



# THE JOSEPHITE



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## From then to now

By Valentine Paulraj

Hope this finds you all doing well. I am sure you would have had a great Thanksgiving Day. November 27 each year is called Thanksgiving day for those of us who are in the US, but for every human being, everyday is a thanksgiving day. We need to appreciate the gift of life and all the blessings that surround us and not take anything for granted. We need to be thankful to GOD for everything, everytime, everyday.

Well, we had a historic US election that proved to the world that the US is not just professing equality but practicing as well. To everyone who is part of any minority group this election gave a hope that they too can become achievers in this land of opportunity where dreams are fulfilled with equality. One of my classmate and hostel mate Dr. Ganesh V Reddy, ran for office in Meridian, a town in Michigan, USA, but he lost the race by a slim margin. Eventhough Ganesh did not win, we are all proud that a fellow Josephite is in the political arena of this nation and we wish him all the success in the years to come. Please do read about Ganesh in the pages of this issue.

Thanks to all the many who have written to us appreciating our news letter. Our membership has grown and we are growing. We received mail from the SJC alumni association informing the plan to form a chapter of the alumni association here in the US. We are exploring the logistics to establish it and we will keep you

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informed in the days to come of the developments. Do pray for it.

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 and blessed December.

With warm wishes

Valentine Paulraj

## Here are some quotable quotes

Compiled by Rajkannu M. – B.A Lit 1972

An optimist is a person who starts a new diet on Thanksgiving Day. - Irv Kupcinet

Both optimists and pessimists contribute to our society. The optimist invents the airplane and the pessimist the parachute. - Gil Stern

Perceptions are important, but they make a poor substitute for insight. -- *Phil Knight*

Only a blind man walks where he cannot see. -- *Joshua Boydston*

There is no security in life, only opportunity -- *Mark Twain (1835)*

Man is the only animal that is cruel. It kills just for the sake of it. --- *Mark Twain*

Treat a man as he is; he will remain as he is. Treat a man as he can and should be; and he will become as he can and should be. - *Johan Wolfgang von Goethe*

Once the game is over, the king and the pawn go back into the same box. --- *Latin Proverb*

Failure is not falling down but refusing to get up. --- *Chinese Proverb*

Destiny is simply having the vision to realize your dreams and the perseverance to keep working towards them. --- *C. Phillips*

The man who views the world at 50 the same as he did at 20 has wasted 30 years of his life. --- *Mohammad Ali*

Price is what you pay. Value is what you get. --- *Warren Buffett*

Knowledge is wisdom rightly applied. --- *Jeff Heely*

I can accept failure, but I can't accept not trying. --- *Michael Jordan*

Never tell your problems to anyone...20% don't care and the other 80% are glad you have them. -- *Lou Holtz*

## Recipe for your taste

By Amutha George, B.Sc Physics 1993

### Mutton Chops

#### Ingredients:

Mutton chops	<b>1 kg</b>
Curds	<b>250 ml</b>
Onions chopped	<b>1 cup</b>
Tomatoes chopped	<b>½ cup</b>
Green chilies chopped	<b>2 tsp</b>
Coriander leaves chopped	<b>2 tbsp</b>
Red chilies	<b>3</b>
Coriander seeds	<b>2 tsp</b>
Cumin seeds	<b>1 tsp</b>
Pepper corns	<b>1/2 tsp</b>
Cardamoms	<b>3</b>
Cloves	<b>4</b>
Cinnamon	<b>2 pieces</b>
Ghee or oil	<b>3 tbsp</b>
Salt to taste	

#### Procedure:

- Wash the chops and drain the water. Add curd and salt and marinate for 1 hr.
- Add onion, tomato and green chilies.
- Powder red chilies, coriander, cumin, pepper, cardamoms, cloves and cinnamon together and add to the chops.
- Add ghee or oil and ½ cup of water .Pressure cook for 15 minutes. Cool the cooker for 10 minutes and open the lid.
- Place the cooker back on fire and cook stirring till all the liquid is absorbed and ghee or oil floats on top.
- Serve with roti or parathas

## Something to laugh

By Rajangam, MA 1976

### Indian in Hell

An Indian dies and goes to hell. There he finds that there is a different hell for each country. He first goes to the German hell, and asks what do they do there. He is told "First they put you on an electric chair for an hour, and then they lay you on a bed of nails for an hour, and then the German devil comes in and whips you for the rest of the day".

The man does not like the sound of that at all, so he moves on. He checks out the USA hell and the Russian hell and many more. He discovers that they are more or less the same as the German hell.

Then he comes to the Indian hell and finds a long line of people waiting to get in. Amazed he asks one person in the line what do they do there in the Indian hell that warrants a long line.

He is told "First they put you on an electric chair for an hour, and then they lay you on a bed of nails for an hour, and then the Indian devil comes in and whips you for the rest of the day".

Our man said "But that is exactly they said about the German, USA, Russian hells as well, but still why is there such a long line waiting for the Indian hell". For which the other person replied, "Well, because the maintenance is so poor, that the electric chair does not work, someone has stolen the nails from the bed, and the devil is a former government employee, so he comes in, signs the register, and then goes to the cafeteria."

### Traffic stop

A Sardarji was speeding in a 35 mile per hour zone when a local police cruiser pulled him over. The police officer who walked up to the car also happened to be a Sardarji. He asked for the Sardarji's driving license. The driver searched frantically in his bag for a while and finally said to the Sardar policeman, "What does a driver's license look like?"

Irritated, the Sardar cop said, "You dummy, it's got your picture on it!"

The Sardar driver frantically searched his bag again and found a small, rectangular mirror down at the bottom. He held it up to his face and said, "Aha! This must be my driver's license", then handed it to the Sardar policeman.

The Sardar cop looked in the mirror, handed it back to the driver and said, "You're free to go. And, if I had known you were a police officer too, we could have avoided all of this."

### Romantic country names

H.O.L.L.A.N.D = Hope Our Love Lasts And Never Dies.

I.T.A.L.Y. I = I Trust And Love You.

L.I.B.Y.A. = Love Is Beautiful; You Also.

F.R.A.N.C.E. = Friendships Remain And Never Can End.

C.H.I.N.A. = Come Here I Need Affection.

B.U.R.M.A. = Between Us, Remember Me Always.

N.E.P.A.L. = Never Ever Part As Lovers.

I.N.D.I.A. = I Nearly Died In Adoration.

K.E.N.Y.A = Keep Everything Nice, Yet Arousing.

C.A.N.A.D.A. = Cute And Naughty Action that developed into attraction

K.O.R.E.A. = Keep Optimistic Regardless of Every adversity.

E.G.Y.P.T. = Everything's Great, You Pretty Thing!!

M.A.N.I.L.A. = May All Nights Inspire Love Always.

T.H.A.I.L.A. N.D. = Totally Happy. Always In Love And Never Dull.

### Indian way of safety - headgear



## பெருமைகள் பெண்ணாலே...



உயிர்கள் தோன்றுவது பெண்ணாலே  
உறவுகள் மலர்வது பெண்ணாலே  
உள்ளம் மகிழ்வது பெண்ணாலே  
உரிமைக்குரல் ஒலிப்பதும் பெண்ணாலே

பண்புகள் வளர்வது பெண்ணாலே  
பாசம் பொங்குவது பெண்ணாலே  
பசி மறைவது பெண்ணாலே  
பாரினில் இன்பம் பெண்ணாலே

இல்லறம் அமைவது பெண்ணாலே  
ஈருயிர் இணைவது பெண்ணாலே  
இன்னல் மறைவது பெண்ணாலே  
இலக்குகள் அடைவதும் பெண்ணாலே

குத்துவிளக்கு எரிவது பெண்ணாலே  
குலமகள் சிரிப்பது பெண்ணாலே  
குற்றங்கள் குறைவது பெண்ணாலே  
சுற்றம் நிலைப்பதும் பெண்ணாலே

விருந்தோம்பல் நடப்பது பெண்ணாலே  
வீரம் விளங்குவது பெண்ணாலே  
வில்லங்கம் ஒழிவது பெண்ணாலே  
வில்லன்கள் அழிவதும் பெண்ணாலே

அழகுக்கு அழகு பெண்ணாலே  
அம்மாவுக்கு அர்த்தம் பெண்ணாலே  
அன்பு ஊற்றெடுப்பது பெண்ணாலே  
அண்டம் சுழல்வதும் பெண்ணாலே

ஐம்புலன் இயங்குவது பெண்ணாலே  
ஆண்கள் வாழ்வது பெண்ணாலே  
ஆற்றல் பெருகுவது பெண்ணாலே  
வெற்றிகள் குவிவதும் பெண்ணாலே

எத்தனை எத்தனை  
பெருமைகள் பெண்ணாலே  
எனக்கொரு பிறவி இனியிருந்தால்  
பிறப்பேன் நானும் அவள் போலே!

-ஜான் பீ. பெனடிக்ட், வாசிங்டன் DC.



# Oakland University™

## Ganesh Reddy



Appointed to OU's Board of Trustees in May 2007, Ganesh Reddy is the president of BizTek Innovations, a Michigan-based business and technology consulting firm. Dr. Reddy previously held executive and management positions with Michigan-based HTC Global Services, Arkansas-based Protech Solutions, the State of Michigan, KPMG Peat Marwick and Compuware. Reddy has served on several state and local boards, including the Michigan Public Educational Facility Authority, Michigan Health Information Technology Commission, Governor's Advisory Council on Asian Pacific American Affairs, Meridian Township Planning Commission, Meridian Township Economic Development Council, and the transition teams for governors and mayors. He has several years of professional experience in designing, managing and implementing enterprise information technology solutions for academic and research institutions, businesses and government agencies. He has been part of the research faculty at prestigious academic and research institutions in India, Australia and the United States and has published several research publications in leading scientific journals. He is an academican, researcher and entrepreneur. He holds a Ph.D. in bio-physics.

<b>Terms</b>	<b>Date of Appointment and Reappointment</b>	<b>Date of Term Expiration</b>
	<b>May 15, 2007</b>	<b>August 11, 2014</b>

We are proud to say that Ganesh Reddy is an alumnus of Saint Joseph's College and he still maintains his relationship with former classmates, college mates, hostel mates and the faculty who taught him. Every time he visits India, he visits the college and the faculty who taught him. Even if he did not win it this time, we wish Ganesh success in the years to come and we assure him of our support for the future.

Check <http://reddyformeridian.com/>  
[http://www.miadc.org/MIADC Election 2008 Newsletter.pdf](http://www.miadc.org/MIADC_Election_2008_Newsletter.pdf)

A poem forwarded by Suresh Gopi:

നനത്തിൽ മൗനവേളയിൽ  
അസ്തമയ സൂര്യനേയും നോക്കിയിരിക്കുമ്പോൾ  
അകലുന്ന പകലിനൊപ്പം അടുക്കുന്ന നിശയും  
ഓർമ്മപ്പെടുത്തുന്നുവോ ജീവിതത്തെ?

വെളിച്ചം സന്തോഷത്തെ പ്രതിധ്വനിപ്പിക്കുമ്പോൾ  
അഴലിനെ ദ്യോതിപ്പിക്കുന്ന ശോകമോ മനതാരിൽ !  
തേങ്ങുന്നാമനസ്സിനെ ആശ്വസിപ്പിക്കേണ്ടതെങ്ങനെ  
യെന്നറിത്തപ്പോഴും വാക്കുകൾക്കു പരതുന്നുവോ !

ഹൃദയതാരിലെ സ്നേഹം അറിയാൻടുപൊയെന്നോ ?  
എന്തേയിതെന്നറിയാതെ പതറുന്നാ മനസിൽ  
കുറ്റബോധങ്ങളും നഷ്ടബോധങ്ങളും നിറയുമ്പോൾ  
പ്രതീക്ഷതൻ ആഗ്രഹത്തെ  
'അരുതേ' എന്നു ചൊല്ലുന്നതെങ്ങനെ !

മനസിൽറെ അടിയൊഴുക്കുകളെ കീഴ്പ്പെടുത്തുക നീ  
നല്ലതിനായി എല്ലാം എന്നു ചിന്തിക്കാൻ  
'വിധി' എന്ന പ്രതിഭാസം ചൊല്ലുന്നുവോ നിന്നോട്  
സ്നേഹത്തിൽ നിറകൂടമായി നിന്ന മാറ്റാൻ  
ഇനിയും 'വിധി' നിന്നടുക്കൽ എത്തീടാൻ  
കാത്തിരിക്കുക പ്രിയ സോദരാ....

paulettan

# Home Remedies for Dark Circles

Janakiraman PUC 1972

Home remedies for dark circles are considered to be the best healing method. It is natural way of curbing the dark blemishes under the eye which will not cause any harm to the skin.

- 1) Application of a thin sliced cucumber on top of each eye for 15 to 20 minutes, twice a day, relieves stress and cools down the eyes.
- 2) A mixture of almond oil and honey should be applied on the affected area every night before bedtime. You will see a remarkable improvement in two to three weeks.
- 3) Consume at least two to three liters of water on a daily basis. Water is a very essential remedy in this case and it flushes out the toxins present in the body.
- 4) Tea bags are known to be very effective in curing dark circles. A cold tea bag should be put on top of each eye for 10 to 15 minutes everyday.
- 5) Make a paste of fresh mint leaves and add a few drops of lime juice in it. Apply the mixture on the eyes and the dark circles for 10 to 15 minutes everyday and see the difference in two to three weeks.
- 6) Rose water is considered to be a natural coolant for the body and has been an old home remedy for generations. Apply two to three drops of rose water on a cotton ball and gently massage on the affected area of the eye for five to six minutes. You will see the result in two to three weeks. This method is considered to be one of the most effective cures for dark circles.

The dark circles treatment should be started as soon as possible to avoid it from increasing.

## Diet for Dark Circles

A healthy diet for dark circles which is full of nutrients is the most essential thing in this case. If the body does not receive its daily intake of nutrients, it may create such problems and maybe worse in the future. Some of the essential nutrients can be found in:

- 1) Fresh Fruits and vegetables
- 2) Green leafy vegetables
- 3) Cereal crops such as oats, barley, wheat and millets. 4) Fresh juices of fruits and vegetables.

A breakfast is the most important meal of the day and should be consumed before starting any kind of work

## Treatments for Dark Circles

- 1) Washing your face with water and a soft soap every hour is very important. It is very important that your skin stays fresh and cool all the time and free from any germs or bacteria.
- 2) Daily eight hours of sleep is very essential for the body and the eyes. It is very important that you sleep without being disturbed at all. This is not only good for the eyes but also for the body as you will not have any health problems in the future.
- 3) "Work less and relax more" should be your main motto if you wish to get rid of the dark circles as soon as possible. Stress and fatigue are two toxic enemies of a dark circle-free skin.
- 4) Exercising is also very important and should be added to your daily regime. If you remain healthy at all times, you will not encounter any health problems.

# Winter Car Care Tips

Provided by Sundar M.Sc Physics 1978

With the arrival of fall, it's time to put on an old flannel shirt and jeans and get your vehicle ready for the colder weather ahead. And that includes those beefy SUVs; they need winter maintenance, too. Here's advice from the nonprofit National Institute for Automotive Service Excellence (ASE), the group that certifies automotive technicians. Any weekender can perform some of the tips; a few will require the skilled hands of an auto technician.

**Basics**-Read your owner's manual and follow the manufacturer's recommended service schedules.

**Fuel**-Put a bottle of fuel de-icer in your tank once a month to help keep moisture from freezing in the fuel line.

**Oil**-Change your oil and oil filter as specified in your manual-more often (every 3,000 miles or so) if your driving is mostly stop-and-go or consists of frequent short trips. In cold climates, you'll need winter grade oil.

**Cooling System**-The cooling system should be flushed and refilled as recommended. The level, condition, and concentration of the coolant should be checked periodically. (A 50/50 mix of anti-freeze and water is usually recommended.) Never remove the radiator cap until the engine has thoroughly cooled! The tightness and condition of drive belts, clamps, and hoses should be checked by a pro.

**Engine Performance**-Get engine drivability problems (hard starts, rough idling, stalling, diminished power, etc.) corrected at a good repair shop. Cold weather makes existing problems worse. Replace dirty filters-air, fuel, PCV, etc.

**Heater/Defroster**-The heater and defroster must be in good working condition for passenger comfort and driver visibility.

**Battery-Routine care**: Scrape away corrosion from posts and cable connections; clean all surfaces; re-tighten all connections. Avoid contact with corrosive deposits and battery acid. Wear eye protection and rubber gloves.

**Exhaust System**-Your vehicle should be placed on a lift and the exhaust system examined for leaks. The trunk and floorboards should be inspected for small holes. Exhaust fumes can be deadly.

**Tires**-Worn tires will be of little use in winter weather. Examine tires for remaining tread life, uneven wearing, and cupping; check the sidewalls for cuts and nicks. Check tire-pressure once a month. Rotate as recommended. Don't forget your spare, and be sure the jack is in good condition.

**Emergencies**-Carry gloves, boots, blankets, flares, a small shovel, sand or kitty litter, tire chains, a flashlight, and a cell phone. Put a few "high-energy" snacks in your glove box.

The National Institute for Automotive Service Excellence (ASE) was founded in 1972 as a nonprofit, independent organization dedicated to improving the quality of automotive service and repair through the voluntary testing and certification of automotive technicians. ASE-certified technicians wear blue and white ASE shoulder insignia and carry credentials listing their exact area(s) of certification. Their employers often display the blue and white ASE sign. Visit [www.ase.com](http://www.ase.com) for more information.

# The Flat and Transparent World

By Johnson Sab

## WORLD FREE TRADE

The Columbus messenger puzzled to see the recent issues affecting all economy in the world. Why is everybody talking about economy now? What is the secret behind the success of earlier economy growth?

One of the pillars of the economy boom is the free trade agreement between countries. As a Super Power of the world and the main contributor of this free trade, America gone through all the hurdles it can face up until now. The flat and transparent world depends on the free trade everybody could agree on. There are pros and cons of having the Free trade. In early 90's there was lack of knowledge workers at First-World countries. That was the time; the Information Technology workers had the honey-moon.

America signed free trade agreement with China and India. Businesses were boomed due to the transfer of workers and knowledge. America benefitted a lot because of the lower paying jobs at overseas. At the same time the third world countries like China and India increased the production of skilled workers and other commodities for the rich countries. It exactly matched with the demand and supply formula. So the unemployment was under control and the small businesses were gotten venture capitals to explore their products and services. Billions of dollars were exchanged between countries and the sector was flourished with gradual growth. Due to the cheap skilled workers from overseas, Americans changed the way they choose the job. Most of them oversees or manage the jobs that the skilled workers do. Americans realized that they better off if they do not erect barriers to outsourcing, supply-chaining and off shoring than they do. It was because of less productivity and high wages of the knowledge workers. All manufacturing industries tried to lower their business and operation cost by implementing new software solutions. So the software giant's Oracle, IBM and Microsoft etc., were trying to provide training and solutions for their requirements. But there were not many skilled Americans to do this type of job. There are situations where Americans did not want to write a technical manual for lesser than \$200/hr. The free trade agreement allowed the technology companies to bring skilled workers from India and China. The simple fact that even as the world get flat, America as a whole will benefit more by sticking to the basic principles of free trade, as it always has, than by trying to erect walls. The free trade brought many new players to the global economy which was originally dominated by Americans, Europeans and Japanese. For example most of the software companies in India such as Infosys, TCS, Wipro, Satyam dominated on software exports due to the Free trade.

The main counterargument from free-trade/outsourcing advocates is that while there may be a transition phase in certain fields, during which wages are dampened, there is no reason to believe that this dip will be permanent across the board, as long as the global pie keeps growing. The lump of labor theory is the notion that there is a fixed lump of labor in the world and that once gobbled up, by either Americans or Indians or Japanese, there won't be any more jobs to go around. If we have biggest lump of labor now and then Indians offer to do this same work for less, they will get the bigger piece of the lump and others have less. The lump of labor theory was wrong because it was based on the assumption that everything is going to be invented has been invented and that therefore economic competition is a zero-sum game, a fight over a fixed lump. What else on Free Trade?

.... Continue on next