Gen Sparrow who had decimated their armour in Sialkot. The other place where Pakistani tanks were destroyed was in southern Punjab near Ferozepur. Here a major Pakistani armoured thrust led by Pattons was decimated by our Centurian tanks of 3 Cavalry. Hundreds of Pakistani Pattons were shot up. 3 Cav was commanded by Lt Col later Maj Gen Salim Caley who was awarded the MVC for this action. Curiously Salim Caley was my battalion Commander at the Indian Military Academy and a much hated one at that. For some reason he was disliked by most officers he came into contact with including Generals Himmeth Singh and Hanut Singh when they served under him in 1974-5 at Jhansi in 31 Armoured Division.

This story by my friend Brig Goraya is a very interesting human interest story. It brings out very lucidly how behind their warlike and fear-some demeanours soldiers are

on both sides of the battle field are also human beings with similar emotions and feelings. Brig Goraya and I are old friends, we were in the 1971 War together, I was a company commander with 4 Guards and he the Brigade Major of the Artillery Brigade of our Division. Later both of us served on the staff of 62 Mountain Brigade in Kanpur. Gen Sagat Singh after relinquishing command of IV Corps in Tezpur, moved to I Corps in Mathura and we were once again under his command. Gen Sagat with the victory in Bangladesh behind him came to I Corps with a formidable reputation. All subordinate commanders were in awe of him some even afraid and dreaded his visits to their formations and units. But when he came on an inspection to our brigade on spotting Goraya and me his 1971 War subordinates he threw aside all protocol and programmes and spent the next three days partying, merrymaking and recounting wartime stories. As expected our brigade commander Brig Mahpat Singh got to a thumping report and went on to become a Lt General.

about thirty minutes. On the way he talked about you and revealed you had migrated to England. After untying my bonds he put a small piece of paper in my shirt pocket. Then he gave me a tight hug and bid me farewell with a muted "Khuda Hafiz". "Your angel brother took a great risk in letting me off. He could have been court marshalled for treason. I wonder how he explained my 'escape' to the authorities. I was weighed down by the debt I owed him. How to repay it I did not know. Getting in touch with Onkar even if I could, was sure to put him in trouble. The piece of paper he put in my

pocket contained your address in London. It impelled me to trace you somehow. I applied for release from the army soon after the war. It took a couple of years to secure a visa for England and here I am!"

My brother swore that I myself had told him what happened on the fateful night in Sialkot Sector. Yet I was astounded to hear the strange story that portrayed me as the central character. It is a fact that my brother attended school at Jamke. Though I cannot vouch that he had a friend named Aftab and also the story about his parents, it was probably true. It is also true that during the Indo Pak war of 1965 I was serving as a

General Staff Officer (Intelligence) in the rank of a captain in Sialkot Sector. However a question mark lingers over my stated role. Was Maj Aftab of Pakistan army really captured and brought before me for interrogation? Did I set him free on discovering him to be of my caste and my brother's close friend? If I really did that, how did I cover my actions? Did I really act as a kind hearted emotional fool and a traitor to my country? If my brother's version is true then I must be the one under dementia and not my brother. I leave it to my reader's imagination. | rajeshsharma1049@gmail.com



At a seminar on Lt Gen Sagat Singh at Chandigarh to R. Maj Chandrakant, Brig Goraya, Maj Gen VK Singh (Signal officer with Gen Sagat Singh in Sialkot 1967) Maj Gen Rajendra Nath. Gp Capt CS Sandhu San Comdr of 110 Helicopter squadron that flew us across the Meghna.

## #PARENTING

### Bonding With Second Baby



About 70% of the mothers reported they did not worry at all about forming an attachment to their second baby

Most mothers don't worry excessively about bonding with a second baby or whether they'll love each child equally, research finds.

The new study, however, uncovered some psychological risks among those moms who do worry. The findings are contrary to a widely held belief that it is common and normal for women to be worried about loving their second baby as much as they currently love their first child. Although some mothers may worry a little if they can form an attachment to their second baby, such feelings are "not common and universal," says Brenda Volling, psychology professor at the University of Michigan and the study's lead author.

The study in the Infant Mental Health Journal focuses on 240 pregnant mothers expecting their second baby. About 70% of the mothers reported they did not worry at all about forming an attachment to their second baby-what the authors referred to as maternal-foetal relationship anxiety, or MFRA. On the other hand, about 20% worried a little, while 5% of the mothers worried "very much" or were "extremely" worried.

Volling, whose research focuses on early social and emotional development and parent-child interaction, says the women who experienced high levels of anxiety also had other psychosocial risks in their lives-including more depression, more conflict in their marriages, and their firstborn children had less secure attachments.

To overcome excessive anxiety and feelings of insecurity in close social relationships, mothers may wish to seek professional help from care providers or join support groups. Coming to understand the source of these insecurities "would most likely free them to feel closer to their babies," Volling says.

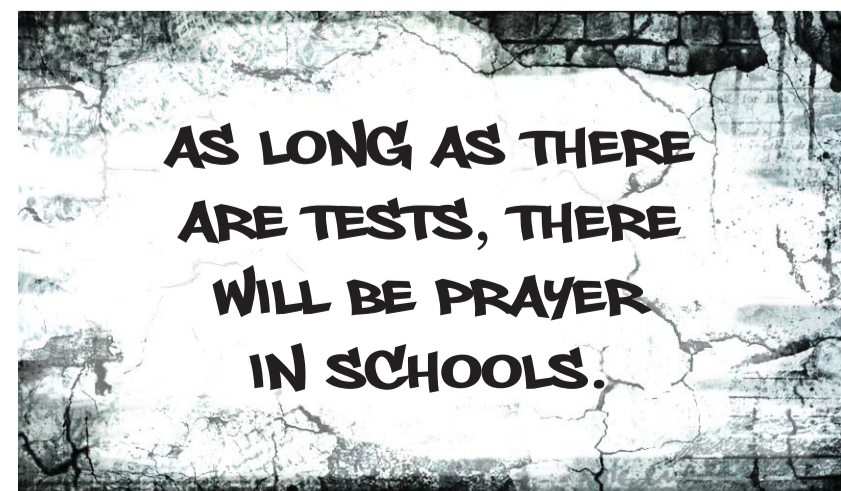
Volling says blogs and articles about what moms can expect when having their second baby have made it difficult for mothers to seek help and support by claiming it was normal for mothers to feel less attached to their second babies.

Fathers' attachment to their children is also important-and there are similarities to mothers' attachment to the unborn baby.

Fathers who are also depressed during the perinatal period can have difficulties establishing an attachment to the baby during pregnancy," Volling says. As is the case for mothers, it is the social support and relationship risks surrounding these men that matter, she says.



## THE WALL

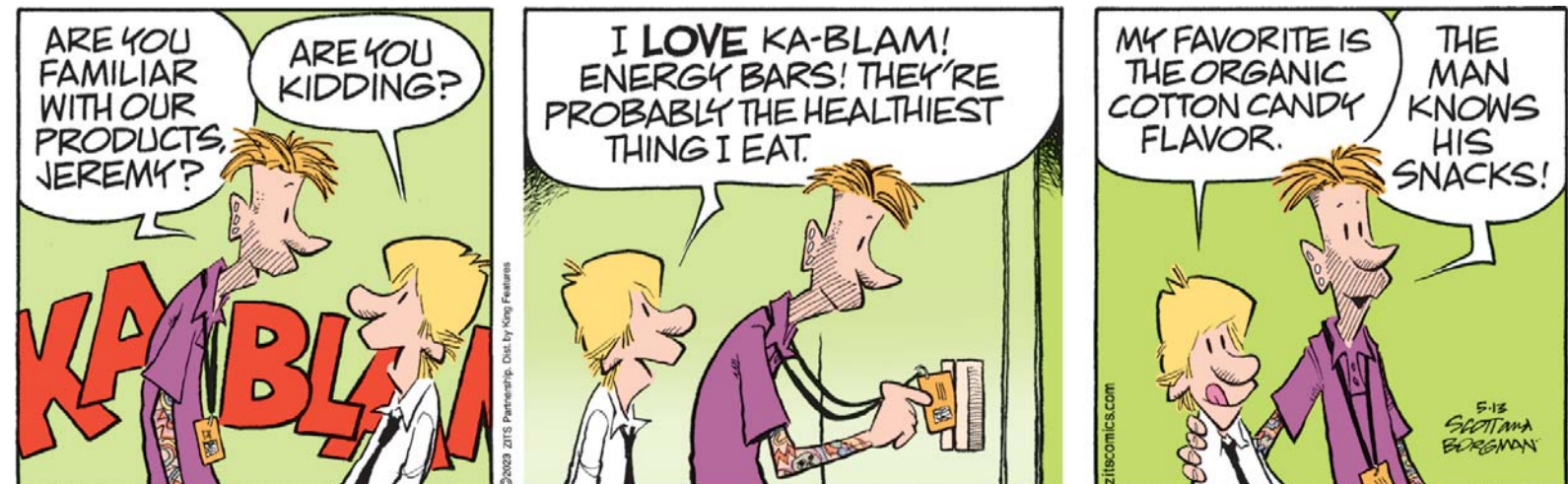


## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman