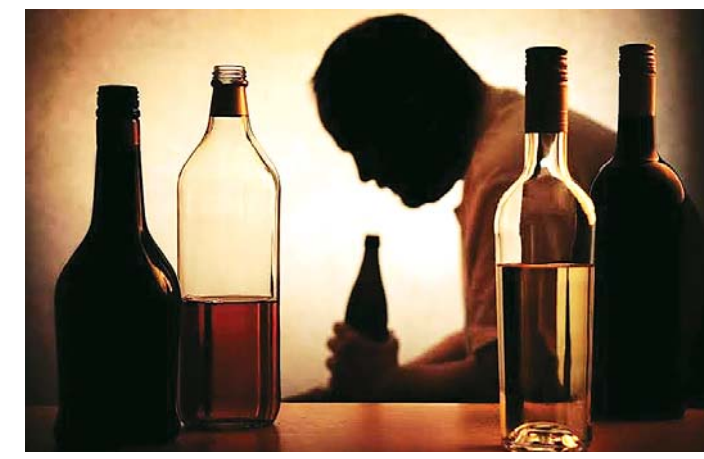


#SOCIO Alcohol Carries Stigma Both Ways

The researchers identified six strategies for managing stigma!



Researchers have identified six strategies that recovering alcoholics use to negotiate social situations and remain sober, depending on how they feel about stigmas associated with drinking and alcoholism. "There is a stigma in the United States associated with not drinking socially," says Lynsey Romo, an associate professor of Communication at North Carolina State University and corresponding author of the study in Health Communication. "There is also a stigma associated with problem drinking. We did this study because we wanted to understand how people negotiate this double-stigma socially in order to stay sober. "There really is no clear guidance for people in recovery on how to deal with stigmas associated with drinking

The six strategies are :

- Accept the stigma:** In this strategy, participants felt there was a societal stigma and that it applied to them, essentially incorporating the stigma into their identity. Coping behaviours here might include using self-deprecating humour about the subject.
- Evide responsibility for the stigma:** This strategy involved participants accepting that the stigma applied to them, but minimizing their personal responsibility. That means, for example, blaming it on hereditary factors or other factors beyond their control.
- Reduce offensiveness of stigma:** This involved accepting that a stigma applied to them, but focusing on the value and importance of recovery, as well as how they have changed for the better since entering recovery.
- Avoid the stigma:** In this strategy, participants accepted that the public stigmatizes alcoholism, but did not think the stigma applied to them. This distances the individual from the stigma because they don't identify with the label of alcoholism.
- Deny the stigma:** This strategy challenges both the public understanding of stigma and whether it applies to them. Essentially, participants utilizing this strategy believe that nobody is perfect and other people don't have the right to judge them. They also focus on the fact that they're in recovery, which is an accomplishment in itself.
- Ignore/display the stigma:** This strategy also challenges both the public understanding of stigma and whether it applies to them. Participants using this strategy are open about their experiences and engage in advocacy to educate others and combat stereotypes about alcoholism and recovery.

This study is part of a larger body of work that makes clear that alcoholism is still stigmatized in society. And other research suggests that the more people buy into these stigmas, the more likely they are to struggle with relapses. "We think our study is important because understanding and outlining these strategies for managing stigmas can help recovering alcoholics identify techniques for

maintaining their sobriety and moving forward with their recovery," Romo says. "It is also important to note that the way recovering alcoholics view themselves and the stigmas related to drinking and alcoholism are not fixed, they will shift over time as people go through the process of recovery. That means that the strategies are also not fixed. In fact, people often adopt more than one strategy at a time."

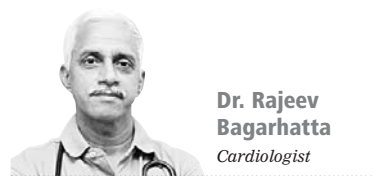


Gham Diye Mustakil Kitna Nazuk Hai Dil

Our car snaked through the traffic which grew more chaotic with rickshaws, hand-drawn carts, small time vendors, marketing their eateries, vegetables, fruits, hosiery items, toys, in their most elegant Lucknavi style.

‘बड़े हसीन आम हैं, ले जाए हुजूर!’ जनाब, मोहरतम्मा...

Zara hat ke. Poured in my ears. "Sir, this is Lautoche road.. my car can't go any further.." the driver pulled up the brakes, literally. "I shall be back shortly," I told Prachi, as I got down.



A desire smouldering in my bosom for years awaited to be fulfilled after two days of hectic cardiology deliberations in the annual IJCTO conference at Lucknow.

The cab to take me to the airport drew up at the hotel well in time as Prachi (my daughter, also a budding cardiologist) and myself pushed ourselves on the back seat of the Desire taxi. An 'Om' and amusingly a sticker with 'Police' inscribed on the rear glass of the car caught my attention only to be dismissed the very next minute. I was too tired to register anything.

Never to be kept wanting like any other ladies, Prachi was raring to go for some shopping. Her enthusiasm amazed me. Soon enough, we were on a relatively clean stretch of the capital of Avadh, moving smoothly through the cantonment area with the driver Ankit babbling about Wazid Ali Shah to the politics of UP and the cavernous but the blatantly extravagant parks of Lucknow. We could hardly engage. "Ankit, are we somewhere near Lautoche Road?"

The driver was surprised at the precise and interested tone in my voice. "It's in the main market of Lucknow where you are going for shopping," he said. Soon, the roads appeared to shrink as the two wheelers, city buses, cars and pedestrians clamoured for space and Ankit continuously blared his horn to barely wade his way from a roundabout

to a relatively narrow street on the left. Our car snaked through the traffic which grew more chaotic with rickshaws, hand-drawn carts, small time vendors, marketing their eateries, vegetables, fruits, hosiery items, toys, in their most elegant Lucknavi style. 'बड़े हसीन आम हैं, ले जाए हुजूर!' जनाब, मोहरतम्मा...

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The next moment, I was one among the milling crowds of namazis thronging around the local Masjid, of the housewives scrambling to buy the essentials for their households, of the children running around to loot kites, of the gossiping owners of shops dealing with electrical goods, cloth dyeing, kirana items, bakeries, and surprisingly, guns and ammunitions.

The buildings housing these shops were a look varying from very ancient to very old to old, but not new. The mesh of blackened electrical wires hung loosely over the street like dangling cobras, camouflaging the soot and rain-disfigured plaster of these buildings.

"Is there any shop dealing with musical instruments near-by," I randomly asked a shopkeeper perched in his chair behind the stacks of water coolers, electrical fans and fancy electrical fixtures. Hoping me to be a potential customer, the owner was slightly dejected. Nonetheless, he directed me very vaguely to a shop 50 metre down the street.

My heart raced as I nudged myself through the teeming humanity to the decrepit Allan sahib and sons.

In a flash, the cacophony receded as I was thrown back into the pre-independence British India of early 1930s. Exactly here, then stood an adolescent boy, each morning staring at the musical instruments displayed at this shop, which, at that time, was

owned by Gurbat Ali. The ritual was repeated everyday till one day Ustad Gurbat Ali asked the boy, "what makes you stand so often near my shop."

"I am in love with the musical instruments. If you permit, can I come in the mornings to clean and broom your shop," the boy asked hesitantly. "Why not. Get the keys from my house which is nearby and get going from tomorrow itself."

The boy was thrilled as he would clean up the shop well in time and use the remaining few minutes to practice musical notes on the harmonium before Gurbat Ali came around 9:00 in the morning.

One day, Ustad arrived a little early and found the boy immersed in playing off a tune on the harmonium.

Ustad clearing his throat sent a chill down the boy's spine. "So, that's what you have been up to. Cleaning off my best musical piece rather than the shop."

"The mistake shall never be repeated again," the boy submitted, trembling in his pants.

"But you shall have to pay for this."

"Whatever you say," the boy had reconciled to his fate.

'सजा ये है कि आप ये बाज़ा अपने घर लेकर जाएंगे और इस पर अपना तियाज़ ज़रि रखेंगे।'

The young boy was thrilled to receive his first ever gift: a पेटी.

‘झुम- झुम के नाचो आज, नाचो आज गाओ खुशी के गीत हो, गाओ खुशी के गीत हो..’

Once home, the harmonium

#HEART LANE



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It is National Bourbon Day!

obody really needs a good excuse to enjoy the odd tittle, but National Bourbon Day gives anyone the perfect reason to dust off a bottle of this fine whiskey and have a glass or two! National Bourbon Day has been set aside as a day to learn about and appreciate this fine liquor, which some people refer to as the "Spirit of America." It's time to celebrate this drink, affectionately known as 'America's Native Spirit!' Celebrating this day is filled with fun, enjoyment and, of course, access to different bourbons of the world. While it is true that all bourbons are whiskey, not all whiskeys are bourbon. And National Bourbon Day is certainly the best day to find out more about this tasty beverage and enjoy a glass as well.



B dare he would, the boy started practicing newer tunes when his father would be away and prepare these new melodies to be played along with the group of other music masters, who would sit each evening on the proscenium in the nearby Royal cinema and fill in the background score in that era of silent movies. Till one day when his father arrived early and caught him red-handed.

was kept strategically in the attic of an isolated room of the haveli, far away from the questioning eyes of the boy's father, who would stand no indulgence of his children with music.

But dare he would, the boy started practicing newer tunes when his father would be away and prepare these new melodies to be played along with the group of other music masters, who would sit each evening on the proscenium in the nearby Royal cinema and fill in the background score in that era of silent movies. The child had sunk deep in the इम्वान-ए-मौसिकी।

Till one day when his father arrived early and caught him red-handed practicing on the harmonium. In a fit of rage, the पेटी was thrown away and the child put to stern questioning.

'बड़े इतरी वक्त मौसिकी और घर में से एक का फैसला करना है।'

The decision was easy and the young boy left his home with the only clothes he was wearing.

The next few years took the young lad trudging through the hot and humid stretches of Bombay, spending mealless nights in the roadside chawls, surviving on a single piece of pav in a whole day, but all the time keeping his passion of music alive till luck

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Once home, the harmonium

finally smiled on the tenacious prodigy and the songs of Shahjahan and Ratan composed by him became a national craze in early 1940s.

The young man was crowned the मौसिक-ए-जाम-ए- the century, the reverend Naushad Sahab.

The shaft of the evening sun was slanting its way deep inside as I stepped in Allan sahab and sons. A middle-aged man greeted me at the entrance. As I engaged in pleasantries, the owner proudly narrated the stories of the black and white pictures hanging on the walls of the humble premises.

"This is my father invited to Naushad Sahab's daughter marriage," said he and continued "and here is my father with the great Mohammed Rafi when my father had visited Naushad sahab for the marriage."

The great Naushad had kept his connections alive with his roots.

Another picture with a pastel hue displayed Naushad's baton, articulating music and setting the tempo of an elaborate orchestra. His eyes gleamed as the owner weaved stories of his family's association with the maestro.

History and nostalgia hung in the air and the conversation.

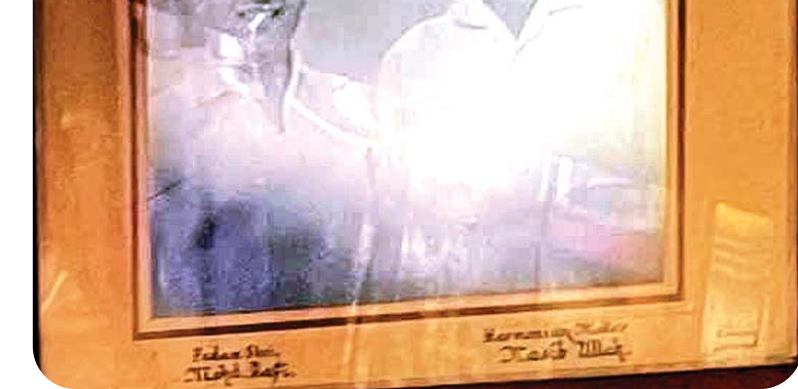
'क्यों बाद आ रहे हैं गुज़रे हुए ज़माने क्या बात है ना जाने क्यों हिकियाँ की लय पर गाते हैं गम के गाने क्यों बाद आ रहे हैं गुज़रे हुए ज़माने !'

Obvious to the brush with the prized legacy of the place, the young music enthusiasts and buyers juggled in the small space and carried on with their haggling as usual.

'ये ज़िंदगी के मेले, दुनिया में कम न होंगे अफ़सोस हम ना होंगे..'

The lines kept ringing long after I had left.

rajeshsharma1049@gmail.com



#ENVIRONMENT Ideas for Garden Seating

Ideas for Garden Seating

Here's how to extend outdoor seating through the shoulder seasons.

After summer, as the weather begins to cool, it can be a good time to review and assess your garden. What worked well over the current season, and what did not exactly go according to plan! With both your growing and recreational areas, this can be a good time to think about what you would like to keep the same for next year, but also how things might be improved. It's also a good time to consider changes you can make now to enjoy your garden in the fall, both for this year and into the future.



Add Additional Planting Around Garden Seating Areas

Perhaps, the most common mistake people make when planning and creating seating areas in their gardens involves neglecting or overlooking the importance of the

surrounding planting. The planting scheme around a seating area can make or break the space, having a major influence on the function of the area and its ambience.

The Right Balance of Planting

In terms of function, for example, trees and shrubs may cast beneficial shade, but when overgrown, they may encroach too much and overshadow the area. However, without dense, layered planting around it, a seating area can often feel too open, either exposed to winds and other weather or exposed to the prying

eyes of neighbours. So, adding additional planting could help to improve privacy and shelter a seating area more effectively so that it can be used more frequently in the shoulder season. Adding native shrubs or trees to filter wind and break sight lines can make a big difference to the function of the space.

Planting to Engage the Senses

Additions to the planting around a seating area could improve the ambience, too. Thinking carefully about how to engage all the senses can help you create a seating area with the perfect atmosphere. Consider adding fragrant blooms; think of plants with unique visual appeal or tactile qualities. Accenting the area with potted herbs is a great way to add interesting plants to the

space, and they can be brought inside when frost arrives. Remember, for both aesthetic appeal and for wildlife, ideally, you should have plants in bloom in your garden throughout as much of the year as possible. Planting for fall color (both blooms and foliage) may make you want to use the seating area past summer until it gets too cold.

Improve Patio & Paving Water Management

Another important consideration when looking to improve garden seating areas is how water is managed in and around that area. It is important to know whether the area has permeable paving or whether water runs off the area. And if water runs off the area, how might you prevent runoff and instead catch that water and keep it around, or direct it away from areas where it might cause problems.



Add Permeable Paving

If you are in the mood for an ambitious project, you might lift impermeable paving and replace it with an eco-friendly permeable paving alternative. You might also keep existing paving, but take note of where water drains from the paved seating area.

Create a Water Feature

In areas where water drains to, you might create a beautiful rain garden basin with native plants. Or you might create a French drain or another system to direct the water to a wildlife pond or to another water feature in your garden.

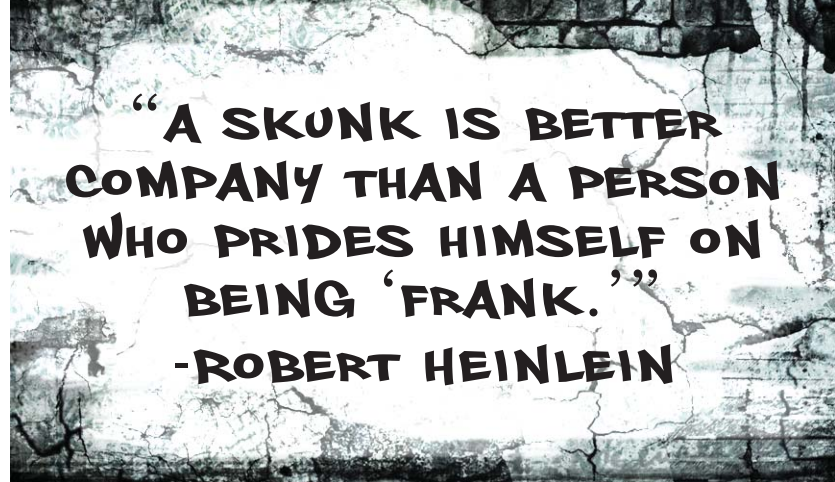


Plants to Seamlessly Integrate a Pergola Into Your Garden

For example, a seating area might be created to provide storage space for garden tools, plant pots, kids' toys, or other items below the chairs or within benches. Bench seating might also open to reveal sand pits, water troughs, or other play areas in a family garden. A pergola, gazebo, or arbor structure might also serve to support a line for laundry drying. It might provide trellis-type structures for plants. It might also provide a structure from which you can hang bird feeders and other features for a wildlife-friendly garden. Often times, when we think about a seating area, we really only consider tables and chairs. However, employing more holistic thinking in the design can help you improve a seating area while also bringing many different multifunctional elements together.



THE WALL

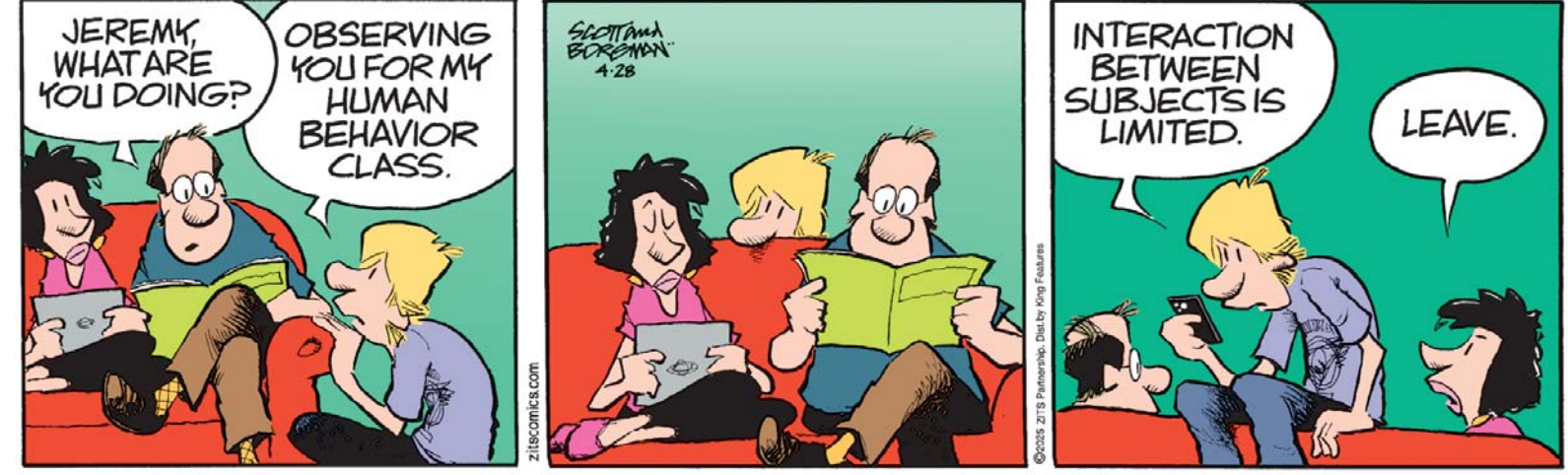


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman