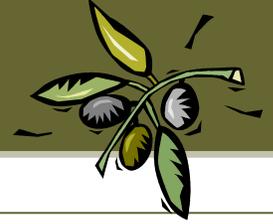




# THE JOSEPHITE



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## From then to now

By Valentine Paulraj

Wishing you all a wonderful, New Year (both English and Tamil). May the New Year bring forth the best from and to you. For those in the United States the New Year brought in a historic change with President Barack Obama becoming the first black President of the United States of America. We wish the new President and his team all GOD's blessings and success. Historically, this year marks India's achievement as a Republic over 60 years. We wish every Indian all the best and encourage them to provide their best support to make India proud. We specially wish Dr. Manmohan Singh the Prime Minister quick and full recovery after his recent 14-hour open heart surgery. The World Economic Forum Annual Meeting 2009 promises to be one of the most important events in the Forum's history. The significance of the Meeting is such that more than 40 heads of state and government have already confirmed their participation in Davos-Klosters where they will join business leaders as well as NGOs, Trade Unions and experts from a wide range of fields. The Meeting will be focused on managing the current crisis and shaping the entire post-crisis agenda, from economic reform to climate change. The group expressed our sincere condolence to the family of late President R. Venkatraman. While the debacle of Satyam Computers has disgraced India's foot prints in the IT market, we are confident that the employees of Satyam computers will ensure that their

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performance will always be noteworthy. We wish everyone, especially any of our alumni working for Satyam computers well and we want to assure you of our support.

We encourage you to write to the news letter sharing your experience during and after SJC and also news from your part of the world. And, once again we thank contributors of articles for this news letter, wish you all the very best and remember to stay connected until we meet again. "United we stand, divided we fall".

Remember that we all have been blessed and that is why we are what we are today. Let the blessings not just stop with us but let us reach out and be a blessing to others in the days and years to come.

Wish you all a wonderful, prosperous, blessed and Happy New Year.

With warm wishes

Valentine Paulraj

## Here are some quotable quotes

Compiled by Rajendran. – B.Com 1982

Our tears are what happen when it rains deep inside our hearts and we cannot hold the rain any longer. -*Philippos*

I am careful not to confuse excellence with perfection. Excellence I can reach for, perfection is God's business - *Michael J. Fox*

Learning patience takes a lot of patience! ---  
*Tim Hansel*

There is no short cut to a place worth going. ---  
*Beverly Sills*

Heaven on Earth is a choice you must make, not a place we must find. --- *Dr. Wayne Dyer*

Experience is what we get when we do not get what we want. --- *Enio Carvalho*

Life isn't worth living, unless it is lived for someone else. --- *Albert Einstein*

The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty. -  
--- *Winston Churchill*

Like a tree blowing in the wind, friendships can bend and waver, yet they will both remain standing if they have strong roots. --- *Suzanne Long*

No man is worth your tears and the one that is won't make you cry --- *Brian Littrell*

When two people love each other, they don't look at each other, they look in the same direction. ---  
*Ginger Rogers*

Attitude is a little thing that makes a big difference. --- *Sir Winston Churchill*

## Recipe for your taste

By Sumathi Bala, M.Sc Maths 1989

### Pepper Chicken

#### Ingredients: -

500 grams chicken, 1 onion, 2 tomatoes, 1 cup salli (deep fried potato straws), 1 teaspoon red chilly paste, 1 teaspoon coriander powder, ½ teaspoon cumin seeds, ½ teaspoon red chilly powder, ½ teaspoon garam masala, ½ teaspoon ginger paste, 1 teaspoon garlic paste, 1 bay leaf, ¼ teaspoon turmeric, 2 tablespoons oil, salt and freshly ground pepper to taste

**Preparation time** : - 25 minutes    **Serves** : - 2

**How to prepare:** - Cut the chicken into medium sized pieces. Put it in a big bowl and add pepper, red chilly powder, turmeric, half the garam

masala, ginger, garlic, salt and mix it well. With the help of a fork make holes on all sides of the chicken pieces and let it marinate for three hours. Finely chop the onion and tomato separately and set it aside. Now take a pan and pour the oil. Bring to heat and when the oil is very hot add the bay leaf, cumin seeds. Let it crackle and turn golden brown then add the onions and fry till they are golden brown. Add the red chilly paste and sauté briefly. Next put in the garam masala, coriander powder and fry till the raw smell of the masala leaves. Now add the tomatoes and sauté till the tomatoes blend and becomes a thick gravy. Add the chicken with the marinade and sprinkle salt to taste. Mix it well, cover, simmer and cook for 15 minutes or till the chicken is nice and soft. Add the potato straws and mix once and remove from flame. Garnish with coriander leaves and fried cashew nuts and serve.

**Enjoy!!**

## Something to laugh

By Ragunath B.A 2002

# Star Cricket

Assumed Participants at different games:  
Chiranjeevi, Sharukh Khan and Rajini

Condition: The team needs to score 10 runs but with just one ball remaining.

Chiranjeevi: Bowler bowls it and Cheeru hits with tremendous power..... the ball goes far away and UMPIRES are forced to give 12 runs for that. Cheeru WINS the match.....

Shahrukh: Bowler bowls it and Shahrukh glides it to 3rd man..... the ball goes to boundary line Shahrukh runs for 3 runs, fielder throws at non-striker it misses the stumps and goes for over-throw, ShahRukh runs again for 3, this time fielder tactic fully throws at Keepers end, Keeper Misses it goes for a 4 runs. In the background Vande Mathram.... Shahruk WINS the match.....

Rajini: Bowler bowls it and Rajini hits with tremendous power..... the ball splits into "TWO" one half goes to SIX.....The other half goes to FOUR.....

Rajini WINS the match.....

Moral: Stars win matches

## A Japanese visit to India

There was a Japanese who went to India for sightseeing.

On the last day, he hired a cab and told the driver to drive to the Airport. During the journey, a Honda drove

past the taxi. Thereupon, the man leaned out of the window excitedly and yelled, "Honda, very fast! Made in Japan !!!.

After a while, a Toyota sped past the taxi and again the Japanese man leaned out of the window and yelled, "Toyota, very fast! Made in Japan!"

And then a Mitsubishi sped past the taxi. For the third time, the Japanese leaned out of the window and yelled, "Mitsubishi, very fast! Made in Japan!"

The driver was a little angry, but he kept quiet. And this went on for quite a number of cars.

Finally, the taxi came to the airport. The fare was 800 rupees. !!!!

The Japanese exclaimed, "What??Ãçâ, -Â! so expensive!"

There upon, the driver yelled back, "Meter, Made in India VERY VERY FAST !!!!!



America's Presidential election campaign in India

Thamizh Poem - By Satish

## நிறம் மாறிய சேலை

கட்டிய கணவன்  
இல்லையென்றாக,  
இவள் கட்டிய சேலை  
வெள்ளையென்றாக,  
கழுத்தில் இருந்த மஞ்சள்கயிறு,  
அதை கொண்டு சென்றது  
மன்னன் உயிரு.

காலில் இருந்த வெள்ளி மெட்டி.  
பேரன் இடம் இரும்புப் பெட்டி.

சலங்கை வரண்டும் பேசவில்லை.  
மஞ்சள் மணம் விசவில்லை.

அவள் நெற்றி வானில் அமாவாசை.  
அதை நிரந்தரம் ஆக்க ஊரின் ஆசை.

ஊரின் ஆசை அதை கொடுக்க,  
பெண்ணைக்கு வாழ்கை, அதை கொடுக்க,  
காளை நீயும் கால் வைக்க வேண்டும்.  
பூவைக்கு நீயும் பூவைக்க வேண்டும்.

- மு.சதீஷ்

Ente Pranayam - A poem forwarded by Thomas Eppen:

മൗനം പ്രണവങ്ങൾ -  
 രവദണ്ഡം പേരി ഞാൻ അലയുന്നു.  
 കാലങ്ങൾക്കിടയിൽ ഭാരം പേരിയെൻ -  
 ചുവൽ തടിച്ചു വീർത്തിരിക്കുന്നു.  
 തെക്കൻ തടവുകാൻ തടവുകാരൻ.  
 കാലകൾക്ക് വച്ചു നൽകിയിരിക്കുന്നു.  
 മനസ്സിനെ വെക്കൽ കരഞ്ഞാണി,  
 കരൾ തെക്കൊണ്...  
 വിശ്വാസങ്ങൾ ചുറ്റിപ്പുറം വീണ -  
 തെങ്ങിനോടൊപ്പം നിന്നരും,  
 വിരഹിതന്റെ തിഴൽ പടർന്ന -  
 പുറമേയ്ക്കു നിന്നരും -  
 രക്ഷയ്ക്ക്...  
 പ്രണവങ്ങൾ കിരണിയിനാലും -  
 കാണി, മനസ്സിന്റെ പ്രകാശം...

മിസ്-കിഴാടയിൽ

# Home Remedies

Janakiraman PUC 1972

## **MOST COMMON CAUSES THAT LEAD TO CRACKED HEELS**

Here is a compilation of the most common causes that lead to cracked heels:

- Naturally dry skin or thick dry skin (callus) around the heel that is more likely to crack is often due to excessive feet activity.
- Prolonged standing at work or home .Hard floors may also cause cracks in the feet.
- Being overweight may increase the pressure on the normal fat pad under the heel, causing it to expand sideways and if the skin lacks flexibility the pressure on the feet lead to cracked heels.
- Back-open sandals or shoes allow the fat under the heel to expand sideways and increases the possibility of cracks on the heels.
- Disease and Disorders-Athlete's foot, Psoriasis, Eczema, Thyroid disease, Diabetes and some other skin conditions may also cause cracked heels.

Here is a list of some other reasons that may lead to cracked heels:

- Age - Thick dry scaly skin loses elasticity with age and thus cracks have higher incidence with age.
- Ill fitting shoes, standing for a long time or change in walking posture.
- Unhygienic circumstances or conditions
- Unhealthy, dry scaly skin due to climate or diseases
- Deficiency of vitamins, minerals and zinc

## **NATURAL CURES TO CARE FOR YOUR FEET AND HEELS**

Feet care is not a disorder one can be clueless about. This is also one of the reasons why people almost always neglect it. Primarily, feet care begins with some care. Home remedies have some of the best cost effective and result oriented solutions one can try and experiment with. But it is important to note that when home remedies do not cure cracked heels it is wise to take an appointment with your general physician.

Here is a compilation of the best known remedies to treat cracked heels:

- Apply the pulp of a ripe banana on the dry or cracked area of the heel. Leave it on for 10 minutes and rinse it clean.
- Soak the feet in lemon juice for about 10minutes. Follow this therapy on a weekly basis until one finds a change.
- A daily regime of cleaning and moisturizing is a good cure for dry or cracked heels. At the end of the day soak the feet in warm soapy water for about 15 minutes. Rinse feet and pat dry. Make a healing mixture comprising of: one teaspoon Vaseline and the juice of one lemon. Rub this mixture onto the cracked heels and other required areas of the feet till it is thoroughly absorbed. This can be done daily until visible results are obtained.
- A regular application of a mixture of glycerin and rosewater is known to soothe and cure cracked heels.
- Another result oriented solution is to melt paraffin wax and mix it well with little mustard oil. Apply on the dry or cracked area of the heels. Rinse it off in the morning. A continuous application for 10 to15 days can achieve desirable results.

## Keeping Your House Cool without Air Conditioning

Provided by Sundar M.Sc Physics 1978

Fundamentally, the idea behind cooling your house without the aid of air conditioning is to minimize sources of heat and remove built-up heat from inside. Here are some helpful tips:

**Cut back the transfer of heat through the roof and walls.** If the attic isn't already insulated or is under insulated, insulate your attic NOW. This will give you the greatest change in comfort for the least amount of expense. Before you buy, see the Home Insulation Buying Guide. Weatherize your home to reduce the loss of conditioned air. Employ caulk and weather-stripping to cut back on the transfer of air.

**Install a foil radiant barrier in the attic.** Staple it to the underside of the roof rafters, allowing an air space between the foil and the roof sheathing. Place staples about 3 inches apart. Position seams between sheets of foil centered on the rafters and seal the seams with caulk.

**Install inexpensive heat-reflecting film on windows that face the sun.** This will keep your house cooler and reduce glare and ultraviolet rays that damage furniture and floors. For hot climates, sun-control types are most effective, but be aware that they will reduce the amount of light that comes in through the windows. In climates where cold seasons are also a problem, choose a combination film (but do not apply it to south-facing windows if you want to benefit from the sun's warmth during winter).

**Reduce heat gain** by pulling drapes or shades, and use shelters to prevent direct sunlight from streaming in through windows on the south- and west-facing sides of the house. Overhangs, patio overheads, latticework, awnings—all of these work well.

**Plant now to provide shade in the future.** Trees, large bushes, and vines can provide shade and cooling evaporation. Choose deciduous varieties if you want to allow the sunlight to warm the house during winter. Pay attention to the growth characteristics of any landscaping that you plant to be sure it will be appropriate for the need and will not block breezes.

**Closely monitor the temperature both inside and out** with an indoor/outdoor thermometer. When it is cooler outside, open up windows and doors to ventilate. (Be sure your windows and doors have adequate screens to prevent an influx of bugs.) And arrange furniture and drapes so they don't restrict airflow.

**Use portable fans or ceiling fans** and the "Fan Only" setting on your heating system's thermostat to keep the air moving. By doing so, you will feel comfortable in a room that is 2 or 3 degrees warmer than a still room. If your home has a whole-house fan, turn it on to extract warm air.

Humidity makes room air feel warmer, so **reduce indoor humidity**. Minimize mid-day washing and drying of clothes, showering, and cooking. When you must do these things, turn on ventilating fans to help extract warm, moist air, but be sure to turn them off when you're finished so they don't extract cooled air from the house. Also see our section on dehumidifiers.

Unless you absolutely need them, **turn off incandescent lights and heat-generating appliances**. When it's time to cook, opt for the barbecue instead of the range.

If you try all of these measures but are still suffering from the heat, maybe it's time to consider installing an air conditioner. See the section on room air conditioners for information on how to select an efficient, high-quality model.

# The Flat and Transparent World

By Johnson S 1993 MCA

## World Economy Crisis and Reform

During periods of boom, people do not want to hear of criticisms of the forms of economics they benefit from, especially when it brings immense wealth and power, regardless of whether it is good for everyone or not. It may be that during periods of crisis such as now, the time comes to rethink economics in some way. Even mainstream media, usually quite supportive of the dominant neoliberal economic ideology entertains thoughts that economic policies and ideas need rethinking.

World trade has already contracted sharply, but it is not the erection of old-style barriers against imported goods that is the main worry. The real fear is of financial protectionism, an insidious new variant. Few countries were not regulated the actual terms under the Free Trade agreement. For example China manipulating the currency to stimulate exports. Increase of Tariffs on all the imported goods caused some imbalance between trades.

### Real Issue:

A collapse of the US sub-prime mortgage market and the reversal of the housing boom in other industrialized economies have had a ripple effect around the world. Furthermore, other weaknesses in the global financial system have surfaced. Some financial products and instruments have become so complex and twisted, that as things start to unravel, trust in the whole system started to fail.

The betting of practically anything helped create enormous sums of money out of almost nothing. However, as former US Presidential speech writer, Mark Lange, notes, “because derivatives are entirely unregulated and trade on no public exchanges, their originators can deliberately hide their vulnerabilities”. The extent of the problems has been so severe that some of the world’s largest financial institutions have collapsed. Others have been bought out by their competition at low prices and in other cases, the governments of the wealthiest nations in the world have resorted to extensive bail-out and rescue packages for the remaining large banks and financial institutions.

The subprime crisis came about in large part because of financial instruments such as securitization where banks would pool their various loans into sellable assets, thus off-loading risky loans onto others. For banks, millions can be made in money-earning loans, but they are tied up for decades. So they were turned into securities. The security buyer gets regular payments from all those mortgages; the banker off loads the risk. Securitization was seen as perhaps the greatest financial innovation in the 20th century.

When people did eventually start to see problems, confidence fell quickly. Lending slowed, in some cases ceased for a while and even now, there is a crisis of confidence. Some investment banks were sitting on the riskiest loans that other investors did not want. Assets were plummeting in value so lenders wanted to take their money back. But some investment banks had little in deposits; no secure retail funding, so some collapsed quickly and dramatically. What else there on the World (Worry) Free Trade and Economic Crisis?

... Continue on next