



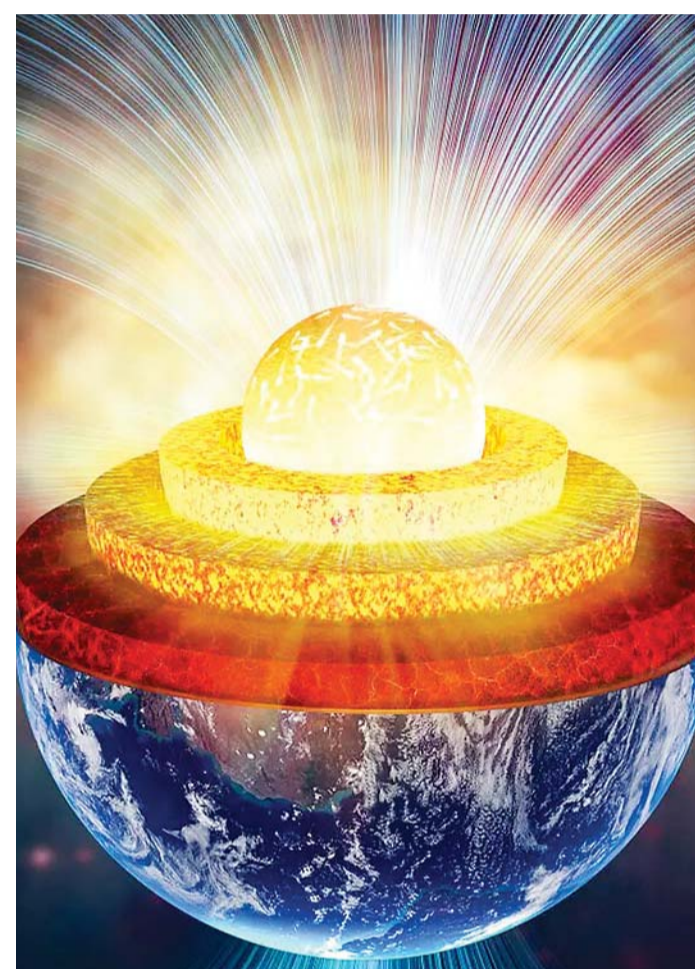
Computer Learning Month

Computers now occupy almost every part of our lives, from the smartphones we spend our days communicating on, to the laptops and desktops that are the foundation of every business. It wasn't so long ago that the idea of using a computer wasn't a ludicrous or novel concept. Now we use them for everything, and people expect their businesses and their customers to be keeping up with the technological bleeding edge. Computer Learning Month is for those who have difficulty working with computers, or just need a little refresher to learn what they can do for us.

#DEMYSTIFY

Mystery Of Gold In Earth's Mantle

Aside from being valued for their scarcity, aesthetic beauty, and use in high-tech products, gold and platinum are what is known as highly "siderophile" elements.



A new theory may explain how gold, platinum, and other precious metals found their way to shallow pockets within Earth's mantle rather than deep in the planet's core.

More broadly, the new theory offers insights into planetary formation throughout the universe. The new work provides valuable information about the story of gold. It's a story that begins with violent collisions of large objects in space, continues in a half-melted region of Earth's mantle, and ends with precious metals finding an unlikely resting spot much closer to the planet's surface than scientists would have predicted.

"Our research is a good example of making an unexpected discovery after re-examining conventional wisdom," says Jun Korenaga, a professor of earth and planetary sciences at Yale University.

Korenaga and Simone Marchi, a researcher at SRI in Boulder, Colorado, are co-authors of the study in the Proceedings of the National Academy of Sciences.

Recent research from scientists around the world has established that precious metals such as gold and platinum came to Earth billions of years ago after the early proto-Earth collided with large, moon-sized bodies in space, which left behind deposits of materials that were folded into what is today's Earth.

But that absorption process has remained something of a mystery. Aside from being valued for their scarcity, aesthetic beauty, and use in high-tech products, gold and platinum are what is known as highly "siderophile" elements. They are drawn to the element iron

Before the latest round of fighting, Israeli leaders could argue that airstrikes and economic pressure kept Hamas off-balance, unable to pose a major threat to Israel. That argument will now hold little weight. Israel could continue to rain down fire on the Gaza Strip, but that would do little to shake Hamas's hold on power. Entering Gaza which is an urban maze may seem inevitable but it has its own set of challenges and fighting house to house to clear the terrorists will not be easy.



in what can easily be termed as one of the worst days in military terms in the history of Israel on 07 October exactly fifty years after the Yom Kippur War, the Hamas attack stunned the world. The multi-dimensional invasion took place at over twenty-two locations from the Gaza Strip including terrorists on para gliders targeting communities up to fifteen miles from the Gaza Strip border taking hostages back across a border that was supposed to be virtually impenetrable, with the most sophisticated electronic surveillance measures routinely controlled and backed by quick reaction teams. It was undoubtedly a most well-coordinated, sophisticated and complex operation which has shaken the ground beneath the feet of Israel in multiple ways.

This was undoubtedly a monumental crash of all systems. There is no doubt that the current political gridlock resulted in damaging Israel's security. It has to introspect and place national security above its internal political bickering. The impact on a country where its internal issues have been all consuming as far as its people and polity are concerned has resulted in their inability to prepare adequately against external challenges.

Though war has been a perpetual concern in Israel, but it has been decades since Israelis have had to wonder whether this would be the day that their borders would be overrun and their enemies would roam the streets with wanton slaughter as their aim. The magnitude of its attack unfolding in Israel today remains unprecedented. Israeli Prime

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ISRAEL HAS BEEN OUT THOUGHT

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Dealing With the Gaza Strip

Home to about two million people, Gaza which is approximately 41km long and 10km wide, is an enclave bounded by the Mediterranean Sea, Israel and Egypt. Since the Hamas seized power in this Palestinian enclave in 2007, Israel has avoided large-scale, sustained ground operations there. In fact, in 2018 Israel's then Defense Minister Avigdor Lieberman had resigned in protest when Israel negotiated a truce with Hamas. At that time he had warned that, "We are buying quiet for the short term at the price of serious damage to national security in the long term."

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Operation Protective Edge in 2014 which lasted fifty-one days resulted in the deaths of over sixty Israeli soldiers, six Israeli civilians, and well over 2,000 Palestinians (mostly civilians), despite the fact that Israeli forces penetrated only a few miles into the Gaza Strip. It was the third major Gaza operation by the Israeli Armed Forces in seven years, and by far the most lethal and destructive. As per reports, thousands of Palestinians were wounded; over 18,000 of their homes were destroyed; some 470,000 were displaced; and large areas of Gaza were essentially razed. This time the outcomes point to greater severity but Hamas also has tunnels in much of the territory, and it could use these to orchestrate sudden

attacks or take hostages. Collateral damage can swing public opinion hence a ground incursion in dense urban terrain poses a significant obstacle and operations will be painstakingly slow. The attacks have aimed to draw attention to the fact that the conflict between Israel and the Palestinians has not been resolved and from the Palestinian perspective, their situation is getting worse.

Difficult Choices
The priority for Israel is to recapture the areas over run by the Hamas and rescue their hostages. They will need to eliminate militants, prevent more infiltrators, and silence the rockets and mortars bombarding its population. Given the scale of Hamas's attacks and Israel's surprise, none of these tasks will be easy. Even if Israel succeeds, it faces difficult choices on what to do next to ensure that Hamas is weakened and that such an attack does not recur.

In the long run it faces greater challenges ranging from re-establishing the credibility of its security apparatus to include both the Israeli Armed Forces and its

#GEOPOLITICS



Israeli needs to re-establish deterrence against their adversaries which include both the Hamas and Hezbollah while preventing the spread of violence to the West Bank. In the larger context they will need to prevent the conflict from expanding by preserving their country's recent diplomatic gains. Undoubtedly, restoration of deterrence is one of the biggest challenges for Israel they need to send a convincing message that the price for attacking Israel will be too high and this has to be done in a way that they don't lose international support.

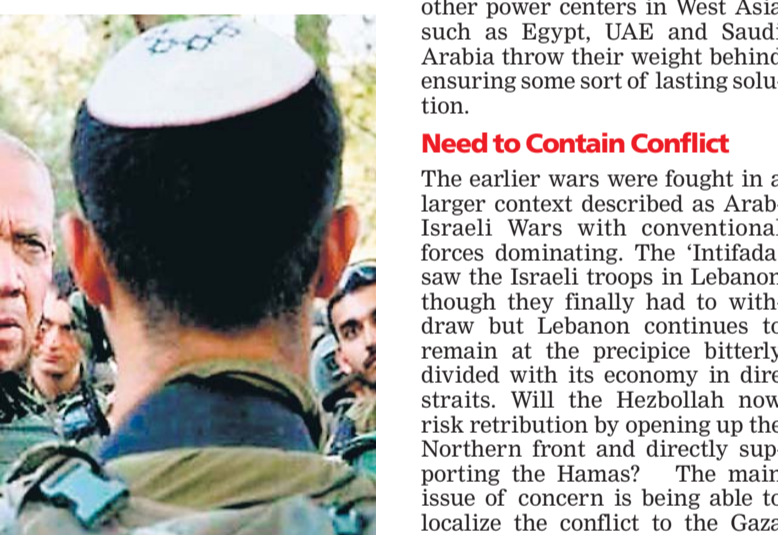
Intelligence Agencies Shin Bet and Mossad. The famed electronic means and technological superiority in gathering intelligence seems to have lost out on the basic human intelligence of sensing the sentiments as far as their willingness and ability to carry out such a savage attack is concerned. Israel needs to re-establish deterrence against their adver-

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are almost certainly two-fold: to protect Israeli citizens under siege by Hamas terrorists who have infiltrated the country and to try to prevent Hezbollah from joining the conflict. They need to prevent expansion of the conflict.

Geo Political Fallout

The Arab world was coming to terms with Israel, Saudi Arabia was talking about normalizing relations with Israel. The Abrahams Accord was viewed as bringing stability in one of the most volatile regions in the world. The idea was to embarrass those Arab leaders who have made peace with Israel.

The US and NATO are involved in the Russian - Ukrainian Conflict where they are pouring in billions of dollars into supporting a Ukrainian counter offensive that has failed to even break through the forward defences. The images from Ukraine in fact pale in comparison to the brutality and inhumane behaviour of the Hamas. No doubt Zelensky will not be dominating the front pages any longer and his recent meeting with Yaroslav Hunka, 98, a Nazi in the Canadian Parliament who has been termed a "Ukrainian hero, a Canadian hero" has further alienated a key support base of his.

The Arab powers have also been pivoting China recently due to a perceived decline in the US military presence and willingness to use their capability which was reinforced by their chaotic pull out of Afghanistan in August 2021. China is investing in areas such as infrastructure and helping countries with military hardware and technology more so their foreign policy tends to be friendlier to authoritarian regimes. Russia still remains relevant and has been the principal backer of the Syrians. A China - Iran - Russia axis supporting the Hamas can be divisive.

Israel's response maybe disproportionate in a bid to divert attention away from their failure to gauge such an attack. But an escalation retaliation also has its pitfalls. While they do hold the moral high ground this time given the brutality of attacks including those on the participants of a music concert and display of disturbing videos, which have the potential of driving a wedge in society. For a terrorist group there are no rules of war as they are not governed by any Conventions hence more performative the images the greater is their visibility.

Resolving centuries old issue is challenging but this escalation in violence will have far reaching regional and global implications. While the immediate priority is to counter the attack but, Israel will have to answer its citizens as to how, in the modern era, it has suffered a massive security setback. Finding the answer is essential to its future security.

From a military perspective there is no comparison between the power capabilities of Hamas and Israel. Mohamed Dief must be well aware of military wisdom of the Prussian Field Marshal Moltke the Elder which still rings true, "no plan survives contact". Due to its overwhelming superiority the military outcome is hardly in doubt. But wars are not won or lost on military factors alone. The US learned this timeless lesson in both Iraq and Afghanistan. To quote General Petraeus in 2003, who in the opening weeks of the US invasion of Iraq famously asked a journalist, "Tell me how this ends."

The immediate concerns for the Israeli security establishment

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#TRIED & TASTED

Weight Loss Smoothies

Turn your body into a hyper-efficient fat-burning machine by rewiring up your metabolism.

If you had the power to make your life better in just 30 seconds, would you use it? Well, that power is yours. With the simple push of a button, you can blend up weight loss smoothies that turn your body into a hyper-efficient fat-burning machine. Weight loss smoothies can help rev your metabolism, tone and define your muscles, and turn off the genes that contribute to fat storage and a myriad of chronic health issues. All you need is a blender to create the perfect weight-loss smoothie.

Berry Cauliflower Smoothie



This beautiful drink beams with a vibrant hue that's not just pleasing to the eye but also to the palate. The cauliflower adds a creamy texture and a subtle sweetness, while the berries provide a burst of antioxidants and natural sweetness. This smoothie is perfect for those looking to boost their metabolism and support their weight loss journey.

- 1 5.3-ounce carton plain Greek yogurt
- 1 small banana, peeled, sliced, and frozen
- 1/2 cup ice
- 1/2 cup refrigerated unsweetened coconut milk
- 1 Tbsp unsweetened cocoa powder
- 1 Tbsp honey
- 1/2 tsp vanilla
- 1 Tbsp unsweetened flaked coconut, toasted
- 1 Tbsp finely chopped dark chocolate

- 1 cup unsweetened almond milk
- 1/2 cup frozen cauliflower rice or whole pieces
- 1 Tbsp peanut butter
- 1/2 cup blueberries
- 1 Tbsp ground chia seeds

- 1/2 cup frozen unsweetened raspberries, thawed
- 1/3 cup orange juice
- 2.5-oz cartons of non-fat vanilla Greek yogurt
- 1 1/2 cups frozen peach slices
- 1 ripe banana, cut into 2-inch chunks and frozen for at least 2 hours
- 1 Tbsp honey
- 1/4 tsp ground ginger
- 2 Fresh raspberries (optional)



Chocolate Coconut Banana Smoothie

You'll go coco-nuts for this smoothie that tastes like dessert, but actually can help you achieve your weight loss goals. A high-protein (thanks to the addition of Greek yogurt), fat-burning, energy-boosting smoothie that will satisfy your sweet tooth can all be made in under 5 minutes.

- 1 5.3-ounce carton plain Greek yogurt
- 1 small banana, peeled, sliced, and frozen
- 1/2 cup ice
- 1/2 cup refrigerated unsweetened coconut milk
- 1 Tbsp unsweetened cocoa powder
- 1 Tbsp honey
- 1/2 tsp vanilla
- 1 Tbsp unsweetened flaked coconut, toasted
- 1 Tbsp finely chopped dark chocolate

- 1 1/2 cups fresh strawberries, halved
- 1 Tbsp coconut sugar
- 1/2 tsp kosher salt, divided
- 1 can coconut milk, including the water, refrigerated overnight
- 1/2 tsp vanilla extract
- 3/4 cup cashew milk, frozen overnight in an ice cube tray
- 1 tsp fresh lemon juice

Kale Recharge Smoothie

With a low protein count, this smoothie wouldn't qualify as a meal replacement, but it does pair well with a healthy bowl of sprouts.

- 1 frozen, very ripe banana
- 1 Tbsp fresh parsley (or cilantro)
- 3/4 cup spinach, loosely packed
- 1 tsp ginger, grated
- 3/4 cups curly kale, stems removed, loosely packed
- 1/2 cup carrots, chopped
- 1 tsp lime juice
- 8 ounces water
- 4 ice cubes



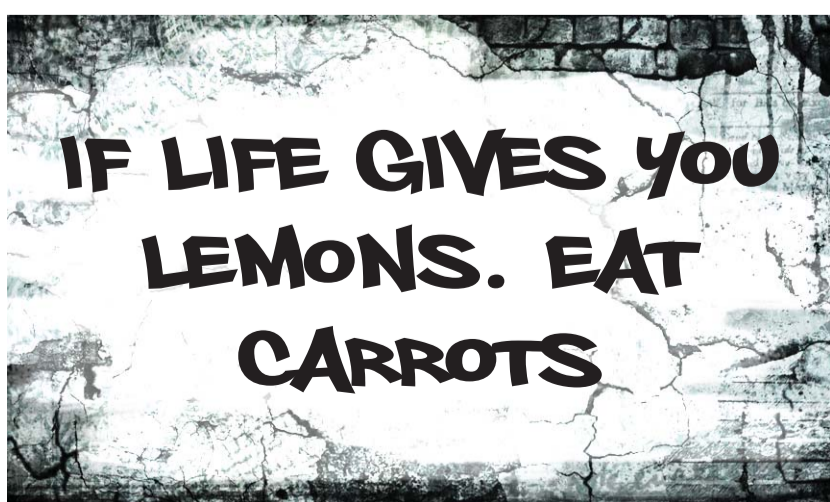
Strawberries and Cream Smoothie

A simple recipe goes a long way with this strawberries and cream smoothie. A paleo treat, it's perfect for when you need a sugar fix, as you get to reap the benefits of all the good things strawberries have to offer. It may even taste so much like a strawberry milkshake you probably won't miss the real (and healthier) thing.

- 1 1/2 cups fresh strawberries, halved
- 1 Tbsp coconut sugar
- 1/2 tsp kosher salt, divided
- 1 can coconut milk, including the water, refrigerated overnight
- 1/2 tsp vanilla extract
- 3/4 cup cashew milk, frozen overnight in an ice cube tray
- 1 tsp fresh lemon juice



THE WALL



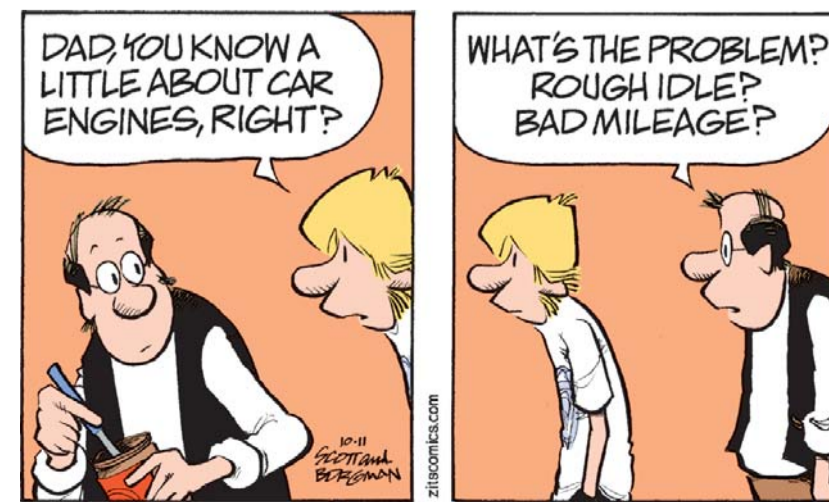
BABY BLUES



By Rick Kirkman & Jerry Scott



ZITS



By Jerry Scott & Jim Borgman

