

#TRIED&TASTED

Weelicious Weekend

More time inside means more opportunities to make some fun recipes with your kids!

Cooking teaches kids a number of important life skills, so the earlier you can get them experimenting with recipes and ingredients, the better! Here are some simple ways to get them having fun in the kitchen - no oven required.

Banana Sushi

Ingredients

- Bananas
- Almond butter
- Whipped cream cheese
- Crushed cereal
- Rice crispy cereal
- Chia seeds
- Shredded coconut
- Chopped chocolate
- Cinnamon sugar

Preparation

- Cut the bananas into 1-1/2 inch pieces, roll in almond butter or whipped cream cheese and roll in any desired coating.
- Feel free to use other ingredients you have on hand as well.



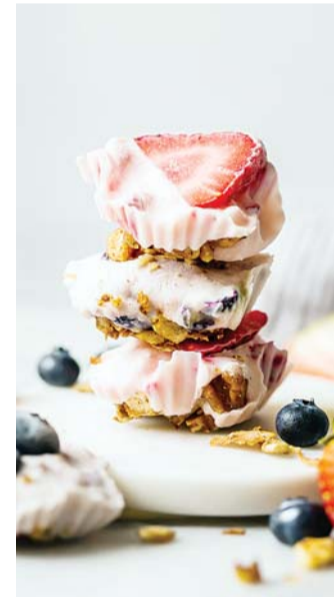
Frozen Yogurt Fruit Bites

Ingredients

- 1.5 3 ounce container whole milk vanilla greek yogurt
- 1/3 cup fresh raspberries

Preparation

- Place yogurt and raspberries in a bowl and mash with a fork. If you want chunks of raspberries don't overly mash.
- Using a small spoon or spatula place the mixture into silicone moulds.
- Tap once or twice to remove any air bubbles.
- Place the mould on a small baking sheet or directly into your freezer and freeze for 4-6 hours or until bites are solid.
- Pops bites from moulds and enjoy.



Strawberry SunButter Bites

Ingredients

- 2 large flour tortillas
- 4-6 tablespoons SunButter
- 10 strawberries, thinly sliced

Preparation

- Place the tortillas on a flat surface and spread each with 2-3 tablespoons sunbutter.
- Divide the strawberries between the wraps and tightly roll up pressing the edge of tortilla with sunbutter to adhere.
- Place the wrap seam side down on a cutting board; cut 1 inch wheels and serve.



Cookie Dough Balls



Ingredients

- 1 cup old fashioned oats
- 1/2 cup unsweetened coconut flakes
- 1/2 cup peanut butter or sun butter
- 1/2 cup ground flax seed
- 1/2 cup chocolate chips (semi sweet or vegan)
- 1/3 cup honey or agave nectar
- 1 tablespoon chia or hemp

- seeds
 - 1 teaspoon vanilla extract
- Dye-free sprinkles**
- Preparation**
- Place all of the ingredients except the sprinkles in a food processor and pulse until thoroughly combined.
 - Use your hands to roll the mixture into 1 inch balls, then roll in the sprinkles.
 - Store in an airtight container in the refrigerator.



Imran Khan.

#CRICKET



Lokendra Pratap Sahi
Senior Journalist

Not jumping into the akhada of politics, the completion of 75 years of Independence of India and Pakistan pushed me towards spending hours on a Big Question in the context of cricket: What if India had not been carved into two nations by our erstwhile rulers?

Surely, through generations, undivided India would have had unbeatable teams. Envyable XIs, always.

Without going back to the Hanif Mohammads and Fazal Mahmoods (both of whom were such wonderful hosts in Pakistan, by the way) or the Vijay Hazares and Vinoo Mankads, I jotted down three teams to reflect the last 50 years: 1972-1991, 1992-2005, 2006-2022.

Paramount for me was to make sure each cricketer had made an impact for, at least, around five years in the period where he made the cut.

Obviously, having played right through the period in question could not have been a consideration.

I was strongly influenced by performances in Test cricket, for that is the premier format. Not ODIs and most certainly not T20Is.

Call it a bias, but no format tests character the way the five-day game does. Come out tops in Test cricket and you become a winner - for life, if I may add.

Naturally, I do not expect everybody to agree with my XIs. However, in this fascinating exercise, I have made an effort to be fair. A regret is I had to leave out stalwarts like Dilip Vengsarkar and Wasim Bari; VVS Laxman and Shoaib Akhtar; Zaheer Khan and Mohammed Hafeez. Also, Ramiz Raja, Mohammed Yousuf, Harbhajan Singh and Mohammed Shami.

Mohammed Azharuddin has lost out, but could indeed have made two teams: 1972-1991 and 1992-2005. So, another name added to my list of those one feels sorry for.

Big guns all. Apologies to every single outstanding cricketer: I was just not able to pick in my XIs. Trust they will not be offended. Except my first and third teams, the one from 1992-2005, would arguably be unbeatable across the formats.

Even though exceptions could have been made with good reason, I have not named any cricketer in more than one team.

Each XI has a mentor. Well, why not a coach? My answer is simple: The cricketers selected need no coaching! A mentor with stature, who has himself played at the highest level, would suffice.

Also, the concept of coach in the way we understand today did not exist

Gavaskar, Imran in same XI as also Sachin & Akram... Wow!



Sourav Ganguly.

Virat Kohli.

in the 1970s.

Do read on and, perhaps, debate...

UNBEATABLE/1972-1991

Openers: Sunil Gavaskar, Majid Khan.

Middle order: Mohinder Amarnath, Gundappa Viswanath, Zaheer Abbas, Javed Miandad.

'Keeper: Syed Kirmani.

All-rounders: Kapil Dev, Imran Khan (captain).

Specialist bowlers: Bishan Bedi, Abdul Qadir.

12th man: Brijesh Patel for the first half, then Madan Lal.

Mentor: Mansur Ali Khan 'Tiger' Pataudi.

Unlucky: Accomplished Vengsarkar.

Which batsman could I have left out?

Of my three teams, choosing this was the easiest. Most picked themselves, but I did grapple with the captaincy bit. There were five contenders - Bedi, Gavaskar and Kapil; Imran and Miandad. Honestly, any one would have done an excellent job, but I went with the supremely inspirational Imran. Maybe, some will question my choice, which is fine.

I have not named my favourite spinner, Erapalli Prasanna, which should confirm the point made earlier, that of being fair.

UNBEATABLE/1992-2005

Openers: Virender Sehwag, Saeed Anwar.

Middle order: Rahul Dravid, Sachin Tendulkar, Inzamam-ul-Haq, Sourav Ganguly (captain).

'Keeper: Moin Khan.

All-rounder: Wasim Akram.

Specialist bowlers: Anil Kumble, Jawagad Srinath, Waqar Younis.

12th man: Ajay Jadeja in the first half, then Yuvraj Singh.

Mentor: Intikhab Alam.

Unlucky: Laxman and Akhtar. I went with Sourav, and not Laxman, as he could be useful with the ball too. Had Laxman made it, my captain would have been Dravid. As for Akhtar, I chose the more steady (and not controversial) Srinath.

This XI wasn't an easy selection, given that I was spoilt for choice. As stated, omitting classy Laxman and fiery

Akhtar was tough. But, then, so many cannot play.

UNBEATABLE/2006-2022

Openers: Rohit Sharma, Azhar Ali.

Middle order: Babar Azam, Virat Kohli (captain), Younis Khan, Misbah-ul-Haq.

'Keeper: Mahendra Singh Dhoni.

All-rounder: Ravichandran Ashwin.

Specialist bowlers: Jasprit Bumrah, Mohammed Amir, Shaheen Shah Afridi.

12th man: Suresh Raina for the first half, then Ravindra Jadeja.

Mentor: Ravi Shastri.

Unlucky: Zaheer. Amir made it instead, by the narrowest of margins. Picking one and not the other did take up considerable time. However, I am satisfied with the firepower-packed pace attack. Lethal threesome, is it not?

Apart from choosing Amir over Zaheer, I debated long and hard on the captaincy. I named Virat as he has fared better overseas than

Dhoni, having registered terrific wins. Had this team exclusively been for the white-ball formats, Dhoni would have been at the helm. No debate.

Overall, 17 from India and 16 from Pakistan have made the cut. Fairly good 'balance', to eliminate whispers of a tilt. Selecting the teams was far from a walk in the park, but put them on the scoreboard at any cricket ground in the world and the opposition would freeze.

The rest of this Column is devoted to former Board of Control for Cricket in India office-bearer Amitabh Choudhary, who passed away in Ranchi on Tuesday.

Amitabh, 62, distinguished himself as an IPS officer and, later, in the Jharkhand State Cricket Association (JSCA) and in the Board.

If Dhoni ensured Ranchi got international mileage, Amitabh gave Jharkhand's capital a world-class stadium. That apart, the state's vote in the Board was much sought after by candidates during elections.

Few know that, behind the scenes, Amitabh actively worked for Dhoni's maiden India call, in 2004-2005. "Usse ek chance to milne do, Boss... Then enjoy," he told me days before the selectors were to name the India squad for a short tour of Bangladesh.

It was left to me to "discreetly" convey Amitabh's request to the men who mattered. Basically, that Dhoni be given the opportunity he deserved. Amitabh was confident the selectors would not regret their investment.

The rest, as is so often said, is history as Dhoni scripted such a uniquely memorable script.

It is interesting that both Dhoni and Amitabh kept growing in stature simultaneously. One on the field, the other off it.

Having taken premature retirement from the IPS (letting go the chance to

sign off as his state's DGP), Amitabh dabbled in politics before giving 100 per cent attention to his role in cricket administration.

Joint secretary to acting secretary to representing India at International Cricket Council meetings... Amitabh ended up making enemies both within and outside the Board.

A 'foe' within was Vinod Rai, who headed the Supreme Court-appointed Committee of Administrators which ran the Board from January 2017 till Sourav and Jay Shah took charge in October 2019.

The almost regular 24x7 conflict between Amitabh and Rai could have made for a best-selling book.

After Sourav and Shah took control of the Board, Amitabh stepped back from the headlines, but kept guiding the present-day administrators in Jharkhand.

Even on the evening before he passed away, Amitabh was meeting them in connection with the upcoming India vs South Africa ODI in Ranchi.

Aware that Amitabh could add value, the Hemant Soren government had appointed him chairman of the Jharkhand State Public Commission. He was in that position at the time of his death.

Respecting everything Amitabh did for Jharkhand, the government honoured him by according a state funeral. Chief Minister Soren was present at the cremation.

Clearly, a chapter in Jharkhand's cricket has ended. But it is unlikely that Amitabh's contribution will, with time, be forgotten.

The JSCA has, by the way, called a meeting of its Committee of Management today (Sunday) to consider ways to keep "Amitabh Sir's memory alive," as secretary Debashis Chakraborty put it.

That would be proper. ■■■■
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Wasim Akram.

Sunil Gavaskar.



Shaheen Shah Afridi.



MS Dhoni.



Babar Azam.



Sachin Tendulkar.



Inzamam-ul-Haq.

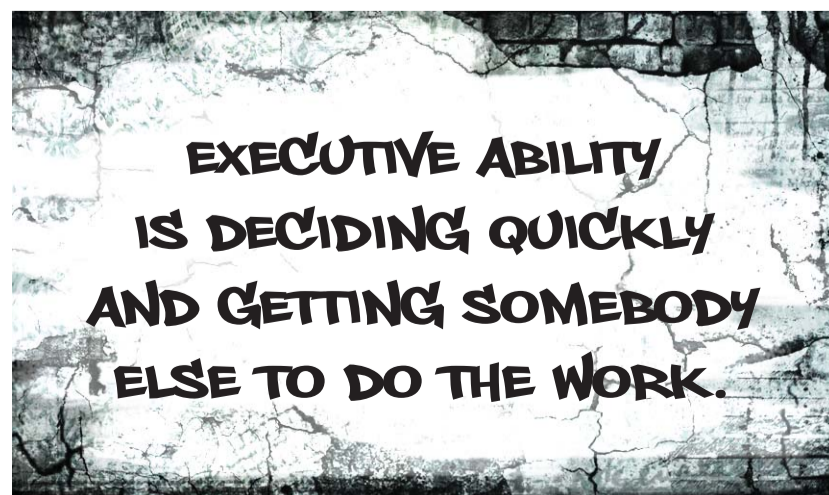


Kapil Dev.



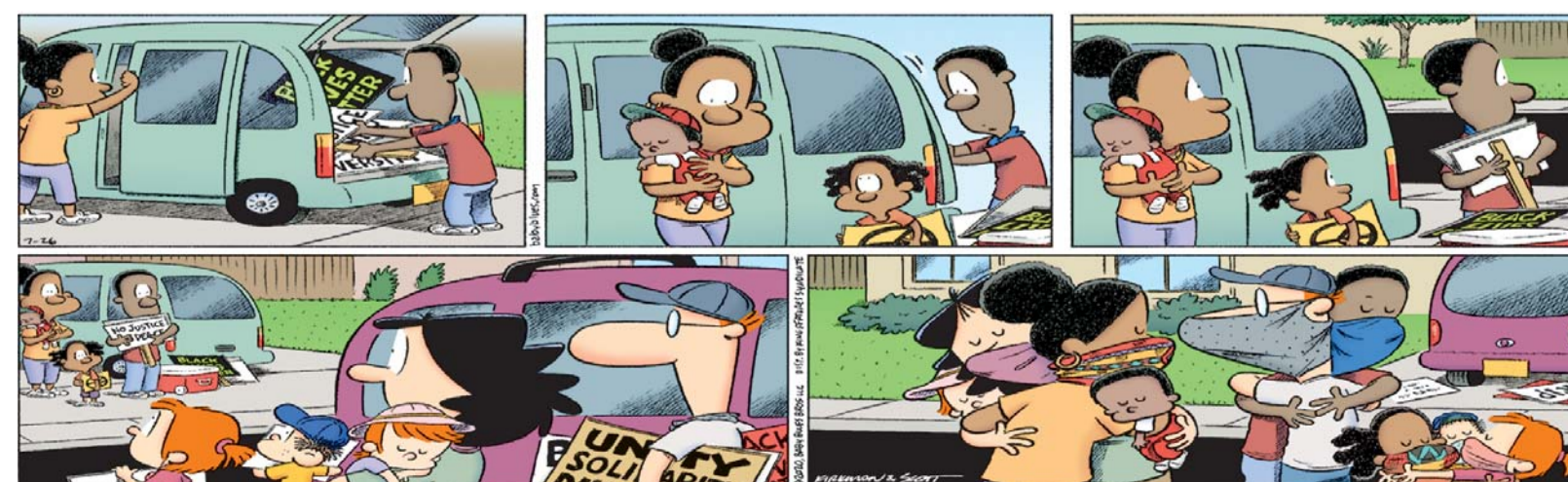
Javed Miandad.

THE WALL



EXECUTIVE ABILITY IS DECIDING QUICKLY AND GETTING SOMEBODY ELSE TO DO THE WORK.

BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman

#STARVATION

Full-scale Nuclear War

The ozone layer would be destroyed by the heating of the stratosphere producing more ultraviolet radiation at the surface.



More than 5 billion people would exceed the largest anomaly ever recorded since the beginning of Food and Agricultural Organization observational records in 1961. Under the largest war scenario more than 75% of the planet would be starving within two years.

Researchers considered whether using crops fed to livestock as human food or reducing food waste could offset caloric losses in a war's immediate aftermath but the savings were minimal under the large injection scenarios.

"Future work will bring even more granularity to the crop models," Xia says. "For instance the ozone layer would be destroyed by heating of the stratosphere producing more ultraviolet radiation at the surface and we need to understand that impact on food supplies."

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Climate scientists at the University of Colorado, which partnered with Rutgers on the study are also creating detailed soot models for specific cities such as Washington, DC, with inventories of every building to get a more accurate picture of how much smoke would be produced.

Robock says that the researchers already have more than enough information to know that a nuclear war of any size would obliterate global food systems killing billions of people in the process.

"If nuclear weapons exist they can be used and the world has come close to nuclear war several times," Robock says. "Banning nuclear weapons is the only long-term solution."

"The five-year-old UN Treaty on the Prohibition of Nuclear Weapons has been ratified by 68 nations, but none of the nine nuclear states. Our work makes clear that it is time for those nine states to listen to science along with the rest of the world and sign this treaty."

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