



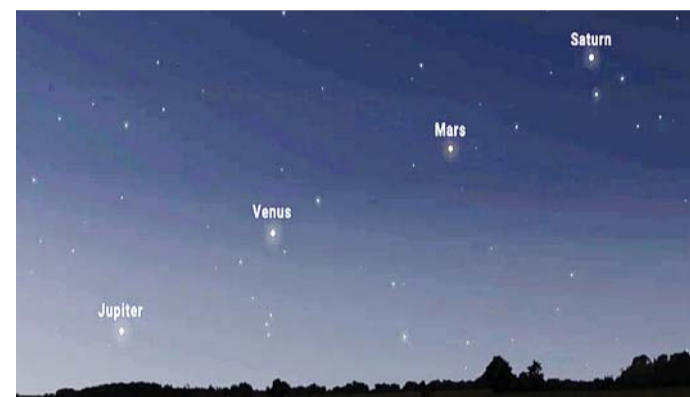
## World Oceans Day

66% of the world is covered in a blanket of rich, vibrant blue. From its depths once came all life on the Earth and it continues to house till date. This blanket is the world's oceans, serving as one of the most popular vacation spots in the world playing a vital role in the economy of countries worldwide. World Oceans Day celebrates the ocean and the important role it plays in our lives.

## #SPACE

# Stargazing Month

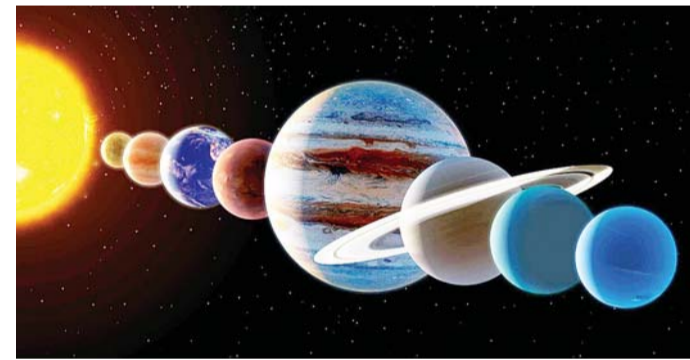
In a rather remarkable turn of events the five naked-eye planets will be arranged in their natural order from the Sun across 91° of the sky.



It's the stargazing highlight of the month, but how much do you know about how, why and where the five naked-eye planets are aligning to adorn the south-eastern horizon this weekend and throughout June 2022?

Here's everything you need to know to see Mercury, Venus, Mars, Jupiter, Saturn stretching across the sky which began this Friday, June 3 and Saturday, June 4, 2022, and will get easier over the next three weeks:

1. It's all happening before sunrise.
2. Yes, a bit of bad news to start with. You'll need to get up before sunrise and cast your eyes to the south-eastern horizon to see Mercury closest to the horizon followed by Venus, Mars, Jupiter and Saturn. Those latter four planets will be easy, but you'll need an unobstructed eastern horizon (and probably binoculars) to see little Mercury. If you can't see Mercury then keep trying at the same time for the rest of



3. Timing is everything because the Sun will rise soon after Mercury. Visit timeanddate.com and enter your city, change the date to June 3 or June 4, then scroll down to see what time Mercury rises where you are. That's when to set your alarm for. If you don't have binoculars and/or a clear, low view of the horizon then you can get up even earlier to see the other planets in a darker sky (in that case Venus-rise would be a good time to wake up).
4. They'll appear in their order from the Sun.
5. In a rather remarkable turn of events the five naked-eye planets will be arranged in their natural order from the Sun across 91° of the sky. That's the closest they've appeared to be for about 100 years. First will be Mercury (the dimmest) and Venus (the brightest) 18° apart-the two inner planets that orbit the Sun closer than we do on Earth-followed by Mars 4° from Jupiter (the second-brightest) and Saturn the outlier at 39° out. A comparable view has not been possible since 2004 and an alignment like this won't be

though it's too small to see with anything but a massive telescope.

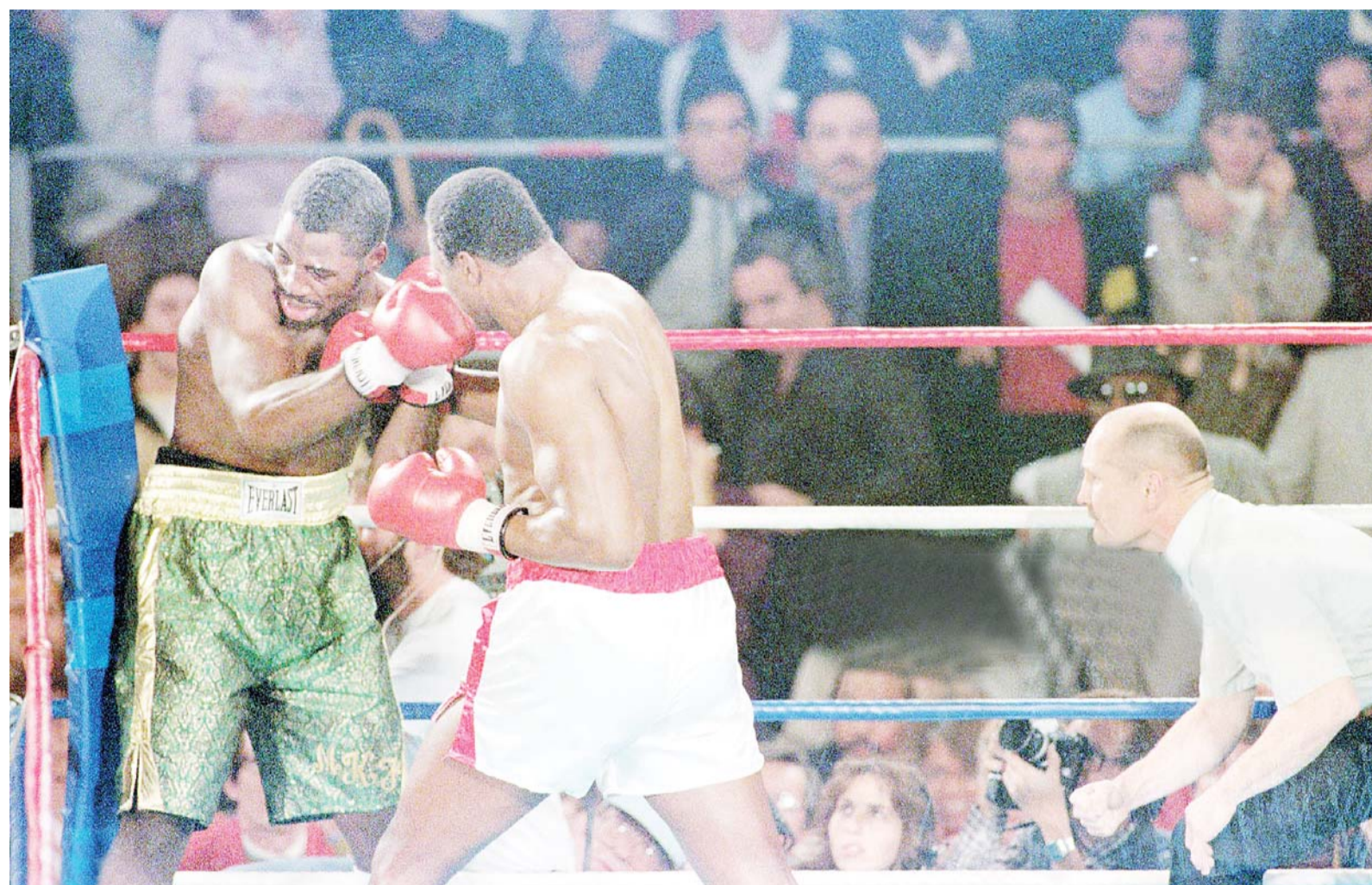
6. It will have no effect on your mood or anything else.
7. The planetary parade is cool to look at. That's really it. The position of the planets in the sky do not have any consequences for life on Earth-and certainly not on your mood. No floods, no weird energy, no nothing. This is all about line-of-sight of some very distant objects. How could their alignment have any effect on... anything? If your mood does suffer then that's probably because you got up so early.
8. It's happening again later this month.

Although the view of all the planets within 91° is the appeal of this week's planet parade, it's going to get easier (read: to see Mercury) later this month. According to Sky & Telescope magazine, the planetary line-up on Friday, June 24, 2022 will even more compelling despite it occurring over 107°. Mercury will be easier to see and you'll have about an hour to find all five planets. There will also be a waning 19%-lit crescent Moon between Venus and Mars.

Wishing you clear skies and wide eyes!



For the first time, I think in boxing history, Holmes and the Referee start to have a conversation, whilst the bout is going on: The challenger was standing in his corner, taking the pounding, while Holmes signalled over and over for Lane to stop the fight. "I don't want to hurt him," said Holmes, "I fear that I would." After another right hand sent Frazer's mouthpiece out of the ring, the referee stepped in. 'His Eyes Were Clear' Lane said later: "His eyes were clear and that's why I didn't stop the fight until three or four punches after Mr Holmes would have preferred." The champion later apologized to the referee. "You see things better," he told Lane. "I thought you should have stopped it sooner, but I'm glad you gave the young man a chance." As reported in the New York Times by Michael Katz on the 26th November, 1983.



Larry Holmes and Marvis Frazer in final minutes of their three minutes long bout with referee Mills Lane looking on.



"The same hand that can write a beautiful poem can knock you out with one punch-that's Poetic Justice." -Irish Wayne Kelly

# Boxing Royalty Vs the Change

## #CONS

I am going to write about a time which is largely lost. It is part of a rather sweet spot, the time between Mohammed Ali and Mike Tyson. The time when Larry Holmes ruled the world of boxing and a challenger was emerging in the form of Marvis Frazer. The year was 1983; this match was seminal for many reasons. Larry Holmes, the undefeated World Boxing Council heavyweight champion, battered the overmatched 23-year-old son of Joe Frazer, the former heavyweight champion, and scored a first-round knockout at 2:57 minutes of the scheduled 12-round bout at the Caesars Palace Sports Pavilion, Las Vegas.

**The Royalty**  
Larry Holmes had defeated Mohammed Ali at Caesars Palace in the year 1980, effectively finishing Ali's career as a boxer. Whereas Ali Vs Joe Frazer contest is a thing made for legends. Their contest started with undisputed heavyweight matchup between champion Mohammed Ali and undefeated Frazer on Monday, March 8, 1971, at Madison Square Garden in New York City. This fight is widely regarded as

the biggest boxing match in history and arguably the single most anticipated and publicized sporting event ever. It was the first time ever that two undefeated boxers who held or had held the world Heavyweight title fought each other for that title.

The bout had broad appeal for all boxing enthusiasts, including non-boxing and non-sport fans. Ali, who had been stripped of his titles by boxing authorities for refusing to submit to the draft for the Vietnam War, had become a symbol of the anti-establishment public during his government-imposed exile from the ring, while Frazer had been adopted by the pro-war public. Frazer won in 15 rounds by unanimous decision. It was the first of a trio of fights, followed by the rematch fights Super Fight II (1974) and Thrilla in Manila (1975), both won by Ali.

In short both Joe Frazer and Mohammed Ali were the undisputed royalty of boxing and with Larry Holmes dethroning Ali for good in 1980 was viewed as a palace coup. It challenged everything, the old school, the end of era and for the boxing enthusiast the end of Ali-Frazer way of fighting. You know the broad shoulder, quick movement of the feet, South Paw - South Paw - North Paw (left hand - left hand and right Jab) also popular in boxing lexicon as One - One - Two combination (I can almost hear my coach Mr Rameshwar Singh in my head. May God rest his soul in peace!).

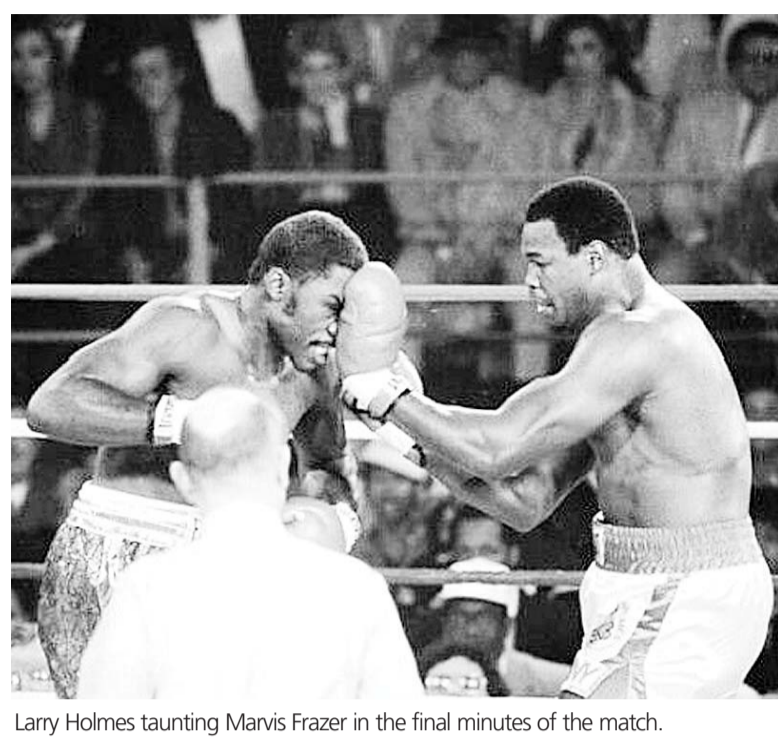
Larry Holmes quick recovery was proved by getting off the floor; he had a big heart to go with his talent. He had a strange but intoxicating mixture of 'Swarmer' and 'boxer-puncher', this is a hybrid style used to describe fighters who possess good all-around boxing/punching skills and capabilities.

maintain that gap and fight with faster, longer range punches. Out-boxers are known for being extremely quick on their feet, which often make up for a lack of power. Since they rely on the weaker jabs and straights (as opposed to hooks and uppercuts), they tend to win by points decisions rather than by knockout.

was uncanny attribute in the ring. Larry Holmes quick recovery was proved by getting off the floor; he had a big heart to go with his talent. He had a strange but intoxicating mixture of 'Swarmer' and 'boxer-puncher', this is a hybrid style used to describe fighters who possess good all-around boxing/punching skills and capabilities. They possess the technical skill and grace of an out-boxer, and also the devastating power of a slugger. Boxer-punchers usually do well against out-boxers, especially if they can utilize their speed and mobility. Unlike the Ali - Frazer style of fighting a 'boxer-puncher' would not seek the opponent but rather wait for him to move in, at times he would hide his South Paw bringing out or extenuating his right shoulder outwards, his guard is always up.

**The Bout**  
The Royalty of the boxing world had to react, it had to set the record straight. After all they represented not only themselves but a style of boxing and most surely the politics of the day. Joe Frazer had seven children, the eldest was Marvis. He, Marvis was trained by his father in the mirror image of his own fighting style. He was to be the crown prince who was to take on this challenge from Larry and reclaim the lost empire. It was also poetic, he was to beat the man who had beaten his father and he was designed to do just that, he was young. So! With his hands on his papa's sturdy shoulders, Marvis Frazer danced into the prize fighting ring with all the poise a 23-year-old man could muster. But not three minutes after he stripped off his gold-and-green brocade robe, Marvis found he was all alone and the world was too much for him.

He stood against a man who had held the title for five and a half years, a champion now with a 45-0 record, 32 knockouts and 17 successful defences. Yet after the match there was 'No Apology' from the Father "I never make mistakes," said the 38-year-old Frazer "I know what I'm doing." But Marvis did not. He had survived the first two minutes without get-



Larry Holmes taunting Marvis Frazer in the final minutes of the match.

ting hurt, but also without doing any punching, when Holmes set him up for a right hand with a feint of his left jab. The youngster fell for one of the oldest tricks in the boxing book and was sent sprawling backward for the only knockdown. He was up at the count of 8, but Referee Mills Lane stopped the bout after Holmes landed 19 consecutive punches.

Holmes battered Frazer with dozens of punches, snapping back the young man's head like a speed bag. All the while Holmes was mercifully waving in referee Mills Lane to stop the fight. Frazer's mouthpiece went flying out of the ring and landed at his father's feet. And for the first time, I think in boxing history Holmes and the Referee start to have a conversation, whilst the bout is going on: The challenger was standing in his corner, taking the pounding, while Holmes signalled over and over for Lane to stop the fight. "I don't want to hurt him," said Holmes, "I fear that I would." After another right hand sent Frazer's mouthpiece out of the ring, the referee stepped in, "His Eyes Were Clear" Lane said

later: "His eyes were clear and that's why I didn't stop the fight until three or four punches after Mr Holmes would have preferred." The champion later apologized to the referee. "You see things better," he told Lane. "I thought you should have stopped it sooner, but I'm glad you gave the young man a chance." As reported in the New York Times by Michael Katz on the 26th November, 1983.

Crestfallen, his brow beaten and swollen into an ugly blue knot, Frazer slumped against the turnbuckle. He seemed out of sorts and ready to explain his trespasses to his demanding father. Joe Frazer, who must be considered one of the great heavyweight champions of the century, hugged his son, smiled and whispered consolation in his ear: "I told you I loved him," he said. His son said he was hoping the referee would let the fight continue, but neither Frazer had any dispute with the decision.

"I'm not a guy who throws in the towel," Joe Frazer said. "Marvis can survive good, but after the ref stopped it, I had no argument. It



Mike Tyson's knockout of Larry Holmes, which effectively finished Holmes career.

# Royalty Coach

Rameshwar Singh

old man was my Hitler. I miss him a lot. In 5 minutes I was out of the main gate of my hostel, he was exactly 2 steps behind me with a skipping rope, which he used for whipping. We would start our daily jog of 7 km (two complete rounds of the school, I mean the outer boundary). You 'nay' sayers from my school. This had to be done before 3 pm or so. The jobs were not mundane, monotonous single speed slow runs; they were interspersed with push-up and stamina - strength exercises.

Post that the 'A' group practice sessions use to start with German drill, Parring, speed ball test and the sparring. He would not let me rest, once I got extremely frustrated with the aforementioned schedule and while 'sparring' with him I landed a right-hook with a feint of a left jab. He stood there stunned. I was praying to the almighty, he said "Do that again." He was looking at my feet at the time, I was scared and confused. He repeated himself, I did not react and got a tight slap.

In reaction, impulsively I let out a right-hook; he took it on his chin. I was near tears now, he let out a smile and calmly said, "the problem is solved, you are not a North- Paw, you are a South - Paw, your footwork was the key" and just like that my training changed from a 'Swarmer' slugger to 'boxer - puncher' from Joe Frazer to Larry Holmes.

Much later, when I was visiting school with my then girlfriend and now wife, I met with my dining hall waiting staff, and enquired about Mr

5 Minutes' these two words were the bane for my life at the time. This 25 year old man was my Hitler, I miss him a lot.

Rameshwar Singh. I was taken aback, they informed me that he had made friends with them and would enquire about me everyday taking long notes on what was my daily consumption, calorie

count et al. No wonder everyday with him in training was different, I can go on and on about how he made fighters out of a Mayo College, privileged, so called blue blood, roly-polies like us. He left the school in the year 1997, for personal reasons, the year I got my National medal and place in the Indian Team training camp.

He committed suicide soon after, that's that. I too left boxing and still choke when I am reminded of him.

-Divij Sharma

## #RESEARCH

# How Diabetes Promote Tooth Decay

"There is a great need for treatments that will allow patients to keep their teeth healthy, but it has not been a major area for research."



A new study of mice clarifies why people with both type 1 and type 2 diabetes are prone to tooth decay.

The findings point to reduced strength and durability of enamel and dentin, the hard substance under enamel that gives structure to teeth.

For the study in Archives of Oral Biology, researchers induced type 1 diabetes in 35 mice and used a Vickers microhardness tester to compare their teeth with those of 35 healthy controls over 28 weeks.

Although the two groups started with comparable teeth, enamel grew significantly softer in the diabetic mice after 12 weeks, and the gap continued to widen throughout the study. Significant differences in dentin microhardness arose by week 28.

"We've long seen elevated rates of cavity formation and tooth loss in patients



with diabetes, and we've long known that treatments such as fillings do not last as long in such patients, but we did not know exactly why," says Mohammed Ali Saghiri, an assistant professor of restorative dentistry at the Rutgers University School of Dental Medicine.

The study advances a multiyear effort from Saghiri and other researchers to understand how diabetes affects dental health and to develop treatments that counter its negative impact.

Previous studies have established that people with both types of diabetes have significantly elevated rates of most oral health issues, both in the teeth and the soft tissues that surround them. Saghiri and other researchers have also demonstrated that diabetes can interfere with the ongoing process of adding minerals to teeth as they wear away from normal usage.

"This is a particular focus of mine because the population of people with diabetes continues to grow rapidly," Saghiri says.

"There is a great need for treatments that will allow patients to keep their teeth healthy, but it has not been a major area for research."



By Jerry Scott & Jim Borgman

## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS

