

#MENTAL-HEALTH

Why Do Some People Cry So Easily?

Crying can be very therapeutic. Some people say after a good cry they're able to better deal with an issue and then move forward.



Some people stay stoic in every situation, while for others, a commercial for diapers or dog food can turn on the waterworks. If you're part of the latter group, you might sometimes find yourself wondering: Why do I cry so easily?

There's generally not a right or wrong amount to cry. And in fact, shedding some tears can be a good thing. When you cry, your body releases feel-good hormones that actually help you feel better.

Crying can be very therapeutic. Some people say after a good cry they're able to better deal with an issue and then move forward.

Personalities vary. Some people snap into a rage at the slightest problem when they're unusually stressed or exhausted. Others will start crying over things that wouldn't normally be a big deal, like accidentally dropping a glass or plate or realizing that you forgot to buy coffee filters.

What happens is, your baseline gets altered. If you have stress, when anything happens, even if it's minor, it can trigger your emotions to come stronger, faster and harder.

How to Stop Crying When You Need To

Crying can be a healthy response to a wide range of situations. But it can be helpful to know how to stanch the tears when you'd rather not be seen sobbing (like at work, for example, or when you're angry and in the middle of an argument with your partner).

When you feel yourself starting to choke up, focus on what's happening around you instead of what's going on inside your head. Look around and think of five things you can hear, three things you can touch, two things you can smell and one thing you can taste.

If you're giving an emotional speech or speaking at a funeral service, prepping beforehand can also help. Practice what you're going to say out loud in front of a mirror so you're mentally prepared to talk about the subject. Take slow, deep breaths when it's time to talk.



Sobers was not only a unique player but also born differently. With 12 digits. One extra finger fell off before he was 10 jerked out with a piece of catgut with a sharp tug.

But he started playing serious cricket with 11 fingers. The remaining additional finger was also severed with the help of a sharp knife at age 14. Ouch! That hurt! But these minor details and happenings didn't detain Sobers in his movement towards achieving stardom.

#CRICKET-CHAT



Subhash Mathur
Retd. IRS officer and a free lance writer

My quest to know more about Sobers was hamp badly till the internet and Google revolutionized the method by making information available at our finger tips.

It was in this quest for acquiring new knowledge that I stumbled upon stories about my school and college time hero Gary Sobers.

Sobers was a larger than life image in my mind and to get to meet him from his child hood was a welcome addition to expansion of my knowledge tree.

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Discovery of Sobers

He was on his way by age 17 making his debut against England in March 54. Although Sobers was an all-rounder he was selected as a bowler in place of slow left arm spinner Alf Valentine who partnered spin wizard Sonny Ramadhin in the famous 1950 'Victory Calypso' tour during which the duo spun England out to



1950 'Victory Calypso' tour.



Sobers was the first batter to hit consecutive sixes in one over.

Sir Gary Sobers The Man for All Seasons! (...2)

win decisively. Discovery of Sobers as cricketer happened while playing street cricket. In that era street cricket was a stepping stone to Success.

Recall how Gavaskar honed his skills playing gully cricket where only back to the bowler was permitted. No wonder Gavaskar became famous for his straight drives past the bowler.

A Police inspector who happened to be Captain of the Barbados Police team spotted Sobers playing on the streets and drafted him initially into the Police Band and shortly thereafter into the Police cricket team.

There was no holding Sobers back thereafter. He was on his way for an extraordinary career in cricket on the world stage.

At age 16 Sobers was to play a tour game against the touring Indians in 52-53.

Sobers the 12th man moved into the playing XI once a team regular dropped out.

Thus at age 16 Sobers became a first class player as a bowler impressing everyone with his bowling performance against the touring Indian side.

The chance was all that Sobers needed to rise and shine.

Larger Than Life

Progress was rapid and Sobers was in the WI team at age 17 in March, 54 against England at Sabina Park, Kingston, Jamaica.

By 1965 Sobers was captaining the WI once Frank Worrell retired. Sobers tasted immediate success as West Indies defeated Australia by 179 runs in the first test and Sobers went onto win the series 2-1. This was the first time that WI had beaten Australia in a Test series.

Ever. Sobers and the team danced their hearts out to celebrate the Win.

The test series win against England in England in 1966 made Sobers into: The King of Cricket.

In the five tests Sobers scored 722 runs at an average of 103 with three centuries besides picking up 20 English wickets and taking 10 catches.

What more could anyone ask of Sobers? Well, Sobers was not done yet!!

Even The Don himself was moved to proclaim that "probably the greatest exhibition of batting he has ever seen in Australia" after watching Sobers score 254 in the Third Test between Australia and Rest of the World XI in 376 minutes hitting 33 fours and two sixes.

I could go on and on about Sobers and his 'conquests' but I must finish with two unique Sobers records.

That Sobers was the first batter to hit consecutive sixes in one over off Malcolm Nash while leading Nottinghamshire against Glamorgan in August 1968 is well



Spin Legend Sonny Ramadhin.



Yuvraj Singh hitting sixes.



World Smile Day

Sometimes all it takes to make the day better is a smile, whether it's one someone gives to you, or one you share with another. Little acts of kindness can bring a shining smile to someone who has otherwise had a terrible day, and it can change everything that follows. Whether it's just a simple compliment, a cheery hello, or a gift of something small to help brighten their day, World Smile Day encourages you to take action to bring a few more smiles into the world.



Colin Cowdrey.



Geoffrey Boycott.



Sunil Gavaskar.



Walter Hammond.

and Joey Carew together at having scored just six runs. WI was only 128 ahead.

The fifth and final day moved ahead into a dull draw when Sobers took a bizarre decision.

Suddenly Sobers without notice or consultations with anyone declared at 92-2.

Sobers alone took that decision. England were tasked to chase 215 in 165 minutes. England had never scored forty runs an hour before. Sobers gambled on that.

But England had a very strong line up in Barrington, Cowdrey, Boycott, Tom Graveney and Alan Knott. And West Indies were without the services of Hall or Griffith.

It was for England to decide. Push for a Win or play out for a dull draw.

After much discussion England decided to attack and go for a win with Boycott and Barrington leading the argument for a charge.

After a few shocks England steadied the ship so to say and went on to win the match comfortably.

Sobers lost face not only on the field but also with his fans. They demanded that Sobers should resign from Captaincy.

Of course Sobers never did resign.

Agile and Capable

For Sobers it was a gamble. Why not be creative and try for a win rather than play out a dull draw.

I adore Sobers for just that. But what was so special about Sobers? The answer is simple and complex at the same time.

How so? Sobers batted left handed and bowled left handed too. Nothing new here.

His versatility enabled Sobers to bowl all varieties of left arm bowling. Like he could spin both ways.

That's not something great. He mixed it all with googlies as well. Left arm googlies are better known

and the two captains, Bob Simpson & Garry Sobers, walk out for the toss, West Indies vs Australia, 1965.

Discovery of Sobers as cricketer

happened while playing street cricket. In that era street cricket was a stepping stone to Success. Recall how Gavaskar honed his skills playing gully cricket where only 'back to the bowler' was permitted. No wonder Gavaskar became famous for his straight drives past the bowler.

It works basically like a seesaw. In the area close to where these masses of glacial ice melt, ocean levels fall. Yet thousands of miles away, they actually rise. It largely happens because of the loss of a gravitational pull toward the ice sheet, causing the water to disperse away. The patterns have come to be known as sea level fingerprints since each melting glacier or ice sheet uniquely impacts sea level.

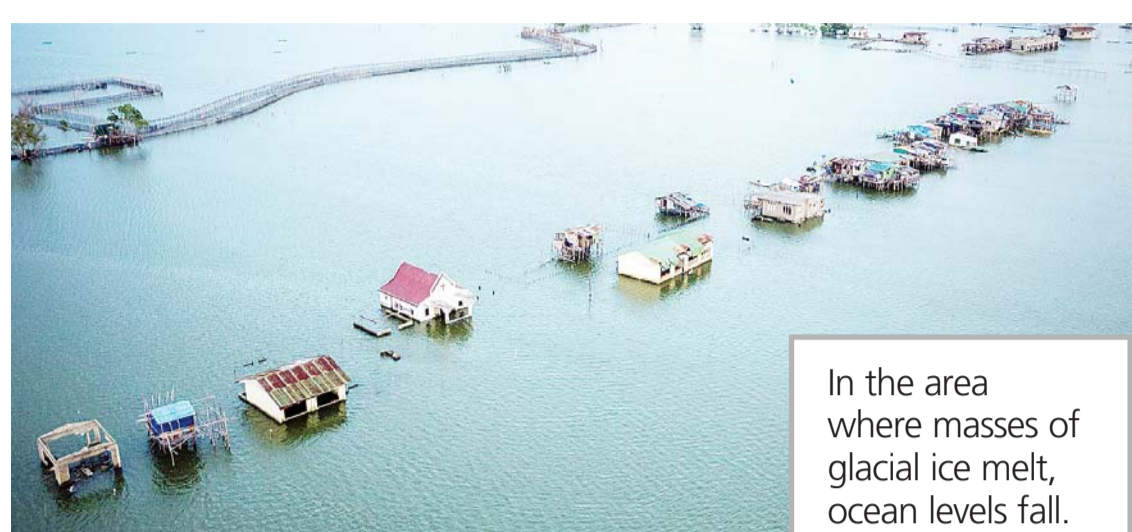
Elements of the concept - which lies at the heart of understanding that global sea level change in the region from 1993 to 2019, which she then compared with the new satellite data. The fit was perfect. A one-to-one match that showed with more than 99.9% confidence that the pattern of sea level change revealed by the satellites is a fingerprint of the melting ice sheet.

Scientific research usually takes years to develop the results and then get drafted into a paper, but here the researchers were able to act quickly. In total, the process took only a few months from when they saw the satellite data to when they submitted the piece.

That's because the bulk of the legwork was already done. Much of the theory, technology, and methods had all been well developed already and advanced since Mitrovica and his team presented their work on sea level fingerprints about 20 years ago - computations which were widely accepted and have been factored into almost all models predicting sea level rise.

Now that the first sea level fingerprint has been detected, the question with the biggest global implications is now where does this all lead to. "More detections will come," Mitrovica said. "Soon the full power of fingerprint physics will be available to project sea level changes into the next decade, century, and beyond."

#OCEANOGRAPHY



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Elusive Sea Level Fingerprints

When ice sheets melt, something strange and highly counter-intuitive happens to sea levels.

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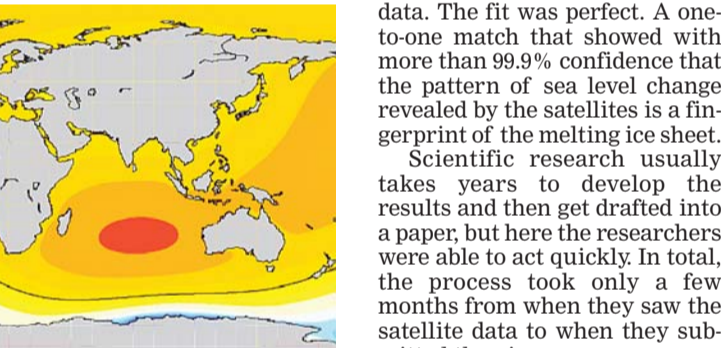
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The satellite data caught the eye of Mitrovica and colleague David Sandwell of the Scripps Institute of Oceanography. Typically, satellite records from this region had only extended up to the southern tip of Greenland, but in this new release the data reached ten degrees higher in latitude, allowing them to eyeball a potential hint of the seesaw caused by the fingerprint.

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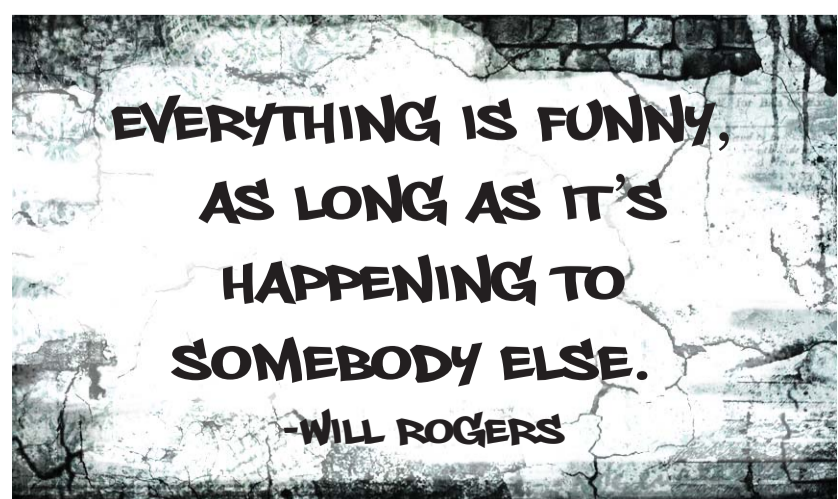
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THE WALL



BABY BLUES



ZITS



ZITS



ZITS



By Rick Kirkman & Jerry Scott

By Jerry Scott & Jim Borgman