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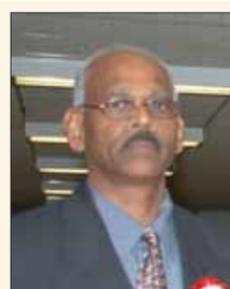
**The New
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**Palmyrah
Parfait**

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Book release of

**Prof. E.
Balasunderam's
"Elathu Naattar
Paadalkal"**

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Palmyrah trees in Pesalai
[Humanityashore..org]

"The aim of life is to live, and to live means to be aware, joyously, serenely, divinely aware."

Henry Miller, American
Writer (1891 - 1980)

**Newtown Square
A Brand New
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**Your Future
Business in
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Surya-Jyothika Wedding - See Page 10

Liberal leadership hopeful for more Canadian involvement

**GTA JOBS &
CAREERS**

In this Issue



"The situation is really deteriorating — assassinations, landmines, planes strafing orphanages where dozens of young people were killed," Rae told CBC News.

Rae said he believes countries giving aid to Sri Lanka, such as Canada, should put more pressure on both the government and the rebels to negotiate an end to the conflict, but are too distracted by other matters.

"The trouble with the world today is you just can't say, 'we've got a crisis here today. Sorry, we'll get to you in a minute,'" he said.

The Liberal leader is to be chosen in Montreal during the Nov. 28-Dec. 3 convention. The race is now heating up according to media reports.

Former Ontario Premier Bob Rae and former academic and now MP for Etobicoke - Lakeshore Michael Ignatieff are considered front-runners, along with former Ontario cabinet minister Gerard Kennedy and Montreal MP Stéphane Dion, among the 10 leadership candidates, according to the Toronto Star.

Liberal leadership hopeful Bob Rae, who has worked with an international agency to try to bring peace in Sri Lanka, says it is time for Canada to get more involved.

The escalating crisis has prompted renewed calls for the Canadian government to get more involved in trying to solve the ethnic dispute in Sri Lanka.

'SAAHITHYA AWARDED' Muthurajah's poetry book 'Tsunami', is going to be released on Saturday, October 14th, 2006, at the Scarborough Civic Centre, between 5 and 9 pm. The Organizers are cordially inviting the Tamil community to attend and encourage the Writer.



**GTA SQUARE SALE
Continues in Scarborough**

Pages 18 & 23

**Toronto Police recruiting
diverse officers**

See Page 29



S/Sgt Riyaz Hussein speaks
to a potential recruit



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Edition

The New Monsoon



A Print View of Accents found, Surfing

■ SURFCAST I

■ LINEUP 4

■ SEPTEMBER 2006

A PARFAIT MEDIA PUBLICATION

The World Parliament of Religions, Chicago Swami Vivekananda's Welcome Address Chicago, Sept 11, 1893

Sisters and Brothers of America,

It fills my heart with joy unspeakable to rise in response to the warm and cordial welcome which you have given us. I thank you in the name of the most ancient order of monks in the world; I thank you in the name of the mother of religions, and I thank you in the name of millions and millions of Hindu people of all classes and sects.

My thanks, also, to some of the speakers on this platform who, referring to the delegates from the Orient, have told you that these men from far-off nations may well claim the honor of bearing to different lands the idea of toleration. I am proud to belong to a religion which has taught the world both tolerance and universal acceptance. We believe not only in universal toleration, but we accept all religions as true. I am proud to belong to a nation which has sheltered the persecuted and the refugees of all religions and all nations of the earth. I am proud to tell you that we have gathered in our bosom the purest remnant of the Israelites, who came to Southern India and took refuge with us in the very year in which their holy temple was shattered to pieces by Roman tyranny. I am proud to belong to the religion which has sheltered and is still fostering the remnant of the grand Zoroastrian nation. I will quote to you, brethren, a few lines from a hymn which I remember to have repeated from my earliest boyhood, which is every day repeated by millions of human beings: "As the different streams having their sources in different paths which men take through different tendencies, various though they appear, crooked or straight, all lead to Thee."

The present convention, which is one of the most august assemblies ever held, is in itself a vindication, a declaration to the world of the wonderful doctrine preached in the Gita: "Whosoever comes to Me, through whatsoever form, I reach him; all men are struggling through paths which in the end lead to me." Sectarianism, bigotry, and its horrible



Address on Sep 11,
by Swami Vivekananda
113 years ago.

"I fervently hope that the bell that tolled this morning in honor of this convention may be the death-knell of all fanaticism, of all persecutions with the sword or with the pen, and of all uncharitable feelings between persons wending their way to the same goal."

descendant, fanaticism, have long possessed this beautiful earth. They have filled the earth with violence, drenched it often and often with human blood, destroyed civilization and sent whole nations to despair. Had it not been for these horrible demons, human society would be far more advanced than it is now. But their time is come; and I fervently hope that the bell that tolled this morning in honor of this convention may be the death-knell of all fanaticism, of all persecutions with the sword or with the pen, and of all uncharitable feelings between persons wending their way to the same goal.

The World's Longest War

By David Carlin

Everybody recognizes by now that the Arab-Israeli conflict is a singularly intractable one. The current struggle between Israel and Hezbollah is the sixth major episode in a 58-year-long war between Israel and its Arab neighbors that commenced in 1948 when the state of Israel was proclaimed. Fighting was renewed in 1956 over Suez, in 1967 in the Six-Day War, in the Yom Kippur War of 1973, and in 1982 with the invasion of Lebanon. Only an incurable optimist will imagine that whatever "peace" agreement closes the current episode will bring anything like a permanent settlement.

Geologists speak of "fault lines," like the famous San Andreas fault in California. Along these lines earthquakes are likely to occur, and nothing can be done to prevent them. For 2,500 years the world's greatest geopolitical fault line has been the line dividing Europe from the Middle East. Israel, unfortunately, sits atop that line, a European nation in Middle Eastern territory. Because of this unhappy fact, it is unlikely that any truly permanent solution will be found for Israel's problems with its neighbors. Wise diplomats, therefore, will not succumb to wishful thinking, dreaming of permanent solutions.

The 58-year Arab-Israeli conflict is but the latest manifestation of what may be called the world's longest war - a 2,500-year struggle between the world of Europe and the world of Western Asia, the region now called the Middle East. The struggle began in the late 6th century B.C. when the Persian Empire demanded the submission of the Greek cities of Asia Minor, and it reached its first climax in the 480s when Xerxes, the "Great King" of Persia, invaded Greece with an enormous army. Greece survived, winning two crucial battles.

The next great climax came in the 330s and 320s B.C. when Alexander the Great, in the most brilliant campaign in military history, conquered the vast Persian Empire - a realm that included the lands on which are found such present-day "hot spots" as Lebanon, Israel, Syria, Iraq, Iran and Afghanistan. Persons familiar with the career of Alexander get a feeling of déjà vu when they read today's newspapers.

Even the three great wars between Rome and Carthage were part of this Europe-vs.-Western Asia struggle. For Carthage, though its empire was located near the western end of the Mediterranean, was actually a Mid-Eastern society and culture, a colony founded by settlers from Phoenicia, which is modern Lebanon.

For the next 2,000 years the struggle between Europe and the Middle East continued on many battlefields: North Africa, Spain, France, Palestine, the Balkans, Asia Minor. Sometimes one antagonist flourished, sometimes the other. The sudden and dramatic rise of Islam in the 7th century consolidated and strengthened the forces of Western Asia in a remarkable way, permanently Islamizing the Middle East and tipping the balance in favor of Mid-Eastern supremacy for many centuries - just as, later, the rise of modern science and industry re-tipped the balance in favor of Europe. The see-saw nature of the



[Photo: University of Delaware]
World Trade Center twin towers with
back drop of the Statue of Liberty on
Sep 11, 2001

long contest should remind us that the European upper hand of recent centuries is not necessarily fated to endure.

By the 19th century, the Turks and Arabs had fallen far behind the Europeans in economic and military development. Europeans, especially the British and French, were able to "colonize" much of the Arabic world. Among these colonists were European Zionists who settled in Palestine. They represented no great power, and they were the only European colonists who had burned their bridges behind them. They were absolutely determined to stay in Palestine, for if things went bad they, unlike the British and French, had no European homeland to retreat to.

In the aftermath of World War II, a Mid-Eastern counter-offensive against the dominance of Europeans advanced under the flag of Pan-Arabism; more recently it has proceeded under the banner of militant Islamism. Since the United States is now the principal "European" country, it is no surprise that the chief object of Mid-Eastern animosity is now America.

This is a pessimistic analysis, and it warrants a pessimistic prognosis. **There is no realistic hope for anything like a "permanent" settlement of either the Arab-Israeli conflict or the larger conflict between the world of Europe and the Islamic world.** Neither side can expect total victory over the other. Sad to say, the best that diplomacy can aim at is a mitigation of the conflict and a minimizing of collateral damage when fighting breaks out again, as it surely will. [History News Network]

Mr. Carlin is a professor of philosophy and sociology at the Community College of Rhode Island and a writer for the History News Service. He is the author of *The Decline and Fall of the Catholic Church in America* (2003).

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TamilWeek, Palmyrah Parfait and
The New Monsoon.

These are monthly Printed Editions
released in Toronto, Canada and
distributed free in Greater Toronto
and Montreal and mailed to
Subscribers for a small cost
to any part of the world.

The copy is made available for
viewing in the website for
worldwide viewers at
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TamilWeek

A Print View of Accents Found, Surfing - Canadian Edition

All lands home, all men kin.

"None can swim the sea of vice, but those who are united to the feet of that gracious Being who is a sea of virtue".

Thiruvalluvar - Kural No: 8

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UPCOMING EVENTS

AGM of CTCC (Canadian Tamils' Chamber of Commerce)

The Annual General Meeting has been scheduled for Oct 14th, 2006 starting at 8.00 a.m. The Chamber members will elect new Board of Directors on that day. The nominations for the new board of directors ends on Friday, Sept 29th, 2006. Any further information please visit CTCC website at www.ctcc.ca

An Evening of Dance Performance by a Jesuit Priest with the Support of Tamil Catholic Community

Rev. Fr. George Saju, a Jesuit Priest from India, was one of the two opening dancers at the Festival of India in Moscow 1999. He has performed on some 60 solo and 25 group Bharathanatyam performances in India, Great Britain, Germany, Bangladesh, and Thailand with both Christian and Hindu Themes. Having also danced before Pope John Paul 11 in New Delhi, he has raised Bharathanatyam in the realm of Christian prayer and Workshop. Here is a rare opportunity to experience a new flowering of an ancient vine. His University of Chennai Ph.D was for the thesis on Dance in Saiva Tradition.

Venue:
The Armeniyan Youth Centre
50 Hallcrown Place
(401/Victoria Park Ave)

**Sep 30th, 2006
Saturday
6.30 p.m.**

**Donation: \$10 & \$20
Contact: 416-300-7026**

UPCOMING EVENTS

Fundraising Gala by CMDDA In support of Providence Healthcare, Alzheimer's Unit

On: Saturday, October 21st, 2006, 6:30 pm

At: Sheraton Parkway Toronto North, Hotel & Suites, Richmond Hill.

Key Note Speaker :
Dr. Mamta. Gautam.
Psychiatrist, University of Ottawa.
The Balancing Act - Coping with Stress at home and work



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Autumn Bowlathon 06'

An Annual Event in support of Providence Healthcare 'Tamil Caregiver Project'

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Career Counseling Workshop 2006 (Grades 9-12)

The Association of Sri Lankan Graduates of Canada jointly with the Canada Tamil Parents' Association will be conducting a Career Counseling Workshop for Tamil High School Students on September 30, 2006.

Venue: Winston Churchill Collegiate,
2239 Lawrence Ave. East, Scarborough
Time: Saturday, September 30, 2006
from 9.30 a.m - 4.00 p.m
Reservation required: Free Admission & Lunch

For Reservation and more information, Please call:

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Cowardly act, says Vallipunam survivor



Ms Mary Arulappan Juliet, the 18 year-old survivor of the August 14 SLAF Kfir jet attack Sencholai.

Paranthan Hindu Mahavidyalam student, Mary Arulappan Juliet, 18, a survivor of the August 14 Sri Lanka Air Force (SLAF) Kfir jet attack which killed 51 girls and four staff at Sencholai children's home campus in Vallipunam in Mullaithivu district, in an interview to TamilNet Tuesday, said the attack was a "cowardly act," and appealed to the International Community to unreservedly condemn the Sri Lanka Government for the attack on school girls.

Speaking at the TamilNet interview, Juliet said they were on a residential course, learning the necessary skills to administer First aid to people in an emergency especially to the sick and injured IDPs, and acquiring the skills necessary to provide emergency care to suffering persons before being transported for emergency medical treatment at hospitals.

"We were into the second day of our workshop on First aid and Disaster management skills. More than 400 school girls were in attendance at the 10-day workshop," Juliet said.

"It was 7 a.m., we were by the compound well, when we saw the Kfir jets far-away and thought that they heading to the battle theater elsewhere.

Within a seconds we saw them heading directly to our centre and suddenly started bombing our premises.

"As the bombs fell, the girls ran in all directions, and took cover by lying on the ground face down, hoping that the bombers will go away after attacking once. But the Kfir jets returned firing additional munitions directed to our facility," Juliet added.

"There was chaos within the Sencholai premises with each round of bombing, as more students were getting wounded severely and getting killed. In between air strikes, the girls changed their cover locations by running to other positions to take better cover," said Juliet.

During lull periods in bombing, girls would run out to the aid of the wounded girls and to carry them to safer locations. Rescue efforts got interrupted several times by the sudden return of Kfir jets.

"It was on one such rescue attempt that I got injured in my hand, although slightly, when a stray shrapnel hit my hand," said Juliet.

"In the aerial strikes, many died on the spot, and many were wounded, most had multiple injuries, some lost their limbs, some had severe burns. All the girls were pleading for help, pleading to be taken to a hospital," Juliet said.

Juliet blamed the Government of Sri Lanka(GOSL) for the attack and said that it was a "cowardly act."

"I still have memories of the jets and the desperate calls of the girls for help. Earlier, I feared at nothing, but after witnessing this horrific massacre, even slight noises frighten me," Juliet said.

When asked what message she would like to give to the international community, the 18 year-old, Ms Mary Arulappan Juliet, replied: "I would urge the international community to unreservedly condemn the Colombo government for the aerial attack, and to exert pressure on the GoSL to adhere to basic humanitarian principles." [TamilNet]

India, Lanka in envoy row

Surprised by the outburst of Sri Lankan tourism minister Anura Bandaranaike against Indian high commissioner Nirupama Rao, on September 7th Delhi denied interfering in the internal affairs of the island nation and rallied behind the diplomat.

"It is not the policy of Government of India and its representative abroad to interfere in the internal affairs of any country," it said.

Yesterday, in the Lankan parliament, Bandaranaike was reported to have asked Rao to "mind her own business" and not meddle in the island's affairs. It was not clear what prompted the minister to make such a scathing comment, which left officials in both Delhi and Colombo stunned.

"The pretty Rao should look after her embassy and we will look after our own internal affairs," a Sri Lankan paper quoted Bandaranaike as saying.

India said Rao's contribution to strengthen Indo-Lankan relations has been well appreciated by the host government. "She is a senior diplomat and has conducted herself in accordance with the highest professional standards," a spokesperson for the ministry of external affairs said.

The Indian diplomat came under attack days after the Lankan deputy high commissioner in Chennai, P. Amza, faced the wrath of the MDMK.

MDMK chief Vaiko, a known sympathiser of the LTTE, handed over a memorandum to Prime Minister Manmohan Singh last week demanding the expulsion of the Lankan diplomat

for commenting against a resolution passed by the Tamil Nadu Assembly on the island's ethnic crisis. He also asked Delhi to put pressure on Colombo to return to peace talks and stop the "genocide" of ethnic minorities.

A buzz about interference by Indian authorities has emerged from Colombo's political establishment in the past, but this time it came as a surprise as Indian and Lankan governments have been co-ordinating closely on the resumption of peace talks.



Indian High Commissioner Nirupama Rao

Rao, the first woman Indian high commissioner in Colombo, has engaged the Lankan government in the peace process. India does not want to be seen as an active player in Lankan affairs.

Pakistan envoy Bashir Wali Mohammad, too, turned the heat on India recently when he claimed that Delhi had masterminded the unsuccessful attempt on his life in Colombo. It was earlier believed that the Tigers had targeted the diplomat for colluding with the Lankan government to incite Tamil Muslims against their movement. [tegraphindia.com]

"Jaffna tears is cold as tears in Hambantota"

Another Tele drama banned; Free Media Movement condemns this cultural censorship

Government-controlled Sri Lanka Rupavahini Corporation (SLRC) has stopped telecasting the tele-drama Sudu Kapuru Pethi without giving any official reasons after 10th episode from last week. This censorship marks another blow to freedom of freedom of expression and highlights the negative impact of Government political control of what should be an independent public broadcaster capable of reflecting the rich tapestry of Sri Lankan society.

The Teledrama Sudu Kapuru Pethi is based on the award winning youth novel published in 2003 and was produced by Atula Peries, and award winning dramatist working SLRC as a producer. The story is set amidst the

ongoing ethnic conflict.

Unofficially it has been told that the tele-drama was banned because it discusses issues related to Tamil People. By censoring without the knowledge of the producer the dialogue "Jaffna Tears is cold as tears in Hambantota" in the last episode shown on SLRC shows the level of censorship considered acceptable in the national broadcaster.

Recreating and promoting tolerance of diversity is a right and role of cultural productions. Banning of seemingly unharmed Sudu Kapuru Pethi reflects the continuing suppression of cultural production in Sri Lanka.

Free Media Movement condemns this cultural censorship and request the SLRC authorities to allow Sudu Kapuru Pethi to be telecast on SLRC.

[www.freemediasrilanka.org]

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Fr. Nihal Jim Brown! Where are you?

By Fr. Paul Rohan

We have a very long list of persons who are missing in the North and East of Sri Lanka for the last 30 years. Priests are not excluded in this list of 'Missing Persons'.

Is Fr. Jim Brown's name also going to be added to the list of the missing priests in the North and East due to the ongoing ethnic crisis in the Buddhist Chauvinist country?

- Fr. Mary Bastian in Vankalai – Mannar
- Fr. Selvarajah in Sori Kalmunai – Batticaloa
- Fr. Hebert, sj, Eravur – Batticaloa

These priests are still missing though we know for certain that they were killed by the Sri Lankan government troops.

And now,

Is it Fr. Jim Brown?

Will there be a day when 'Truth' will win and reveal itself from its missing state?



Fr. Jim, As a Deacon

It is a common phenomenon in Sri Lanka, unexplained disappearances of people occur for last 30 years. In this civilized world where Sri Lankan government poses itself as a decent protector of the civil and Human rights, if a priest and social worker's whereabouts cannot be verified by the government, then it is a natural conclusion that the same 'decent' government has something to do with this present case of disappearance, for that matter, with the disappearance of many Tamil civilians. So far, requests for information to the authorities have yielded nothing: The Bishop of Jaffna



Fr. Nihal Jim Brown

and various Human Right Commissions have contacted Government of Sri Lanka starting from the president up to the troops in the ground to tell the truth of this missing priest and social worker; but all of them washed their hands, saying they do not know anything about the incident.

Ordained in 2004, Fr. Nihal Jimbrown worked in the diocese of Mannar for one year. When he concluded his obedience in Mannar came back to his mother diocese and was appointed parish priest of Allaipiddy in the main island of Jaffna, which was already spotted, to be a troubled and fearful place with the cruel killing of innocent Tamil civilians in their deathbed by the unidentified armed men in the night where there was a high concentration of government troops a few months ago. Even very recently Fr. Jim's parish church, St. Philip Neri, came under heavy shell attack and many civilians were killed before his eyes, as they sought shelter in the church. After this, Fr. Jim took his parishioners – about 800 of them – to shelter in St. Mary's Church in the same area against the wish of the Navy troops.

The government troops were naturally

not happy with Fr. Jim's social concern and his involvement with the welfare of the people fearing that the involvement of a Catholic priest in the welfare of the people would make the real situation splashed to the international community to which the government was presenting a different face regarding the real situation in the North.

On 20 August Sunday, at around half past noon, Fr. Jim left on his motorbike with a helper called Wenseslaus Vimalathas to celebrate Mass in Mandaithivu which also comes under his parish limits. But navy troops at Mandaithivu did not allow him to say Mass so he left. While he was returning he was met by another priest on the road, Fr. Peter Thurairatnam, the last man to see him. Fr. Peter Thurairatnam proceeded to his parish leaving Fr. Jim and the pillion rider at Allaipiddy checkpoint where everyone has to make their entry of entering and leaving. That is the place where Fr. Jim and Vimalathas were found last. When they



Fr. Jim, As an active Seminarian

did not return to Jaffna or Kayts, priests went to the checkpoint to inquire about them and was reportedly told by the navy officer that the two of them had left Allaipiddy by showing the entry book.

Under the very trying circumstances Fr. Jim Brown had done his best to help the Allaipiddy people risking his own life



Fr. Bastian, First in the missing list

facing a barrage of shellfire. It is the duty of the government and its forces to give a truthful and reasonable answer to this serious problem. One cannot



Fr. Jim, out standing in IT

understand how a priest in his full priestly uniform, along with his pillion rider, riding a red coloured motor-cycle, could have mysteriously vanished during day light hours, in an area of the Jaffna islands, where there is a high concentration of government security forces!

I know Fr. Jim very well and he was my student in the department of philosophy at St. Xavier's Major Seminary. Even from the seminary days he was very much enthusiastic with regard to the social involvement. He was an active member in the Social Action Group in the seminary and was always ready for helping poor and needy, by way of donating blood, visiting the poor during his free time and organizing helps and relief for them. At this time of crisis in his parish his missing is really felt by all. There should be a day when truth will win and everything would be revealed.

UNESCO condemns murder of Sinnathamby Sivamaharajah, Managing Director of "Namathu Eelanadu"

The Director-General of UNESCO, Koïchiro Matsuura, has condemned the murder of Sinnathamby Sivamaharajah, the managing director of Namathu Eelanadu, a Tamil-language newspaper, in Jaffna, in the north of Sri Lanka, on 20 August.

"I condemn the murder of Sinnathamby Sivamaharajah," the Director-General declared. "I am very concerned about the targeting of

journalists and media workers in the conflict in Sri Lanka and must remind all parties that the killing of journalists will not help them achieve their end.

"The use of force to silence the press only serves to undermine public debate thus obstructing the road to a peaceful settlement," the Director-General added. "I call on all parties to respect the fundamental human right of freedom of expression and those who practice it."

Sinnathamby Sivamaharajah, who was shot dead in Tellippalai, was a former Member of Parliament for the Tamil United Liberation Front, and a member of the Tamil National Alliance. He is the fourth journalist killed in Sri Lanka since the beginning of 2005, according to the Committee to Protect Journalists (CPJ).

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“Hearts and eyes speak to each other”

Visual Art Exhibition by Upali Ananda was held few months ago at the Lionel Wendt Art Gallery in Colombo. He is a Visiting Visual Art lecturer at the Aesthetics University, Colombo



"I come from Kegalle. I came to Colombo fifteen years ago. I started to draw object drawings. The ideas of life came to my mind, while I was walking from Mount Lavinia to Fort along the railway track. So many small things of people living along the railway tracks attracted my attention. I started to sketch them, and today I am able to have an exhibition of that experience. Heart is very sweet, but the life is not so sweet" says Upali Ananda (40), visual artist.

"Love means hearts and eyes speak to each other" says Upali Ananda.



Playing with hearts

[Courtesy:
Humanity Ashore.org]

To get high or get by?

By Kumudu Amarasingham

Is love – as in passionate, "I would do anything for you" love, really necessary in a marriage? Or is it more of a couple-killer than something that preserves?

Statistics show that proposals result in successful marriages way more often than 'falling in love' does.

And yet, many of us, especially the arty, imaginative, and let's admit it, romantic types shudder at the very thought of the whole matter of fact proposal. Approving parents, condoning relatives and all...

No doubt, the proposal is lacking in a certain tingle and spark. Everything is so decided, so settled and final, and heaven forbid – so proper. The two people are from similar backgrounds – always. They're usually of the same religion.

The parents decidedly like each other and the couple generally decide that the other person is tolerable, or if lucky, likeable after all. Thereafter, they marry. And, more often than not, actually live happily every after.

The 'love' scenario

Take the love scenario. Parents often hate each other. Each mother thinks their child has been 'caught' by the other degenerate brat. Relatives secretly find the whole thing a-ma-jig amusing. And the couple? Ah!

The couple – they usually adore everything about each other, down to the wart on the Adonis'/angel's toes!

All fine and good! Every wart was born to be admired and adored at some point. The problem is – six months to one year later – the wart becomes – well just a darn wart! Yuck! Even.

Good news for the romantics, one feels compelled to add, includes recent research that proved the state of the brain when the person is in love or romantically aroused, is different to its state when sexually aroused.

So love is, even by stringent scientific standards, different from lust.

Time factor

The problem however is that even this state was found to be similar to a drug induced high – so when the drug wore out – or was continuously used, so did the high. Which meant that the love-at-first-sight, passionate sagas did not last long.

On the other hand, the most successful marriages, even in the West, were amongst those who had had long drawn out courtships, and taken the time to get to know each other.

So the moral of the story... It's definitely not 'don't fall in love.' All we're saying is, don't let the dopamine induced state of love be the deciding factor for decisions that have long term consequences. [The Morning Leader.lk]

“Call of the Sea...”, by Sudharshana

a serene sail

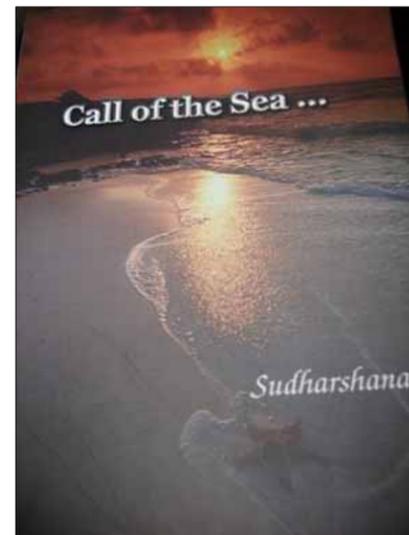
By K.T. Kumaran

“Call of the Sea”, a collection of 78 poems by Sudharshana, published by Viluthu, a non profit organization based in Colombo, Sri Lanka was launched recently in Toronto.

Sudharshana, Community Development Worker at St. Joseph's Women's Health Centre in Toronto, has neatly categorised the “Call of the Sea” into three free streaming channels — "Springing forth", "Meandering" and "Seeking of the sea".

The nostalgic reminiscence of the author, emanating from both personal and professional experiences is full of naturalness and directness of expression; “Call of the Sea...”, the maiden collection by Sudharshana is an abounding creek, capturing myriad themes - for all poetry lovers .

“I gravitate towards Tamil, my mother



tongue for certain themes and at other times gravitate towards English, my colonial heritage”, notes the author in her preface. Delving in “Call of the Sea...”, I find she is helping in finding a serene sail in the brook out side of the land we departed, via interesting use of metaphors that console the memories along those lines.

Here are 3 poems from each of the categories

1.-Springing forth: “Friends”

You rise in waves
and knock me off balance.
You creep under the door
and smother me in smoke.
Like the unexpected showers
you drench me through and through.
Like a creditor you knock
on my door at dawn.
Like a childhood friend
you remind me of the past.
Tell me,
are you a friend or foe?
You imprison me briefly and tie my
soul to a pole.
You wait your chance to rob me
of my hard earned savings.
you clip my wings
and wait to see new ones grow.
Yet,
you highlight my joy,
you brighten my bliss.
You are the canvas
where daily I create
works of art
as I live and live.
Dear sadness,
you are my friend.

II - Meandering: “ Seasonal Outburst”

You come into element
In winter.
You speak fearlessly,
almost crudely.
Throwing away all caution
you speak fearlessly.
What you disguised
with vibrant colors and foliage,

stand naked,
revealing bare essentials.
You pack away the colours
choosing white and silver
to express
your relentless truth.
The way you use the wind
tempts us to freeze and slice,
with your tongues.
Making the sun your ally,
you blind us with brightness.
But you forget,
you do this every year.
Now when you open your mouth,
we take cover.

III - Seeking of the sea: “Blind No More”

In a world that move ceaselessly
when will the ripples and waves
cease,
to reflect you
in me.
When will I see
You
In the uprooted tree
and the towering mountain
When will I cease to see
only rain, ice, snow and sleet
instead of water
within it all.

Contact Information:
Publisher of “Call of the Sea...”
Viluthu - is located at
5, Torrington Avenue, Colombo 7,
Sri Lanka and

Sudharshana at, rajasud@gmail.com

TidBitz

By: Anand J

The Clash of Titans



Although Unofficial, it looks almost certain that Kamal's *Dasavatharam* will take on Rajinikanth's *Sivaji* in 2007 at the summer box-office. Ulaga Nayakan Kamal dons 10 different roles in 'Dasavatharam' with 5 heroines. The movie is being directed by ace director K S Ravikumar. Asin & Mallika Sherawat has already been signed for this movie. Super Star Rajinikanth's *Sivaji* is directed by Shankar and produced by AVM. Both are big movies with excellent starcast and boasts entertaining directors. Kamal and Rajini last competed in April 2005 when Chandramukhi and Mumbai Express released. It was a win for Rajini all the way with Mumbai Express sinking without a trace. But this time around Kamal is backed up by a solid director and a unique theme which no one has attempted. Watch this space for the 'Winner?'

Superman Rajini

A cartoon movie is being made by Soundarya Rajinikanth about her father titled 'Superman Rajini'. This movie, when releases, will be the first of its kind in India, which is being made about a living actor/phenomenon/Super Hero/character. The movie is set to have humour, action, love, suspense and all other successful moolahs. It has evoked a lot of business interests from film distributors all around India.



Neelangerai Kamal



Kamal now lives in his new home in Neelangerai (in Chennai). He has a big gym/exercise room for his daily exercises. Chances of taking a peek at this actor is very high, if you happen to be walking/jogging during the wee hours of the day in sand shores of the Neelangerai beach.

Pokkiri Vijay



The character which Ilaya Thalapati Vijay plays in movie 'Pokkiri' has been named 'Thamizh'.

Race Star Ajith

Race king Thalaj Ajith has participated in a couple of international car race events by spending his own money. He



is believed to have spent more than 3 crores (Indian Rupees) on his self sponsorship in these events.

Buddy Vikram



Chiyan Vikram's best buddy in Bollywood is Abhishek Bachan. Vikram always visits Abhishek whenever he visits Mumbai. You know what - Amithab's latest favorite actor in India is 'Vikram'.

Sensational Vishal



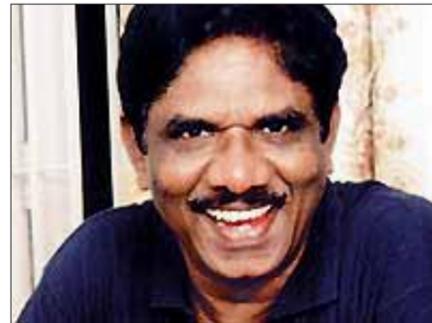
After delivering a hatrick hit (Chellame, Sandai kozhi, Thimiru), new sensation Vishal is busy acting in a movie titled 'Sivappathikaram' in which he has popular Malayalam actress Mamta Mohandas as his heroine.

Vallavan Silambarasan



Ashtavadani T Rajendar's son Silambarasan is directing/acting in a movie titled 'Vallavan'. Aiming to be a cut above his father, he has penned lyrics for a song in this movie which has been set to a peppy tune by Yuvan Shankar Raja.

Bommalattam Bharathiraja



The man, who brought such an idiomatic change in Tamil cinema with his 16 Vayathinile, is now making Cinema, a Hindi movie that takes off on the life of a director. He is making the film as Bommalattam in Tamil. Meanwhile, Bharathiraja, who is no stranger to controversies, has made a quick trip to the war-torn Sri Lanka. Bharathiraja has also met LTTE chief Velupillai Prabhakaran.

Sillunu Suriya



Tipped to be a very entertaining Romantic movie 'Sillunu Oru Kadhal' stars real time lovers Suriya and Jyothika. The movie has excellent music by Madras Mozart A R Rahman.

The film got 'UA' certificate from the censor board and gets released all over by September 11.

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When dreams turn into reality

A long-pending desire of actor Sathyaraj to don the role of Periyar is getting into shape with the schedule on at a brisk pace. The movie is to be directed by Gnanasekaran, whose work in Mohamul and Bharathi had won rave critical acclaim.

On the groundwork between his first and second schedules, Gnanasekaran felt privileged to do a movie depicting the real life heroes like Bharathi and Periyar. 'The challenging part is in bringing the great qualities of the men who brought out the values of human life which is above caste, creed or religion.'

**Directed by Gnanasekaran,
brought Mohamul and
Bharathi**

In the view of director, the tough part was in getting the facts right. It took me one year to get the details and relevant photographs of Periyar. But to translate into screenplay consumed another three years. Just could not afford to make a slip in such a venture. The idea is to say the whole thing in around two hours and 40 minutes.'

How tough it will be to chronicle the life of a common man before his change of stance? 'Precisely that is the challenge. Has done a lot of homework to get the insight of the man and some of his deeds not brought to light so far. Born in a rich family, having held various government posts, what really prompted him to involve in social issues has been the crux of my screenplay.'

If the choice of Sayaji Shinde as Bharathi was surprising, is he playing it



safe casting Sathyaraj in the signature role of his career.

'The much acclaimed Bharathi reached the masses only when it was telecast in small medium. A popular face in Tamil could have made the difference then. A question of being wiser after the experience.'

Plumping for Sathyaraj had a lot to do with his build and his belief in following the principles of the great leader. 'When the news filtered in that Sathyaraj is longing to do such a role, he was the spot-on choice.'

The amazing part is in the homework of Sathyaraj, taking the initiative to gather details and working on the body language, revealed Gnanasekaran.

So far the shooting has been confined in places like Karaikudi and the neighbouring Kothamangalam and Kanadukathan. 'Thanjavur, Tiruchi, Vaikom and Kasi are the other earmarked places with a sprinkle of foreign locations depicting the overseas tours.'

The other highlights are the efforts of cinematographer Thankar Bachan (different lightings), music composer Vidyasagar (sans the new instruments) and B Lenin's editing.

[Newstodaynet]

Khushboo to play Periyar's wife

Unfazed by the opposition from a section of political parties, Actor Kushboo is all set to don the role of Maniyammai, the revered wife of Rationalist Leader 'Periyar' E V Ramasamy, in a film about the late Dravidian stalwart.

Sathyaraj, for whom EVR's ideals are dear to his heart, plays the title role in the film. Malayalam heroine Jyotirmayi is acting as EVR's first wife, Nagammai.

Gnana Rajasekar, an IAS officer, is directing the first-ever film on the life and works of EVR (1879-1973). A few years ago he had made award-winning film on the life of the Tamil nationalist poet Subramania Bharati.

Why Khushboo has been selected for the role? Director Rajasekar says he has matched computer graphics of

Nagammai. The second half with Khushboo playing Maniyammai is expected to be shot from October.

In this background, PMK member T. Velmurugan, while speaking in the State Assembly on Aug. 28, raised the issue of Khushboo being signed to act as Maniyammai and said the actress had tarnished Tamil culture and denigrated Tamil women by openly expressing her views on pre-marital sex and chastity.

Information Minister Parithi Ilamvazhuthi told the PMK member that "what is important is the actor's talent and not who the actor is".

Asked to comment on PMK's objection to Kushboo playing Maniyammai, Sathyaraj said: "Minister Ilamvazhuthi has said in the Assembly all that needs to be said."

A prominent Sociologist, MSS Pandian has told a webportal that the PMK is making a "complete misrepresentation of history." "Maniyammai married Periyar when she was 22 and he 72. It was very much against the norms of the times and Maniyammai dared to be different. Khushboo also did something different when she spoke about sexuality and virginity. In that sense, Khushboo is most suited to play the role of Maniyammai."

Khushboo herself seems unperturbed. She was quoted in an English daily as saying that "No one has any business to tell me what role I must play in a movie, nobody has done that in all my 20 years of film career."

On the role of Maniyammai, Khushboo said, "She is very excited playing one of the most revered women in recent Tamil history. This is the first time in my career that I am doing so much of homework. The director sent me Maniyammai's photographs. I am waiting for her video clippings to see show she walked, talked, reacted, so that I could give authenticity to the role. I am really excited."

It was the PMK along with Dalit Panthers of India (both partners in Save Tamil Movement) which had launched an agitation against Khushboo for stating her views on pre-marital sex in an interview to a magazine. The demonstrations turned nasty in some places and her effigies were also burnt. The agitation died down with the passing of time.

The first half of the film has been completed featuring Jyotirmayi as



Khushboo

various actresses with those of Khushboo and him finally chosen her as she has the chubby face of Maniyammai.

The present DMK Government has granted Rs. 95 lakhs towards the cost of production of this film.

EVR Periyar was 72 years old when he married Maniyammai who was 22 then. As EVR did not heed the advice against this marriage, C.N. Annadurai and others closely associated with EVR parted ways with him and started the DMK which Mr. M. Karunanidhi heads after Anna's death.

Maniyammai came to be much-revered as a symbol of devotion and sacrifice for Tamil and for taking good care of the Dravidian patriarch.



"Sathyaraj to don the role of Periyar"

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Surya-Jyothika Wedding

Finally the big day arrived. Surya married Jyothika around 7.02 am on September 11. Jyothika looked stunning in a pink saree and diamond jewellery. Her wedding saree was worth around Indian Rupees 300000/- . Surya was wearing the traditional silk dhoti and shirt. It was a star studded wedding with a lot of prominent actors/actresses participation. The list of attendees included Tamilnadu Chief Minister Karunanidhi, Superstar Rajinikanth, Kamalahasan, Prabu, Nagesh, Sathyaraj, Jayalalitha, AVM Saravanan, Kushboo, Vijay, Madhavan, Murali, AR Rehman, TMS, Ilayaraja, Producer K Balaji, K Bhagyaraj, Dhanush, Prashanth, Prakash Raj, Asin, Ajith, Shalini, Sneha, Manorama and others. Jo made her entry into the *mandap* with Manorama *aatchi*. All eyes were on Jo. Her diamond jewellery was the highlight.





South Asian Dental Association 2006 Gala Supplement

To the Readers of TamilWeek,

I wanted to take this opportunity to thank TamilWeek for making this special "Dental Care Issue" in their newspaper. It is important for our organization which represents South Asian dentists to make sure the public is aware of the importance of dental care. There have been many studies detailing the association of good oral hygiene and its' relevance to overall physical health.

Our organization was started in 2003 and has held many successful events throughout the years. We were primarily involved with continuing education courses for dentists." On April 9, 2006 The South Asian Dental Association (SADA) held its' first ever dental screening for the general public. This event was held at Shoppers World in Brampton where over 700 people were screened by over 50 dental professionals. In addition, many of the public came by to ask questions and get advice from the dental professionals. SADA realizes

the great need for access to care for dentistry within our community. The Oral Health Awareness Campaign was targeting children and youth in its' initial phase. We look forward to expanding this outreach program for our community. It had become aware to the board of SADA that there is a substantial need of dental care not only in children but also among adults and seniors.

Sincerely,

Dr. Sanjay Uppal
President, SADA



South Asian Dental Association (SADA) holds successful dental screenings at Shoppers World

On April 9, 2006 The South Asian Dental Association (SADA) held its' first ever dental screening for the general public. This event was held at Shoppers World in Brampton where over 700 people were screened by over 50 dental professionals. In addition, many came by to ask questions and get advice from the dental professionals

SADA was formed in 2003 and has five goals to achieve as an organization with the primary being "To promote oral



health in the community". This event, organized by Dr. Sanjay Uppal, Vice-President SADA, was the initial step to increase awareness about the importance of dental health.

SADA realizes the great need for access to care for dentistry within the community. The Oral Health Awareness Campaign was targeting children and youth in its' initial phase. It had come to a great surprise to the board of SADA

that there is a substantial need of dental care among adults and seniors. Dr. Neil Gajjar, President-Elect of the Ontario Academy of General Dentistry stated that "we have found the needs of our senior community are under served and there is a need from all dental organizations to service these people. From a South Asian perspective, seniors are the most respected in our community and little has been done to deliver this respect."

Dr. Kuldip Kular MPP for Bramalea was present representing the Premier. Dr. Kular, the Parliamentary Assistant to the Minister of Health and Long Term Care, had the following comments "I am very pleased and proud of the fact that SADA is doing a tremendous job raising awareness of the importance of oral and dental health during the month of April," said Dr. Kuldip S. Kular, MPP (Bramalea-Gore-Malton-Springdale).

There were many free giveaways to the public along with the screenings. Dr. Pravin Patel who is a member on the board of SADA wanted to thank all of the sponsors in particular TD Bank Financial Group & Shoppers World for supporting the efforts of such a worthwhile cause in dentistry. For more information about SADA's activities and goals please visit the website at www.sadaonline.org.

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Newtown Square Grand Opening is on Sept 16th. On that date, a sales event will held in Boston Pizza, 7680 Markham Road, south of 14th Avenue.

Event starts from 11am to 6pm. A Live radio broadcast coverage on the event. Light refreshments served. Please come and join the Newtown Square Grand Opening Celebration. Take advantage and make purchase on that date.

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Medical History



Q: Why do I need to share a complete medical history with my dentist?

A: During your first dental visit, your dentist will ask you for a thorough medical history, which typically is included on your patient registration materials. Your medical history may include questions about lifestyle (such as smoking or involvement in high-risk sports) and family medical history. This history, combined with the results of your initial clinical examination, will help to assess your immediate dental care needs and recommend the best treatment approach.

Q: What kind of health information should I share and how specific should I be?

A: Mention everything about your health, even if you don't think it relates to your mouth. If you have had surgery or a major illness, be sure to include

this information in the medical history of your patient information section. Many diseases can have significant effects on your mouth and teeth, and researchers continue to discover ways in which oral health is related to overall health. Diabetes, for instance, can increase the risk for periodontal disease.

Q: How often should I update my medical history?

A: After your first visit, be sure to keep your dentist informed if there is a change in your current health status. Let your dentist also know if you are pregnant, have developed allergies, or are a smoker. Depending on your health status at the time of your visit, different treatment alternatives, or even delaying treatment may be recommended.

Courtesy:



Pregnancy cravings can harm your oral health



Pregnant women may often make ice cream runs to calm their cravings as they wait for their baby's arrival. Other women suffering from an eating disorder called pica, will have cravings for

ice, freezer frost, or even soil. Pica combined with bulimia can have adverse effects on an individual's oral health during pregnancy and also can be hard to diagnose and treat during those nine months, according to a study published in the May/June 2006 issue of *General Dentistry*, the Academy of General Dentistry's (AGD) clinical, peer-reviewed journal.

Pica, usually a secretive behavior, is a compulsive eating disorder in which sufferers have a constant appetite for non-nutritious substances. Bulimia is a condition in which patients overeat and then purge due to a fear of gaining weight. While the conditions' association and cause during pregnancy are not known, many suggest cultural and physiological factors are to blame. Others believe depression or iron and zinc deficiencies during pregnancy could be a factor.

"Eating disorders can cause serious erosion of the tooth's enamel, as well as

sensitivity, thinning, and chipping," says Paula Jones, DDS, FAGD, AGD spokesperson. "Dentists can detect the signs and provide patients with treatment options."

While women often believe they should avoid dental care during pregnancy, it is very important for those suffering from eating disorders to continue with their dental visits. "Dentists are often the first to witness the physical effects of an eating disorder on an individual's oral health," says Dr. Jones. "Many of those who suffer will not self-report the problem."

If the problem is not reported, eventually the medical and dental complications will force the patient to seek help. In these cases, the dentist will work with other health care professionals to make the appropriate referrals and manage the patient's care.

Substances that pica sufferers will crave:

- Clothes
- Ice
- Paper
- Plants
- Cornstarch
- Soap
- Ashes
- Paint
- Soil

Courtesy:



Treatment drug may cause jawbone to die



Breast cancer patients, individuals at risk for osteoporosis, and individuals undergoing certain types of

therapies often take drugs that contain bisphosphonates. Bisphosphonates may place patients at risk for developing osteonecrosis of the jaws (a rotting of the jaw bones), according to a case report and literature review that appeared in the May/June 2006 issue of *General Dentistry*, the Academy of General Dentistry's (AGD) clinical, peer-reviewed journal.

Bisphosphonates are a family of drugs used to prevent and treat osteoporosis, multiple myeloma, Paget's disease (bone cancers), and bone metastasis from other cancers. These drugs can bond to bone surfaces and prevent osteoclasts (cells that breakdown bone) from doing their job.

"Healthy bones constantly rebuild themselves," explains co-author of the report Sally-Jo Placa, DMD, MPA. "However, since the jawbones have rapid cell turnover, they can fail to heal properly in patients taking any of the bisphosphonate drugs. Patients need to be aware of the possibility of complications from dental surgery or extractions." Since these drugs linger in the bone indefinitely, they may upset the cell balance in how the jaws regenerate and remove unhealthy bone.

In their report, the authors refer to the case of a woman who received bisphosphonate therapy intravenously to treat metastatic breast cancer. She then developed osteonecrosis in her upper and lower jaws following tooth removal.

"This type of osteonecrosis has been occurring since the advent of these

drugs," explains co-author Wellington S. Tsai, DMD. "At this time osteonecrosis as a result of bisphosphonate therapy has no treatment."

Patients who are taking bisphosphonates should inform their dentist to prevent complications from dental surgical procedures. "By informing your dentist that you are taking a bisphosphonate, different avenues for treatment can be explored," says the report's third co-author Kayvon Haghighi, DDS, MD.

"It is strongly recommended that patients scheduled to receive bisphosphonate therapy should visit a dentist or an oral surgeon so problematic teeth can be treated prior to the start of therapy," the authors state.

"Widespread use of bisphosphonates to prevent or treat early osteoporosis in relatively young women and the likelihood of long-term use is a cause for concern," says Dr. Placa. "How bisphosphonates interfere with healing after dental surgery is still unclear and further research will be needed. It is imperative that the public understands there is no present treatment or cure for this problem."

Tips to reduce the risk for osteonecrosis of the jaw and maintain a healthy mouth:

- Inform your general dentist or specialist if you are taking bisphosphonates.
- Check and adjust removable dentures.
- Obtain routine dental cleanings. Opt for root canal therapy over extractions when possible.

Courtesy:



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AGD President-Elect Testified on Amalgam at FDA Hearing

CHICAGO (September 7, 2006) – Dr. Vincent C. Mayher, DMD, president-elect of the Academy of General Dentistry (AGD), testified yesterday in support of using dental amalgam as a viable option to treat dental decay. The hearing was conducted at the Food and Drug Administration's (FDA) Joint Meeting of the Dental Products Panel of the Medical Devices Advisory Committee of the Center for Devices and Radiological Health and the Peripheral and Central Nervous System Drugs Advisory Committee of the Center for Drug Evaluation and Research.

conclusion.

Dr. Mayher stressed that credible institutions and federal agencies have "validated the safety of dental amalgam, time and time again, aided by many years of research." He added that, "I have placed amalgams in my immediate family members' mouths in the past, and I would not hesitate to do so in the future."

Amalgam is safe to use and performs better than any other restorative material when placed in a moist environment. Further, many alternative treatments, such as crown and bridge



"While much of the testimony and literature is usually focused on the scientific aspects of the safety of dental amalgam, in the end, it all comes down to two people – the practicing dentist and the patient, who places his or her trust in their dentist," testified Dr. Mayher.

The hearing was preceded by the FDA's conclusion, after reviewing 34 research studies, that there has been no significant new information that would change its determination that mercury-based fillings do not harm patients, except in the rare case of an allergic reaction. Numerous other witnesses at the hearing agreed with the FDA's

work or gold onlays, are prohibitively more expensive and may not be an option for some patients. Therefore, using this restorative material is a matter of choice for the consumer – the patient.

"Until such time as amalgam, or any other restorative material previously approved for use in this country, is determined by credible sources to have detrimental effects on a patient's health, and on society, the decision whether or not to place this material should be made by educated consumers under the guidance of his or her dentist," concluded Dr. Mayher.

Soaking up the sun while getting a cavity filled?

While most people may not associate combining their vacation time with a dental visit, the Academy of General Dentistry (AGD) reports that the concept of dental tourism is becoming increasingly popular with Americans looking for lower-priced dental care.

According to the March 2006 issue of *AGD Impact*, the AGD's monthly newsmagazine, popular destinations for individuals seeking dental care (primarily due to the low cost of care) include India, Africa, Mexico, Thailand, Hungary, and Costa Rica.

Many Americans will travel to faraway destinations for dental services because their health insurance plans do not include dental coverage. Other people may not have any insurance and may not be able to afford dental care.

"I have several patients who have traveled overseas in order to have dental care—always with the reason of saving money," says Engene Antenucci, DDS, AGD spokesperson. "Unfortunately, none of the work that I have personally dealt with when they return has met accepted standards of care."

The biggest danger associated with dental tourism is that there is no guarantee, according to Dr. Antenucci. Patients who undergo dental procedures in foreign countries may have to pay much more to fix problems upon their return to the United States.

"Who will continue the patient's care over time? Who maintains the responsibility for a case that is

completed elsewhere?" asks Dr. Antenucci. "Many U.S. dentists are reluctant to take ownership of dental cases that were performed outside of the United States because they are unaware of which systems were involved and do not have the opportunity to consult with the dentist who performed the work. While dental tourism may sound like a cost-effective way to relax and receive dental care, it will most likely only hurt your smile in the end."

The AGD recently took a stand on this issue by passing a resolution that states that potential problems may arise when dental carriers encourage a patient's dental treatment outside of the United States and Canada because the standard of dental care may be compromised and there is an absence of legal recourse.

Problems with dental tourism:

A large amount of dental work is done within a short time frame. Dental work might be completed by a foreign dentist who does not speak your language.

- Many insurance companies only pay benefits for services rendered outside the country during emergency situations.
- Foreign-based dentists do not need to comply with the same high standards that are found in the United States.
- There may be no state and federal laws regulating the foreign dentist's practice and review

Courtesy:



Different options produce similar result

In today's society, the emphasis on one's appearance is unavoidable. Consumers receive messages on a daily basis regarding products to help them lose weight, change their skin's appearance, or improve the whiteness of their teeth. Tooth whitening in particular has seen a dramatic increase in popularity over the years, due to the reasonable price of the products and the increase in public demand.

With the overabundance of consumer choices available, it might prove a challenge to find the best whitening system on the market. The results of a study that compared two similar whitening strips used by teens were published in the March/April 2006 issue of *General Dentistry*, the Academy of General Dentistry's (AGD) clinical, peer-reviewed journal.

"There is an intense interest in cosmetics and improved appearance by baby boomers and Generation Xers," says Henry Finger, DDS, FAGD, AGD spokesperson. "Teens especially want to improve their appearance because of peer pressure, publications they read, and their role models."

"Whitening is popular to teenagers merely because they are esthetic-conscious," says Kevin Donly, DDS, MS, lead author of the study. Since most clinical studies evaluate the effects of tooth whitening products among adult subjects, this study was an opportunity to examine the effects on a different population.

In his report, Dr. Donly studied and compared two groups of teenagers who used whitening strips. One group used a 10 percent hydrogen peroxide

whitening strip and the other group used a 6.5 percent hydrogen peroxide strip that had a thicker gel layer. The patients used the strips for 44 consecutive days, for 22 days on the upper teeth followed by 22 days on the lower teeth.

Participants in the study used the strips for 30 minutes twice daily. Use of the strips resulted in significant color improvement for yellowness and lightness/brightness. With the whitening strip systems, the most common complaints were tooth sensitivity and oral irritation, both of which subsided at the end of treatment.

"To prepare their mouths for whitening, patients should maintain good oral health," adds Dr. Donly. "Brushing right before is not recommended, as it might cause abrasion and sensitivity."

What you should know before whitening:

- Do not eat or drink anything after whitening that might cause a stain (coffee, tea, etc.).
- Existing crowns or fillings will not respond to the whitening agent.
- Strips do not whiten entire arches. They only cover the front teeth.
- Do not smoke or chew tobacco after using whitening products.
- Patients are not advised to use whitening products if they have decay, periodontal disease, or hypersensitivity.
- Know the condition of your teeth and oral tissues. A thorough examination and cleaning from a general dentist is recommended before using whitening products.

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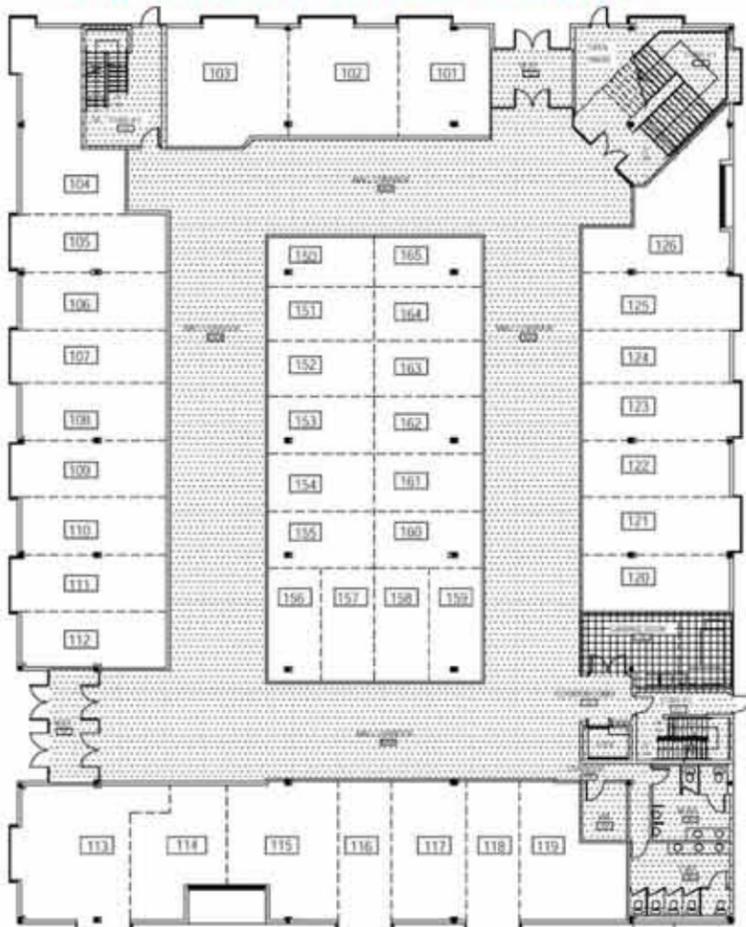
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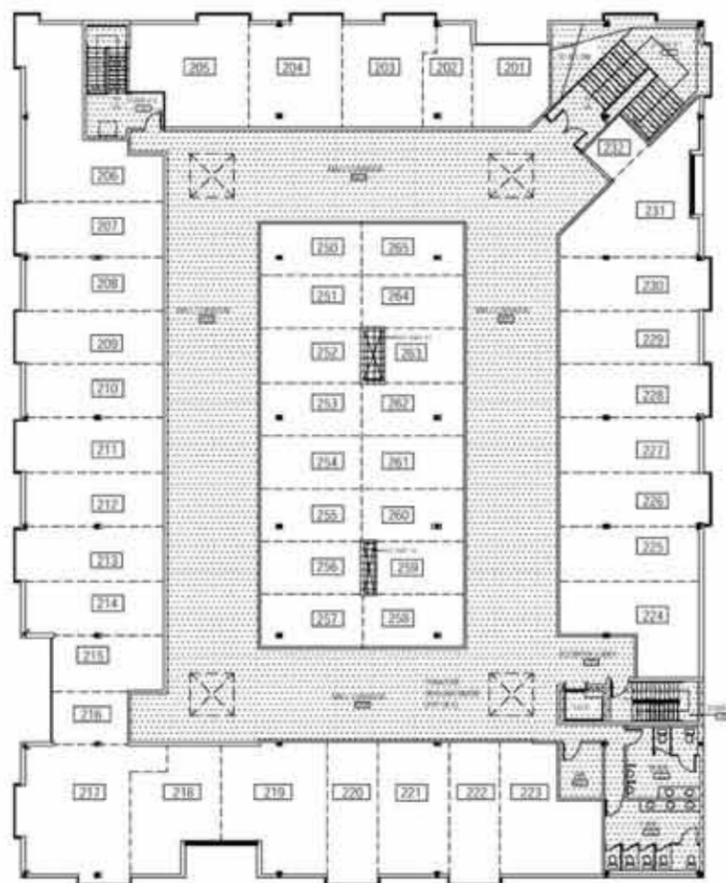
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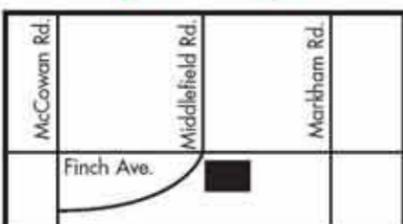
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Baby Bottle Decay in infants

By Dr. Sanjay Uppal BSc, D.D.S.

It is very important for all parents to diligently clean their children's teeth to prevent "baby bottle caries." It is very discouraging for myself to treat these children as they are often two or three years old and need to be taken to the hospital for fillings and removal of teeth. Baby bottle tooth decay is caused by the frequent and long-term exposure of a child's teeth to liquids containing sugars. Among these liquids are milk, formula, fruit juice, sodas, and other sweetened drinks. The sugars in these liquids pool around the infant's teeth and gums, feeding the bacteria that cause plaque. Every time a child consumes a sugary liquid, acid attacks the teeth and gums. After numerous attacks, tooth decay can begin.

The condition also is associated with breast-fed infants who have prolonged feeding habits or with children whose pacifiers are frequently dipped in honey, sugar or syrup. The sweet fluids left in the mouth increases the chances of cavities while the infant is sleeping. The first tooth erupts in a baby's mouth around six months and hence early dental care is imperative for a healthy mouth for your child.

There are many ways to prevent 'baby bottle caries' which include the most important habit of never allowing children to fall asleep with a bottle containing milk, formula, juice or other sweetened liquids. Clean and massage the baby's gums to help

establish healthy teeth and to aid in teething. Wrap a moistened gauze square or washcloth around the finger and gently massage the gums and gingival tissues. This should be done at least once a day.

Plaque removal activities should begin upon eruption of the first baby tooth. When brushing a child's teeth, use a soft toothbrush. Parents should first bring their child to the dentist when the child is between six and 12 months old for at least an initial consult.

There are many ways to change the child's diet to prevent the formation of 'baby bottle decay'. A series of small changes over a period of time is usually easier, and eventually leads to better oral health.

To incorporate these changes:

- Gradually dilute the bottle contents with water over a period of 2-3 weeks.
- Once that period is over, if you give a child a bottle, fill it with water or give the child a clean pacifier recommended by a dentist. The only safe liquid to put in a bottle to prevent baby bottle tooth decay is water.
- Decrease consumption of sugar,

especially between meals.

- Children should be weaned from the bottle as soon as they can drink from a cup, but the bottle should not be taken away too soon, since the sucking motion aids in the development of facial muscles, as well as the tongue.

Giving an infant a sugary drink at nap or night time is harmful because during sleep, the flow of saliva decreases, allowing the sugary liquids to linger on the child's teeth for an extended period of time. If left untreated, pain and infection can result. Severely decayed teeth may need to be extracted. If teeth are infected or lost too early due to baby bottle tooth decay, your child may develop poor eating habits, speech problems, crooked teeth, and damaged adult teeth. Healthy baby teeth will usually result in healthy permanent teeth.

There are other ways to damage your child's tooth which include exposure to too much fluoride. If you add fluoridated water to your infant's baby formula, you may be putting your child at risk of developing dental fluorosis. Although all water and foods contain some natural fluoride, a baby's developing teeth are sensitive to higher fluoride levels. Fluorosis, a harmless

cosmetic condition manifested by brown mottled or discolored enamel, may occur if your child is regularly exposed to fluoride levels higher than 1 ppm (parts per million).

Though breast milk and most ready-to-feed formulas contain infant-safe fluoride levels, parents must be careful with concentrate formulas that require adding water. Community water or well sources often contain fluoride levels higher than 1 ppm. When formula concentrations need to be diluted, it is recommended parents use low fluoride bottled distilled water (labeled as "purified" or "distilled baby water") or tap water with a reverse osmosis home water filtration system attached that removes most of the fluoride.

It is very easy with simple rules with children to have a healthy mouth with no decay. I encourage all of my patients to be active and enthusiastic about brushing and flossing. It is possible for young children to get into a habit of flossing at a young age. My children Nikhil and Serena are only five and four years old and floss every night with a positive attitude towards oral health.

Dr. Sanjay Uppal is in private practice with Dr. Neil Gajjar in Mississauga and is Active Dental Staff in the Department of Surgery at the Cambridge Memorial Hospital.

Back-To-School. Essentials for Healthy Teeth & Smiles

New clothes, a new backpack and a haircut are necessities when getting ready for the new school year. The South Asian Dental Association believes keeping a bright and healthy smile should also be on the back-to-school checklist, especially since new reports from the Centers for Disease Control and Prevention (CDC) and the National Institutes of Health (NIH) found that 65 percent of adolescents aged 16 to 19 years have had tooth decay or fillings in their permanent teeth. Also, in an age where fluoridated water supply and fluoridated toothpaste is the norm, tooth decay still remains one of the most common diseases of childhood-5 times as common as asthma and 7 times as common as hay fever. The CDC reports that by age five, 60 percent of all children have experienced tooth decay. In addition, more than 51 million school hours are lost each year because of dental-related illness. "Back-to-school time is the perfect time to make oral and overall health care a part of a young person's daily routine," says AGD President Neil J. Gajjar, DDS, MAGD. He shares three easy ways to help children develop good oral health habits that promote overall health beyond school-age and into adulthood.

1. Back-to-School Dental Visits - With children losing their baby teeth and getting in their permanent teeth it

is important for them to see a dentist two times a year. Schedule an appointment before school begins to insure confidence in your little one's smile. Parents can locate a general dentist in their areas by calling toll-free, 1.877.2X.A.YEAR (1.877.292.9327)

2. Instill Good Brushing Habits - New kid-friendly toothbrushes and toothpastes make it easier to encourage younger children to brush on a daily basis and after meals. Pick out a travel size toothbrush so that a child can bring it to school and choose toothpaste with fluoride.
3. Eating and Drinking Right - The new school year also can mean sugary drinks and sugar coated candy for lunch and snacks on the way to after school activities. Doing so increases the likelihood of more frequent trips to the dentist office. Limit soda and sports drinks intake, pack child a healthy lunch and serve fruits and vegetables instead of candy in between practices.

For more information on children's oral health including downloadable

And printable color fact sheets, please visit <<http://www.sadaonline.org>>

DR. NEIL J. GAJJAR, BSc, DDS, MAGD, FADI, FPFA

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Take care of your child's smile for life

With a baby, everything is a first and that includes the first adorable smile. To ensure a lifetime of healthy smiles, the Academy of General Dentistry (AGD) recommends that your child's first trip to a dentist occurs six months after his or her first tooth erupts.

According to an article in the February 2006 issue of AGD Impact, the AGD's monthly newsmagazine, this is the ideal time to visit, since it allows the dentist to examine the development of the child's mouth. Visiting sooner than later will also help identify any problems, such as baby bottle decay or teething irritations.

Although pediatric dentists specialize in providing oral health care treatment for

children, most children are treated by a general dentist, who is the primary dental care provider for patients of all ages and often has an established relationship with the entire family.

"Typically, the first baby tooth is lost between age 5 and 6, with children continuing to lose their baby teeth until age 12 or 13," says AGD spokesperson Cindy Bauer, DDS, MAGD. Many people are under the impression that, because these baby teeth will eventually fall out, there is no need to visit a dentist before that time.

Dr. Bauer explains, "It's important to fix decayed baby teeth so the surrounding teeth don't become infected. Cavities

that are not fixed can lead to painful abscesses, early tooth loss, as well as the loss of spacing needed to be reserved for the incoming permanent teeth."

Parents can prepare themselves and their child for the first visit by asking the dentist about the procedures that will be performed and by bringing medical records. "Also, talk to your child about what to expect and build excitement, as well as understanding, about the upcoming visit," says Dr. Bauer.

At home, parents can clean an infant's gums with a clean, damp cloth, and teach older children brushing techniques. The best way to teach a child proper oral hygiene is to lead by good

example, advises Dr. Bauer.

What may happen on the first visit?

- A gentle examination of the jaw, bite, gums, and oral tissues.
- A gentle cleaning, including polishing teeth and removing any plaque, tartar build-up, and stains.
- Proper home cleaning will be demonstrated.
- An assessment will be made of the need for fluoride.

Courtesy:



Underused cost-effective tool is an easy way to prevent decay

Dental sealants, a very thin plastic film applied to the chewing surfaces of molars and premolars (the teeth directly in front of the molars) and to the deep grooves and pits of the teeth, can prevent tooth decay in these very susceptible areas. Dental sealants have been studied for more than 20 years and have been found to be highly effective in preventing cavities, according to an article in the February 2006 issue of AGD Impact, the Academy of General Dentistry's (AGD) monthly newsmagazine.

However, the article cites several reports that explain dental sealants are still underused, despite their advantages in averting tooth decay for an average of five to seven years.

Properly applied, sealants are 100 percent effective in protecting the tooth surfaces from cavities. Because sealants act as a physical barrier to decay, protection is determined by the sealant's ability to adhere to the tooth. As long as the sealant remains intact, small food particles and bacteria that cause cavities cannot penetrate through or around the sealant.

Applying sealants is simple. The teeth are dried, then etched or conditioned (either with liquid conditioners or with air abrasion), and the sealant is "painted" onto the teeth. The sealant is then hardened with the use of a curing light.

Carol Gomez Summerhays, DDS, MAGD, AGD spokesperson, explains that sealants prevent decay by sealing the deep pits and fissures of teeth, which cannot be cleaned with a toothbrush since these areas are much smaller than the smallest toothbrush bristle. Sealants also can stop small areas of decay in enamel from becoming larger if left intact on teeth.

Sealants are safe for use on everyone's teeth, from young children to adults. The teeth most at risk are the 6-year and 12-year molars, which should be sealed as soon as they erupt.

"Premolars and primary, or baby, molars also can benefit from sealants," says Dr. Summerhays. "In the long run, prevention of tooth decay is the best treatment and will save money over the person's lifetime."

Facts about sealants:

- Dental sealants prevent decay by sealing the deep pits and grooves of teeth.
- Sealants are a very thin resin that is applied to teeth and then hardened.
- Sealants can stop small areas of decay from becoming larger.
- Sealants costs less than getting a cavity filled.

Courtesy:



Prairie Valley School Division, located in Southeast Saskatchewan, is focused on creating a collaborative, focused, learning culture in which everyone has an opportunity to develop and display leadership skills. Within 48 rural municipalities and 52 urban municipalities, this new school division is dedicated to a mission of inspiring and empowering one another through their vision of leadership and learning in life.

As a leading school division in student assessment, programming, and continuous improvement, the Prairie Valley Board of Education is

committed to ensuring a high quality of education for students. Accountable to the Board of Education to carry out the duties under the Education Act, its educational objectives and policies and for providing leadership in educational administration and instructional programming is the...

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A background consisting of experience in many diverse school divisions, including practice in a rural setting, First Nations communities and a previous amalgamation are considered assets in this role.

The Director of Education will have the ability to effectively lead change and communicate to establish an open, trusting and empowering environment with a commitment to continuous improvement in the education of children.

For more information on Prairie Valley School Division, please visit www.pvsd.ca.

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Was it an Arangatram?

By: Sinniah Sivanesan (Thuraiyooran)

An astonishing performance! Kanjana Brodie's arangatram on July 7th, 2006 before a packed audience at Sir John A. Macdonald auditorium was so good that it left everyone spellbound. Come summer, and Toronto becomes a cultural paradise abounding with temple festivals, CD/book launches and weekly stage performances. People have a tough time choosing which to attend and we have to thank the teachers as well as the parents and participants for their dedication, time and hard work for nurturing our culture so well in Canada.

Kanjana's arangatram was excellent! It was very well organized and a wedding atmosphere pervaded the whole function, with tasteful decorations, maidens with lighted lamps on either side and cookies and coffee at the entrance. A lot of team work and co-operation must have resulted in such a fine event. The stage arrangements were beautiful and the performance started at 7 pm with Sai bhajans. We must not forget that Bharathanatyam is a divine art overflowing with bhakthi and adoration of God. While the mass media criticises Tamils as being addicted to gun culture ect., we must

ensure that the multicultural community of Toronto witnesses such performances to realize more about our traditional culture, Hinduism, spirituality and piety. It was good to see people from different nationalities in the audience and this welcome effort is to be commended.

Multitalented Kanjana, born and bred in Canada, with her expertise in classical English singing, sports and academics at the University of Toronto is an excellent example that Tamil youths can reach great heights if they make the effort. Kanjana's performance was astonishing, her abhinayam and appropriate facial expressions were wonderful and made everyone wonder whether this was really an arangatram. All the songs were well chosen and Kanjana's portrayal of Bharathithasan's famous song 'Thunbam Nerkaiyil', touched and melted everyone's heart. Her Shiva Shakthee dance was also superb. Kanjana said that she had benefited such a lot preparing for the



arangatram and thanks God, her Guru, her parents and the audience for the gift of this great opportunity.

Veteran Guru of Sivakalabavanam, Smt. Jayanthi Shanmugalingam is no stranger. As I am a neighbour, I know the capabilities of Ariyalai folks in every field. She continues to introduce new dimensions and dynamics in thaala-jathis and abhiniya to make the performance of her disciples memorable. The young

maestro Yaathavan, who hails from a distinguished family in this field, mesmerized the audience with his melodious voice. The lovely voices of Bavani Alalasundaram and her daughter Agila Kiriharan, a rising star of Sivakalavaban blended beautifully. Maestro Sri. Vasudevan's mirudangam accompaniment was flawless and added tempo to the performance. The well-known violinist Kesavamoorthy, as usual, played extremely well.

Puvathanathan gave a great speech in English on why we teach the fine arts to our children. Kanjana's Grandma Lalitha Brodie spoke in both English and Tamil. The Chief guest was Gunawathy Shakespeare, Kanjana's great-aunt and sister of late veteran dancer Camila Johnpilla. Kanjana's parents, as well as both of her brothers gave short speeches and the program seemed to drag a bit in between each dance. The Tamil compere Sriskanthan did a great job and the English compere Angala Puvathanathan did well too, though at times correct pronunciation of some Tamil words challenged her. I congratulate Kanjana Brodie and everyone involved for presenting this excellent arangatram.

"Aesthetics-helping to ease widening demands of the real world"

As parents, bringing up our children in an alien and strange environment, Tamil Canadians are burdened with newer challenges. How do we as Tamil parents ensure that our children attain their potentials?

Traditionally Tamils lay a lot of importance to education. But, what is education? Does the school curriculum cater to the widening demands of a real world?

For a case in point, let us look at Kanchana Brodie.

Kanjana is at her blossom of youth. She displays poise and promise beyond her age. She exudes charisma and characters that light up her deeds.

How does she come to possess such treasured attributes? What did her parents do that others don't?

As parents we all send our children to school. Yet, we barely understand why we send them there.

Is it for education? "Yes. Of course!" would be our ready response. Perhaps so.

But, we, for sure, stumble at the question that follows. What is the true object of education?

Our schools lay emphasis and pay attention to the intellectual development of the child. The reason is obvious. It is academic achievements that help the child find a job.

Any interest, shown lately in our schools, in the physical development of the child, is again, towards the same end. There are job opportunities for those who excel in sports.

It is this narrow and simplistic approach to education that has failed man as a person, and people as a nation.



The children passing through our halls of education lack the preparation needed to face the real world. Churning out graduates possessing neither the attitude nor the desire to respect and appreciate the feelings and emotions of fellow human beings serves neither the purpose nor the objectives of education.

Man is much more than his intellect or his physical being. The credential as an individual is better served by ones ability to take control of his emotions.

Unless his emotions are trained, developed, and sublimated man will continue to succumb to his greed for materialistic gains.

It is the over development of the head at the expense of the heart that has gone a long way to form the psychological basis of our modern troubles.

The current deadlock in world affairs and stalemate in international disputes could be easily traced to a lack of psychological preparation among those who head our nations.

The human faculties have to develop concurrently and simultaneously.

'Science is curiosity about life, art is wonder at life, philosophy is attitude towards life, and religion is reverence for life'.

Herein lies the best argument for introducing aesthetics into our children's education. Herein lies the hard truth that education in art and culture is as essential, if not more, than the development of the intellect or the physical being.

Where do go for learning art and culture? How do we get our children to experience and enjoy a wholesome education?

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This sets the stage for a role for Bharata natyam in our children's repertoire.

Bharata natyam is a form of Indian classical dance that Tamils embrace.

Dance is a form of vibration of our body and mind. It is a mode of expression of our inner feelings.

Being based on our ancient literature and mythology, Bharata natyam is the

gateway to our great culture and heritage

As such, Bharata natyam quenches a child's thirst for both art and culture. It satisfies our desire to provide an opportunity for the emotional well-being of our children. It is pure aesthetics.

The true object of education is and should be to offer life a sense of purpose and belonging. Bharata natyam fulfils that objective.

A youth trained in Bharata natyam experiences the psychological aspect of education. That child is more ready to face the real world.

As parents let us divert some of our resources in providing that training our school administrators tend to neglect.

This reminds me of a great Chinese proverb, 'If you have two loaves, sell one and buy a lily'.

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Sept 12, 2006, Toronto, Ontario..The well-known Real Estate Company Home Life GTA is offering for sale 38,000 square ft. of prime property in the form of commercial condo units at GTA Square in the heart of Scarborough.

The proposed complex is the first of it's kind to the South East Asian Commercial and Professional services to expand their sales and services. This idea cropped up from the success that the Pacific Mall achieved in serving the business enterprises of the Chinese community in the Markham area.

The new GTA Square Complex will serve as an ideal one stop shopping area to the highly residential population of the area and help both the businesses and the consumers to do business and their shopping needs under one roof. The location is easily accessible with a 24 hour Bus service.

There will be ample parking facilities in the underground area with over 100 visitor parking lots too. The Developer for the project is the famous King Edward Developments and the Architect is Louis Cheung who previously designed the Chinese Cultural Center and Monsheong Senior Home. He was recently nominated for the Best Designer Award in Scarborough for designing this complex.

The prices for the units start as low as \$ 109,000 and this will be a good opportunity for potential and prospective businesses and professionals to consider the purchase of a prime property in a prestigious location with all up-graded modern facilities.

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Captains will come and go, but I'll go on forever: Muralitharan



Sri Lanka's record-breaking bowler Muttiah Muralitharan says he is an ageless bowling wonder.

"Captains will come and go, but I will go on forever," he said.

"Tomorrow is a new day, you should always think about that. Past is past, whatever the achievement, you have to perform to be in the side," Muralitharan said on the secret behind his prolific wicket-taking ability.

Does he get tired by seeing frequent headlines like 'Murali bags five'?

"One doesn't get tired by reading such things. I enjoy it. I get tired only when I am not taking wickets," he said.

That doesn't happen often, though.

The veteran offie, the fastest bowler in Test history to get to 650 wickets, said there was no rivalry as such with Australian leg-spinner Shane Warne who is top of the all-time bowling list with 685 wickets.

Muralitharan has on 18 occasions taken 10 or more wickets in a match besides 56 five-wicket innings hauls, the most in Tests. Add to that the 417 one-day wickets, and his tally in international cricket goes to a staggering 1074, 96 more than Warne.

"I am never aiming to catch up with him. I actually held the record before, so it doesn't bother me," he said.

The 34-year old's career has been marred by persistent questioning of the legality of his action. But at the same time Muralitharan has continued to amaze cricket lovers the world over with his skill to extract big turn even on the most placid of surfaces that has brought him wickets in bags.

Muralitharan credited much of his success to Arjuna Ranatunga, his former captain.

"I have played under different captains and I don't want to rate them as to who is the best. One thing I would like to say is Arjuna has done a lot to me. Because of me he fell into trouble," he said, referring to Ranatunga threatening to taking his team off the field in a Test match in Australia, after the bowler was 'no balled' for chucking.

"Captains are different in their style and all of whom I played under have been successful. I am an easy going guy, so I never had any problems with anyone."

Muralitharan said he never nursed captaincy ambitions.

"I don't want to put extra pressure on myself. I always wanted to concentrate on my role. I have played under four-five captains and the team has done well under them.

"As far as me, I have enjoyed my role as a bowler."

He said Tom Moody has done a remarkable as coach but that was not the sole reason for his side's recent success.

"Moody is a good coach. He gets things organised well. But I think at this level (of the game) the players know what to do," Muralitharan, world's second highest wicket-taker with 657 scalps, said.

"At the international level, it is more about preparation rather than the technical aspects. We all know that depending on how a team does, the coach gets praised or criticised.

"But I think a coach can only do five to 10 per cent. The rest is upto the players in the middle."

Since Moody, a former Australian international, took over as coach in the middle of last year, Sri Lanka have bounced from a Test and one-day series loss in India to register a Test win in England and established a sequence of 11 victories in all forms of the game.

Muralitharan said he was a different man post-marriage.

"Family has changed me. I am enjoying the time away from cricket with the kids. It is a different experience."

Muralitharan said Sri Lanka would be a tough team at the World Cup next year in the Caribbean, if they sustained the momentum they had now.

"We have experienced players. It is also a young and athletic side. If we take the form we showed in England (where they drew a three-Test series 1-1), we would be a contender." [PTI]

Headaches Back Aches and Joint Pains

New knowledge about the primary cause of chronic aches and pains has prompted the medical world to reconsider its treatment of recurring acute and chronic pains. There is substantial evidence today, to show that most of the pains seen at pain clinics arise from tiny knotty contractions in muscle tissues.

It is usually assumed that the cause of pain resides at the site of pain, and hence the site attracts the most attention. It ignores the fact that skeletal muscles, the largest organ system of the body, make up nearly half the body weight and are subject to continuous wear and tear.

According to Dr. Janet Travell, MD, and David Simmons, MD in their two volume text, *Myofascial Pain and Dysfunction the Trigger Point Manual*, knotty points in injured muscles called 'trigger points' keep the injured muscles weak and tight. They form tight bands which have a constant pull on the muscles producing symptoms locally and far away from them, especially at joints to which they are attached.

Incessant tension in the muscle fibers, restricts blood circulation, deprives the muscle of oxygen and nutrients, accumulates by-products of metabolism, and perpetuates pain for months or even years. The pains referred from trigger points in injured muscles follow specific patterns and are characteristic for each muscle. The pain is often dull and deep, varying from mild discomfort to excruciating pain. It may occur when the muscle is at rest, is in motion, or pressed upon. The pain does not resolve unless the trigger points are inactivated and the tension in the muscle fibers is released.

When a muscle is injured, the

ensuing pain goes away in a few days or weeks. But the muscle injury can lurk painlessly as a latent trigger point weakening the muscle, causing stiffness and restricting movement. This latent trigger point may persist in the muscle for years; it can get activated by minor trauma, stretching, overuse or chilling causing unbearable pain.

Pain caused by active trigger points in muscles can mimic osteoarthritis, rheumatoid arthritis, gout and even migraine headaches. Pain at joints with no arthritic changes, bony degenerations, or radiological changes, are often found to be referred pains from active trigger points in previously injured muscles.

Dr. Janet Travell inactivated active trigger points by injecting local anaesthetics into the trigger points. They can also be inactivated by injecting saline or precisely needling it with an acupuncture needle. Firm finger pressure massage at the trigger point and passively stretching the injured muscle can be effective as well.

Many patients even with structural changes in the joints and degenerative changes in the spine have become pain free when the responsible trigger points have been inactivated. Hence, sufferers of pains due to a "degenerated spine", or "arthritis" can be pain free without resorting to pain killers.

This informative article is based on the research work done by the late Dr. Janet G. Travell, MD, Emeritus Clinical Professor of Medicine The George Washington University School of Medicine Washington, DC, Personal physician to former U.S presidents John F. Kennedy and Lyndon Brian Johnson.

Patrick Anthony Pillai,
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Prof. Balasunderam felicitated on his 60th Birthday

Prof. Balasunderam, a former Lecturer from the University of Jaffna and a strong community activist in the Tamil community was recently felicitated on his 60th Birthday. Appropriately titled "Mani Vizha", the function was held at the Scarborough Civic Center on Sunday 10th Sept. 2006 where a large gathering was present.

The highlight of the occasion was the release of his eleventh Book. His thesis for his Doctorate was on Folklore. This publication contains a collection of Folklore and Poems.

Prof. Balasunderam continues with his community activities in Toronto and is also involved in teaching students who wish to excel in Tamil Language, Literature and culture in Toronto. Prof. Balasunderam is from the Eastern province in Sri Lanka and his ancestors include scholars like Swami Vipulananda.



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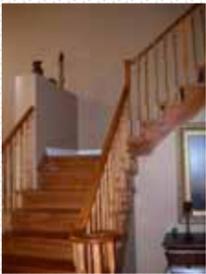
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Diabetics in India, Sri Lanka and Pakistan married to discord

What do actor Kamalahasan, politician Sushma Swaraj, cricketer Wasim Akram and VJ Gaurav Kapoor have in common? Well, all four have Type I diabetes.

Type I diabetes is caused by the destruction of beta cells in the pancreas, which produces insulin. This is different from Type II diabetes, which is linked to a sedentary lifestyle and unhealthy eating habits. Incidentally, 90 per cent of the world's diabetics are the Type II variety.

While diabetes is a common ailment, afflicting as many as 35 million people in India alone, the social fallout is perhaps the least discussed aspect of the disease. Yet, for a majority of those who suffer from Type I diabetes, it is a reality they have to face in their daily lives.

A recent survey on marriage-related problems among diabetics - carried out by the Delhi Diabetes Research Centre (DDRC) among 2,000 people in age group 19 to 31 - revealed that finding a suitable life partner is among the most common concern for a diabetic.

Not only does the Type I diabetic patient finds it difficult to be accepted as a life-partner, but more than 90 per cent of those who were married faced problems in their marital life. Confrontation, separation and divorce were common among them.

The survey revealed that, of the married women who were Type I diabetic, nearly 50 per cent were sent back to their parental home within a year of marriage. Nearly, 25 per cent of the diabetic married women surveyed lost interest in taking care of themselves, much less monitoring the disease.

This happened mainly because the financial assistance to do so was not forthcoming at her husband's home. Death due to health-related complications was also not unknown.

Stigma and misconceptions

Stigma and misconceptions persist. According to Dr A. K. Jhingan, Chairperson, DDRC, there is a fear that diabetes-affected persons cannot have normal and healthy children. In fact, more often than not, diabetic men chose to remain silent about their disease, before entering matrimony.

Jhingan says what was most worrisome was the lack of sufficient knowledge about the disease. "The social implications of diabetes for the Indian subcontinent need special attention because of the region's prevalent culture of arranged marriages where families do not enquire about the prospective bride or groom's genetic history. This is compounded by a lack of awareness on diabetes," he says.

The problem - which is especially acute in India, Sri Lanka, Pakistan and Bangladesh - can only be addressed through a mass movement, focused health campaigns and private and public sector involvement.

India, with its figure of 35 million diabetics, also has the dubious reputation of being the "diabetes capital of the world". At the current growth rate, the number of diabetics in the country is likely to touch 57 million by 2020.

On its part, the Delhi Diabetes Research Centre (DDRC) is a private outfit established in 1985 by a team of six

Delhi-based doctors) with its pool of 10 doctors, including three dieticians and two diabetes specialists, has been regularly organising public awareness campaigns. The Centre has also been holding the Diabetes Health Mela for the last four years to raise awareness on this issue.

The Centre is also in the process of establishing a matrimonial bureau, where Type I diabetics, who are keen to seek out life partners, can register themselves. "It will be a platform for these patients to seek alliances in an enlightened way," asserts Jhingan. The Centre already has 300 Type I and 22,000 Type II diabetics registered with it, and these people are kept posted about new developments and research on the disease.

DDRC also conducts workshops where celebrities are invited to speak on the subject. Gaurav Kapoor, Sushma Swaraj, Wasim Akram, and Kamalahasan - all diabetics - have been invited to various DDRC forums to educate the public on the issue.

How to tackle diabetes

According to diabetologists, though diabetes is a tenacious disease, it is surprisingly easy to live with, provided one takes a few lifestyle-related precautions. Its symptoms are as follows:

- Blurred vision - Unexplained extreme exhaustion - Weight loss - Increased thirst - Frequent urination

(Only the last three symptoms are relevant for Type I diabetics.).

Here are some tips for patients: - Be physically active. Walking, gardening, jogging, playing with pets and kids and doing simple

household chores are greatly beneficial.

- If you're overweight, try to knock off excess weight through a correct diet and exercise regimen.

Take the help of professional dieticians, if need be. Ideal body weight is Body Mass Index (BMI), which is weight in kilograms divided by height in metres. It should be 23 for Asians.

- Follow the concept of Glycemic Index (GI). This refers to the extent of rise in blood sugar in response to a food item compared to the rise in glucose. Foods with a high GI (70 or more), lead to a sudden spurt in blood glucose followed by an equally sharp plummet. The human body copes better with a low GI food item (55 or less) as they do not cause a sudden spike in blood glucose levels.

- Eat a variety of foods - grains, pulses, fibres, fruits, veggies, seeds, nuts, dairy and cold pressed oils (olive, sesame, mustard).

High-fibre, low-fat food is ideal. Include fresh fruits, veggies, cereals like bran flakes, muesli, corn flakes, porridge, broken wheat, brown/unpolished rice in your diet.

- Stick to skimmed milk, monounsaturated/polyunsaturated fats. Have six small meals rather than three heavy ones. Follow the reverse culinary pyramid with breakfast being the heaviest meal of the day and dinner the smallest. [SObserver.lk]

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Cinema Gossips

By: Anand. J

Vambu - Heavy rumours are floating around the industry that the king of Silambam and the Tara of Nayanam are in deep love. The actor is said to have convinced his father but yet to impress upon his mother. The actor's mother also a one time lead actress has simply said a big 'NO' to the young couple's love. The young actor undeterred by his mother's refusal, has now persuaded his love interest to impress upon his parents. The Tara actress came to her elements and purchased a precious jewellery set for her would-be mother-in-law and presented it to her before all the family members. Heavily surprised and stunned by the gift, the actor's mother now has believed to have said 'YES' to the marriage. All the best wishes to the young stars.

Super Ice - Super, now acting in a mega-budget movie, is said to have approached the Ice beauty a couple of times to act opposite to him. Ice actress neither had the time to acknowledge nor had the dates to roll out. Upset by Ice reaction, Super is said to have put pressure on the Ultra Director for convincing the Ice queen. Meanwhile, another mega director who introduced the Ice queen to film industry is busy filming his hindi movie with Ice beauty and Abhishek Bachan.

Love Kanth

Young and charming 'kanth' actor well known for his romantics was earlier involved with a friendly actress. For reasons known to everyone both fell out. Kanth actor pursued his love skills and wooed another actress who was paired opposite to him in the movie 'Kanaa kandein'. After the actor got bored with the actress, he seemed to have found his new love in another actress whom he is paired with in his latest yet-to-be-released movie. Will his co-actresses take a cue from this actor's past ???

Chumma

Another young star couple who have featured in two movies together is said to be in mad love. The young and upcoming actor was deeply bitten by the love bug when he debuted in his first movie with his lead actress. The actress whose name is the ultra of 'Meera' was impressed by the actor's socio-behavioural skills more than his acting, immediately said 'YES' to the proposal but laid out a condition. The actress wants the actor to become a huge sensation like 'Vijay' and then proceed with marriage. The highlight is 'young sensational actor and Ilaya thalapathi Vijay are reportedly College-mates'

I am a socially conscious person, says Vinu Chakravarthe

By S.R. Ashok Kumar

I have decided to write a script and direct the film next year. That is my ambition



Vinu Chakravarthe began his film career as a writer. But he is now known for the character roles he has played. The actor has worked in several Tamil and other language films, alongside leading actors in the industry. He talks about his work, early years in film, and his likes and dislikes.

I am a socially conscious person. If I see anybody doing anything wrong I get agitated and angry. As an actor I try to tell people how one should behave in society. So, I try to be as good as possible.

I was born in Usilampatti village. When I was 10 years old I came to Chennai and studied in Wesley High School. I did my graduation from A.M. Jain College. I worked as a reserve sub-inspector for nearly six months and as a stationmaster for 6 years, before I was even 26.

I wanted to be a writer in films, so when I was working as a stationmaster in Mysore I joined director Puttanakanagal as his assistant. His film 'Parasangathe Kannda Thimma' was to be made in Tamil as 'Rosapoo Ravikkaikari'. I came to Chennai for that film and have now written the script for nearly 5 films and acted in several films.

When I was working in the script department I got an opportunity to act

in the film 'Gopuranga Saivathillai'. It became a hit. At that time director Bharathiraja told me that he had initially nurtured ambitions of becoming an actor but had changed track and become a director. But when you have a hit film try to do more roles, he said. Script and direction could be done any time. So I took his advice and started to act in more films.

I have now acted in several Tamil films, 25 Malayalam films, and half-a-dozen Telugu films.

Of all the films I have acted in I like 'Rosapoo Ravikkaikari', 'Vandichakkaram', 'Enga Ooru Pattukkaran', 'Guru Sisyan', 'Annamalai' and 'Manithan' most.

I have acted with Rajinikanth in nearly 20 films. All my grandchildren are his fans, and they have a collection of his films which they watch regularly. They live in Canada and London.

Among actors I like Suriya, Vikram and Vijay. I also like the work of Arya and Barath. Among actresses I would choose Sridevi, Sripriya, Saritha, Banupriya and Sonia Agarwal as my favourites. Among directors my favourites are Cheran, Saran, Visnuvardhan and Misskin.

In my spare time I write scripts. I have nearly 30 scripts in hand and am waiting for a good producer who will make one of them into a film.

I have decided that I would write a script and direct the film next year. That is my ambition. I hope I will be able to fulfil it. [hinduonnet.com]

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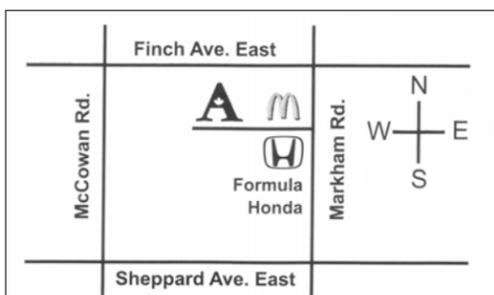
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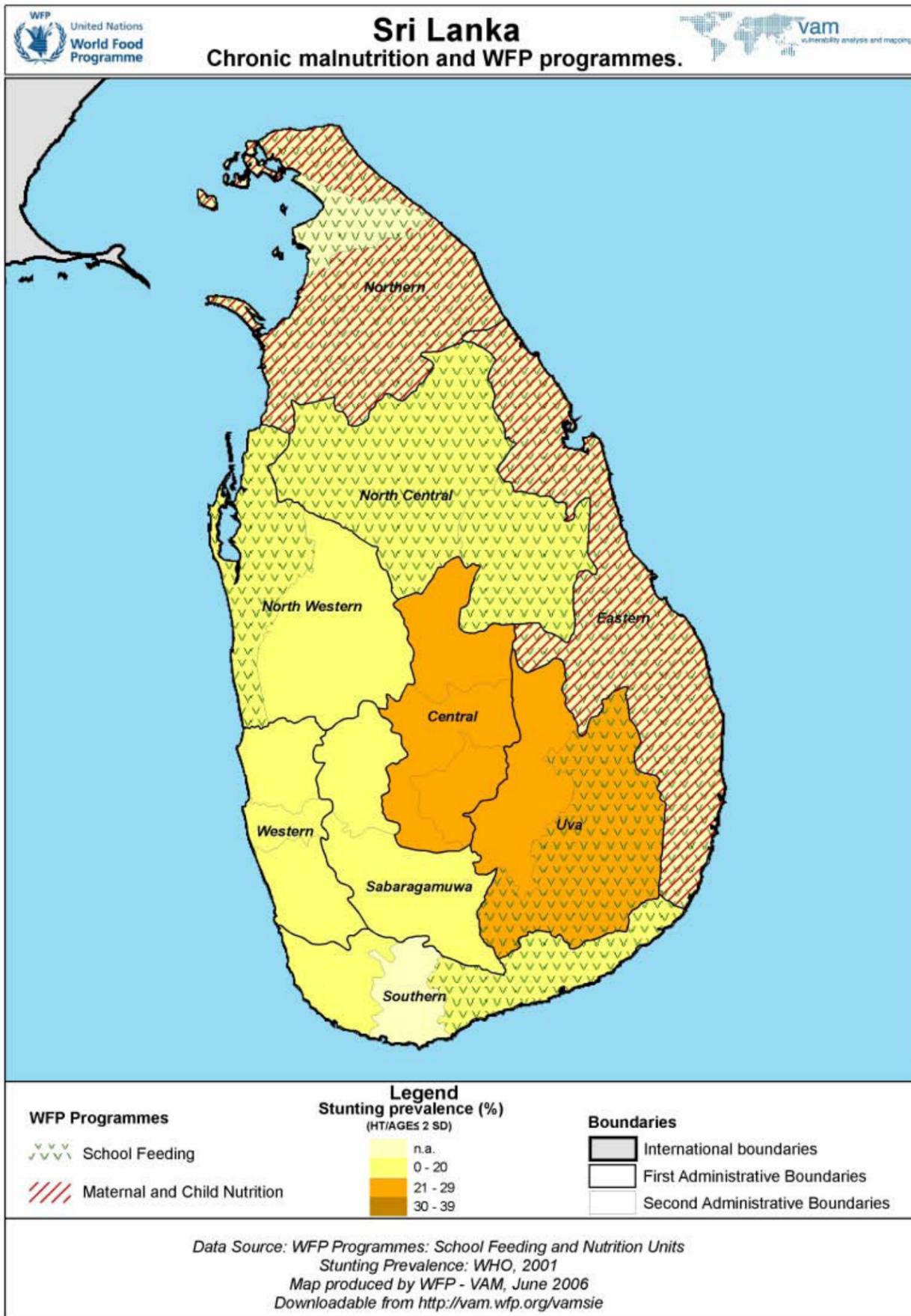
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ICRC extremely concerned about the human cost of conflict



The International Committee of the Red Cross's delegate-general for the Asia-Pacific region, Reto Meister, has called on both parties to the conflict in Sri Lanka to clearly respect the rules of war as laid down in the Geneva Conventions and customary law. He also underlined the human cost of the hostilities.

Although neither the Sri Lankan government nor the Liberation Tigers of Tamil Eelam (LTTE) have officially renounced the ceasefire of February 2002, the ICRC's delegate-general for the Asia-Pacific said that the situation on the ground was now clearly illustrative of a non-international armed conflict.

He said those not participating in the hostilities must be protected at all times.

Speaking at a press conference at the ICRC's Geneva headquarters after returning from a five day mission to Sri Lanka, Reto Meister underlined the role the ICRC continues to play as a neutral intermediary and emphasized the trust placed in the institution by both sides. He said this often allows it unique access to those in conflict zones, although recent security considerations have hampered movements in some areas.

He said the ICRC is extremely concerned about the humanitarian consequences of the fighting. Recent clashes near Trincomalee and Batticaloa in Eastern Province and fighting on the Jaffna peninsula have resulted in many fatalities and the displacement of civilians.

The ICRC has access to around 110,000 displaced people, including about 50,000 in Trincomalee and 35,000 in Batticaloa. The total number of displaced is higher, with estimates varying between organizations.

Mr Meister said the ICRC's ability to deliver more aid to the Jaffna peninsula was complicated by a lack of agreement among the two parties about whether access should be by sea or road. A cargo ship flying the ICRC flag did manage last week to deliver to the peninsula 1,500 metric tonnes of food and medicines provided by the Sri Lankan government and the World Food Programme.

Further supplies are now needed for both the resident and displaced population in Jaffna which has been cut off for three weeks. The ICRC continues to be concerned about the lack of access to Jaffna.

In partnership with the Sri Lanka Red Cross, the ICRC aims to assist up to 200,000 residents and displaced people affected by the conflict by supplying water and shelter and by strengthening health structures where necessary. A surgical team is to be sent to the Vanni, in the north of Sri Lanka.

More than 150 people have been registered as detained by the ICRC in the last few weeks and visited by delegates. The organization has also facilitated the evacuation of the wounded across frontlines and has also evacuated some civilians from areas where there is fighting. Staffing levels in Sri Lanka have already been increased and will be further boosted. [reliefweb.int]



Tamils carry their belongings as they flee their homes in northern Jaffna August 15, 2006 during the fighting between government troops and Tamil Tiger rebels. Picture taken August 15, 2006. [UNHCR]



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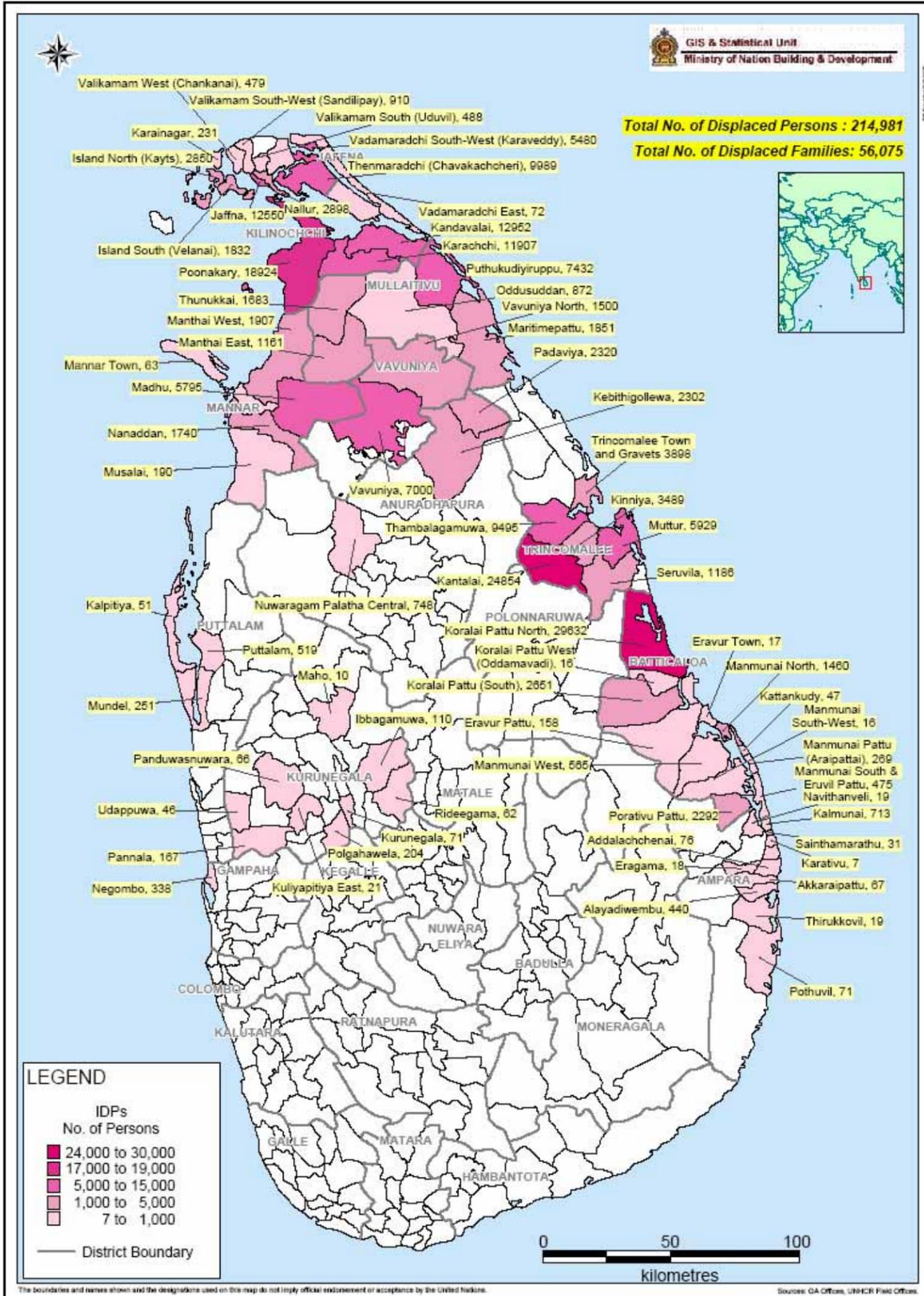
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Toronto Police recruiting diverse officers

Toronto police recruiting officers reached out to the South Asian community recently as part of an ongoing effort to recruit officers to represent the diversity of the city.

Recruiters set up a booth at the South Asian Festival at the International Centre in early September to get the message out that Toronto is hiring.

S/Sgt Riyaz Hussein and Consts. Joni Sousa and Asif Shaikh were on hand to talk to potential candidates about the Service. The event, which drew over 100,000 people, was a good opportunity to meet potential recruits.

“Over 50 great candidates were mentored to the next step in the process and another 120 community members were given information for potential recruits among family and friends,” said Const. Asif Shaikh.

Former Employment Unit commander S/Insp Cyril Fernandes also came out to meet potential recruits along with Const. Kajamuganathan Kathiravelu of 55 Division.

“We are all ambassadors for the Service at heart and we must all do our part in helping recruit new officers,” Shaikh said.

The Service is actively recruiting hundreds of officers. For further information, call 416-808-JOIN (5646) or go to the website at www.torontopolice.on.ca/careers

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Tamils queue for fuel in Jaffna, August 15, 2006 during the fighting between government troops and LTTE.
Picture taken August 15, 2006. [UNHCR]



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Expatriates to safety from strife stricken Jaffna

By Dushiyanthini Kanagasabapathipillai

The people of North and East were forced to flee their homes. There are 204,602 internally displaced people since April 2006, according to the United Nations High Commission. And the UNHCR says more than 20,000 people have been displaced within a week. Nearly 44,000 people are affected in Jaffna peninsula due to the recent violence, according to the UNHCR.

A batch of foreign nationals and aid workers were evacuated from besieged Jaffna on August 27th 2006, by the International Committee of the Red Cross. 161 passengers sailed to Trincomalee from Point Pedro by ICRC chartered "Serunuwara 2". They were boarded in buses from Sinhala Maha Vidyalayam in Jaffna, and were taken to Point Pedro on August 26th 2006. They boarded the ferry at 6pm on August 26th 2006, and anchored at 2.30am on August 27th 2006. They were brought to Colombo by buses in convoys with ICRC escort.

There are five thousand registered at the Jaffna Kachcheri to come to Colombo. But the ferry could accommodate only few hundreds, and the priority was given to the people who need immediate medical attention, foreign nationals, and aid workers. The International Committee of the Red Cross is in discussion with the authorities to continue the ferry service, but nothing is confirmed yet.

The evacuations came to a halt when fighting commenced in Sampur.

Sunday, August 27, 2006



"I left Sri Lanka, when I was five year old. Ever since I was living in Germany with my parents until I got married. My parents are living in Germany. I now live with my family in Britain. I visited Jaffna after twenty one years with my husband, and two sons to see my father in law and mother in law. I have not been through the war experience. But this time I witnessed war in Jaffna. Curfew was imposed, not enough food stuffs available in the shops, long queues at shops and banks. I found it very difficult to manage with my two little children. The war is deadly. I will not come back to Sri Lanka" says Jeyadevi Rasavathanan (26), who is a Dutch national living in United Kingdom



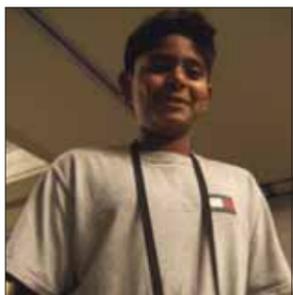
"We were scared, when heard shelling in Jaffna. We started to cry. We are afraid to come back" say Nila Thayanathan (9), and her younger brother Thusanth Thayanathan (5) of Canada



"I have seen dead bodies on the roads. Nobody is sure of their safety in Jaffna. I left Sri Lanka in 1990 due the situation at that time. The situation is bouncing back to the earlier days. My parents are living in Jaffna. I have asked them to come and live in Colombo until I sponsor them to Britain" says Kanagarajasingam Rasavathanan (30) of United Kingdom, who is working at the Immigration office.



"I have to undergo a bypass surgery. My doctor gave a medical letter to get a seat in the ferry to travel from Jaffna. I am exhausted. I have to undergo the surgery soon" says Ratnammah Nagarathnam (54) of Vaddukottai



"I have been to Jaffna earlier in 2004. But this trip was different. Because I could not go out that much due to the prevailing situation. I have been to the Nallur temple once this time. I have a bunch of cousins in Jaffna. I asked them, whether they like to come with me to Canada. They said that they do not want to come. I miss them, and I will think about them in Canada" says Sthyananthan Byran (12), a student from Canada, who visited Jaffna with his mother



"I went to Jaffna to attend a wedding. But the wedding did not take place, due the current situation. The bridegroom is in Jaffna, and the bride could not come to Jaffna from Colombo to get married on time. The undeclared war is so scary. I will not come back to Sri Lanka" says Santhirika Rajendran (47) of Canada, who is working for Tekinon.



"I want to go to Navaly next time, which is my dad's native place. I like to go to Uduvil Girl's College, where I have studied for a while in 2002, when I came. I have friends in Uduvil. I want to see them. This trip was different, because a lot of checkpoints are established, and people are being checked. I fell that, it's intimidating. I shall come back and visit Jaffna" says Shivam Suthendran (13) a student in Canada, who visited Jaffna with her mother.

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