

VANA PREMI

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No.7

Vana Premi Wishes Happy, Prosperous and Healthy Idd-ul-Fitar



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Longing for a drop of Water***

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**JOURNAL OF THE ASSOCIATION OF RETIRED FOREST OFFICERS
TELANGANA & ANDHRA PRADESH**

VANA PREMI

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EDITORIAL

World Nature Conservation Day: - We have made this planet a sterile world of steel and concrete only to sustain ourselves at the cost of other species. Currently, global warming is a major problem that the entire world is working to fight against. Global warming is the real cause for Tsunamis, earthquakes and other natural disasters which took away many humans lives in recent years, in many parts of the world. Conservation of nature is very crucial and scientists have already given a clarion call to prevent Mass Extinction in the near future.

World Nature Conservation Day is observed on 28th of July every year all over the world with increasing awareness about the precious natural resources. Nature provides us with various indispensable services which have made possible human and other lives' existence on the planet. Right from the air we breathe to the raw material required for the development process, everything is provided by nature. Many nature documentaries reveal the importance of every resource that nature has bestowed us, yet humans have paid a deaf ear. Nowadays, man has become so greedy that he is making money by using and misusing natural resources as much as he can. As a result of this nature is deteriorating and diminishing. We are seeing a world where many species are getting pushed onto the brink of extinction and that's a disgrace. The felling of trees has increased many folds and in many parts of the world forests have totally disappeared. The rapid development process is putting pressure on the natural resources like air, water, forests, wildlife, fossil fuels & minerals. Even the above mentioned natural resources will not last for more than 50 years which is a matter of serious environmental concern. Excessive and

unsustainable use of these resources is causing degradation of nature. Hence the need for 'Nature Conservation' is felt all over the world, which is the wise management & utilization of natural resources.

World Nature Conservation Day is celebrated to create awareness among the children and common people over the environmental concerns. To attain the goal of 'Save our Environment', we should not indulge in any environmental damaging activities. In fact a joint effort and united effort is required to save our planet. Apart from the environmental concern, we do promise to conserve the other basic requirements such as electricity, water, and food items etc. which are critical for making our lives sustainable on this planet. The smallest of actions is always better than the noblest of intentions.

Water Scarcity: There is going to be acute water scarcity in the near future. Already conflicts have broken out among the public over drinking water. We are purchasing drinking water which was available free of cost about 25 years back. (God forbid the day when we have to purchase Oxygen also) The underground water level is shrinking due to various reasons. The land is turning into desert and is becoming useless for cultivation. The yield of agricultural products is going down due to drought year after year. We all should work together to overcome this problem, if not now than never. Many plants have been set up to desalinate the sea water into fresh water which is costing us heavily.

Electricity: We all know that electricity is one of the most essential needs for all our development. No electricity means no development. We are heading towards

technology revolution. The usage of internet has made life so simple and has brought everything into our drawing rooms. This is indeed a boon but on the other hand without electricity how is this possible? So, we should conserve electricity. A study shows that around 20% - 30% is wasted by the public as transmission losses or theft. How can this be compensated?

Solution:

1. Switch off the electrical appliances when not in use.
2. Avoid fixing of common switch for many fans and lights.
3. Replace ordinary bulbs with CFL bulbs.
4. Person indulging in illegal theft of electricity should be punished and Government should take legal action against such people.
5. Transmission losses should be reduced.

Food Shortage: In the recent years, food shortage has become a huge problem for everyone as the human population has increased abnormally. The land used for cultivation is diminishing day by day and is either converted into house sites or used for nonagricultural purposes or left as fallow. The farmers are getting a good amount for their land, so everyone is trying to sell their land instead of practicing cultivation. On the other hand the population explosion is one of the major issues. The climate is changing very fast due to global warming. In this condition farmers have begun to feel cultivation is becoming a tough task and it yields nothing but loss. It is also known fact that that 20% - 30% of food items are wasted every day. By conserving these food items we can feed 20 crores under privileged people. Large amount of food is wasted in hotels, marriage parties, other social functions and even in our houses. Readers will agree that on no account food should be wasted.

Solution

1. Government should encourage farming of crops which need less water and produce more yield.
2. The land under the use of cultivation should not be converted into house sites and other uses.
3. Proper storage facilities should be created for farmers to safely store their products.
4. We should inculcate the habit of not wasting food items among the children.
5. A meeting should be organized at every panchayat level to make general public aware of the issue of 'wasting food items'

Energy Crisis: We are using around 90% of total energy used is fossil fuel. The reserve of crude oil is diminishing at an alarming speed and it is expected that it may hardly last up to 2050. Till now no energy is invented which, can replace fossil fuel on a mass scale. So, this is one of the huge crises which we are heading towards. Straight away what can we do now? The only answer is we can conserve energy as much as we can.

Solution:

1. Four wheeler vehicles should not be used for one or two people.
2. Bicycle usage should be encouraged by the Government.
3. High technology should be introduced for producing best bicycle and no tax should be levied on bicycle.

Vana Prem requests all its readers to observe World Nature Conservation Day on 28th of this month and bring awareness among the general public for protecting the environment and our natural resources for the continuation of human and other lives on this planet. **QMK**

LETTERS TO EDITOR

Sir,

With deep regret and sorrow I learnt about the passing away of Mr. S. Kondas, IFS (Retd) at Chennai on 30th April 2014. I had the opportunity of being his student in Southern Forest Rangers' College, Coimbatore when I was undergoing training during the years 1968-70. He was our House Tutor and was teaching us Silviculture and he was very kind hearted towards his students.

Even after 42 years of leaving the SFRC I still remember his way of introducing himself and the students to other officers when we go on camps to various places along with him so affectionately. His way of teaching the subject was so excellent that it was touching the mind and hearts of the students. I hereby reproduce below the paragraphs written by me about Mr. S. Kondas in my article "My SFRC Days – A Memoir" published in our "Vana Premi – Nov-2010 issue" for the information of the readers who did not have the opportunity of going through that article.

——"**Mr. S. Kondas** : "I am Kondas; and these are my boys." That was the way Mr. Kondas, introduced him and us, so affectionately, to the local officers when we went on tour. He was a great person in enforcing discipline and also in teaching. He was teaching Silviculture. Still I remember the way he was making us to remember the lessons. The following sentences expressed by him regarding the Field Characters of a tree still ring in my mind:

"You fellows have joined this College with a job in your pocket. Once you get back from here after completing your training, your parents would be eager to get you married. They see an alliance and ask you to go along with them to see the girl. You go to the house of the girl and you are all well received by the elders of the prospective bride. You would be anxiously waiting to see the girl. The girl enters the hall gracefully while you are all sitting; and the girl sits in the chair meant for her like a bird perching on the branch of a tree. You would be watching her face and try to remember the physiognomic features and observe her graceful movements. Like that when you see a tree in the forest, you should try to remember the field characters along with the physiognomic features. *Terminalia tomentosa* is identified by its field character of crocodile bark; *Anogeissus latifolia* by its blotches on the stem; *Lagerstroemea lanceolata* by its peeling of bark and so on"

That was the way of his teaching, blending the subject with humor and real life; and we could never afford to forget the subject."———

I had seen him last in the year 1988 when he came to Tirumala Hills for Darshan of Lord Venkateswara while I was working as DFO, TTD, Tirumala and I had taken him personally for Darshan of Lord on that day and I was so glad that he recognized me immediately after seeing me. **"MAY HIS NOBLE SOUL REST IN PEACE"**

With Regards,

V.SANTHA SEELA BABU,

Dated: 16-06-2014.

Dear Sir,

Having received the hard copy of Vana Premi for June 2014, in time, this time, I was able to go through in detail the contents, particularly your editorial on the raging topic of World Environment Day which you have dealt with dexterously by quoting scorching issues of 'Black Hole Effect', etc. And I would like to congratulate you for that as also for having taken special interest to print the beautiful photograph of Tamarind Tree, having indeed such an unusual shape, from Hyderabad's Chow Mahalla on the Front Cover. Also was interesting the news about educating the reader about the Cork Tree (*Quercus suber*) in addition to the talk 'Cleanest cities of the country where in though Bangalore figures but sadly Hyderabad doesn't!

I was impressed to go through the two exquisitely brought out articles on 'Ashraful Makhluqat' and 'The 'Most Eminent among the Created beings', the earlier one having meant for your Souvenir, I will be only too happy to include it in our Vana Vikas in one of the ensuing issues. Please consider to include the enclosed corrected version of my article 'Giggle', to 'wriggle out' of your vows, in lieu of the earlier one which contained a few printer's devils.

Sincerely,

Dr. Raghotham Rao Desai

MESSAGE IS TOO SHORT BUT CARRIES, LOT OF MEANING

Little Girl and Her Father Were Crossing A Bridge. The Father Was Kind Of Scared So He Asked His Little Daughter, Sweetheart, Please Hold My Hand So That You Don't Fall into The River. The Little Girl Said, No, Dad. You Hold My Hand. What's The Difference Asked, The Puzzled Father? There's A Big Difference, Replied The Little Girl. If I Hold Your Hand And Something Happens To Me, Chances Are That I May Let Your Hand Go. But if You Hold My Hand, I Know For Sure That No Matter What Happens, You Will Never Let My Hand Go.

Moral Of the Story: - In Any Relationship, The Essence of Trust is Not in its Bind, But in its Bond. So Hold The Hand Of The Person Whom You Love Rather Than Expecting Them To Hold Yours....

ABUSE OF ELDERS AT HOME

By
J. V. Sharma

Help Age India conducted a survey on the elderly and Hyderabad City was one of the cities surveyed. The findings were released two days ahead of 'World Elder Abuse Awareness Day'. 10 localities were chosen at random in the city but the size of the sample is not reported. The results categorized and reported in *The Hindu* dated 14th June 2014 are as follows:

Awareness:

75% of the respondents are not aware of the existence of police helpline.

72% do not know of the Maintenance and Welfare of Parents and Senior Citizens Act.

Reporting of Abuse:

60% of those who did not report the abuse were not aware of the possible recourse.

45% did not report as they wanted to maintain their privacy.

72% of the respondents actually reported the abuse –an improvement over 27% of last year.

Nature of abuse:

53% say that they were subjected to 'neglect' by families.

46% said that 'Disrespect' was the form of abuse they were subjected to.

30% of respondents said that they were verbally abused.

40% of male and female respondents said they

had experienced personal abuse.

What is to Blame?

45% of respondents attribute the abuse to changing 'ethoses.

38% blame 'emotional dependence on the abuser'.

33% complain 'lack of effective legal remedies'.

Who is to blame?

Majority of abusers i.e. 63% are the sons.

Only 40% of abusers are daughters-in-law.

How the abuse is revealed?

48% of those abused revealed it to an extended family member.

14% revealed it to social worker.

21% revealed it to friends.

7% revealed it to community leaders.

The survey was titled "*Elder Abuse in India (2014)*".

Before going into specifics of the topic, it would be proper to explore the position of the elderly in good old days and the changes that had come about with passage of time. The Indian society, barring very few isolated pockets, is traditionally patriarchal. Evolution of civilization has its roots in community living and that was the only option for safe and secure life against assaults from other quarters. Gender wise, man being stronger than the woman, he happened to hog all importance in the affairs of life.

Community living was the model replicated in family system at micro-level and joint family system was the most acceptable form of life. Economic stability being highly uncertain for individuals, people preferred joint family system as an answer to individual incapacities.

Joint family system comprised of more than one individual family unit and it became necessary to pool up inputs of all members according to their capability, a collective effort, to keep the entire family afloat. In this model, it did not matter who did what. The skilled and talented contributed more while lesser talented did what they could do for the entire family. Feeding and taking care of the joint family was considered collective responsibility. Discrimination on the lines of individual performance was unknown. The weak always got the protection he needed. The family as a whole lived as one unit. If they had to suffer, they suffered collectively and they had to enjoy the benefits they enjoyed collectively. Both assets and liabilities were deemed as joint responsibility. This way of life afforded a safe and decent living even for the old and the infirm. It was a mindset of collective living which continued as ethos of Indian family system.

Joint family system was in practice as long as there was illiteracy and backwardness. In the absence of communications facilities they remained confined to their original abode.

Education, awareness and interaction with outside world, had made them think of better avenues of life. Thus were sown the seeds of drift from the age old joint family system. Though the events are not related, the change started taking place roughly after India became Independent. Independence from foreign rule heralded a paradigm shift in the thinking of people as it offered new opportunities for education, employment, better medical care and above all a sense of individuality.

Like the objects propelled out of the orbit never reverting to original orbit, the families once out of joint family never return to original family system. Fragmentation of joint families so started, had gained momentum with time with nuclear families becoming the order of the day. The vision of the nuclear family gets focused and confined to the family alone. When one is so self-centered, it is no surprise that he/she cannot look beyond the immediate and close members of the family. After all elders are elders with no worthwhile contribution to the family. When mundane considerations come into play, the emotional bond, perhaps the only link between generations is bound to weaken.

This is the picture I could paint of the issue broadly in the Indian context. Western countries being more advanced experienced this change much earlier. They accepted it as unavoidable phenomenon and are mentally prepared to live

with it. The elders do not mind living separately or in old age homes, as the case may be, and their offspring think that it is the right way and remain content paying an occasional visit. In India, it is still the transition and it may take a couple of decades for the dust to settle.

Now coming to the survey mentioned above, there is no reason to disagree with its findings. Aberrations are bound to be there whenever there is change in an established system. The problem becomes more acute when there are social, economic and financial factors operating. More elders coming out to report the abuse than last year (an improvement to 72% from last year's 27%) is a welcome development. The survey finding that sons are harsher than daughters-in-law should be really so since it is an accepted fact that ladies are more decent than men. Awareness of the problem in its true color, however nasty it is, is necessary to devise effective and durable solutions. I feel the survey should cover the following areas also:

1. The survey can be separate for male and female elders.
2. Similarly, separate study is desirable in respect of abusers (sons and daughters).
3. Whether the elders are suffering from diseases the treatment of which is a burden on abuser.
4. Whether the elder is cynical and psychic to render the atmosphere unbearable.

5. Economic status of the abuser.
6. Whether there is intellectual disparity between the elder and abuse.
7. Whether the abuser is of the view that the elder is an embarrassment to him.
8. Whether the elder had discriminated the abuser in distribution of wealth.
9. Whether the elder did not have any wealth at all to distribute.
10. Whether the abuse was physical.
11. Whether the abuser cannot support the elder financially.
12. Social status of the abuser.
13. Literacy levels of the elder and abuser.
14. Whether there are any temperamental problems.
15. Whether the elder has other options to live honorably on his own or with others.
16. And similar information covering all relevant areas.

In any case the trend of nuclear families has come to stay. And the trend cannot be reversed. Life styles have vastly changed. Dwelling units are mostly designed to cater to small families. In olden days relatives and friends used to visit for stay and this is no longer the practice. It has to be accepted that the custom of elders living with their grown up sons and daughters is no longer practicable.

Even the old have a right to live. It is a

Fundamental Right. Living also means living with dignity. Existing legislations like the 'Maintenance and Welfare of Parents and Senior Citizens Act' notwithstanding, a credible solution needs to be devised to provide decent life to the elderly when they are not in a position to fend for themselves. The elderly people cannot be allowed to run pillar to post to get justice under these laws. Nor the old age pension the Government drolls out is a guarantee for a respectable life. With life expectancy rising up, the country is bound to have fairly large component of old people among population in coming years. It is time the State takes up this issue seriously and moves beyond grant of old age pensions.

We have several models world over developed for the welfare of old people. Old Age Homes and even Old Age Villages are run efficiently under State Control. Persons have to decide in

their middle age whether they need dwelling unit comprising of manageable accommodation. The State will construct the units and sell only occupancy rights. The State will take care of maintenance on the basis of Central Government Housing and collect maintenance charges. The complex will have facilities of recreation and social life and the occupants are made comfortable enough not to feel them living separately from their children. Once the elder passes away, the dwelling unit will revert to the State. If the Sale-Purchase System of India is followed, all the dwelling units will be sold and resold and the facility will itself vanish sooner than later. There are several other models for consideration and the Government will have to take the initiative at the earliest. Chosen models can be fine-tuned with more welfare measures to make the life of the old people comfortable.



“What can change the world is your good loving attitude”

‘GIGGLE’, TO ‘WRIGGLE OUT’ OF YOUR WOES

By

Dr. B Raghotham Rao Desai

The biggest cause for all ailments today is admittedly ‘tension’, and the best way to cure it is laughter—— this is something that all health experts agree on, and was proved on a Sunday (4th May, 2014) on the occasion of World Laughter Day.

People of all age groups—especially senior citizens—were laughing away their ailments, worries and problems at a cultural event and Humor Festival Conference organized by the Bangalore Laughter Club. It was contagious as I could observe, as many who did not want to laugh started laughing too, seeing others! Live performances were organized to tickle the funny bone.

In fact, different types of laughter help people beat of stress——this perhaps being the best medicine for almost all diseases. I am eighty years old but by socializing and through laughter-therapy, I feel eighteen again, as that helps me relax, and beat the stress created by several assignments heaped on me! Stress and tension are the biggest causes—— if not rather, the only causes——for health problems. So, the best way to beat them is: by laughing.

Through laughter, one can probably reduce causes of blood-pressure, diabetes (both of which presently happen to be my ailments), asthma, nervous-breakdown, depression, insomnia, migraine, cold/cough (which affect most of us occasionally, every now and then), heart-diseases and many more. It is my view that

main reason for 101 diseases is: tension; and laughter makes light of all these, since mind becomes so much lighter.

According to me there are some two dozen types of laughter such as: One meter laughter, Chinese laughter, Japanese laughter, hearty laughter, Nataraj laughter, No problem laughter, Argument laughter, Appreciation laughter, Namaste laughter, Tension-free laughter, and Silence laughter/ laugh to yourself. There are also many Yoga camps I know of, where people just laugh to relax and rejuvenate themselves. One of my daughters & her husband, and a number of grown-up nephews, and a grandson being doctors, they say: medical professionals prescribe laughter-therapy for a number of ailments and illnesses——several hospitals even organizing special laughter camps for patients and doctors. Cardiac institutes and NIMHANS had organized such camps in the past, as I happen to know.

A new study has even revealed that since laughter can help lessen the damage that stress-hormone-cortisol has on memory, and bearing-ability, in the elderly, it is observed that there is a significant decrease in cortisol concentrations, because of which potential clinical and rehabilitative benefits can be applied to wellness programmes for the elderly. Cognitive components——such as “learning ability” and “delayed recall”——become more challenging, as people age, as they are essential to older

people for an improved quality of life. Lesser the stress one has, the better their memory will be, as humor reduces detrimental stress-hormones like cortisol that decrease memory-hippocampal-neurons, lowering the blood pressure, and increasing the blood-flow, and helps mood-state.

Laughter increases the release of endorphins and dopamine in the brain, which provide the positive and beneficial neuro-chemical-changes, and make the immune- system function better.

And, happiness is pre-lingual-indescribable-outburst “within”—any attempt to muzzle it, in a dictionary or voice in superlatives, kills it at source. Happiness can’t be spelt: only felt—it reconfigures itself, “under a microscope”, constantly. The thing is: no one knows how happy one wants to be, as it is an open-ended- emotion, an infinite peak. If we don’t feel it, we are told to fake it. Textbooks tell us to grin and bear it, “to fool our body and mind into a permanent state of positivity”. But, how does one go up the ups without going down the downs? Can sheer wording minimize melancholy? One man’s glee is another man’s gloom—tragedies sometimes do grow into comedies: getting fired could lead one to “chance foray into a dream-job”, it all depends on where one is standing. ‘Happy now?’ asks someone desperately trying to make us unhappy. For, some people are only as happy as others are not: which is why gossip becomes so hot, be it about a neighbor or a colleague—somebody else’s misfortune locates another anew, placing him instantly on higher terrain!! We luxuriate in grief, throw a pity-

party, and badmouth ourselves for a buzz.

Every step of the way, there is a choice—to take offence, or take it in your stride: to be the ‘child’ whose balloon just slipped out of its hand, or be the ‘balloon’ that just slipped out of a child’s hand. We come crying into this world and hopefully, will leave a few crying when we go; best to ease up on the cranky, in the interim.

So, know my brethren: feel healthy and young, by making lots of friends in your group—on the lines on which I had suggested in an article ‘A True Friend: Life’s Precious Treasure’ published in an earlier issue of ‘Vana Vikas’(Qly)/‘Vana Premi’(Mly), if found wanting—as this is the best way to socialize and mingle with people, especially for senior citizens, since it is also a good exercise, every morning/evening!

A sequel to the Article: Laugh it away!

◆ A distraught senior citizen dialed her doctor’s office: “Is it true that the medication you prescribed has to be taken for the rest of my life?”

“Yes, I am afraid so” said the doctor.

There was a moment of silence before the woman replied: “I am wondering then, just how serious my condition is, because this prescription is marked: *One Week*”.

◆ A thief and a magician entered a candy store, where the thief slipped three chocolate-bars into his pocket. After leaving, the thief bragged: ‘No one saw me. I am the best at what I do’.

The magician offered to do him one better. Back in the store, the magician asked the clerk if he wanted to see chocolate-bars, wondrously reappear.

After getting an enthusiastic 'Yes', the magician asked for chocolate-bar. The clerk gave him one and the magician ate it. He then asked for a second and third bar, both of which he devoured. 'Where is the magic?' asked the clerk.

'Check my friend's pocket, and you'll see.'

◆ Think it's easy, being a landlord? Check out these tenant-complaints:

'The Toilet is blocked, and we cannot bathe the children until it is cleared'.

'My wife tripped and fell on it yesterday, and she is pregnant'.

'I request permission to remove my drawers in the kitchen'.

'I wish to report that tiles are missing from the outside toilet roof. I think it was bad wind he other day that blew them off.'

'It's the dog's mess that I find hard to swallow'.

◆ After leaving the Army an Officer applied for a hunting permit in USA, but was told that he would first need to take a hunter's-safety-course. "I am a veteran, trained in handling firearms. Why wouldn't I get a waiver?"

The clerk replied "because we teach you not to shoot people".

◆ Thinking that the women cannot fight, the Army won't put them in the frontlines. But, in fact, they can: All the General has to do is to walk-over to the women and say "You see the enemy over there? They say: "you look fat in the

Uniforms".

◆ A newly married Officer in the Indian Army and his wife were on their way to Uttarakhand's famous Valley of Flowers, and had obtained special permission to spend a week in an Army-Officers'-Transit-Mess. After a couple of days of getting the same dishes at every meal, the wife complained to the Chief Steward about lack of variety in the food. "Madam, in a transit-officers'-mess, it is the Officers who change," replied the Chief Steward, "not the Menu".

◆ I was alone in a lift when a girl stepped in with a cell phone pressed to her ear "I have to go", I heard her tell the person at the other end. "There is a cute guy standing here". Before I could react, she turned to me to clarify: "Sorry for lying. I just wanted to end that conversation".

◆ My seatmate on a flight was a woman. Ever the charmer, I asked, "Does the airline charge you extra, for sitting next to good-looking man?" "Yes," she said, "but I wasn't willing to pay".

◆ My Commerce Professor in 1996 told me I was 'average'. I told him 'That's mean'.

◆ My co-brother, HSGR is very superstitious, whenever he goes out: doesn't like being asked where he's headed. One day my friends JVS & TNS spotted him at the bus-stop with a travel bag. "Hi there" said they, and then with a brief pause asked, "Where will you be returning from?"

◆ I overheard a lady saying she'll apply make-up on the train. I think it'll still look like a train.

DELIGHTFUL VISITS TO SAFARI AND BIRDS REFUGE IN OHIO, U S A:

By

B. M. T. Rajeev

I wish to share with the readers my delightful experience as a visitor to an African Safari artificially created for recreation near Port Clinton and to Ottawa National Wildlife Refuge in June, 2013 with my family, the pleasures are as follows in comparison with the conditions for the tourists in our country.

1. African Safari at Port Clinton: This is a small facility created for the recreation and enjoyment of the younger generation in the outskirts of a forest area with collection of African and American wild animals and named as African Safari to attract the people, especially children. It has a mini zoo and some big enclosures for herbivores for drive in facility of the visitors. No carnivores are accommodated in it.

The herbivore enclosure facility is the main attraction in which the animals like American bison (buffalo) Sika deer which looks like our spotted deer, alpaca, bongo, Guanaco, Scottish highlander with big horns and Kudu are put in big enclosure with water ponds and feeding facility. The visitors are allowed through road in cars and they are allowed to take feed and carrot sold at the gate by the park authority to feed the animals and enjoy the closer look. The people/ children crave to feed the animals. The moment the cars enter, the animals rush to take the bite of the feed offered through windows of cars. It is a fun to watch the wild animals competing to have their share of food by giving an opportunity to see them close, pat and photograph. The

people scare when the big horned Scottish highlanders approach the cars. It is only a 20-30 minutes' drive that excites the visitors and not the fellow wild lifers. It is mess up of animals as they are more in number and the space is limited;.

The other exhibits are kept in separate enclosures for zebra, giraffe, bacteria camel and buffalo to which there is no drive in facility. The visitors can move in cars in roads along fence observe, photograph and feed through holes of chain link mesh fence.

The mini zoo is cozy with mostly primates and a Burmese python show in which the visitors can take the python and get photographed by putting it around the neck. There is camel ride for children and a pigs racing fun with a theater for conservation education on wildlife, pergolas with table and chairs for eating, rest room and souvenir shops are also found here.

Observation: The things impressed me are the zeal of children to feed/ touch the animals, exhibits of primates, brief by the lady Rangers to the visitors before entering the enclosures about the care to be taken in the drive through and the cleanliness of the campus and the parking facility

Whereas, we have drive in safaris in Bannerghatta, Bengaluru with better facilities but we lack in presentation to the visitors. There is no arrangement to sell the food to feed even to the elephants which love to have from the

visitors. The briefing by the park authorities is almost zero as our personnel are shy of talking on the animals. We should have an enclosure with human friendly animals like spotted deer, sambar, rabbits, and squirrels to allow the children to touch / feed and feel the touch of animals to create closeness in the minds of young with the wild animals to win their cooperation in wildlife conservation.

2. Ottawa National Wildlife Refuge (ONWR): It is a Birds Sanctuary in Ottawa County (Not the Capital of Canada) near Oak Harbor of Lake Erie in Ohio State managed by the U.S Fish and Wildlife Service. It refuges more than 9,000 acres that wind through a variety of habitats including marsh, upland, and forested wetlands. The National Wildlife Refuges (NWR) is the designated wilderness areas that include wetland, coastland and deserts administered by the 'National Wilderness Preservation System (NWPS)' in U.S. The objective of the NWR is 'to preserve the wilderness legacy i.e. to preserve wildlife (resources of wilderness), clean air and clean water for ever for the benefit of the American people of present and future generation' (Wilderness Act, 1964). The NWPS has about 23 million acres of designated wilderness in 63 NWRs. The wildlife management tools are prescribed fires, reintroduction of endangered species, checking of fragmentation of wilderness areas, control of non-native plant and animal species, and global climate change that is threatening the wilderness system.

Before the European settlers arrived, this refuge was a dense, deep swamp called 'Great Black Swamp'. In 1990s, the natives were forced to flee; the swamp was drained and brought under

cultivation by settlers. Part of it was preserved along the Lake Erie shore and owned by the private waterfowl hunt clubs, who recognized the areas significance to wildlife and handed over to F & W Service to form ONWR in 1961. It has two more refuges i.e. Darby and Navarre unit under its brand name.

The ONWR is intensively managed to provide habitat for native species and control invasive spp. Much of the refuge is divided in to dike impoundments. Water levels in the impoundments can be raised or lowered through a system of ditches, pumps, and valves. Variety of habitat type is created in a given year by rotating water levels in impounds to provide diverse habitats like marsh, grass/ sedge meadow, shrubs, estuary, open water for wetland dependent wildlife during springs. The woods are raised in fringe areas.

Fauna: This refuge is home for varieties of native birds like swans, egrets, ducks, finch, teal, sandpiper, warblers, Canada geese, including bald eagle etc. and hosts many migratory birds from cold region of Canada in springs. The White tailed deer, squirrel, coyotes or American jackal, brush wolf, or the prairie wolf, are upland animals found in this refuge.

Deer and water fowls are permitted for hunting as a controlling measure of their population.

Controlled or prescribed burning is practiced in springs, summer and autumn as a wildfire management strategy. The strategy says; that fires at different seasons have different effects on the plants and animals. For e.g. Leaf fall burn- kills small trees and shrubs and destroys winter wildlife habitat but improves the grass and make the shallow wetlands more attractive to wildlife in the following spring.

Spring burning- it destroys some nesting but provides better nesting cover for future years. Autumn burning- induces grass growth and reduces the chance of fire in next summer. Don't burn at all- money and labor is saved in the short term but wildlife loses attraction in the habitat and it results in a long term expense. Controlled burning is done by the trained staff with men and equipment in the conducive weather conditions, when the wind, temperature, and relative humidity are in safe range for burning. Grazing and hay collections are also permitted as a tool of fire management wherever farmers come forward to have the benefits for their cattle. It has a recently built visitor's center with parking lot, rest room and eating place. The build is one of the best Eco-friendly green buildings constructed by using the materials recycled, renewable, energy efficient or combination of the three for walls, roof, and floor. Fly ash is mixed with cement for foundation; solar energy is harnessed for 50% of lighting. The temperature of the building is controlled through earth's energy specially designed 'geothermal system' connecting to a 20 ft. deep pond. It is a nationally awarded green building.

Observation: We reached the refuge from Findlay which is a city in Hancock County, Ohio, United States by road within an hour's drive; a guide of the refuge with an electric car was waiting for us and on our request he took us round the refuge in the car through the roads maintained for the visitors for observation of birds and wild animals (mostly by walk) and gave an opportunity to have the glimpse of a birds' sanctuary but, the birds population was not

much as it was not the season. It gave an opportunity for me to collect a lot of information about the management of birds' sanctuary (Waterfowl management) in America. The weeds in this refuge are more. The guide explained that the non-native plants like purple loosestrife, common reed and reed canary grass are spreading by replacing the native grasses, are being uprooted, burnt and applied with chemicals. The weed 'purple loosestrife' is biologically controlled by introducing a beetle to feed on it and does not harm other plants. On questioning about the more visible of dead trees in the ONWR and in other forests; the information given was- those dead ones are Ash trees, more susceptible for a stem borer at pole' stage. The bug lays the egg on the tree and the larvae enter the stem and make a big hole by eating away the pith and kill the ash tree. The F&WS has spent millions of Dollars to find a solution for this bug attack and not succeeded so far.

We have similar problem of non-native weeds like Eupatorium, Parthenium and Lantana, not only invading our NPs, WLSs and BSs and but our agricultural fields also; our efforts in initiating action to control these monstrous weeds has not yet succeeded and not conducive to the future of our wildlife. I wish to quote a quotation displayed in ONWR.

"..... wild beasts and birds are by right not the property merely of the people alive today, but the property of the unborn generations, whose belongings we have no right to squander....."

— Theodore Roosevelt

MINUTES OF THE 72ND GENERAL BODY MEETING OF THE ASSOCIATION OF RETIRED FOREST OFFICERS OF TELENGANA AND ANDHRA PRADESH HELD ON 8TH JUNE 2014

Before the commencement of the meeting, the Vice-President Sri T. Narayan Swamy invited the attention of the members to the bifurcation of the erstwhile State of Andhra Pradesh w. e. f. 2nd June 2014 into Telangana State & (residuary) Andhra Pradesh State and informed the members that a peculiar situation had arisen as the Association of Retired Forest Officers, AP was formed for the retired forest fraternity in the composite State and as a sequel to bifurcation, necessity arises to decide the future of the Association *vis-à-vis* the functional jurisdiction. The matter was discussed and it was unanimously resolved that the incumbent office bearers of Association of Retired Forest Officers, AP shall continue to discharge functions as laid down in by laws even after State bifurcation. In view of this resolution, the existing body proceeded with the agenda. Sri S. K. Das, President of the Association, presided over the meeting and conducted the proceedings.

1. SHRDHANJALI: - The President informed the members about the sad demise of Sri S. Kondas (26-6-1930 – 30-04-2014). He was instructor in SFRC Coimbatore from 1963 to 1970. He retired in the year 1988 as Principal Chief Conservator of Forests, Tamilnadu State. The members stood in silence for 2 minutes and paid homage to the Departed soul.

2. AMENDMENT TO RULES AND REGULATIONS OF THE ASSOCIATION OF THE RETIRED FOREST OFFICERS, ANDHRA PRADESH.

Consequent upon the bifurcation of the State of Andhra Pradesh, the matter relating to the amendments to be made to Rules & Regulations of the Association was discussed. The General Body unanimously resolved to have only one Association for both the States with the name and style as "THE ASSOCIATION OF RETIRED FOREST OFFICERS OF TELENGANA AND ANDHRA PRADESH STATES". Accordingly, it was resolved to add the word "Telangana and" before the word "Andhra Pradesh" occurring in the Title and Paras 1, 3(i), 4(i) and 4(ii) of the Rules and Regulations of the Association.

3. SILVER JUBILEE CELEBRATIONS OF THE ASSOCIATION:

The following decisions were unanimously taken by the General Body:

- i The Silver Jubilee Celebrations of the Association combined with 73rd General Body Meeting will be held on 21-9-2014 at the same venue where the General Body meetings are normally held.
- ii. A Souvenir to commemorate the Silver Jubilee of the Association will be published. Sri J V. Sharma was already appointed as the Convener of the Souvenir Committee. The

Souvenir Committee consists of the (i) President of the Association (ii) Editor, Vana Premi and (iii) Convener of the Souvenir Committee. The expenditure to be incurred on bringing out the Souvenir will be met from the funds of 'Vana Premi'.

iii. CHIEF GUEST: It has been decided to invite Dr. Krishna Reddy, MD, DM, Cardiologist, Care Hospitals as Chief Guest for the Celebrations. In the event of Dr. Krishna Reddy being not available, it is decided to invite Mr. Anurag Sharma, IPS, I/C Director General of Police, Telangana State.

iv. OTHER GUESTS: It has been decided to invite the Prl. CCFs of Telangana and Andhra Pradesh States; the Chief Wild Life Wardens of Telangana and Andhra Pradesh; the Managing Directors of Forest Development Corporations, Telangana and Andhra Pradesh; Chief Guests of earlier General Body Meetings, the Presidents of Indian Forest Service Association, DCFs ACFs Associations, The President and Secretaries of All India Services Pensioners Association, the President and Secretary of A.P. State Govt. Retired Employees Association etc. as guests to grace the occasion.

4. The General Body decided to felicitate the past Presidents and Secretaries of the Association of the Retired Forest Officers, AP.

5. It has been decided to give Mementoes to all the members of the Association on the occasion.

6. Sarvasri. P. V. Padmanabhan, P. Bhaskar Reddy and B.S. Yousuf Sharief have volunteered to host lunch on the occasion of Silver Jubilee Celebrations on 21-9-2010. The gesture from the members is appreciated by all the Members.

7. Senior Member of our Association, Sri H. K. Desai, has volunteered to contribute Rs.15,000/- for the expenses towards mementos etc. The gesture shown by him is appreciated.

8. BIRTH CENTENARY OF D. S. Nakara:

The Apex Court of our country gave a land mark judgment on 17th December 1982 in a case filed by Sri. D. S. Nakara, in which the Supreme Court Of India held that "Pension is neither a bounty nor a matter of grace depending on the sweet will of the employer and that pension is not an ex-gratia payment but it is the payment for the past service rendered and it is a social welfare measure rendering socio-economic justice". Because of this judgment, the pension structure has changed and enabled the pensioners all over the country to hold their heads high and stand on their legs. All the pensioners are grateful to Sri. D. S. Nakara who expired on, 29.07.2009, at New Delhi, Sri D. S. Nakara was born on 8th April 1914 and Joined Indian Defense Accounts Service on 20th August 1937. He held prestigious post of Financial Advisor G.O.I. He retired from government service on 8-10-1971.

9. ROLE OF FORESTS IN ENVIRONMENT:

Sri T. Krishna Murthy, a very Senior Member of the Association gave a talk on the "Role of Forests in Environment" highlighting the importance of forests to mankind. He dealt at length how their importance is being diluted. The talk was interesting and educative. The members desired that the paper be published in Vana Premi to serve as reference to serving fraternity and others.

10. VOTE OF THANKS: The Joint Secretary-cum-Treasurer Sri. Govinda Rajulu proposed vote of thanks. He thanked in Sri T. Krishna Murthy for hosting the lunch. **Secretary**

"THE MOST EMINENT AMONG THE CREATED BEINGS"

By
Qamar Mohammad Khan

Man is considered as the most eminent distinguished and notable among the created beings only because his brain is well developed when compared to any other creature and he is the most intelligent living organism. Humans can think critically, invent and, to find solutions to devise problems. Man with the inventions of cars, trams, trains and airplanes and numerous other tools, gadgets, machines, has reached spectacular heights of developments and made life comfortable for himself.

I go for a morning walk every day early in the morning. Initially I used to go alone than some of my friends joined me and now I am going for morning walk along with my brother in law who has returned to Hyderabad after serving for a long time in Gulf countries as civil engineer and stays very close to my house.

My house is located in the outskirts of Hyderabad city (near Agricultural University) and at a distance of about four kilometers from Himayath Sagar a reservoir constructed about 90 years ago. The construction of Himayath Sagar reservoir on Esi River a tributary of Musi River was completed in 1927, for providing drinking water to Hyderabad. At that time the population of Hyderabad was only six lakhs. Another purpose of building reservoir was to save the city from floods which Hyderabad suffered in 1908. It was built during the reign of the Last Nizam of Hyderabad, H.E.H Nizam VII Mir Osman Ali Khan Bahadur and it is named after his youngest son

Himayat Ali Khan.

On Tuesday 28 September 1908, Hyderabad witnessed disastrous floods of the River Musi, flowing through the city. In one day, 17 inches of rainfall was recorded and the water level at Afzalgunj was about 11 feet (3.4 m) high. These floods caused huge devastation to Hyderabad, and killed around 15,000 people. Till forty years ago the reservoir used to be full during the rainy season and it was overflowing through River Esi for a longer period of the year. Drinking water was supplied to Hyderabad from the Himayath Sagar reservoir and it continues to supply drinking water to the city even today. Now the downstream side of the reservoir has completely dried up and only small quantities of water which is leaking from the reservoir flows to some distance. Esi River has become the most polluted one as the houses constructed on either side of the River are releasing drainage pollutants in to the river. Due to indiscriminate urbanization and lack of planning, the river has become a receptacle of untreated domestic and industrial waste out of Hyderabad. It is estimated that nearly 350 million liters a day of polluted water and sewage originating from the twin cities of Hyderabad and Secunderabad flow into the Musi River every day. Numerous efforts to clean it have failed and this is seen a major disaster in Hyderabad. After flowing for some distance River Esi joins Musi River near Langar House and the place is known as Sangam.

My house was constructed about 20 years back, in the outskirts of the city. All around my house large areas were either under agriculture or had abundant growth of trees. The following species have come up here, *Azadirachta indica*, *Tamarindus indica*, *Acacia Arabica*, *Prosopis juliflora*, *Lantana camara* and *Calotropis gigantea*, and few more tree species. Movement of human beings was very rare. On our morning walks we could walk up to the right bank of River Esi through a *Kacha* road which was quite wide with a canopy of above mentioned trees on either side of this road making the entire area look like a forest.

From the right bank of Esi River I would walk to a small tank known as Upper pally Cheruvu which was located very near to the right bank of Esi river. This was once upon a time an irrigation tank and the water was very clean and transparent. Fishes were visible in the water of the tank and many species of birds were seen here including water birds and their young ones. I have seen the young ones of ducks in a line like a platoon of army marching in a single file with the platoon commander (Parent) in front. The parents used to swim in front and the young ones very small in size used to follow the parents in a single line making it a beautiful scene. Early in the morning a number of times I have seen wild animals like pea fowls, black napped hare, wild boars, rodents, mongooses, many species of snakes, and many species of birds along my route. The chirping sounds of the birds were like a melody produced by the musicians and soothing to the ears. Peacocks could be heard producing calls and perhaps alerting other peafowls of the area about our presence. We used to hear the return

calls too. Peacocks were often seen dancing spreading their tail feathers whenever the sky was cloudy. The natural ambience inhabited by rare and different species of birds and mammals infused a lively and joyful sprit in us and made us oblivious of all our woes and worries. In short along with my friends we all eagerly looked forward to our morning walks.

Slowly situation has changed. The lands were sold to a developer who laid wide black topped roads by using heavy machinery and divided the area in to plots. Electric lines were laid and the area was electrified. The developer started his office in one of the plots after constructing a tin shed and his people stayed there during nights also keeping the lights on. Daily hundreds of people started visiting this area for purchasing plots. In a very short time all the plots were sold at a very high cost for constructing houses. Initially they started constructing compound walls to safe guard their properties and drilled bore wells. Here water table is high when compared to other areas of the city and water tankers from city were coming here to draw water from the few bore wells who were selling the water and they were supplying water to city which is parched of water. Traffic on the roads increased as the purchasers were frequently visiting the area either for constructing the compound wall or for visiting their plots. Multi storied buildings were constructed and labor was brought from other States who are camped in this area for construction work. These laborers were going for attending to natures calls early in the morning spreading themselves in all the directions. People found a short cut to visit the

other side (left bank) of the Esi River after constructing a Causeway and even the vehicles used this causeway. The owners of the plots started cutting down the trees in their plots. As a result the population of animal and birds which earlier brightened up our morning walks started diminishing due to disturbance created by human beings from early morning till late in the night. On the catchment side of the Upperpally Cheruvu large number, of beautiful houses and multistoried buildings were constructed at a huge cost and were occupied by hundreds of families. Some area of Upperpally Cheruvu was occupied by encroachers. The water of the Cheruvu became very dirty as all the buildings constructed on the catchment side of the tank connected their drainage lines to the tank. Now the water is stinking & turbid. The fishes and water birds have almost disappeared from the tank and very few are seen now here. Calls by the various birds are very rare. In the vacant plots some owners have started recycling of plastic which again emits very dirty smell and cannot be tolerated.

With this unfortunate encroachment in this area a peacock made a high tension tower as its home and always perched itself at a height of about 30 feet from the ground level on this tower which was on the right bank of river Esi. We used to see it almost daily or on alternate days with four to five peahens on the ground. Recently a plot owner whose plot is also situated on the right bank of the Esi River and very near to this tower, brought a "back hoe loader" (Poclain) to clean his plot of land which is quite large to dig the foundation all around his plot to raise the compound wall. He cut all the trees in his plot. This back hoe loader worked for, about six

to eight days perhaps during nights also. The peacock disappeared from that tower and now it is to be seen very rarely. The black napped hares, mongooses and wild boars have totally disappeared and are not to be seen in this area. They have perhaps migrated to other areas away from the present area where we used to go for our morning walks.

People call it as development. Local people say the land owners have become very rich as they have sold their lands at very exorbitant rates. The developer has become very rich. Local people owners of land and developer think money is everything. Whenever we pass through that road sometimes we hear the call of a peacock as if it is complaining to us that "you have destroyed my home, damaged the habitat of various wild animals and forced us to migrate to other places which are already inhabited by other animals. It is indeed sad to note that an unhealthy competition for food water and shelter has started among the wild animals. We don't have safe place even to breed. How can our population increase in this situation? Human beings are increasing their population and decreasing the population of wild animals fully knowing that human beings cannot survive without the wild animals? How cruel are you, and you call yourself 'the most eminent of created beings'?"

After hearing the peacock's cry I realize that I have seen this change in a short span of only less than twenty years. If this continues for next hundred years what will be the fate of this planet.

Readers of Vana Premi have to decide whether this is a development or destruction? Should we not control our population to avoid encroaching upon habitats of other species and on agricultural lands?

10 AMAZING REASONS TO DRINK MORE BUTTERMILK THIS SUMMER

Undoubtedly considered as the best summer soother, buttermilk or *chaanch* is a wonder drink that goes beyond quenching your thirst and refreshing you. Being a by-product of the process of churning cream into butter, most of the beneficial properties associated with milk are retained in buttermilk too. This just adds to the numerous reasons to have buttermilk in your daily diet!

Here, we give you a list of some wonderful health and beauty benefits of this delicious drink. But are you one of those who are not too fond of the sour taste and smell of buttermilk? Then luckily for you, some of its benefits can be reaped on its external application as well! So, whether you love the taste or don't, this one is for you.

1. Effective skin lightening agent: - Buttermilk contains large amounts of lactic acid, an Alpha Hydroxyl Acid (AHA), which is part of several expensive beauty products and treatments. This lactic acid helps to soften and brighten skin, acting as a natural solution to dark spots and tanned patches on skin. Grind dry orange peel and combine it with buttermilk to make a paste. Massage this paste very gently on your skin. Let it stay for 30 minutes, and then wash it off with cold water. You will notice visible changes in your skin within a month.

2. Effective treatment for sunburn: - Buttermilk acts as a natural lotion that helps soothe sunburn. Simply mix buttermilk with tomato juice, and apply this mixture on the affected area. The vitamin A and C in this mixture will help heal skin better. After rinsing this mix off, you will feel much cooler and considerably relieved of the painful burn sting.

3. Anti-ageing benefits: - Buttermilk mixed with honey works as a great anti-ageing solution. The AHA, lactic acid, is what many anti-ageing lotions use. Honey acts as a natural cleanser while buttermilk moisturizes, lightens and exfoliates the skin. Once the preliminary work is done by honey, buttermilk comes into play and restores the glow and rectifies the imperfections of the skin. If you have oily skin, you can add a tablespoon of lemon juice to this mask.

4. The 'Cleopatra buttermilk bath': - Legend has it that the secret to the vibrant glow of Cleopatra's radiating beauty lied in her routine buttermilk bath. You too can get the same benefits! Just add a cup of buttermilk and oats mixture to your bathtub, and soak in it for 15-20 minutes to get baby-soft skin.

5. For great hair: - Having extremely dry,

brittle, badly damaged hair in the hot summers is very common; especially, if you have been washing your hair a lot to get some relief from the heat. A buttermilk mask can act as a deep conditioner to soften your hair, no matter how damaged it is. Simply mix a banana and 2 tablespoons of honey in a cup of buttermilk. Apply this mixture as a mask on your scalp and hair, and leave it undisturbed for 45 minutes before washing it off. You will be left with unbelievably soft and shiny hair!

6. Keeps weight under control: - Buttermilk is lower in fat and calories compared to milk. Apart from that, it can make you feel full for a long period of time, making you feel less hungry, thus aiding in weight loss. Since it helps in healthy digestion and also regulates bowel movements, it further promotes weight loss. Buttermilk is very easy to digest and helps absorb nutrients from other foods too, making it one of the best choices for low-fat diets.

7. Keeps body heat under check: - This has been one of the favorite reasons to consume buttermilk for ages. Buttermilk helps cool down your body temperatures, and can be used as a natural refresher in summers. This is also useful for pre- and post-menopausal women, as it

provides temporary relief from the hot flushes.

8. Best for your digestive system: - Buttermilk is a natural pro biotic, which means that it provides the “gut friendly” bacteria that aid in digestion. It also helps to reduce frequent heartburn, and regulates the acidity that usually follows a spicy meal.

9. Boosts immunity: - The wonderful lactic acid in buttermilk also fights off harmful pathogens and bacteria that enter the body through various external agents. The pro biotic properties, also help to arm the digestive system and also strengthens your immune system, thus help you fight against common colds, infections, etc.

10. Packed with nutrients: - Buttermilk is low in calories, but high in several essential nutrients like vitamin B12, calcium, phosphorus and riboflavin. These nutrients work together to promote healthy bones, skin and immunity. So, a tall glass of buttermilk everyday can take care of many of your nutritional needs. Although it cannot replace a meal, it is one of the healthiest options to have between meals in case you get those hunger pangs, when on a diet.

Its hard to wait around for something you know might never happen; but its harder to give up when you know its everything you want.”



Birth Day Greetings



We wish the following born on the dates mentioned
"A very Happy Birth Day"

S.No. Name of Members

Sarva Sri

1.	K.Buchiram Reddy	07-07-1932	9.	G.Chandrasekhar Reddy	18-07-1965
2.	K.Madan Mohan	10-07-1942	10.	Dr.K.Gopinatha	21-07-1963
3.	N.Varaprasad Rao	10-07-1948	11.	Mohd.Ibrahim	22-07-1954
4.	M.Prasada Rao	10-07-1947	12.	Rajesh Mittal	25-07-1955
5.	C.Ramakrishna Reddy	11-07-1931	13.	S.M.Selvaraj	01-08-1953
6.	M.Padmanabha Reddy	14-07-1941	14.	R.Sundara Vadan	01-08-1956
7.	M.K.Prasad	14-07-1945	15.	A.V.Joseph	05-08-1956
8.	B.Pratap Reddy	18-07-1928	16.	Ajay Kumar Naik	03-08-1965
9.	K.Santokh Singh	21-07-1937	17.	Ratnakar Jauhari	02-08-1970
10.	Onkar Singh	27-07-1953	18.	N.Qadar Vali	06-07-1960
11.	Dr.K.Kesava Reddy	01-08-1935	19.	P.Premkumar	10-07-1983
12.	V.Parthasarathy	02-08-1944	20.	A.Shankaran	16-07-1956
13.	Hitesh Malhotra	03-08-1952	21.	S.Ravishankar	16-07-1964
14.	P.Adivappa	03-08-1953	22.	Smt.S.Sujatha	18-07-1975
			23.	B.M.Chanakya Raju	18-07-1957
			24.	Smt.T.Jyothi	23-07-1975

S.No. Name of Serving Officers

Sarva Sri

1.	Prashanth Kumar Jha	07-07-1959	25.	Mrs.G.Krishna Priya	24-07-1982
2.	N.Pratheep Kumar	07-07-1963	26.	V.Anjaneyulu	24-07-1966
3.	Dr.Chandra B.Malasi	08-07-1957	27.	Smt.I.Padmaja Rani	26-07-1976
4.	Tejsingh Kardam	10-07-1954	28.	B.Janaki Rao	26-07-1961
5.	Rahul Pandey	14-07-1974	29.	Ms.M.Babita	27-07-1972
6.	D.Nalini Mohan	15-07-1962	30.	P.Dhanraj	28-07-1963
7.	Swargam Srinivas	15-07-1962	31.	A.V.Ramana Murthy	28-07-1969
8.	N.Shyam Prasad	16-07-1955	32.	Smt.M.Hima Sailaja	29-07-1980
			33.	L.Ch.Tirupaelu Reddy	01-08-1956

6 TIPS FOR RESOLVING CONFLICTS

Resolving conflicts whether in office, in friends' community or at home is a challenge. The situation sometimes gets worst when nobody shows the flexibility on his/her stance. The below tips might help when you have been assigned (Or you assign it to yourself) to resolve the conflict.

1. Be fair regardless of your relation with different parties. Sometimes your closed one can be wrong. Hence make up your mind to be transparent and fair throughout. Judge people fairly.

2. Empathetic Listening is very important. Listen to all parties carefully. Put yourself in their shoes to understand their stance.

3. Carefully analyze the statements from each party. List down the pros and cons of the stance from each party. Sometimes both parties are right and sometimes both are wrong. In your analysis you need to find the option which gives maximum benefit to everyone.

4. If the conflict is between two persons, consider a solution which neither party-A has proposed,

neither B has proposed but the third solution which suits both persons. Consider Win-Win scenario where everyone gains something at the cost of compromise.

5. If you want to give advice to a party (which you think is wrong), give it privately. Don't do counseling when both are present. This will offend one party and may strain the relations further. Remember not to criticize.

6. Sometimes youngsters are right and old ones are wrong. If the issue is not too serious, request youngsters to be flexible. It always pays off. Remember that we have learnt so much from our seniors (bosses, team leads, parents and other senior family members). So this is the time to pay back to make them feel proud about their teachings and to develop trust in relations.

Developing emotional intelligence is another approach to study people and understand them in depth. As per Wikipedia "Emotional intelligence (EI) is the ability to identify, assess, and control the emotions of oneself, of others, and of groups" Learn this technique to improve your mental powers.

The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle." – Steve Jobs

HUMOR - AN INDICATOR OF RELATIONSHIP QUALITY

Humor has long been considered one of the most effective tools to judge the quality of any relationship. If there is laughter present you can assume that the relationship is a healthy one. When the laughter ceases you can be quite certain that the relationship is on the down slide. This laughter barometer can be applied to any relationship at home, at work and at play. Laughter means that you're having fun and fun means that things are going well. Take a look at the relationships around you. Do the couples laugh a lot together? Has the laughter stopped in some of your relationships?

Here are a few ideas you can use to make certain that laughter remains an ever present reality in your relationships thus ensuring their quality and endurance. Remember introducing humor to previously humorless relationships might take time but the results will be worth the effort. Start slowly, by working on your own fun loving, cheery disposition. Laughter and humor are contagious so it won't be long before others catch the bug.

* Remember that a sense of humor is learned, not inherited.

* Commit to becoming a humor hound. Look for humor everywhere. When something strikes you funny enjoy it. Let the laughter flow. After the funny event has passed recall it and enjoy it and laugh again.

* Begin to cultivate an atmosphere of humor and laughter in your relationships. Try to enjoy and share Humor as often as you can.

* If you don't laugh as much as you used to and want to correct the situation start associating with Humorous, fun loving people and avoid the downers.

* Learn to laugh at yourself. If you don't, you leave the job to others.

* Look for funny items in your newspaper and cut them out and share them. I recall reading the want ads one night and discovered this gem "The successful applicant should have 203 years' experience." Obviously the writer meant to say 2 or 3 years' experience. I immediately cut it out and placed it in my collection for future use.

* Encourage others to share their humor. Listen and appreciate it when they do. When someone sees that you have enjoyed their humorous contribution they will be eager to continue sharing.

* The laughter that this simple activity generates is a joy to behold. Try this with your friends sometime.

* Use humor to neutralize conflict in your relationships. When things get tense use self-deprecating humor to lighten things up

10 BEST FOODS FOR DIABETES AND BLOOD SUGAR

Some foods have a bigger impact on your blood sugar than others. Knowing which ones are the best for keeping blood sugar levels steady is especially important when you have diabetes, but it's a good idea for everyone. Your dietary goal is to choose foods that help keep your blood sugar level on an even keel. That typically means whole, minimally processed foods. Here are 10 of the best foods that stabilize — or even lower — your blood sugar so you can better manage your diabetes

Spinach and Other Leafy Greens: - Looking for a diabetes-friendly food? Follow Popeye's example. Spinach, kale, chard, and other leafy greens are loaded with vitamins, such as folate; minerals, such as magnesium; a range of phytonutrients; and insoluble fiber — all of which have virtually no impact on your blood sugar level. Mark Hyman, MD, author of *The Blood Sugar Solution* (Little, Brown and Company), calls leafy greens "free foods," which means you should eat as many of them as you can. Bonus: The fiber in leafy greens will slow absorption of any carbohydrates (e.g., potatoes or bread) they're paired with, resulting in a healthier overall glycemic load.

Go Nuts: - Nuts of all sorts — walnuts, pecans, take your choice! — are great for controlling blood sugar. Despite their diminutive size, nuts are power packages of protein, unsaturated (healthy) fat, and fiber. Those three factors have a positive impact on blood sugar levels. In a recent

study, participants who ate 2 1/2 ounces of nuts daily had an 8% decrease in their A1c levels. Keep in mind that nuts also pack plenty of calories. Your best bet is to substitute nuts for high-carbohydrate foods, such as croutons or pretzels. Sprinkle them on yogurt and salads, or nibble them for a snack.

Open a Can of Sardines: - When you have diabetes, you want to land fish on your plate, especially fatty, cold-water fish. Sardines and other small, fatty fish are high in essential omega-3 fatty acids that our bodies can only get from the food we eat. Sardines and other omega-3-rich fish help in a couple of ways: They're a great source of fat and protein to slow absorption of blood sugars, and they help protect your cardiovascular system, which irregular blood sugar fluctuations that can come with diabetes can damage. The healthy fat in sardines is good for your brain, too, and may help fend off Alzheimer's disease and dementia.

Dip Into Hummus: - Hummus, a Middle Eastern specialty, is a great addition to a diabetes-friendly plate. The fiber and protein in chickpeas — 12 grams of dietary fiber and 15 grams of protein per cup — help regulate the absorption of the sugars from the starch so your blood sugar stays on an even keel. The healthy fats from the tahini (made from ground sesame seeds) and olive oil slows the absorption of sugars even more. Pair your

hummus with vegetables and whole-grain crackers for an even greater effect.

Food is the most potent weapon in your fight against diabetes, says Mark Hyman, MD, author of *The Blood Sugar Solution* (Little, Brown and Company). Evidence shows that eating the right foods can manage your blood sugar level and, according to Hyman, even help reverse diabetes. It's easier than you might think. Consistently tune into the following factors when choosing your foods and you'll be rewarded with stable blood sugar, insulin, and energy levels throughout the day.

Glycemic Load: - Glycemic load (GL) measures how much carbohydrates in a food affect your blood sugar level. (Carbohydrates is the food group that impacts blood sugar the most; protein and fat don't as much.) Factors such as fiber content, serving size, and even shape come into play when the body is breaking down food into sugar molecules. The more challenging a food is to break down, the slower it digests and the more stable your blood sugar will be. Foods made with refined carbs, such as white pasta, are digested quickly and have a higher GL that causes blood sugar to rise rapidly, but foods made with complex carbs, such as whole-wheat pasta, have a lower GL that has a much smaller affect on blood sugar.

Portion Size: - "Excessive portion sizes can impact blood sugar," says Amy Jamieson-Petonic, RD, spokesperson for the Academy of Nutrition and Dietetics, and director of coaching at the Cleveland Clinic. A large meal means more sugar (from carbohydrates) enters the bloodstream at one time. Eating smaller portions

beefed up by low GL snacks, such as nuts, keeps your blood sugar even throughout the day.

Shape of Food: - Food that's in its full "package," such as a whole grain, takes longer to digest than food that's been partially or fully processed. Whole barley, for instance, has a GL that's less than half that of cracked barley.

Food Combinations: - What you eat with your carbohydrates matters, too. "Protein and fat slow the absorption of glucose into the bloodstream, which helps prevent [insulin] spikes and drops," says Jamieson-Petonic. Pairing an apple with peanut butter or serving rice with beans and avocado can lessen the blood-sugar impact of the whole plate.

That all might sound pretty complex, but the bottom line is simple: The less processed your food and the more work your body has to do to digest it, the better it is for your blood sugar. "It's about eating real food," Hyman says. If a food's label reads like a science project filled with ingredients you don't recognize, "we shouldn't eat it," Hyman says. "If it's raised in a field, we

Chia Seeds: - High in protein and loaded with fiber and omega-3 fatty acids, chia seeds are a nutritional powerhouse. The flour made from these nutty-tasting seeds is a great addition to a diabetes-friendly kitchen. "It actually lowers blood sugar due to the fiber and omega-3 fatty acid content," says Amy Jamieson-Petonic, RD, spokesperson for the Academy of Nutrition and Dietetics, and director of coaching at Cleveland Clinic. There's some evidence that chia seeds help reduce belly fat — the kind that contributes to insulin resistance. Substitute a

quarter of your regular flour with chia flour (and experiment with higher ratios) in just about any baked good. Order the flour online, find it at health-food stores, or grind chia seeds in a food processor.

Sprinkle on Cinnamon: - If you have diabetes, be sure there's cinnamon in your spice rack. Studies have shown that as little as a teaspoon of cinnamon a day may significantly decrease fasting blood glucose levels and increase insulin sensitivity. There are lots of ways to add more cinnamon to your diet. Sprinkle some in your coffee, stir it into your morning oatmeal, or add it to rubs for chicken or fish.

Love Your Lentils: - Lentils are smart legumes when managing your blood sugar. They contain a good amount of starch (normally a no-no when managing blood sugar), which gives them a satisfying, hearty creaminess. Lentils are also packed with both soluble and insoluble dietary fiber. Soluble fiber turns into a gel-like consistency during digestion, which slows absorption of the sugar molecules in the starch. Insoluble fiber passes through the digestive tract without "registering" as a carbohydrate, while slowing down the whole digestive process so you stay satisfied and your blood sugar remains steady.

Make Room for Quinoa: - Quinoa is a super grain for many reasons: It's one of the few non-animal proteins that are considered a "complete protein" in that it has all of the essential amino acids your body needs to build protein molecules. Plus, quinoa is a whole grain with

germ, endosperm, and bran intact, bringing a host of nutrients and healthy fat to the mix. Even better, all those benefits come with very little impact on your blood sugar level. A half-cup of cooked quinoa ranks just under 10 (that's low!) on the glycemic load scale. It's easy to add quinoa to meals. Try using it in place of white rice as a side.

Switch to Whole-Grain Pasta: - Think comforting bowls of pasta are off the menu because you have diabetes? Think again. "Whole-grain pastas are a great source of B vitamins and fiber, and reduce inflammation in the blood vessels," says Jamieson-Petonic says. However, this food does come with a couple warning flags. First, overcooking pasta raises its glycemic load (follow the package directions and pull the pasta off the heat when it's al dente). Second, beware of portion size. A good bet is to pair 1/2 to 1 cup of cooked pasta with a bevy of vegetables and a bit of lean protein and healthy fat for a dish that's easy on your blood sugar.

Drizzle on Extra-Virgin Olive Oil: - When you savor the peppery zing of extra-virgin olive oil, you taste powerful antioxidants. The phytonutrients that bring the bite also have an anti-inflammatory effect on your body. That helps protect and repair the cardiovascular system, which constant fluctuations in blood sugar can damage. Olive oil is also incredibly versatile. It's appropriate for anything from salads to sautés. Best of all, it slows absorption of the carbohydrates it's paired with for a healthier glycemic load overall.

HOME REMEDIES FOR TOOTHACHE

From cavities to gum infections, toothache may occur due to many possible oral health problems. Ranging from throbbing to excruciating pain that makes you want to rip off your tooth, it can present itself in the most inconvenient moment.

Thankfully, dealing with toothache isn't that difficult. Popping a painkiller and waiting for a few minutes may seem like the easy way out, but it isn't the only way out. Overuse of painkillers is also known to cause an increased risk of several health problems. And you don't always need painkillers when you have some good home remedies to your rescue.

Clove: - Clove and clove oil are among the best known home remedies to deal with severe forms of toothache. They have powerful anti-inflammatory action and work as a natural anesthetic agent that alleviate tooth pain and also fight infection of the tooth.

Garlic: - Garlic is thought to be another powerful home remedy for toothache. It is equipped with anti-inflammatory and antibacterial properties that help reduce tooth pain and bacterial infections. Simply dab a mixture of crushed garlic and some oil to the affected tooth can bring about relief from pain.

Asafetida: - Asafetida is another great home remedy for toothache arising due to dental problems like cavities and tooth decay. Simply

mixing a drop of water with some asafetida and making a paste and applying it to the affected tooth can relieve pain almost instantly.

Onion: - Onion comes from the same family as garlic, and is packed with antimicrobial and antiseptic properties. Chewing on raw onion using the affected tooth can provide instant relief and also reduces the growth of bacteria that cause the infection.

Salt and Pepper: - This mixture isn't merely used as a seasoning for dishes; this combination can work wonders when it comes to dealing with toothache associated with sensitivity of the tooth. Mix equal amounts of salt and pepper with a drop of water to form a paste, and apply it to the tooth.

Cayenne Pepper: - Cayenne pepper is one of the most powerful natural anesthetics. Applying a mixture of ground cayenne pepper with some water to the affected tooth can bring about instant relief by interfering with the transmission of pain signals.

Peppermint Tea: - Herbal teas are getting even more popular owing to their rich antioxidant content which prevents a wide range of life threatening health conditions. It has been found that sipping on a cup of peppermint tea can also reduce toothache thanks to the mild numbing effect of peppermint extracts.

THE TRUTH ABOUT ARTIFICIAL SWEETENERS

Sweet treats are all around us in the form of candy, soda, desserts and lot more... the only thing that stops us from digging into them is the "sugar", and therefore the amount of calories.

There are so many low-cal options available from saccharin and sucralose to jaggery and honey. But which ones are the safest? Take a closer look at the ingredients in your low-cal sweetener before you buy it. Here's a low down on sugar substitutes:

Saccharin: "It is meant to be the best alternate sweetener as it does not raise blood sugar levels, does not contain calories and is up to 200 to 700 times sweeter than sugar," says Mumbai-based dietician Sushila Sharangdhar. Used in making jams, chewing gums, bakery products and confectioneries, it is said to cause allergic reaction in a few. "Saccharin was banned because it was found to be carcinogenic," says nutritionist Naini Setalvad.

Aspartame: "The calories in Aspartame are negligible. But, it could cause vomiting, nausea, abdominal pain and fatigue in some," says Sushila. Also, it is up to 150 times sweeter than sugar. "When metabolized, the bi-product of aspartame is methanol, that could damage your brain in the long run," says Setalvad. It is usually used in products that need longer shelf life like soft drinks and syrups.

Those with phenylketonuria (an inherited disorder, that increases, the levels of a substance called phenylalanine, in the blood which is found in protein foods and artificial sweeteners. If untreated, this condition can build up to harmful levels in the body, causing intellectual disability and other serious health problems) should definitely avoid aspartame.

Sucralose: Sucralose is a non-nutritive sweetener that does not raise blood sugar levels and can therefore be consumed by diabetics. "It is sold under the name of Splenda and is made of sugar. But, the calories are again negligible. However, it is treated by chemicals like chlorine, methanol and acetic acid and therefore is not safe," says Sushila. It could be eventually harmful to your health. "It was banned by the FDA (Food and drug administration) as it caused neuro-toxic side effects," says Setalvad.

Neotame: "Neotame is a newer version of aspartame. Except it does not put those with the phenylketonuria condition under risk," says Sushila. But, since it is nearly 13,000 times sweeter than sugar, it has to be used sparingly. Any long term health hazards related to neotame is not known. Low in calories, it does not raise blood sugar levels either. It is rapidly metabolized and is eliminated from the body.

Stevia: "Since it is derived from the extract of a

herb, it is one of the low-cal alternates to sugar. But, since it is 100 times sweeter than sugar, its use should be limited. It does not raise blood sugar levels," explains Sushila. "Since it is completely natural too, it can be consumed by diabetics," says Setalvad. There are no known side-effects to stevia, except for the feeling of fullness and nausea.

Agave syrup: Agave syrup or agave nectar is also a plant-based sweetener. "It is up to 50% sweeter than sugar, contains 90% fructose and does not raise blood sugar levels," says Sushila. It is absorbed slowly into the body than sugar, releasing constant energy. However, the process of converting the starch in agave to the concentrated sweetener is enzymatic (produced by enzymes which are proteins that catalyze and create bi-products). Agave therefore is not considered a natural and safe substitute for sugar.

Other substitutes: Jaggery is a concentrated

form of sugarcane juice. It is a healthier form of sweetener as it contains iron and fibre. However, it is advisable for diabetics to limit the intake of jaggery. The main component in jaggery is sucrose and therefore it is a good source of energy.

Honey, another natural sweetener is about three times sweeter than sugar. "It is mainly made up of fructose and glucose. Which means, if diabetics cut down the intake of sugar in other forms like processed foods, it can easily be substituted by jaggery and honey," says Sushila. Honey is also healthier as it contains vitamins B2, B6 and trace elements like copper, iron and magnesium.

(Sugar or sugar substitutes could cause your health problems in the long run if overused. So, moderation is a must. Please consult your physician before using any of the above.)

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THE GOAT AND THE HORSE

There was a farmer who had a horse and a goat. One day, the horse became ill and he called the veterinarian, who said: Well, your horse has a virus. He must take this medicine for three days. I'll come back on the 3rd day and if he's not better, we're going to have to put him down.

Nearby, the goat listened closely to their conversation.

The next day, they gave him the medicine and left.

The goat approached the horse and said: Be strong, my friend. Get up or else they're going to put you to sleep!

On the second day, they gave him the medicine and left.

The goat came back and said: Come on buddy, get up or else you're going to die! Come on, I'll help you get up. Let's go! One, two, three...

On the third day, they came to give him the medicine and the vet said: Unfortunately, we're going to have to put him down tomorrow. Otherwise, the virus might spread and infect the other horses.

After they left, the goat approached the horse and said: Listen pal, it's now or never! Get up, come on! Have courage! Come on! Get up! Get up! That's it, slowly! Great! Come on, one, two, three... Good, good. Now faster, come on...

Fantastic! Run, run more!

Yes! Yay! Yes! You did it, you're a champion!!!

All of a sudden, the owner came back, saw the horse running in the field and began shouting: It's a miracle! My horse is cured. We must have a grand party. Let's Cook the goat!!!!

Lesson: Management never knows which employee actually deserves the appraisal.

INVITATION

The Association of Retired Forest Officers, Andhra Pradesh, Congratulates the following Forest Officers, who are retiring from service on attaining the age of super-annuation on 31-07-2014 and cordially invites them to join the Association of Retired Forest Officers to keep in touch with their old colleagues and to keep themselves occupied.

Names of Officers

1 Tejsingh Kardam	2 Mohd Ibrahim
3 A.Shankaran	4 L.Ch.Tirupelu Reddy

For further details they may contact the following –

Sri. B.M.Swami Dass, Secretary	Mobile Number	9000817781
Sri.A.V.Govindarajulu, Jt.Secretary	Mobile Number	9440764611

Crossed Cheque for Rs.2000/= drawn in favor of "The Association of Retired Forest Officers" may be sent to the Joint Secretary towards Life Membership of Association

Secretary

NEWS AND NOTES

Newly arrived virus gains foothold in

Caribbean: - A recently arrived mosquito-borne virus, that causes an abrupt onset, of high fever, and intense joint pains is rapidly gaining a foothold in many spots of the Caribbean, health experts said Thursday.

There are currently more than 4,000 confirmed cases of the fast-spreading chikungunya virus in the Caribbean, most of them in the French Caribbean islands of Martinique, Guadeloupe and St. Martin. Another 31,000 suspected cases have been reported across the region of scattered islands.

The often painful illness most commonly found in Asia and Africa was first detected in December in tiny St. Martin. It was the first time that local transmission of chikungunya had been reported in the Americas. Since then, it has spread to nearly a dozen other islands and French Guiana, an overseas department of France on the north shoulder of South America.

It is rarely fatal and most chikungunya patients rebound within a week, but some people experience joint pain for months to years. There is no vaccine and it is spread by the pervasive *Aedes aegypti* mosquito that transmits dengue fever, a similar but often more serious illness with a deadly hemorrhagic form.

The U.S. Centers for Disease Control and Prevention is closely monitoring the

uncontrolled spread of the new vector-borne virus in the Caribbean and has been advising travelers about how best to protect themselves, such as applying mosquito repellent and sleeping in screened rooms. It is also closely watching for any signs of chikungunya in the U.S.

"To help prepare the United States for possible introduction of the virus, CDC has been working with state health departments to increase awareness about chikungunya and to facilitate diagnostic testing and early detection of any U.S. cases," said Dr. Erin Staples, a medical epidemiologist with the CDC.

In the Caribbean, concern about chikungunya is growing as many countries enter their wettest months. The only way to stop the virus is to contain the population of mosquitoes — a task that commonly relies on individual efforts such as installing screened windows and making sure mosquitoes are not breeding in stagnant water. Experts say eradicating vector-borne diseases like chikungunya once they become entrenched is an extremely difficult task. Dr. James Hospedales, executive director of the Trinidad-based Caribbean Public Health Agency, recently described the virus as the "new kid on the block."

In late April, St. Vincent & the Grenadines and Antigua & Barbuda became the latest

Caribbean countries to report confirmed cases. In the Dominican Republic, there are now 17 confirmed cases and over 3,000 suspected ones. This week, the virus was discussed by health authorities at a two-day conference in the Dominican Republic attended by representatives of Central American countries. Marie Guirlaine Raymond Charite, general director of Haiti's health ministry, said there are several suspected cases of chikungunya but nothing has been confirmed yet.

Rising Sea Levels Could Cause Staggering Damage To These Cities: -

Sea levels may rise by about one meter by 2100 if carbon emissions continue unchecked, according to a recent survey of experts, and the effects on coastal cities could be devastating.

A 2008 report from the OECD ranked the most exposed cities, identifying areas that would be exposed in a once-in-a-century storm if sea levels rose 0.5 meters by 2070, accounting for larger storms in some areas, natural and artificial land shifts, and urban growth.

Calcutta, India could be hit hardest; with 14 million people and \$2.0 trillion in assets exposed in 2070 — and that threat could get even worse by 2100.

Risk can be partially mitigated on a local level by flood and wind protection as well as city planning. Globally, it requires efforts to reverse rising carbon dioxide emissions, which are increasing the Earth's temperature and causing

water to expand and land ice to melt into the ocean.

We averaged population and asset exposure ranks to determine the cities with the most to lose. We then mapped areas of the cities that could be affected by a sea level rise of less than two meter using data and a tool from a University of Arizona study. Our findings are displayed below starting with the most exposed. It should be noted that all coastal cities are at risk, not just the ones on this list.

Florida Woman Keeps Bengal Tigers In Her Garden: -

While most people spend their golden years relaxing in their garden Janice Haley chooses to hand feed the two man-eating tigers she keeps in hers. Saber — a 600 pound white Bengal male and Janda — a 400 pound orange Bengal female live in a cage at the back of Janice's unassuming suburban home. Each day Janice, 57 hands feeds the gentle giants and Saber — the baby of the pair - can't get off to sleep without suckling on her finger. She happened upon her extraordinary life around 20 years ago when she quit her job as an admin assistant to spend more time working outdoors. After spotting an ad for a tiger training course in her local paper she applied and two years later arrived home with Chuffer the tiger cub. She was immediately BITTEN by the tiger bug and in 2002 bought Janda — who is now 12 — to live with Chuffer. After Chuffer's death in 2007 little Saber — who was only two weeks old at the time — was introduced to the enclosure —

much to the annoyance of Janda.

Meat: Would you give it up to save the planet? In 2014, the threat of global starvation and famine is still very real. Between 2010 and 2012, for example, more than a quarter of a million people in Somalia died as a result of a famine caused by drought and exacerbated by conflict.

Climate change, rising food prices and political instability can combine to create an increasingly risky situation when it comes to ensuring everyone is fed. With the global population estimated to reach 9 billion by 2050, producing food that is affordable, sustainable and nutritious will become ever more important to governments.

Could aquaculture - the farming of fish - be the answer? According to the World Bank, by 2030, 62 percent of the fish we eat will be farmed. Fish, according to the Bank, could play a major role in providing the world's poorest with a sustainable source of protein.

At Sainsbury's, one of the U.K.'s leading supermarkets, executives have made a commitment that by 2020, all the fish it sells 'will be independently certified as sustainable.' "Half of the fish consumed globally now comes from wild capture, and half is from aquaculture," Ally Ding wall, Aquaculture and Fisheries Manager, Sainsbury's, told Episode 5 of CNBC's Industrial Revolutions. "The growth in the future for fish is going to come from aquaculture

operations, and therefore it's really critical that those operations are well-managed," he added. Making sure that aquaculture operations are sustainable and technologically advanced is key.

"Innovation is central to farming going forward," Ding wall told CNBC. "All of our farms, for example, have cameras in each pen so that we can monitor the feed input, and reduce wastage of feed, therefore delivering better efficiency and [a] more sustainable farming operation [with] less impact on the environment."

But what if we cut meat out of our diets all together? One area that could benefit from the search for a new source of protein is the environment.

In 2013, the Food and Agriculture Organization of the United Nations (FAO) estimated that livestock emits 7.1 gigatonnes of carbon dioxide equivalent annually. This, according to the FAO, represents 14.5 percent of all human-induced emissions. If we cut out meat from our diet, we'd need less livestock. With less livestock, CO2 emissions would fall.

At Beyond Meat, founder and CEO Ethan Brown is on a mission. His company wants to change the way we think about food forever, by getting us to eat "meat" not from livestock, but from plant protein.

"Meat, as we understand it today, is from cows, pigs, chicken and such," Brown told CNBC.com in a phone interview.

"But if you look at what meat is, in terms of its constituent parts, and you break it down into amino acids, fats, water...trace minerals and carbohydrates, those things are not exclusive to animal protein, they're not exclusive to animal muscle. The aim is to collect those from the plant kingdom and assemble them in exactly the way that muscle assembles them."

"You can do that, you can create meat from plants, and that's what we're about," Brown added. "It's not about a substitute, it's not about an alternative, it's about providing consumers with meat, and meat can be defined through its constituent parts."

Founded in 2009, Beyond Meat has attracted a range of high profile backers including Biz Stone and Evan Williams, the founders of Twitter, and Bill Gates.

At Beyond Meat's factory in Missouri, a system using heat, pressure and water turns powdered ingredients such as yellow peas, yeast and mustard seeds into 'meat'.

"At the end you have this fibrous structure that comes out that's basically meat," Brown said. "It takes six weeks to raise and slaughter a chicken. It takes two minutes to run our process. It's just dramatically more efficient."

Efficient it may be, but does Brown believe that people will transform their dietary habits and forgo a nice juicy steak for his products?

"We need to convince the consumer - and

rightfully so - that this is a healthier version for them, and it's just as tasty, just as satiating, just as savory. It's got low cholesterol, no saturated fat, no trans fats," he said. "By providing something that is better for people, that taste great, they will start to make the change themselves," he added.

In 2012, Mark Bittman, a food critic for the New York Times, wrote, "When you take Brown's product, cut it up and combine it with, say, chopped tomato and lettuce and mayonnaise with some seasoning in it... you won't know the difference between that and chicken. I didn't, at least, and this is the kind of thing I do for a living."

Today, Beyond Meat products - including grilled 'chicken' strips and a 'beef' crumble - are being sold in stores across the United States, such as Whole Foods Market. Online, an 11 ounce pack of Beyond Meat's Beef Free Crumble retails for \$6.29.

Brown's ambitions, however, are bigger than that.

"If you think about the earth's surface, 45 per cent of land surface in the world... is used to support livestock. Imagine if that weren't the case. Imagine the abundance of food you'd have. If you think about turning pastures into fields of protein, and applying that protein to processes like ours, you would be able to feed infinitely more people."

Leaping Lion Catches Antelope In Mid-Air

Attack: - A flying lion leaps from a ridge to catch a fleeing antelope in mid-air. The extraordinary take down happened after a pair of lionesses surprised two blesboks running in their direction. To escape, a frightened blesbok jumped several meters from the ridge - only to be intercepted mid-flight by the hungry lion. As one of the blesboks makes a lucky getaway the other is swiftly dispatched by the fearsome predators. *(Pls see last cover page for photo)*

Train with a speed of 3000 KM per hour: - How about travelling in a train that can touch the speeds up to 3,000 km per hour? It may sound farfetched but this is what a researcher in China has planned for our future. Dr. Deng Zigang, an associate professor at Southwest Jiaotong University in Chengdu city at Sichuan province has unveiled the first-ever manned mega thermal superconducting magnetic levitation (maglev) Maglev trains have been a big hit in Asia owing to their capacity to reach speeds of up to hundreds of km per hour.

World's oldest cat is now 24-years old!: - Meet the world's oldest grandmother - 24-year old Poppy who loves to eat chickens, kebabs, fish and chips. Living in Bournemouth, located in the country of Dorset, England, the cat also shares space with four other cats, a rabbit and a hamster. Now blind and deaf, she still rules the roost at home; her owners were quoted as saying in media reports. "Poppy is definitely the top cat,

and she is still quite feisty. If one of the other cats tries to eat her food, she will bite them on the ear," her owner told the Guinness World Records officials.

The family is not sure exactly why Poppy has hung on for so long, but West said the cat eats canned and dried food, with occasional fast-food treats. The oldest cat ever recorded, Creme Puff, lived in Austin, Texas, until her death at 38 years and three days in 2005. The average indoor cat lives about 15 years.

Solar: The future of energy? Since the dawn of civilization, the sun has been relied upon to bring us light and warmth. Today, its energy is being harnessed to generate clean, limitless power that, along with other "renewable" sources, could eventually see us reduce our reliance on fossil fuels such as coal and oil.

At the end of March, a report from the Intergovernmental Panel on Climate Change (IPCC) warned of the imminent dangers of climate change. "We live in an era of man-made climate change," Vicente Barros, who co-chaired the report, told journalists at the report's launch. "In many cases, we are not prepared for the climate-related risks that we already face. Investments in better preparation can pay dividends both for the present and for the future," Barros added.

In the arid Mojave Desert, California, temperatures can reach over 100 degrees Fahrenheit. It is here that Ivanpah, the world's

largest solar power thermal system, is breaking new ground when it comes to solar energy.

Situated on a 3,500 acre site and with more than 300,000 mirrors, Ivanpah is built on a staggering scale. Costing \$2.2 billion to build and owned by Google, NRG Energy and Bright Source Energy, Ivanpah generates enough energy to power 140,000 Californian homes. It will also reduce CO2 emissions by 400,000 tons a year.

Three “power towers” – developed by Bright Source Energy – dominate the site, standing over 450 feet tall and topped by huge boilers. These boilers generate ‘superheated steam’ when Ivanpah’s solar mirrors reflect sunlight onto their pipes. It is this steam that is funneled to a turbine, generating electricity.

“I believe Ivanpah is destined to be the most iconic solar power plant in probably the whole world,” Randall Hickok, Senior Vice President, NRG Solar, told Episode 4 of CNBC’s Industrial Revolutions.

“If you’re land-constrained, the power tower design is a great way to try to get more megawatts out of a limited amount of land,” he added.

As well as generating electricity during daylight hours, Ivanpah is capable of generating power when the sun sets, too. “Concentrated solar power is very stable... with concentrated solar you can store that energy in liquefied salts and use that latent heat to generate steam after the

sun has gone down and get several more hours of production, which adds a lot of value,” Hickok said.

While the plant has earned plaudits for its sheer ambition and clean electricity, there have been reports of birds flying in and around Ivanpah being burnt by the heat generated by its mirrors and towers.

“We are in the first year of operation and it was always anticipated that there would be some avian impact and this first year is all about monitoring what those impacts are,” Hickok told CNBC.

“There are a number of things that we believe we can do to diminish avian mortality, from changing the way that we angle the mirrors at the top of the towers... so that birds aren’t flying right through a zone of super-heated air, to imitating calls of predators whenever we sense that birds are within the area,” he added.

On the other side of the United States, in Maryland, New Energy Technologies have been developing another aspect of solar technology that could, in the future, complement vast installations such as Ivanpah.

Their Solar Window coating is described by the company as a ‘first of its kind’ technology that could turn the buildings we live and work in into self-sufficient, mini power stations.

The company has been developing an ultra-thin spray-on coating that can generate clean,

renewable electricity when applied to windows and transparent plastic.

A succession of thin layers, including a clear coating that enables windows to safely carry electricity and a semitransparent layer of chemicals that absorb light and create electricity, are applied to glass. The electricity generated is then used to help power the building and appliances.

"The company aspires to utilise the technology in commercial buildings and residential homes throughout the world," John Conklin, CEO of New Energy Technologies, told CNBC.com in a phone interview.

"Our current focus is on the commercial building industry because the market potential is so substantial – it gives us a great point of entry," Conklin added.

Just like Ivanpah, SolarWindow can generate electricity after hours. "The coating has been developed to work under artificial light as well," Conklin said.

"We can look at the entire building as an envelope of power generation, because it's not just an exterior application. We can bring it inside, and utilize LEDs, utilize fluorescent and... incandescent lights to produce electricity from the inside of the building," he added.

Some People Don't Get Bitten by Mosquitoes

— why that's true will Surprise You: - Its Memorial Day weekend, which means the time

for barbecues, and nights outside, has begun. But, unfortunately, it's also the time that mosquitoes see as open season to dine on humans.

If you can't spend a summer night outside without slapping your ankles — and you still end up with dozens of mosquito bites — then it might be true that the flying pests really do love you.

And those lucky people who say they don't get bitten? They exist too. But it's not because one person's blood tastes better to the small hovering bloodsuckers — or at least, not just that. In a TED 2014 talk earlier this year in Vancouver, microbial ecologist Rob Knight explained that the bacteria, or microbes, on skin produce different chemicals, some of which smell more attractive to mosquitoes.

The trillion or so microbes, that live on skin are a small percentage of the 100 trillion bacteria that live on and inside the body, but they play a huge role in body odor. Without those bacteria, human sweat wouldn't smell like anything.

However, those different bacteria vary greatly from person to person. Knight explained that while we share 99.9% of DNA with other humans, most people only share about 10% of their microbes.

A siren song for mosquitoes

To demonstrate that mosquitoes are overwhelmingly attracted to certain types of

skin microbes, researchers asked 48 adult male volunteers to refrain from alcohol, garlic, spicy food, and showers for two days. The men wore nylon socks for 24 hours to build up a collection of their unique skin microbes.

Researchers then used glass beads that they had rubbed against the underside of the men's feet to pick up their scent as mosquito bait.

Nine men out of the 48 proved to be especially attractive to mosquitoes, while the scents of seven lucky volunteers were largely ignored. The "highly attractive" group had 2.62 times as high a concentration of one common skin microbe, and 3.11 times higher concentration of another common microbe, compared to the "poorly attractive group." That poorly attractive group had a more diverse bacterial colony on their skin as a whole.

Researchers say that it's possible that some people's smell acts as a natural deterrent. But there's an equalizer for those that naturally draw swarms of mosquitoes. The same pests are attracted to [beer drinkers](#).

China to scrap millions of cars in anti-pollution push: - China plans to take more than five million ageing vehicles off the roads this year in a bid to improve air quality, with 330,000 cars set to be decommissioned in Beijing alone, the government said in a policy document published on Monday.

Pollution has emerged as an urgent priority for China's leaders as they try to reverse the damage

done by decades of breakneck growth and head off public anger about the sorry state of the nation's air, water and soil.

In a wide-ranging action plan to cut emissions over the next two years, China's cabinet, the State Council, said the country had already fallen behind in its pollution targets over the 2011-2013 period and was now having to step up its efforts.

As many as 5.33 million "yellow label" vehicles that fail to meet Chinese fuel standards will be "eliminated" this year, the document said. As well as the 330,000 cars in Beijing, 660,000 will be withdrawn from the surrounding province of Hebei, home to seven of China's smoggiest cities in 2013.

According to Beijing's environmental watchdog, vehicle emissions in Beijing were responsible for about 31 percent of the hazardous airborne particles known as PM 2.5, with 22.4 percent originating from coal burning. Beijing plans to limit the total number of cars on the road to 5.6 million this year, with the number allowed to rise to 6 million by 2017. Last year it cut the number of new license plates by 37 percent to 150,000 a year and is also paying for another 200,000 ageing vehicles to be upgraded.

The State Council document did not say how the plan would be implemented, but Beijing's municipal government has previously offered subsidies of between 2,500-14,500 yuan (\$400-

2,300) to drivers who voluntarily hand in their ageing vehicles to be scrapped. However, the subsidy didn't cover "yellow label" cars that fail to meet even minimum gasoline standards.

Beijing currently forbids vehicles that do not meet required standards from entering the city, but officials have admitted that China currently lacks the monitoring and policing capability to ensure all cars make the grade, and drivers have also found ways to avoid detection.

"Many vehicles have problems and many didn't even meet the standards when they came out of the factory, and fining them on the streets isn't the way to solve this problem," said Li Kunsheng, an official responsible for transport emissions at the Beijing municipal environmental bureau. The policy document also set new targets for the closure of coal-fired heating systems as well as the installation of equipment to reduce sulphur dioxide and nitrogen oxide emissions at power stations, steel mills and cement plants. It said China was aiming to cut carbon emissions per unit of economic growth by more than 4 percent this year and more than 3.5 percent in 2015 as it tries to meet a binding 17-percent target set in its 2011-2015 five-year plan.

China also seeks to reduce energy consumption per unit of growth by 3.9 percent this year and next in order to meet a 16 percent target for the 2011-2015 periods.

In a report on human rights, China said it's spending on energy saving and environmental

protection in 2013 rose 14.2 percent year-on-year to 338 billion yuan (\$54 billion). "Focusing on solving the major environmental problems that seriously endanger people's health, (China) investigated and punished harshly illegal pollution and environmental crimes, so as to safeguard people's right to a healthy and clean environment," it said. (\$1 = 6.23 yuan)

Why you don't bite your tongue while eating: - Washington, June 4 (ANI): Researchers have revealed the complex brain circuitry that allows people to avoid biting their own tongue while chewing their food. Researchers have established that the movement of the muscles in the jaw and tongue are governed by special neurons called motor neurons and that these are in turn controlled by another set of neurons called pre motor neurons. But the exact nature of these connections which pre motor neurons connect to which motor neurons has not been yet defined. Edward Stanek IV, lead study author said that chewing is an activity that you can consciously control, but if people stop paying attention then these interconnected neurons in the brain do it all for them. This is just a small step in understanding the control of these orofacial movements and they have only looked at two muscles and there are at least 10 other muscles active during chewing, drinking, and speech, he added.

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Human tongue has a sixth taste sense!:

London, June 11 (IANS) In addition to recognizing sweet, sour, salty, savory (umami), and bitter tastes, your tongue has a sixth taste sense - the "sense of carbs" - that allows you to perceive carbohydrates — the nutrients that break down into sugar and form the main source of energy. The "sense of carbs" also triggers the pleasure center of the brain and could explain why people often find diet foods unsatisfying, a research shows.

"The mouth is a more capable sensory organ than we currently appreciate, able to distinguish carbohydrates from artificial sweeteners when both taste identical," said Nicholas Gant from University of Auckland in New Zealand.

Carbohydrates are extremely powerful stimuli that have profound and immediate effects on the brain and the systems it controls, Gant added. For the study, researchers asked participants to squeeze a sensor held between their right index finger and thumb when shown a visual cue.

At the same time, the participants' tongues were rinsed with one of three different fluids. The first two were artificially sweetened - to identical tastes - but with only one containing carbohydrate. The third, a control, was neither sweet nor carb-loaded.

When the carbohydrate solution was used, the researchers observed a 30 percent increase in activity for the brain areas that control movement and vision.

This reaction, they propose, is caused by our mouths reporting that additional energy in the form of carbohydrates is coming.

"This 'sixth taste sense' for carbohydrate is likely one of many additional food qualities that are detectable by receptors in the mouth," Gant was quoted as saying in media reports.

The study is set to appear in a forthcoming issue of the journal *Appetite*.

Baby Rhino Refuses to Sleep Alone after Witnessing His Mother's Gruesome Death: -

So many times we fail to realize that animals have emotions too, and suffer from a sense of loss when a family member, especially a parent, dies.

A baby rhino was found 'crying inconsolably' next to his dead mother, who was brutally killed by poachers in South Africa.

Gertjie was rescued from the wild on 7 May by staff at the Hoedspruit Endangered Species Centre (HESC) in South Africa after he was found next to his mother's body.

"It was a devastating sight, as the tiny animal would not leave her side, and was crying inconsolably for her."

Gertjie, or 'Little G' as staff have nicknamed him, spent his first night at the centre with a human minder and a sheep called Skaap, who acts as the surrogate mother to the animals there.

The good news is, the little rhino is responding to the care and regaining his strength. Now, almost 4 months old, he will remain at the center till he is about 18 months old, after which he will be reintroduced into the wild.

The team is appealing for donations to ensure enough fat-free milk for the baby rhino.

(Pls see last cover page for photo)

World's largest water reservoir found deep in earth: - In what could quench the thirst of billions of people in the future, researchers have discovered our planet's largest water reservoir

640 km beneath our feet - bound up in rock deep in the earth's mantle.

Researchers from Northwestern University and University of New Mexico have found deep pockets of magma located beneath North America, a likely signature of the presence of water at these depths.

This water is not in a form familiar to us - it is not liquid, ice or vapor.

This fourth form is water trapped inside the molecular structure of the minerals in the mantle rock.

The discovery suggests water from the earth's surface can be driven to such great depths by plate tectonics, eventually causing partial melting of the rocks found deep in the mantle. "We are finally seeing evidence for a whole-earth water cycle that may help explain the vast amount of liquid water on the surface of our habitable planet. Scientists have been looking for this missing deep water for decades," explained geophysicist Steve Jacobsen from Northwestern University.

Scientists have long speculated that water is trapped in a rocky layer of the earth's mantle located between the lower mantle and upper mantle.

Jacobsen and seismologist Brandon Schmidt from University of New Mexico provided the first direct evidence that there may be water in this area of the mantle, known as the "transition zone," on a regional scale.

The findings converged to produce evidence that melting may occur about 640 km deep in the earth.

"H₂O stored in mantle rocks, such as those containing the mineral ringwoodite, likely is the key to the process," researchers said.

Discovered this year from inside a diamond brought up from a depth of 640 km by a volcano in Brazil, a tiny piece of blue-colored ringwoodite contained a surprising amount of water bound in solid form in the mineral.

"Melting of rock at this depth is remarkable because most melting in the mantle occurs much shallower, in the upper 80 km," Schmidt said. If just one percent of the weight of mantle rock located in the transition zone is H₂O, that would be equivalent to nearly three times the amount of water in our oceans.

The findings, published in the journal *Science*, will aid scientists in understanding how the earth formed, what its current composition and inner workings are and how much water is trapped in mantle rock.

Low vitamin D may double premature death

risk: - Exposing your skin to the Sun may help you live long as people with lower blood levels of vitamin D are twice as likely to die prematurely as compared to people with higher blood levels of vitamin D, research suggests.

"Three years ago, the Institute of Medicine (IOM) - the health arm of the National Academy of Sciences in the US - concluded that having a too-low blood level of vitamin D was hazardous," said Cedric Garland, a professor at University of California, San Diego.

The new study supports that conclusion but goes one step further, Garland added.

The 20 nanograms per milliliter (ng/ml) blood

level cutoff assumed from the IOM report was based solely on the association of low vitamin D with risk of bone disease.

This new finding is based on the association of low vitamin D with risk of premature death from all causes and not just bone diseases, Garland explained.

The study included residents of 14 countries, including the United States, and data from 566,583 participants.

The average age when the blood was drawn in this study was 55 years; the average length of follow-up was nine years.

The blood level amount of vitamin D associated with about half of the death rate was 30 ng/ml, Garland added.

"This study should give the medical community and public substantial reassurance that vitamin D is safe when used in appropriate doses up to 4,000 International Units (IU) per day," Heather Hofflich, a professor in the UC San Diego School of Medicine, noted.

The study appeared in *American Journal of Public Health*.

World's oldest man dies in New York at 111:-

The world's oldest man died in New York at age 111. Alexander Imich, who was born in Poland in 1903 and survived a Soviet Gulag labor camp, died on Sunday, said Marcy Levitt, executive director of Esplanade Manhattan.

Imich immigrated to the United States in the 1950s and was a scholar of the occult. He edited an anthology called "Incredible Tales of the Paranormal" in 1995 at the age of 92.

(Pls see last cover page for photo)

California brown pelicans are in trouble

again: - California brown pelicans, which were driven to the brink of extinction in the last century, are in trouble again.

An annual survey completed last month found a drastic plunge in the population of breeding pairs, according to a statement released Friday by the University of California, Davis.

The survey in Mexico's Gulf of California — where about 90 percent of the pelicans typically breed and raise their chicks — found that areas that typically host hundreds or thousands of nesting pairs held far fewer, and a few places were completely empty, the statement said.

"That's what we call a failure, a bust. The bottom dropped out," said Dan Anderson, a wildlife biologist and UC Davis professor emeritus who conducted the survey along with members of Mexico's National Commission of Natural Protected Areas.

The reason for the decline could range from food supply shifts to changes in water temperature. Many birds arrived late to the Mexico breeding grounds this spring and "of those who nested, many abandoned their nests when they could not find enough food to sustain their stay," the UC Davis statement said.

The bird's range extends from Mexico to Canada, according to the National Park Service. Last month, thousands of California brown pelicans moved up the Southern California coast and even as far north as Washington, hunting their main prey of sardines and other fish.

Breeding population crashes of the pelicans often are associated with a warming of the central Pacific Ocean, known as El Nino, but that isn't expected to begin until this summer and the drop also was much steeper.

"During most El Nino events we've seen, numbers of nesting attempts drop by at least half to two-thirds, and production goes down, too," Anderson said, according to the UC Davis statement. "But it drops from thousands to hundreds, not to 10 or less."

The California brown pelican was declared an endangered species in 1970 after its population was pushed to the brink of extinction by the pesticide DDT, which caused the bird's eggshells to become so thin that they broke. After DDT was outlawed, the bird made a recovery and was taken off the list in 2009, when the West Coast population was 150,000.

However, the species has faced new challenges since then because of a decline in sardines.

In 2010, wildlife rescue centers in California were filled with emaciated pelicans. The same year, young pelicans attacked murre nesting colonies in Oregon, shaking the chicks until they regurgitated fish, and then eating the fish.

They did it again in 2011 and 2012. Last fall, scientists said they were concerned that a crash in the West Coast population of sardines might also be starving the brown pelicans. The 2013 Northwest survey by the Oregon Coast National Wildlife Refuge Complex found 7,018 brown pelicans, half the average of the past decade, and the lowest number since 1999.

LEGAL NOTES

Nature Park Walkers Association Vs. State of A.P. & Ors.

The litigation and the judgments relate to the KBR Park. When the Government decided to give over the area to the Forest Department for its protection and management, the decision of the Government was challenged by a registered society on several grounds and several times and they filed as many as four writ petitions and a contempt petition in the High Court of Andhra Pradesh.

The land belonging to the erstwhile Nizam (acs 90 and acs 400) was taken over by the Government under the Urban Land Ceiling Act. The action of the Government was assailed by H.E.H the Nizam VIII and he lost the case in the High Court and the Supreme Court. Consequently, the Government by G.O. Ms. No. 330 dated 7.1.1980 handed over the area to the Forest Department.

A group of citizens formed a society and questioned the legality of the action of the Government by filing first two writ petitions viz. W.P. No. 775 of 1984 and W.P.No 8609 of 1984. The petitioners claimed that they are the regular walkers in the area but were denied ingress on the ground that the land is taken over by the Forest Department under the orders of the Government. It was mentioned in the G.O. that the land is entrusted to the Forest Department for developing it into a "Green Park" so as to serve as a "Lung Space" in the city. This land belonged

to Prince Mukarram Jah which was taken over by the Government under the Urban Land Ceiling Act of 1976.

The petitioners requested that the notification proposing the land to be National Park should be cancelled and the area should be kept open for free access. The writ petition was opposed by the respondents on the ground that the restrictions on the entry are intended only to protect and conserve the area. Insofar as the preliminary notification is concerned, any person interested may file objections before the final notification is issued.

The petitions were heard by the Hon'ble Justice Sri T. Rangrajan. His Lordship found no reason to strike down the notification except that the Government shall consider all objections. It was directed that until the final notification is issued entry to the park should be regulated by permits.

Another objection of the petitioners was against the restriction of the path to 1/3rd. It was directed to sort out the issue in consultation with the petitioners' representatives. The petitions were thus disposed of on 23.9.1997 by a common judgment reported in 1998 (3) ALD 111 and 1998 (2) ALT 380.

The petitioners again filed two more writ petitions viz. W.P.No. 34387 of 1998 and W.P. No

35072 of 1998. In these writ petitions it was prayed that the proceedings of the District Collector of Hyderabad district in File No. C3/1928/97 be quashed and that the G.O No 187 EFS&T dated 3.12.1998 be set aside as it is violative of Art 14 and 21 of the Constitution of India. It was stipulated in the G.O. that, (1) There is right of way for accessing the enclosures (ac 23 was excluded for personal use of Nizam with a palace and mosque); and (2) No other persons, organizations institutions have any rights or concessions in the National Park.

The petitioners are aggrieved by clause (2) of the G.O. While making reference to Sec. 23 (4) of the Urban Land Ceiling Act, it was argued on behalf of the petitioners that the land acquired under the Act should sub-serve the common good. It cannot therefore be declared as Wildlife National Park under Sec. 35 of the Wildlife Protection Act.

On behalf of the respondents it was submitted that the State Government is competent to declare the area as a National Park under Sec. 35 of the Wildlife Protection Act by reason of its ecological, faunal, floral importance, and for the purpose of protecting, propagating and developing wildlife therein.

On receipt of the Collector's report of enquiry and on the advice of the State Wildlife Advisory Board, the Government issued final notification declaring the area as National Park under Sec. 35 (4) of the Wildlife Protection Act.

The matter was heard by the Hon'ble Justice S. Maruthi. It was felt that the entry into the National Park can be regulated by the Chief Wildlife Warden under Sec. 28 (2) of the Wildlife Protection Act. Further, declaration under Sec. 35 is not only for protection of wildlife but also for protection of environment. The Court observed that the vesting of vacant land in the Government under Sec. 23 (4) of the Urban Land Ceiling Act does not take away the power of the Government to declare a particular area as a National Park to protect the environment or the wildlife. It was felt that the provisions of the Urban Land Ceiling Act and those of the Wildlife Protection Act can simultaneously operate in the same area. The court further observed that entry of public in the green park does not in any way destroy the wildlife or the environment that is in existence in the park provided the entry is permitted subject to restrictions.

It was held that the petitioners are eligible for grant of permits subject to the conditions that may be prescribed under Sec. 28 (2) of the Wildlife Protection Act. The writ Petitions are disposed of accordingly on 22.3.1999 and the Contempt Petition was closed.

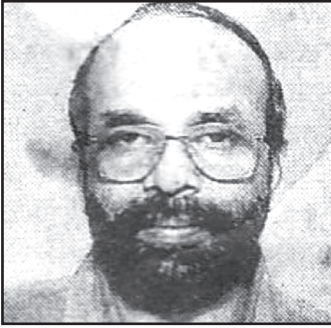
The common judgment delivered in the two writ petitions is reported in 1999 (2) ALD 624 and 1999 (2) ALD 604.

Source: Internet

K.B.R

OBITUARY

K. Balachandran Thampi



I am scribbling this with a heavy heart as memories of Mr. K. Balachandran Thampi surge in my mind when he was an alumnus of

1973-75 SFRC. I

information. The other day, Shri A M Mahmood Husain, the then Principal SFRC, wanted me to give Mr. Thampy's status and I gave Mr. Hussain Mr. Thampy's phone number.

Needless to say that he was enrolled into 1977 batch and was allotted to his home State, Kerala. He repeated his performance in the Indira Gandhi National Forest Academy and has won laurels.

He was elevated to the post of Principal Chief Conservator of Forests of Kerala. Then he opted for the post of National Rain fed Area Authority Member Secretary. He continued to hold that post after his retirement.

I read about his sad demise in New Delhi in the "Malayala Mmanorama" Daily Kottayam edition dated 23 May, 2014. I am attaching a copy of the obituary column news

He was 63 and is survived by his wife and daughter.

His body was brought to Thiruvananthapuram, his native place. Kept for few hours, in his home, close by the Forest Headquarters. Then his body was displayed in the Forest headquarters and was cremated in Santhi Kavadam Crematorium on 23 May, 2014 (**By P.K. Zachariah**)

had occasion to see him from the day of his admission in SFRC to the day he passed out from S.F.R.C. He was a silent student proficient both in studies and all extra-curricular activities. It was a pleasure to observe him in the examination hall. Immediately after receiving the relevant question paper, he used to sit meditating for about 5 minutes and then write the answers to the questions. He used to be the topper when results are announced. He was the winner in all competitions relating to sports and games. It was a pleasure watching him bringing out his histrionic talents. On the day of his passing out, he not only won the honors first rank he did not allow any of his batch mates to win any of the 14 proficiency prizes awarded for excellence in studies and for sports and games. Indian Forester monthly journal in which the result of his batch was published bears testimony to this



For Details Please see page No. 39



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