



**Susquehanna Malayalee Association**

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**July 2014 Issue Vol. 201401**

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## Message from Governing Body

It is with great pleasure we present you the first edition of SMA newsletter. This newsletter contains a collection of news, announcements, creative writing, photography and artwork. We are extremely thankful to the newsletter committee which put tremendous time and effort into this publication. We hope that the newsletter will serve as another forum for sharing news as well as the talents of our members, and we encourage kids and adults to come forward with submissions for future publications. Our goal is to generate enough interest in this effort to build this into a quarterly publication.

Governing Body would like to take this opportunity to project the highlights of our 2014 activities here.

### **Events:**

- We conducted our Christmas/New Year program on January 11<sup>th</sup> with lot of cultural programs.
- The Easter-Vishu event was conducted on April 26<sup>th</sup>. Highlights of this event include Fancy dress, Speech and General Quiz competitions. We had lot of participation and we are really glad to see that we have such a talented pool of kids (and adults) in our community.
- SMA Summer picnic arrangements are underway. In addition to games for kids and adults we also plan to have a seminar on "Wills" during this event.
- The SMA Onam program will be conducted on September 6<sup>th</sup> at noon time. This year we will be starting our Onam program with Sadya (for lunch) followed by cultural programs. We invite everyone for this program.

### **Charity and Social Services:**

We continue to enhance SMA's various charity/social services activities. It was an excellent year where we not only continued our prior year social commitments, but also added few new ones.

- Food Drive for Bethesda Mission - On January 11<sup>th</sup>, during our Christmas / New Year Event we conducted a food drive for the Bethesda mission. We would like to extend our thanks to all the SMA members who contributed to the food drive.
- Monetary donations for ARC - On January 11<sup>th</sup>, during our Christmas / New Year Event. We collected \$75.00 for the donation. Thanks to the donors for this great cause
- Adopt A Highway - On March 22<sup>nd</sup> we held our first Adopt A Highway cleaning for the year. We will continue to contribute to this cause.

**Note:** Our next upcoming outing for Highway cleaning is planned for July 19<sup>th</sup>. Please plan to sign up, as this is a fun way to get some nice morning walk. in to the summer morning.

- Central Pennsylvania food bank - On June 4<sup>th</sup>, we initiated a new community service activity with the Central Pennsylvania Food Bank.

### **Picnic**

July 12th, 2014 11:30 AM  
Adventure Park,  
1775 Lambs Gap Road,  
Mechanicsburg, PA 17050

### **Adopt a Highway**

July 19 2014 9:00 AM  
SR 443, Fishing Creek Road

### **Onam**

September 6 2014 12:00  
Noon  
First Church of God Commu-  
nity Center,  
201 East Green Street,  
Mechanicsburg, PA 17055

### **Sangamam**

September 20 2014 3:00 PM  
East Pensboro High School  
425 Shady Ln,  
Enola, PA 17025

### **Editorial Board**

Michele & Shine Gopinath  
Vrinda & Ajoy Kumar  
Smitha Jayaprakash  
James Kuzhippallil

### **Junior Editors**

Rhea Kumar  
Vishnu Jayaprakash

**Other Highlights:**

- SMA has filed 501 c(3) application for registration as a charitable organization. We received a letter from IRS in July, requesting additional information and we are currently in process of responding to that letter. Hopefully we will have this approved in the next few months or so.
- We conducted a membership drive in January with a discounted rate (\$5 discount on membership fees) and it was a huge success. Forty-five families, which is 75% of our yearly target, took the membership in January.
- One of our major goals for this year is expanding our member base and broadening participation. The Governing Body (GB) is increasing new member outreach efforts. Follow up calls are now placed to new members after events. Prospective members will receive a discounted member rate for the first SMA event they attend as an incentive to try out SMA. The GB will also make conscious efforts to reach out to new members to include their kids in entertainment programs.
- We conducted a talent search during the Christmas/New Year program and this will be continued during SMA events to identify new member talents and participation interest.

**Editor's Note**

Welcome to the first addition of the SMA newsletter. For years SMA has offered a forum for displaying the music, drama and dance talents of members during our many functions and Sangamam. Now we are proud to offer this newsletter as a forum for showcasing the writing, painting, and photography of members.

The editors of this newsletter were delighted by the responses we received from the SMA children juniors and even the adults. You will see many selections by our younger members throughout the newsletter. The creativity of our younger members also carried forward to the design and layout of the newsletter where Vishnu Jayaprakash and Rhea Kumar were very exceptional at assisting with formatting and publishing.

**SMA 2014 Operational Budget**

<b>Current and Anticipated Income</b>	<b>Amount</b>	<b>Comments</b>
Membership Fee Collected so far	\$1,105.00	53 Family memberships*
Additional Membership Fee anticipated for this year	\$175.00	7 more family memberships*
Donations received	\$100.00	
Sponsorship anticipated	\$600.00	
Additional income from Christmas/New Year Gate collection	\$328.00	
Sound System Rental income	\$50.00	2 Rentals - \$25 rental fee for members
<b>Total Annual Income (anticipated)</b>	<b>\$2,358.00</b>	
<b>Current and Anticipated Expenses</b>		
<b>Administrative Expenses</b>		
Insurance cost	\$220.00	
Web Hosting and Email hosting expenses	\$150.00	
Permanent Address hosting charges	\$105.00	
Stationary/ Misc and Meeting Expenses	\$150.00	
<b>Event hosting and Community service Expenses</b>		
Additional cost to cover Easter/Vishu Expenses	\$427.00	
Anticipated Additional cost to cover Picnic Expenses	\$100.00	
Anticipated Additional cost to cover Onam Expenses	\$800.00	
Budget for Sangamam related expenses	\$300.00	
Community Work related expenses	\$100.00	
<b>Total Annual Expenses (anticipated)</b>	<b>\$2,352.00</b>	<b>No Anticipated carry forward</b>

\* Total 60 families are anticipated for Annual membership. We have close to 100 families in our member list and we encourage more families to take annual membership.

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## Achievements



Arun Antony Thottakara, son of Mini and Baby Thottakara graduated from Central Dauphin High School with US President's Award for outstanding Educational Achievement, CD High School Science Department Merit Award, National Honor Society Membership, Senior Class President Medal and AP scholar Award. Arun will be attending Shenandoah University with Academic Scholarship pursuing his studies in Doctor of Physical Therapy.



Kenneth Kannampully has won the 2014 South Central Pennsylvania Scholastic Art & Writing Awards for short story in the Silver Key category .

Anyone wants to read the article [Click Here](#)

Kenneth Kannampully

## *Family*

### **In the perspective of traveling dad**

There's a place that I know,  
I've been there many times.

It is unbreakable,  
Has no fighting or crimes.  
It never stays in one place,

It keeps moving on.

One day it's here,  
The other it's gone.

When I have to leave,  
It willingly leaves with me.

It loves me, and I love it.  
We live in perfect harmony.

Wherever I go,  
It follows me.

It's my home,  
My family



## പ്രവാസിയുടെ ഉത്സവം



Sreekumar Purushothaman

കുംഭമാസം വന്നുയറുമ്പോളെൻ-  
മനസ്സിൽ പൂത്തിരി കത്തുന്നു  
എന്നെ ഗ്രാമത്തിലോടിയെത്തിടുവാൻ  
എൻ മനസ്സ് വെറുതെ കൊതിക്കുന്നു

കാവിലുത്സവം ഭരണി മഹോത്സവം  
കുംഭമേളയാണെന്റെ ഗ്രാമത്തിന്  
തലയുയർത്തി നിൽക്കുന്നിതെൻ മുന്നിൽ  
ഗജകേസരികളേഴെണ്ണം ഗർവ്വോടെ

കഥ പറയുവാൻ സാംബനെത്തിടുന്നു  
ആയിഷ കേട്ട് ജനങ്ങൾ കരയുന്നു  
ആരോമലുണ്ണി ബാലെ തകർക്കുന്നു  
മതിമറന്നെന്റെ ഗ്രാമം ലയിക്കുന്നു

വച്ചുവാണിട ശാലയ്ക്ക് മുന്നിലായ്  
കൊച്ചുകുട്ടികൾ തിക്കി തിരക്കുന്നു  
കടലവാങ്ങി കൊറിക്കുവാനാളുകൾ  
കടലവണ്ടിക്ക് ചുറ്റും കറയുന്നു

വച്ചതിന്റെ ഇരട്ടി നേടാനായി  
കുലുക്കികുത്തിൽ രാശി നോക്കുന്നവർ

മൂന്നു ചിട്ടുകൾ കൊണ്ടൊരു കങ്കെട്ടു  
രണ്ടും കല്പിച്ചു ഭാഗ്യം തിരയുന്നോർ

ഇഞ്ചിമിട്ടായി വരവറിയിച്ചൊരു  
കൊച്ചു പയ്യൻ ഉലാത്തുന്നു ചുറ്റിലും  
നാലും കൂട്ടി മുറുക്കി രസിപ്പിച്ചിടാൻ  
വാണിഭക്കാർ മത്സരിച്ചിടുന്നു

വെള്ളകീറി പ്രകാശം ചൊരിഞ്ഞിതാ  
സൂര്യരശ്മി കിഴക്കിന്റെ സീമയിൽ  
ആരവങ്ങളൊക്കെ കഴിഞ്ഞുപോയ്  
കൊടിയിറങ്ങുന്നു ഭരണി മഹോത്സവം

തെച്ചിക്കോടനും പാമ്പാടി രാജനും  
സ്വപ്നത്തിലെത്തി ചാമരം വീശുന്നു  
അലറിയെത്തുന്നു അദ്ദുമാൻ തൻ മുഖം  
ആയിഷക്കൊപ്പം ഞാനും കരയുന്നു !!!

കടല തിന്ന കടലാസുകുഷണങ്ങൾ  
മൈതാനത്തിതാ പാറിക്കളിക്കുന്നു  
കാത്തിരിക്കേണമിനിയും ഒരു വർഷം  
എൻ മനസ്സിൽ കൊടികയറീടുവാൻ !!!



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## *My Summer Vacation Memories*

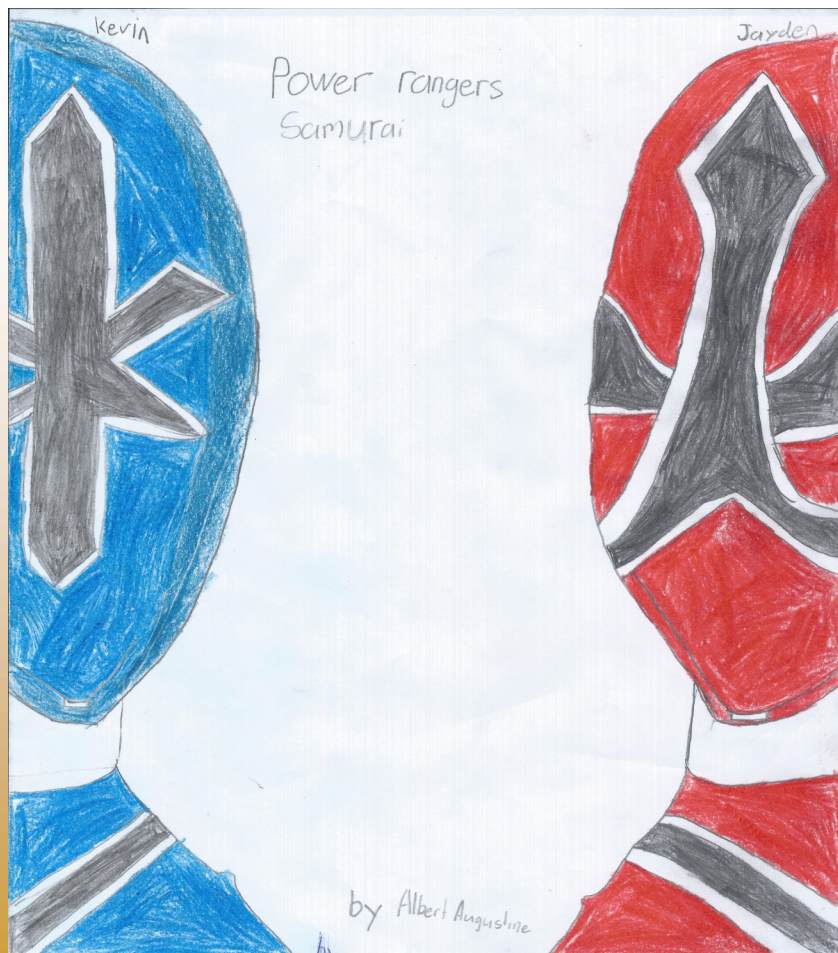
Vrinda Kumar

Growing up in an era that had no IPADs or Xbox the memories of summer vacations are invariably simpler and did not involve much of technology. It was more of what one would find or do outside in the playgrounds, streets, trees or terraces!

In New Delhi the summers were hot and dry and temperatures would run as high as 110 F. It was even dangerous to be out in that heat for too long. So we would spend long hot afternoons playing Monopoly and Scrabble in our homes. These were the occasions when you could actually play it long enough to run through every letter and every card (to buy) in the box! There would be heated arguments over whether a word existed or not in Scrabble as you try to manipulate the letters for the highest scores! We would trade properties on Monopoly like savvy business people and guard zealously the little piles of cards that represented the ownership of these properties on the board!

Come late evenings the temperatures would turn relatively cooler and then we would have the best part coming up! Most everybody would be out walking to enjoy the cooler climes and we children would be looking for the ice-cream trucks!! Yes, the singular guilty pleasures after a long dry and hot day was a cold ice cream! Those days there were no supermarkets selling tubs of ice creams that one could pick up anytime so one would eagerly wait for the vendor to come around your streets to enjoy a cool one!!

Our houses in Delhi were built with flat roofs that had accessible terraces! The night temperatures would be balmy and there would be a waft of cool breezes that would lull you to sleep! So we would gather our friends; bring up and lay down cotton mattresses on the terrace. It was blissful to lie down and watch the starry skies and chat late into the night. Yes, it was much like camping but without all the woods or creatures!



Albert Augustine



## *Drishyam*

*A visual treat through the power of script*



Rajeev Nair



A weekend trip to my brother-in-law's family at New Jersey. Just to visit them, after they returned from India, and come back the next day. That was the original plan. After reaching Metuchen, NJ, we found out that the Lalettan (Mohanlal, for the uninformedJ) flick *Drishyam* is playing at Big Cinemas in Edison. We all got excited at first, particularly me, as I am an ardent fan of Lalettan (Mohanlal, duh!), and there were lot of rave reviews about this movie.

I have been watching lot of promos and following the movie since its inception. The movie team had portrayed it as a family movie. And with the latest reviews, there were comments that the movie had a surprise element to it. But I felt that the subject of the movie is not "kid" friendly. It meant that we cannot take our 10 year old daughter for that movie. I was reluctant to watch the movie with my daughter.

While having the sumptuous lunch at Aroma Palace (that's for another post :)), we met a friend of my BIL's, and who had seen the movie. He said the movie is good and can be seen with the kids. He had two daughters, one of whom was around my daughter's age. So we finally decided to take the tickets for the 3:55 PM show.

On the way home, we dropped at Big Cinemas to find that 3:55 PM show was sold out. And there was a 7 PM and 10:55 PM shows left. As we had to return the same day, I persuaded my brother in law to take tickets for his family alone for the 7 PM show. And then we returned to his house. While having the tea an hour later, I was not feeling quite right. A Lalettan movie. Much appreciated. Right in front of me. And I am neglecting it. What a crime! :)

"Let's watch the movie!" I proclaimed. :) Let's watch it. My BIL and I drove to Big Cinemas again, to find the 7 PM show sold out! Come on! No Way!

"Wait, " the girl at the counter said. "We are opening another show at 6:50. There is a lot of demand for the movie."

YES!!!! AWESOME!!!

To cut the long story short, we saw the movie.

The movie was awesome! Very well scripted. Very well executed. It is a Jeethu Joseph movie than a Lalettan movie. The director and the script writer (who happens to be the same dude) gets the full credit. Lalettan did really good. The character Georgekutty was in his comfort zone, and for sure, no one else could have rendered it so seamlessly.

Is the movie a family drama? YES. Is the movie a thriller? YES. Does the movie touch upon social issues? YES. And these YES-es are the beauty of the movie. The script has knitted these three angles well together.

Continuing.....

I do not want to narrate the theme or the story here, but I would warn my friends of not taking smaller kids (say, less than 9 years) to the movie. In my opinion, they are not yet ready for the subject yet. For that matter, I wouldn't rate that as a complete family movie.

My daughter had lot of questions. We did welcome those questions and handled those very carefully. My wife did a wonderful job at that. There were lot of take aways for the young kids, especially girls. And parents of young girls. IMO, you should take your younger (10 and above) kids to the movie. Teenagers would understand the concept, but you might get lots of WHY questions from the younger ones. You may need to handle them properly.

All the actors did their job well. The girls who portrayed the characters of Lalettan's daughters were marvelous, especially the little one. One feather for the movie was the characterization of Kalabhavan Shajon. He plays Sahadevan, an arrogant police constable, totally out of his comfort zone. Hats off to him.

Another aspect to applaud is Sujith Vasudev's well-choreographed cinematography. All in all, what makes the movie so thrilling is the narrative style. This is pretty fresh for an Indian movie. So, my friends, this is a must watch. In a theatre. Or wait for the DVD. It is worth it. And not to spoil the fun, don't read any reviews or the story line. Including this one :)

(The Punjabi owner of the theatre was at the door thanking each and every one of us for coming to watch the movie. He said he hasn't experienced such and crowd and enthusiasm for any movie he has played in recent years) :)

## GYMNASTICS

Gymnastics is a sport mainly for girls, but not always. This sport has been around for over 2000 years, but it only became a competitive sport for a little over a hundred years. It started in Turvereins and Sokols.

In the 1830's, gymnastics was introduced to the U.S.A. In 1896, the very first Olympics were held in Athens, Greece. The dominant team was not U.S.A., as it is now. The dominant team was Germany, swiping almost every medal.

Back then, gymnastics was a men's sport. Now, it is mainly for girls.

In the 1900's, gymnastics became more improved. Shot-put, Pole Vault, and many others were added. The very first women's gymnastics team was added in the 1936 Olympics which were held in Berlin, Germany.

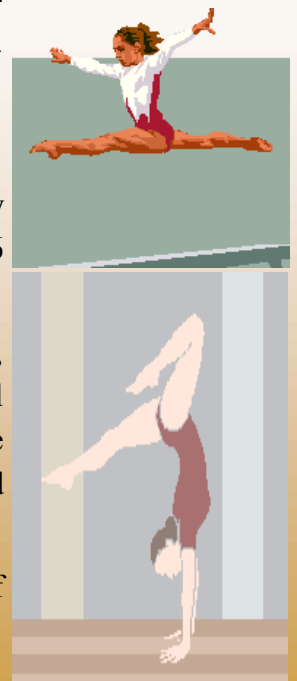
Don't think of gymnastics as a girly sport. If you are reading this and you are a boy, try gymnastics. You might find it to be fun. I am a gymnast. I go to CPAG (Central Pennsylvania Academy of Gymnastics), right here, in Mechanicsburg. They make gymnastics very fun there. There are three teams, CPAG team, Mini-gymettes, and Gymettes. Then there are regular classes, and I am in Saltos.

My favorite gymnast is 2 time gold medalist Gabby Douglas. Here's a little fun fact: if you scramble Gabby's last name, Douglas, you can spell USA gold.

In conclusion, gymnastics is a fun sport, and don't be surprised if you like it.

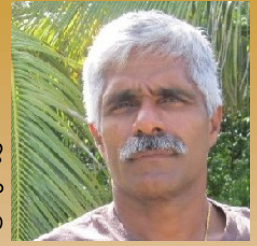


**Parvathy Nair**





## ആരോഗ്യത്തോടെ ജീവിക്കുവാൻ ...



**Baby Thottakkara**

കഴിഞ്ഞ നാലഞ്ച് വർഷങ്ങളായി ആരോഗ്യമുള്ള ജീവിതം അഥവാ രോഗ വിമുക്തമായ ഒരു ജീവിതം എങ്ങനെ നയിക്കാം എന്നുള്ള ഒരു അന്വേഷണത്തിലായിരുന്നു ഞാൻ. ധാരാളം വ്യായാമങ്ങൾ ചെയ്തിട്ടും കഴിയുന്നതുപോലെ ഭക്ഷണം ക്രമീകരിച്ചിട്ടും കൊളെസ്റ്റോൾ കുറയുന്നില്ല; അതോടൊപ്പം പാലും പാലുൽപ്പന്നങ്ങളും ദോഷകരമാവുകയും ചെയ്യുന്നു.

നമ്മുടെ ശരീരത്തിന് (മനസ്സിനും) എല്ലാത്തരം മുറിവുകളും മാറ്റാനുള്ള കഴിവുണ്ട്. അതിനു പറ്റിയ സാഹചര്യം ഉണ്ടാക്കണമെന്ന് മാത്രം. നമ്മുടെ ശരീരവും മനസ്സും എല്ലാ ദിവസവും പലവിധത്തിലുള്ള മുറിവുകൾക്കും ഉപദ്രവങ്ങൾക്കും വിധേയമായിക്കൊണ്ടിരിക്കുകയാണ്. അതിനെ നമ്മുടെ ശരീരവും മനസ്സും അതിജീവിക്കുമ്പോഴാണ് നമ്മൾ അസുഖങ്ങളില്ലാതെ മനോവ്യഥകളില്ലാതെ ജീവിക്കുന്നു എന്ന് പറയുന്നത്. അതിജീവിക്കുവാൻ കഴിയാത്ത അവസ്ഥയിൽ നാം രോഗികളാകുന്നു; മനോവ്യഥയും ഉണ്ടാകുന്നു.

ശരീരവും മനസ്സും ആരോഗ്യത്തോടെ സൂക്ഷിക്കുക എന്നുള്ളത് അത്ര പ്രയാസമുള്ള കാര്യമല്ല എന്ന് ഞാനെന്റെ അനുഭവത്തിൽ നിന്നും സാക്ഷ്യപ്പെടുത്തുവാൻ ആഗ്രഹിക്കുന്നു. ഭക്ഷണക്രമം, വ്യായാമക്രമം എന്നിവ ആരോഗ്യത്തിനു മതിയായ രീതിയിൽ ജീവിത ചര്യയായി സ്വീകരിച്ചാൽ മതി. അതോടൊപ്പം അതിനുള്ള മാനസികബലം സായത്തമാക്കുകയും ചെയ്യണം. നമ്മൾ ജീവിക്കുന്ന സമൂഹവും സാഹചര്യവും അന്തരീക്ഷവും ഇതിൽ പ്രധാന പങ്കു വഹിക്കുന്നുണ്ട്.

### ഭക്ഷണം



- വിഷമയമായതും പഴകിയതുമായ ഭക്ഷണ പദാർഥങ്ങൾ ഒഴിവാക്കുക

- മൃഗങ്ങളിൽ നിന്നും ഉല്പാദിപ്പിക്കുന്ന ഭക്ഷണ സാധനങ്ങൾ ദിനചര്യ ആക്കാതിരിക്കുക.

- മൂന്നേ തയ്യാറാക്കി രാസവസ്തുക്കളും മറ്റും ചേർത്ത് പൊതികളിലും പാത്രങ്ങളിലും വരുന്ന ഭക്ഷണങ്ങളും പാനീയങ്ങളും കഴിയുന്നത്ര ഒഴിവാക്കുക.

- പഞ്ചസാര , ഉപ്പ്, കൊഴുപ്പ് എന്നിവ ചേർത്തുണ്ടാക്കിയ ഭക്ഷണ പാനീയങ്ങൾ ഒഴിവാക്കുക; കുറഞ്ഞത് ദിനചര്യ ആക്കാതിരിക്കുക. അല്ലെങ്കിൽ കഴിക്കുന്നതിന്റെ അളവ് കുറയ്ക്കുക.

അതിനുപരിയായി :-

- പ്രകൃതിദത്തമായി വളരുന്ന പഴങ്ങളും പച്ചക്കറികളും അതേപടി അധികം വേവിക്കാതെ പുതുമയോടെ കഴിക്കുക.

- രോഗപ്രതിരോധശക്തി പകരുന്ന തരം ഭക്ഷണങ്ങൾ ഇഞ്ചി , മഞ്ഞൾ, മുളക്, വെളുത്തുള്ളി, നാരങ്ങ, പുളി, ചായ എന്നിവ ഭക്ഷണത്തിൽ ഉൾപ്പെടുത്തുക.

- പ്രകൃതിദത്തമായി കിട്ടുന്ന കായ്കൾ, കനികൾ, വിത്തുകൾ എന്നിവയും ഭക്ഷണത്തിന്റെ ഭാഗമാക്കുക.

- ധാരാളം വെള്ളം കുടിക്കുക. ഒരാൾക്ക് ഒരു ദിവസം 5 മുതൽ 8 ലിറ്റർ വരെ വെള്ളം കുടിക്കാവുന്നതാണ്. ഒറ്റയടിക്ക് ഇത്രയും വെള്ളം കുടിക്കുന്നത് ആപത്താണ് .

- എല്ലാ കാര്യങ്ങളിലും സമയനിഷ്ഠ പാലിക്കുക. ആരോഗ്യകരമായ ഉറക്കം ശീലിക്കുക.

### വായു

- ശ്വസിക്കുന്ന വായു ശുദ്ധമായിരിക്കണം. വീടിനുള്ളിലെ വായുവിന്റെ ഗുണനിലവാരം പലപ്പോഴും പരിതാപകരമാണ് എന്നറിയുക.

- വീടിനു പുറത്തെ വായുവിന്റെ ഗുണനിലവാരം ഒരു സാമൂഹിക പ്രശ്നമാണ്,

വീടിനുള്ളിലെ വായുവിന്റെ ഗുണനിലവാരം ഉയർത്താൻ ചില പോംവഴികളുണ്ട് .

1. വളരെ ശ്രദ്ധിച്ചുമാത്രം വീട് വൃത്തിയാക്കാനുള്ള രാസപദാർത്ഥങ്ങൾ തിരഞ്ഞെടുക്കുക,
2. വീടിനുള്ളിൽ നല്ല വാസന കിട്ടുന്നതിന് ഉപയോഗിക്കുന്ന രാസപദാർത്ഥങ്ങൾ, സ്പ്രേ എന്നിവ കഴിയുന്നത് ഒഴിവാക്കുക.
3. വീടിനുള്ളിലെ ഉപകരണങ്ങളിൽ നിന്നും രാസവസ്തുക്കൾ ബഹിർഗമിക്കും. പുതിയവ വാങ്ങുമ്പോൾ ശ്രദ്ധിക്കുക.
4. കുളിക്കുവാനും കുളി കഴിഞ്ഞു ഉപയോഗിക്കുന്ന മറ്റു വസ്തുക്കളും പ്രകൃതിജന്യമായവ ആയിരിക്കട്ടെ. നമ്മൾ ഉപയോഗിക്കുന്ന മിക്കവാറും സൗന്ദര്യ വർദ്ധക വസ്തുക്കളും വീടിനുള്ളിലെ വായുവിനെ മലിനമാക്കുകയും വിഷമയമാക്കുകയും ചെയ്യുന്നു.

### മരുന്നുകൾ

- രോഗപ്രതിരോധശക്തി തരുന്ന തരം ഭക്ഷണങ്ങളും മറ്റു പോഷണങ്ങളും ധാരാളം വെള്ളവും ശരീരത്തിന് നൽകിയാൽ മരുന്നുകളുടെ ആവശ്യം വരില്ല എന്നറിയുക.
- പല മരുന്നുകളും ഒരു വിധത്തിൽ ഗുണം ചെയ്യും എന്ന് തോന്നുമെങ്കിലും പലരീതിയിലും ശരീരത്തെ ഗുണകരമല്ലാത്ത രീതിയിൽ ബാധിക്കുന്നതാണ്. തുടർച്ചയായ ഉപയോഗം പലപ്പോഴും ശരീരത്തിനെ വിഷമയമാക്കി തീർക്കാൻ സാധ്യതയുണ്ട്.
- പ്രകൃതിദത്തമായ മരുന്നുകൾ കഴിയുന്നതും ഉപയോഗിക്കുക. അല്ലാത്തതരം മരുന്നുകൾ മിതമായി കഴിക്കുക.

### വ്യായാമം

- വ്യായാമം ചെയ്യുക എന്നത് ഒരു ദിനചര്യ ആക്കുക. കിട്ടുന്ന അവസരങ്ങൾ കഴിയുന്നതും ഉപയോഗിക്കുക.
- ഫോണിൽ സംസാരിക്കുമ്പോൾ നടക്കുക , ടെലിവിഷൻ കാണുന്ന സമയത്ത് എന്തെങ്കിലും വ്യായാമത്തിൽ ഏർപ്പെടുക എന്നിവ എളുപ്പമുള്ള കാര്യങ്ങളാണ്.
- ജോലിക്ക് പോകുമ്പോഴും വരുമ്പോഴും ജോലിയിലായിരിക്കുമ്പോഴും കിട്ടുന്ന അവസരങ്ങളിലൊക്കെ വ്യായാമത്തിനു മുതിരുക.
- കിതപ്പ് തോന്നുന്ന രീതിയിലുള്ള വ്യായാമങ്ങൾ നിർബന്ധമായും ഉൾപ്പെടുത്തുക. ഹൃദയത്തേയും മറ്റു ആന്തരിക അവയവങ്ങളെയും ഉത്തേജിപ്പിക്കുവാൻ ഉത്തമമാണത്.
- വ്യായാമത്തിനായി ജിമ്മിൽ പോകുമ്പോഴും ശ്രദ്ധ അത്യാവശ്യമാണ്. അവിടത്തെ അന്തരീക്ഷം , ഉപകരണങ്ങളിൽ നിന്നുള്ള പൊടി, വൃത്തിയാക്കുപയോഗിക്കുന്ന രാസവസ്തുക്കൾ , മറ്റുള്ളവരുടെ ശരീരവാസന അകറ്റാൻ ഉപയോഗിക്കുന്ന വസ്തുക്കൾ, ഉച്ഛ്വാസവായു തുടങ്ങിയവയും കളങ്കമുള്ളതായിരിക്കാം. മുകളിൽ പറഞ്ഞിരിക്കുന്ന ചെറിയ ചെറിയ കാര്യങ്ങൾ പ്രവർത്തിപഥത്തിൽ കൊണ്ടുവന്ന് ആരോഗ്യപരിപാലനത്തിനു മാതൃകയാവാൻ എനിക്ക് കഴിഞ്ഞിട്ടുണ്ട് എന്ന് ഞാൻ വിശ്വസിക്കുന്നു. എന്നിരുന്നാലും എല്ലാ അസുഖങ്ങൾക്കും അതീതനാണ് എന്നാ ധാരണ ഞാൻ പൂലർത്തുന്നില്ല. ആരോഗ്യകാര്യത്തിൽ കുടുംബാംഗങ്ങൾ ഒത്തൊരുമയോടെ നീങ്ങണം. പിന്നീട് സമൂഹത്തിൽ പ്രതിഫലിക്കണം. ആരോഗ്യമുള്ള ഒരു സമൂഹമാകട്ടെ നമ്മുടെ ലക്ഷ്യം.

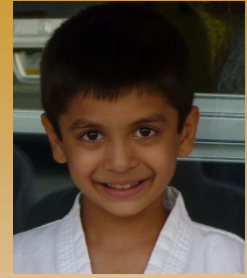
### Trivia Question 1:

What is the meaning of "Keralam"?

- a. Land of areca nuts. b. Land of peanuts. c. Land of coconuts. d. Land of political nuts

Answer on Page 21.

## ***Ponmudi***



Arun Gopinath



Let me tell you about Ponmudi. Ponmudi is in Trivandrum County. It is a hill station. The drive to Ponmudi from Pongumoodu was twisty and curvy and went through lots of small towns. When we were almost at Ponmudi we stopped at a coffee shop and had coffee and tea and went fishing with a rod we brought from the U.S. Going up the mountain we first saw banana and rubber trees. Then we saw only tea plantations.

There were 26 switch back curves but it felt like 56. On the way up we saw monkeys in the road and a temple.

Near the top you have to pay to get in. You can also pay extra for a guided hike. When we got to the top we went to the Park Office. The office has a snack shop with coffee, tea, ice cream, and other snacks. There is also a gift shop that sells local spices and tea.

Everyone is friendly. We met our guide at the office. One thing he told us is that wild animals may attack us such as tigers, snakes, boars, buffalo and elephants. We were lucky we only got bit by mosquitoes.

We walked through a jungle forest and then we were on a rocky mountain with tall grasses. At the top was a little shrine to Rama and Sita. It was very close to where the animals drink and take baths. The guide showed us Sita's footprint on the rock.

After our hike we sat on a big rock and had a picnic lunch that Ach Amma packed. We have kallappam and egg curry. In America a picnic is just sandwich and chips. We were so high up that a big cloud came in and completely covered us and it was very cool.

I want to visit Ponmudi again sometime. You would like it if you went there too.

### **Trivia Question 2:**

Keralam is formed by throwing an Axe from Gokarnam which was landed in Kanyakumari according to Puranas. Who threw the Axe according to the legend?

- a. Sivaraman b. Balaraman c. Parasuraman d. Raman

Answer on Page 21.



## *Rafael Nadal*

Vishnu Jayaprakash



Rafael Nadal is a pro tennis player and he is someone I want to be like. I have been very interested ever since I saw him in the Roland Garros (French Open). I also wanted to expand my knowledge about how he became Number one in the Tennis world. Now let's go back to 1986 and start from Nadal's childhood.

Rafael Nadal was born on June 3rd he got coached from his uncle Toni who was a former Professional Tennis player. At age eight he won a twelve and under tennis tournament. After this,

his Uncle got more serious in training and pumped up the level of working. When Nadal was age twelve, he had won the Spanish and European tennis title. Then at age fifteen, he turned into a pro and played on the junior circuit.

When he was seventeen, he got the achievement of being the youngest man to reach the third round at Wimbledon since Boris Becker. At the age of nineteen, he won and played his first French Open. He won eleven more titles that year and was ranked third in the world. He was also named King of Clay because he played very well on clay courts. After that victory, he went on to win four more French open titles. In 2006, he won another but had both shoulder and foot injuries. Since 2008, he is one of the superstars in the tennis world. He had won fifteen titles and was number one twice. In 2009, he had won the Australian and in 2010, had won his second Wimbledon tournament. In 2011, he lost his number one ranking to Djokovic but gained it back in June 2012 in the French Open. In June 2013, won another French Open title against Federer and in June 2014 just recently, he won another French Open against Djokovic.

Rafael Nadal is an amazing tennis player and is probably the youngest tennis player with all these records. He is someone I look upon and want to be like if I become a professional Tennis Player.

### **Trivia Question 3:**

In tourism terms Keralam is specially called

- a. Queen of Arabia   b. Gods Own Country   c. Land of Harthals   d. Land of Coconut trees

Answer on Page 21.



## RAINBOW

Red is the color of an apple on a tree

Orange is the color of a sweet sour orange

Yellow is the color of a great big lemon

Green is the color of a tiny little pear

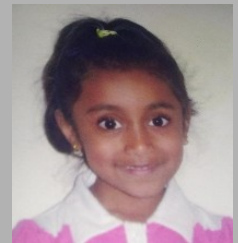
Blue is the color of a blueberry in the fridge

Violet is the color of an oval shaped grape



Alvin James

## *A Poem For My Love*



Sarah Qazi

This poem is for my mom who has helped me throughout my life



You know I love you very much You're in my heart such as such  
 I'll give you flowers every day I'll give you them at night and at day  
 I love you a lot as you know I'll hug you in the sun and in the snow  
 I'll make you happy when you're sad You're the best friend I've ever had

Priyanka Nambiar

### ***The Brain***

It is something that controls balance and speech,  
It has neurons that send messages to reach.  
The skull protects this interesting part,  
it is wrapped in 3 layers of tissue and sends message to the heart.

THE BRAIN' - This Project was presented by Priyanka Nambiar at I.S.S.E( Independent study sharing event/Enrichment) at Derry township school district.



Devika Sunil



### ***Seasons***

In spring, flowers bloom  
Thunderstorms will make a boom.  
In summer, you don't go to school  
Instead you might go to the pool!  
Autumn is when leaves fall  
Some are big, some are small.  
Winter has a lot of snow  
All the leaves have yet to grow.  
Seasons, they will never go away  
There is one every day!



# FIFA World Cup



Rhea Kumar

## About the World Cup

The FIFA World Cup is an international soccer competition. It is organized by FIFA (Fédération Internationale de Football Association). The championship is held every 4 years in a host country voted on by FIFA.

The Title of World Cup Champions is fought for among the 32 teams from around the world . This is called the World Cup Finals and takes place over a month. Over the 3 years before the finals is the qualification phase where countries around the world compete to go into the finals then to the championship.

An estimate of about 700 million people tune in to the final match. That's 1/9 of the population of the people on the planet! All these people around the world tuning in to the competition make the World Cup the most watched sports event in the world!

## History

The FIFA World Cup was created by FIFA president Jules Rimet. The first World Cup was held in Uruguay on July 13th, 1930. It started with 13 teams: 7 from South America, 4 from Europe, 2 from North America. In 1982 it was changed to 24 teams then in 1998 to 32.

The first matches were France versus Belgium and U.S.A versus Mexico. France won 3-0 and scored the first ever goal in World Cup history[by Lucien Laurent], U.S.A won 3-1. The championship was Uruguay versus Argentina. Uruguay won 4-2 and was the first ever World Cup champion. Over 93,000 people were in the crowd watching the match in Montevideo, Uruguay.

In 1942 and 1946 the World Cup was canceled because of World War II and its damages. Nazi Germany and Brazil were supposed to host the tournaments.

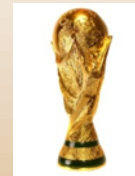
The former trophy was called the Jules Rimet Trophy. It was named after the founder of the World Cup.

After Brazil won its 3rd victory, as per tradition, they kept the trophy. In 1983 the trophy was stolen and may have been melted by the thieves for gold.

### Jules Rimet Trophy



### FIFA World Cup Trophy



In 1970 a new trophy was chosen from 53 models. The new trophy was created by Silvio Gazzaniga, an Italian sculptor. The whole trophy was made of solid gold. This is how Gazzaniga described it: "The lines spring out from the base, rising in spirals, stretching out to receive the world. From the remarkable dynamic tensions of the compact body of the sculpture rise the figures of two athletes at the stirring moment of victory."

## Titles

A list of which countries who have won the title and how many times in the total of 19 tournaments:

<u>Country</u>	<u># of Titles</u>	<u>Years</u>
<b>Brazil</b>	5x	<u>1958,1962,1970,1994,2002</u>
<b>Italy</b>	4x	<u>1934,1938,1982,2006</u>
<b>West Germany</b>	3x	<u>1954,1974,1990</u>
<b>Argentina</b>	2x	<u>1978,1986</u>
<b>Uruguay</b>	2x	<u>1930,1950</u>
<b>Spain</b>	1x	2010
<b>France</b>	1x	1998
<b>England</b>	1x	1966

## Top 5 Players

### 1.Pele(1956-1977)

Known as one of the best soccer players of all time. He also worked well with his teammates for Brazil.

### 2.Lionel Messi(2005-present)

Is known as "The Atomic Flee". He has scored the most goals in a year(91 goals)

### 3.Maradona(1976-1997)

The greatest dribbler ever. He is known for his goal against England in 1986 called the "Hand of God" goal.

### 4. Johan Cruyff (1964-1984)

Most people think of him as the best European soccer player ever. He has won several awards.

### 5.Franz Beckenbauer(1964-1984)

Known as *Der Kaiser*("The Emperor"). He is the person that has coached and captained a World Cup winning team



Pele



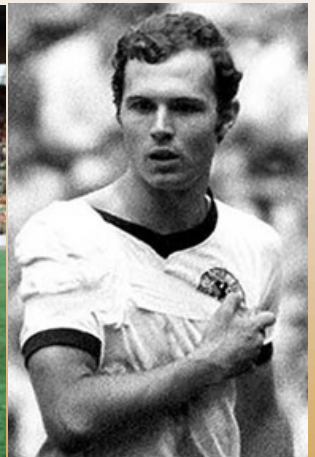
Messi



Maradona



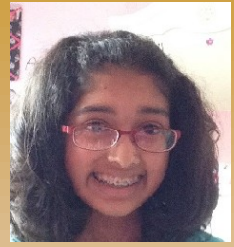
Johan Cruyff



Franz



"The following selection written by Anoushka Nambiar is a creative example of a persuasive letter to an editor regarding homework."



Anoushka Nambiar

### **Homework No More?**

3/11/14

Dear Editor,

Imagine students who don't do their homework. That's okay for one day, right? Well if it's for 24 hours a day, 365 days a year, for 12 years, that's bad. If students don't do their homework, it could have a big impact on their future.

Have you ever heard a kid say, "I forget how to do it."? Well if kids do homework they're not likely to forget the concept. Homework is a way kids won't slack off. There won't be any imaginary "memory loss", and kids can learn more from teachers this way.

Homework is a huge chunk of knowing learning concepts. It makes teaching the same lesson for one week, shortened to two days. This extra practice is essential for good grades on tests. After all, how many kids do you know who practice school concepts without homework?

Homework is like the bottom book of a really tall stack of books. If you take the book out, the entire stack will fall. That's the child's future. It might not sound that important, but it is. It is the base of making great students in district schools, in states.

Children's homework is more than just a piece of paper your child has to fill out at night. It is the start of their future, for students, schools, and states.

Sincerely,

Anoushka Nambiar

#### **Trivia Question 4:**

What is the population of Kerala?

a. 34 million   b. 1.2 billion   c. 2 million   d. 72 Lakhs

Answer on Page 21.

## Volunteer Activity - Adopt A Highway



SMA was established with the principle that 'to serve, not to be served'. In the year 2012, SMA Board members initiated the Adopt a Highway (AAH) program which gave us a tremendous amount of exposure and publicity. This initiative has actually given us a prominence, name and fame within the Malayalee Associations in the US with news clips all over in both US and Kerala. This year, Executive Board of SMA took coordinating reigns from the AAH coordinator Baby Thottakara. Until now Baby was coordinating the effort with PennDOT as well as planning and managing the outing for highway cleaning of the adopted section of Fishing Creek Road. Baby deserves the appreciation of SMA and the greater Harrisburg community for his efforts to both initiate and sustain with volunteer effort. He has been a true champion of this endeavor.

SMA encourages all members to get involved in serving the community. The AAH program gives an opportunity for those who were not able to take part in prior community service initiatives conducted by SMA. This also provides an opportunity for SMA members, both young and old alike, to learn about highway safety, roadside hazards, importance of keeping the environment and roadside clean and most importantly having the satisfaction of serving the community.

## Volunteer Work at Central Pennsylvania Food Bank



Six members from SMA undertook a volunteer activity on behalf of SMA for Central Pennsylvania Food Bank in Harrisburg on June 4<sup>th</sup> 2014. This was coordinated by SMA Executive Board member Shaheera Prakash, and was joined by Rejany George, Beena Kannampully, Simi Nair, Suma Wilson and Ambily James. The six SMA volunteers joined other community volunteers and assisted CPFB with sorting food and packing it for distribution to local handout sites to feed the needy. Due to the success of the effort the Governing Body will look into coordinating similar activities in the future.

The Central Pennsylvania Food Bank has been dedicated to ending hunger for more than 30 years. Serving 27 counties, the Central Pennsylvania Food Bank is the largest non-profit food distribution organization in central PA. The Food Bank solicits inventories and distributes food and other donated products to more than 800 partner agencies (food pantries, soup kitchens, shelters, etc.) that directly serve people struggling with hunger. The Food Bank distributes more than 28 million pounds of food and grocery products. That is the equivalent of 23 million meals!





## **SMA Vishu/Easter 2014 Competition Winners:**

### **Fancy Dress / Costume Competition**

Ages: 3yrs -5yrs

- 1 Isabel James – White House
- 2 Ryan Benjamin – Green House
- 3 Alissa Abraham – Green House

Ages: 6yrs - 8yrs

- 1 Alvin James – White House
- 2 Sarah Qazi- White House
- 3 Arun Gopinath – Green House

Ages 9yrs -13yrs

- 1 Vanessa Abraham – Green House
- 2 Eshan Qazi – White House
- 3 Devika Kumar – Orange House

### **Speech Competition**

Ages: 6yrs – 8yrs

- 1 Sarah Qazi (White House) and Alvin James (White House)
- 2 Arun Gopinath – Green House

Ages: 9yrs – 13yrs

- 1 Vanessa Abraham – Green House
- 2 Vishnu Jayaprakash (Orange House) and Eshan Qazi (White House)
- 3 Devika Sunil –Orange House

Ages: 14yrs – 17yrs

- 1 Thomas Chemmanoor – Orange House

### **Quiz Competition**

- 1 Green House
- 2 Orange House
- 3 White House

### **Overall Team Score**

- 1 White House – 31 Points
- 2 Green House – 28 Points
- 3 Orange House – 16 Points



## I HAVE TROUBLE WITH GAS, WHAT DO I DO, DOC?



**Dr. Abraham Mathew**

“I got a problem with gas.” This is a statement I often hear from family and friends when they discover I am a gastroenterologist. The so called “gas trouble” is not a medical term and could mean different things for different people. This short article is aimed to throw some light onto the term “gas” so those with gas trouble are troubled less.

The medical terms that are addressed individually below, denoting defined symptomatology, can all be referred to as gas trouble by those not medically trained. A physician will often delve into the details to sort the symptoms described as gas trouble. These include (and are not limited to): burping, bloating distention, constipation, flatulence and incontinence.

Burping or “Eambakkam” refers to the expelling of gas through one’s mouth, often after eating. Some people burp very frequently and seek medical attention. It is not necessarily uncomfortable, but embarrassing and anxiety-provoking for fear of an underlying serious disease. Most of the time, this is a learned behavior and a conscious effort to suppress a burp. Some people swallow more air to induce the burp but may not expel all the swallowed air out. This causes further distension of the stomach and the sensation of wanting to burp. They swallow air and eventually burp again and perpetuate the problem. Another common issue is a loose valve at the end of the food pipe or esophagus (annalam) causing air to easily escape. This type of gas trouble comes from expelling swallowed air. More than 70% of the air is nitrogen which is not absorbed and hence needs to be expelled from above or below! Thus people who swallow a lot of air (talking while eating, eating in haste, frequently chewing gums, etc.) may suffer from this. When burping is new in onset, it should be evaluated because occasionally a serious disease like a cancer that involves the top part of the stomach can cause it. At other times, it is due to the upper part of the stomach sliding into the chest (called hiatal hernia) and may need intervention. Anti-acid medications are often given to decrease the production of acid and thereby the volume of material in the stomach and thus minimize the tendency to burp.

Bloating or “wayaru kambikkal,” refers to a sense of fullness even without eating or after the intake of minimal food. There may or may not be distention of one’s belly. This can be due to diseases where the stomach is not emptying properly or where the sensations of the intestines are all messed up. Even when the stomach or intestines are not very distended, the brain perceives fullness due to faulty ‘wiring.’ More commonly, this may be a manifestation of acid production disorders and may benefit from anti-acid therapy. If that does not work, a thorough evaluation is warranted. Sometimes this can be part of what is called irritable bowel syndrome, described below.

Distention or “wayaru veerrkkal” of one’s stomach, new in onset and associated with pain or nausea/vomiting is worrisome, suggesting obstruction of intestines due to a variety of reasons. This calls urgent medical attention. Problems with digestion and absorption of food such as lactose intolerance (cannot digest milk sugar), fruit sugar intolerance, and wheat intolerance (celiac disease) can cause this and is often associated with diarrhea and discomfort. All of these need further work up and medical treatment. If distention is not associated with pain or other symptoms and is of longer duration, then it is unlikely that there is any serious issue. Our diets contain food that is not fully digested or absorbed by human intestines and leave a lot of residue. Such foods are rich in fiber and are normally healthy, but in some it can be gas-forming. This is the second source of gas in the intestines, the first being swallowed air. This gas is formed by the action of bacteria that are normally present in the intestine on the food residue. Broccoli, cabbage, onions, beans, lentils, etc., can cause such gas formation. If you consume your bacteria’s favorite food, they have a feast and produce gas which you will have to expel from below for them. Keeping a food diary will help identify patterns and help distinguish the culprit foods. Modification of one’s diet is key in treating this. Bloating and distention can also be the result of bacterial overgrowth in the small intestine due to several reasons, where their concentrations are supposed to be low.



Constipation is infrequent stooling. Many people call straining (difficulty passing stool) constipation. If it is new, an underlying cause should be looked for. It could be a symptom of colon cancer or low thyroid function. More commonly, this is simple constipation. Alternating constipation and diarrhea is usually a manifestation of irritable bowel syndrome where the nerve coordination is faulty and signals are not properly transmitted causing an overactive (cause tummy aches and diarrhea) or underactive (cause bloating and constipation) gut. Simple constipation can be eased by consuming more fiber in certain food items (prune juice, whole grains, vegetable, etc.) or fiber products you could buy over the counter like Metamusil or Citrucell. Persisting constipation may need treatment with laxatives.

Flatulence or frequent farting is the passing of gas from below. It can be foul smelling depending on what kind of gas is released by the type bacteria growing in your gut. Swallowing air or forming too much gas (as explained earlier) can cause this. If associated with other symptoms it can point to a problem with food digestion.

Feeling of incomplete evacuation is the sensation that you have more stool to pass when there is none. Despite using the commode several times you may not be satisfied. While this can also be a symptom of irritable bowel syndrome we should be concerned about inflammatory bowel disease where the lining of the intestine, specifically the rectum, is all swelled up and irritated.

Incontinence is passage of gas or stool without one's control. This is often from the weakness of the muscle valve or its nerves. This needs medical evaluation to make a diagnosis and plan treatment which may be as simple as adding fiber to your diet. Some may need physical therapy, or rarely, removal of a tumor in the brain or spine causing this. This is commonly related to muscle injury with labor.

In summary, "gas trouble" is a complex pool of symptoms and is different in different people. Treatment varies based on the pattern of the symptoms and underlying causes. While in majority there is no serious disease, some patients will have a significant problem. Upper and lower endoscopy (colonoscopy) and a variety of other tests may be needed to sort out "gas trouble" when simple measures fail, if it is new in onset or if there are red flag symptoms such as weight loss, associated pain, persistent nausea, or long standing diarrhea.

## Cartoons



### Trivia Question Answers:

1. c, 2. c, 3. b, 4. a

## SMA Board

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**Dr. Madhu Menon**

**Secretary**



**James Kuzhippallil**

**Treasurer**



**Rajeev Venkitaraman**

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**Ranju Thomas**



**Neena Keecheril**

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**Nandakesh Jayakumar**

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**Shaheera  
Prakash**



**Prof. Barnado  
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**Shine Gopinath**



**Rajeev Nair**