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శ్రీ జ్వాలా కిరణులు - సాహిత్య కల్యాణం

ఆ పుస్తకం ప్రకటనలు ముద్రించబడ్డాయి !!
 ఇంకా కొన్ని ప్రకటనలు
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జ్వాలా కిరణులు

A LITERARY MAGAZINE FROM THE TELUGU FAKERS SOCIETY

నవలలు, కథలు, ప్రబంధాలు - ప్రకటనలు ప్రకటించబడతాయి



 సంఖ్య: 3 జూన్ 86 నంబర్ 5

తెలుగుకళ

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 magazines for allowing us to
 publish material from their

తెలుగుకళ
 సంఖ్య: 3 జూన్ 86

జూన్ 7వ తేదీన చనిపోయిన వారిని గౌరవించి
 సెప్టెంబరు 6వ తేదీన, మరణం
 జరిగిన వారిని గౌరవించి
 ఆ వారాన్ని నియమించిన వారి
 పేర్లను ప్రకటించుకుంటున్నాము. చివరి
 పేజీలో ప్రకటించిన వారిని గౌరవించి
 వారి కుటుంబాలకు సహాయం చేయి
 వారి కుటుంబాలకు సహాయం చేయి
 వారి కుటుంబాలకు సహాయం చేయి

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 3. దీనింగు K.V.Rao
 4. ప్రశ్నలకు గురి మే
 5. ప్రశ్నలకు గురి మే
 6. చివరి ప్రశ్నలకు
 7. ప్రశ్నలకు గురి మే D.H.A.P. Rao
 8. గురి మే
 9. దీనింగు C.C. Sankar
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 30. దీనింగు గురి మే
 31. దీనింగు గురి మే

వివరాలు
 పి. నెమెస్ యూత్ మెంబర్
 ship
 నెమెస్

The articles published and the views expressed are those of the
 authors only and not necessarily reflect the opinions of either the
 editors or the Telugu Fine Arts Society.

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There are many 'diets' available to lose weight, but indeed only few are really helpful. In fact it is the frustration of not able to succeed in losing weight, that makes the person abandon the diet plan. Well, if you don't have that 'extra' will power to control your everlasting desire to eat ("Man is the only animal that eats when he is hungry and when he is not hungry also"), the following "DON'TS" should help you to give you that 'extra' pep you need in controlling your desire to eat!

1. DON'T eat rapidly: It's the amount of food (sugar) in the blood, NOT in the stomach, that triggers the 'sativity center' in the brain to STOP demanding food. It takes sometime before the food gets digested and gets into the blood and trigger the stop signal; and if you are a speed-eater, the chances are you eat a lot more, than you require before that gets digested and gives the stop signal! You must have observed in good restaurants, where food is served on unlimited system (not "Thali" or "plate" system), with 3 or 4 or more 'courses' of lunch or dinner, they serve slow. Why? They want you to eat less and make money for the restaurants!
2. DON'T eat standing up. Undoubtedly you eat more when you stand and eat. Eating at the table make you eat less comparatively, and eating in the good old Indian way of sitting on the floor, makes you eat much less.
3. DON'T chew gum, whether sugared or unsugared. Chewing makes secretion of more salivary and gastric juices and that makes you more hungry.
4. DON'T serve your entire meal at one time. That gives you a sort of compulsion to eat all of it! Serve yourself small amounts, finish eating SLOWLY, chewing very leisurely, and then go for seconds if you feel like!
5. DON'T eat 'leftovers', I mean, what the children leave in their plates to prevent wastage. You will end up eating your food plus the leftovers - If you really do not want to waste food, please WAIT till the children finish their food. In fact, throwing away the 'leftovers' is a very small price you may have to pay for not becoming fat!
6. DON'T skip breakfast or/and lunch! By doing that, not only you may develop hyperacidity or even peptic ulcer, but also end up in a single big meal, that too eating fast, being very hungry - and thus the purpose of dieting is defeated in its entirety!
7. DON'T eat in between meals. This is the single biggest reason in gaining weight or not losing weight. Similarly eating 'samples' while cooking is equally bad.
8. DON'T cheat yourself. This is the last but not the least problem. The statistics have shown the commonest reason why any particular 'diet' has not succeeded was nothing but cheating by the participant. So also don't cheat when you weigh yourself. Always weigh yourself at about the same time - say before breakfast everyday or every week and be proud of what you are able to achieve.

FIRST STEP IS NOT TO GAIN WEIGHT; Second step is to lose weight.

I shall write my next article on 'how to gain weight' later on.

Answer to the Question of last month: (Page no 29 of May '86 issue).....

Q : The number 9876543210 is the largest possible number using all 9 digits. You notice that the first number 9 is divisible by 1, the first two numbers 98, is divisible by 2, and so on, until you come to 9876543 which is not divisible by 7. The question asked was: to find out the largest number using all the digits, 0 to 9, ONLY ONCE, which has a pattern of the first digit being divisible by 1, the first 2 digits divisible by 2, the first three digits being divisible by 3 and so on.

A : Did you try to solve it sincerely? The number is 3,816,547,290 !

Question of the Month : JUNE '86

Q : Can you put the following units of measures in an order of shortest to the longest - inch, mile, nautical mile, hand, league, rod, fathom, millimeter, furlong, centimeter ? Answer in next month issue.

Padmashri Krishna Reddy, born in a village near Chittoor in 1925 had his early education at Chittoor. While studying his B.A. at Madanapalle, he answered the call of India's Freedom. He discontinued his studies only to organize many student-participated movements to gain India's Independence. He became very closely associated with many leaders like, Mahatma Gandhi, Pandit Nehru, Indira Gandhi, Vallabha bhai Patel and many others. He took a Diploma in Fine Arts, namely Graphics, painting, sculpture, color-print making, from the International University at Santiniketan, founded by Tagore. He later studied at the University of London (Slade School of Fine Arts), Sculpture under Zadkin in Paris (Academie Granda Chammerie), and under Marino Marini at ACADAMIA DEBELLIE Artis Debranin in Milan, Italy. He then joined the world reknown Atelier 17 (International Center for Graphics) Paris. He was an Asst. Director from 1957-64 and Professor and Co-director of Atelier 17 from 1965-76. Since 1977 he has been working as a Professor of Arts and Director of Graphics at the New York University. His love is for sculpture, but his speciality is 'simultaneous color printing from a single metal plate' - in which he achieved International greatness. He was awarded Padmashri in 1972. He was awarded a special Nobel prize in 1976 for his outstanding work in the field of Graphics and Color print making. He is an authority on Art; and is a Consultant for many Govts. and Art galleries in the world. TIAS is proud to announce the outstanding achievements of Padmasri Krishna Reddy and wishes him many more successes in years to come.

Padmasri Krishna Reddy



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TFAS congratulates Uma Pemmaraju for her achievements and wishes her continued successes.

San Antonio, TX.

A native of India, but raised in Texas, Pemmaraju was graduated from Trinity University in 1980 with a degree in political science. Her parents hail from Andhra Pradesh and live in

historical book on the city of San Antonio, TX, entitled "San Antonio."

in BOSTON Magazine as one of the "Faces to watch" in 1986. Pemmaraju is the author of an

documentary "The Deadliest Weapon in America." She was also cited

Joe Shortleeve, WLVI-TV's live follow-up broadcast of the Gannett

In January 1986, Pemmaraju co-hosted, with "News at Ten" reporter

greater Boston Committee for UNICEF.

the Society of Professional Journalists (Sigma Delta Chi), and the

Come True, Inc., a member of Boston's Public Action for the Arts,

Women in Communications, Inc., a committee member of A Child's Wish

issues. She is on the Board of Directors of the Boston Chapter of

Robert F. Kennedy Journalism awards for her production on local hunger

award for spot news reporting in Baltimore, and was a finalist in the

at WMAR-TV, Baltimore's NBC outlet. Pemmaraju received a local Emmy

She then worked successively at WFAA-TV, Dallas' ABC affiliate, and

San Antonio News-Express. In 1979, she was a state department press officer in Washington DC

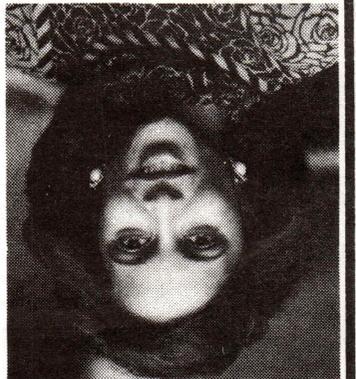
affiliate in her hometown of San Antonio, TX. She was also a city desk reporter for the

Pemmaraju began her broadcasting career in 1976 as a reporter/produce at KENS-TV, the CBS

the only Indian-born TV newscaster on American TV.

Uma Pemmaraju is at present the co-anchor for WLVI TV56 News at 7 PM in Boston, MA. She may be

UMA PEMMARAJU, The Journalist Reporter



1. Col. Muammar Qaddafi, the leader of Libya is the only modern chief of state whose personal bodyguards are all women. They are known as Green Nuns and are frantically devoted to their leader.
2. Johnson Wax, a division of S.C. Johnson & Son Inc, first introduced the 'party' along Columbus Ave, Manhattan. They used a new fumigator roach killer tree in some apartments as a part of their promotion-sale. In one apartment, they collected 14,911 roaches and set up a world record!
3. Jaguar is the largest cat found in the Americas. Its prey ranges from deers to frogs. Although it is an excellent climber, it usually stalks its prey on the ground. It prefers swamps or dense forests. It can run or walk upto 50 miles in a day. Tigers and lions are not native to USA. You must have guessed this one right! New York State was the wiretap capital of the nation last year with 216 court ordered wiretaps. New Jersey was the 2nd with 194 and Washington, DC, only 3rd with 154!
4. France with 64.8 billion KW, Belgium with 59.8, and Taiwan with 52.4, USA with 16.0, USSR with 11.0, India 2.0 (all numbers in billion KW) are some of the statistics reg. nuclear power users.
5. India joined the nuclear club with its first atom bomb explosion on May 18th 1974 in Rajasthan desert (underground test). It produced a crater of 200' and 200' deep and the US Atomic Commission verified the facts.
6. Guiltotone was first used in Italy centuries before the French!
7. Recently the World Press concluded that Mr and Mrs Marcos, the former President and First Lady of Phillipines are presently the richest couple in the world. Although their exact wealth has not been disclosed, the known figures so far, has left others far behind.
8. At age 46, Jack Nicklaus recently won the Masters Golf Tournament.
9. You know this friendly but scary creature - the roaches!
10. The late Senator Humphrey introduced the first Peace Corps bill in Congress in 1957. He did not succeed then. But in 1961, with President Kennedy in Chair, it rapidly went thro' Senate.
11. Florida financier, Victor Posner, Chairman of DWG Corp was paid 12.7 mil as bonus, salary, compensation etc in 1985, although the Corp itself earned less than half of what it paid him as its earnings. Lee Iacocca, is the 2nd highest paid with 11.426 mil dollars. He is Chrysler Chairman.
12. An isogram is a word in which every letter is different. The longest dictionary example is "Dermatoglyphics" (the science of fingerprints). The word "Uncopyrightables" is longer but is not seen in any dictionary! The hypothetical trade name "Schultz Baking Powder" is still longer!
13. The first railroad in America ran between Albany and Schenectady, a distance of 11 miles in
14. Martin Van Buren, the eighth President of USA was the first person born in America to be elected President. He was also the first chief executive for whom "Hail to the Chief" was played.
15. In 1953, when the fare rose from 10 cents to 15 cents.
16. The busiest subway station is Grand Central (more than 32 million passengers a year) followed by Times Square (24 millions), 34th St & 6th Ave (23.4 millions) and Penn Station (17.7 millions).
17. The Peony plant. Greeks named it as 'Gift of God' and the Chinese called it as 'Queen of Flowers'. The flowers are strewn in the paths of bridal couples in Belgium.
18. Believe it or not, the concept of newsmedia was conceived and started by the great Roman Emperor, Julius Caesar in 59 B.C. Handwritten copies of the 'newspaper' were distributed free at street corners, and they contained information about Roman laws, Court decisions, industrial output, trade, expected date of arrivals of ships etc.
19. 'Diario di Roma' first printed in Feb 1829 in Italy was only one column wide, which measured 2.7" by 4.3" and was published with Pope's permission.

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కామలా:

Telugu Physicians of North America is organizing a seminar on Primary Care Medicine Update: 1986, July 24-26, '86 at Ravindra Bharati, Hyderabad. Purpose is to update and improve the medical knowledge and skills of practicing Primary Care physicians and to develop channels of communication and to foster friendship between them, health care planners and TPNA. For Info: Dr. Sankaram (714) 646-5161 (Res.) (714) 848-3755 (OFF) or Dr. Prasad (213) 402-3220 (Res.) (714) 772-6116 (OFF).

DIRECTORY OF TELUGU PHYSICIANS IN NORTH AMERICA

TANA Physicians, an autonomous body of the Telugu Association of North America invites all Telugu Physicians to fill in and send the following information for the purpose of publishing a national directory.

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(If also an M.D., send separate form)

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Do you wish to donate for equipment journals scholarship other to medical institutes in Andhra Pradesh?

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The amount of insurance protection needed may be decided by any or some of the following approaches.

- 1) Needs approach - Typical American family with non-earning or low earning spouse and dependent children understand the needs approach easily as they can visualize the college education expenses and living expenses to which they were accustomed to. Many are eligible for limited social security benefits as long as there are minor children in the family. The writer is familiar with 5 deaths in New York City area during the past year and the way the families are forced to adjust.

- 2) Worth approach - Most people do not analyse this approach and hence loose the opportunity to use the insurance benefits to whatever the cause nearer to them. A promising 35 year old currently making \$75,000/year is likely to make an average \$100,000/year during the next 30 years. After income producing expenses and income taxes he takes home at least \$60,000/year or \$1,800,000 in life time. Since this is future income the current equivalent may work to any where between \$500,000 and \$600,000 with suitable discount factors.
- 3) Estate Tax approach - While most beginners do not appreciate this, most established and well to do understand this better. Some one who has \$2,000,000 or more net worth will be disappointed to realize that their loved ones or a favorite charity inherits less than half or even none in some cases. Any estate planner worth the name would recommend size-able insurance protection for the orderly transfer of the estate. Already a few aggressive entrepreneurs among us died leaving unmanageable debts behind with little or no insurance.

As a rule of thumb most economists advise an insurance protection of at least 5 to 8 years earnings.

B. WHAT TYPE?

Most of the currently available policies may be classified as: 1) TERM 2) ENDOWMENT 3) WHOLE LIFE 4) VARIABLE LIFE

The best of the above is time tested whole life or cash value policy. But its premium is much higher than term insurance to start with. Most of our members are sophisticated and after necessary calculations believe they are better off with term insurance. But do not act fast and meanwhile things go wrong for some. One of the famous insurance slogans "IF YOU DO NOT HAVE A PARACHUTE WHEN YOU NEED, YOU MAY NEVER NEED ONE"

More often delays occur because either it is considered expensive or desire to shop around. There are over 2000 companies in the country and over half of them are around more than 100 years and none ever went bankrupt.

Cost: Most term policies are very inexpensive to start with. Once protection is in place shopping around, changing and exchanging can be done later. Term insurance cost range is given below:

Male	\$100,000	\$250,000	\$500,000	\$1,000,000
30	\$94-124	\$198-258	\$360-480	\$ 595-925
35	95-129	202-270	375-505	615-975
40	120-164	265-358	480-680	785-1325
45	152-245	320-560	585-1085	1015-2135
50	203-361	475-850	655-1665	1285-3295

As mentioned earlier all companies have lived to their expectation of protection but premiums variations are due to number built in concepts such as renewable or non renewable; convertible or non-convertible; premiums in 2nd and later years etc. Financial planners recommend between 7 and 12% of income as the optimum life insurance premium for most people. Life insurance premium are NOT tax deductible and also the death proceeds are received TAX free. By proper planning even Estates Taxes (on insurance proceeds) may be avoided.

Insurance in pension plans is away to buy with the Tax deductible dollars. Consult your advisor. A detailed explanation is beyond the scope this article.

*Tax, Insurance and Pension consultant

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