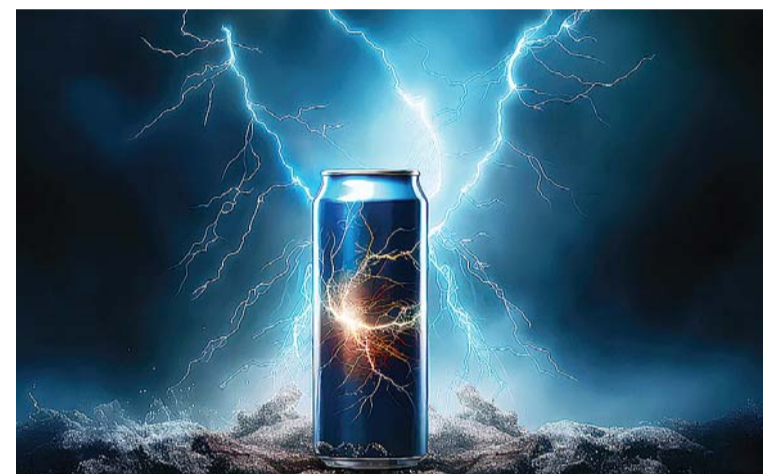## #HEALTH

Energy drinks may be damaging your heart

Caffeine stimulates the body and leads to the release of adrenaline, which can lead to palpitations, high blood pressure, and sleep disturbances. The high sugar content can also contribute to weight gain, increasing the risk of developing cardiovascular issues over time.

E nergy drinks are growing in popularity as an alternative pick-me-up to coffee, but are they safe for your heart? "Not when consumed frequently or in large quantities," says Cardiac Electrophysiologist, Mehmet Aktas of University of Rochester Medicine. The high caffeine and sugar content in most energy drinks can have extreme effects.

According to Aktas, "Caffeine stimulates the body and leads to the release of adrenaline, which can lead to palpitations, high blood pressure, and sleep disturbances."

The high sugar content can also contribute to weight gain, increasing the risk of developing cardiovascular issues over time.

Which is healthier, coffee or energy drinks? Coffee, usually. It all depends on the amount of caffeine consumed, which varies by brand. An average eight-ounce cup of coffee typically has about 80 mg of caffeine, while an energy drink of the same size can contain between 100-150 mg of caffeine. Many energy drinks come in larger 12-16 oz cans, resulting in a significantly higher caffeine intake.

Another great option for a natural energy boost is a smoothie with fruits and vegetables. The added proteins provide sustained energy throughout the day, and they won't affect your sleep the way caffeine will.
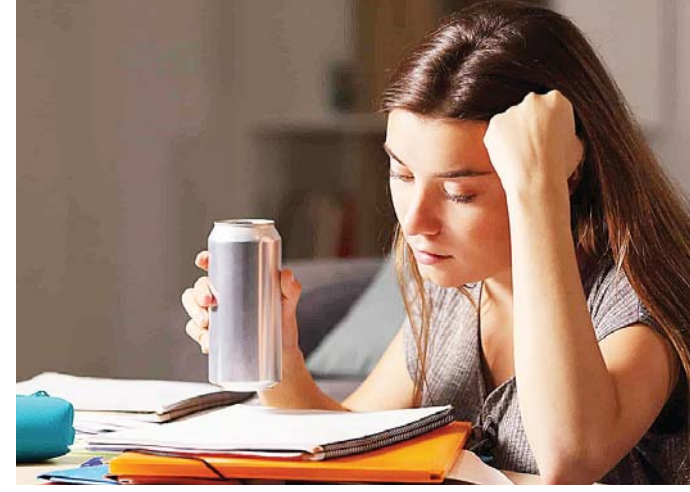
Heart Health Issues

Some of the potential issues caused by the ingredients in energy drinks include:

- **Tachycardia:** Increased resting heart beat.
- **Arrhythmias:** Irregular heartbeat, including skipped beats and atrial fibrillation.
- **Hypertension:** High blood pressure.
- **Arterial spasms** that may lead to heart attacks and other forms of vascular disease.

"Cardiac arrests in younger people are rare," notes Aktas. "But recent studies indicate that energy drinks may increase this risk, especially for those with a genetic predisposition to heart conditions."

"A recent study of cardiac arrest survivors with genetic heart conditions showed that 5% had experienced a cardiac arrest after having an energy drink.

Aktas anticipates that research will continue to grow in the coming years, giving providers a better understanding of the relationship between energy drinks and cardiac arrests.

The Scorpion Stung

Following a period of hectic bargaining, during which the duo pressed that at least the deficit in the Building Fund should be covered by the Sethji, Mr. Saraogi replied that if every charity was given the amounts they wanted, he would be bankrupt, at which there was much laughter. In the end, Rs. 4 lakhs was agreed upon and the Secretary filled in the cheque, which the Sethji signed.

N.N. Sachitanand
Senior Journalist

Have a look at this," said Sudarshan, thrusting the newspaper towards Ramesh. CALCUTTA FINANCIER DONATES ONE CRORE- the headline leapt towards Ramesh's eyes. With mounting interest, he rapidly read through the news item, "Mister Surjamal Saraogi, the Calcutta financier and industrialist, who has just come to this town, yesterday, donated a sum of Rs. 1 crore to the Hemavati Devi Trust, which runs the Abandoned Children's Home. The money will be used for the construction of a new hostel at the Home."

"This is Mr. Saraogi's fifth grant to charity since he arrived in Rampur a week ago. Already, he has given Rs. 5 lakhs to the Subodh High School Building Fund, Rs. 20,000 to the Lions Club for their Free Eye Clinic, Rs. 2 lakhs for the construction of a new wing to the Shanti Bai Charitable Hospital and Rs. 20,000 to the Chief Minister's Drought Relief Fund."

"According to Mr. Purushottamdas, Secretary to Mr. Saraogi, the financier has interests in many Engineering and Chemical industries in Calcutta. He now wants to invest in his home state and has come here for the specific purpose of collaboration with local entrepreneurs."

Ramesh looked up from the paper and eyeing Sudarshan, shrewdly queried, "Are you thinking what I am thinking?"

Sudarshan nodded and slowly drawled, "The pigeon has good possibilities."

"Possibilities!" burst out Ramesh, "Why, man, this is an absolute certainty, and much better than the one that we milked last month for a measly Rs. 10,000."

Sudarshan and Ramesh were con artists, specialising in fleecing rich men with a philanthropic bent. Their modus operandi was simple. They would pose as representatives of some charitable trust or other (they had plenty of different letter-heads and receipt books) located in some interior part of the state. They had a stock of fake photographs, false newspaper cuttings, spurious testimonials, trumped-up documents and plans etc., which were used to impress the pigeon to be plucked.

"What shall it be this time?" asked Sudarshan. "Let's make it a big affair. This fellow seems to hand out pretty large chunks of money. I think the Middle School Building project at Gogunda should be ideal for this occasion. We should be able to make at least Rs. 50,000 in this deal."

The next day, two representatives of the Fund Raising Committee of the Gogunda Middle School Building called on Mr. Saraogi at his hotel suite. The financier had not yet opened a regular office.

They were not surprised to find about a dozen prominent men of the city waiting in the anteroom. Besides a couple of small scale industrialists and one liaison officer of a big firm, there were two foremost jewellers and some top office bearers of the Rotary Club.

The Secretary, Mr. Purushottamdas, a middle-aged, stoop-shouldered, bespectacled individual, informed the latest visitors with a harassed air, "I am afraid that Mr. Saraogi's appointments will not leave him free for the whole day today. As you can see for yourself, a number of important people have been booked to meet him in the morning. In the afternoon, he is to confer with the Industries Minister. Would it be possible for you gentlemen to call at night, say around 8 P.M.?"

It would be perfectly all right with them and no trouble at all. After all, confidence tricksters cannot dictate such terms.

"Good, then, I will fix up your appointment with Sethji for 9 P.M. tonight. But before you leave, you can brief me about the nature of your work with him."

The two then went into their act and gave a long history of the trials and tribulations in their attempts to raise adequate funds for the school building at Gogunda. A photograph of the plot for the building and written appeals from the Principal of the school were handed over to the Secretary.

Mr. Purushottamdas nodded and said, "It is a noble cause. Sethji has always believed in forwarding education. I am sure that he will not hesitate in helping you."

The jubilant pair had a celebration lunch at the best restaurant in town, and then, went about the rest of their preparations. A bank account was first opened in the name of the Gogunda School Building Trust. Rubber stamps were prepared. From the receipt books, a few receipts, totalling Rs. 40,000 in value, were made out to various fictitious parties. The project was supposed to cost Rs. 15 lakhs, of which the Government would give Rs. 1 lakh (There was a letter from the Education Secretary to this effect). Of the remaining amount, the Trust had already collected Rs. 10 lakhs and it was hoped that the munificent Mr. Saraogi would make up the remaining Rs. 5 lakhs.

At night, when they reached the Sethji's suite, all the visitors had departed and they were directly ushered into the great man's presence by the Secretary. Wearing a spotless *dhoti*, silk *kurta* and a gold chain around his neck, with a *tilak* mark on his forehead, Mr. Saraogi appeared a typical businessman. His face was creased in smiles but his eyes appraised them coldly.

Mr. Purushottamdas performed the introductions after which the pair of visitors went off into their spiel. After listening patiently for five minutes, the Great Man cut them off with, "Yes, yes, I think it is a very deserving cause. But I am afraid I cannot give you much. Already, in the last seven days in this city, I have disbursed about Rs. 20 lakhs to charities. And, even for an affluent industrialist that is a large amount in these tax-ridden days. I hope you won't mind if I give you only Rs. 2 lakhs."

Following a period of hectic bargaining, during which the duo pressed that at least the deficit in the Building Fund should be covered by the Sethji, Mr. Saraogi replied that if every charity was given the amounts they wanted, he would be bankrupt, at which there was much laughter. In the end, Rs. 4 lakhs was agreed upon and the Secretary filled in the cheque, which the Sethji signed.

Just as the successful tricksters were about to take their leave, the phone rang. It was Mr. Tikam Chand, as informed by the Secretary, ensued a phone conversation which, by the Sethji's expressions, seemed to have pleased him a lot.

Putting down the phone with a smile, Mr. Saraogi turned to his guests and said, "You seem to have brought in good luck for me. Seth Tikam Chand has just now agreed to a joint venture with me for setting up a scooter factory in the state. It has been a hard bargain but it is worth it. Now, I think you gentlemen should be rewarded for being the harbingers of good luck.

I will book your names for 100 shares each in the venture, even before the subscription opens to the public. The shares, which will cost you Rs. 100 each, will, I can assure you, treble in value even before the factory is started next year for the scooter market is very buoyant." The two guests were overwhelmed by the Sethji's generosity, but the great man cut short their protestations of gratitude with a wave of his hand and the comment, "It's nothing. And then, by helping you, I am only extending my philanthropic work, for I am helping people like you who are doing such good charitable work." There was one snag in the joy of the Sethji's guests. They had not brought their money with them. "That's all right," assured Mr. Saraogi, "You can come here tomorrow morning and hand over the money to Purushottamdas. He will do the necessary paper work.

Sudarshan, tea cup arrested half way to the lips, asked, "What's the matter?"

Ramesh clapped a hand to his forehead and groaned, "We are sunk!"

Sudarshan paled, put down his cup and asked nervously, "Is it the police? Have they caught on to our activities?"

Ramesh said (with a bitter laugh), "It's the police, all right. And they have caught on. But not to us, to Saraogi."

Sudarshan said (surprised), "What?"

Ramesh said, "Yes, dear partner, Mr. Saraogi, that rich *seth* from Calcutta. It seems he was a fake, a confidence trickster. He and Purushottamdas were top men in the game from Calcutta. They had come to this town to con the rich people to invest in their fake projects. To create an atmosphere of goodwill and gain favourable publicity, they indulged in a lot of charity hocus pocus."

Sudarshan asked, "But what about the cheques?" Ramesh said (with a short laugh), "All fakes. They were to outstation banks and against an account which never existed. Since outstation cheques take a long time to be cleared, the crooks were safe."

Sudarshan asked, "And how were they exposed?" Ramesh said, "Apparently, the hotel management smelt a rat because they never spent any cash. The manager sent a telegram to his colleague in Calcutta inquiring about the bona fides of Saraogi. Day before yesterday, he got a reply stating that there was no such eminent personage there. Of course, the manager could not accuse the couple directly on such flimsy grounds, so, he played safe and communicated his suspicions to the C.I.D. The police advised him not to alarm the couple and went about their investigations. Unfortunately, the spurious Sethji and his Secretary smelt something in the wind. Yesterday, they left the hotel in the morning, as usual, with bulging briefcases, and never returned." "Taking with them," sighed Sudarshan, "our hard-earned Rs. 20,000."

The next day, after depositing the cheque for Rs. 4 lakhs in the bank account of the Gogunda School Building Trust, the tricksters withdrew Rs. 20,000 from their personal account and hurried over to the hotel. Here, they buttonholed Mr. Purushottamdas, filled up the share application forms, obtained receipts for the Rs. 20,000 for 200 shares of the National Scooter Corporation and left with a sense of elated achievement. The time was three days later. The scene was same as in the beginning of this story. Ra-mesh picked up the paper nonchalantly but a second later, exclaimed, "Good God!"

rajeshsharma1049@gmail.com

#STORY

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#TECHNOLOGY

Make Your Old Windows PC Usable Again

Make your slow Windows PC usable again by following this guide on Tron Script.

T he Windows operating system is a beginner-friendly OS, taking up the largest market share in the personal computer market. Many people like using Windows due to its ease of use, extensive software support, and many thoughtful features for management and productivity.

However, although powerful, Windows PCs are known to slow down over time due to bloatware, malware and viruses, and general poor system maintenance from the user. Before giving up on your old Windows PC, you may want to try using Tron Script and see if it makes your old Windows PC worth using again.

What Is Tron Script?

T ron Script is a free and open-source batch script that automates the cleaning, optimizing, and repairing of Windows systems. It uses many well-known third-party tools to perform a variety of tasks including Malware bytes, TDSS Killer, and Sophos Virus Removal Tool.

There are many other ways you can speed up your Windows system, but Tron Script is unique in a way that it covers several stages of making your system faster. Tron Script goes through several stages (0-8 stages) to help make your Windows PC run faster. These stages are Prep, Tempclean, De-bloat, Disinfect, Repair, Patch, Optimize, Wrap-up, and Custom Scripts (optional).

Although this tool is used by IT professionals and many advanced Windows users, Tron Script can also benefit those less technically inclined, provided they follow proper steps in running the script.

How to Use Tron Script

T ron Script can be configured and customized to fit your system's needs. For this tutorial, we will use Tron Script using its default settings, which should be enough for the majority of Windows systems.

1. Download and Verify Tron Script

W hen you open the Tron Script download site, you'll see a few links. The site includes direct download links to the different Tron versions as well as their corresponding hash values. We'll use the hash values to verify our download later. For now, go ahead and download the latest Tron Script executable (.exe).

Move the executable file to your Desktop. At this point, we could start decompressing the executable, but for security purposes, it is recommended that we first check our download and verify if it actually came from the official source.

To verify, open the Windows PowerShell by pressing Win + R on your keyboard, then typing 'PowerShell.'

In PowerShell, type this command. (Note that there is a space between 'Get-fileHash' and the file location.)

Get-fileHash (Tron executable location)

N ow, input the executable file location by dragging and dropping the executable on the PowerShell window. Press Enter and wait for the result. You should be seeing a string of numbers. These numbers are the hash value generated from the Tron executable file. This should match the hash values that are located on the 'sha256sum.txt' we found on the download site earlier. Now, go back to the download page and click on 'sha256sum.txt.' Compare the numbers on the site and the numbers on your PowerShell window. As you can see our downloaded Tron 12.0.5 matches the one on the site. Do not proceed if the hash numbers are not the same! If they are the same, then you can continue.

2. Ensure Your PC Is Updated Before Running

It will take around 2-7 hours (depending on your machine) for Tron to fully complete its tasks. For a smooth operation, it is recommended that you restart your machine to install all pending updates before running Tron.

3. Run Tron Script

Make sure that you have the downloaded Tron executable on your Desktop. Decompress the file by right-clicking on the executable and selecting Run as administrator. After the decompression, you should see two files. Open the folder 'tron' and run the Tron batch file as administrator. You will be prompted to read the instructions. Type 'I agree' and hit Enter. Tron will now run, and there's nothing else for you to do than wait for it to finish up.

4. Restart Your PC After Tron Script Finishes

After Tron finishes its tasks, it is important that you restart your machine before using it as normal.

Congratulations, your machine should be running a lot faster now. Hopefully, this solves the problem with your slow Windows machine.
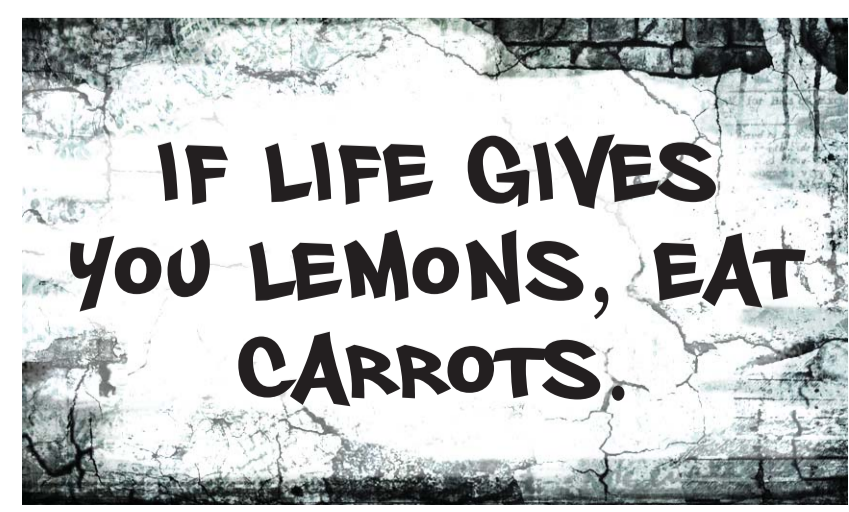
What are the Limitations of Tron Script?

A lthough Tron is a powerful tool for cleaning, debloating, removing viruses, and overall making your PC run faster, it does have its limitations. Firstly, Tron can only work with specific versions of Windows. It cannot run on Linux, macOS, and Windows versions lower than Windows 7. Another thing is that Tron does not magically solve all your system security problems. Although Tron is pretty effective in detecting and removing viruses, it does not automatically solve all your system's security vulnerabilities. Sometimes, a system is so badly infected that you may need to run extra antivirus software, or even do a complete Windows reinstall to remove them completely.
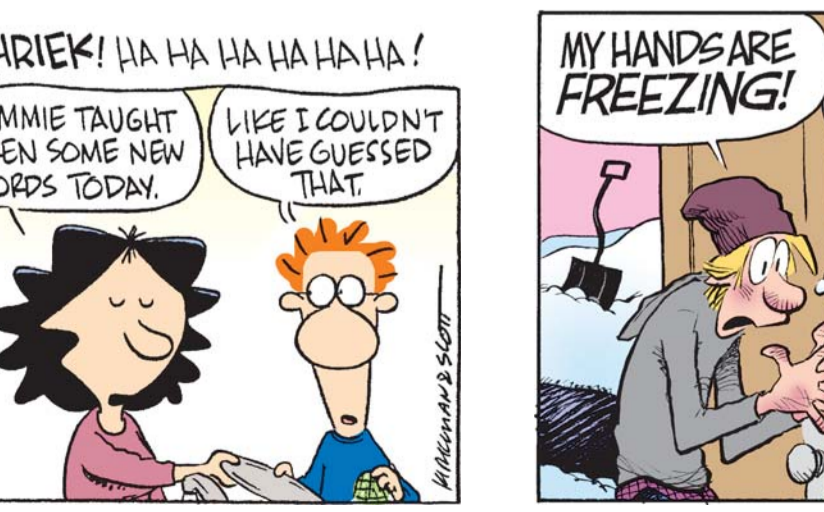

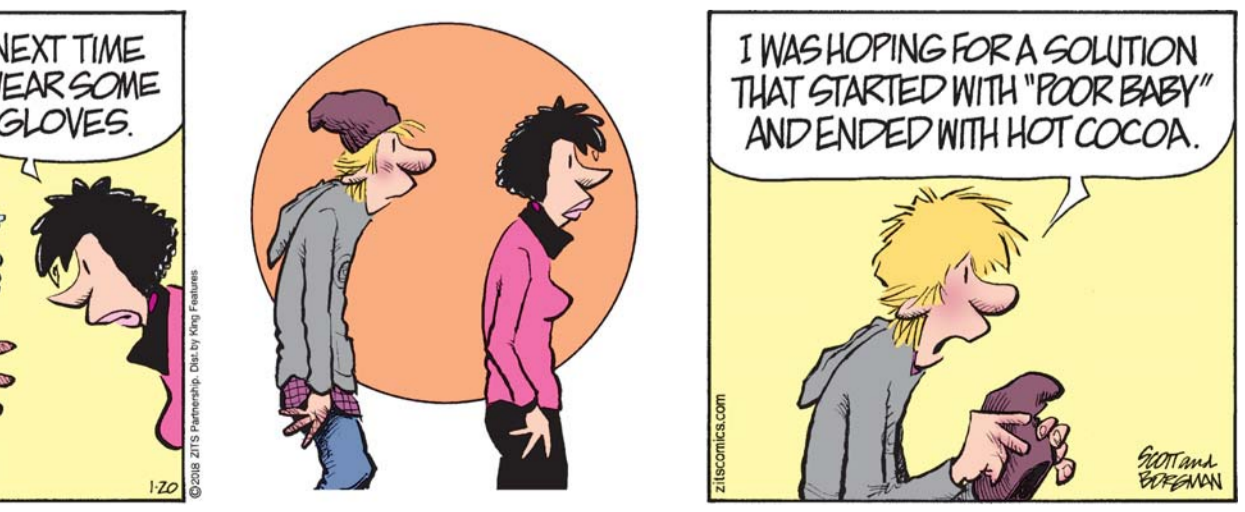## THE WALL

IF LIFE GIVES YOU LEMONS, EAT CARROTS.

BABY BLUES

By Rick Kirkman & Jerry Scott

ZITS

By Jerry Scott & Jim Borgman