

#TEXTILE

Stay Cool in Style

From Cotton to Silk, discover the best fabrics to beat the Summer Heat with comfort and flair!



As the summer heat kicks in, the last thing you want is to feel sweaty and uncomfortable. But fear not! The key to staying cool and stylish lies in choosing the right fabrics. Whether you're planning a beach day, a casual outing, or simply relaxing at home, the fabric you wear plays a huge role in how you beat the heat. So, let's dive into the best breezy fabrics that'll keep you feeling fresh and fabulous all season long!

1. Cotton: Your Cool Companion

Cotton is the classic choice for hot weather, and for good reason! This fabric is a total summer essential because it's breathable, soft, and super absorbent. Cotton allows air to flow freely, keeping you

cool even on the hottest days. Plus, it absorbs sweat, so, you'll feel fresh throughout your busy day. From casual tees to breezy dresses, cotton is your go-to fabric for staying stylish without overheating.

Pro Tip: For extra comfort, opt for loose-fitting cotton clothes. The more air, the cooler you feel!

2. Linen: The Ultimate Summer Fabric

Linen is like the superhero of summer fabrics. It's light, airy, and lets your skin breathe like no other fabric. Linen is made from the flax plant and is known for its natural, relaxed look. Even though it wrinkles easily

(which is part of its charm), linen keeps you cool and comfortable, making it perfect for hot days at the beach or a laid-back brunch with friends. It also dries quickly, which is a bonus for those spontaneous summer adventures!

Pro Tip: For a chic and effortless summer look, go for linen shirts, flowy pants, or loose dresses.

3. Chambray: Denim's Lighter, Cooler Cousin

If you love denim but find it too heavy for summer, chambray is your new best friend. It looks like denim but is much lighter and more breathable. Made from soft cotton, chambray keeps

you cool while giving off that laid-back, stylish vibe. A chambray shirt or dress is perfect for casual days out, offering the same cool factor as denim but without the weight.

Pro Tip: Pair chambray with fun accessories like oversized sunglasses and sandals for that easy, breezy summer look.

4. Jersey Knit: Soft, Stretchy, and Super Comfortable

Jersey knit is the fabric you turn to when you want comfort without compromising on style. This stretchy, breathable material is perfect for those days when you want to be cool and

relaxed. Whether you're lounging at home or out and about, jersey knit feels soft against your skin and lets you move freely. It's perfect for casual tops, dresses, and even activewear!

Pro Tip: Look for loose-fitting jersey dresses or oversized t-shirts for maximum comfort on a hot day.

5. Silk: The Luxurious Summer Fabric

Silk might seem like a fancy option for summer, but it's surprisingly breathable! This luxurious fabric not only feels soft and smooth against your skin but also helps regulate your body temperature. Silk is perfect for

those elegant summer evenings or special occasions when you want to look chic and feel cool. Its lightweight texture keeps you comfortable even in warm weather, and its natural sheen adds a touch of elegance to any outfit.

Pro Tip: Choose lighter silk tops or dresses that flow with the breeze for a stylish yet cool summer ensemble.



Galapagos Tortoises Will Thrive!

When caretakers first introduced Abrazzo and Mommy in 2022, the two elderly tortoises didn't immediately hit it off. Abrazzo, it seemed, was out of practice. "At first, it was clear that he didn't quite know what he was doing," says Rachel Metz, Philadelphia Zoo's vice president of animal well-being and conservation. "He was backward." But, eventually, Abrazzo and Mommy, the two oldest animals at the zoo, figured out how to mate. Starting in 2023, Mommy laid three clutches of eggs, but none of them hatched.



A pair of critically endangered, nearly 100-year-old Galapagos tortoises at the Philadelphia Zoo have become first-time parents.

In an announcement on Friday, the zoo said it is 'overjoyed' at the arrival of the four hatchlings, a first in its more than 150-year history.

The babies are the offspring of female Mommy and male Abrazzo, the Philadelphia zoo's two oldest residents. The quartet is being kept behind the scenes inside the Reptile and Amphibian House for now, 'eating and growing appropriately,' the zoo said.

"This is a significant milestone in the history of Philadelphia Zoo, and we couldn't be more excited to share this news with our city, region and the world," President and CEO Jo-Elle Mogerman said, in a statement.

"Mommy arrived at the Zoo in 1982, meaning anyone that has visited the Zoo for the last 92 years has likely seen her," she said.

"Philadelphia Zoo's vision is that those hatchlings will be a part of a thriving population of Galapagos tortoises on our healthy planet 100 years from now." Mommy is considered one of the most genetically valuable Galapagos tortoises in the Association of Zoos and Aquariums' species survival plan. She is also the oldest first-time mom of the Western Santa Cruz

Galapagos species. The last clutch of such tortoises to hatch at an AZA-accredited zoo was in 2019 at Riverbanks Zoo and Garden in Columbia, South Carolina. The San Diego Zoo, Zoo Miami and Honolulu Zoo also have breeding pairs.

The zoo plans a public debut of the hatchlings on April 23, as well as a naming contest.

Western Santa Cruz Galapagos tortoises, the baby reptiles, all females, are a beacon of hope for their species. Before the youngsters hatched, U.S. zoos had a combined total of only 44 Western Santa Cruz Galapagos tortoises, "so, these newest additions represent a new genetic lineage and some much-needed help to the species' population," says Ashley Ortega, who coordinates the captive Galapagos tortoise breeding program for the Association of Zoos and Aquariums (AZA), in a statement from the zoo.

The eggs were laid by an elderly female named, fittingly, Mommy. But until now, she had never been a mother. Caretakers believe she's around 97 years old, which likely makes her the oldest first-time mom of her species. Biologists also consider Mommy

didn't

to be one of the most 'genetically valuable' Galapagos tortoises in the AZA's breeding program. Mommy has lived at Philadelphia Zoo for more than 90 years. After hatching in the wild in the Galapagos Islands, she was brought to Pennsylvania by a man

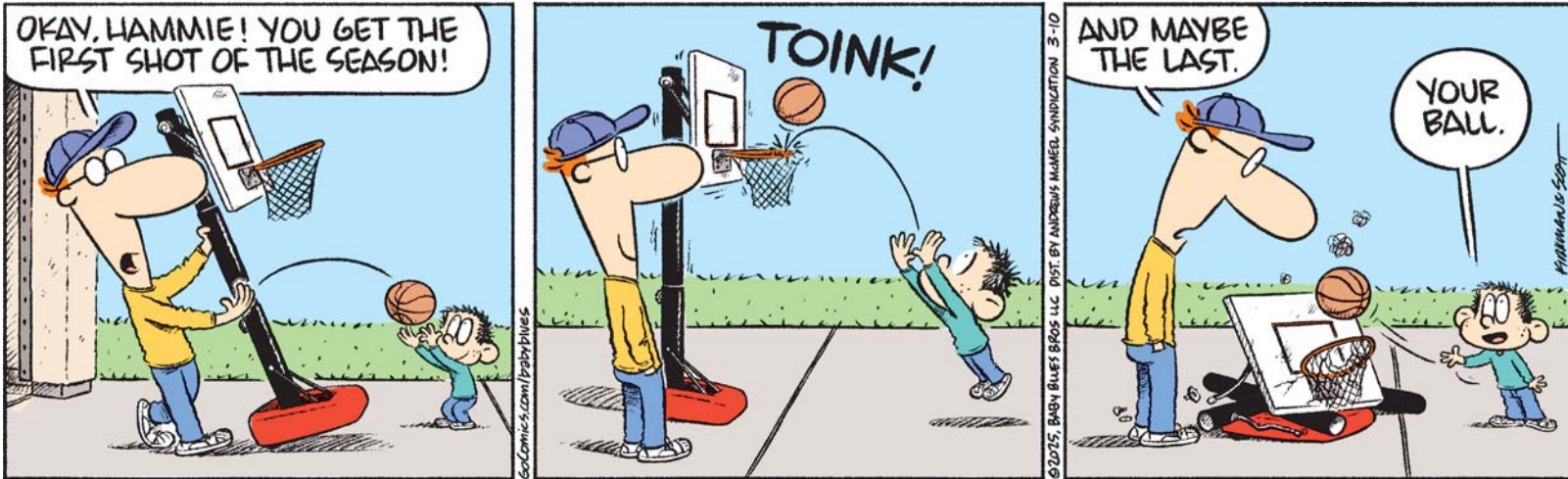
named Milton W. Holden on April 23, 1932. At the time, she weighed 40 pounds. Today, she tips the scales at 284 pounds. The hatchlings' father is Abrazzo, who is estimated to be around 96 years old. His origin story is a bit murky, but the first records for the turtle dad come from the Gladys Porter Zoo in Texas in April 1929. He's been at Philadelphia Zoo since December 2020, when he was transferred from the Riverbanks Zoo and Garden in South Carolina. When caretakers first introduced Abrazzo and Mommy in 2022, the two elderly tortoises didn't immediately hit it off. Abrazzo, it seemed, was out of practice.

"At first, it was clear that he

#ALMOST WILD



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman



World Wish Day: A Celebration of Hope and Dreams

World Wish Day, celebrated on April 29th, is a day dedicated to granting the wishes of children facing critical illnesses. It marks the anniversary of the Make-A-Wish Foundation, which started with the first wish granted in 1980. The foundation's mission is to create life-changing experiences for children, offering them hope and joy during difficult times. On this day, communities worldwide come together to raise awareness and funds to help fulfill more wishes, reminding everyone of the power of hope, positivity, and the difference a simple wish can make in a child's life.



were incubated below 82.4 degrees Fahrenheit to produce males, and half were incubated above 85.1 degrees to produce females. The first egg hatched on February 27, followed soon after by three siblings. All the eggs that have hatched so far were incubated as females. But more could hatch in the coming weeks, according to the zoo.

For now, the babies are being kept out of public view in the zoo's Reptile and Amphibian House, under the watchful eye of the animal care team. They're eating and growing as expected, with each weighing a little less than three ounces, or about as much as a chicken egg. The hatchlings will be officially introduced to the public on April 23, which also coincides with Mommy's 83rd anniversary at the zoo. They're expected to remain at the zoo for at least five years.

The last time Western Santa Cruz Galapagos tortoises hatched at an AZA-accredited zoo was in 2019 at Abrazzo's former home, the Riverbanks Zoo and Garden in South Carolina. San Diego Zoo, Zoo Miami and Honolulu Zoo also have breeding pairs of Western Santa Cruz Galapagos tortoises. Philadelphia Zoo also has another

Conservation of Nature. They represent just one of several sub-species of Galapagos tortoises. Scientists believe that these giant reptiles traveled from mainland South America to the remote volcanic archipelago roughly two to three million years ago, according to the nonprofit Galapagos Conservation Trust.

It's not clear how they got to the Galapagos, which today are located roughly 600 miles west of Ecuador's coast. But, once they arrived, the giant tortoises ended up on different islands. Cut off from the mainland population, and from each other, the tortoises evolved into 14 or 15 distinct sub-species. But their populations plummeted in the 18th and 19th centuries, as buccaneers and whalers nabbed tortoises for meat and oil. Lonesome George, the world's last Pinta Island tortoise, died in 2012 at around 100 years old. Today, 13 subspecies remain, according to Philadelphia Zoo.

Concerted conservation efforts are underway to help the archipelago's famous tortoises rebound. In addition to the breeding programs, scientists are taking steps to help protect the reptiles from introduced species. Rats, pigs, dogs and ants prey on tortoise eggs and hatchlings in the wild, while donkeys, goats, cattle and invasive plants disrupt their habitat. As for Abrazzo and Mommy back in Philadelphia, they may just be getting started.

Scientists suspect Galapagos tortoises can live to be up to 200 years old, which means that it's possible the couple could become parents again. In the meantime, conservationists are hopeful that their first hatchlings will "be a part of a thriving population of Galapagos tortoises on our healthy planet 100 years from now," says Jo-Elle Mogerman, the zoo's president and CEO, in the statement.

rajeshsharma1049@gmail.com



#FOOD-TALK

Kathi Roll: India's Flakiest, Tastiest Gift to Fast Food Culture

Before burgers and fries, India had its own grab-and-go masterpiece, the iconic *kathi roll*.

When we think of fast food today, glossy images of burgers, pizzas, and fried chicken flood our minds. But rewind to a simpler time, before global chains took over, and India had mastered the art of delicious, handheld meals. Enter the kathi roll, Kolkata's iconic gift to street food culture, and arguably India's original fast food.

Born on the bustling streets of Kolkata in the 1930s, the kathi roll started not in a grand kitchen but in a modest restaurant called Nizam's. Legend has it that British officers, too impatient to sit down for a full meal, wanted something quick, portable, and tasty. The chefs, thinking on their feet, wrapped succulent kebabs in flaky parathas, threw in some onions, a squeeze of lime, and voilà, the kathi roll was born.



More Than Just a Roll

At its heart, a kathi roll is blissfully simple: a filling (usually skewered kebabs or spiced vegetables) snugly tucked inside a fried, buttery paratha. But that simplicity is deceptive. Each bite tells a story, a perfect balance of soft and crunchy, spicy and tangy, hearty and fresh.

The word 'kathi' itself means stick, referring to the traditional

bamboo skewers used to roast the meats. Over time, though, the fillings diversified. Paneer, egg, spicy potatoes, even chowmein, the humble roll evolved with its eaters, remaining gloriously democratic. Whether you're a college student on a budget or a busy professional craving comfort, the kathi roll welcomes everyone with equal warmth.

An All-Day Affair

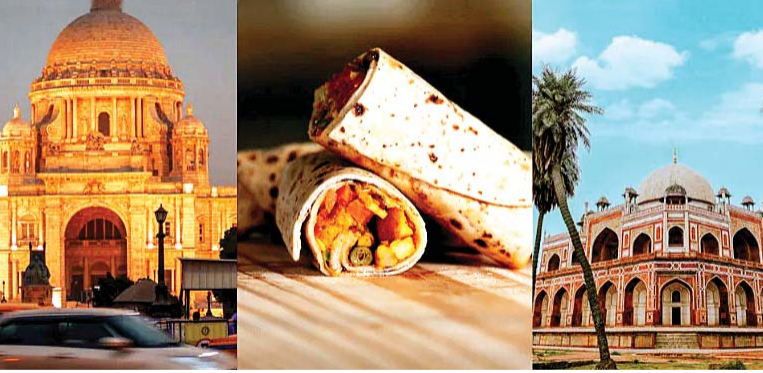
Another reason the kathi roll deserves its fast-food crown? It's an all-day favorite. Morning hunger pangs? Grab an egg roll, warm and peppery, perfect with a cup of chai. Lunch break rush? A double chicken roll will fuel your afternoon. Midnight cravings? A paneer tikka roll under a flickering

streetlight might just be the best decision you make all night. And unlike many modern fast foods, the kathi roll is deeply customizable. Want it extra spicy? Add more green chilies. Prefer it tangy? More lime, please. Whether you want it dry or dripping with chutneys, every roll is a personal adventure.

Rolling Across India (and the World)

From its Kolkata roots, the kathi roll has journeyed across India's cities and small towns. Walk down the lanes of Delhi's Connaught Place, Mumbai's Churchgate, or Bengaluru's Koramangala, and you'll spot roll vendors dishing out their magic to hungry crowds. Today, gourmet versions find space on upscale restaurant menus. Some swap parathas for roomali rotis, others use beetroot

or spinach wraps. Fillings range from global fusions like Korean BBQ chicken to Mediterranean falafel. Yet, at its core, it remains unmistakably Indian, a handheld homage to our love for layered flavors. Even internationally, the kathi roll has made a name for itself. From London's bustling food trucks to New York's trendy cafés, chefs are reinventing this classic, introducing global audiences to its spicy, savory charm.



The Soul of Indian Fast Food

Unlike the processed predictability of modern fast food, a kathi roll bursts with real, fresh flavors. The paratha sizzles on a hot tawa. The kebabs are marinated with earthy spices. The onions are crunchy, the sauces house-made. There's an immediacy, a soulfulness to a kathi roll that a paper-wrapped burger just can't match. It's a reminder that fast food doesn't have to be bland or artificial. It can be vibrant, messy, and deliciously authentic, just like India itself.

A Love That Rolls On

In an age where speed often trumps quality, the kathi roll stands its ground. It remains a bite of nostalgia for many, a quick meal for thousands daily, and an evolving canvas for chefs and street vendors alike. So, the next time you grab a kathi roll, whether it's sizzling hot from a street cart or elegantly plated at a bistro, pause for a moment. Take a bite. Feel the flaky paratha give way to smoky, spiced goodness. Taste the squeeze of lime cutting through the richness. Hear the faint crunch of onions. That's not just a meal. That's history, culture, and pure love, all rolled into one.